

How To Make Money In Business



Head Bookkeeper
\$40 to \$75 a week



Advertising Manager
\$75 to \$250 a week



Certified Public Accountant
\$75 to \$300 a week



Management Engineer
\$100 to \$175 a week

Making Money in Business

Is the aim of all who enter it. Your success in business is measured by the amount of your income. The President of one of Chicago's largest banks said, "If you are 35 years of age and are not earning \$5000.00 a year you are not a success."

Train Yourself for Success

How business training has helped some of the great outstanding successes in American Business is fascinatingly told in our free booklet "Making Money in Business" Send for your free copy.

American School
Drexel Avenue & 58th Street
Chicago



Accountant and Auditor
\$50 to \$150 a week



Financial Manager
\$100 to \$300 a week



Production Manager
\$75 to \$225 a week



Sales Manager
\$75 to \$275 a week



General Manager
\$100 to \$500 a week

American School, Business Div. B3203
Drexel Avenue & 58th Street, Chicago

Gentlemen:—Send me copy of your free booklet "How to Make Money in Business." This request is to place me under no obligation.

Name.....

Address.....



Strength



Edited by
Carl Easton Williams

Vol. IX

MARCH, 1924

No. 1

CONTENTS

Cover, "The Hiking Girl," by Jay W. Weaver

Frontispiece, The Morgan Dancers.....	Arnold Genthe	16
It's One Wonderful Word.....	Editorial	17
"On Your Marks—Get Set—" (Autobiography).....	Charles W. Paddock	18
<i>Photographs</i>		
Will City Life Destroy Us?.....	Albert Edward Wiggam	24
<i>Decorations by Bert Salg</i>		
Overcome "Lime Starvation" and Cure T. B.	Alfred W. McCann	28
Is Dancing Better Exercise Than Golf?.....	Cleveland Moffett	30
<i>Cartoons by Lucile Patterson Marsh</i>		
Olmstead—A Dream of Strength Come True.....	Carl Easton Williams	33
<i>Photographs by Nickolas Muray</i>		
The Athletic Girl.....	Pictorial	37
La Follette's Fighting Strength.....	Richard Barry	41
<i>Photographs</i>		
The Self-Sacrificing Woman.....	Mary Alden Hopkins	45
<i>Illustrations by Addison Burbank</i>		
Coles Phillips Outlines the Ideal Figure.....	Charles Thomas Hicks	48
<i>Illustrations</i>		
General Butler's Iron Grip.....	T. von Ziekursch	52
How Will I Look When Developed?.....	Alan Calvert	54
<i>Photographs</i>		
Mr. Mackey Learned How to Eat.....	Annie Riley Hale	58
<i>Decoration by Livingston Geer</i>		
Condition and Form in Track Athletics.....	David Wayne	60
<i>Photographs</i>		
"Life Feels Like a Fight" (Serial).....	Wilbur Hall	63
<i>Illustrations by Thomas Skinner</i>		
Thomas Daniel—at the Athletic Age of 77.....	Norman Beasley	68
<i>Drawings by Edith M. B. Williams</i>		
"The Mat"—Analytical Comment on Physical Development.....	Alan Calvert	70
<i>Drawings by Otho Cushing</i>		

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.

D. G. REDMOND, Publisher. Publication and Subscription Offices, 301 Diamond St., Philadelphia, Pa.

Editorial and Advertising Offices, 104 Fifth Avenue, New York City, N. Y.

R. L. HUNTER, Advertising Manager. GEORGE CAMERON-EMSLIE, Associate Editor.

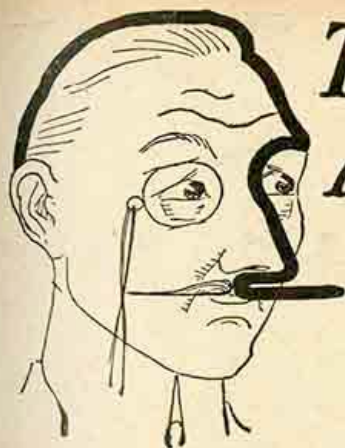
Chicago Office: 168 North Michigan Blvd., J. A. HISEY, Manager.

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, 1924, by The Milo Publishing Co.



The Magic Power of A Few Little Lines



Have you ever noticed a cartoonist draw? A short line here. Another there. A small curve. A splash of shading—and you have a wonderful picture! It was all so easy—because he knew how—he knew which lines to use and just where to put them. Through this New Easy Way to Draw, you, too, can learn the Magic Power of a Few Little Lines and how to make big money in drawing them!

New Easy Way to DRAW

How Easy!



Note how these few little lines are transformed into a picture.

One of the most fascinating, best paid businesses—yours, after a few minutes' training a day.



Delightful pastime! Endless fun! Acquire the knack in your spare time.

Invaluable asset in your present business. A few lines can drive home your intangible ideas. New way makes it easy to learn drawing.



THIS wonderful new method makes it possible for *anyone* to learn Illustrating, Cartooning, or Commercial Art. Hundreds of our students are now making splendid incomes. And most of them never touched a drawing pencil before they studied with us.

The simplicity of this method will astound you. You will be amazed at your own rapid progress. You learn by mail—yet you receive *personal* instruction from one of America's foremost Commercial Artists:—Frank Godwin and Wynn Holcomb (Wynn), the famous artists, are but two of his many successful students. Get into this fascinating game, NOW. You can easily qualify and make big money. A few minutes' study each day is all that is needed.

Newspapers, advertising agencies, magazines, business concerns—all are looking for men and women to handle their art work. Cartoonists and designers are at a premium. Dozens of our students started work at a high salary. Many earn more than the cost of the

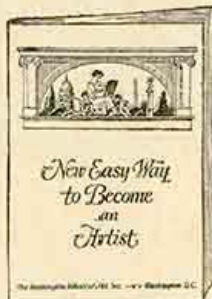
course while they are learning! YOU—with a little spare time study in your own home—can easily and quickly get one of these big-paying artists' jobs.

This amazing method has exploded the old idea that talent is an absolute necessity in art—that "it's all a 'gift'." *Just as you have learned to write, this new method teaches you to draw. We start you with straight lines, then curves. Then you learn how to put them together. Now you begin making pictures. Shading, action, perspective, and all the rest follow in their right order, until you are making pictures that bring you splendid prices. Prominent artists get as high as \$1,000 for a single drawing.*

Big money is gladly paid—and big money is waiting for anyone with foresight enough to prepare for this pleasant profession. Through our new easy method of teaching, YOU can earn big money as an artist, *regardless of your present ability.* Mail coupon today for interesting booklet telling all about it.

Coupon Brings Fascinating Booklet

An interesting and handsomely illustrated booklet, "New Easy Way to Become an Artist," has been prepared and will be sent to you without cost. It tells how you can easily become an artist in a few minutes' daily spare time and at the cost of a few cents a day. Explains about this amazing method in detail. Tells of our students—and their wonderful progress—and how we can qualify you for a high-salaried artist's position. Booklet gives full particulars about our "Free Artist's Outfit" Offer. This booklet will be sent free, and without obligation. Read all about this amazing New Easy Way to Draw and how you can quickly learn, at home in spare time. Fill out the booklet-coupon now. Mail it TODAY.



Mail coupon today for this fascinating booklet, and learn how you can become an Artist in a few minutes a day of your spare time. Cut out coupon and mail NOW.

The Washington School of Art, Inc.
Room 673, 1115—15th St., N. W., Washington, D. C.
Please send me, without cost or obligation on my part, your free book, "New Easy Way to Become an Artist," and full details about your special Short-Time Offer.

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

Address.....

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

Washington School of Art, Inc.

Room 673, 1115—15th Street, N. W.

Washington, D. C.



Photo by Matzenc, Chicago

J. E. Greenslade

Mr. J. E. Greenslade probably has been responsible for more successes in the business world than any other one man. In addition to being one of America's foremost authorities upon the Science and Practice of Salesmanship, he has

discovered an amazing new method of teaching that enables any man to step into the selling field in twenty weeks. Just how his wonderful method works to increase men's incomes is told on the opposite page.—*Adv.*

What I Tell Men Who Want Their Salaries Raised

The following article by Mr. Greenslade should be an inspiration to every man who is dissatisfied with the ordinary, commonplace job and the low wages of the average position. For here is told a definite and sure way of mastering the most fascinating profession of all; an easy way for any man to literally jump into the department that pays the *biggest incomes in every business.*

By J. E. Greenslade

PUT yourself in my place for a moment and you will realize what a tremendous satisfaction my life has been to me; you will understand why my particular work is more interesting than anything I know of. For every day hundreds of men write to me. Every day I receive letters from all over the world and from every conceivable type of man. This correspondence is divided into two great classes.

The first group is the one that challenges my greatest interest, for these are the letters from men in every walk of life—farmers, ministers, clerks, bookkeepers, routine workers, miners, railwaymen, mechanics, etc. The one question they all ask is:

"How can I get out of this business; how can I leave behind me forever the long hours, the drudgery, the lack of opportunity for getting ahead and the miserable low pay of my present job?"

This is the group that gets my first attention. These are the men to whom I send the thrilling message of freedom from all the handicaps of their positions, the message that shows them a sure, quick way for any one of them—all of them—to enter the wonderful profession of selling, at incomes that they never dreamed possible.

The second group is made up of the letters that make me happiest. For in this group I receive the wonderful message of thanks that sincere men send me of dreams realized, thanks to following my advice.

YOU, too, will want to know my secret of raising men's salaries. It is simply this: Consider business. What is the branch that pays the biggest incomes? Is it in the shops, in the offices, or in the Sales Department? Naturally it is in selling! For upon salesmanship alone depends the success of every business. As a result the salesmen—the men who make it possible for the factory wheels to turn—are the men who

receive the biggest rewards for their efforts.

That is why I advise every man who is dissatisfied with his present work to enter this fascinating branch of business.

You may say that salesmen are born, not made. You may say that you were never cut out for selling. You may laugh when I tell you that in twenty weeks you can be mentally equipped to make a big success as a salesman. But don't laugh. It is at your own expense if you do, for thousands have proved the truth of what I say—and are now making big money in the selling field.

The "born Salesman" fallacy has been exploded. The idea that a man must have a "gift of gab" has been discarded. Today the man who is most successful in selling is the man who has learned the scientific and easily applied laws of selling.

FOR example: Ellis Sumner Cook, of Chicago, wrote me when he was earning \$25.00 a week. He took my advice and last year made \$9,000!

H. D. Miller, another Chicago boy, was making \$100 a month as a stenographer in July, 1922. In September, 3 months later, he was making \$100 a week as a salesman. W. P. Clenny, of Kansas City, Mo., stepped from a \$150 a month clerkship into a selling job at \$500 a month. He is making \$850 a month now. M. V. Stephens, of Albany, Ky., was making \$25 a week. He followed my advice and now makes 5 times that much. J. H. Cash, of Atlanta, Ga., exchanged his \$75 a month job for one which pays him \$500 a month. O. H. Malfroot, of Boston, Mass., stepped into a \$10,000 position as a SALES MANAGER, so thorough is this training.

How did these men do it? The secret is simple! They followed my advice and made a small investment in the course of training given by the National Salesmen's Training Association. In *twenty weeks they were ready!* They immediately accepted

positions as salesmen and today they are doing *what you can be doing twenty weeks hence.* They are earning salaries that *you may be earning in a short time from now.* And the one thing that makes these wonderful accomplishments possible is the amazing discovery of the National Demonstration Method of Instruction that graduates you with the equivalent of years of selling experience *in your head!*

This opportunity is open to any man who has a simple common school education, regardless of his age, regardless of present position or past experience.

IF you have the vision to see the wonderful opportunity that Salesmanship presents, if you have the determination to step out ahead of the ranks of failures, if you have the will power to say, "I Will," and the tenacity to follow through, send me the attached request blank so that I can show you with my Amazing Free Book how all of these advantages may be yours. If you do not send for this Free Book, only you will be the loser. If you do send we shall both win; you shall have the income, the position, the influence that you deserve and I shall have the wonderful satisfaction of knowing that I have helped another man to success.

National Salesmen's Training Association
Dept. 21-C Chicago, Ill.

National Salesmen's Training Association
Dept. 21-C, Chicago, Illinois

I am willing to investigate the opportunity you offer without cost to myself. Please mail me Free Proof that I can become a Master Salesman and qualify for a good sales position. Also send your illustrated book, "Modern Salesmanship," and particulars of membership in your Association and its Free Employment Service.

Name.....

Address.....

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

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

STRONGFORTISM'S SUPREME CONTRIBUTION



A QUARTER-CENTURY of STRONGFORTISM now draws to its close. Twenty-five years ago this month I gave to the world my complete and perfected system of Health, Strength and Virility with Scientific Muscularity. Since March, 1898, the weaklings, sicklings and failures of the earth have knocked upon my door and the healthening, strengthening, energizing secrets of Nature have been opened up to them. STRONGFORTISM—sown in knowledge and rooted in true Science and reverence for Nature—marches on to new achievements and fresh triumphs in the Physical Salvation of the Race.



ARE YOU A FIGURE-HEAD—lacking the full courage, powers and rewards of Manhood? Do you crawl where others stride? Do you doubt where others do? Do you obey where others dominate and rule? Are you a DEMI-MAN leading a SEMI-LIFE or are you a whole and wholesome SON OF MOTHER NATURE?

IS YOUR BODY CLOGGED AND POISONED? Have you stood idly by—mildly wondering, morbidly dreading while the arch-assassin CONSTIPATION mauls your vital organs, muddies your blood and muddles your mentality?

ARE YOUR MUSCLES MAN-MUSCLES or weak and flabby remnants of your masculinity? Are you awkward and ill-balanced, an object of indifference, pity, contempt—or is your physique poised, powerful and perfect in the eyes of those whose love or admiration means the whole world to you?

The Miracle of Latent Power in Your Body

No poet, scientist or doctor ever lived who could put into words the miracle of Nature as She works in the reconstruction of Health, Beauty and Happiness for intelligent humanity. Weak as you are—sickly as you are—doomed to swift destruction as you may think you are—there are still within you vital, dormant powers that you CAN use to rebuild and RE-CREATE yourself into a man again!

What STRONGFORTISM has done for me is known to all the world. Great universities have received me as their guest, to study the products of my teachings in my own peerless body and to make use of my methods in their own curriculums. Vast theatre audiences have acclaimed my classic poses and eminent sculptors have hewn my figure in marble and cast it in bronze for perpetual exhibition in the leading museums of the world. In public feats of strength and dexterity I have established records never duplicated by any other living man.

That is what STRONGFORTISM

has done for ME. What it can do for YOU depends upon YOUR desire to be strong, YOUR will to be well, YOUR determination to desert the ranks of NOBODIES and assert the indomitable nobility of manhood in your own precious being.

Now You Can Make Strongfortism Yours

For many years I have bent every effort to bring STRONGFORTISM within the financial reach of everybody—those who are deficient and want to be normal and those who appear normal but want to be perfect in every muscle, every organ, every drop of blood.

Now—on STRONGFORTISM'S 25th Anniversary—my aim at last is reached. At enormous personal sacrifice and by curtailing every single item of unnecessary expense in the conduct of my business, I have been able to CUT MY FEE IN HALF—MAKING STRONGFORTISM AVAILABLE TO EVERY MAN AND WOMAN IN THE WORLD WHO IS NOT TOO POOR IN SPIRIT TO REALIZE THE VITAL IMPORT OF THIS ANNIVERSARY MESSAGE.

Complete

\$15

Course

Health-Strength-Virility

STRONGFORTISM

with Scientific Muscularity

Complete

\$15

Course

25th ANNIVERSARY OF SERVICE TO MANKIND

GET the full significance of this astounding offer firmly fixed in your mind. What I am offering you at such an astonishingly small price is not a clipped, curtailed or cut-and-dried and generalized skeleton of a course. It is my full and unabridged course as adapted to the personal requirements of every pupil. It includes every one of the famous STRONGFORT fundamentals, including step-by-step development of each muscular structure, complete dietary counsel and the world-famous basic STRONGFORT method of internal organic muscular rehabilitation.

LIONEL STRONGFORT

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



Strongfort's \$5 Resistance-Increasing Dumb-Bells Free

To every pupil who enrolls during the period of this offer will be given without extra charge the famous STRONGFORT resistance-increasing dumb-bells which are required to get full and complete results from STRONGFORTISM.

First Enrolled—First Served

Because of the extraordinary character of this offer, and by its effect upon my prospective pupils in every corner of the world, it is certain that I am facing the busiest period of my life because I give to each pupil my personal attention and a personal STRONGFORT-ISTIC course exactly suited to his individual requirements.

Since I must handle all these calls upon me personally it is only fair to formulate all lessons in the order in which enrollments are received. So you will understand the importance of sending in your enrollment among the early ones, thus assuring the quickest possible attention I can give you in launching you upon the Highway to Health, Vigor and the Supreme Contentment of Physical Perfection.

The Turning Point of Your Career

Reader—I am doing everything within my power to bring the life-giving science of STRONGFORTISM into your life—to make your life a work of art and a joy to yourself, your dear ones and the unborn who are to carry the torch of physical beauty on through the future. It is for you to decide your own fate from this point on. Your destiny is yours to carve.

Fill in the Coupon—I'll Fulfill My Guarantee

In using the coupon below you may feel perfectly secure in my GUARANTEE, fortified by a quarter century of upright dealing and by my financial responsibility as attested by the National City Bank, New York; Lloyd's Bank, Ltd., London; Banco Aleman Trans Atlantico, Buenos Aires; and National Newark & Essex Banking Co., Newark, N. J.

MY GUARANTEE

After faithfully following the individual course in STRONGFORTISM, as planned for you under my personal supervision, if you have not received real benefits in Health, Strength and Physical Development at the completion of the Course, I positively guarantee to refund all money you have paid me.

(Signed)

LIONEL STRONGFORT

This FREE Book Is Yours

Fill in and mail the coupon and receive your copy of my famous, fascinating, beautifully illustrated Book, "Promotion and Conservation of Health, Strength and Mental Energy." It is a carefully detailed account of the easiest, simplest and surest way of gaining Physical Perfection with all the rewards of Social and Business Success. It explains the vital truths of STRONGFORTISM in relation to the life ambitions and happiness of the reader. Sending for this book obligates you in no way beyond the 10c. to cover my mailing costs.

FREE CONSULTATION COUPON

Absolutely Confidential

Mr. Lionel Strongfort, Dept. 1383, Newark, N. J.—Please send me your book, "Promotion and Conservation of Health, Strength and Mental Energy," for postage on which I enclose a 10c. piece (one dime). Send me special information on subjects marked (X) below, as well as those I may write on extra line, without obligation.

Colds	Anemia	Increased Height
Catarrh	Debility	Dependancy
Hay Fever	Fear	Skin Disorders
Asthma	Neurasthenia	Vitality Restored
Obesity	Short Wind	Falling Hair
Headache	Flat Feet	Stomach Disorders
Thinness	Constipation	Round Shoulders
Rupture	Biliousness	Lung Troubles
Lumbago	Torpid Liver	Weak Back
Neuritis	Indigestion	Drug Addiction
Neuralgia	Nervousness	Weaknesses (Specify)
Flat Chest	Poor Memory	Muscular Development
Insomnia	Rheumatism	Great Strength
Bad Breath	Gastritis	
Bad Blood	Heart Weakness	
Weak Eyes	Poor Circulation	

(For Immediate Enrollment Check Below)

ENROLLMENT FORM

I hereby enroll for a Complete Personal Course in STRONGFORTISM, for which I enclose:

- \$15 Payment in Full for Complete Course, Including Resistance-Increasing Dumb-Bells.
- \$5 Partial Payment, Agreeing to Pay Balance in Two Monthly Payments of \$5 each, plus \$3.75 extra for Dumb-Bells.

Name.....

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

Street.....

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

LIONEL STRONGFORT

Physical and Health Specialist

Department 1383

Newark, N. J.

Would You Give for a High Powered

IN the new magazine, "Muscle Builder," you are told by the world's strongest men how to develop your muscles to the maximum of size, strength and endurance. Every issue is actually crowded with live-wire articles that are bound to appeal to everyone desirous of developing a high-powered muscular body. Start right in with the March issue. It contains feature after feature that you cannot afford to miss. Get the March issue of "Muscle Builder," at any newsstand or periodical store. The price is only 15 cents. Don't fail to secure your copy!



The Secret of Making All Your Muscles Alive

This is an article by Edwin Gray, M. D., one of the world's greatest authorities on body building. He has already shown thousands the way to glorious health and power through a complete development of their muscular system.

In the March issue of "Muscle Builder" Dr. Gray begins a complete course of his famous body-building methods. Whether your muscles are now soft, weak and flabby or well

developed, you will find this series of articles of amazing value.

Dr. Gray shows you how to develop each individual muscle and make it function properly so that they will all act in perfect harmony towards the development of a strong body. This course is worth dollars to you, but you get it for 15 cents per month, beginning with the March issue of "Muscle Builder," now on sale. Don't miss it.

I Can Drive Nails With My Fist— So Can You!

This is an article by Breitbart, the Modern Samson, telling of his early experiences at Lode, Poland, his birthplace, and recording how he started his career casting cold steel into horse-shoes with his bare hands. He supports a replica of the Yale Bowl on his chest while two men race around its sides on motorcycles. He lies on a bed of nails supporting a bridge, over which

horses walk. He breaks heavy chains with his hands and bites through the links with his teeth, and drives nails with his fist. How does he accomplish such amazing and unbelievable feats? The answer is told in the March issue of "Muscle Builder," where Breitbart reveals all the secrets of his astonishing strength, and proves that anyone can do exactly what he does.

I Can Lift Four Hundred Pounds With One Finger

By Edwin Zello, Middleweight Lifting Champion

Zello was a weakling at birth. He was unable to attend school until he was thirteen. Once given up as a consumptive, it was only lately the great Hackenschmitt failed to throw him in a handicap match. Read his amazing life story in the March issue of "Muscle Builder."

"Fight"

A story of the prize ring by an ex-pugilist that will make your blood tingle and your hair stand on end. It is the story of the transformation of a weak-kneed editor—afraid of his own shadow—to a man of powerful build and physique—ready for any fighter in or out of the ring. Begins in the March issue of "Muscle Builder."



On Sale at All
Newsstands—
15c

Muscle

15¢ a Month - Muscular Body ?

Just read over the table of contents for the March issue of "Muscle Builder." Just look at the array of contributors—every one a superman in the world of strength. Read their experiences, follow their instructions and you, too, can quickly have large, brawny muscles. Muscles that are as hard as steel—that put you in the strong powerful two-fisted man class. Get "Muscle Builder" every month. You will read it from cover to cover, for it is more than a magazine. It is a complete education in the developing of a mighty and muscular physique for you.

Don't fail to take advantage of our introductory offer, explained below.

OTHER FEATURES IN THE MARCH ISSUE—DON'T MISS THEM

Why I Am the Strongest Man in the World

By Paul Kronos, who laughs at ordeals that would kill many men.

Wrestle Your Way to Strength

By Nat Pendelton, world's Intercollegiate and Olympic champion, who guarantees to overpower Jack Dempsey in a bare-hand rough-and-tumble in less than ten minutes.

I Raised My Boy to be a Fighter

By Ma Stribling, mother of Young Stribling, the young light heavyweight sensation from Macon, Ga.

Why I Can Lift Three Thousand Pounds

This is a thriller by Prof. Patrick McCarthy, known as "Maximus." At the age of 64 he can still lift 3,000 pounds. He also tells of his exciting days as a bull wrestler.

Muscles in the Movies

Douglas Fairbanks, the muscular movie actor, tells how he keeps in trim and how he built up his muscles for his famous movie stunts.

How I Became Champion

By Arthur Leslie.

How I Built a Strong Arm

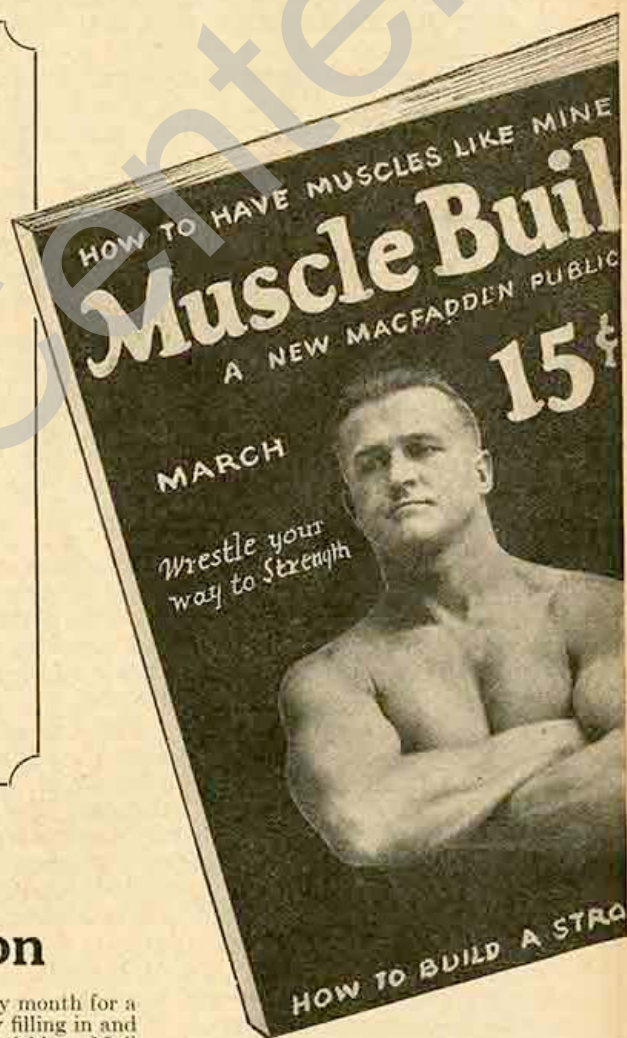
By Bernarr MacFadden, "The Father of Physical Culture."

In addition to the above articles there are many full pages of "strong man" pictures. Don't miss them!

**Only \$1.50 For
Full Year's Subscription**

Under this introductory offer "Muscle Builder" will be sent you every month for a whole year for only \$1.50. The regular price is 15 cents a copy. But by filling in and mailing the attached coupon you will make a material saving. So act quickly. Mail the coupon today—NOW!

Builder



MACFADDEN PUBLICATIONS, Inc.,
Dept. S-3, MacFadden Building,
1926 Broadway, New York City, New York.

I am enclosing \$1.50. Please enter my name for a full year's introductory subscription to "The Muscle Builder," beginning with your March Number.

Name.....

Address.....

Name of my newsdealer is.....

The Most Amazingly Successful Health Book Published in Recent Years

OUTWITTING OUR NERVES

By JOSEPHINE A. JACKSON, M. D.

HELEN M. SALISBURY

\$2.50 net

HERE is a truly scientific book about "nerves" written in a popular style. It is an absorbing account of the interplay of forces back of nervous symptoms and character traits; a book for the sick and for the well; for those who have broken nervously and those who would prevent a nervous breakdown. It is a book for the busy physician, for the parents, the teacher and social worker; for the man who would use his emotions as an asset and get the most out of his physical powers.

In place of vain platitudes about worry and will-power one is shown the real reasons for worry and the blues. There are chapters on the Subconscious Mind, The Real Trouble, The Way Out, That Tired Feeling, Dietary Taboos, The Bugaboo of Constipation, Insomnia, Woman's Handicap, and others equally vital. Some of these chapters will revolutionize the habits of a life-time.

Do You Think

- That you don't get half enough sleep?
- That you are terribly overworked?
- That you must coddle your stomach?
- That you must use purgatives?
- That you have "diseased" nerves?
- That you are a nervous wreck?

It shows the causes which lie back of worry, fear, delusions, and why these are a common source of diseases as various as the varying constitutions of human beings. In simple language it gives an account of the latest discovery of science in the realm of the human mind and its relations to the ills of the body, revealing *unconscious conflicts* as the cause of disasters, both mental and physical, and the *raising of these conflicts to consciousness* as the cure.

This volume is the more welcome since it clears up a mass of misconception about the much-discussed abstruse principles of

psychoanalysis. Here is a simple, comprehensive presentation of the Freudian principles, backed up by nearly threescore illustrations from Dr. Jackson's own cases, with a description of the methods used in her remarkably successful handling of nervous disorders.

There are three perfectly safe statements that can be made about "Outwitting Our Nerves": (1) That it is worth many times its price to any reader; (2) That it is well worth having regardless of what health books one may already have; (3) That it is a positive delight to read, as well as a profit. Send the coupon at the right with \$2.50, and a copy will be forwarded to you immediately postpaid.

Any of the books mentioned on this page may be had at half price if your order is sent with a one year subscription to Strength Magazine at \$2.50.

THE MILO PUBLISHING COMPANY

Publishers of STRENGTH MAGAZINE

301 DIAMOND ST.

PHILADELPHIA, PA.

A Selection of the Best Books on Health

How to Live, Rules for Healthful Living Based on Modern Science, by Irving Fisher and Eugene Lyman Fisk. The seventeenth revised and greatly enlarged edition of this famous book prepared in collaboration with the Hygiene Reference Board of the Life Extension Institute. \$1.50 (1)

Health Through Will Power, by James J. Walsh. This volume will help in the restoration of the will to its place as the supreme faculty of life. The author shows its preventive and curative power and the value of its application to bad habits. \$2.00 (2)

Girth Control, by Henry T. Finck. A new method of reducing weight which calls for no self denial but allows you to eat anything and as much as you please while enjoying your meals far more than before. With menus. \$1.75 (3)

Teeth, Diet, and Health, by Kurt H. Thoma. It is now quite clear that teeth have an influence on health that most people have not thought possible and Dr. Thoma's book, which is authentic beyond question, should be an invaluable aid to better health. \$2.00 (4)

The Meaning of Dreams, by Isadore H. Coriat. In this column Dr. Coriat discusses the psychology and psychopathology of dreams with particular reference to their value in the treatment of nervous disorders. \$1.75 (5)

Sleep and Sleeplessness, by H. Addington Bruce. Contrasting theories of sleep are here presented and the state of mind in sleep carefully examined, with a full discussion of insomnia and its cure. \$1.75 (6)

Character Reading Through Analysis of the Features, by Gerald Elton Fosbrooke. A book of extraordinary interest, probably the finest thing of its kind ever done, with 56 unusual illustrations. \$2.50 (7)

A Parent's Manual, by M. P. E. Grossman. Volume 1, Child Problems, Mental and Moral. \$2.50. Volume 2, Child Problems in Health and Disease. \$2.00. The management and care of their children is one of the most important duties of parents. These two volumes, which are sold separately, supply authoritative information on every sort of child problem from birth through adolescence. (8)

SPORTS

The Book of Sports and Games, by Walter Camp. Covers Baseball, Basketball, Rowing, Canoeing, Sail Boats, Motor Boats, Bowling, Camping, Cricket, Croquet, Football, Golf, Ice Hockey, Field Hockey, Lawn Bowls, Polo, Quoits, Skating, Soccer, Swimming and Tennis with playing directions, coaching hints, and much valuable advice. (10)

American Football and How to Play It, by Charles D. Daly. A splendid book by the Army Coach dealing with the fundamental principles of the game, its science and strategy, with a large number of illustrations and diagrams. \$2.00 (11)

My Thirty Years of Baseball, by John J. McGraw. Gives all sorts of inside stuff, Merkle's boner, Snowgrass' error, present-day baseball salaries, theory of signal systems, reasons for certain sensational baseball deals, etc. McGraw's pick of the best players in the game, his choice of all American teams, the history of baseball back to 1890 and eighteen full page illustrations. \$2.00 (12)

The Art of Lawn Tennis, by W. T. Tilden, 2nd. The clearest and most vivid tennis book on the market, dealing thoroughly with both practical stroke making and the psychology of the game and giving many interesting sketches of tennis personalities. \$2.00 (13)

Golf for Beginners, by Major Guy Campbell. A very practical little book with chapters on clubs, putting, iron play, play with wooden clubs, and the rules and etiquette of the game. Fully illustrated. \$1.00 (14)

These books are not house publications, but have been selected from the entire field of health literature as being the best works on their respective subjects. Order by number.

Strength Magazine, Book Dept.,
301 Diamond St., Philadelphia, Pa.

3-24

Send me postpaid Jackson and Salisbury's *Outwitting Our Nerves*.

I enclose \$.....

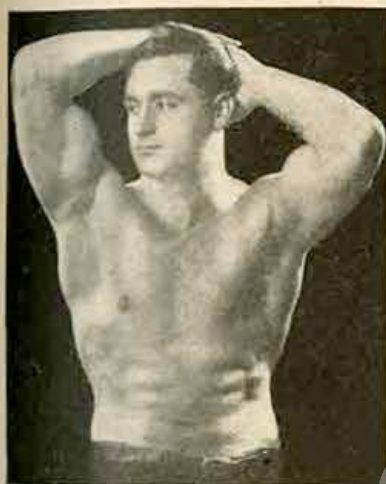
Name.....

Address.....

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



Marvelous New System Now Being Broadcast Throughout the World



CHARLES ATLAS

"THE WORLD'S MOST PERFECT MAN"
Winner of two \$1,000.00 FIRST PRIZES
and a DIPLOMA for Physical Perfection.
No other living man can claim this title.

Listen In!

Have you a radio in your home?
If so, be sure and write to me at
once and ask for particulars when
I will lecture over the radio and find
out what station you should tune
in on.

"SECRETS OF MUSCULAR POWER AND BEAUTY"

It's the greatest muscle-building book ever printed. Yes, and it's just chock-full of large page photos of my pupils and myself. You'll be thrilled at the marvelous collection of strong, muscular giants you'll see in this book. There's nothing else like it in the physical culture world. And it's printed in beautiful Colors, too—like it in the physical culture world. If you don't own a copy you're not up-to-the-minute in physical culture. In addition to the scores of pictures, you are plainly told the secrets for developing Huge, Powerful, Rippling muscles on the outside and have Inner Health and Energy on the inside. The edition is limited. I have only a few thousand copies left, so clip the coupon and send for Your copy Right Now. It will mark the beginning of a new and better life for you.

CHARLES ATLAS

"THE WORLD'S MOST PERFECT MAN"

96 Fifth Avenue Dept. 254 New York City

Science's Newest Discovery!

The world has advanced by leaps and bounds in the field of electrical research, and the aeroplane, automobile, telephone and radio, and in the realm of physical culture my System is a vast improvement over old-time methods. There's no need for you to accept the unprogressive methods, which still dish you up the same old stuff of fifteen or twenty odd years ago. My physique has recently been officially pronounced the most PERFECT of any man living. It is the result of my NEW, scientific system. I am constantly testing out NEW things, discovering NEW secret exercises. I am ever on the alert to incorporate the very latest findings of Health and Strength Building. YOU profit by this NEW, and UP-TO-DATE instruction. There's no old foggy stuff from me. I give you the condensed facts, the "cream" of all the LATEST, proven scientific health and muscle building methods that gets results quickly and surely. Simplicity is the keynote of my Course. You get the facts without the frills.

EVERY LESSON FAIRLY CRACKLES WITH ELECTRICAL ENERGY

Thousands of men from all over the world are finding my amazing NEW Health, Strength and Personality Building Course of priceless value. YOU can now share in the marvelous benefits and reap the rich rewards of my scientific research. Under my expert guidance you get results surely and easily by a few minutes' daily playtime, snappy, re-creating exercises that fill you with the fire of Eternal Youth, put a new clear sparkle in your eyes, a spring and buoyancy in your step, enabling you to actually FEEL the exhilarating joy of Superb and Glorious MANHOOD! Tune in on this, for remember, summer is coming and bathing suits will soon be in style and you will want a development the whole

world will envy. What will your friends think of YOURS? You needn't be one of those they scorn and poke fun at. Through my System you can be ADMIRABLE instead of pitted. By July you can be a PERFECT MAN—strong, healthy, athletic. But you must get busy NOW—don't leave this training till the last moment. I am making a World-Wide Drive to improve the QUALITY of the human race. I am determined to build up a Nation of vigorous, healthy, muscular MEN. This vital message is being "broadcast" throughout the Country. Will YOU be one of the thousands who will avail themselves of my personal help? Or will you sit back and deliberately toss away the opportunity to be in on this and remain a weakling? Be fair to yourself.

COME ON NOW, FELLOWS! TUNE IN QUICKLY!

Simply "flash" back the coupon, enclose with it 10c, and get all the facts FREE about this wonderful MODERN System that is now spreading over the vast country like a prairie fire and being adopted by mayors, judges, doctors, scientists, lawyers, business executives as well as by striving youths. Now there's no excuse for you to remain a weakling! The secret of becoming a PERFECT MAN is fully explained in my new, big, COLORED book. Send for it TODAY—SURE!

FREE!

Everyone answering this advertisement will have an opportunity of securing six 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 this year.

MAIL THIS NOW!

CHARLES ATLAS,
96 Fifth Ave., Dept. 254, New York City.

Dear Sir: Please send me your 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)



You Wouldn't Wear Glasses

If You Knew What I Know



Condemned to wear glasses for the rest of my natural life.

When I joined the company three years ago I was a confirmed eye-invalid. I had what the oculists called Astigmatism and had worn glasses from the time I was fourteen years old. Glasses were as much a part of my wearing apparel as my shoes or my shirt. I put them on when I got up in the morning and never took them off until I went to bed at night.

Without them I was as helpless as a blind man.

The thought that I would ever be able to see perfectly again without glasses never entered my mind, not even in my dreams, for hadn't the leading oculists and optometrists advised me to the contrary, and didn't I have to go to them at stated intervals and have the lenses in my glasses changed to allow for the continual fluctuation in my range of vision?

Shortly after joining the Macfadden Company I learned that they published a course in eye training compiled by Bernard Macfadden, the famous physical culturist, in collaboration with one of the world's leading eye specialists. But that didn't mean anything to me, for wasn't I a confirmed eye-invalid, condemned to wear glasses for the rest of my natural life? One day when I had been with the company about six months I happened to be in Mr. Macfadden's office on a matter of business. I was about to leave when he startled me by saying, "Jackson, why don't you take up the eye course and get rid of those glasses?" He might just as well have asked me, "Why don't you learn to live without food?" I wouldn't have considered the question any more ridiculous.

But he talked to me. He told me how he was in the same boat as myself when he was about forty, and how he had cured his eye troubles by just some simple eye exercises which he invented, and that how since he has published the exercises in course form with the aid of the eye specialist referred to, eye sufferers from all parts of the world had written him letters of gratitude for what the course had done for them—some of them much worse off than I was.

Well, to make a long story short, he finally persuaded me to try the exercises. I took the course home that night and read it through. And the next morning I began the exercises. That was more than two years and a half ago.

I haven't worn a pair of glasses for over a year—not even to read by. As I told you, I am in the correspondence depart-

EVERY time I see a man or a woman wearing glasses I always think: "If you only knew what I know, you would have those things off within three months' time, never to put them on again." I feel just like stopping them and telling them what I know about certain eye exercises that would, in an amazingly short time, put their eyes in such a condition they could forget that such a thing as eyeglasses ever existed.

But you know how skeptical people are as a rule and I know I wouldn't be believed, or thanked for my trouble. But, there is nothing to prevent my telling the readers of STRENGTH my story. They can believe it or not, just as they see fit.

But those who believe it enough to interest themselves to the extent of further investigation I know will thank me all the rest of their lives, and that is reward enough for the effort.

So here goes:—

My name is Jackson, Laurence B. Jackson. I am employed by the Macfadden Publications, Inc., publishers of magazines and books. I am in the correspondence department.

ment where I read poorly written letters for eight hours of the day and the strain on my eyes is tremendous. But my sight is perfect and my eyes trouble me not at all.

Wonderful? Yes! Are you surprised that I would like to tell my story to every person I meet? And it's not just my story. It's the story of nine people out of every ten who take up the Macfadden System of Eye Exercises and stick to it.

It can be your story if you're one who wears glasses or one who soon will have to.

In order to make it possible for any eye-invalid to examine his course without risking a penny, Mr. Macfadden sends it out on a five-day approval basis.

The price has purposely been made very low so as to be within the reach of any person—\$5.00 complete, postpaid.

There is a coupon on the right hand corner of this page for your convenience in sending for the course if you feel you would like to try it after reading about my experience.

Last October, at the special request of Mr. Macfadden, I attended the great Physical Culture Show at Madison Square Garden so that those present could see, not an extraordinary but a typical example of what his wonderful eye course will do for eye-invalids.

I talked with hundreds of persons and if you were there, it is possible that you have already met me and heard my story from my own lips.

I can't add anything to what I've said above. I've told you my story. It's in your hands, whether you will profit from it or not.



I have not worn glasses for over a year—my eyes have never been so strong nor my vision so good.

Send No Money Now

MACFADDEN PUBLICATIONS, INC.,
Dept. S-3, Macfadden Bldg., 1926 Broadway, N. Y. C.

Entirely at your risk you may send me your course of Eye Exercises. Upon receipt I will pay the postman \$5.00.

It is understood if after trying the course for five days, I decide not to keep it you will immediately refund my \$5.00 upon return of the course.

Name.....

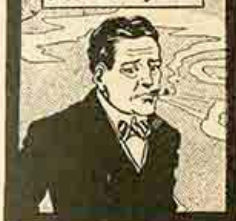
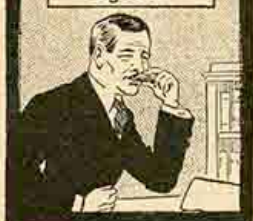
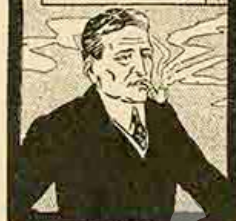
Street.....

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

Macfadden Publications, Inc.

Macfadden Building

1926 Broadway, New York

Tobacco Tells on
Nervous SystemTobacco Ruins
DigestionTobacco Stunts
Boy's GrowthTobacco Robs
Man of Vitality

Tobacco - a Man's Delusion

Thousands of men are under the delusion that they actually need tobacco! They think they couldn't possibly get along without it. But can any man honestly say that tobacco has ever done him the slightest good? How can it, then, be in any sense regarded as a necessity?

No, the use of tobacco is an utterly useless habit. And think of the expense. Count the nickles, dimes, quarters and dollars you spend for

cigars, cigarettes, pipe or chewing tobacco or snuff—by the day, week, month and in years. Even a dime a day is \$36.50 a year; a quarter a day makes \$91.25 a year; a dollar a day \$365.00 a year—the interest at 6% on \$6083.33 CASH CAPITAL you'd have to save to have your wasteful tobacco bill earned and paid for. And you haven't a single thing to show for it—except poorer health!

After all is said and done that is the real reason you should quit tobacco—because of the effect it is having on your health. Even if you can easily afford the extravagant money waste, the physical, mental and nervous effects of tobacco are bound to tell. Leading authorities agree that tobacco is damaging to the heart, that it impairs normal brain activity, and deadens a man's vitality. Any doctor will tell you these are facts. No tobacco user can dodge them. Some day he must pay the penalty. Every smoker, every chewer, every snuff taker is taking into his system a deadly poison that slowly but surely undermines his health. Think this over, you tobacco users. You're paying too big a price both in money and the lowering of your vital forces and general efficiency for a mere habit that you have come to regard as a necessity—but which isn't. Quit tobacco and you'll eat better, sleep better, feel a hundred per cent better in every way. You'll think clearer, have more energy, be more efficient in every thing you do. Here's an easy way for you to quit. Read our remarkable offer.

Tobacco Habit Banished LET US HELP YOU

It doesn't make a particle of difference whether you've been a user of tobacco for a single month or 50 years, or how much you use, or in what form you use it. Whether you smoke cigars, cigarettes, pipe, chew plug or fine cut or use snuff—Tobacco Redeemer will remove the craving for tobacco. Your desire will usually begin to decrease after the very first dose—there's no long waiting for results.

Tobacco Redeemer contains no habit-forming drugs of any kind. It is not a substitute for tobacco, but a radical, efficient, time-tried treatment which you can prove in your own case on our special offer.

Results Absolutely Guaranteed 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 in accordance with agreement we furnish with every complete course of treatment. We take the risk because we know what this great treatment has done for thousands of users—many bound for years by this money-wasting, health injuring habit. Do no hesitate. Act!

Valuable Book FREE Send now for our scientific book on tobacco and its effects. Learn from it just how nicotine attacks the nervous system, affects the heart, impairs digestion and naves the way to mental and physical deterioration. Learn also how the tobacco habit may easily be broken. Full explanation is given of the action of the remedy which has freed thousands from this craving. You ought to have this book even if you are only a moderate user. It is free. Send the coupon or a post card for your copy.

WRITE 
for Convincing Proof

If you are a slave of the tobacco habit and want to find a sure, quick way of quitting "for keeps," mail the coupon or send your name and address on a postal and get the full particulars and positive proof of what Tobacco Redeemer has done and can do. We will also send the book FREE. Write now—Today.

**Newell
Pharmaceutical
Company**

Dept. 974 St. Louis, Mo.

Free Book Coupon

NEWELL PHARMACAL CO.

Dept. 974

St. Louis, Mo.

Please send, without obligating me in any way, your free booklet regarding the tobacco habit and proof that Tobacco Redeemer will positively free me from the tobacco habit or my money will be refunded.

Name.....

Street and No.

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

Solving the "Mystery" of Disease

by C. H. Woodward

DURING the past three years more than 100,000 diseased people have proved in their own bodies to their own satisfaction that *natural food* tends to correct disease. Why have more than 74 human ailments responded to the regular daily use of *Whole Grain Wheat*, many of these ailments being the so-called incurables, such as diabetes, asthma, cancer, Bright's disease, goitre, and on down to constipation, boils, muddy complexion, stomach ulcer, etc., etc.?

The entire scientific world agrees that disease is merely altered function of the life-cells and organs of the body. Altered function simply means changed action of the life-cells. What causes the life-cells to change their function or action?

We can better grasp the answer to this by considering what causes them to act at all. The new-born babe will die—its life-cells will cease acting—unless it is fed, and the only thing under the sun that it can be fed to keep it living is milk. Unless the baby is fed milk, then its life-cells will *change their function* and that is disease, and death will inevitably result. It must be that milk possesses elements necessary to *prevent* the life cells of the baby from changing their function. Of course air is a necessary adjunct to the milk, but when air and milk (especially human milk) are available to the life-cells of the new babe it continues to function and live.

Natural milk and natural air *prevent* a change in the function of life-cells of the baby.

While all disease is traceable directly to only one source, namely: change of the action or function of the life-cells, there are only four causes of this change. These four causes of disease are: Denatured food, denatured water, denatured air, and violence.

Since there is not a vast amount of denatured air, or denatured water, and not much violence, the rest of the manifestations of disease must be due only to denatured food.

The law of life is replenishment. With every heart-beat the blood is sent coursing through the entire body to deliver to the life-cells the 16 elements in balanced combination, namely: phosphorus, lime, magnesium, potassium, sulphur, carbon, nitrogen, manganese, iron, sodium, iodine, oxygen, hydrogen, fluorine, chlorine, and silicon. With every heart-beat the blood gives up of these 16 elements some part to each life-cell. The blood cannot continue to give up without getting back what it gives up. That is what we do when we eat, if we obey the law of life in eating. We replenish the depleted bloodstream. But we cannot replenish the blood unless the substances we eat contain these 16 elements in balanced combination. That is the only and sole purpose of eating.

These elements in balanced combination can be found only in natural foods, and never in refined foods, and all of them in balanced combination, so far as man knows, can be found *only in a natural grain of wheat*. Natural wheat, then, stands in the relation to life in much the same value as natural air and natural water.

Disease then—any and all disease—if not caused by violence, such as a blow, a fall, or a puncture of the protecting tissues by a sharp instrument, or from breathing denatured air (air filled with gases not natural to air), or from drinking denatured water (water polluted with other substances not natural to the formula H₂O), must be due to

either an excess or a deficiency of some one or more of the 16 elements in the bloodstream.

Nothing in the way of food can get into the bloodstream except through the mouth. Then, excluding the three causes just named, all disease is due to *what we put into our mouths, or fail to put therein.*

So if disease comes from what we put in or fail to put into our mouths, then disease can be corrected *by correcting what causes it*, and that is why when those who are ill start using *Whole Grain Wheat*, and regularly use it twice a day, they find that their goitre disappears, or their diabetes ceases to exist, or their cancer leaves them. It is a perfectly natural process. When the life-cells begin to get the 16 elements in balanced combination, which they must have to function naturally, then they tend to return to natural function, and as they do the disease, which is merely a manifestation of their unnatural function, disappears. There is not much mystery to disease after all.

But skeptical humanity looks for the complex and overlooks the simple, obvious thing. Because of this skeptical attitude *Whole Grain Wheat* is sold under the definite and literal guarantee that the user will be benefited both mentally and physically if he or she uses it twice a day for 24 days (the 24 days is because a dozen tins will cover 24 days' use), and if he or she does not think so (and the user is the sole judge) the purchase price paid will be returned without argument.

This potent food is the natural wheat berry (the only single food known to man which contains in balanced combination all the 16 elements required each day for normal nutrition) in its whole form just as it comes from Nature's laboratory, with nothing added and nothing taken away, and is wheat *in its supreme nutritional effect*, because it is the first wheat civilized man ever ate that has been cooked ready to serve without oxidation, distillation or evaporation effects, the method of cooking being protected by the United States and Canadian governments. It is not whole wheat flour but is food after the form of peas and beans, and more potent in its nutritional effect than any cooked food ever before produced, because the cooking has not demineralized nor oxidized its mineral constituents.

The letters printed herewith are all voluntary offerings on the part of the recipients of the benefits they received, given us with the hope that others may be informed and benefited by doing as these people did.

Reduced Him 30 Pounds— 12 Inches in Waist Measure

"I am going to state herein a few facts of my experience with the use of *Whole Grain Wheat*. Broken down on January 8, 1923, with a very weak, overtaxed heart, blood pressure very low, complexion purple in color on account of hardly any circulation, weight 262 pounds, height 5 ft. 10½ in., waist measure 52 inches. Lived ten days on diet prescribed by my doctor and lost 27 pounds in that time. I was so weak I could hardly speak. Your distributor, Mr. Gittens, heard of my trouble and came to see me, begging me to eat *Whole Grain Wheat*, telling me what it did for him. I started eating the Wheat after the 19th day and have been eating it every day since that time. I got stronger every day and continued to lose weight and now I weigh 205 and my waist measure is 40 in., losing 57 lbs. and 12 inches in waist measure. I tell every person I see that is interested about what *Whole Grain Wheat* did for me. My blood pressure and heart are normal now, and I haven't taken any medicine since about the 15th of March. I am feeling better now than I have in 25 years."—John A. Gillis, 811 N. Chestnut Street, Green Bay, Wisconsin, June 24, 1923. Anyone in Green Bay can con-

firm this who cares to do so. Telephone 4063, asking for Mr. Gittens.

Increased His Weight 30 Pounds

"I have gained in weight about 30 lbs. since using *Whole Grain Wheat*. My bowels move regularly and I have more pep."—Charles Centilli, 840 Michigan Street, Grand Rapids, Michigan, Sept. 8, 1923. Confirm this, too, if you live in Grand Rapids, and have any doubt about it, by telephoning Citizens-76684, Mr. Fred Witte, 1818 Elisabeth Avenue.

Passed Life Extension Institute Examination

On November 15th, 1922, I ordered my first dozen *Whole Grain Wheat*. At that time I was suffering badly from constipation and at times was so dizzy that I could scarcely walk; in fact, I was almost a nervous wreck. I had taken medicine for a long time for constipation, but did not get any permanent relief. After eating *Whole Grain Wheat* for a few days, my constipation was relieved, and my other troubles began to leave me. I have not taken a single dose of medicine for constipation, or any other trouble, since I began eating *Whole Grain Wheat*.

Yesterday I took a health examination from the Life Extension Institute of New York. The doctor making this examination informed me that he could find nothing at all wrong with me; that I had every appearance of a man in perfect health. I certainly did feel good when he told me this. My good showing in this examination is all due to eating *Whole Grain Wheat*.

My wife was also troubled with constipation and suffered with rheumatism. After eating *Whole Grain Wheat* for a short time, both of these troubles were completely relieved and have not troubled her any more. (Signed) W. J. Weaver, 2501 Hamilton Ave., Columbus, Georgia. Anyone in Columbus, Georgia, can confirm this very quickly.

Says Whole Grain Wheat Saved Wife's Life

"We are thankful to Divine Providence for being able to obtain wheat prepared in a perfect state to give all the 16 mineral elements of food to sustain life and happiness. *Whole Grain Wheat* has saved my wife's life, as she was about to undergo an operation when she learned of *Whole Grain Wheat* and began using same. She has gained 15 lbs. She does all her own work besides attending to a very large garden and caring for poultry. She is well since using *Whole Grain Wheat*. A man who can produce such a food as *Whole Grain Wheat* deserves consideration." (Signed) Chas. J. Erickson, Donnybrook, N. D., October 15, 1923. Anybody is at liberty to confirm the above by writing Mr. Erickson.

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% to 50% 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; west of Denver \$2.65; foreign \$3.50; remittance to accompany order. **Guaranteed to improve the user physically and mentally when used twice daily for 24 days or money refunded.**

To get your first 24-day supply, address: *Whole Grain Wheat* Company, 1905 Sunnyside Avenue, Chicago, Ill. Chicago readers telephone orders Ravenswood 4101; Canadian address, 26 Wellington St. 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 350,000 readers. A real opportunity exists for anyone who wishes to establish a business of benevolence and profit by becoming a distributor. No one appointed until after he or she has used the food and proved its effects on their own body.

YOU CAN BE FAR SUPERIOR TO THEM ALL

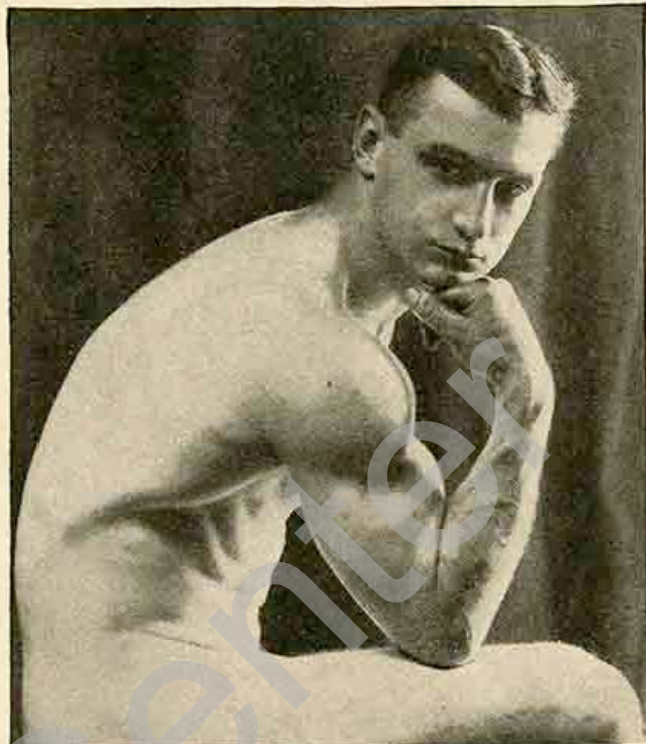
PHYSICALLY speaking, you can be far above those around you. Your large, symmetrical muscles, graceful agile movements, and great strength will put you at the head of your associates. Whether it be in a business, social, or athletic way, you will stand out and be looked up to for your sheer physical powers. Your marvelous physical qualities will bring more people to your feet than any other quality you may possess.

GET A REAL CHEST

Put yourself under my instructions, and you will very soon be able to cease wishing and hoping for the chest that will make you look like a real man.

The chest is easy to develop, *if you know how*. And when you enroll with me there is no detail overlooked. By the combined improvements of increased lung capacity, and of muscular development on your chest and back, you will get startling gains.

I do not specialize on your chest only, but give you a trim but heavily muscled waist, and also a neck that will have a pillar-like appearance. You will develop such a pair of arms that your friends will have you rolling up your sleeves every once in a while. And last, but by far not the least, you will be shown original exercises for your legs that will develop them to such a great extent that it will be mere child's play for them to carry such a superb upper-body around all day. What a happy contrast between this and your present pair of legs that



CHARLES MacMAHON

look as if the next step would be their last.

FINE PERSONAL APPEARANCE—PERFECT HEALTH—GREAT ENERGY

My three months' course will absolutely transform you. Your personal appearance will improve at least 100 per cent. Your health will steadily improve, and you will get such super abundant energy that your daily tasks will seem like play, and your physical strength will make you the talk of your town.

YOU DON'T NEED TO COMPLETELY REFORM

You don't have to stop enjoying yourself, and live the monotonous don't-do-this and don't-do that sort of a life when you follow my teachings. You are not compelled to spend hours and hours at the tiresome methods of doing an exercise from 50 to 100 times. My exercises are interesting because the repetitions necessary for real development are very few, and the exercises are all different in each lesson. Besides this, the ever-increasing strenuousness of the exercises give you something to look forward to.



CHARLES MacMAHON
In a Muscular Pose

ABSOLUTELY FREE

My Booklet, "The Royal Road to Health and Strength," will explain my methods in detail as well as give you valuable pointers on interesting feats of strength, agility, etc. These feats are illustrated, and in addition there are many prints of my own development and poses by my pupils showing what I have accomplished for them. This Booklet will cost you *nothing* except the little effort necessary to request it. So get *your* request in the mail box NOW and I will see that you get prompt attention. IT IS FREE.

CHARLES MacMAHON

Studio A-14

2109 N. ORIANNA ST., PHILADELPHIA, PA.

CHARLES
MacMAHON
Studio A-14,
2109 N. Orianna 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.

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.

Name.....

Address.....

City and State.....



The Morgan Dancers
Photograph by Arnold Genthe

Courtesy B. F. Kell

Editorial

It's One Wonderful Word

"**D**ID it ever occur to you that the word *strength* has seven consonants and only one vowel, and that you cannot think of another word in the English language of which that holds true?"

Mr. Cleveland Moffett at a recent pleasant luncheon asked the editor this unique question. Now, there may be some other word of eight letters with this curious combination, but, if so, neither of us could think of it. If any, it is not likely to be a word of common usage or of great importance. Rhythm, another great word, has one vowel and five consonants.

* * * * *

What is the most important word in the English language?

That was the subject of a recent extended discussion at Princeton University. The word "loyalty" was finally favored in a vote by the faculty and officers, each of whom named six words. Other words favored in the preferred lists were sanity, sportsmanship, altruism, self-knowledge, duty, courage, honor, self-control, service, self-sacrifice, energy, sincerity, humor, humanity, love, truth, beauty, persistence, self-respect, tolerance, liberty, sympathy, justice, intelligence, character, religion, honesty, work and recreation. And that's a fine list of important words as you look them over.

But no one seemed to have thought of the word *strength*, so far as the newspaper reports go. And yet if there is anything in the whole scheme of human life more important than strength we should like to know of it. Significantly, practically all of the words selected represent qualities of the spirit which are important to human life. But *strength is life*.

And when you look just a little deeper you discover that strength is either the basic quality of many of the ideas represented in the Princeton faculty's lists of "most important words" or else it has a close and fundamental relationship. Can you think of loyalty apart from steadfast strength of spirit? Sanity is strength of mind; courage is strength of spirit. Think if you can of duty, beauty, tolerance, love, per-

sistence, self-respect or sportsmanship without their essential relationship to strength in its broader meaning. Go down the list for yourself and analyze each word. With every big word, as everywhere in life, strength is a basic and indispensable quality. And then to clarify the matter still further, find the opposites of these various words and you can identify them with weakness. Take the opposite of truth. A man lies because he is afraid.

The very word *strength* is vigorous. There is no limit to its meaning and significance.

* * * * *

And now, how much strength is enough?

Of one thing you may be sure: that just enough is never enough.

For strength is like money. You have never quite enough until you have more than enough. One cannot even walk well unless he has strength enough to run. One must have a surplus, a reserve. Only then can one enjoy the sense of power that puts things over.

Take your car. Of course, if you are a first-class human being you are not satisfied with an automobile with one lung and weak knees. Yours is a high-power proposition, with any amount of reserve strength that you never really use, and which you never expect to use. But it is there. It is put there not because you intend to go seventy miles an hour, of which the car may be capable, but so that you may have a quick pick-up when you want it, and so that you will have a surplus of driving energy on a hill. But most of all it is put there to give you the high quality of satisfaction that you experience from the very sense of power. There is a thrill just in that.

