

# What I Tell Men Who Want Their Salaries Raised

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

By J. E. Greenslade

**P**UT yourself in my place for a moment and you will realize what a tremendous satisfaction my life has been to me; you will understand why my particular work is more interesting than anything I know of. For every day hundreds of men write to me from all over the world—every conceivable type of man. This correspondence is divided into two great classes. The first group is the one that challenges my greatest interest, for these are letters from men in every walk of life—farmers, ministers, clerks, bookkeepers, routine workers, miners, railwaymen, mechanics, etc. The one question they all ask is:

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

This is the group to whom I send the thrilling message of freedom from all the handicaps of their positions, the message that shows them a sure, quick way for any one—all of them—to enter the wonderful profession of selling, at incomes that they never dreamed possible. The second group is made up of the letters that make me happiest. For in this group I receive the wonderful message of thanks that sincere men send me of dreams realized, as a result of following my advice.

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

You may say that salesmen are born, not made. You may say that you

were never cut out for selling. You may laugh when I tell you that in twenty weeks you can be mentally equipped to make a big success as a salesman. But don't laugh. Thousands have proved the truth of what I say—and are now making big money in the selling field. The "born Salesman" fallacy has been exploded. The idea that a man must have a "gift of gab" has been discarded. Today the man who is most successful in selling is the man who has learned the scientific and easily applied laws of selling.

For example: A. H. Ward, of Chicago, just back from the army, did as I suggested and made \$12,000 in one year—earned \$1,350 last month.

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

How did these men do it? They followed my advice and made a small investment in the course of training given by the National Salesmen's Training Association. In twenty weeks they were ready! They immediately began earning salaries that you can be earning in a short time from now. And one of the things that makes these wonderful accomplishments possible is the National Demonstration Method of Instruction that gives you the



J. E. Greenslade

equivalent of actual sales experience.

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

**National Salesmen  
Training Association**  
Dept. 21-S  
53 W. Jackson Blvd.  
Chicago, Ill.



NATIONAL SALESMEN'S TRAINING ASS'N  
Dept. 21-S, 53 W. Jackson Blvd., Chicago, Illinois

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

Name.....

Address.....

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

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





# Strength



NOVEMBER, 1924

Vol. IX

No. 9

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Published Monthly by THE MILO PUBLISHING CO.

Entered as Second Class Matter at the Post Office at Philadelphia, Pa.

November 20th, 1920, under the Act of Congress of March 3, 1879, additional entry applied for in New York, N. Y., and Brooklyn, N. Y., Post Offices

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

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

R. L. HUNTER, Advertising Manager.

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

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

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

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

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# Science Discovers the Secret of Caruso's Marvelous Voice

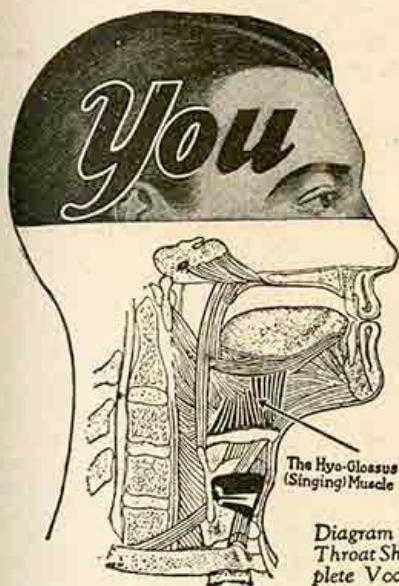


Diagram of the Normal Throat Showing the Complete Vocal Mechanism.

## Caruso's Throat and Yours

Why is it that the humble peasant boy of Italy became the greatest singer of all time? This diagram of his throat will show you. Caruso's marvelous voice was due to a superb development of his Hyo-Glossus muscle. Your Hyo-Glossus muscle can be developed too! A good voice can be made better—a weak voice become strong—a lost voice restored—stammering and stuttering cured. Science will help you.

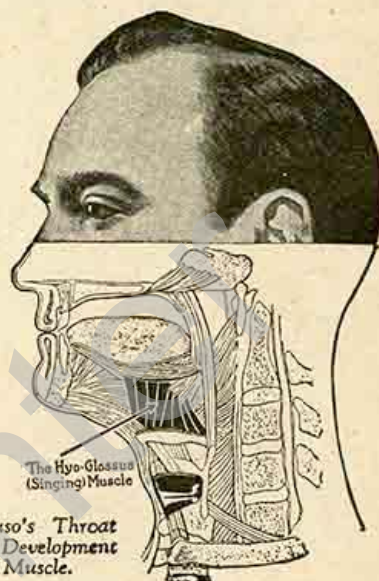


Diagram of Caruso's Throat Showing the Superb Development of his Hyo-Glossus Muscle.

## We Guarantee— Your Voice Can Be Improved 100%

EVERY normal human being has a Hyo-Glossus muscle in his or her throat. A few very fortunate persons—like the late Caruso—are born with the ability to sing well. But even they must develop their natural gifts. Caruso had to work many years developing that muscle before his voice was perfect. Whether your voice is strong or weak, pleasant or unpleasant, melodious or harsh, depends upon the development of your Hyo-Glossus muscle. You can have a beautiful singing or speaking voice if that muscle is developed by *correct* training.

### Prof. Feuchtinger's Great Discovery

Professor Feuchtinger, A. M.—descendant of a long line of musicians—famous in the music centers of Europe, Munich, Dresden, Berlin, Bayreuth, Vienna, Paris and Florence, for his success in training famous Opera Singers—discovered the secret of the Hyo-Glossus muscle. Dissatisfied with the methods used by the maestros of the Continent who went on year after year blindly following obsolete methods, Professor Feuchtinger devoted years of his life to scientific research. His reward was the discovery of the Hyo-Glossus, the "Singing Muscle".

Professor Feuchtinger went even farther into the Science of Singing.

He perfected a system of voice training that will develop *your* Hyo-Glossus muscle by simple, silent exercises right in your own home.

### Grand Opera Stars Among His Students

Hundreds of famous singers have studied with Professor Feuchtinger. Over 10,000 happy pupils have received the benefits of his wonderful training.

There is nothing complicated about the Professor's methods. They are ideally adapted for correspondence instruction. Give him a few minutes each day; The exercises are silent. The results are sure.

The Perfect Voice Institute guarantees that Professor Feuchtinger's method will improve your voice 100%. You are to be your own judge—take this training—if your voice is not improved 100% in *your own opinion*, we will refund your money.

### A Beautiful Voice for YOU

You do not know the possibilities of your voice.

If you want to sing—if you have always felt that you could sing but lacked the proper training because you had not

the time nor the means to study—here is your chance. Professor Feuchtinger's course will improve your voice 100%. You can now learn to sing at a very small cost and in the privacy of your own home.

If you want to improve your speaking voice—if you stammer or stutter—Professor Feuchtinger will help you.

### Professor Feuchtinger's Book "Voice Culture" Free

Send us the coupon below and we'll send you FREE this valuable work on the Perfect Voice. Do not hesitate to ask. Professor Feuchtinger is glad to have us give you this book and you assume no obligations whatever by sending for it.

You will do yourself a great and lasting good by studying this book "Voice Culture". It may be the first step in your career. Do not delay. The number of these books is limited. Send for "Voice Culture" today.

### Perfect Voice Institute

Studio 57-78, 1922 Sunnyside Ave., Chicago

Please send me FREE Professor Feuchtinger's book "Voice Culture". I have put X opposite the subject that interests me most. I assume no obligations whatever.

Singing  Speaking  Stammering  Weak Voice

Name.....

Address.....

Age.....

**Perfect Voice Institute**  
1922 Sunnyside Ave., Studio 57-78, Chicago, Ill.



# Fast Life Wrecks the Nerves

by PAUL von BOECKMANN

Lecturer and Author of numerous books and treatises on Mental and Physical Energy, Respiration, Psychology and Nerve Culture

WE are living in the age of SPEED, the mile-a-minute life. We crowd two or five years of life into one. We hurry; we worry; and we dissipate, little realizing that there must come an end to our supply of Nerve Force—that we will become nervous wrecks.

Long before a person reaches the final stages of nervous collapse, he passes through months and even years of subnormal nerve power, which seriously handicaps him in life, undermines his constitutional powers and causes all kinds of organic and mental disorders. It would be proper to call these people "near-neurasthenics."

There are countless "near-neurasthenics" about us everywhere—in the streets, in the cars, in the theatres, in your business, and especially in your own home—right in your own family.

They are said to be troubled with "nerves," a condition which is not considered serious, but admitted to be most annoying, especially to those who must associate with people who have "nerves."

"Nerves" is not a malady which manifests itself, as many people believe, in twitching muscles, trembling hands. These conditions are found only in advanced stages of Nerve Exhaustion.

The symptoms of Nerve Exhaustion vary according to individual characteristics, but the development is usually as follows: First Stage: lack of energy and endurance; that "tired feeling." Second Stage: Nervousness; restlessness; sleeplessness; irritability; decline in sex force; loss of hair; nervous indigestion; sour stomach; gas in bowels; constipation; irregular heart; poor memory; lack of mental endurance; dizziness; headache; backache; neuritis, rheumatism, and other pains. Third Stage: Serious mental disturbances; fear, undue worry; melancholia; dangerous organic disturbances; suicidal tendencies; and in extreme cases, insanity.

If only a few of the symptoms mentioned apply to you, especially those indicating mental turmoil, you may be sure that your nerves are at fault—that you have exhausted your Nerve Force.

Perhaps you have chased from



PAUL VON BOECKMANN

Author of *Nerve Force* and scores of other books on Health, Psychology, Breathing, Hygiene and kindred subjects, many of which have been translated into foreign languages.

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. You feel it, and you act it. You are tired, dizzy, cannot sleep, cannot digest your food and you have pains here and there. You are told you are "run down," and need a rest. 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.

And don't be deceived into believing that some magic system of physical exercise can restore the nerves. It may develop your muscle but it does so at the expense of the nerves, as thousands of athletes have learned through bitter experience.

The cure of weak and deranged nerves must have for its basis an understanding of how the nerves are affected by various abuses and strains. It demands an understanding of certain simple laws in mental and physical hygiene, mental control, relaxation, and how to develop immunity to the many strains of everyday life. Through the application of this knowledge, the most advanced case of Nerve Exhaustion can be corrected.

I have made a life study of the mental and physical characteristics of nervous people, having treated

more cases of "Nerves" during the past 25 years than any other man in the world (over 100,000 cases).

The result of this vast experience is embodied in a 64-page book, entitled "Nerve Force," a book that is essentially intended to teach how to care for the nerves and how to apply simple methods for their restoration. It includes important information on the application of deep breathing as a remedial agent. The cost of the book is only 25 cents, coin or stamps. Address me—Paul von Boeckmann, Studio 462, 110 West 40th St., New York City.

This book will enable you to diagnose your troubles understandingly. The facts presented will prove a revelation to you and the advice will be of incalculable value whether you have had trouble with your nerves or not. Your nerves are the most precious possession you have. Through them you experience all that makes life worth living, for to be dull-nerved means to be dull-brained, insensible to the higher phases of life—love, moral courage, ambition, and temperament. The finer your brain is, the finer and more delicate is your nervous system, and the more imperative it is that you care for your nerves.

"Nerve Force" is not an advertisement of any treatment I may have to offer. This is proved by the fact that large corporations have bought and are buying this book from me by the hundreds and thousands for circulation among their employees—Efficiency. Physicians recommend the book to their patients—Health. Ministers recommend it from the pulpit—Nerve Control, Happiness. Never before has so great a mass of valuable information been presented in so few words. It will enable you to understand your Nerves, your Mind, your Emotions, and your Body. Over a million copies have been sold during the past fifteen years.

## What Readers of "Nerve Force" Say:

"I have gained 12 pounds since reading your book, and I feel so energetic. I had about given up hope of ever finding the cause of my low weight."

A physician says: "Your book is the most sensible and valuable work I have ever read on the prevention of neurasthenia. I am recommending your book to my patients."

"Reading your book has stopped that dreadful feeling of FEAR which paralyzed my stomach and digestion."

"Your book did more for me for indigestion than two courses in dieting."

"My heart is now regular again and my nerves are fine. I thought I had heart trouble, but it was simply a case of abused nerves. I have reread your book at least ten times."

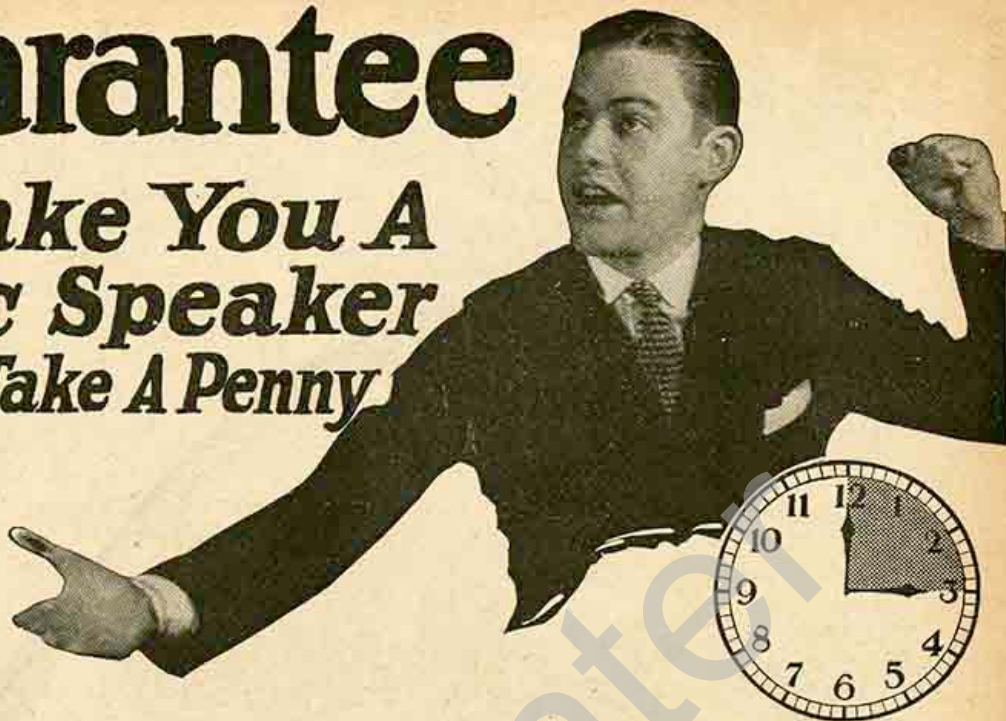
"The advice given in your book on relaxation and calming of nerves has cleared my brain. Before I was half dizzy all the time!"

"I have been treated by a number of nerve specialists, and have traveled from country to country in an endeavor to restore my nerves to normal. Your little book has done more for me than all other methods combined."



# I Guarantee To Make You A Public Speaker or I Won't Take A Penny

I'll Show You How To Control One Man Or A Big Audience—How To Conquer Stage Fright—How To Increase Your Earnings—All By The Power Of Effective Speech



## Give Me 15 Minutes a Day

That's all I want, 15 minutes a day, to prove to you beyond a shadow of a doubt that I can do for you what I have done for other men—increase your income, make you a leader, make you successful.

C. F. Bourgeois, President of Robischon and Peckham, says: "The lesson on 'How to Develop Personality' is alone worth the entire cost of the course. It has been of real practical help to me."

Walter O. Ford of the Ford Manufacturing Company writes: "Was always considerably flustered when called upon to speak. Now, thanks to your course, I feel perfectly at home and confident. Every man who wants a strong personality and the power of effective speech should take your course."

H. B. McNeal, President of the Telephony Publishing Company, says: "It should appeal to every man and especially to young men who are ambitious for rapid promotion."

### Get Big Money Jobs

These men write as do hundreds of other successful men concerning this amazing new method of making you a forceful, fluent, convincing speaker. The world is at the feet of the man who can hold others by the sheer power of speech. Powerful speech shortens the road to success. Leadership depends on the ability to talk forcefully, fluently and convincingly. Why do salary increases and the big-pay jobs seem to just come naturally to one man when all about him are men of equal ability in other respects? Why in social life does one man have great influence and be the center of interest when others are ignored? The answer is obvious. The suc-

cessful man has the knack of making every word he says or writes count in his favor. He is never at a loss for the right word and he presents his proposition or views in clear, logical and forceful language—with the result that he gets what he goes after. He has the wonderful power to

### Sway Others At Will

and he is welcomed everywhere and listened to with deep respect. How many men can address a dignified board of directors and

### What This Amazing Course Teaches You

- How to make after-dinner speeches.
- How to write better letters.
- How to sell more goods.
- How to have a good memory.
- How to enlarge your vocabulary.
- How to make political speeches.
- How to develop self-confidence.
- How to have a winning personality.
- How to be master of any situation.

have their plans and ideas approved? How many men can appear at a moment's notice before an audience and create enthusiastic notice? Not many. And yet there is no reason why any man should not be able to do these things just like successful men are capable of doing them. Powerful and convincing speech can be easily acquired.

