

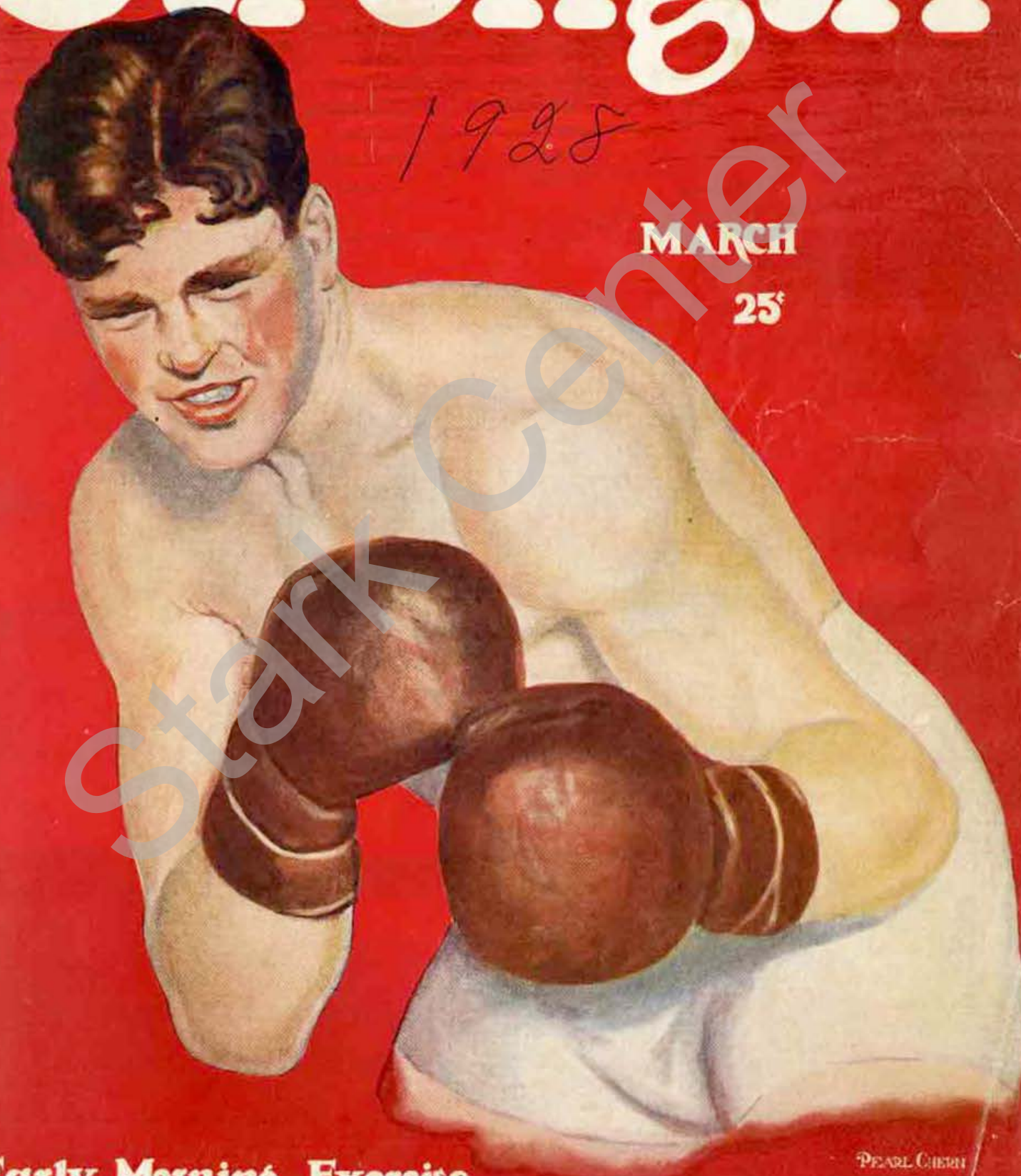
# ★ Strength

Health and Living

1928

MARCH

25¢



Early Morning Exercise

PEARL CHERRY



# An 1800-lb. Lift

By D. B. MILLS (A MILO MADE MAN)

Most men would like to be strong enough to lift that much weight, but whether you would or wouldn't the fact remains that an apparatus that can and does develop such enormous strength in its users is the one you need. Why? Because if you are training with an apparatus and course that can and does give a hundred—yes, two hundred per cent. improvement over its pupils original physical standards, if they desire it, you are sure of far better results than if you were using an apparatus and course that produces for its pupils only 50 per cent. improvements at its best.

## You Don't Have to Become a Strongman You Don't Have to Lift 1800 Pounds

Supposing you merely want better health, a fair amount of physical strength, and a body that is not repulsive to look at. Haven't you a better chance of getting them with the system that produces men who can lift 1800 pounds and with the system that shows you many new muscular marvels in the form of its pupils with each issue of "Strength". We haven't just one or two phenomenal men who have obtained physical results that set him up above the average man for strength and physique. Developing men of that physique is a common, almost everyday occurrence with Milo Bar Bell System. Doesn't that make you feel positively sure of getting real honest-to-goodness results if you purchase and use a Milo Bar Bell? If it doesn't it should, for every word of it is true and the Milo Co. backs it up with one of the broadest guarantees that can be offered.

### We Recommend

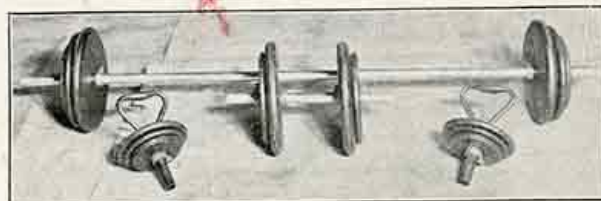
#### ← This Milo 200-lb. Plate Loading Bell

There are eighteen beveled edged plates, grouped and weighing as follows: Four 25 lb., two 15 lb., two 10 lb., two 7½ lb., two 5-lb., two 2½-lb., four 1¼-lb. One 5-foot solid steel nickel-plated bar 11-16 in. in diameter, weighing 15 pounds, total weight of bar and plates 200 pounds. One solid steel nickel-plated dumb-bell handle and two kettle-bell handles, eight collars and three courses of instructions. Price \$24.00.



M. TAMPKE'S Development

This 200-lb. outfit seems to be the happy medium, being as popular a seller as the 100-lb. outfit. There is just enough weight in this bell to give the average man a thorough workout. He can build up ideal proportions for himself and vigorous health and mar lines. Out of such an outfit, he can make up many diversified weights. He has at the same time a pair of 22½-lb. kettle-weights, a 50-lb. dumb-bell and a 115-lb. bar bell, including the weight of handles. Certainly a muscle builder has here just what he wants.



Assembled For Three Different Exercises

Save Time and Money By Filling In and Mailing the Order Blank To Us Today.

## The Milo Bar Bell Co.

2739 N. Palethorp St. Dept. 197 Philadelphia, Pa.

### COMPLETE PRICE LIST OF MILO BELLS

500-lb. Plate Loading Bell, plain bars.....	60.00
400-lb. Plate Loading Bell.....	48.00
Large Size Duplex, with Plates and Spheres.....	40.00
300-lb. Plate Bell.....	36.00
Standard Size Milo Duplex, with Plates and Spheres.....	32.00
200-lb. Plate Bell.....	24.00
100-lb. Plate Bell.....	15.00

3 complete, illustrated courses are given with every one of the above bells, except the 100-lb. Bell, with which 2 courses are given.

#### ORDER BLANK

Date.....

The Milo Bar Bell Co.,  
2739 N. Palethorp St., Dept. 197, Philadelphia, Pa.  
Gentlemen:

Enclosed find \$..... in payment for Bar Bell set  
checked above. Please ship by

{ Express } to.....  
{ Freight } County.....

State.....

My mail address:

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

#### MEASUREMENTS

Neck..... Weight.....

Normal Chest..... Age.....

Expanded Chest..... Occupation.....

Upper Arm..... How Many Times Can You  
Chin the Bar?

Forearm..... How Many Times Can You Dip  
on Parallel Bar?

Waist..... Check off your aims below:

Hips..... Improved Health—

Thigh..... Great Strength—

Calf..... Perfect Physique—

Wrist..... To Reduce Weight—

Ankle..... To Increase Weight—

Height.....

WE DO NOT PREPAY SHIPPING CHARGES

# He Mailed This Coupon



Tired Serving Soda



Mailed This Coupon



Success in Real Estate

## And Made \$8,000 In 3 Months

Learn the secret of his success. Be a Real Estate Specialist. Start at home—in your spare time. No capital or experience needed. Be your own boss. Make more money than you ever made before. Free book tells how. Mail coupon today.

After running a candy store for more than fifteen years, A. W. Fosgreen, of Woodhaven, New York, grew tired of serving soda.

He says: "I was getting on in years. Keeping a candy-and-soda store open Sundays, holidays and evenings was too hard work for a man of my age. And all I got out of it was a living. So I was anxious to find a business where I would have shorter hours—easier work—more money.

"One day I saw your ad in a magazine and sent for your free book. To shorten my story, that book resulted in my getting into the Real Estate business. In the first three months I made over \$8,000—bigger, quicker money than I ever made before in my whole life.

"To the man or woman who contemplates learning your methods I would say but one thing, and that is: Do it now and profit the sooner."

"My sincere thanks to you whose co-operation has always been so complete and courteous."

### Make Money My Way

If you want to get into the biggest money-making fields of all—if you want to build up a high grade,

permanent, profitable business of your own—if you want to make money my way—as hundreds of other wide-awake men and women are doing—do what they did—*mail the coupon now* and get my free book "How to Become a Real Estate Specialist."

Mrs. Evalynn M. Balster, a widowed school-teacher, with three children to support, mailed the coupon—got my book—and she made \$5,500 on her very first real estate deal—more money than she had made in several years of school teaching. H. G. Stewart, of Baltimore, Maryland, made \$14,400 in less than six months with my successful Real Estate System. John Bischoff, a waiter, of Kingston, New York, got my free book, started to use my System and made \$1,287.50 in three months *just in his spare-time*. Morris Horwitz, a printer, was earning \$44 a week, when he sent for my book. And he made \$9,000 his first nine months in real estate. Sounds too good to be true, doesn't it? But get the free book and you will find out that it is true.

### Mail Coupon Today

Many men and women will read this ad who will not mail the cou-

pon. They are "doubting Thomases"—people of little faith—without gumption enough even to investigate the opportunities that knock at their doors. There are others, however, like Fosgreen, Mrs. Balster, Stewart, Bischoff and Horwitz, who will lose no time in clipping the coupon, getting the book, and finding out what there is in this golden business opportunity for them. In which class do you belong? Are you a *doubter* or a *doer*? My book is free. It has brought big business success to others. What can it do for you? Mail the coupon and you will soon find out. Address President, American Business Builders, Inc., Dept. 24-3, 18 East 18 St., New York.

### Mail This Coupon For Free Book

President, American Business Builders, Inc.  
(Authorized Capital \$500,000.00)  
Dept. 24-3, 18 East 18 St.,  
New York

Please send me a free copy of your book, "How to Become a Real Estate Specialist."

Name .....

Address .....

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



# Strength



MARCH, 1928

Vol. XIII

No. 1

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Published Monthly by THE MILO PUBLISHING CO.

Entered as Second Class Matter November 20th, 1920, at the Post Office at Philadelphia, Pa. under the Act of March 3rd, 1879.

D. G. REDMOND, Publisher, Publication and Subscription Offices, 2737 N. Palothorp St., Philadelphia, Pa.

Advertising Offices: 104 Fifth Avenue, New York City, N. Y., J. F. SLOAN, Advertising Manager.

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

Chicago Office: 168 North Michigan Ave., FRED SWEEZY, Manager

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

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

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# Strengthen Your

# NERVES

The stronger your nerves are, the stronger you are in muscular power, organic power, and mentality—for in the nerves lies the source of all power. To be dull-nerved means to be dull-brained and dull-bodied—insensible to the higher things of life.

If you are seeking that mysterious something that will give you a high degree of Health, Courage, Ambition, Endurance, Personality—that mysterious IT, that all long to possess, STRENGTHEN YOUR NERVES, for there lies the answer to your wish.

Nerve Force is the most important thing in life. Education, talent and skill count for nothing without Nerve Force to push them to success. Without Nerve Force you can not sell yourself to anyone, not even to your own mother.

## Watch Your Nerves

Watch your Nerves as you would the most precious thing you possess. Don't overwork and strain them and become a Nerve Bankrupt—a Neurasthenic.

## Nerve Abuse

I have carefully analyzed the cause of physical and organic weakness in over one hundred thousand persons during the last thirty years. I found the main factor *not* to be the lack of exercise, improper diet and violation of ordinary health rules, but mainly *Nerve Abuse*. It is this that tears down the health, weakens the body and makes men and women prematurely old and decrepit.

By nerve abuse is not meant excesses and vices alone, it includes needless wasting of Nerve Force through emotional and mental strains, especially through undue worry and anxiety, groundless fears, and a twisted philosophy of life.

## Neurasthenia

Nerve weakness (Neurasthenia) is recognized as a specific malady, but it is, in fact, the vicious center of a vast number of maladies, reaching all the way from simple nervousness to raving insanity. All the so-called "common ailments" that harass the life of mankind are mainly due to weak nerves.

Nerve weakness may be described as existing in three stages and is manifested by the following symptoms:

**First Stage:** Nervousness, restlessness, sleeplessness, lack of energy, poor circulation, and other minor symptoms of low vitality.

**Second Stage:** Nervous indigestion, belching, sour stomach, gas in bowels, shallow breathing, decline in power of the reproductive functions, high or low blood pressure, hot or cold flashes, heart palpi-

tation, mental uneasiness, irritability, undue worry, despondency, self-consciousness, etc.

**Third Stage:** As nerve weakness advances, the symptoms mentioned before become more severe. It is then the more severe mental symptoms appear; namely fears, melancholia, dizziness, loss of memory, hallucinations, suicidal thoughts, and finally INSANITY.

If only a few of the symptoms mentioned here apply to you, especially those indicating mental uneasiness, you may be certain that your nerves are weak and deranged. Fight this weakness as you would fight for your life. **Conquer it, or it will conquer you.**

## Drugs Useless

Perhaps you have chased from doctor to doctor seeking relief for a mysterious "something the matter with you." Each doctor tells you that there is nothing the matter with you, that every organ is perfect. But you know there is something the matter. Your doctor may prescribe a drug—a nerve stimulant or sedative. Leave nerve tonics alone. It is like making a tired horse run by towing him behind an automobile.

## Physical Exercise May Be Harmful

Don't be deceived into believing that some magic system of exercise will restore lost Nerve Force, as is so often claimed by physical culturists. More often it wastes the little that is left, for exercise demands expenditure of Nerve Force. Bear in mind that some of the worst nervous wrecks may be found right among our physical culturists, prize fighters and noted athletes. Nerve abuse wrecks the strong as well as the weak.

## Important Book on the Nerves

Many excellent books have been written on the care of the nerves, but they are entirely too technical. I have written a 64 page book in every day language, entitled *Nerve Force*, which contains a vast amount of practical advice upon the care of the nerves. It is the result of over thirty years of intensive study of people with weak and deranged nerves. The cost is only twenty-five cents, prepaid (coin or small denomination stamps).

Nerve Force is in no way an advertisement of any course in Nerve Culture I may have to offer, as is proved by the fact that it is on file in many public libraries, and at the National Medical Library, Wash., D. C. Over a million copies have been sold, a record never before reached by any other book on health.

## Unconditional Guarantee

Nerve Force is guaranteed from cover to cover. If, after applying the advice it contains, your nerves do not feel 100 per cent calmer and better, your money will be refunded PLUS your outlay for postage. There is no time limit to this offer.

## Children's Nerves

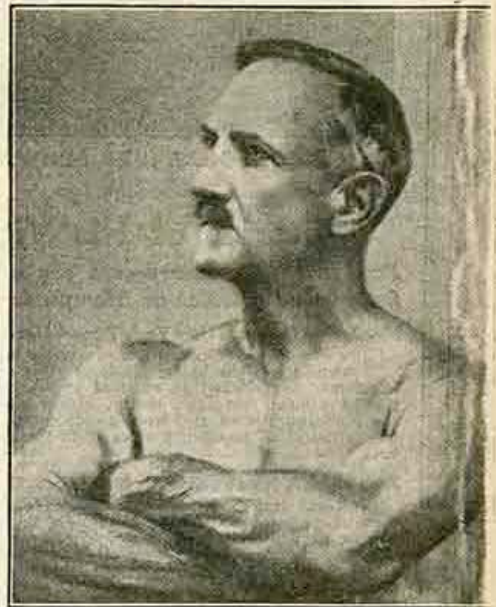
Proper care of a child's nerves is as important as his mental training, for education is of little value unless backed by sound nerves.

Nervous parents are likely to beget nervous children. The information contained in this book will give a parent a thorough understanding of the dangers that threaten a child's nerves and how to counteract them, so that the child can become immune to nerve strain and become strong and healthy.

I have thousands of letters like these:

*A physician writes as follows: "I am writing you as a Graduate M.D. to say that I have carefully read your excellent book on 'Nerves.' It has done me more good already than anything I have seen or tried and I think it easily worth a hundred times what I paid for it. It is impossible to read it without feeling the wonderful Truths it reveals."*

*A school teacher writes: "I had the opportunity of reading Paul Von Boeckmann's 64 page book 'Nerve Force.' I completed it in one reading. One feels at home and understands unfathomed ideas concerning nerves, mind and body. As I was reading a stranger approached and remarked, 'That book cured me from what doctors called heart trouble, then stomach trouble, etc. I had nothing of the kind. I am now a well man.'"*



PAUL VON BOECKMANN

Author of Nerve Force and several other books on Health and kindred subjects.

This photograph, taken very recently, shows him at the age of 57—the acme of Strength, Vitality and Nerve Force.

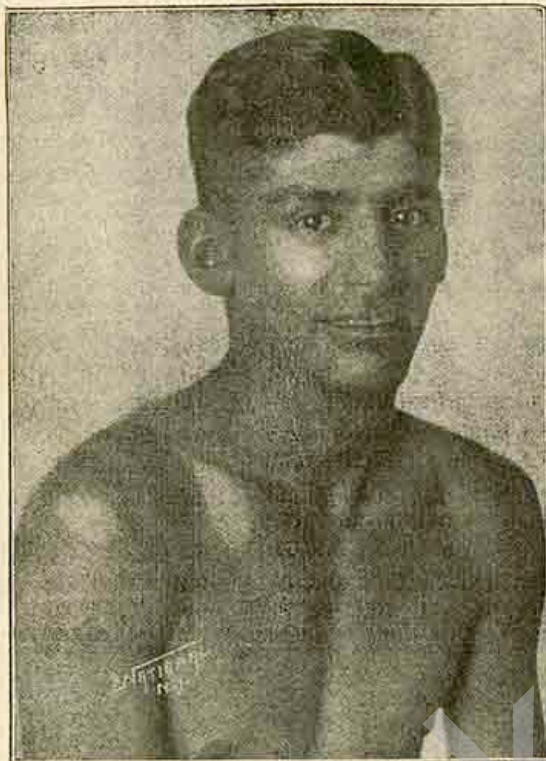
Fill in the attached coupon today—NOW. The book will be a revelation to you.

-----  
Paul von Boeckmann, Studio 1463  
Cellini Bldg., 48 W. 48th St., New York City.  
Dear Sir: Please send me your book on Nerve Culture subject to guarantee. Enclosed find 25c.  
Name ..  
Address ..  
City..... State.....

# STRONGFORT PUPIL WINS WORLD CHAMPIONSHIP!

Demonstrating the Great Value of

## STRONGFORTISM In Muscular Development



CORPORAL IZZY SCHWARTZ

### Stories of His Victory

Read what the newspapers say of his splendid  
fistic battle in which he triumphed:

Mr. James Dawson, New York Times, Dec. 17, 1927:

"The contest was the feature of a twin championship bout. Schwartz left the battle platform after an exciting skirmish firmly established as entitled to his recognition, for he proved himself too fast, shifty, clever and resourceful for the plodding Brown and won, hands down, amid a thunderous outburst of approving cries from the crowd at the final bell."

Jack Farrell, New York Daily News, Dec. 17, 1927:

"Corporal Izzy Schwartz, pride of the east side ghetto, became the official successor to Fidel La Barba as world's flyweight champion in a one-sided fifteen-round bout."

"Schwartz battered his way to victory with a fast left jab which he planted in Brown's face from start to finish. Izzy staggered his man several times with well-timed right hooks and uppercuts to the jaw."

From the Newark Ledger, Dec. 17, 1927:

#### IZZY WINS TITLE

"Corporal Izzy Schwartz, frail-looking soldier warrior, won New York State's recognition as the Flyweight Champion of the World by decisively outpointing Newsboy Brown, of Sioux City, Ia., in 15 rounds. Schwartz weighed 108½. Brown 111½."

"The tiny soldier fought his huskier rival to a standstill. Brown was rarely able to evade the short uppercuts Schwartz snapped inside to his chin."

"Although there were no knockdowns, these uppercuts several times sent Brown reeling."

Here is Corporal Izzy Schwartz, of New York City, Fly-Weight Champion Pugilist of the World—a title won by his speedy, clever work in the 15-round contest with Newsboy Brown, in the Madison Square Garden ring, Friday, December 16th, 1927.

The Little Corporal is just another example of what the Lionel Strongfort Course in muscular development can do for young men. Schwartz took up STRONGFORTISM in 1924 and by following its teachings built himself into the fastest, peppiest boy in the lighter weight class—and he freely acknowledges it in his letters to his teacher. Here is what he said in one of them:

### Where Izzy Found His Wallop!

New York, N. Y.  
July 2, 1924.

My dear Mr. Strongfort:

You no doubt have been following my ring career ever since I enrolled as one of your physical culture students. The few minutes I spend every day has benefited me greatly in building up my strength and developing a wallop.

Your friend and pupil,

Corporal Izzy Schwartz.

If you have had any doubt about the benefit of Strongfortism in building the body into a perfect human machine, functioning 100 per cent.—filled with robust health, dynamic energy, staying powers and suppleness the success of Izzy Schwartz should dispel it.

### Lionel Strongfort's Statement:

It has been one of the greatest pleasures of my life to see time and again pupils of mine develop themselves to such a state of perfection and muscular efficiency that they could enter the arena of sport in almost any field and win big success—sometimes achieving national and world championships as in the case of Corporal Schwartz, Gus Clem, champion wrestler of Florida; John J. Hajnos, champion strong man of the U. S. Navy and many others.

And what I have done for these athletes I can do for other young men who are ambitious to become outstanding men.

### What Sort of Man Would You Like to Be?

Would you like to be admired for your pep, punch and agility? Would you like to be a powerful swimmer, a fast runner, a high jumper, or a dangerous boxer? Would you like to be muscular enough to help pull a car out of the mud?—strong enough to protect yourself in a hold up?—powerful enough to be an outstanding figure in a crowd? Would you like to occupy a better job, where physical appearance means money to you?

If so, a Course in Strongfortism will put you in shape to be the man you want to be—and the earlier you enroll the sooner you will realize the benefits in bigger muscles and greater strength.

## LIONEL STRONGFORT INSTITUTE

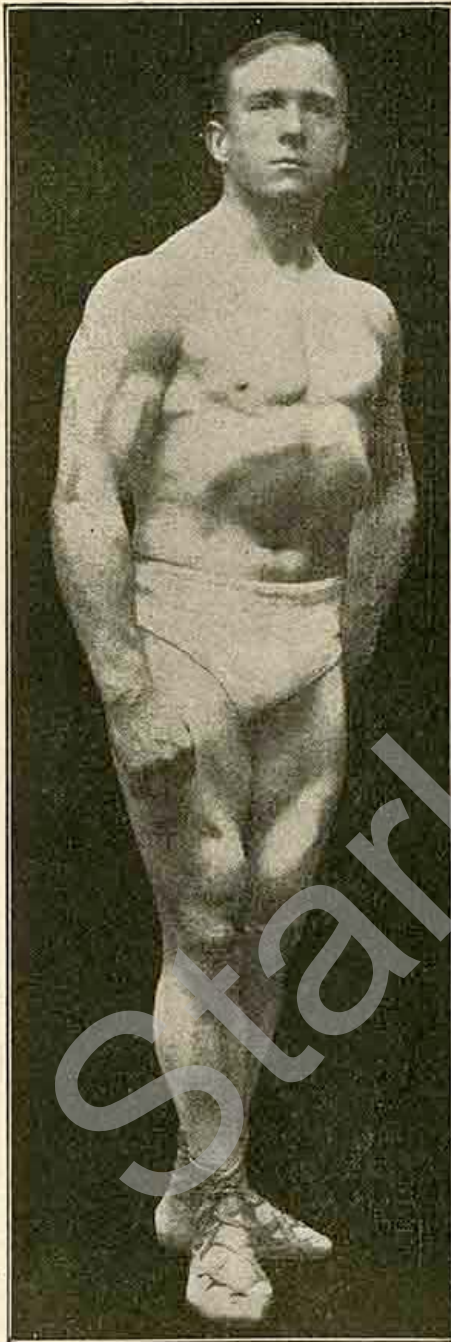
DEPT. 435

SEE NEXT PAGE

NEWARK, NEW JERSEY, U. S. A.

# Strongfort Conquers Weakness

## BY ORIGINAL MUSCLE MAKING METHODS



**STRONGFORT—Builder of Men**

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

**STRONGFORT INSTITUTE**  
**LIONEL STRONGFORT, DIRECTOR.**  
 PHYSICAL AND HEALTH SPECIALIST  
 DEPT. 449 NEWARK, NEW JERSEY, U.S.A.

**D**ON'T stand by and see your body tottering and growing weaker and flabbier day by day, unfitting you for every physical function, making a sorry spectacle of you in everything you undertake. Don't do it—if you want to be a man—a real he-man—a man who will be noticed in a crowd by both men and women. Don't be a weakling when you can be a healthy, powerful, muscular fellow, with a grip like iron, a knockout punch, a chest that denotes strength, and a face that pictures buoyant health and happiness. Battle against weakness and disease and annoying ailments. **IT'S YOUR FIGHT—and YOU CAN WIN IT!** I can help you! I will help you! I have performed wonders in restoring weak men to health and strength. Thousands will testify to this fact.

### LISTEN TO ME, YOUNG MAN

You need not be discouraged and down with the blues because of your weakened physical condition, your ailments, your lack of manliness. I have put thousands on their feet after they had been dragged down so deep they thought they could never be real men again. I gave them stamina, pep, vigor, energy, ambition. I built them up inch by inch—internally and externally—by my original methods, until they became outstanding men, full of snap, and "go" and steam. And tens of thousands of letters in my office tell of their restoration to health, the rejuvenation of their whole muscular system, the awakening of their mentality and the joy and happiness that came through all these.

### Don't Fool With Dope and Drugs

Man, you won't get anywhere experimenting with drugs, dops, and booze to stimulate the system. Gymnastic apparatus, stretching, pulling and lifting machines often aggravate your condition. Starvation diets serve merely to weaken you more. Electrical and many other trumped-up treatments, muscle manipulation, baths, ordinary physical culture, forced deep breathing, mystics—all fail to get to the cause of your weaknesses and diseases. Nature only can help you. Nature is supreme in the regulation, restoration and revitalizing of the human body. But you must give Nature a chance—you must help her—and this you can do most certainly, most effectively, through

## STRONGFORTISM

*Science of Health and Strength*

It was through the methods I used in developing my own body until I won the world's acclaim as the finest specimen of muscular development, and championships in feats of great strength, in Europe and in the United States, that I constructed the science of **STRONGFORTISM**. It is through it that I reclaim wrecked and weak men, make them into new beings, and give them a body and arms of which they can boast. No inconvenient hours are required. Only a little of your time in the privacy of your own room is necessary to follow my easily understood instructions—and, oh man, how glad you'll be that you listened to me, once you've started on my course. It means a new day for you, that's sure as you're alive. **YOU CAN BANISH YOUR WEAKNESS.** You can be a man to be feared in physical combat. There is no doubt about it. I can prove it if you'll just sit down and tell me frankly that you are willing to guide by what I tell you.

### SEND FOR MY FREE BOOK—TODAY

Send for your copy of my extraordinary book and you will learn facts that will astonish you and help you out of your sorry plight. The experience and research of a lifetime are contained in my wonderfully instructive book, "Promotion and Conservation of Health, Strength and Mental Energy." It will tell you frankly how you can make yourself over into a vigorous specimen of vital manhood with 100% pep, power, and personality. It will show you how to be true to the best that is within you. Just check the subjects on the consultation coupon on which you want special confidential information, and send to me.

Send For  
 This  
 Free  
 Book  
 Today



### FREE CONSULTATION

*Absolutely Confidential*

Mr. Lionel Strongfort, Strongfort Institute, Dept. 449, Newark, N. J.—Please send me absolutely free my copy of your book, "PROMOTION AND CONSERVATION OF HEALTH, STRENGTH AND MENTAL ENERGY." I have marked (x) before the subjects in which I am most interested.

Catarrh	Overweight	Stomach Disorders
Colds	Constipation	Vital Losses
Asthma	Weak Back	Lung Troubles
Headache	Weak Eyes	Round Shoulders
Rupture	Rheumatism	Youthful Errors
Thinness	Nervousness	Manhood Restored
Pimples	Night Losses	Great Strength
Insomnia	Short Breath	Increased Height
Impotency	Weak Heart	Muscular Development
Private Ailments		

NAME .....

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

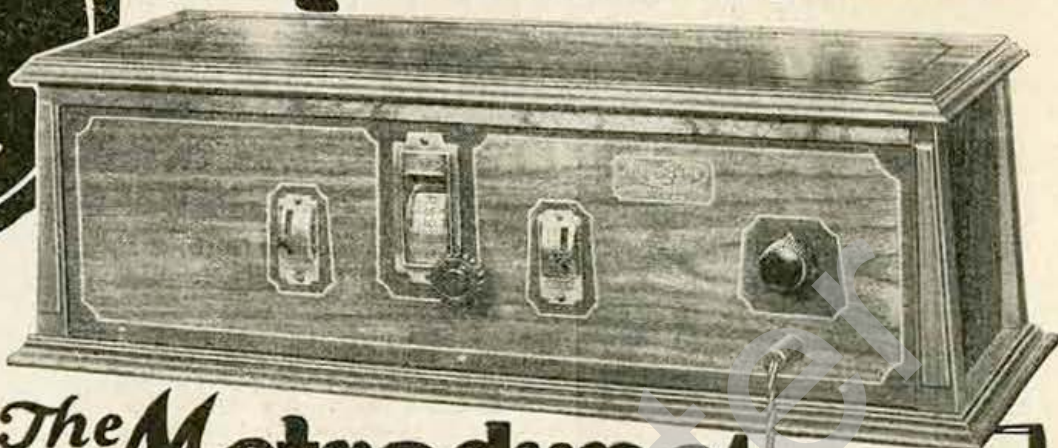
STREET .....

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

Strength

**30  
DAYS  
FREE  
TRIAL**

# 7 Tube Set Single Dial Radio



**Metrodyne  
Radio Sets**

Are Equipped  
For

**BATTERY or  
ELECTRIC  
operation**

**The Metrodyne**  
ONLY ONE DIAL TO TUNE

**RETAIL PRICE**

**\$75<sup>00</sup>**

**Completely Assembled  
Big Discounts to  
Agents and Dealers**

Wonderful offer direct from the factory! The world's greatest radio! A perfect working, single dial control, 7 tube receiver! And just to prove our claims, we will ship it to your home for 30 days' free trial. Test it under all conditions. Test it for distance, volume and tonal quality—and if you are not convinced that it is the best single dial set you ever heard, return it to the factory. We don't want your money unless you are completely satisfied.

**Three Year Guarantee**

### **BIG PROFITS TO AGENTS AND DEALERS**

Our Agents and Dealers make big money selling Metrodyne Sets. You can work all or part time. Demonstrate the superiority of Metrodynes right in your home. Metrodyne Radios have no competition. Lowest wholesale prices. Demonstrating set on 30 days' free trial. Greatest money-making opportunity. Send coupon, a letter or a postal for our agent's proposition.

## **Metrodyne Super-Seven Radio**

A single dial control, 7 tube, tuned radio frequency set. Tested and approved by Popular Science Institute of Standards, Popular Radio Laboratory, Radio News Laboratory and by America's leading Radio Engineers. Designed and built by radio experts. Only the highest quality low loss parts are used. Magnificent, two-tone walnut cabinet with beautiful, gilt metal trimmings. Very newest 1928 model, embodying all the latest refinements.

Easiest set to operate. Only one small knob tunes in all stations. The dial is electrically lighted so that you can log stations in the dark. The volume control regulates the reception from a faint whisper to thunderous volume, 1,000 to 3,000 miles on loud speaker! The Metrodyne Super-Seven is a beautiful and efficient receiver, and we are so sure that you will be delighted with it, that we make this liberal 30 days' free trial offer. You to be the judge.



**30 Days' Free Trial—3 Year Guarantee**

## **Metrodyne Super-Six**

Another triumph in radio. Here's the new 1928 model Metrodyne 6 tube, two dial, long distance tuned radio frequency receiving set. Approved by leading radio engineers of America. Highest grade low loss parts, completely assembled in a beautiful walnut cabinet. Easy to operate. Dials easily logged. Tune in your favorite station on same dial readings every time—no guessing.

Mr. Howard, of Chicago, said: "While five Chicago broadcasting stations were on the air I tuned in seventeen out-of-town stations, including New York and San Francisco, on my loud speaker horn, very loud and clear, as though they were all in Chicago."

We are one of the pioneers of radio. The success of Metrodyne sets is due to our liberal 30 days' free trial offer, which gives you the opportunity of trying before buying. Thousands of Metrodynes have been bought on our liberal free trial basis.

**6  
Tube Set  
\$48<sup>50</sup>**  
RETAIL PRICE  
Completely  
Assembled

**MAIL THIS  
COUPON**  
or send a postal or letter. Get our  
proposition before buying a radio.  
Deal direct with manufacturer—  
**SAVE MONEY—WRITE NOW!**

### **MAIL COUPON BELOW**

Let us send you proof of Metrodyne quality—our 30 days' free trial offer and 3 year guarantee

Mrs. Wm. Leffingwell, Westfield, N. J., writes: "The Metrodyne Radio I bought of you is a won! This is as good as any \$225 machine I have ever seen."

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# DO YOU KNOW WHAT IT IS TO BE ALIVE?

An interview with the famous scientist, Eugene Christian, whose startling discoveries in the chemistry of foods promise to double the span of life and eliminate disease

By Thomas L. Beverford

I LOOKED at him in amazement, this seventy year old boy, with the glowing health and vitality of an athlete in his teens.

I had just remarked on how well I felt. "Why, for the first time in years, it actually feels good to be alive," I had exclaimed in my enthusiasm. And then, like a bombshell, came his reply. "You don't know what it is to be ALIVE."

I started to protest: "But I never felt better in my life. You've done wonders for me."

He smiled quizzically. "You think you feel well now," he said, "but that's only because you've felt so wretched before."

"Do you jump out of bed in the morning, thoroughly refreshed, brimful of energy? Can you run up three flights of stairs without getting out of breath? Could you walk twenty miles without being fagged out? Could you run a mile every day—as I do?"

He became more serious. "I just said that you don't know what is to be alive, and that goes for nine hundred and ninety-nine out of a thousand who think they are fully alive. I am convinced that most people don't know the meaning of life. They drag along through life while their body spends half its power throwing out waste stuff—and they die about a hundred and fifty years too soon."

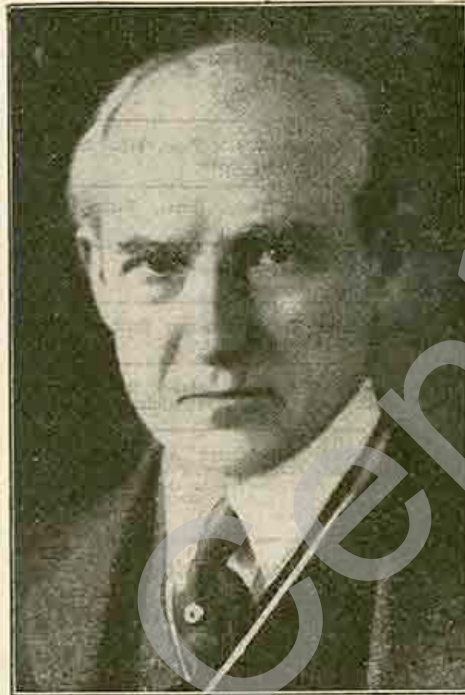
## Should We Live 200 Years?

I could scarcely conceal my astonishment. My unspoken question did not escape this remarkable man.

"Yes, I mean that man ought to live two hundred years," he said. "Every animal except man lives an average of eight times its period of growth. Why is it that man who matures at twenty-four dies at an average of forty-eight? Why is it that Man, the Master, lives only once his period of growth?"

"Oh, yes," he said. "I may be called a fanatic for saying that man could live two hundred years, but all other animals live eight times their growth period and man can do the same. The human body is often compared to a locomotive, a combined boiler and engine, for example. Suppose that instead of feeding a locomotive good, pure coal, you fed it old shoes, tin cans, garbage, mud, dynamite and some coal, what do you think would happen? Your furnace would become clogged, your boiler would slow down, your engine would lose pep and power, your whole works would become diseased and finally collapse."

"A far-fetched comparison? Not at all. The way we fuel our bodies is just as absurd. We know that every bit of human energy and life itself must come from the foods we eat. Yet we eat with complete disregard for the effect of foods on our bodies. We mix our foods in defiance of every law of chemistry.



EUGENE CHRISTIAN

## You Have a Chemical Laboratory In Your Stomach.

"The combining of food at meals is one of the things that even people who are most careful about their diet overlook. Ever study chemistry? You recall how you used to take two test tubes filled with perfectly harmless, inactive fluids, mix them together, and bang! You had an explosion. That's what's going on in our stomachs all the time. All kinds of amazing reactions are taking place. We eat two foods, perfectly harmless and perhaps healthful until they combine. Then they react to form acid, and fight like tigers, they may actually explode."

"I see the point," I replied. "You know, I figured that being a food specialist, you would put me on a strict course of diet. As a matter of fact, the menus you have prescribed for me are the most delicious and appetizing I've ever eaten."

"That is the reason they have helped you," answered the doctor. "The combinations of food you eat are just as important as the selections. Why, I have taken two animals and fed them the same foods, but in different combinations and proportions, and while one thrived and grew strong, the other developed human diseases."

## The Man Who Works Miracles With Foods

Page after page of this magazine could be filled with equally startling facts about foods which this noted man Christian has

discovered in his years of practice and research. Every reader of STRENGTH is familiar with his work. The pioneer in the field of scientific eating, he was the first man to demonstrate that most diseases are CAUSED BY FOOD and can be CURED WITH FOOD. Given up to die of cancer of the stomach by medical men thirty-eight years ago today he is a perfect specimen of health. And today hundreds of thousands of people in every quarter of the globe testify to the almost magical results of his skill in selecting and combining food. Every mail brings grateful letters from men and women who have been relieved of practically every conceivable disease simply by following his principles of eating. Every day brings a wider recognition of the mighty truths he has formulated concerning the tremendous influence of foods upon the health, hope and happiness of people.

## Will This Amazing Book End Disease and QUADRUPLE The Span of Life?

And now comes an announcement that should induce every reader of this magazine to hurry to the nearest mail box. Eugene Christian has written a book—perhaps the most important book of modern times. Into this book he has put the sum total of his knowledge and experience. In it he gives to the world a message that should command the attention of every man and woman. This book has a tremendous bearing upon YOUR health, whether you are sick or well. It may add years to your life, it may free you from almost any disease; it may give you a form of vital, dynamic health beyond anything you have ever dreamed. It tells you exactly how and what to eat according to your condition and your environment. It lays out a definite course of treatment for every ailment from overweight to gout. To mention just a few diseases it covers: stomach and intestinal trouble, constipation, gas, acidity, indigestion, nervousness, catarrh, high blood pressure, rheumatism and every other disorder caused or affected by wrong eating.

This epoch-making book has been named by one of the greatest writers in the country "Why Die?" It is no exaggeration to say that this book is worth hundreds, even thousands, of dollars to you. And it costs you less than the price of a new hat. Only \$3 brings you the knowledge that has saved the lives of almost countless people, that may prolong or save yours. Need we urge you to mail the coupon? Eugene Christian will gladly send your copy of "Why Die?" with the understanding that he will return your money if you care to part with this book after you have examined it for yourself. Your copy will be personally autographed by Eugene Christian if you send at once. Address the coupon or write to:

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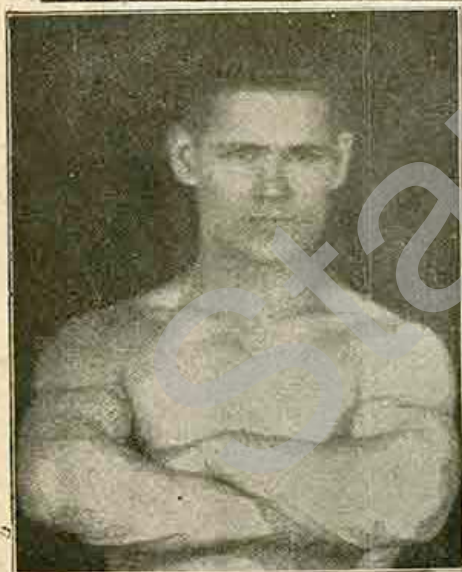
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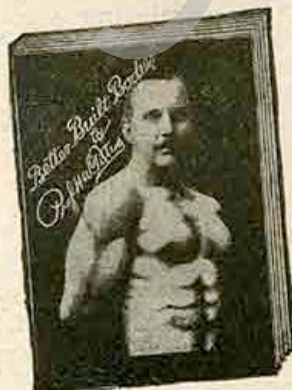
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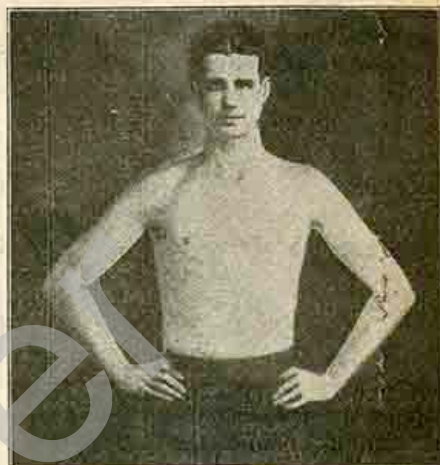
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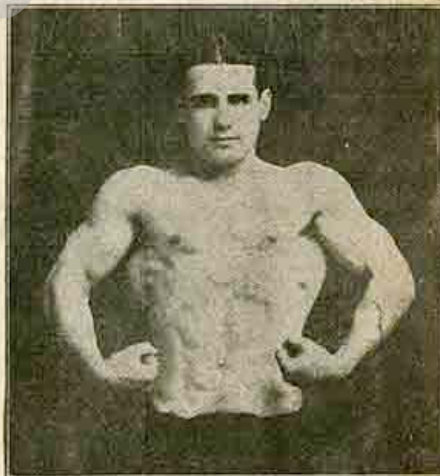
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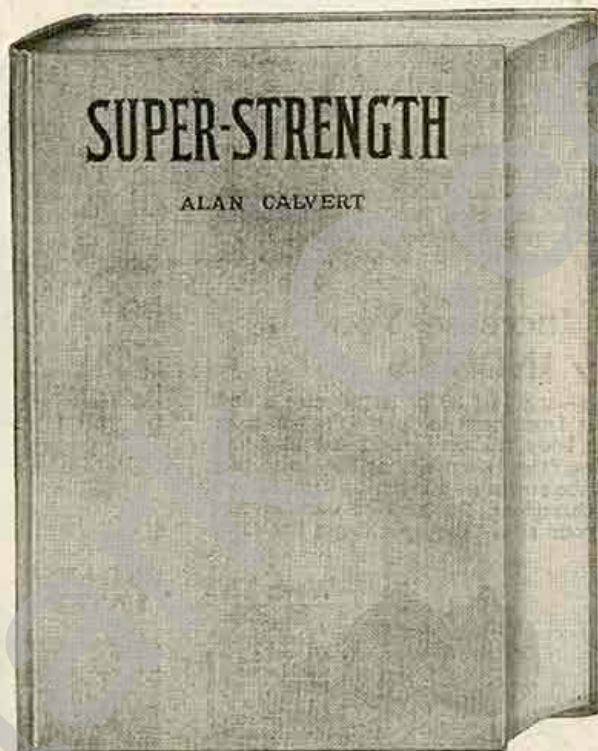


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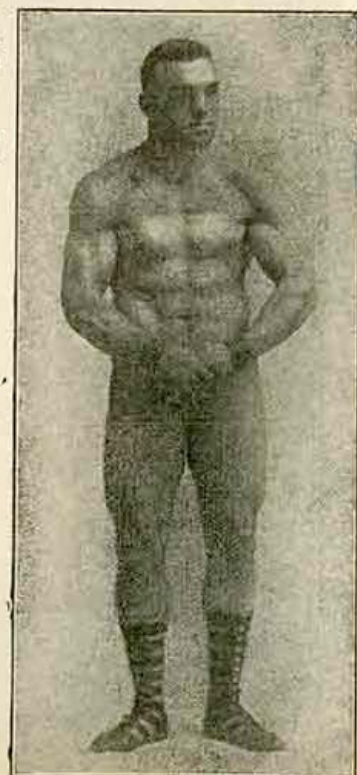
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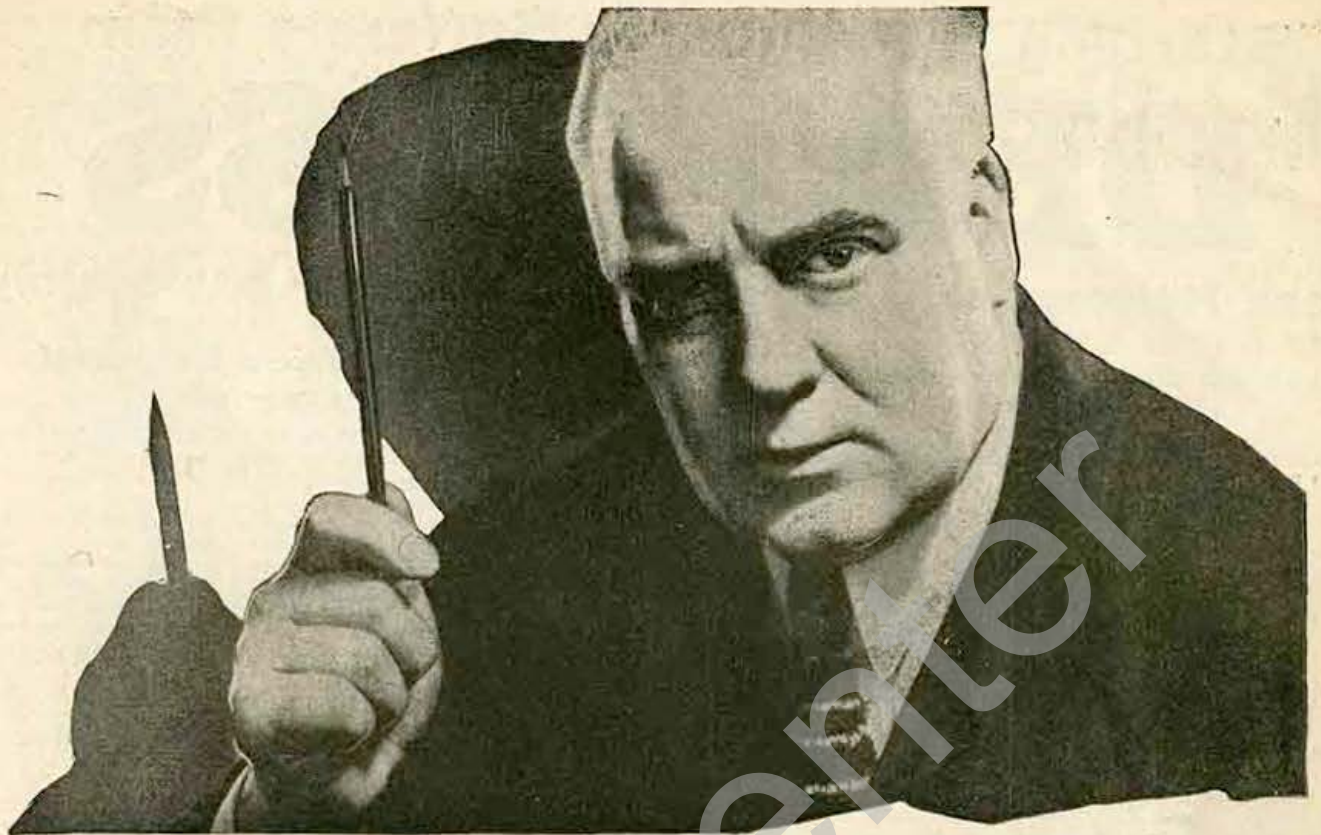
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*And I'll give you the secret of these magnetic powers in just twenty-four hours—or I don't want a cent of your money.*

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My methods of personal magnetism should enable you to achieve your fondest ambitions. They will give you individuality, show you how to acquire a vibrant, charming voice, a fascinating manner. With the power of personal magnetism at your command, you will be enabled to go through life supremely happy—reaping the glowing rewards which a magnetic personality—and only a magnetic personality can give you.