The sense of power! Charley Paddock and Douglas Fairbanks have it, Josef Hofmann has it, Lloyd George and La Follette have it, Alfred W. McCann, Alan Calvert and Wilbur Hall have it. All who climb well and go over the top have it. If you are a regular reader of this magazine you either have it or will have it.

But keep this in mind about strength: you will never have enough of it until you have more than enough.

"On Your Marks—Get Set—"

Charles W. Paddock's Life Story

The Thrilling Experiences of the Greatest Sprinter of All History—What He Has Learned About Running and Conditioning from His Selected "Knights of the Cinderpath"

By Charles W. Paddock

A PAUSE in life's progress, with a glance backward, the remembrance of half-forgotten events, and the calling to mind of familiar faces, always has the saddening effect of making one feel that the true old times are dead. Seated here in my study, with pictures about me and record books before me, reminders all of comrades competed against on the cinderpath, in my mind there is pictured clearly around a table, such as Leodegran gave King Arthur on his wedding day, and in those twelve carved chairs, instead of Lancelot, Galahad and the rest, I see the stars of my own time, heroes of the hundred, seated there, some half-forgotten, and I know that few of the twelve will be on hand again when the bugle sounds and the Olympic flag is unfurled at Paris for the games of '24.

Other runners of the past might have won some of these places from the twelve whom I shall name, if they had lived in the present period. But these at least are supreme during my own day of competition, and the points they taught me and the peculiar styles they possessed in running, will all be al-

luded to throughout this story, with the object that, when the reader has completed the narrative, he will have a definite picture of sprinting in his mind, of all the little things that count in making for a perfect race, together with a complete story of the writer's days on the track.

Here is the order in which my "Knights of the

Cinderpath" are seated about the table round: George Woods of Manual, a high school sprinter in Los Angeles; Robert Hutchison of Berkeley, California; Morris Kirksey of Stanford; Henry Williams, of Spokane; Edward Teschner of Harvard; Carl Hass of Grinnell; Marshall Haddock of Kansas; Jackson Sholtz of Missouri; Loren Murchison of St. Louis; Allen Woodring of Syracuse; and Edwin Sudden of San Francisco. Each of these taught a lesson well worth remembering, and when we reach each one in our story the description of the race will prove more clearly the point. But now a word will suffice. Woods taught me competition; Hutchison, the power to fight; Kirksey, form; Williams, condition; Teschner, experience; Hass, speed; Haddock, the mental state before a race; Sholtz, the start;



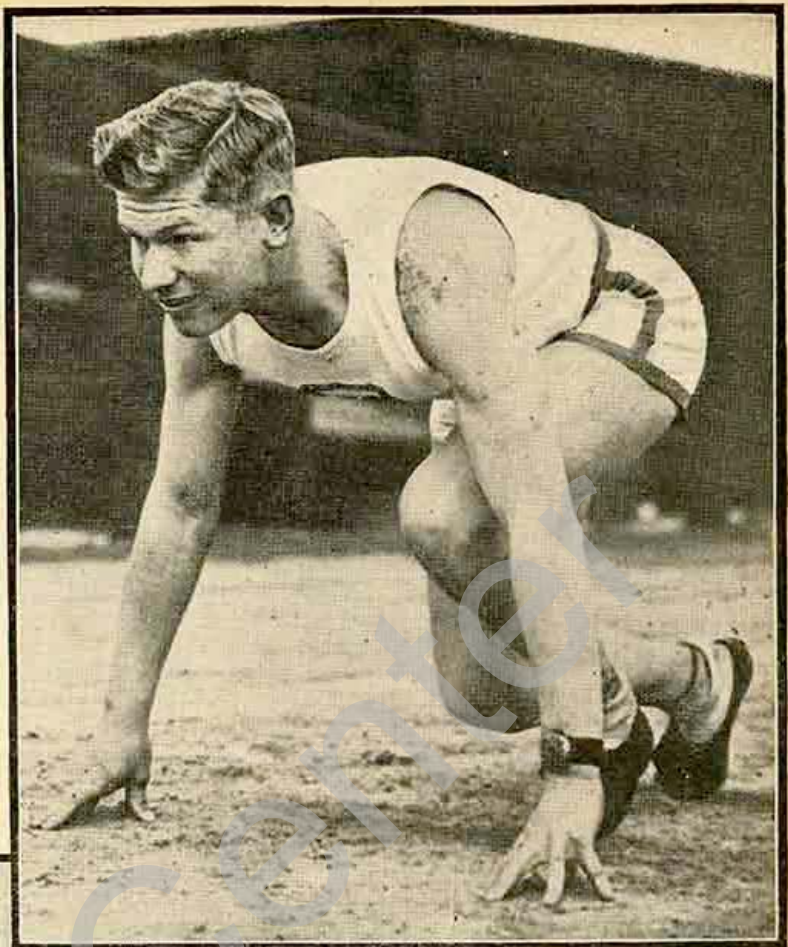
Keystone
Charles W. Paddock, of Pasadena, California, is the sprinting sensation of modern times, and 100-metre Olympic champion for 1920, with records of 9 3/5 for 100 yards and 20 4/5 for 220 yards, the latter being two-fifths of a second faster than the old record set by Bernie Wefers twenty-five years previously. Mr. Paddock has written this story of his life at the suggestion of the Editor, expressly for the readers of STRENGTH.

Murchison, arm motion; Woodring, the stride; and Sudden, nervous energy. When one has mastered these points there is little left to know about sprinting.

It has taken time, countless years, in fact, to perfect all these things, and no runner yet has learned them all as perfectly as possible, and it is doubtful if ever a man will. Therein is the beauty of the race. It never can become dull, monotonous, machine-like, for when one point has been thoroughly mastered another is liable to be lost. But no runner ever became a champion without an almost complete knowledge of the majority of these twelve rules. Though each must learn from another, there must also be an individuality about one's performance that stamps it indelibly as his own. Though all these champions have helped me by their own brilliant examples, they could not make me run any more than you or I can make anyone else do his best. But as each of these has possessed one outstanding characteristic in his running, so have I found that I am different from others in the manner in which I finish. This is my stamp of individuality.

Running has always been my chiefest delight and recreation. I cannot remember the time when I did not enjoy doing it. They used to tell a story about me when I was a little tot of two or three years, to the effect that I never walked anywhere, I always ran. It was my good fortune before the days of my teens to be at the beach during the summer months, and it was there that I first acquired a definite ambition in athletics. It so happened that friends of the family had sons in college who were track stars. I would watch them practice starts and run races on the beach with all manner of admiration and pleasure. They also took a great deal of interest in teaching me how to run. Possessed of natural speed, and learning the simple rudiments which they taught me, it was easy enough to defeat all the youngsters of my age who happened upon the beach. These races never failed to afford my older friends all manner of amusement, and the lessons continued.

But my best trainer, through the years, has been my father. His was always the advice of moderation, and he it was who held me back when I would have



Keystone Photos

The upper photograph is a particularly good illustration of the crouching start, partly because of the apparent psychology of the moment. The body is poised well forward, with much of the weight on the hands. In the lower photo, showing the second stride after leaving the mark, the strenuous arm action, which is most important, is made very clear.

overdone, and who inspired me when I would have slackened my work. Father possessed natural speed, coupled with great strength, and today his perception and his quickness will match any ordinary youngster's. I have always hearkened to him, and have certainly nothing to regret for having followed his excellent advice.

It was about this time that a track meet was held in the Polytechnic Elementary School, a private institution in Pasadena, and I was fortunate enough to win a race for fourth graders and under. I told my beach friends about it at the first opportunity, and displayed my ribbon, symbolic of my victory. One of the athletes who had helped me learn how to run took me to his room, opened there a great trunk, and to my amazement I saw a chest full of medals, that glittered and blazed in my eyes like the treasures of the world. For this hap-

pened to be the trophy trunk of the Stanton boys, famous track stars of a few years ago. Edwin Stanton had been captain of the California varsity and considered the fastest sprinter Coach Walter Christie had ever produced, while Forest Stanton, the one who had given me this chance to see the treasure, had starred both in California and at the University of West Virginia, where he was a famous sprinter and quarter miler.

Then Forest bade me take my choice of all the medals as my prize for winning that fourth grade race. And the medal I selected is still with my collection, and is among the most valued of them all. That gave me my inspiration, and as I grew older I came more to understand what the medal stood for, and to see the kind of men he must have had to defeat in order to win that trophy.

As the years went by, others joined the Stanton boys on the beach—Charley Parsons, national champion in 1906; Fred Kelly, Olympic champion of '12, and some of lesser fame. Then it was I came to hear of Howard Drew and Joe Loomis, who were then at their height, setting records and running the hundred yards as it seldom had been run before. Now this distance had already become my chosen one, naturally enough, because all the races I saw in those days were short distance ones, and it was here that I had gained my speed.

The three first essentials of sprinting I learned even before I reached the seventh grade, just by watching my friends perform on the hard sand. For Eddie Stanton knew how to start; Fred Kelly was a master of stride, and Forest Stanton had power and could finish.

I did not know then as now how fortunate I was. For aside from having such stars to teach me, I have come to understand what an immense advantage the athletes of today have over the athletes of yesterday. The start was formerly a standing start, and the runners neither had holes to help them nor spikes to prevent their slipping. Since those days have come holes and better



In his babyhood Charley Paddock was never known to walk, but always ran. The second photo shows him at the age of eight, off to school. The two lower snapshots present this husky lad at thirteen and fourteen years respectively. He has always wanted to write, and at the age of thirteen wrote a play for his school, dramatizing Scott's "The Lay of the Last Minstrel," wherefore the costume.

tracks, and above all the crouch start. Even the lads I ran with in grammar school had learned to crouch. It was not until my competition in the Inter-Allied Games that I encountered opponents who still clung to the standing start. Peculiarly enough, some of the Australians in those service championships still adhered to the standing start, and it was a countryman of theirs who first used the crouch. It seems that he watched the kangaroo, as that lithe animal crouched before the spring, and the idea came to him that if the kangaroo could crouch and get away faster, a man ought to be able to perform the same feat. And his theory proved practical.

Neither did I know then how much trouble and work had been involved in building up the finish. When Stanton threw himself at the string I did not realize that he was putting into practice the theories many athletes had worked out through past generations. For men first finished in the same way as they ran, and as they neared the tape it was usually observed that their heads were back and their chests far from being forward. Then there came those who profited by this fault and threw their chests into the tape and gave a final great burst of speed. Afterwards followed the more scientific "shrug" and "lunge" finishes.

In the city championships of Pasadena in 1914 I entered both the 100 and 220 yards. I ran in my clothes and without spikes, and reached the finals. Now my running experience had been on the sand, and I knew nothing of spikes, but my competitors in the finals of these races wore them, and in the first thirty yards of both distances I soon knew the advantage which

they gave. I was fortunate enough to take second in the hundred and to win the 220 in this first big meet. Other events were held during the year, and these and the city championships for the following season I won, while in the eighth grade and at the age of fourteen. The 100 yards in my last big race in grammar school was timed in 10 1-5 seconds. I then weighed 150 pounds, wore spikes, and had been taught almost as

concerning track work as most college sprinters possess.

That was one of the surprising things to me about athletics, the small amount of real knowledge concerning their favorite event that the competitors generally had, and the longer I competed the more forcibly this was brought home to me. I realized that if I wished to gain the most from my recreational period in high school I should know the game just as well as or better than those athletes with whom I would be competing. It dawned upon me that probably I would encounter many stars who had learned just as much through the aid of helpful athletic friends as I had.

It was then that I came in touch with a book on "How to Sprint," by Arthur F. Duffey, and I eagerly perused the whole of it and profited immensely. The biggest help I derived from it I found in the chapter on diet. No one can be too careful about diet. My mother became very much interested in this part of Mr. Duffey's discussion, and saw to it that I followed out many of his helpful suggestions all through my track career. Some of the laws laid down in his system of training—and by the way, he applied his training diet throughout the year—were:

"Eat anything that agrees with you, but do not indulge in pastry, sweets, such as candy, and the like.

"Do not overtask the digestive system. Eat enough, but not too much.

"However monotonous it may become, the last two

weeks before a contest eat steak twice a day and have milk at every meal.

"Regularity in eating and sleeping is essential."

These last two rules I have always tried to follow as closely as possible, and to them I attribute my good condition. In practically every contest in which I have ever competed, condition has been my chief stronghold and the thing upon which I depended most for success.

Many have asked me the question if it is not possible to dissipate somewhat and still compete with success, and have pointed to a few striking examples in the history of athletic competition. *It is not.* There are a few exceptions, to be true, but all such are not only inflicting severe injury upon themselves, but are likewise a serious detriment to the sport.

It was during the month of January, 1916, that I first commenced serious training. I was a freshman in Pasadena High School, and was desirous of making the varsity in the sprint events. There were several noteworthy sprinters on the team at that time, and it was rumored that George "Tuffy" Conn, famous football star and state champion in the half and quarter mile runs, would also give his attention to the short distances. He had been the man who had forced Frank Sloman to break the world's record at the Junior Championships at San Francisco in the 440 the year before, though that mark was never allowed because of a strong wind which helped the runners. However, competition against him



Paul Thompson

High speed is in all cases a matter of power, and in sprinting is developed by great muscular power in proportion to weight. The great strength of Paddock's arms (second figure from the left, winning the race) is worthy of note. The winners of the second and third places in this race are Morris M. Kirksey, Olympic A. C. (second from the right) and L. A. Murchison, N. Y. A. C. (at the extreme right), both named by Mr. Paddock as among his twelve "Knights of the Cinderpath" and both figuring conspicuously in the story. Paddock describes Kirksey as a man of terrific strength, and his extraordinary muscular make-up is evident in the photograph.

appeared most formidable on this particular occasion.

The day of the novice events dawned, and rather shakily I took the mark in my first high school meet. The race was for men who had never won their letter in high school, and there were several good little sprinters competing, including some of the stars who had come up from grammar school in the same year with me. From the flash of the gun I felt confident, and won both the 100 and 220. But the inter-class meet—that was to be a different story, for then the best varsity performers would be lined up, including the formidable Tuffy Conn.

He had not been training very strenuously, and the varsity sprinters had not considered me, so the odds were all in my favor. I remembered all that my old friends had taught me, and took the mark with more knowledge of running than any of those about me, with the exception of Conn. We were away together, and at fifty yards Conn was slightly ahead with the rest of the field commencing to trail. However, at seventy-five yards I commenced to feel Conn come back, and then came my first big victory.

The following week Pasadena met Manual Arts on the cinderpath, and it was then that I was to face the first of a long series of mighty runners, for George Woods was waiting for me—George Woods, the first member of our round table.

CHAPTER TWO

In all lives there are undoubtedly a few days which stand out preëminent among the rest, days in which something was achieved or lost that will always be remembered. During my years in track competition I can look back upon a few such occasions and feel again the suspense, the strain and the nervous excitement which was so much a part of me on those days. They are priceless recollections.

The first day of this kind came with my first competition against the first of my knights of the cinderpath, George Woods of Manual. Our high school team was competing in the first meet of the season, away from home. We had gone to Los Angeles, out to the track of our ancient rivals, and there, before we donned our suits, saw our competitors. Standing together were three sterling athletes, the Lamport twins and George Woods. Now my attention had been attracted to the Lamport brothers, for their fame had gone throughout the state. They were sprinters and hurdlers and had long been ranked at the top. These two I had learned to respect for their ability, and at last had come the occasion to compete against them. I did not notice George Woods so closely then as I wished I had before the afternoon was much older, for he proved greater than they in the sprints, and it was his competition that helped toward my development in the years ahead.

Of course I knew nothing of this as I looked at the three and noticed how much smaller

Woods was than the Lamports, standing about five feet seven inches, with strong legs, heavy chest and sinewy arms. He did not impress me by his strength, though he was strong enough, but immediately he took the track one felt that he was the embodiment of speed. His feet could hardly bare to touch the ground, his muscles were ever responsive to his eager will, and he was ready to run when opportunity offered. For George Woods was that type of athlete who glories in a great deal of work—a type, by the way, which should be most carefully handled. For there is always the danger that an overly enthusiastic coach will allow this kind of athlete to do too much. In track terms, such a man is liable to be "burned out." Unfortunately, George Woods in those high school days was not properly cared for. His coaches were prodigal with his speed and his young strength. He was eager for the fray, and his teammates and his coaches were just as eager to secure the points which his enthusiasm was sure to bring in. He was never spared, was George, and so before he really reached the goal before him his power commenced to wane, his speed to depart, and even before his high school days were ended Woods was ready for that great class of athletes known as the "used to be."

Certainly there should be some rule made for every high school athlete that he shall compete in not more than one event during the day, and that he shall have a physical examination at least twice during the track season to see that he is in perfect condition.

So it was that this valiant little knight, the first of our round table, did not last long in athletic competition, but while he did last there were few who could stay with him. And we both were untried warriors on this particular day, when we faced each other for the first time. And both of us had other rivals in mind, whom we considered more dangerous. Woods was looking to Tuffy Conn of Pasadena, and I had in mind Warren Lamport, Southern California champion of the year before.

We took our marks, and both Woods and I had fortunately been placed next to the man whom we most feared. Came the flash of the starting gun, and we were away for the hundred. A foot or so ahead of me I saw the great Lamport striding along, and it was only he that I watched. We reached the fifty yards, and I felt him come back, and we were at the sixty together, then I came up erect into my running stride and glanced ahead. What I saw gave me the shock that made of

this day one I will always remember. For I had taken for granted that Lamport was surely the one who had to be overtaken, and then I saw that George Woods was ten feet ahead of us all and fairly flying toward the tape. The race seemed his, easily his, and then suddenly I felt him wobbling, saw out of the tail of my eye that his stride was shortening, that he was destined to lose. For in those days George Woods had not yet acquired a finish. He was a flash for seventy yards, but from there in he ceased to be dangerous.

That race and ensuing dashes

When Paddock Ran a "Slow Nine-Four"

IN Charley Paddock's story of his athletic life, continued next month, you will find not quite a complete history of modern sprinting, but something not far from that, inasmuch as he reviews the achievements of the twelve greatest sprinters that he has known, and of many other runners and hurdlers besides, pointing out what he has learned from them. You will enjoy the account of the trip to the Inter-Allied Games at Paris, including the fun at Paddock's expense when he very modestly admitted that he had run a "slow nine-four."—The Editor.

throughout the season taught me the importance of the finish. Time and again I found myself feet and sometimes yards behind at fifty yards, but always to men who could not finish. It was brought home to me that when I met the man who could finish in the same way that these commenced I would be doomed. Under the circumstances one would naturally think that I would have spent my time on perfecting my start, knowing that I had the finish. But I did very little with the start. I spent more and more time on the finish. There were several reasons for this.

In the first place, I was not sure of myself as yet. I knew that I could do the last fifty yards in good fashion, and I was afraid that if I spent too much time with the first part that I would lose in the last. Again, my whole pleasure in competition was wrapped up in those final fifty yards, and when my mind turned to recreation I was always thinking of ways to improve the last part. My final reason for spending most of my athletic period and practice hours upon the finish was born of the fact that few great starters ever became great runners. It has always been the men who could finish who ultimately have won out. Now there must be a reason for this, I thought. And in later years that reason has become apparent.

The youth who starts sprinting, having already a good get-away from the gun, is handicapped. For instinctively he cannot help but feel his superiority here, and he allows himself to take his running too easily during that first part. He also spends too much time in practicing this part of the race, which he naturally enjoys the most, because he can do it best, with the result that his muscles develop in the wrong way for the lengthening and strengthening of the stride; and once a short distance runner, he must always remain so. By the short distance for the fast starter I mean



Paul Thompson

Here is a beautiful study of the physique of the young man who has run an eighth of a mile four or five yards faster than it was ever run before. Paddock's height is 5 ft. 8½ in., weight around 160 pounds, neck 15 inches, chest, normal, 38, expanded 44, waist 30½, thigh 23¾, calf 17½. These leg measurements are especially significant.

from forty to sixty yards. After that he is through. One of the greatest examples of the type today is that clever little starter and flash from the gun, Harold Lever of Pennsylvania.

The start can be learned later on. But the finish must be developed through the years. All my hopes are on the novice who wins his races though handicapped by a poor start, for in this he may later improve.

With some of these ideas in mind I competed in the Southern California championships the same year, and in the finals of the 100 yards, just at the tape, I felt a man in third or fourth place give a mighty leap and come up almost beside me. He had gained a full three feet on that spectacular jump, and it showed me a new kind of finish.

This I commenced to practice with diligence, and although Al Sarrail, the man who had used it, was unable to give me any definite rules about that particular finish, it being purely the act of the moment, I discovered that it was possible for me to finish in the same way every time, and to consistently gain between two and three feet in the last four yards. This distance, I realized, in a big race would no doubt spell victory. Practice

helped me in the perfection of the jump finish. Practice over a period of nine running seasons has made that finish a habit with me. It is performed in the following manner:

First, the runner determines where his second from the last stride in a hundred yards ordinarily comes. This should be in the neighborhood of fifteen feet from the finish line. If fortunate, this second from the last stride is taken with the foot with which it is natural for him to take-off when jumping. If it happens to be the other foot, and if he cannot easily take-off with his foot, then the jump finish should be abandoned. However, if conditions are favorable. (Continued on page 101)



One of the hopeful indications for the future of our race is the building up of suburban residence districts about our great cities, where people of high ability and sound racial instincts may have room to raise their children.

Will City Life Destroy Us?

The Country Is Being Drained of Its Best Blood by the City—
The Chief Cause of Race-Suicide—Presenting Also the Hopeful
Aspects of the Situation by Which Civilization May Possibly Be Saved

By *Albert Edward Wiggam*

DECORATIONS BY BERT SALG

WHEN the blood of a nation is flowing in the wrong direction its ultimate downfall is only a question of time. When any section of the population is being bled whiter and whiter of its richest blood, the supply is bound sooner or later to be exhausted. And, if, on the other hand, the reservoirs into which this precious blood flows are themselves permitted slowly and silently to leak away, that nation must soon cease to play a part of dignity and influence upon the world stage.

The blood of its leaders is all that ever stands between any nation and its doom. From whatever source the blood of its leaders may come, whether from city or country, rich or poor, when it ebbs away, the inner vitality of the nation is gone. Red nature with her tooth and claw again resumes her sway. Without mercy she takes her toll of the weaklings, incompetent and unfit until ages hence out of a sea of blood the surviving strong lift themselves from the jungle and start once more upon that brief biological joy-ride called civilization. The prime question of this age of science is whether man may not with his new knowledge reverse this foolish process and make his joy-ride a permanent progress towards higher and higher racial goals.

Last month I showed that the city produces far more of this blood of leadership in proportion to its population than does the country. I also showed that, wherever measured by mental tests, the ability to do school work and take advantage of modern education was much higher among city children than among country children. Both of these facts indicate that city

people on the average have more brain power than country people, although, as I showed, the better opportunities of the city is to some extent a factor in the problem. Some reader may imagine that I wish merely to give vent to city snobbishness. Since I am a country man myself I could hardly have such a purpose. Indeed, I have a far larger and deeper objective in view, and that is to study the continuance and possible progress of national vitality itself. For when the nation's vitality declines, its very existence is immediately threatened. And, as we shall see, America has grave reason to fear for her own future.

While many may admit that the city is richer in its production of scholars, artists, writers and statesmen than the country, yet I think there is hardly one person in ten thousand who does not believe as a matter of course that nearly all our great business men and captains of industry were born on farms, usually very poor ones, and had every sort of hardship and handicap in early life. Since nearly all large business enterprises are in the city and not in the rural districts, I might say that a biologist would expect larger ratios of great men to be born in the city from the standpoints both of environment and heredity. Mrs. Wiggam recently told me that she did not believe our big business men came in higher proportions from the country than from the city, and proposed to investigate the matter by some unbiased method.

In order to do this she took the work entitled "Successful Americans," published by the *Chicago Tribune* in 1898. The second volume of this work contains the biographies of 980 of America's great masters

of industry, financial and commercial kings. In the first place she found that the larger proportion of these men evidently came from well-to-do parents, their fathers being spoken of as owning a good farm, a thriving factory or successful business enterprise, but in 661 cases out of the 980 she found these men were born in towns or cities! Some did not have their birthplaces recorded, and all these she attributed to the country. She did not go to the enormous and unnecessary labor of looking up the exact population of all these towns, especially the smaller ones, back in 1860 and 1870 when most of these men were born. However, since I have lectured in practically every town of 5,000 in America and know something of the personal history of nearly every town above 2,500, I feel that her calculation is a safe one.

In addition to this study and that of Dr. Frederick Adams Woods, which I presented last month, this same problem was examined by Mr. Scott Nearing in two separate investigations of the places of birth of the notable Americans entered in "Who's Who" for 1912-13. As every one knows, this is a book of short sketches of nearly every citizen of America who has achieved prominence of any sort. Some obscure great men may be overlooked, but since the volume for 1923 contains over 24,000 names it is scarcely probable that very many men of notable brain power and achievement are not represented. Even if so they would be just as likely to be from the city as from the country—I think a little more so, since I rather believe the entrance requirements for city men and women to get in are consciously or unconsciously somewhat higher than for country men and women. Mr. Nearing published these two investigations in *The Scientific Monthly*. In his first group he studied the birthplaces of 10,000 of these eminent persons born prior to 1880, and in the second group entitled "The Younger Generation of American Genius" he studied 2,000 of those born since 1870. The two groups thus slightly overlap, but together they present a sample large enough to tell the trend of events. To a statistician indeed such a huge sample is a positive luxury. It is not necessary to agree with Mr. Nearing's radical political opinions in order to grasp the accuracy and significance of this piece of purely mathematical work.

Among these distinguished Americans this investigator found that the following proportions were city born and bred:

One-fourth of our educators.

Two-fifths of our authors.

One-fourth of our politicians.

One-fourth of our scientists.

One-third of our lawyers.

One-third of our journalists.

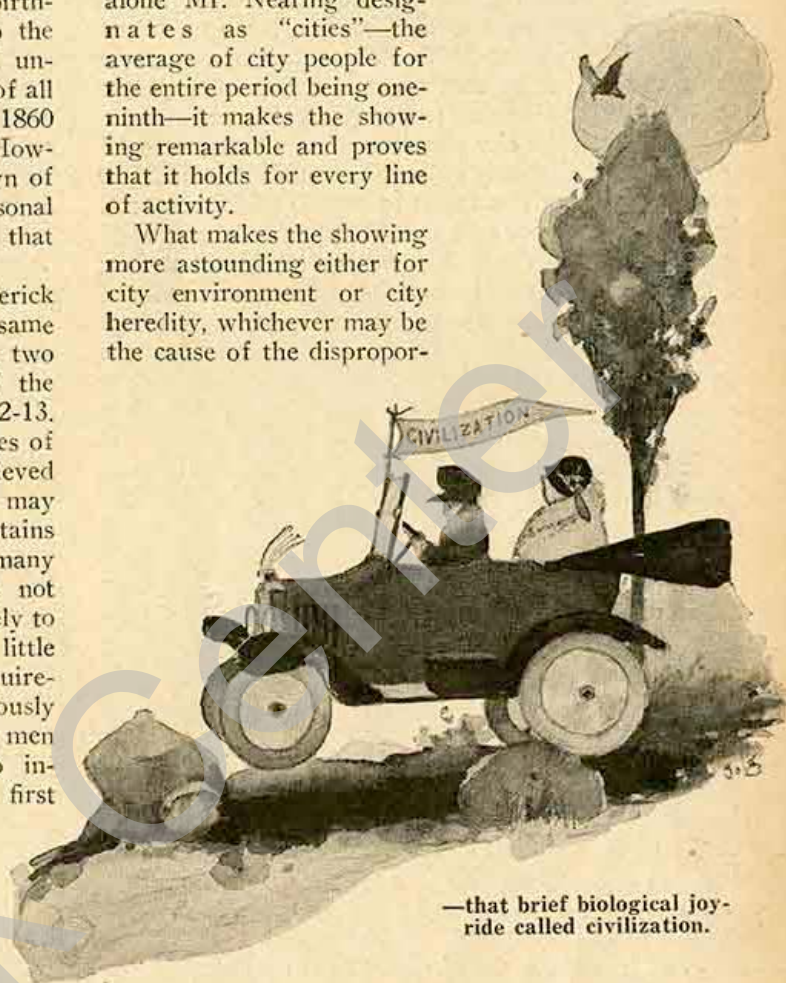
One-third of our doctors.

One-fifth of our clergymen.

Two-fifths of our business men.

Since at no time prior to 1880 did more than one-seventh of the American people dwell in cities above 20,000—the towns which alone Mr. Nearing designates as "cities"—the average of city people for the entire period being one-ninth—it makes the showing remarkable and proves that it holds for every line of activity.

What makes the showing more astounding either for city environment or city heredity, whichever may be the cause of the disproportion,



—that brief biological joy-ride called civilization.

tion, is that, as I have said, by the word "city" Mr. Nearing includes *only those 27 cities which down to 1880 had 20,000 or more inhabitants*. He put these against the entire United States. All cities below 20,000 he generously gives to the country.

Between 1850 and 1880, when nearly all of these noted men were born, the population of these 27 cities of 20,000 or more inhabitants constituted on the average only 11 per cent of the entire census. The cities below 20,000 and the villages and farms constituted the remaining 89 per cent. Provided city blood and city environment are merely *equal* to country environment and country blood, and not superior, it is obvious that the 11 per cent of city population should out of these 10,000 men have produced but 1,100. They did produce by actual count 2,790, or slightly more than two and one-half times their quota. The country 89 per cent should have produced 8,900 eminent persons out of this 10,000, but they did produce by actual count only 7,210, which is in round figures only 80 per cent of their quota. Thus, the cities ran two and a half times ahead and the country fell 20 per cent behind. Dividing the city *ratio*, which is slightly over 2.5, by the country *ratio* of .80, the result is 3.1. That is, the city produced men of genius more than three times as fast as the



The cities are bleeding the country whiter and whiter of its best blood.

country in proportion to their relative populations.

But it may be objected that during the past fifty years the increased schooling, the improvement in country life and its easy communication with the city would show a profound change in the ratio of city and country production of strong and able men. So let us consider the second group of 2,000 eminent persons whose birthplaces were studied by Mr. Nearing, all of whom were born since 1870. The outcome completely refutes the suggestion that education of country people has changed the situation to any great degree.

We note that the city population has now risen to 15 per cent—including only cities in this study above 25,000—and the country has fallen to a ratio of 85 per cent. Again the city 15 per cent should have produced out of these 2,000 persons only 300, but by actual count they did give the nation 640 leaders. On the other hand, the country 85 per cent should have given us 1,700, but they did give us only 1,360. The city again produces more than twice too many and the country only 69 per cent of its proper contingent. And what makes this showing still more remarkable is that in this second study Mr. Nearing included only those cities above 25,000 instead of 20,000 as in the first study. My own belief, from pretty strong grounds of inference, is that the *actual farms* of America have not produced more than one-fifth or one-sixth as much genius as the villages, towns and cities in proportion to their relative populations, throughout the whole course of American history, although in our early history there was scarcely any place for a genius to find a birthplace except on a farm.

It may also be objected that this is only a temporary phenomena and would not hold true of the older countries of Europe, and that they would show the reverse of these figures and prove the superiority of country birth and rearing, so dear to environmental thinkers. Mr. Albert Odin, a great French scholar, spent many years of arduous labor on this problem, making an especial study of the French men of letters. However, in France the phrase, "Men of Letters," includes a large majority of the eminent French statesmen, business men, artists, engineers and men of affairs. His study covered a period of 500 years.

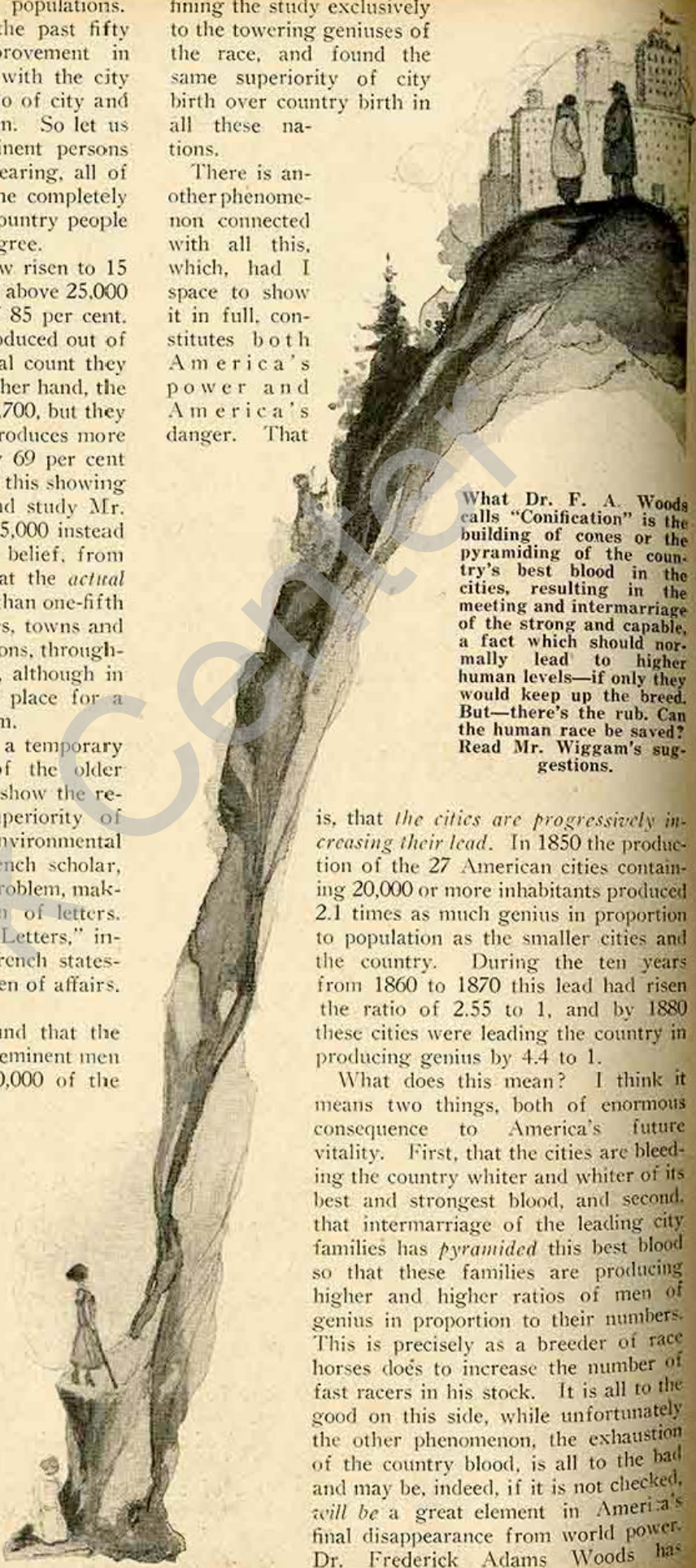
During this period Professor Odin found that the farms and villages of France had produced eminent men of letters at the rate of 6 for every 100,000 of the population, while the cities had produced these men of genius at the rate of 77 per 100,000. That is, the city beats the country 13 to 1!

But the genius of France has had a peculiar tendency for centuries to concentrate in Paris. And when we compare Paris with all rural France, leaving out the other large cities, we find that Paris beats all the "heavenly countrysides" of France by the astounding ratio of 35 to 1. And if we compare Paris with the entire population of France, including both country and all other cities combined, Paris alone beats all France by the ratio of 9 to 1.

Professor Odin and also another student, Professor Jacoby, of Germany, studied this same phenomena throughout Germany, England, Italy and Spain, con-

fining the study exclusively to the towering geniuses of the race, and found the same superiority of city birth over country birth in all these nations.

There is another phenomenon connected with all this, which, had I space to show it in full, constitutes both America's power and America's danger. That



What Dr. F. A. Woods calls "Conification" is the building of cones or the pyramiding of the country's best blood in the cities, resulting in the meeting and intermarriage of the strong and capable, a fact which should normally lead to higher human levels—if only they would keep up the breed. But—there's the rub. Can the human race be saved? Read Mr. Wiggam's suggestions.

is, that the cities are progressively increasing their lead. In 1850 the production of the 27 American cities containing 20,000 or more inhabitants produced 2.1 times as much genius in proportion to population as the smaller cities and the country. During the ten years from 1860 to 1870 this lead had risen the ratio of 2.55 to 1, and by 1880 these cities were leading the country in producing genius by 4.4 to 1.

What does this mean? I think it means two things, both of enormous consequence to America's future vitality. First, that the cities are bleeding the country whiter and whiter of its best and strongest blood, and second, that intermarriage of the leading city families has *pyramided* this best blood so that these families are producing higher and higher ratios of men of genius in proportion to their numbers. This is precisely as a breeder of race horses does to increase the number of fast racers in his stock. It is all to the good on this side, while unfortunately the other phenomenon, the exhaustion of the country blood, is all to the bad and may be, indeed, if it is not checked, will be a great element in America's final disappearance from world power. Dr. Frederick Adams Woods has

studied this intermarriage of leading families and gives it the name "Conification," meaning the building up of great cones of leadership which give certain families and groups of families financial, artistic, industrial and political power and fame. He has been able, in a notable paper read before the Second Eugenics Congress in New York City in 1921, to prove from family records that this phenomenon has actually taken place in the New England families, which accounts in part for the fact that, throughout our whole history, New England has given the nation vastly more genius in proportion to its numbers than any other section of equal population in the United States.

The former phenomenon, however, is the one of prime importance to us here, namely, the bleeding of the country of its best blood. This is the thing of prime, immediate concern. In my judgment, while I cannot present the abundant evidence here, a boy born in the country of equal brain power has about an equal chance of fame and fortune with his city cousin. But the fact is that

the number of such boys is less proportionately in the country than in the city. And it is getting progressively less and less. This country-city problem constitutes perhaps the largest eugenical question that confronts all present-day civilizations.

Three things stand out from all these investigations with startling significance. First, that city populations are inherently superior to country populations in brain power and ability. Second, since all families formerly came from the land, that it is the abler, more enterprising families which have moved into and built the cities. Third, that the increasing op-

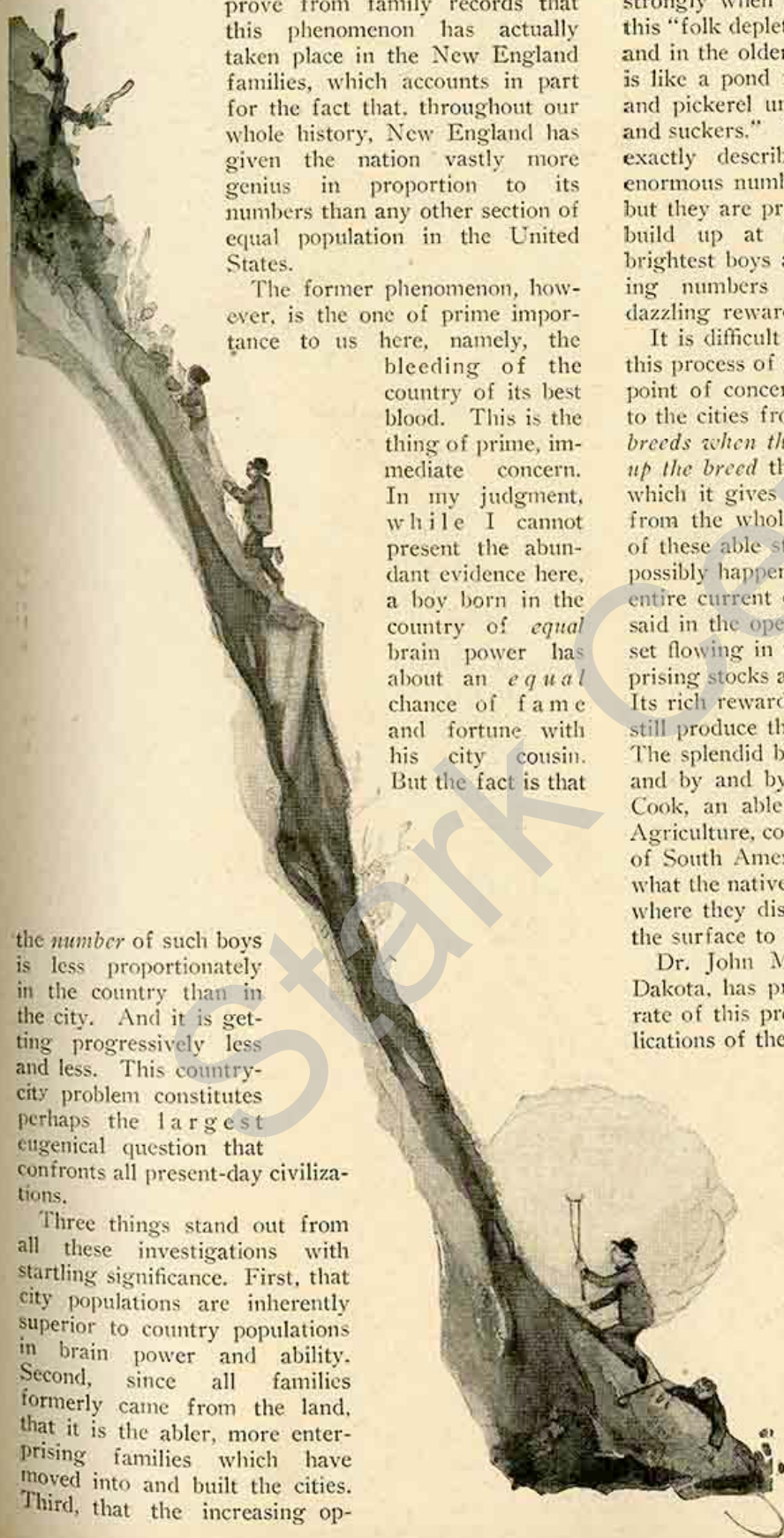
portunities afforded by the cities for wealth and success, thus enabling less and less enterprising stocks to make a living in the city, are draining still lower and lower sections of the country populations—in short, bleeding them, as I have previously said, whiter and whiter of their best blood. I think that Professor Ross, of the University of Wisconsin, put it perhaps a bit too strongly when he said some years ago, after studying this "folk depletion" both in such western states as Iowa and in the older New England states, that "the country is like a pond from which has been fished all the bass and pickerel until nothing is left except the bullheads and suckers." This is too harsh a statement, but it does exactly describe the process. There are still an enormous number of highly able stocks in the country, but they are progressively getting less able as the cities build up at their expense—the expense of their brightest boys and girls, who are migrating in increasing numbers to the excitement, opportunity and dazzling rewards offered by the cities.

It is difficult to get exact statistics as to how rapidly this process of country deterioration is working, but the point of concern is not that the pick of our youth go to the cities from the farms, but *what happens to their breeds when they get there?* If only they would keep up the breed movement to the city, the opportunity which it gives for closer contacts among able families from the whole nation and the consequent inbreeding of these able stocks would be the best thing that could possibly happen to our national life. Unfortunately the entire current of things is precisely the reverse. As I said in the opening sentence, the blood of the nation is set flowing in the wrong direction. These able, enterprising stocks are consumed in the fires of city ambition. Its rich rewards set up desires they cannot satisfy, and still produce their share of the nation's future children. The splendid blood from the country is continually lost, and by and by the supply becomes exhausted. O. F. Cook, an able biologist of the U. S. Department of Agriculture, compares this process to that of those rivers of South America which are suddenly swallowed up in what the natives call "siguanos," that is, great sink holes where they disappear entirely and never again come to the surface to water the surrounding soil.

Dr. John M. Gillette, of the University of North Dakota, has presented the most thorough study of the rate of this process that has yet been made, in the publications of the American Statistical Association, quoted in the *Journal of Heredity* for June, 1917.

The actual migration from country to city is shown by the fact that in the census of 1890, 36.1% of the population of the United States was urban, that is, found in places above 2,500 inhabitants. In 1910 the urban population had risen to 46.3% of the whole. In the 1920 census over 50% of our people dwelt in cities. Only one-third now actually live on farms. Of course a large part of the city increase was from immigration from foreign countries. But for this fact beyond question the city production of genius would have run much higher

(Continued on page 80)



Overcome "Lime Starvation" and Cure T. B.

Tuberculosis, a Food Deficiency Disease, Not Only
Prevented But Cured by Modern Food Science

By Alfred W. McCann

NEW YORK medical circles have been stirred by the disclosure that the most successful method ever devised for the treatment of the wage-earning consumptive without removing him from his home or work has been known to the authorities for years, only to be suppressed by them as a treatment of no value.

For three years officials of the New York Department of Health, including the former commissioner, now United States Senator Royal S. Copeland, have been familiar with the startling results of the "lime starvation" method of arresting the progress of the disease.

For five years the writer has been involved in the proceedings which have at last resulted in the establishment of a model clinic in New York City for the purpose of educating the physicians and nurses in the exceedingly simple technique of the treatment, and for the further purpose of setting up the first unit in a nationwide multiplication of the model in accordance with a definite and specific "zone clinic" program.

Enthused over the extraordinary results of the "lime starvation" treatment which a personal investigation had revealed, the writer early in 1921 laid the facts before Commissioner Copeland, who was so impressed by them that he assigned Dr. D. Clifford Martin, chief of the tuberculosis bureau of the New York City Department of Health, and a recognized expert in tuberculosis, to the task of reporting officially.

For many years Dr. Martin was an assistant to Dr. James Alexander Miller when the latter was president of the National Tuberculosis Association. His official position establishes him in the medical profession as one of the foremost authorities on the disease.

Dr. Martin spent five months inves-

tigating the records, examining the patients, and following the "lime starvation" treatment as it was then being administered by Drs. John F. Russell and William Gram Hague.

Dr. Martin's report, September 29, 1921, unqualifiedly approving the "lime starvation" treatment, was of such a compelling nature that Commissioner Copeland initiated a second and what was intended to be a still more searching study of the facts.

At the end of seventeen months the second investigation, conducted by five tuberculosis experts connected with Seton Hospital, Riverside Hospital, Manhattan Hospital and Flower Hospital of New York, came to an end September, 1923.

Upon the election of Dr. Copeland to the United States Senate, he was succeeded by Dr. Frank J. Monaghan, to whom, in December, 1923, the writer made a fruitless appeal for a copy of the second and latest report with which to supplement the copy of Dr. Martin's earlier report already in his possession.

He was informed that no such report existed; that nothing was known of the "lime starvation" treatment; that individuals, acting not as representatives of the Health Department, might have conducted such an investigation, but if

they had done so the Health Department had no "official" knowledge of the fact.

Dr. Monaghan declared that during his régime the Health Department would never officially mention any work ever done for any purpose whatsoever by any of Dr. Copeland's "patent medicine" committees.

When a detailed outline of these facts was published in the *New York Evening Mail*, Senator Copeland admitted that inasmuch as there was enough evidence at hand to justify careful consideration, he had appointed a committee of experts to

Foods That Build Strength

THIS sensational article by Mr. McCann is more than a statement of the truth about tuberculosis. It is a practical lesson in human nutrition by way of showing that we depend upon food not only for strength but for resistance to disease.

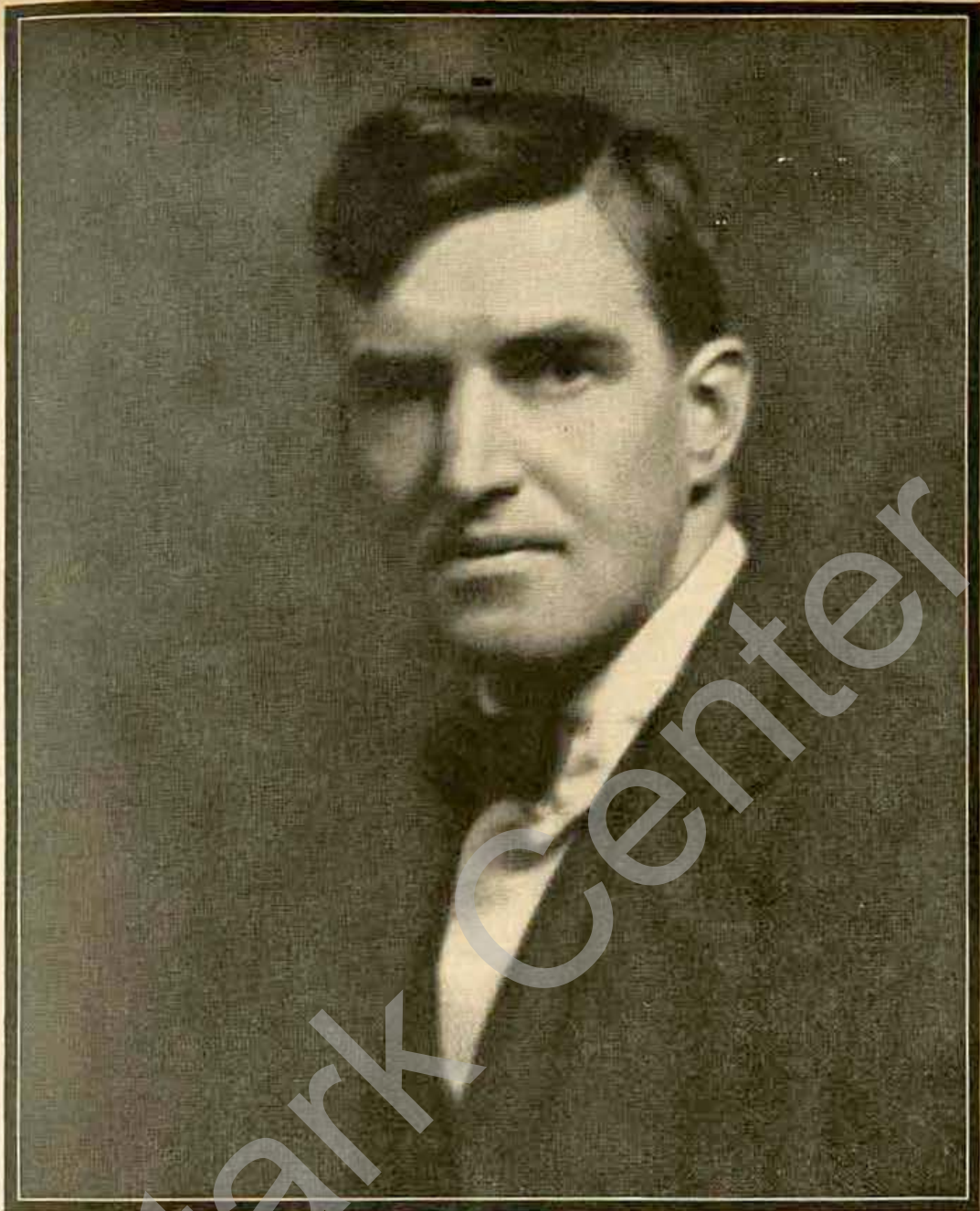
Bodily strength involves more than muscular tissue. One depends upon the quality of the blood and the organs that produce, enrich and cleanse the blood. Yet for a long time the world thought that inasmuch as muscle tissue was "lean meat," naturally meat eaten in large quantities would build strength. Actually, the body needs and can use only limited amounts of protein. The greatest deficiency of an impoverished diet usually lies in its lack of organic mineral salts. Note, for instance, the "lime starvation" interpretation of tuberculosis in this article. For those not especially concerned with the tuberculosis treatment outlined by Mr. McCann, the following balanced diet may be suggested for building or maintaining strength:

Whole grain bread.
Whole grain cereals.
Natural brown rice.
Whole oatmeal, etc.
Honey.

Fresh whole milk
(not skimmed).
Plenty of butter.
Fruit, green salads.
Vegetables with all juices
(do not drain off water).

Moderate (one a day) consumption of protein food (eggs, meat, fish, fowl, cheese).

No fried food, no pastry, no white flour, no polished rice, no farina, no cornflakes, no refined corn meal or other denatured breakfast foods.



This is Alfred W. McCann, whose picturesque career as "pure food crusader," first of the *New York Globe* and more recently of the *New York Evening Mail*, was for many years one of the sensations of American journalism, who is now "carrying on" through the pages of **STRENGTH**, and who is believed to know more about human nutrition than any other man in the world.

Mr. McCann asked us the other day where we secured that terrible photograph of him that we have been publishing. Like most other worth while men, aside from politicians and professional people, Mr. McCann never had a good photograph of himself. So the Editor dragged him up to the studio of Nickolas Muray to have this beautiful portrait taken expressly for the readers of **STRENGTH**.

investigate the treatment. He insisted that the study was still in progress when he left the Health Department, and that he had never heard of it since.

His successor, Health Commissioner Monaghan, stated that following the writer's appeal for a copy of the report, concerning which he knew nothing, there had appeared upon his desk what purported to be a copy of the report, addressed to Dr. Copeland.

"When Senator Copeland was in town last week I gave instructions," he said, "to turn this report over to him, but for some reason my order was not carried out."

The "lime starvation" treatment has demonstrated that by getting sufficient organic lime in the form of an albuminate into the circulating blood, the symptoms of

tuberculosis, which are not treated at all, disappear precisely as the symptoms of malaria disappear under the quinine treatment.

The probability is that the "lime starvation" idea behind this new and startlingly successful treatment is in some measure responsible for the unexplained hostility of the experts. Nevertheless, the application of the theory in connection with the suppressed treatment is followed by sensational results.

These results, the only things that count, are wholly ignored while academic disputes over an inconsequential detail keep millions of victims of tuberculosis outside the sphere of hope and help into which they have every right to demand admittance. (Continued on page 78)

Is Dancing Better Exercise than Golf?

The Author's Personal Experience Proves that Tripping the Light Fox-trotting Toe Is an Ideal Conditioning Exercise for Those Above Fifty

By Cleveland Moffett

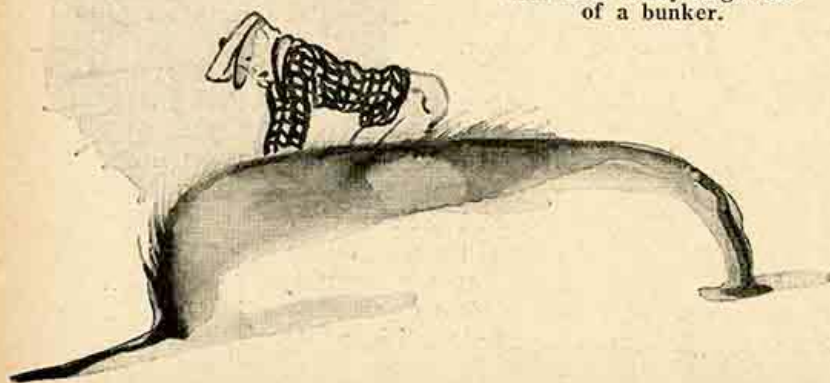
CARTOONS BY LUCILE PATTERSON MARSH

I MAY begin by saying that I am an enthusiastic golfer and have been for eighteen years, although at various times I have neglected the game, especially since the war. I know the joy of a long low drive, straight down the course, the thrill of a neatly lofted mashie shot that just gets over some brute of chasm and, backward spinning, lands safely on the green. I know the despair that fills a golfer's soul on bad days when he tops and slices and *cannot* keep his eye on the ball, when he misses short putts that lose the match, and otherwise disgraces himself. I have played in the eighties on occasions; usually in the nineties. On the whole, I can look impartially at this question of the comparative merits of these two forms of exercise—golf and dancing.

Good golfers are apt to regard dancing with contemptuous indifference; they much prefer bridge and the hilarity of a group of good fellows in the café to the insipid waltzing and fox-trotting with the ladies—say on Saturday night occasions at the country club. They consider dancing a waste of time. They hate the bother of dressing. They despise the chatter. Besides, they are usually heavy-footed mortals, lacking both the skill to dance and the willingness to learn. Whatever they may have known about this graceful art they have long since forgotten. Dancing is for kids, not for serious men, they grumble.

I admit I shared this opinion for years until a sudden breakdown in health when I was approaching fifty led

—long stretches without a word, save for some savage outburst when a man tries vainly to get out of a bunker.



The first law of dancing . . . calls for bodily proportions of reasonable slenderness.



me to a different attitude, and what I have to say now about dancing is intended chiefly for older men, as showing the benefits that may be had through ball-room or dance-hall activities, as contrasted with those of the golf course.

In the first place, if it is conceded that men of fifty need regular exercise (and who can deny this, in view of the alarming increase of preventable diseases—heart trouble, kidney trouble, digestive trouble, etc.?), then there is no question that dancing offers one point of superiority. It may be practised throughout the whole year, whereas in most of our cities golf is not possible during winter and early spring. Most golfers do their golfing between May and November, and lay aside their clubs for the other five months. Five months without regular exercise is a long time.

I know that the golf I played (an average amount) was not sufficient to keep me in good condition. I was conscious at the period referred to of bodily deterioration and the urgent need of some kind of physical building up. But what? I visited White Plains and picked up wisdom from my friend Billy Muldoon, but I lacked the energy to face his Spartan régime. I spent a week in Dr. Kellogg's sanitarium at Battle Creek, and picked up more wisdom, cutting down greatly on my meat intake. I tried Walter Camp's setting-up exercises. I went hiking with Jim Hocking at five miles an hour over the hills of Westchester County. I absorbed some Oriental lore in a circle of inspired devotees, and learned to do abdominal bending exercises, to breathe deeply, to stand on my head. Also, I began to practice abstemiousness.

Alas! nothing availed much. I was still short-winded, easily distressed by food, easily

fatigued, and above all, subject to alarming attacks of intermittent heart or very rapid heart that made me think I was going to die. I am convinced that I came near to dying more than once. Several times these attacks came while I was playing golf, and compelled me to lie down on the ground in sheer weakness and terror. I remember once getting up feebly and inventing a little game that I played with myself to decide whether I was going to live or not. I would take a jigger and pitch twenty golf balls at my cap, fifty feet away, and if *three* of these stopped within two feet of the cap that meant I was going to live; otherwise I should die. This amused me and got me over the crisis.

But these attacks continued. Many times in the street I have stopped, under such a sense of imminent peril that I could feel my lips getting white, and, leaning against a wall or a fence, have weakly scrawled my name and address on some scrap of paper with a few words meant to be my last will and testament! Many times! Also I suffered these attacks in the morning before I was dressed, and would send frantically for a doctor, gulping down swallows of rye whiskey and listening to my fluttering, faltering heart while I waited.

The doctors never did me any good, except to jolly me along. They never found anything particularly wrong with me. My heart was sound. I must eat simple food, lead a regular life with plenty of rest, play golf twice a week and stop worrying. Huh! The old obvious stuff!

And dancing changed all this; at least during the period since 1918 when I yielded to ball-room and dance-hall allurements, I have been practically free from these distressing symptoms and have not suffered one of my old heart panics for several years.

When I first began dancing I would find myself out of breath after waltzing for two or three minutes, quite unable to go on and obliged to rest for a time before my heart would come down to a normal action. By per-

severance, however, I found my wind getting better, and after a few weeks I was able to continue dancing for fifteen or twenty minutes at a stretch, then gradually for three-quarters of an hour and beyond it. Within a year I could dance continuously for eight or nine dances without fatigue or any feeling of shortness of breath, say for an hour and a half, and now I have no difficulty in dancing through the greater part of an evening with the same zest that younger men feel. I have reached a point where I need regular dancing almost as much as regular resting or regular eating. Dancing has become an essential and pleasurable part of my daily life.

Here is another great argument in favor of dancing, as compared with other forms of exercise, that men really like it; they become quite keen about dancing, whereas they easily resign themselves to giv-

ing up riding, swimming, tennis, bowling or even golf for a few weeks or months. Once a man has formed the habit of dancing and learned to dance well, that is, gracefully and with appreciation of musical rhythm, he is reluctant to forego this enjoyment, he really cares about it, somewhat as the average citizen cares about his morning paper or his automobile.