### Easy For Anyone

I don't care what line of business you are in. I don't care how embarrassed you now are when you are required to speak. I don't care what you think now. I can show you

how to rise quickly above the mass in business, how to step to promotion, how to be a leader, with poise and the assurance to plunge right into any subject and convince your hearers of your point of view. By this amazing new method, made possible by Professor R. E. Pattison Kline formerly dean of the Public Speaking Department of the Columbia College of Expression, being a powerful speaker is easy and simple.

### Free Self-Test

To convince you fully that you can become a powerful and convincing speaker by giving me only fifteen minutes a day right in the privacy of your own home, I will send you a remarkable FREE self-test, and then you can judge for yourself. I want you to determine whether or not you wish to have this power of speech that men envy and women applaud. Also, because I know that you will be so delighted that you will tell others of this amazing method, I will send you a

### Special Offer

if you fill in the coupon and mail at once. You like thousands of others can quickly and easily learn the secret of achievement both in position and salary and all this without leaving your present position and by devoting only a few minutes a day to the fascinating material I will send you. Just give me your name and address on the coupon.

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I am interested in your Course in Effective Speaking and your Free self-test and special offer. Please send me full particulars. This request places me under no obligations of any kind.

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





## “Now It’s My Turn To Laugh at Him!”

**W**E were dancing together to a beautiful, lilting melody. I led her gracefully around the room, keeping perfect harmony with the music. We were thoroughly enjoying ourselves.

And then, suddenly, I saw Jim standing near the door. He was watching us. But he wasn’t laughing this time! His eyes followed us around the room, wondering, curious. He seemed a little lonesome standing there in the doorway, and I just couldn’t help drawing it to Jeanne’s attention. “Now it’s my turn to laugh at him!” I said.

She grinned up at me. “He’ll never laugh at you again!” she whispered.

“I’ll be there,” I said, “And I’ll dance!”

I remembered that other night, a month ago, and was glad. Jim had invited me to a dancing party, although knowing very well that I hardly knew one step from another. And he urged me to ask Jeanne for a dance, knowing that she was the most graceful and talented dancer in the room. I was horribly self-conscious, clumsy as a boor, stepping all over her toes and leading her right into other couples. It was torture. And then I saw Jim standing in the doorway, laughing. Other couples had stopped dancing to watch us, and were laughing too. I was the goat!

It was a humiliating experience, and the next time Jim invited me to a dance I

refused. “Tired of dancing already?” he asked, laughing slyly. That laugh, somehow irritated me. “I’ll be there!” I said grimly—“and I’ll dance!”

### I sent for the five free lessons

That evening I sent off a coupon to Arthur Murray asking him for the five lessons that he offered free. I would show Jim—I would show all of them! They’d never make me the goat again. I’d become a good dancer, as popular as any of them.

Arthur Murray’s five free dancing lessons arrived just the evening before the dance. It was fun to follow the simple diagrams and instructions. I practiced before a mirror. I quickly mastered a fascinating new fox-trot step. I learned how to lead, how to dance in harmony with the music. I acquired a wonderful new sense of ease and poise. I could hardly wait for Jim’s dance.

And then—that wonderful dance with Jeanne! She had hesitated when I asked her, but she was too polite to refuse. The orchestra was playing a fox-trot, and I swung her gracefully into the rhythm. She was an exquisite dancer, and we interpreted the dance like professionals. It was a triumph. Everyone was amazed, and especially Jim. He stood in the doorway watching us—the very doorway where only a short time ago he had stood and laughed. Laughed! Well, it was my turn to laugh now!

Jeanne and I finished the dance together. Others stopped to watch us. Jeanne was smiling—others were smiling—soon everyone was smiling and applauding. I was popular!

*I never dreamed that knowing how to dance well could make anyone popular so quickly. You, too, can quickly learn dancing at home, without music and without a partner. More than 200,000 men and women have become accomplished dancers through Arthur Murray’s remarkable new method.*

### I found it great fun

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

Clip and mail this special coupon NOW for the five free lessons. There is no obligation. Please include 25c to cover the cost of handling, mailing and printing. ARTHUR MURRAY, Studio 332, 290 Broadway, New York.

ARTHUR MURRAY, Studio 332  
290 Broadway, New York

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

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



# I'll Show You How to Lift Over 300 Pounds With One Hand

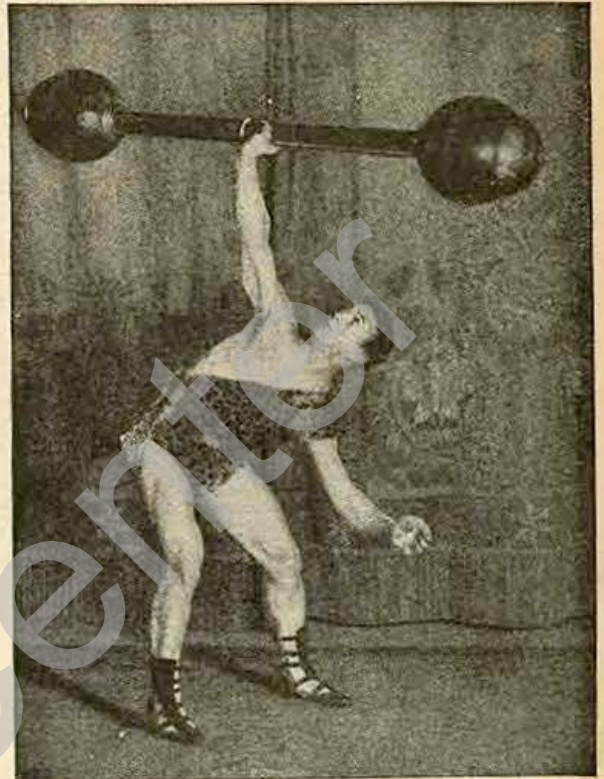
You'd like to be able to do it—I KNOW YOU WOULD. Any man with red blood in his veins would. Not only this, but you'd like to be able to do many other things that require extraordinary Strength and Agility. You've been striving for some time to become a Strong Man. You want to out-shine the other fellows in feats of Strength and endurance, and show the folks just what kind of stuff you're made of.

This is a perfectly natural and wholesome desire, but it makes you feel discouraged when you find that you are not getting the results you'd like to get. It's no fun, I know, to work hard for something and then, after a time, discover that you are but little nearer to your goal—if any. You feel that if you only had somebody to really take a personal interest in you, showing you the ins and outs of everything—somebody who knew his business from A to Z, and who took pride in turning you out a FINISHED PRODUCT—then you'd really accomplish something.



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

These are your thoughts exactly my friend. I KNOW—because I have had many other ambitious fellows tell me the very same thing. They were discouraged and ready to give up in disgust . . . until they came to me and took my ADVANCED COURSE IN PHYSICAL TRAINING. Then they found themselves! Then they changed almost overnight from men of medium calibre to MEN EXTRAORDINARY.



Photograph (taken by flashlight on a stage) of Lionel Strongfort doing his world renowned bar-bell lift.

## YOU Can Be the Strong Man of Your Home Town

Yes, and not only that—YOU can be a STRONG MAN OF NATION-WIDE FAME. Not a bit of doubt to it! I've got my eyes open for ambitious fellows whom I can train into Professionals. I'll do the same for YOU as I have done for my many other pupils who are now enjoying professional careers, touring the country, giving exhibitions of strength and endurance at all leading theatres. These pupils are drawing large salaries and gaining world-wide fame. Now they thank the day they placed themselves in my hands.

## Strongfortism Will Give You the Strength of a Hercules

You don't want to be just strong—or pretty strong. You want to possess the strength of a Hercules which only STRONGFORTISM will give you. You want to enjoy that wonderful feeling which comes only to those who know they possess an unlimited reserve power which comes to their bidding like a streak of lightning—in any emergency. That's when you enjoy life my friend—that's when you realize with joy in your heart, that no matter what happens no matter who starts anything, YOU ARE MASTER OF THE SITUATION. DON'T WASTE ANY MORE TIME EXPERIMENTING. LIFE IS TOO SHORT!

Send for my Book, "The Strength of a Hercules and How to Obtain It"—  
It's FREE!

It will tell you some things you didn't know before. It will give you the facts concerning Heavy Weight Lifting, including all phases of Advanced Training, and a complete history of my professional career. This book should be in your hands. SEND FOR IT TO-DAY. Remember it's FREE—and does not obligate you in any way.

**Lionel Strongfort**

Physical and Health Specialist over 25 years

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STRONGFORT  
Dept. 1659  
Newark, N. J.

I want the kind of strength that only STRONGFORTISM will give me. Enclosed is a dime to help cover mailing charges for your FREE book—"The Strength of a Hercules and How to Obtain It."

MIGHTY STRENGTH COUPON

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Address.....



## SPECIAL LIMITED TIME OFFER

*Now Is Your Chance to Join*

### THE AMERICAN CONTINENTAL WEIGHT LIFTERS' ASSOCIATION



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

This organization is the liveliest of its kind for two reasons. The first is because its officials have the most information on health subjects and the greatest knowledge of body building principles to be found in this country. The second is because it has the broadest and most practical principles of any institution of its kind in the world.

### REALIZATION OF YOUR IDEALS

In the very short time since its inception it has done things; it has produced the goods and so has drawn to itself national attention, and because of its sterling worth, the strong arm of STRENGTH is supporting this cause with the most magnanimous offer possible. This has given us the opportunity to sound

### THE RALLY CALL

We are aiming to secure 250,000 adherents to our banner, no matter whether you use a bar-bell or not, as long as you are a believer in health, a propounder of body building principles or a bar-bell lover, we want you.



### ARE YOU A PATRIOT

If you believe that health culture and the possession of a healthy body is more of a national asset than an individual one, you will gladly enroll and take the opportunity of helping others. If you stand

back you are an enemy to yourself and all around you. You are not a patriot, for backsliding in this instance, will prove you have lost all national pride.

**THE PRINCIPAL AIMS OF THE ASSOCIATION** are to unite all lifters and others interested in body building and to establish rules and methods of procedure which will enable us to provide authentic records for all classes of lifters.

By comparing your records with the records of other lifters of your own weight and by organizing clubs within the Association where the members can meet and work out, we hope to increase the interest in lifting and spread a wider knowledge of the proper methods by which the various lifts are performed.

Every man who has spent much time at the work has learned some things and come upon others which stick him. No method of teaching is so effective as for a group of such men to get together and share their knowledge.

The experience of both the Pittsburgh and the Los Angeles group has gone a long way to prove this and Siegmund Klein is organizing a group in New York which he hopes will shortly rival the older organizations.

As soon as the details of the outside organizations permit, Mr. Jowett will personally undertake the organization of a Philadelphia Weight Lifting Club.

We hope that these clubs will form the nucleus of a group which should cover the whole country. On the other hand you must not get the idea that members of the Associations must live in the above cities or in any city, as we are planning to do our utmost for all members, whether they are members in towns where there are a number of lifters or whether they are completely isolated.

### REMARKABLE OFFER BY STRENGTH

The regular initiation fee is \$2.50 to a new member, and a yearly subscription of \$5.00, a total of \$7.50. This entitles you to the lapel button insignia of your order,

membership card, one year subscription to STRENGTH MAGAZINE, and all the big benefits of this organization.

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

Our hearts go out to the STRENGTH MAGAZINE for making possible this splendid opportunity as their share in

helping us to reach the one-quarter million mark.

**I KNOW YOU ARE INTERESTED,**  
so tear off this coupon and write for all details concerning this organization, which will be furnished you by its founder and President, GEORGE F. JOWETT, care of STRENGTH MAGAZINE, 2741 N. Palethorp St., Phila., Pa.

GEORGE F. JOWETT, President A. C. W. L. A.  
c/ STRENGTH MAGAZINE,  
2741 N. Palethorp St., Philadelphia, Pa.

Dear Mr. Jowett:

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

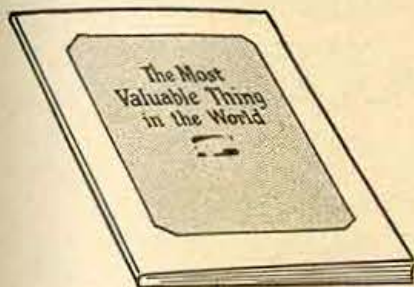
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Town..... State.....



# You can have it!



Worth \$1,000,000 to scores

Worth \$ 500,000 to hundreds

Worth \$ 250,000 to thousands

Worth \$ 100,000 to tens of thousands

## This new free book tells how

Never before was there such an important message for YOU as the one this book contains! Its value simply cannot be measured in money, yet you can have it without paying a single dollar.

A VERY rich man once offered a fortune to anyone who could cure his indigestion. While accumulating vast wealth, he had lost the most valuable thing in the world.

In his search for new health, he spent money like water. Hopefully he went from one expensive specialist to another, giving each new course of treatment a faithful trial. Some of them seemed to benefit for a time, but all failed to give him back the lost power he craved—the ability to digest a simple meal of wholesome food without suffering the agonies of dyspepsia.

Finally the specialists began telling him that his ailment was chronic—hopeless of cure. Then he seized at a vague hope, as a drowning man does at a straw. He placed himself under the care of a man whom the medical profession called "outlaw," "crank," "charlatan," and worse.

This man prescribed no drugs, boasted no diploma, wrote no title after his name, yet under the guidance of his homely, common-sense counsel, the millionaire dyspeptic was taught to cure himself, and did it! The lost boon of health, for which he had desperately offered a fortune, came back to him as a free gift from Nature, when he learned at last to obey her laws!

**30,000 others tell stories just as wonderful**

A host of men and women, suffering not only from dyspepsia, but from dozens and hundreds of other diseases and disabilities, have been benefited and completely restored to abounding health through the ministrations of this true "Physician of Nature."

This great company, over thirty thousand of whom he has guided personally to health, join in thankful-

### Where Do You Stand Physically?

Here are some tests for you to try out, to determine your physical fitness. If you are in good condition you should be able to do practically all of them.

#### Pulse Recovery Test

Have a friend count your pulse for five seconds while you stand quietly erect. Then hold your hands behind you and "run" standing still, striking your heels against your hands at every step. Run as fast as you can for thirty seconds. Then stop. If you are in perfect condition your pulse should be back to normal in about a minute and a half. If it takes much longer, look out! There's danger ahead.



#### Leg Test

From a standing position you should be able to squat on one leg (see illustration) while the other is extended forward, without the heel of the extended leg touching the floor at any time, and then from the squat position rise without assistance. The arms may be held horizontally forward for balance.



#### Back-Stretching Test

With the heels together bend forward and touch the floor with the finger tips of each hand in turn, swinging one hand upward while the other is touching the floor. (See illustration.)



ness to the one man who, above all others, made the great physical culture movement of today possible. His name you have guessed. It is Bernarr Macfadden.

Over 25 years ago he began to teach "the habit of health" through obedience to Nature. His pioneer writings on exercise and rational living first appeared in a little 5 cent magazine called "Physical Culture," which, under his leadership, has steadily gained in authority and usefulness to the public for a quarter of a century. Everywhere Bernarr Macfadden is now recognized and

honored, for his services to the health of the nation, as "The Father of Physical Culture."

And now he has performed the greatest, the crowning service of all. He has embodied the ripe experience of his whole lifetime in an amazingly complete, comprehensive work.

It is called the "Encyclopedia of Physical Culture," and it deserves the name. It contains a prodigious amount of information about your body, its structure, activities, care and development—and every statement has been proven true, over and over again, through Bernarr Macfadden's personal experience in handling and training thousands and thousands of physiques, in both health and sickness. This work is a monumental achievement, and it will remain as his monument, helping and healing people for generations to come.

### Amazing book FREE!

It would be useless to attempt even a brief description of this astonishingly comprehensive work in a page like this. Instead of trying, the publishers have prepared a splendid big book about this latest and greatest accomplishment of Bernarr Macfadden.