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# DEAFNESS

Head Noises, Ear Tubal Catarrh—or Nasal Catarrh Only

## Physician Restored His Own Hearing

Dr. W. O. Coffee, of Davenport, Iowa, one of the most widely known specialists in the Middle West, originated a treatment which completely restored his hearing, relieved the head noises, and healed his catarrh after suffering several years.

He was so proud of this treatment and the splendid results of his own case he gave it to many others that found the same relief from its use.

So effective has it proved with others afflicted with partial deafness, head noises, and nasal catarrh, that this treatment will be sent absolutely free to anyone who will write him.

More than 500,000 people afflicted with partial deafness, dullness of hearing, or head noises from ear tubal or head catarrh have sent for Dr. Coffee's treatment in the past three years, and in his office are now the records of hundreds who have regained their hearing by this remarkable home treatment.



DR. W. O. COFFEE

## Dr. Coffee's Wonderful Experience

Few specialists in the entire United States have had as remarkable experience as has Dr. Coffee, a nationally known figure in the treatment of deafness, head noises, and nasal catarrh, constantly treating deafness, head noises, and catarrhal conditions for over 45 years. He perfected his home treatment so that patients are able to treat their own deafness, head noises, nose, head, and throat catarrh right in their own home. This has been the means of restoring hearing and relieving head noises for thousands that might have become completely deaf.

A great number of people stated that they had been partially deaf and their hearing growing worse five, ten, and even twenty years, one person 48 years, and had their hearing benefited or completely restored and the head noises relieved by Dr. Coffee's home treatment. Hundreds of mild cases have found quick and complete relief from the use of this home treatment.

## The Frequent Cause of Deafness

Authorities say that about 90 per cent of the cases of partial deafness or head noises are due to ear tubal, head or throat catarrh either in the wet or dry form. Everyone who is suffering in this way is urged to take advantage of this remarkable free offer and see if this treatment won't restore their hearing, relieve the head noises or catarrh, especially those cases that are partially deaf or quite had in one ear and the other just getting started or growing deaf. It is imperative to save their hearing, relieve the disease before the tissues of the middle ear are injured.

Dr. Coffee restored hearing to many people who were very deaf and many severe cases of head noises. His treatment may be just what you need to relieve you and restore your hearing.

## Trial Treatment Relieves Many

In addition to this enviable record of relieving deafness and head noises, Dr. Coffee freed thousands of people from nasal, head or throat catarrh.

No money is asked from you for this free demonstration treatment on your case. It arrives at your home by parcel post with full instructions how it should be used. You will be under no obligation to continue its use further unless you wish. Many people have written that this free demonstration home treatment alone had benefited or restored their hearing and relieved the head noises. It won't cost you a cent to try this remarkable treatment on your own case and see if it will not help you.

# 25,000 FREE Treatments!

## Will Be Given Away

If you are afflicted with Partial Deafness, Dullness of Hearing, Head Noises from Ear Tubal or Nasal Catarrh, read what these people say. Try this Free Treatment; see for yourself if it will restore your hearing and free you from distressing Head Noises and Nasal Catarrh.

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"I am now able to hear as well as I ever did. My head, throat, nose and ears are in good condition. One month's treatment did its work well. I am grateful to you, and you may use my name for reference."

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### Head Noises Gone

"I have been cured by your treatments. I had been troubled for years with violent head noises, and finally a friend advised me to try your method; he sent for the treatment himself. I noticed improvement at once, and now I am cured. I feel greatly indebted to you."

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### Wonderfully Improved

"I received your treatment for catarrhal deafness and in just three days after I had used it, my hearing began to improve. And now I am wonderfully improved."

D. H. Carpenter, Alabama.

### Ends Catarrhal Deafness

"I was a victim of catarrh for 10 years. I had doctored everywhere, but found no relief until I started Dr. Coffee's treatment. Prior to this, I had a constant discharge from my nose and head; I was rapidly becoming deaf. Now I can hear exceedingly well, my head has quit aching, and I feel like a new woman."

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"I had been gradually growing deaf for 48 years. I had not been able to hear over a telephone for 17 years. I had been to specialists in Berlin, Paris and London, and found no relief. Dr. Coffee's treatment restored my hearing so I could hear over a telephone in either ear, quite plainly. I no longer suffer with intense head noises."

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Please send me your Free Trial Treatment, and your Free Book on "Deafness, Head Noises and Catarrh," both by prepaid parcel post. It is understood that this does not obligate me in any way. (Either print your name and address or write plainly.)

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Do you want treatment for deafness, for head noises or simply for catarrh? State which:



# WHAT MIGHT HAVE BEEN

By BERNARD BERNARD



Dr. BERNARD BERNARD  
D. Sc. (Phys.), M. S.  
P., M. P. C., Chief,  
Physical Culture  
Consultants.

Friend, are you repeating to yourself that sentence, "What might I have been if—". We all have had such times, but what we do not realize is that we are *at the present moment* making the future. What we are *doing now* is what we are going to think of ourselves later on. When a fellow, through ignorance, has acquired a habit, somewhat prevalent, he is a slave in its grip, and, honestly, nothing matters more in his life than that he frees himself from its shackles. He is wasting his life-force. He cannot succeed. He is degraded, and on the way to ruin.

Of course, he tries to conquer, and if he is a true physical culturist, he will never cease trying. But, alas, to try is often not sufficient. In spite of himself, he succumbs. The reason is that there has fastened upon him a *physiological habit*. A "nervous path" has been thoroughly worn, as Professor MacDougal would explain. The professor has shown that nerve energy accustoms itself to taking certain routes along certain nerves, and, therefore, as soon as it begins its journey, it takes the line of least resistance, your will-power is broken down, and, in spite of yourself, you give way.

Physiological troubles need physiological remedies. We, as Physical Culture Consultants, use only scientific measures and accomplish results which you readers of "Strength" read each month. We bring your will into action by directing the nerve energy away from that "beaten path". We thereby conserve it, build up a superabundance, and what formerly went towards your destruction, then goes towards your building up into a real honest-to-goodness, red-blooded, he-man.

Don't keep on repeating to yourself "What Might I Have Been", start right in now and be *what you want to be*. If you have already conquered, and still have the *unconscious habit* (probably nocturnally), get rid of it, and utilize that valuable energy for your good.

Read carefully reports of the case below. This fellow, like you, was worrying about what he "could have been", and thought that his life was ruined. But, he followed faithfully, earnestly and conscientiously the instructions we set for him, and became a changed man. Be guided by his example, and start immediately on the road to health, strength, success, and joy in life.

## Case Suffering From Catarrh and Uncontrollable Temper, Poor Memory, Solitary Habit, General Lassitude, Depression, Erotic Dreams.

"Gentlemen:—I sent for your book a few days ago, and now, after reading it, I am convinced that you know your profession, and I can obtain from you the help which is so greatly needed by me. I fell a victim when but 14½ years of age, and it continued until September 1, 1926. I have finally succeeded in breaking the habit but the erotic dreams which occur frequently have been my greatest source of annoyance. I am trying my very best to choke this demon but I must have your help if I succeed fully. I cannot gain in weight above 125 pounds it seems, for as sure as I get around 127 or 130, I lose sexual power, and down goes the weight again. Honestly, it's been the one great curse of my life. When I think of what I could have been had I not been a prey to this habit, it nearly drives me mad. I went to High School two years, but could go no more, for my health prevented me. Then, too, I am always bashful and embarrassed, and easily discouraged and very nervous. If you can help me stop the sexual drain and also increase my weight and my ability to come out of this, I will be eternally grateful to you. I also lose my temper easily and say things I don't mean at all, which causes my folks no little sorrow. Trust you can help me to help this. Also, I have a bad case of catarrh in the head and throat, and take cold very easily. In fact, I have a cold most of the time."

**1st Report.** "Can't help feeling that at last I am on the right road to health. I have much more confidence already, and am not nearly as easily discouraged. Have had but one omission. I enjoy all my meals very much now—days, and realize I never would have picked up in weight or sexual power had I kept on eating and living the old way. Perhaps I had better follow out Lesson No. 1 for still another week, or so, as I only did the work by half there for the first week. What do you think? Can't say tho', at that, I'm making some progress, and that's encouraging to me. Will absolutely follow the directions from now on, also, enjoy the exercises and exercises. They are great stuff. Sleep more sound of late. Have a fairly good movement on arising each morning. Then another long in the afternoon or sometimes nearly night."

**2nd Report.** "I feel just great these days, and know that I'm on the right road at last. The bad thoughts that used to occur frequently do not bother me now, except once in a long while. I can quickly dispel them from my mind, and they don't come right back either. I like the diet fine. Bowel action is fine now, and I am having three movements a day all the while. Am anxious for the building up stage to come so I can fill out in weight and hope my face will fill out the unsightly hollows in it will disappear. The auto-suggestion book is dandy, and I have derived much good and practical benefit from studying and putting its teachings into practice."

**3rd Report.** "Your letter came on October 19th, and was glad you think I am

doing nicely. What's more I am getting along O. K. Never felt better or slept better in my life. Also enjoy my food for more than a while back. The baths give me pep, and the exercises are calming me down, and I am not troubled except occasionally with a bad thought, and then I force it out of my mind very quickly. Notice now that more and more confidence is mine and that am less afraid to approach people, and meeting folks has lost most of its terror. That much is worth a whole lot to me. My bowel movements are very regular and the excretion is rather loose-like. Is rather brown in color instead of real dark—like before I started the Course. I do not strain and movements are very free and easy. So, all in all, I'm just making fine progress and getting the results like you said would come if I followed carefully your instructions."

**4th Report.** "At this time the writer is feeling splendid and tickled pink over his vast improvement over a few short weeks ago. I am really a different sort of chap now, and am just coming along fine. I am enjoying life as never before and have lots more pep; just this morning a man who hadn't seen me for three months or so said I was looking lots better. The exercises I enjoy very much. Now as to the sex psychology. I look upon sex in a vastly different light now; in fact, see very clearly I had the wrong ideas, probably caused by the old habit and way of living. Thank Heaven! that is over now and I am surely very grateful to you all for the new life and pep and grip on life which I now have. I plan to marry in maybe two or three years, and want to be able to make my partner happy and contented as well as enjoy life's happiness myself. Thank you for the new hold on life you have given me, and the joy I now experience."

**5th Report.** "I am now feeling wonderfully fine and just don't see how I could ever have lived in my former condition. Say, it is certainly great to have the sensation of being alive and awake. Life sure looks a lot different than it used to. As I keep on improving, I get added confidence and power to do my work better and with a clearer mind. Am getting along fine in every way and enjoy the exercises, the lessons, the food I eat, and even the most ordinary experience in life gives me a thrill of joy just to be alive. How I can ever thank you or repay you, for the results I have achieved are more than I can tell. But this young man is truly grateful for all the help and kindness and the renewed interest in life itself. Whenever I think of what might have happened to me had I not run across your ad, it makes me shudder. Truly, it can be said that the writer was saved from a Hell on earth, which it was. Thank you again for giving me a start and a big push in the right direction. Believe now that I can go it alone, as am getting along so fine and improving right rapidly. Sleep comes as soon as I'm in bed, my food is easily digested, and with a relish, my bowel actions are usually three, though sometimes four a day. So I feel that there is every reason in the world for me to believe and know that as long as I'm living right, success and happiness is waiting for me. Believe me to be your ever grateful and most happy pupil."

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

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

## "Sex Weaknesses, Their Cause and Remedy"

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often caused by the presence of these irritants, are usually corrected by the use of Flaxolyn. Hundreds of doctors all over the world recommend Flaxolyn, which may now be obtained by Extension Readers who mail the coupon below.

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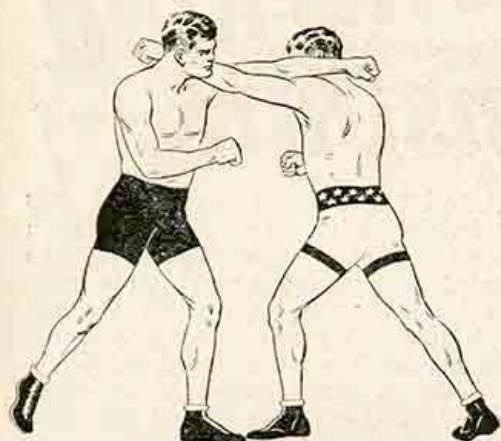
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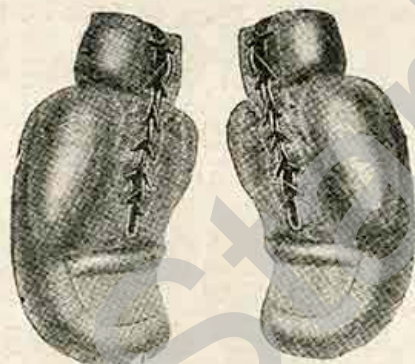
You have the right stuff! All you need is the right kind of training! This course gives you that and then some. You'll step a fast bout when you've had my course awhile. The quicker you get it, the sooner you will become a clever boxer.

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8-Oz. BOXING GLOVES

## The Gloves

The MacMahon Boxing Gloves are all made of high-grade leather. Furthermore, they are strongly stitched and well padded.

Notice on the 14-oz. gloves the long double wrist that reaches almost halfway up the forearm, and the extra pads on the side of the palm. My gloves are heavily lined so that the fingers do not wear holes through into the hair padding.

The 5-oz. fighting gloves are like those used in professional boxing bouts and my price is only \$6.00 with the complete boxing course. Try to buy them for \$6.00 without a boxing course.

Send for this course today, and you will soon gain the respect of all who see you or are up against you when in action.

Just to know you can fight if needs be, is a glorious feeling. It gives you confidence in yourself which you will carry into your profession, whatever it may be. Confidence will push you ahead as nothing else will.

Your skill in handling the gloves will baffle your best opponents. You will so bewilder them with unexpected and stinging punches, that they will give ground, swing wildly, or try to cover up.

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 Studio A-71

180 West Somerset Street

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**Order One of These Sets NOW!**

Charles MacMahon, Studio A-71  
 180 W. Somerset St.,  
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Dear Sir: Enclosed find remittance for the offer checked below.

- 14-oz. Instructor's Gloves with Course ..... \$15.00  
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# "Piggy"—you know his kind waited downstairs--



**D**ULCIE got \$6 a week—and was lonely. Piggy knew where music and champagne could be had. He prowled around department store girls with his invitations to dinner. He had asked Dulcie. He was waiting. But that night she didn't go. That was Lord Kitchener's doing. But another night—O. Henry tells about it in one of his inimitable short stories.

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## Editorial

## Skill vs. Strength

**B**ACK before the war when the old Philadelphia Athletics with McInnis, Collins, Barry and Baker were the astounding team in baseball, they lost their appeal to the fans.

Everyone seemed to be willing to grant the point that they could win ball games, and not very many fans were interested in seeing them win. Finally they failed to draw crowds, even in Philadelphia, and eventually the team was broken up.

This year every sport writer in America and almost every sport prophet, amateur or professional, predicts an overwhelming triumph for the New York Yankees. No one claims that the Yankees are the fastest or the smartest team that ever played the game, and everyone knows about murderers' row, that the Yankees will maintain their popularity is almost a certainty. It is also certain that the crowds will come out to see them slain through to victory by sheer strength.

In boxing, on the other hand, a champion whose appeal was the appeal of the man able to wear out and beat down all opposition, and to do both jobs in very short order, has been succeeded by a champion whose chief assets are his coolness, his courage and his skill.

No matter what other characteristics an athlete must have to make him popular, he cannot be without courage; and we believe that a recognition of Gene Tunney's cool courage is the foundation of the real popularity which he already has. We believe that the worth of his ability will grow in the eyes of the public, and his popularity will grow with us. It is always hard for the friends and admirers of his predecessor to admit that the new champion has any worth; and by the time the new champion is dethroned, he has so established himself in public opinion, that his successor meets with some of the same coldness.

Nevertheless, Tunney's appeal as a fighter is primarily the appeal of skill, and if he never quite attains the popularity of Dempsey it will be because the punch is the greatest attraction in the ring game.

Every year finds old records in all sports surpassed. Every year finds the old-timers saying that the athletes of their day were better than the athletes of today, even though today's records are better than the old ones.

Undoubtedly skill has increased. Undoubtedly mechanical circles have increased in value. In hammer-throwing, for instance, the modern hammer has very little relation to its fairly recent predecessor, and we are inclined to believe that in all probability both the average ability of the average contestants and the outstanding ability of the outstanding stars have increased.

No one will deny that athletic perfection in any individual case comes from practice. Certainly more boys are starting to practice young, and not one, but a whole series of games. In swimming, for instance, the records of Johnny Weismuller do not exceed the records of Charley Daniels by any greater margin than the times set up in an average inter-scholastic swimming meet of today better the records made in a similar meet in Daniels' day.

More boys, more practice, and more knowledge all combine, and we believe that the boys as a group are better, stronger, healthier men and so better athletes not only in swimming but in almost all sports.

*How Long Do Sprinters Last*

The life of a sprinter in high-grade competition has always been one of the shortest, just as the weight-throwers have been most enduring. This year Charley Paddock is apparently ready to start a drive to make the American Olympic team for the third time. If he makes the team and if he again comes through in Amsterdam, it will be one of the most remarkable athletic feats ever accomplished.

Paddock has always taken the best of care of himself, and although he is not a sure bet, he must believe that he has some sort of a chance himself. We do not believe that he would be easily deceived, and we hope that he has one of the best years he has ever had. At least he will have proven that one more athletic shibboleth is of very little real value.

# The Working Girl—Does She Practice the Art of Keeping Fit?

Daily Exercises Which Will Help You Keep Up Your "Pep".

By Bernice Page



Fig. 1

**I** WAS coming in from town and happened to meet my o'ld school chum—a girl whom I will always remember at school as being full of pep.

I welcomed her by saying, "Well, Marian, how is the world treating you, and, by the way, how do you like your position?"

"I don't know what has come over me lately, Bernice," she answered. "I never seem to have the pep to go anywhere; and as for my position, I really don't know whether I am to blame or not—I have lost all interest. I know Mr.— (she was referring to her employer) is getting impatient with me. He remarked just the other day that he thought I was losing interest. And I believe he was right. I am not only losing interest in my work, but in life itself."

I was astonished to hear this line of conversation from Marian, who was always well liked at school, who always took part in games, and who was always found willing to be a sport in almost any undertaking. I also noticed that she had changed considerably in looks.

"Do you ever indulge in any outdoor sports or give exercise a thought?" I asked her.

"Oh, no, I don't have the time. You know how it

is when you come home from work—I always feel fatigued and never give exercise a second thought."

"That is the trouble with you then, Marian. I'll guarantee that if you would join a gym class a few nights a week, your vitality would be increased and in time you would regain your lost health. Why not start in next week? You could come down to my gym class at least three nights a week.

"But gymnastics are so boresome," she said.

After a little coaxing I finally persuaded her to try out a few nights, and if she discovered that she did not want to continue—well, then it was up to her.

\* \* \* \* \*

Six months later!



Fig. 2

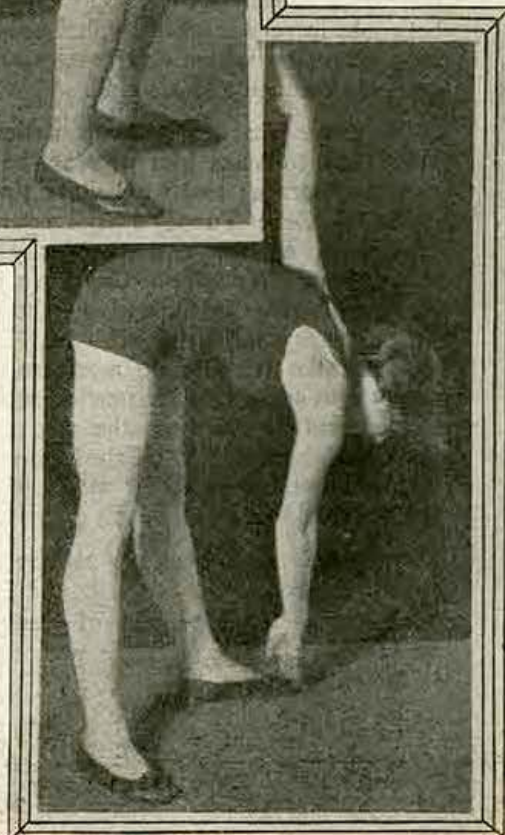


Fig. 3



Marian was herself once more—only one hundred per cent better in health and build. She developed a figure that could stand out in any beauty contest.

Talking it over one evening, she said to me, "Bernice, how can I ever repay you for what you have done for me? Heaven only knows where I would have been today had it not been for you. I suppose I would have continued going down into decline and perhaps made an old woman of myself before my time."

One of our daily newspapers was running a contest for the most beautiful girl in a bathing suit. All of Marian's friends persuaded her to enter, but they had a hard time. She was not the type who liked publicity. Finally, after much coaxing, she submitted her photograph. Out of a couple of hundred entrants, she won first prize! You may say she was a lucky girl—no, not luck in this case, but hard work and hard training.

After the excitement had died down, Marian signed a contract to go to Hollywood to take a minor part in moving pictures. She played in one picture—but that was enough for her. After her part was completed, she hopped the next train bound for home. The movie life did not appeal to her.

She is now back in her home town, working for her same employer with a new-born enthusiasm. Occasionally she poses as an artist's model.

Just a little word about her training—she still devotes three nights a week to acrobatics and gym training and never has the excuse that she does not have the time. "Never, never, will I give up physical training," is her slogan.

Now, my dear readers, I am not writing this article with the idea that all who follow physical training will become beauty contest winners. That is not my idea at all. I related this little story (which is true) to show you what physical training can do for each and every one of us.

Of course, you may say, "I cannot afford to join a physical training school." I can agree with you on this point, but what will keep you from taking your daily exercise in the privacy of your own home? You may take the same attitude as Marian in the incident above. I can bet that nine girls out of ten look forward to exercises as boresome—just going through a lot of silly motions.

Why not make your exercises interesting? If you want to be successful in any line of work, you must be enthusiastic and want to do the things that go toward making success. Try to enjoy every minute of your exercising period—always try to look ahead and think of the wonderful results you will obtain if you get the



Fig. 7



Fig. 8



Fig. 9

right start, and try to make the most of the opportunities before you.

Just a little word about getting results overnight. Do not start out with the idea that you are going to make yourself over in a week. By gradual and persistent exercise, you will gradually begin to see a change in two or three months' time. Remember, "Rome was not built in a day."

Take, for instance, a girl whose

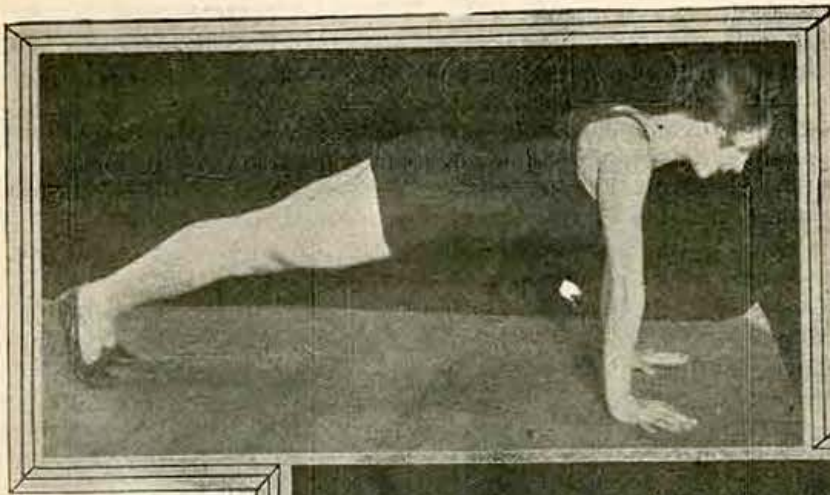


Fig. 4

l bust is out of proportion to the rest of her body. Regardless of how hard she tries, she will not begin to see results in two or three weeks. It has taken her years to put on this surplus

flesh, and it will take time to harden these muscles and reduce this excess flesh.

If you do not find it convenient to join a gym class, get up an hour earlier in the morning and go through a series of exercises as you see illustrated in this article.

Make it a habit to exercise for about fifteen minutes a day, and I'll guarantee that you will soon want to increase your exercising periods to a half hour. Take, for instance, the case of a small boy with whom I am very well acquainted. His mother had to lecture to him every morning to wash his teeth. He gradually, through persistent teaching, made it a daily habit, and now he would not think of going to school without brushing his teeth. The same applies to daily exercise. Make it a part of your everyday routine.

Now let us dwell a moment on the question of relaxation. After coming home from business, you would find it to your advantage to lie down and relax before dinner for about a half hour. You will feel greatly refreshed, and in a better humor to enjoy your dinner. If you plan to exercise in the evening, do not exercise for an hour after eating.

Stop work for five or ten minutes during the day, and you will find this occasional rest most beneficial.

The first exercise illustrated in this article is stretching. You will find stretching a wonderful tonic for the nerves and muscles of the body. You can also practice this throughout the day. Stand with feet together and hands on hips; pull back shoulders and chest as far as you possibly can, inhaling as you pull back and exhaling as you relax and come forward.

Exercise number two is a variation of exercise number one. Place the thumbs against the wall for support and try climbing down backwards. At first you will only

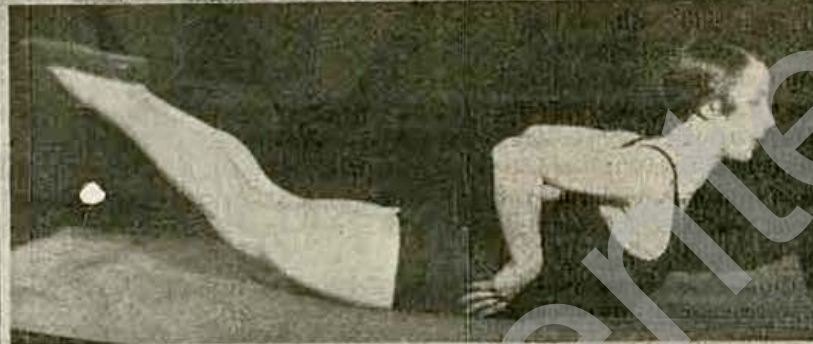


Fig. 5

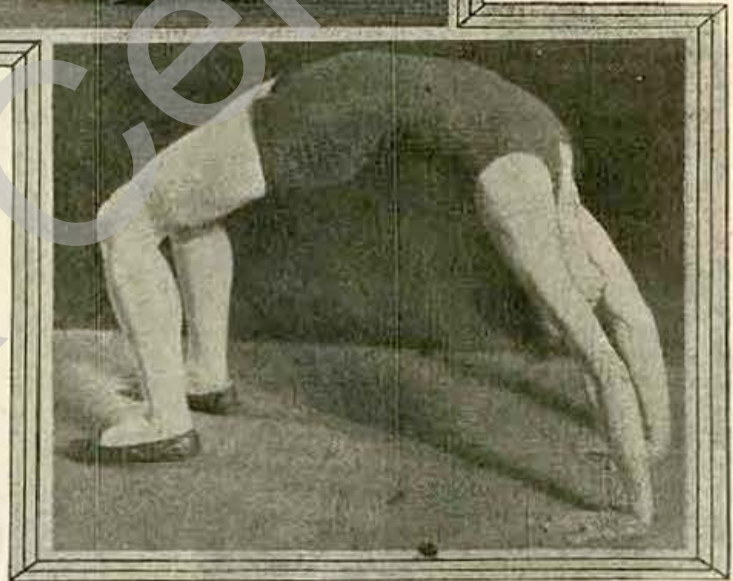


Fig. 6

be able to go down a short ways, but after persistent practice you will gradually find yourself touching the floor with your fingertips.

Exercise number three is an excellent exercise for the muscles around the waist. You will also find it beneficial for the muscles on the back of thighs and calves, if done strenuously. Stand with body erect. Touch the toes of the right leg with the fingertips of the left hand. Alternate by touching the toes of the left foot with the fingertips of the right hand.

Exercise number four illustrates the floor dip. This is an exercise especially for the arms, particularly the triceps. Take the position as illustrated. By bending the elbows,

try to touch the floor with the chest, keeping the legs perfectly straight. At first you will only be able to do this about three times.

Exercise number five: Begin with position illustrated, rocking the body forward and then backward. This is an exercise for the abdomen and waist, particularly the abdomen. It also calls into play the muscles of the small of the back.

Exercise number six is known as "bending the crab." By persistently following exercise number two in this article, you will soon accomplish this exercise.

Exercise number seven is known as the "squat," an exercise particularly for the thighs and calves. Stand erect with hands on hips; rise on toes and then gradually lower the body until it rests on the heels, keeping the legs as wide apart as possible.

Exercise number 8. Vary the above by raising arms straight out in front of body. (Continued on Page 85)

# RIP

*Believe It or Not*

*By Robert L. Jones*

"Rip" at work—the "Iron Men's" best friend among our great cartoonists.



true and real, are nevertheless bordering so closely on the impossible that one is inclined almost to doubt both them and the veracity of the recounter of the events, hence the very appropriate introductory remark.

And now in turn STRENGTH Magazine is pleased to be able to present to its many readers in all corners of the globe this same celebrated cartoonist, Mr. Robert L. Ripley, better known to nearly twenty million newspaper readers as "Rip," the man who exploits the unusual of "Believe It or Not" character, and who gives "doubting Thomases" something to doubt indeed. We are particularly favorably inclined toward "Rip," because he is the one man in his profession who is a friend and patron of the men of the iron game and those of gymnastic proclivities—there are plenty of sports cartoonists who feature the heroes of the diamond, the track, the football field, and so on, but he it is only who gives to the weight lifter, the gymnast, the acrobat, and their fellow performers any words (or should we say "pictures") of praise. Primarily "Rip" is interested in any-



“**A**ND now, ladies and gentlemen,” the master of ceremonies for the evening was speaking, “I take great pleasure in introducing to you Mr. Robert L. Ripley, creator of 'Believe It or Not,' whom most of you already know through his famous cartoons.”

The occasion was one of the numerous Strength Shows held in New York City, and the cartoonist stepped forward to preface a short but snappy and to-the-point speech with

“It makes no difference what I say  
You won't believe me, anyway.”

Then he made a few remarks about his work as a story teller in pictures of feats and happenings which, while

RIP  
BELIEVE IT OR NOT

"Rip" at play—  
one of our best  
handball players,  
and a dangerous  
contender for the  
National Title.



Three of "Rip's" famous "Believe It or Not" cartoons, featuring celebrated figures of the lifting game.

thing, everything, of known and established authenticity, but of such a nature as to seem impossible or at least improbable to Mr. Average Citizen—in his cartoons we find everything from unbelievable statistics on a thousand subjects plus queerly acting bozos from all corners of the world to little-known facts of the sciences and strange events of history. Of course, we find sandwiched in between all these a host of picture narrations of the accomplishments of athletes—doubtless this class of work is portrayed in "Believe It or Not" more than any other type of event, both because feats of a physical nature are well understood by the public and because super-human performances occur very often in this line. This affords "Rip" not only a good source of material but also a class of subjects that are popular with his readers and, therefore, "saleable." Indeed, it is only occasionally that "Believe It or Not" fails to portray at least one event of this nature. Glance at the five cartoons accompanying this article—they bring to your attention three strong men, two acrobats, three human "freaks," several other persons who merit attention because of their unusual accomplishments, several little-known facts concerning things and people in the far corners of the world, and so on.

Then just to mention offhand some of the other things "Rip" has featured, we have the Hindu holy man who never cuts, washes or combs his hair, another native of that neck of the woods who sits gazing steadily at the sun days on end, and still another resident of that section whose religion compels him to sweep the ground before him as he walks, that he may harm no living creature, not even an insect. Getting closer to

home we learn of the egg that was sent through the mail and safely delivered in England some years ago, the stamp and address being affixed directly to the shell; of a London parrot that laid an egg the day she was a hundred years old; of an English general who offered a toast lasting only five hours, and of a lady who lost her sweetheart, only to die eighty-nine years later of a broken heart. Finally, "at home" he points out to us the physician who did not go to bed for fifty-nine days, and who spent practically the entire time awake; he tells us of the accomplishments of many of our youthful prodigies, and he directs our attention to other hosts of people, facts and events that call forth the question, "Is it true?" (Just here it might be well to mention that "Rip" is glad to send to anyone requesting it proof of the veracity of anything he includes in his cartoons.) Then in the line of athletic accomplishments he mentions such feats as that of the football player who kicked seventeen field goals in one game, two pugilists who fought each other 61 times, the batter who drove in 14 runs in one game, the pitcher who walked five, hit one, made a wild pitch, and struck out three in one inning, another pitcher (with more control) who struck out 20 of the 21 batters who faced him in a seven-inning game, and so on.

Also we are told of the man who chinned himself five times with one arm while holding himself up by only the little finger, of the man who could do the 440 in less than 49 seconds for a period of twenty years, and of the lifter (Siegmond Klein) who, at a body weight of 148 pounds, lifted with one hand and in one movement to arm's length overhead (one arm snatch) a weight of 160 pounds.

Yes, sir, "Rip" knows his doubtful facts, for many of them he has seen with his own eyes. He has traveled to the far corners of the world, gathering information for the entertainment and enlightenment of his great

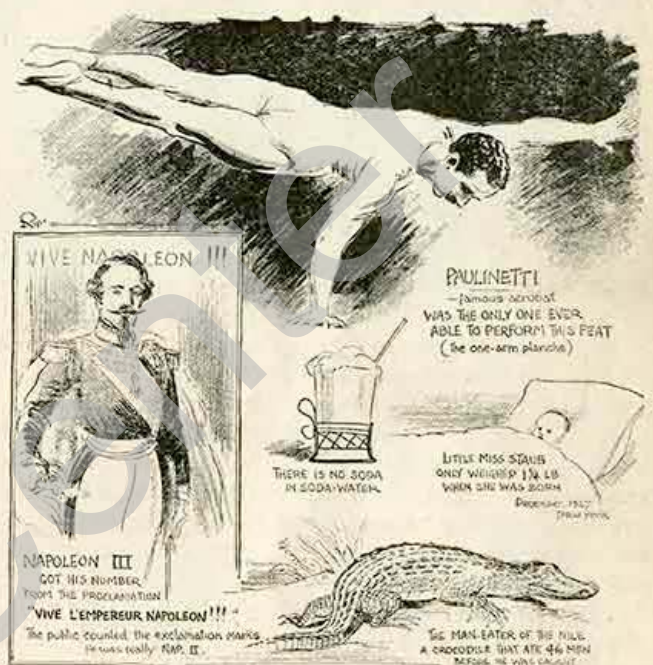


newspaper audience, and as seeing things is his business he has seen just about all the worth-while things to be seen. In fact, about the only things he has not seen first-hand are the North and South Poles and "the most wonderful girl in the world," but as this is leap year one of this trio may become "past tense."

"But," you ask, "how did he get that way? How did Robert L. Ripley become "Rip" the cartoonist, it didn't just happen that way, did it?" Well, if we go into the matter a little we find that really it did "just happen," so to speak, because not so many years ago a certain young chap named Ripley was "head over heels" in love with baseball and was interested in drawing only as you or I might be interested in checkers—he did a little of it, but just for the fun of the thing. Most likely, though, you want the complete story so here it is.

The story begins in Santa Rosa, California, on Christmas Eve, 1893, when the doctor reported in his best professional manner "It's a boy." As a child young Ripley did not spend his time alternately chewing one end of a pencil and drawing with the other but, instead, practically "lived" baseball until he was eighteen years of age. He entered the neighborhood semi-pro ranks at the age of sixteen, and chroniclers of events tell us he was playing merrily along in pretty good company—"Ping" Bodie, Harry Krause, Oscar Vitt, and Walter Schmidt being some of his team-mates—and that at the

say that he was to be "fired" he got the jump on the works and quit. Whereupon he visited another Frisco paper, *The Chronicle*, and there things once more had "just happened" in his favor—a hurry-up job of drawing had to be done, and the regular cartoonist (he was the now famous Harry Hershfield, creator of Abie, the Agent) had injured an eye and could not make it. Just at the opportune moment Ripley put in his appearance and landed the job, becoming assistant cartoonist on the paper. Later when Hershfield left for New York, he became the paper's sporting cartoonist. Then, on July 4, 1910, Lady Luck was again with him, for his cartoons



Two more "Believe It or Not" cartoons, calling attention to unusual balancing feats

same time he was exercising his drawing ability to the extent of preparing a weekly poster to advertise their games.

About this time things began to happen. A young lady writer visited Santa Rosa to interview Luther Burbank; she saw some of the young artist's drawings and took them back to San Francisco with her to show to her friend, Fremont Older, of *The Bulletin*. Without looking at them he handed the cartoons over to the sports editor, Hy Baggerly. They were pretty good, thought Hy, so in due course of time the youthful cartoonist-ball player was offered a position with *The Bulletin* at eight dollars per week, which he accepted. His duty was to draw one sports cartoon per day, but he found it much of a job, and, overhearing someone

of the Jeffries-Johnson fight at Reno, Nevada, on that date, made much of a hit back in Frisco so much, in fact, that he decided to risk asking for a raise in salary; but the raise was not forthcoming, and finally growing desperate after many promises by the boss "to look into the matter," he threatened to quit if no raise appeared—whereupon the "mainspring" expressed his opinion in the then prevalent method of conveying the sentiment of B Google's "OKMNX," so "Rip" quit.

That left him with a very simple problem to solve—just pack up this and that in a suit-case and purchase a ticket for Santa Rosa. The idea of returning to the old home town in a role other than that of a conquering hero did not appeal to him, so upon the encouragement and advice of a fellow named Peter B. Kyne (then a mere reporter) "Rip" determined to head for New York. New York! What a place! He still practically "lived" baseball and thought that if he could only reach "the city" and have a talk with John J. McGraw, of the Giants his troubles would be over. Or on the other hand, he might even become a great cartoonist—did not Ned Brown (now a well-known figure) tell him at the big fight in Reno that "you ought to be in New York with Tad and Goldberg," and "if you come East I'll see that you get a job?" His determination strengthened by this delightful line of thought, "Rip" struck the trail for New York, and we find him landing in "the city" one cold night early. (Continued on page 83)

# The Heart That Worries You to Death

If You Waste Precious Time and Nervous Energy Wondering How Many More Times Your Human Pendulum Will Swing, Read This Article.

By Charles MacMahon

**A** CERTAIN type of man runs a short distance to catch a train or trolley car. While he runs his mind holds but two thoughts—of catching the train, and of his heart. Whether he catches the train or not, he fetches up all out of breath and blames it on his heart, and he worries continually how long a heart like his can hold out.

Maybe he goes to a doctor after a period of mental suffering or he may be afraid to go and continues to suffer. If he does go to a doctor, who examines the organ in question and tests the blood pressure, he is told there is nothing the matter with his heart. He may be told, without any indication of the alarm the patient expects, that there is merely a slight nervous condition present, but, regardless of the doctor's failure to back up his fears, the man of this type goes on worrying just the same.

Why shouldn't he worry? He puffs and blows from the slightest effort, feels an ache, at times, in his chest around the region of his heart, and he can plainly hear it thumping away in his ear when he lays his head on his pillow at night. If he lies on his back in bed, doesn't that same heart rock the entire bed with its beating; if he walks slowly up one flight of stairs, doesn't the number of heart-beats per minute jump to 90 or 100? In fact, upon feeling his own pulse, which he often does, doesn't he get a normal count of around 70 beats per minute one time, and 80 or 90 beats another time, even though he hasn't exerted himself at all on either occasion? Taking it all in all, why shouldn't he worry?

Of course, this type of man thinks he has reason to worry, but he really has not. Even if he did have serious heart trouble, what good would worrying do—it would only make the condition worse. Instead of worrying, a man of this type should exercise. If you mention that to him, however, he will get all excited and point out the fact that running a short distance, which is exercise to

his mind, only tends to make his heart act up worse.

About the only way to make him see the light is to get him to play some moderately strenuous game in which he might become interested enough to forget his heart for a while. Having exerted himself and forgotten his heart for a short time, he will suddenly wake up, as it were, to the fact that while he was deeply interested in the game he forgot he had a heart.

So it goes—if people get into the habit of always looking for irregularities in their heart action, they are sooner or later likely to find them. If you get into the habit of thinking of your poor heart every time you move a little faster than you normally do, you are surely bound for an unhappy life. The best tonic for worries of this nature is to exercise, and when exercising put your mind on the exercises or game, as the case may be, and not on your heart. If you will do that, you will soon be astonished by the way you feel and how rapidly your worries will be eliminated.

I do not want to go down on record as saying that everyone who thinks his heart is not all right is all wrong. As you know many people do have heart trouble, and some are afflicted so seriously that exercise is out of the question. I don't even want to give the impression that there is nothing at all wrong with a heart that acts irregularly and thus worries you; but I do want to impress you with the fact that a heart that is merely a little out of time can be brought to normal by proper exercise, and that it is the best treatment you can find for it.

Proper exercise, which in this case is nothing more than keeping within reason as to the strenuousness of the movements or games, together with fresh air, will eliminate that dull ache in your chest. It will also help strengthen the heart and its surrounding muscles, tone up its nerves, causing it to beat more normally even

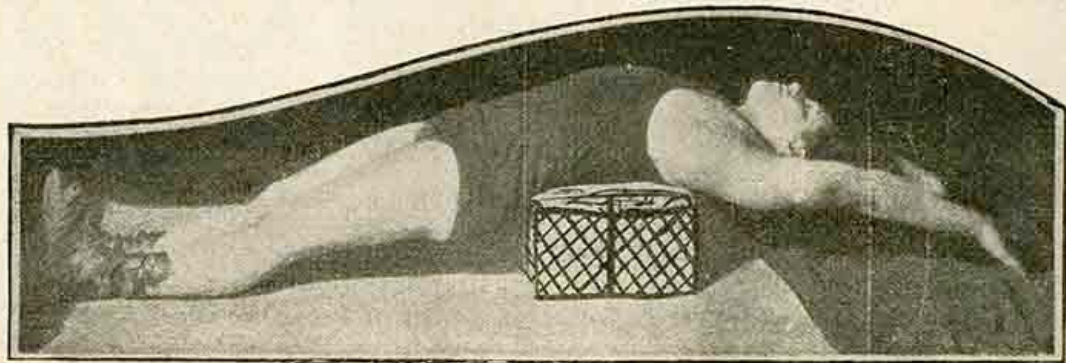


Fig. 1

after exertion, clear your head of its over-supply of blood, often caused by sitting around doing nothing but thinking and worrying, and improve your wind. The dull ache in the chest is very seldom caused by the heart. Often it is a slight rheumatic or Pleurodynia condition of the membrane between the ribs that causes the alarming ache. Sometimes you can, by bending your neck and bringing the head down as close to the shoulders as you can on the side you feel the ache, feel this ache more distinctly, which proves it is a muscular condition and not a heart condition.

Some exercises, of course, affect the heart more than others. Running, for instance, affects it more than walking, and deep knee bending and floor dipping more than ordinary free-arm and neck-bending movements. Those who are convinced that their hearts are not all they should be, should not begin exercising by employing the most strenuous exercises. They must not form the habit of holding the breath while performing exercises. I have mentioned this before in my articles, but it is important enough to repeat. Breathe freely, fully, and regularly, regardless of the desire to hold the breath. It is often wise to stop in the midst of an exercise and breathe deeply several times and then go on with the movement, again breathing regularly. Many exercises do not permit full breathing, because of the contraction of the chest muscles, which tends to hold the ribs more or less

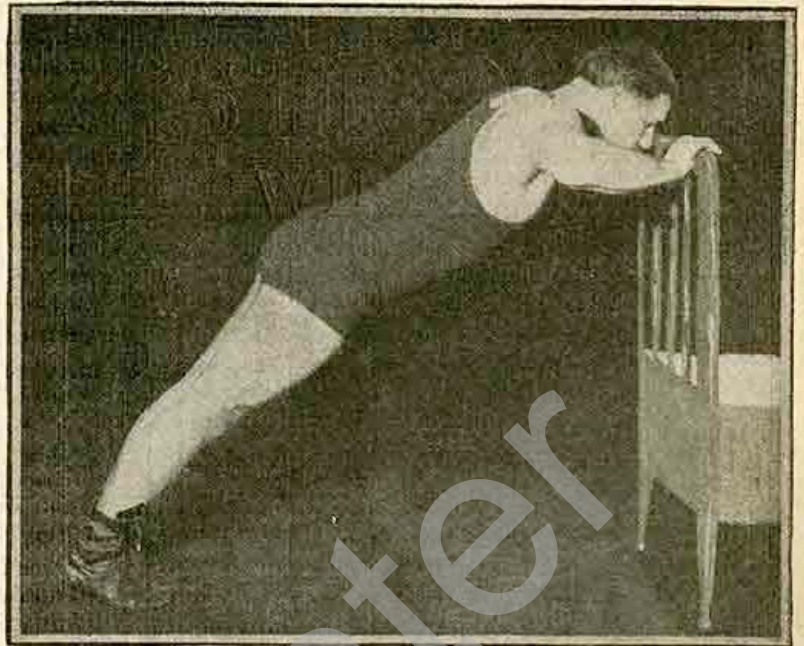


Fig. 2

the abdomen, both internal and external, become so weak and flabby for the want of exercise, that they cannot send the food through the stomach and intestines as fast as it should go. Therefore, you have poor digestion, gas and pains, and imaginary heart troubles.