Another important point for the average hardworking citizen is the question of time. I am putting it conservatively to say that a seance of golf takes three times as long as one of dancing. Golf courses are half an hour away from business centres; whereas dancing places are usually accessible, say ten or fifteen minutes from a man's office. Furthermore, the golfer must spend an extra half-hour at the club house in changing his clothes, while the dancer can begin his waltzing or fox-trotting as soon as he arrives. Altogether, a golf outing means at least half a day away from the office, as against an hour or two for the rival diversion (I am speaking of large cities where there is afternoon dancing), and in any event a man can dance as much as he pleases in the evening, which is not possible in the other case. It is obvious then, that as far as time goes, there is no argument—and dancing wins.

Another point in favor of dancing is its inexpensiveness. The cost of playing golf puts this sport beyond the reach of millions of citizens. The initiation fee alone in any desirable golf club is at least \$100.00, and often amounts to two or three times that amount, while many of our smarter and more exclusive clubs require from \$500 to \$1,000 as an initiation fee. In addition to which there are annual dues of \$100.00 or so, and weekly expenses for caddies, golf balls, care of clubs, locker charges, etc., without counting transportation back and forth that may easily amount to \$15.00 or



Women will gladly accept the invitations of older men.

\$20.00. Golf balls alone cost \$9.00 a dozen, and every new club costs several dollars more. Besides, there is the matter of a golf costume.

On the other hand, if a man is content with middle-class dancing places of entire respectability, that offer an excellent dancing floor and good music, he can enjoy this pastime three or four times a week for the mere cost of the golf balls he would probably lose in the same period. Of course, one might get exercise at no expense at all by walking or chopping wood, but here the element of pleasure comes in; exercise is not cheap at any price, if it is a bore. No doubt there are a few expert hikers, like my friend Jim Hocking, who find delight in their remarkable performances, but most of us, I think, regard walking as a mere necessity that gives small exhilaration, and half the value of exercise depends upon the pleasure one finds in it. Thus the hunter who toils over mountains or through marshes does this because he likes it; the fisherman fishes because he likes it. But it is impossible to go hunting or fishing three or four times a week, and a man must take exercise frequently and regularly in order to get good from it. I maintain that dancing is the cheapest form of exercise that is easily available and really agreeable to the average person.

As to the actual exercise value of these two sports, each one has its good points; but I believe that most persons who have tried both will agree that one can get as thorough a physical stirring up in an hour and a half of vigorous dancing as he can get in a whole half-day of golfing. After all, golfing is largely a matter of trudging along in a leisurely way over four or five miles of rolling ground. It is a *deliberate* exercise. A man does it while smoking his pipe and looking about at the scenery, without any particular tingling effort. It is true there is excellent value in the swinging of golf clubs, which involves a twisting of the body and a valuable use of arms and wrist; but if anyone imagines that dancing offers no exercise for the arms let him try steering a 170-pound widow through the intricacies of a crowded fox-trot.

A further point is that the golfer, except in hot weather, is rarely thrown into a perspiration, which is one of the desirable results of exercise, since it is through the aroused action of the skin that bodily poisons are eliminated. But I defy anyone to dance continuously for an hour and a half without having his sweat glands stimulated into healthful action. It should be remembered that dancing is done on the toes and involves a constant lifting of the whole body, say 150 pounds or more; whereas a golfer walks flat on his feet, which makes a great difference in the load borne by the muscles. It is this constant lifting of the whole body that produces abundant perspiration.

Let us consider the arguments against dancing, especially from the standpoint of older men. It is a frivolous diversion, something that young people may indulge in, but not those who have reached the age of discretion. It would injure the reputation of an older man to be seen skipping about on a dancing floor. Besides, no woman would want to dance with him, that is,

no reasonably attractive woman. And anyway a man of fifty or upwards could not learn the modern steps. He would feel like a fool, and would look it. His joints would creak. He would get out of breath. No, the thing is impossible.

Impossible or not, it is happening every day all over the world. Dancing men of a certain age are as much in evidence as flappers—an encouraging sign of the times. While I was in California last year I met one of the best dancers at the Los Angeles Athletic Club, a man who followed the dinner dances assiduously and always seemed to have happy-faced partners. And I discovered that, in spite of his slender figure and youthful enthusiasm, he was really 62, although he did not look it. And there recently died in England, at the age of 75, a distinguished statesman, a man of social prominence, whose favorite recreation was said to be dancing. This did not interfere with his statesmanship, and undoubtedly prolonged his life.

As to the difficulty of learning or relearning to dance, say for a man of fifty, it is certain that any person who is willing to take the trouble and has two legs to walk on and an average sense of musical rhythm can learn to dance. There is not the slightest mystery about it. It is no more difficult than learning to swim or to ride a horse or to play billiards. And it should be noted that women will gladly accept the invitation of older men on condition that the latter dance well. Women enjoy dancing for its own sake, as is shown by the fact that they often dance together, a thing that men never do.

As to the fear that older men may be harmed in their dignity or reputation by the frivolity of dancing, there is absolutely nothing in this. Young people get used to their presence on the floor, just as they get used to the presence of older men on a golf course, and soon think nothing about it except that Mr. So-and-So is a good sport who does not take himself too seriously. No one thinks less of John D. Rockefeller because he plays golf after seventy, or of William Muldoon because he rides horseback after seventy; and if these two were to take up dancing in addition to their other accomplishments, the general verdict would be simply one of amused approval. There are many things more foolish than dancing that older men do; for example, eating and drinking too much, or gambling in the stock market.

Many older men who are beginning to regard life as a dreary affair from which they have exhausted all possibilities for new interests or sensations, would be surprised to find themselves years younger in health and spirits after a single year of dancing. It is extraordinary what a difference it makes to a person if he or she knows that a certain part of the day will be given over to something that is really enjoyable, not just to duty and tiresome routine. Dancing makes people live longer because they have something to live for.

It should be emphasized, however, that the physical benefits of dancing will be much less than they might be if a person fails to live properly in other respects. Men or women who are overweight. (Continued on page 93)

On Getting More Out of Life

WHAT shall we do with our increasing leisure? Do you use or do you waste your non-working hours?

A. D. Albin will present this most interesting subject in an article on personal efficiency that you will find in **STRENGTH** next month.

Olmstead—

A Dream of Strength Come True

The Story of a Dreamer Who
Realized His Ideal of Perfect
Living Sculpture

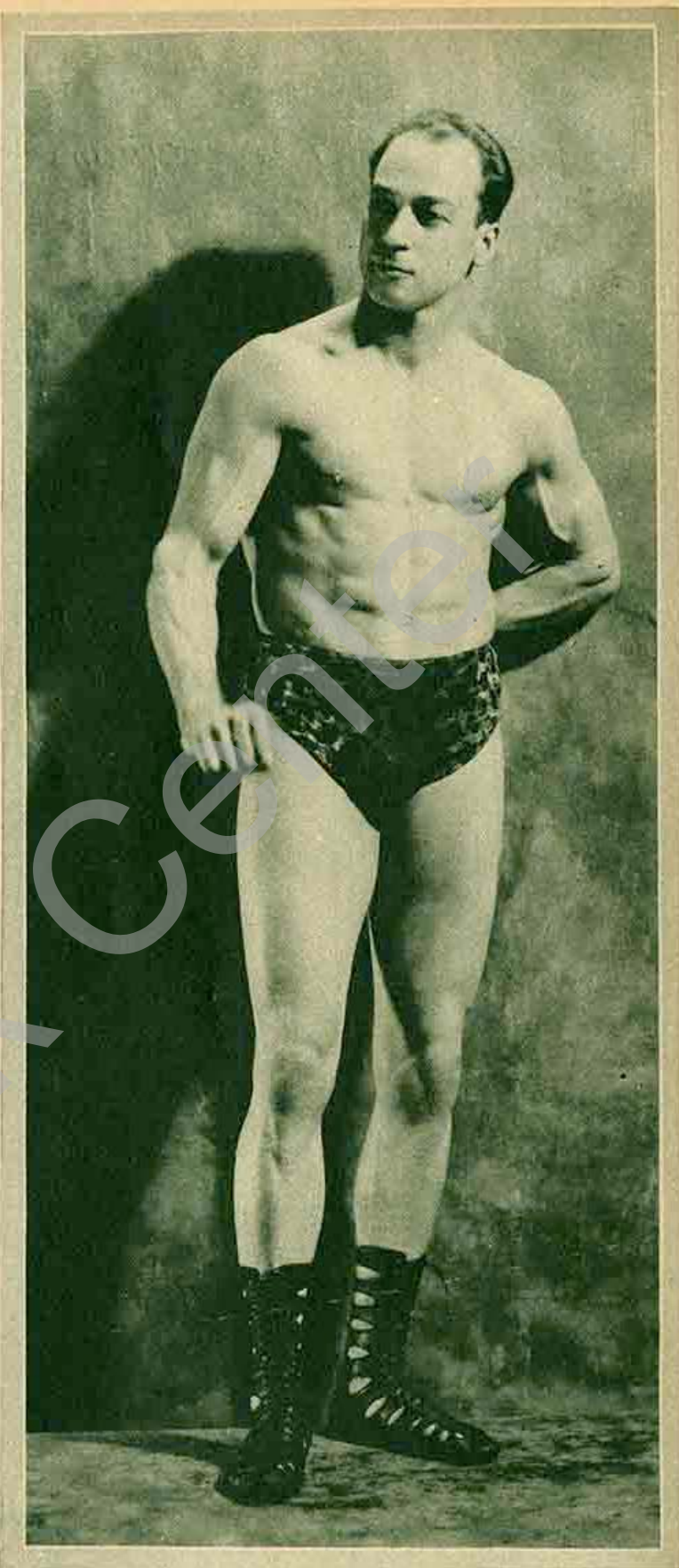
By *Carl Easton Williams*

Photographs by NICKOLAS MURAY. Posed expressly
for STRENGTH.

IT is with much gratification that we present this unique story of Sam E. Olmstead, who perhaps more than anyone that we know represents a model of devotion to the ideal of strength and healthful living. It is particularly a pleasure to offer this contribution for the reason that we had the privilege of knowing Sam Olmstead intimately as a chum and room-mate for nearly a year, some eighteen years ago, when he was a youth of nineteen or twenty, full of enthusiasm and aspiration in the desire to make of himself what he has since become. Living with him, we had an opportunity of knowing the concentration of effort, the painstaking study and analysis of principles of physical development and training, the fastidious devotion to ideals of healthful eating and in all other respects the quality of religious zeal with which this young man was engaged in building himself into what he purposed to become.

He was then very strong and athletic, but with the slenderness of youth. It was only with the years that he modeled his body into the human masterpiece that it is today. He still maintains the slenderness of his natural type of build, but with a striking and beautiful muscular development that represents the strength of bands of steel.

It is quite likely that you have seen Olmstead in vaudeville, where he appears with his wife under the name of "Samstead and Marian," in a high-class sketch, "The Bachelor's Vision," playing the big time circuits, in which the two not only give an artistic exhibition of strength and posing, but in the course of which Mr. Olmstead steps forward to the footlights to give the audience a five-minute lecture on keeping fit. He demonstrates for the audience three of the simplest all-round exercises by which they may keep fit. In short, his act is essentially not an exhibition but a lesson in healthful living. For years Mr. Olmstead has presented this lesson over the footlights to many thousands of people each week. If you have seen him, as



His Apollo-like development is extraordinary and his strength tremendous. Considering his slender make-up and comparatively light bones, as noted by the size of wrists, elbows, knees and ankles, what he has achieved in the way of physical power and bodily perfection makes manifest that strength of mind and character (also evident in the spirit of the picture) by which alone can such results be accomplished.

you probably have, you will be glad to read his story, which follows.

There is no more worthy achievement than *the making of a man* truly magnificent and powerful in body, vigorous in mind and with the strength of Gibraltar in a moral sense. All of which holds true in the case of Olmstead, as we personally know. In this instance a body so perfect is indeed the expression of the strength

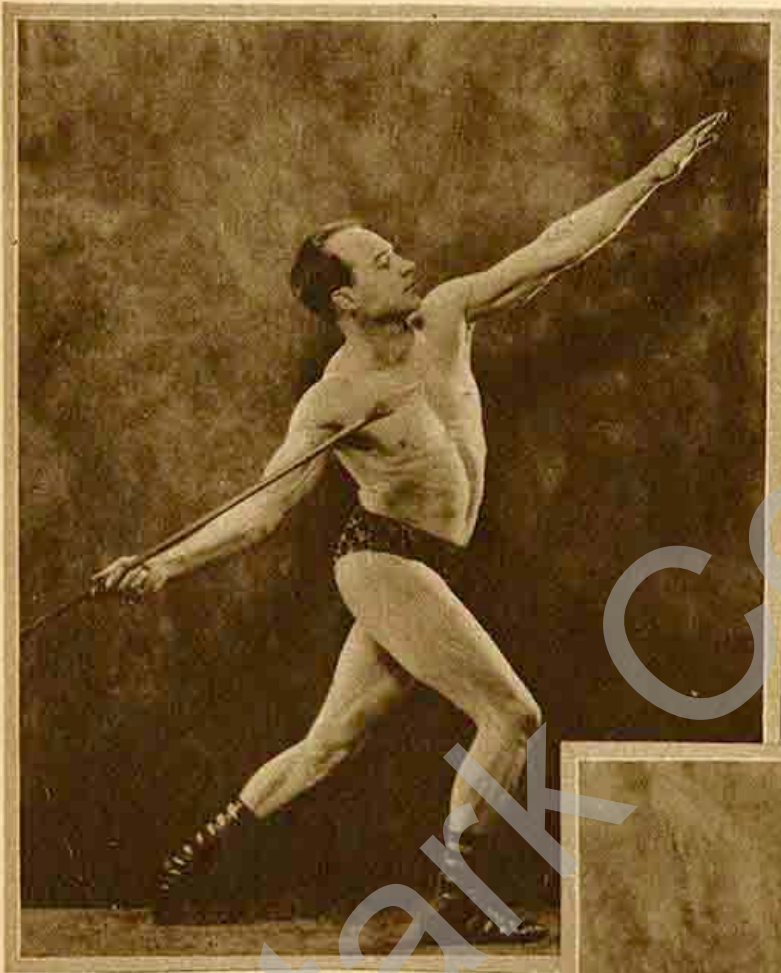
Do you know the hours and hours of arduous application day after day, month after month and year after year, by which one gains the technique and the art of a great musician? It was just such effort day after day, persisted in year after year, by which Olmstead finally made himself a living work of art. Following is his self-told story.

MY ADVENTURES IN STRENGTH

By Sam E. Olmstead

FROM as early as I can remember, I always had a great love for strength. In my early boyhood days this applied to strength of body only. Of course now I realize that it is but a foundation for strength of other kinds and of greater worth. It never occurred to me, of course, that strength was a thing that could be developed until I had reached the age of about thirteen. At that time I got hold of some five-cent weekly novels that were written for boys of about my age, and with a hero who was very athletic indeed. Fortunately for us boys, he lived a most exemplary life, a life that I tried hard to adopt, in order to be as near like my hero as possible. The publishers of this weekly ran a Physical Development Section, with weekly advice given and questions answered about Bodily Development by a so-called professor.

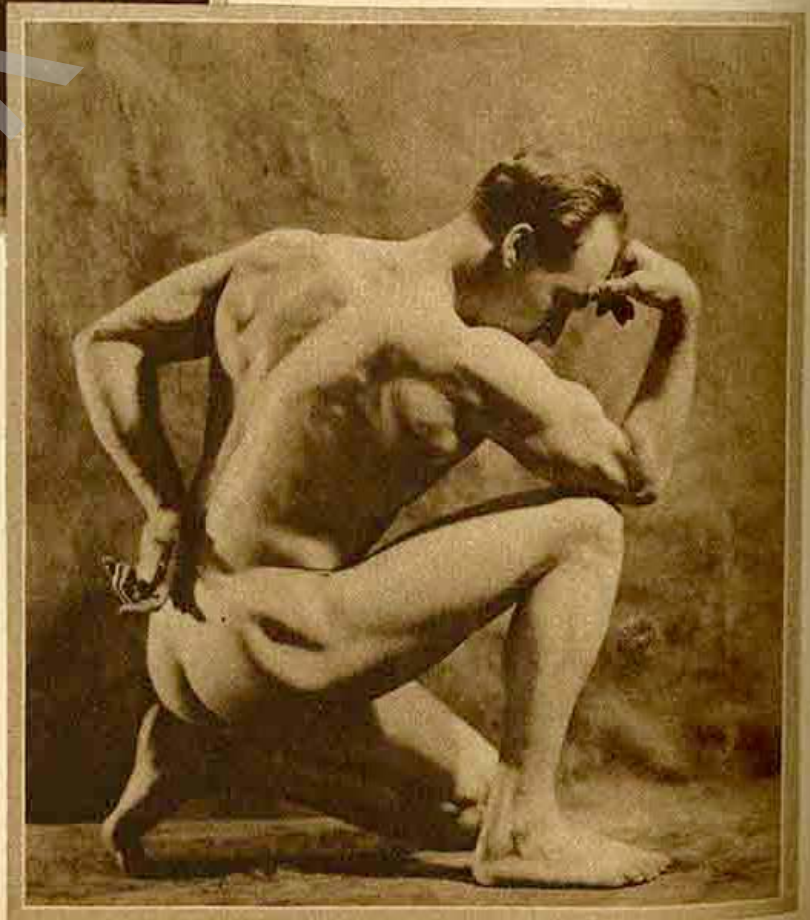
Up to this time I had been a comparative

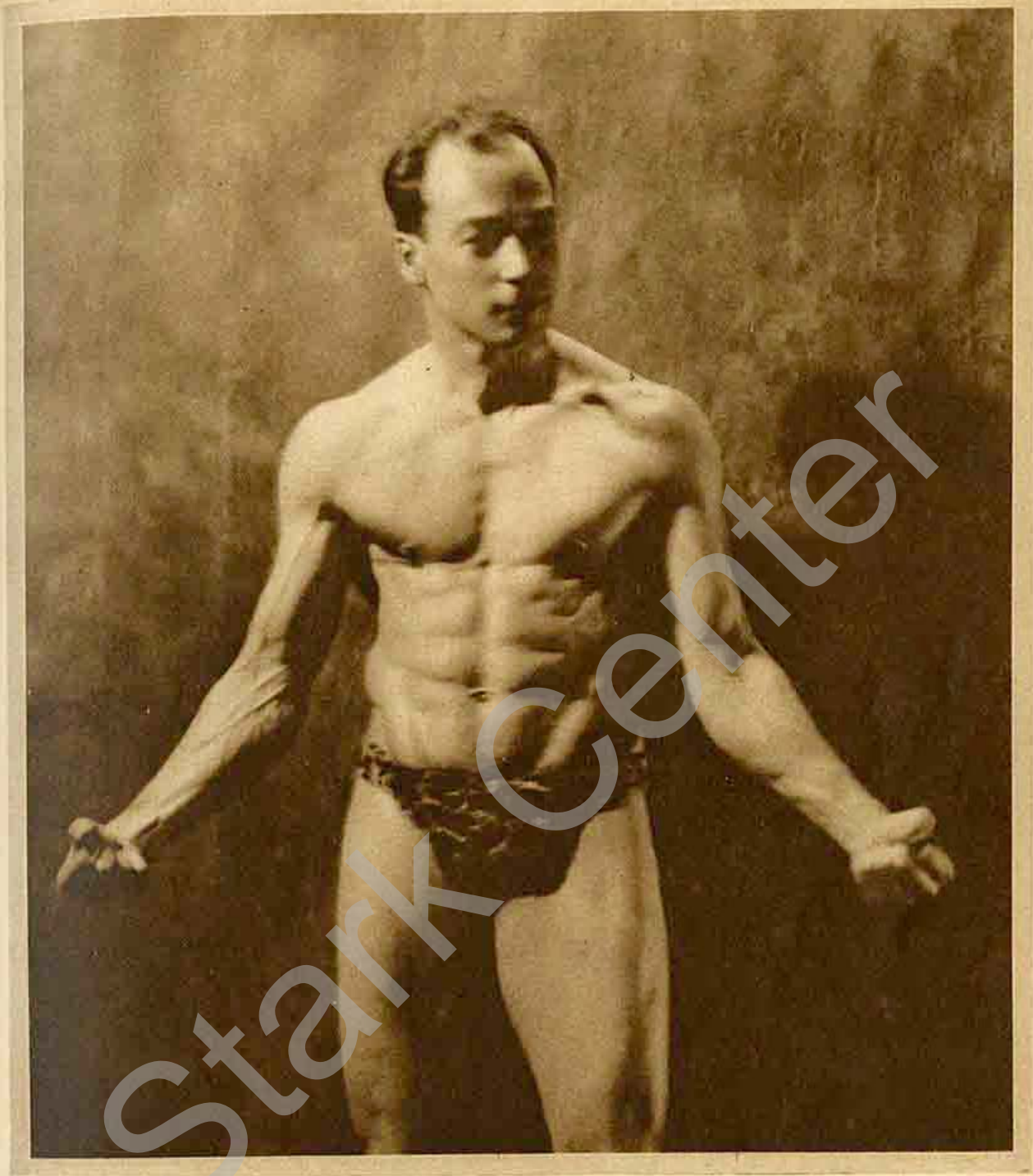


of mind and spirit that produced it. No mental weakling could have achieved such results, starting life as a physical weakling, for only one with the most rigid sense of self-discipline could have forced himself persistently to work year after year to the attainment of his object.

Fixed purpose is strength. Persistence means strength. Even the ambition to improve expresses strength. And so from every standpoint Sam Olmstead is a living exemplification of that "philosophy of effort" which is the underlying motive of this magazine.

Olmstead is of value to the world not merely because he presents a masterpiece of living sculpture to please the eye, but because with all this he conveys the finest lesson to each and every one of us in the way of the possibilities of self-improvement. Do you know the kind of work that makes one a master of the violin or the piano?





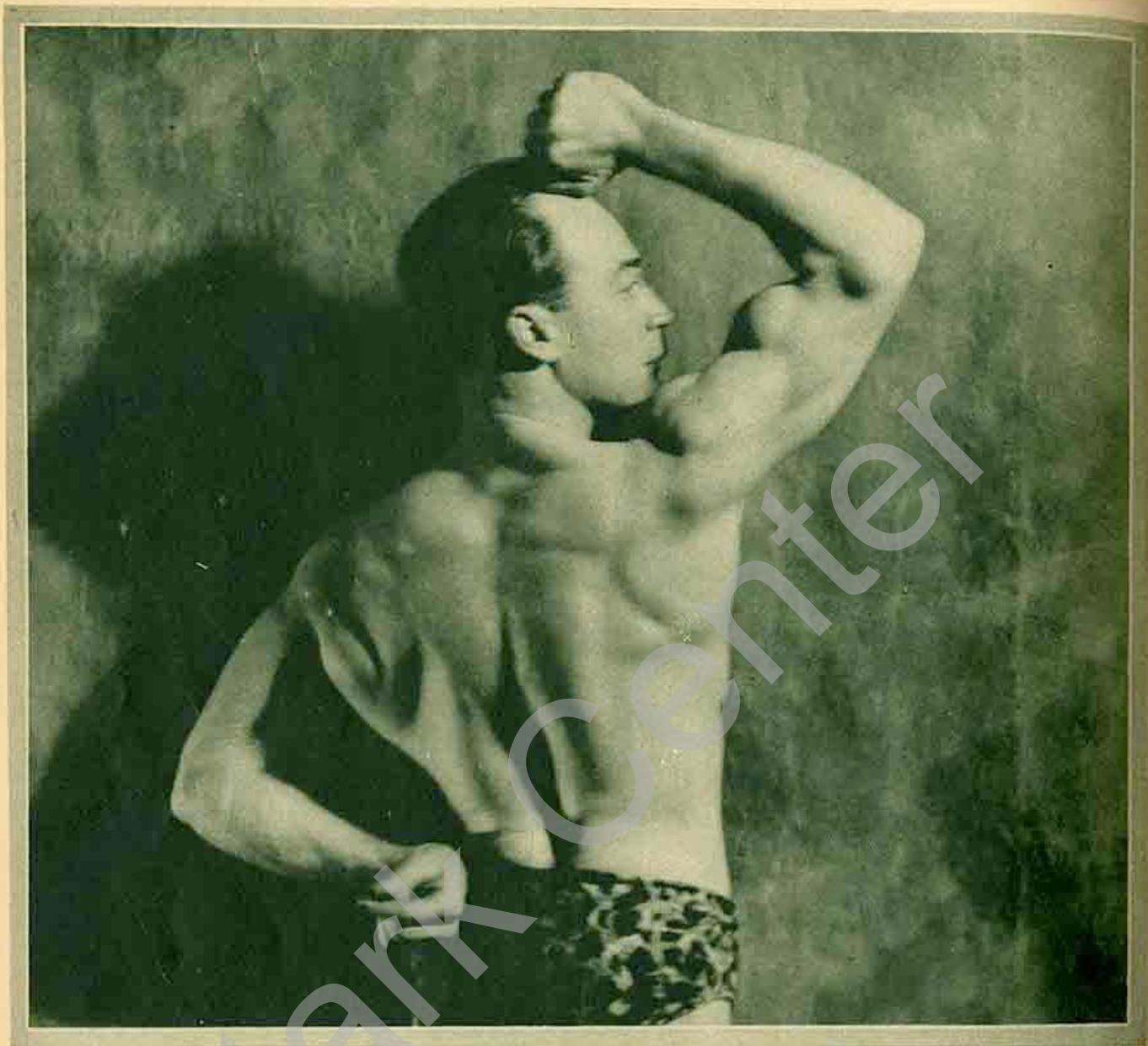
A careful study of the photographs on these pages will indicate the perfect symmetry of Mr. Olmstead's development, showing no weak links. Back, arms, legs, chest, abdomen—all express the great vitality acquired through a life of effort.

weaking, being subject to bronchitis, which sometimes developed into bronchial pneumonia. This incapacitated me for weeks and sometimes months each winter. The inspiration I received from reading the five-cent weekly novel, and my following out as nearly as possible the physical instruction contained therein, caused me finally to start healthward and strengthward. My progress, while slow, was nevertheless encouraging enough to keep me greedily at it.

It is amusing to me to recall the many makeshift contrivances I used in my endeavor to create some system of exercise. One particular instance is that of taking a bed quilt, rolling it up tightly and suspending it from

a rafter in the attic, to be vigorously thumped, in lieu of a better punching-bag. The use of this lasted one session only, as the whole family hastily put in an appearance to find out "what unearthly goings-on" were occurring that shook the whole house.

My folks of course thought I was bereft of my senses, and I am sure my mother thought she verified this belief when she came into my bedroom one morning after my first night's sleep with the window open. Never will I forget what horror she registered. The fact that the window had been open for at least nine hours in no wise stopped her in her rush to close it. A few years later I had my mother sleeping with all her



A particularly interesting study of the back muscles.

windows open all the year around, with manifest benefit.

Up to the time I commenced to go in for physical training I had been dosed with drugs, and my chest rubbed with hot oils and ointments, but to no avail. Right here I should probably mention that while my father was a doctor, he had about the usual success when it came to keeping the members of his own family well. We were all sickly, underweight and devoid of strength.

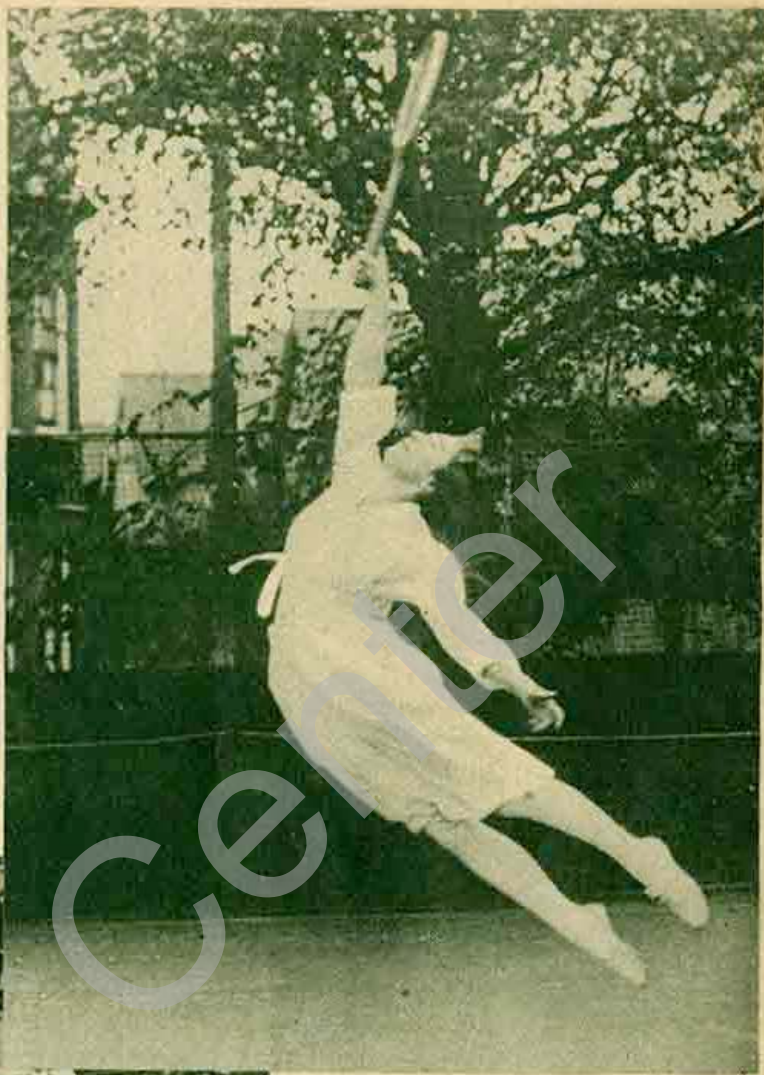
When I finally reached the age of about fifteen, I was capable of retaliation on some of the bullies that had harassed my school days. There was one boy in particular, who had thrashed every boy in the school of his own age. He had been particularly malicious in annoying me through several years. The day at last arrived when I was ready for a show-down. This boy was at least a head taller than myself, with the experience of many victorious frays behind him. This day, when he "picked" on me as usual, and I stood up for my rights, he was much surprised. Following the usual procedure of those times, he placed a stick upon his shoulder and dared me to knock it off! This time,

lo and behold, I complied with this challenge, and the fight was on! We fought all that morning recess, then all the noon hour, without going home to eat, through the entire afternoon recess, and started it again after school at night, but we were stopped by some teachers and the school principal. There was no renewal of the fight the next day, as the bully had evidently come to realize that there was quite a change in the boy he had bullied so easily in the past. From that time on I was unmolested, and I never fought with boys nearly as small as myself. How rapturously the realization came to me that my companions were coming to regard me as quite an athlete, worthy to be elected captain of the football and baseball teams. When I would go skating in the winter-time it was thrilling to be hailed delightedly by the other chaps, with a clamor for me to be on *their* side for the hockey game. You see, I was commencing to "cash in" on those many weary months of endeavor.

When about eighteen years of age I attended a lecture by Bernarr Macfadden in Hartford, Conn. His posing in a cabinet gave me my (*Continued on page 100*)

THE ATHLETIC GIRL

Permanently
Displacing
the "Flapper"



The joyous spirit and whirlwind activity of the modern tennis girl expresses a quality of life unknown to her contrasting type, the slouchy, cigarette-smoking flapper. These remarkable action photographs show Evelyn Colyer, English tennis champion.

© Wide World
Photos



Is the athletic girl an unsexed or masculine type? These pictures, revealing dainty feminine types, speak louder than words to the contrary. If there is any unsexed, "hard-boiled" girl of today it is the non-athletic, drinking-smoking type. Above, Esther Green and Floreida Batson in a relay race; and at the right, Helen Meffert putting the shot. Below, Rose Jevans winning a sculling heat on the river Lea, Clapton, England.

Two upper photos © Fotograms; lower © "P. & A. Photos."



Miss Jeffries reaches considerable elevation in leapfrog (top). Try it yourself. Below, Harriet Jackson, of Cambridge, pitching baseball; and Maybelle Gilliland, winner of a basketball throw at Mamaroneck, N. Y.

Upper photo © Wide World; two lower © Fotograms.



Up and over. Dorothy James, of Philadelphia, jumping 4 ft. 5 in.

©Wide World Photos

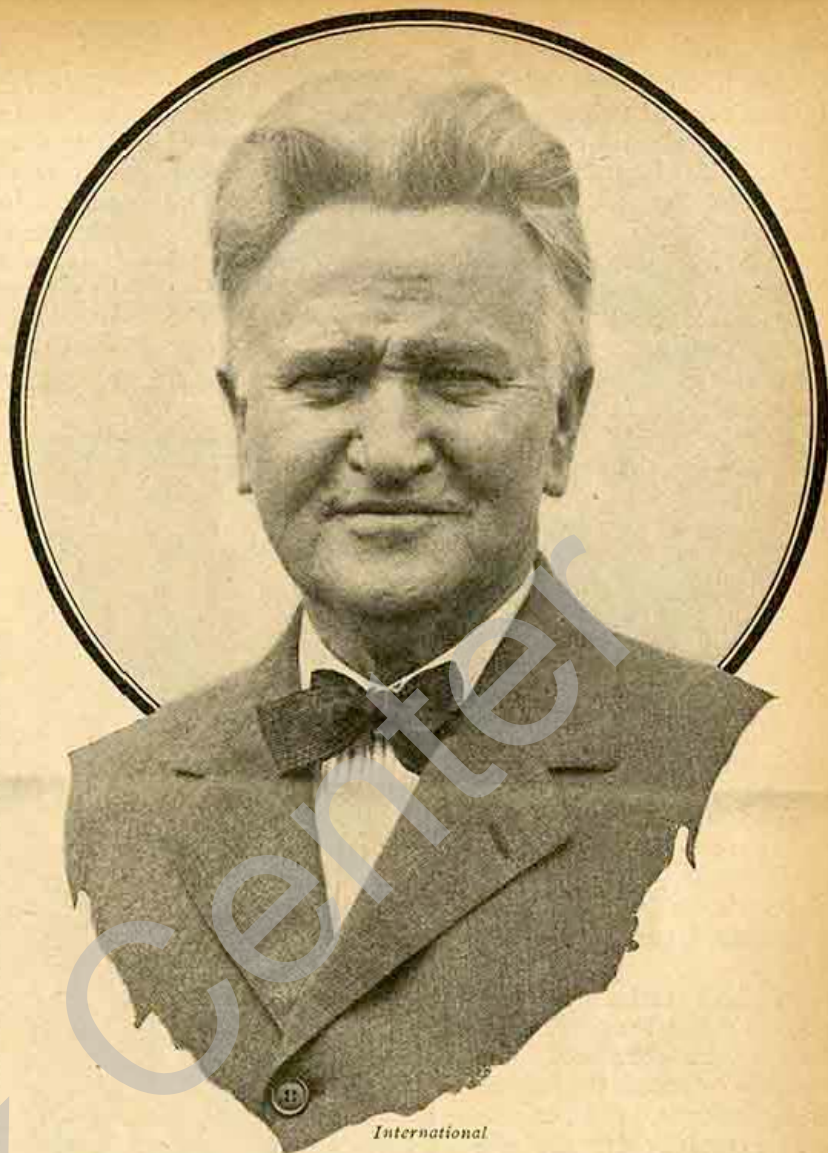


The fair French team at Pershing Stadium. France vs. England.

©Wide World Photos

La Follette's Fighting Strength

By Richard Barry



International

BEFORE anyone mistakes this for a political article, permit me to disclaim all intention and desire to present the controversial aspects of the Wisconsin senator. Robert M. La Follette is what he is—one of the hardest hitting, one of the best liked and one of the most hated men in public life. In his sixty-ninth year, on the verge of the Scriptural allotment for the total span of life, he is engaged in a duel for the mastery of Congress, wherein he holds the balance of power; he is one of the key forces of our world today. Agree with him politically or not, I hold that the spectacle of a man of his age engaging in political contests with the keenness of more robust years commands alert attention. From the standpoint of strength pertinent and insistent questions arise—questions to be answered as we progress.

I approached La-Follette for this magazine in the same spirit in which I approached Calvin Coolidge, president, and Lloyd George, ex-premier. Is there something unique in his physical relationship to life which spells the secret of his success? If so, what is it? Or does his strength proceed from sources other than physical? If so, from what?

Some years ago La Follette was invited by an important organization in his native state to attend its annual festival and outing. He accepted, as frequently before, in the desire to foregather with a group of his important constituents. Then, after he had accepted, he was informed that the chief event of the outing would be a rifle shooting contest, in which every man present was expected to participate. And La Follette never in his life previous to that moment had fired a gun! He would have to be shown how to pull a trigger.

La Follette has never been accused of not having his finger on the public pulse, especially in his own state. Perhaps he realized it was no moment to claim the prerogatives of the sedentary life or the dignity of his office.

Instead he retired to his farm in Dane county, not far from Madison, and, after placing an order with a Milwaukee sporting goods house for a rifle and a thousand rounds of ammunition, announced to all and

"He is made of adamant." Though every one knows his strength of mind and spirit, they do not realize that his forearm is like that of a blacksmith. How did he get it? Watch him some time if you have the opportunity to see him making a speech, and you will see why and how the author was able to unravel the mystery.

sundry that he was going into seclusion for two weeks to "prepare his mind for an important event."

"Prepare his mind!" Get that phrase. Not to prepare his eyesight, or his muscles, or his nervous system, or his co-ordination of all three, but to prepare his mind. And so he did—for all is in the mind.

The situation occasioned no unusual comment in Wisconsin, where for forty years La Follette had been going into temporary eclipse, cut off from all communication with his fellows so that he might emerge properly equipped for some great contest.

When La Follette concentrates he concentrates. He never takes hold of any subject half-heartedly or half-handedly, and he takes no other man's say-so. He grapples with his subjects, face to face, as with naked things. If he had been a dramatist he would have required only the most meagre equipments. Like Dumas the elder, he would have been satisfied with "four boards and a passion." If he had been a prize-fighter he would have been like John L. Sullivan, indifferent to weight, forfeits, color or time of appearance of his adversary. He would have asked only for a ring, a referee and an opponent.

Only the sporting goods house in Milwaukee had any inkling of what was up, for before the end of the first week it received an order for a second thousand of bullets. The senator may have waited until he was over fifty before he pulled a trigger, but when he began he tried to make up for lost time.

Arrived the day of the outing. Foregathered several hundred important personages in Wisconsin life—a judge of the circuit bench, two congressmen, the district leaders from a tier of counties in the south, the senior senator, and—the crack rifle shots from two Turn Verein societies in Milwaukee and Racine.

Chief in the gathering, naturally, and as always in years long before had been the case, was the short little red pampadoured man from Madison, known to all for that day merely as "Bob." All remarked how pleasant it was to have him with them again, for since he had gone to Washington to the upper house of Congress he had not been so free with his time as in the early days when, as congressman, and then as Governor, he had been more intimately a part of the local life.

Presently arrived the moment for the shooting. The butts were emplaced, the mounds indicated, the judges' table brought, and on its centre carefully deposited the silver cup, appropriately engraved as the first prize for the winner of the contest, with a blank space left significantly for the unknown name.

It was then discovered, as a bit of news to most of the contestants, that "Bob" was entered. They gathered about him and greeted him with shouts of approval in which there was a clear undertone of indulging patronage. It was taken for granted that his entrance to the lists was solely in a spirit of gracious compliment to the occasion. It was well known that he was neither hunter nor marksman.

Just before the first contestant toed the mark La Follette said: "Now, boys, I hope each man will be at the top of his form and shoot every shot for a bull's eye. May the best man win—without fear or favor."

It sounded quite sporting, and they took him at his word. They did some very good shooting, too, that day. One of the cracksmen of the National Guard was present, as well as the Turn Verein specialists who had been shooting with unusual skill for years. None of them regarded anyone except some member of their own group as the possible winner of the silver cup.

Yet the name engraved on that cup that day was

"Robert M. La Follette." He outshot every trained marksman present. Then he laid down his rifle, and from that day to this has not again pulled the trigger. Apparently, it was enough to show that he could do it; enough to do it—once. He didn't propose to spend all his time at that sort of thing.

He was devoting his life to bigger game than could be secured with a rifle. But when it came to preparation for hitting the bull's eye in the shooting contest he went through a course of training similar to those he always had endured for his appearance in the Senatorial forum. Seclusion, concentration, careful analysis of the fundamentals of the problem to be attacked.

Take, for instance, the record, physically as well as otherwise (and, for this account, physically especially), of one of his most conspicuous achievements—his thirty day speech on the railroad refunding act during the 1919-20 Congress.

La Follette saw in this juncture of affairs a supreme opportunity. The dominant object of his career has been to attain government ownership of the railroads. The war, which he had opposed, possessed (in his eyes) the good, at least, of bringing under government operation all the common carriers of the nation. Then, in '19, he saw slipping all the advantage to the cause of government ownership achieved by the colossal upset of the war. The measure to return the railroads to private control came before Congress with every certain prospect of success. The Democratic administration was behind it, and the Republicans were not opposed.

This situation supplied La Follette with the sort of stuff that appeals to the iron in his soul. Nominally a Republican, he seldom has any Republican backing in Washington. For party reasons, as well as others, the Democrats are seldom for him. As he was against the Nineteenth Amendment and the Volstead act he has no Prohibitionists for him. Often the Socialists have declared against him. When there was a Progressive party he did not belong to that; nor is he even consistently an Irreconcilable.

He is one man, alone, single-handed. He will go against his party, two parties, all parties; against a city, a state, a nation, an empire, a world! To him they are all alike—if they do not agree with what he conceives to be the dominant good—and he sees only the end, not the compromising steps that stand between.

Such was the man who took the Senate floor to speak



International
He is short, stocky, compact, vigorous—an example of that concentrated energy which in the form of a Napoleon or a La Follette is likely to shake the world or change its destiny.

on the Democratic railroad refunding act. No Republicans were with him; no Democrats were with him. To realize what he was up against one must remember that it is very rare for any Senatorial votes to be changed by speeches. In fact, it is uncommon for the Senate as a whole even to listen to speeches. The vote is usually settled long before the speaking time, and the speeches are only for the record.

Yet such is La Follette's nature that he is not effective in committee rooms or in political manipulation. His only chance is on the floor, alone, face to face with the naked thing.

Before he began his speech, one of the most notable in the long history of the American Congress, his physician warned him to be sparing of himself. For years he had been enduring an ailment for which a major operation had been prescribed. Yet he insisted on undertaking what was to be the greatest test of physical endurance of his life, and one of the most remarkable demonstrations of physical and intellectual power that has ever been shown by a public speaker.

Therefore, as he entered the Senate chamber, his physician waited anxiously in the ante-room, protesting at his hardihood, while a secretary went along with an armload of documents.

La Follette began talking to an almost empty chamber. He talked for hours; he talked for days; he talked for weeks. His documents, successively brought by hurrying secretaries, piled around him by the wagon-load.

Some people have been known to complain that La



International Photos

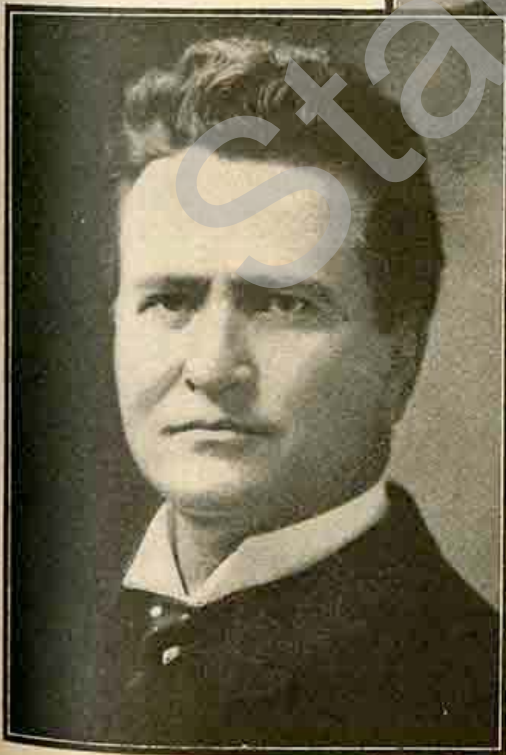
Robert M. La Follette at four years, at twenty-seven years and in his later maturity. In each period there is evident the same spirit, the same steadfast gleam of his steel-blue eye—the eye of a sharpshooter. The student of human nature will find here the quality of strength produced by clearness of mind, rigid concentration, painstaking thoroughness and undaunted purpose.

Follette is long-winded. So he is—when he gets on a favorite subject—for he takes nothing for granted. He begins in the sub-cellar below the basement of the subject; proceeds by easy stages to the ground; and then goes on with exact thoroughness, to erect a permanent and impressive superstructure that piles into the clouds far above all other structures within sight.

In this event he reversed the ordinary procedure of the long-winded talker. He had practically no audience to start with, but as he went on the Senators began to come in. And if they came back they usually stayed. He finished to a full house.

Over in the offices of the Interstate Commerce Commission, during the speech, Senators began to appear to ask about statements being made on the floor of the Senate by La Follette. Each had some startling fact to verify; some fact overlooked by all others than La Follette. Each wanted to know from governmental bureau authority if La Follette was right.

The steady stream of Sen-



ators to the checking bureau invariably found La Follette correct, for they were tallying one of the most painstaking investigators known to Congress. He has to be, for he has more opposition than others.

Then, one by one, the Senators began to join him. Two Republicans and twenty-seven Democrats were swung over. Needless to say, anecdotes, adjectives, appeals to political passion or prejudice had nothing to do with the conversion. It was not demagoguery which moved the Senate, but the mastery of a man who knew his subject.

Finally a vote came when he had thirty votes, twenty-nine besides himself. He had moved nearly a third of the most august, most conservative body on earth by the sheer force of his will and logic. "Two weeks more and he would have won," said an observer.

But—and this is the story not generally known—for the last week of his thirty-day appeal his limbs had to be bound twice a day in the ante-room by the physician and a professional masseur called in to assist. The blood was pouring down his legs through the bursting of overstrained veins.

At the end he collapsed, and was hastened to the operating table in Minnesota, where for weeks he lay between life and death.

One of the prominent officials of the government, in telling me about this *tour de force*, said: "No speech in the Senate since the time of Daniel Webster has actually carried so much weight in its own delivery as that speech of La Follette's on the railroad returning bill. Not even Webster nor any other Senator in the whole history of the nation has ever in a single speech, and by virtue of that speech alone, converted twenty-nine senatorial votes."

Which, in its extreme statement, is reminiscent of what the late Senator Al-

drich of Rhode Island said when he first heard La Follette on the Senate floor. The subject was the wool schedule of the bill then being fathered by the Rhode Islander, chairman of the Finance Committee and unofficially boss of the upper house. Aldrich, bored, opposed, indifferent, confident of votes sufficient to pass his measure, started to walk out of the chamber, but a phrase arrested him, and he paused. Finally he sank into a seat in the rear, for a moment, he thought. He stayed for the whole speech—four hours. A colleague urged him away to an important conference.

"No," said Aldrich, "I can't leave this fellow. He has something new."

The "something new" La Follette had then was the same thing he had always had; the same thing he had when he defied his physician and came within a measurable distance of defeating the railroad refunding act; the same thing he had when he entered that shooting contest with the champions of the National Guard and the Turn Verein; the same thing he had when, as a young prosecuting attorney in Dane county, denied the

endorsement of the local political boss, he went out straight to the people who cast the votes and asked them to send him to Congress.

One gets it when he first sees La Follette. It is in his eye, the eye of a sharpshooter, incidentally—steel blue, small, placed in his head as by callipers undeviating from the horizontal by the fraction of a millimetre. The glance therefrom is as keen and direct as a tempered rapier.

This quality, not really "new," of course, but so rare that it always seems new, strikes beyond any quality of mind or body, though it must be built on strong characteristics of both. It goes beyond, into the spirit, the spirit of the fighter who never enters a contest except to get a

(Continued on page 97)



This is probably the most recent photograph of Senator La Follette, taken January 3rd, on the occasion of his being welcomed back to the Senate after his recent illness. With him is his son.

P & A

The Self-sacrificing Woman

By *Mary Alden Hopkins*

ILLUSTRATIONS
BY ADDISON BURBANK

Are You a Martyr?—
Or Is Yours One of the
Personal or Domestic
Problems Presented
in This Illuminating
Analysis?



Aunt Sue's giving up the family she might naturally have had was the cause of her interfering unduly with another woman's family.

MUCH that passes for self-sacrifice is in reality nothing but fear of tackling a situation. It is easier to give in than to oppose. Genuine self-sacrifice is strength. Pseudo self-sacrifice is weakness.

When an individual voluntarily sets aside a pleasure which might be enjoyed, a goal which might be attained, or a course which might be followed, in order to benefit another human being, he shows strength. But when he allows himself to be deprived of the pleasure, thwarted of the goal, or turned aside from the given course, against his judgment, he is showing weakness.

One of the simplest examples of the difference between actual and forced abnegation is the case of a mother who turns from pleasures, comfort and rest to tend a sick child. Her strength is as the strength of ten. But when the same mother makes herself subject to the whims of the child and allows him to rule her because he makes home so unpleasant when he is crossed, she is acting weakly.

The distinction between, on the one hand, self-forgetfulness which is hearty and sincere and, on the other hand, an abnegation which is passive and begrudged, is a distinction of first importance to those of us who give attention to conducting our lives with reason.

A lady noncommittally called "Miss B." is a good illustration of the sort of self-sacrifice which upon examination reveals itself as simply the path of least resistance. She was a patient of the late Dr. Constance Long of London, and Dr. Long describes her as quiet and self-respecting in appearance, with a clear skin and well-cut features. She was well-educated and was engaged in one of the professions. Dr. Long explains the situation thus:

"She was the youngest child of an unhappy marriage. Her father was a heedless spendthrift, her mother a patient Griselda of almost saintly patience. The two were incompatible, and this youngest daughter, clever and sensitive, gradually sided with the mother, although undoubtedly most of her love was given to her father.

"As she grew up she put her talents to use and earned an income which later on she devoted largely to her parents' support and succor. Her holidays were almost exclusively spent in the family home from a sense of duty. Here she underwent constant anxieties, and to a certain extent stood between her parents. It seemed to her in reviewing her life that it was one of perpetual self-sacrifice and selfless devotion."

Now, the old-fashioned way of looking at a woman of this type was to admire her very much and say wasn't it a pity she had worn herself out working for others. Dr. Long, being the modern psychological kind of a doctor, looked beneath Miss B.'s immolation and found there—fear. Miss B. didn't want to be all daughter all her life, but she was too timid to get into any other rôle. The conflict between the desire to go forward and the desire to hang back was what was making her ill.

"Miss B., whenever a choice is presented, decides to live for her parents," explains Dr. Long. "She identifies herself with her suffering mother, and bears the burden of her father's vices as though she were herself his wife. In thinking thus of others, she avoids thinking of herself, and evades the greatest of all problems of life—the acceptance of personal freedom and the necessity of learning to use it. This, in other words, is the task of developing her individuality.

"Timid natures such as hers unconsciously refuse in-

dividual thinking and feeling and shirk the problems of love which naturally rise and require enterprise and responsibility for their full acceptance. Miss B. thinks she is freely selecting a path of self-sacrifice. Her unconscious motive is that she prefers to remain a child; she cannot accept the temptations of freedom."

"Miss B." did not joyously assume a responsible attitude toward her parents; she simply slid into habits of worry about them. She got sick herself, and probably wasn't much comfort to them. It usually works out that a daughter who is able to share her own happiness with her parents is more real help to them than one who drowns her own life in their troubles. "Miss B." lived a colorless life, devoted to others because she was too weak to resist the push of a difficult situation. Her actual wishes went down before the more vigorous wishes of others. The difference between such negative martyrdom and desirable, aggressive helpfulness is as wide as the difference between a funeral and a wedding.

An odd sidelight on this give-your-life-to-others business is offered by Aunt Sue's reaction to such a situation. Aunt Sue isn't my aunt. She belongs to a friend of mine, but that is the name by which I know her best. My friend's Aunt Sue was the youngest daughter in a fairly large family. Her older sisters married, but Sue somehow slipped by the early marriage stage. By the time her second contingent of suitors appeared she was deep in the daughter-at-home rut. They were good suitors, but she refused them in order to devote herself to her parents.

Her mother died at the age of seventy, but her father lived to be well over ninety. Aunt Sue kept his home for him, and her brothers provided the money.

"I used to be considerably disturbed about Aunt Sue," my friend tells me, "because I thought I must give up my own future as she had given up hers. It was an accepted doctrine in our town at that time that one daughter in each family should consecrate her years to her parents. Since I was the only daughter in my family, it appeared to be my fate. If I had had a sister I was sure I could have shoved the sacrifice onto her shoulders, but one couldn't hope to pass it on to a brother. Brothers were exempt.

"But after grandfather died, I saw matters in another light. For the brothers who had so nobly supported them did not feel called upon to support Aunt Sue after grandfather's death. My father kept right on, but he alone couldn't pay all her expenses. The poor lady was too old to change her rigid home-keeping habits, and she was in very straitened circumstances. That was when I saw my great light and left for the city and a good salary.

"Later I learned something which made me more dubious than ever about the wisdom of Aunt Sue's course. Her favorite brother, my Uncle Latham, married and settled on a farm about a mile from the old homestead where she lived. It seems that Aunt Sue never let go the hold she had on him. She was, in a way, more his wife than his real wife was. As for his children, well, one of them, my Cousin Bess, says that Aunt Sue's word was their law, regardless of what their mother decided. She wouldn't let them go to dances, and she determined when they should put on and take off winter flannels and all that. Cousin Bess feels, though perhaps she is prejudiced, that Aunt Sue stole



Uncle Latham and his children to fill the places of the husband and children which she sacrificed to take care of grandfather.

"Now what I say is, wouldn't it have been better all 'round if Aunt Sue had married one of her suitors, broken up grandfather's home, taken her parents into her new home and kept her fingers off her sister-in-law's husband and children?"

My friend's Aunt Sue was very unlike the pallid "Miss B.," for she made a full and generous sacrifice of her own interests in favor of her parents' comfort.

She was aggressively unselfish. It was as fine and hearty a giving up of one's own natural life as could be imagined. But for the very reason that she was a wholesome, full-hearted woman, her maternal instincts were not satisfied with taking care of her parents. It was, perhaps, Uncle Latham's wife who made the real sacrifice to the old folks, and she made it most unwillingly. A woman as strong and fearless as Aunt Sue could probably have looked after a family of her own and her elderly parents in addition more easily than she could repress her natural instincts. Solving other folks' problems by evading one's own just does not work.

Here is the story of Mrs. Tanby. See what you make of this situation. Mr. Tanby is a close-fisted, pig-headed man who is positive that he is always right. Mrs. Tanby is a once-was-pretty woman who early in her married life shifted her love from her husband to her two children. She had given up passionate dreams of a stage career to marry, and when her daughter Isabel took up those dreams in her turn Mrs. Tanby bent all her energies to helping Isabel realize them. It seemed to her that no sacrifice on her part was too great to save Isabel from repeating her disappointment.

The family split over the question. Mrs. Tanby actually left her husband and went with her daughter. She got work and partly supported the two of them while Isabel studied. The son, heartily in sympathy, divided his salary with them. Isabel, backed by such devotion, seemed destined for fame. Instead, she married.

Married without ever having set foot on a real stage. Married when halfway through her training. Married,



They were good suitors, but she refused them in order to devote herself to her parents.

too, a nice ordinary chap who hasn't any desire for her to go on actressing. Nor has she.

Mrs. Tanby can't reconcile herself to it. After all she has done for Isabel, after all she has sacrificed for her, says she. But did she sacrifice for Isabel? Certainly not for Isabel's happiness, for she is deeply resentful of that happiness. How much was she, after all, thinking of Isabel? Was she not rather trying to realize her own lost illusions through her daughter? That sort of sacrificing doesn't lay up for one much treasure in heaven. Nor does it, when so overbalanced with resentment, bring much happiness on earth.

Some people think it is cynical to investigate too closely conduct which has a fine surface gloss. Yet that is the only way of avoiding a good deal of unnecessary unhappiness. One comes to see that renunciation which is forced upon one is no good. "Miss B.'s" pathetic attempt to be the martyr she didn't want to be resulted in sickness. When she stopped being a martyr she got well. Aunt Sue's giving up the family she might naturally have had was the cause of her interfering unduly with another woman's family. Mrs. Tanby's attempt to sacrifice for a career her daughter didn't really want bore fruit in fierce resentment. Very little good comes of making a sacrifice one does not want to make. One has to want to make it. It is not enough to do it. One must be happy in doing it.

The test of every unselfish act is: "Do you wish to do what you have to do, more than you wish not to?"

Concerning every situation, action or consideration, one has two desires, one for and one against. Often one of these reactions is so slight or so repressed that an individual is hardly conscious of it. But the simple fact that one has to make a decision shows that both possibilities are in existence in the mind. If one can throw one's energy onto the side which would better be chosen, then the other, perhaps pleasanter, possibility sinks into the background. "Miss B.'s" trouble was a common one; choosing one possibility, she longed all the time for the other. Choosing selflessness, she yearned incessantly to consider her own interests.

Sometimes the realization that one need not pursue the course one has chosen unless one wishes is enough to reconcile one to it. The feeling of being caught in a trap is frightful; but most situations are not really traps. One can escape if one has the courage. It may be unwise to escape, but it is seldom impossible. The knowledge that escape is possible helps endurance.

An aid to comprehending why one chooses this or that is the understanding that in the last analysis one chooses what one wants. One may want the other thing also, but what one accepts one does somewhat want. For example, meet Mrs. Beck.

The Becks live in a tumbledown gray house on the outskirts of a village. Beck is surly when sober and violent when drunk. Mostly he is drunk. Mrs. Beck has cried till the tears have (Continued on page 99)

What Is the Ideal Figure?

An Interview with Coles Phillips

The Work of the Famous Cover Design Artist Expresses His Own Conception of Womanly Beauty

By Charles Thomas Hicks

IF the desire for strength is the dominating motive back of masculine physical development, the desire for beauty is probably the outstanding point of interest where women are concerned.

Every woman wants a good figure as much as she wishes a beautiful face. Whether or not she is interested in bodily development for the sake of athletics, she is certainly always interested in it from the standpoint of her ability to wear her clothes well, according to Coles Phillips, the artist.

But what is the ideal figure?

It is, of course, conceded that there may be beauty in a variety of feminine types, much according to individual taste and point of view, and providing also that each is well proportioned, vigorous and efficient. But perhaps there are some points of special importance that hold in nearly all cases. If so, what are they?

In this day and age of pretty girl magazine covers,

If a girl is well proportioned in respect to length of limbs and size of head, and likewise slender but normally developed, it is impossible to tell whether she is above or below medium height when seen all by herself, as in this picture or on the seashore or on a large floor. She will look tall and graceful. Only when in the company of other people or in conjunction with chairs, tables or furniture of known size does her actual height become apparent. This particular Coles Phillips girl beautified the front cover of *Life* some time ago, and is reprinted by courtesy of Life Publishing Company.

and of pretty girl advertisements, of chocolate cream girls, hosiery girls, silverware girls, toothbrush girls, pure soap girls, silk underthings girls, face cream girls and automobile girls, there is no type of girl more popular or more pleasing to the eye than the Coles Phillips girl, if one may be permitted to use such an expression by way of characterizing a man's work.

The girls which Mr. Phillips draws for magazine covers and various advertisements are attractive and popular because they are normal specimens of healthy womanhood. They have nothing in common with the apparent cocaine fiends, walking matchsticks and dis-

torted female morons frequently seen in some of our so-called fashionable advertising lay-outs, as well as in the pages of sophisticated magazines whose editors might be expected to know better. There is nothing of this degenerate art in the work of this New Rochelle master, who, like Ziegfeld, "glorifies

the American girl." The Coles Phillips girls are real flesh and blood women, with firm-knit, shapely shoulders, and lower limbs that are really worthy of the beautiful silk stockings that, in some instances, help them look so well. The Coles Phillips girls do not look as if they came from Russia, Hindustan or Paris, nor yet even from Greenwich Village, with its affectations of dress and manner. They are American girls, non-narcotic, healthy, athletic, fresh, dainty and feminine.

Wherefore it seemed evident that Mr. Phillips would have some very positive notions on what constitutes the ideal figure. And so he has.