This book, which you can now have for the asking, gives you a complete synopsis of the contents of Macfadden's wonderful five-volume work—an outline of this complete education in healing and building up the body by natural means. It gives you specimens from the hundreds of wonderful illustrations; it explains briefly Macfadden's methods of healing without drugs; and it gives several remarkable tests for you to take, in order to determine where you now stand physically.

These tests alone will interest you more than anything you ever tried before, for they will reveal the strong points and weak spots in your physical make-up—things you have perhaps never even suspected.

Whether you are sick or well, whether you are now interested in any form of physical culture or not, you should not miss getting this remarkable book—"The Most Valuable Thing in the World." It is sent free, without obligation. No salesman will call to see you. Satisfy the curiosity and interest you feel by sending this coupon today, now.

Macfadden Publications, Inc., Dept. 511,  
Macfadden Bldg., 1926 Broadway, New York

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Dept. 511, Macfadden Bldg.,  
1926 Broadway, New York

Please send me, free and postpaid, a copy of your book, "The Most Valuable Thing in the World," containing the revealing physical tests. It is understood that this does not obligate me in any way.

Name

Address

City  State

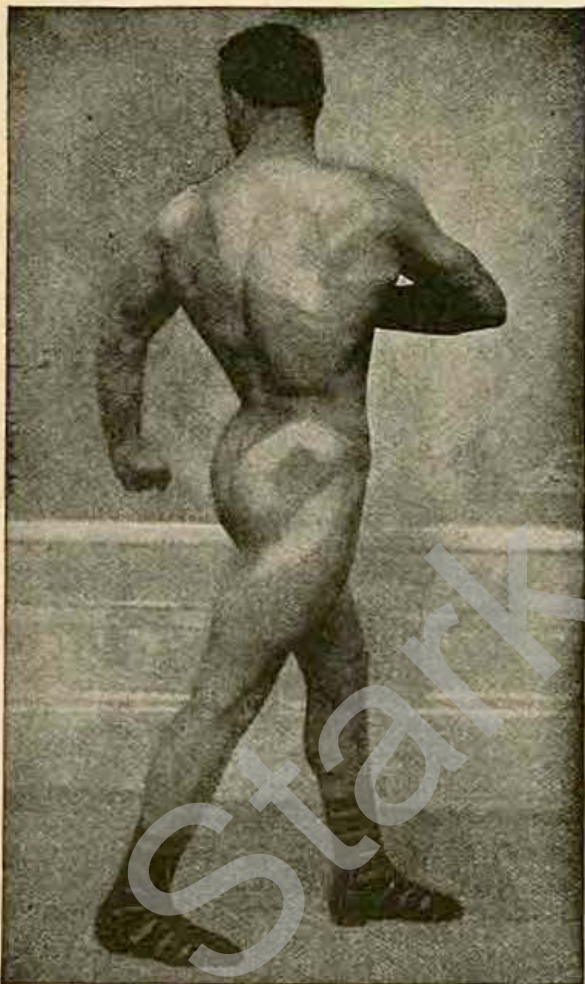


# A Book That Will Revolutionize Body-Building Methods "SUPER-STRENGTH"

Written by  
ALAN CALVERT

The former editor of the "Strength Magazine"

is winning golden opinions from its readers. Here are quotations from a few of the many letters which we receive daily:



One of the 183 pictures in "Super-Strength"

MILO PUBLISHING CO.,  
2739 N. Palethorp St., Philadelphia, Pa.

S-11-24

Gentlemen:

Enclosed find { cash  
check  
money order

for \$3.50, for which please send me a copy  
of "SUPER-STRENGTH," by Alan Calvert.

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STREET .....  
TOWN..... STATE.....

"The book, 'Super-Strength,' is great, and just what I needed. If I thought I could not get another copy, I would not sell mine for \$50.00. This may sound like an over-statement, but it shows you what I think of the value of the book."

"Have received the wonderful book, 'Super-Strength,' which contains a wealth of real knowledge. I would not part with it for anything, and have read it through twice already."

"There is one thing you can say for 'Super-Strength,' and that is that once you start to read it, you cannot put it down until you finish it. When I got my copy, it took me an hour to thoroughly examine the ninety-five pages of pictures, and then I sat up the rest of the night reading the text."

"'Super-Strength' is the book I have been hoping for, and wishing for these many years. I have spent over \$100.00 in buying different courses of instruction, but I can truthfully say that this book contains more actual instruction, and gives more beneficial information than I found in all the courses which I had bought previously."

"The book, 'Super-Strength,' received. It exceeds my expectations. It is far more than you claimed for it. It comprises the most complete and thorough course in body-building exercises that I have ever come across. Many of the exercises are absolutely new to me, and have produced the most surprising results in the few days that I have practiced them."

"I suppose you people know your own business best, but let me tell you that you are making a mistake in charging only \$3.50 for the book, 'Super-Strength.' I have paid \$5.00 and \$10.00 for books that did not contain one-quarter as many pictures, one-half as many words, or one-tenth as much real instruction as this book does. Please congratulate the author for me on his wonderful selection of pictures."

## Have You Bought Your Copy?

If not, we advise you to place your order at once, and to use the coupon at the bottom of the page. If you have not read any of the previous advertisements, we will now tell you that this book of Mr. Calvert's contains 220 pages of closely printed text—about 80,000 words in all. There are 26 chapters, some of which are devoted to instruction, others describe the wonderful feats of strength performed by celebrated "Strong Men," and still others which show the reader how he can learn to do similar feats. There are 95 illustrated pages, bearing 183 separate pictures. These pictures are printed on high-grade coated paper, so as to bring out all the details of the muscular development of the Perfect Men whose pictures adorn the pages. In that part of the book devoted to instruction, you will find a description of some exercises which have heretofore been the trade secrets of professional "Strong Men," and which have never before been published.

Altogether a great book,—and the demand for it shows the high estimation in which the readers of this magazine hold Mr. Calvert's writing and teaching ability.

Remember the name of the book is

## "SUPER-STRENGTH"

by

ALAN CALVERT

80,000 words      Cloth Bound      Lavishly illustrated

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# How a bald-headed barber helped to save my hair!

I had long been a slave to hair tonics. I fell for everything the barber recommended. But the more I tried to do for my hair the worse it got. One day I went into a strange barber shop and then—well here's the story.

FOR months my barber had been commenting upon the way my hair was thinning out. But I used to smile and let it go at that. It was part of his game to sell hair tonics and I didn't intend to fall for it.

Even when my wife said, "Bert, I believe you are losing your hair," I gave a little laugh and passed it off with a jesting remark. But when my business associates began to comment on my hair I got worried. I was just as full of pep and vim as I had ever been, yet I worried for fear my associates would think I was headed for the "has been class."

I decided to save my hair if it could be saved. I began to try every kind of shampoo that I heard of—every tonic on the market found its way eventually to my head. But my hair kept getting thinner and thinner.

One day I went into a strange shop. When the barber had finished cutting my hair he said, "Tonic, sir. Finest thing in the world for making hair grow!" Mechanically I said "yes." Then I looked up at the barber. He was absolutely bald. "Here," I said to myself, "if tonics actually grew hair or even prevented its falling out, there wouldn't be such a thing as a bald-headed barber in the world."

I cancelled the tonic order and left swearing that never again would I use a tonic on my hair.

And I haven't. I decided to do what I should have done in the first place—learn something about the hair.

A friend recommended Hair Culture by Bernarr Macfadden. I got a copy. I put

into practice the simple, easy-to-apply methods outlined by the noted physical culturist and almost immediately I began to see an improvement. Now my hair is a marvel to all who see it and my friends say I look ten years younger. *Albert Woodruff.*

## The Truth About Hair

There is a way that will absolutely prevent loss of hair and that will even make it grow healthfully! It was discovered, by purest accident, by Bernarr Macfadden, admittedly America's foremost physical culture exponent. Thirty years ago his hair began to come out by handfuls, and obsessed by the fear of completely losing it, he began at once to find some way to save what hair he had.

At first he tried one of the patent preparations then popular. After a few applications, without any appreciable benefit, he threw the bottle away and determined to find out just why hair falls out; for, he said, if he knew what caused hair troubles he would then know how to prevent and remedy them.

So he began to make a study of hair. He examined it under the microscope, made an analysis of it in chemicals, obtained the help of physicians to learn the nature of scalp diseases and what causes them. Among many other things, he learned that hair lives—that it must have food to nourish it, that it must have air to grow and develop. And that if it were deprived of its food and its air, like every other living thing, it would decay and die.

## Bernarr Macfadden's Discovery

With this background of scientific information, Mr. Macfadden devised some very simple methods of treatment that proved to be a really amazing discovery. He applied these methods to his own case, and found that they not only prevented the further loss of hair, but in a comparatively short time, made it grow again, made it grow more abundantly, more thickly than ever!

Yet the most wonderful thing about Mr. Macfadden's discovery is that his methods do not require the use of any dope or treatments. They do not need any apparatus. In fact, his methods of hair culture are so simple, so easy to apply, that anyone can learn how to use them in only a few



seconds. Once you have learned the amazing secret you can be sure to have strong, vigorous, healthy hair, and it won't cost you a single penny to use it day after day, year after year!

So remarkable are the results obtained through Bernarr Macfadden's new easy hair culture methods that they may seem unbelievable to some who have tried the usual kind of "Hair-growers" without benefit. Yet thousands upon thousands of men and women have already used these remarkable Macfadden methods, with uniformly satisfactory results.

## Stops Falling Hair—Ends Dandruff—Makes Hair Grow

So sure is Mr. Macfadden that his methods can help anyone who is troubled with dandruff, gray hair, baldness, split hair, and all other hair ailments, that he has instructed his publishers to send his remarkable new book *Hair Culture* to everyone requesting it, for five days' examination. It makes no difference how many remedies you have tried without success, it makes no difference how stubborn your case may be, nor how long it has existed. Mr. Macfadden is sure that you will obtain the results you want through the simple methods which he has discovered, and which are fully and completely explained in his book.

## Send No Money

You need not send a single penny now. Merely mail the coupon, and the book *Hair Culture* will be sent to you by mail, prepaid. When the book arrives deposit only \$2.00 with the postman. Then examine it for five days. Find out exactly what causes dandruff, what makes your hair lose its color, what makes it fall out. Then see how quickly Mr. Macfadden's simple methods can remedy your troubles, at no cost, and in only a few minutes each day. If you are not absolutely satisfied that you will get all the results you hope for, return the book and your money will be refunded at once. At any rate you take no risk, you have nothing whatever to lose, so send the coupon now.

## Your Hair

What do you know about it?

What are the most scientific preventatives of baldness?  
Should a wire brush ever be used on the hair?  
When should the hair be forced to fall out?  
Of what benefit to the hair is singeing?  
How often should the hair be washed or dampened?  
Which is the one great cause of dry scalp and hair?  
What is the best soap, or oily hair? for dry hair?  
What are the three causes of baldness?  
What is a dry shampoo and how does it affect the hair?  
What is the strongest stimulant that can be used on the scalp?  
What one thing is most important to luxurious growth of the hair?  
Why does hair fall out after sickness?  
What causes gray hair?  
Is dandruff contagious?  
What has diet to do with dandruff?  
What is the best way to kill the dandruff germ?  
How can the eyebrows and eyelashes be strengthened?  
How often should a baby's scalp be washed?  
What is the best kind of brush to use?  
How often, and with what, should a baby's scalp be oiled?



MACFADDEN PUBLICATIONS, INC.  
Macfadden Building  
Dept. S-11, 1926 Broadway, New York

Please send me by mail prepaid, Bernarr Macfadden's new book *Hair Culture* explaining his simple methods for naturally preserving and beautifying the hair. When the book arrives I will deposit \$2.00 with the postman. It is understood that if for any reason I return the book within five days after its receipt my money will be refunded.

As a special offer we will enter your name for a six-months' subscription to *Strength Magazine* and send you *Hair Culture* for \$3.00. If you want *Hair Culture* alone cross out this reference to subscription and pay the postman \$2.00.

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Street.....

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

# Macfadden Publications, Inc.

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New York



# STOP Eating Yourself Sick

## Begin Now to Eat Your Way to Rugged Strength

Do you not know that 95% of all human ailments originate in the digestive system? Some say 98%.

Do you realize that if your bodily condition is anything short of one hundred per cent perfect, it is because of some slip-up on your part, usually in faults of eating? Illness is not an accident; it is a result.

You know that you cannot build an automobile without the best of materials. But do you think that you can build a good human body out of "seconds" or food-trash? Our hospitals and sick-beds in thousands of homes are filled with people who *seemed* to think so, but they did not think at all.

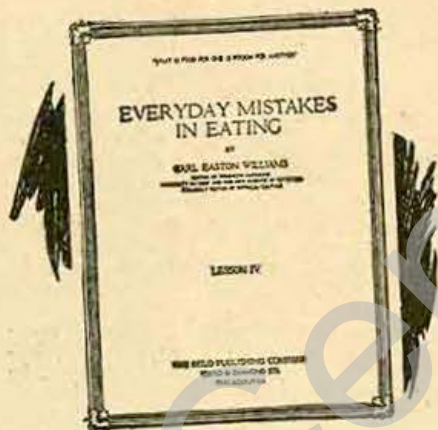
### Are You, too, Digging Your Grave with Your Teeth?

Why are octogenarians so scarce? Our vital statistics reveal the fact that most people break down in middle life, but they do not reveal the reason *why* it is the exception and not the rule to die of old age. That reason is MISTAKES IN EATING. Everywhere people are digging their graves with their teeth. Are you one of them? Do you know if you are?

### You pay—and pay—and PAY—for Mistakes in Eating

Did you ever figure it out on a business basis? Perhaps you think it is none of your business if others eat themselves to death. But has it occurred to you that you help to pay for the loss through needlessly high life insurance rates? Premiums are based upon the rate at which policy

holders die off, as you know. If policy holders stopped dying, and all lived a hundred years, you would pay very little for insurance. You pay for others' mistakes in eating. Surviving policy holders will pay—a little—for your mistakes in eating. But you yourself pay—and will pay—heavily, for your own mistakes in eating. You do actually pay—or will pay—in hours or days or weeks of suffering. You pay, or will pay, in loss of strength, loss of personal efficiency, loss of work, loss of income, loss of promotion, wasted days and wasted years. And you will pay—oh! how you will pay!—in terms of years and years of precious life, when the neighbors say, "Doesn't he look natural?"



### Are You Eating to Die— Or to Live?

Learn now how to correct your mistakes in eating—the mistakes that you are making every day, with cumulative effect. If you are eating your way into acidosis, trying to live on food "seconds," practicing an unbalanced diet, undermining your endurance and energy, eating yourself sick, then you will want to learn as easily and quickly as possible how to eat wisely and well, and thus to stay well. So that you may go on your way serenely, knowing that you have nothing to fear, and that the only thing that can get you is an automobile or other violence. And if you are alert, through right eating, you need not be afraid of that.

Since most people do not want to read an encyclopedia on food, and have not the time, but want quick help, the task of simplifying and condensing modern food science has been undertaken by Carl Easton Williams, editor of *STRENGTH* and former editor of *Physical Culture*, who has given us the comprehensive truth about food in five pointed, pithy lessons, of altogether only 15,000 words. You could "get it" in five evenings, one lesson each evening. Or the whole course on a Sunday afternoon. The name of this remarkable course is

## "Everyday Mistakes in Eating"

By Carl Easton Williams

No more pale faces, raw-edged nerves, impoverished blood and overtaxed organs. You need this information now.

### Things You Need to Know About Food

(As given in this Course)

**Lesson One.**—What is a balanced diet?—The calorie fallacy—Food as building material—Fuel foods—Mineral foods—Vitamins.

**Lesson Two.**—Applying food science—Fool-proof classification—Natural and unnatural foods—Abuses of cooking—Correcting digestive troubles—What causes acid stomach?—Analyzing your mistakes in eating.

**Lesson Three.**—Curative aspects of diet—What it means to be run down—Scurvy, pellagra—How quickly to correct acidosis—Is fasting desirable?—Weak point of the theory—The milk diet—Anemia—Auto-intoxication—Constipation—Biliousness—Bright's Disease—Catarrh, Colds—Diabetes—Insomnia—Liver trouble—Headache—Muddyskin—Neurasthenia—Rheumatism—Teeth—Tuberculosis.

**Lesson Four.**—Your correct weight—Reducing surplus—How not to do it—Two dietetic plans, without inconvenience—Menus for reduction—How to gain weight—Exercise for gaining weight, for reducing.