I want to try to give my readers who are in the predicament outlined above, enough helpful, well-applied information and exercises so they will see the value of exercise as a help in eliminating their worries, as well as correcting their imaginary and actual heart irregularities.

There is hardly another rule for the person beginning physical training that is more important than the one that says, "begin with very easy movements or exercises at first and gradually increase the strenuousness of the exercises as your strength improves." Everyone should heed this rule, whether he is weak, thinks he is strong, or really is strong. The person with imaginary or actual heart irregularities should be even more careful not to overdo their training the first few periods or weeks; so we will begin our training with very easy variations of otherwise strenuous exercises.

As easy as the floor-dip exercise is for many strong and advanced physical training pupils, it is very difficult for many who have not tried it before. Of course the strong, energetic young man can easily do it several times on his first attempt, but, on the other hand, you will be surprised at the number of girls, boys,

men, and women who have a terrible time doing the floor-dip once. So for those last mentioned and our friends with the hearts that are worrying them to death, I recommend the following exercise variations for the purpose of getting them started in improving their digestion, heart action, general health, etc. It is a well-known fact that getting started is the hardest part of training or exercising ones body. After you get started and continue a week or so, the way you begin to feel tells you you are on the right track for perfect health.



Fig. 3

rigid; but there are no exercises in which you cannot breathe regularly, if you set your mind to it.

There is another cause of slight aches and pains in the lower chest around the heart that often leads a person to think it is his heart, and that is gas on the stomach. Gas on the stomach, as a rule, or in the case of otherwise healthy men and women, is caused by overeating and lack of exercise. Some folks exercise their bodies so little that they do not have to even overeat in order to bring about this gaseous condition. The muscles of

Now the floor dip performed upon the floor is not the most difficult way to do it, but it is the most difficult way as generally performed. Every six or twelve inches the hands are placed above the floor level makes the exercise less strenuous. Done upon a box about a foot high throws more of the bodily weight on the toes and, consequently, less on the arms and shoulder muscles.

The illustration represents the floor dip done on the top cross-piece at the foot of your bed. The approximate forty-five degree angle of the body makes the dip very mild but just right for the weak or heart-worried beginners. After taking the position shown, dip the chest several times to the cross-rod of the bed between the hands, returning, of course, each time to the straight arm position. You can get the chest more above the hands than shown in the illustration, which makes it easier than the way the model is doing it.

Next keep the hands in the same position on the bed, step in closer as shown in illustration No. 2, and perform the deep knee bend several times. Assist the legs by supporting some of the body-weight on the hands. As you straighten the legs and raise the body, pull as hard as you can with the arms, because the raising of the body is more strenuous on the leg muscles than lowering is.

For the internal organs, abdominal muscles and digestion, the sit-up is fine but very difficult for beginners. So in order to get the great benefits that this exercise affords, tie a piece of rope or stout twine onto the top rail of the foot of your bed and lie down on your back facing the bed as shown in this illustration, No. 3.

The feet can be placed under the lower edge or rail of the bed for the purpose of keeping them down. Now grip the rope and assist the abdominal muscles in bringing the upper body to a sitting position by pulling on the rope and bending the arms as you rise. Now go slowly back to the reclining position again and repeat the exercise.

As you become stronger and more accustomed to these exercises, you can gradually make them more strenuous by aiding the working muscles less with the arms and hands. In this way, you will be progressing and eventually you will be doing this exercise in the

regular manner and think nothing of it.

The illustration No. 4 shows a method of exercising and stretching the ligaments between ribs, for the purpose of eliminating that chest ache that is so often blamed on the poor heart. The big idea of this one is to simply raise the chest from the floor so that the upper back can be bent as much as possible, and the chest or rib box stretched by trying to reach the arms as far down below the level of the back as possible. While doing this one, breathe regularly and fully, so that the lungs are full when the arms are over the head and the lungs empty when the arms are brought up to a position over the chest or abdomen. Repeat the arm movements.

Running is a great exercise for improving the wind, consequently the lungs and action of the heart. Some people do not have the opportunity to run outdoors, but they can duplicate the running action indoors by what is known as the stationary run. I have recommended this exercise before, but did not bring out this point which is important to the bad-heart boys.

When the stationary run is performed by bringing the knees up high toward the abdomen upon each step, you have a very strenuous exercise. For those who encouraged this article, however I recommend keeping the knee down lifting only the lower leg and feet up backwards. In this method the thighs remain straight up and down, consequently a

very fine beginner's exercise results. Start these exercises or others you prefer today, and see if they don't soon relieve you of many aches and pains and, subsequently, many worries. Your heart, you know is a bunch of muscles, and like any other muscles of your body they will become weak soft and fatty if not given sufficient exercise.

Even though your heart must continue to beat regularly while you

live, too much of the easy-chain life causes it to become sluggish and consequently weak. So keep your heart in fine trim by exercising your entire body often

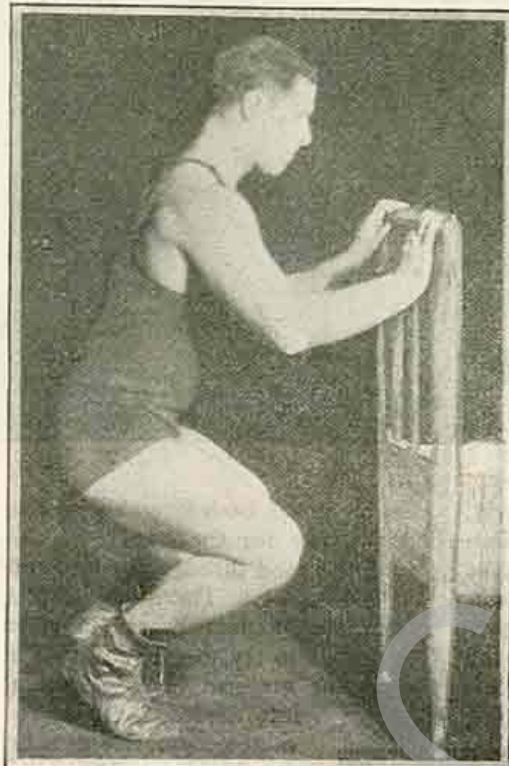


Fig. 4



Fig. 5



# Oh, How I Hate to Get Up in the Morning!

How to Kill the Killer of Vitality — Tiredness.

By Russell Viohl

“**D**A da ti-ti da! Da da ti-ti da!—I can't get 'em up! I can't get 'em up in the maw-nin!”

The last notes of the bugle died away and life on board ship commenced its fresh beginning. The Chief Master of Arms bellowed raucously fore and aft, “Up all hammocks—rise and shine, ye demons of the deep, blue sea. Up all hammocks!”

I heard him pass by my hammock and walk aft. It might be a good idea to steal forty more winks, I thought. I fell fast asleep, but not for long; the next thing I knew a booming voice shattered my tired consciousness and a swift kick dispelled my dreams. In just two shakes of a lamb's tail I rolled out on deck and arranged my blankets as the Chief leered derisively, “Wassa matter? Gonna snooze all day? Get thee hence, sailor. C'mon, snap outa it!”

In a jiffy my hammock was lashed, and I was about to stow it away on deck when who should I see lying fully dressed and sound asleep on the carpenter's bench but my chum. Huh! His record was yet unspoiled. Not one morning passed without him rolling out of his hammock, dressing, and finding a place to lie down to sleep. He was the limit. The “sleepiest” fellow I ever saw.

His first name was Albert, but to all his friends on

board ship he was just plain “Dopey” Weston. He got that well-deserved monicker for holding the long-distance sleeping record during an entire enlistment, and the amazing thing was that it stuck to him for ten years, even when he served as navigating officer for one of the Matson passenger liners out in the West Coast.

So far as I know, “Dopey” Weston had but one enemy in this world and that was “Dopey's” own genial ego. That enemy alone barred him from a higher rank in the Marine personnel than he ever attained. His associates all agreed to that, and his friends on land felt sure of it.

“Dopey” was one of the best navigators I knew. His experience was not only great, but there was not a body of water he knew nothing about. Possessed with great physical strength and the brains of a genius, “Dopey” Weston in the maritime world, where good navigators are at a premium, could—but for that jovial enemy—have gone great lengths in a sea-faring career.

One morning a crisis arose at sea. “Dopey” was sound asleep in his bunk. He was called to the bridge of the

ship. Only “Dopey” could perhaps save the wallowing vessel. He got up as he always did and dressed. Then, at this critical moment he did a very curious thing—he went back to bed, but this time it was fatal. The ship went down.

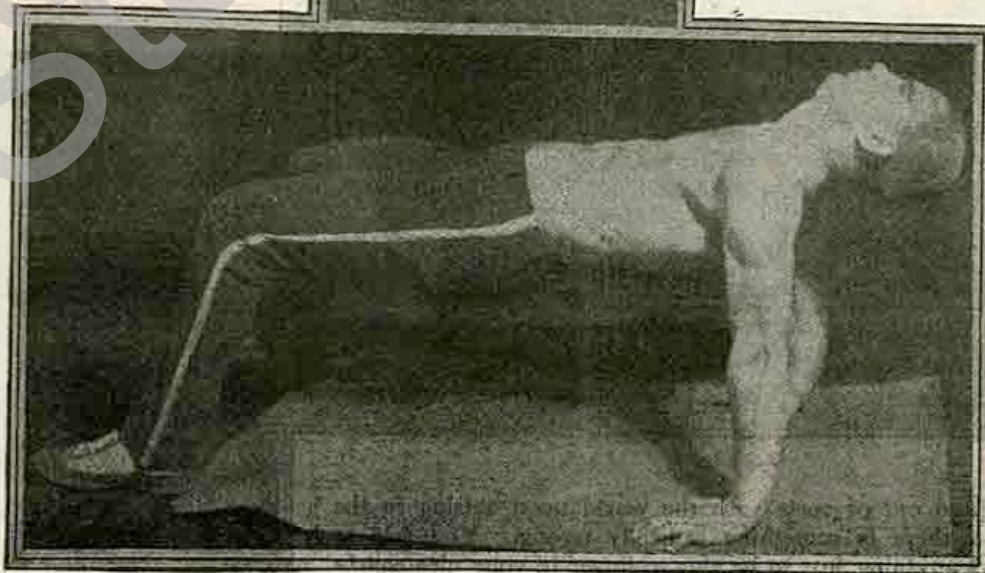


Fig. 1—Above. Fig. 2—Below.

carrying "Dopey" with it, sound asleep, where he remained forever.

The difference of a minute probably would have saved the ship, but "Dopey" chose to take this difference in sleep, rather than hasten to the bridge when urgently summoned. That minute—sometimes it is merely a second or a split-second of leeway—operates in all our lives daily, no matter what our occupation may be. Sometimes we recognize the emergency, and act with amazing swiftness. More often, probably, we do not; and then sometimes there is no split-second for escape. Anyway, "Dopey's" habit proved the undoing of both the ship and himself. If he had had power to jump up out of sound sleep and immediately come into possession of all his faculties, disaster would in all probability, I am sure, have been averted—but, alas, it was *too* late.

There are many people who parallel this case of "Dopey" Weston. There is a young man who stays until the milkman arrives with the milk every morning. Fortunately, he does not have to go to work, and as a consequence he sleeps all day. This is not good, for while he is sleeping his life away, countless golden opportunities slip by and soon he must work, for his means of support are fast ebbing. What will he do?

Just now I wonder whether the reader has ever felt

blurry and your hair hung in thick, matted, disordered locks. You yawned and yawned, and continued yawning and stretching. It must have seemed terrible to wake up and find yourself on the pillow in such a bedraggled manner. The bed clothes were a jumbled mass and there was a hazy idea of nightmarish dreams. Worst of all, there was a nasty taste in your mouth and little or no desire to eat the customary breakfast.

Even the cold shower or wash proved to no avail, and when you went outdoors to catch the conveyance that would take you to your office, your mind was still fogged and you toddled about all day dumbly struggling against the overpowering feelings of melancholy and drowsiness—a wretched feeling, hey what?

You may be foolish enough to attempt to whip up your poor, tired self, your jaded nerves, with a "reviver" of some sort. This fails to brace you entirely, for in a short while you slip back into the old Slough that engulfs your gloomy existence. Oh, yes, towards night you feel decidedly better—nature snapped out of it, and the reaction causes you to provoke another day's wretchedness with the indulgence in dissipation in some pet form. Let us say it was a heavy dinner, or supper, a theatre, then to an after-dinner dance, or night club, or pool room.

It is this wrong living which upsets you. Oh, sure, anyone can go out and enjoy himself. Life is too short to be spent preparing for "heaven knows what," but when you do nothing to counterbalance it, then I say it is all wrong. This is entirely a fault of your making and if not checked and regulated or counteracted, the chances are you'll be an old, old man before your time.

Men die sometimes, but it is because they quit work at 6 P. M. and do not go home until 2 and 3 A. M. in the morning. It's the interval that gives the death thrust. The work gives you an appetite for your meals, and if one's energies are bended to the utmost, it lends solidity to slumber. You can arise refreshed and eager for the conquest of the new day; but if you persist in staying out to all hours of night, and as a consequence,

cannot get up in the morning, there's only one thing I can recommend: take a reviver, but a reviver in the form of intelligent exercise, deep breathing and cold shower baths.

Snappy exercise in the morning

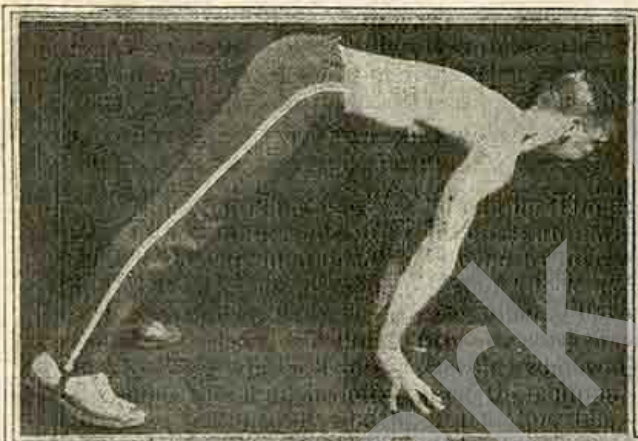


Fig. 3

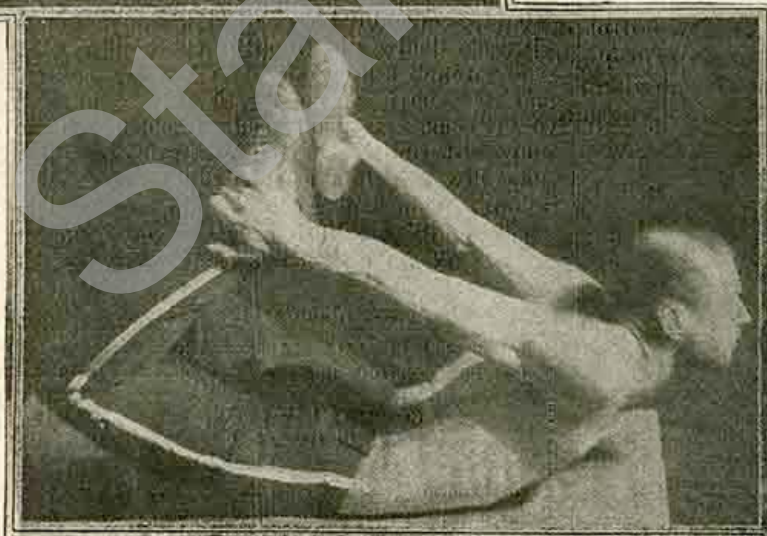


Fig. 4



Fig. 5

repeatedly tired and out of sorts with the world upon arising in the morning? If so, there is something radically wrong. You felt as though you'd give anything just to be able to linger in your nice comfy bed and go to sleep again. You felt musty all over, eyes seemed

will clear your woozy brain, make each human entity alert, and instill animated life seething in every fibre of your being. Then get out into the open air, or stand before your window and breathe, breathe, breathe. Breathe deeply and slowly, drinking in great gulps of the misty morning air, for it will pour its freshness into you; and coupled with the exercise I am about to show you, the activity will pour its energy into you. Then when you take that cool, exhilarating shower—boy! I tell you, your cares will drop away like the leaves of Autumn. Yah, sir, you all can believe what I say!

Fresh air upon rising in the morning is the greatest aid in purifying the body and mind, but it is not sufficient to be merely a passive imbibitor of the precious element of life. Your flesh machine must run smoothly. Its great function is to pump pure, crystallized oxygen into the system. Now the man who does not exercise, or, in other words, use his machinery, does not get as good a supply as the man who keeps his machinery in regular motion. The result is that the former does not attain a full development, while the latter does. The first is always breaking down, while the latter seems never amiss.

If you feel that all is not well with you, I would suggest you take this tip from me and try out the following get-awake exercises.

When you go to bed tonight set the alarm a half hour earlier than usual. Bathe your feet in warm water, dry them thoroughly, and then cover them to keep from catching cold when entering the hallway leading from the bathroom. Drink at least three glasses of hot water and then massage the lower abdomen with slow, vigorous strokes with a motion towards the colon or left side. This will aid you wonderfully to throw off poisons accumulated in the body during the sleeping hours and help materially to clear the skin from blemishes.

Keep all the bedroom windows open, cover up your chest with warm jacket, but it is not advisable to wear heavy pajamas, as this is entirely ridiculous while sleeping. However, be positive there is sufficient covering on the bed in case it should get cold, as it nearly always does towards morning. And lastly, don't be afraid of draughts. They will not hurt you if you adhere to the right principles of living, or rather should I say, they are very beneficial to health.

Now, when you get into bed, first lie perfectly quiet on your back with the arms down at the sides. Raise the chest high, take a deep breath and expand the abdomen as you inhale. Reverse this procedure by contracting the abdomen as you exhale, and draw in the



Fig. 6



Fig. 7



Fig. 8

stomach on exhaling. This is very helpful, especially to those who find difficulty in sleeping. Next, stiffen the entire frame and then let go a joint at a time. If you concentrate upon the scalp, more or less commanding it to relax and so on down the face, the neck and chest, you will, by this process of influencing each part, relax bit by bit, and induce a perfect state of relaxation all over, provided you concentrate hard enough. This concentration often helps me to relax all my muscles, and when in perfect repose sleep soon overwhelms my consciousness and I sink into dreamless slumber. Try this several times till the effect is manifested, and I'll warrant that the auto-suggestion will put you in a state of perfect comatose within a few minutes after pressing your head on the pillow. When you are just about to fall asleep assume the attitude you like best when sleeping.

In order to build up the vital forces and awaken refreshed in the morning, the depth of sleep counts infinitely more than the duration of sleep. Therefore, this is my reason for constituting the few exercises that I just suggested. Generally when one reaches a great depth of sleep the transition to the period of wakefulness is only gradual, and it requires a longer time to complete the sleep and wake up than it would if one did not sleep so deeply, or soundly, as we usually say. Any man well advanced in years who can secure the same depth of sleep that children attain will undoubtedly spend the bigger part of (Continued on Page 79)

# Big Muscles for the Average Man

Physical Perfection Can Be Attained by Any Normal Man  
as Proven by the Examples Given Herein.

By *Mark H. Berry.*

**A**RE you one of those persistent physical culturists who never get anywhere so far as development is concerned? Have your efforts seemingly been for naught? Whether or not you may know it, friend reader, there are a very large number of individuals who are evidently extremely ambitious; they read and re-read everything relating to exercise that comes their way, practice dozens of exercises morning and night, go on long walks whenever time will permit; they are careful about eating correct food combinations, not to overeat, and make certain to abstain from worthless food-stuffs. A certain hour finds them sleeping nightly almost without exception, and bad habits are unknown to them. Yet, results never seem to come, for their muscles just don't and won't grow. True, they may enjoy a fair degree of health, so long as the regular schedule of habits is lived up to. It is entirely possible that quite a few thousands of physical culturists of this type will read these paragraphs, for the world is quite full of this type of follower of the physical cult. These fellows simply don't exert themselves vigorously enough to stimulate the nutritive forces to proper activity. Diet fads and habits regulated to clockwork precision won't bring to reality your dreams of possessing a perfect physique, not so long as your muscles are "forced" only to perform calisthenics of the arm flapping and leg swinging variety. If you, Mr. Reader, happen to be

one of these ardent "physical culturists" whose interest is purely theoretical as far as physical things are concerned, it will be well worth your while to try out the practical end of physical culture for a short period of time—say ten or twelve weeks for a trial.

Set your mind upon attaining a splendid physique and then become practical enough to adopt a routine of exercises in which you can place some confidence. When any doubt exists in your mind concerning the proper way to do a thing it is always wise to adopt the method which has proven successful in the majority of cases. Accompanying this article are quite a few photographic examples of high grade physiques. Each photo represents a form of physical perfection as applying to the bony framework and hereditary limits peculiar to the individual. A thorough analysis of these physique photos and the system followed by these examples should prove enlightening. Pick these photos apart as much as you care to; one man may have better arms than another, or one may possess a more rugged type of chest, etc., but you must remember that every one of these photos represents an individual who had to work for his strength and development. In other words, they represent the possibilities for the average man, like yourself.

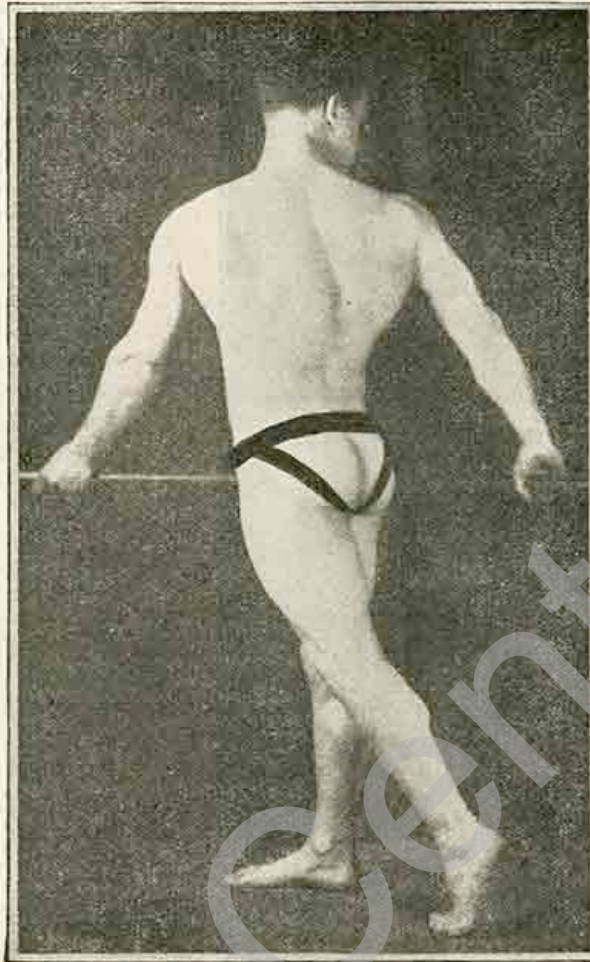
It is possible for each one of us to realize some degree of physical perfection. A small percentage will acquire a degree of development which is more pleasing to the



Illustrating the development possibilities of the tall man—the heavy-weight physique of Harry Eavey, of Hagerstown.

eye than the development of the majority; but we can, each and every one of us, mold our bodies into a state of shapeliness limited only by our inherited limit of proportions and characteristics. There is no set standard of sizes and measurements to determine perfection, as human beings vary in size and proportion of limbs and body. Very seldom do we find two or more persons built exactly alike. Each race and nationality differs somewhat from all others and, therefore, different standards must be recognized for each. Close students of physical training even cannot agree on a universal standard to be accepted as final. The matter of personal opinion has to be reckoned in considering the ideal standard of physical proportions which could be recognized as perfection. Possibly we could arrive at a better understanding on this subject by differentiating between physical perfection and a physical ideal.

So far as an ideal is concerned, that likewise is determined by personal opinion. A group of artists, sculptors or physical experts might decide on a certain set of comparative measurements as being ideal, but in that case the model would have to be of a certain height or of a certain relative bony framework. If this particular group of artists or experts preferred a slender man with relatively small bones, then the heavy boned man would be out of the question, etc. To make my meaning more clear, consider that some short men have as large wrists



Great strength is exemplified by a broad back. Besides showing a splendid physique to good advantage, this pose by Robert RaNous could hardly be beaten for latissimus definition.

and ankles and just as broad shoulders as taller men. If one set standard of comparisons were used for the tall man with a seven inch wrist, the short man with a seven inch wrist would have muscles entirely too large. Physical perfection as we would consider it is somewhat different and can be applied to individuals of any height and bony framework, as long as the man is proportionately well built and presents a pleasing appearance to the eye.

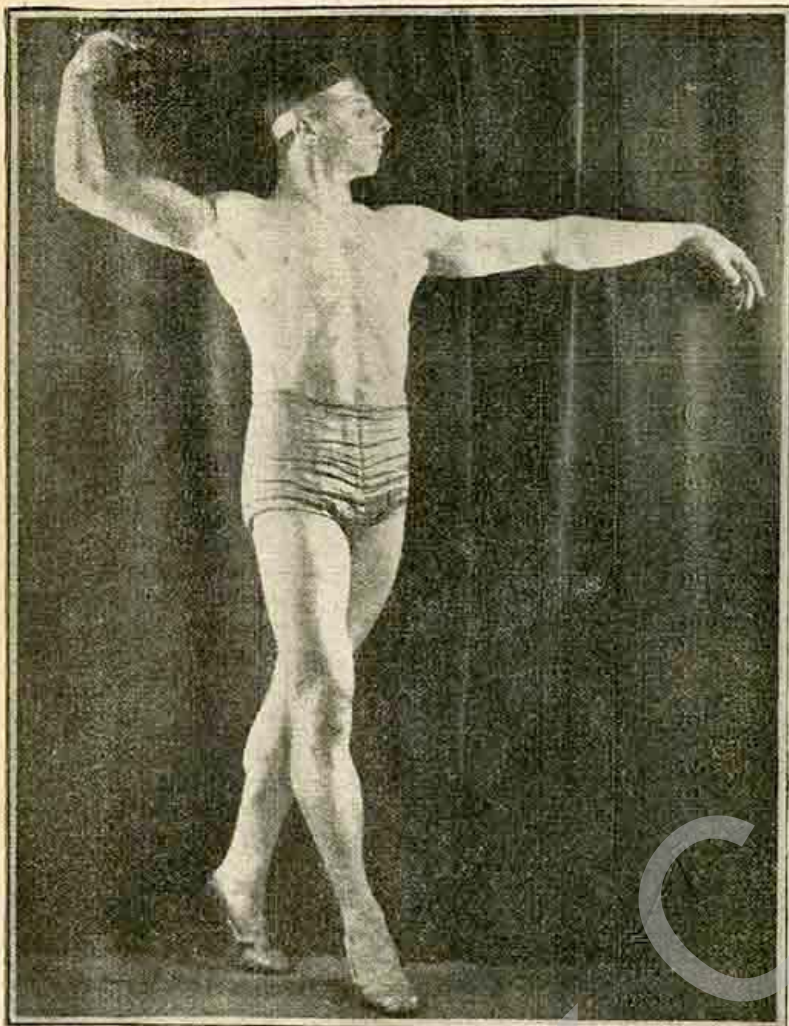
We recognize the existence of various individualities in physical perfection, just as all beautiful women and all handsome men need not have identical facial features. Some authorities have referred to physical perfection as possessed by only one man, in which case it would be useless for any one to attempt to realize this ambition unless he were of the same height, shoulder breadth and size of bones. We prefer to consider the term in a broader sense as applying to all races and nationalities with their peculiarities of anatomical construction. If,

then, physical perfection is such an indefinite thing with no positive standards by which it may be recognized, you may want to know how you may determine the proportions for which you should strive. It would also be



Truly the muscular proportions of a Hercules—a perfect development is enhanced by clever posing of Richard Bachtell, of Hagerstown.

reasonable for you to desire knowledge of the sort of plan you should follow to arrive at your standard. We will consider the latter question first, analyze the methods practiced by a number of those whom we could consider to be very well proportioned, and then



The grace of the Herculean athlete. William Raisch in a classical dance pose.

decide which individual type you prefer to emulate, or to be more practical, come to some conclusion concerning the proportions which will be most ideal for your bony framework and inherited characteristics. By following this line of deduction, you can be sensible regarding a standard of perfection and strive for something positively within your reach.

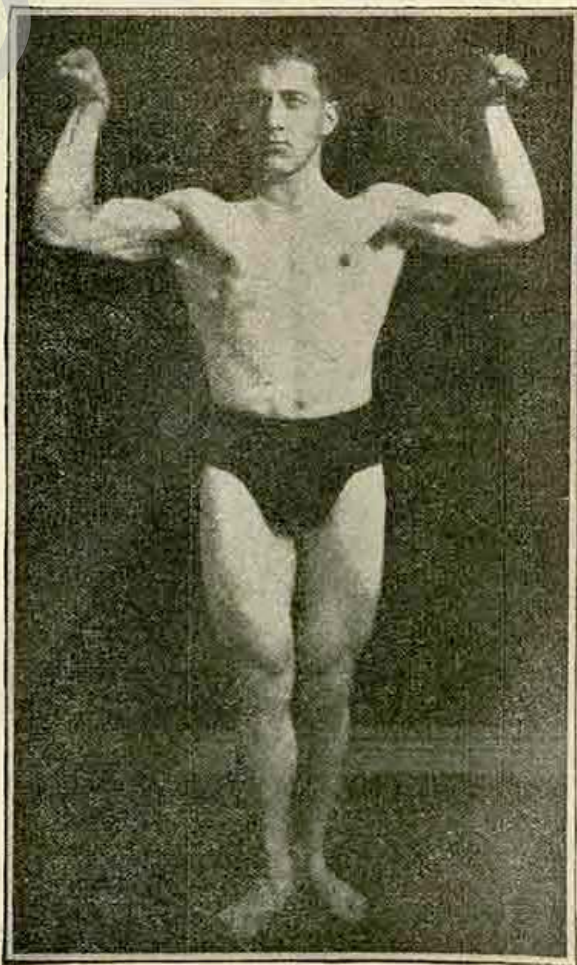
Among the present group of "perfect men," three stand only five feet, three inches in height, these being Richard Bachtell, weighing 138 pounds, while two of them scale at 140 pounds each, Jules Berti, of Chicago, and Robert RaNous, of New York City. Stanley Smith, of Bermuda, weighs about 150 stripped at a height of five feet, four inches. William Bowman, of Ambridge, Pa., stands five feet, six and a half inches and weighs around 150 pounds. Raymond Meyer, of Cleveland, and William Ra'sch, of New Jersey, are of an equal height, five feet, seven inches, the former weighing 160 and the latter 168. Harry Eavey, of Hagerstown, tips the beam at 180 and lacks but an inch or two of six feet in height. Messrs. Berti, Bowman and Meyer, are complete strangers to the readers of STRENGTH, whereas some of the others have received considerable publicity, while others have merely been introduced previously.

That they are all possessed of unusual strength goes without saying, though not all of them are identified with competitive or record breaking lifting, like Bachtell, Eavey, Raisch and RaNous, who are top-notchers in the lifting game. I happen to know that Smith spends considerable time training in order to perfect himself on the lifts, so that he, too, may win fame for

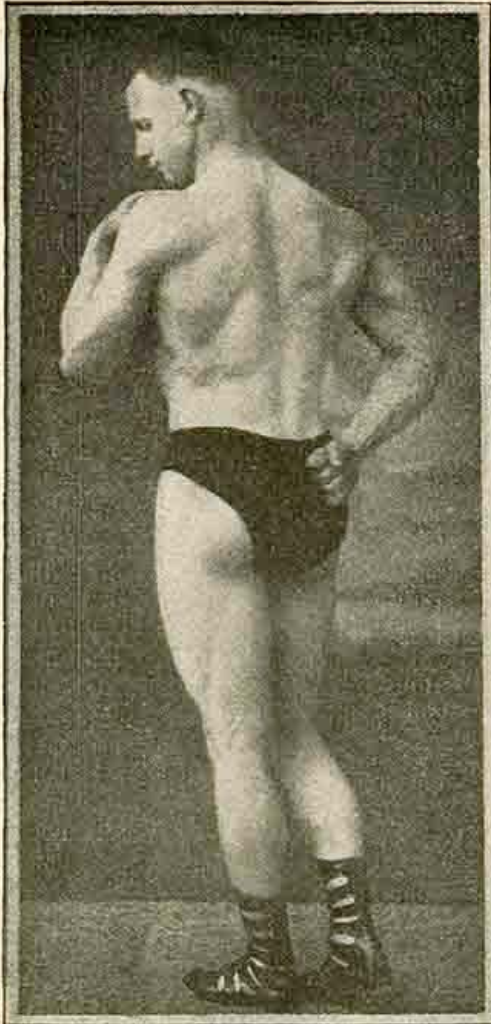
his abilities. Do not be misled into thinking that the exercise program of these fellows consists of attempting their limit on lifts, for such is not the case, even though their lifting powers may have gained them fame. To enter the ranks of perfect men, it is necessary to spend countless hours at body building exercises. Men who have developed themselves to the extent that they are eligible to be included in this class, have always found the secret of perfection to consist of regular exercise at stated intervals each week, being certain to follow a stipulated plan of resistance increases.

Consider the fact that not one of the present group of "perfect men" can be said to be accidentally possessed of extraordinary physical qualities. An intelligent plan was necessary in the case of each man, and scientific physical culture is entirely responsible for their present degree of perfection. Compare yourself with these specimens of splendid young manhood; then set your mind on attaining unusual physical proportions and the degree of vigor and health which accompanies it.

I wonder if you noticed my reference to the accidental possession of extraordinary physical qualities, by which I really mean an inherited super-physique and super-strength. Truly, there are many men who are naturally excep-



Smooth symmetry without undue prominence in any detail. William Bowman, of Ambridge, Pa., has a proportionately balanced physique.



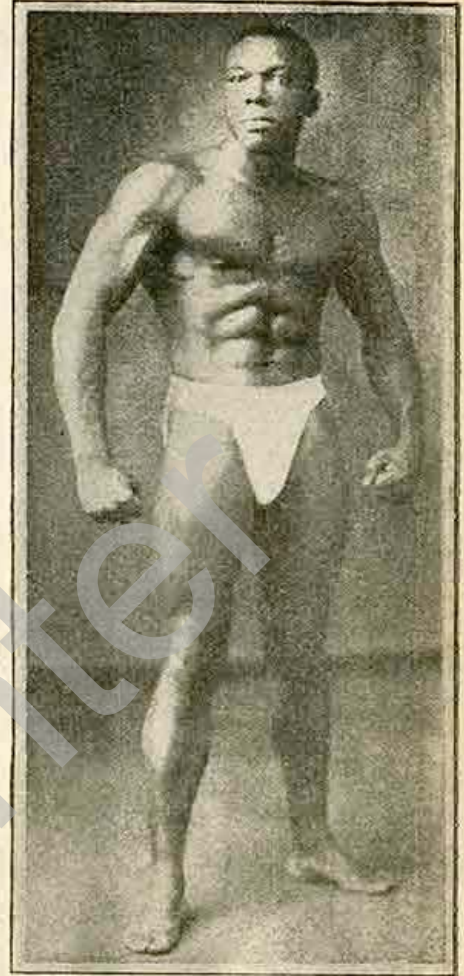
Raymond Meyer, of Cleveland, Ohio, the sturdy type of average height. Heavy muscles, when evenly proportioned, give a man a certain trimness.

time they were in their mid-teens, they were doing the work of a full grown man. Men who survive a boyhood of hard work, with most of their life spent in the open, are pretty sure to reach maturity with good solid muscles and quite a fair degree of strength. There is no doubt about it. It is bound to happen that a certain percentage of these men will be exceptionally strong and beyond the average in size and muscular development. On the other hand, just for example, let us take the case of one of these products

tionally strong and built along very husky and muscular lines. However, upon looking further into the matter you will find that such individuals found it necessary to earn their daily bread and butter by working at some extra hard form of work or occupation. Even as small school boys they had to work hard with little chance for playing and by the

of hard work and open air life. Suppose, as a child, he had been taken to a city and brought up with absolutely no need to exert himself, was sent to school and took up some form of clerical work or other sedentary occupation. Do you suppose he would reach manhood with big muscles and great strength? Of course not, and it is even doubtful if he would be enjoying anything near good health.

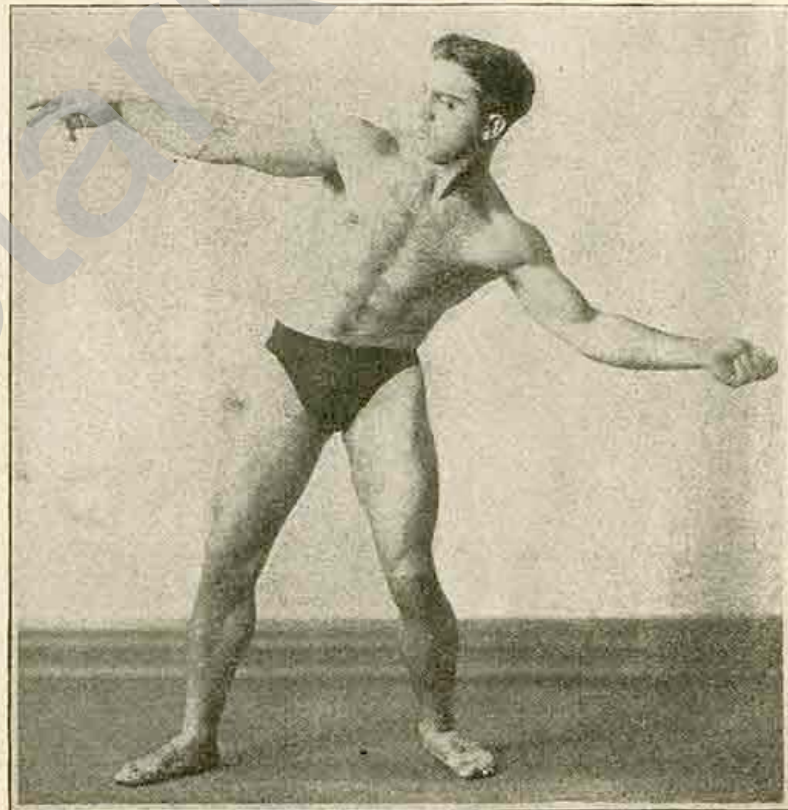
It is preposterous to suggest that such a thing as exceptional



Stanley Smith, of Bermuda, a practical physical culturist, who has been richly rewarded for his efforts. His shapeliness compares favorably with the best models.

strength or perfection of physique would just happen on a man, regardless of how "well born" he might be. Certainly it means a lot whether your parents and grandparents were strong and healthy; and, evidently, it is more important that your grandparents and their parents were rugged, when considering inherited tendencies. It is essential that your muscular and inter-

(Continued on Page 67)



Jules Berti, of Chicago, is shapely and husky looking. Great muscular size is evident without any effort to contract.

# The Roughest Game of All

An article on the game of Ice Hockey

*By Jim Barrett*

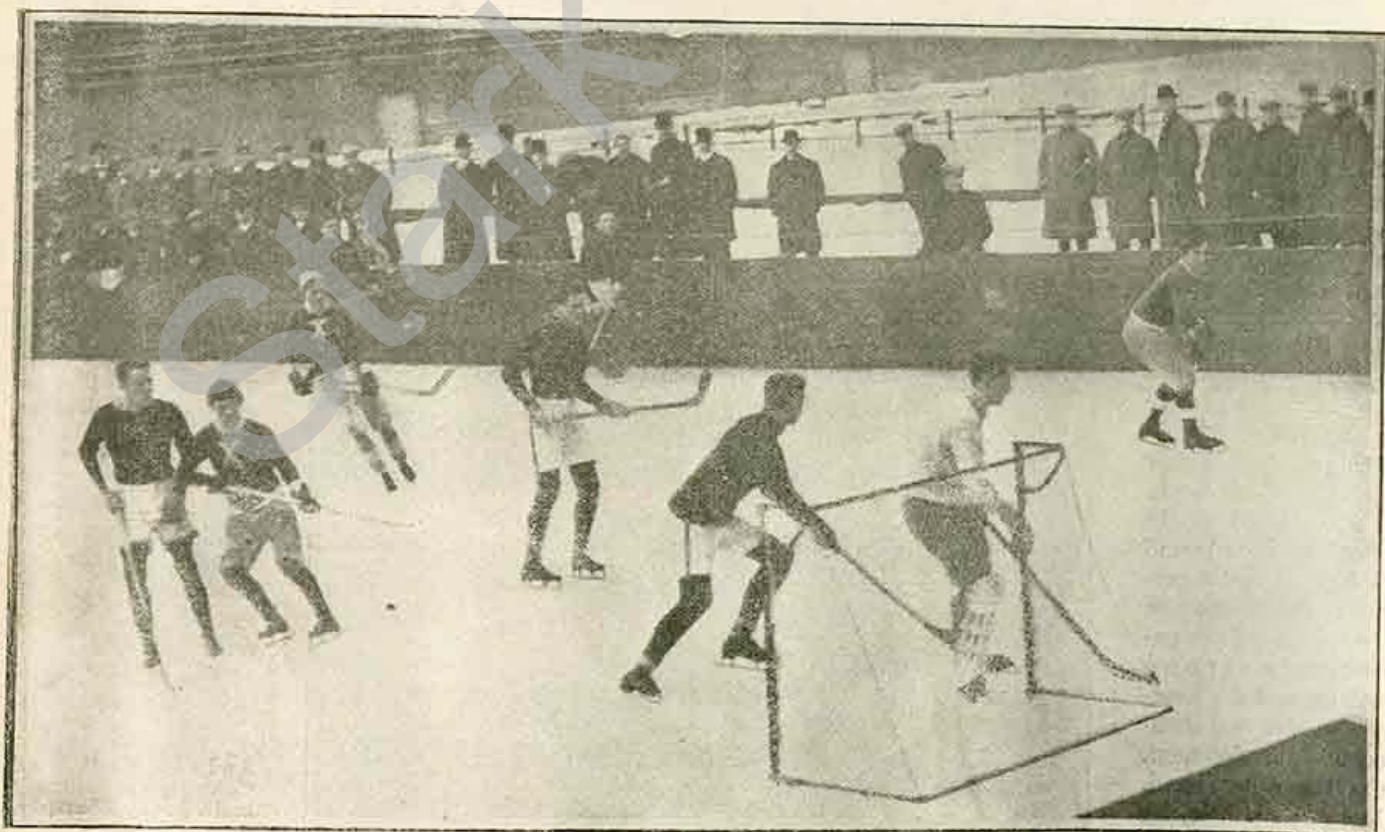
**T**HERE he goes around back of his own goal-net cleverly skimming the puck before him with a long hockey club. As he goes he gains speed, and his legs begin to work faster and faster as he makes the run (or skate, as it really is) from his own goal toward his opponents' goal.

Several of his own men follow or precede him, always ready to receive a pass. The opposing players all rush down to defend their goal and to get in front of this puck-carrier whose main thought is to duck, side-step, or bump his way through the entire six opposing players, and shoot a goal or, at least, knock the goal tender cold in the attempt.

Sometimes this puck carrier, who is usually a forward or wing player, has the puck taken away from him before he gets much passed center-ice. It is a wonder the carrier gets that far, for to be skating fast in a zig-zag course that has no set route, maneuvering a three-inch round

and flat piece of rubber with a bent club through four or five fast skating demons, whose thoughts are on nothing but stopping you, and who are not even interested in how they stop you, calls for a clever piece of work, and don't you forget it.

When the puck is taken from the carrier in center-ice, it is usually done by the two forwards and center man of the opposing team. The methods employed are anything but gentle. One to three hockey clubs are thrust at the carrier in an effort to grab the puck from under his club. While the rules state that the clubs must not be used to trip the carrier, at the same time this rule, like all rules, is very often broken. If you saw the way they slash at the puck you would think they were surely ignoring the puck and deliberately slashing at the carrier's gloved hands, feet and legs and oftentimes at his head. Well, anyway, should a carrier be lucky and clever enough to get by the center and two wing-players, he is then up



An outdoor college game. Note the smallness of the goal.



against a literal stone-wall in the form of the two guards who stand in a menacing crouch side-by-side some fifteen or twenty feet in front of their own goal-net.

These two guards are even more fierce in their attack on the carrier supposedly because the carrier is now getting near enough to take a shot. The methods of these two guards might be termed in-fighting, while the methods of the center and wings in stopping a carrier is usually more open and of the sparring type, to use another boxing term. Naturally the in-fighting method is more desperate and rougher. Their bodies come together often with a thud called body-checking, and it seems that the puck is retained by the carrier or taken by the opposing guards by fair means or foul.

Once in a while a foul is called, and sometimes a player is sent to the pen for a two-minute penalty; but the spectator sees more deliberate fouls than the referee and seems to like the way the players rough it up with each other at times and get away with it.

Now let us suppose the puck carrier is fortunate enough to get by the two guards; he then has the goal tender to pass with his shot. In fact, while the carrier may get through the defense of the two guards, to a certain degree he never really eludes them. In fact, the entire opposing team is liable to start slashing at him in order to break up his shot for the goal. This means that after running the terrible gauntlet, which often produces a hard spill, maybe a bumped head, and getting into position for a shot, he rarely gets a clear, uninterrupted chance to shoot. The reason is that several clubs are continually slashing at his club or placed and held in front of his so that he cannot sweep the puck with as much accuracy and speed as he would like.

Then even if he does manage to get a good shot, there is the goal-keeper, who resembles an elephant in his overly-padded uniform and wide club, standing tensely and spread before the six foot goal that stands no higher than his armpits.

The goal tender has the privilege of stopping the puck from entering the goal with any part of his stuffed person, including his heavily gloved hands, skates and wide club. When he is good he is hard to pass, but now and then one leaks through. To the spectator it is a wonder how it ever happened.

You must remember, however, that a three-inch circular piece of rubber about an inch thick flipped from a long club by an expert on ice, can pick up some speed,



Two of the American Olympic team players who helped give the Canadians a hard run for first place.

and I don't mean maybe. So at times this little rubber goes passed the goalie before he even gets a glimpse of it.

You can probably see that one clever puck-carrier is essential to every ice hockey team, and two good carriers improve a team considerably.



An ice hockey goal tender. Some professional goal tenders are larger and more heavily padded than this fellow.

It is a great game to watch for the following reasons: There is no game that compares with it in speed; it is a very rough pastime at its mildest; hardly a game is played that the spectators are not treated to the thrill of an actual fight, either between two opposing players or nearly the entire teams; often a player is tripped (accidentally, of course, you know) when going at a high rate of speed, consequently taking a long slide on his stomach or back, or sometimes bringing up with a dull thud against the wooden wall of the rink.