"The ideal figure," says Mr. Phillips, "is that of a girl about five feet six inches tall and weighing one hundred and thirty pounds. Or perhaps between one hundred and twenty-



five and one hundred and thirty pounds. This makes her tall enough to preserve proper proportions between her limbs and her upper body. She has sufficient length of limb to give her good lines.

"But apart from this matter of proportions, the most important requirement is that she should have good shoulders. Otherwise she cannot hope to look well.

Even though a woman is not interested in athletics, her first concern with reference to herself is her ability to wear her clothes well. And it is for just this reason that she must have good shoulder development.

"Unfortunately, it is just in this matter of the shoulders that most women are lacking. Ask almost any young woman of your acquaintance to do the 'floor dip'—the exercise of resting the body on the hands and toes, keeping the torso rigid and lowering the chest to the floor and pushing up again—and you will find that not one woman in fifty can accomplish this very simple exercise."

The interviewer was in a position to verify this through painful experience with a crowd of young women working in moving pictures some years ago, and engaged to work as so-called "bathing beauties," having been selected for their physical excellence. In the course of the work this particular floor dip exercise was required, and in the entire company of selected beauties there was not one girl who could accomplish it. From which it may be inferred that they were not all that might have been

desired in the way of beauty. This is true—they were not. But they were the best to be secured quickly among movie aspirants.

"Would you go so far as to say that the girl who can do this and similar exercises would by that very fact be bound to have good shoulders?" we asked Mr. Phillips.

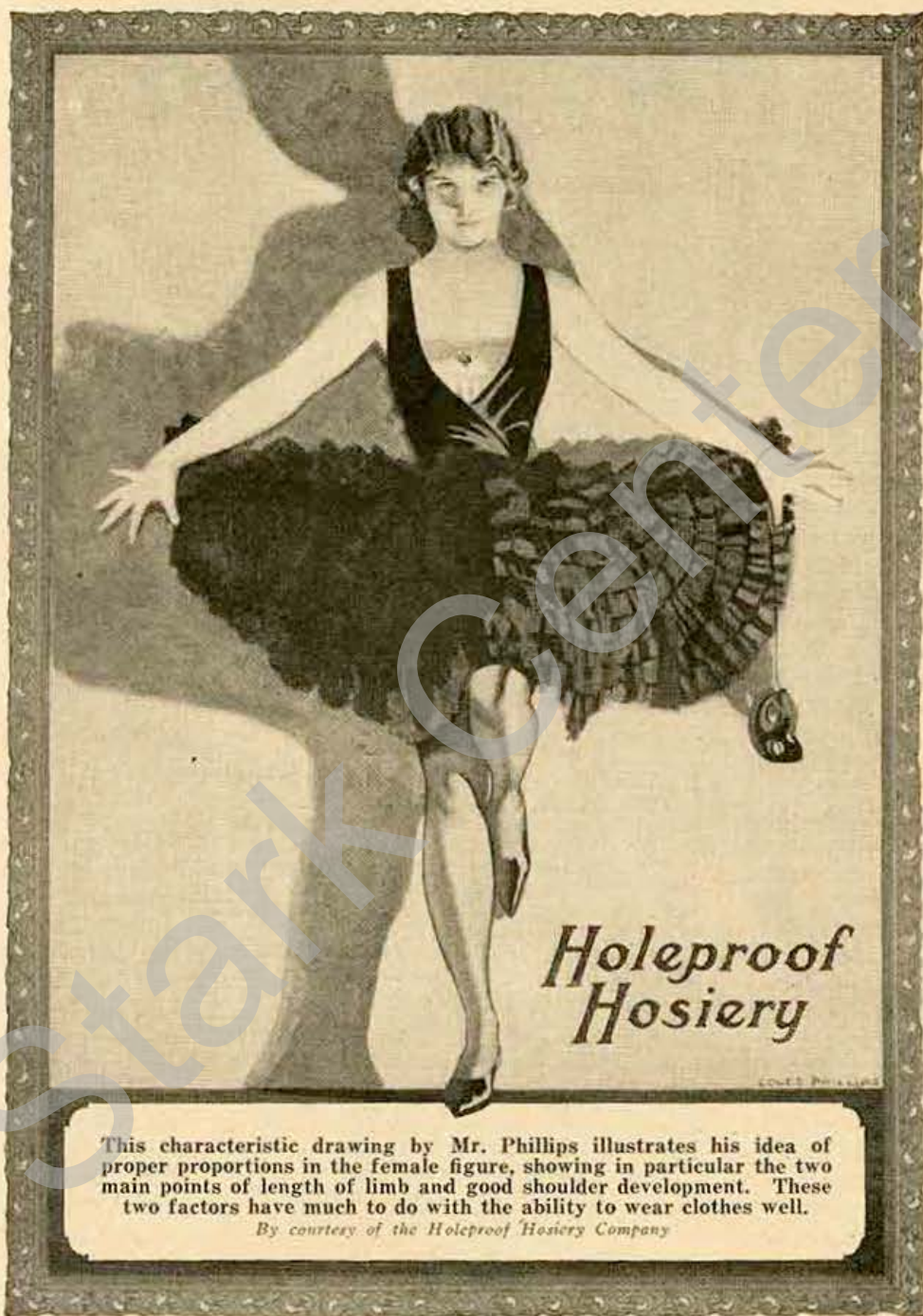
"Probably, yes," replied the artist. "For the reason

that any well-built girl is naturally somewhat athletic. She has a bodily development which very slightly approaches the masculine. What I mean by that is that she does not suggest the helpless type of woman. She is competent and capable, but at the same time feminine. However, it is her good shoulders which give her the well-set-up appearance and enable her to wear her clothes like a queen and which enable her to look well in almost any kind of a costume.

"I know one young woman, for example, who has posed for me, who has good shoulders and a strong flat back, whom I could take

into a department store or a costumer's to try on gowns of various types, being sure that she will look well in any of them. Indeed, she will look better in any of the wraps or gowns on hand than the women that they may have been designed for, who do not have the good shoulders with which to carry them off.

"In the matter of proportions you will sometimes find women under or over five feet six who look just as well because they have the right relative length of limbs and



This characteristic drawing by Mr. Phillips illustrates his idea of proper proportions in the female figure, showing in particular the two main points of length of limb and good shoulder development. These two factors have much to do with the ability to wear clothes well.

By courtesy of the Holeproof Hosiery Company

torso. According to my standards, the total length of the legs should make up half of a woman's height, the complete height being about seven and a half heads. If the legs are too short the girl is likely to be seven heads high, or less. If the legs are too long, she may be eight heads high, or more. Some of the fashion drawings of today picture women nine and ten heads high. But of course we are talking about human beings and not side-show freaks.

"If only a woman is sufficiently well-proportioned it does not matter whether she is under or over five-feet-six. As a matter of fact, when seen at a distance all by herself—as, for instance, on an empty concert stage, without any standard of measurement, such as a chair or table or piano, by which to judge her stature—it is impossible to know whether a well-proportioned woman is above or under medium height. She will look tall, slender and graceful. It is only when her head is too large or too small, or her legs too short or too long, so that she is apparently eight heads high, or perhaps seven heads high or less, that one can see under such conditions that she is not of ideal build. A woman may be five-feet-two or five-feet-three with a small head and proper proportions, and all by herself she will look tall. On the other hand, once in a while you will see a woman who is fairly tall when sitting down and who is hardly any taller when she stands up. She is built something like a duck.

"A woman must be trim and well developed, but she must not be fat. Fat is abhorrent. There is no beauty in fat. It is not healthy tissue. It is flabby, unwholesome."

"Do you mean that there is a direct relationship between strength and beauty?"

"Decidedly. The two things go together. Muscular tissues serve the same purposes in women as in men. They not only accomplish movement and yield strength



Even though a girl is not interested primarily in athletics, Mr. Phillips declares that she is always interested in having a good figure for the sake of being able to wear her clothes well, the well-developed girl obviously having more style than a girl of poor figure. No woman can hope to look as well as she should in her clothes unless she has good shoulders and unless she has sufficient length of limb to give her a carriage of queenly dignity and beauty.

On this matter of relative length of limb it happens by a fortunate coincidence that Mr. Alan Calvert, in his department called "The Mat," on another page of this same issue, has discussed the matter of bodily height and the possibility of increasing height after one has attained full growth.

By courtesy of Life Publishing Company

to the body, but also they give it its character. I can use the model who is a little thinner than the ideal, provided she has enough muscular anatomy upon which to build. The girl who has fat arms, for instance, is useless because the construction of the arm is not apparent. But a girl who has no fat and consequently shows the muscular conformation serves very well as a model, for the reason that the

bodily construction is perfectly clear and, if I wish, I can build up on it or fill it out so as to get ideal outlines.

"Of course, the ideal masculine figure is that of an inverted pyramid, the V-shaped type of man who stands with feet together and who gradually broadens out up to his shoulders, which represent his broadest dimension. Now, this strict V-shape outline does not quite apply to a woman, because Nature intended her for motherhood, and a somewhat broader pelvis, involving more pronounced hips, happens to be a part of this scheme. If a woman's hips are too narrow she ceases to be feminine, and furthermore is likely to have a hard time of it in the crisis of maternity. But this does not mean that the ideal woman's figure is one in which the hips are oversized, or in which any surplus fat about this part of the

body is to be tolerated. Nor does it mean that as a common notion would have it, a woman's hips should represent the base of a triangle which converges upward. Actually, the shoulders should more or less balance the hips, and certainly from the standpoint of grace and activity the ideal figure is the somewhat athletic type in which the hips are not too prominent and there is at least a moderate broadening of the shoulders, consistent with the inherent delicate and dainty femininity of build. A woman should have a well-balanced body, and that is what the average undeveloped girl has not. The hips should not be over-emphasized. If anything, the emphasis of the body should be about the chest and

shoulders, which gives one the bearing of a queen and, as I have said, enables a woman to wear her clothes well. Such a woman, unless she is actually clumsy, has natural style."

In other words, according to Mr. Phillips, a woman must attain certain standards of physical development in order to have a good figure. What he has said about the shoulders should normally apply to the strength of the body as a whole. Fat is out. Firmly knit, healthy muscular tissue is the basis of shapeliness.

If a woman desires a good figure as well as a beautiful face, it is probable that she can improve in both respects through the cultivation of health, "plus kindly thoughts," as the poets say. But as between improving the face and the figure, it is possible to accomplish far more with the latter, and to achieve results much more quickly through intelligent and persistent exercise.

The one thing never to be forgotten is that activity is the basis of beauty. If only one is active enough and vigorous enough she is sure to look well. Whether in boats, birds or bathing beauties, the lines of strength are the lines of beauty.

Another factor not to be forgotten is the carriage of

the body. Beauty consists partly in the manner. Grace of movement or beauty of movement naturally follows sufficient activity, and that is why the physical activity of the modern girl is making her on the average far more beautiful than the woman of preceding generations.

Of course, not all women are endowed by nature with the stature and proportions which Mr. Coles Phillips regards as ideal. Some women are taller, more of them are shorter. It may be said for them, however, that there are wide differences in taste and that many people like little women.

Even the Greeks and Romans, whose artists reveled in bodily perfection, entertained different notions of types of excellence. The Flying Mercury differed from Apollo, and he from Hercules. In the fair sex they preferred such widely different types as Psyche, Venus, Juno and Minerva. The answer is that each one should cultivate and make the most of her natural endowments. She can build grace, she can develop every part of her body to its full contour, she can avoid surplus fat, and she can acquire and maintain the ruddy glow of vigorous health.



A refreshing sign of the times is found in the fact that a few artists, and particularly Mr. Coles Phillips, present healthy and wholesome types of young womanhood in contrast to the languid, undeveloped and shapeless delineations portrayed by some advertising artists. This Coles Phillips girl very obviously can run, swim and play tennis, whereas the bent matchstick girl of our modern degenerate fashion art would scarcely be capable even of ballroom dancing. This "Saturday Evening Post" girl by Mr. Phillips could drive a car, row a boat and do a little life-saving on the side.

Reprinted by permission from the "Saturday Evening Post," Copyright, 1923, by the Curtis Publishing Company

"Beautiful Shoulders—for Every Woman." All women who have read this interview with Mr. Coles Phillips, in which he has emphasized the importance of good shoulder development for the sake of style in wearing one's clothes to best advantage, will be interested to know that STRENGTH next month will present a constructive article on how to beautify and perfect the shoulders. The thin woman who believes her case to be hopeless will find not only encouragement but the solution of her problem in this respect, if she seriously wishes to improve herself. This article will be fully illustrated with attractive photographs.

General Butler's Iron Grip

Courage Is Strength, Ditto Unswerving Purpose—
That's Why Philadelphia Crooks and Bootleggers
Flee From the Mailed Fist of "Old Hell's Devil Butler"

By *T. Von Ziekursch*

YOU'VE read much, perhaps, of the great heroes of fiction. Perhaps they were not all great heroes. Some of them may have been just ordinary leading characters, knights errant, adventurers, soldiers of fortune. Probably you've admired them, thrilled to their deeds, longed to emulate them, and possibly got just a wee bit tired of them all with their calm, piercing and various other kinds of eyes, their tremendous energy and all that sort of thing.

How would you like to meet one of them? A lot of Philadelphians have just had that opportunity, and a great many of them didn't care for it one bit. Of course, you know we

Brigadier General
Smedley D. Butler,
of the U. S. Marine
Corps.



are referring to Brigadier General Smedley D. Butler, of the United States Marine Corps, who has just recently been appointed Director of the Department of Public Safety in the Quaker City.

There were a whole lot of people in Philadelphia who did not want to see General Butler appointed to this post by the newly elected Mayor—W. Freeland Kendrick—but Mr. Kendrick had pledged that if elected he would clean up the city. He did—through General Butler.

Let's introduce you to General Butler.

You can meet him easily enough provided you can catch him. And the only difficulty about catching him is that he's so blamed busy trying to catch various kinds of people who don't want to be caught that you have to be mighty persistent or lucky.

You walk into his office during one of the intervals when he finds time to be there. The first thing you see is a pair of eyes. That's General Butler. Under other conditions they might be the eyes of a fanatic. Those eyes hit you an almost physical blow. Behind them you are aware there is some vast storehouse of energy. The brows are slightly drawn down. There are furrows between them. It requires about one-fourth of one second to understand why they called him "Gimlet Eyes" down at

Vera Cruz during the recent trouble with Mexico. You'd like those eyes if you were the friend of the man to whom they belong, and you most decidedly wouldn't like them if they were unfriendly. They are the doors that open to a dynamo room of tremendous energy.

Gradually you take in other features. The face is the chart room of the human race. Did you ever see a particularly strong character whose face was of classical outline? Most decidedly not. And Butler is no exception. There are strong lines, but they are not classical. There is a nose that is very prominent, but the eyes completely overshadow it. The jaw is not one of those rugged, square cut features. Rather, it is slightly pointed. The mouth also is slightly large and prominent, but you don't question the strength of it for a moment. Gradually you take this all in, see the lock of hair falling carelessly to the right side of the forehead—and then you return to the eyes and

you realize that while you've been doing your little bit of character research you have been dissected, analyzed, put together again and thoroughly studied by the man you're studying. And perhaps you see a twinkle in those "Gimlet Eyes."

Well, that's the man whose name has become terror to the underworld and the shady lanes of Philadelphia, the man who gave up his command of the Marine Corps Expeditionary Base at Quantico, Va., and in two days had torn Philadelphia's Police Department wide open and made a real police force out of it. He's not a big man or a heavy man. Of medium height and slight build, he's a fit man to be a General of United States Marines, and some day when we produce a Kipling to chronicle the soul of that most efficient corps he couldn't very well leave out Butler.

Vaguely, here and there we all had heard of his feats, but nobody gave overmuch attention. Now there are very few who do not know that he was one of the four men in the world twice awarded the Congressional Medal of Honor, probably the rarest of all honors, and

the only reason he does not possess the famed Victoria Cross of England is because the United States Government would not permit him to accept it. But, more later of the military feats of this D'Artagnan incarnate.

Let us run through his career as a Director of Public Safety, head of a police force in a great city fighting to clear out every evil that besets a city of millions, fighting dope, booze, gambling, banditry and all the vice that is so firmly entrenched and concealed as to baffle those who would root it out by ordinary means.

It may be that Philadelphia was no better or worse than any other great city. The previous Administration had been an efficient one as such things go, and every effort had been made to clean up in the ordinary sense. But the fact remains that vice was rampant though it kept its head hidden. And that only made the fight more difficult. Prohibition was a joke; any one who wanted dope could get it; despite the efforts of the police, murder, banditry and thuggery rode high. Crime was not on the wane. To conquer such conditions extraordinary methods were necessary, methods unknown to the accepted sort of police force.

Then Butler came.

The first warning was to the police. The General of Marines notified every police officer and patrolman that forty-eight hours would be allowed to clean up the city. Some of them heeded the warning, and suddenly found that they could fight evil conditions with greater energy than they had ever displayed before—assured, as they were, that they would not be molested by politicians and would have the unwavering support of their commander. Some of them did not heed the warning, and

are now looking for other jobs, sadder and wiser men.

Within two days five hundred raids had been conducted. The underworld was stunned. It was not a case of waiting for crime and then trying to catch and punish the perpetrators. The rats were suddenly being dug out of their nests. Within a few hours fear had come in circles that had hitherto merely smirked at and defied the forces of law and order. Realization dawned that protection and safety could no longer be bought through politicians and policemen.

And General Butler—what of him? Did he sit behind the mahogany desk in his office and merely issue orders? He did not. For two days he did not undress. He worked as the commanding officer of the police in the tenderloin districts. One lieutenant of police in such a district was enjoying the radio on his desk and paying no attention to the orders of his chief. The door opened and in walked Butler, grabbed the lieutenant, yanked him to his feet and pushed him out, with these words:

"Get the hell out of here and clean up. Do you think I'm issuing orders for the

The Ultimate Test of Law and Order

ALL institutions are inclined to follow tradition. Police work tends to travel in well defined ruts. Wherefore there was something unique in the Philadelphia experiment of introducing the spirit of the U. S. Marines into a police situation that was fast becoming one of the most scandalous in America. Many of the citizens of Philadelphia, however, perhaps recognizing the well-entrenched nature of petty politics and corruption in the Quaker City, are still skeptical and unconvinced. They feel that Butler's quick clean-up was a spectacular stirring up, and doubt its permanence. They expect that ultimately General Butler will strike a snag or meet some situation that will draw his teeth. This attitude of Philadelphians themselves will, of course, stand as a perpetual challenge to the new Director of the Department of Public Safety.

Meanwhile the entire country is watching the experiment, realizing that if Prohibition can be enforced Butler will turn the trick in his own city; whereas, if he fails the outlook for law enforcement anywhere is very discouraging.

—The Editor.

pleasure of talking?"

And the next day that lieutenant was demoted and began patrolling the streets. Incidentally, that oath was not profanity. It was virility.

On the morning of his fourth day in office General Butler was on his way to headquarters in his automobile. The chauffeur pointed to a flashy individual standing on a street corner and informed his chief the man was one of the city's most notorious gunmen.

"Stop the car!" ordered Butler, and got out. He walked to the side of the gunman.

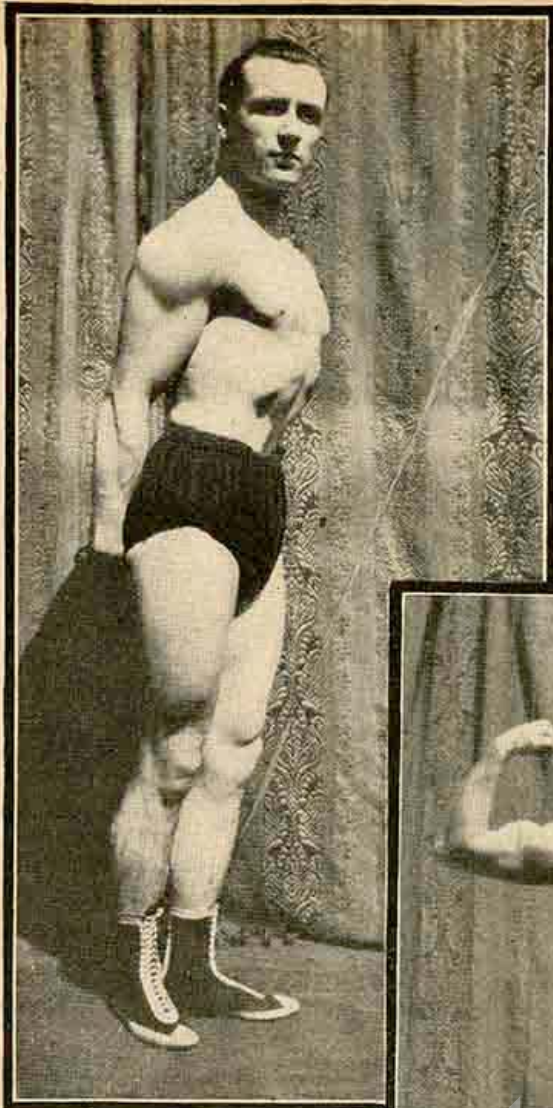
"You're a gunman, aren't you?" he asked.

The other mumbled something.

"Well, I've killed your kind before," said Butler, "and I'll personally kill you if you don't get the hell out of this town right away."

Hard boiled—yes, but to do what Butler has done, to achieve what he's achieved not only in Philadelphia but in all quarters of the world you've got to be hard boiled when dealing with hard boiled types. But there is another side of him, a side that makes those who follow his leadership venerate him. It is the side that is intensely human, that understands, that fights to secure promotion and increased pay for those who have been faithful. As a General of Marines he might drag a whole regiment out on dress parade at three o'clock in the morning to see that they were efficient, but if a man wanted three days' extra leave of absence Butler would give it. And the same thing applies as the head of a police force.

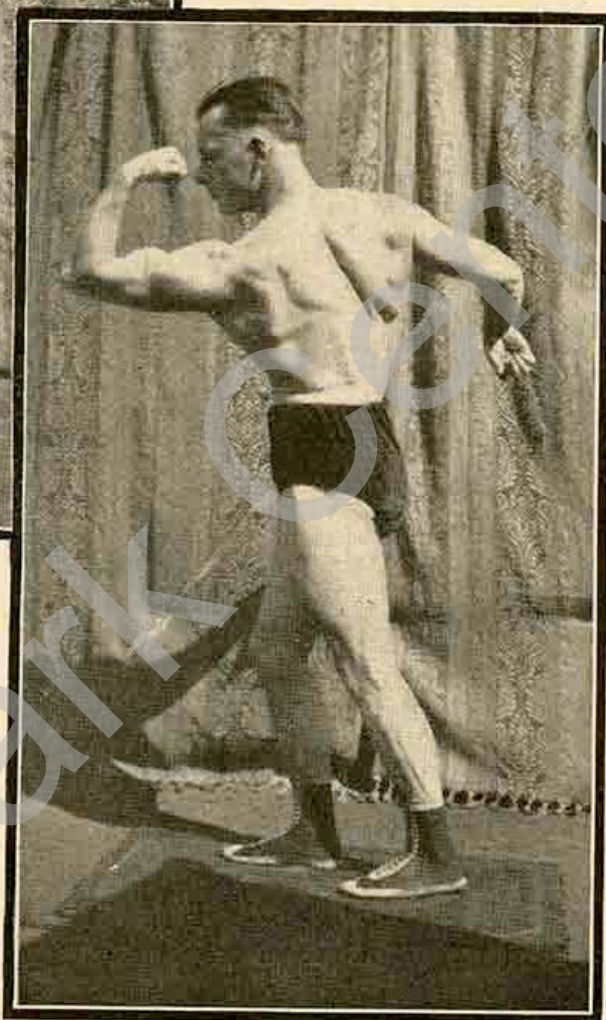
One might go on for page after page recounting the dramatic incidents that have (Continued on page 102)



What Will I Look Like—

When I Am Fully Developed?

By Alan Calvert



Your expectations of development must be based upon your "type" of build, and particularly upon your bony structure. Mr. Jack Staton, of Vancouver, B. C., illustrates in these two photographs the development possibilities of a short man having light bones. An ideal development for a man of his type.

DO you remember the poem called, "I Want But Little Here Below," by Oliver Wendell Holmes, which tells of the aspirations of a modest, unassuming man? He starts off by saying how little it would take to make him happy, but when he gets through cataloging his desires he has asked for the possessions of a millionaire. That is the attitude of a great many boys and men who take up exercise. Such a chap starts off by saying that all he wants is "just enough exercise to keep him in shape," but before he gets through talking to you he warms up and confides to you that he would really like to have a 16-inch arm, or a 44-inch chest.

Very few people take up body-building exercise just for the fun of it. It stands to reason that if they were satisfied with their health and their bodily development they would not waste precious hours in trying to improve themselves. Consequently, the beginner at exercise has his gaze fixed on the future. When he looks at his mirror he admits that it reflects a pretty poor

specimen of humanity. "But," he says to himself, "I am going to stick to this thing until I get results, and when this little 34-inch chest of mine is swelled up to 44 inches, and when this little skinny arm measures 16 inches, oh boy! I will certainly be some looker."

Please understand that an enthusiast never says such things to his friends. He keeps his hopes and ambitions to himself, though he may confide them to his physical instructor. If he is

a real "dyed-in-the-wool" enthusiast, he covers the walls of his room with pictures of Sandow and other celebrated "strong men." Those pictures are his inspiration. They represent what he would like to be. Remember the small boy with only one hen, who was supposed to get his pocket money by selling eggs? Somehow he procured an ostrich egg, and placed it right in front of the hen's coop with a sign, "Keep your eye on this and do your best."

Speaking seriously, pictures are a great help to the physical culturist. They show the possibilities of the human body. The trouble is that almost all beginners

want to look just like Sandow, regardless of whether they have a bone-conformation like his; and if, after a short period of training, they fall short of equalling Sandow's magnificent proportions, they give up exercise in disgust. It is perfectly fascinating to try and figure out one's own possibilities, but this should be done intelligently. I recall one tall and very slender man who was bitterly disappointed in his appearance, notwithstanding the fact that he had made remarkable gains in size and strength. On investigation, I found that his ideal was to attain a shape and development like that of Edward A. Gokenbach, whose picture appeared in *STRENGTH* for November, 1922. Now Gokenbach is a man of middle height, but he has very large bones. His wrist measures 8 inches around, and his chest, arms, and thighs are almost as big as Sandow's. Gokenbach's admirer stood 6 feet 1 inch, and had a wrist that measured only $6\frac{3}{4}$ inches. By hard practice he had gotten his arm up to 15 inches, and his chest to 44 inches, but his wrists and ankles were so small, and his arms and legs so long, that all his limbs looked much more slender than they really were. To look exactly like Gokenbach, he would have had to have a 50-inch chest and a $17\frac{1}{2}$ -inch upper arm, which is practically impossible for a man with bones as light as his.

It is all right to have great aspirations, but it is necessary

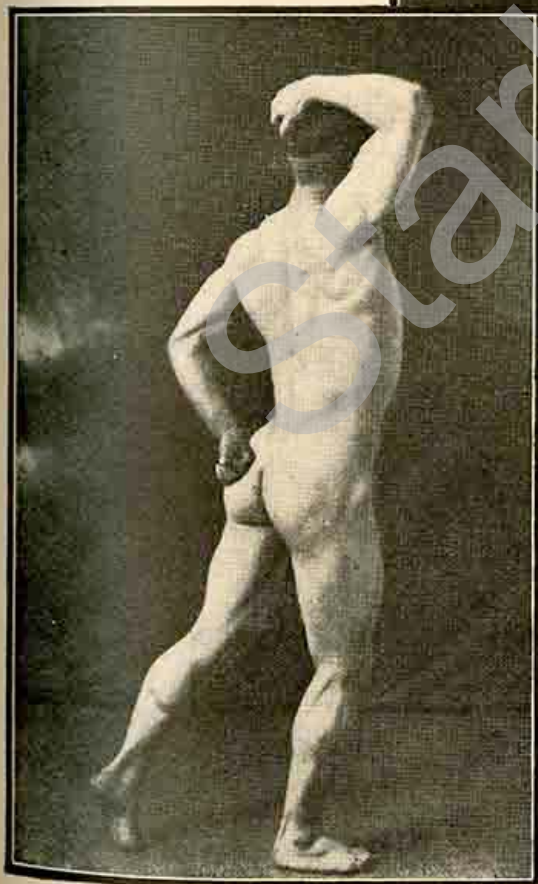
to recognize your own limitations. On the other hand, it is a fatal mistake to over-emphasize your limitations. Don't give up your exercise and forfeit your chances of becoming beautifully developed just because you cannot exactly duplicate every one of Sandow's measurements. There are some men who know so little about their own possibilities that they actually quit before they start. One man will say, "Well, I am such a little shrimp that, no matter how much I exercise, I will never look like anything." Another man will say, "I am so tall that, no matter how much muscle I put on me, I will always look lanky. It is only the short fellows who can get this great development." Still another man says, "The men in my family have always been weak, so what chance is there for me?" These men do not realize that there is a certain beauty in proportion, and that no

matter how poorly developed, how short, or how tall a man is when he starts, he can, by developing every part of his body, bring it to the highest state of health and strength of which it is capable. If you do the work nature will take care of the results; and although you may not become exactly like Sandow, you may become like some other celebrated athlete whose physique and strength brought him renown.

The Short Man

A man of, say, 5 feet 4 inches in height picks up some book about athletics, and sees the pictures of several magnificently built lifters, or wrestlers, or weight throwers. Strangely enough, every one of these giants claims to have a 48-inch chest and a $16\frac{1}{2}$ -inch upper arm. (They don't really! That is just the reporter's idea of correct measurements.) So the little fellow puts down the book with a sigh. "Swell chance," he says to himself, "a little guy like I am could not get a 48-inch chest, and if he could he would be as broad as he would be long." He forgets that if a 5-foot 4-inch man has a 40-inch chest he is just as big in proportion as is a 6-footer with a 48-inch chest; yet because he knows that the 48-inch chest is impossible, he gives up all ideas of improving himself. For him it is the 48-inch chest or nothing.

Now a short man, as a rule, finds it easier to get conspicuous development than does the larger man. You would be amazed at the number of short



Mr. William Walter, of Lamour, California, illustrates the heavier development, particularly of the limbs, which may be acquired by a short man (5 ft. 4 in.) of heavier bone structure than Mr. Staton on the opposite page. If you have something like Mr. Walter's bony framework you can expect just such a development. With lighter bones your limbs may be graceful and powerful but of lesser measurements, although the ultimate chest measurement may be equally good for the light-boned man.

men who have become celebrated for their physical developments. Max Sick, who stood 5 feet 4 inches and weighed 140 pounds, was considered by many to be the most finely developed man in the world. My friend, Otto Arco, was a friend of Sick's, just about as tall as Sick, and almost as well developed. When I published Arco's pictures in this magazine in 1917, they created a sensation, yet neither Sick nor Arco had a 48-inch chest or a 16½-inch arm. If they had had such measurements they would have weighed 175 pounds apiece, whereas they were both in the 140-pound class.

There are many amateurs of short stature who are almost as well built as these two celebrated athletes. For instance, there is Mr. William Walter, of Lamour, California, who confesses to standing only 5 feet 4 inches, but who has a remarkable development. When he started to train he was 21 years old, and for some years had been an amateur wrestler. At the age of 21 his normal chest measured 36 inches, and his thigh 21 inches, but his bones were unusually large, his wrist measuring 7½ inches and his ankle 9½ inches. By systematic exercise he increased his normal chest to 42 inches, and his thigh to 23 inches, and notwithstanding these remarkable chest and leg measurements, his slender waist keeps him from looking bulky or clumsy.

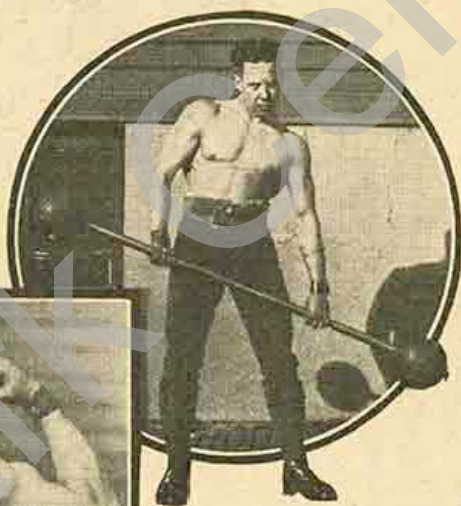
If you stand 5 feet 4 inches and have bones like Mr. Walter's, there is no reason in the world why you cannot do as well as he did. If, however, your bones are very much lighter than Mr. Walter's, you will hardly equal his 15½-inch biceps or his 23-inch thigh, but even if your wrist measures only 6¾ inches and your ankle but 8 inches, you

can get a 41-inch normal chest, a 14-inch arm, and a 21½-inch thigh; and that would be a development to be proud of for a man of your inches. There are many 6-foot football players who have no better measurements than those. Arm and leg development depends on bone size; but small wrists and ankles and narrow hips do not prevent the short man from getting a magnificent chest.

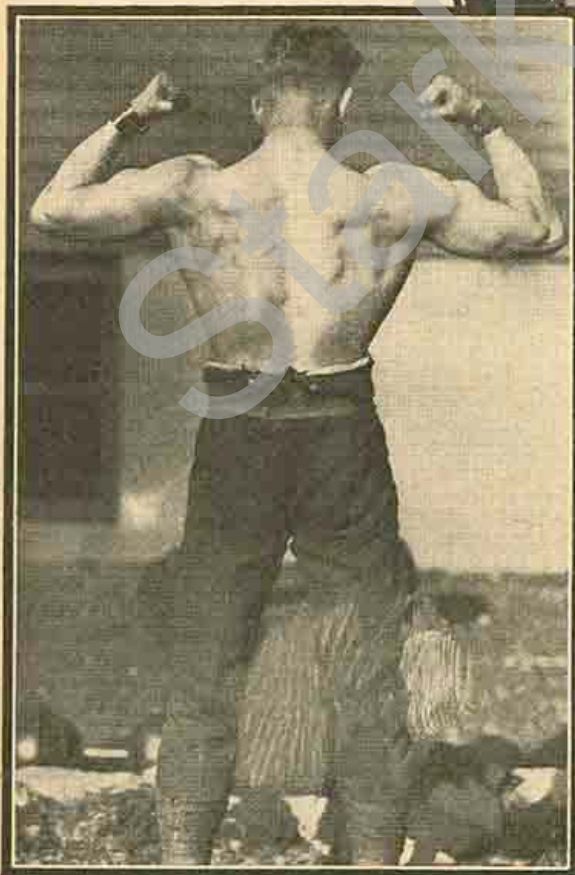
As an example



Mr. C. Frank Dilks, of Bridgton, N. J., illustrates practically perfect proportions for a "six-footer." At the age of twenty-eight his chest measured 36 inches, upper arm 10 inches—a typical stringy, skinny, tall man. One year later his chest measured 45 inches and his upper arm 15 inches.



For the man who holds that by reason of his belonging to the "greyhound type" his opportunities for development are either hopeless or sadly limited, these two photographs of Mr. W. E. Turner, of Halifax, Nova Scotia, should be full of encouragement. This is the "rangy" type of build in its normally developed status and obviously expressive of tremendous vitality and power as well as speed. Note particularly the matter of chest development and the author's comments on this matter.



of what can be accomplished by the comparatively short man with light bones, I invite your attention to the pictures of Mr. Jack Staton. Here is a man who stands a trifle over 5 feet 5 inches in height; whose wrists measure only 6¾ inches and whose ankles only 8½ inches. Whereas Mr. Walter, who is heavy boned, weighs 160 pounds, Mr. Staton with his light bones weighs but 140 pounds. Mr. Staton's arm measures 14¼ inches, and his normal chest 41 inches, and that is just about what I said you could do if you were light boned. His hips are very trim and narrow. Consequently, his waist is more than 12 inches smaller than his normal chest. His lightness of bone did not prevent him from getting a remarkable muscular development, or a big roomy chest, but his small bones do add a sense of lightness and trimness to his figure, and give one the impression that he is possessed of great agility as well as enormous strength. His arms are 2½ inches smaller, and his chest 5

inches smaller than Sandow's, but since it is impossible for you, who are short and small-boned, to get as big and hefty as Sandow is, wouldn't you be pretty well satisfied if you could show the proportions and development of Mr. Staton?

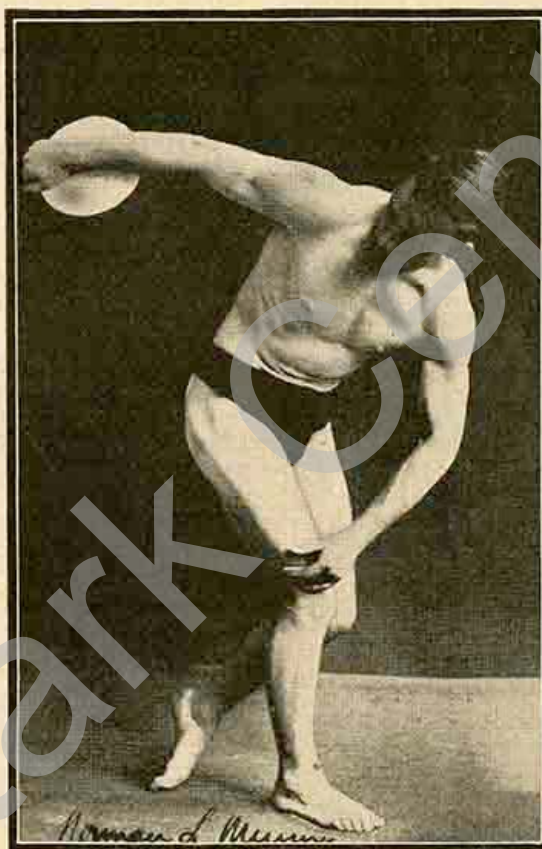
The Man of Middle Height

Any man who stands between 5 feet 6 inches and 5 feet 9 inches tall is of average or "middle" height, according to the standards of this country. There are more celebrated "strong men" and "perfect men" of average height than there are in the tall and short classes, but that is perfectly natural, because there are so many more men of average height than of any other class. Men like Sandow, Hackenschmidt, Matysek, Nordquest, Carr, and dozens of others I could mention are widely celebrated for their great strength and beauty of form, and yet no two of these men are exactly alike. When Matysek was 21 years old, and weighed about 168 pounds, he was the most gracefully built man I have ever seen. Sandow in his prime weighed only 180 pounds, and his bones were no larger than Matysek's, but he had a rounder muscular development. Hackenschmidt, who is about the same height as the two men I have just mentioned, had extremely heavy bones, and was far more massive than Sandow. I know some sculptors who preferred Matysek's youthful build to Sandow's, and on the other hand there were thousands of athletes in England, Germany, and Russia who considered that Hackenschmidt's massive development was far more admirable than Sandow's more graceful outlines. All three of these men were perfectly developed in proportion to the underlying bony framework of their bodies, and each one of them had hosts of admirers. The moral is that if you can get perfectly developed in proportion to your bones you can command your share of admiration and respect; but if you have attained your full growth, and still have light bones and small joints, it is foolish for you to try to get the proportions of a Hackenschmidt or a Professor Lange. The sensible thing for you to do is to try to get the development of a Matysek or an Owen Carr.

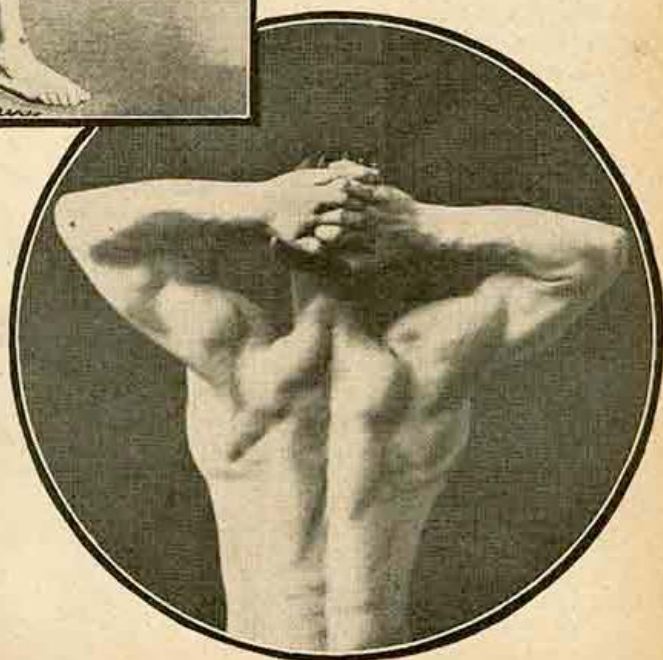
To see the possibilities for the light-boned man of average height, study the pictures of

Mr. W. E. Turner, of Halifax, Nova Scotia. This man has very small bones, and in addition he has the long limbs and comparatively short body which are supposed to hinder one from getting a fine development. The surprising thing about Mr. Turner is the remarkable size of his chest. Earlier in this article I told you that with very small bones it is impossible to get a massive arm and leg development, but that small bones were no bar to getting a big chest. You must admit that Mr. Turner's case proves this. In the back view picture his arms do not look to be anything remarkable, but the wide spread of his shoulders and the width of his back is extraordinary. Of course, he is purposely spreading his back in order to make a display, but in the front view picture, where he is holding the bar-bell, his chest looks almost as large as in the back view. A man can have a marvelous chest without having the "truck horse" type of physique. A greyhound is the most slender of all

dogs, but the greyhound's chest development is something extraordinary. Lots of men have written me and said that they would strive for a perfect physique except for the unfortunate fact that they were of the "greyhound type." If you happen to be of that type, Mr. Turner's pictures will show you just what is possible in your case. I am sorry that Mr. Turner did not pose in a "strong man" costume, so that we could have seen his leg development, but even his trousers and puttees cannot conceal the fact that he has a fine pair of legs. It is true that they are very long, but they have plenty of bulk for their length. His arms do not have the massive outlines of the heavy-boned man, but they are far from
(Continued on page 92)



Mr. Norman L. Munn, of Croyden, Australia, illustrates the development possibilities of a man of average sized bones, and although Mr. Munn stands 5 ft. 10½ in., in the matter of proportions and symmetry, his photographs suggest about what may be expected for a man of average height with average sized bones. Incidentally, the author feels that Mr. Munn will still further improve his development.



Mr. Mackey Learned How to Eat

Symptoms of Incipient T. B. Faded Out When the Victim Stopped Digging His Grave With His Teeth, and Started Freezing His Neighbor's Ice Cream

By Annie Riley Hale

DECORATION BY LIVINGSTON GEER

WHENEVER in Southern California anybody discovers a persistent indisposition for which the doctor can assign no adequate cause, or remedy, it is the usual thing to warn the ailing one that he, or she, may be suffering from "incipient tuberculosis." In so far as the outward symptoms might indicate, they could just as easily be suffering from incipient cancer, Bright's disease, or heart lesions—or any one of many other dreaded maladies, except that tuberculosis is the favored ailment in California. It sorter "belongs" with the climate, the orange groves, and pepper trees.

Of course the reason for its prevalence in this region is that the climate has attracted to it T. B. subjects and suspects from every state in the Union, even from the contiguous State of Arizona, which because of its drier air and the warmth of its desert sands runs California a close second as a resort for victims of the White Plague. For whenever this particular group of "les miserables"—obsessed with the idea that what they need is a change of air—fail to find relief on the desert, they lie them to the mountains, and vice versa.

So when Mr. Norman Mackey, bookkeeper in a Pasadena grocery store, having wrecked his digestion by a steady diet of meat and canned goods—reinforced by cigars and black coffee—through a number of years, was informed by his family doctor that he showed grave symptoms of incipient T. B., both he and his wife were panic-stricken. The usual recommendation to "go away for a while" was eagerly seized upon, and the thoroughly frightened couple prepared to leave their happy home in salubrious Altadena for some distant mountain resort where the goddess of health was supposed to be in hiding, revealing herself only to those who sought her early in that lonely fastness.

They rented their house to a summer visitor from New York, a lady who, it appeared, had associated much with food chemists and nature curists, who entertained very advanced ideas about diet, they were told. As she came in two days before their departure, they had occasion to observe some of her dietetic eccentricities. She ate no breakfast except an orange or apple; and her lunch consisted of a vegetable salad, with a small dish of raw cabbage or carrots on the side.

She amused Mr. Mackey immensely by telling him he could cure himself of whatever was the matter with him simply by fasting and dieting! Californians of long

standing like Mr. Mackey had seen quite a few queer folk come out of the East, and with the self-conscious superiority of denizens of the Golden State, Mr. Mackey mentally catalogued his New York tenant.

The summer passed uneventfully for the New York tenant in the Mackey bungalow, and she heard from time to time that Mr. Mackey was greatly improved in health. Then came later reports not so favorable, and finally the Mackeys came home in September with Mr. Mackey looking considerably worried. Before the endocrinologists got so busily on the job, we did not necessarily connect worry with disease, either as cause or effect. Those who have been keeping tab on the behavior of ductless glands know now, however, that worry is as surely a precursor of bodily illness as chills and fever.

Meantime the New York lady with scientific notions about food had purchased the bungalow adjoining the Mackey place, and settled down in it for the winter. She thus became the involuntary witness of much of the Mackey household activities, and the inevitable repository of Mrs. Mackey's troubled confidences. "Mr. Mackey is not feeling at all well today," the poor lady would wail from her kitchen window whenever she spied the New Yorker at hers; and once after a hurried visit from the doctor, she communicated to her neighbor that he had been called because Mr. Mackey was taken with a "terrible spell," during which he was "purple and speechless." Following this there was a "consultation" of doctors, who gave it out after grave deliberation that Mr. Mackey "would have to be operated on!"

Mr. Mackey, however, held a contrary opinion, being mortally afraid of operations, and opposing them also on the score of expense, seeing that the poor man had lost both his health and his job, and was haunted by two spectres. His self-protective instinct therefore came valiantly to the fore to stave off the operation, and when the doctor came next morning to get



the family verdict and arrange the details, he found Mr. Mackey out pruning the orange trees.

It was at this stage of the proceedings that the neighbor from New York took a hand. She appeared one day at the Mackey kitchen door with a tray containing a bowl of steaming, thoroughly cooked whole wheat, on which rested temptingly a lump of nut butter, a dish of string beans dressed with olive oil, and a raw carrot. She informed Mrs. Mackey that this constituted a "rational meal" for one affected like her husband, and that a steady substitution of similar meals for his present diet of white bread, eggs, meat and mashed potatoes would insure him immunity from doctors and operations.

Mrs. Mackey, in accepting the offering, confided to her neighbor that Mr. Mackey had been so frightened by the doctors' latest verdict that he had given up drinking coffee in the evenings and took only one small cup for breakfast, and as a consequence was feeling much better. "That should encourage him to leave it off entirely," the New York lady volunteered; but Mrs. Mackey thought it might be "dangerous" to drop it off too suddenly!

Shortly after this the hygienic lady from the great metropolis wanted to make ice-cream, and finding she couldn't manage it alone, she proposed to her Mackey neighbors if Mr. Mackey would turn the crank she would divide the output, and let them see what real honest-to-goodness home-made ice-cream was like. Mr. Mackey, who was nothing if not obliging, readily agreed to "turn the crank," though privately wondering why anybody wanted to bother with home-made ice-cream when *Christopher's* "best" or the *Elite's* French bricks could be bought so reasonably.

When, however, he stood over the block of ice and bag of salt preparatory to freezing operations, and surveyed the bowl of golden brown, creamy liquid which his neighbor was turning into the freezer container, Mr. Mackey was quite reconciled to the prospect of sampling a new brand of his favorite confection; for although Mr. Mackey did not know it, his "sweet tooth," which had been gratified during many years with daily rations of pastries, chocolate bon-bons, and commercial ice-cream,

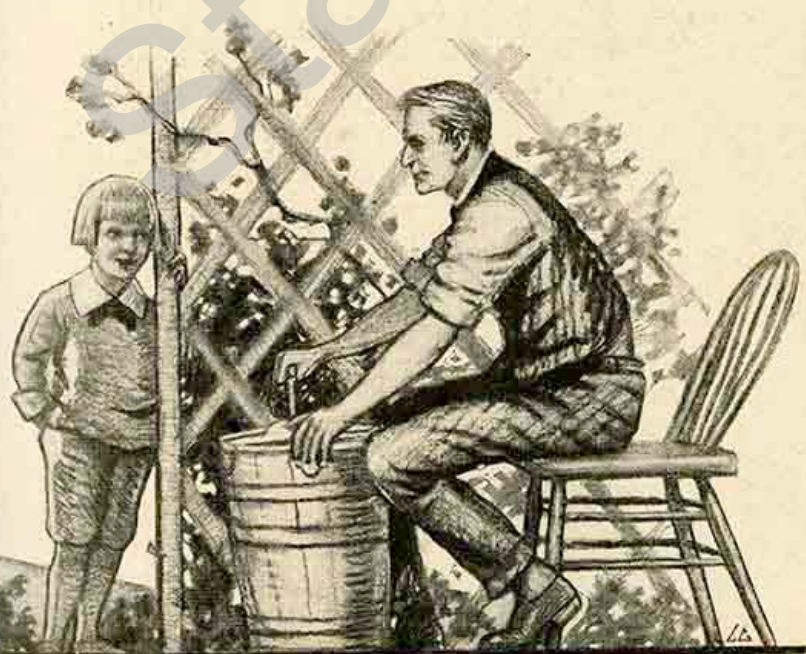
was not by any means the least factor in his dietetic undoing. He listened attentively as the hygienic lady explained the foundation of her golden brown mixture to be natural, unrefined cane sugar, melted in a saucepan over a slow flame to a caramel turn, to which was added a custard made of fresh raw milk and fresh eggs. No other flavoring, and no starch or gelatine made from carpenter's glue, which was a staple ingredient of practically all commercial ice-creams.

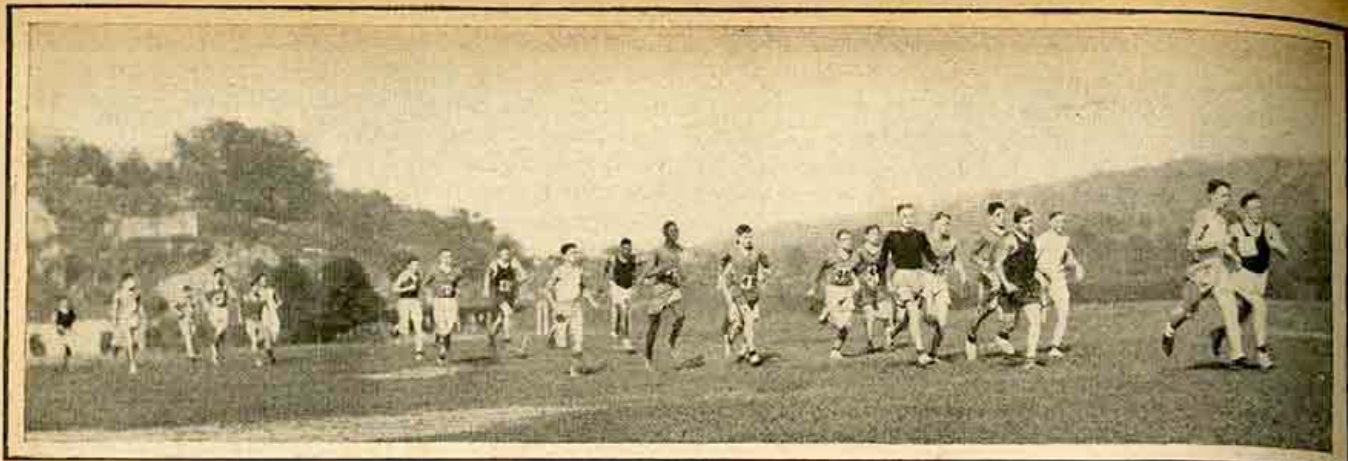
"Carpenter's glue?" queried Mr. Mackey incredulously. "You don't mean to say they would put that stuff into ice-cream?" "Well, Alfred McCann says so," replied the hygienic lady, "and he is one of New York's crack dietetic advisers. He says he acquired his knowledge of food conditions through years of service 'on the inside,' behind the screens of a modern food factory handling a \$12,000,000-a-year business, for which he was advertising manager. There he learned many tricks of food sophistication, at the time Dr. Harvey W. Wiley, as chief of the Federal Bureau of Chemistry, was making his fight for the Pure Food Law. Later he was, for a number of years, food editor of the *New York Globe*, which equipped a private laboratory for him in which to conduct his food analyses and experiments."

Then, thinking this an opportune time to stick in a pointer on meat-eating for her ailing neighbor, the hygienic lady continued: "McCann tells in his book on the 'Science of Eating' of forty-seven convictions he obtained in the courts in 26 months against New York meat-packers, sausage manufacturers, and wholesale provision merchants, for selling deodorized rotten meat and meat products chemically treated to disguise from the purchaser their true condition. These go into the delicatessen shops," she concluded with significant emphasis, knowing that the Mackeys were very generous patrons of the delicatessen shops.

At this point the practical business of freezing the cream engaged their attention, and interrupted the dissertation on food analysis, for which Mr. Mackey was not sorry, as he was beginning to feel a bit uncomfortable under these disturbing revelations about his favorite dishes. Difficulties developed at once with the top to the freezer, which discovered a perverse disinclination to fit into its proper groove. It stubbornly resisted all Mr. Mackey's efforts at adjustment by tugging and pulling, and final recourse to a hammer and a wire nail solved the problem only temporarily. This evinced a disposition to slip, and required holding with one hand while he turned the handle with the other. He managed fairly well in this way until the cream began to congeal and the turning became stiffer, when the freezer developed the tendency to bob about over the floor so familiar to all who have ever tried to play a lone hand at ice-cream freezing. For the hygienic lady, after pouring the cream into the container and delivering her homily on pure food and rational diet, had withdrawn into the

(Continued on page 84)





The start of a cross-country run in Van Cortlandt Park, New York City, in which a large group of well-trained athletes display good distance running form. The picture is worthy of study.

P & A

Condition and Form In Track Athletics

Now Is the Time to Commence Training—Some Helpful Suggestions

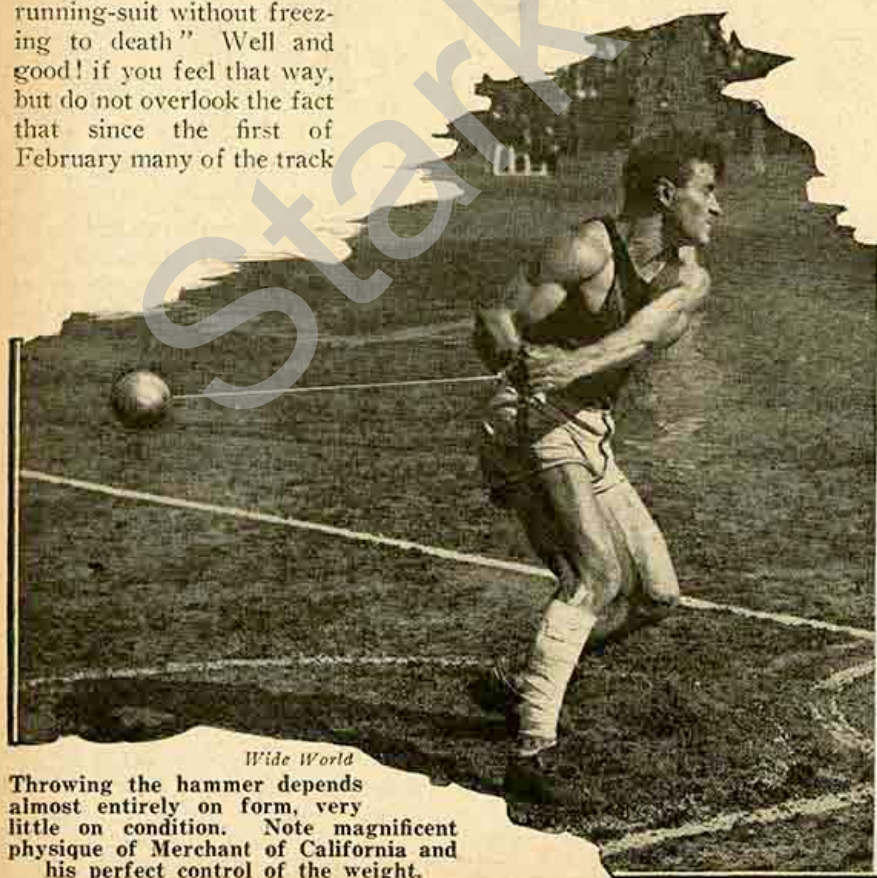
By David Wayne

AROUND the first of March, when the winds are howling and the snow is deep, it seems rather early to talk about track-athletics. Your impulse is to say, "Oh! let that go until the middle of April, when the air is getting balmy, and I can get outdoors in a running-suit without freezing to death" Well and good! if you feel that way, but do not overlook the fact that since the first of February many of the track

candidates in our universities and colleges have been taking their daily work-outs around the gymnasium gallery or under cover of the grand stand on the athletic field. These chaps have not started any really hard work. All they are doing so far is to gradually *condition* themselves for the grueling work that will start as soon as it is fit to get outdoors.

To a college man it is vitally important to do honor to his college when he represents it on the track; so he spares no trouble to put himself into the condition which enables him to do his best. And it might pay you to take a leaf out of his book, and to start early to prepare yourself so that you can make a good showing in your class, school, or club contests.

Nowadays the competition in every class of athletics is so keen that in order to win you must be in the pink of condition and the perfection of form. *Condition* and *form* are two separate things. *Condition* implies bodily fitness, and when you are in the highest possible condition you are in a position to exert every possible atom of physical force which is in you. *Form* implies skill or technique. Your trainer puts you in condition, and your coach teaches you the proper form in the different events. Some experienced and wise individuals can act both as coach and trainer, as, for instance, the late Mike Murphy, who trained several Olympic teams.



Wide World

Throwing the hammer depends almost entirely on form, very little on condition. Note magnificent physique of Merchant of California and his perfect control of the weight.

Murphy could put a candidate in top-notch condition, and at the same time impart the necessary skill.

No man can win on condition alone, or on form alone. You can train for weeks and gradually harden your muscles and your wind, but if you do not know just the way to stride, or just the way to clear the hurdles, or just the way to jump, you will be beaten by some other fellow whose condition is just as good as yours, *and who has the skill which you lack.* On the other hand, your technique may be almost perfect. You may know exactly how to manage the body in order to clear the bar in a high jump, or you may know exactly the stride which helps you to economize energy in a mile run; but with all that knowledge you will go down in defeat if you have been too lazy to do the necessary hard work which alone brings the body to the highest

degree of condition, giving you the necessary power.

The Importance of Condition

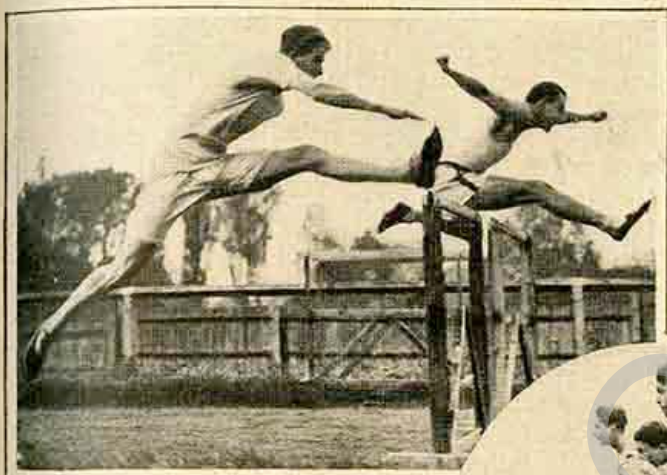
In any event which requires endurance and stamina, condition is more important than form. Therefore perfect physical condition is more necessary to the champion distance-runner than it is to the champion jumper or weight-thrower, whose efforts are only momentary. A training program which would put a distance-runner in the best possible shape for competition would not be the correct program for either the sprinter or jumper or the weight-thrower. The long-distance men sometimes feel that they are the "goats" of the track team. They have to report earlier in the season, to train longer and harder, and to be much more careful about their food and living conditions than do the sprinters and the field men.