**Lesson Five.**—Diet in relation to your occupation—Diet and climate—Diet for middle age—When traveling and in hotels—Food preparation—Cooking vegetables—How to bake whole wheat bread—Candy and ice cream—Tea and Coffee sense—Food combinations—Base-forming foods—Acid-forming foods.

Only \$1.97 for the Complete Course and We Guarantee Your Satisfaction

Knowing the real value of this course we want you to study it, to test its teachings in your own home, and satisfy yourself of the astonishing improvement in health you can secure by following correct habits in eating. Then make your decision. If you are not delighted with the results, return the course and your money will be immediately refunded. SEND NO MONEY but mail the coupon today.

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THE MILO PUBLISHING COMPANY

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You may send me Carl Easton Williams' complete 5-Lesson Course "Everyday Mistakes in Eating." Upon receipt of the course I will deposit \$1.97 (plus actual postage) with the postman, with the understanding that if at the end of 10 days I am not entirely satisfied I can return the course and my money will be immediately refunded.

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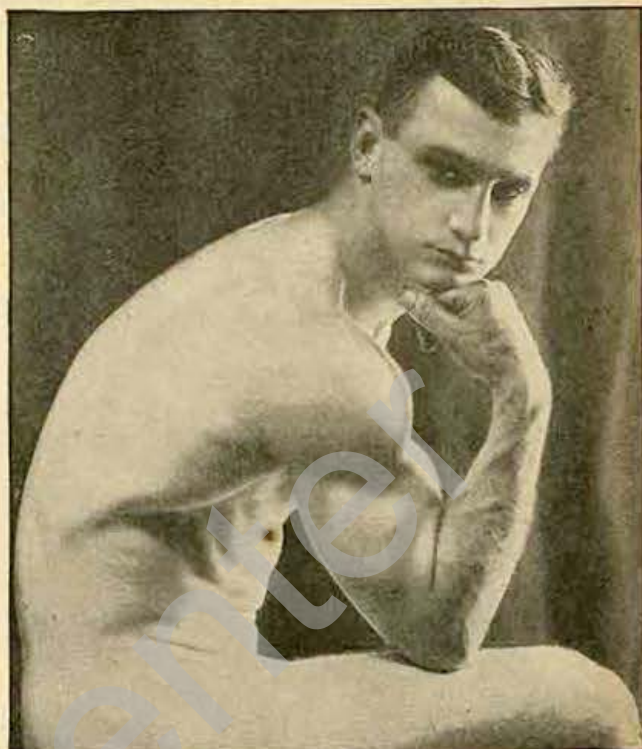
# You Can Do It Before 1925

You still have time to make a **genuine man** of yourself by the close of this year. Then, at the beginning of 1925, you will feel, look and be like a new man.

It takes 3 months to complete the lessons in my course of body-building exercises, but you get results long before that time has expired. In fact, my pupils notice improvements in their general health, development and pep in less than 1 month's time after beginning my course and receiving my personal help.

## Don't You Just Hope for a Better New Year

Make up your mind to quit **hoping** and **trusting to luck** that each new year will find you in better health and more successful. The best and quickest way in which to make sure of your success in the coming year, and those to follow, is to enroll with me **NOW**—not later—and let me improve your health and personal appearance, and increase your powers. For these essentials of success bring you **numberless friends**, give you a **clear brain** and make a **human dynamo** of you. Without these qualities you cannot keep pace with those who possess them and who consequently lead in all endeavors, whether it be business, games, athletics or in a social way.



CHARLES MacMAHON

## You Will Also Get These Early and Rapid Results

And then, when you have been following my instructions for 2 or 3 months, you will be enjoying the full benefits of perfect health, great strength, abundant endurance, speed and agility. You will get an idea of just what the full benefits to be derived from my methods are when I tell you that my pupils are gaining as high as 12 lbs. a month of good, useful muscles, and not lower than 5 lbs. a month. This means that they are putting 5 to 8 inches on their chest; bringing their upper arms up to around 15 inches; putting several inches on their necks and other measurements. And my stout pupils can fairly see their abdomens go down. So begin **NOW** so that you can start 1925 with a development and physical powers that will be pleasing to you, and which others will be compelled to recognize.

## Fool Those Acquaintances of Yours

who look upon you as inferior in a physical sense. "Put one over" on them by letting me personally see to it that you are soon made physically better than the great majority of those who consider themselves stronger, better built and more proficient in sports than you.

Then, when you have made this start with me and I have made a real specimen of manhood of you, comes the great surprise of your friends. They will be puzzled by the various ways in which you can prove that you are now stronger, faster and better muscled, and will want to know how you "turned the tables" on them.



CHARLES MacMAHON  
In Muscular Pose

## From Then On They Will Rave Over You

instead of treating you with more or less contempt. They will think a lot of you because you will be able to easily handle any of them and, naturally, you will be a leader wherever you go. The first thing for you to do is very easy. Simply send the coupon in to me and my Booklet outlining my methods and my Pamphlet on your muscles will be sent to you

## Absolutely Free

I want nothing to prevent you from getting my valuable and instructive **Booklet and Pamphlet**. In other words, I am making your initial step toward physical and mental efficiency so easy for you that you will hardly know you are taking it. Sending for my Booklet and Pamphlet **without the customary dime** is certainly easy enough for any one. The pictures in my Booklet are easy to look at and the text easy to read and understand. So send for them **now**. There is

**NO CHARGE and NO OBLIGATION**

**CHARLES MacMAHON**

Studio A-22

180 W. Somerset St., Philadelphia, Pa.

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MacMAHON  
Studio A-22  
180 W. Somerset St.,  
Philadelphia, Pa.

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

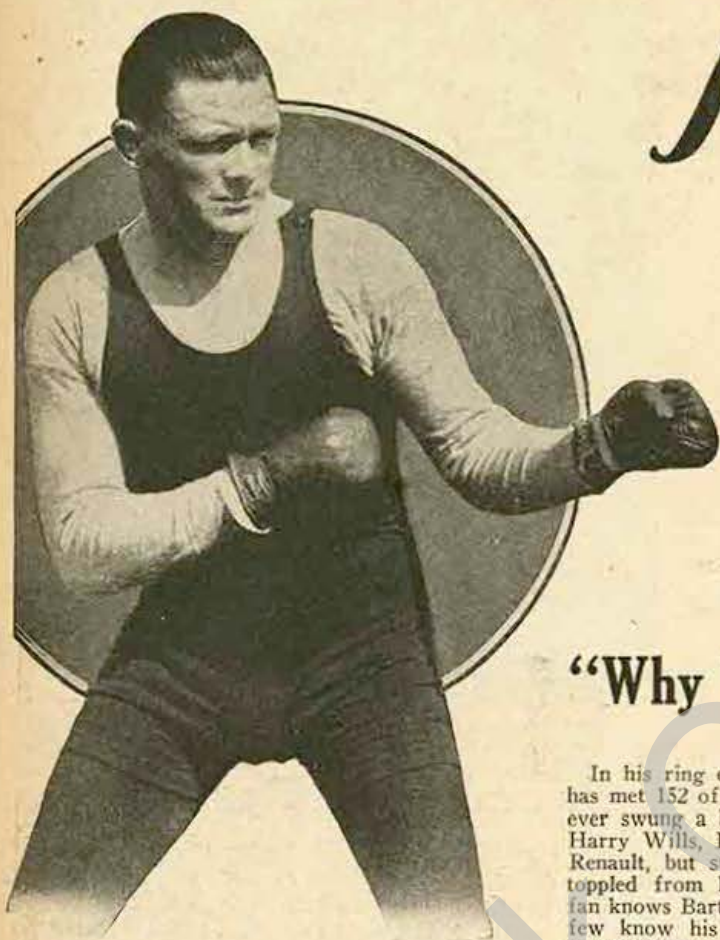
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Address .....

City and State .....



# Muscle-Building Secrets for Only



No man can really feel "fit" and enjoy the good things of life with a soft, flabby, sluggish makeup. To have strength, courage, vitality, glowing health, the pep and ability to succeed you must develop a high-powered muscular body with plenty of "punch" and good hard staying-power. The new magazine "Muscle Builder" helps you do just this. Each issue is crowded with live-wire, muscle-building articles that no red-blooded man can afford to miss. And every contributor is a super-strong man. Start right in today to build up firm, brawny steel-like muscles that you can feel and see. Get the November issue of "Muscle Builder" at any newsstand or periodical store. The price is only 15c per copy—or only 2c a week on our Special Introductory Offer. Don't fail to secure your copy.

## "Why They Can't Knock Me Out"

By BARTLEY MADDEN

In his ring career Bartley Madden has met 152 of the toughest men who ever swung a boxing-glove, including Harry Wills, Bill Brennan and Jack Renault, but still he has never been toppled from his feet. Every fight fan knows Bartley Madden. Yet very few know his secrets of resistance, strength and staying power. In the

November issue of "Muscle Builder" this "iron man of the squared circle" explains why no one has ever been able to send him to the canvas. This is a lively article for two-fisted men. Don't miss it.

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Another triumph for American athletes and superb physical condition. After the battle was over Nat Pendleton interviewed several of the victors and record breakers. And in a special article in the November "Muscle Builder" he tells you how our Olympic heroes came through. The list in-

cludes talks with Johnny Weismuller, world's phenomenal swimmer, Bob Le Gendre, who broke the records in the running broad jump, Jackson V. Scholz, Harry Osborne, Clarence Houser and several other winners. It is a vivid account of America's smashing victory that you should not miss.

## When I Was Nearest Death

By CHARLES HUTCHINSON

Here is an article by "Hurricane Hutch," the thrill-a-minute stunt king, who has appointments with death every day—but who never keeps them. This mighty man of muscle claims that, notwithstanding all the nerve-racking feats he has performed, death

has stared him in the face only *once*. If you want a real thrill read this account of Hutchinson's unexpected rendezvous with the Grim Reaper in the November Issue of "Muscle Builder."



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Famous body building secrets by Edwin Gray, M.D.

#### The Making of a Man

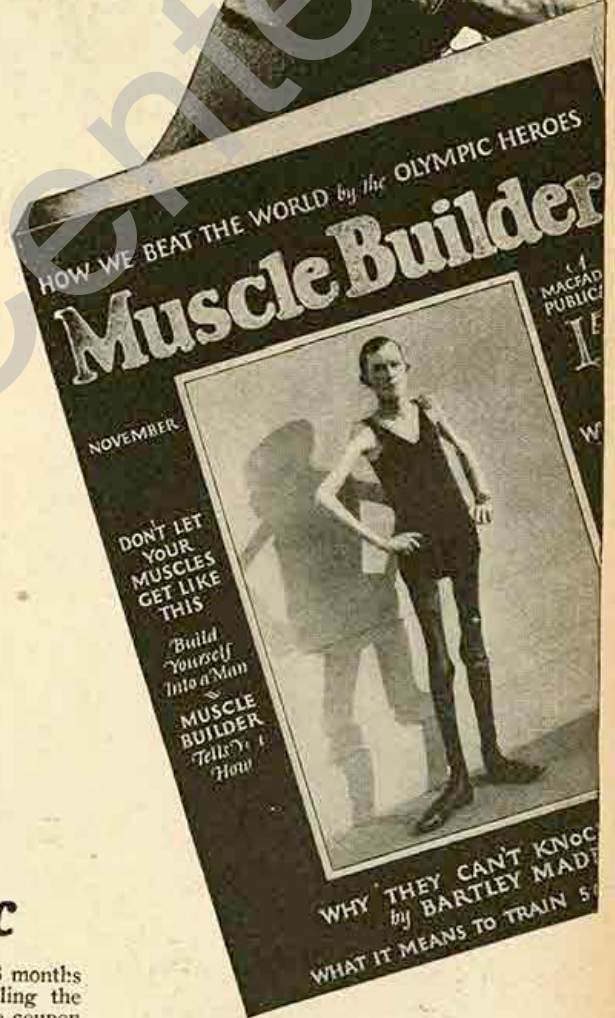
The true story of a man who overcame a frail physique and insurmountable difficulties. The strong win out.

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By Nat Pendleton

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Miss Mildred Leisy, one of Ned Wayburn's pupils, and premier dancer in Geraldine Farrar's new "Operatic Fantasia," staged by Mr. Wayburn. (See the interview, "What is the Secret of Beauty?," page 18.)



# Strength

Editorial

## Strength and Health Are Identical

**S**TRENGTH believes that being well and healthy is the most important thing in the world. We want to enable all of our readers to be not only well, but actually physically strong. Strong organically and strong physically. In spite of many protestations to the contrary, the two things go hand in hand. If you are organically sound, you must be either stronger than the average and increasing in strength, or neglecting your health and on the way to ruining it.

There are no two ways about it. You must take care of what you have and you must build on what you have. To try to exactly replace the amount of energy you are using each day, no more and no less, is suicidal. To ignore the question altogether, is even worse.

Building health is a matter of proper living and in every issue of Strength you should find much information that will enable you to avoid the many careless errors made in everyday life.

Building energy is a matter of expending energy, and in every issue of STRENGTH you will find actual methods of physique and health building, which, if persisted in, will insure perfect health and a constantly increasing fund of vitality.

STRENGTH does not go in for fads, but it does go in for common sense methods of health building. Our principal policies are clear cut and the logic of them is clearly discernable. Heavy exercise for men has more than proven itself.

Natural foods are unquestionably superior to refined foods. The nervous system plays an important part in the functioning of the organs, and we treat on this. Women's exercise is treated in every issue, and straight medical subjects are treated by competent authorities.

STRENGTH taken as a whole should show its readers how to become strong, and if they are having difficulty in following its teachings, our departments are organized so that they can obtain even more specific information concerning themselves as individuals.

We want our readers to understand that the staff of STRENGTH is anxious to help them in every way it can. To this end we have been starting departments from time to time, and we wish to assure you that your letters to the Mat, The Dinner Table and our newer departments, will be welcomed by us, and promptly answered.

Some questions, of course, cannot be taken up by us, either because of lack of information or

lack of ability to get a proper grasp on the situation through the mail, and in all such cases, it is our custom to refer you to a thoroughly reliable source.

### Watch Your Diet

Many well people are inclined to minimize the importance of correct diet, and although we recognize, the fact that one man's meat is another man's poison, we would certainly like to see a greater percentage of our thoroughly healthy readers studying diet.

Too often the well man ignores his diet altogether, figuring that by exercising he can overcome any ill effects he may induce by improper foods. The danger of improper diet is cumulative. Day after day and meal after meal, you are undermining your system.

### The A. C. W. L.

With this issue STRENGTH is formally linking itself with the American Continental Weight Lifters' Association, an organization which has now been in existence for several years. Mr. Geo. F. Jowett, the president of the Association has joined our staff, and we feel that his addition is a notable one both for our readers and for us.

The Association can do much for weight lifting as a sport, and as the best body building method. We are convinced that lifting will increase in popularity even more in the next five years than it has in the past, and we expect the American Continental Weight Lifters' Association and Mr. Jowett, to account for a considerable share of this increase in popularity.

The association should bring the lifters together and it should give them a chance to gain from each others' experiences, two things which unfortunately have been virtually impossible up to this time.

We are particularly in sympathy with the Association when they state that their membership will be recruited from all health enthusiasts, regardless of whether they are interested in weight lifting or not. We have long been convinced that weight lifting is the ideal exercise for men, but we are also convinced that any exercise is better than none.

The Association will not proselytize for weight lifters except as those of its members who are not familiar with the benefits to be derived from this type of work learn from their associates its value.



# What Is the Secret of Beauty?

—Ask Ned Wayburn

By Pearl Frances Bates



Ned Wayburn, a "composer of the dance," and America's foremost stage director of musical productions.

**W**HAT is the secret of beauty?

Can it be acquired? Or is it a sort of Heaven-sent gift, conferred upon some, denied to others? If it is a gift, what is the nature of that gift? Or, if it can be developed through some effort of the individual, what is the thing for which one should strive.

This question of the secret of beauty is one of the most intimate problems confronted by the majority of women. And so we have been trying to get at the root of it by a survey of the philosophy of Ned Wayburn, who ought to know. For not only has he selected thousands of beautiful girls for stage work but he has helped thousands of others to develop their beauty. And



Miss Mildred Leisy beautifully illustrates Mr. Wayburn's theory that a faultless physique is the fundamental equipment for dancing.

while he did not put it in just those words, the essence of Mr. Wayburn's philosophy seems to be that beauty is at the same time physical and mental and spiritual, and that it consists in being as sound and strong and fine in all these respects as it can be.

The reason why most women are not beautiful is because they are not sufficiently developed—both mentally and physically. And the reason why they are not developed is because they have not made the effort to make the most of themselves.