One of the most exciting moments in this rough and tumble game, that is rapidly gaining followers because it is fast and rough, is when the poor puck is beaten unmercifully by six or seven players near one of the two goals. Excitement becomes wild as the opposing players, especially the goal tender, whose goal is in danger, slash, bang,

bump, shove and desperately struggle to put the rubber in or keep it out of the goal.

The excitement is rarely terminated by a goal. A few bad shots that end up behind the goal are usual things that happen. The puck nearly always falls into the hands, or under the club, which (Continued on Page 81)

# Nature's Method

Consult the Osteopathic Physician  
Health Queries Answered

By Dr. D. E. Stombaugh

**QUESTION:** A little over a year ago I contracted a small inguinal rupture on the right side. Since then I have been wearing a truss, also practicing a few simple exercises like the squat, raising the legs alternately and simultaneously from a prone position, etc. The rupture is not so pronounced as it was but, nevertheless, it is still there.

What I wish to ask is this: Is it possible to cure it entirely by exercises of this nature; also is there anything better than a truss to wear?

I will greatly appreciate your prompt reply.

P. B., Mass.

**ANSWER:** There are many styles and types of trusses on the market—some of them give very satisfactory results, and others in turn do much harm. If you decide to use a truss you should choose one with a flat surface over the rupture, and not one that brings pressure in the opening thereby enlarging it.

You did not state your age, but if you are under fifty and in good health, I would strongly advise an operation. Surgery as it is done today is very satisfactory in cases of hernia.

I can give you no other method of remedying the trouble.

**QUESTION:** I am troubled with a spinal weakness or irritation. It shows up whenever I become over-tired or whenever I am under a strain, and I would like to know if there is a permanent cure for it. The first time I had it was six years ago. I overcame it then but have had different attacks since, all of which passed off with a good rest. Also have had a severe strain this year—sickness in the family, etc., and am suffering with so much soreness in my spine, accompanied by nervousness and general weakness, and often have severe aching in nape of neck along with stiffness of muscles of neck and shooting pains through the eyes. My blood pressure has been below normal for a long time. I try to eat plenty of vegetables, fruit, milk, etc., as I need a laxative diet.

I am a married woman, 38 years old, five feet four inches tall, and weigh 140 pounds. Have one child, four years old. Examinations by doctors have never disclosed any organic trouble. Have tried exercise to strengthen the spine, but that merely increases the pain or brings on an attack. I often have a deep aching between the shoulder blades, but for the past two months have had soreness and deep throbbing pains all the way down the spine—I will be very grateful for any advice you may give me.

(Mrs.) W. S. D., Calif.

**ANSWER:** Your troubles appear much like those experienced by many others and, no doubt, were first brought on by overwork and nerve strain. These causes in turn have established some very definite lesions of the muscles, nerves and bony segments of the spine.

I advise you to consult your nearest osteopathic physician, and you should also have an X-ray made of your spine to determine whether there is any disease present in the bones or associate muscles.

If you will follow this advice I believe you will be more than pleased with your results.

**QUESTION:** I have a twisted knee as a result of practicing tumbling. The joint does not bother me until I draw it under me, and then it seems to slip out of place. I can run or jump, just as long as I don't bind it, but I can't squat down, for when I do it pops and hurts very much.

It has been this way about fifteen months, and any advice you may give me to overcome the condition will be appreciated, as I am a healthy fellow otherwise.

Q. W-S., N. C.

**ANSWER:** The knee joint is a much more complicated joint than the average person thinks. Now, when a joint is once dislocated the ligaments are stretched or possibly torn; and even the fact that the pain and soreness may disappear, is no indication that the joint is back to normal condition—it may take months or even years for the ligaments to regain their proper tension.

You should be careful not to bend your knee back, and it would be a good idea to wear a supporter on it. Hot and cold packs on the joint might help it to gain strength more rapidly.

**QUESTION:** I am a pugilist but am troubled with brittle hands—am certain I land my blows correctly, but still the bones break. My hands are exceptionally strong in a muscular way, and the bones of the hands are the only bones I have ever had broken.

Is there any method of strengthening these bones? What would you advise me to do about this matter, as I certainly do not want to have to give up fighting?

W. St. A., W. Va.

**ANSWER:** There is no special method of strengthening these bones that I know of, but there may be some substance in your body that is either below or above normal, or there might be a trace of some sort of infection.

I would suggest that you have some chemical analysis made of your urine and blood, also blood count  
(Continued on Page 60)

**WE** realize that many persons prefer to consult a non-medical physician when they are ill or have some problem of health to be solved.

In view of this fact, Strength is including a health column conducted by an Osteopath physician. It is the policy of Strength to be of as much service to readers as possible, so we invite you to write this department if you have a health question which you believe should be answered by a non-medical practitioner.

# Health and Living

How to Get That Way, and How to "Stay Put".

By James Lawton

**J**UST the other day it was my good fortune to meet an old college chum for the first time since we graduated, and that was fifteen years ago. In the old dorm we had been pretty good friends, and for a while after graduating we had kept up a sort of half-way attempt at correspondence; but we gradually let more time pass between letters, and finally just ceased writing to each other entirely. There had been no disagreement—only the pressure of business and other interests—so when we finally met again we were very glad to see each other. It was, "Hello, 'Buck'," and, "If it isn't Jim!" and soon we were engrossed in recounting the events of the years of our separation.

Then we drifted back into the old days we spent together about the campus and fell to discussing the roads of destiny our various acquaintances of that era had since trod. Some had done this, and some had done that, and a few had already passed away; but the majority of them had given up, or had had knocked out of them all ideas of overwhelmingly conquering the mercantile or some other world and had settled down to the life of the average college bred citizen of the nation. We took most of them in one at a time fashion, and as both of us had traveled a good bit, and had kept in touch with a good many of the old class, between us we were able to account for about all of the old gang.

"Oh, say," I asked "Buck," "what ever became of, er, ah, 'Skeets' Martin?" (I tried to think of his first name,

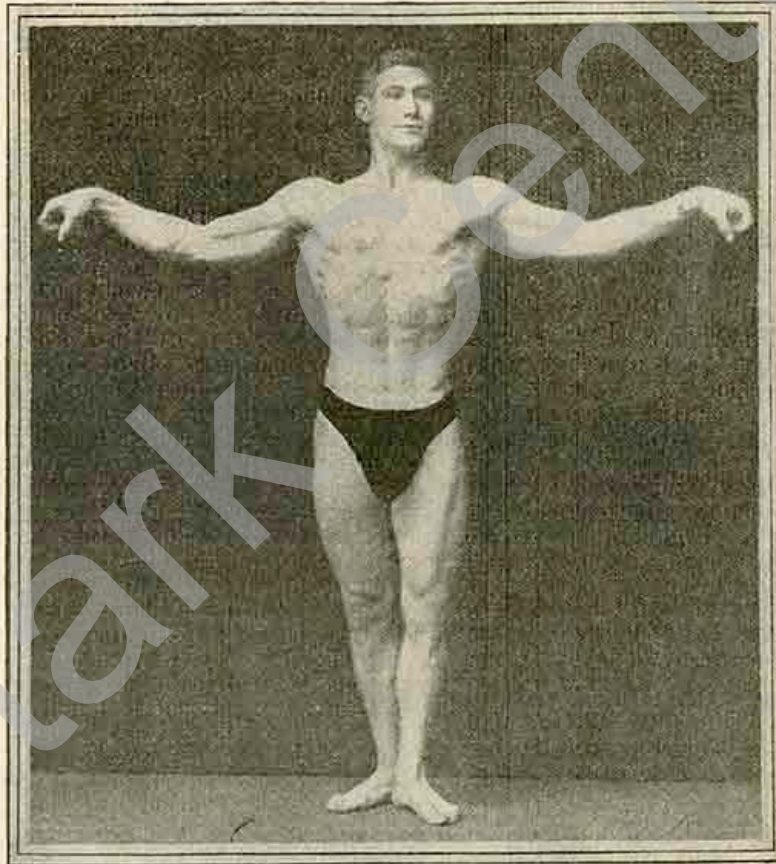
but as we had used it only rarely in addressing him, I could not remember it. To everyone he was just "Skeets"—the only time his real name was used was on his diploma.)

In "the good old days," "Buck" had been a football star while I had gone in for a little of everything, mostly devilment, and some literary work on the side, as it

were. "Skeets" had ambitions toward a career as a physician, and as the poor devil was rather cramped financially, aside from putting in full time with his studies, he also did some outside work to stave off the onslaught of the malady known as "cramps de pocket-book." Being of a rather thin, weak type in the beginning all this exertion had tended to pull him down even deeper into the depths of physical degeneration, and I had often wondered during recent years just what had become of him. "Poor chap," I thought, "he was a good scout and we all liked him, even if he were so little and dried up we could call him only 'Skeets.'"

"Buck" had always been a good story teller, so when he cleared his throat and a-hem-ed an extra time or two, I sensed the existence of a good yarn in the offing. So he began:

"You know," he said, "'Skeets' room was right across from mine, and so I knew much more about his habits than a good many other fellows. He was up late and up early, always plodding onward toward the goal he had set for himself. Good natured, he was, too—many a time I've known him to leave his own work undone to do a problem for someone else, and I was often that



This wonderful specimen of manhood, Mr. J. A. Marshall, of Derbyshire, England, makes the business of keeping in perfect health a vital part of his living program. He is an example of what we all could be if we would only try.

'someone else.' It seemed strange to me then, though now I think I understand pretty well, just why he of all people should be so attracted to me—I never catered to him very much; yet anything under the sun he could do for me he would do, and at length I came to like him very much—another case of opposites being attracted, I suppose. Well, anyway, you remember how at the time we graduated he was about 'all in,' and I suppose that most of the class felt as I did at the time—a sort of 'it won't be long now and I believe roses are his favorite flowers' feeling seemed to prevail among us. You will be surprised, I am sure, to learn that he has well nigh reached the goal he set for himself, and that he is now well up in the ranks of his chosen profession.

"After graduating, 'Skeets' served his term as interne, then with a limited amount of borrowed cash equipped an office after a fashion and put out his shingle as 'J. N. Martin, M.D.' That was about all he did—for two years he fought a very losing fight, both financially and in terms of his own physical well being, and at the end of that time he found himself still in debt to his friends for the money with which he had fixed up his little office. His health was so bad that it almost 'wasn't,' and his outlook was decidedly unfavorable. Poor devil! He had staked his all on one turn of pitch and toss and, seemingly, had lost. Now, as I have said, he always had a manner of almost worshipping me, and he had always accepted as a fact anything I would tell him. So about this time he wrote me a long letter, giving full details of his dilemma and asking my advice for its solution—did I think he would benefit by a change of location, or by this or that or the other, and so on. I knew exactly what was wrong with him—he was completely run down and absolutely dead on his feet—he had no pep, and he had no personality. A patient entering his office would be inclined to mistake Dr. Martin for another patient, and upon learning the real facts would be impressed in about this style—if *that* is Dr. Martin I'd better try some other doctor. For the 'fuvvapete,' if he were acquainted with medicine he'd certainly doctor himself up a little. That one call would be the last, and poor 'Skeets' would have another long wait before another prospective patient would show up. So this is what I wrote him, though, of course, I couched it in terms a little more polite and a bit more friendly. I told him how to overcome this condition that was wrong—told him what to eat and what not to eat (he knew these facts already, but had ignored them in his whole-souled chase after Dame Fortune) and advised him to take a little exercise and instructed him exactly what exercises to take, and so on.

"Some two months later another letter rolled in from 'Skeets,' and it was a pippin. It went about like this: 'I am very thankful to you, "Buck," for your advice, but somehow I feel that my case is a very unusual one, for neither the food you recommended nor the exercises you insisted that I monkey with did me a bit of good. The vegetable and fruit and milk diet brought about no immediate change for the better; and as I did not relish the stuff, I gave it up. And the exercises—humph. They made me good and sore, that's all. Oh, I'd give anything to be healthy and strong like you, but somehow it seems that such a body is not for me. I don't know what to do, or how to do it. Everything is blue, or blue and black—I am in a bad "fix" and can't see any possible way out. No money, no patients, no health and even

now my body is still sore in spots as a result of trying those exercises of yours, even though I tried them only a few times, and haven't even done a one of the "darned" things for over a week.' Poor 'Skeets' raved on like that for about three pages of single spaced typewritten matter, and finally came to a close with another expression of thankfulness for my intended help and a final declaration of his resignation to his fate.

"I read that letter, then re-read it several times. 'Skeets' had the stuff in him to make good I knew, if only he were able to put it out. So a short time later when business called me to a nearby town, I took a flyer over to see him. I was prepared to see a poor specimen of humanity, but what I saw was worse than that—it was but the wreck of the 'Skeets' we knew in college, and even in those days he was well run-down. We discussed his condition from all sides, and, finally, I made him a proposition. You see, he had done me many a good turn towards helping me catch up with a diploma, so I figured it would be proper and right for me to return the favor.

"Briefly, this is what transpired. He stored his limited office equipment and two weeks later, when I took my month's vacation, the two of us headed for my little camp 'way back in the mountains of the Arkansas Ozarks. 'Skeets' didn't like things so well the first few days we were there—everything was quiet until night fell, then everything cut loose—owls, insects, an occasional wolf or panther, and Lord only knows what other kinds of 'varmints' came in on the chorus. Then for breakfast he missed his two or three cups of coffee and his accustomed 'sinkers.' At lunch he didn't get roast pork or beef, and for supper his regulation slice of pie was conspicuous only because of its absence. For the first time in his life, or at least for the first time in years, he had three decent meals as to quantity and quality of food.

"A month of the back to nature living made a great change in the old boy, and he was willing to tell anybody that the said change was for the better. Plenty of fresh air and sunshine, lots of exercise—hiking, fishing, hunting, cutting wood, and so on—and a sufficiency of the right kind of food changed the color of his skin, put some pep and activity in his vital organs, a sparkle in his eye, a spring in his step, and several pounds of solid flesh on his body. In other words, at the end of the month 'Skeets' was beginning to feel like a human being. My vacation was over, and as the fall business was about due I had to leave for my office back East; but before leaving I turned everything over to 'Skeets' with full permission and instructions to stay there at least six months, or longer. I had told him how to prepare for the cold weather by laying in plenty of supplies and necessities, and had traded with a native for a few steel traps—'Skeets' could use them and take enough furs to pay his limited incidental expenses for the stay. Also, I introduced him to 'Hank.' That's all anyone knew about him—'Hank' was a tall, scrawny, raw-boned mountainer, ignorant and superstitious. His principal reason for being there lay in the making of moonshine whiskey of a quality generally referred to as 'good,' and he was suspicious of everyone who ventured into the mountain fastness, for to him any stranger might be a 'revenooer.' At heart, though, he was all right, and upon my recommendation and insistence he promised to look after 'Skeets,' who was to (Continued on Page 71)

# The Mat

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

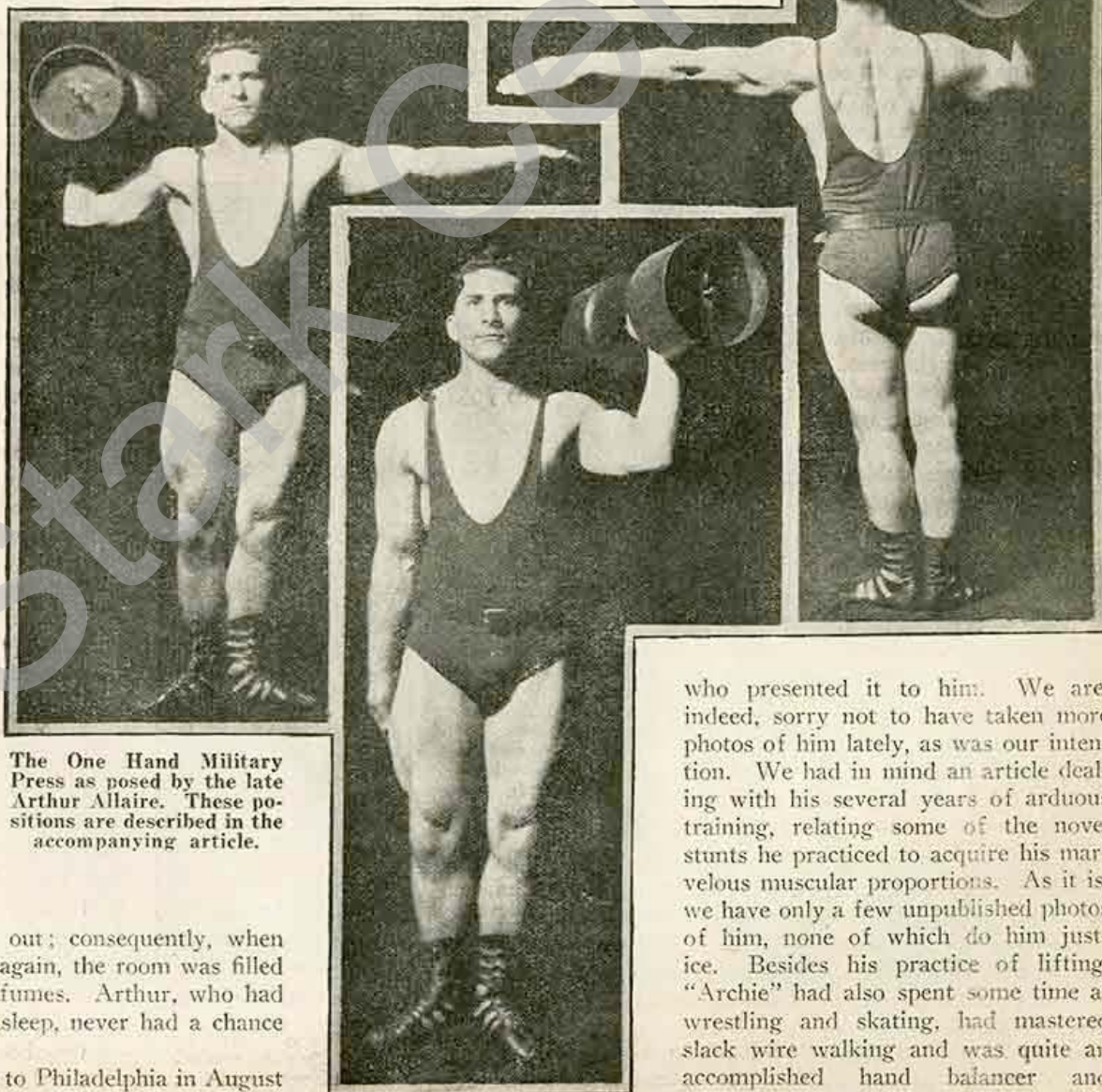
*Arthur Allaire—The One Hand Military Press—Increasing Height—Some Staunch Mat Fans—  
Reducing Weight*

*Conducted by Mark H. Berry*

**W**E have a very sad story to tell this month. It happens to be our duty, a most honorable duty, to bring to your attention the untimely death of Arthur Allaire, perhaps better known by the first name of "Archie." About 10 o'clock Christmas night the caretaker of the house where he roomed noticed the odor of illuminating gas in the hallway, and finding "Archie's" room locked sent for Mr. R. E. (Teddy) Mack, an old-time professional strong man and wrestler, who lives in the next block. Mack called a police man and forced his way into the room where he found Allaire dead on his bed. The room was filled with gas from a heater which was turned on but not lit. Every evidence pointed to accidental asphyxiation. It is most likely that the flow of gas was stopped momentarily in some unknown manner, causing the flame to go out; consequently, when the gas came on again, the room was filled with the deadly fumes. Arthur, who had probably fallen asleep, never had a chance for his life.

"Archie" came to Philadelphia in August 1926, from his home in Sturgeon Falls,

Ontario, Canada. He was possessed of an unusual degree of strength, as the result of constant training and hard work. He progressed rapidly after coming here and should have risen to great heights but for his extremely backward disposition. He was buried at his home town in Canada, wearing his A. B. B. M. membership button and a gold medal bearing the name of Siegmund Klein,



The One Hand Military Press as posed by the late Arthur Allaire. These positions are described in the accompanying article.

who presented it to him. We are, indeed, sorry not to have taken more photos of him lately, as was our intention. We had in mind an article dealing with his several years of arduous training, relating some of the novel stunts he practiced to acquire his marvelous muscular proportions. As it is, we have only a few unpublished photos of him, none of which do him justice. Besides his practice of lifting, "Archie" had also spent some time at wrestling and skating, had mastered slack wire walking and was quite an accomplished hand balancer and tumbler. He presented an unusually



Thomas Shankie, of British Columbia, an amateur athlete, fifty-six years young, who has covered 58,000 miles in less than ten years on his bike.

husky appearance when stripped. Some of our strong men who are highly gifted with nerve and an exaggerated ego, would truly be world beaters if they possessed the physique and only part of the pure strength of Arthur Allaire.

This young athlete lived a clean, exemplary life at all times and followed strictly the physical culture rules of life. The physical culture and weight lifting fraternities lost a valuable friend and a sterling example of manly strength, when this twenty-three-year-old lad was suddenly claimed by the "grim reaper."

In further continuance of the plan we started some few months back, to cover at least one of the recognized lifts each month, we will now consider the One Arm Military Press. For the purpose of illustration, we could not have chosen a more suitable model than him, whose photos grace these pages—these were among the last taken of our deceased fellow Mat Fan, Arthur Allaire.

The One Arm Military Press was his best bet among all of his athletic accomplishments, and saying it the other way around, "Archie" was, without the slightest doubt, the best



Ben F. Yates, another one of the Hagerstown boys, a training partner of Bob Snyder, Bachtell, Knodle and Eavey. Yates has been active for a long time and is keenly interested in furthering physical culture in his home town.



George H. Rees, one of the best heavyweights produced in the British Isles, still physically fit at past the fifty-year mark.

the world has ever known at or near his bodyweight on this particular feat of strength. At one hundred sixty-eight pounds bodyweight I have seen him on various occasions accomplish 112 pounds with the right arm; others have likewise witnessed the same thing, and it seems I have seen him do 115 but do not remember so clearly on this point. With his left, I believe about 107 pounds was the best he ever did. Some few years back the lifting world would have raved over anyone, at his bodyweight, who could have pressed one hundred so easily with either hand; and, in fact, more noise should have been stirred up over the pure strength of this unassuming lad. Do not think that his strength was limited to this one lift. By no means was that true, as he was exceptionally good on all feats requiring the quality known as pure, unadulterated strength. A Two Hands Military Press of 205 pounds, and a Two Hands Dead Lift of 505 pounds will give you some idea of his possession of this quality. The big drawback with this chap of such wonderful strength was his backwardness and disinclination to "show off" before an audience. Contrary to the case with most champions, "Archie" was at his best in private, in the gym. Most of the top-notchers in the athletic game, and especially is this true of strongmen, are at their best out in public when the excitement

and consequent high nervous pitch spurs them on to extraordinary abilities; but put "Archie" out on the platform and his thoughts were turned towards getting out of sight. Not once, do I believe, during the time I knew him did he walk on the lifting platform of his own accord. It was necessary to coax him to get into athletic costume, and then you had to beg and implore to get him out in front of the audience. After that, he would

attempt nothing near his limit unless you stood behind him and pleaded with him.

As the writer was his almost constant training partner during the time he was at his best, I am quite qualified to speak of his strength. Allaire should have made out wonderfully at back and harness lifting and other such feats. He had made up his mind, along that line, to train under Mr. Warren Lincoln Travis whenever the opportunity should present itself. Personally, I will always believe the world lost its greatest prospective champion at that branch of the strong man game. Although he was, at heart, ambitious to become a professional strong man, his extreme bashfulness defeated the end for which he trained; even though exceptional feats were possible for him in the gym, he was always reluctant to

attempt big lifts in public. You will have to pardon the digression, for it has surely taken us a long time to get started on the description of the One Arm Military Press.

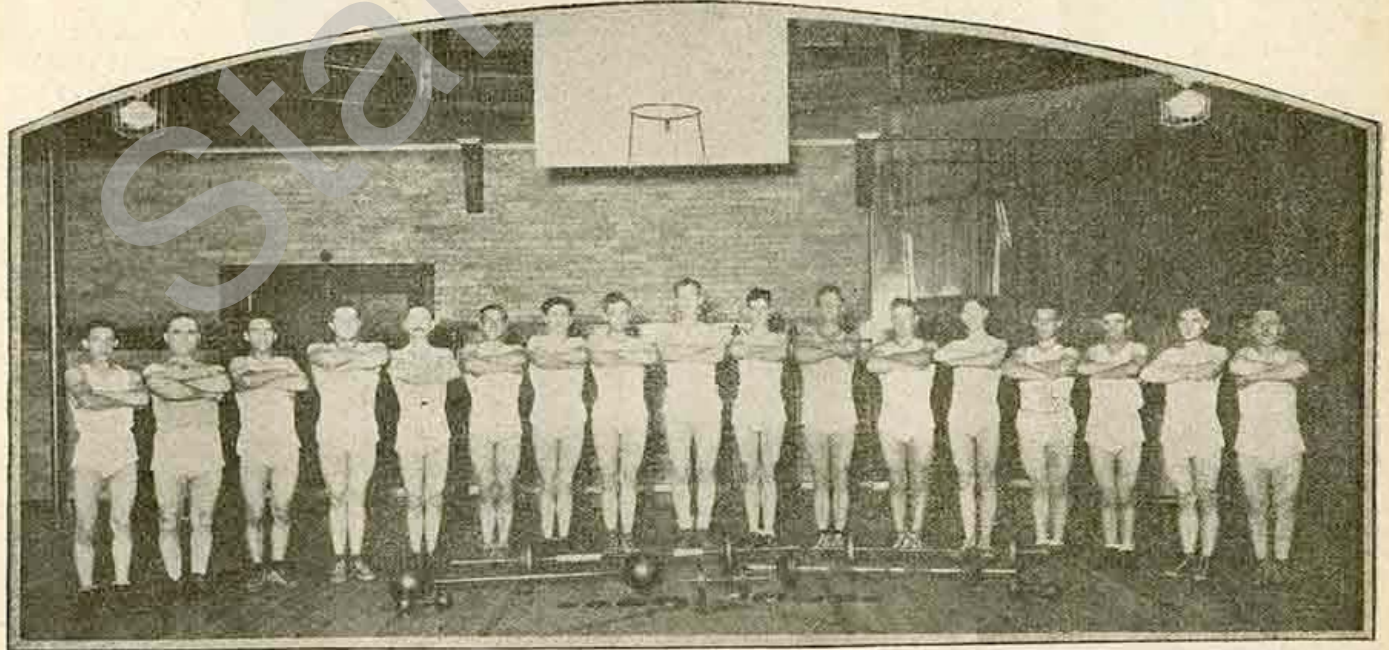
The shortest, most compact dumb-bell you can load up is the best for good poundages on this lift. Eleven inch discs are the largest to use for efficiency. "Archie" always preferred the plates to be no larger than eight inches. Stand with the dumb-bell between the feet, but have the feet no farther apart than necessary. We will presume you are going to lift with the right hand; bend over, grip the bar with the thumb and index finger, flush against the plates and rest the left hand on your left knee. Now suddenly swing the bell to your shoulder, keeping the left foot stationary and as the bell comes to the shoulder, snap the right heel over against the left. You must learn to lock all the muscles of the waist, back, buttocks, thighs and calves as the bell comes into position. The left arm may now be held either straight out from the shoulder as in Figs. A and B or at the side as in Fig. C. While holding the body rigidly erect, and without any sway, jerk or tremble, press the bell to length of arm overhead. Allaire always held the free arm out at shoulder height when performing this lift. By closely examining the two poses of him lifting in that position, you will see that he twisted ever so slightly at the waist in locking the muscles which hold the body perpendicular. Although the bell

with which he is posing weighs practically nothing (being made of sheet iron), the position is identical to that which he would assume if the bell weighed about ninety or a hundred more. I remarked about this at the time the pictures were taken. It was true of all his lifts—no matter if the weight were heavy or light, he performed in one way.

A high poundage in this lift calls for great strength in the deltoid, triceps and trapezius, but particularly in the first named muscle. At the same time, one must be well knit all over if the extreme military attitude is to be maintained while pressing two-thirds of the bodyweight. This percentage is near the human limit and very few athletes have approximated it. W. A. Pullum, the wonderful British featherweight, in accomplishing 86 at 122 pounds surpassed this percentage. Allaire and Klein are the only other athletes whom I have heard of making this percentage. The ability to put up 100 pounds in this manner has long been recognized as something to talk about, and until quite recently no one in the lighter classes succeeded in doing so. I have seen Siegmund Klein stick up this weight when weighing no more than 148 pounds. Among the American boys, Al Manger and Bill Weber, both light heavyweights, are capable of the feat. The former has, of course, greatly exceeded this standard. Bill Weber is a truly strong fellow of whom we hear little, but we have, on various occasions, seen him press a bar bell weighing a hundred pounds in (Continued on Page 56)



A somewhat daring feat for an amateur. This mat fan uses brake lining for a mouthpiece, and has succeeded in getting other fellows around town to practice teeth lifting. Sorry—but we lost track of his identity; we believe he lives in the Middle West somewhere.



The lifting class of the Aurora, Illinois, Y. M. C. A. The members range from five feet two inches to six feet two, and in weight from 112 to 196. In age they range from 17 to 37 and represent many nationalities and creeds. Besides lifting, the members indulge in all forms of athletics.

# Health—Strength—Beauty

## (Our Girls' Circle)

Conducted by Marjorie Heathcote

**D**EAR MISS HEATHCOTE:

In a recent issue of *Strength* I noticed the picture of a beautifully proportioned girl under which was written "Anyone could have a figure like the one above if they really tried hard to get it."

That is all right—but what if you have a lot of bad points to begin with. I mean—what if you are entirely out of proportion. If you are big-busted, etc., how can you expect to exercise yourself to perfection?

I am willing to exercise—anything. But I think it is almost impossible to reduce where I would like to. I am "top-heavy." My lower extremities are all right, I think, but from the waist up!

I am 5 feet 4 inches, weigh 140 pounds and my measurements are: neck 13 inches, bust 38 inches, waist 28 inches, upper arm 13 inches, hips 37 inches, calf 15 inches. I am 18 years of age.

The upper part of my body, bust, arms, neck and back is the heaviest. My legs are very muscular and well shaped, so that they do not matter. I am mostly interested in reducing the upper part of my body. For several years I have been interested in athletics. I

am interested in taking up physical culture next year at Sargent. In your opinion, will the fact of my imperfect development be a drawback? This may sound silly to you, but it is a serious problem that I have faced for a couple of years.

I am quite adept with the Indian Clubs and for the last few months I have made a practice of exercising an hour each morning (6-7 o'clock). Yet I am afraid that I am only getting

bigger busted. I am telling you this to show you that I am willing to work just as hard as I can, but I feel that I must have an objective.

B. D., Penna.

**ANSWER:** Your letter interested me very much. You seem very earnest in your desire to reduce, and if you determine to follow a routine of exercises to reduce

your upper body, I see no reason why you cannot acquire the desired results.

To begin with, as I have said time and again, the hardest and most stubborn part of the body to reduce is the bust. So you see you have hard work facing you.

I am going to give you a few special exercises and I would advise you to start in immediately and exercise faithfully and strenuously every day. In addition to these exercises you will find bathing the bust a few minutes daily with cold water and salt also very beneficial.

Lie flat on a table, arms extended straight overhead. Now bring the arms down quickly to the sides. Do this strenuously until tired.

Clench your fists. Now bend your arms at the elbow against the body; then with



What dancing can do to promote grace. Note the rhythmic loveliness of this young tripper of the "light fantastic toe."



a quick movement bring your elbows together or as nearly together as possible.

Cross one arm in front of the other and continue upward until high overhead. Then continue the circular motion out and down, repeating the movement.

Hold a light dumb-bell (about 5 pounds each) in each hand. Swing the right arm in as wide a backward circle as you possibly can. Do this about ten times, alternating with the left arm.

You probably know that it takes two or three times longer to reduce and make firm the bust than it does to build it up; so do not get discouraged if you do not get results quickly. I think that it would take you about two or three months to get the desired results.

By all means take up physical culture. The fact that you consider yourself imperfect in build should encourage you all the more in taking up a course in physical culture.

DEAR MISS

HEATHCOTE:

I am a constant reader of *STRENGTH* and will appreciate it very much if you will please answer my questions.

I am 16 years old—5 feet 4 inches in height, weigh 128 lbs. and am small-boned. Please tell me what my measurements should be. My hips are large in proportion to the rest of my body. Please give me exercises to reduce them. Sometimes while walking my knees knock together. Please give me exercises to cure this.

I do strenuous exercises daily, and take a cold bath in the morning.

I have a very good natural complexion, but my skin (particularly my nose) is oily. What could I do to prevent it from being so (without harming my skin)?

Hoping to receive an early reply, I remain

F. C., San Francisco, Calif.

ANSWER: The correct weight and measurements for a girl 5 feet 4 inches in height are as follows: Weight 125 pounds, neck 12½, chest 29½, waist 25¼, biceps 10¾, forearm 8¾, wrist 6, hips 36, thigh 22¼, calf 13¾.

First of all, to reduce your hips I would advise you to try leg swinging. Holding on to something for support with the left arm, swing the right leg as high for-

ward and as high backward as you can. Make the movement vigorous, and hold the leg straight. On the back swing you may have to bend it a little, but in either case hold it as firm as possible, and aim with each successive swing to raise it a little higher. Then try raising the legs sideways, still holding them stiff. When the right leg has tired, reverse your position and swing the left leg. These exercises will reduce the flesh around your hips and abdomen.

Next you can try lying flat on the back and raising the legs as high as you can, holding them stiff and straight. At first you will be able to raise them only a short distance, but as you continue you will find it becoming easy to raise them higher and higher, and the encouraging part of it is that the higher you can raise your legs, the more flesh is being worked away.

You may also try waist bending—bending forward, backward and to the sides, being sure to get a full contraction of the muscles at each swing.

For the oily condition of your skin, I would advise you to cut from your diet all starchy, rich and fried foods, and go on a diet of whole wheat bread, fruits and vegetables. Also rinse the face well with cold water after washing to close the pores—even better still, try rubbing the face with ice.

The condition you mention of knocking your knees together when walking is probably due to your having knock-knees. I would suggest that you concentrate more on your walking and practice the

good heel and toe walking, keeping the body erect. You might also find it of great benefit to try the following exercises for knock-knees.

Stand with feet together. Now swing the left leg backward, touching the ground with the toes of your left leg and place the weight on your left leg. Now raise the right foot from the floor directly in front of you. Alternate with the right leg.

Rise on toes, count ten, then lower the body, touching the floor with heels. Repeat about ten times.

DEAR MISS HEATHCOTE:

Will you please tell me if there is any real cure for oily hair and dandruff. I brush my hair vigorously several times a day to help the dandruff, which it does, but it makes the hair very oily as a result.

(Continued on Page 72)



Miss Genevieve Norvelle, of The Louis and Cherie Company, another strong advocate of physical culture.

# Journey's End

The Seven Golden Rules that Govern Health

By Jack Russell

**L**ADIES and gentlemen of the radio audience, this is the final broadcasting program from station H-E-A-L-T-H.

Before I tell you of the pilgrimage to The Land of Health from Happy-Go-Lucky Land, I must make an explanation, because a certain incident warrants it. I firmly believe that we live in an age of universal inquiry. Everyone wants to know "what's what"; and, therefore, the explanation is necessary in order to shed light on the case, so that those of you who have doubts as to the veracity of the facts presented herein may learn the purpose of the series of articles concluded in this issue.

It is a known fact that the prophecies of the learned men, the dreams of scientists and inventors, are being realized every day. Things formerly

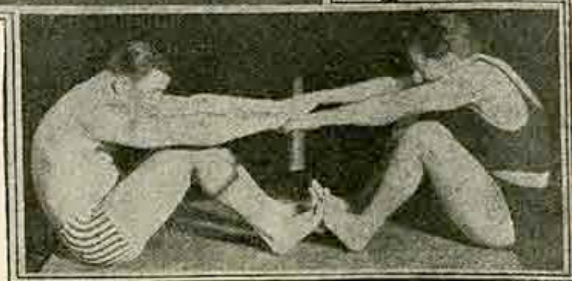
considered mere fairy tales are now real—and yet, despite the many miraculous things that hourly are accomplished among us, the attitude of most people is one of disbelief. Being fully cognizant of this, that in this cultivated age a wall of scepticism and cynicism is gradually being built up in every undertaking, I am fully aware that the series of articles dealing with this imaginative trip to The Land of Health were read with some incredulity. To a great many readers it was just plain "hokum." To some this trip was entertaining; but I really hope a few of you got my point and were benefited by what I said, although I must admit it was presented in a rather fictitious manner.

In this concluding article about this imaginative trip, which, by the way, I have purposely called a "romance," I can only relate what I myself have experienced in the way of winning the precious prize—health. I know that men and women of today must have proofs, or what they are willing to accept as proofs, before they will credit anything that purports to be of a

fictitious nature. I still maintain that if a man's mind is healthy and normal, he can, within one year, completely change over his body, and the specific theories I have advanced in my previous articles are the means whereby this change can actually be accomplished.

The miracles performed today are mostly silent ones, except, of course, the Lindbergh case; but even then the "Flying Fool" had to prove first to the world that spanning the ocean could be done successfully, before anyone was inclined to take stock in what the newspapers claimed could be done on a trans-oceanic flight. Anyway, unbelief is nearly supreme in the world today. "I'm from Missouri, buddy, ya gotta show me!" is the cry of the people. In a way I don't blame them. Certainly, there are very few things gotten away with nowadays. Were an angel to descend from heaven and foist himself upon the public, they would at once call him a nut and state he had gotten himself up on wires and pulleys, and then they would move everything under

the sun to find the kind of apparatus he used. He would be nothing but a lot of "apple-sauce" to them. Now if the angel got sore at this, and in his wrath cast destruction upon them, those who were left alive would either say an explosion occurred or a plague sudden-



Resistance exercises are unrivalled for the energy, strength and endurance one develops.

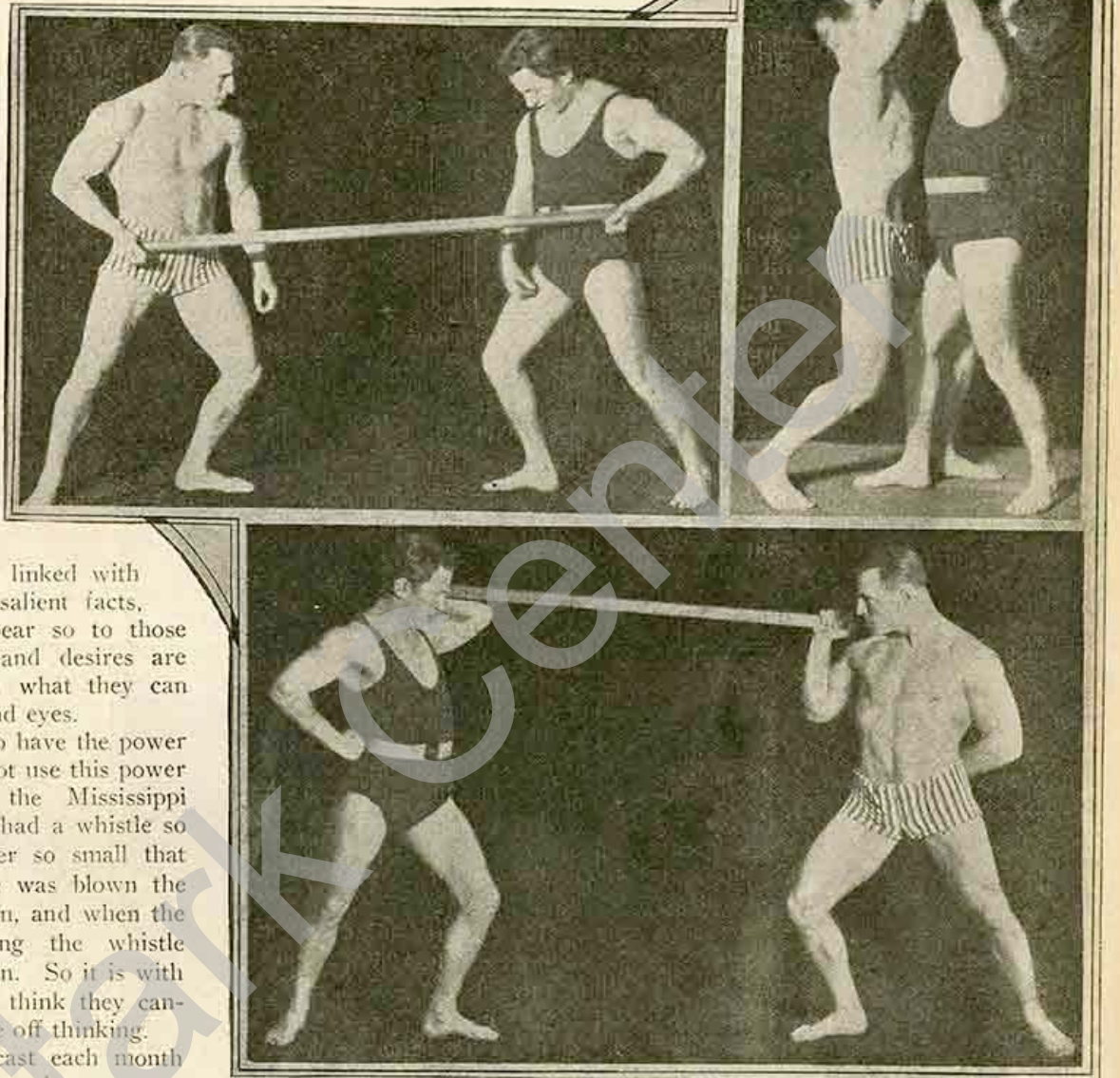
ly wiped out their numbers—anything rather than believe in angels. The twentieth century protests against the possibility of their existence. It sees no miracles and "pooh-poohs" the very enthusiasm that might work them. So you may, therefore, see how very difficult it is to present something new, or something truthful done up in a fictitious way. Someone is bound to holler "bunk." Despite this, my direct aim throughout the series of articles was to let facts speak for themselves. If they seemed strange and unreal, or even impossible, I can only say that the things of the imaginative world, when linked with the ever-present salient facts, must always appear so to those whose thoughts and desires are centered only on what they can see with their blind eyes.

The people who have the power to think and do not use this power remind me of the Mississippi steamboat which had a whistle so large and a boiler so small that when the whistle was blown the boat could not run, and when the boat was running the whistle could not be blown. So it is with them; when they think they cannot talk they leave off thinking.

When I broadcast each month I stated that those who were not on the trip could benefit themselves just as much as the group making the journey with me, provided, of course, they allowed their thoughts to come along with us. To read anything and not get the purport of the writer is a deplorable waste of time. Emerson once said that "Next to the man who first voices a great truth, is the one who quotes it." Truth is in the air, no matter what form it takes; it belongs to all who can appreciate it. The difference between the man who gives truth expression and the listener who at once comprehends and repeats it, is very slight. Thus, if you understand what I say to you through the microphone, it is because you have thought the same thoughts yourself—I merely express for you that which you already know. So you approve and applaud, not stopping to think that you are applauding your own thought, and your heart beats fast and you say, "Yes, yes, why didn't I say that myself."

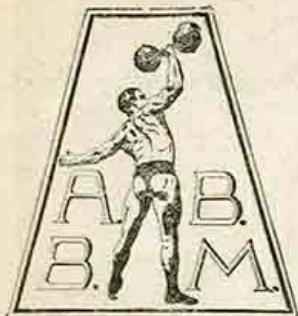
All of us clarify our thoughts by giving expression to them—no idea is quite your own until you tell it to

The benefits accruing from the splendid exercises depend on the amount of effort expended by the individuals.



another. Music is simply one form of expression, painting is another. It is the business of the arts to impart the sublime emotion; hence the singer sings, or writer writes, and thus helps others to appreciate what he already sees. In helping others we help ourselves. We grow strong through exercise and only the faculties that are exercised—that is to say, expressed—become strong. Those not in use atrophy and fall victims of arrested development. Therefore, I urge you to fall in step with me, and complete the last leg of the journey to Health.

If you go to Europe, let us say, while I am enroute for California, we are not journeying together. This, I think, is quite obvious to you. We have separate timetables to consult, different routes to pursue. Our paths have diverged at the very outset, and we have little opportunity to help each other. On the contrary, if you pursue my course we have the same railroad guides, and our mutual interests are (Continued on Page 74)



# Association Notes

*Philadelphia Show a Great Success; Arthur Dandurand Makes Big Hit; Middleweight Lifts 353 in the Shoulder Bridge; Other Records by Stinger, Canova, Dennis, etc. Next Philadelphia Show March 3rd.*

*By Mike Drummond*

**J**UST about the finest Strength Show ever witnessed in Philadelphia was on Saturday, January 7th. This was not a great lifting show, but it was some show for several reasons—mostly for the reasons of variety, interest and quality of stars. Though we just mentioned that this was not a great lifting show, still some splendid records were set up—among them, one of the most remarkable of records was made. The headliner was Arthur Dandurand, of Montreal, Canada, whose presence undoubtedly accounted for the fair sized attendance; we will tell what he did later on.

The show opened with a snappy tune by the three-piece orchestra, composed of bar bell men. The lights went out; then lights appeared on the stage, disclosing George Dembinski in a posing cabinet. A very artistic interpretation of posing was given by this finely developed young athlete. The second act introduced Darwin Canova, of Allentown, weighing 125, who was intent on busting the existing record in his class for the Right Hand Clean and Jerk, which he succeeded in doing by one pound. Starting with 116, he tossed up in turn 126, 133 and 143. A further trial with 148 was unsuccessful, which was a pity after getting the bell to arms' length a couple of times, only to have it come down. He now holds the American feather-weight record.

The venerable Prof. P. H. Paulinetti next showed his wares. This gentlemanly athlete of almost three score and ten, than whom there is not a more accomplished master of the art of balance, explained in great detail his every move. The Professor has a most difficult specialty of head balancing, but it is the surprising ease with which he does everything that pleases most of us.

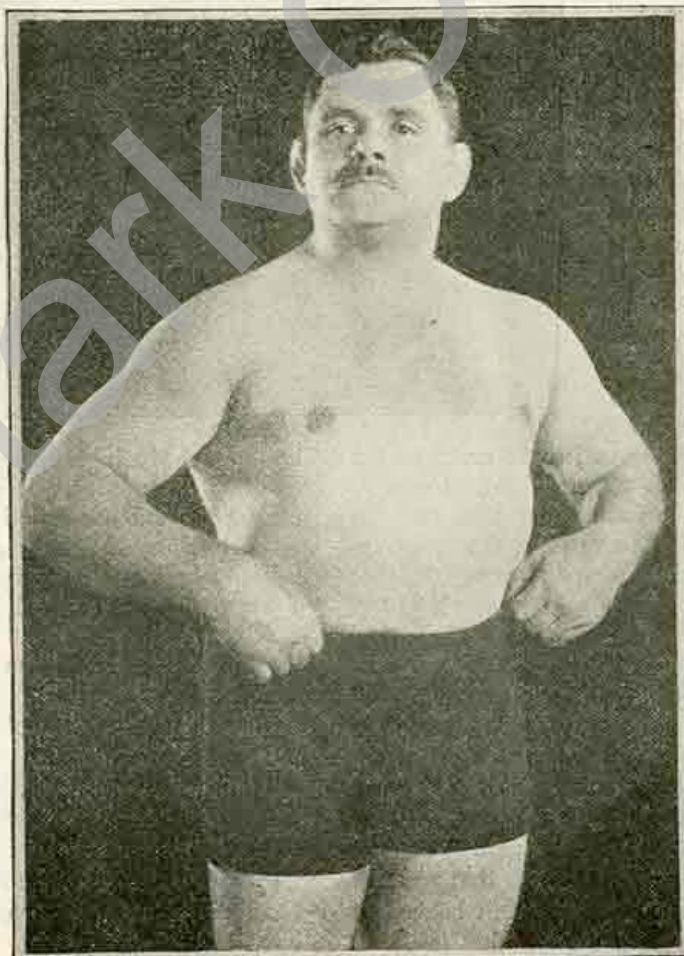
We have witnessed him on countless occasions, but his act is always as fresh with us as though we were viewing it for the first time.