The physical qualifications for successful distance-running are speed and endurance. Speed is more or less of a natural inborn quality, but endurance can be cultivated. There are some trainers who claim that almost any young fellow can become a fair distance-runner if he is willing to undergo the necessary training. This does not mean that every one can become a champion over the long distances, because the tall, heavy men and the stocky, short-legged men are barred by their very shapes.

To succeed in distance-running you must have a smooth effortless stride, and great lung power. If you are of slender build and have legs that are long in proportion to your trunk, then you have natural advantages for the game. It will not do to depend entirely upon those natural advantages, and you must increase your stamina and improve your condition by constant though moderate training. Nothing improves the size and quality of the lungs as does constant use. If you run a couple of miles at moderate speed two or three days each week, your lungs will be in much better working order than if you go out once a week and run a mile at top speed; or even if you go out once a week and jog for ten miles.

Modern trainers continually vary the work of the distance-men. One day they will make the candidate trot about three miles at an easy pace. A couple of days later they will send him over a quarter-mile at top speed. On another day they may make him run three-fourths of a mile at the best pace which he could maintain for a full mile. The idea is, of course, to get the candidate into the finest possible condition on the day of the big meet. If the candidate were to run a mile every day at top speed, by the end of a couple of weeks he would gradually get slower and slower. If he "jogged" for four or five miles every day he would use up too much energy, and that also would take the edge off his speed.

During the training season the life of the long-distance man is not one of unmixed pleasure. At the training table he is served with foods that will give him



Keystone

The most spectacular of all races. Note the modern form of clearing the hurdles (above) as contrasted with the old-fashioned method shown by the school boys at Eton, England. Oldtimers will recall that we ran the hurdles this way in this country twenty-five years ago.

Wide World



Keystone

The principle back of good hurdle running is that of the greatest possible economy of space and effort, wherefore form is of tremendous importance. The aim is to clear the hurdles by a fraction of an inch, even if in so doing one scrapes one or two of the hurdles in the course of the race. This inter-collegiate race at Franklin Field, Philadelphia, is an admirable illustration.

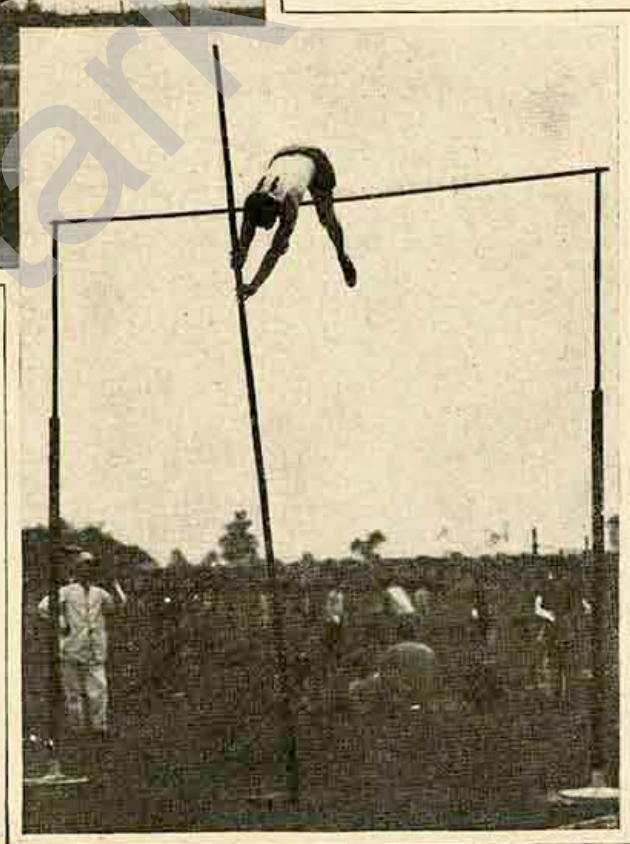
strength, but which are not fat-producing. The amount of liquid he consumes in a day sometimes has to be strictly regulated. It may happen that he is even forbidden to drink coffee or milk, and that his sole drink is cold water, and not very much of that. Smoking is absolutely barred, and he is sent to bed at an early hour. The training program of a distance-man is almost as severe as the training program of a champion prize-fighter, and, like the fighter, the distance man, if overworked, is apt to get irritable during the last few days of his training. The long-distance man has, however, some compensation even if he does not win his event. A mile runner *who has been properly trained* goes to the starting line in about as perfect physical condition as it is possible for a human being to attain.



P & A

Wide World

The above composite photograph, made by two exposures on a single plate, shows the manner of pulling the body up and throwing it over the bar in a pole vault. It is a gymnastic effort of the highest order. A photo of Nelson B. Sherrill, N. Y. A. C. The lower photo, of P. R. Graham, Chicago A. A., shows the efficiency with which a good vaulter clears the bar much above the point at which he grasps the pole.



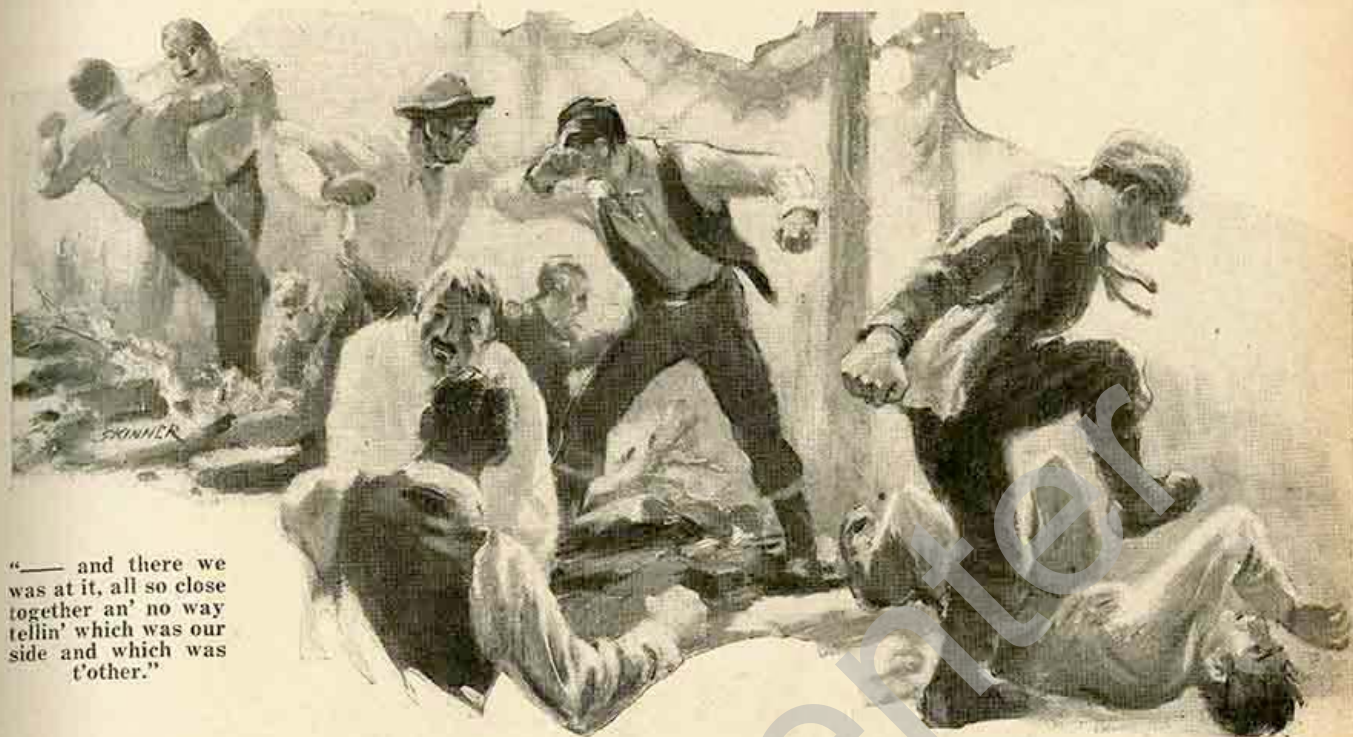
Trainers who handle prize-fighters rarely start to train their charges more than six weeks before the day of the fight. Experience seems to prove that any normal young athlete of good habit can be brought to the acme of physical condition in six weeks' time, and that after six weeks' steady training the fighter gradually loses both energy and endurance. A fighter gives his whole time to training during his six weeks' session, but the schoolboy, the college athlete, or the member of an athletic club trains only part of his time, and so many of these amateurs can safely train for longer periods than can a professional fighter. If you are going to compete in May or June in the one-mile run, then mid-February is not too soon for you to start your practice. (If you are going to compete in the three-mile run you can safely start training on January 1st.) For a very arduous task you will do better by conditioning yourself slowly and gradually, instead of trying to cram all your training in the two or three weeks previous to the race. I know many successful distance runners who start about Thanksgiving time, and two nights a week through the whole winter go out on the road and trot three or four miles at an easy pace. That work was just to prepare their muscles and lungs to stand the grueling tests of competition. Such work is purely conditioning, because these men would drop their evening runs when the season opened, and they put themselves under the direction of the club or college trainer.

After two or three months of road and track-work, the distance man's lung power becomes something phenomenal. He can step three miles at a smart pace, and when he finishes up he is not puffing as hard as an untrained man would after an easy one-half mile. Lung power is the secret of the distance man's strength. True, his muscles are like steel, but if his wind gives out he cannot make use of his muscles. The secret of his training is in taking enough work to develop the maximum of lung and muscle power, and of avoiding the overwork which leads to staleness. The advice of a trainer on this point is invaluable. His knowledge and experience will enable him to advise the correct amount of work for your case, and if you follow his advice you will step to the tape a lithe, sinewy athlete, ready to run the race of your life.

The training of a middle distance man—the half-miler and quarter-miler—is not as strenuous as the miler's program. A half-miler must have a lot of speed, and a quarter-miler is just a sprinter who has unusual endurance. The middle distance man cannot give his best unless he is trained to the minute, but he can reach that con-

(Continued on page 86)

"Life Feels Like a Fight"



"— and there we was at it, all so close together an' no way tellin' which was our side and which was t'other."

All He Needed Was a Fight.

LIFE without effort means degeneration. Young Craig Gantry, rich man's son, and loafer, had gone bankrupt mentally and morally about the time that he became bankrupt financially. What he needed was a good stiff fight to awaken his energy and manhood. He is finding it in the course of this story.

Nearly dying in a blizzard in the Sierra mountains, he is nursed back to life by Mary Clyde and her blind and deafened father. Craig Gantry finds them under obligations to one Sill Thurston, timber baron. Young Gantry undertakes to help his hosts dispose of the timber on their land, and secures a contract to supply the Pacific Western with bridge and tunnel timbers for new construction work. He next manipulates a loan from the bank in a neighboring town, arranges with Andrew Fack's sawmill to cut the timber, has a personal encounter with Thurston, and finally gets full authority from Francis Clyde to act in his behalf. Directly thereafter, as if to thwart his plans, the sawmill mysteriously burns down. And so, directly, things begin to happen.

CHAPTER VII

I

Craig Gantry, working late on figures and his plans for turning the Clyde timber tract into the money that would make Mary and her blind father comfortable for life, had seen the red glow in the cañon below the Clyde place, but had not connected its menace with his own painfully wrought calculations. It was not until ten o'clock the next day that Andrew Fack himself, his face

By Wilbur Hall

ILLUSTRATIONS BY THOMAS SKINNER

gray and beaded with perspiration, came up the grade in his Ford to bring the evil tidings.

"Burned clean!" the little man gasped, wringing his hands. "Twas Sill Thurston done it!"

"I can't believe that!" Mary cried.

"It doesn't much matter, for the moment," Gantry broke in. "How much insurance did you have, Fack?"

"Six thousand! Twasn't enough, but I been hard pressed for cash lately, and I was pinchin' on insurance money. I thought this contract with you would pull me out—and now look!"

Craig saw clearly that the little mill owner was losing his grip. He spoke coldly.

"Your contract with me calls for milling to begin August first, Fack," he said. "What are you going to do about it?"

"Do? What can I do? I ain't money enough to rebuild, even with the insurance. I'm cleaned out, I tell you!"

"You are if you don't take a brace!" Gantry considered a minute. Then he said: "Do you know Langnickel, the banker in Lassen?"

"Yep."

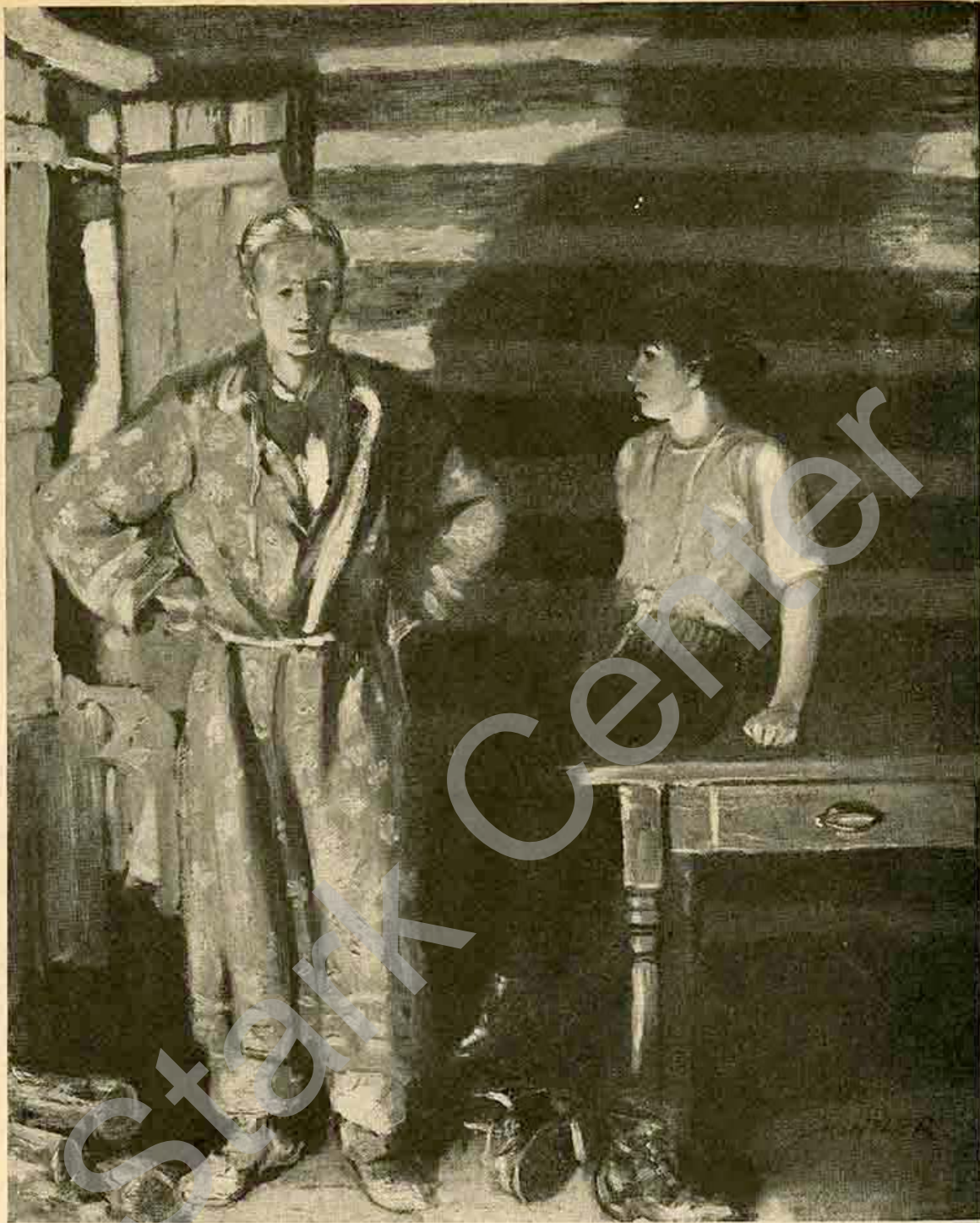
"My advice to you is to go on in there this morning, put your case before him, and ask him for money enough to rebuild."

"Lord, I guess you don't know Langnickel!" Fack exclaimed. "He wouldn't touch my proposition with a ten-foot pole."

"You haven't asked him to, have you?"

"No."

"A man can't be ruled off for trying, Fack. Go on in and see him. Talk strong. And tell him that you have my timber contract to mill."



"Craig," she said, "something's gone wrong, I know. What is it?"

Fack demurred. There were half a dozen reasons why he didn't believe any man in the mountain country would loan him a penny. The principal reason, it finally came out, was Sill Thurston.

Gantry's jaw set.

"You can use your own judgment, Fack," he said, bluntly. "But I warn you that I'm going to have logs in your pond by the fifteenth of July, and if you aren't ready to mill them you'll have to take the consequences." He added, in clear tones: "I'm not a millman, but I think I could operate your mill myself, if you forced me to."

Fack straightened.

"Threatenin' me, be you?" he cried, angrily. "Well,

now, young fellow, I want to tell you that I cal'late to operate my own mill!"

He turned on his heel, climbed into his car, and released the brakes. The little rattle-trap began to move down hill towards Granger and the county road to Lassen. The wiry millman looked back and shook his fist.

"Think you're goin' to grab my mill, do you, young whipper-snapper?" he fumed, in a shrill voice. "Well, I'll show you!"

His machine gained momentum, he let in his clutch, the engine was turned over, and he clattered away.

"You made him mad, Craig," Mary Clyde said, anxiously. "I'm afraid you'll have trouble with him now."

Her father interposed, chuckling. "There wasn't a bit of fight in Fack until Gantry put it there," he observed, in his toneless voice. "Don't worry about our new partner, my dear; if he can handle everybody as he handled our friend there my guess is that he'll come out on top, and take us with him."

II

Craig visited the scene of the fire that afternoon and made discreet though casual inquiries among the millhands and the people living around the mill. He learned nothing definite, and yet he was not entirely dissatisfied. For the time being he put the fire behind him. There were other things to attend to that he thought more important.

He knew definitely now that he had a fight on his hands. Sill Thurston was not only a powerful and well-entrenched man, but he was unscrupulous and bold, and Gantry realized fully that the lumberman was his enemy. There would be no quarter given in the struggle that was ahead, and for such a struggle, especially with an entrenched, experienced, and resourceful man, with what he desired most in life at stake—Gantry had no doubt whatever that Thurston considered Mary Clyde the prize for which they were both contending—he himself was none too well equipped.

What he did not know was that he was throwing down the gauge of battle while depending largely on a false and mistaken theory as to his own resources. Gantry had grown up to believe that money could do anything. He was assuming, probably safely enough, that his connections in the east and, through his old room-mate, Clifton Neal, in San Francisco, would enable him to get all the financial backing he would need. His mistake was in believing that this would be enough. And he was to learn, through bitter experience, how nearly fatal that error was.

He was confident that Andrew Fack would rebuild the mill immediately. The little man was impotent enough when frightened, but when angry and outraged he would be dynamic and energetic. Therefore Craig decided to turn at once to the organization of a crew that would begin actual logging operations on the Clyde timber-piece.

He had already come on the track of the man he believed he wanted for woods boss. Noel Thomas was a woodsman, born and bred. A dozen people had mentioned him, including Sill Thurston himself, in Craig's hearing; those who knew him credited him with unusual ability and an invaluable capacity for getting work out of his crews. Thomas was young, ambitious, and dependable. Gantry took a stage to Fontaine that same afternoon to see the man for himself.

III

A week later Craig went to San Francisco. Fack, much to his own surprise, had screwed enough money out of Henry Langnickel, so that, with his insurance, he was able to start rebuilding the burned mill immediately. With good luck he would be able to begin operations on the contract with Gantry by August first. Meantime Noel Thomas was to have a crew on the Clyde piece within a week. Craig liked Thomas better

the more he saw of him. The young woods boss was roughing in a logging road down which the logs would be moved to Fack's; everything was progressing smoothly, and financing alone remained to be done.

Gantry went straight to Clifton Neal.

"You old wart-hog!" Neal cried, affectionately. "Perky Forbes told me you were out this way. What's it all about?"

Gantry lighted a cigarette and flicked the match across the richly carpeted floor of the young millionaire's office.

"I've joined the working classes, Clif," he said, lightly. "I may want gobs of money."

"Well, I guess that can be arranged," Neal said, a little more cautiously. "What's your lay?"

"Lumber."

"Where?"

"Up in Lassen and Plumas counties." Craig waved a hand carelessly.

Neal sobered.

"How do you stand with Goodsill Thurston, the lumber king of the Sierra?" he asked, trying to appear casual.

"I am making it my business in life to put the amiable Mr. Thurston where he can't steal any more timber land or burn down any more competitors' mills."

"Are you serious?"

"I never was farther from joking in my life, Clif."

"You always were a damned independent cuss, Craig. But if you have come out here well enough heeled to take on Thurston you must be kidding about wanting money from us. And besides, I might as well tell you now that the dad is tied up with Thurston in a lot of properties."

"Oh, that's it?"

"That's it, Craig. Why don't you play with Thurston, instead of fighting him?"

Gantry stiffened. "Because he's a dog, Neal, and a fight is the only thing that will cure him of his doggishness."

"Well, we'll see what I can do on my own. Forget it now. Come on and we'll have lunch at the Palace and chin about the old gang awhile. I'm not convinced yet that you aren't pulling my leg."

They had lunch. Gantry brought the young banker and capitalist back to business with difficulty. With difficulty also he persuaded Neal to take the lumber project under consideration. But he went away dashed. His confidence slipped a little. He was moody and depressed when he reached Granger again, and the sight of Sill Thurston's car standing at the Clyde's porch when he arrived there after having been driven up by Sam Bulger, the Granger liveryman's son, completely soured him. He did not even go in. Instead he entered his own cabin and went to bed, angry, perturbed, and sunk again in his old cynicism.

IV

He was unable to sleep. An hour dragged by, then he heard Thurston's voice, gruff and barking, and the hum of his motor. The sound of the engine died away in the distance on the Granger road. Craig Gantry cursed the silence—the heavy immobility of the night.

Someone, stepping lightly, came towards his cabin. Mary Clyde's voice reached him.

"Asleep, Craig?"

"No."

"I want to talk to you."

"Wait a minute, then."

He rose, put on moccasins and a robe, threw some sticks on the embers in the fireplace, and opened his door. Mary came in.

"I saw you drive up, Craig," she said. "Something's gone wrong, I know. What is it?"

He frowned.

"Life doesn't feel like a fight," he growled. "It feels like a silly game, with no point in winning."

She ignored his mood; swung herself to his table.

"You knew Thurston was here?"

"Yes."

"Do you know why?"

"For no good, I imagine."

"That depends on how you look at it, Craig. He wants to compromise with you—take the timber off your hands and give you an interest in his Granite Ridge Lumber Company." The girl paused, watching him. "It's a great chance, Craig."

"If you want him to have the timber——" he began.

She put out a hand impulsively. She caught his arm.

"Craig!" she cried, "I want you to have our timber. You know that. But it's going to be fearfully hard for you. Sill Thurston will fight you every step of the way. You haven't seen Noel Thomas, have you?"

"No."

"Mr. Thurston's men have put barbed wire across the road Thomas is making from our line to Fack's mill. He claims a narrow strip of land there. Thomas came up this evening to see if you had come back. He wanted to know what to do about it."

Craig stood a moment, quietly. But a great wave of rage rose in him—swept through him—made his pulses throb. His sense of the hopelessness of effort was lost in a rush of energy and determination. His fists clenched.

"We'll put that road through tomorrow," he said, in a hard voice. "Thurston wants a fight—and he's going to have one!"

"I was hoping that you'd say that!" Mary Clyde exclaimed. Her eyes were shining and her cheeks flushed. "I thought you'd say that. Good-night, Craig."

And, to his utter amazement, she caught his shoulders, pulled him down to her and kissed him.

Then, in a moment, she was gone.

CHAPTER VIII

I

The mountain country was full of stories, theories and rumors concerning the young stranger whom Mary Clyde had rescued in the snow storm of the preceding January, but no one knew anything definite about Craig Gantry when the fight came for possession of the road right-of-way down Samson Gulch to Fack's mill.

Generally the impudence of the stranger had been ridiculed when the word went 'round that he was going to log off the Clyde land and sell it to the railroad over the head of Goodsill Thurston. That he had already met Thurston in a hand-to-hand struggle was not known; everyone was speculating as to just how long it would take the lumber king to give this young city fellow his "come-uppance." The fight in Samson Gulch

—if it came to a fight, which most of them doubted—would be a preliminary test of strength, not so much significant as interesting.

It happened, therefore, that there were many ears cocked for the report that would come down, because it was known that Thurston had given Noel Thomas his ultimatum, that the woods boss had withdrawn from the field awaiting orders, and that Gantry had returned to give those orders.

Gantry was up at dawn. Having no means of conveyance, he walked down toward the mill, expecting Noel Thomas to come up from Granger with his crew by automobile, ready to go to work at eight o'clock. However, Thomas had gone by the Clyde place to consult him, and it was something after eight before he arrived.

Meantime Craig Gantry, swinging down the new, rough road, had come on the barbed wire fence unexpectedly half a mile above the point where he had expected to find it. One glance showed him that Thurston, or the man representing him, had chosen badly if an actual struggle for possession were to take place. The fence ran sharply down two sides of the cañon into a draw, crossing the road beside a little stream in the very bottom. It was a poor place to defend. And Gantry grinned when he saw that the heavy road grader, built for six horses, and entirely wrought of iron and steel, stood around a bend just above the sharp pitch of the road down to that fence.

There was no sign of truculence about him now. He was cool, unconcerned, almost cheerful, as he hailed the two lumber-jacks, who straightened from their morning coffee and bacon on hearing his footsteps.

"I'm sorry I kept you boys up all night," he said, instantly observing their frowsy and red-eyed condition and seeing that they had, actually, been on guard since the evening before. "But I didn't know Mr. Thurston was going to put on a party."

They stared at him, uncertain how to answer.

"Don't bother about us," one of them replied. He reached for a rifle, with an affectation of carelessness, and began examining the breech mechanism thoughtfully.

"Where's the rest of your gang?" Craig asked, putting one foot on a lower wire strand comfortably.

"Where's your'n?" the man countered.

"They'll be here, if they haven't overslept." He raised his eyes. "I guess this is Thurston's day watch coming on now, isn't it?"

The man with the gun turned his head. Above him half a dozen burly fellows appeared, walking with the unmistakable long, swinging strides of woodsmen. The second guard rose and faced the same way.

Obedying a momentary impulse, Craig leaned forward across the fence and snatched the rifle, carelessly held by the man opposite him. As he did so he gave it a twist; instantly then he stepped back, the rifle cocked, its muzzle covering the two discomfited guards, and himself protected from the men above by a big cedar beside the road.

"Don't move, boys!" he said, sharply. "I didn't come down here to wreck your fence single-handed, but while I'm here I suppose there's nothing to be gained by waiting."

Two more thoroughly humiliated mountaineers never faced their own rifle, held by an enemy.

"We'll fix you plenty for that!" the first of them growled, his face black. "Aimed to let you off easy, but now, by gosh—!"

"Oh, come," Gantry said, pleasantly, "let's not get worked up yet!" He raised his voice. "Don't get careless with those guns, up there!" he warned. "I've never shot a man yet, but I'm not sure I wouldn't do it."

The group beyond had stopped irresolutely. Craig saw that they had their heads together. But they could not decide just what move to make next.

Then Sill Thurston appeared.

II

Sid Prentice, the high-rigger, told the rest of the story in Granger later.

"By jacks!" he exclaimed, with open admiration, "you have to hand it to that guy Gantry. Sill Thurston comes crashin' down through the brush like an old buck that's got creased and is lookin' for the man that did it. He wouldn't stop for anything—way he started. But he did stop.

"They had their words there over the fence. And young Gantry marched out to meet him, too, by jacks, though anyone of us boys could've dropped him from where we was. Thurston got blue and cussed considerable, and Gantry went on kidding him, and first thing you know here comes Noel Thomas and his bunch, and 't had'n't been for Jim Reeves gettin' stung by that wood-bee, by jacks—!"

Here Sid gave himself up to reminiscent laughter for a moment. Judge Horne brought him back, with his impatient sniff.

"Sniff! Sniff! What wood-bee was that, you laughin' hy-eena!" he demanded irascibly.

"The wood-bee that got into Jim Reeves' pants!" Sid replied, controlling himself with difficulty. "Seemed

like the' was a honey-tree there at the creek, and Jim got himself mixed up with some of the citizens, and one of 'em prospected up Jim's pants leg.

"Jim lets out a yell and grabs for his leg, but it looks 's much as ever like he's grabbin' for a rock, so Noel Thomas jumps forward with a holler to his boys and there we was at it, all in a minute, with our guns no more use 'n so many willer twigs, we was all so close together an' no way tellin' which was our side and which was t'other.

"Well, we got licked. Guess the' ain't no harm in admittin' that. And when we was goin' back up the other side the creek and the fence was clear here comes young city feller down the hill with his legs flyin' four ways, steerin' that road grader by the tongue, back'ards.

"By jacks, when it hit that fence there was posts and barb' wire an' city feller so thick in the air you couldn't tell but what it was rainin' them, and I had to set down an' laugh, and Brud Pierce, that was after me with a pine-knot and 'bout to bust my brains out—Brud, he seed it too, and he set down to laugh, and the fight was over."

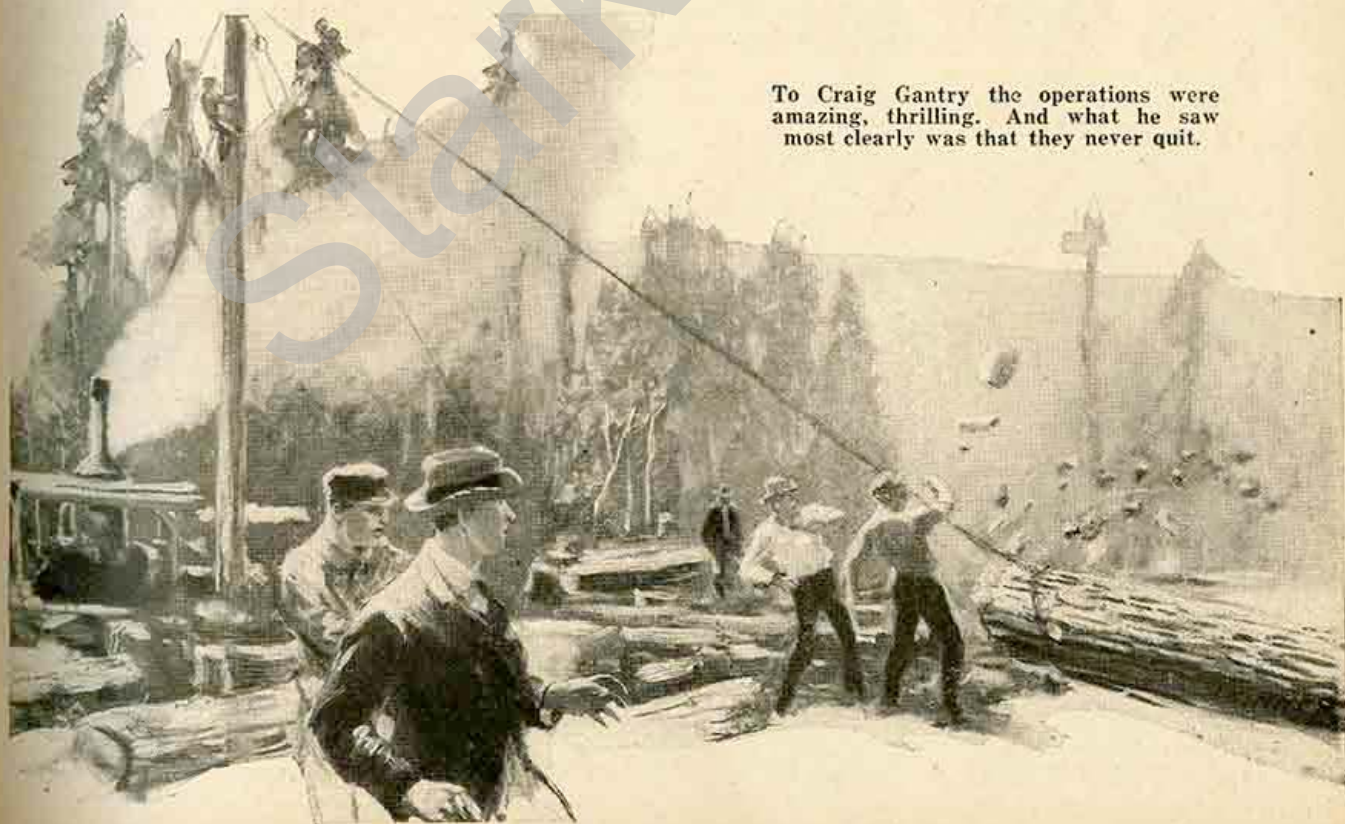
"Where was Sill Thurston all this time?" Judge Horne asked, sniffing in that nervous way he had. "Didn't he take no part—snff! snff!—in the casu'ties?"

"Well," Sid Prentice replied, thoughtfully, "I figger Sill was sort of staff officer of the day. It puts me in mind of the nigger, over in France. I heard Guy Gorham tellin' 'bout. Seems this nigger took out when the battle begun, an' he run an' he run, an' finally he fetched up into a general.

"The general, he says: 'Boy, don't you know better than to run into me that way? You don't seem to know who I am?'

"Who am you?' the nigger says.

"I'm the commandin' (Continued on page 94)



To Craig Gantry the operations were amazing, thrilling. And what he saw most clearly was that they never quit.

Thomas Daniel



— At the
Athletic Age
of 77

By Norman Beasley

After Fifty Years of Running, Cycling and Training,
He Has the Blood Pressure of a Boy

THOMAS I. DANIEL, of Lansing, Mich., is 77 years old. "Nothing unusual about that," you say to yourself. "I know an old guy—Bill Smith, down in the next block—who is seventy-eight."

Very well. Get yourself a comfortable chair and sit down for twenty minutes—it'll keep you out of mischief until I tell you about Daniel.

Seventy-seven—and the other day he picked on his grandson, a six-footer and weighing 180 pounds, and flopped him, in a catch-as-catch-can wrestling bout. No, it wasn't an accident. Grandpop will flop grandson again this afternoon if they happen to be around together and you find them.

Mr. Daniel, at 77, is physically fit. The strange part of it is that he is not an outdoors workman, and never has been. He is a stenographer to Joseph H. Steere, associate justice of the Michigan Supreme Court.

A few months before this article was written Mr. Daniel was visiting friends in Grand Rapids, Mich., and he called on an old doctor acquaintance. The physician's name was J. R. Montgomery, and after the customary salutations the doctor asked:

"Do you, at your advanced age, still persist in running?"

"Sure," answered Mr. Daniel. "Tell you what let's do. Come on outside and I'll sprint a block for you."

"You'll do nothing of the kind," frowned the doctor. "I'm not taking any chances of

having a dead man on my hands. You're an old man."

But they went out.

And Daniel sprinted the block.

He waited for the doctor to catch up with him, and then said:

"Listen to my heart—and see if it's pumping much faster."

While a crowd gathered, attracted by the strange sight of an old man sprinting at top speed, the doctor listened to the "patriarch's heart." There was nothing wrong with it.

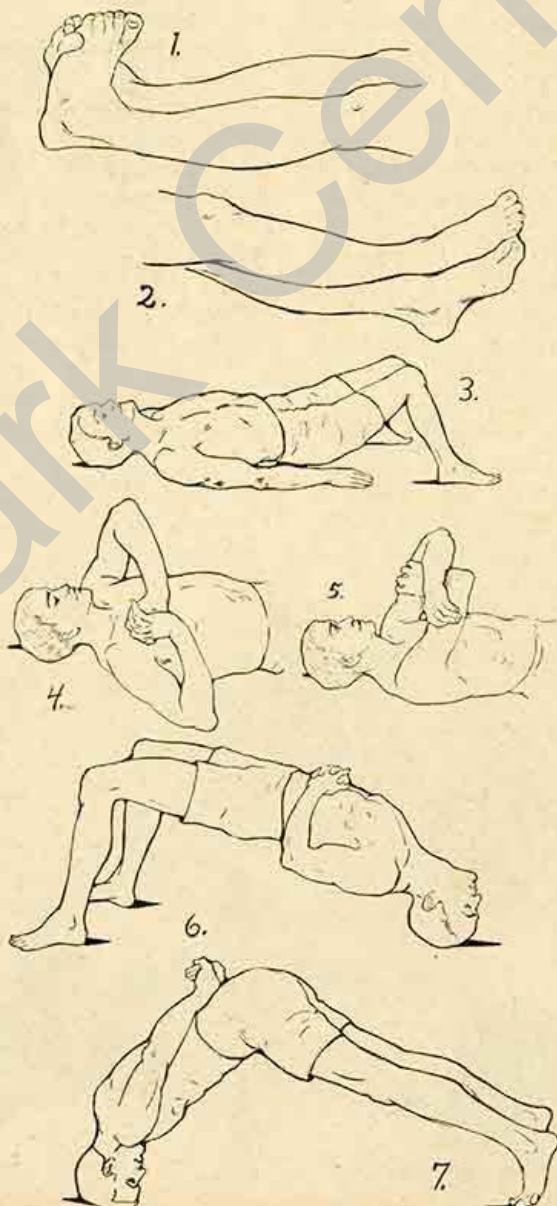
That incident was recalled to Mr. Daniel. He grinned, slowly.

"I did that little sprint with one purpose in mind," he said. "I wanted to prove to the doctor that there was more virtue in physical exercise than he had ever thought. He agreed with me."

Mr. Daniel hesitated before resuming the conversation.

"I might say," he declared, "that I am the eldest of nine children, none of whom has manifested any predisposition toward tuberculosis, gout, muscular or sciatic rheumatism, cancer, anemia, heart disease or anything requiring surgery within the thorax or abdominal regions. I was born in Georgetown, Ontario, on November 14, 1846. I finished a four-year apprenticeship to the printer's trade when I was seventeen, having also mastered enough of Pitman's shorthand book to write about one hundred words a minute.

"I set type on three newspapers in Detroit, and because I could write shorthand enough





to make a better report of political campaign speeches I was sent by my employer to 'cover' the first Grant campaign in Michigan. During this time I also reported the speeches of a number of other political candidates. I became the champion typesetter of Detroit when I was twenty-one years old, setting a mark of 180,000 ems and increasing my pay envelope from forty dollars to seventy-two dollars.

"It was during these days when I was 'a young fellow' that I began to realize the value of good health. Standing before a printer's case for ten or twelve hours a day isn't any way to keep going. There had to be outside interests. I started in to do a lot of walking and running. I have kept up that form of exercise for more than fifty years. Gradually I drifted out of the printing game and became a general stenographer. I figured out a set of exercises for myself, which I will tell you about later, and I want you to know that they have kept me in shape through all the years.

"Along about 1890 or 1891 I got interested in bicycle riding. A friend of mine—Rudolph Loomis, of Lansing—talked me into buying a machine, telling me I would make a 'corking rider.' I didn't believe him, but I was willing to try. I was then nearly fifty years old, and my friends and relatives laughed at me.

"You're too old to ride one of those things," they advised, when they saw that I was serious.

"Too old?"

"Yes. Bicycles are for youngsters—you just keep on walking and running. Keep your feet on the ground."

"But, I bought that bicycle and rode from Lansing to Chicago—nearly 300 miles—to see the world's fair in 1894. The following August, with about one hundred and seventy-five other bicycle riders of both sexes, I raced over the Elgin-Aurora course. I got out of the course at one point, riding four miles further than I should have, but came in tied for seventy-fifth position. I had ridden about twelve miles before registering for the run. That day I rode one hundred and thirty-two miles between four o'clock in the morning and seven-thirty o'clock at night.

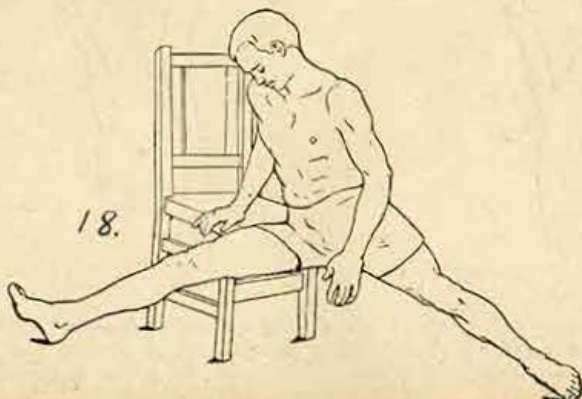
"I have ridden to Detroit—80 miles—on sixty-four occasions. I still ride my bicycle, doing from ten to twenty miles a day. It's great exercise, I think, particularly for the legs and abdominal muscles."

"You mean, at seventy-seven years of age, you still ride your bicycle to work?"

"Very often. Why not?"

Here are the exercises which Mr. Daniel has found helpful to health through forty years:

1.—Each morning, after getting out of bed, he flattens himself on his back on the floor, places (Continued on page 84)



THE MAT

Analytical Comment on Physical Development and Feats of Strength

Conducted by Alan Calvert

Can You Increase Your Height?

DEAR SIR:

I have often wondered why so little is ever mentioned in your praiseworthy magazine concerning height. So much has been written to help the thin or undeveloped fellow to put on muscle, which is, of course, very important, but how about the fellow who is healthy, well proportioned, or even strong, but who lacks height? I am sure that a great number of your readers somewhat of this description would give more, or devote more, energy to a course which would increase their stature about two or three inches than a course which can help them to add that much to their chest, biceps, or shoulders, or any other measurement.

So why not have an article or two dealing with this subject which would clear up matters for a great number of fellows between the ages of sixteen and twenty, who are finding themselves stunted in "length development"?

I am sure there must be an authority somewhere on this subject, and an article would be of inestimable value to a great many.

I wish you would publish this letter, or part of it, and see how many of your readers are interested.

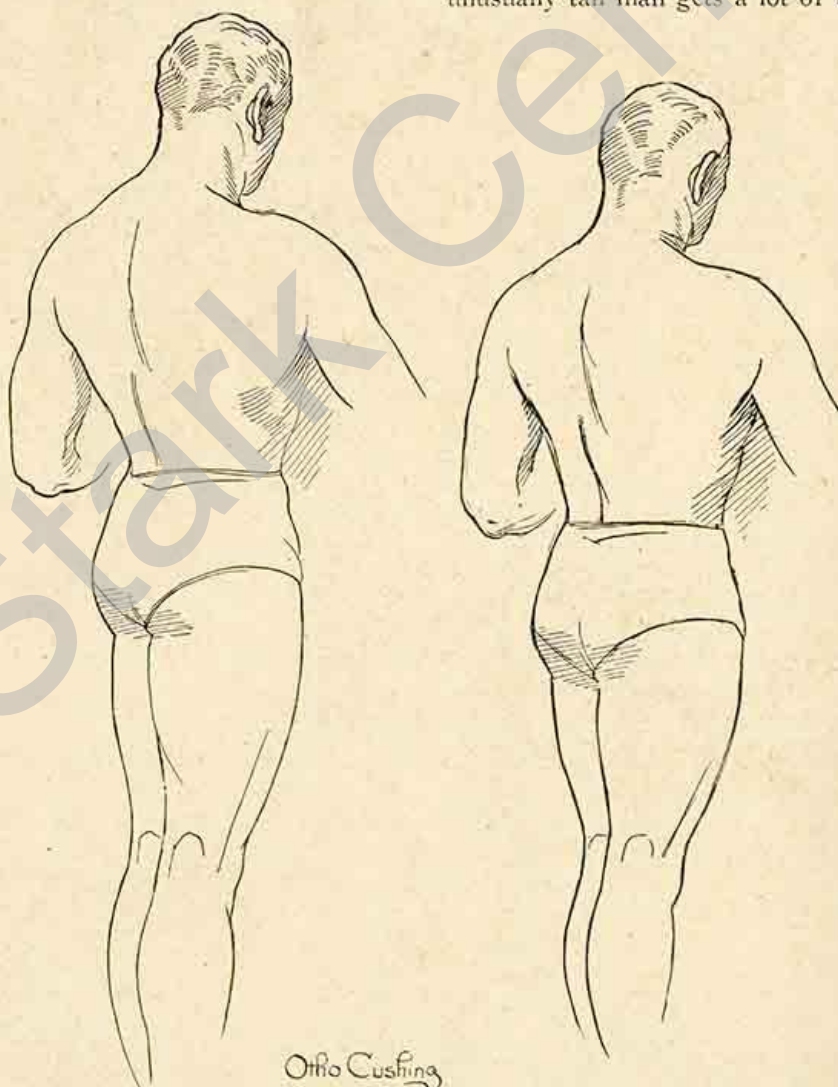
(I prefer to withhold my name.)

Judging from the correspondence already received, I am inclined to agree with this correspondent when he says that hundreds of boys are more interested in becoming tall than in becoming well developed. So far as I can judge, every young man would like to be 6 feet tall if he could possibly manage it. There seems to be a prevalent idea that it is distinguished to be tall. When a young fellow is below the average height he is often morbidly sensitive about his lack of inches. Why this should be so I cannot see, for I believe that most people consider that a beautifully proportioned man of 5 feet 6 inches presents a more pleasing appearance than a tall lanky 6-footer. At the same time I realize that there are a great number

of boys who consider that it is far more important to be tall than to be well developed or well proportioned. Once I was walking with a very short man, and we were passed by a tall broad-shouldered giant of a chap. My friend looked at him enviously, and said: "I tell you, Calvert, if I was as big as that fellow I sure would make a stir in the world." Now, this friend of mine has more brains, more energy, and more ambition than ninety-nine men out of a hundred, and he has accomplished more than most big men have, but his lack of height is a constant worry to him. I suppose that there are a great many small men who actually suffer in the same way. Certainly most of you have noticed the number of compliments a tall man gets. If a young chap is 6 feet 1 inch, or 6 feet tall, all his friends refer to him as "the big fellow," and all the girls and women speak admiringly of his fine appearance. An unusually short man has to stand for a lot of kidding, and the unusually tall man gets a lot of unearned compliments.

It is no wonder that the short man would give anything to add three or four inches to his stature, or that the man of average height earnestly desires to be very tall.

If any one could devise some system which would increase a man's height by three or four inches, that individual could make a fortune in a very short time. Several attempts have been made along this line, but none of them were very successful. A man's height is governed by the length of his bones, particularly the length of his leg bones. The length of the spine is a factor, but only a minor factor. The vast majority of really tall people are long-limbed. Several years ago there was an attempt made to convince people that

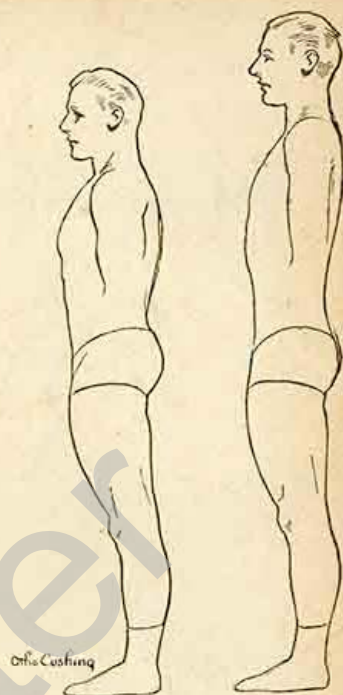


The matter of being tall or short is a matter of having long or short leg bones, and not a matter of length of spine. There is usually not very much difference in length of spine. The hope of gaining height by lengthening the spine only leads to disappointment.

by lengthening their spines they could increase their height by several inches. In the spine there are twenty-four movable vertebra or sections, and between each pair of sections there is a pad of cartilage. The idea was that by stretching each cartilage pad, say one-sixth of an inch, that by stretching the twenty-four cartilage pads one could add four inches to the length of his spine. In order to accomplish this result, the subject was placed in a stretching-machine of one kind or another. In the simplest type the subject stood erect with his feet fastened to the floor. On his head he wore a leather harness, and from the top of this harness a rope went over a pulley in the ceiling. By pulling on the loose end of the rope the man could pull his head further away from his feet. I believe that if a man underwent this kind of torture for thirty successive days, he might possibly stretch his spine an inch or two, but I also believe that in order to keep the gain he would have to continue with his practice. The cartilages are *slightly* elastic and *slightly* compressible, but they have a normal thickness to which they always return. Most of us are taller at 8:00 A.M. than we are at 10:00 P.M. If you stand or sit in an upright position for fourteen hours, you lose anything from quarter of an inch to an inch in height, and then if you go to bed and sleep soundly for nine or ten hours you regain all that you lost. I know of a case where a man took advantage of this to get a job. He wanted to go on the police force in one of our big cities, and he took the physical examination at 8:00 in the evening. The required height was 5 feet 8 inches, and he was only 5 feet 7¾ inches. Being very disappointed, he applied to his physician for advice. The physician induced the police surgeon to give the man another trial, and he arranged that the examination should take place at 9:00 A.M. the following day. That afternoon he took the applicant to a Turkish bath. He directed him to eat his supper

at 6:00 o'clock, and go to bed at 8:00, and to stay in bed until 8:00 the next morning. He would not allow the applicant to walk to the police headquarters, but made him drive there, and when he stood under the gauge the applicant registered 5 feet 8¼ inches.

Since the thickness of the cartilages is so easily affected by the pressure caused by the weight of the body, it follows that unless the cartilages are continually stretched no permanent increase in height can be obtained by these means. Even if a man could make himself taller by stretching the spine, he would spoil rather than improve his personal appearance. Imagine, for instance, a full grown man 5 feet 6 inches tall, who by some miracle of stretching his spine became 5 feet 10 inches tall. He would have a very long body and limbs which were disproportionately short. He would look more



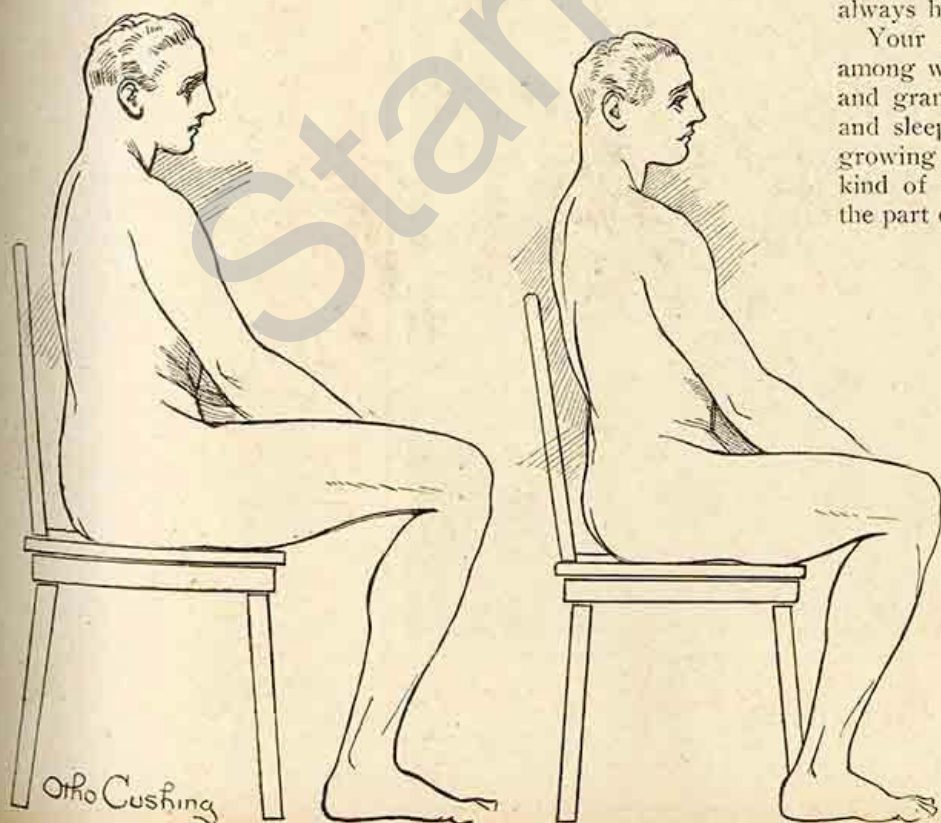
Take, for instance, a man of 5 feet 6 or 7, proportionately well built, as represented in the figure at the left. Suppose he wishes to become 5 feet 10 inches tall by stretching the spine; even if he could succeed in doing so he would be disproportioned, with a too long upper body for his short legs, and would look queer, as in the figure at the right.

like a child than a man, because a child always has a disproportionately long body.

Your height depends on many things; among which are the height of your parents and grandparents; the amount of exercise and sleep you get while you are still in the growing age; and, to a lesser degree, the kind of food you eat; also to some degree the part of the world your people came from.

In some districts and countries all the inhabitants are short in stature. The inhabitants of Northern Italy average a couple of inches taller than the inhabitants of Southern Italy. If a young couple, both of whom

In a theatre everybody can see the stage about equally well because all people are practically the same height when sitting down, showing considerable uniformity in the length of the spine. But the crowd on a sidewalk looking at a street parade presents a different situation, due to the variations in length of leg bones. Variations in leg length are especially apparent if you take a chair as a measuring stick. Notice this particular point in observing your tall and short friends when sitting down.

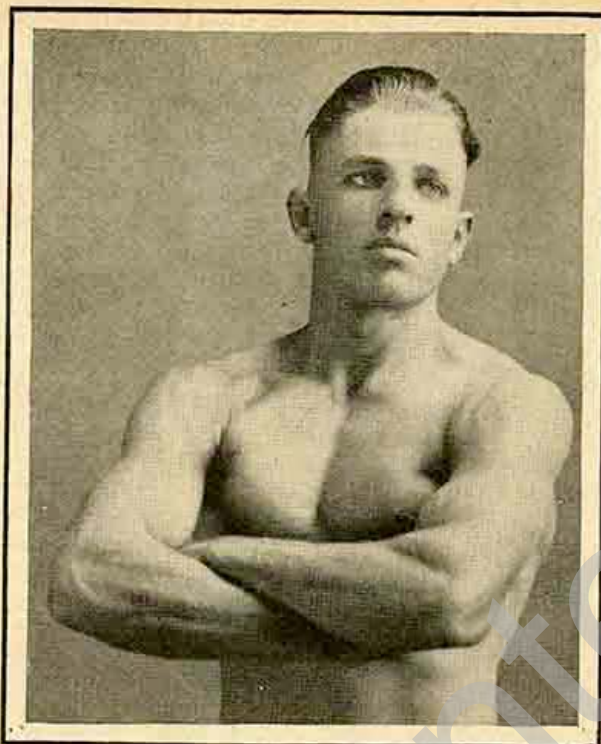


are very short, emigrate to America, their children are not apt to be much taller than the average South Italian, even though those children are born and raised in a section of this country which normally produces tall people. Height is more a matter of race than latitude. In Patagonia there is a race of giants, while a couple of hundred miles away in Tierra Del Fuego there is a race of dwarfs. In South Africa the 5-foot Hottentots and the 6-foot Zulus are near neighbors.

In England the men of the upper classes are considerably taller than the men of the working classes. Privation, hardship, irregular feeding, child labor, and childhood diseases are all causes of short stature. If a family enjoys easy circumstances for several generations, then the children of each generation are apt to be a little taller than their parents. It seems to me that there are a good many more tall young men and a great many more tall girls than there were twenty-five years ago.

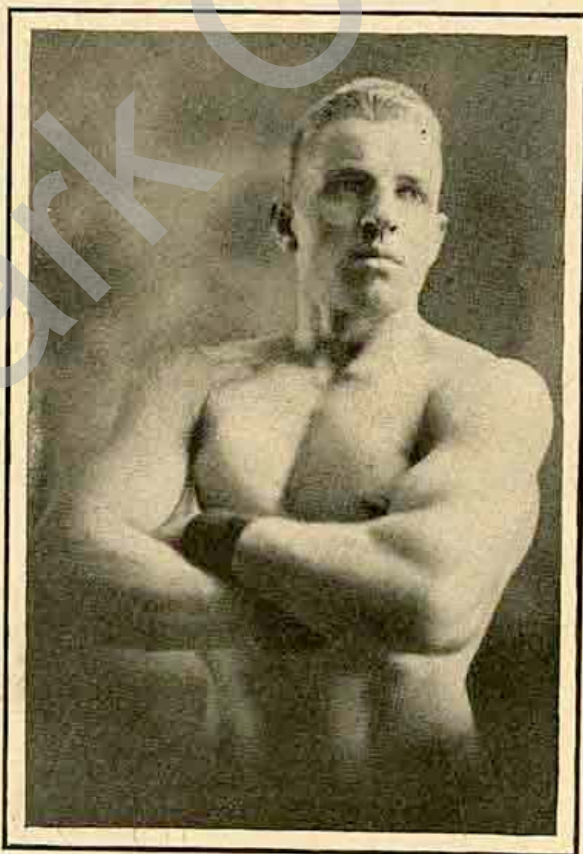
The question, of course, is whether the individual can "beat the game," that is, whether there is any way or any system by which he can overcome the handicaps of heredity, or of race, or climatic influence, and deliberately *make himself tall*. The physiologists tell us that one's height is controlled largely by the health or action of one particular gland, and that in all giants that gland is abnormally active. It might be that by taking some drug to stimulate the action of that gland; the height could be increased. This, however, would be a very dangerous experiment, because giants rarely possess good health. Most "side-show" giants have abnormally large hands and feet, and queerly shaped heads. Few of them live over 35 years.

Height does not commence to be abnormal until a man is over 6 feet 8 inches. I have seen men of 6 feet



A

Mr. A. P. Hedlund. These are not strict "before and after" pictures, but both present advanced development and are intended to show the very marked difference in appearance produced by even a slight gain in measurements, 2 inches in chest and 1 inch in the biceps.



B

6 inches, who were perfectly normal, beautifully proportioned, and who enjoyed the best of health. The only difference between them and the average man is that they were cast on a larger mold.

Most people attain their full height at the age of twenty. Some boys at seventeen are as tall as they ever will be, and still other individuals keep on growing taller until they are 22 or 23 years old. In the average case there is not much chance of a young man increasing his height after he is nineteen, no matter *what* he does. As I said before, it is the conditions under which you live in childhood which affect your height. The factors which promote growth are an abundance of good food, plenty of sleep, plenty of exercise in the open air, and refraining from any premature sexual indulgence. If a boy is so fortunately placed that he does not have to work long hours in a store or factory, he will become much taller than if he has to go to work at the age of twelve or fourteen.

Stretching exercises and a proper carriage of the body will help you to attain the full height of which you are capable. As far as I can see, you will continue to grow as long as you can retain your schoolboy appetite, and there is nothing that creates appetite so much as exercise in the open air. If you are anxious to become tall I think it would be a great mistake to put yourself on a restricted diet, and this applies just as much when you want to grow bigger as when you want to grow taller. Sometimes when full-grown men consult me about body-building and muscle-developing exercises, they tell me that they are going to do without any breakfast, and to eat a very light lunch, and are going to

eat only certain kinds of food. I always urge such men to eat three good meals a day. If a man takes plenty of the right kind of exercise he will get a good appetite, and if he wants to (Continued on page 88)

Look Out For High Blood Pressure!

How I quickly reduced my high blood pressure, overcame hardening of the arteries and escaped the dangers of Bright's disease

By MALCOM ADAMS

I'M an unusual man.

I never smoked, drank coffee or consumed alcohol in my life.

When I was fifty years old, I looked only forty and I felt like thirty.

I hadn't had a sick day in years.

I played golf and rode horseback and thought I was in fine physical fettle.

Then I began to have dizzy spells, dull pains in the head and peculiar flutterings and oppression in the region of the heart.

Frankly, I was frightened. But I didn't consult a physician because I lacked confidence in M. D.'s and had no faith in medicine whatever. I did go to my oculist, but he told me the trouble was not with my eyes as my glasses—which I used for reading only were all right.

It was not until I was examined for some life insurance—and rejected—that I found out that I had excessively high blood pressure and some symptoms of kidney trouble.

This bad news astounded me as I could not understand how a man who had lived as sanely and as sensibly as I thought I had, should be so afflicted.

But I soon found out.

I went and told my troubles to a man who, for many years has been to me "a guide, philosopher and friend." He told me to get and read a little book entitled, "Curing Diseases of the Heart and Arteries." I did so. And in that book—at a total cost of three dollars—I found the cause and the cure for my trouble.