"I believe that we would see about us every day even more beautiful women than we do—and the number is constantly increasing—if women in private life paid as much attention to caring for their looks as the girls of the stage are compelled to observe," says Mr. Wayburn, and there you have it. And when you pin him down to details and specifications you find that he lays equal stress upon health and symmetry of figure on the one hand, particularly upon what he calls "dancing strength," and upon the other hand that quality of personality that seems to be mainly a matter of intelligence. For the girl who is only pretty is not beautiful, as we shall see.

And just who, by the way, is this Ned Wayburn? Briefly, he is the world's leading figure in one branch of endeavor, namely, the staging and production of entertainments which feature dancing and beautiful stage effects. The term, "musical comedy," inadequately describes the form of art developed and represented in the impressive musical productions of to-day.

Ned Wayburn is first of all a creative artist. Secondly, he is an executive. If you were to meet him on the street without



knowing his identity you would recognize the type of the artist at once. You would probably wonder whether he might not be identified as some famous pianist, a master of violin or 'cello, the conductor of a symphony orchestra, or perhaps a composer of note. His very appearance suggests musical art in some exalted or creative form. And you would not be far wrong, for he is a creative genius in the art of that music of motion which we call dancing, and dancing of a symphonic character at that. He creates and presents not merely dancing by the individual but dancing in large groups, in ever new and constantly varying forms. Ned Wayburn is a "composer of the dance."

You have been hearing or seeing his name for years. For many years Ziegfeld's Follies have been "Staged by Ned Wayburn." We don't know just how many, but it seems that half of the big musical successes in New York City have carried that label of quality—for years and years, it seems like hundreds of them. Just now Geraldine Farrar, presenting her new "Operatic Fantasie," a sort of popularized version of her famous performance of Carmen, selected Mr. Wayburn to stage the show. He is rehearsing four musical comedies. There must be some unique reason for all this. Obviously, that reason is Ned Wayburn himself.

This pioneer of dancing art and stagecraft has an extraordinary background which includes a most athletic youth, for he won distinction in his school days as a track athlete, center rush in football, as a tennis player and trick skater, and later as a semi-professional baseball pitcher and home run hitter. It was thus that he built the physical foundation for his later work. He became interested in amateur theatricals in Chicago, directing and writing dialogue until his work commanded

attention. There followed a most active career in acting, dancing and piano specialties, including a vaudeville

act as "The man who invented ragtime," with later the staging, sometimes writing of vaudeville features and musical comedies. While continuing this work on an ever broadening scale Mr. Wayburn incidentally conducts a school of stage dancing in New York City with over a thousand pupils.

Mr. Wayburn, with characteristic appreciation of fundamentals, does not teach his pupils any dance-steps until after they have been through his preliminary course in corrective body-building, which he dignifies in his school under the name of "Foundation Technique," which is precisely what it is, although it is at the same time straight physical training of exactly the kind that is needed properly to condition the body and give muscle control. If you could see a class of young women doing all this bending, limbering and stretching, you would understand at once how it serves to take the kinks out of their bodies and make them elastic and graceful as well as strong and shapely. It builds them up and makes them flexible, and so when they are ready to take up the actual training in dancing they are physically capable of making amazingly rapid progress. For they have what Mr. Wayburn calls "dancing strength."

To come back to what constitutes beauty. "Beauty is made up of various elements," said Mr. Wayburn, "including line, contour, color and personality. But the one essential element that we recognize first of all is symmetry of figure. Other factors of beauty are easily lost sight of if a girl has a bony chest, unshapely legs, thick ankles or undeveloped arms and shoulders. But if she is willing to work she can correct these deficiencies and make her body symmetrical and lovely. Any



This and the following photographs posed by Miss Christine Morey are typical of a series of corrective body building movements prescribed by Mr. Wayburn. This posture exercise with the arms stretched upward and backward is conducive to better walking.





This exercise, called by Mr. Wayburn's pupils the "tummy roll," helps one to acquire the flat abdomen which is essential to a good figure. Standing with the heels together, hands on hips, you vigorously roll the upper body in a complete circle. Then reverse the direction.

Another abdominal exercise. Kneel with the legs close together, the toes pointed, arms high above the head. Then bend backward and forward with an easy swaying movement, being careful to avoid strain.



least eight hours of real sleep each night. Particularly the girl who earns her living on the stage, he says, cannot afford to be tired and to look tired. For fatigue is bound to show in the eyes, the complexion and the general lack of freshness. He also cautions against carelessness about food, since it is only the girls who know how to live right who will still be beautiful at the end of a hard season.

"Do you hold that any woman—every woman—can become a dancer?"

"Yes, dancing is like music—a universal talent. But also, the same as in music, some have more aptitude than others. And yet any girl who will prepare herself for it, can become a first class dancer. It takes

work, and lots of it, even if one has unusual talent."

"And do you mean to say that any woman—or every woman—can become beautiful?"

"Ah, that's a different question, for that takes us into a broader field—the mind and spirit. It depends upon personality, as well as her health and her body."

"And what is personality?"

"That's not so easy to say, but you know it when you meet it. It is the quality that gives one distinction, and sets one off from others. It has sometimes been referred to as color, although that is just as vague as the term "personality." But of course it has reference to the color of the mind and spirit. Personality is really the reflection of one's qualities of mind, and I suppose that is as close as you can come to describing it."

"In other words, personality depends upon intelligence?"

woman can improve herself if she wishes to. Sometimes the improvement is wonderful. Of course she cannot dance without the bodily equipment. The body is the instrument. But this dancing strength which she must first develop, and which is the foundation of good dancing, is also the foundation of beauty. No girl can be really graceful without well developed muscles, which respond instantly to all demands. And such development gives one symmetry and beauty."

Curiously, Mr. Wayburn advises exercise of other kinds even for dancers, although one would suppose that they would secure sufficient activity in their work. But he says that swimming, skating, walking, horseback rides and drives through the parks or into the country all afford one mental relaxation, which is invaluable in the search for beauty.

Mr. Wayburn also insists upon plenty of rest—at

"Yes, intelligence and charm. A girl may have a pretty face, but be without intelligence and charm, and so she is not beautiful; she is only pretty. All famous beauties have had intelligence and charm, Lillian Russell for instance. I am continually meeting good looking girls who want to study dancing and go on the stage. Such a girl may be striking at first sight, but if I talk to her for two or three minutes about other topics, that is, general conversation, I soon find what she really looks like, when her good features and paint no longer serve as a pretty mask. Perhaps I find that she has no intelligence and no personality. Her face presents just the one picture, and every time she looks up it is the same. At the first glance I had seen all that there is to see. Such a girl is not beautiful; she is only pretty.

"Personality is the greatest asset on the stage, just as it is in any other profession. Perhaps there was a time



when the brainless pretty doll could find a place on the stage, but I have never selected girls of this type for my productions, and I never shall. For they have no real beauty. The nature of talent is brains. It is sometimes said that a pretty girl can get by on her good looks, while a homely girl must make the most of her brains and talents, but that isn't true, for the reason that the world expects a lot from a pretty girl, at the same time that it is inclined to idolize her. If she slips up on anything, the idol tumbles. A beautiful girl must live up to her appearance, and she must be constantly on the alert.

"Any number of pretty women lose out simply because they do not improve their minds and develop personality. On the other hand I have known many beautiful women who have not had the advantage of naturally perfect features, who indeed did not conform to any of the rules except this first essential of personality and intelligence. They had acquired charm, along with perfect health and a symmetrical, shapely body, and so they had the appearance of beauty and gave every one the impression that they are beautiful, even with their imperfect features. The fact is that they are beautiful, and beauty is a much bigger quality than prettiness.

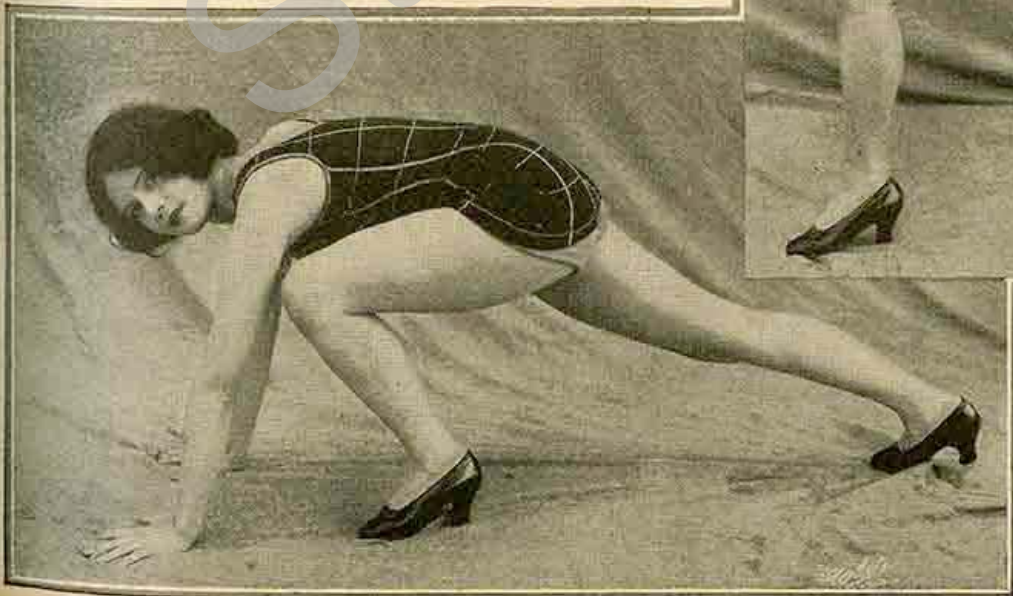
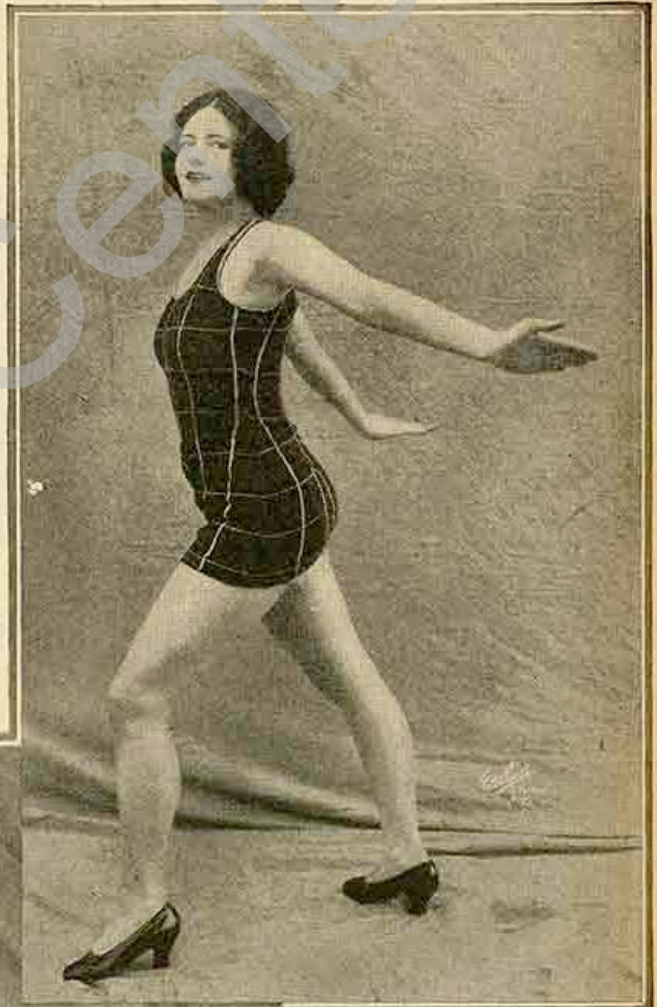
"For another thing, the pretty girl who is not intelligent is likely to be too self-conscious. She is always thinking about how she looks, and that detracts from any charm that she might possess. Beauty must be natural. Even in stage work, for instance, the only girl who can make good is the one who is thinking about what she is doing, and not about how she looks. Beauty must be the spontaneous reflection of her mind and personality and person all combined, as she concentrates upon doing the thing she is engaged in as well as it can be done."

As to this matter of features, Mr. Wayburn holds that the nose should be one-third the length of the face, straight and well shaped and slightly indented where it meets the forehead. The eyes may be of any color, provided it is clear, and they are expressive of depth and feeling. Expressionless eyes have no beauty. The eyes should be separated by the length of one eye. The brow should follow the curve of the upper eyelids, and one should not artificially change them, to arch them or straighten them. Plucked brows are always hideous. The mouth should be as wide as the eye in repose and

once and a half as long, and should not be distorted by false outlines of deep red lip paint. And Mr. Wayburn believes in being stingy with grease paint and powder any way. Too much make-up renders a face expressionless, and it is always advisable to use a little less than seems necessary rather than a little more. However, none of these standards of the proportions of the features are arbitrary; they are only conventional. Personality is probably emphasized if the features depart in some respects from these standards.

As to just what constitutes the "ideal figure," Mr. Wayburn has no arbitrary rulings. Asked as to just what is the ideal figure, he says, simply, "A well proportioned one."

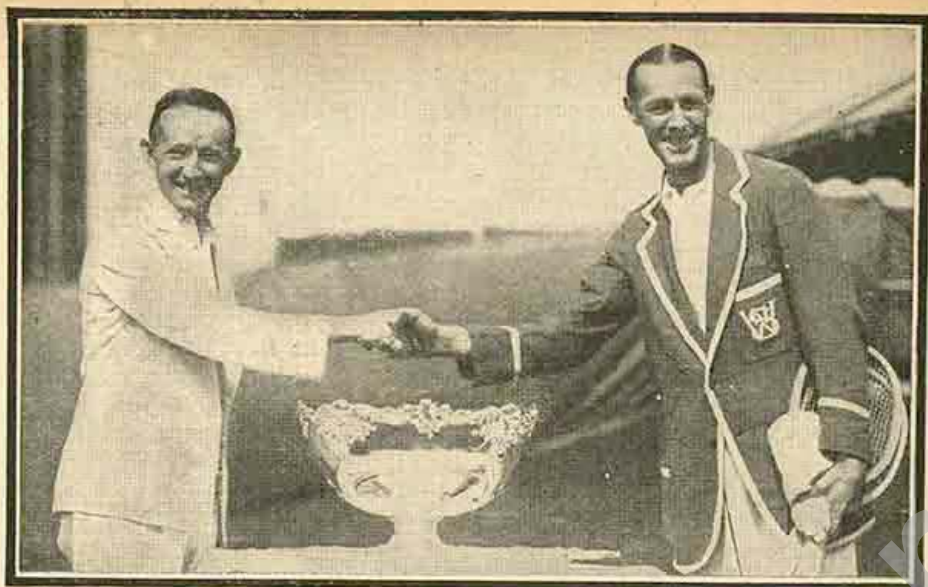
Bodily beauty is not subject to standards and regulations, but is a matter of activity, development and symmetry. Mr. Wayburn declares that it is highly desirable that there should be a variety of human types, that it is desirable that each and every woman become as perfect a representative of her type as possible.



To develop the throat and chest, charge forward with one foot, swinging the arms vigorously in wide circles so that you feel the pull in your chest.

For the legs, take the position shown, with the weight on the right foot and the left leg thrown backward; then quickly change the position so that your right leg is stretched backward and the left bent under you.





P. & A. Photos William M. Johnston of California and James O. Anderson of Australia shaking hands over the Davis Cup.

## Who Can Take the Davis Cup from America?

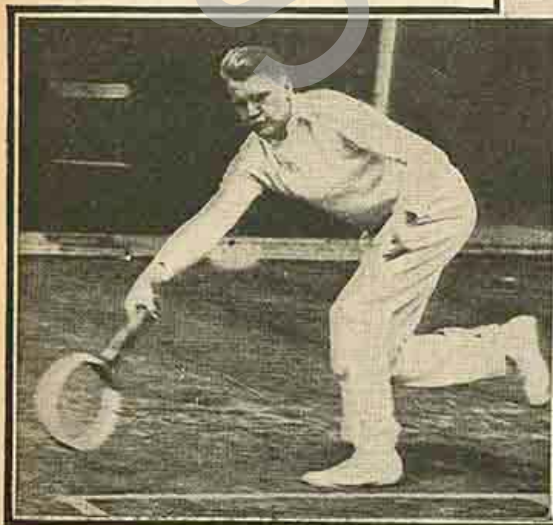
By William Blake

**A**NOTHER giant has faded from the picture, melting back into the ranks of those who cannot claim the right to challenge for the glowing heights.