Harry Hall, weighing 161 pounds, was next to try his luck with a record attempt; however, it was evident that Harry forgot to bring his luck with him. His ambition for this evening was to set a new standard in the Two Dumb-bells Anyhow. Starting with 233½ pounds in the shape of a large dumb-bell of 163½ pounds and a small one of 70 pounds, he pressed the large one to arms' length several times but could not seem to keep it balanced there long enough to finish the lift. Better luck next time, Harry, old scout.

A tumbling and acrobatic number proved very amusing to the crowd. Walters and Coleman proved to be a clever team at their specialty. The next number was somewhat of a surprise for Strength shows. A man, introduced as "Wes" Connor, opened his act by having

his wrists chained and padlocked, after which he worked out of the "hand-cuffs." He then explained that his real intention was to fool the audience, being a magician. This act served to give the show the proper seasoning, as you might say. We were, indeed, fortunate to have the services of this novel entertainer, who kept the audience in splendid humor for at least ten minutes.

Billy Lilly, weighing 151 pounds, created a most wonderful record for a man of his body-weight. Starting with 333 pounds in the Shoulder Bridge, or Pull Over and Push on Back with Bridge, he did 343 pounds and then went up to 353 pounds, a new world record. A subsequent trial with 363 pounds proved too much for him, though he came within an eyelash of succeeding with that terrific



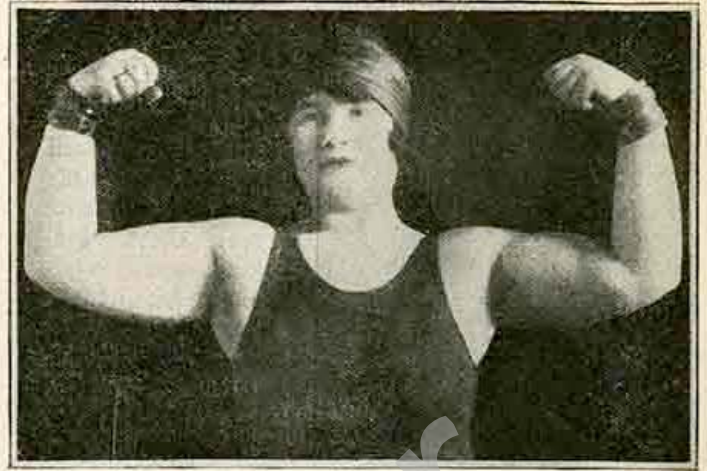
**Wladyslaw Maksymiak, the Polish Hercules, who weighs 256.**

weight. Why, just a few months ago the record for heavyweights stood around 330 pounds. Then Harold Wood, the giant Englishman, raised it in small jumps till at present it rests at 372¾ pounds. We cannot consider the lift of Joe Nordquest, performed before the late war, as eighteen-inch plates were used when he pushed up 388 pounds. Present day rules call for fifteen-inch plates. Of course, Lilly is a professional, so certain other records will still stand in the amateur classes. 327½ pounds is the world amateur record in the middleweight class; Frank Dennis holds it at 340 pounds in the heavy middle class, with Wood's 372¾ pounds in the heavy. The 340 pound lift of Dennis goes right up into the heavy class as an American amateur record. Dennis also holds the amateur middle record of 327½, jointly with an Englishman who previously had lifted the same weight. There is no doubt about Lilly being capable of considerable more.

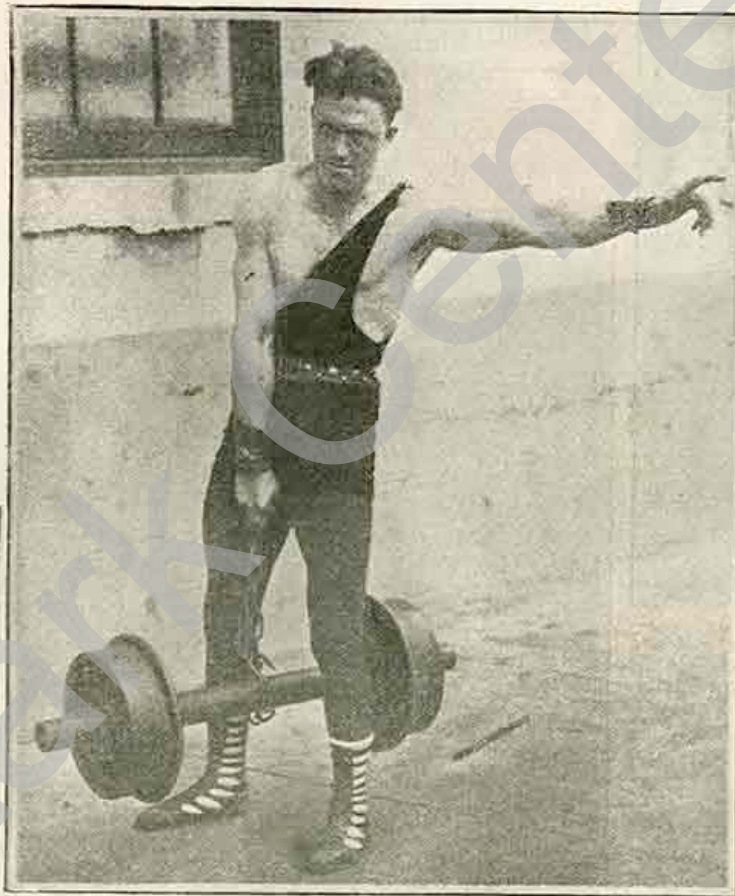
We nearly forgot to tell you of the Right Hand Bent Press with dumb-bell, made by Bill, when he pressed 171 pounds for a new American record. This was put up before the trials on the Shoulder Bridge. The Andros Brothers, well known to STRENGTH readers, next came on to show how greatly they have improved lately in their hand-to-hand work. Being pupils of Prof. Paulinetti and con-



Nick Mammarella, of Birdsboro, Pa., a first-class featherweight at all kinds of lifting.



Mrs. Mary Maksymiak, professional strong woman, who weighs 216 and stands five feet, eleven inches.



Charles Phelan, professional lightweight champion, demonstrating one of his record specialties, the One Finger Lift.

stantly under his guidance, their success is assured.

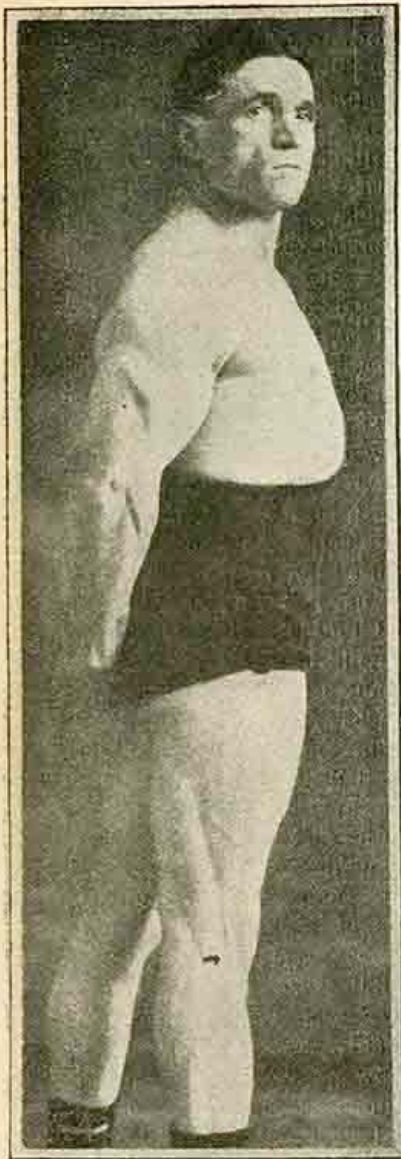
Robert RaNous, of New York City, weighing just 140 pounds, was announced as intending to give an exhibition of lifting, but instead he set a new record in the Press on Back, after making a Two

Arm Military Press of 161½ pounds. The Two Arm Pull Over and Press on Back without Bridge he set at 200½ pounds for a new American lightweight class record.

Robert L. (Bob) Jones, late of Pine Bluff, Arkansas, and at present of Philly, had one or two new wrinkles to spring on his audience. You know "Bob" is the thumbtip "hand" balancer. Among other things, he includes in his act the playing of a ditty on a piano with his nose while doing a hand stand. The tune he plays is "When You and I Were Young, Maggie." Now,

kindly don't think that we mean he plays every note of the piece with his nose. Lately, we had a Scotchman (this isn't a Scotch joke) write us, calling us a prevaricator (in stronger language) for claiming Jones could play that or any other piece of music with his nose. So kindly understand the limits of human capabilities when reading of these feats described in the Association notes.

Once more the lights went out, and Arthur Dandurand was introduced as he stepped into his posing cabinet. Under the lights of the cabinet his muscles were displayed to great advantage. For quite a few minutes we gazed upon this marvelous example of muscular per-



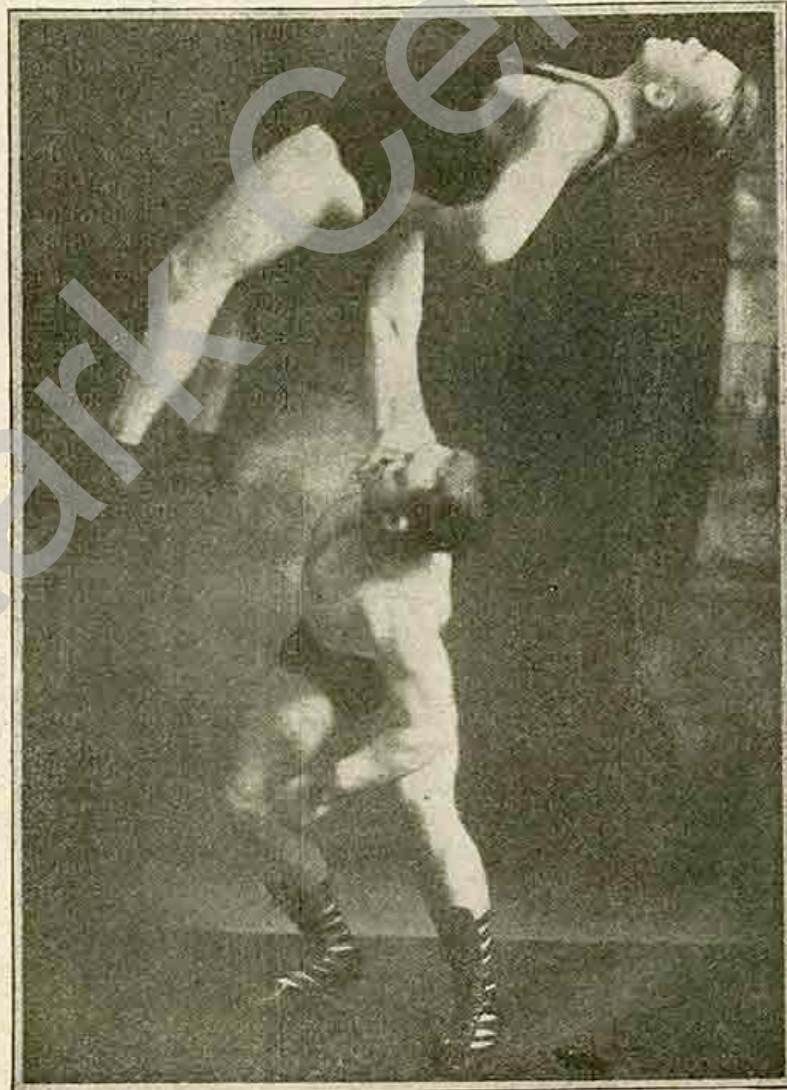
Arthur Dandurand, still one of the world's greatest at fifty years of age—height, 5 feet, 8 inches; weight, 182; neck, upper arm and calf, 17½ each; normal chest, 48.

and the chest and one arm of a young fellow who volunteered from the audience. The young lad then stepped out of the belt, and Dandurand expanded his chest till he completely filled the belt. Next he asked for the strongest belt in the audience, claiming he could break any belt, but no man was willing to part with his and take a chance on losing his respectability. So Arthur used a piece of strap of his own; however, he first called for eight men to come up and pull on the strap to prove it was strong. Only three cared to come up, but the referee acted as a fourth to tug on the strap. After proving it

fection as he moved from one pose to another. The loudest exclamations were heard when he showed the full size of his forearms and that great chest. Mr. Dandurand, who passes his fiftieth birthday this spring, has concentrated for many years on the development and display of each and every muscle. The first feat performed by Dandurand was to show his extraordinary chest expansion. He arranged a belt to encircle his chest

was quite strong, Dandurand placed it around his chest, and by combined chest expansion and muscular contraction broke the belt.

A twelve pound sledge hammer, thirty-six inches in length, was next shown to the crowd. Arthur gripped this by the end of the handle and held it to arms' length at the side—first with the right hand, then the left. Anyone who considered himself strong enough to duplicate the feat was invited to come up and do so. This remarkable athlete next lifted Mark Berry (who weighed at least 170 in clothes—maybe more as he had about twenty-five dollars in silver in his pockets) with one hand overhead, then lay down on the floor and came back to the erect position while holding him overhead. Dandurand weighed around 180 pounds stripped. It was next requested that the largest man in the house come on the platform and Arthur would lift him with one hand. Our friend Sol Welsh came up, but he weighs no more than 215 or 220 and went up like nothing. Doctor L. Raftery, weighing 200, also was easy as nothing for Dandurand. In this feat Arthur has lifted as much as 335 pounds—a large man weighing 254, with 81 pounds of lead in his pockets. Dandurand showed how versatile he was by doing quite a bit of juggling and balancing, also performing a few bridges. His final stunt



Albert Manger bent pressing a man weighing 182 pounds. Manger won the light heavy title, and in doing so, made a Two Hands Military Press of 225 pounds, a world record.

was to jerk overhead two young fellows weighing about 100 pounds each, hanging on a bar after which he turned around with them and Berry hung on to the bar.

The spectators were very appreciative of so fine an athlete, who possesses a most unusual development; and considering the years he has been in the business, it is also im-  
(Continued on Page 62)

# Ask the Doctor

Department for Solving Your Health Problems

By Dr. B. M. Middleman

**QUESTION:** What is the cause of frequent urination? I pass an excessive amount of urine daily, get up two or three times every night, and am beginning to worry about it. Had a urinalysis made some time ago, another recently, and a third just a few days ago—the last was normal except urea, 20, also phosphates triple and amorphous were present.

Do you think this due to faulty diet or overeating? I do hard, physical labor and am a rather heavy eater. Am constipated and my tongue is coated all the time. What is the cause of blue spots appearing on the legs—I have had them on the arms, too, at times.

I am 25 years old, five feet seven inches tall, and weigh 130 pounds. I will appreciate anything you may do for me.

M. S., Ala.

**ANSWER:** Causes of frequent urination are several—both physiological and pathological. The former causes would be excessive water drinking, cold weather, decreased amount of perspiration, mental excitement, worry, anxiety and nervousness. The latter reasons would include diseases of the genito-urinary tract as diseases of the kidneys, such as exogenous and indogenous types—stones, Bright's disease, bladder disease, and prostate trouble.

I would say, however, that due to the fact that you mentioned several characteristic symptoms, you are most likely suffering from kidney disease; and although your urinalysis reports are so far negligible in importance you should have them made often, as I believe the definite trouble will make its presence known by that means.

The blue spots upon your legs and arms may be due either to your occupation, or to blood trouble, and I would advise a blood examination to determine whether it is to blame, also it is possible that some blood condition is aggravating your kidney trouble. You should also keep the bowels open, follow a diet planned to avoid over-

taxing the kidneys, drink plenty of water, and get plenty of rest.

**QUESTION:** About a year and a half ago my aunt fell and cracked the small bone in her right leg. Inflammation set in which necessitated opening and scraping of the bone; since that operation she has had about eight different incisions made, and all have been located around the joint bones, namely, elbow, knee, big toe, and ankle joints. At present she still has a little discharge at the knee and toe joints, not much, but enough to stop the incisions from closing clean. Also the incisions that have closed still irritate by a burning and itching sensation.

The doctor who has been in attendance advised her to take Calcium A, also caroid and bile salts, as well as a few drops of iodine. She has carried out his instructions to the above with very little, if any, good results. As she has taken 500 capsules of Calcium A and nearly as many of the caroid and bile salt tablets with no noticeable improvement, I think that a change of treatment would be beneficial. I have advised her to take some exercise, also to get out in the fresh air to get her blood circulating faster than it is. She is 62 years old, 5 feet 6 inches tall, and weighs about 115 pounds. She seems mentally depressed by her condition, and I sincerely hope you can give us some plan by which to relieve it.

H. M., Quebec, Can.

**ANSWER:** All incisions made upon the body, whether through soft tissue or to the bone operations should heal up perfectly well, providing the patient is not suffering from a constitutional disease. This disease may affect the blood, kidney, pancreas, lung or osseous

system. Therefore, if your aunt had eight incisions following her initial operation for fractured limb, I would suggest that her urine be examined for possible kidney or pancreas infection, her blood tested for various blood diseases, her sputum analyzed and thereby arrive at the cause. Remove or treat this cause, and her condition will clear up with the aid of rest, good food, and well directed exercise.

**QUESTION:** What treatment would you advise for leucorrhoea? Will you describe this disease?

What could be done for wrinkles on the face?

What would be the

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

Sometimes it is only by interviewing personally a thoroughly competent physician that he can get the advice that will bring his condition back to a normal state of health. Write us about any of your ailments of any type and Dr. Middleman will then advise you as to the proper treatments necessary. Every physical culturist should know his organic condition as thoroughly as his muscular system, and if possible we will aid you in accomplishing this.

We have been receiving many letters every month, and with the advice given by Dr. Middleman the "Strength" readers have successfully obtained better health and strength. Dr. Middleman will continue to answer such questions as he can, and will also publish a few letters each month, selecting from his correspondence those letters of the greatest general interest.

Inclose a stamped addressed return envelope with your health questions and we can assure you of a prompt reply.

cause of slight pains in the stomach once in a while?

Enclosed is a stamped envelope, and I will thank you very much for your earliest possible reply to these questions.

K. B. L., Ohio.

ANSWER: Your questions are very logical, but their scope is so large and not specific that the answers must likewise be large and not specific. For instance, the treatment of leucorrhoea depends upon the causative factor, which must be known to make satisfactory treatment possible. Such causes are utero displacement, prolapsus, specific disease, and a host of other conditions must be eliminated. However, assuming that the condition is not of long standing and is local (not constitutional) in origin, daily douches of sodium bicarbonate, glycerin tampons by physician, weak lysol douches, etc., are very applicable for such conditions.

You must remember that this condition is not a disease in itself, but is a symptom of a disease, and to remedy it the cause must be removed.

Pains in the stomach may be due to a mild gastritis due to indiscreet eating associated with constipation and gastro-intestinal auto-intoxication.

Exercise in the form of frequent facial massage, plus avoidance of worry and mental fatigue with plenty of sleep will greatly influence the muscles of expression and relieve the facial condition you mention.

To G. W., Missouri: The answer is "no," but if you will write in and enclose a stamped envelope we will give you more detailed information.

QUESTION: I am a boy 20 years old, 5 feet 8½ inches tall, and weigh 130 pounds. I have a condition of the neck which a doctor has termed spastic torticollis—my neck jumps to the right and my head is turned to the right side most of the time, and it is impossible for me to keep it straight. After my head has been turned to the side for a few moments my neck pains me, and the only way to keep my head straight is to rest it against a pillow or something.

Have just had my tonsils removed, upon my doctor's advice that this procedure might help, but I find it does no good; my neck still remains in the same condition.

Now I am writing to ask that you please tell me what you think is the trouble with me, and how I can best remedy it.

F. O., Ont., Can.

ANSWER: Spastic torticollis, if your diagnosis be correct, is accompanied by intermittent spasmodic contractions or twitchings of the muscles of the neck—right side in your case. The condition usually occurs in paroxysms and as time passes becomes more frequent. This ceases during sleep and is aggravated by mental and physical strain. The definite cause is not absolutely known, usually of a reflex origin. Therefore, I would suggest avoidance of physical and mental strain including overwork, fatigue, worry, excitement, fear, etc. I am sorry to say medical treatment offers little—would suggest you consult your doctor about surgical methods to correct the condition.

TO OUR READERS: This department is conducted for your benefit, and without cost to you, but we do request that you be so kind as to enclose a stamped, addressed envelope when inquiring for information. Remember, we receive hundreds of questions and cannot answer them all in these columns; therefore mailed answers are necessary, and we ask of you the favor mentioned. Of course, this is not expected of our many readers who live outside the United States—we are glad to answer

their inquiries at any time—but those who reside in this country are requested to extend this department this courtesy.

QUESTION: I am an English reader of STRENGTH—am 19 years old, five feet 11 inches tall, and weigh 134 pounds. My complexion is dull, blotchy and full of pimples, and my eyes are dull and my tongue thickly coated. Have a sour taste in my mouth, am nervous, and suffer pains in the head and left shoulder blade. Am going to join an athletic club and hope this will help me—what do you think? Also I am constipated—have bowel action only every few days.

S. W., London.

ANSWER: First of all, you are badly constipated, and I believe that your other troubles are due directly to this condition. Accordingly, overcome your constipated condition and you will overcome the others, too.

Regulate your diet to include plenty of vegetables, greens, and fresh and stewed fruits in order to keep the bowels open by natural means. Also drink plenty of water, and practice such exercises as standing with the knees stiff, bending forward and touching the floor, then bend well back, next to each side alternately, and finally twist from one side to the other, all the while keeping the knees rigid. You may find it necessary at first to use some laxative—mineral oil, or agar, but do not use a harsh purgative.

For your height and age you are at least twenty-five pounds underweight, but I believe you will gain this weight satisfactorily if you follow the advice given as to diet and exercise; and, incidentally, I think it would be wise for you to join the athletic club as you mention.

Follow these instructions carefully, and you should improve your condition considerably.

QUESTION: I am 18 years old, weigh 125 pounds, am 65 inches tall, and am in good health. I am not constipated. My diet consists of shredded wheat, fruit, whole wheat cereal, milk, potatoes, beans, beef, spaghetti, etc.—plain, simple foods, and I do not drink tea, coffee or use tobacco or alcoholic stuff. I sleep about nine hours per night.

Now here is my trouble—I have a very bad breath. My saliva is sticky and creamy most of the time, causing an uncomfortable feeling in my mouth, and my tongue is coated just about all the time. I am also bothered with phlegm in my throat, and I will certainly appreciate any advice you can give me about overcoming this unpleasant condition.

C. T., Va.

ANSWER: Bad breath or halitosis is a symptom of many conditions, among which the most common at your age are badly infected teeth, pyorrhea, abscess of mouth, diseased tonsils, and various gastric disturbances. I should say, however, that you are likely free from the latter type of disease, and in order to overcome your condition would suggest that you avoid eating before going to bed and also have a dental or medical inspection of your mouth made. You might use as a gargle a solution of equal parts of hydrogen peroxide and water, to which is added one-quarter teaspoonful of sodium bicarbonate. Use this every four hours, and it should overcome the condition of your saliva, remedy somewhat the halitosis, and also remove the coating from your tongue.

QUESTION: For the past year have had considerable trouble in breathing, have been examined by several doctors and they all agree that the turbinates are thickened and that the septum is deviated with a slight (Continued on Page 65)



# Escape—and Be Happy!

Escape from the limitations which hold men down, and be happy. You were born to do big things, and if you are willing to work a little, you can do them, too. You don't have to take orders all your life. You can give them. Be the leader—set the pace—show the way, and stand out from your crowd like a thumb from the fingers on a hand.

It's so easy for anyone with a little zipper and pep—so easy to escape from drudgery and get the real thrill of living—the thrill untold thousands would enjoy, if they but knew the secret path to follow. Let me guide you.

Come with me. Let me show you how you can take that body of yours and build it up into a celestial palace of health and strength that brings your mind to razor-edge keenness and your muscles to great Herculean strength. I will pump new energy, new pep, new strength and life into you. In 30 days I will increase the size of each of your arms one full inch, and in the same time add two full inches of rippling muscular strength across your chest. But those are just samples. Let me tell you about the thrills that are in store for you.

## The First Thrill

Did you ever see a child of six and then have ten years pass before you see him again, when he is sixteen. He is bigger, stronger, more capable, better developed mentally and physically. It is hard for you to realize that he is the same lad, isn't it? The change is so great.

That is something like what happens to you when you follow my instructions for a few months. There's a new thrill, a wonderful thrill, in watching yourself develop day by day—inch by inch. To find your arms beginning to bulge and show through the sleeves of your coat. To find your shoulders straightened and growing broader almost overnight. It's a thrill you can never forget, because it stays with you.

## The Second Thrill

Your strength will increase by leaps and bounds. Objects that once were too heavy for you, will be lifted with ease. You will quickly gather the reputation of being the strongest man in your town, and everyone will look up to you and be utterly amazed at your marvelous power.

## The Third Thrill

Remember how you got up this morning? Well, how'd you like to jump out of bed tomorrow morning, eat like a kid at breakfast, then stride off to work with a spring to your step and a song in your heart to wade through a mountain of work as though it were play? That's a thrill for you. The thrill of learning to enjoy life—the thrill of holding down a good job and doing that job so well that you can't help but attract the attention of your boss.

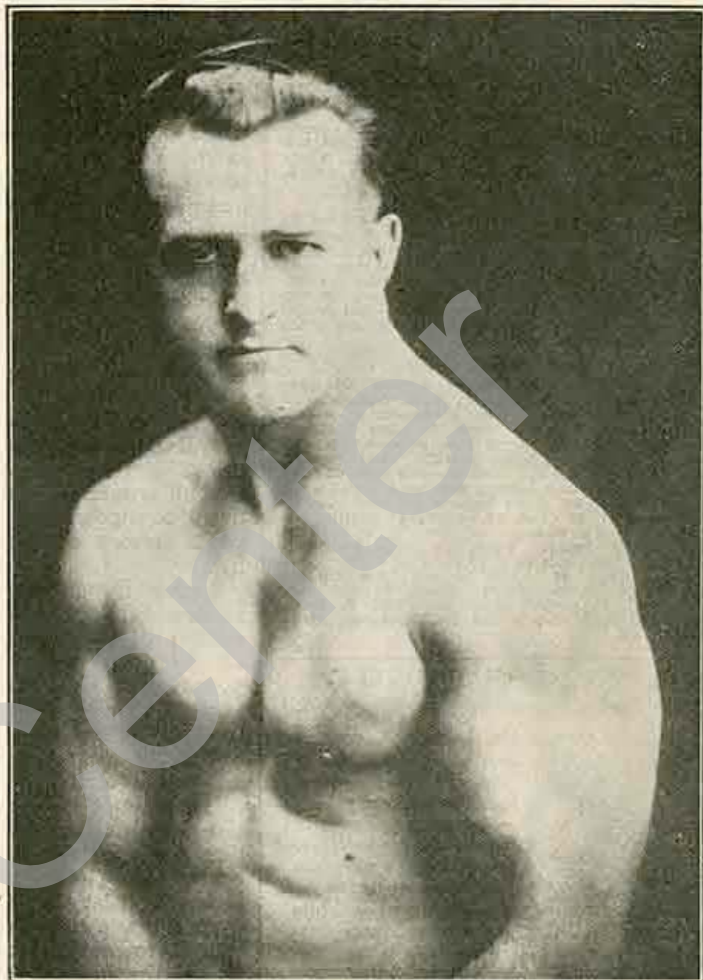
## The Greatest Thrill of All

But the greatest thrill of all comes when you realize that your friends are beginning to look to you for advice and help. Where you were just one of the crowd before, now you've become a leader. Somehow, your newly acquired energy and strength have placed you a step above them. You've grown to be somebody.

Your wife or sweetheart will wonder what has come over you. Why you so completely dominate her. How you've become so much bigger, finer, and more wonderful in her eyes during the past few months.

But it's simple to understand. That energetic, virile, newly rebuilt body of yours just won't let you get into a rut. You've become a real, rip-snotin', two-fisted he-man, and the battles of life become like so many ten-pins to knock over.

Well, that's what I guarantee to do for you, if you follow my instructions. It is easy and simpler than you think. But let me tell you all about it in my free booklet. Let me show you what I have done for over a hundred thousand others. Let me show you a few of the thousands of winners I have developed.



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# "Muscular Development"

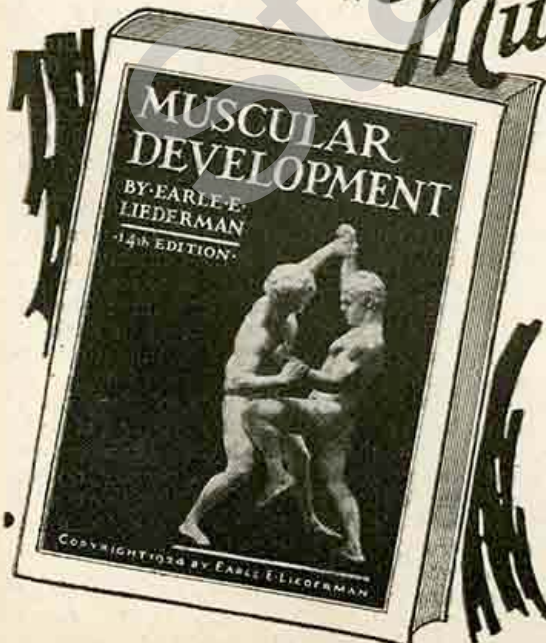
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BY DAVID V. BUSH

MEDICAL science knows that 90% of all human ills can be traced to body poisons. If the eliminating organs are not functioning properly, these treacherous toxins accumulate in the body, pollute the blood, and soon poison the entire system. This often causes sick headaches, nervous disorders, stomach trouble, sleeplessness and finally to sap the vitality that more serious and often fatal diseases take hold.

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**The Mat**

(Continued from page 45)

true military fashion. His photo has lately been used, showing him holding one man overhead with the right hand, with another man under his left arm.

In the *Mat* we are also introducing Mr. Geo. Rees, of Wales, a big husky man who can, at any time, Military Press one hundred pounds with either hand. You will hear more of Mr. Rees later. It is worth noting that all of these Military Press athletes are exceptionally strong in the legs and back, and although their ability at this lift might draw your attention merely to shoulder and arm strength, one glance at the physique of either will prove they are far from being of a top-heavy build. As to the best training program for one who is ambitious to excel at this lift, experience will prove to you that our conclusions concerning the above mentioned men are correct; that is, a general all around training program to entirely strengthen the body, with but a small amount of specialization on the lift.

Arthur Dandurand, whose photo will be found in the Association Notes, is another of these athletes with the ability to press well over one hundred pounds in a One Hand Military. His perfection of physique further illustrates what we have just said concerning an all-around build and strength.

Various styles have been employed in an attempt to improve the possibilities on this lift. Some men would load one end of the bell heavier than the other; some lifters twist the hand around so that the palm faces front, or even in some cases with the thumb side twisted towards the front; other lifters swing the bell to arms' length overhead, lowering it to the shoulder preparatory to performing the lift. These stunts may work out in individual cases, but for the majority the instructions given herein can be relied upon for the best results.

I receive a great many letters from men and youths who wish to increase their height. Regardless of the cost or trouble, some of these individuals would go to any extreme to accomplish even a slight increase in their stature. The average height of men in the United States, according to some figures I have read, is something like five feet, seven or eight inches. I don't know whether this is supposed to mean with or without shoes, but I am somewhat inclined to believe this height would be with shoes on, judging from personal observations on the streets of our cities. I do know that the average person, if questioned concerning his height, will give you a figure which includes the shoes. In just the same way the average person computes his weight with clothes on and not in a stripped condition, as we physical culturists are used to. In this country you will see thousands of men who stand well over five feet, eight inches, but at the same time you will see many more thousands who are quite a little under those figures. We humans are always wanting to be something that we are not, anyway; here we

have so many who wish to add a few inches to their stature, and on the other hand, there are others who are gifted with a height well above the ordinary and who are greatly ashamed of the fact. You have probably seen some of these. I have often seen an example of it—a tall man or woman who had no desire to be conspicuous in a crowd, who would hunch the shoulders and with drooped head would endeavor to create the impression of being a few inches shorter. Short men are usually more interested than tall men in improving their condition, just as we often see weak and undeveloped men, through the medium of physical training, succeed in surpassing the naturally gifted, so far as strength and perfection of development are concerned.

We would not go so far as to say it is impossible to influence the growth, but in the majority of cases we do consider it practically impossible to alter the natural rate of height increase. The only thing it would be possible to accomplish in this respect is to straighten the persons up if they were stooped or in the habit of holding themselves in a slouchy attitude, or to stretch the cartilage between the vertebrae of the spine. It is worth calling your attention to the fact that the difference in height between individuals lies in the length of the bones of the legs, more so than in the length of the spine. A tall man usually has long legs and a spine that is not much longer than the average among men of medium height. So considering what we have just said, why not forget that you are somewhat shorter than you would like to be and make the most of your natural limitations in that respect? About the most effective thing we could recommend in movements to increase the height, would be hanging at arms' length and swinging on a horizontal bar or trapeze. A stunt which we frequently advise is to hang at arms' length in such manner for five minutes daily; then after one week of this, weights may be tied to the feet to add to the stretching effect. Light weights should be used at first and then gradually increased as one becomes accustomed to the practice. Practice on the traveling rings should also have some effect in stretching one out, if anything will.

Personally, I am one of those who look upon the tall man with admiration. Being neither tall nor exactly short, standing just above five feet, eight inches, without shoes, I have always been disappointed at failing to attain a stature of something approximating six feet. When in my mid-teens I had great hopes of stretching out to that extent, but as my father is shorter than myself, you might say I am lucky to have grown to my present height. However, do not think that I look upon the short man with scorn, for such is far from the truth, knowing hundreds of short men who are extraordinarily efficient physically. Some of the finest examples of physical manhood are to be found among those who are under average

# Ever Had Your Colon "House Cleaned?"

60% of All Ills and Ailments Have Their Source in the Neglected "Cellar" of the Human Body

IT'S only natural to neglect the cellar of the house, the part you don't see. Yet, as a matter of fact, it's more important to keep the cellar clean and airy than any other part of the house.

The colon, or large intestine, may be called the cellar of the human body. It's there the rubbish or waste matter from digested food collects for passage out of the body—only the body waste is no mere rubbish, but highly toxic or poisonous waste.

This waste can't stay in the body too long. When it does, self-poisoning, literally sets in.

When the colon is normal it acts vigorously through muscular contraction in moving the accumulated waste matter along its way and out of the body. When the colon becomes "inert" or semi-paralyzed, the poisonous waste collects in the colon, and cakes itself to the walls of the colon and in the folds and crevices, like so much concrete.

The muscles of the colon then become "cemented" and can only feebly move. More and more waste collects and hardens and soon there is left a passageway for the waste only about the circumference of a lead pencil.

The retention of the waste matter then that follows plays havoc with human health!


The poisons of the waste—the toxins of decay, fermentation and putrefaction—are absorbed by the blood. They are carried to all parts of the body. They poison your brain and nervous system and make you mentally depressed and melancholic. They poison your heart and make you weak and listless. They poison your lungs and make your breath foul. They poison your digestive organs and make you bloated, "belchy" and distressed with gas. They poison your muscles and joints and make you lame and sore. They undermine your whole health, in truth, make you old long before your time and cut years from your life.

## 8 Out of 10 Victims!

A "half dead" Colon is literally what ails eight out of ten people today. Our modern mode of living is at fault. It is all out of accord with Nature. We eat too much "prepared" and bland foods. We don't get enough bulk or roughage to get the right response from the colon. We don't get enough vigorous exercise. The result is the colon "lays down on us" and we are "half invalids."

Virtually every one suffers in some degree from a clogged colon, and for this reason virtually every one can stand an occasional thorough "house-cleaning" of the colon.

Laxatives are worse than futile. They only aggravate the situation.

An enema is only 33⅓% efficient, for the colon is shaped thusly  and an enema reaches only to the first bend.

## A True "Internal Bath"

The only effective means of thoroughly cleaning out the colon is to get a fluid up there, *throughout the whole length of the colon*, that will loosen the accumulations from the walls and folds of the colon, break them up and flush them out, leaving the colon clean and wholesome and the muscles free to resume their normal functioning.

In other words, an "internal bath."

This is exactly what you get in the use of the J. B. L. Cascade, that marvelous invention of the eminent Dr. Charles A. Tyrrell, who perfected it to save his own life.

This appliance holds and injects into the colon a flood of pure, warm water, especially treated with a wonderful cleansing tonic.

The fluid fills the entire length of the colon and reaches into every tiny fold and crevice. The action of the especially treated warm water loosens all accumulations from the colon walls and folds and induces a natural muscular action of the colon that drives all the waste out.

There is complete cleansing of the colon with absolutely no pain or discomfort.

## Glorious Relief

The feeling following a J. B. L. Cascade treatment is one of grateful relief. You just know something beneficial for your health has been done!

Taken just before retiring, an "internal bath" with the J. B. L. Cascade sends you to bed with that delightfully relieved feeling that insures a night of sound, restful slumber. And in the morning! You feel like a new person with a new appetite for breakfast and a new zest for life! You fairly radiate "pep" and energy!

If you want to see how fifteen minutes can take fifteen years off your shoulders, just try one "internal bath."

## Send for This Booklet

Every one with a colon should read this amazing booklet issued by Tyrrell's Hygienic Institute. Every chapter is not pleasant reading, but it's a lesson for every one. "If every person in the world could read this book," says one man, "the average of human life would be increased by 10 years."

This eye-opening booklet is sent free and postpaid upon request. No cost or obligation whatsoever. Simply ask for it in a letter or on a postcard or on the coupon below and address the Tyrrell Hygienic Institute, Dept. 433, 152 West 65th Street, New York City.

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Send me, without cost or obligation, your illustrated booklet on intestinal ills and the proper use of the famous Internal Bath—"Why We Should Bathe Internally."

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Frank Williams, author of "Physical Fitness with Minimum Effort." Holder of strength tests for over ten years at the University of Washington, decisively defeating over 40,000 men. Originator of the "Scientific Breakfast," athlete, physical director and winner of many golf, bowling and tennis tournaments.

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Did you pave a little of the road to health and happiness—or did you drive another nail in your coffin? You did one or the other! *You can't stand a ill.* You either harmed your body a trifle today thereby shortening your life or you helped your body a trifle thereby lengthening your life. Every one should scientifically manipulate and stimulate the internal organs every day by proper exercise. This is necessary no matter how much physical labor you do or how athletic you are. My exercises are the best for this. They have been originated and selected out of thousands of exercises over a period of sixteen years.

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Let me help you to keep your body physically fit and to lengthen your life 10 to 35 years by sending for my course in "Physical Fitness with Minimum Effort," on a trial basis. If you do not find it worthy or helpful return it in 5 days and I will immediately refund the \$2.00 which is its total cost. This course consists of 3 books containing 112 pages with over 30 illustrations. In the first book you will find twenty two of the most scientific exercises to put your internal organs in a state of perfect health and a properly functioning condition. They will build up your muscles until you are capable of winning strength tests as my pupils and myself have done and of far more importance than that, they will give you, to have for life, *perfect health* and that is the greatest and most glorious possession on earth.

### 12 Minutes a Day

It takes but 12 minutes a day of your time 6 minutes in the morning just after you get up and 6 minutes at night just before you go to bed.

The second book called "Dieting and Enjoying It," gives you the recipe for my Scientific Breakfast along with clearly explained chapters some of the titles of which are as follows:

Combinations of Food	How to Reduce Weight
Spring Diet	How to Increase Weight
Necessary Vitamins	Cure for Constipation

If you have any blemishes on your skin, notice how quickly they disappear and how your face will radiate the glow of health.

In the third book called "Acrobatics Simplified," I have shown how easily possible it is to learn acrobatic feats. This book, well illustrated, is for those of you who wish to advance further than the average and although not necessary to learn in order to possess perfect health, you will find enjoyment in accomplishing some of the simpler ones or teaching them to children.

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height, and very few perfect men or splendidly developed strong men are to be found who are over five feet eight inches. The tall man of perfect proportions is indeed possessed of a commanding figure. I can readily understand why short men should envy men of that type, as the tall, shapely man is certain to be looked upon as an ideal by the majority of people.

We humans come into this world, most of us gifted in no particular way; some few are fortunate enough to be blessed with talents in an exceptional degree. Likewise, some few individuals are born with a natural inheritance of exceptional physical powers. Some men are gifted with more than average height and a heavy bony framework on which to build a powerful musculature. However, most of us are not so fortunate, and as man has yet to find an infallible method of increasing growth, there is nothing we can do but to make the most of what we have. If you are weak, you can, through patient and persistent effort, acquire the manly strength, which is the rightful birthright of every male. Sickness need no longer haunt you, providing you begin to work for perfect health. A certain amount of effort is necessary; possibly in your case, only hard work will get you there, but once you arrive at your destination, you will never give up the exercise which brought you development, strength and every day good health. That, indeed, is the highest ideal for which man can strive—to make the most of his natural limitations. Is it not a greater credit to improve oneself and to become better than the average, than to inherit exceptional qualities and have everything come to you without striving? It is possible for you, my reader, to improve yourself, regardless of your condition. You can, through patient and persistent effort, acquire your rightful heritage—a body of which to be proud.

Among these pages you will find a likeness of Mr. George H. Rees, of Wales. He was very active in British lifting circles fifteen years ago but has not engaged in competitions since that time; nevertheless, he keeps up his training with bar bells and has preserved his strength, besides improving his muscular proportions. He is now past the half century mark but can, at any time, perform a One Hand Military Press of one hundred pounds with either hand, a Two Hands Military Press of two hundred pounds, or a Two Hands Dead Lift approximating the British Heavyweight record. Mr. Rees is of the extremely big muscled type, weighing around 225 pounds at a height of five feet, ten inches. His chest measures 52 inches and thigh 28 inches. The photo we are using was taken ten years ago when he was not quite as large as he now is. He remarks, in his letter, that he has grown steadily in muscular development up to the present day. We expect to show you more recent photos within the next month or so.

Thomas Shankie, who is shown sitting upon his "iron horse," otherwise known as a bike, has had a rather interesting and exciting time getting his re-

quired amount of exercise. Having, in his youth, engaged in various sports, he became interested in bicycle riding at the age of forty-six, and at the age of forty-nine took to amateur bike racing for the fun he could get out of it. In these races and in distance riding out on the country roads, he has covered approximately 58,000 miles in less than ten years. An active and varied life has seemingly served to keep him quite youthful. Up to the age of twenty-five he engaged in such sports as cricket, tennis, quoits, shot putting, hammer throwing, and played golf on all the leading courses of Scotland. During the closing five years of the last century he was in South America, where he further engaged in the same sports in addition to target shooting and horse racing. During the same time he experienced quite a little horseback riding and made a trip of 400 miles on mule back across the Cordilleras Mountains, ascending as high as 16,000 feet. Mr. Shankie, who has been residing for a number of years in New Westminster, British Columbia, claims the distinction of having survived sixty-six accidents during his lifetime, though on many occasions he pretty nearly knocked on death's door. However, during all of his racing he experienced but two spills (or falls). This fifty-six year old amateur athlete has found the secret of youthfulness to be hidden in thousands of miles on the highways.

**QUESTION:** I have a class of friends who are enthused about the chances of improving their physical condition by means of bar bell work, so they come to my "private gym," which is a fairly good sized cellar, three days every week. In the short time this class has been in existence, I have been fairly successful in working almost miracles with the slender and undeveloped fellows, to their immense pleasure. But the chances of satisfying the entire class has hit a snag in the shape of one man who registers a great excess of avoirdupois on the scales. This man, who stands five feet nine, managed to reduce from two hundred thirty to two hundred fifteen, but the three days a week doesn't seem to be enough work to bring him down. He does a lot of walking every day and eats large meals, which he dislikes to discontinue. What would you advise in his case?

A. T., New York.

**ANSWER:** With few exceptions it is possible to reduce the desired amount, providing the oversized individual follows the correct sort of exercises. Diet does, of course, have a great deal to do with the correction of body-weight. Some men, who seemingly are naturally inclined to be overstout, will insist on eating large meals, and to make matters worse, they consume a large percentage of the wrong kind of foods—such as potatoes, bread and butter, rolls, pie and cake. They generally take very kindly towards eggs, mayonnaise, rich gravies and dressings of all sorts.

However, if such an individual is really serious in his intentions, it is possible to satisfy the exaggerated feeling of hunger by giving them quantity instead of quality in their dietary. The amount of liquids taken with meals should be cut down as much as possible,

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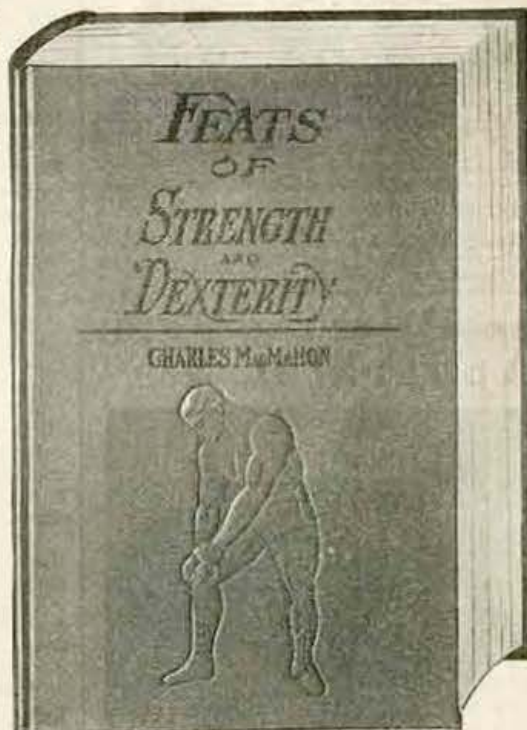
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| Turning a 25-Pound Plate     | A Strenuous Test              |
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and it is well to drink copiously of water between meals. If any soups are eaten, they should be of the thin variety, such as consommé, bouillon and broths. Potatoes, macaroni, spaghetti and like foods should also be eliminated as much as possible. There will be no harm in eating plentifully of meat, if desired, though the quantity should depend on the activities and exertions of the man. Avoid pork products, mutton, veal, duck, goose, and other fat meats. One may include in his diet such meats as lean beef, lamb, chicken, turkey, preferably boiled or roasted. Whole wheat, or rye bread above should be eaten and sparingly at that. There will be no harm in eating plenty of butter, as it has many values, both as an article of food and a lubricant. Make up the quantity of food by eating lettuce, salad, spinach, cabbage, and other greens and leafy vegetables. Fruits of every kind (except bananas) should be eaten in generous quantity. By using a little judgment—or perhaps ingenuity as it were—you will be able to completely satisfy the craving for large quantities of food, by making your bill of fare consist mainly of such foods. Instead of eating meat and potatoes for breakfast, eat fruits, like stewed prunes, apricots or peaches, grapefruit and toast. If you feel that you must eat some form of cereal, make it puffed rice or wheat, corn flakes or rice flakes with skimmed milk.