In less than four months after getting and following the simple, common-sense instructions contained in this book, I was re-examined for insurance, my blood pressure was found normal, my kidney symptoms had disappeared and the company issued my policy without further question.

Since that time I have had no return of the dizziness, headaches or heart flutterings, and feel perfectly well and strong in every way.

If you have any of the symptoms I had, don't worry. But don't neglect them. It is Nature's way of waving the red flag of warning. You are getting the signal "Danger Ahead." So, "Stop, Look and Listen."

And even if you do not have exactly the same warning symptoms I had, you may still have a dangerously high blood pressure. And if you neglect it you are running the risk of eventually dying of apoplexy, Bright's disease or diabetes. It makes no difference if you do feel all right and believe yourself to be in good health, unless you correct this condition you are in grave danger. Knowing this, life insurance companies are careful to apply the blood-pressure test to applicants for policies. And they are wise. Of 365 applicants rejected by one company, on account of high blood pressure, 123—more than one-third—developed serious diseases within two years. Eighty developed kidney trouble, seven developed diseased arteries, ten heart murmurs, four heart enlargements, six nervous diseases, and sixteen various other organic afflictions.

So, don't take any chances. Find out, from time to time, just what your blood pressure is. Dangerously high pressure is common among men of 45 and over and frequent in younger ones. And Bright's disease is usually indicated, caused by excessive pressure forcing albumin through the kidneys.

Most people believe that hardened arteries with high blood pressure is incurable. And so it is, if it is treated in the old way. But treated properly—that is, in accordance with Nature's laws, at least four out of five will recover so completely that they can live far beyond the allotted three score years and ten, and be well, strong and active.

In most cases correct treatment reduces the blood pressure from twenty to thirty points the first month. If this is true, why don't most doctors and laymen know it? For the simple reason that both physicians and laymen expect to get results from pills, powders, potions, serums and operations. But they never will. High blood pressure can't be cured that way.

If you want to know the right way—Nature's way—do as I did. Get a copy of "Curing Diseases of the Heart and Arteries," and follow its common-sense instruction. This book is by R. L. Alsaker, M. D., who has attained phenomenal success in the treatment of disease by a method so simple as to be simply amazing.

And here is an astounding thing about the Alsaker treatment. It costs absolutely nothing to take it. All you have to pay for is the information contained in the book. And it is wonderfully effective. The Alsaker treatment causes the hardening of the arteries to stop immediately, and then the blood pressure begins to decrease. Usually the sufferer is out of all danger within a few weeks.

Patients who were continually dizzy, who had rush of blood to the head, who had constantly recurring headaches, who had peculiar sensations in the region of the heart, who had difficulty in breathing, who could not walk far without resting—yes, individuals with the worst kind of symptoms have quickly recovered the Alsaker way, although reputable physicians said that nothing could be done for their hardened arteries and high blood pressure.

Thousands of sufferers have been benefited by the plain, common-sense instructions of Dr. Alsaker. Here is what a few of them say:

Testimonials

"It may interest you to know my blood pressure stood 190, my heart was not right, and there was albumin in the urine. I weighed but 110—am 5 ft. 2 in. My usual weight is 115. I concluded to follow your advice as nearly as possible and did so. In three weeks my blood pressure had gone down to 170. Considering I was not addicted to drugs, tea or coffee and ate so little meat, I think the drop in blood pressure remarkable and it speaks volumes for your method."
—Mrs. C. J. M., New Haven, Conn.

"About two years ago I bought one of Dr. Alsaker's books, on disease of the heart. At that time I was near death, with dropsy and heart disease. The 'M. D.' said I could live only 24 hours. I refused their drugs, followed Dr. Alsaker's way and am now a well man at 73 years of age."
—F. L. P., Seattle, Wash.

Your book on "Curing Diseases of Heart and Arteries" is giving excellent satisfaction in results obtained in reducing high blood pressure.—H. M. B., M.D., El Dorado Springs, Mo.

You treated me from your books—for high blood pressure, which you reduced fifteen points in three days after the doctor had said he did not expect the pressure to fall any lower. Since then the test apparently shows normal pressure although my age is 66 years. That is 160 points.—Mrs. A. C. C., Huntington, N. Y.

If you have the slightest tendency toward hardened arteries and high blood pressure, with its attendant diseases of heart and kidneys, lose not a single minute in sending for Dr. Alsaker's illuminating little book. The total cost is only \$3. That pays for the book. And the treatment described in the book costs nothing. You take no risk. Results are guaranteed or you can return the book and your \$3 will be returned—promptly and cheerfully.

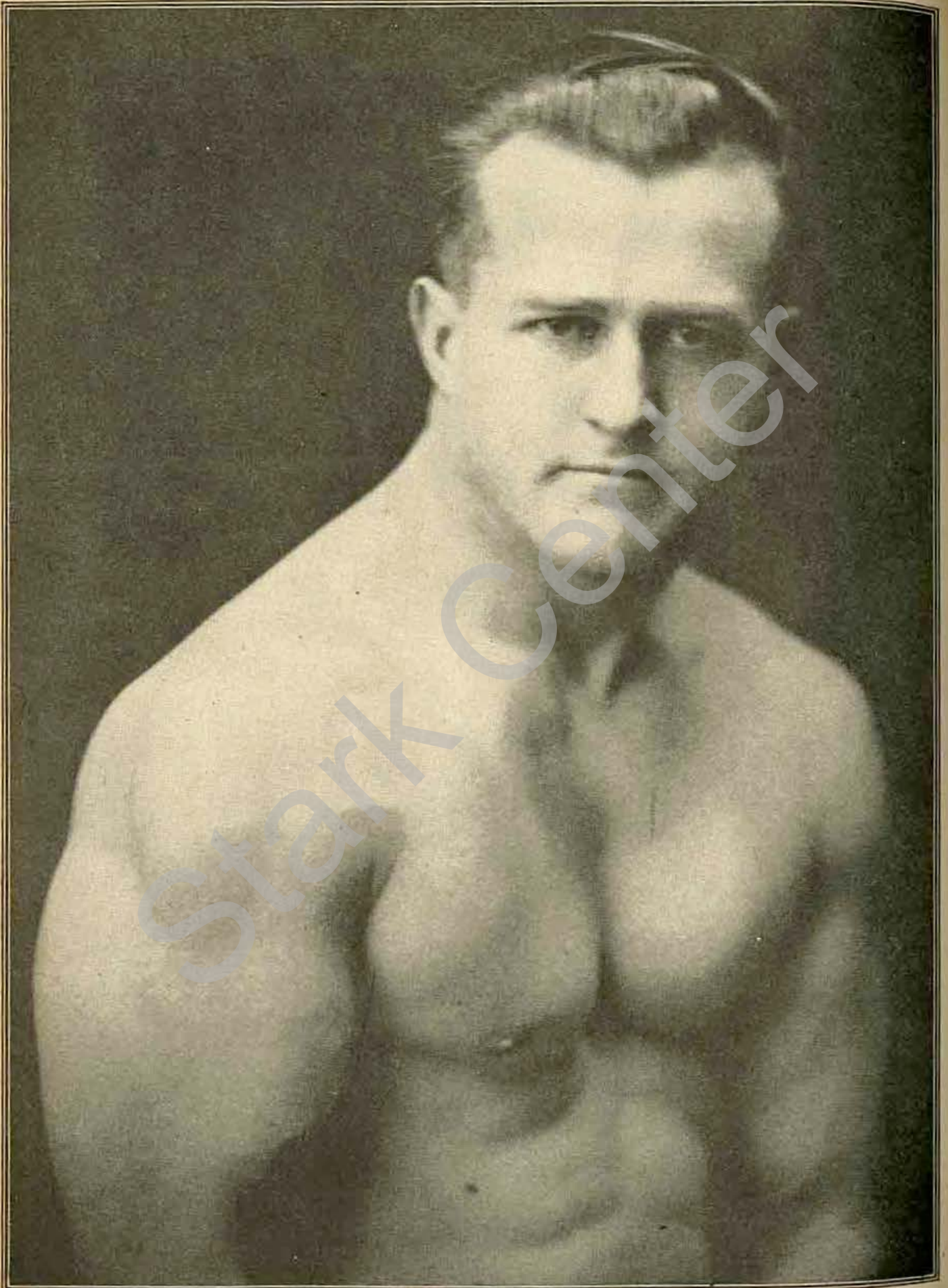
Dr. Alsaker, the founder of this treatment, is a graduate of one of the leading medical schools of this country. He has an enormous office practice, patients coming from all parts of the country to consult him. But that is not necessary. His treatment is so simple and so clearly explained in his book that anyone can follow it without the slightest inconvenience or difficulty.

If you are afflicted with these dread diseases, you need worry no longer, nor need you pay big fees for so-called specialists. Simply send \$3 to GRANT PUBLISHING CO., INC., Dept. 85, 1133 Broadway, New York, for a copy of this wonderful little instruction book. You will find it free of all bunk, bombast and medical mystery. It makes everything as plain as the nose on your face. It tells all about the cause, prevention and cure of hardened arteries, high blood pressure and apoplexy. It sets forth—in simple, understandable language—a common-sense, proved-out WAY—THE ALSAKER WAY—a WAY that teaches the sick the right way to keep well and stay well. It gives a safe, simple, sure cure without drugs, medicines, operations, exercise or apparatus of any kind. You apply this simple and marvelously resultful treatment yourself—right in your own home—without the expenditure of a single additional penny. There is nothing complicated, difficult, mysterious or technical about THE ALSAKER WAY. It is so easy to comprehend—so simple and pleasant to follow—that any one—young or old—can reap the full benefit of it.

If you, any member of your family or any dear friend is suffering from these dangerous diseases, don't fail to get this book at once. The publishers take all the risk. They guarantee positive results. They want you to prove the great effectiveness of THE ALSAKER WAY yourself. Follow the instructions for thirty days. Then if you are not delighted with results—if you do not experience a marvelous improvement in your health—if you are not satisfied with your \$3 investment—simply return the book and your money goes right back on the very next mail.

Don't neglect this opportunity. You don't have to be sick. You can get well if you will. It's up to you. There is nothing experimental about THE ALSAKER WAY. It has been proved-out and time-tested over and over again. And it costs nothing to follow, while patent nostrums, doctors' fees, hospital bills, drugs and medicines will soon wilt down a big bank account.

Send for the book now—today! Follow its simple teaching just as I did—and thousands of others have done—and you, too, will reap the same glorious results in renewed health and strength. Remember, the only charge is \$3 for the book. Send it to GRANT PUBLISHING CO., INC., Dept. 85, 1133 Broadway, New York.



EARLE E. LIEDERMAN
America's Leading Director of Physical Education

Do You Need a Bust in the Nose

before you start to fight? Do you need this kind of treatment to bring you to your senses? If you are that kind of a fellow, the chances are strong that you are going to get it.

Be Ready

I don't recommend that you be a rowdy who goes around looking for a fight. But I do believe you should be alert and, when the time comes, be prepared to beat the other fellow to the punch.

The Wise Man

Some men never pay any attention to the condition of their house till it begins to fall on their head. Others watch for the first sign of a crack and immediately have it put in condition. How about the house you live in—your body? Are you going to let it clog up and waste away until you suddenly realize you have tuberculosis or some other dreadful, incurable disease? Get wise! Check up on yourself! Put your body in shape and keep it so.

The More You Use 'Em the Bigger They Get

An apple is no good unless you eat it. Let it lie and it will rot away. Let your muscles lie idle and they will waste away, but use your muscles and you have more muscle to use.

"The Muscle Builder"

That's what they call me. I don't claim to cure disease. But I do absolutely guarantee to make a strong, husky man out of anyone who will give me a chance. If you wait until some disease gets you, the doctor is the only one who can save you—but come to me now and the doctor will starve to death waiting for you to take sick. I'll put one inch of solid muscle on your arm in just 30 days and two inches on your chest in the same length of time. But that's only a starter. Then comes the real works. I'll put an armor plate of muscle over your entire body and build up the walls in and around every vital organ. I'll shoot a quiver up your spine that will make you glow all over. You will have a spring to your step and a flash to your eye that will radiate life and vitality wherever you go. And what I say doesn't just mean *maybe*. I absolutely guarantee these things. Do you doubt me? Then make me prove it. That's what I like. Are you with me? Come on then. Let's go.

Rules of the Earle E. Liederman 1924 Contest

CONTEST now going on and closes October 1, 1924. It is open to Earle Liederman pupils only and confined to pupils starting the Earle Liederman course before the date specified above. In order to become a contestant it is not necessary to send for book "Muscular Development," but as this will be sent absolutely free, we suggest that you make request for same, if you have not already done so. The winners of the various prizes will be selected from the pupils showing the greatest improvement in their physique from the date of their enrollment until October 1, 1924. They will be judged from measurements taken by themselves. Keep a duplicate of your measurements as of date of enrollment and send it to Earle E. Liederman again not later than October 1, 1924, together with a photograph and new measurements as of that date. The winners will be decided by the actual improvements made, but not in proportion to the time devoted to their exercise. Thus a pupil enrolling at this time has a decided advantage over pupils entering this contest at some later date.

The Following Prizes Will Be Awarded

1st prize	\$1,000.00
2nd "	500.00
3rd "	300.00
4th "	100.00
To the next ten pupils, \$10.00 each	100.00

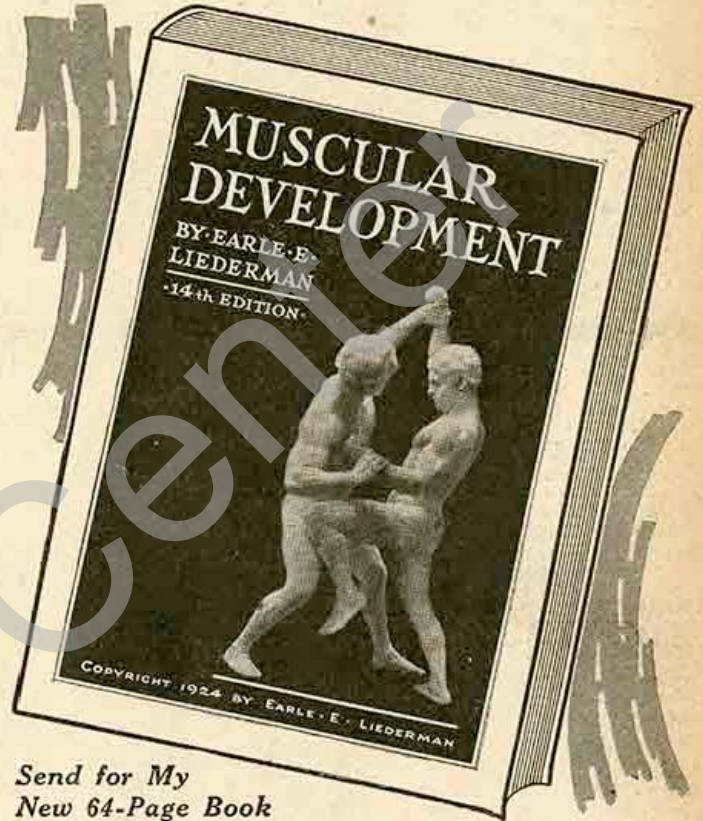
Total amount of cash prizes \$2,000.00

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 has occurred.

Over 1000 Gold and Silver Medals

In addition to the above cash prizes a 14 karat solid gold medal will be awarded to each cash prize winner, on which will be suitably engraved his name. Each man will also receive a diploma for having passed this physical test. These diplomas will be signed by each of the judges as well as by myself.

There will also be one thousand silver medals awarded for marked distinction to those pupils whose physical improvement comes next in order.



Send for My
New 64-Page Book

"Muscular Development"

It contains forty-three 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. I want you to have this book with my compliments—absolutely free. Fill out and mail the coupon or send me a postal today—before you forget it.

EARLE E. LIEDERMAN

Dept. 703

305 Broadway, New York City

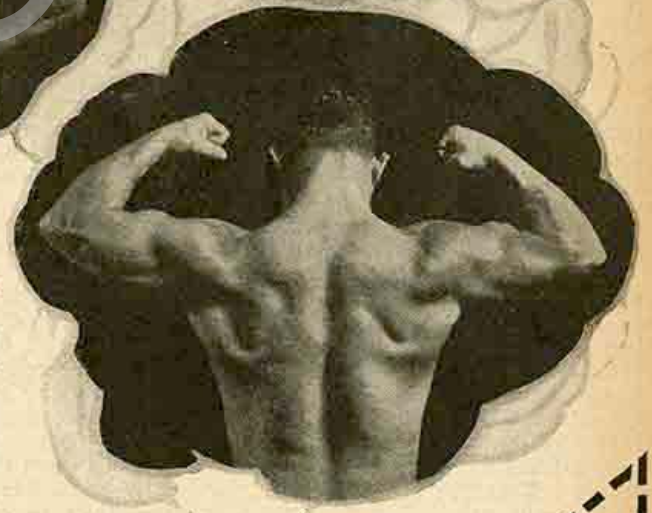
It Is F R E E	DON'T	EARLE E. LIEDERMAN
	SEND ONE	Dept. 703, 305 Broadway, New York City
	PENNY	Dear Sir: Please send me absolutely free and without any obligation on my part whatever, a copy of your latest book, "Muscular Development."
	YOUR	Name
	NAME AND	Street
ADDRESS	City	
ON A	State	
POSTAL	City	
WILL DO	(Please write or print plainly)	

Wake Up! and Make Your Dreams Come True

SOME fellows have dreams of the day when they will be wealthy—others pitch in and make themselves rich. Some of you have day dreams of possessing a strong, sturdy body, while others determine they will work for it.

Do you realize that *I guarantee* this big, robust physique *to any man* who will conscientiously follow my instructions? Just think of it. A system that has *never* failed.





The Man Who Made His Dreams Come True

This dreamer is having a vision of himself as Andrew Passannant —my thousand dollar prize winner. Not long ago Mr. Passannant had these same dreams. One day he was reading a magazine even as you are now doing. He saw my advertisement. He read my guarantee. He realized that a strong, healthy body is man's highest attainment, for with this foundation all other achievements are possible. He sent for my course and started to work. He not only won the Thousand Dollar Prize for showing the greatest improvement during one year's time, but acquired a physique that many professional strong men would be proud to boast of—a possession that can never be valued in dollars and cents. What Andrew Passannant did, thousands of my other pupils have done—and this same opportunity is now being opened to you. So come on and start things going.

Send for My New 64-Page Book MUSCULAR DEVELOPMENT

This will not cost you one penny. Don't even send a stamp. I want you to have it with my compliments absolutely free. A postal card containing your name and address printed or written plainly will do. For your convenience I have supplied this coupon. So tear it off and mail it this very minute before you forget. This book will prove an inspiration to you and will fill you with new endeavors for being the man you were intended to be. This will not obligate you in any way, but it may mean the start of a bigger and better life for you.

Dear Sir: Please send me absolutely free and without any obligation on my part whatever, a copy of your latest book, "Muscular Development." (Please write or print plainly.)

EARLE E. LIEDERMAN
Dept. 703
305 Broadway,
N. Y. City

EARLE E. LIEDERMAN

305 Broadway Dept. 703 New York City

Name

Address

City State.....

Overcome Lime Starvation and Cure T. B.

(Continued from page 29)

In the first place the medical profession knows that sanitarium treatment all over the world can boast of but a doubtful 22 per cent of all cases of tuberculosis "reaching arrest"—the so-called "cure."

The Health Department knows, the medical profession ought to know and the whole world must know that as a result of the suppressed "lime starvation" treatment 68 per cent of all cases treated have reached arrest.

These results are so startling, as Dr. Royal S. Copeland knew when he appointed his committee of five experts to study them, that neither the writer, who brought the facts to his official attention, nor anybody else connected with them, can understand the astounding failure of the Health Department to pursue its investigation, so fraught with sensational disclosures, to its proper end.

The Health Department knows that sanitarium cases resulting in but 22 per cent reaching arrest are limited to early cases, whereas those treated by the suppressed "lime starvation" method were all well advanced in the disease.

The Health Department knows that sanitarium cases enjoy complete rest while undergoing treatment, whereas under the suppressed "lime starvation" treatment the victims of the disease have gone about their work, bringing their wages home and supporting their families, while advancing to the almost miraculous goal of 68 per cent of arrested cases.

The difference between 68 per cent under the suppressed "lime starvation" treatment and 22 per cent under the conventionally recognized, defended and applied treatment throws the entire medical profession upon the defensive and clamors for complete and widespread publication of the truth.

It must be remembered that the true function of the sanitarium is to accept advanced cases—bed cases. Nevertheless these are the very cases that the sanitarium absolutely refuse to accept under any conditions, making "bed cases" out of their incipient cases, so that they can't be treated at all by the very method which the public has been led to believe has been developed for their treatment.

In the first place there are but 450,000 beds in the United States, including more than 150,000 established since the war by the United States Government for the treatment of the tuberculous soldier.

Despite the fact that there are but 450,000 beds available for treatment of any kind, there are 5,000,000 cases known and reported by the national association and an additional 3,000,000 to 5,000,000 estimated cases unreported.

The official doctrine of the American Medical Association is that the only hope of the victim of tuberculosis is the sanitarium. This means that there are nearly 10,000,000 cases of tuberculosis in the United States that have

no hope under the conventional method of treatment.

This appalling condition is well known to the medical profession.

The famous Dr. John F. Murphy, known to the entire world as the author of the "Murphy Button," and to whose memory one of the greatest hospitals of America is being erected in Chicago, declared with great bitterness:

"If we were to ask the profession today what disease is most outrageously treated of all diseases that cause mortality to the human race—a disease that every honest man must admit is indifferently and outrageously neglected in its treatment—the answer would be tuberculosis of the lungs. In fact, it borders on a crime."

The "lime starvation" treatment is a definite treatment which any physician may administer in his own practice without sending his patients away.

The diet should consist of ample plainly cooked, nutritious food, excluding all thin soups, fried foods of any kind, and pastries. Whole meal bread, containing all of the grain, is rigorously prescribed.

Plenty of butter, which fortunately is a form of fat that can be tolerated in great abundance by most people, and particularly by the tuberculous, should be used with the bread.

There are two reasons for the appearance of generous quantities of butter in the diet of those who are suffering from "lime starvation," which condition constitutes the very beginning of the history of every active tuberculous process.

First, there is an important physiological relation, as yet not definitely known, between the assimilation of lime and fat.

The fat, through saponification during digestion, enters into the formation of "lime soaps" which lead to the healing of the diseased areas by depositing lime salts; in other words, by calcification, nature's own method of walling off the tubercle bacilli so that they can do no further harm to the body.

The second reason for the inclusion of generous quantities of good butter is based upon the fact that it is physically impossible for wage-earning consumptives to continue at their work unless they eat sufficient food to increase and maintain their weight and resistance.

In order to eat sufficient food to satisfy their imperative needs they must include the fats.

This does not mean that the "lime starvation" treatment must carry upon its back the fortunes of any privately-owned or patented emulsions, all of which may be good in their way, but no one of which is essential to the success of the "lime starvation" treatment.

During the first week strict attention is devoted to the necessity of preparing a clean colon.

On the very first day of the treat-

ment one ounce of castor oil is given at night and this dose is followed at least once a week, or as often as the individual case demands, for the reason that over-feeding in health or disease requires complete elimination of the poisonous putrefactions, which of themselves frequently give rise to an increase of temperature that may of itself have nothing to do with tuberculosis. Hydrochloric acid aids in keeping down these putrefactions in addition to its other uses as explained below.

At the end of the first week, during which time the patient becomes accustomed to increasing quantities of butter, a mixture of milk, eggs and dilute hydrochloric acid is given daily. The mixture is prepared by beating in a porcelain or china bowl one fresh egg and one-half pint of the best milk obtainable.

The mixture is beaten thoroughly, after which sixty minims of dilute hydrochloric acid (U. S. P., a 10 per cent solution) is added and stirred before drinking at once.

The so-called "dilute hydrochloric acid" sold by many druggists varies from 8 per cent to 18 per cent, for which reason the administering physician must standardize his solution by gravity so as to insure the proper percentage. This is essential.

The mixture of milk, egg and acid is given immediately after every meal. A second glassful is given about an hour after the midday meal, four glasses in all each day.

In addition, adult males are instructed to consume daily an extra quart of milk and adult females an extra pint of milk in glassful doses, prepared in the same way with the same quantity of dilute hydrochloric acid, but without the egg.

This extra milk is given to all new patients and is continued until "plastic effusion" takes place, after which it is discontinued.

What is called "plastic effusion" takes place in the "lime starvation" treatment in all cases between the eighth and fifteenth weeks. "Plastic effusion" is ordinarily regarded by the medical profession as a plastic pleurisy occurring in the course of pulmonary tuberculosis.

It is a mistake to regard the "plastic effusion" as a complication or as an extension of the disease.

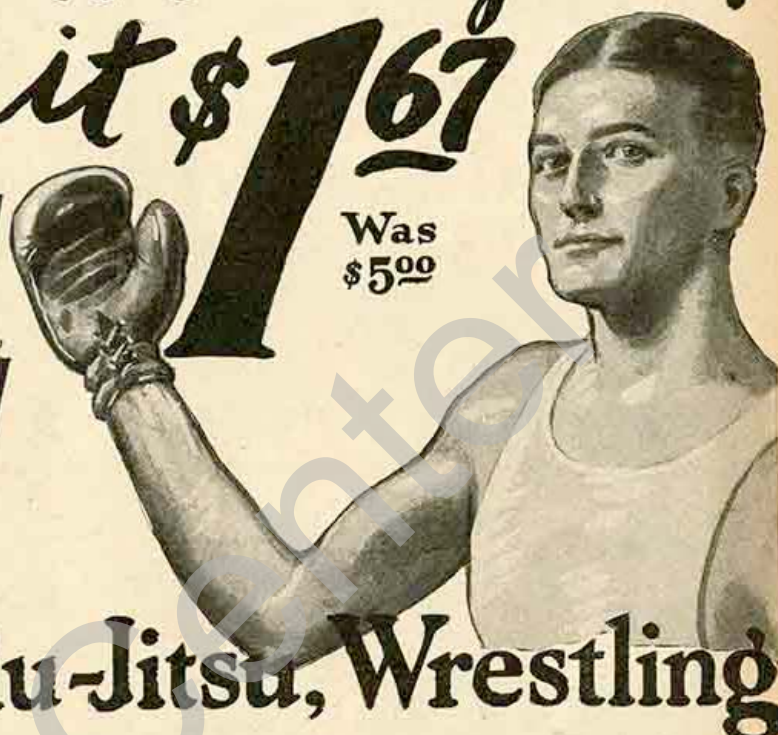
It is not only essential to the arrest of the case, but it is actually nature's normal method of healing, and is a phenomenon singularly like that which throws a callus about the fragments of fractured bones during the knitting process.

As a matter of fact, in the "lime starvation" treatment the plastic effusion must always precede recovery precisely as it always precedes spontaneous recoveries, from which practically the entire human race emerges at some unsuspected periods of their lives.

(Continued on page 80)

Marshall Stillman says "Cut the PRICE again! —make it \$1.67

Was
\$5.00



BOXING, Jiu-Jitsu, Wrestling

THIS great course was \$5 and we sold thousands upon thousands of sets. It ran to such large editions and costs decreased so much that we were able to get the price clear down to \$1.97. And now Marshall Stillman says: "Cut the price 15% lower—make it \$1.67!"

Think of getting a complete course in Boxing, Jiu-Jitsu and Wrestling—six big books of 381 pages and 246 illustrations—for only \$1.67! You can have it on 10-day trial. You needn't send a single penny with the order.

Marshall Stillman teaches you right in your own home. You learn all the fundamentals of boxing and the blows and guards used by the top-notchers—the Benny Leonard Triple, the Jack Dempsey Triple, the Fitzsimmons Shift, the Mike Donovan Double, etc.

In a short while you will be able to put the gloves on with any of your pals at the club or gym, and box rings around that "fellow who thinks he knows it all." You will learn all the secrets of the ring—all the fine points of boxing—feinting, ducking, clinching, breaking ground, judging distance and timing, etc.

You will also learn Jiu-Jitsu and Wrestling—how to subdue an armed opponent, how to break a strangle hold, how to throw an opponent, if he grabs you from behind, and the best wrestling holds—the Gotch Toe Hold, the Stecher Scissors Hold, the Head Lock, etc.

Cuts Time of Learning in Half

Marshall Stillman's marvelous system of instruction cuts the time of learning in half. It is based on the methods used by famous Professor Mike Donovan, who retired undefeated middleweight champion of the world, and for years was boxing instructor at the New York Athletic Club.

You practice before a mirror, starting with motions you are already familiar with, such as reaching your hand out for a coin, the breast-stroke in swimming, etc. From these familiar movements, Marshall Stillman leads you subconsciously into similar movements in boxing—striking heavy blows, ducking, feinting, guarding, etc., in true professional style.

Shadow Boxing—When you've mastered the fundamentals, you're taught all the good blows and guards—when to land them,

and how to guard against your opponent's counter. And to prepare you for your first bout, Marshall Stillman has cleverly combined these blows and guards into three lively rounds of Shadow Boxing, as practiced by professionals in their training.

In addition to your Boxing, Jiu-Jitsu and Wrestling lessons, you're given a complete set of building-up exercises, which improve your physique and health wonderfully.

You can't measure the value of this great course by its price. Some students write us that it's worth \$25. Norman Tompsett says, "I wouldn't sell mine for ten times what I paid for it if I couldn't get another."

History of Boxers—The course includes a History of Boxers right up to the minute with such famous fights as the Dempsey-Firpo, Firpo-Willard, Dempsey-Gibbons fights, described and illustrated with ring-side views.

SEND NO MONEY

Simply fill in and mail the coupon for a 10-day trial. When you have the course in your hands, deposit 67 cents plus actual postage with the postman. Use the course 10 days. Test it out thoroughly. At the end of 10 days, either send us the small balance of \$1 or return the course, and we'll send your deposit back at once. Take advantage of this liberal offer right away—mail the coupon now.

10-DAY TRIAL

MARSHALL STILLMAN ASSOCIATION
Dept. 1724C, 42nd Street and Madison Avenue, New York

You may send me on approval the Marshall Stillman Course. I will deposit 67 cents (plus actual postage) with the postman, with the understanding that if, after 10 days, I wish to return the course, I may do so and my money will be instantly refunded. If I keep the course I am simply to send you \$1.00 in final payment.

Name

Address

Canadian and foreign orders must be accompanied by cash (\$1.67 U. S. funds) subject to money back guarantee if not entirely satisfactory.

How Can We Do It?

HOW can we give you this great course at the ridiculously low price of \$1.67? A single lesson by a second-rate boxing instructor would cost you more than this whole course, in which you get the instruction of the best experts. *How can we do it?*

By quantity production. We have an enrollment of over 40,000 pupils in all parts of the country. You get the benefit of being one of this vast army of men who are learning boxing, jiu-jitsu and wrestling by the Marshall Stillman method.

(Continued from page 78)

It is in these so-called hopeless and helpless cases that the "lime starvation" treatment is so specifically and uniquely indicated, and from which, according to the facts known by the New York Health Department, 68 per cent of the otherwise condemned are restored to a useful place in society.

The cruel conventional treatment which can boast of but 22 per cent of arrested cases as against 68 per cent in the "lime starvation" treatment asks for the segregation and isolation of the victim; demands that the victim be sent away so he won't expose others, notwithstanding the fact that there are 9,000,000 victims in the United States alone in excess of the number of beds to which they can be sent, thus making it impossible to carry out the heartless orthodox decree.

The medical profession knows that it is utterly impossible to attempt to

control all sources of infection, and the very reason that the human race is still in existence despite the ravages of tuberculosis and its constant threat is because nature herself has endowed the organism with an immunity which is sufficient to its needs if the individual does not by folly, by excesses, by improper nourishment, or by ignorance break down resistance, and invite the disease to remove him to the grave.

When Dr. Dryer comes to America and in person turns over to the medical hierarchy his discovery of a method of combating tubercle bacilli in man and beast, he may expect some of the recognition which for the past year has kept the British medical profession in an uproar.

Dr. Dryer's discovery, combined with the "lime starvation" discovery, may yet result in banishing tuberculosis from the face of the earth. The American tuberculosis experts have kept

silent with respect to both discoveries.

The American experts had a chance three years ago to recognize Dr. Banting's insulin discovery when Dr. Banting personally appeared at the December, 1921, meeting of the American Physiological Society at New Haven, Conn., only to be snubbed by the very men who are now so energetically engaged in lauding him to the skies.

The "lime starvation" clinic, directed by Dr. William Grant Hague, and maintained by contributions of public-spirited citizens interested in establishing such a demonstration as will compel the medical authorities to act upon it, requires \$20,000 for maintenance during the coming year. At this writing \$8,000 have been subscribed. Individuals interested may send checks for any amount, however small, made payable to the "Lime Starvation Fund," care STRENGTH, 104 Fifth Ave., New York City, N. Y.

Will City Life Destroy Us?

(Continued from page 27)

above the country than it did. But allowing for this Dr. Gillette calculates that 29.8% of the city increase has come not by births nor by immigration, but by direct removal of country folks to the city, and these country folks that have left the soil have been preponderatingly its finest and most energetic specimens. In many sections the cities are today increasing in population seven times faster than the country.

The rural depopulation is therefore very great. But the largest question is the relative birth rates of city and country stock. Dr. Gillette finds the natural increase in the smaller towns and country; that is, the excess of births over deaths is 16.9 per thousand per year. For the cities this increase is only 8.8 or only one-half as great. At this rate the New England States which are mainly urban will double their population in 200 years while those states which are mainly rural will double in 40 years. Quoting Dr. Gillette's own words: "The rural rate is almost twice and in some sections is three times the urban rate. The urban birth rates are lower and the death rates are higher than those of the country."

It takes no prophet to see what this will mean as time goes on. It is obvious that the city is the chief factor in race suicide. The Jews seem to be the one race of all history which is able to survive city life and keep up its birth-rate, but even here our modern industrial civilization with its dazzling rewards is beginning to make inroads. But the western races melt away in cities.

Plainly then, the problem involved is the very continuance of our national vitality. Eye and bye a time must come when the blood of leadership exists in neither city nor country, and then men will be left in the direst poverty known to man—the poverty of leadership. When their leaders are gone, civilizations vanish. They always have and

always will. Whether large national measures can be undertaken to counteract this gigantic tide of our best and most enterprising blood into the city is one of the most pressing questions that confronts civilized man everywhere on the globe, but particularly in Europe and America. It involves problems in economics, sociology, biology, heredity and politics.

I believe, however, that some factors are working silently and slowly but surely to counteract this human tide. The question is, are they working fast and powerfully enough to save the racial stamina before it is everlastingly too late.

One of these beneficial processes is the building up of suburban residence districts about our great cities, where people of sound racial ideals, with love of children and a passion for all the old homing instincts of the race are moving as rapidly as possible, so they may have room to raise their children. I am strongly inclined to believe that, if mental tests were made, the suburbs about our cities would likely show the highest average intelligence of any people on the globe. I also have the impression that they are our best people morally. I shall change these convictions immediately if contrary evidence develops. But I think our suburbs are mainly made up of those excellent people who have both the high ability for success in town life and that inborn unselfishness and passion for children and the old homestead that leads them to make the effort to get out of the city vortex where they can carry out these sound, old racial instincts. If these surmises be true, no better stock upon which to build a sound, healthy race could probably be found anywhere in the world.

Because, after all, some sort of open country life, with room to breathe, room to play, room to raise children, room to develop man's natural loyalties—his loyalties to his community,

his club, his church, his neighborhood and his family and home—is absolutely essential for upbuilding both the social and racial heritage. It is hard in the city to be loyal to anything—to feel that one really belongs to anybody or to anything. And with every decline of these loyalties of man's inner nature there comes to him a decline of morals and of the sense of social responsibility. Some exceptionally endowed people can of course fight it through in the cities. But the city—especially the big city—is all rigged against many, at least, of man's finest impulses. True it gives him excitement and adventure, but much of it is the very kind that is neither good for him nor for the race. Most of all, it leads him to cease begetting his kind.

I see no immediate help for this except immense political and social efforts to facilitate the building of homes and cheapen and improve transportation so that more of our best people can get out to the suburbs and small nearby farms and villages and touch the soil once more.

Another great factor that would help and is helping is the movement of factories into the country where the workers can have the immense and undoubted advantages—not disadvantages—of country life. Many captains of industry are seeing this. Where it has been tried, it has instantly solved many vexing problems of labor and capital. Get men out where they are satisfied with life itself and many labor troubles are simply forgotten. Many of them are purely psychological and due to the exciting, starving, discontented, uncertain life of the city, and the terrifying fear of unemployment—the one monster that will frighten the stoutest soul.

But, I have not here even attempted to solve the entire problem. I have merely raised it for discussion. Upon its solution depends much of the permanence, vitality and racial stamina of our great and worthy civilization.

FIGURES DON'T LIE

My Graduates Are Not Merely Pretty Boys—They Are STRONG

WHEN you fellows spend your good, hard-earned money for a Physical Culture Course what do you hope to get in return—a few puffy muscles so that you can have a fairly attractive picture taken? Or do you want real STRENGTH?

I don't need to wait for your answer. You want the Real Thing—not a pretty imitation. Big, pulpy muscles do not necessarily make real strength. Most anyone can enlarge their biceps, but in order to gain REAL STRENGTH—to develop your entire body so that there is not a weak spot in it, requires a systematic up-building of your entire muscular system, both inside and out.

Your Instructor Must Be a STRONG MAN HIMSELF

You wouldn't take piano lessons from a man who couldn't play the piano himself, would you? A man who claims to teach the art of being strong, ought to BE STRONG HIMSELF. Isn't that fair and logical? Before you enroll with me, ask me to show you my record as an athlete and make any comparison you like. The New York newspaper files of several years past prove that I haven't been merely posing in living pictures or in photograph galleries. I hold championships in feats of strength, not only at my own weight, but among men even 15 pounds heavier than I am. Although I did not claim to be a professional boxer or wrestler, yet I went into the ring and on the mat and won a number of matches. At a boxing match when one of the contestants failed to appear, I took his place, and, without having had any special training, I got the decision. I have newspaper clippings and magazine articles to prove all this.

I Have Some of the Greatest Pupils in the Athletic World

I do not make idle and worthless claims. I can prove every statement I make. When I tell you I have trained many of the world's greatest Strong Men, I can point to Rolandow, the strongest man ever produced in America. He is one of my bona fide graduates. Another is the Great Barnes, who has accomplished many feats of strength which no other man in the world could equal or would even attempt. Also such men as August W. Johnson, William D. Waring and many others—all holders of championships and challengers to any other man in their class. I have even earned the approval of such men as Arthur Saxon, the greatest weight lifter of all time, who not only used my apparatus in his training, but gave it his unqualified approval over all others.

My \$1000 Prize Winner for 1923

The value of my system was never more clearly demonstrated than in the person of Mr. Benton Fremont, my \$1,000 Prize Winner for 1923. Mr. Fremont is a business man approaching middle age—is the manager of one of the largest corporations in the country—who has reached his present Physical Perfection just by work in his spare time with my System. For these reasons HIS CASE CANNOT BE EQUALED.

My Prize Winners are chosen for the improvement they make rather than for big, bulging muscles; and yet I will pit Mr. Benton Fremont against any other man, prize winner or otherwise, in the world, for Beauty and Perfection of Figure. Notice that my Prize Winners are not professional athletes; ANYBODY AND EVERYBODY HAS A CHANCE. Contest for 1924 begins January 1st and ends December 31st. Entries accepted up to July 1st. In the event of a tie, each winning pupil will receive the full amount of the prize. Remember, the \$1,000 Prize for 1924 will be awarded to the one making the GREATEST IMPROVEMENT in physique during that time under my Tuition. Write for full particulars.

What Sort of Apparatus Will You Receive?

Don't go into a Physical Culture course blindly. Find out what sort of exercising apparatus comes with the course you buy. I am at present the only instructor in the business who boldly and frankly shows you by means of pictures and written description the sort of exercising apparatus you get with his course. That is because I am proud of my PROGRESSIVE AND AUTOMATIC EXERCISER, the greatest Physical Culture apparatus on the market, and the result of 14 years of investigation and experiment.

There is nothing mysterious about my system. I have nothing to hide from you. My literature will tell you everything.

Remember that my System not only builds muscles, but it heals and strengthens weak and ailing Vital Organs, improves the Circulation, steadies the Nerves, builds up and gives Tone to the whole System, imparts Vigor, Snap, Enthusiasm, Joy and Ambition not only to the young but to middle-aged and old people as well. Why, I have one pupil 92 years of age! Can anyone beat that?

Prof. Henry W. Titus

105 E. 13th St., Dept. 26, New York City



MR. BENTON FREMONT

My 1923 Prize Winner has one of the most beautiful physiques that I have ever seen in my 30 years of experience. Observe that neck and those biceps! He is an absolutely PERFECT MAN.

Ask for My 56-Page Book
"Building Better Bodies"

Greatest treatise on Health and Strength ever written. Tells of my records and those of my Pupils, and gives their Photographs. Ten cents to cover postage and wrapping brings it to you. It may change the whole course of your life. Don't miss this great opportunity, but clip the coupon below and send for the book TODAY.

PROF. HENRY W. TITUS

Dept. 26, 105 East 13th Street, New York City

Dear Sir—I enclose 10 cents, for which please send me at once your book, "Building Better Bodies." It is understood that there is no obligation on my part whatsoever.

Name.....

Street No.....

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

This Course Will Give You the

PHYSICAL STRENGTH

AND
HOW TO ACQUIRE IT

BY
J. LEONARD MASON
INSTRUCTOR OF PHYSICAL EDUCATION
UNIVERSITY OF PENNSYLVANIA

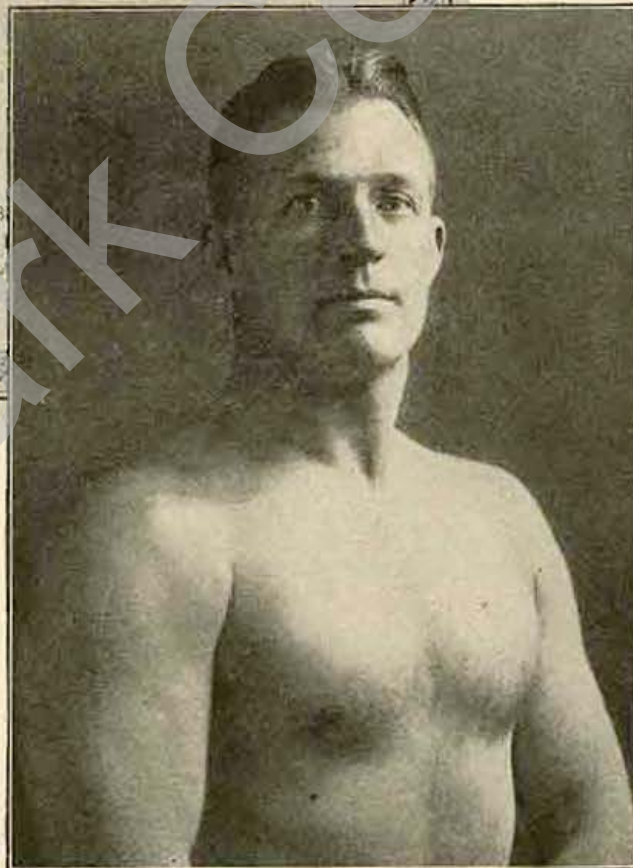
LESSON I

THE MILO PUB
THIRD &
PHIL

FIVE LESSONS

Fifteen Thousand Words

All that could be put into an elaborate and expensive course has been boiled down and condensed into these five lessons and two large charts and they are preceded by an introduction on standing, breathing, and conditioning which to the average man is worth more than is asked for "STRENGTH" and the course together.



J. LEONARD MASON, Author of the FIVE LESSON COURSE

THERE ARE perhaps a dozen men in this country who have studied and perfected this business of body-building. One of these men is Mr. J. Leonard Mason, Instructor of Physical Education at the University of Pennsylvania. Results count and Mr. Mason's record covering the past fifteen years proves him to be one of the greatest physical directors in the country.

So WE put this proposition up to him. We said, "We want you to write a course in Physical Development that we can offer to readers of "STRENGTH" Magazine. We want that course to contain all you know about training, body-building and the development of great muscular strength. It must be clearly written, with exact directions, so that every man can carry out your instructions in his own home with certain results."

THAT COURSE is now ready and, man, it is a wonderful course. It's got just everything in it that a man wants to know. It takes you step by step, without strain, without excessive effort, toward that goal of perfect development. The directions are so exact you can't make a mistake. Best of all it costs so little that you do not have to give the cost a thought.

LESSON I

The introduction is a detailed discussion of training principles. What an athlete needs to know about eating, sleeping, bathing and generally keeping himself in the pink of condition. Special attention is given the effect of proper habits in standing, walking, breathing and in developing muscle control. You are also told how to gain or lose weight, what you should weigh and what ideal development is for a man of your build and height.

LESSONS II and III

Beginning with the second lesson Mr. Mason takes up exercises specially designed to reach every muscle and nerve in the body and to the average man who keeps himself in fairly good shape will be a revelation in disclosing unused and unfit muscles. With the third lesson these exercises become more difficult, surplus and subcutaneous fat are removed, the muscles become clearly defined throughout the body and springy in character, ready for the real business of development.

LESSONS IV and V

Lessons IV and V are designed to produce great muscular strength. Beyond these exercises you cannot go in the science of development and the development you personally secure will depend upon the time you devote to them. Fifteen minutes per day will give you a very powerful build and great muscular strength in three months. If you wish to hasten your development or to attempt lifting or other strong man feats, up to one hour a day may be necessary, or to train over a longer period.

To Get Your Course Send No Money but

Perfect Development You Want

THE WAY YOU FEEL is one of the best guides you have to health. If you don't get up feeling you could lick anything in sight, if you don't sail through your day's work with plenty of pep left for the evening you are not up to the mark in health. Nature, unless interfered with, provides all the physical and mental energy, nerve-force, and strength a man needs to do his daily job. But 90 out of every 100 men are either indifferent to or ignorant of nature's laws with the result that these forces are wasted and not replaced or misdirected and not utilized. You are only passing the buck to yourself when you call it "a hard day," for every day soon becomes "a hard day." The remedy is to learn how to live and then apply those laws to your life.

LOOK YOUR BEST

THE WAY YOU LOOK is not only an important factor in business, but it touches your social life and makes or mars your personality. Get a fine pair of shoulders, a deep chest, a trim waist and fine proportions and people can't help but notice you and exclaim about your appearance and personality. Just recall the men who have attracted you, who impressed you with their keenness of thought and unlimited pep. Were they not all men who kept themselves in the pink of condition? Think now of the fellows you know, who are slipping because they are ignoring this vital matter of health. Then ask yourself which crowd you want to play with.

RESISTANCE TO DISEASE

EVERY DAY YOU are exposed to countless germs and those germs thrive on flabby, undernourished tissue. Here's something you perhaps never thought of—*resistance*. If they attack you, what you have got to fight them with? That's a question worth asking yourself? Real resistance means every muscle and tissue must be developed. Development changes them from an inactive, half starved, receptive condition into supple, living fibre ready to battle against any invader. Isn't that the kind of health you want? We are sure it is. But wishing won't get you anywhere. If you are in earnest take advantage of this offer while it remains open. We guarantee you will get the results and it costs you nothing to try it out.

Our idea in making you this unusual offer is to secure your interest in "STRENGTH" Magazine. We believe if you take this course you will be so delighted with the results you will become a booster for "STRENGTH." We believe also that "STRENGTH" coming to you every month throughout the year, helping you, inspiring you, teaching you how to live, will become indispensable to you. That is why we have added to the regular price of the magazine only the actual cost of producing the course.

SEND NO MONEY BUT MAIL YOUR RESERVATION TODAY

But—just a word of warning—this is partly an experiment and we may decide to sell the course separately at a much higher price. That is why only 1500 courses have been prepared, and why to secure one of these courses you must make your reservation at once. SEND NO MONEY but mail this Coupon without delay. If you are not delighted your money will be returned at once.

DON'T FORGET that "STRENGTH" Magazine alone is \$2.50. While on this offer you get the Five Lesson Course and a full year's subscription to "STRENGTH" Magazine—both for only \$3.75. But remember, this offer holds good only while the 1500 courses last. So mail us your reservation TODAY. Tomorrow may be too late.

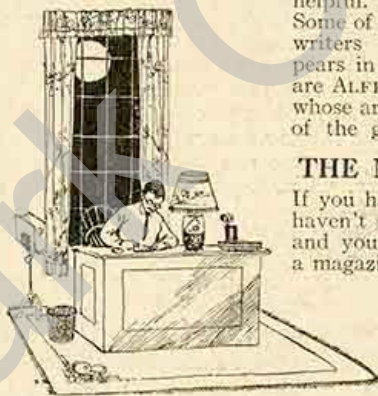
Fifteen Years of Your Life

Will you add them or subtract them?

If fifteen added years of earning power or fifteen extra years of activity mean anything to you now is the time to store them away. At 20, at 30, even at 40 years a man can rebuild himself physically, but the sooner you do it the easier it will be to do. Here is where "STRENGTH" Magazine can help you.

Money cannot buy health, But "STRENGTH" Magazine can and will show any man or woman how they can get health and keep it after they have it.

Articles on health, physical development, curative exercise and body-building are featured as well as those on diet, bathing and personal hygiene.



"STRENGTH" is clean, wholesome and inspiring. It idealizes strength, giving it that appeal to the imagination which makes its message all the more stimulating. To be clean and strong is the foundation of a happy life.

"STRENGTH" will make this conception of human life a national ideal.

"STRENGTH" is a clean magazine. There is nothing in it to offend those of refinement and good taste. There is no sex appeal and nothing of the sensational. It is artistic, stimulating, inspirational—and most of all, helpful.

Some of the many feature writers whose work appears in "STRENGTH" are ALFRED W. McCANN, whose articles on food are of the greatest value to

the individual, pointing the way to a new science of eating based on an exhaustive study of the foods themselves and the body's requirements; ALAN CALVERT whose

genius for writing the most helpful lessons in physical training and development is unequalled; Albert Edward Wigam whose skill in unraveling the family history of the

past will make heredity and eugenics a living matter in the next generation. Others who will be recognized as leaders in their respective fields are Wilbur Hall, Henry Smith Williams, Charles W. Paddock, Alvin Harlow, Prof. B. H. B. Lange, Annie Riley Hale, Gertrude Artelt T. von Ziekursch, H. A. Roberts, Richard Barry, and A. D. Albin.

During the coming year "STRENGTH" will be lavishly illustrated with the finest pictures, many in rotogravure, showing the finest built men and most perfectly formed women in America.

THE NEW ENLARGED "STRENGTH"

If you have not read the last two or three issues you haven't seen "STRENGTH" in its new enlarged size and you are missing something. "STRENGTH" is a magazine of features but we have mentioned only a few of them here. What we can do is give you the chance to try it out. Send us the reservation coupon. When you have looked over the magazine and the course make your decision. But act without delay. There is no time to lose.

3-24

**STRENGTH
MAGAZINE**

301 Diamond Street
PHILADELPHIA, PA.

Send me Mr. J. Leonard Mason's five lesson course "Physical Strength and How to Acquire It" and enter my subscription to "STRENGTH" Magazine for one year. When the course is received I will deposit 75 cents (plus actual postage) with the postman. At the end of ten days I will either return the course and have my money refunded or send you \$3.00 in final payment for both the course and magazine.

Mail this Coupon At Once

Name.....

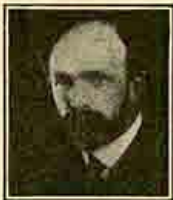
Address.....

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

Do You Make these Mistakes in ENGLISH?

Free yourself of embarrassing mistakes in speaking and writing. Wonderful new invention automatically finds and corrects your mistakes; gives you a powerful mastery of language in only 15 minutes a day.

Many persons say, "Did you hear from him today?" They should say, "Have you heard from him today?" Some persons spell calendar "calender" or "calander." Still others say "between you and I" instead of "between you and me." It is astonishing how many persons use "who" for "whom" and mispronounce the simplest words. Few persons know whether to spell certain words with one or two "e's" or "m's" or "e's," or with "ie" or "ei."



SHERWIN CODY

And very few persons use any but the most common words—colorless, flat, ordinary. Their speech and their letters are lifeless, monotonous, humdrum. Every time they talk or write they show themselves lacking in the essential points of English.

Every time you talk, every time you write, you show what you are. When you use the wrong word, when you mispronounce a word, when you punctuate incorrectly, when you use flat, ordinary words, you handicap yourself enormously. A striking command of English enables you to present your ideas clearly, forcefully, convincingly. If your language is incorrect it hurts you more than you will ever know, for people are too polite to tell you about your mistakes.

Wonderful New Invention

For many years Mr. Cody has studied the problem of creating instinctive habits of using good English. After countless experiments he finally invented a simple method by which you can acquire a better command of the English language in only 15 minutes a day. Now you can stop making the mistakes which have been hurting you. Mr. Cody's students have secured more improvement in five weeks that had previously been obtained by other pupils in two years!

Learn by Habit—Not by Rules

Under old methods rules are memorized, but correct habits are not formed. Finally the rules themselves are forgotten. The new Sherwin Cody method provides for the formation of correct habits by constantly calling attention only to the mistakes you yourself make—and then showing you the right way, without asking you to memorize any rules.

One of the wonderful things about Mr. Cody's course is the speed with which these habit-forming practice drills can be carried out. You can write the answers to fifty questions in 15 minutes and correct your work in 15 minutes more. The drudgery and work of copying have been ended by Mr. Cody! You concentrate always on your own mistakes until it becomes "second nature" to speak and write correctly.

FREE Book on English and 15-Minute Test

A command of polished and effective language denotes education and shows your culture. It wins friends and favorably impresses those with whom you come in contact. In business and in social life correct English gives you added advantages and better opportunities, while poor English handicaps you more than you will ever realize. And now, in only 15 minutes a day—in your own home—you can actually see yourself improve by using the 100% self-correcting method.

Mr. Cody has prepared a simple 15-minute test with correct answers, which you can take in your own home so you can tell at once just where you stand. If you are efficient in English it will give you greater confidence. If you are deficient you surely want to know it. Write today for this test—it is free. We will also gladly mail you our new free book, "How to Speak and Write Masterly English." Merely mail the coupon or a postal card.

SHERWIN CODY SCHOOL of ENGLISH

753 Searle Building, Rochester, N. Y.

SHERWIN CODY SCHOOL OF ENGLISH
753 Searle Building, Rochester, N. Y.

Please send me your Free Book "How to Speak and Write Masterly English," and also the 15-minute Test.

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

Mr. Mackey Learned How to Eat

(Continued from page 59)

interior of her dwelling, leaving Mr. Mackey to his own devices and the delights of solitary ice-cream freezing on her back-porch.

Just as Mr. Mackey's thoughts were taking a profane turn, the grocer's boy, whistling a merry tune, turned the corner of the house and came up with an armful of parcels. The grocer's boy was fat and good-natured in appearance, and noting these encouraging symptoms, Mr. Mackey had an inspiration. "Say, boy, you're not in any special hurry, are you? Lend a hand here with this freezer. Turn the crank while I hold it steady. It will be finished in another five minutes, and the missus in there will give you a saucerful." Grocer boys are rarely in a hurry, and the offer of ice-cream on a warm September day is calculated to corrupt sterner morals than ever pertain to their kind.

For the next few minutes the ice-cream freezing took on new life, with the fat boy vigorously turning the crank and Mr. Mackey holding the pail in place. The flaxen head of Jamie, the little Scotch boy from across the way, had also become an integral part of the scene, he having been attracted by the noise of the grinding and the small boy's instinctive sensing of the proximity of ice-cream. Jamie was a palpitating, self-repeating question-mark, pouring forth interrogatories faster than any rapid-firing talking-machine could answer, and indeed, Jamie never waited for answers. "What are you doing, Mr. Mackey? Well, what are you doing it for? What is the fat boy doing? And why is he so fat?"—rolled out with breathless insistence, without pausing or heeding replies.

"He is so fat, Jamie," said the hygienic lady, who had appeared in the doorway, "because he eats too much white bread, mashed potatoes and sweets, and not enough fruit and green vegetables."

The grocer boy grinned good-naturedly at this, as resting from his labors he awaited the promised reward. Soon he and Jamie were provided each with a saucer piled up with the lovely caramel ice-cream and attested their enjoyment in a manner more eloquent than any words. Mr. Mackey carried home a generous portion for himself and his wife, to whom he related the story of "carpenter's glue" in the manufactured ice-cream, and expressed a doubt as to his ever being able to relish it again. "It would taste pretty punk after this kind anyhow," he added.

Next day the hygienic lady, seeing Mr. Mackey at work in his yard, brought out her copy of Alfred McCann's book and offered him the loan of it, recommending for his immediate perusal the section on the "Eight Poison Squads." He sat down under the pepper tree and read the "Eight Poison Squads" through without stopping. He was so profoundly impressed with the rescue of the "Kronprinz Wilhelm" crew from beri-beri with wheat bran, and the destruction of the Madeira-Mamore Railway crew by starvation in the midst of abundant fruits and nuts that would have saved them, that he told Mrs. Mackey when he went into the house that they positively must banish white bread and all other demineralized foods.

Mrs. Mackey demurred at first, thought they'd "better consult the doctor," etc. But Mr. Mackey was firm, and Mrs. Mackey had the lifelong habit of deference when Mr. Mackey "took a stand."

After a month of the new dietary, Mr. Mackey confessed to feeling "like a new man."

"Isn't it amazing, Anna," Mr. Mackey said to his wife one evening at the supper table, "what marvelous benefits may come from turning one's neighbor's ice-cream freezer?"

Thomas Daniel—at the Athletic Age of 77

(Continued from page 69)

the right foot at right angles across the left, toes pointing toward his face. He resists the downward pressure of his right foot. When the resistance has been overcome he presses down again, alternating this exercise with each foot through a half-dozen times.

2. Crosses right foot over left and presses outer side hard against outer side of left foot; reverses and keeps this up a half-dozen times.

3. Draws knees up, feet resting flat; presses knees tightly against each other, holding them there a few seconds, and releases.

4. Makes left backward turn of both hands so fingers can interlock and presses palms hard together a few times; without unclasp fingers draws up arms, bending the elbows and repeating the pressure. Reverses and repeats on other side.

5. Reaches left hand across chest and grasps upper right arm, then grasps upper left arm with right hand and presses outwardly against resistance, then pulls arms towards each other, against resistance.

6. Lifts body clear of floor until only back of head and heels support it. Does this a dozen times.

7. Turns on stomach and repeats.

8. Draws up knees as far as convenient, placing fists against thighs and gradually tightens grips of both hands. This last is a nerve exercise.

9. In exercise for his arteries, he stretches his body while prone as far as he can, relaxes and stretches again. He is careful to reach with the heels instead of the toes, thus preventing cramping.

Getting out of bed he works through this self-educated course:

10. Strikes out vigorously with

Mile-A-Minute Life Wrecks the Nerves

Says Noted Authority, Whose Patients Include Many of America's Foremost Business Men, Statesmen and Physicians

(The Following is a Reprint from the New York Evening Mail)

In our fathers' time long hours of hard work and close attention to business was the keynote of success. They worked and worked in a slow, plodding manner, and in the end retired with nerves unshattered and health unimpaired.

Today things are different. We are living in the age of speed, the mile-a-minute life. In the words of Dr. Eugene Lyman Fisk, head of the Life Extension Institute, "We Americans are rushing madly toward the grave, flogging ourselves with stimulants as we gallop through life." Success comes only to those who can endure the terrific nerve tension of modern business methods, and most men who retire after having achieved success have not enough vitality and nerve force left to enjoy the fruits of their years of labor and nerve strain. In other words, the main requirement of success today is abundant nerve force.

This, in brief, is the opinion of Paul von Boeckmann, who has devoted more than twenty-five years to the study of nerve strain and its evil consequences. In his writings and lectures on health he emphasizes the dangers of our present-day nerve-wrecking mode of living.

This man, who has analyzed the cause of nervous prostration in over 300,000 people, told the writer at his office, 110 West Fortieth Street, "People do not realize that there is a limit to the strain the nerves can endure. The vital organs can produce just so much nerve force and no more. If we expend this precious nerve force more rapidly than it is accumulated, we become nerve bankrupts—neurasthenics.