It was but the other day on a velvet green court of grass at Philadelphia that the super-stars of the tennis realm did battle for the Davis Cup. A slim youth, just attaining that fullness of chest and shoulders which bespeaks manhood, stepped out onto the court with another who might have been an ideal fullback, a big man and heavy, yet with the athletic look. The slim youth was Vincent Richards, sensational youngster picked with Bill Tilden and Bill

Johnston to defend the grasp of the United States upon the supreme emblem of lawn tennis—the Davis Cup. Once before he had been chosen for this task and had failed. But a couple of seasons had passed since then. Now he had his chance to gain redemption for that failure. The other—the one who might have been picked to carry the ball right through the guard when a couple of yards were needed for a touchdown on the gridiron, was Gerald Patterson, captain of the Australian Davis Cup team.

The Australians were already defeated. Tilden had previously beaten Patterson in one singles match while Richards also had beaten Pat O'Hara-



Three of the players upon whom America depends for holding the Davis Cup. Richards, Tilden and Johnston



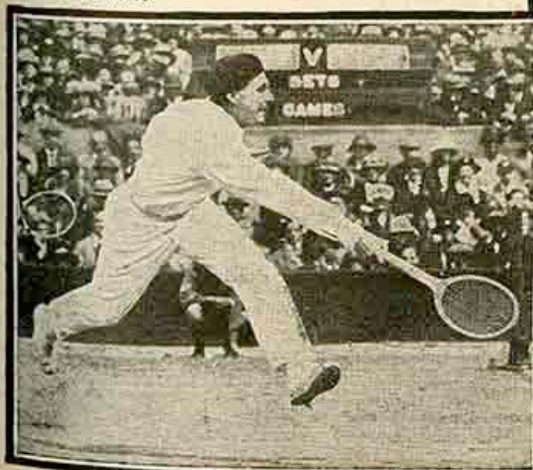
Wood, the other Australian, in the second singles match and Tilden and Johnston had teamed to defeat the men from "down under" in the doubles. So this match between Richards and Patterson meant little from the standpoint of team victory.

Australian strategy had already failed. The men from beneath the southern cross had hoped that this very Richards would be selected for the American team. They thought he was the one weak link in the American team, and they had reason for this line of thought. A couple of seasons before they had come here in quest of this Davis Cup. They had played in the tournament for the U. S. National championship that time. They had been severely beaten, especially in the National Doubles in which Tilden and Richards vanquished them.

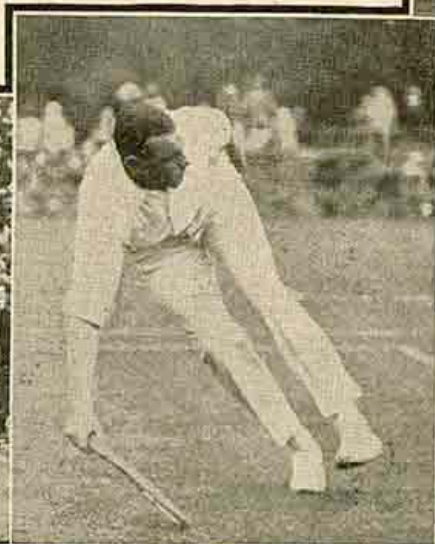
At that time Tilden had wanted to team up with Richards in the Davis Cup doubles and there had been figurative smiles at him for wanting to take Richards into this fire of international play. It could not be considered but when he and Richards conquered the Australian doubles team in the National Doubles he won his argument. If he and Richards could beat the Australians in the National Doubles certainly they could do it in the Davis Cup Doubles. That was easy reasoning. There was no disputing it and no answer. They were chosen for the task. And then a surprising thing happened. In the Davis Cup Doubles the Australians flashed a different brand of tennis. They turned on the youthful Richards and hammered at him unmercifully, concentrating all their fire upon him and overwhelming him so that even the great Tilden could not save the day. It was a surprise, an upset, but there were those who began to wonder and question. At last it dawned in some quarters that these Australian stars of the racket just might have been masking their batteries, withholding the full power of their attack in those Nationals. What did they care about the U. S. National Doubles crown? It was the Davis Cup they were seeking. It was clever strategy to play under wraps up to the minute they had to let out everything in the big tilt for which they had come over.

This year again they came back. Once again they played in other tournaments previous to the Davis Cup and they played rather inferior tennis. Again they were conquered in the National Doubles, this time not even winning their way to the finals as they bowed to the French team. But somehow they conquered the

P. and A. Photos



Three of Europe's best bids for the Davis Cup, (from left to right): Jean Borotra of France, Pat O'Hara-Wood and Gerald Patterson of the Australian Davis Cup Team of 1924.



French Cup seekers in the Davis Cup and then met the United States. To those who recalled what had happened a couple of seasons previous, things did not look so roseate when that same Vincent Rich-

ards was again named for the American defending team.

But now Richards was having his chance and it was against Patterson, the captain of the Australian array that he was pitted in the final match of the Cup play.

It was brilliant, by far the greatest match of the entire challenge round. Those who saw it knew that it marked the arrival of a new era in tennis, the era in which the old order of the game was passing. It saw the arrival of that new caste of racket wielders on which the United States must place its dependence when Big Bill Tilden and Little Bill Johnston are done.

In straight sets Richards won and he was a different Richards than the one who had fallen under fire a couple of seasons before. Then he had one thing and one only—he was the greatest volleyer in the world even at that time. Now he was still that, even better perhaps, the master of all volleyers, and also his service was a thing to be reckoned with, a streaking, (Continued on page 78)



P. and A. Photos

Robert Kinsey of California, who defeated Wallace Johnston in the first round of the National Lawn Tennis Championship at the Germantown Cricket Club.





# Refined Foods: The Wrong Thing to Eat

Whether for children or old people there can be no doubt that the greatest single cause of ill-health is the use of refined foods.

By *Alfred W. McCann*

**T**HE outspoken condemnation of white bread and refined breakfast foods which featured the Sixty-eighth Annual Convention of the American Chemical Society, held at Ithaca in the early part of September, was a complete surprise to the white flour propagandists who have had no small reason for believing that they had successfully silenced most of the voices opposed to their pet profit-maker.

They hadn't counted on Dr. J. S. McHargue, director of the Laboratory of Chemical Research at the Kentucky Agricultural Experiment Station, Lexington.

Dr. McHargue, deploring the tragedy of highly milled cereal foods, urged the public to "eat more fish, if only for the reason that sea foods will supply some of the mineral salts which are no longer present in our highly milled and demineralized breadstuffs and cereals."

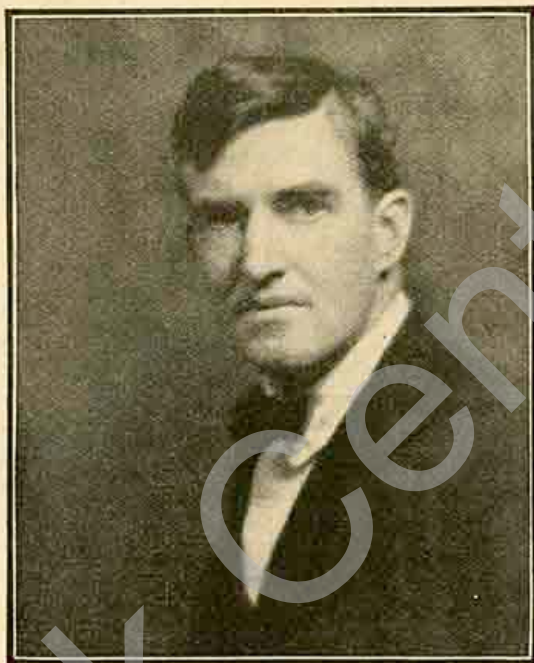
"Research has shown," he said, "that iron, manganese, and other salts are found in sea food. These minerals are essential in the metabolism of the higher animals, including man, so that food containing them should be consumed as an offset to the degerminated cereals."

The Kentucky laboratory submitted a report to show that fertile soils contain the minerals essential to life, but that when cereals such as corn, wheat and rice are milled, the resulting corn meal, patent flour and polished rice are degerminated and deprived of the very essentials upon which health and life depend.

Special attention is called to the fact that oysters, lobsters, clams and crabs, together with all other forms of salt-water fish, are to be regarded henceforth as specially desirable where undegerminated grains and whole wheat bread cannot be obtained.

It is to be regretted that young, growing children who live inland at any considerable distance from the coast cannot take advantage of the facts revealed by science. The situation is a sad one, but it cannot be helped.

Even if a supply of lobsters were available, very few mothers would dream of feeding them to young children. Moreover, the lobster as purchased at retail at



Photograph by Nicholas Murray

Alfred W. McCann

40 cents a pound contains waste in the form of shell, head, feet, etc., to the amount of 61.7 per cent. What is left in the form of edible flesh contains 79.2 per cent. water. For this reason, in order to obtain sixteen ounces of lobster solids, the mother would have to spend \$5.02.

Two pounds of genuine whole wheat bread at 10 cents a pound (the 15-cent loaf weighs a pound and a half) would contain precisely what the child needs at 10 cents a pound, but can't get at \$5.02 a pound.

The United States Bureau of Mortality Statistics, compiled by the government at Washington, together with reports of physicians connected with the departments of health of New York, Boston, Louisville and other American cities, demonstrate that more than 85 per cent. of the

school children of the United States are suffering from physical defects, many of which are due to a diet of denatured food.

It can no longer be disputed that these physical defects do great injury to the future health and efficiency of the child. What a pity that denatured cereal foods impose such a burden upon the human race! What a pity that scientists, instead of urging a change in our modern milling methods, find it expedient to suggest a remedy that lies far beyond the reach of the average human!

Suppose 10,000,000 school children throughout the United States could get enough lobster at \$5.02 to offset the deficiencies of a single pound of their denatured bread and breakfast foods. The amount spent for the offsetting "cure" would be \$100,000,000 a week.

Just one per cent. of this amount spent in genuine whole wheat bread would supply the needs of twice as many children. Yet instead of attacking the problem directly by a nationwide educational campaign directed to parents, we beat around the bush and approach the subject in a circle, cautiously, fearfully, awkwardly, foolishly.

Some defender of white flour may say: "But why confine your object lesson to lobster? What about oysters?"

Oysters of ordinary size as purchased in the shell at



retail cost approximately two cents each. When the oysters are removed from the shell it takes fifteen of them to make one pound, costing approximately 30 cents. This pound of oysters contains 86.9 per cent. water. In order, therefore, to obtain sixteen ounces of edible oyster solids one would have to spend \$4.58 for the quantity and quality of nutrition found in 20 cents worth of whole wheat bread.

Physiologically it is simply impossible to offset the deficiencies of a refined cereal diet. Even if such deficiencies could be offset under the natural law they could not be offset under the economic law.

Is it not preposterous to throw away 5 cents worth of the indispensable elements found in whole wheat in order to have the privilege of replacing them with \$5 worth of something else?

Science now fully recognizes the deficiencies of patent flour products, yet the attempts of science to instruct the people in ways and means of minimizing the dangers of the modern milling system are so far-fetched, outlandish and ludicrous that if the subject were not so tragic one would be tempted to laugh.

Happily the number of publicists now devoting energy to the spreading of nutritional truths among the plain people is growing. Major J. B. Paget, of the British Army, has recently gone out of his way to take up the cudgels in defense of a more natural diet.

He is particularly interested in the convictions of the late Professor Lahmann of Leipzig, who held that the great prevalence of defective vision amongst the civilized nations of modern times is due to malnutrition, and that the malnutrition itself is due not only to a faulty diet, but to the excessive use of common table salt.

He has been profoundly impressed by the fact that a considerable number of the births among civilized nations become fatal to the mothers owing to the relative disproportion between the size of the child and the mother.

Major Paget cannot believe that it is natural for human mothers to suffer so much in child-birth when the lower animals do not suffer at all. Domesticated animals, improperly fed on commercial feeding-stuffs, certainly do suffer—a fact that serves only to prove the greater fact.

During the last five months more than seventy animals have been born in my own laboratories, and except where for experimental purposes the food of the mother has been denatured, the births have all been uneventful and painless, the mothers taking them as a matter of fact, manifesting no discomfort either before or after the event.

Professor Lahmann calls sharp attention to the general rule that there is a great difference between new-born infants and new-born animals. New-born animals are little more than skin and gelatine, whereas new-born infants are all too frequently quite fat or plump.

Peasant women nourished on natural food, including black bread and the commonest of vegetables, not only have comparatively lit-

tle difficulty in bringing their infants into the world, but the infants themselves might be called "thin," although thin is the wrong word to use in describing them.

On the other hand, the fattest and heaviest children are as a rule born amongst the anemic upper classes living lives of ease and comfort, and crammed with all the nutritional follies of the day.

The over-fat, over-heavy, and water-logged infants are obviously not normal. Not only do their mothers suffer needlessly, but the infants themselves are the victims even before birth of fat anemia.

Major Paget is exceedingly frank in declaring that "we must naturally look for the cause of this to the mother's diet, for if the diet is unhappily or unnaturally selected, it cannot fail to handicap both mother and child."

Noting the fact that the city dwellers of Europe eat large quantities of meat, denatured cereals, and washed-out potatoes, he also observes that such green vegetables as they are able to obtain are deprived of their natural constituents (food salts) by faulty cooking.

Fruits are regarded as a luxury and are consumed in exceedingly small quantities. Enormous quantities of protein and starch do not protect the human being from anemia. Anemia does not consist of a lack of albumen in the blood, but rather in the lack of organic salts, including iron and calcium.

In America there is not only much anemia to deal with, but even school children are compelled to wear glasses for eye defects that ought not to appear before many years later in life.

How, under our present system of eating, can we avoid anemia? How can we avoid physical defects, including defective eyes, defective teeth, and tissues lacking in tone?

Too many women needlessly face maternity with anxiety and fear that for the most part could easily be banished from the nightmare that affrights the soul and harasses the mind of the prospective mother.

Professor Lahmann, by no act of magic but by the simple system of diet, was able to control the weight of the child so that at birth it did not exceed six pounds, with the result that the actual birth was comparatively free from pain, not a harrowing ordeal at all, demonstrating that much of the trouble encountered lies in the abnormal size of the infants, due entirely to the kind of pabulum on which their mothers are nourished during the entire period of gestation.

There is something very striking in the discovery of the major that a hundred years ago, in Scotland, the average child at birth measured 18 inches. It is now some three inches longer.

"This is really a sign of the degeneracy of the race," he says, "as the 18-inch babies grew into bigger men and women than do those of the present generation."

When in command of the rear guard of the Sudanese Camel Corps in 1900, after the flight in which his troops killed the Calipha, bringing down to the Nile some 9,000

(Continued on page 72)

**W**HY is it that among all animals in a natural state and in the case of many primitive peoples child bearing is not a matter of pain and suffering? Why can present women bear healthy children easily under conditions which would kill both mother and child in America? Why are the largest babies born to women in the classes where the mothers are not physically as strong as present women?

Because the normal diet of America today is irrational. Because the foods which we eat are not the foods which nature intended us to have. Because we so refine our foods that properties necessary for nourishment are withdrawn from them.





# The Real Fighting Heart



By *T. Von Ziekursch*

**I**T was a hot day in July. The environs of Paris fairly smoldered with what seemed living, pulsing heat. The roads were heavy in dust; dust lay between the cobbles and on the pavements. People sweltered and longed for a cooling breeze, a storm, relief of any type.

Thirty men, lithe, flat muscled men, the flower of the world's middle distance runners, trained to the last and highest stage of development, appeared on the scene, the perspiration literally streaming from them. They ran through lanes of humanity that marveled at any man actually running on such a day.

They were the thirty best in all this orb of strife competing in the Olympic ten thousand meters cross country run, a matter of approximately six miles in round figures. They were the champions of many lands chosen to bear the banners and hopes of those who had sent them. Each had already proven his mettle in the sternest of tests and this was the supreme trial.

At the turn that marked the half way mark there were some who began to show signs of distress. That awful heat and the terrific pace were taking their toll. The last half was a frightful struggle. The heat increased, the dust rose in heavy fashion, men began to drop and lie quietly where they fell. They were given unskilled attention by pitying onlookers from the cafes and residences. One man among all those thirty seemed unaffected by the torturing demands of the race. He led, setting the pace with an easy, swinging stride. If it was an effort to him there was no evidence of it. That man was Paavo Nurmi, of Finland, the man of whom so much had been written in advance.