As to exercise, it will not be necessary to work like a horse to reduce, provid-

ing a sensible program is followed. Include movements in which the body is bent in every direction, while using a fair amount of resistance in addition to the general practice of developing exercises for the limbs and torso. Three or four times weekly will be sufficient for exercises of a general nature. Abdominal and body bending movements should be practiced daily and doubled up on the three or four days when you work out with your bells. By this, I mean practice the abdominal, waist and hip movements both before and after the general program. A man who has considerable weight to take off, and who seemingly is predisposed to take on excess flesh, would benefit by walking an average of three miles daily in the open. This walk will have little benefit unless a rather brisk pace is followed. Warm baths finished up with a splash of cold water should be taken as often as possible; that is, not more often than once daily but at least four times weekly.

The above suggestions, if put into practice, should reduce any man and keep him in as trim a condition as he cares to keep. One should not endeavor to reduce too quickly, and should realize that the excess weight is an accumulation of a considerable period of time. Be sensible and spend several months in reducing, rather than attempt to do so within several weeks.

Be satisfied with a relatively slow rate of reduction, and you will be taking no chances of damaging your constitution.

## Nature's Method

(Continued from page 40)

test and some test for specific infections. We would be pleased to be of further service to you if you care to send us reports of these examinations.

QUESTION: Am a boy, 17 years old, weigh 138 pounds, and am 5 feet 8½ inches tall. Have suffered a great deal with my right side, directly under the spot where the appendix is situated. The trouble shows up at odd times during the day and also after meals. Sometimes at night I have a very depressed feeling in the lower region of the abdomen.

Am constipated, have a bad cold most all the time, and think I may have a little catarrh in the elimination tract. My diet consists of the usual family meals. I live a sensible life, exercise, sleep, and don't dissipate.

Do you think I could cure myself by a fast of four or five days, then a milk diet, etc?

I hope I have outlined my case well enough for you to determine just what is wrong with me, and to give me a remedy.

J. C., Okla.

ANSWER: You seem to have some inflammation of the colon or lower bowel which I think is due to your constipation. Fasting is very good treatment at times, but I do not believe it necessary in your case.

I would advise you to follow a very laxative diet, such as fruits, raw vegetables, etc. You might also use mineral oil about three times daily, and about three times per week try an enema of two quarts of tepid (not too hot) water with a teaspoonful of table salt dissolved in it. After this has been ex-

pected, inject four ounces of olive oil and retain all night.

QUESTION: Am fifty years old, male, and am inclined to be nervous and gloomy, worry considerably without cause, and at such times do not sleep.

Am sexually weak, urinating very frequently during the night. The urine has been examined and found normal; I have never had a venereal disease, and am apparently healthy otherwise.

Your opinion and advice will be appreciated.

L. P., Penna.

ANSWER: You should have an examination made of the prostate gland, as it appears to be the cause of all your troubles. You should have this done as soon as possible in order that the exact nature of your trouble, and its consequent treatment, may be determined.

QUESTION: Have been reading your magazine for some time, and wish to ask you a question—I am taking an exercise course and my director always tells me to wear an athletic supporter. I do not understand why we should use them, and would like very much for you to explain the reason to me.

E. F. I.

ANSWER: The supporter is necessary to avoid strain on the organs involved and on the spermatic cords and blood vessels.

Physical culture is designed to build up the body to its point of greatest development—in doing this, exercises are outlined to strengthen the parts which suffer from the inactivity of our usual

# The Crimes Women Commit Against Themselves!

By Annette Kellermann



NOT long ago a woman came to me for advice. She had been a robust young lady full of strength and vitality, cheerful, charming and tireless. Her bank of health seemed to be so full that she little dreamed it could ever be exhausted. One morning she woke up tired. Something seemed to have left her. Day after day she grew weaker, took less interest in her surroundings and then withered like a faded flower. She began to take pills and powders. She began to use creams and lotions, skin tonics and rouges. But she never could find her lost health in a bottle, and she never could get back her natural strength out of a box. She had to lean on tonics and treatments to keep going. Artificial stimulation whipped her into some semblance of activity. Pepsin digested her food; laxatives took the place of Nature. But after a while she realized the hopelessness and the foolishness of attempting to gain real health, real vitality and rich red blood out of a store. So she came to me for advice.

I told her not to worry, that if she followed my instructions she would soon be herself again. Today she gets more out of life than she ever did before. She builds strength into her system, so that, drawing upon it, she does not bankrupt her body.

The crime most women commit against themselves is to let themselves go. They are careless until it is too late. It does not require intelligence or common sense to be careful after it is useless to be careful. It does require intelligence and common sense to catch yourself in time.

If you suffer from headaches, are weak, run-down, anemic, tired and worn out, if your nerves are ragged, your digestion weak, if you are gaining weight too rapidly or losing it beyond reason, if you shuffle and slouch along instead of having the springy step of youth, you are dangerously near the breaking point. You are committing a crime against yourself for which you will pay the penalty. If your complexion is pimply, blotchy, sallow, if your eyes are baggy, your hair straggly, you are committing the crime of losing your own birthright, beauty and charm.

Few women understand how to avoid this crime. That is why I have made it my life work to teach them. I learned how in the hard school of experience, for I myself was not always strong, athletic and free from aches and pains, and my figure, which has been called the most perfect in the world was a development, not a birthright.

No,—as a child I was puny, weak, bowlegged, almost a cripple. For years I had to struggle against becoming an invalid. Finally I conquered my defects. Since then I have bestowed renewed health and beauty upon thousands of other women by means of the simple, natural methods that I discovered in my own case. I want to help *all* women, who are willing to give up their pills, powders and tonics, to become as perfect in every way, as

healthy, as vigorous, as beautiful and as happy as Nature meant them to be.

It is totally unnecessary for women who have *no organic trouble* to suffer as they do—totally unnecessary to be continually incapacitated by petty little ailments—headaches, indigestion, constipation—totally unnecessary to look old, haggard and worn, dependent upon “make-up” to keep up a counterfeit youthful appearance. Let me tell you how you can free yourself from your weariness, your feeling that you live only half a life; and become a vital, vigorous woman with a figure and complexion that reflects the abounding health and strength within you.

## Get My FREE BOOK—“The Body Beautiful”

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daily duties. Sometimes the glands are large and pendulous and certain exercises bring undue strain on them, thereby impairing the blood supply and circulation. Now if they are lifted up, most of the strain and consequent undesirable results are removed.

**QUESTION:** What would you advise me to do for prostate trouble? Have been bothered with same for about a year. Is massage, as recommended by M. D's., of value, or would you recommend exercise or diet? This trouble is very noticeable, and I frequently urinate, especially after eating and at nights.

I am 39 years old and single.

B. L., Ohio.

**ANSWER:** Perhaps I can help you a bit by asking you a question—have you ever had a specific disease? If so, perhaps some of the various serums and vaccines on the market would help you.

Your diet should consist of a non-irritating variety of food. Abstain from stimulants, alcoholic especially, and do not eat spiced or highly seasoned foods.

There are two treatments: The curative is removal of the gland, and the palliative treatment is massage in its various forms. This latter method is sometimes very effective.

**QUESTION:** Am troubled with general catarrh and have sneezing spells, and I get rather stiff afterward. I am taking Waterbury's Compound, which helps some. I follow a diet of vegetables, fruits, almonds and shredded wheat biscuit—could you suggest something else?

I will greatly appreciate any advice you may give me toward overcoming my trouble, and remain, sincerely yours,

C. S. J., Calif.

**ANSWER:** Wash the nasal tract with a solution of one teaspoonful of table salt in a pint of water; have the water warm but not hot. Follow this with two drops of 10 per cent argyrol solution in each nostril.

**QUESTION:** I am not sick, that is, seriously sick, but I am an addicted smoker, and on account of this habit my doctor says I have a slight touch of catarrh. I expectorate frequently and sometimes when my nose is clogged up I blow a trifle of blood into the handkerchief. I have noticed that when I arise in the mornings my throat and nose feel better, but after being up a while and having smoked I get that clogged up feeling again.

Do you think that if I stop smoking I can cure this habit entirely? Is there any diet or special food that is of value in my case? Also, I have pimples and eruptions on the skin, mostly on the back of the neck and under the right shoulder blade for five or six years—what would you advise for these.

Can diseased tonsils be cured without an operation? I will appreciate any advice you may give me.

O. T., N. J.

**ANSWER:** You received proper advice when told to stop smoking. I think this will help you considerably, although you are in a bad climate, the climate in this section being very conducive to a condition like yours.

For your pimples I would advise you to regulate your diet, avoid sweets, pastries and fats. Eat plenty of fresh and stewed fruits, also vegetables such as spinach, cabbage, celery, greens, etc.

As for badly diseased tonsils there is only one treatment, and that is removal.

**QUESTION:** For the last week I have been troubled with a few pimples on my face, mostly on the chin. I think they are due to shaving, and ask that you please tell me how to overcome them. I am not constipated.

J. C. T., South Africa.

**ANSWER:** For your trouble I would recommend that you do not shave too closely, and that you steam the face after shaving and apply toilet water of alcoholic base. Do not use cream after shaving.

**QUESTION:** For about a year there has been something wrong with my bladder—it started with a "catch" in about the last joint of my spine, and I had to urinate about ten times in one night. The "catch" disappeared, but deep down behind my hip joints there has been a soreness ever since. Sometimes it gets a little better, then again it gets worse. At times for a day or so there will be a "catch" in my hips.

I do not eat meat or anything greasy, and cannot determine what is wrong with me—perhaps you can help me. I will be very much obliged to you if you can.

N. M., Mich.

**ANSWER:** I do not believe you have any trouble with either the bladder or kidneys; however, as a final test I would advise you to have a urinalysis made.

Your trouble seems to be as you describe it between the fifth lumbar vertebra and the sacrum. This is a very common site of strain and causes considerable trouble at times. It is also associated with the hip joints or may eventually cause trouble with them.

Lesions along the lower segments of the spine may very frequently cause disturbances of the bladder, symptoms of frequent urination, and so on.

If you will consult your nearest osteopathic physician I believe you will be pleased with results obtained. I have had cases of this type to get marked results from one treatment.

## Association Notes

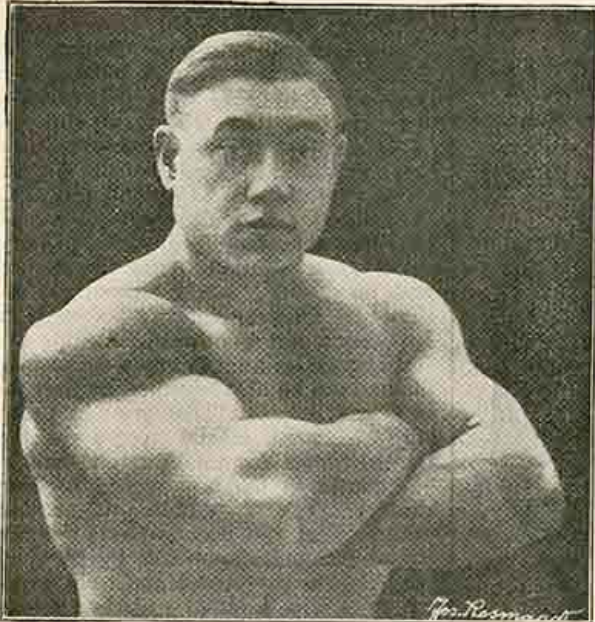
(Continued from page 52)

usual that he hasn't allowed himself to get fat, as so many professionals do. In behalf of the A. B. B. M. and STRENGTH Magazine, we must thank those who so ably assisted in the task of loading and officiating. The referee was Mark Berry and the judges—Jack Ayars and Charlie Durner. We are expecting to see other shows of this calibre in the future and have heard that even better ones are expected.

A new World's Record was created in the Abdominal Raise by Mr. G. C. Trefrey. At a bodyweight of 191½ lbs. he raised 121¾. This was officiated by Mr. Louis J. Mazzarella who is now an official referee. Although this record exceeds the best lift in Great Britain, it must be noted that our rules are not as strict as the British Rules on this one lift, as we permit the bar to be rested against the neck while British Rules re-



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quire that it be held down on the shoulders. Mr. G. C. Trefrey and Mr. Louis J. Mazzarella are both of Corona, N. Y.

Lifters living in Portland, Me., and vicinity should get in touch with Robert W. Nealey, 177 Coyle Street, Portland, Me.

Lifters in Lodi and Stockton, California, and vicinity, are requested to get in touch with Carlos A. Purdy, Box 153, Lodi, California, who has a gymnasium completely outfitted for lifting enthusiasts, wrestlers and development fans. Correspondence welcomed.

Lifting for the Light Heavyweight Championships, Albert Manger, of Baltimore, made a total of 1051¼, at a bodyweight of 182. His lifts were—One Hand Snatch 161½, One Hand Clean and Jerk 181½, Two Hands Military Press 255, Two Hands Snatch 203¼, Two Hands Clean and Jerk 280. In connection with these lifts, it should be noted that the Two Arm Military Press is a World's Amateur Record and, no doubt, a world record, professional or amateur for his bodyweight. In Canada and Continental Europe the feet may be kept apart, while we require the heels to be held together, as they do in Great Britain. This press is probably the most official record in the United States for this lift, and should be counted as the best record for our country. The Two Hands Clean and Jerk Lift of 280 pounds ties a former lift of that poundage made by Manger, but this was performed under the present rules with a tested scale and sworn affidavit. As many readers are interested in the measurements of Manger, we are giving them here: Height 5 feet 10½ inches, neck 17, biceps 16¾, calf 17, normal chest 45½, waist 34½, hips 40, thigh 24¼, forearm 14, wrist 8, ankle 9¾.

Wladyslaw Maksymiak and his wife are included among the celebrities for this month. Our correspondent in Baltimore sent us the following:

"A well-filled house saw the exhibitions of strength given by the Polish Giant, Wladyslaw Maksymiak and his wife, Mary Maksymiak, at the Polish National Hall, 510 S. Broadway, Baltimore, Md., December 14th, 1927. The Polish strongman displayed his physical ability by bending iron bars, holding on his Chest a 500 lb. stone, while two men pounded with sledge hammers on it, juggled with kettle bells and bar bells, drove spikes through a 1½ inch board, and many other things. His wife juggled with kettle bells, bending spikes and band iron into ornamental shapes, made a merry-go-round with three people on her shoulders, held on her chest in the human bridge large bar bells and three persons. The crowd applauded and was well pleased. At the end of the show Mr. Maksymiak urged everybody to become a reader of **STRENGTH**. We would suggest that you try to see this couple if they appear in your City.

Frank Dennis has now officially turned professional and is appearing with some indoor circus traveling through the eastern part of the country.

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Lately, we heard from him at Olean, N. Y., where he performed the following records, on December 26th, 1927: Right Hand Continental Press of 152 lbs., Left Hand Swing 140 lbs., Two Dumb-bells Clean and Jerk 203 lbs., Lateral Raise Standing 81 lbs., Crucifix 94½ lbs., and Two Hands Anyhow 249½ lbs., his bodyweight being 158 lbs. On January 2nd he performed the following lifts: Left Hand Continental Press 148 lbs., Two Hands Clean and Press from Behind Neck 172½ lbs., Pull Over and Press On Back Without Bridge 260 lbs., and a Two Hands Clean and Jerk from Behind Neck of 248 lbs., his bodyweight being 160 lbs.

The Body Builders' Athletic Club of Cincinnati, Ohio, meets every week for a show at the gym of Emmet Paris, 907 Baymiller Street. If you call around some Sunday morning you will be well repaid for your trouble, and some fine physical culturists will give you the glad hand.

Some time ago we asked for a vote by the readers of STRENGTH Magazine upon the question of whether or not we should change from our present lifting rules to the more liberal rules of Continental Europe. In all we received about 100 votes expressing the belief that we should change to Continental Rules while we received but one dissenting vote. However, we hardly believe the wishes of 100 lifters should cause us to change our rules entirely. We are quite certain that the majority of the lifters in this country favor such a change, but as they did not take the trouble to put their desires in writing we have no proof to warrant such a change. Lately another move has been made which might indicate there would be very little reason to change our rules. We have received some very favorable letters from the British Amateur Weight Lifters' Association and have taken steps to have them recognize our lifts as official. If we succeed in coming to such an understanding between the lifters of Great Britain and the United States, it might be well worth keeping the present rules. We will keep you posted concerning any later developments.

## Ask the Doctor

(Continued from Page 54)

spine projecting into the right nostril. My adenoids and tonsils are all right and an X-ray reveals that the accessory sinuses are not infected. One doctor cauterized the turbinates and gave me adrenalin and chlorotone inhalant to use, but I received little benefit. Lately another doctor put some instruments in the nostrils and washed out the nostrils. This did much good, but my trouble, nevertheless, still persists.

What do you think would benefit me? Do you think a diet of citrus fruit or a fast would do any good?

G. B., N. Y.

ANSWER: As you already know, the localization of your trouble is in your nose, and in my judgment all three conditions tend to aggravate it, namely, the spur, deviation and the hypertrophy of the turbinate. Now that you have given medical aid a fair trial and have

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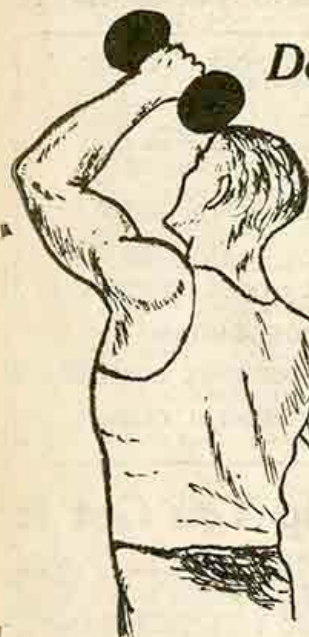
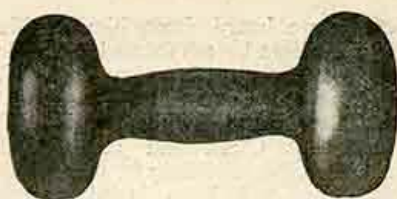
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not succeeded in clearing up your condition I would suggest operative procedure as the only means of relieving your condition. No local applications nor any form of dieting will relieve the trouble, and to treat it successfully removal operations only are recommended.

QUESTION: I am a man, fifty years of age, and am inclined to be nervous and gloomy, worry considerably, very often without cause, and at such times do not sleep.

I have to urinate frequently at night; my urine has been examined and found about normal. Have never had a social disease, am married and apparently healthy aside from condition as explained.

Please give me your opinion as to my trouble and its remedy.

L. P., Penna.

ANSWER: Your nervous and gloomy condition may be easily and quickly relieved by taking ten drops of saturated solution of strontium bromide in half a glass of water three times daily after meals, or by taking one tablet of 7½ grains of triple bromide four times daily.

The condition you mention of urinating frequently at night bespeaks of kidney or blood trouble, so I would advise you to have another urinalysis made and check up also on your blood pressure. Would suggest you drink plenty of liquids during the day, but very little after 5 o'clock in the afternoon. Keep the bowels well open by use of vegetables and fruits in the diet, keep your mind occupied, try to avoid worry and excitement, and your condition should clear up quickly.

QUESTION: Am 23 years old, single, am 66½ inches tall, and weigh 145 pounds. I work outside and my work is very hard. Do not use tobacco, and do not eat much soup, canned goods, meats, etc. I read only four magazines per month, and do not have to wear glasses; yet I have headaches once a week, and some times very painful, in back of eyeballs and in forehead.

I am also troubled with catarrh of nose and throat.

For the past two or three years my knees and ankles have become swollen and are very painful in the spring. A doctor told me it was inflammatory rheumatism. Have had tonsils, adenoids and bad teeth removed.

For the past four years have been losing my hair. If I go four days without shaving my face gets very dry and shiny and small flakes of skin fall off. It seems that I have no oil in my skin of the face or scalp.

Please advise me what to do to overcome this trouble.

McD. E., R. I.

ANSWER: Headaches are due to auto-intoxication from constipation, to absorption of pus, or to acute illnesses. Would advise you to avoid constipation and to be examined for any foci of infection, such as bad teeth, tonsils, etc.

Treatment for nasal catarrh must be administered by a competent physician, or at least according to his instructions after a personal examination of your nasal tract.

Rheumatic conditions are best treated by rest in bed. Wrap the joint in cotton after a hot application of olive oil. Drink plenty of water, follow a liquid and soft food diet, and use salicylates 10 grains three times daily.

Your body seems dry—try olive oil rubs all over the skin. To your hair apply listerine and bay rum alternately; also try electric vibrations and frequent massage.

**QUESTION:** I have a growth on my chest which I have been told is a tumor—have been examined by several doctors during the past three years, but they do not say anything definite about it. Some say operation, others say exercise and so on, but none tell me exactly what to do, or what the thing really indicates. I am a boy 19 years old, five feet ten and a half inches tall, and weigh 154 pounds.

Will you please give me some definite information about my condition and how to remedy it?

P. C., Ohio.

**ANSWER:** A growth on the chest or anywhere is rightfully called a tumor. Now at your age such should not be the case, as you are apparently in good health, of normal weight and good habits. Because of the several conditions which can cause tumors, because of its importance, because of the impracticability of prescribing a remedy without first examining your particular case, etc., I can only say this: if it does not become any larger, if it does not break and discharge pus, if it causes no pain or difficulty in breathing, and if your general health stays good it is of no alarming consequence. But if it should trouble you at any time you should at once consult the nearest hospital and be X-rayed, seek good medical advice and abide by it.

## Big Muscles for the Average Man

(Continued from Page 37)

nal organisms be given regular work, otherwise, the tissues will deteriorate. One might find it interesting to talk of one of these so-called naturally strong men. The narrator will have ample opportunity to play upon the imaginations, and so long as he keeps just within the limit of credulity of his audience, a great many things might be vividly described as actual happenings. Supposing we do hear of a man who lives close to nature and is capable of carrying a terrific load upon his shoulders. It only seems natural to us that a woodsman or extra husky farmer could carry a heavy load. Why, men of that type are always lifting and carrying things and continually exerting their muscles in every imaginable way.

You often hear some pretty wild stories about the strength of men, and unless you know "what is what" concerning human limits, you might believe an awful lot. Even in witnessing a feat of strength, the untrained observer will see the feat in an altogether different way. For instance, if they see a man put a bar bell overhead, the chances are, in telling you about it, they will raise their arm out to the side and overhead, assuring you the feat was performed in that manner. Over in Europe they used to tell a tale of a strong man muscling out a plow at arm's length to the side, as one might hold out an axe, and stories equally as foolish have been related in this good

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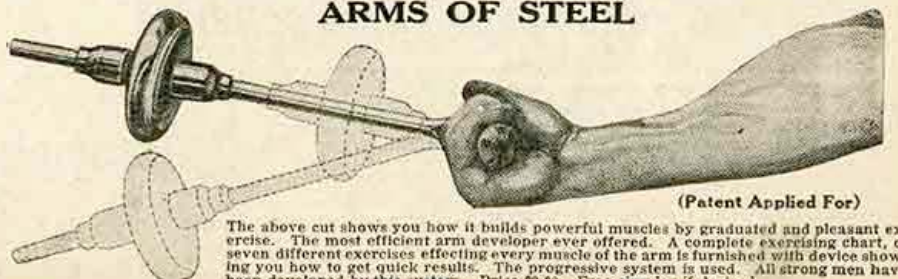
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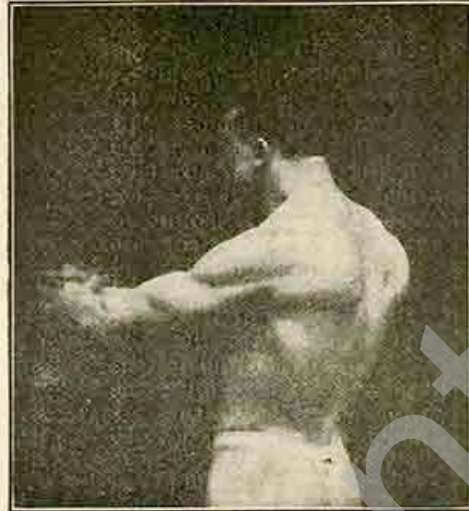
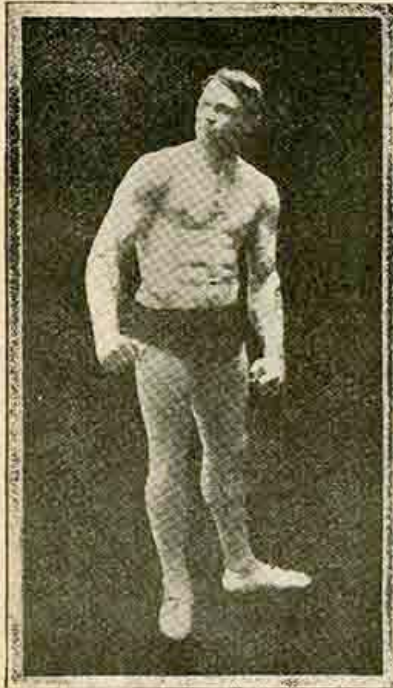
The above cut shows you how it builds powerful muscles by graduated and pleasant exercise. The most efficient arm developer ever offered. A complete exercising chart, of seven different exercises effecting every muscle of the arm is furnished with device showing you how to get quick results. The progressive system is used. All strong men have been developed by this system. Price \$3.00. Free circular if desired.

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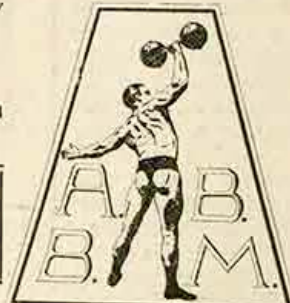
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old U. S. A. So long as the story is within the limits of possibility, there is no reason on earth to doubt that a woodsman, farmer or longshoreman could lift and carry quite a good sized load—that is perfectly reasonable. However, it is not reasonable to attribute his strength to a natural accident, when a man has been used to the most vigorous sort of work since childhood. Hard work makes these "natural" strong men, just the same as hard work makes the professional athlete, strongman or perfect man whom we delight so much in talking about. It is likewise a well-known fact that one of these products of hard work, with an inherited exceptional physique, can be trained into a record breaker in performing feats of strength. Without proper training, though, the woodsman or laborer is never capable of giving opposition to the trained lifting champion—no more so than the lumberjack would have half a chance with a first class wrestler or boxer.

There are many jobs requiring considerable strength, day in and out; and a man who follows such an occupation will either become strong enough to do the work rather easy, or the job will get the best of him and he will have to quit. Some laborers and roustabouts must have a pretty good development to carry on their work. Look at the overhead lifting necessary to hold a job on the ash removal wagons of any city. Some of those fellows continually throw heavy boxes and barrels overhead to arms' length when dumping them in the wagons. Nothing soft about that job—a man must have good arms and shoulders to keep tossing ash barrels overhead all day long; but how many of us want to work for the Department of Public Works, just for the sake of developing our muscles. Not that such jobs aren't honorable, but some of us just don't care to do it. We would probably prefer to work at something easier and grow soft and weak.

Getting back to the serious end of the subject at hand, it isn't necessary to follow a job of dumping ashes, shoveling coal, or moving pianos, nor is it essential to go and live out in the North Woods, chopping and sawing wood all day to grow strong. Today, we have easier ways of acquiring strength and ruggedness. Besides, you will be more successful in developing an ideal build, as you can exercise the different muscle groups at will and proportion your body as you please. Sensible individuals are coming to realize this fact more and more, which explains the popularity of the physical culture movement. Most of our ancestors had little use for physical culture, as they either farmed or found it necessary to use their muscles while following some other equally active calling. Now we can emulate their rugged physiques and even become stronger, without the necessity of working hard all day long.

Every man who started out in life, weak and sickly, may not be capable of developing into a champion athlete, though many of the World's most famous examples of might and muscle

did start in infancy weak and diseased. Still, every man can be assured of the certainty of acquiring a shapely body with strong muscles and perfect health, if he will be willing to follow a properly directed plan of exercises and daily habits of life. Within recent years, so many men and boys have succeeded in transforming themselves that their number is beginning to be legion. Every month STRENGTH introduces new products of advanced physical culture who have attained their goal of physical perfection because of following correct principles of exercise.

Should you, for any reason, doubt the efficiency of progressive exercise in changing weak and sickly creatures, who were merely existing, into sterling examples of red blooded manhood, allow me to call your attention to the experiences of William Raisch, whose story appeared in STRENGTH for last September. In case you are unacquainted with his story, a few words may not be amiss: "Bill" suffered a very serious burn when a small boy, evidently completely destroying most of the muscular tissue of his right arm. Physicians could give him no hope that he would ever gain the full use of the arm. By means of persistent physical culture he succeeded in becoming one of the huskiest examples of manhood on this globe, with a powerful right arm. Although his case is somewhat extreme, let me assure you that I can show you some pretty good examples of "Before and After" by publishing the pre-exercise pictures of most of those whose photos grace this issue. Within the next couple of months an article will appear under the above title, offering some more convincing proof; if you see a thing before your own eyes, it is hard to doubt it.

Not a day goes by that I do not receive testimonials concerning the beneficial effects of regular progressive exercise. In some of these cases the results obtained are so remarkable as to leave some doubt in one's mind as to whether the average reader would be inclined to believe the evidence even if statements were to be taken confirming the facts in the presence of a Judge and Jury. Indeed, I believe that you would have to meet these individuals face to face in order to give any credit to their claims of benefits received from scientific exercise. Even then, the present healthy state, and quite evident splendid physical condition of the party in question might lead you to believe that he was stretching the matter somewhat.

An example of this nature was brought to my attention some time ago when I received a visit from a certain gentleman who was very enthusiastic in praising progressive resistance exercise. This gentleman holds a fairly good position in the engineering profession, and at times his duties call him to different localities where his work must be carried on under very trying conditions with contracts to be completed in the shortest possible time. At times, this engineer is forced to work night and day, and for a period of several days at a time he must get along with no more than four hours' sleep on the

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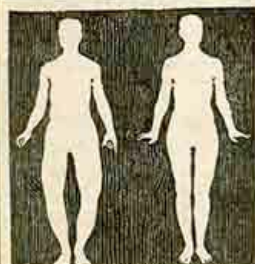
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average per night. Several years ago, as a result of such experiences in the line of duty continued over a stretch of time, he became greatly run down and so weakened his constitution that he contracted consumption or tuberculosis of the lungs. Luckily, he was advised by a friend to take up graded resistance exercise. At that time he weighed 120 lbs. in clothes and judging from his physical condition, there was very little possibility of making any considerable improvement. For the first six months he seemingly made no headway in the way of adding to his body weight, but his condition of general health was rapidly improving, due to the effects of scientific physical culture. After the first six months he quickly began to gain in weight and completely eradicated all evidence of ever having been stricken with the dreaded "T. B." Today he weighs 175 stripped and certainly gives one the impression that he enjoys perfect health, and to see him you would hardly believe that he had ever been sick a day in his life.

He is greatly elated with his present physical condition and does not hesitate to tell you that bar bell exercise has given him a great advantage over the average individual who has never known the benefits of such exercise. His surplus energy and physical build gives him a reserve to draw upon in an emergency and now he finds it possible to go through a rigorous engineering campaign with no ill after effects. He is now able to lose sleep for a considerable length of time and though such experiences result in temporarily reducing his body weight, he keeps in good health regardless of such experiences and quickly regains his former weight. Some time ago he was engaged in engineering a contract to harvest a large sugarcane plantation, under semi-tropical conditions with an average daily heat of 106 degrees in the shade. While all his associates were suffering from the extreme heat and miserable conditions in general, being stricken with various minor illnesses, he was able to continue with no ill effects throughout the entire harvesting period. He attributes this to the fact that he had trained at home with bar bells.

I am citing this case for the purpose of bringing before your minds a case wherein a person overcame tuberculosis of the lungs by means of conscientious practice of progressive exercise movements under the guidance of a competent instructor. All this is in view of the fact that members of the healing profession, as a whole, almost refuse to be convinced that any form of exercise can prove of benefit to anyone suffering the ravages of lung disease; in fact, physicians will warn in all sincerity that a course of exercise under such conditions can result in nothing short of harm to the patient. In this particular case there evidently was no differential diagnosis on the part of the attending physicians who were firm in diagnosing the case as Consumption. This gentleman cannot permit any personal publicity due to the position he holds. I sincerely wish that I could publish pic-



tures and affidavits concerning this case but have promised not to bring this gentleman's name before the public. I am not exactly offering this case as a testimonial or refutation, due to the fact that I cannot offer you the convincing proof of photographs and personal statements; so you can take this evidence with a grain of salt if you wish, but I am bringing it to your attention to give you an example of some of the cases that are called to our notice. This gentleman is willing to write personal testimonials to anyone who is in a run down condition such as he was before taking exercise, but I am quite unwilling to cause him annoyance considering the fact that I promised not to give his case publicity of a personal nature.

Please understand that I do not advise bar bell exercise for anyone who is suspected of having Consumption, nor do I recommend exercise or exertion of any kind. Physicians tell me that it would be suicide to treat "T. B." with exercise, as a broken lung needs rest just the same as a broken arm or leg. I am quite willing to abide by the judgment of qualified physicians in this respect, even though I receive many letters from individuals who claim to have cured themselves of consumption by means of bar bells and other forms of exercise. If any physician should entertain doubts concerning the case about referred to, I will be willing to put him in touch with the subject of my statements.

After deciding, suddenly or otherwise, to follow a regime of regular exercise, you may be confronted with the problem of mapping out a plan of action. Truthfully, the wisest thing to do would be to choose a capable instructor and place yourself in his hands; however, many enthusiasts prefer to plan a campaign to suit their own likes

and dislikes, even though they may be following a standard course of instruction. This really is one reason why so many thousands of exercise enthusiasts read *STRENGTH* each month; they are educating themselves in the sound principles of practical physical education. Experience over a long period of years has proven that it is unnecessary to exercise every day if your exercises are sufficiently strenuous and a strict schedule of progression is followed. By resting from vigorous exercise on alternate days the nutritive functions are given a chance to build and re-build the body. In reality, it is possible to improve the general physical condition and gain in development and strength by exercising thirty days in every month, but you would be needlessly working too hard and would fail to progress as much as should be expected. By exercising every day with bar bells you might succeed in making satisfactory progress for a certain length of time. Then, instead of increasing further in size, your muscles would gain a certain degree of toughness; and regardless of how persistent you might be in your efforts, further increases would be so slow as to be hardly noticeable. The great amount of exercise would keep you in a hardened condition, but in order to progress beyond this point it would be necessary to completely revise your routine of exercises and make certain to allow a sufficient length of time to elapse between each period of strenuous exercise.

Put into practice the suggestions given in previous issues concerning the proper exercise movements for each part of the anatomy. A total of from two to four hours each week, heeding those suggestions, will convince you of the merits of practical physical culture.

## Health and Living

(Continued from page 42)

fire his gun according to a pre-arranged code if he should need help. Then I rode on mule-back to the nearest railroad, flagged the local train, and began my trip East.

"The cabin was far from a post office, and so I heard from 'Skeets' only occasionally. In each letter he reported that he was feeling better, getting heavier, eating 'like a hog,' and having the time of his life. Of course, he had some exciting experiences—got lost a few times, was mistaken once for a deer and was lucky in that a thirty-three bullet knocked a hole in the tree beside him instead of his own body, mistook (but only once) a skunk for a stray housecat, and so on, but all in all he enjoyed himself immensely.

"Came summer, and again my vacation found me in the Ozarks, but what a different companion I found there from the one I had left eleven months previously! Where I had left a physical wreck, I found a physical man. Yes, Jim, 'Skeets' had blossomed forth like a beautiful moth from an ugly cocoon. He had done all the work of the trans-

formation himself, but he never tired of telling me what a wonderful transformation I had wrought in him.

"Of course, that about completes the story. When my month was up we again parted, only this time he, too, left the cabin. I had to go to Chicago, and he came back East to re-open his office; but somehow things did not look so attractive in the old town as once they had, so he packed up, bag and baggage, and headed for California. He was a new man—he had always possessed the necessary knowledge and perseverance, and now he had added the qualities of initiative, enthusiasm and ambition, plus pep and personality, so it was only natural for him to make rapid progress in his work. Today, he is a very well-known figure in his profession, and I am surprised that you do not know him, for he is frequently mentioned in the public press. Perhaps, though, you are still thinking of 'Skeets' Martin—well, he is now Dr. Johnston Martin, of . . . ."

"Wha-a-a-t? Is that our old friend 'Skeets'? Why, of course, I read of

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Sex Communion.

##### CHAPTER I

The Consummation of Marriage.

The Art of a Beautiful Conception.

The Conservation of Sex Energy.

##### CHAPTER II

Anatomy and Physiology.

Female Sex Apparatus.

Male Sex Apparatus.

The Book on Which Many Marriages Founders.

The Spontaneous Expression of Love.

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Those Who Should Practice Conception Control.

The Husband's Function to Woe.

The Wife's Function to Respond.

Why Women Have Been Subjected.

The Complete Confidence of Man and Wife.

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Desirable Sex Conduct.

Life and Sex Energy.

Sex Fear Destroyed.

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##### CHAPTER V

Initiation to Matrimony.

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##### CHAPTER VI

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him very often, but never once dreamed of that man being 'Skeets' Martin, of the class of '13. Well, well, well."

That was about all I could say in reply to this delightful and surprising bit of information. Finally, we drifted on to the others of our class, one by one, but above all the story of the transformation of dear old "Skeets" (now that he had become a famous man I found it very pleasant to call him "dear") kept ringing in my ears.

It was not long until business called me to the West coast, and while so near I made it expedient to drop in to see Doctor Martin—he gave me the story of his experiences much the same as "Buck" had given it, except that he gave much more credit to that party than he had taken for himself. Then he told me how in the years of his practice he had seen literally thousands of cases of individuals whose lives had been wrecked even as his had been wrecked, who had unwittingly taken themselves to the very brink of the pit of failure by their senseless diet and equally senseless indifference to the need of physical activity, or exercise. He told me how he had reclaimed, or rather, had given to them the method of reclaiming, thousands of these unfortunate citizens of our land. "Oh," he said, "it is so simple, this business of caring for the human body and keeping it at its state of highest efficiency. Briefly, the digestive system is just like a heating plant—the food is the fuel, and its energy is converted by the digestive system into heat to sustain the life and activity of the body. Give it too much food, and it doesn't work, or give it the wrong kind, and trouble will appear. Why people do not take care of their stomachs I cannot understand—they will not put granite rocks in their furnace, but some of the junk they put in their stomachs does much more damage than would granite in the furnace, and so on. And exercise—Fido must have his daily walk, but most of the time it is the maid who sees that he gets it, while the mistress, who needs the exercise very much herself, is employing herself eating chocolates or worse, or is sky-larking around to some bridge meeting on the back seat of a big car. Then she wonders why the dog lives its natural span of life, while she checks out at the half-way mark."

There was no doubt about it "Skeets" was in earnest about what he had to say, and he certainly knew what he was talking about. He talked with me for some time, always about this subject of living a normal, healthy life. Finally, I said to him, "Now, listen. You have been

through the experience yourself, and know what you are talking about, but what about the fellow who can't afford to take a year off to put in in this rejuvenation business, what can he do to get right with Nature, and then how can he stay that way?"

He replied that mine was a sensible question, and said that he was fortunate in that he had such a friend as "Buck." He added, however, that such a program as he underwent is not necessary, and that one can reclaim himself equally well at home. Briefly, he said that one whose work requires but little or no physical exertion should use but very little meat, and instead should subsist on a diet consisting principally of fruits and vegetables with plenty of water and milk. Whole wheat bread is preferable to white, and rye or brown bread would be a good addition to the diet. Fresh air is of vital importance and should never be curtailed. Keep a window up a little at all times, and at night raise it well up.

Now about exercise—he told me that if he were able he would make a law to the effect that everyone would have to perform the following routine every morning, doing each exercise fifteen times:

1. Stand erect, hands overhead, and bend forward touching the fingers to the floor, and return.

2. Stand erect, hands on hips, bend as far as possible to the rear, and return.

3. Stand erect, hands on hips, bend as far as possible to the right, then return to erect position, then bend to the left, and return.

4. Stand erect, hands on hips, twist as far as possible to the right, then return and twist to left, and return.

In all these exercises the knees *must* be held locked rigidly straight, all bending being done in the waist and hips.

Dr. Martin told me that if everyone would do these four exercises fifteen times each, every morning, and follow his advice about cutting down on meats, greasy foods and rich pastries, etc., also slow down on coffee and tea, a great many doctors would have to take up bricklaying, or something else, and that he himself would get a chance to take a vacation and another trip in the Ozarks. He says that this system of living would make America a one hundred per cent greater nation in every way within ten years, and her inhabitants one hundred per cent fighting fit for peacetime work inside a year's time. He's right, too—I know, because I tried his plan, and it worked!

## Health — Strength — Beauty

(Continued from page 47)

Also, is there any exercise or treatment that will make sagging breasts firm again.

Awaiting your early reply, I remain,

Mrs. (E. B.), N. J.

ANSWER: You will find massaging the hair the best way of ridding it of oiliness. Try this shampoo:

A well beaten egg, a spoonful of powdered borax, half of violet ammonia, and

a few grains of the subcarbonate of potash. Brush your hair well. (I did not say thoroughly, because that might give you the impression that you should bang away at the scalp with vigorous strokes and take all the weak hairs out on the brush). But gentle brushing does not always affect the scalp and for



# How a wise-crack made me popular

**D**ON'T tell us that you're really going to dance with Ethel."

"Why, of course—she's promised me the very next number."

"Good night!" they roared in chorus.

"What's funny about that?" I asked blankly.

"Funny! You and Ethel dancing together! Why that would be a positive howl," replied Ted. "Don't you know that she's one of the best dancers in town? And only two weeks ago you said that you were through with dancing for life."

"Can't a fellow change his mind?"

"Oh, let him go ahead," interrupted another. "If he wants to make a side-show of himself, it's his own funeral."

Just then the orchestra struck up a lively fox-trot. "Sorry, boys, but I'll have to leave you now—my charming partner awaits me."

Two minutes later they were looking at one another in amazement. Instead of a blundering, stumbling fool, they saw a confident, finished dancer. Ethel herself spoke of my smooth dancing. She marveled at my variety of new steps and praised my skillful leading. It was my turn to laugh—my turn to hold the spotlight.

When the dance was over the fellow's cornered me. They were all curiosity. "For heaven's sake, how did you ever learn to dance?"

"Some day when I have more time I'll tell you all about it," I said with a wink.

The truth of the matter, though, is that I owed my sudden dancing ability to a wise-crack. It all happened about two weeks before.

I was invited to a party. For my own sake I should have refused, but I hated to admit that I was a poor dancer. I figured that, as usual, I could get by somehow. Somebody introduced me to Doris Blake, and before I knew it I was dancing with her. That is, I was trying to dance.

## I Was Never So Mortified

What a jumble I made of things. I stumbled through the steps. I trod on her toes. I tried desperately to keep in time with the music. Naturally, everybody in the hall was giving me the ha-ha. As I escorted her to her seat I felt myself blushing furiously.

"Thanks a lot," I said meekly.

"Don't mention it," she replied, "the pleasure was all yours."

Momentarily I was infuriated. If she were only one of the boys I would have had a sharp comeback for her. Then suddenly I understood. All along I had been bluffing dance steps—kidding myself that I was getting by with it. Now I realized I hadn't fooled anyone but myself. Doris might just as well have come right out and told me that I was an old-fashioned, walk-around, bumpy dancer. Her wise-crack certainly gave my pride a jolt. But now I'm glad she made it. Otherwise I would have never written to Arthur Murray for the five dancing lessons he offered free.

They arrived promptly. And believe me they were a revelation. For I never believed that it was possible to learn dancing by mail. It was real fun following the simple diagrams and directions. The first night I mastered a fascinating fox-trot step. Soon I had learned all the delightful variations of the very latest step—without music, partner or teacher.

*The funny part of it all is that I could have been popular months before.*

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Don't wait. Mail this coupon NOW. Arthur Murray, Studio 803, 7 East 43rd Street, New York City.

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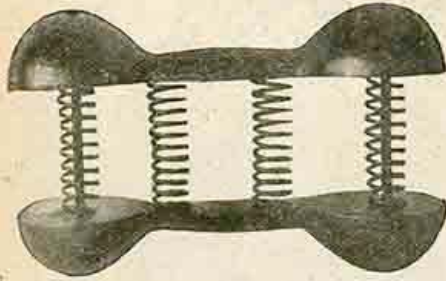
To prove that I can learn to dance at home in ten days you may send the FIVE FREE LESSONS. I enclose 10c (stamps or coin) to pay for the postage, printing, etc. You are to include free "The Short Cut to Popularity."

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# MUSCLES



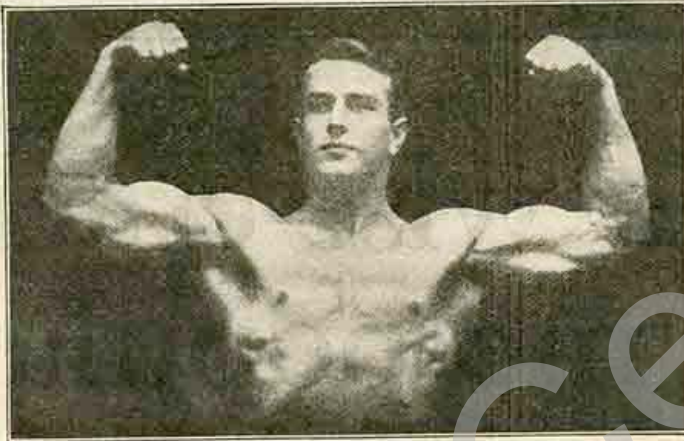
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that reason massaging will prove very beneficial.

The massage should take the form of a rotary motion, beginning at the front over the forehead and going back to the crown, then forward to the temples and back and forth, till the fingers of the two hands meet at the nape of the neck. The palmar surface of the fingers must press firmly but gently so that you feel the scalp move under them.

Then rinse the head well in warm water—and if you care to, cold for reaction. Dry it thoroughly and finish with a dry massage until every particle of the moisture has evaporated. After the oily condition has entirely disappeared and the hair appears to be healthy, you might drop the shampoo mentioned above and begin to use an egg well beaten in an ounce of water.

You will find some very good but exercises given to B. D., of Penna., above. I would advise you to read the answer and follow the list of exercises given therein.

## Journey's End

(Continued from page 49)

identical; or if I take up your line of travel, you help me on, and our companionship may continue. Do you get what I mean?