"The great war proved how very sensitive our nerves are to mental strain. One-third of all the hospital cases were nerve cases. The strongest men, after a few days of exposure at the front, were semi-paralyzed so that they could not eat, sleep and, in many cases, even stand or speak; thousands lost their reason. Over 135 cases from New York alone are now in asylums for the insane."

The writer asked Mr. von Boeckmann whether he was immune to nerve strain himself, since he teaches nerve culture and is known to be one of the strongest men in the world today. "No," he replied. "Some years ago I tried to crowd ten years of work into one, and my nerves failed me. Today, of course, my nerves are normal again, and I shall never again have to suffer the tortures which come from nerve exhaustion. No one, who has not had deranged nerves, can understand the meaning of it. It is hell, that's all. At first you are afraid you will die, and then you are afraid that you will not die. A sickening sensation of fear creeps upon you, and you lose confidence in yourself, and imagine that you have all kinds of dangerous diseases.

"The development of nerve exhaustion does not follow any set rule, but varies according to the physical and mental characteristics of the victim. Usually the first indication of overtaxed nerves is that well-known tired feeling—a general lack of 'pep.' As the depletion of nerve force progresses, one or more vital organs begin to lag in their activity, the most common symptoms being digestive disturbances, deranged blood circulation, high and low blood pressure; and, in the more advanced

stages, serious organic disturbances are manifested, and most distressing mental strains show this in, for instance, undue fears, sleeplessness, melancholia, inability to concentrate; and the final breakdown may lead to insanity.

"Of course, all this is not new. Every physician will tell you that most of his patients owe their ailments to nerve exhaustion, either directly or indirectly. I agree fully with Dr. Alfred T. Schofield, the noted British authority on the nerves, who says, 'It is my belief that the greatest single factor in the maintenance of health is that the nerves be in order.'

"Years ago I applied only physical methods in building up 'run-down' men and women. Today I concentrate upon the nerves and mind, employing perhaps only 10 per cent physical methods, and as a result I am successful in practically every case."

When asked to cite examples of how people overtax their nerves, Mr. von Boeckmann said: "That is difficult to explain in a few words. Briefly, men strain their nerves through worry in business, excessive mental concentration, anger, excitement and so forth. Of course, excesses and vices of various kinds are often the direct cause. Women, on the other hand, strain their nerves through the emotions, although they, too, have worries over economical problems. Many people are born with supersensitive nerves, which fly to pieces under the slightest strain."

Mr. von Boeckmann informed the writer that far over a million of his various books had been sold and that he had given over 100,000 courses of instruction during the last twenty-five years. His pupils or patients included many of the foremost American physicians, statesmen, business men, college professors and ministers of national renown. His clientele is found mainly among people who are naturally high strung and people with overactive brains, who do not know that there is a limit to their reservation of nerve force.

Mr. von Boeckmann concluded: "I would say, as general advice to all business men (in fact, to every man and woman): Rest and relax whenever you can. Do what you must do, and do that well, but do not waste your nerve force in directions that are not necessary, applying it to affairs and persons that do not directly concern you. Help others, yes, but do not wreck your own health in doing so. Many people must be made to change their entire outlook of life in order to avoid nerve strain. That is an important part of my system of instruction."

NOTE: Mr. von Boeckmann publishes a 64-page book entitled "Nerve Force," a book that is essentially intended to teach how to care for the nerves and how to apply simple methods for their restoration. The cost is only 25c., coin or stamps, and will be mailed under plain cover by addressing him at Studio 469, 110 West 40th St., New York, N. Y. This book is not an advertisement. The facts presented will prove a revelation to you, and the advice will be of incalculable value, whether you have had trouble with your nerves or not.

right hand across the body towards the left; repeats with left hand for fifteen or twenty times.

11. Throws right arm as high as possible to perpendicular position close to the head. Bringing it down throws up left arm, repeating fifteen or twenty times.

12. Throws up left hand, bends forward and touches floor with right hand. Alternates, and repeats.

13. Clasps fingers of each hand on top of the head, and against strong resistance pulls head down towards the shoulders, keeping body upright. Pulls head to left, to right and down, changes.

14. Putting hands under chin forces it backwards.

15. With feet well apart, bends low and pushes both hands between legs, backwards, then rises rapidly and throws hands backwards over head, at same time bending backwards as far as possible. (See 16.)

17. Another one consists of bending the knee until the hand on that side can catch and hold the toes and foot; then he sinks slowly to the floor until the bent knee touches, and without losing grip straightens, and repeats with other foot.

18. Spreads feet apart until toes on opposite feet are same distance apart as his height, five feet eight inches.

In walking he inhales as much air as the lungs can hold, retains until he counts ten and exhales slowly. Doing this once daily through a half-mile walk he finds sufficient to eliminate headaches. "I haven't had a headache in forty years," he says. "Not since I began these exercises.

"I am a stickler for going to bed at a decent hour. Since I quit the printing business in 1869 I have rarely been out of doors after ten o'clock, and I am out of bed at six o'clock in the morning. I hardly dream once a year. Nor have I any choice as to which side I lie on. A cold never makes me sick, but it is the one thing I never try to overcome with exercise.

"I have never used tobacco, excepting during two years when I was a printer. I eat what I want, and have never suffered from indigestion. I do not drink. My memory is good.

"I usually drink three large glasses of water on rising. That is an effective way to keep open the drainage system. This water-drinking habit got me into trouble during my vacation period four or five years ago. There was an epidemic of fever in Lansing due to backwater getting into the city's drinking supply, and I was taken sick.

"My wife called a physician, and after examining me—taking my blood pressure and so on—he asked:

"How old are you?"

"Seventy-three," I answered.

"You're joking," he returned.

"No, he isn't," spoke up my wife.

"Think of that," ejaculated the doctor. "He's got the blood pressure of a kid."

"That sick spell did, however, take off fifteen pounds from my normal weight of one hundred and thirty-five."

Condition and Form in Track Athletics

(Continued from page 62)

dition without as much hard work as is necessary in the case of a miler. In the middle-distance speed counts for more than muscular endurance, but the need for super-lung-power is just the same. There are runners who claim that the quarter-mile is a harder test than the mile. True, the quarter-mile is one protracted sprint, and the runner has not time to get his second wind. A good "miler" will cover his distance in about four minutes and twenty seconds, and a good 440-yard man will cover his distance in fifty seconds, but he puts out as much energy in his fifty seconds as the miler does in his four minutes and more. Middle distance men and sprinters are harder to train than the long-distance men. Speed is a matter of nervous make-up. The long-distance man is a plodder mentally and physically, but the sprinter and quarter-miler are high-strung chaps. When conditions are just right, they can display an appalling burst of speed, but if they are worried or over-trained they slip far below their usual performance. A man who has nervous strength responds more quickly to training than does the other man whose strength is purely muscular. Most of the professional trainer's troubles are with the sprinters.

Comparatively little exercise will keep the sprinter in top-notch form, and a large part of the

sprinter's training is devoted to the mastery of form. He does not go out every day, and sprint a hundred yards at the top of his speed, and repeat several times. A large percentage of his time is spent in learning to start, and another part in learning the particular niceties of stride best suited to a man of his physical make-up. The sprinter wastes no time in doing road-work to foster his endurance. His job is to keep his energy at the very highest notch, and to keep his bodily weight at

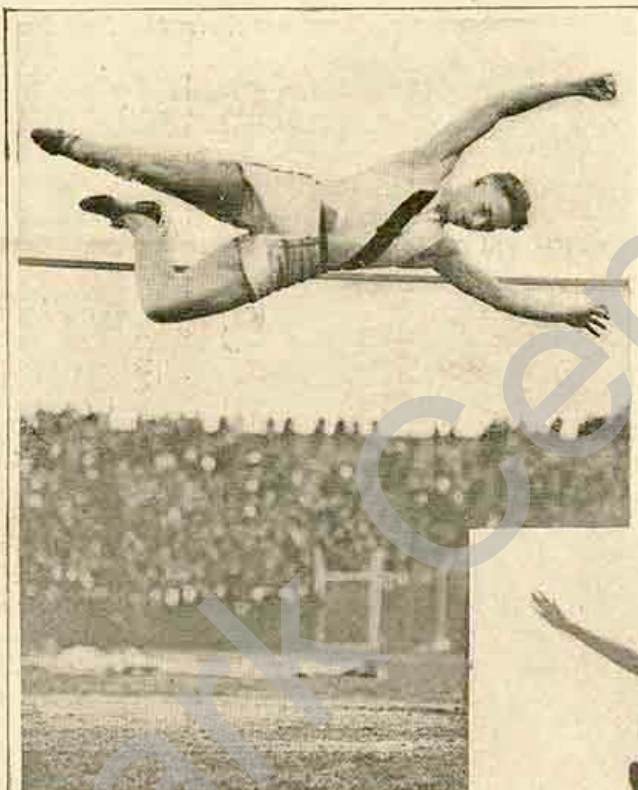
such a figure that he carries no surplus, wind-clogging flesh, but yet is not so wire-drawn that his energy is lessened. In sprinting one might say that condition and form are of equal importance.

In hurdle racing form becomes a big factor. Any man can run 120 yards at the top of his speed, but practically every man has to be *taught* how to run the same distance over ten hurdles. A hurdler has to follow a certain method—that is, a certain number of strides between each hurdle, and a certain way of clearing the hurdles. The record in the hurdle races are considerably better than the records of twenty years ago. The modern method of clearing the hurdle is much superior to the former method. The Americans are the finest hurdlers in the world. They have developed a style which enables the athletes to clear the hurdle with the least possible effort and the greatest possible saving of time. To acquire this style, the hurdler must practice, practice, and again practice; but then the hurdler is generally tall and a fairly husky individual, capable of standing a lot of hard work. Hurdling requires great speed, and a certain explosive energy. Most hurdlers are easy to train because they are gluttons for work.

The field events in the track meet include the running-high jump, running-broad jump, pole-vault, shot-put, hammer-throw and discus-throw. In all the field events it is safe to say that *form is more important than condition*. To acquire the correct form the athlete must first learn the exact correct method of performing his particular stunt, and then he

must practice eternally until he perfects his method and acquires form, which is subconscious and therefore second nature.

In the field events it seldom happens that an athlete can win distinction during his first year. Few men reach their best until the second or third year of competition.



Paul Thompson

P & A

If Private Hiram Green, of Fort Slocum, New York (at right), could jump 5 feet 9 inches with the poor form displayed, he is a marvelous jumper. What could he have done with the good form of H. M. Osborne, shown above?



Paul Boren, University of California, shows ideal form in the running broad jump, securing a good lift of the body by doubling up the knees while leaning forward, and thus covering as much distance as possible before returning to Mother Earth.

International

You cannot be really strong unless you are really healthy

SOME people have the idea that great strength can be cultivated only at the sacrifice of health. As a matter of fact, it is impossible to acquire great strength without simultaneously acquiring perfect health. Muscles will not grow in size, nor improve in shape, unless they are nourished by perfectly working digestive and assimilative organs. The vigorous exercises which are necessary to the creation of an heroic physique cannot be performed unless the lungs are increased in capacity, and the heart increased in strength to correspond with the growth of the exterior muscles. You simply cannot develop a powerful, shapely body without invigorating your internal organs at the same time.

THE BAR-BELL WAS ORIGINALLY CALLED A "HEALTH-LIFT"

Because bar-bells are used by vaudeville performers most of you have the impression that the only exercise you perform with a bar-bell is to push it to arm's-length overhead, and that such an exercise develops only the arms and the shoulders.

THE BACK IS THE "KEYSTONE" IN THE ARCH OF A MAN'S STRENGTH

An adjustable bar-bell, when properly used, will develop *every* part of your body. It is true that it will give you arms and shoulders that cannot be acquired through any other method; but it is more important for you to realize that it will give you the back, the chest, the waist, and the legs of a Hercules. By practicing with a bar-bell a couple of hours a week, you can obtain not only superb muscular development, but also *the perfect health, the prodigious vitality, and the personal magnetism* which characterizes every physically perfect individual.

MR. ROY L. SMITH—A SAMPLE OF OUR METHODS

Mr. Smith, whose pictures appear on this page, is probably the strongest amateur athlete in the world. He can "put up" with one arm a 240-pound bar-bell, and he can lift more than a ton of dead weight from the ground. The reason he can put up such a tremendously heavy weight is *because his back is so strong*. He has a 16-inch biceps. Scores of gymnasts have arms that big, but not one gymnast in ten thousand has a back or legs as strong as Mr. Smith's. He was about thirty years old when he started to use bar-bells. Some of you think that a man cannot improve after he is thirty, but Mr. Smith increased his weight by 40 pounds, his muscular development by 100%, and so improved his figure that when in street clothes he is one of the most impressive looking men we have ever seen.



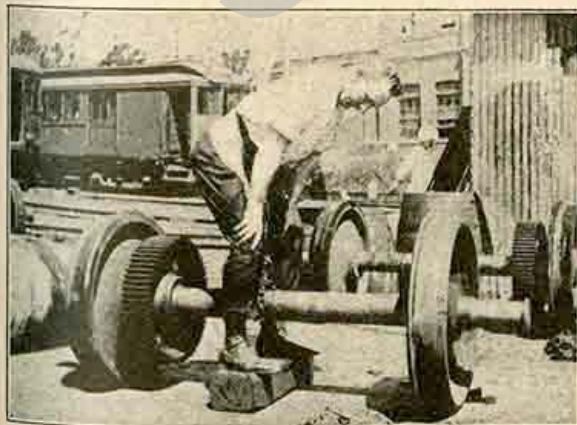
ROY L. SMITH

WE HAVE PUPILS OF ALL AGES

We have taken sixteen-year-old boys and made them nation-famous athletes by the time they were seventeen; we have taken chronic invalids of middle-age and have given them perfect figures, perfect health, and restored their youthful energy and vitality. We can tell you of a man who was a physical wreck at forty-seven, and who, by practicing with a Milo Bar-Bell, restored his health and made himself one of the strongest men in the world.

WE ADJUST OUR COURSE TO SUIT EACH INDIVIDUAL PUPIL

We never try to adjust the *pupil* to suit the *course*. Our aim is to help *you* to get as close as possible to absolute physical perfection. The adjustable bar-bell is the means through which we work. If we can give you a fine personal appearance, and the great vitality, endurance and perfect health that go with it, we really do not care how much you can lift.



Mr. Smith Making a "Hip Lift" of 2250 lbs.

We are the world's largest manufacturers of adjustable bar-bells and dumb-bells, and the originators of the "double-progressive" method of training.

We suggest that you send at once for our free booklet "HEALTH, STRENGTH AND DEVELOPMENT" and How to Obtain Them.

It contains a catalogue of our adjustable bar-bells, a complete exposition of our training methods, and a lot of pictures of our celebrated and wonderfully developed pupils.

The Milo Bar-Bell Co.
Dept. 8, 301 Diamond St.,
PHILADELPHIA, PA.

SPECIAL

When writing for our booklet, be sure to ask for **YOUR** copy of the pamphlet: "How Much Should I Weigh and How Much Should I Measure."

Photographs of a Few of the
Graduates of 1923 Class of the
AMERICAN SCHOOL
of
Naturopathy and Chiropractic



Strength Readers!

Why not decide to become a doctor of Naturopathy? Classes now being formed for the new term. Register at once. This is the original recognized school of Naturopathy. Founded 1896 by Dr. Benedict Lust, Incorporated 1905 under the laws of the State of New York.

Several thousands of men and women who have graduated from this Institution are now enjoying a successful practice. They have attained influence and prominence as worthy professional men and women.

There is a constantly increasing demand for doctors of Naturopathy. Progressive, intelligent people today are seeking the counsel and advice of drugless doctors. They prefer Nature's methods to cure them of their ills.

Students of Dr. Lust's School receive a complete and most thorough course of instruction in all rational methods of healing, including Nature Cure, Physical Culture, Hydrotherapy and all other mechanical and biological methods such as Diet, Chiropractic, Osteopathy, etc.

The true spirit of the fathers of Naturopathy exists in this institution. This school has received the unqualified endorsement of Bernard Macfadden and other authorities of the drugless field.

We would suggest that before you definitely decide on any school to visit the American School of Naturopathy and investigate for yourself as to our methods and self-supporting plan. We want to particularly counsel you to beware of "Mushroom" Schools that are not recognized, and that do not teach the true and scientific methods of Naturopathy. These schools are primarily diploma "factories." Our graduates are recognized by all Naturopathic State Boards of America and foreign countries.

We will be glad to send you complete and full educational literature on this subject on receipt of 25c to cover postage and mailing.

AMERICAN SCHOOL OF NATUROPATHY
AMERICAN SCHOOL OF CHIROPRACTIC
Dr. BENEDICT LUST, President and Dean
7 West 76th Street, Dept. S, New York City

The Mat

(Continued from page 72)

grow bigger and stronger he must satisfy that appetite.

Please understand that these are only my personal views, and I do not claim to be an authority on the subject. According to the artists, rules of proportion, the length from the floor to the crotch should be $7/15$ of the height; that is if you stand 5 feet 8 inches tall your inseam should be $31\frac{3}{4}$ inches. If you are below the average height you will probably find that your inseam is less than $7/15$ of your height. If you are tall (that is, 5 feet 10 inches or over), you will probably find that your inseam measures more than $7/15$ of your height. Really tall people are unusually long limbed, and if you happen to be short-limbed and long-bodied, I do not believe that you could add much to your height, or anything to your appearance, by trying to stretch the spine.

* * *

In the *New York Tribune* of December 29th, I saw a notice of the death of Pierre Gasnier. Only the old-timers among you will remember this celebrated lifter. He was a Frenchman, but lived in this country the latter half of his life. I first met him in 1903, and he was a middle-aged man at that time, so he must have been over sixty when he died. He was a little chap, standing only about 5 feet 3 inches tall, but he had a wonderful pair of arms, and magnificent chest and shoulders. He had traveled all over the world, had met almost all the celebrated lifters, and was a perfect mine of information about feats of strength. He carried around with him a short and very awkwardly shaped bar-bell, and offered a prize of \$1,000 to any one who could lift it from the floor to arms length above the head *with one hand*. The bell was not very heavy but it could be lifted from the floor to the shoulder only by a short man, and one who could equal Gasnier in strength and skill.

If a competitor looked dangerous, Gasnier would tie bags of lead shot to the ends of the bell in order to make the stunt more difficult. He weighed 135 lbs., and claimed that he could raise 250 lbs. in the "bent press." I never saw him do that much, but I know that he could "press" 220 lbs. without very much trouble.

He was one of the most skillful dumb-bell lifters I have ever met. In fact, he ranked very close to Arthur Saxon in skill. He could raise dumb-bells that were very heavy in proportion to his own weight. Only a first-class lifter can do a one-arm "snatch" with a bar-bell as heavy as he is. I saw Gasnier tie his ankles together with a handkerchief, and make a right arm "snatch" with a 130 lb. bar-bell; which was only 5 lbs. less than he weighed himself. He told me that he could "snatch" 150 lbs., which I could quite believe after seeing him "snatch" 130 lbs. with his ankles tied.

Here is one more letter which seems to prove the importance of a strong back in jumping.

Chicago, Illinois.

Dear Sir:

I wish to give you my record in the standing broad-jump, which is 9 feet $8\frac{3}{4}$ inches on the level measured from take off board to heels.

I do not practice jumping, and I do not consider my present record extra good, but what little ability I have as a jumper, I believe is accounted for, by the strength of my back.

A couple of years ago I could clear but 7 feet in the standing broad-jump. About that time I began to exercise with weights, and although I have increased considerably in weight since then, this has not hindered me from adding almost three feet to my record.

I can lift the front end of a Ford car off the ground while two men are sitting on the hood, and I have also lifted 550 lbs. in a "hands-alone" lift.

I do not consider these lifts marvelous, but I do believe that they require a fairly strong back.

Yours truly,

A. P. HEDLUND.

You will remember that from all the different styles of jumps, I pick the standing broad-jump as the simplest variety. The running high-jump is the most complicated, and the one that requires the most skill and practice. So far as I can determine, a large proportion of the champion high-jumpers are tall, slender men, who show comparatively little in the way of muscular development. In the standing broad-jump there is little or no skill required, and the length of the jump is a very good register of the springiness of one's back and legs. A lot of celebrated lifters have been almost equally celebrated as jumpers, and some of them were also very high-class sprinters. The jumper is usually a man of explosive energy, and therefore a sprinter is likely to be a very good jumper, whereas a long-distance man is rarely a good jumper. In the running broad-jump speed counts for a whole lot. The record in the running broad-jump is about 25 feet, and there are some authorities who claim that any man who can cover 100 yards in ten seconds, can clear 20 feet in the broad-jump simply by tearing down the path at top speed, lifting his feet, and sailing through the air.

Another event which is the very best training for the running broad-jump is hurdle-racing. In running 120 yards over 3 feet 6 hurdles, the custom is to take three steps between each pair of hurdles, and that means that every time the athlete clears a hurdle he covers nearly 16 feet at one bound. As that is the case, it is not surprising to learn that most men who can run the high-hurdles in sixteen seconds, can also clear more than 22 feet in the running broad-jump. Hurdling would seem to call only for leg strength, but it requires a great deal of back strength. I would not be surprised to learn that the average hurdler could lift twice as

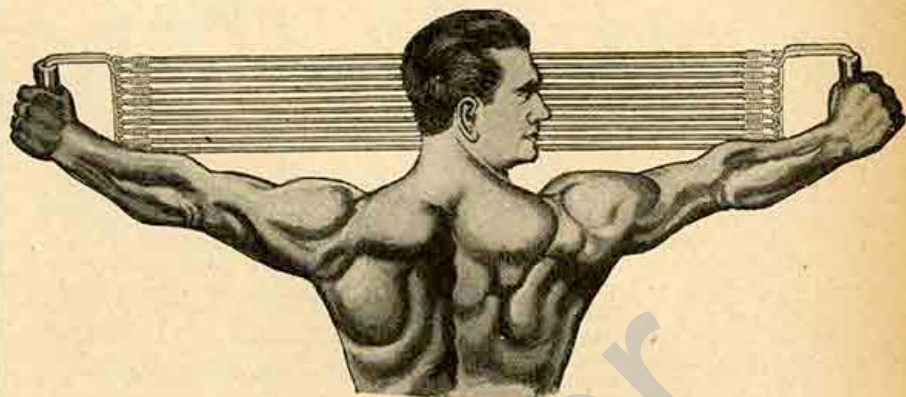
much weight from the ground as could the average distance-runner.

I am showing you two pictures of Mr. Hedlund who wrote the letter. They are interesting because they show the great difference made by a comparatively small increase in development. The picture marked "A" was taken about six months ago. The picture marked "B" was taken about Christmas time, 1923. Mr. Hedlund is not a beginner by any means. He has been practicing with bar-bells for the last two or three years, and when he started he was extremely slender, and like many slender men he had to work very hard to get his fine development.

The longer a man trains the slower is his rate of improvement. A beginner will frequently gain 4 inches around the chest in the first two months he trains, and then it will take him another ten months to add another 4 inches. A 4 inch gain is remarkable, but an 8 inch gain is tremendous. When "A" was taken, Hedlund's chest measured 42 inches, and his biceps 14½ inches. When "B" was taken, his chest measured nearly 44 inches, and his biceps over 15 inches. If you compare the two pictures, it seems as though he must have gained more than that, and the reason I am printing the pictures is to show you the great effect of a slight improvement after you reach a certain point. When you are first starting out, a couple of inches on the chest does not make very much difference in your appearance, but when you get near the limit of your development every added inch makes a wonderful difference. If you take a picture of a man with a 34 inch chest, and a little while later a picture of the same man after his chest has increased to 36 inches, you will not see much difference; but if you take a picture of a man with a 44 inch chest, and another picture after he has gotten a 46 inch chest, the difference is really amazing. Mr. Hedlund is 6 feet tall, and has a reach of 78 inches, showing that his arms are very long. In October, 1921, his normal chest measured 36½ inches. In November, 1922, 41½ inches; in the spring of 1923, 42 inches; and at present nearly 44 inches. Judging by his steady progress, Mr. Hedlund will undoubtedly get his chest up to 46 inches before very long. A 40-inch chest is bigger than the average, but is nothing to brag about. A 42-inch chest is noticeably large. A 44-inch chest on a slender man always attracts favorable comment; but a man with a 46 inch chest is in the super-athlete class.

There is more difference than just size between pictures A and B. There is a great difference in shape. Hedlund's muscles are now getting the massive but clean-cut outlines which you notice in the pictures of so many champion lifters. In picture "B" his shoulders are much broader than in picture "A," as you can see by comparing them to the width of the head and waist. In picture "B" the muscles at the sides of the waist, and on the abdomen show far more development than in picture "A."

How to Become a Marvel of Muscular Development



You Can Develop Enormous Muscles with This Newest and Greatest Invention in Physical Culture Apparatus

If you want to be a *real* strong man, if you want to build up a powerful, muscular body that will make you stand out among men, you can do it simply by using the McFadden Patented 10 Cable Progressive Exerciser. This exerciser has a resistance of from 10 to 200 pounds. With the patented handles you have actually two 5 cable progressive exercisers which 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 may require.

Newly Patented Stirrup

This ingenious device is a new addition to the McFadden 10 Cable Progressive Exerciser and is provided to give you the proper exercise to build up the most powerful legs. It is made of one piece steel and will stand a resistance of from 50 to 1,000 pounds. It can be attached to any 10 cable progressive exerciser. The value of this marvelous invention cannot be estimated, as it will give you more exercise and better results than ever before.

Adjustable Patented Head-Gear

Increases the Size of Your Neck One Inch in 30 to 90 Days

If you want to be strong and *look* strong, you must develop your neck. The McFadden Patented Head-Gear will positively increase the size of your neck **ONE FULL INCH** in from 30 to 90 days. This apparatus is simplicity itself and by following my 12 weeks home instruction course, which I give you free and complete with each outfit, you can accomplish most wonderful results.

The McFadden Patented Head-Gear is adjustable and will fit any man or boy. By using it in connection with my Progressive Exerciser there is no reason why you cannot become just as strong as you want to be.

What This Kind of Exercise Will Accomplish for You

When you exercise for muscular development you accomplish four things: You improve your health, your strength, your endurance and insure perfect blood circulation. With the outfits described above you can start at once on the road to

health and strength and develop your body to amazing proportions. Begin **NOW**, and even if you are the puniest man or boy, you can see yourself grow stronger day by day. You cannot fail, for I provide you with a

12 Weeks' Home Instruction Course FREE

Thousands of the world's greatest strong men have endorsed my home instruction course and the McFadden 10 Cable Progressive Exerciser. Remember, that I guarantee it to increase your upper arm biceps **ONE FULL INCH** in from 30 to 90 days, and all other portions of your body in proportion. Think what this means! In a few short weeks you are a new person—and you need not stop there, either. With the additional apparatus you get with this marvelous exerciser, you can develop your body just as much as you like, and even enter the ranks of the professional strong men, if you wish.

My guarantee is backed by a \$10,000 challenge

The introductory price of the whole outfit is only \$8, a very small cost for what it includes.

Here is what you get:

- 10 Cable Progressive Exerciser.
- Patented Progressive Handles with 1000 pounds resistance.
- Patented Progressive Stirrup with 1000 pounds resistance.
- Patented Progressive Head-Gear, the only one of its kind, progressive resistance and adjustable to any size head and neck.
- Complete 12 weeks home instruction course, the most wonderful ever written—the kind you cannot get elsewhere.

You get all of the above at the extremely low price of \$8. If you are not fully satisfied your money will be refunded without quibble or question. Send **NOW** for this great outfit. Delays do not make strength. Order **TODAY** before you misplace this advertisement.

MICHAEL McFADDEN Dept. 55, 103 E. 13th Street
New York City

800,000 People Will Die This Year of Preventable Disease

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

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

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



BERNARR MACFADDEN

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

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

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

How To—

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

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

Nature's Methods and Secrets of Perfect Health Revealed

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

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

At 70 He Brought Himself Back to 50

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

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

Neither Dull nor Technical

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

READ THE DETAILS OF OUR AMAZING OFFER ON NEXT PAGE

An Amazing 5 Days' Free Offer!

There is now no excuse for any man or woman to be ignorant of Nature's laws regarding health. Bernarr Macfadden has authorized us to send to anyone requesting it, on a 5 days' free examination, any one of the five beautiful volumes of his Encyclopedia of Physical Culture. And the request does not in any way carry an obligation to buy.

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

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

Calls the Encyclopedia His Best Doctor

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

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

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

Send No Money—Not One Cent

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

your health. By making your personal examination of the book sent for your free inspection, you do not place yourself under any obligation of any kind. All you learn from the book sent you, you are freely welcome to, even if you should decide that you do not want to buy the books.

After you have made the five days' free examination. If you decide that you want the Encyclopedia, just send us a deposit of \$2.00 and the other four volumes will immediately be sent to you prepaid. After you have received these additional volumes, all you pay is \$3.00 a month until you have paid the total cost of \$35, for the entire five volumes.

If you care to pay cash, then remit only \$31.50.

It is not necessary, however, to pay all cash—we gladly accept orders on the \$3.00 per month payment plan.

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

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

Free Examination of Any One Volume

The general contents of each of the five volumes are:

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

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

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

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

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

We will send you any one volume you may select for five days' free examination. All you need to do to get the volume is to fill in and mail the coupon to us—or a letter will do—and we will immediately send the chosen volume to you. Remember this examination carries no obligation—if you are not entirely satisfied, you simply return the volume.

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

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

A Complete Education in Physical Culture

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

- (1) A complete work on Anatomy fully illustrated.
- (2) A Physiology in plain language, and embracing many illustrations.
- (3) A reliable and comprehensive handbook on Diet.
- (4) A complete Cook Book.
- (5) A book on Exercise in Its Relation to Health.
- (6) A handbook on Gymnastics, with full instructions on drills and apparatus work of every sort, with hundreds of illustrations.
- (7) A book illustrating and describing every form of Indoor and Outdoor Sports and Exercises—complete 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 Therapeutics, giving full details and scores of pages of illustrations of physio-pathic treatments.
- (13) A thorough work on First Aid with drugless methods.
- (14) A lavishly illustrated work on Diagnosis, giving plainly written instructions for detecting diseases of every sort, and finding their cause.
- (15) A comprehensive illustrated book on Home Treatments for All Diseases, alphabetically arranged and written in plain language.
- (16) An Anatomy of the Sexual Organs.
- (17) Sexual Weakness and Disease, Their Cause and Cure.
- (18) Rules for Happy Marriage and Parenthood.
- (19) A complete work on Childbirth—how to make it safe and comfortable.
- (20) A practical work on the Training of Children.

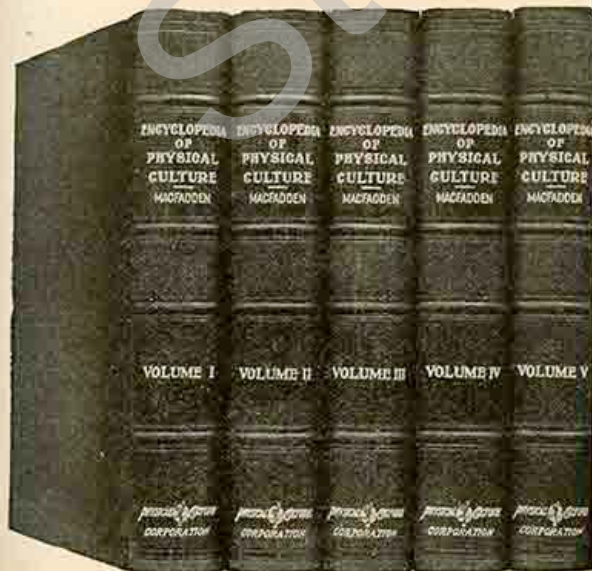
MACFADDEN PUBLICATIONS INC.

Dept. S-3
Macfadden Bldg.
1926 Broadway
New York City

London Agent:
ATLAS PUBLISHING CO.
18 Bride Lane
London, E. C.

Macfadden Publications Inc.

Dept. S-3
Macfadden Bldg.,
1926 Broadway
New York City.



5 Beautiful Volumes
Bound in Leather and Cloth

Send No Money—Just this Coupon

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

Name.....

Occupation.....

Residence.....

Employed at.....

Special Book Offer

TO THE READERS OF **STRENGTH**

FOR some time past I have received a great number of requests from readers interested in the subject of health.

Any number of books and treatises have been written on the subject of Natural and Drugless healing. In my many years of practice I had occasion to recommend some of these books. Below you will find listed what I consider the best works on Natural and Drugless methods. They all have my highest endorsement.

The

Kneipp Cure

By Rev. Sebastian Kneipp

One of the most remarkable books ever written: tells in the most complete detail how Rev. Kneipp cured thousands of people of disease through hydrotherapy (Water Cure). Book contains over 200 illustrations. Book explains various baths, gushes, douches, etc., covers entire procedure. Illustrated.

Tells in detail medicinal plants used by Father Kneipp's treatment. Also account of many diseases afflicting man, and cures accomplished by Water Cure. Book has reached 155th edition. Translated into 48 languages. Paper cover, \$1.60. Cloth, \$2.25 postpaid.

Return to Nature

"Paradise Regained"

By Adolph Just

The true Natural method of healing and living and the true Salvation of the Soul. Translated by Dr. B. Lust. The care of the body—Water, Human Curative Power, Light, Air, Earth, Food, Fruit Culture.

Written by a man who has dedicated his life to the betterment of humanity. This book will take you out of the darkness (Medical Superstition) and will enlighten you to the real truth of hope, health and happiness. 300 pages illustrated. Paper cover, \$2.10; cloth bound, \$3.20.

Prof. Arnold Ehret's

3 Famous Lessons on Scientific Diet

First—Rational Fasting. Regeneration, Diet and Natural Cure for all diseases. Tells about causes, removal and prevention of diseases. Cause of growing old and ugly. Gray hair, etc. Death.

Second—Mucusless Diet. Superior diet for Health and Economy. Mucusless diet and Naturopathy. Proper Human Nourishment and overcoming Gluttony. Healing System. Outline of food—combination—special menus—recipes, etc. Including Biographical Sketch of Prof. Ehret's life.

Third—Internal Uncleanliness of Man. Including complete discourse on the following: Chronic Constipation. The diagnosis of your disease and the "Magic Mirror." The Secret of Vitality. The Transition Diet.

(Regular price for the three, \$6.00.)

Special to Strength Readers, \$2.20 for the three.

Neo Naturopathy

The New Science of Healing

By Louis Kuhne

The most far reaching, sensational book ever written about the many causes of Human suffering—their treatment and eventual cure. All thoroughly explained in a simple, straightforward, logical manner. Millions of these books have been sold. If you are interested in keeping yourself physically fit and in "pink of condition," you will find Louis Kuhne's book absolutely indispensable. Contains over 300 pages. Illustrated. Covers almost every disease and ailment known. Gives step-by-step home treatment (Drugless Method). (Actual worth, \$500.00.) Special \$4.20 postpaid.

Naturopathic Vegetarian Cook Book

By Louise Lust, N. D. The only book of its kind

Listing a comprehensive number of recognized menus. These identical menus and recipes were endorsed and used at the Naturopathic Institution at Butler, New Jersey. Contains wealth of information on cooked and uncooked foods. Paper cover, 80 cents. Cloth bound, \$1.00.

The Concealed Sins

By Dr. El Lernanto Diseases and Birth Control, by Dr. B. Lust. Paper cover, \$1.60; cloth, \$2.10.

The Rediscovery of the Lost Fountain of Health and Happiness

For Nervous Attention and Nerve Exhaustion, including Mental Ills and Sexual Diseases. By Dr. El Lernanto. Paper cover, \$1.60; cloth, \$2.10.

HOW TO ORDER

When ordering, please state titles of books you want. Send cash, check or money order. We pay postage (C. O. D., the extra). Special discount of 10% on all orders of \$5 and over.

DR. BENEDICT LUST

110 East 41st St., Dept. S, New York City

What Will I Look Like?

(Continued from page 57)

being thin. In the bar-bell pose his arms look extremely capable. Mr. Turner's development is almost ideal for his type. He has the broad shoulders, the big chest, and the narrow hips that novelists rave about. It is the size of his chest that makes him look so extremely strong and capable. I tell you that a man with a big chest and fair arms and legs always looks stronger, and actually is stronger than the man with big limbs and small chest.

Mr. Norman L. Munn, of Croyden, Australia, is a trifle above the average height, for he stands 5 feet 10½ inches. His bones are of average size, and so he is a sample of what you can do if you stand 5 feet 10 inches, and have a wrist measuring 7 inches, and an ankle measuring 9 inches. His chest measures 42½ inches, his upper arm 15 inches, and his thigh 23½ inches.

If you stand about 5 feet 8 inches and have a 7-inch wrist, it should be easy for you to get a 43-inch chest, a 15½-inch upper arm, and a 23-inch thigh. A number of my acquaintances who have average sized bones have far exceeded those measurements, especially in the arms and legs. Joe Nordquest, whose wrists measured over 8 inches, has a bicep which measures over 18 inches, and his chest is nearly 48 inches around.

The Tall Man

If a tall man if fairly well built, it is very hard to induce him to make any attempt to improve his physique. As I said in "The Mat," he seems to think that the fact that he is tall is sufficient in itself; and he is so universally admired on account of his height, that in time he gets to consider himself as very nearly perfect. The only tall men who seem to desire improvement are the very thin ones, and the experience of one or two such individuals is enough to convince any one of the fact that tall men can develop themselves just as easily and just as rapidly as can their shorter brothers.

For instance, Mr. Frank Dilks, of

Bridgeton, New Jersey, at the age of 28, was 6 feet tall, and unusually slender for his height. His chest measured but 36 inches, and his upper arm but 10 inches in girth. In one year he increased the size of his chest to 45 inches, and his upper arm to 15 inches, and at the end of that year his appearance was as shown in the picture on this page. It will be hard for some of you to believe that such vast improvement is possible for a man who is 10 years past the "growing age," but I can assure you that I know Mr. Dilks personally, and that I knew him before he started to exercise.

If you are going to take up exercise, I suggest that you have your pictures taken when you start, and have other pictures taken in the same poses at the end of each six months. That is the only way in which you can convince doubters that you really have improved. Some of you, in reading this article, may say, "Well, these wonderfully built men were *always* that way." I cannot show you pictures of all these men when they started to exercise, although, if I chose to, I could give you a set of comparative measurements, showing their build before and after they took a course of intensive exercise. One picture may help to convince you. Note the photograph of Mr. A. P. Hedlund taken in April, 1922. Mr. Hedlund is a 6-footer, and this picture shows that when it was taken he certainly was very slender. Now turn to the department called "The Mat," and look at the two later pictures of Mr. Hedlund on page 72. You may find it hard to believe, but the magnificent athlete shown in the second photograph is the same man who eighteen months before had the positively skinny proportions shown in the picture on this page.

It's worth working for. Wishing does no good. Mr. Dilks could have repeated a million times, "Every day in every way I am getting bigger and stronger," but that would not have added one inch to his chest girth.



This was Mr. A. P. Hedlund before he started training in April, 1922. You will see what he looks like, after two years of training, in the photographs published in "The Mat" on page 72.

Is Dancing Better Exercise than Golf?

(Continued from page 32)

who habitually eat more than they should, will not find the pleasure or advantage in dancing that come to those who practise abstemiousness. Everyone knows it is a crime to be fat, but it is doubly a crime for a dancing person to be fat. How often I have heard men and women confess that they hate and despise a fat partner, no matter how lightly the said partner may disport himself or herself. It is the fat, the excessive waist line, the sense of being associated with a lumbering weight that is objectionable.

The first law of dancing as of self-respect calls for bodily proportions of reasonable slenderness, and it may be said for the comfort of unfortunate fat persons that there is no exercise better suited for reducing than regular dancing, say, three or four times a week. I myself by means of regular dancing and habits of abstemiousness brought my weight down from 188 pounds (with my clothes on) to 168 pounds, where it now is, easily and gradually.

Dancing is a wonderful cure for sleeplessness. Suppose, as often happens, that a tired business man finds himself drowsing before the fire an hour or two after his evening meal, say, about half-past eight or nine. Perhaps he lies down on a lounge and takes a nap for fifteen minutes or so, then decides to go to bed. The result is that he sleeps for an hour or two, then wakes up, say, at twelve or one o'clock, and finds himself so wide-awake that he spends hours tossing about uncomfortably and suffers in consequence the next day from loss of sleep.

If, on the contrary, he had resisted this first sleepy feeling and had gone out into the bracing night air to some pleasant dancing place for an hour of agreeable exercise, he would have returned home healthfully fatigued and would have slept soundly and restfully through the night. Many men fail to sleep properly because they go to bed too early. It is better to sleep soundly for seven hours than to sleep intermittently for ten hours.

Golf courses are silent, serious places where men in heavy boots plod along grimly with set faces. Nobody is supposed to talk on a golf course, as every Scotchman knows, and there will come long stretches without a word save for some savage outburst when a man tries vainly to get out of a bunker. You will find more smiles and joyous faces in a single dance hall than on a hundred golf courses. Try it, Mr. Glum Citizen. Forget your cares some gay evening and dance through the mazes of a Paul Jones with a sympathetic lady, then look at yourself in the glass when it is over and observe the transformation. Note the bright eyes, the pink cheeks, the gladness spreading over your countenance. Dancing will make you see life in truer perspective.

ARE YOU A VICTIM OF CONSTIPATION?



What a Chicago Banker Says—

"I want to take this opportunity to express to you my appreciation of the benefits derived from your most excellent health foods. I have eaten your bran cookies, whole wheat bread, cooked whole wheat, etc., for several years, and have found them not only appetizing and pleasant to eat but very helpful in their health-giving properties."

FREE BOOKLET "Man's Ideal Food"

Send for this interesting booklet and price list of our complete line of other Whole Wheat and Natural Foods.

CHICAGO READERS

We invite a visit to our store or telephone orders Superior 1259. Distributors Wanted in Every City.

BERHALTER'S

HEALTH FOOD HEADQUARTERS
1423 N. Clark St., Dept. G-3, Chicago, Ill.

Relieve constipation in a natural way and you will rid your system of a multitude of ailments. The greatest physicians say more organic diseases are traceable to constipation than any other. BERHALTER'S COOKED WHOLE WHEAT is not a drug food, but a pure natural food, deliciously and scientifically prepared. Eat it regularly and it will help your system immensely in getting rid of your worst enemy.

Try a Can of This Perfect Food FREE

Thousands of people—including many leading Physicians—know that BERHALTER'S COOKED WHOLE WHEAT is the PERFECT FOOD. Mothers and fathers have written of the amazing results from our food in correcting conditions of Constipation, Indigestion, Acid Stomach, Rheumatism, Nervous Conditions, etc. We can unreservedly promise you a real treat if you'll try our COOKED WHOLE WHEAT for a few weeks. Send for a case of BERHALTER'S PERFECT FOOD. Use a can. Give the whole family a generous helping. Should you not enjoy it, return the balance of the case at our expense, and your money will be promptly refunded. This is an absolute guarantee, backed by the Publisher of this Magazine. Use the handy coupon below.

Most Tasty Health Food Ever Made

Most of us have an aversion for the ORDINARY health foods. You often resolve to eat them regularly, but your well-meant resolutions are soon forgotten. You crave for tasty relishes and rich foods. You cater to your palate regardless of consequences. Yet there is no need to sacrifice the eating pleasure of life. Thanks to the BERHALTER PROCESS, you can NOW make COOKED WHOLE WHEAT your favorite dish. Its delicious flavor and invigorating effect will win your everlasting gratitude. Try it.

BERHALTER HEALTH FOOD STORE AND FACTORY

America's Leading Health Food Store
1423 N. Clark Street, Dept. G-3, Chicago, Ill.

Gentlemen—Please ship me at once prepaid COOKED WHOLE WHEAT as marked below.

Enclosed please find \$.....	West of Denver
No. Cases (4 doz. 10 oz. cans)..... \$7.20	\$9.60
No. Cases (2 doz. 10 oz. cans)..... 4.00	5.30
No. Cases (1 doz. 10 oz. cans)..... 2.00	2.65
10-oz. Can sufficient to Serve Four People.	

Name.....

Address.....

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

GENERAL DISTRIBUTORS

Van Houten Health Food Co., 946 W. 7th St., Los Angeles, Cal.

Dr. L. Arthur Yurman, 226 W. 97th St., New York City, N. Y.

What's On Your Chest?

A MAN should have SOMETHING! But he can't get it by sleeping. Nor by moving gingerly in weak-kneed calisthenics, a MAN must have real EXERCISE! Something to make him clamp his jaws. Something to set his pulses pounding. Something to so fill him with energy that he'll feel like roaring, just for the sheer joy of life and strength.

Weights Necessary

The ONE way to build this kind of health is by "muscle resistance." By that I mean, pitting your available strength against the forces of gravity. It is Nature's own way. When you manipulate a heavy weight, you are matching your muscles against the pull of gravity on the weight. You find difficulty in handling it. Nature comes to your rescue and adds some more tissue to those muscles. When you next handle the weight, see how much easier you can control it.

Increase Weight

Then add a few more pounds to the weight. Again, you will find difficulty in handling it. And again will Nature come to your rescue, adding more tissue to your muscles. Over and over again is the process repeated: increased weight; larger muscles. After a few months of this kind of exercise, you will no longer grumble; you'll GROWL; you will no longer smile; you'll GRIN! You'll be a REAL MAN!

"New Strength-Maker Outfit"

If you will secure this exercise, you must have the proper apparatus. For years my "Strength-Maker" dumb bell outfit has been the standard for gymnasium and home. Now, however, I have devised an improved set known as the "New Strength-Maker". The "New Strength-Maker" is a long bar bell, or a short bar bell, or two ring weights, whichever you wish assembled in either of the models in a few seconds. For different exercises, one model may be instantly changed to another. In this way, a great variety of exercises is possible, developing all body muscles, avoiding the "muscle-bound" condition, and giving a general tone of vital vigor to the internal organs. The weights in each set are adjustable, varying from 20 lbs. to 210 lbs. They can be made light enough to be handled with ease by the most delicate constitution, and heavy enough to stagger the huskiest laborer. But their persistent use by that delicate constitution will result in an increasing set of toughened muscles and a vital flow of healthy blood that will soon put him in the "husky" class. A complete set of instructions comes with each of the "New Strength-Maker" dumb bell outfit, so that you may secure the full value that is possible to be obtained. The directions are clear, simple and to the point. They guarantee results.

Over 50% Off

This month I am offering my "New Strength-Maker" dumb bell outfit at more than 50% less than its list price! The regular price is \$40, but if you send in this coupon quickly, you will be able to secure the outfit for only \$19.00. This represents a clean saving of \$21.00, a chance you may never get again.

SEND IN THE COUPON TODAY

Prof. A. Barker, D. C., Select Health Gymnasium, Dept. A, 855 Sixth Ave., N. Y.

Please send me immediately your "New Strength-Maker" dumb bell outfit. I am enclosing \$19.00, 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.



"I
WANT
YOU"
-Uncle Sam



Courtesy of Leslie's
Copyrighted.

**\$1400 TO \$3000
A YEAR
WANTED!**

**RAILWAY MAIL CLERKS
CITY MAIL CARRIERS
CLERKS AT WASHINGTON
INCOME TAX AUDITORS**
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 twelve full months every year. There is no such thing as "HARD TIMES" in the U. S. Government Service.

\$1,600 TO \$2,300 A YEAR

Railway Mail Clerks get \$1,600 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 \$2,300 a year. \$95.84 each pay day.

PAID VACATION

Railway Mail Clerks, like all Government employees, are given a yearly vacation of 15 working days (about 15 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. They travel on a pass while on duty, and have a wonderful chance to see the country.

**CITY MAIL CARRIERS
POST OFFICE CLERKS**

Clerks and Carriers commence at \$1,400 a year and automatically increase \$100 a year to \$1,800. They also have 15 days' paid vacation. Examinations are frequently held in the larger cities. City residence is unnecessary.

CLERKS AT WASHINGTON, D. C.

(Open to men and women 18 or over)

Salary \$1,400 to \$1,800 a year. Required for pleasant clerical work in the various government departments at Washington, D. C.

COMPARE

Compare these conditions with your present or your prospective condition, perhaps changing positions frequently, kicking around from post to pillar, no chance in sight for PERMANENT employment, frequently out of work. **DO YOU EARN \$1,600 EVERY YEAR? HAVE YOU ANY ASSURANCE THAT A FEW YEARS FROM NOW YOU WILL GET \$2,300 A YEAR?**

POSITIONS NOT HARD TO GET

These positions are not hard to get. Country residents and city residents stand equal chance. Experience is unnecessary, and political influence is not used.

GET FREE LIST OF POSITIONS

Fill out the following 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 you getting a Government Job.

FRANKLIN INSTITUTE
Dept. H-184, ROCHESTER, N. Y.

Kindly send me entirely free of charge (1) a full description of the position checked below; (2) Specimen examination questions; (3) Free copy of illustrated book, "Government Positions and How to Get Them"; (4) A list of the U. S. Government Jobs now obtainable; (5) Tell me how to get the position I have checked.

- Railway Mail Clerk (\$1600-\$2300)
 Post Office Clerk (\$1400-\$1800)
 City Mail Carrier (\$1400-\$1800)
 Rural Mail Carrier (\$1800-\$2600)
 Clerk at Washington, D. C. (\$1140-\$1800)
 Income Tax Auditor (\$2040-\$3000)

Name:

Address:

Use This Coupon Before You Mislay It

"Life Feels Like a Fight"

(Continued from page 67)

officer of this brigade,' the general says.

"'Good Lawd!' the nigger says, sittin' down relieved like; 'is Ah done got dat far back?'"

Into the forest of stately trees that crowned a swelling tableland above Francis Clyde's little homestead moved Noel Thomas, the woods boss, and his crews. Ahead went the timber cruiser, choosing and marking the fit timber. Following him the two fellers. Setting the big teeth of their 10-foot saw into the first of the trees they cut cleanly a third of the way through the trunk, knee-high from the ground; then with their shining, double-bitted axes, they cut a bite or wedge out. Then the saw again, blue with saw-oil, singing into the opposite side of the tree a foot above the first cut. When the saw binds, they slip in wedges, driving them home with sledges; then they saw again. Presently there is a slight crack. With watchful eyes they continue their sawing. There is a movement above, and a sigh. Slowly the tree bows its head; with a growing rush and roar it topples, sways, falls. From it fly twigs, branches, leaves. A cloud of dust goes up—settles. The fellers move on indifferently; behind them, prone, a tree that eight hundred years produced and that they have destroyed in twenty minutes!

After the fellers comes the limber who strips the trunk, the pair that cuts it up into lengths of sixteen, twenty-four or thirty-six feet, leaving the bare logs ready for the logging crews. The first to follow them is the gopher man, who digs a hole under the prone log so that a chain may be slipped around it, and who bevels the larger butt so that it will drag over obstacles; these men follow one another through the timber, each with his own task; each bringing the stately tree nearer to the hungry, tearing saws of the mill, awaiting it below.

Meantime the high-rigger (that's Sid Prentice's job in the Granite Ridge camp) and the woods boss have picked out a landing from which the motor trucks can be easily loaded; near that landing a donkey engine is set up, with two big drums loaded with heavy steel cable geared to its sturdy drivers; then the high-lead tree must be found. For, understand, this is the day of "high-lead" logging: instead of snaking out the logs with teams, the work is all done by long cables hitched to that powerful donkey engine and its drums. The donkey engine is, for the time being, stationary. Its arms are the cables, its fingers the choker-chains. It must send out these tentacles, clutch the logs, drag them into the landing.

But between log and landing are brush, slash (the leavings and discarded limbs of logging) rocks, gullies, hills, creeks, traps, stumps—a thick and sometimes almost impenetrable tangle. The logs must be pulled home over these. Therefore, the higher the block

through which the cable passes in leaving the landing the more lift there is to the nose or butt of the log. And that explains the high-lead tree, or mast.

So the high-rigger casts his eye about to find a tall, straight, flawless tree near the landing and, if possible, slightly above it. Once found that tree is scaled, the high-rigger going up it with a life line around his body and climbing irons on his legs, and with an axe at his belt. He works up the tree like a monkey on a stick, cleaning off the limbs as he goes. At sixty or seventy feet he secures himself to the tree, lowers a line for a saw, and tops the tree. It sounds simple. Did you ever cut down a sizable tree? Unless you are expert at it, it is a chancy operation at best. Now imagine yourself seventy feet from the ground, tied to the tree you are operating on, and felling the top so that it will swing away from you as it falls and leave you clinging and swaying on the very cap of the mast you have thus made! Hap Twogood, who is Noel Thomas' high-rigger, makes light of the job. But I wouldn't!

When the mast is cleared, Hap's light line brings up a small block, with a small rope reeved through it, and when this is secured a heavier block and line come up, and that is fastened, and with it the high-lead block, which weighs a quarter of a ton, is run up by a cable from the donkey, and the high-lead line is passed through it, and when everything is fast, Hap lowers away his first lines and blocks, gives the high-lead block a final examination, and slides nonchalantly to the ground.

Now all that remains is to drag the cable out into the logging field. This cable is really in the form of an endless chain, running through blocks set out beyond and around the territory where the logs lie. The choker-chains—the fingers of the donkey engine, to use our figure again—are attached to the cable. The donkey pulls the chains out to the first log, that may be only a few rods away from the landing. The choker-setters make them fast around the log, running them through the tunnel the gopher man has made, the high-lead line hook is attached, the head rigger calls "Whoo! Whoo!" the whistle punk (usually a boy who also handles the horse that is used to drag the blocks around the logging field) pulls the whistle cord which runs out to his station through the trees from the donkey, the whistle toots twice, shrilly, the engine starts, the drums revolve, the high-lead line tautens in its high block, and presently the log or the two logs, with their choker-chains biting deep as the drag increases, begin to move towards the landing.

Every log helps make a trough through the brush, the flash and the earth on its way. The choker's job is to follow that trough and take advantage of it when he can. But when all

the logs in the immediate vicinity of the trough are in, it becomes necessary to move the line to one side or another so that the logs lying farther out can be brought in; as the distance to the landing increases—and sometimes the high-lead runs a quarter of a mile out—the task becomes more involved and more dangerous to the loggers.

For a log that weighs anywhere under ten tons, and that must be dragged through brush and flash, over rocks and gullies, up and down hills and past stumps and standing trees and dead trees and young trees, is an obstinate and piggy burden. On the other hand the donkey engine has the power of a young locomotive, multiplied many times by its gears to the drums, and when that engine begins to move something has to give way. And so you have actually, at times, a concrete example of what happens when the irresistible force—the donkey—meets the immovable post—say a stump. Tearing through the woods at the rate of six or ten miles an hour, the log may butt against a stump. The donkey engine takes up the slack in the lead line, chattering and roaring. The line is pulled up into a straight thread between stump and high-lead block. The mast groans and bends. The strain increases. Suddenly, since something has to give, the log in the choker-chains begins to be pulled up from the ground at the rear. And when it leaves the ground it leaves it fast. The pull at its nose is such that its tail-end, as it were, whips out—lashes out—snaps out—at any angle, in any direction, and like a rock shot from a catapult. The stump is past, but God help anyone who is in the way of the rocks, the snapped limbs, the felled dead tree, or the chunks of bark that are spat out as the struggle is thus violently terminated!

Sometimes, of course, the donkey is beaten. Sometimes the high-lead mast breaks, or the high-lead block is torn from its moorings, or the high-lead line itself snaps. Then the danger goes back to the donkey and everyone there holds his life, for the moment, by a thread. Sometimes the head rigger sees, before it is too late, that the log in the choker will not move. Then he sounds a long, unmelodious "Who!" the punk pulls the whistle "To-o-ot!", the donkey engine is stopped, another signal is given and the endless chain line is reversed to free the chokers, the log is coaxed onto its side, the obstacle is passed, and the forward signal comes again.

And with all this there is no possible way to make you see how every moment of the eight-hour day is filled with death, destruction, and danger for all the crew. Only a hint of it. But it is there. Not a stage of the whole operation of logging out but has accident and horrible injury and even death stalking it. Do the crews know this? Oh, yes. But ignore it. Shrugging, they ignore it. All in the day's work! Danger? "Oh, I guess maybe. But when you read about these here automobile smash-ups in the cities—well, I never knowed more'n half a dozen men

"How I Became Popular Overnight!"

"They used to avoid me when I asked for a dance. Some said they were tired, others had previous engagements. Even the poorest dancers preferred to sit against the wall rather than dance with me. But I didn't 'wake up' until a partner left me standing alone in the middle of the floor.

"That night I went home feeling pretty lonesome and mighty blue. As a social success I was a first-class failure. At first I wouldn't believe that you could teach by mail because I always had the idea that one must go to a dancing class to learn. But I figured I could risk 10c—especially since you guaranteed to teach me.

How Dancing Made Me Popular

"Being a good dancer has made me popular and sought after. I am invited everywhere. No more dull evenings—no bitter disappointments! My whole life is brighter and happier. And I owe it all to Arthur Murray!

"I was astonished to see how quickly one learns all of the latest steps through your diagrams and simple instructions. I mastered your course in a few evenings, and, believe me, I surely did give the folks around here a big surprise when I got on the floor with the best dancer and went through the dance letter perfect. Now that I have the Murray foundation to my dancing I can lead and follow perfectly and can master any new dance after I have seen a few of the steps. My sister's family have all learned to dance from the course I bought from you and it would do your heart good to see how fine her kiddies dance together after quickly learning from your new method of teaching dancing at home without music or partner."

Learn Any Dance in a Few Hours

Whether you want to learn the Fox-trot, One Step, Waltz or any of the new dances you want, have no trouble in doing it through Arthur Murray's new method. More than 120,000 people have learned to dance by mail, and you can learn just as easily.

Arthur Murray is the world's foremost authority on social dancing. Through his new improved method of teaching dancing by mail he will give you the same high-class instruction in your own home that he would give you if you took private lessons in his studio and paid his regular fee of \$10 per lesson.

Five Dancing Lessons Free

So sure is Arthur Murray that you will be delighted with his amazingly simple methods of teaching that he has consented for a limited time only to send FIVE FREE LESSONS to all who sign and return the coupon.

These five free lessons are yours to keep—you need not return them. They are merely to prove that you can learn to dance without music or partner in your own home.



Posed by Hope Hampton, Movie Star, and Arthur Murray.

Write for the five lessons today—they are free. Just enclose 10c (stamps or coin) to pay cost of postage, printing, etc., and the lessons will be promptly mailed to you. You will receive: (1) The Secret of Leading. (2) How to Follow Successfully. (3) How to Gain Confidence. (4) A Fascinating Fox-trot Step. (5) A Lesson in Waltzing. Don't hesitate. You do not place yourself under any obligation by sending for the free lessons. Write today.

ARTHUR MURRAY, Studio 112, 801 Madison Ave., New York.

Arthur Murray, Studio 112, 801 Madison Ave., New York City.

To prove that I can learn to dance at home in one evening you may send the FIVE FREE LESSONS. I enclose 10c (stamps or coin) to pay for the postage printing, etc.

Name: _____
Address: _____
City: _____ State: _____
Also at 150 Southampton Row, London, England.

30 DAY TRIAL SAVE BARBER BILLS!



FAMILY BARBER OUTFIT

High Grade Close Cutting Steel Razors, Fine Barber Comb and Regulation Steel Barber Shears. A guaranteed foilage, high grade, family razor outfit. Fine for cutting, bobbing, trimming hair or necks. Save and save money. Barber your family and friends. Mothers can save time and money cutting or bobbing children's hair. Our regular price \$4.00. Special price only \$1.95. Postpaid. When outfit arrives, pay postman only \$1.95 and postage. Try outfit for 30 days. If dissatisfied, return in good condition and amount paid for outfit will be refunded. If you wish to save postage, send \$1.95 with order and try outfit under same guarantee. STERLING CO. H-18 Baltimore, Md.

You CAN Stop Smoking

YOU can ditch the cigarettes, cigars and pipe, forever! The "Sure-Way" Method will show you how. No drugs nor hookum, but a scientific, psychological discovery which is amazing in its results.