Next in the procession came the "iron man of Finland," Willie Ritola, around whose feats of gameness and endurance future sagas will undoubtedly be sung when the long winter nights are on the lands of the midnight sun. Ritola, the magnificent, was dropping slowly back, even his iron muscles and gallant spirit unable to hold the pace set by that super-man in front—Nurmi.

More men were dropping. There was a rise of ground in front, a long slope that led up to the goal each of these thirty runners had hoped to be the first to reach. At the top of that slope was the gate to the Colombes

stadium where thousands waited in the stands, hoping to see a brilliant, fighting finish.

Nurmi's long, easy stride carried him up that slope without effort and Ritola labored up after him. Along the rise men continued to drop by the wayside. Thirty had started—exactly seven had the endurance to mount that slope and enter the gate of the stadium. Nurmi passed around the track, took off his running shoes and disappeared in the dressing room. He was gone from sight when Ritola came into view. Likewise Ritola had made his round of the track inside the stadium and retired to the dressing rooms when the full tragedy of the race, the brutal side of it, became evident to the onlookers. A man staggered in through the gate, blinded, reeling, ran, half falling, the wrong way about the track. He was straightened out by the officials and started in the right direction. Another came and he, too, reeled and fell. In the center of the grass enclosure was a flag. He ran toward it, clasped it and fell, thinking it was the symbol of victory. There were others, the last three to finish.

Shouts of indignation came from the spectators as they saw those reeling, collapsing figures and the full import of it dawned on them. There were spectators from the lands of the Latins, accustomed to bull fighting, who turned away, unable to endure the sight of those men who had been keen, highly trained, superb specimens of athletic manhood but a few minutes before.

There were formal and informal protests against any more of the distance races under such conditions of weather. The Olympic officials acted upon them and postponed the marathon until the cooler part of the day on which it was scheduled.

Probably it was the most brutal test that had ever been imposed upon men in the name of sport. Every doctor who would respond from the ranks of the spectators was rushed out to the places along the route of the race where the fallen ones were waiting for medical attention, and it is of record that every one of the twenty-three stood in need of it. Further, it was found necessary to give each an injection of strychnine. Some of them were in horrible shape.

This may sound like a preachment against the distance run. It isn't. In the marathon there was no such trouble. It is told here merely as evidence of the gruel-



ling test that this ten thousand meters cross country race afforded, and to show what the victor had to contend with.

The others were in terrible condition. Even Ritola, the iron man who ran every day of the track and field program, a total of something close to fifty thousand meters, winning two championships and breaking one world's record, was completely outclassed by the conqueror—Nurmi.

And when the physicians at the finish examined Nurmi after his victory they found not an exhausted man, not one whose heart was near collapse, but one whose physical condition might have indicated he had walked fast for a street car. It was almost unbelievable from a scientific as well as a lay standpoint, but he was scarcely perspiring. Twenty-three of the thirty who had started collapsed. Many of them were unconscious. Even among the others who had finished, the majority were in the final stages of exhaustion and it was hours before many of them were out of danger.

An examination of Nurmi's heart disclosed the amazing fact that its beat was only a little above normal. Also the examination revealed that this mighty son of Finland, who is the second man in all the history of the modern Olympics to win four championships in one set of Games—the other having been Alvin Kraenzlein, of the United States—has a heart which is abnormally small.

The world has long heard of the "athletic heart" which is considerably over the normal size, dilated by the strain put upon it. Here is the greatest runner of the present era beyond question of a doubt, a man good enough to conquer the world's best not only in this ten thousand meters cross country but also in the three thousand

meters team race in which he broke the world's record, the fifteen hundred meters in which he smashed the Olympic record and the five thousand meters in which he not only shattered the Olympic mark but the world's record as well. And his heart is abnormally small.

Which leads into what may afford one of the most intriguing topics of research that sports have ever developed.

What is the ideal athletic heart? Nurmi stands today crowned champion runner of the world without a contender. His heart is remarkably small, his pulse beat amazingly slow. So were those of Napoleon. Wild Bill Hickock, probably the most formidable gun fighter who ever lived, had a notoriously slow pulse and presumably a small heart. It was said of both Napoleon and Hickock that their blood flowed almost as slowly as does that of a snake. They were men who could not be excited. So is Nurmi.

Men who knew Battling Nelson, physicians who examined him when he was at the zenith of his fame as lightweight champion of the world, marveled at the unbelievably slow heart action that was his. The Battler would return to his corner after a terrific round during which he had been tearing into an opponent, fighting like one of the furies unleashed, and his heart beat would be so slightly accelerated that he would hardly be breathing fast.

History records some surprising things along this line, things which seem far removed from the fields of sport. It is said of General Grant that in the greatest crises of his career as a commander of the field destinies of his armies there was absolutely no physical reaction, not one quickened breath or faster pulse.

There are other instances also which indicate that



International

The Australian Cross Country Run, the five-mile championship which was won by L. J. Brodie. The weather was chilly and the water jump here would have daunted the less courageous. These men certainly had the fighting spirit, but had they, in the new sense, the fighting heart?





Underwood

The final spurt of the Olympic 5000 meter run, showing Willie Ritola pressing close on the flying heels of Paavo Nurmi, the great outstanding figure of the Olympics. Physicians who examined Nurmi immediately after the race were astonished to find his heartbeat little more than normal. This same feature marked Battling Nelson (below) when he was at the zenith of his fame as lightweight champion of the world. Perhaps, after all, there is a physical meaning to the term "fighting heart," which has so often been used to denote moral courage.

these men who are coldest, most unmoved physically in the times of greatest stress, are the ones who have risen to the heights; they are the men who are cool, who can think and plan with active, calculating brain when chaos is all about—the leaders.

So, it would seem, they are also the leaders in sport.

Jack Dempsey, floored by one of Luis Firpo's mallet-like swings, got up, breathing comfortably though the action preceding that knockdown had been terrific.

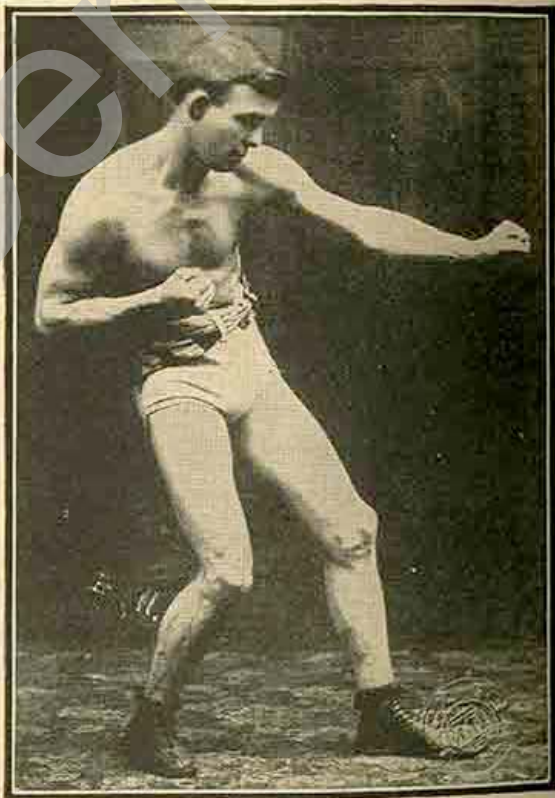
In Philadelphia at the present time is one of those anomalies which break all accepted rules of things as they ought to be. He is a lightweight boxer named Joe Tiplitz, good enough to meet the best on equal terms. The writer has seen him fight and marveled as have many others.

Quite recently Tiplitz was matched to fight Tim Droney, one of the toughest of the cauliflower fraternity. The bout was to be staged in Lancaster, which is sixty miles from Philadelphia. During the course of that sixty mile drive and up to the time of the fight, Tiplitz smoked thirty cigarettes. Also he ate a tremendous meal only a couple of hours before the fight. Before he went into action he was put under a physical examination. The doctor reported Tiplitz a fine physical specimen except that his pulse was rather slow and his heart seemed small.

At the end of the fight, which had been a vicious slugging contest, the doctor found a slow pulse and no evidence of the exertion and strain under which Tiplitz had been.

His is the kind of a heart Nurmi possesses, the kind that Napoleon and Wild Bill Hickock had. At last it seems that the explanation of the oft used expression "a fighting heart" has been found in reality.

Few normal men can think clearly when undergoing the ordeal of some frightful physical strain. Doesn't it seem highly probable that the fighting heart and the fighting brain work hand in hand? Certainly, whether it be in a foot race, in the ring or in the headquarters of a commander-in-chief of fighting men, reasoning cannot



function when the blood is pounding madly at the temples.

Nurmi and Napoleon, one the world's greatest runner of his time, the other the world's greatest soldier; Wild Bill Hickock and Battling Nelson, one perhaps the greatest of all gun fighters, the other supreme in his class as a ringman at the time, all were the same type of physical freaks.

It was the same thing that made Nurmi unbeatable coming up that hill to the Colombes stadium, perhaps, that made Napoleon the supreme fighting man of his time, if not of all time—the real fighting heart.



# How I Reduced Fifty-eight Pounds and Avoided an Operation

By  
*Lottie McCarty, Physical Culture Expert*

SIX years ago, while attending a theatre, I arose to let a patron pass and forgetting to put the seat down, I sat on the floor. The next day the base of my spine was very sore and the fear that some of my bones had been shattered, caused me to consult a physician. Not one physician, I should say, but a number of them, for before I stopped I had seen eight doctors, each and every one of whom advised an operation. There had been three X-rays taken and this, they said, was all that could be done. Accordingly I made all preparations to go to the hospital; but before I entered a doctor who had known me from childhood, insisted that I go to an X-ray specialist of whom he had heard many favorable reports.

During the examination, this specialist mentioned that I was an exceptionally healthy woman and in perfect physical condition, except that I was too fat.

"You would make an excellent physical director," he remarked, "and the proper course of exercises would reduce your fat."

When I inquired what this had to do with my condition or with the operation that stared me in the face, he answered:

"Why, you don't need an operation. A woman who walked into my office looking as healthy as you look this morning, certainly has no need for undergoing the knife. Of course, you hurt your spine in falling; but you also hurt it when you changed your fur coat to a suit on the day following the accident, as you have just admitted doing. Naturally the injured spot was sensitive and you probably caught a cold which has brought about a sort of rheumatism. If such is really the case, the cure for you would be physical exercise, which would remove the soreness."

Although I was a little doubtful as to the outcome, the idea of avoiding an operation was incentive enough to make me take the chance. So I immediately began the course he advised. For the first three or four days the exertion made me sore all over, but I kept at it. Finally the stiffness wore away and I began to lose weight. Within three

months I went from 217 pounds down to 159!

This was the greatest surprise of my life, and if you happen to be anywhere near the 200 mark yourself, you can thoroughly appreciate it. During this time I had been a little more careful about my diet than usual, but I did not stick to any strict program of eating. It all happened as if by magic. But it wasn't magic; it was just work.

By the time my weight reached 159 pounds, long before that time in fact, the work had become a pleasure. The flabby flesh turned into solid muscle, leaving no wrinkles and making me look twenty years younger. So surprised were my friends at my personal appearance that a number of them wanted to begin the same exercises as I had taken, and that was how I began teaching physical culture. Since that time I have opened a studio and gymnasium and have been able to help hundreds of pupils.

Six years have passed. My work is recommended by a number of physicians and surgeons and I have been able to help many of my pupils to overcome constipation, obesity, blood pressure and a number of other physical handicaps. It is a pleasure to watch them come thin or undeveloped and go away healthy and happy. Or to see them come fat and wheezy and go away agile. My advice, therefore, to

every one, thin or fat, old or young, is to keep up with physical culture. There are many printed articles and exercises given monthly on the pages of this and other physical culture magazines which will give you pointers on exercise and diet. And it pays to follow them out. What exercise has given me in the way of health and happiness, it is only waiting to bring to others. What it has brought me in the way of reduced flesh it is ready to bring to any other stout person who is becoming "wheezy" and slow. It means better heart action and lung power as well as greater physical strength.

It means not only more happiness every minute, but more minutes to live. So don't neglect a certain amount of exercise today if you want to prolong your life.



Exercise brought her down  
from 217 pounds to 159.





Some of the leading members of the Los Angeles Weight Lifting Club, who have also joined the American Continental Weight Lifters' Association

## Enthusiasm Breeds Enthusiasm

A few years ago one man has an idea and the courage to push it along. Today we have the American Continental Weight Lifters' Association

*By Alan Calvert*

**I**F a man is deeply interested in some subject, but advocates it in a half-hearted, lukewarm manner, his converts will be few. If he is "for it" heart, mind and soul, then the very intensity and quality of his enthusiasm will make others enthusiastic.

The writers in these "personal success" magazines, continually emphasize the fact that most very successful businesses and organizations are but the extension of the personality of one particular man. Apparently, there always has to be some one to "start things," some one who has sufficient faith in himself, and in the soundness of his own ideas to carry the thing through. Such a man has the faith that can move mountains.

Now I have been interested in the lifting game for more years than I like to think of. I often thought how fine it would be to have all American lifters grouped together in one Association *but* I knew how much work would be involved, and so never took the trouble to foster such a movement.

Such a movement was inaugurated a few years ago by that unquenchable enthusiast, George F. Jowett. Enlisting the aid of men like Ottley Coulter, Bernard Bernard and a few others, he actually started the American

Continental Weight Lifters' Association, an organization which had for its first purpose the creation of interest in lifting as a sport, and for its second purpose the promulgation of a set of rules, governing competitive and record lifting.

An ambitious undertaking! One that would daunt a lazy man. Consider the work to be done. The mere getting in touch with the lifting enthusiasts is an almost impossible task for an individual, for the very reason that in the past our lifting enthusiasts have never been banded together even in local groups. If there was a long list of Lifting Clubs, all one would have to do would be to ask the secretaries for lists of Club Members, but when Mr. Jowett started he could find but one or two such clubs.

There are now, in this country, thousands of men and boys who make lifting their chief sport and recreation. I personally know hundreds of them, some of whom are interested in the lifting end, but the vast majority of whom are training for the upbuilding of their bodies.

Mr. Jowett has long been interested in competitive and record lifting as well as the development of a science of body building methods. He is undoubtedly the most



scientific lifter in this country, but instead of devoting his time to booming himself, or to glorifying his own lifts and strength feats, he has unselfishly spent all his spare hours in spreading the gospel of lifting. Actually, after his regular day's work is over he will sit down before his typewriter and punch out letters to dozens of his fellow lifting enthusiasts. Because he has been doing this for the past five years, he has become acquainted with hundreds of amateur lifters; and because his knowledge of records and of the best lifting methods is so profound, his word has become gospel among the lifting fraternity.

The best proof of the man's enthusiasm lies in the fact that within a very short time after he has located in any city, there has sprung up a group of lifters whose enthusiasm has been raised to the highest pitch by the mere force of Jowett's personal example and love of the game. Men have come to watch him for the sheer pleasure of seeing his mighty muscles in action. Outsiders have come to scoff, and remained to lift.

There is a peculiar fascination about bar-bell work. Ninety out of a hundred men start to use them simply for the purpose of acquiring finely developed bodies. Not more than ten out of the hundred are avowed lifters. But out of the ninety there are sure to be twenty or thirty who put on muscle and increase in strength at an amazing rate, and soon acquire the habit of testing their strength by actual lifting. And if the records they make in private seem to compare favorably with the published records, then they simply burn with the desire to match their lifting power against that of other lifters of their own size.