The best recipe I know if you want to be miserable and unhealthy is to think about yourself—how much you have lost, how much you have not made, and the poor prospects for the future. A brave man with a soul in him gets out of such pitiful ruts and laughs at discouragements, rolls up his sleeves, whistles and sings, and makes the best of life. A man who rises above his discouragements and keeps his manhood will be only the stronger and better for his adversities. Many a noble ship has been saved from disaster by throwing its most valuable cargo overboard, and many a man is better and more human after he has lost his gold.

Great interest arose in a case of this sort shortly after we arrived in the land of Health. By steadily refusing to obey the Laws of Health, a citizen was placed on trial, pending solitary confinement in prison. We were invited to attend the trial, which proved to be quite unusual.

The defendant arraigned was Common Sense and the attorney for him was False Belief. The jury comprised Intemperance, Bad Habits, Disease, Anatomy, Medicine, Hypnotism, Sensuality, Drugs, Obesity, Envy, Greed and Ungratefulness. The judge presiding over the case was Judge Nature, who was patient in all things, ever helping those who did wrong to make restitution and set them on the right road. He arose and called the evidence for the prosecution; a witness testified:

"I represent the Laws of Health. I saw the prisoner utterly disregard the principles advocated in this fair land of ours. Although I have the superintendence of human affairs, still I was personally assaulted and abused shamefully, without having a chance to correct the prisoner. I was told that I must remain silent until called for at this trial, when

I would be given a hearing. Notwithstanding my rules to the contrary, the prisoner neglected exercise, lost all interest in his personal appearance, ate heavily and kept late hours. At last he was unfit for his daily duties and to make matters worse, he indulged in drink to stimulate himself. I consider this a criminal offense, inasmuch as this country does not tolerate willful law-breakers. Therefore, I arrested this man and cast him into prison.

"At the time of the arrest the prisoner summoned Medicine, Hypnotism and Drugs to prevent his punishment. The struggle was indeed a long one, but in the end I won out over Medicine, who held out the longest, and I succeeded in getting this man into close confinement until I should release him."

Other witnesses were called by Judge Nature. Nerves, Bad Breath, Headache, Sore Throat, Sallow Skin, and others made up the curious lot that testified against the poor prisoner. It looked like a hopeless case, and King Happy, sitting next to me, remarked that there wasn't any chance with the grim Jury, unless Judge Nature intervened.

The testimony ended, and the great Judge arose with marked solemnity to address the jury. He analyzed the offense, reviewed the testimony and explained the rigid laws of the Land of Health. His conclusion was that violation of The Laws of Health were deemed punishable, and in compliance with his stern duty, the Judge urged the jury not to allow their judgment to be warped by the suggestions of Physical Culture. The jury must regard in such cases only the evidence of Common Sense against Mortal Man.

While the jury was in conference, the Judge did a peculiar thing. He singled out King Happy and asked him to give his ideas concerning the case. King Happy arose, and in those warm, mellifluous tones, said, "The prisoner at the bar has been unjustly dealt with. His trial was a tragedy and is morally illegal. This man made the mistake of thinking about himself too much. Instead of getting the most out of life he allowed Fear to handcuff him and make him a slave. We should remember that many diseases are, to a great extent, imaginary, and some of those not actually imaginary may, at least, be brought about through Fear resulting from abnormal delusions. Now, if this man could have combatted Fear by mental forces of the right sort, he would not have violated the laws of Health, nor would the witnesses who testified against him have any evidence as to his crime. To seek relief he was actually forced to go to Drugs and Medicine. This man became blue, hopeless and to a certain extent helpless. He saw nothing in the future. His life became dull. Ambition and enthusiasm disappeared completely. It was not difficult for this state of mind to be easily influenced by Medicine, Hypnotism, and the rest of the jury now gladly convicting him.

"What this unfortunate prisoner needs most is your help, Judge Nature. Then he must learn to cultivate a hope-

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ful, cheery spirit. By sentencing him to cheer up others, he will cheer himself; for always when we help others we inevitably help ourselves, though this is not altogether our main purpose in the action. Once his mind becomes cheery, it will then be normal and healthy. He will find a pleasure in living up to the Laws of Health, carrying out each rule to the best of his ability. Therefore, what I propose that you do, Judge Nature, is commit the prisoner to my care. I will take him back with me to Happy-Go-Lucky Land and keep him there until he is eligible to assume his place as a full-fledged citizen of Health once more. I will teach him, with your aid, to harbor thoughts that will be constructive instead of destructive in their tendency.

"I denounce the jury that is convicting this man in the name of Health and Happiness. They are not fit to preside in a case where Mortal Man has been unjustly convicted without a chance to defend himself. The jury will sentence this man to death, and the prime law of this land is to allow everyone a fair chance to make restitution. Therefore, your honor, I exhort you to deal fairly with this unfortunate man."

King Happy's words fairly electrified the courtroom. He had spoken the truth. Kind, Old Judge Nature smiled warmly as the majestic King sat down. He was convinced that the prisoner was unjustly dealt with. Before the jury could advance their decision, the Judge declared the case closed, and sentenced the prisoner to exile in Happy-Go-Lucky Land until he would become eligible again to enter The Land of Health.

The courtroom loudly applauded this verdict. Then the prisoner rose up regenerated, strong, free. I noticed, as he shook hands with the beaming Judge, that all his sallowness and debility commenced to disappear. His form became at once erect and commanding; striding towards King Happy, he vowed he'd imbibe the spirit of Happy-Go-Lucky and strive to reinstate himself.

Then Judge Nature arose and read the rules to which everyone in The Land of Health must adhere. My followers listened intently to the reading, and at the conclusion they were initiated into the society of Health. I am giving, herewith, for your delectation, the following rules that were laid down to us. They are as follows:

First—*Sleep.* Give yourself the necessary amount of sleep. Some men require five hours of the twenty-four, while others need eight. Avoid all feather beds, and sleep in a garment not worn during the day. To maintain robust health, sleep with a person as healthy as yourself, but it is much better to sleep with no one.

Second—*Dress.* In cold weather be sure to acclimate yourself before you persist in light underwear. Remove muffler, overcoat, overshoes, etc., when remaining any considerable time in a warm room. This is especially necessary when eating in modern, quick-lunch restaurants. Always keep your feet warm and dry, and wash them in warm water two or three times a week before retiring at night. Wear warm

stockings and cover the feet with over-shoes during the wet seasons. Wear always a light covering on the head and keep it cool.

Third—*Cleanliness*. Have always a pint or a quart of water in the sleeping room. In the morning, after washing and wiping the hands and face, wet with the hands every part of the body. Cold water will not be disagreeable when applying it with the bare hands. Wipe immediately, and then follow by brisk rubbing over the body. The whole operation need not take over five minutes. The result of this wash is the blood is brought to the surface of the skin and made to romp evenly throughout the entire body. You have opened the pores of the skin, allowing impurities in the body to pass off, and have given yourself in the operation a good, vigorous morning exercise. Pursue this habit regularly, and you will seldom take cold.

Fourth—*Inflation of the Lungs*. Five minutes spent in the open air, after dressing, inflating the lungs by inhaling as full a breath as possible, and pounding the chest during the inflation, will greatly enlarge the chest, strengthen the lung power, and very effectively ward off consumption.

Fifth—*Diet*. If inclined to be dyspeptic, avoid mince pie, sausage, and other highly seasoned foods. Beware of eating too freely of soups; it is better to eat food dry enough to employ the natural saliva of the mouth in moistening it. If you are inclined to over-eat, partake freely of rice, cracked wheat and other articles such as fruit and vegetables that are easily digested.

Eat most freely of ripe fruit, and avoid excessive use of meats. Eat at regular hours and do not eat before going to bed. Eat slowly, thoroughly masticating the food. Do not wash it down by continual drinking during eating. Tell your funniest stories at the table and for an hour afterwards. Meal times should be a happy time, for then the digestive processes are stimulated to great activity. Do not engage in severe mental labor directly after eating. This should be avoided.

Sixth—*Exercise*. Exercise, not too violent, but sufficient to produce a gentle perspiration, should be had each day in the open air. The kind recommended this month are the ones shown in the illustrations. Fig. 1 reveals two athletes sitting on boxes, though chairs are preferable for this exercise. One athlete sits with his knees firmly held between the other's, and it is his object to spread or break apart his opponent's knees, which hold him fast. The resistance afforded by this splendid exercise not only strengthens the entire leg muscles, but benefits the tendons and ligaments situated near the groin. This is a very valuable exercise in creating great strength to those muscles not commonly used.

Figure 2 is an old, old stunt, where two athletes sit on the floor, grasping a stick between them. At a given signal they pull against each other, each trying to force the other out of the ordinary sitting position. The resistance afforded

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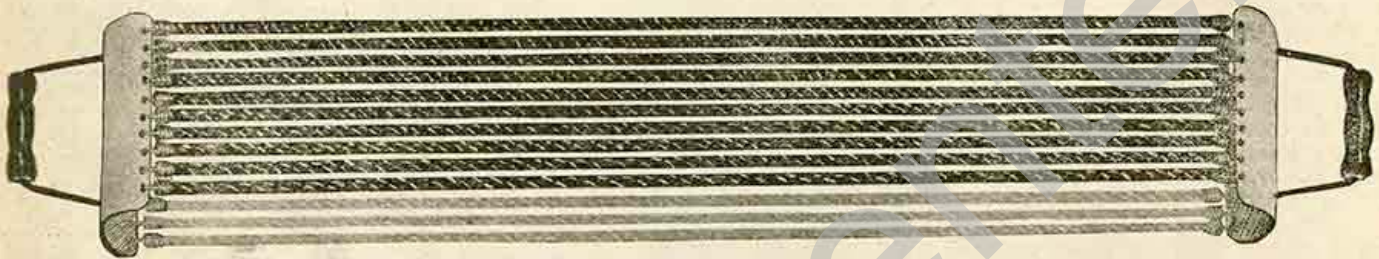
**Both the Exerciser  
and Course**

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By

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Compare the prices of this real, strong-man developer with the prices of others. You will find lower prices and higher prices, but you cannot at this moment get a cable exerciser that is as efficient a body and strength builder as this 20-Variied Cable Exerciser. I look for imitations later on, though.



The New 20-Variied-Cable Exerciser:—10 Extra Heavy, 5 Medium, 5 Light Cables

### HERE'S HOW IT'S DONE

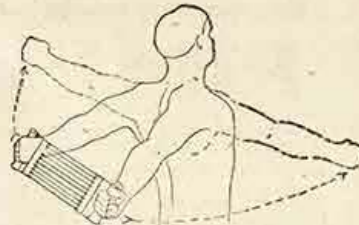
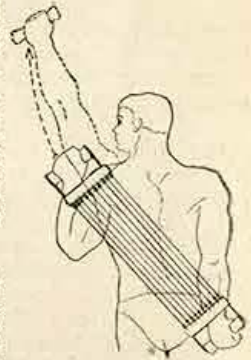
In the 20-varied-cable exerciser there are 10 powerful cables, 5 average strength cables and 5 light cables.

Now supposing we take the exercise illustrated to the right in which the athlete is doing a push-up with the left hand. You are weak and can only push up one of the heavy cables the required number of times prescribed in the MacMahon 16-Lesson Cable Course. Consequently, upon adding a second heavy cable a few days or a week later you find you can not push them up over 3 times or maybe not once. Now if all the cables were of this one degree of strength you'd be "done" for awhile at least, with that particular exerciser, wouldn't you? Is that progress? It certainly is not.

Now suppose again you are the fortunate possessor of a MacMahon 20-Variied-Cable Exerciser along with the MacMahon 16-Lesson Cable Course—what could you do in the above case? Why try one of the medium strength cables or or one of the light cables as the case required and

proceed with the required number of repetitions. That's progress, isn't it?

It works the other way too. Suppose your gain in strength was more than equivalent to the strength of a heavy cable but not quite as great as the strength of two heavy cables, then you'd add 1 heavy and 1 medium or light cable. In other words, you can't stand still—you must progress, when you own and use a MacMahon 20-Variied-Cable Exerciser.



### I'll Have You Pulling 20 Cables In Short Order In Many of My Exercises

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Your arms will actually bulge with muscle. Your legs will become shapely and powerful. Your back, abdomen and chest will be thick with muscles—not clumsy, awkward muscles, but the quick, supple and useful kind.

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The way I increase your strength, you'll need a 20-Cable Exerciser in a few weeks if you don't get one at first. You'll save money by getting the large one right off the reel.

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15-Variied-Cables..... \$9.00

Name.....Address.....

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

Age.....Years    Weight.....Pounds  
(in street clothes)

Normal Chest.....Expanded Chest.....Inches

Forearm....."

(arm straight, tape 2 inches below elbow joint)

Upper Arm.....Inches    Waist....."

(smallest part)

Wrist....."    Ankle....."

(right next to base of hand)    (smallest part)

Neck....."    Hips....."

(largest part)    (largest part)

Knee....."    Calf....."

(largest part)    (largest part)

Thigh....."

(largest part)

Height.....Feet....."

Your occupation is?.....

How is your digestion?.....

How is your general health?.....

Are you strong or weak?.....

Are you married?.....

How many hours sleep do you get?.....

Are your eyes dull or bright?.....

What is the condition of your heart?.....

Do you feel rested on arising?.....

How many meals a day do you eat?.....

Do you use alcoholics or tobacco?.....

Do you want to lose or gain weight?.....

Have you ever taken any exercise?.....

Who was your instructor?.....



by this splendid exercise improves the strength of the back two-fold, and it is a valuable exercise for stimulating the nerves along the spine.

Figure 3 is a great test for the forearms and shoulders. The stick is again grasped between the two athletes with the grips fixed according to the positions illustrated. One athlete twists the stick in one direction, while the other works against him and endeavors to twist it in the other direction. The intensive resistance that results from the pressure exerted is so great that the sinews often stand out like whipcords in the arms.

Figure 4 shows one athlete holding the stick aloft (over head) while the other endeavors to pull it down. Here again the value of resistance is emphasized. The back and abdominal muscles, the serratus magnus muscles under the chest and the latissimus dorsi muscles derive unusual development from this vigorous work.

Figure 5. The two athletes hold the stick at their shoulders. Each assumes a fixed position at the ends of the stick and tries to push the other off balance. The exercise is very good, benefiting the shoulders, back and arms mainly.

Figure 6 is similar to Figure 5, only the stick is held firmly at the side of the waist, as shown in the illustration. This exercise is very good for the biceps, shoulders and abdominal muscles as you can readily see from the strain of the resistance affecting the muscles named.

The necessary roads to success in any physical culture endeavor are many in number. Complete victory comes only when effort is exerted. Light effort will never accomplish the desired results. In the above exercises it is advisable to repeat them only until the muscles are comfortably tired; about five or six times is sufficient. Nothing is worth having if it is not gained by a little trouble and toil, but these will not alone command success. The exercises illustrated are very good for developing the body as well as creating strength. It depends largely on how hard you work to overcome the resistance produced by your opponent. Success may not come at once merely by following explicitly the seven rules laid down herein, especially the rules gov-

erning the exercise, but perseverance on your part will, eventually, meet its due reward.

Seventh—*Condition of Mind.* The condition of the mind, as was mentioned in previous articles or broadcastings about the trip to Health, had a great deal to do with the general physical welfare. Be hopeful and joyous, and to be so avoid business entanglements that may cause perplexity and anxiety. Keep out of debt, as this scourge has ruined many an otherwise healthy man from the worry of it. Live within your income, or speedily make an adjustment if this is not being practiced. This is another scourge to be strenuously avoided. Don't forget to attend church as this can do much in making your mind free from oppressions that beset it. Walk daily, ride about the country, and be a good mixer with the right kind of people. "Do unto others as you would have them do to you," and be as near right as you know in your heart you can. If occasionally disappointed, remember that there is no rose without a thorn, and the darkest clouds have a silver lining; sunshine follows a storm, and beautiful spring follows the dreary winter. Do your duty and leave the rest to Providence, who takes care of everything. Do not worry, and beware of habits. Make your habits profitable. That's all I can say on the subject.

Now, in closing, if you'll abide with the advice I have given there is every reason to suspect that you will remain in The Land of Health forever and forever and a day. I sincerely hope you got a lot of good out of this trip, imaginary though it has been. Remember, ere I close, first purge your mind of destructive thoughts, for they can actually kill you. Keep this fact very definitely before you, and try to make your thoughts each day the means of adding to your life forces. Secondly, take a rest, then exercise and follow the recipe that was given the pilgrims in The Land of Health. Don't forget music, poetry, and the fine arts. All these go to make up a life full of self-expression.

"So, that's all there is; there isn't any more." Good-bye, my friends, this is station *H-E-A-L-T-H* signing off. Of course, it was *ME* broadcasting. It's journey's end!

## Oh, How I Hate to Get Up in the Morning!

(Continued from page 33)

the night in sleep and will acquire an exceptional vitality as a result.

Bodily rest, even with sleep, is greatly valuable for purposes of recuperation. To a certain extent, such rest, especially if associated with a state of complete relaxation of the muscles, will make it possible to take less sleep without serious devitalizing results. Thus, the auto-suggestion exercises do their meed of good in helping one to attain this desired state, and though you may be unsuccessful with the experimentation the first time, as I said before, patient effort will eventually bring results.

When the alarm rings in the morning, jump right up out of bed, put something

warm around you and stand before an open window. If you happen to live beyond the narrow confines of a great city, then by all means go out into the backyard or outside somewhere and perform a number of deep-breathing exercises, deep-breathing exercises that fill the lungs to capacity. However, while I think of it, there's one exercise in particular that's very, very good. Stand in a most slouchy attitude, suddenly draw in a deep breath, raising the arms sidwards as fast as possible (whipping them sidwards would even be much better) and stretch and stretch up tall. Now blow out all the wind and slump into another slouchy attitude,

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repeating the exercise as it was just described. After you have performed this about five or six times, you are then ready for the exercises that certainly fire one with pep if performed correctly.

In illustration No. 7, Mr. Sam Thompson, assistant gymnasium instructor of the Germantown Y. M. C. A., Philadelphia, portrays a good yawning position. By leaning backwards as far as possible and tensing the entire musculature, the region of the kidneys can be effectively massaged to produce stimulation. Now, from this position, snap into action and swiftly sink down to a squat, pushing the arms vigorously forward as Mr. Thompson is doing in picture No. 1. Remember, the heels do not touch the floor during this movement, or the real benefit of the exercise is lost. It is essentially an exercise to perfect the equilibrium and balance, which are sorely needed after long hours of sleep in a horizontal position. Its real purpose, however, tends to set the machinery controlling the eliminating processes into action.

One of the best exercises for awakening the mental faculties and stimulating the trunk is the exercise performed by Mr. Thompson in picture No. 8. He is standing up on his toes and stretching as high as possible with the arms overhead. Suddenly he switches the position to the one shown in picture No. 6, head down on knee, body bent well forward and arms swung vigorously back overhead. This exercise is valuable in stimulating the nerves along the spine and producing that wide-awake feeling, but it should not be repeated more than five times.

The next exercise is a corking good one. It strengthens the arms, shoulders and especially the abdomen. Take particular note of the position assumed by Mr. Thompson in picture No. 5. His feet are firmly flat on the floor and the back is arched or humped high. The arms are stretched to their limit and only the fingertips touch the floor. Now look! In picture No. 3 he leans forward like a sprinter on "his marks," "get set." The legs are rigid as well as the arms, and the toes and fingers only are the means of support. The farther forward you lean, the better you make the exercise. It is exceptional as an all-round strengthener of the body and wonderful when it comes to waking you and imbuing the spirit of a finely bred race horse. Practice this exercise no more than five times, as it is a bit strenuous.

When you finish performing this series of exercises, drink two glasses of hot water. A complete and perfectly satisfactory evacuation is often brought about while taking this treatment, along with the exercises just described in brief. This cleansing process and the two following exercises will bring about a clearer brain and a thoroughly improved physical as well as mental capacity.

Illustration No. 4 shows a rather difficult exercise, but it certainly limbers the muscles and strengthens the small of the back. The idea of this exercise is to grasp the ankles, lying prone, and

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"spread the eagle" by raising the knees and head up as far as possible. The last exercise is quite the reverse. Assume the position in picture No. 2 and rest on the floor, then first push the trunk vigorously up until on a horizontal plane with the floor, as illustrated aptly by Mr. Thompson. This is another limbering exercise, but it is also good as a strengthener of the back and arms. I would suggest that you perform the last named exercises only three times in succession.

Our time is about up now. It is best that you go and tend to your regular morning ablutions. I'm sure you feel wide awake by this time. If not, it might be well that you take a cold shower, providing your nervous system could withstand it. If you do, extend the spine first under the water, as this shocks the brain. Never go under a cold shower head first, as this is rather bad on the heart.

There is nothing more to say, but as I write this, the song Sir Harry Lauder used to sing runs through my mind. "Oh, it's nice to get up in the mornin', but it's nicer to lie in your bed . . . . However, the new day, with all its adventures and thrills, is a "darn" sight more worth gettin' up for than lazily lyin' in bed, losing precious hours that might mean something in later life.

The fellow who gets up in the morning feeling tired, who goes to work and half-heartedly performs his duties, is not fair to his employer nor himself. Such a fellow not only holds himself back, but shakes the confidence his employer has in him. To be able to get up in the morning and do something to counteract the wretched feeling of tiredness will in time have its rewards. Have the nerve to get up, and when you're up, try the exercises and hot water drinking I described to you. Your blood will be stimulated and you will bubble over with vim and pep. Only, for heaven's sake, try to go to bed a little earlier than you've been doing, if this "stuff" is going to do you any good at all. If you do as I suggested, you will become a regular he-man, not a dopey mollycoddle who is buffeted throughout an entire day. I've tried the exercises and hot water drinking myself, and believe me I felt a thousand times better for having done so. So, friend, go to it. What more can I say. You will recognize the benefits when you try them out, rather than having me point them out to you. If you doubt me, then make me prove it. I'd be only too glad to do this. Come, now, for time flies, set your alarm a half hour earlier tonight and I'll bet you'll feel like Jack Dempsey when you go to work tomorrow, that is, if you perform the exercises!

## The Roughest Game of All

(Continued from page 39)

is more nearly correct, of one of the defending players who takes it around back of his own goal and starts carrying it toward his opponent's goal, as I explained at the beginning of this article.

Because the guards rarely leave their

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Dept. B. 12 E. 37th St., New York City

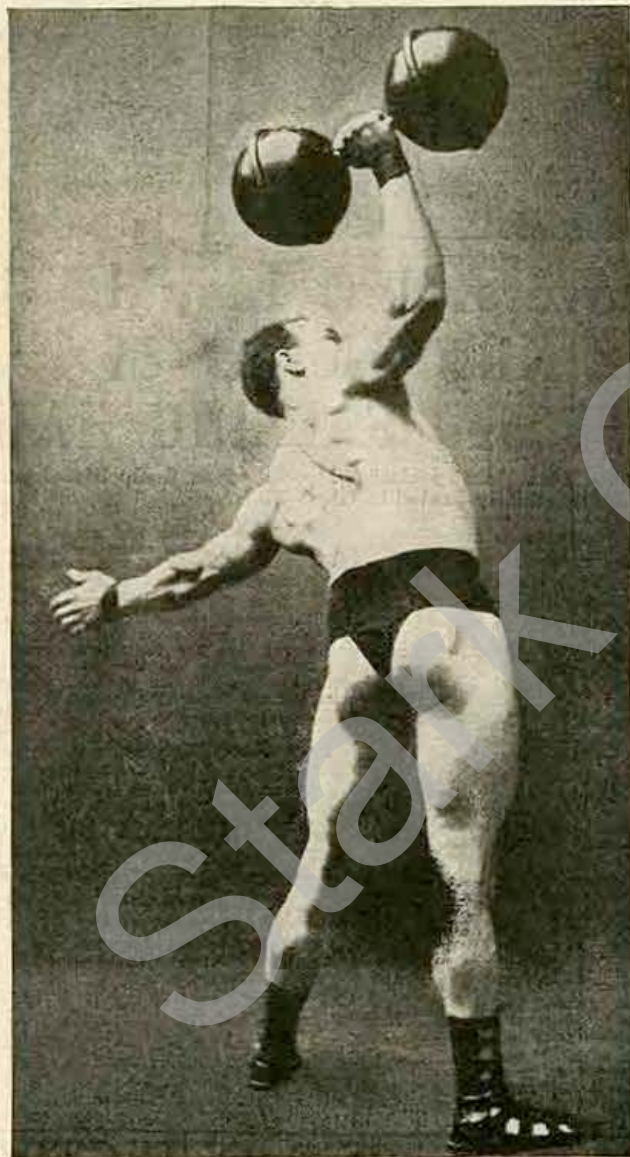
# WHAT IS A BAR BELL?

A BAR BELL is simply a long-handled dumb-bell. It has many advantages over a pair of dumb-bells. For instance, it is far easier to handle a 50-pound bar bell than two 25-pound dumb-bells. Again, with a bar bell you can do certain back and leg exercises where it would be awkward to handle a pair of dumb-bells. The bar bell became

## The Greatest of All Body Builders

when the adjustable feature was added—for then it became possible to employ the progressive method of exercise which has proven to be the only way in which a man of below average physique can gradually but steadily improve his build, his muscular development and his stock of organic vitality until he becomes a physical superman—the very pattern of health, strength and manly beauty.

### By Using a Bar Bell You Can Become a Physical Superman



HARRY HALL

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

### We Give Unlimited Service

With us it is not a case of giving you so many "lessons" and then forgetting you. You are our pupil as long as you own the bar bell you buy from us. You may be in such condition that we can give you the kind of developing work that makes you gain at a rate so rapid that you will be amazed. Or it is possible that you are in such a run-down or absolutely undeveloped state that we will have to start you with the bell adjusted to very moderate weights, put you on a mild progressive schedule, and *coax* your body to its proper proportions and teach you how to accumulate a stock of reserve vigor and health. All of which is part of our job, and what you pay us for.

### We Give An Absolute Guarantee

All our goods are sold on the same understanding. If within ninety days after enrolling you are not satisfied with the results, you can return your outfit and have your money refunded. For years we have kept a careful record and find the proportion of returns is 1/3 of 1 per cent. In other words, we satisfy 299 out of every 300 customers. (We never expect to be perfect.)

### We Make Adjustable Bar Bells of All Varieties

Every outfit we make is a combination affair, which can be used as a bar bell or as a pair of kettle-bells. Every part of each outfit is adjustable in weight. Some types have hollow spheres which can be loaded with iron plates of assorted sizes. Others have no covering spheres, but consist just of an assemblage of iron plates and the different handle bars. We make bar bells of

### Different Styles—Different Sizes—Different Prices

but every outfit we make can be adjusted to such a moderate weight that it can be easily handled by the weakest and smallest man, and yet can be almost instantly adjusted to a weight that would tax the strength of Samson.

### Our Literature Will Interest You

Send at once for our booklet,

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

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Dept. 196 2739 N. Palethorp St., Philadelphia, Pa.

Gentlemen:

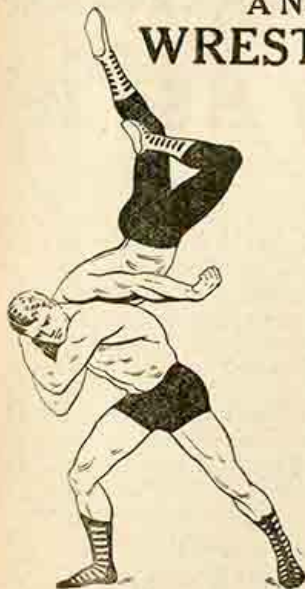
Please mail me, without charge or obligation on my part, your free booklet, "Health, Strength and Development and How to Obtain Them."

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Address .....

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

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Art of  
Wrestling  
and Self-  
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May  
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Life

You Should Be Able to Protect  
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Insulted By a Bully

Many Prominent Wrestlers Who Know the  
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Never Heard of, Are Included In This Course  
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Shower Fixture that can be ad-  
justed to any position. It allows  
the use of hot or cold water and  
can be regulated while in the tub.  
This shower can be set up or  
taken down in three minutes  
without the use of tools.  
Write for introductory offer.

A. H. HANSON

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places before their own goal, it always  
makes their three team-mates, namely:  
the center and two forwards battle the  
entire six members of the opposition as  
soon as these three get down anywhere  
near the other goal. In other words,  
near the goals you will invariably find  
six against three. Naturally, with six  
men of one team defending and only  
three of the other team on the offensive,  
the chances of scoring are small.

One of the peculiar points of this  
game is that when a player commits a  
foul and is sent to the pen for two min-  
utes or sometimes five minutes, no sub-  
stitute is put into his place. The team  
that loses a player for two minutes must  
play on, against the odds of being a  
man short. Occasionally a team loses  
two men at one time, and then four  
players must stand the onslaught of six.  
The losing of a "checker" or goal-tender  
by the penalty route is quite a calamity,  
because the other players are not  
dressed for that job. One of the other  
players must protect the goal until the  
regular goal-tender comes back into the  
game, and it is much easier to get the  
puck through one of these players than  
it is through the overdressed regular  
goal-keeper.

However, the team that is up against  
the job of playing six men with only  
four, usually manages to get the puck  
and freeze it as is often done in basket-  
ball when a team is ahead with only a  
few minutes or seconds to play. I  
don't like that method in basketball  
where the teams are always evenly  
matched, but in ice hockey no one  
blames a short team for taking no  
chances until their penalized players are  
back in the game again.

I have said before that ice hockey is  
the fastest of games, and because of this  
great speed, the players, especially the  
wings and centers, must possess the  
highest form of stamina; but even  
though these players do seem tireless,  
no man can stick in the entire game and  
do his best. Therefore, substitutions  
are constantly being made and the sub-  
stitutes must be on a par, in playing  
ability, with the regulars.

Professional ice hockey is the game  
that is rapidly gaining favor in this  
country. It has always been a game in  
which the Canadians excelled, and the  
greater number of players of the three  
professional leagues in the eastern states  
and Canada are Canadians. But  
American players are rapidly develop-  
ing too, although we are handicapped  
by the shortness of the ice season,  
whereas in Canada skating can be and is  
indulged in for a longer time each year.

If you have never seen a professional  
ice hockey game and the opportunity  
presents itself, it will be well worth  
your while to take it in if you like per-  
sonal combat. If you do like personal  
combat you certainly will not be dis-  
appointed when you witness the speed  
and rough, knock-'em-and-drag-'em-out-  
methods of playing this thrilling game.

## Rip'—Believe It or Not

(Continued from page 27)

in 1912. He possessed fifteen dollars,  
an extra suit and a fielder's glove, and

# Button Rupture Newest Way

[Without  
Pressure]



Science now advises  
discarding cruel, steel  
springs, barbarous leg  
straps, and other bar-  
barous that press  
against the rupture  
and thus prevent na-  
ture from healing it. A  
new, sensible method has  
been perfected, after  
thousands of test cases, called  
Magic Dot—entirely different  
from any other way. Instead of  
"pressing," it "seals" rupture, and  
of course allows users to run, jump,  
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With this 1-25 oz. device is a  
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washable. It actually breathes  
air, and cannot slip off the rup-  
ture—a feature, you'll frankly  
admit, that is lacking in your  
present appliance. In fact, it is  
so superior and different that it  
is praised by physicians as  
"an entirely new depar-  
ture." Users report they  
have forgotten they are  
wearing it. But don't buy  
it yet.

## See It First

By a special ar-  
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now have it sent to  
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a penny or order it now.  
Just write for full descrip-  
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formula and genuine hand-made tablets. Sent sealed,  
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Special strength for severe cases, \$3.00. Money back  
guarantee. FRANCE IMPORT CO., PALISADES, N. J.,  
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# A Hard Stunt

for the untrained or wrongly instructed individual is dog-goned easy for the fellow who knows how. Tumbling and hand-balancing stunts look difficult and make a big hit with those who witness them. You must use certain methods to learn the proper movements.

## THERE IS AN EASY WAY TO DO EVERYTHING

and by the use of the safety tumbling belt, the most advanced hand-stands and somersaults are mastered with ease and safety. You can try all feats without the danger of a fall, until you have acquired the knack and confidence to perform them without the aid of the safety tumbling belt.

## HOW MUCH IS IT WORTH?

to you to learn either of these feats shown here, or any other stunt requiring perfect control of your body? Wouldn't it be worth the price of the course to learn one feat? But the MacMahon Course teaches you every stunt worth knowing.



A Perfect One-Hand Stand

# A Cinch Easy As Pie

Such feats or stunts as the two shown here are as easy as walking up stairs for the fellow who is properly instructed and coached. There is an immense amount of satisfaction in performing stunts like these two. If you are instructed by the Charles MacMahon method, you will learn quickly.

## Anything Is Difficult When You Don't Understand It

If you try to master these stunts without proper instructions, you get into a lot of bad habits that you will have a hard time unlearning.

## The Only Way

### Is the MacMahon Method

and the beauty of this course is that you can practice alone without partners or danger of any injury from falls. Just fasten on the safety tumbling belt and get in trim for thrills.

## NEXT SUMMER, ON THE BEACH, BE THE LIFE OF THE PARTY

By performing stunts the other fellows can't do.

SIGN UP NOW!



Charles MacMahon Performing a Somersault With Two 30-Pound Dumb-Bells

## Acrobatic Dancers

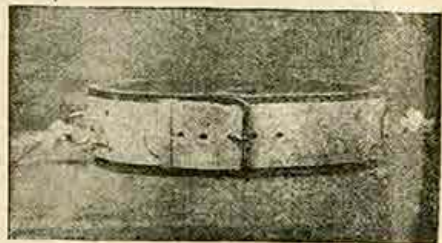
Use the MacMahon Safety Tumbling Belt to learn the hand-springs and cart-wheels necessary to become a finished performer.



## You Can Learn This

You should have a safety tumbling belt to properly master the stunt shown above, and any other advanced movements in hand-balancing and tumbling. The belt is fitted with ropes on each side. Two friends can hold the ropes or you can fasten them to the wall or posts.

## GET THIS BELT



The Safety Tumbling Belt

## Tumbling and Hand Balancing Are Second Nature

CHARLES MacMAHON, Studio A-70  
180 W. Somerset St., Philadelphia, Pa.  
Dear Sir:  
Please find enclosed { \$7.00 for Belt and Tumbling Book  
                                  \$5.00 for Belt Only.  
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Name .....  
Address .....  
City ..... State.....  
Waist measurement.....

with my pupils, who have followed my methods and trained with my belt. The safety belt is fully adjustable to waist measurement, and is made of the strongest materials.

ARE YOU NEXT?

YOU'LL LIKE IT

**Charles MacMahon**

180 W. Somerset St. Studio A-70 Philadelphia, Pa.

that was about the sum and substance of his possessions. He started out to find McGraw, and in less time than it takes to tell it he learned that that gentleman was out of the city; so his next best bet was his friend, Brown, whom he had met at Reno. Brown was very much surprised to see him, and did his best to land him a job. For once, though, it didn't "just happen" in story-book fashion (or maybe, after all, it did, too), for no job was forthcoming, and the young adventurer from the West promptly found himself on the street and decidedly in need of money, a job, and an overcoat, especially the overcoat, for it was as cold as. A newsboy directed him to the office of *The Globe* where, after due trials and tribulations, he succeeded in laying his roll of cartoons before Walter St. Denis—St. Denis called in J. N. Darling ("Ding," the famous political cartoonist), and he in turn persuaded the Associated Newspaper Syndicate to give the newcomer a trial for a period of three months. (It later developed that "Ding" had offered to make good "Rip's" salary for the period in case "Rip" failed to deliver the goods).

And that is about all the story—"Rip" is still with the same syndicate, broadcasting his work to nearly twenty million people through the medium of 72 papers, mainly in the United States and Canada.

Only one more "it happened" is needed to complete this story. Soon after "Rip" arrived in New York, McGraw gave him the much desired trial with the Giants and was very favorably impressed by his appearance; but the final "it happened" came within two months' time—while pitching in a tight game "Rip's" arm suddenly snapped, broken quite in two. However, he was game—had not Ed Roush suffered a broken arm in an auto accident, and had he not become a "southpaw" with complete success? So "Rip" started learning to throw with his left arm, and before the season ended he actually played a game at first base, using his left arm as throwing arm. Educating his left arm to handle a ball did not

meet with the success he encountered in training his right to handle a pencil, so that the accident mentioned ended the existence of "Ripley, the ball player," and introduced the institution of "Rip, Believe It or Not." If it had not been for that broken arm we might now be reading of "Bob Ripley, the famous pitcher," and again, if it had not been for his talent for drawing, some minor league team might now be boasting of a "Bob Ripley, port-sided first baseman." Seemingly, though, "it happened" that "Rip" just had to be a cartoonist.

Circumstances have forced him to give up his first love—baseball—but, nevertheless, he has not given up athletics. He has been a devoted follower of the game of handball for a good many years, and for some time has been ranking among the top-notchers of the country. Briefly, his "Handball History" is about like this:

He was for a time handball champion of New York State, and has on numerous occasions competed in the National Handball Tournament, representing the New York Athletic Club in the National Championships at Milwaukee, Wis., in 1922, losing to Shimmers, winner of the tournament.

Next, in Cleveland, in 1925, he lost only to Laswell, who won the tournament, and the following year was defeated by Walker, the National Y. M. C. A. Champion, in St. Paul.

In 1925 he played Laswell, of the Los Angeles A. C., National Champion, in a special match at the N. Y. A. C. for the title, but lost two out of three close games.

You will note that in each case he has lost only to the final winner of the meet, and as he is again representing his club, the N. Y. A. C., in the National Championships to be held at Detroit March 15th, prospects are very favorable for his complete success this year. The writer is certain that the many readers and friends of **STRENGTH** join with the staff in extending to our mutual friend, "Rip," every wish for victory in this event, and for further success in collecting and presenting to us many more and even more unbelievable "Believe It or Not" knots.

## The Working Girl—Does She Practice the Art of Keeping Fit?

(Continued from page 24)

and at the same time extend first the right leg with bending the knee, straight out in front of you, then left. This is also a well-known exercise for the buttocks.

Exercise number nine. Keep the body perfectly straight, hands on hips. Extend the right leg forward, keeping leg perfectly straight. Return to position and alternate with left leg.

Now, just a little advice in regard to fresh air and walking. Would it not be one hundred per cent better for one to walk to and from business, instead of crowding in subways and trolleys? I

know it will be a little hard at first, making one feel tired, but after a day's practice you would feel well repaid for your efforts. Needless to say, a brisk walk in the cool weather will produce a greater appetite. Women, even more so than men, need regular walking daily.

In these modern days very few women take the trouble to walk, which is the cause for nervous complaints of all kinds. Begin walking regularly, and by that I do not mean for ten or fifteen minutes. Snap out of it, girls, and walk for at least an hour or two daily. You will soon find that "tired feeling" disappearing.



### Enjoy Glorious Health and Beauty Baths

Regenerate and beautify the body with hot air, vapor, Turkish, and perfume baths in the famous improved Allen Vapor Cabinet. Many exclusive features. Price complete, with alcohol heater, floor mat and face steaming attachment \$15, prepaid anywhere. Ready instantly—folds to small space afterward. Sanitary, Neat, Durable.

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ENDED IN 10 MINUTES

—or costs you nothing



1 Trouble starts in weakened muscles. Tying bones of forward arch are displaced. Pain follows.



2 A super-elastic band assists and strengthens weakened muscles, replaces bones. Pain stops instantly.



3 You walk, stand and dance with ease. Wear stylish shoes with comfort. Feet are permanently well.

SCIENCE says 94% of all foot pains result from weakened muscles. Now a way is discovered to assist and strengthen these muscles. Results are almost immediate. That burning, aching, tired feeling in the feet and legs—cramps in toes, foot calluses, pains in the toes, instep, ball or heel—dull ache in the ankle, calf or knee—shooting pains from back of toes, spreading of the feet, or that broken-down feeling—all can now be quickly ended. Pain stops in 10 minutes when an amazing band is used, called the Jung Arch Brace. It is highly elastic and amazingly light and thin, yet strong and durable. For severe cases an exceedingly soft cushion rubber lift is attached to the brace, and is urgently advised. Slip it on, that is all. Pain stops like magic. Stand, run or dance with delight—wear stylish shoes comfortably. The secret is in the tension and stretch of the band. Nothing stiff to further weaken and cause discomfort. Nothing to mis-shape shoe. Results are permanent. Soon band may be discarded. Feet are well to stay. Nearly 2,000,000 now in use. Specialists, amazed at results, urge it widely.

Test it 10 days. If not amazed and delighted your money returned. Go to druggist, shoe store or chiropodist. If they can't supply you use coupon below and pay postman. Write for free book on foot troubles.

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The Original  
ARCH BRACES

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Jung Arch Brace Co., 723 Jung Bldg., Cincinnati, Ohio.  
Send one pair of braces marked below:  
(Persons over 115 lbs. require long braces)

FOR SEVERE CASES —with cushion lift	FOR MILD CASES —without cushion lift
<input type="checkbox"/> BANNER (medium) \$2	<input type="checkbox"/> WONDER (medium) \$1
<input type="checkbox"/> VICTOR (long) \$2.50	<input type="checkbox"/> MIRACLE (long) \$1.25
<input type="checkbox"/> Money enclosed. <input type="checkbox"/> Send C. O. D. plus postage.	

Shoe Size..... Shoe Width.....

Name.....

Address.....

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

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Batteries from Inner Cosmic Energy

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Hindu Educator

"Yogoda" teaches how to live to live longer, how to eat to be healthier, how to recharge to contact Cosmic Energy, how to think to think clearer, how to concentrate to be creative. It teaches the Technique to recharge, Vitalize, and Spiritualize each body cell, overcome Fatigue at will, and insure Lasting Youth. The basic exercises can be practiced by sick or well, sitting or standing, anywhere, anytime.

Mme. Galli-Curci, famous singer, says: "Yogoda gives Health, Strength, Power to Accomplish, Peace and Poise." Over 20,000 students have used "Yogoda" to banish their physical ills and mental and nervous troubles. "Yogoda teaches the student how to harmonize his own nature and life with cosmic forces.

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FREE My "Plan of Daily Living" the result of a long study of thousands of patients. Send cash, With Every Book! stamps or check.  
DR. CRANDALL'S HEALTH SCHOOL, Desk SM-2, York, Pa.

## Weight Lifting Rules of the Association of Bar Bell Men.

This concludes a list of the Weight Lifting Rules of the Association of Bar Bell Men. Rules 1 to 45 were published in the February issue of STRENGTH.

### 46 and 47. Right (and Left) Hand Slow Curl with Kettle Weight or Dumb-Bell.

The kettle weight shall hang at arms' length at the lifter's side, from which position it shall be lifted towards the corresponding shoulder by bending the forearm completely on the upper arm. In "curling" the weight to the shoulder the elbow of the lifting arm must not rest in front of the hip, but shall be held away from the body. Throughout the lift the trunk must not be inclined backwards, forwards, or sideways, the shoulders must be kept quite level, the legs straight, and the heels together. The slightest deviation from this position shall be counted cause for disqualification.

### 48. Lateral Raise Standing.

The dumb-bells (or kettle weights) shall hang at arms' length by the lifter's sides, from which position they shall be raised sideways (knuckles uppermost) until the arms are level with the shoulders. Throughout the lift the trunk must not be inclined backwards, forwards, or sideways, the shoulders must be kept quite level, the arms and legs straight, and the heels together. The slightest deviation from this position shall be counted cause for disqualification.

### 49. Lateral Raise Lying.

Lying on the ground with the arms extended level with the shoulders (palms uppermost), the dumb-bells shall be raised until they are immediately over the lifter's face. Throughout the lift the heels shall remain together, the buttocks on the ground, and the arms and legs be kept straight. In the performance of this lift the use of kettle weights is not permitted.

### 50. Hold Out in Front—Raised from Below.

The bar bell grasped with both hands (knuckles to the front) shall hang at arms' length across the lifter's front, from which position it shall be raised forward steadily until the arms are level with the shoulders. Throughout the lift the trunk must not be inclined backwards, forwards, or sideways, the shoulders must be kept quite level, the arms and legs straight, and the heels together. The slightest deviation from this position shall be counted cause for disqualification.

### 51. Hold Out in Front—Lowered from Above.

The bar bell grasped with both hands having been taken clean to arms' length overhead, shall be lowered downwards steadily (knuckles uppermost) until the arms are level with the shoulders. Throughout the lift the trunk must not be inclined backwards, forwards, or sideways, the shoulders must be kept quite level, the arms and legs straight, and the heels together. The slightest deviation from this position shall be counted cause for disqualification.

### 52. Pull Over at Arms' Length.

Lying on the ground with the arms extended fully behind the head, the bar bell shall be raised until it is immediately over the lifter's face. Throughout the lift, the heels shall remain together, the buttocks on the ground, and the arms and legs be kept straight. In the performance of this lift the use of a dumb-bell is not permitted. Furthermore, no bell shall be used the bar of which is more than 5 inches from the ground.

### 53. Pull Over and Press on Back—Without Bridge.

Lying on the ground, with the center of the bar immediately behind the head, the bell shall be brought over the lifter's face until the upper arms rest on the ground. From this position the bell shall be pressed to arms' length overhead. Throughout the lift the heels shall remain together, the buttocks and shoulders on the ground, and the legs to be kept straight. (In the performance of this lift the use of 15 inch diameter discs is permissible.)

### 54. Pull Over and Press on Back—with Shoulder Bridge.

Lying on the ground, with the center of the bar immediately behind the head, the bell shall be brought over the lifter's face until the upper arms rest on the ground. The heels may then be brought close to the buttocks, and the forearms inclined forward until the bar rests across the abdomen. From this position the bell may be impelled to arms' length overhead by a quick "bridge" formation, but at no period of the lift shall the shoulders leave the ground. At the conclusion of the lift the arms and legs shall be straight, the buttocks on the ground, and the heels be brought together. (In the performance of this lift the use of 15 inch diameter discs is permissible.)

### 55. Pull Over and Press in Wrestler's Bridge.

Lying on the ground, with the center of the bar immediately behind the head, a "wrestler's bridge" position is first formed by bringing the heels close to the buttocks and the head backwards beneath the shoulders. From this position the bell is lifted over the lifter's face until the bar is resting on the chest; the bell then being pressed to arms' length over the body. Throughout the lift the body must remain supported by the head and feet only, support by any other means being counted cause for disqualification. (In the performance of this lift the use of 15 inch diameter discs is permissible.)

### 56. Two Hands Slow Curl.

The bar bell grasped with both hands (palms to the front) shall hang at arms' length across the lifter's front, from which position it shall be curled to the shoulders by bending the forearms completely on the upper arms. Throughout the lift the trunk must not be inclined backwards, forwards, or sideways, the





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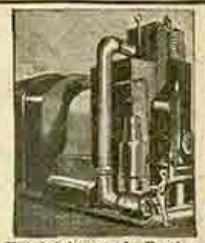
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shoulders must be kept quite level, the legs straight and the heels together. The slightest deviation from this position shall be counted cause for disqualification.

### 57. Two Dumb-Bells Anyhow.

The dumb-bell shall be lifted to arms' length overhead "anyhow." For example, one bell may be taken to the shoulder with two hands, thence to be jerked or bent pressed overhead after which the other bell shall be raised to full stretch of arm overhead. This is the method usually employed. At the conclusion of the lift the trunk shall be erect, the arms and legs straight, and the heels together.