Send two dollars to-day for the "Sure-Way" Method, complete in manuscript form. No further charge. Your money back if it doesn't work.

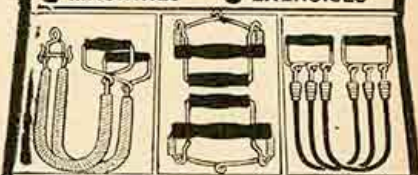
Address: LAWRENCE W. ROGERS
523 West 138th Street, (Dept. C-2), New York City

COMPLETE HOME GYMNASIUM OUTFIT

"Hendrickson's Combination" \$5
SPECIAL OFFER ONLY \$5

Best material and workmanship. (\$10 Value) 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 muscle development. Produce powerful arms and shoulders, develop a vise-like grip, back, lungs.

Send for the 3 Outfits TO-DAY Postpaid only \$5.
LIND-HENDRICKSON (Makers) 63 M-Day St., New York

YOU HAVE A BEAUTIFUL FACE

But Your Nose!

IN THIS DAY AND AGE attention to your appearance is an absolute necessity if you expect to make the most out of life. Not only should you wish to appear as attractive as possible, for your own self satisfaction, which is alone well worth your efforts, but you will find the world in general judging you greatly, if not wholly, by your "looks," therefore it pays to "look your best" at all times. Permit no one to see you looking otherwise; it will injure your welfare! Upon the impression you constantly make rests the future or success of your life. Which is to be your ultimate destiny?

My newest greatly improved superior Nose-Shaper, "TRADOS MODEL 25" U. S. Patent, corrects now all ill-shaped noses, without operation, quickly, safely, comfortably and permanently. Diseased cases excepted. Model 25 is the latest in Nose Shapers and surpasses all my previous models and other Nose Shaper Patents by a large margin. It has six adjustable pressure regulators, is made of light polished metal, is firm and fits every nose comfortably. The inside is upholstered with a fine chamomis and no metal parts come in contact with the skin. Being worn at night it does not interfere with your daily work. Thousands of unsolicited testimonials on hand, and my fifteen years of studying and manufacturing Nose Shapers is at your disposal, which guarantees you entire satisfaction and a perfectly shaped nose.

(Above illustration represents my "Trade-Mark" and shows my first and oldest Nose Shaper. It is not a replica of my latest superior Model No. 25.)

Write today for free booklet, which tells you how to correct ill-shaped noses without cost if not satisfactory.

M. TRILETY, Face Specialist, 1706 Ackerman Bldg., Binghamton, N. Y.



DR. BENEDICT LUST'S
famous
**Blood Washing
Treatments**



In the Privacy of Your Own Home!
Restores Youthful Vigor!
Gives You a New Lease on Life!

What Dr. Lust says about the

Remarkable Blood Washing Method:

"After testing and experimenting on hundreds of my patients in my three sanitariums, I am absolutely and firmly convinced that the Miracle of Rejuvenation has been found. To the readers of Strength, I want to make known the fact that the results I have obtained through this amazing discovery have far exceeded my wildest expectations and dreams.

Through a series of remarkable BLOOD WASHING TREATMENTS, I have seen before my very eyes weak, frail bodies become revitalized, charged with energy and the vigor and desires of Youth. These Blood Washing Treatments will wash away your years and with it your ills, aches and pains. After several treatments you will be astounded at the change that takes place. You will begin to feel like your old self. It will put a spring in your step and a flash in your eye."

What Physical Culture Says:

"Has the Fountain of Youth Been Discovered—At Last?
"Is the Miracle of Rejuvenation an Accomplished Fact? Can we make Old Bodies Young—Weak Bodies Strong—Sick Bodies Well—almost overnight? Can we banish disease—cheat the advancing years—and regain the Vigor and Vitality of Youth?"
A fountain where all may bathe and emerge reborn, and vigorous!

Bernarr Macfadden, world famous exponent and teacher of physical culture, says yes, as do many others who can speak with authority.
So amazingly simple are the means employed that it comes as a revelation to all who hear of it.

NOTE.—The new Blood Washing Treatments are given at Dr. Benedict Lust's 3 Sanitariums—Tongue, Florida, "Young Boro," Butler, New Jersey, and Bio Institute, 7 West 76th Street, New York City.

DR. BENEDICT LUST
110 East 41st St., Dept. S, New York City

DR. BENEDICT LUST,
Dept. S, 110 E. 41st St.
New York City

I am attaching herewith \$1.00 bill, for which you will kindly mail me, postpaid, Dr. B. Lust's Book, also full information and complete instructions of how I can take these Blood Washing Treatments in the privacy of my own home.

Name
Address
City

get actually killed logging!" Thus the lumberjack!

I doubt if any other occupation or activity into which Craig Gantry could have fallen (and certainly it was the merest chance that led him to the logging-off of Francis Clyde's two sections in the Sierra of California) would have been more perfectly calculated to put fight into him who so badly needed a fight, for his own salvation.

To him the operations were amazing, unbelievable, thrilling beyond words. He spent days, at the first, in those woods, taking in the details of the work, absorbing them, breathlessly learning through actual observation and some experience what men do to earn their bread at logging. He saw men there constantly driven into tight corners, continually facing problems, striving mightily against inert and stubborn forces. He saw them risk life and limb carelessly—intent only on the job. He saw them struggle, sweat and wrestle, not for their pay, but to conquer. To him, at least, each log or pair of logs presented a new problem, to be heroically faced and resourcefully solved. And what he saw most clearly was that they never quit. They never abandoned a log. Let it lie no matter where, let it roll away down no matter how steep a gulch, ripping, tearing, plunging and carrying destruction with it in mighty bounds, let it wedge itself never so tightly in no matter how grotesquely impossible a position, the head rigger and the choker-slingers would swarm down on it, tug, pull, hack, swear, twist, battle and contrive; the chokers would be passed around and locked, the hook would be caught, the punk would give the signal, and that log would come out, battered, split, riven, bruised and torn, but landed!

And again and again, with his heart pounding and his head back, the man who had been, in Parker Forbes' words, "a filthy lounge lizard" so short a time before, would breathe deep and say, exultantly to himself: "Life feels like a fight!"

Unbelievably—amazingly—it became to Craig Gantry a glorious and triumphant feeling!

(To be continued)

What's Your Food Problem?

ARE you getting enough strength from the food you eat? Is your diet balanced? Do you know how to select or prepare a balanced meal? The art of eating is a big part of the art of being strong and of the art of living.

In addition to Mr. McCann's always vigorous articles on food each month, you will find in **STRENGTH** next month and thereafter a helpful department, "The Dinner Table," conducted by Jane Randolph, intended to take care of your various food problems.

Health, Strength, Vigor!

The Moosehead System is the result of 25 years' experience in physical development. We have created many famous athletes. Thousands of weaklings have obtained remarkable development by using our apparatus.
Every piece of physical apparatus brought out by the Moosehead Manufacturing Co. is designed scientifically to develop some special set of muscles. Before any exerciser is put on the market it is experimented with and tested thoroughly until the makers are sure that it is the best of its kind that can be manufactured.

FOR GENERAL ALL-ROUND DEVELOPMENT!

We recommend the following set:
One pair of **WRIST & FOREARM EXERCISERS**. May be used separately or attached to chest expander or wall exerciser. Patented.



Adjustable 3-Spring Chest Expander
One Complete Wall Exerciser
These exercisers, when used according to our special instructions, build good, solid muscle quicker than any other method.
Practice faithfully for 30 days—then look yourself over. You won't know yourself.
To introduce our complete line this special muscle building combination will be sent you for \$3.50 cash, check or money order. Order today.

FREE Everyone should have our special booklet, "HOW TO EXERCISE WITH AND WITHOUT APPARATUS," also our complete ILLUSTRATED CATALOG showing over 50 different styles of apparatus, Spring and Rubber Exercisers, Dumb Bells and Bar Bells. Sent without cost to those ordering the above. Others please send 10c.

MOOSEHEAD MFG. CO., Manufacturers
1137 Tiffany St., Dept. S, New York City

ARE YOU THIN?

Would you like to increase your weight ten, twenty, thirty pounds or more? You can never be real strong until your weight is normal. Whether you are thin from some drain on your vitality or "just naturally skinny," you can put on any number of pounds you may want.

Write for My Method

DR. L. HOLT

620 So. Grand Ave., Los Angeles, Cal.

No personal appointments made except by mail in advance.

EAT YOUR WAY TO HEALTH

TYLER'S
Macerated
WHEAT
Nature's Health
FOOD



A delicious nourishing Food Prepared ready to Eat. Nuts, Cracked Wheat, Raisins, etc. Its Bran content corrects indigestion and Absolutely cures Constipation or money refunded. Testimonials without number. Write today for convincing proofs or, better still, send \$1.00 cash or check, for week's supply. Postpaid.

BYRON TYLER (Established 1899)
110 Gibraltar Bldg. Kansas City, Mo.



Do You Whileaway or Worthwhile Your Spare Time?

THE fellow who utilizes every spare moment is the fellow who makes the dollars jump through the hoops.

For that kind of chap we've got a proposition that will make things interesting for both of us. STRENGTH Magazine is growing fast. We want it to grow faster. STRENGTH is bigger and better now than ever and we are going to make it still finer in the months to come.

You believe in STRENGTH or you would not read it. You can tell your friends how interesting and useful STRENGTH is, better than any one else. You can help STRENGTH and help yourself at the same time.

You will be astonished at the amount you can earn if you give only an hour or two in the evening. Only two subscriptions an evening will add \$50 to your monthly earnings. Isn't that worth while?

We will send you a complete outfit to start with free, tell you how to go about the work and help you all we can to be successful. The rest is up to you.

Now is the time to get started on this money making plan, so mail the coupon below for our Special Spring Bonus Offer and get going.

3-24

STRENGTH Magazine

301 Diamond Street
Philadelphia, Pa.

Please tell me all about your Spring Bonus Offer. This places me under no obligation.

Name.....

Street.....

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

La Follette's Fighting Strength

(Continued from page 44)

knockout—his or the other's; the spirit beloved by red-blooded people, beloved by Americans.

A certain public man said to me, concerning this: "I have been close to three eminent men in their moments of greatest trial—Tom Johnson, Mark Hanna and La Follette. I was with Tom Johnson in Cleveland when almost the whole city turned against him for alleged irregularities of which he was innocent. Johnson was a strong man, a man of character, a fighter, but he broke under the unequal strain. I was with Mark Hanna when he was being caricatured with dollar marks on his clothes and when the campaign against him was at its height. Hanna was a strong man, a man of exceptional character, but he broke. Then I was with La Follette in his worst days, when they called him a traitor, when it seemed that the Senate might expel him. It never touched him. He didn't even bend. I know I couldn't have stood it as he did, and I never knew any other man that could. He is made of adamant."

With these accumulated aspects of the strong man I sought the subject himself to see if I could penetrate nearer the core of the secret.

From La Follette the answer came, like the man himself, straight as a bullet. He shook my hand. The grasp was unusually firm. "Pardon me," said I, "but would you mind rolling up your sleeve? I would like to see your forearm."

With a smile, the senator complied with the unusual if not impertinent request. I felt fully rewarded for my temerity. The forearm, revealed, looked like that of a blacksmith; knit of firm muscles, taut as steel. My fingers, grasping above the wrist, could barely indent the flesh.

"Do you box?" I asked.

"No," he replied, "I have never had on a pair of boxing gloves."

"What sort of exercise do you take?"

"None at all—except walking."

"Do you use the typewriter?"

"No."

"Do you play the piano?"

"No."

"Then how do you account for that marvelous forearm—and at your age?"

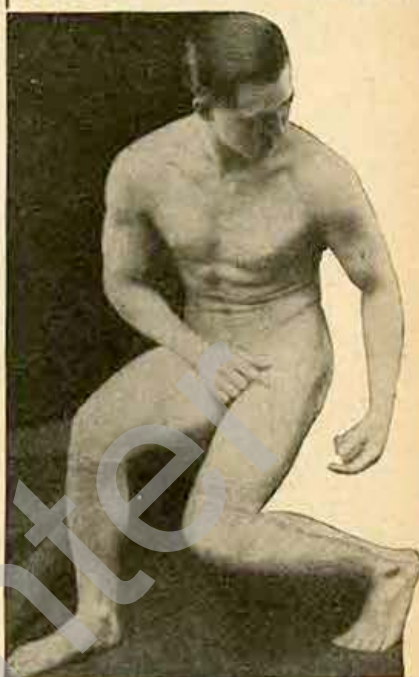
"I don't know. It has always been that way. I have never done anything to develop it."

There, for the moment, the query rested—without a solution, apparently. How he got that forearm was a mystery. Yet I felt that its solution would be, in a way, a solution of the man; an index of his way to strength, a peep-hole spying in on his power to will.

We talked for a long time—of politics, of Wisconsin, of the war, of the aftermath, of the gigantic problems of the new era. At least he talked, while I specialized on the listening, with an occasional question deflecting or vivifying the potent spell.

Be Healthy and Strong

LEARN the GLORIOUS
SECRETS of HEALTH



EDMUND T. SIEMSEN

STRENGTH, SUCCESS, HAPPINESS

Thru the marvelous science of

"ABDOMINAL CONTROL"

The beautifully built athlete at the top, Mr. Edmund T. Siemsen, of New York, a prize winner of the 1922 Physical Culture Contest held at Madison Square Garden, and most perfectly built boy in America, says:

"ABDOMINAL CONTROL will enable anyone to become perfectly healthy, marvellously strong and beautifully built in a very short time. It contains the simplest, yet best methods I have ever seen."

DON'T BE SOFT!

Firm, vigorous abdominal walls are the principal essentials of REAL LIFE.

Thru "ABDOMINAL CONTROL"
You Can

OVERCOME: Constipation, nervousness, indigestion, stomach disorders, flat chest, headaches, fatty tissue, insomnia, thinness, loss of vitality, tired feeling, round shoulders, weak back, vital depletion, fear, bad habits, colds, short-windedness.

DEVELOP: Great strength, perfect health, inexhaustible pep, beautifully proportioned body, manly power, mental keenness, vitality, endurance. BE A REAL MAN! I'll make one of you.

FOR A LIMITED TIME ONLY

I am going to give absolutely free with each copy of "Abdominal Control" a regular \$1.00 book, entitled "Mucusless Diet," by Prof. Arnold Ehret, which contains the truth about human nourishment and conquest of gluttony, a superior diet for health and economy, and very valuable information that will serve you well every day of your life.

Do Not Delay One Minute

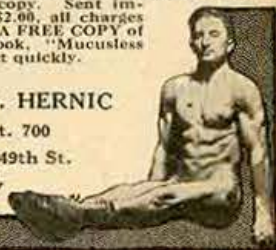
In sending for your copy of "Abdominal Control" it is fully illustrated and shows you HOW to accomplish all of the above. Nothing like it has ever been published. Anyone who wants to be healthy, strong and well built should write at once for a copy. Sent immediately for \$2.00, all charges prepaid. AND A FREE COPY of Dr. Ehret's book, "Mucusless Diet," if you act quickly.

JOHN M. HERNIC

Dept. 700

73 W. 49th St.

New York City





"They've tripled your salary, dear"

"TELL you, Tom, it was a lucky day for both of us when you sent in that I. C. S. coupon. You'd never be where you are to-day if you hadn't decided to study in spare time just when you did."

Spare-time study with the I. C. S. is winning promotions for thousands of men and bringing happiness to thousands of homes all over the world. In offices, shops, stores, mines, mills and on railroads, I. C. S. trained men are stepping up to big jobs, over the heads of older men, past those whose only qualification is long service. There is a job ahead of YOU. Some man is going to be picked for it. The boss can't take chances. He is going to choose a trained man with sound, practical knowledge of the work.

Get busy right now and put yourself in line for that promotion. You can do it in spare time in your own home through the International Correspondence Schools, just as thousands of other men and women have done.

The first step they took was to mark and mail this coupon. Make your start the same way—and make it right now.

MAIL THE COUPON TO-DAY!

INTERNATIONAL CORRESPONDENCE SCHOOLS Box 2381-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"/> Illustrating |
| <input type="checkbox"/> French | |

TECHNICAL AND INDUSTRIAL COURSES

- | | |
|---|--|
| <input type="checkbox"/> Electrical Engineering | <input type="checkbox"/> Architect |
| <input type="checkbox"/> Electric Lighting | <input type="checkbox"/> Blue Print Reading |
| <input type="checkbox"/> Mechanical Engineer | <input type="checkbox"/> Contractor and Builder |
| <input type="checkbox"/> Mechanical Draftsman | <input type="checkbox"/> Architectural Draftsman |
| <input type="checkbox"/> Machine Shop Practice | <input type="checkbox"/> Concrete Builder |
| <input type="checkbox"/> Railroad Positions | <input type="checkbox"/> Structural Engineer |
| <input type="checkbox"/> Gas Engine Operating | <input type="checkbox"/> Chemistry |
| <input type="checkbox"/> Civil Engineer | <input type="checkbox"/> Pharmacy |
| <input type="checkbox"/> Surveying and Mapping | <input type="checkbox"/> Automobile Work |
| <input type="checkbox"/> Metallurgy | <input type="checkbox"/> Airplane Engines |
| <input type="checkbox"/> Mining | <input type="checkbox"/> Agriculture and Poultry |
| <input type="checkbox"/> Steam Engineering | <input type="checkbox"/> Mathematics |
| <input type="checkbox"/> Radio | |

Name.....
Street.....
Address..... 11-21-23
City.....State.....

Occupation.....
Persons residing in Canada should send this coupon to the
International Correspondence Schools Canadian, Limited,
Montreal, Canada

Vitalize your food with WHEATLETS! DELICIOUS!

Overrefined Foods Challenge
Your Health

The growth cells, the sustaining power of the wheat kernel; raw, concentrated food rich in vitamins, minerals and proteins; vitamins not weakened by any processing. Sprinkle on cereals, fruits, salads, ice-cream. Send today 60c for ½ lb. or \$1.00 for one lb.

WHEATLET CO.,

Dept. S; 5844 Grand Central Ter. Bldg., N. Y. C.

Gradually, increasingly, cumulatively, overwhelmingly, I became imbued with one observation. It was largely subconscious, for my mind was busy noting and retaining the inflections of his argument and belief.

But that observation lasted with me longer than any other. It was the fact that with every sentence, almost every word La Follette uttered, he accompanied his vocal with a physical expression. And, invariably, when he came to the point of emphasis, he brought his fist down with a decisive blow—the sort of blow a boxer would call a chop.

Suddenly there was recalled to my mind the story I had heard long years before of the secret of the great Nonpareil, the original Jack Dempsey, once middleweight champion of the world. As a boy he had been employed in a cooper's shop and his job was to pound the hoops down around the new barrels. Throughout his formative years, he had done this, until his forearms and shoulder muscles were abnormally powerful, and when eventually he found his way into the ring, he became the most celebrated knock-out of his generation; his blow was so swift, so sure, so unforeseen.

Something of the same thing seemed to be La Follette's secret—only transformed from the physical into the mental sphere. When he thinks, he thinks with his body as well as brain, and with both co-ordinated. When he strikes, he strikes with both body and brain, co-ordinated with spirit.

The effect is overwhelmingly one of power, of concentration, of an accumulated reservoir of strength—an enormous reservoir not because he has been saving it, but because he has been constantly, day in and day out, forever using it, expending it, with every last ounce of his vitality.

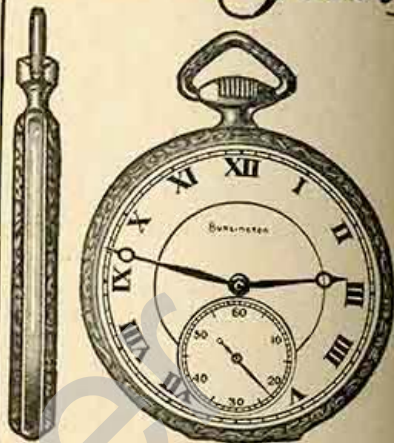
Hearing La Follette speak but once, whether privately or publicly, one cannot help fearing that this may be his last effort. He seems to put every one of his short inches, every last ounce of his strength into it. Yet, hear him again, and the effect is just the same. He is always on his tiptoes, at the top of his form; just going over the top.

A man like that does not need "exercise," as we commonly speak of it. He is in constant exercise in the mere act of talking, dictating, conducting business. When he thinks his muscles think with him. He is vividly one in every element.

As an instance of how casual with him are the commitments and prohibitions which seem so momentous to the average man the story of his use of tobacco is in order. While a young man and until after he had left the Governor's chair he did not use tobacco. Then he was threatened with a nervous breakdown. A doctor suggested that he try tobacco for its sedative effect. He began with a pipe, branched off to cigars and then, once in a while, smoked a cigarette. When his son, Robert, Junior, was around, he usually asked "Bob" for a cigarette.

Thus, in the course of fifteen or

21 Jewel Burlington



LOOK!

Adjustable to the Second
Adjusted to Temperature
Adjusted to Isochronism
Adjusted to Positions
21 Ruby and Sapphire Jewels
25 Year Gold Strata Case
Your Choice of Dials—
(Including Montgomery R. R. Dial)
New Ideas in Thin Cases.

Only \$100 Down

Only One Dollar Down will buy this masterpiece of watch manufacture. The balance you are allowed to pay in small, easy monthly payments. The Burlington—a 21-Jewel Watch—is sold to you at a price much lower than that of other high-grade watches. Besides, you have the selection of the finest thin model designs and the latest styles in watch cases. Don't delay! Write for the FREE Watch Book and our Special Offer today.

Write

While this Special Offer Lasts

Get the Burlington Watch Book by sending this coupon. Find out about this great special offer which is being made for only a limited time. You will know a great deal more about watch buying when you read this book. You will be able to "steer clear" of the over-priced watches which are no better. Remember, the Burlington is sent to you for only One Dollar down, balance in small monthly payments. Send the coupon for watch book and our special offer Today! Do not delay one minute!

Burlington Watch Co., Dept. 57-73
19th St. and Marshall Blvd., Chicago, Illinois
Canadian Address: 62 Albert St., Winnipeg, Man.

Please send me (without obligations and prepaid) your free book on watches with full explanation of your \$1 down offer on the Burlington Watch.

Name.....

Address.....

Rupture is Dangerous!

Instant Relief; Many Cures Reported; Full Directions and Sample SENT FREE

Just because you have been ruptured for years and have tried all kinds of bungling trusses and appliances, salves, liniments and plasters without satisfactory results, do not think you have to stay in this dangerous condition!

You may have instant blessed relief and, as scores of others report, complete recovery by the use of this simple, inexpensive discovery.

Send no money. To prove that my famous Resilient Rupture Pad does Conquer Rupture, even in its worst forms, I will send a sample absolutely free to any ruptured person, in a plain sealed package. Possibly you are wondering whether this can be true. Stop it! The test is free and surely the test will tell. Cut out this notice and hand it to a ruptured friend or send it with your name and address to E. H. Scott, 510C Scott Bldg., Akron, Ohio, and you will quickly receive a sample Resilient Rupture Pad with full directions. No obligation to purchase. Don't let Rupture handicap you in the battle of life, but make this test today.



PERSONAL Appearance

is now more than ever the key-note of success. Bow-Legged & Knock-Kneed men and women, both young and old, will be glad to hear that I have now ready for market my new appliance, which will successfully straighten, within a short time, bow-leggedness and knock-kneed legs, safely, quickly and permanently, without pain, operation or discomfort. Will not interfere with your daily work, being worn at night. My new "Lignitralmer," Model 18, U. S. Patent, is easy to adjust; its result will save you soon from further humiliation, and improve your personal appearance 100 per cent.

Write today for my free copyrighted physiological and anatomical book which tells you how to correct bow and knock-kneed legs without any obligation on your part. Enclose a dime for postage.

M. TRILETY, SPECIALIST
471 Ackerman Building, BINGHAMTON, N. Y.

STOP Fooling Yourself!

You possess greater possibilities for success than you realize! Only your lack of knowledge of the REAL fellow who walks round under your hat is holding you down.

Psycho-Analyze Yourself!

by Dr. Daniel Bonus's unerring system of 113 searching questions and rules for self-analysis. You can't cheat yourself or lie to yourself if you want to. And when you have it all written down, you see new elements of strength you did not realize you possessed. Right away you do the foolish little failings or weaknesses that are holding you down stand out like so many rag dolls—so absurd and needless that you quickly launch them out of court.

It's all in a BOOK—"PSYCHO-ANALYZE YOURSELF"—a gold mine for any thoughtful, ambitious man or woman. Has inspired thousands to a measure of success they had never dreamed possible.

SEND ONE DOLLAR OR PAY THE POSTMAN.
Psycho-Analytic Institute
190 North State Street Chicago, Illinois

A Shapely Foot Is a Joy Forever BEAUTIFY YOUR FEET

The Perfection Toe Spring REMOVES THE ACTUAL CAUSE OF THE BUNION or enlarged joint. Worn at night, with auxiliary appliance for day use.

Send outline of foot Straighten Your Toes Banish That Bunion

Full particulars in plain envelope
C. R. ACFIELD
Foot Specialties

Dept. 191 1328 BROADWAY NEW YORK



eighteen years he became addicted to tobacco. Last summer he decided to take a few weeks' course at the Battle Creek Sanitarium.

It seems that one of the rules at Battle Creek is that no one may smoke on the grounds. If the visitor desires a smoke, he finds it necessary to walk a mile and a half down to the village to consume his "weed" there.

The first night after dinner, Senator La Follette asked for his customary cigar and discovered this rule. He said a mile and a half was too much of a walk for a cigar. He had no smoke during his stay. But he has not resumed smoking since.

"Why?" said I.

"I concluded," he replied, "that if there was a price of a mile and a half walk on every cigar, I couldn't afford to smoke. Too expensive."

The Self-Sacrificing Woman

(Continued from page 47)

worn hollows in her face. The younger children look sidewise like scared rabbits. The older boy ran away. The older daughter goes shabby.

Everyone tells Mrs. Beck to leave her husband. She could easily, for she supports them all by washing and scrubbing. The older boy steals back to see his mother secretly and offers to pay the rent if she will bring the children with her to the city. To all this Mrs. Beck's unvarying reply is, "I must stand by my duty."

Beck has forbidden her going to Wednesday evening prayer-meeting. In that she defies him, and weekly Beck punishes her by throwing the furniture out the windows without raising the sashes. Yet Mrs. Beck refuses to separate from him on the ground:

"When I meet my Lord on the judgment day, I want to say, 'I done my best by him.'"

Now what I say about Mrs. Beck is, that Mrs. Beck is getting what she wants. She wants to be bullied and pumelled. She is so mad to be a martyr that she will not leave her place of torment even for her children's sake. She is training them up to be martyrs, too. Though maybe they will flop to the other side and be bullies instead.

The neighbor next door to Mrs. Beck has also a drunkard husband, but when he tries to interfere with her she "puts him to bed at the point of the icpick." At any rate that is what the neighbors say. She is not the self-sacrificing sort.

A little common sense is often what is needed to clear up the tangles which martyrs get into. Doing good to other folks is really a rather dangerous business. Self-sacrifice-ers who are clearly enough marked to be detected at sight should be avoided. A woman who gives up her life for others is too likely to demand the others' lives in exchange. A mild martyr is a limpet; a vigorous one an octopus. They are a frightful nuisance in the family.

Get Rid of This

with no effort at all!



Here is the easiest way in the world to rid yourself of that useless, joke-inviting, health-menacing paunch! Simply fasten on **Dr. Lawton's Automatic Waistline Reducer**—and the flabby flesh will vanish. Absolutely automatically! For men and women.

DR. LAWTON'S AUTOMATIC WAISTLINE REDUCER



Hour by hour, with every breath you take and every step you make, the *Waistline Reducer's* Vacuum Applicator massages away unwanted bulge. Made of soft, pliable, glove-like rubber. Fits snugly and comfortably to the figure. Weighs but few ounces. Flexible as a handkerchief.

SATISFACTION A SURETY

Dr. Lawton's Automatic Waistline Reducer is sold under a guarantee bond of absolute satisfaction. Your money back if you do not like it when you get it. Write now—this minute—to Dr. Lawton for full description, convincing literature and low price. Mail the inquiry blank below now to

DR. THOMAS LAWTON

19 West 70th Street

Dept. C-71 New York City

Dr. Thomas Lawton, Dept. C-71, 19 W. 70th St., New York City
DEAR SIR—Send me complete description of Dr. Lawton's Automatic Waistline Reducer, convincing literature and illustrations, and tell me how low it is priced. This obligates me in no way.

NAME.....
STREET.....
TOWN..... STATE.....

FREE Eleven Delicious Whole Wheat Crackers

Build Strength
Protect Health
Good for You
Good for the Children



This photograph is only one-ninth the actual size of the package of Wheatworth Crackers sent you absolutely free. These crackers are endorsed and recommended for flavor and wholesomeness by Alfred W. McCann, Dr. Harvey W. Wiley, Luther Burbank, Dr. J. H. Kellogg and other leading pure food authorities.

WE want you to try Wheatworth Whole Wheat Crackers at our expense, because we want to prove to you how wonderfully delicious and nourishing they really are. **100% body and brain food** in tempting cracker form—nut-sweet, crisp and fresh. Taste them for yourself. **Enjoy them** with tasty fillings of butter, peanut butter, cheese, jelly or jam; break them in a bowl of milk; or eat them plain—right from the box. The children, too, will love them. **Right now**, while you think of it, **mail this coupon** with 4 cents in stamps to cover postage, and the special **FREE** trial package will be sent by return mail.

FREE SAMPLE

F. H. Bennett Biscuit Co.,
133 Ave. D, Dept. C, New York City.

I enclose 4 cents in stamps to pay for postage on Free Sample Package Wheatworth Whole Wheat Crackers, to be sent promptly at address here given.

Name.....
Address.....

Olmstead—A Dream of Strength Come True

(Continued from page 36)

first sight of a really developed body. The wonderful effect this had upon me, along with the many sound principles advocated by Mr. Macfadden, determined me then and there that the pursuit of a thorough physical development, with all the knowledge that I could get along the lines of physical and health culture, would be my life's work. It was a little later that Mr. Macfadden started his community in New Jersey, known as Physical Culture City. I finally made arrangements to go into the work completely, and went down to Physical Culture City, where I studied and learned all I could.

After about my third month in Physical Culture City, a Physical Culture Contest was held at Madison Square Garden, New York City. That I was one of the Prize Winners in Physical Development *then*, is a great surprise to me yet, as the photographs I have of myself at that period, alongside of my later ones, certainly look like a "before and after" picture.

Desiring to study further into natural health building methods, I decided upon the famous Battle Creek Sanitarium as the proper place. A young man of my own age, a graduate physical director also having Battle Creek as his goal, suggested that we pal up on a walking trip from Brooklyn to Battle Creek, Mich., so we equipped ourselves with an outfit and made the hike, doing it in nineteen and one-half days. While on this hike I was initiated into my first weight-lifting experiences. My friend was quite a handstand artist, and in short order I learned to lift him over my head in the various ways which are now so familiar to everyone in what is now commonly known as a hand-to-hand act. At the time, this work was a great novelty and received much hearty response from the audiences along the line of our hike whenever we would give an exhibition in a Y. M. C. A. or some such place. We earned enough in this manner to more than pay our expenses and had a joyous lark on the trip.

In Battle Creek, we were greeted at the Sanitarium as some kind of missionaries, which perhaps we were, unwittingly, and immediately placed in the Strength Test and Physical Advising Department, where we had ample opportunity of studying to our heart's content. It was while at the Sanitarium that I started lifting dumbbells. My friend sent for his bar-bell outfit, which was one of the first outfits of its kind, I think, that was turned out by the Milo Company. It was a thin steel, cylindrical affair with a disc that screwed down to hold the lead shot in place. Not much like the modern perfected article, but nevertheless it got results!

The strength I had developed from my various forms of exercise and handling my partner in the hand-to-hand balance work enabled me to

start in with one hundred pounds in the one arm bent press, either with the right or left hand. From this beginning I graduated my work until about three years later I was able to make a one arm press consisting of a one-hundred-pound ring weight and my partner, who weighed one hundred and forty-one pounds, seated thereon, making a total of two hundred and forty-one pounds. My own weight at this time was but one hundred and fifty pounds, stripped.

There were apparently no weak links in my entire body, and it seemed as though I hardly knew the limit of my own strength; especially in those feats where the entire body was brought into play was I able to make my best showing. I could do the wrestler's bridge, supporting in the neighborhood of a ton, holding in this position on several occasions an entire baseball nine. An amusing occurrence, while doing this feat of strength at a club in South Bend, Ind., one night, fits in here. I called for eight good-sized men to sit upon the big cross-shaped platform I used, whereupon eight well-fed club men, all weighing over two hundred and twenty-five pounds each, came forward for a joke. Not to be outdone, however, I invited them to pile on. Their weight broke the bolts connecting the planks and they tried to prevail upon me to give it up, but after repairing the platform I succeeded in holding the gentlemen of avoirdupois for an appreciable length of time.

During my stay in the Battle Creek Sanitarium my athletic partner and myself would attend the vaudeville theatre weekly and then practice in the gymnasium until we perfected whatever feature trick we saw any athletic act present. In this way in a short time we had mastered a repertoire of all feature tricks which proved later to be the means of my entering upon a professional stage career. The appetites we boys developed from our many outdoor activities, plus our gymnasium work, always brought forth a comment from the dining-room superintendent. He would blink his eyes, look aghast and exclaim: "Do you boys know how many calories you have here today?" And our response was generally: "Do you know how many hours we have worked in the gymnasium today?" We finally became exempt from the caloric restrictions in vogue there at the time.

My body had now responded to progressive weight-lifting exercises to the point where I felt justified in giving posing exhibitions. I had my first cabinet built and gave weekly exhibitions to the guests at the Sanitarium,

which always numbered many hundreds.

The next change in my career was when Bernarr Macfadden also came to Battle Creek and opened a large institution known as the Macfadden Sanitarium. I severed connections with the Sanitarium, aided in the opening of the new place and then became Chief Physical Director of same for quite a period. During my directorship there I went in for scientific weight-lifting in earnest, procuring for myself a fine outfit of bar-bells, and was soon giving exhibitions in weight-lifting, using the bells instead of my partner. From here I went East several times to give lectures and exhibitions for Mr. Macfadden, and then accompanied him on one of his tours, billed as his pupil. At the termination of this tour I returned to Battle Creek, where I opened a physical culture studio of my own. At the same time I took up wrestling and had a few successful matches, finding my prodigious strength of great use, after I had mastered the science of the game. In my studio I used progressive weight-lifting exercises for developing my pupils, and the results were often astonishing.

My entrance upon a stage career was due to the fact that Col. W. S. Butterfield, the theatre magnate of a middle west section, lived in Battle Creek. He saw my partner and myself give an exhibition one night and finally prevailed upon us to consider a tour over his circuit. Always fond of traveling, this naturally had its appeal, so we entered upon our professional appearances. The amusing thing to me now is that we first attempted to do on the stage practically every feat and stunt of which we were capable! This made a long exhibition, indeed, and somebody was certainly getting his money's worth. Our youthful stamina held up under this strain for about two weeks, with my shoulders getting sorer and sorer day by day. The right one finally gave out entirely under the strain of making the two hundred and forty-one pound one arm bent press, previously spoken of, three times daily. The lesson, however, was learned and we rearranged our routine so that working became a pleasure.

On my last trip East to do lecture work, I had met a beautiful young Gibson-like girl, who was attending the Macfadden Physical Training Institute, and woe is me, I became lost! Well, the result of this romance so turned out that when the Physical Training School was moved to Battle Creek, it consummated in my becoming a benedict. After my athletic male partner had gathered enough "moss" in rolling around, he decided to take the medical course in Chicago, so I returned to Battle Creek and forthwith commenced training my new life partner to assist me in my stage work. She has done so to date with great success.

See Mr. Olmstead's article, "Speaking of Real Exercise," presenting some advanced movements, in STRENGTH next month.

"On Your Marks— Get Set—"

(Continued from page 23)

he should try leaping that last fifteen feet at the end of his 100 yards, throwing his arms forward with that leap, so as to gain the greatest possible momentum, and then allowing himself to fall as far forward as possible, gaining downward momentum as well, and hitting the tape with one side forward and gaining thereby all the advantages of the lunge and the shrug finishes, used by many Eastern sprinters.

Now all this is easy enough to learn, with practice. The difficult thing is holding the feet just off the ground and skimming the surface. If the regular broad jump form is used, the runner would be forming an arc in the air at the finish and in reality handicapping himself rather than helping. Otherwise, it takes less time to pick up both feet and hold them a few inches from the ground over that final fifteen than it would take the two or even three strides that are sometimes necessary in order to finish in the ordinary manner. After trying out this style of finishing for a time and finding it still awkward and hard to do, and if no increase in speed is noticeable, the runner had better run through naturally.

After Woods in the roll of our Knights comes the first of those who have won at least National fame for prowess on the cinderpath, Bob Hutchison of Berkeley. It was Bob, it will be remembered, who won the Intercollegiate Championships for California in the year '21 and who likewise tried again to help his team-mates at Harvard Stadium the following season. But in these days when first we meet him, he had his sprinting days of glory ahead and not behind him, and he came down to the State Championships which were held in Los Angeles in 1916 with speed in his legs and fight in his heart.

That indeed was the lesson a competitor could hardly help learning from him, the lesson of fight. For Hutchison, though never a great runner, always fought all the way, and it was against his hardest competition that he performed his best. In the 220 yards in those same championships, the race was run on a straightaway, and at the end of 150 yards the protection of the grandstands stopped short and the rest of the course was swept by a tremendous ocean breeze, that had gathered speed and power from a sweep across thirty miles and more of plateau land, so that it fairly checked the runners as they came headlong into it. Now there had been heats and semi-finals and finals, too, in the hundred, when the six of us took the mark for that last race in the furlong. Little Bob Hutchison ran his hardest from the gun and broke into that wind with valiant fight and determination. All the way down he stayed in his place, challenging, ever challenging for the lead, and at the finish he fell prostrated to the ground, but he had proven what nerve and will power can accomplish in running.

(To be continued)

ALLEN'S FRUIT LAXATIVE

A safe, simple, sensible and natural food laxative, unfailing in its results. Nothing but a nourishing blend of figs, dates, raisins, prunes, a few simple herbs and bran. Delightfully palatable, absolutely harmless. Taken as directed you should never be troubled with a clogged system and its long train of ills.

NO HARMFUL DRUGS

Use Nature's way. Send \$1.00 for two 60c eight-ounce size packages. Sufficient for the entire family over a long period. Money back if not satisfied.



J. E. TUBBS
BOX D
CRANFORD, N. J.

FOR FUN OR MONEY— VENTRILOQUISM

taught almost anyone at home. Small cost. Send Today 2c stamp for particulars and proof.

GEO. W. SMITH, Room M-860, 125 N. JEFFERSON AVE., PEORIA, ILL.

FEASTING FOR EFFICIENCY

Solvent fruit, such as grapefruit, berries, tomatoes, UNDER PROPER CONDITIONS:

- (1) Dissolve or disintegrate tumors, gallstones, gallstones, deposits of lime in joints.
- (2) Dissolve phlegm or mucus, remove the source of colds, catarrh and consumption.
- (3) Correct liver and kidney troubles; headaches.
- (4) Dissolve blood clots as in paralysis.
- (5) Dissolve the impurities which cause blemishes to the skin, as acne, eczema.



INTENSIVE FEEDING. JUICES. NO WATER
New rich blood builds healthy tissue, displacing diseased tissue. No diagnosis required, only activities. Write us for particulars of Government Bulletins, describing experiments on convicts, hens, cows, etc. Deficient feeding produced disease, whereas full nutrition cured, e. g. paralysis, blindness in hens, rats, etc., pellagra, beriberi, skin affections, etc., in men.

The following extracts are from sworn statements of pupils:

PARALYSIS. Age 61. Right hand and leg helpless three years; restored in three weeks.

Another, age 65, bedridden, hemiplegia. Sensation restored in three days. Could walk two miles daily after six weeks.

ARTHRITIS. All joints swollen with lime deposits. Knees and wrists locked immovable for eight months. Blind for two years. Can now see, walk and do home work.

CATARRH HAY FEVER, RESULTING DEAFNESS decreased from the first meal.

GALL STONES. Age 80. Bedridden, cholic every week for years, but not one attack since instruction over a year ago; now can do housework.

TUMORS. Age 40. Tumors weighing several pounds dissolved within a year.

GOITRE. Collar reduced 17 to 15; normal size.

UTERINE HEMORRHOGE. Age 50. Three years in rolling chair; weak on constant discharges. Now does housework, including washing.

ECZEMA. Age 69. Eyebrows lost. Skin cracked and scaling. Normal in three months.

PYORRHOEA. Age 65. Pus ceased on 7th day.

PREGNANCY. Age 30. With last two children suffered no nausea, no swollen feet nor constipation as previously. Delivery painless.

CONSTIPATION. Three healthy Eliminations Daily.

BRAINY MEALS make mental work easy. Muscles nourishing meals build firm flesh. Sworn statements. Over 5,000 pupils. Educational book, 10 cents.

BRINKLER SCHOOL OF EATING
Dept. 20-D. 131 West 72nd Street, New York

I Offer You \$100 a Week

Without experience, training or capital you can establish a big business for yourself. Be your own boss, work when you please, spare time or full time, and make from \$25 to \$100 a week.

Ford Auto Given Free

We want men and women to represent us. Wonderful plan. 350 Household Necessities direct from factory to home. We provide all instructions and equipment including automobile. Write quick for offer.
AMERICAN PRODUCTS CO., Dept. 321 Cincinnati, Ohio.

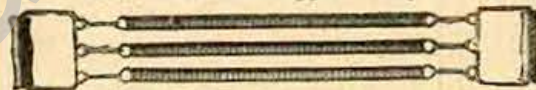
The Greatest Value Ever Offered!

IMPROVED CHEST EXPANDER
IMPROVED PATENTED MASTER GRIP
VICTOR BODY DEVELOPER

Don't miss this opportunity.

All Three Outfits \$6
with Complete Course
of Instruction

Over 100,000 now in use.



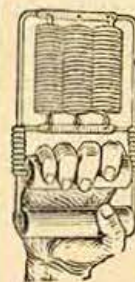
Develop Great Muscle and Chest Expansion with the VICTOR Progressive Chest Expander

Are you weak and flat chested? Are your muscles flabby and soft? No matter how badly off you think you are, you can in a very short time develop muscles of steel and increase your chest expansion to amazing proportions with this progressive chest expander. The three springs allow you to increase resistance as you progress and as your muscles become more developed. Here is a chest expander that everyone needs. Made of the finest materials throughout—will last a lifetime. Take advantage of this remarkable offer before it is too late.

The ONE Progressive Grip Exerciser

With the patented VICTOR MASTER GRIP you can develop a strong grip in an amazingly short time in your own home. This ingenious device is also a grip tester registering from 1 to 100%.

The VICTOR MASTER GRIP is so constructed that you can use it with one, two or three springs—mild, medium and strong. Any one can use it with wonderful results. Lasts a Lifetime.



LIMITED SPECIAL OFFER!
For a limited time, I will include absolutely FREE with each order for the above combination my \$1 encyclopedia of Physical Culture written by Michael MacFadden and my full instructions for increasing lung and chest expansion from 2 to 3 inches in ONE WEEK. Order TODAY before this amazing offer is withdrawn.

VICTOR BODY DEVELOPER
Two Separate Outfits in One

With these two perfect exercisers you can build up every muscle of your body in a remarkably short time, and increase chest expansion from two to three inches. The strength of each exercise can be regulated as your progress. Can be used by every member of the family.

FREE Scientific Course

With each outfit I will include my scientific course of instruction showing you how to exercise every part of your body including lung and chest expansion.

This system is endorsed by the world's strongest men as being the most perfect method of body building.



Only the finest steel piano wire springs are used in the construction of these exercisers. This outfit alone is worth the price asked for all three.

Take advantage of this liberal offer today, before the low price is withdrawn.

Any of the above exercisers can be purchased separately with instructions for \$3.00 each
HENRY VICTOR, Dept. P-2 107 East 13th Street, NEW YORK CITY

I PAY MEN \$75.00 a Week and up

I pay men \$75.00 a week and up by my plan which I want to send you at once. Be your own boss, work where and when you like. You can do fine even without previous experience. **Biggest values—positively sell on sight.**

Profits in Advance

My plan pays biggest profits and commissions in this line, all paid in advance, we attend to delivering orders and collections.

Sell fine Tailoring

Astonishing values get orders easy when you show samples of our tailored to order, all wool, suits and coats—one price \$31.50. Our advertising helps you take orders quick.



FREE

This big, fine sample outfit furnished free, contains 100 all wool big samples, all one price \$31.50, fine colored fashions, stationery, supplies, tape, etc. All in classy, fine carrying case. Also complete sales manual, we place you in Big Money Class.

\$31.50 ONE PRICE

W.Z. Gibson

W. Z. GIBSON, Inc., Chicago Ill.
161 West Harrison St., Dept. C-56

Please send me your plan for \$75 a week and up, also FREE outfit and sales manual.

Name

Address

City State

For Strength and Health eat Lindlahr Health Foods

Over 70% of all disease is due to foods which are adulterated, treated chemically or denatured by the removal of various vital elements. To maintain health, therefore, it is necessary to eat pure food without which all other health aids are relatively valueless.

Special Bargain Offer

To introduce our wonderful health-giving appetizing brain, muscle and nerve nourishing foods, as used in the famous Lindlahr Sanitariums, we offer the following trial parcel at a greatly reduced price.

Ask for Special Parcel "S"	2 lbs. Lindlahr Vitamines	50
	2 lbs. Lindlahr Health Coffee	50
	1 lb. Whole Wheat Fruit Crackers	30
	5 lbs. Unpolished Brown Rice	60
	5 lbs. 20-30 Prunes	1.50
	5 lbs. Black Mission Figs	1.25
	5 bars Assorted Health Candy	50
	Regular Price	\$5.15
	Special Price (plus postage)	\$4.00

Add \$1 for a year's subscription to The Lindlahr Magazine.

Lindlahr Health Coffee

Coffee substitute with 100% food value. Made of grains and fruits—no caffeine. Delicious, economical, easily prepared. 2 lb. package. 50c plus postage.

All orders must be accompanied by remittance. Postage extra. Ask for 2-page price list. (Dealers write for wholesale prices.) Address, Service Department G.

Lindlahr Sanitariums
517 So. Ashland Boulevard, Chicago

Delivered to you Free

for 30 days trial on approval. Your choice of 44 Styles, colors and sizes of the famous **Ranger Bicycles**. Express prepaid. Low Factory-to-Rider Prices.

12 Months to Pay if desired. Many boys and girls easily save the small monthly payments.

Tires, wheels, lamps, and equipment at half usual prices. Write for remarkable factory prices and marvelous offers.

Mead Cycle Company Write us today for free catalog.
Dept. A135 Chicago



General Butler's Iron Grip

(Continued from page 53)

marked Butler's regime thus far. The Philadelphia police force has been entirely revolutionized in these few weeks. Fear of the politician has gone out of them. They are men capable of standing on their own feet and enforcing the law. At their helm is a tireless human machine.

The city was bandit ridden and the hold-up men had little or no fear of the police. The spirit of the Marines has come. Shoot to kill and keep shooting until your bandit is dead or you are. That is the understood order under which every policeman patrols his beat. And it has brought a new confidence, a sense of the hard-boiled in dealing with the hard-boiled. Every man on the force knows it is going to be a fight to the last against every form of law breaking and that no defeat will be tolerated for an instant. It is the spirit which has made the Marine Corps, the Canadian Mounted Police and the Pennsylvania State Constabulary famous throughout the world—the spirit of Spartans at Thermopylae insisting on victory though every man die in his boots.

From where does he get the tremendous moral and mental strength, the energy that makes him what he is? Perhaps some great psycho-analyst could tell. You know instinctively that he has it a minute after you've met him. You do not wonder that this man was a runaway at the age of 17 and a Brigadier-General at 39, a man termed the ideal American soldier by Theodore Roosevelt.

His career is romance personified. It is strength and courage personified. It is manhood in the highest sense.

Nothing written about him could be complete unless it took into account his record. A Quaker, he comes of stock notorious for its antipathy to fighting. The captain of his school football team, a fine pitcher on the baseball team, he calmly shocked his father, a member of Congress, by notifying him that he intended entering the military service at the time of the Spanish War. When his father threatened to stop him, young Butler offered two choices—to permit him taking an examination for a commission in the Marine Corps or to see him run away and join the Regular Army as a private. Pa Butler consented to the examination and the seventeen year old boy passed second among two hundred applicants. Then began the life of fighting, of adventure that would make the average soldier of fortune look like a toy poodle.

As lieutenant of Marines, he fought at Guantanamo and Manzanillo, served on Samson's flagship and was rushed to the Philippines when the Spanish War ended. A little action there and then the Boxer Rebellion in China. Wounded in action at Tien Tsin while trying to rescue a wounded comrade, the British General Dorward recommended him for the Victoria Cross, the

\$90 Drafting Course FREE

There is such an urgent demand for practical, trained Draftsmen that I am making this special offer to deserving, ambitious men. I will teach you to become a Draftsman and Designer until you are drawing a salary of \$250.00 a month. You need not pay me for my personal instruction or for the complete set of instruments. But you must take advantage of this special offer at once.

\$300 a Month Salary—\$450 on the Side At Home

That's the kind of money my drafting students make. Read what this one says:



"As a beginner I am doing fine. Am earning a salary of \$300 per month, besides I made over \$450 at home the last two months, drawing plans for private parties. The practical drafting training you gave me by mail put me where I am in less than six month's study. Thank you for all your personal interest and help you gave me so far." (Signed) J. B. Dohe
(Name and address upon request)

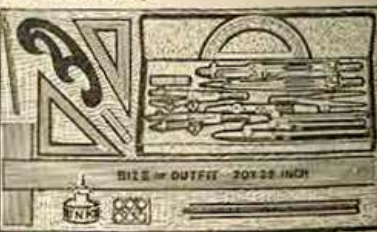
Write and I'll tell you how I make you a first-class, big-money-earning draftsman in a very few months! I do this by a method no other man or institution can imitate. I give you personal training at home by mail until you are actually placed in a position paying up to \$250 and \$300 a month. Six thousand draftsmen wanted every month.

I Guarantee

To train you until you are placed in a position paying up to \$250 and \$300 a month

This Outfit FREE

I give you a whole set of drafting tools the minute you become my student. You get every tool you need. A magnificent set of instruments which will build your success in draftsmanship.



Mail Coupon

at once for my great book—"Successful Draftsmanship." Find out about the simply marvelous opportunities ahead now. What great salaries and possibilities there are! Send the coupon for free book TODAY!

Free Course Offer Coupon

CHIEF DRAFTSMAN DOHE
1951 Lawrence Ave., Div. 57-73 Chicago

Without any obligation to me please mail your book, "Successful Draftsmanship" and full particulars of your liberal "Personal Instruction" offer to a few students. It is understood I am obligated in no way whatever.

Name Age

Address

Stop Using a Truss



STUART'S PLAPAO-PADS are different from the truss, being mechanic-chemical 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 public 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 **FREE** Trial of Plapao absolutely.

Write name on Coupon and send **TODAY**.
Plapao Co., 610 Stuart Bldg., St. Louis, Mo.
 Name.....
 Address.....
 Return mail will bring Free Trial Plapao.

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.

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 350c Page Bldg., Marshall, Mich.

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 salves. No plasters. No lies. Durable, cheap. Many imitators. None equal.



SENT ON TRIAL. CATALOGUE FREE.
THE BROOKS CO., 189 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.

Wrestling Book FREE



Learn to be an expert wrestler. Know scientific wrestling, self-defense, and ju-jitsu. Develop a splendid physique, and have the best health. Join this popular school and learn by mail. The famous world's champions—the marvelous **Frank Gotch and Farmer Burns** offer you a wonderful opportunity. Wrestling is easily and quickly learned at home by mail. Men and boys write now for splendid free book. Learn all the science and tactics. Be able to handle big men with ease. Accept this wonderful offer NOW. Send for free book today, stating your age.

Farmer Burns School of Wrestling, 3453 Range Bldg., Omaha, Neb.

greatest honor England can offer and one usually only accorded those who have died in the performance of some conspicuous gallantry. But American officers cannot accept foreign honors.

Before that wound was healed, he left the hospital and got back into action only to be wounded again. He was a captain now. The shot entered his right leg and he found another officer, a Captain Lemly, shot in the left leg. They bound their injured legs together and hobbled off to get fixed up, using their two good legs to navigate. But that was not all. With another officer some time previous to that wound, Butler had carried a wounded sergeant of marines seven miles to safety, fighting Chinese all the way. And then he almost died of typhoid. He shrank to 90 pounds in weight.

"A boy carried me around," he says. And then he quelled an uprising in Honduras back in 1903.

"Merely had to umpire that fight," he says.

After that came trouble in Panama and Major Butler put things in shape and also explored a region peopled by hostile natives in which no white man had ever been. On that trip of 250 miles into the interior, he had two non-commissioned men as company.

"Quieted a little trouble in the Philippines in 1905 and a revolution in Nicaragua in 1909," is the way he puts it. Nothing much to mention, but there were two more revolutions in Nicaragua in 1910 and one of them required four months of fighting to quell. Butler quelled it with a handful of marines.

Then came January of 1914 and the trouble with Mexico, the landing of Butler and his marines at Vera Cruz, and a particularly daring bit of work on his part.

After the Mexican trouble ended, he went to Haiti to put down trouble there and reorganize the Haitian army and police forces. He became commanding general of their army, chief-of-police and head of the telephone and telegraph service as well as chief of the health department fighting plagues. In 1917, when the United States entered the World War, he was sent to Europe to make the landing place at Brest habitable for the American Army. His work was so well performed there that Pershing cited him and he was made a brigadier-general.

And if any Philadelphia gunman thinks Butler is bluffing, he might stop to recall that this young brigadier got Congressional Medals of Honor for leading attacks up mountainsides through jungles against hidden forts and with his men many feet behind him following him mainly by the reports of his gun and wondering where "Old Hell's Devil Butler" was going to take them next. And that is just what the Philadelphia police are wondering now—but they are willing to follow and do whatever he orders, just as his marines always have been.

Vice and law breaking cannot exist in the presence of such a man.

Free HEALTH and BEAUTY



VIOLET RAYS
 Only \$1.00 DELIVERS now to Your Home

ONLY \$1.00 brings this complete, scientific Violet Rays outfit to you. Treat yourself and family at home, save delay, costly doctors and medicines. Thousands use Violet Rays at home to relieve pain and sickness. The identical outfits doctors have brought from us for years and with which they successfully treat many ailments.



QUICK RESULTS—No Medicine

Violet Rays work quickly; it's scientific, goes after the cause. That's why results are quick, permanent. Dr. Duncan, Kewanee, Ill., writes, "Violet Rays is the finest thing I ever used... to relieve pain, treatments are home, you save Doctor's bills."

BEAUTY AID EARN CASH
 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. Men, women, without experience earn liberal profits in spare time showing Violet Rays to neighbors. Proves results first demonstration. Sells on sight. Get attractive offer and wholesale prices now.

SEND FOR FREE BOOK

Explains how Nikola Tesla discovered Violet Rays, how it works, why it heals. Tells what doctors and plain folks accomplish in conquering pain, disease and nervous trouble with Violet Rays.

Reveals **Marvelous Scientific Discovery** Shows charts of human body, explains where pain starts, how to banish them. Offered FREE for a limited time only, to introduce Violet Rays. Send for FREE copy.

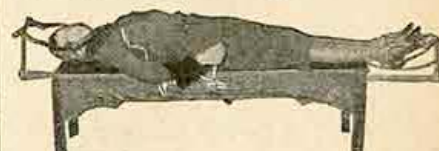
VI-REX CO. - CHICAGO
 Mail Coupon—Send No Money

VI-REX COMPANY
 211 S. Peoria St., Dept. 1003, Chicago

Please send me without cost or obligation your free book describing your VI-REX Violet Ray outfits, and details of your \$1.00 offer.

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

Get Health-Height-Youth



90% of all human ills are of Spinal origin. This great University Invention, The Cropp Therapeutic Couch, Remakes and Rejuvenates the body—Stretches the Spine, Skeleton, Cartilages, Nerves, Arteries, Muscles and Ligaments. Corrects Curvatures, Deformities, removes causes of arrested growth, gives Height and a Body beautiful. Ask for free book "THE HUMAN BODY."

THE CROPP THERAPEUTIC DEVICES CO.
 Hooven Bldg., 46th St. New York City



"I guarantee that the new method which penetrates to the starved root cells will produce a new, healthy growth of hair in 30 days or your money will be refunded. And, furthermore, I want you as the user to be the sole judge. My special free book, now ready, explains the method in detail and tells you precisely why I am able to make this unusual free proof guarantee."

ALOIS MERKE.

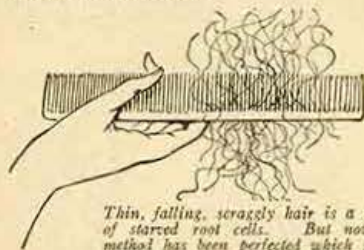
New Hair in 30 Days -or Costs You Nothing!

Alois Merke discovers a new, simple method guaranteed to grow thick, beautiful, luxuriant hair, or money instantly refunded. Gives new life and health to hair that is thin, falling, lifeless.

At the Famous Merke Institute, Fifth Avenue, New York, letters are pouring in from all over the country requesting information concerning this new method for growing hair. So successful is it that it has been guaranteed to grow new hair in 30 days or cost nothing!

To women this method is particularly interesting as it often transforms thin, falling hair into rich, luxuriant beauty in an unbelievably short time. It is unlike anything ever known in this country. It penetrates to the starved root cells, revitalizes and nourishes them—and the hair grows thick, lustrous, beautiful.

There is no massaging, no singeing, no unnecessary fuss or bother of any kind connected with this new method. It is simple, pleasant. Already hundreds of women who had thin, falling hair, hundreds of men who were "thin on top," have acquired new luxuriant growths of hair. Often the results are almost unbelievable.



Thin, falling, scraggly hair is a sign of starved root cells. But now a method has been perfected which penetrates to these cells and stimulates them into new activity.

Thin Falling Hair Given Glorious New Health

Is your hair thin, lifeless? Does it fall out, break? Is it dull and without lustre?

All these conditions are nature's signs of starved or atrophied hair roots. Ordinary methods cannot revitalize the roots, cannot reach them—no more than rubbing "growing fluid" on the bark of a tree can make the tree grow. You must get right at the roots and stimulate them. This remarkable new method provides, at last, an efficient way of invigorating the roots themselves. The hair becomes brighter, fluffier. New growths make their appearance within 30 days—if they don't there is no cost to you.

Some of the Amazing Results

The proof-guarantee is made possible only through splendid results that have already been achieved—as these few excerpts from letters testify. The letters are on file at the Merke Institutes and anyone may see them by coming to the office.

"I have been bothered with dandruff for 20 years and had lost nearly all of my hair. I have used your treatment 30 days now and have a good growth of hair coming in."

"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 Treatment."

"I must frankly state I was skeptical as to your claim, but a faithful use of Merke Treatment for



a month has removed all doubt and three of us are obtaining unbelievable results both in looks and growth."

Free Booklet Explains the Method

We have prepared a special free booklet called "New Way to Make Hair Grow" which tells you everything you want to know about the remarkable new method for growing hair. This booklet explains the method in detail, gives you many interesting facts and proofs concerning this new method. We know you would like a copy, and we will be glad to send it to you absolutely without obligation.

Among other things, this free booklet will tell you how this method penetrates to the hair roots—without any massaging, rubbing or other tiresome methods. And it tells how the dormant root cells beneath the skin's surface are awakened, given new life, new strength.

Mail this coupon for your copy of the special free book today. Remember there is no obligation whatever. The Allied Merke Institutes, Inc., Dept. 553, 512 Fifth Ave., New York City.

THE ALLIED MERKE INSTITUTES, Inc.
Dept. 553, 512 Fifth Avenue, New York City

Please send me, without cost or obligation on my part, copy of the new special booklet "New Way to Make Hair Grow," explaining in detail the remarkable method for growing glorious hair.

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

Address.....

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