### 58. One Finger Lift.

Any kind of weight may be used and it is only necessary to lift the weight clear of the floor. A hook or ring may be fitted over the lifting finger, but no artificial aid can be employed to keep the finger closed. The weight is lifted by the use of the legs and back, but the

only part of the body coming in contact with the lifting attachment should be the single finger which is being used for the performance of the lift.

### 59. Two Finger Lift.

The rules are identical to those of Lift No. 58—The One Finger Lift, excepting that one finger of each hand may be employed for the performance of the lift.

### 60. Teeth Lift.

The weight need only be lifted clear of the floor, but the only form of grip permitted is a teeth grip for which any kind of mouthpiece may be used to which the rope or chain is attached, the other end of the rope or chain being connected to the weight to be lifted. The lifter may bend over the weight in any manner and may rest his hands on his thighs or knees if he cares to. It is not permissible to perform the lift by folding the arms, and while lifting to permit the rope or chain to rest upon the arm.

## Which is the Best Article in Strength and Which is the Worst?

With the January issue we began to award each month two prizes of Five Dollars (\$5.00) each for the best criticisms under two hundred words:

1. Of the article in this issue which you believe to be the best and most worth while.
2. Of the article in this issue which you find the least interesting and informative.

### THE BEST AND THE WORST

The kind of articles you would like to see more of, and the kind you would like eliminated, and why. There are no conditions and no requirements. Simply write your criticisms and send it to us. The contest will close on the 20th of each month. The prizes will be awarded on the 25th, and the winning criticisms will be published in the second month following. That is, the contest for the May issue will close on May 20th; the prizes will be awarded on May 25th, and the prize-winning criticisms will appear in the July issue.

It is not necessary to be a writer to win one of these prizes. Literary merit is not the first essential. The reasons why you like or do not like a certain article are of more importance than the way you express your likes or dislikes.

Everyone wins in this contest, there are no losers. Even if you should not win one of the cash prizes, you will be amply repaid by seeing in STRENGTH the articles you want and feel the need of.

Let's hear why you like or dislike the articles, and the reason for your preference.

The contest will be held each month, but remember the March contest will close on March 20, 1928. Address, Contest Editor, 2741 North Palethorp Street, Philadelphia, Pa.

According to the popular vote of our readers, "The Torso of a Classical Statue," by Mark H. Berry, was the most popular article in the January, 1928, issue of STRENGTH. "Rounding into Ship-Shape Condition," by Jack Russell, was by popular vote the worst.

Strangely enough, all of our departments received very few votes either for best or worst, and we do not know whether to believe that our readers as a whole did not think that the departments were included in the contest or whether they do not feel strongly, one way or the other, about them.

We always believed that the departments were the backbone of the magazine, and if, in your eyes, they are not, that fact is quite a shock.

Also, and as a matter of surprise, the writer of the best letter did not pick the most popular article, and neither did the winner of the worst article prize pick the least popular article.

First prize for the best letter on the best article goes to an unknown writer. He included his best and worst criticisms in one letter and signed only the worst. This was rejected and disposed of. However, he lives at 1748 N. Beechwood Street, in Philadelphia, Pa., and if he writes in he will receive the prize by return mail. His letter is as follows:

Contest Editor,

Dear Sir:

In writing to you, entering your contest, I wish to say at first hand that the articles I think are the most interesting are the articles which every reader, bar bell user or not, can benefit by.

First and foremost, I consider magazines of STRENGTH's type to be more interested in methods by which health may be obtained than in methods by which one may rip cards and telephone books.

A sixteen-inch upper arm is not necessarily a cure for the diseases and illnesses with which a great number of ordinary people are afflicted. After all, it is the ordinary people who make up the bulk of your readers, not the "Hercules" and "Adonises."

In view of these facts, I nominate Dr. Stombaugh's "Nature's Method" column as the most interesting and most valuable part of your publication for attaining Health.

Now for Strength—"Rounding Into Ship-Shape Condition" will take care of the Strength idea. It would be safe to say that every reader of STRENGTH regularly reads Jack Russell's articles. They are a great asset to your magazine.

Thus far we have Health and Strength, and now for Development. "Shape from Shapelessness" is a well-written article which is not only practical but also educational. The facts as set forth by Charles MacMahon are easily memorized for future use.

"Ignorance and Indigestion" mentions everything from Shakespeare to sex appeal, but doesn't tell anything.

\* \* \*

**THE LEAST INTERESTING AND INFORMATIVE ARTICLE**

The prize for the best letter on the worst article goes to E. Patrich, of Winchester, Ill. His letter is as follows:

Contest Editor,  
Dear Sir:

This criticism may seem more against the magazine than against the article. I did not read the article or articles to which I am referring; therefore, I cannot criticize their merits, and, of course, not having read them, I have gotten no information therefrom.

The articles I mean are those of the Ladies' Department. Why should a man interested in body building, bar bell work and kindred subjects read articles on exercises for women and girls? And if he did read them, what benefit could result?

**Treatment of Nervous Indigestion**

WALTER C. ALVAREZ, M.D.

ROCHESTER, MINN.

Having in mind that ancient recipe for rabbit stew which begins with the injunction, "first catch your rabbit," I begin this paper with the suggestion that you first be sure of your patient's neurosis before you begin to treat him for it; be sure that he is not suffering from something else besides nerves. When one sees how often the skilled gastro-enterologist with every form of technical assistance at his command makes the mistake of treating as a "neurotic" someone who has gallstones, tumor of the cord, incipient tuberculosis, or cancer of the stomach, the need for caution becomes obvious.

If only, then, because we may be mistaken, we should be particularly careful to avoid conveying to our patients the impression that we think there is nothing

Why not make this wholly a man's magazine, devoted to the things men interested in Physical Culture want to know? I believe the majority of the feminine readers of STRENGTH are not subscribers, but wives or sisters of subscribers. (I may be wrong, but I think not.) This being the case, what good are these feminine articles to the subscriber.

Maybe I am kinda Scotch, but I'd rather begrudge the space taken up by these articles—space that could have been utilized in giving me a little more knowledge along the lines in which I am interested.

I hope I haven't tramped on anyone's toes.

\* \* \*

All phases of the magazine were treated by our readers. Criticism of our recent printing job was expressed in the following letter:

"I must congratulate you on the really wonderful pictures you have in the January issue. My great regret is that they are not reproduced better. Is there not some way to remedy this—either with rotogravure or some other way, and make the corresponding page a rotogravure for some advertiser or charge more money to the advertisers or to customers. I think the boys would pay a higher price for a better magazine."

\* \* \*

How many of you agree with the following viewpoint?

The Editor,  
STRENGTH Magazine,  
Dear Sir:

I would like to see you continue to have interviews with famous film athletes. Your article about JOE BONOMO was very much enjoyed by myself. Further, it was instructive as well as entertaining. There are several famous athletic actors in the movies, such as GEORGE O'BRIEN, REED HOWES and TOM MIX. However, to my mind the king of them all is GEORGE WALSH.

ing the matter with them. They may be neurotic, hypersensitive and overcomplaining, but that does not render them immune to organic disease. In fact, years of suffering from organic disease is often the cause of the very querulousness that excites our distrust. Time and again when I have learned of one of my blunders I have gone back over the patient's record and have been surprised to find there every indication pointing to the diagnosis that should have been made. The trouble evidently was that I did not believe what I was told; I listened to so many versions of so many minor complaints that I wound up by discounting almost everything that was said about the major ones. If only I had not seen the patient, I would have made the correct diagnosis.



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- ROSE OF THE WEST—Fox Trot (Vocal Chorus)
- AFTER I CALLED YOU SWEETHEART—Fox Trot (Vocal Chorus)
- MY SUE—Fox Trot (Vocal Chorus)
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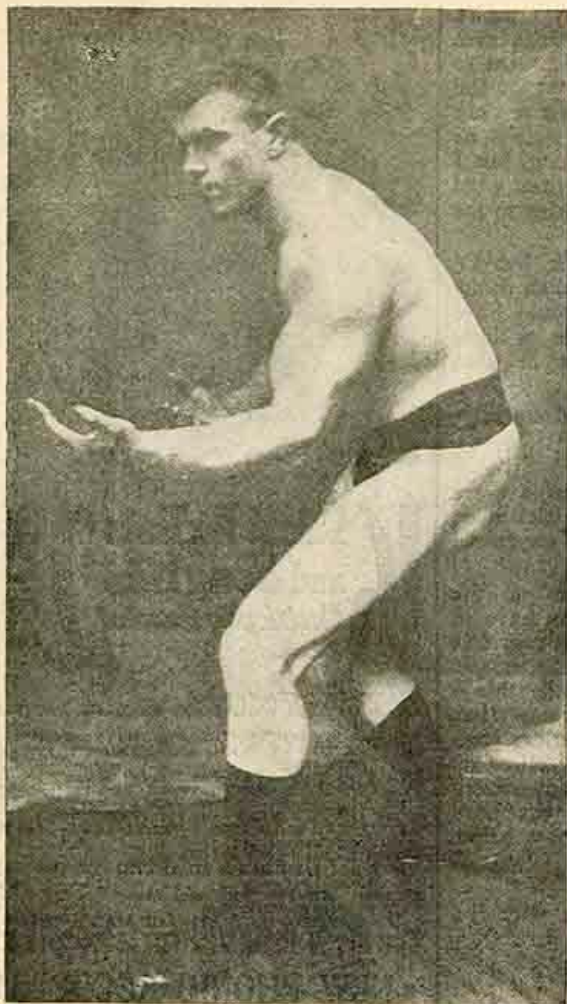
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Hence it is that the longer I practice medicine and the more I see of my mistakes, the more inclined I am to give the patient the benefit of the doubt, and the less willing I am to believe that he is spending his time and good money for the fun of telling his troubles. There are doubtless some who like to do this, but even they are not normal, and instead of being incensed or contemptuous, we should be sorry for them, and ready to smile with them at some of the things they do.

Most of those who seek relief have really been suffering and have been driven to our offices by some form of distress. Even when the most careful examination does not reveal anything, we must choose our words with care to avoid giving the impression that we think the symptoms are wholly imaginary. Distress arising in a tired or unbalanced brain can doubtless be more trying than that arising in a diseased stomach, and I mean it when I tell many of my neurotic patients that I would rather suffer a broken leg than go through what they are experiencing. I find it helpful to point out to them that although it is obvious that the digestive tract is not functioning properly, the chances are that the most careful exploration would not reveal anything that a surgeon could operate on. Even that does not mean always that there is nothing organically wrong.

When I think of the millions of microscopic structures whose functions might fail and the countless billions of cells whose chemical processes might be upset, I marvel, not that we sometimes fail to demonstrate gross pathologic changes in the diseased body, but that we do so often find them.

Our fondness for calling patients unpleasant names, such as "neuro," "neurasthenic" and "hypochondriac," doubtless makes for us innumerable enemies, and it certainly swells the ranks of those who go in for the various forms of quackery. As we ourselves sometimes discover, when we fall ill with vague and subjective symptoms, it is heart-breaking to have one consultant after another treat our troubles as a joke, and but thinly veil his impression that we are making mountains out of molehills. And later what a feeling of justification comes over us when someone discovers that, in addition perhaps to a fatigue neurosis, we did have an ulcer, hypertension, or something else radically wrong.

Hence it is that the handling of the patient, the results of whose examination are negative, requires the greatest care, tact, sympathy and kindness. After reviewing the record and explaining that nothing has been found that would justify exploring the abdomen, I find it well to admit that although this should occasion considerable rejoicing, it also

has its disappointing side. I try to assure the patient of my confidence in the existence of his symptoms, and I remind him that digestion can doubtless be upset in sensitive persons by strong emotion, fatigue, improper methods of eating, or constipation.

If the patient has been overworking and losing a great deal of sleep, I picture to him thousands of delicate brain cells crying out for rest; I suggest that he give heed to their complaint, that he cut down on work, try a simpler diet and better methods of regulating the bowels, and see what happens. If everything clears up, we shall be happy; if some of the symptoms disappear and others remain, or if new ones appear and others get worse, the correct diagnosis may either become obvious or another careful examination may show what is wrong. One great advantage of this method is that I have not burned my bridges behind me. If things go wrong, if new symptoms develop and the diagnosis becomes obvious even to a tyro in medicine, I shall not be humiliated by having my mistake corrected, perhaps by some unfriendly critic, and I shall not have earned the contempt and enmity of the patient and his family. The most dangerous thing we can do is to try to reform a supposedly neurasthenic person by giving him a harsh "dressing down." It doubtless does good in some cases, but I would

rather let the other fellow try it. For one person who can be driven in anger there are hundreds who can be led with sympathy, understanding and friendliness. The finest physician is kindly and generally able to see something lovable in the most "crabbed" of his patients. When he can do this they feel it and are likely to respond with the best that is in them. The physician who cannot find it in his heart to like these patients, to sympathize with them, and to take endless pains in trying to help them had better leave them alone. One of the best ways of preparing for this work is to have a nervous breakdown oneself, but not everyone can do this.

The treatment of the functional disorders of digestion may be discussed under four headings: (1) psychotherapy and instruction in mental and physical hygiene; (2) physical therapy, exercise and massage; (3) diet, and (4) drugs.

### Psychotherapy and Instruction in Mental and Physical Hygiene

The first and often the most important step in the psychic treatment is taken when the physician makes a complete and careful physical, roentgenologic and laboratory examination. If this does not reveal signs of serious disease, many persons immediately lose interest in their symptoms and go away satisfied. Another important factor in the psychic treatment is the taking of a good history, and especially a history that brings out all the details of family and business worries, of domestic infelicity or of the phobias that so often are at the bottom of the trouble. Unless these things are done, it is not only useless but often criminal to tell the patient not to worry. Some consult us simply because they have been shocked by the sudden death of a friend or relative. They fear that they too have cancer or heart disease, but they will not admit it, and come complaining of some minor ailment. Especially when dealing with older patients, it is often well to say at the close of the examination: "As we examined you we had always in mind the possibility of cancer beginning somewhere, and we are now glad to say that nothing suspicious has been found."

If the patient is worrying we must not simply tell him to stop worrying, but must delve to the bottom of his difficulties because it may be that they have no possible solution, and that if we were placed in his predicament we should be equally sick in mind and body. Under such circumstances it is silly and heartless to tell him to do what we could not do. This is particularly true when the main source of anxiety is poverty and debt, or a marriage that is going on the rocks. Particularly difficult to deal with are the women who cannot make up their minds about getting a divorce, and those who lead a cat-and-dog existence with their husbands but who are chained to them by love for their children. The wrangling at mealtimes seems particularly detrimental to the digestive processes, and as some wise old Jew once pointed out,

"Better is a dry morsel and quietness therewith than a house full of feasting with strife" (Prov. 17:1).

Fortunately, much can be done in many of these cases by giving the patient the mental purgation that comes with the pouring out of secret worries into a sympathetic ear. The physician can often help these persons by advising them wisely, and by leading them out of a maze of muddled thought to the point where they can forgive and forget, and acquiesce to things that cannot be cured. For years I have kept in my office a copy of Trudeau's autobiography with a bookmark at page 318 in order that I may turn quickly to his remark that he had learned from his patients that "the conquest of Fate is not by struggling against it, nor by trying to escape from it, but by acquiescence." The asthenic person, the person with mucous colitis, or the one to whom nature has given a "raw deal" can often be made over into a useful and happy member of society if he can be taught this lesson of acquiescence; to stop looking for a cure and instead to settle down to get along as best he can with his handicap.

The next thing in most cases is to see how a rest can be obtained with the least expense and loss of income. If a vacation is taken, it must be one that will bring the patient back better off than when he left. Too often our vacations are of the type that caused the Irishman to remark plaintively, "How happy we'd be if it weren't for our pleasures." If a man cannot well leave his business, he can often, for a month or two, answer his mail and confer with his assistants in the mornings, and can then spend his afternoons at home or on the golf course. I have seen such excellent results from this type of resting that for business men I prefer it to a complete vacation. The mother with several small children and few resources can also be helped tremendously if she is taught to go back to bed after the children are sent off to school. She may have to continue with mending and sewing, but even so, a few weeks of mornings in bed will often work a miracle.

A rest-cure in a sanatorium, with or without over-feeding, is often helpful if the patient can afford it without worrying about the expense. Unfortunately, it is beyond the reach of those who need it most. Unless the sanatorium is a good one, the cure will go much better in the home of a devoted relative. Hospitals unfortunately ignore the fact that the sick and nervous are slow in getting to sleep, and are helped most by the rest that they get between 5 and 9 in the morning. Instead of allowing such rest, they get the patients up at 6 or 7 o'clock, so that everything can be done and out of the way for medical rounds at 8; it is fine for the physician and the chef but it is hard on the patient.

Another difficulty with hospitals nowadays is that many of the dietitians are obsessed with the desire to stuff their patients with vitamins and iron in the form of greens, spinach, salads and

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fruits. They forget that their guests are going to be with them for only a few days or weeks, and that they could easily get along during that time without any of these substances, and in spite of everything a mere physician may say or do, he is likely soon to find his patients back on spinach, salads, fruit and bran muffins. Fortunately fads are self-limited diseases, so the time is doubtless coming when spinach will retire into the background, and milk toast, custards and calf's-foot jelly will again appear on the tray of the invalid.

The sick who are so situated that they must either keep at work or starve can often be taught to hoard their small stock of energy and to live within the limits of their nervous strength. Many tire themselves out by putting too much energy and emotion into trivial tasks. Women in particular must be exhorted to break themselves of the habit of getting all stirred up over little things, and of reviewing at great length painful or annoying experiences which a more sensible person would promptly forget. Others must be taught to go to bed earlier at night and some must for a time retire from leadership or active participation in church, civic or social work. Some can get their grip again if they will only rest in bed on Saturday afternoons and Sundays.

As I have already pointed out, many take their holidays too strenuously: they drive too far in automobiles, they work too hard in their gardens, or they do things that leave them more tired on Monday morning than they were on Saturday night. They must learn the truth of Mosso's statement that all their energies come from one source, and that when mentally tired it is not wise to exercise so strenuously as still further to take away from a small store of strength.

### The Securing of Sleep

In innumerable cases all the patient needs to bring back his health is relief from insomnia, but unfortunately physicians often fail even to ask about sleep, and thus miss the chance to work a cure. The neurotic person needs to get away from his tumultuous and bothersome thoughts; he needs rest, and it should be obvious that little can be done for him until he learns, again, to sleep. Strange to say, many physicians are not only uninterested in the insomnia but they are much disgusted when someone prescribes drugs for its relief. Time and again I have brought a nervous patient almost back to health and full-time work, only to see her plunged back into insomnia and despair by the angry protests of some medical friend of the family who raged about "weak-kneed dope fiends" and prophesied disaster.

To be sure, something can often be done to relieve insomnia by teaching the patient to keep his mind off disturbing thoughts, to avoid mental work or exciting conversation after dinner, to take a warm bath and a little food on retiring, and to go to bed earlier. But often these measures fail, or the worries and discomforts that have caused the insomnia cannot be removed. The less the patient sleeps one night, the less

able he is to sleep the next, and the only thing that will break into the vicious circle is a sedative drug. The man with a broken leg is not held up to scorn if for a time he uses a crutch, so why should the victim of insomnia be scolded when he uses a somewhat similar device?

Unfortunately, to the layman and to many physicians a sleeping draft still means opium or one of its derivatives, but in this enlightened age this should not be the case. Morphine is a good pain reliever but a poor sleep maker. Its effect is transient and often unpleasant, and its use in insomnia would be worse than foolish. Even after operations I think surgeons would do well to use more barbital and less morphine; its effects last much longer, it is a sedative to the vomiting center, and it lacks the unpleasant by-effects of morphine. In the form of soluble barbital it can, if necessary, be given intramuscularly.

These newer synthetics have no relation to morphine; they have none of that "kick" that makes the taker wish to repeat his experience, and except in the case of the markedly psychopathic person, I am sure they are perfectly safe. I have been prescribing them for twenty years and have yet to see an habitué in my own practice. Actually, in a practice limited largely to the diagnosis and treatment of gastro-intestinal disease, I have found one of the most useful drugs to be not pepsin or bismuth, but carbromal, a sleep producer. Carbromal (bromdiethylacetylurea) is used in doses of from 0.3 to 1 Gm. (5 to 15 grains). In those who are sensitive to drugs, 0.3 Gm. at bedtime will make all the difference between a restless and a restful night. Barbital, or veronal (diethylmalonylurea), produces headache in some persons and a little "hang-over" in the morning, especially if it is taken after midnight. All these drugs are best given early when the patient goes to bed. Phenobarbital (phenylethyl barbituric acid) can be given day or night in doses of from 0.05 to 0.2 Gm. (0.75 to 3 grains).

There are a few highly neurotic and psychopathic persons who do not react well to any of these barbituric acid derivatives; instead of becoming quiet they get excited, and if they doze off to sleep they soon awaken with nightmares. They often do better on chloral. The only trouble I have ever had with these drugs has been in trying to get the patients to use them long enough. They are afraid, they are influenced by alarmed relatives, physicians and nurses, and they give up the "crutch" before they have learned to walk alone.

Certain nervous and asthenic patients must be guided into less laborious forms of employment, and others must be induced to change their mode of living so that they can get better food and happier surroundings. There is no detail of the patient's life so trivial that it may not play a part in keeping up a neurosis which is expressing itself in some form of indigestion, and the physician must find what it is and if possible correct it.

**HYSTERIA IS NEITHER FAKING NOR FOOLISHNESS, BUT REAL DISEASE**

BY KARL MENNINGER

I  
A HIGH-SCHOOL girl was brought to the mental hygiene clinic with a useless leg. The parents related that for two years she had been unable to stand on it or use it in any way while she was erect; they had to carry her everywhere. Lying upon the bed or couch, she was able to move it normally. Neurologic examination showed the nerves to be uninjured.

II  
A soldier in the trenches was stunned by the explosion of a large shell. He "came to" almost immediately but felt that something had happened to him. He was at first unable to move any part of his body; soon he found that he was twitching and jerking all over. His tremors continued after he had been removed to the base hospital. He appeared to be in a terrible fright but said that he felt no fear. Neurologic tests showed that he had lost all feeling for even so sharp a stimulus as a needle thrust deeply into the skin.

III  
A school child of nine suddenly began to scream and hold her hand to her head. Relatives flocked about her; doctors were called; all sorts of relief measures were tried in vain. The screams finally changed into prolonged wailings and loud crying. Suddenly it all ceased, the child arose and went about her play as if nothing had happened.

IV  
A woman of 40 lies on a specially made springless bed, maintaining as nearly as possible a motionless position. She is carefully fed and nursed by her solicitous farmer husband, who comes in from his work many times a day to attend to her needs. She talks glibly and volubly of her "terrible condition," and recites in detail how five years previously she permitted herself to make a slight move in the bed that resulted in a sudden and terrible pain in the head, blackness and feeling of imminent destruction. Since then she has not ventured to repeat this rash act.

This patient was hypnotized, and in this state she arose from the bed in which she had not moved for five years, went to the supper table and ate with her family. For a few weeks she repeated this even when not in the hypnotic state. Then she relapsed into the old conviction of helpless immobility. Five years more have passed; she is still lying motionless, fed and tended by her faithful husband.

V  
Neighbors and relatives clustered about the bed of a woman who appeared to be dying. She gasped and struggled for breath; she writhed and groaned; from time to time she threw herself into the air, and screamed and jerked her body convulsively. The family physician suggested a consultation. The consultant arrived, examined the patient, conferred with the family physician



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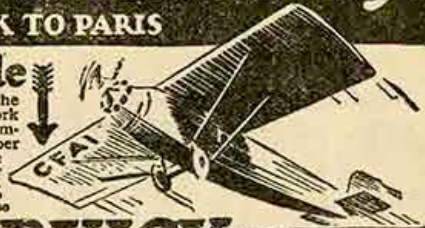
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aloud in the patient's presence, assuring him that she would recover both mentally and physically. The next morning the patient was well.

### VI

A young man was working on his uncle's farm in Ohio. He started to the house on Saturday afternoon to lay off until Monday morning. He recalls no more until he found himself in bed in a hotel in California. Upon investigating he found that three weeks had elapsed. The card of a traveling man in his pocket gave him a clue. He wrote to the man and received an incredulous reply, saying that when he had exchanged cards he had appeared to be a perfectly normal young man going about his business in a matter-of-fact and self-confident way, giving such and such a name, destination and program.

### VII

A business man arranged a surprise party for his parents and invited all the relatives. Many came and "a good time was enjoyed by all"—all except the investigator. He felt overpowered by sleep and slept for several days. Then he began to have normal days, but queer nights in which he talked and acted as if he were living through his boyhood days again. He played, sang, talked, laughed and carried on precisely as if he were eight or ten years old. His relatives remained up all night to observe him. When daybreak came he went about his work as usual and insisted that he had slept all night.

All the foregoing cases are examples of the disease known as hysteria. Hysteria is a form of mental sickness; it is what is called popularly a nervous disease. But of course the disease isn't nervous and often the patient isn't nervous either, in the ordinary sense of the word. Nor has hysteria anything to do with the nerves of the body. It is a disease that may (and usually does) occur in persons of sound physical health, whose brain, spinal cord and nerves are free from injury, defect or disease.

Hysteria is the name of a type of disability chiefly or entirely psychogenic (psych = mind, genic = produced by) in origin; i. e., the chief factors producing the symptoms of hysteria are psychologic. In diabetes, by contrast, the symptoms are produced chemically; in obstruction of the bowels, the symptoms are produced mechanically; in hysteria, the symptoms are produced psychologically. Physical and chemical causative factors are at a minimum; it is a matter of malfunctioning perceptions, emotions and associations. The governing machinery of the organism does a flop.

### Symptoms

The symptoms of hysteria are legion. They are more numerous and varied than those of any other known disease and may almost indistinguishably mock many diseases.

Some idea of the wide variety of symptoms may be gleaned from a perusal of the case-outlines cited at the beginning of the article. All sorts of affections of all the general and special

senses, simple and complex alterations in the motor functionings of the body, divers affections of the various organs of the body and of the ordinary functions of those organs, multitudinous perversions of feeling and behavior—all these and many others in an infinite variety of combinations make up the pictures of hysteria.

The most frequent pictures are simple paralyzes, i. e., a useless arm or leg such as one sees in infantile paralysis; losses of sensation in a part of the body; loss of speech or of hearing; inexplicable and incessant vomiting; losses of consciousness. But these symptoms are almost never single; there are always many other indications of the mental splitting.

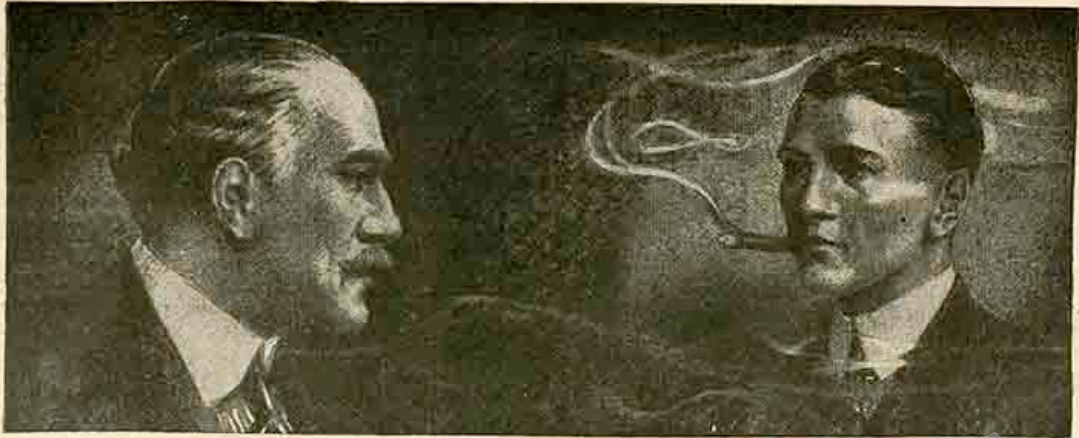
Why does the hysterical patient have these symptoms and what is the meaning of them? For a long time they were regarded, even by the physicians who studied them most intently, as being inexplicably meaningless. It is not strange, therefore, that by the scientifically untrained and untutored, hysterical patients were once regarded as bewitched. Thereafter there developed the theory that the symptoms were haphazard and senseless indications of disordered brain function. But this theory had to be abandoned, for it was not difficult to show that the brain was never affected in hysteria. Next there came the hard-boiled-sergeant explanation, still held by many who refuse to be enlightened. This is the theory that hysteria is "all put on," that it is a conscious and deliberate fraud on the part of the subject and that the best treatment is mistreatment of some sort—punishment, torture or threatening.

Meantime scientists were ascertaining more definitely something of the laws of mental functioning and were beginning to realize that, whether obvious or not, all symptoms have causes and purposes. They discovered these facts about hysteria and about the other neuroses; that the symptoms sometimes appeared as the result of suggestion, that this suggestion might be direct or indirect and mediate or immediate; that the symptoms could frequently be entirely removed by suggestion.

It had long been noticed, of course, that the symptoms of the hysterical patient often stood him in good stead in some ulterior way; a soldier with hysterical shell shock was no longer obliged to endanger his life or exhaust his muscles; a boy with an hysterical paralysis is naturally excused from compulsory school attendance, and a girl whose hysterical symptoms are of just the right sort can attract far more attention than her much prettier but more stable sister. Thus the hysterical patient seemed to use his disease as a means of escaping from an unpleasant or undesirable reality.

But only the very naive or the very hard-boiled believed that the hysterical patient was a conscious and deliberate fake. It seemed certain that many of these cases, even those whose advantage gained from the illness was most obvious, were unaware of the mechanism of its production. The symptoms might





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indeed be faked, but the faking was unconsciously done.

This led to further studies of the unconscious mind, and it was in this connection that the work of Freud with respect to the origins of mental disease began. Freud and a less known worker, Breuer, discovered that some of these patients seemed to have developed their symptoms as a protective or defensive system as the result of an emotional shock, a terrible experience of some sort.

Further study led Freud to believe that this shock was really the whole series of shocks that are sustained by all of us in adapting our primitive infantile minds to the complex outer world that meets the growing child. Most of these shocks, he believes, are associated with our efforts to adapt our instinctive cravings to the permitted social indulgences, i. e., the proper direction of our love life in the broad sense of the word love. For Freud, then, the advantages seemingly gained by the hysterical patient through the aid of his symptoms are secondary rather than primary and confirm rather than cause the illness.

The symptoms of hysteria are the crystallized forms of unrealized, unfulfilled mental experiences or desires that have escaped from repression in this unreal and unprofitable way. They escape because the control is poor and because it has been overwhelmed by an increase in pressure from increased difficulties in adaptation to reality. The escape and dramatization of these previously repressed fragments also achieve the im-

munity of the individual from the necessity of further struggles.

The theories of cause may be summarized by saying that in certain individuals, perhaps predisposed by heredity to mental instability, and trained to inexpedient mental habits by well-intentioned but unskillful parents, certain symptoms are provoked by the accumulation of internal and external stresses in adaptation efforts. These symptoms not only permit the patient a certain escape from the painful realities ahead of him or about him, but gratify directly or indirectly certain unconscious cravings. The particular form of the symptoms is chiefly determined by the nature of these cravings, but is capable of considerable modification by suggestion.

#### Treatment

What can be done for the patient with hysteria?

The first thing to be done is to make sure that the disease suspected of being hysteria in a given case is actually hysteria.

The next problem is to attempt to grasp the real significance of the illness to the patient, to seek out the various causative factors and to evaluate the symptoms with reference to the patient and his past. Only then can the proper treatment be determined on. Selection of the type of treatment most likely to prove effectual in a given case is only possible on the basis of such investigation and in the light of much clinical experience. One case is best treated by

hypnosis, another by suggestion of a less spectacular type, another by an intellectual attack on the disease—the so-called reeducation. Some cases respond to "studied neglect," others to hospitalization and the establishing of an ordered routine.

Most logical of all are the various methods that attempt to get at and remove the psychologic causes. This may be done from within or from without. The former is the objective of orthodox psychoanalysis; the latter is the technic utilizing psychiatric social work. Both are important. Some cases respond best to analytic efforts to make the patient seek, see and rid himself of the painful repressed memories that determine his wrong attitudes, to discover and renounce the real causes and secret gratifications of his illness. Many others, especially children, are best treated by treating the environment.

The treatment of hysteria is usually successful, provided that it is at all intelligent. Sometimes even stupid treatment appears to succeed, but the aftermath is likely to be malignant. An hysterical school girl was "cured" by her exasperated father with a fearful beating; the hysterical symptoms disappeared but it is likely that, having sown the wind, this father will reap the whirlwind. It is dangerous to conclude that the end justifies the means, or that the cure of a case of hysteria by affording a certain gratification proves the cause to have been that lack.

Reprinted from *Hygeia*, August, 1927.

# Oh, Boy, Some Arm!

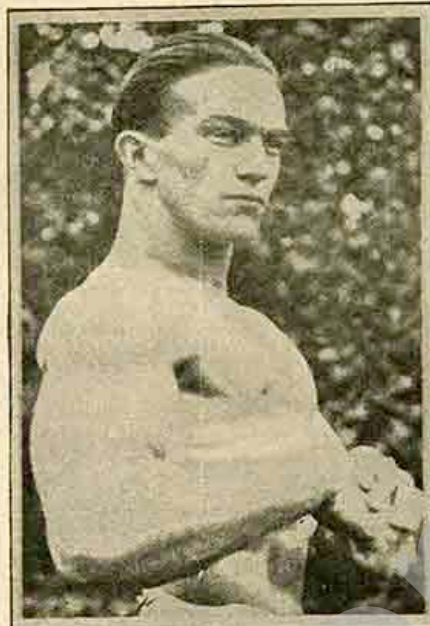
## Mr. O. Brill

Is one of the army of men Milo has produced in recent months. New faces are ever pushing to the fore and commanding recognition for their newly acquired strength and super physiques. Why aren't you one of them **WHEN ALL YOU NEED IS THE DESIRE AND A MILO BELL.**

A bar bell purchased **NOW** will make you one of these fellows before 1928 goes out. The longer you put off starting, the longer you will be without a fine physique and unusual strength.

## NOT ONLY FOR STRONG MEN

If you are interested only in perfect health and keeping in shape Milo Bar Bells will easily help you acquire these indispensable physical qualities. A system of physical training that can and does build super-men certainly is the best bet when only perfect health and fitness are desired. And the reason is that it is much easier to acquire fitness and health than it is to develop great muscles and exceptional strength. Don't fool around—get the positive method and save time and be sure of the highest quality results.



Mr. Brill's Wonderful Arm and Upper Body

## HOW and WHERE DID HE GET IT?

**How?** Why he followed up his desire to be exceptionally strong and well-muscled by enrolling for the Milo Bar Bell Course, and then by using this course and the bar bell set faithfully. Faithfully in this case means once every other day or evening—not often, is it?

**Where?** Where did Mr. Brill get his present physique? Why right in his own home. He was not bothered by having to run to a gym which usually requires the whole evening. He could go out in the early evening—come in a little earlier than usual on his exercise nights—exercise and turn in. No undressing twice and dressing once as in the case of training at a gym. How much better it is to train at home in your own room where you can put your whole attention upon your training.

## Picture Yourself

Developed like Mr. Brill, the Nordquest Brothers, Manger, Snyder, Levay, RaNous, Matysek, Goodman, Dennis, Carr, Hall, Tampke, Pitts, Klein, Cunningham, Neubauer, Ruckstool, Bonvicin or any of the host of Milo Men. You can do it if you will take the first step.

## Use a Milo Bar Bell and Become a Physical Superman Like Mr. Brill and Hundreds of Other Milo Pupils

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

## We Are Always At Our Pupils' Service

With us it is not a case of giving you so many "lessons" and then forgetting you. You are our pupil as long as you own the bar bell you buy from us. You may be in such condition that we can give you the kind of developing work that makes you gain at a rate so rapid that you will be amazed. Or it is possible that you are in such a run-down or absolutely undeveloped state that we will have to start you with the bell adjusted to very moderate weights, put you on a mild progressive schedule, and *coat* your body to its proper proportions and teach you how to accumulate a stock of reserve vigor and health. All of which is part of our job, and what you pay us for.

## Our Guarantee Protects You

All our goods are sold on the same understanding. If within ninety days after enrolling you are not satisfied with the results, you can return your outfit and have your money refunded. For years we have kept a careful record and find the proportion of returns is 1-3 of 1 per cent. In other words, we satisfy 299 out of every 300 customers. (We never expect to be perfect.)

## Mail This Coupon Now!

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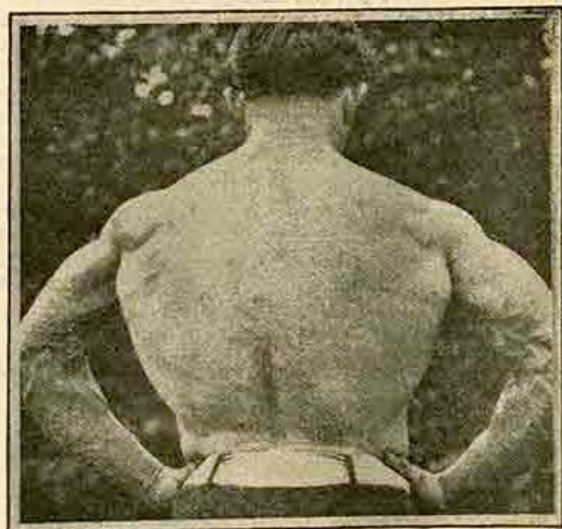
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## The Milo Booklet Is FREE!

## The Milo Bar Bell Co.

Dept. 195

2739 N. Palethorp St.

Philadelphia, Pa.

# "Don't spoil the party!"

.. someone called when I sat down at the piano

—a moment later they  
got the surprise  
of their lives!



I WAS just about to enter the room when the sound of my name caught my attention.

"It'll seem like old times to have Dan with us again!" Bill was saying about me.

"Maybe it'll seem too much like old times!" came the laughing rejoinder. "You'd better lock the piano!"

"Nonsense! He won't have the nerve to play after what happened the last time!"

"That was a snappy trick. I almost wish we hadn't pulled it."

How well I knew what they were talking about! Yes, it was a shabby trick they had played on me. But, looking back, I really couldn't blame them.

Let me tell you about that last party. Jolly, informal—all the guests old friends of mine. I had sat down at the piano and in my usual "chop-stick" fashion started playing some popular numbers.

But before I had played more than two or three pieces I noticed an unusual stillness. I stopped playing, turned around, and saw—the room was empty!

Instead of entertaining the party, as I had fondly imagined, my halting, stumbling performance had been a nuisance.

Burning with shame and indignation I determined to have nothing more to do with the "friends" who had let me make a fool of myself—when suddenly it occurred to me that there was a way in which I could turn the tables.

Carefully avoiding the "crowd's" parties, I had bided my time until I was absolutely certain that I could put my plan over. At last, tonight, the moment had come.

Calmly walking into the room I pretended not to notice the guilty expression on Bill's face as he welcomed me. Every one seemed overjoyed to see me again—obviously glad that I had evidently forgiven and forgotten last year's trick.

Suddenly I turned to Bill and said, "Hope you've had the piano tuned, old boy. I feel just in the mood."

Instantly the friendly atmosphere changed. It was amusing to see the look that spread from face to face. For a moment no one spoke. Then, just as I was sitting down at the piano, some one called:

"For heaven's sake, get away from that piano! Don't spoil the party!"

That was my cue. Instead of replying I struck the first bars of "Sundown." And how!

Easily, smoothly, with all the verve and expression I had always longed for!

Gone was the halting, nerve-racking hesitation that had formerly made my playing a torture to the listeners. No wonder the guests gasped with amazement. Fascinated, scarcely believing their ears they drew nearer. When I finished they loudly clamored for more. Time and again, when I would have stopped, they eagerly insisted on "Just one more, please!"

## How I taught myself to play *without* a teacher

When they finally allowed me to leave the piano I turned around and said:

"Just a moment, folks! I want to thank you for what you did for me last year!"

The eager, laughing faces turned red with embarrassment. One or two of the boys murmured an apology. Seeing their confusion, I continued:

"I mean it! If you hadn't opened my eyes, I'd still be a dub at playing. I went home that night, I'll admit. But it taught me a lesson. And believe me, folks, when I think of the real pleasure I get out of playing now, I'm only sorry you didn't pull that trick sooner!"

Before letting me go home that night Bill cornered me and said, "Listen, Dan, I want an explanation! How did you do it?"

I laughed. "Why, I just took advantage of a new way to learn music, that's all!"

"What do you mean 'new way'? Didn't you take lessons from a teacher?"

"No! I taught myself."

"What?"

"Absolutely! You've heard of the U. S. School of Music haven't you?"

"That's a correspondence school, isn't it?"

"Yes. When that trick showed me last year, I sent for one of their free demonstration lessons. Well, it proved to be so much easier than I had hoped for, that I sent for the complete course. And believe me, I'm mighty glad I did! There wasn't any expensive private teacher to pay—and since the lessons came by mail, I didn't have to set aside valuable hours to study. I practiced only in my spare time, a few minutes a day. And the course is thorough! Why, almost before I knew it, I could play *anything*—ballads, rhapsodies, waltzes, jazz!"

## Which Instrument Do You Want to Play?

- |          |                                     |
|----------|-------------------------------------|
| Piano    | Hawaiian Guitar                     |
| Organ    | Drums and Traps                     |
| Violin   | Mandolin                            |
| Piccolo  | Harmony and Composition             |
| Clarinet | Sight Singing                       |
| Flute    | Ukulele                             |
| Harp     | Trombone                            |
| Cello    | Cornet                              |
| Guitar   | Saxophone                           |
|          | Voice and Speech Culture            |
|          | Automatic Finger Control            |
|          | Piano Accordion                     |
|          | Banjo (Plectrum, 5-String or Tenor) |

## You needn't know a thing about music to take this pleasant, rapid course

This story is typical. The amazing success of the men and women who take the U. S. School of Music course is largely due to a newly perfected method that makes reading and playing music as simple as A—B—C.

Even if you don't know one note from another now, you can easily grasp each clear, inspiring lesson of this surprising course. You simply can't go wrong. First, you are *taught* how a thing is done, then a picture shows you how, then you do it yourself and hear it.

Thus you actually teach yourself to become an accomplished musician right in your own home. Without any long hours of tedious practice. Without any dull or uninteresting scales you learn how to play real music from real notes.

## Free Book and Demonstration Lesson

Our wonderful illustrated Free Book and our Free demonstration lesson explain all about this remarkable method. They prove just how anyone can learn to play his favorite instrument by *note*, in almost no time and for just a fraction of what old slow methods cost.

Remember—it is not too late to become a capable musician. If you are in earnest about wanting to play your favorite instrument—if you really want to gain new happiness and increase your popularity—send off this coupon at once. Forget the old-fashioned idea that "talent" means everything. Read the list of instruments to the left, decide which you want to play, and the U. S. School of Music will do the rest. *At the average cost of only a few pennies a day* Act NOW.

Clip and mail this coupon today, and the fascinating free book and Demonstration Lesson will be sent to you at once. No obligation. U. S. School of Music, 993 Brunswick Bldg., New York City.

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Please send me your free book, "Music Lessons in Your Own Home" with introduction by Dr. Frank Crane, Demonstration Lesson and particulars of your offer. I am interested in the following course:

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Have you above instrument? .....

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(Please Write Plainly)

Address .....

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State .....

# “Every 3,000 Miles This Amazing Little Device Buys Me a New Tire...FREE”

“THE money I save on gasoline more than keeps me in new tires. Figure it out . . . I was getting 13 miles per gallon on my Nash. With gas at 18c plus 2c tax it cost me \$46 to drive 3,000 miles. Now I'm getting better than 26 miles per gallon. It takes just half the gas and I save \$23 to \$25 every 3,000 miles—more than the price of a new tire.”

No matter what make of car you drive, the Stransky Vaporizer is unconditionally guaranteed to give you 50 per cent to 100 per cent more miles per gallon or it costs you nothing. As a matter of fact, it is not uncommon for the Stransky Vaporizer to more than double gasoline mileage!

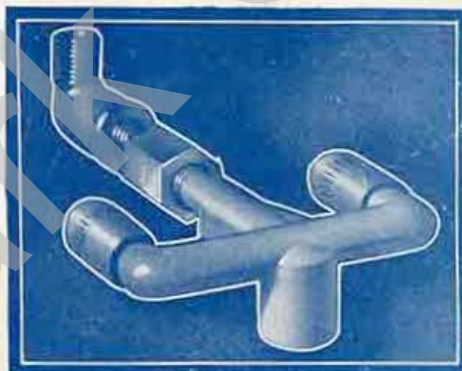
## Note These Records

Forty-three miles per gallon from a Chevrolet, reported by F. S. Carroll. Fifty-seven miles on one gallon in a Ford reported by J. T. Jackson, Michigan. Forty miles per gallon in a Dodge from Brownsville, Tex., to Tampico, Mex., reported by T. L. Brown.



### 43.8 Miles Per Gallon

Mr. M. E. Miller, Kansas City, writes: “You people claim a saving of 25 to 50% of Gasoline. I have subjected the Vaporizer to a severe and thorough test. After installing one on a Chevrolet, I found I was obtaining 43.8 miles to a gallon whereas formerly I had been getting only 19.5. That is not a saving of 25 to 50% but 124%, so you see that the actual test surpasses your claim.”



### FITS ANY CAR IN 5 MINUTES

Any one can install this device in 5 minutes. Simply loosen one connection to the intake manifold with a wrench. You can do the rest with your fingers.

## Proved by Two Million Owners

Records like these are reported in every mail for every make and model car from 72 different countries . . . the world over. More than two million Stransky Vaporizers have been installed.

## Easily Installed

No bigger than a dollar coin—no more expensive than a good wrench—no more trouble to attach than a fan belt! Attaches to the intake manifold of any car in five minutes. Anyone can do it.

## Less Gasoline—More Power

The Vaporizer supercharges your gasoline after it leaves the carburetor. Completely vaporizes the gasoline. Under this ideal condition you get more compression out of less gasoline and a more complete explosion. Both power, pickup and speed are noticeably increased. Starting is not interfered with as the Vaporizer automatically shuts itself off when the motor is idle.

## Make This Test

Test the Stransky Vaporizer on your car—and expect results that will amaze you! Double your mileage—get flashing pickup and power—forget carbon trouble, sluggish motor and fouled spark plugs from over-rich mixture—and save enough on your gasoline to more than keep you in tires. These results are guaranteed or the test costs you nothing.

Mail the coupon below for full details, guarantee, and amazing trial offer, which is even more remarkable than we can tell you here. There is no obligation whatever.

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Men are making wonderful earnings showing the Stransky Vaporizer to car owners in spare time and full time. Sells fast under our guarantee. Foster made \$357 in two weeks. G. F. Fuller earned \$114 in 5 days. Eberlein sold 23 Vaporizers in 35 minutes! J. W. Cronk actually earned \$51 in an hour. You should be able to earn at least \$3 every hour you put in. We offer demonstrators one Vaporizer FREE, under our unusual offer. Get full details. Simply mail coupon at once.

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