Up to the present, there has been little opportunity

for either formal or informal competition. Would you believe me if I were to tell you that I know of a good-sized town in which there are over one hundred enthusiastic bar-bell users, and not more than a dozen are personally acquainted? Yet that is a fact. Think what those fellows could have done if they had all met a couple of nights a week, and had the benefit of studying each other's style. Think of the

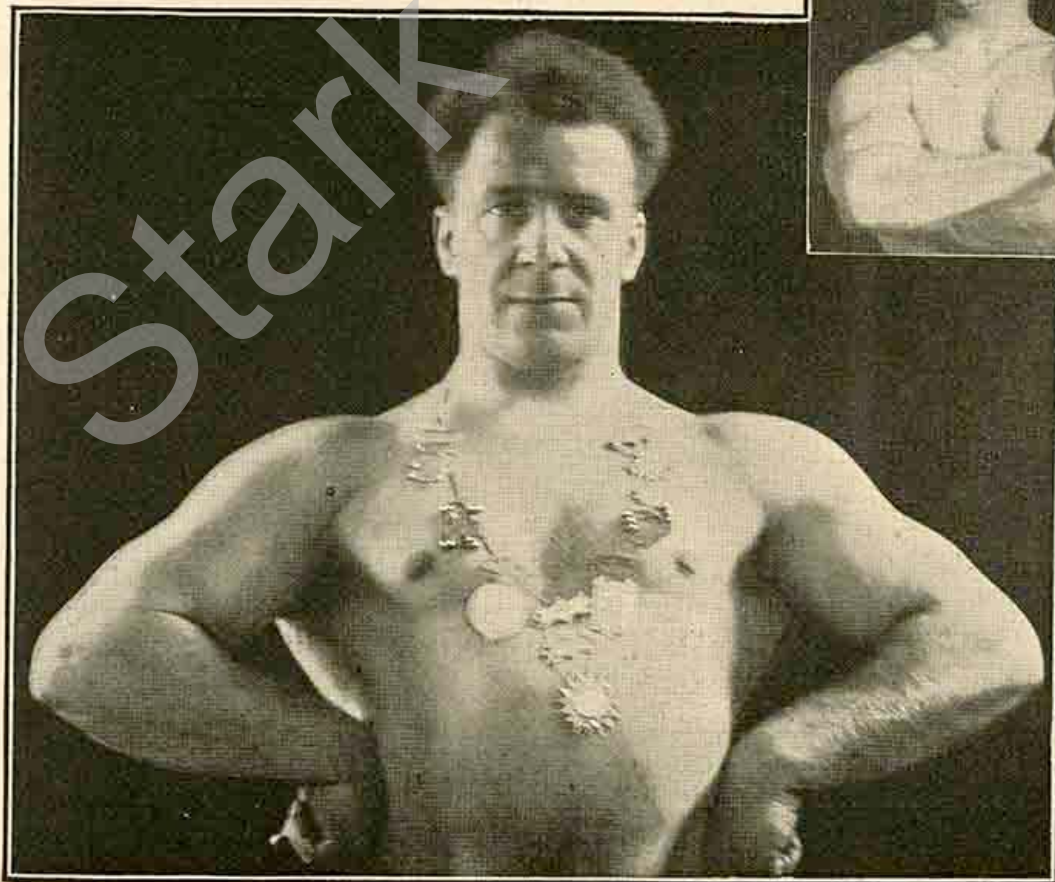
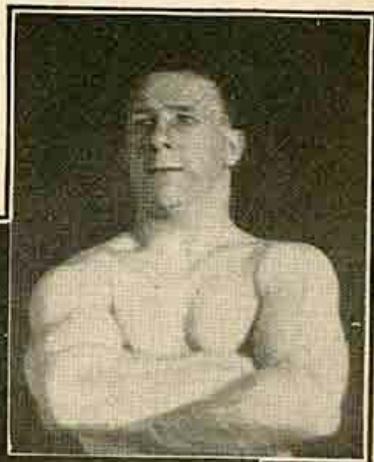
stimulation that would come from even informal competition; if you are a novice, the chance to measure your best lifts against that of other novices, or to learn style and strength-economy by watching the skilled efforts of an expert.

Mr. Jowett has not only succeeded in establishing clubs in places he has visited, but has actually fostered the creation of lifting centers in far distant communities. This has been done not by his personal exertion, but by men who have been inspired to extend his work.

One of the most successful of such groups is in Los Angeles. Here was a fertile field, already prepared. In the city was Albert Treloar, himself a lifter and an instructor who urged amateurs to take up the game. Also the celebrated Noah Young, winner of the lifting contest at San Francisco in 1915; Edward W. Goodman, whose physique and feats of strength are so familiar to the readers of this magazine; Al Bevan of lifting fame; A. L. Martin, also celebrated, who is almost equally well known, and last, but not least, David Willoughby. All of these men are members of the Los Angeles Athletic Club but, at the urging of Mr. Willoughby, they also joined the American Continental Weight Lifters' Association; that child of Mr. Jowett's brain.

It would be an interesting story in itself to tell you of the accomplishments of these men as lifters, but to do that I would first have to fully acquaint you with the technical side of lifting, and there is not space enough in this article for that.

This brings us

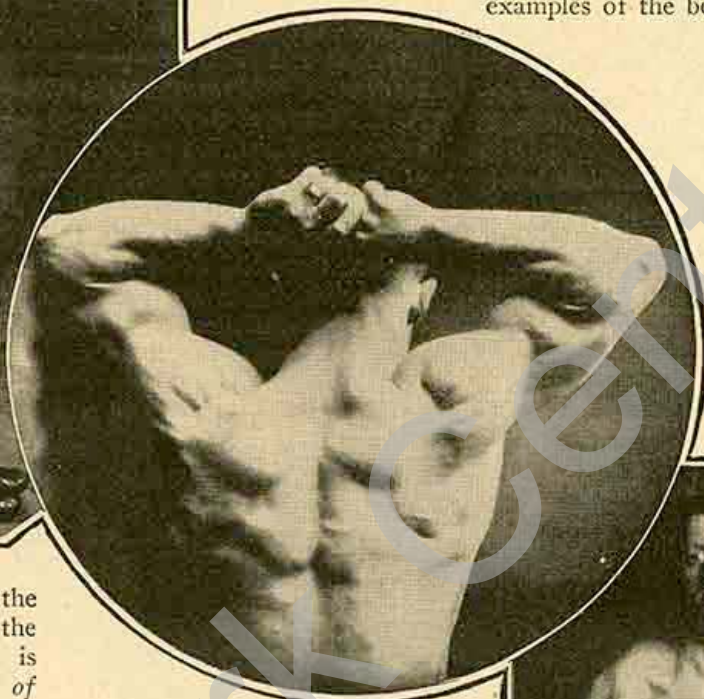


Geo. F. Jowett, who inaugurated the American Continental Weight Lifters' Association





The first two photos show Charles Shaffer, a young amateur of Pittsburgh, known as the "Pocket Hercules," because he is one of the strongest men in the United States of his weight. Below is Ottley Coulter, a great enthusiast and one of the pioneers, along with Mr. Jowett, in the formation of weight lifting associations in America.



idea. I like it personally, because I know it will bring to light many of the tremendously strong amateur lifters with which this country abounds.

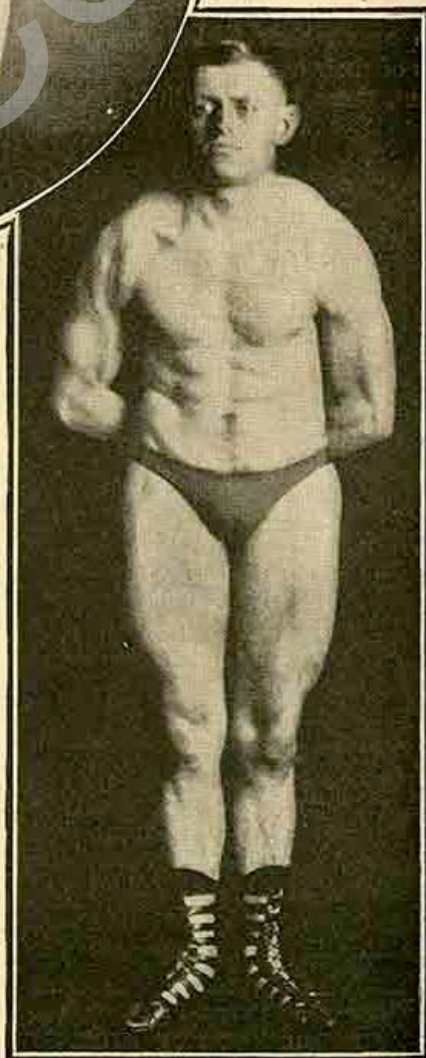
Make no mistake! There is no lack of "Strong Men" in this country, but our men have never had the chance of proving themselves in competition such as this American Continental Weight-Lifters' Association will provide.

One of the pictures shows you a group of seven of the leading members of the Los Angeles crowd. Later on I will refer to them individually, but first I wish you to consider them as a group. You all know by this time that my interest is in the making of men. So, naturally, I am glad to be able to show you seven such sturdy examples of the benefits of progressive-weight training.

These are only a few of those who compose that sub-organization of the L. A. A. C., known as the Los Angeles Weight-Lifting Club. I very much doubt if you could go to any other athletic association (outside of lifting clubs) and pick out seven men who could equal this lot for combined development, beauty of form and sheer strength. Notice the uniformity of type, the big chests, the Herculean arms and shoulders and the splendid thighs.

Some are veterans of the game, and some are newcomers, but one and all have served their apprenticeship with the weights; months of exercise that yielded the muscular development and bodily strength which a man must have before he can distinguish himself as a lifter.

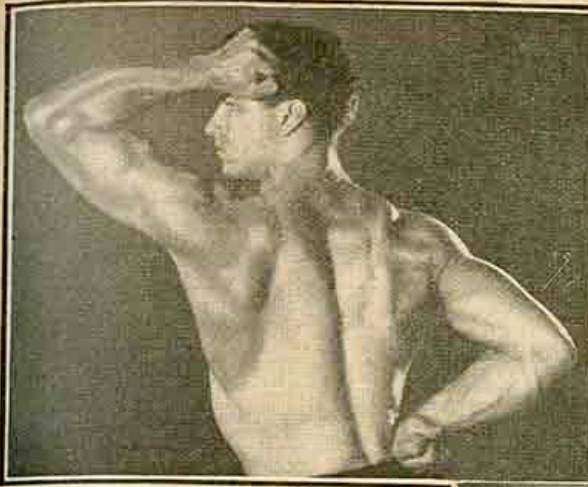
At the extreme left of the group is Edward W. Goodman, whose exploits have furnished material for more than one article in **STRENGTH**. This man has at different times broken several of the records



around to one of the principal objects of the association, which is the standardization of lifting.

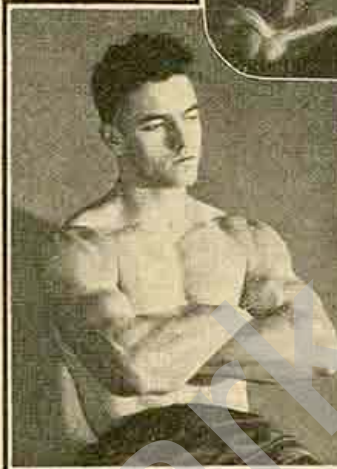
There are many different lifts, known by name to all experts. Furthermore, experience has shown that there is one best style, or method, of making each particular lift. An individual lifter practicing in the seclusion of his own home, is not likely by himself to discover the correct methods. Therefore, Mr. Jowett, as the executive head of the association, is preparing an exhaustive code of lifting. He will publish a list of those lifts which are to be used in competition, together with official rules governing the performance of those lifts. The advantages of this scheme can be readily seen. Every member of the association, whether he belongs to a thriving lifting club in a large city, or whether he lives on a farm (miles from any other lifter), will be able to learn the correct method of performing the lifts. And if he wishes to compete against any other association member, he will have the great advantage of knowing that his opponent will be guided and governed by the same rules; that he will not be expected to perform any strange or unusual lifts, or be handicapped by any unfamiliar rules. In other words, a lifter from Portland, Maine, could meet in a Chicago lifting club a fellow association member from Portland, Oregon, and both lifters and the Chicago referee could run off a contest without any wrangling about lifts or rules. Such rules would naturally govern all clubs, inter-club, inter-city, state or national contests. All of which, to my mind, is a grand





made by English lifters of the heavy-weight class. His wonderful arms and shoulders enable him to excel in lifts where sheer pushing power is the essential factor.

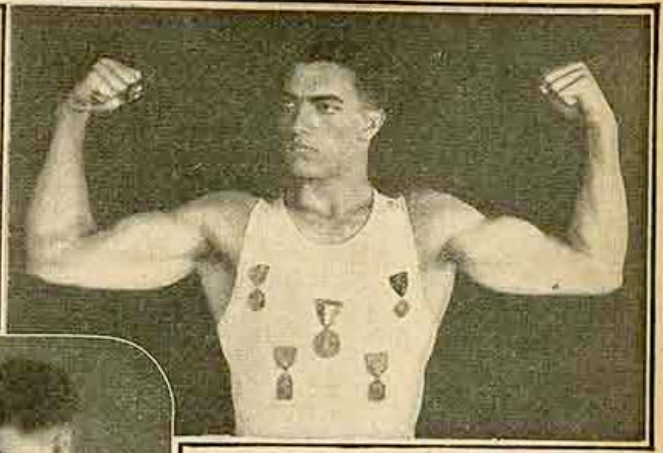
Next to Goodman is A. L. Martin, one of the place-winners in the big San Francisco contest of 1915. He is celebrated for the extraordinary strength of his right arm, having a record of 106 pounds in a right-arm Military Press (probably the American Amateur record), and possessing the ability to "muscle-out" a 50 pound dumbbell in his right hand, and then to rotate the bell in circles without lowering the arm.



Third from the left is Kingsbury, who has made two enviable lifts; 111 pounds in a two-arm "pull-over" (lifter lies on back, and raises bell from floor to above chest with arms unbent), and an abdominal raise with 114 pounds (lifter lies flat on back, holding weight at back of neck, and then brings body to sitting position).

At the extreme right is "Al" Bevan, who is usually either winner or "runner-up" in all-round lifting contests, and who has a physique which could serve as a model for the heavyweight athlete. Next to Bevan is M. P. Betty, who is good both at "quick-lifts" and at sheer strength stuff. He has made a "one-hand dead weight" lift with 369 pounds (lifter raises weight from floor with one hand and stands erect with it). Third from the right is Max Allen, the youngest member of the group, and a lifter of rare promise. His feat of lifting 181 pounds from floor to shoulder (with one hand) and then "jerking" it to arm's length overhead, is an astonishing feat for a youth of his size and experience.

In the center is David Willoughby, who acts as key-stone, both because he is the winner of the recent contest, and has in addition the honor of being the National



David Willoughby, being an artist, has some unusual ideas as to posing. The picture above shows some of the medals he has recently won, the one over the center of his chest being awarded him as winner of the elimination trials for the Olympic Games. Lack of funds, however, prevented the Olympic Committee from sending him to Paris.



Vice-President of the American Continental Weight-Lifters' Association. He is distinguished on three accounts; the beauty of his physique, his ability as a lifter, and his unending work in popularizing lifting as a sport. With seven such men as leaders, it is no wonder that the L. A. branch of the association is growing so rapidly.

The spectacle of these men performing Herculean feats of strength has influenced many others to seek equal strength for themselves. But their appearance does more to make converts than does their strength. After looking them over a young chap is very apt to make a vow that he, too, is willing to use the weights "if it will give me a build like those fellows have."

Before I forget it, let me say that none of these men owe their strength to the work from which they get their livelihood, proving that one does not have to be accustomed to heavy labor in order to excel at lifting. Two of them are artists, two of them lawyers, one has charge of the work of hundreds of men, one is accountant in a business men's club and the other is a university student.

(Continued on page 88)



# A Chest Full of Beauty

Where Full Development Expresses and Augments Both Vitality and Womanliness

By

*Florence Whitney*

*Poses by Miss Brown*



**W**HEN poets expand upon the blessings which spring from the bosom of Mother Earth, and when composers of grand opera grow inspired at the thought of the love which is centered in the bosom of the heroine, they merely express what is self-evident, namely, that the bosom is the center of both life and love.

To put it less poetically, the chest is the center not only of the emotions but of vitality. A chest that is both broad and deep very naturally goes with unusual health and length of life, because the chest is the home of our most vital organs, the heart and lungs. If these are cramped one's strength is limited; and furthermore, one's beauty is limited. This is not only because of the lack of beauty in the chest itself, when it is flat or narrow, but because the health and development of the body as a whole are hampered.

Where the body as a whole is concerned, outlines of beauty require that the chest should be normally full in order to be in proportion. Yes, the chest may possibly be oversized; but it is far more likely to be undersized through pure lack of development. And then the general appearance of the body suffers in the same way as a face with a forehead too small or receding. While a balloon chest just makes one look a little queer, as does an oversized forehead, that is not so bad as the suggestion of physical or mental defect in the chest or forehead disproportionately small.

In walking, in standing, in sitting, in good posture of the body in any position, the chest is the active and dominating factor. At least this is true of any posture which expresses energy or power, whether in the case of the soldier, the singer, the public speaker or the saleswoman. The attitude of the full chest,

Build up your chest by breathing exercises which expand it. You should be able to feel the expansion both in the front and in the back, by holding the hands on the lower ribs as shown in the first two photographs.

The third is another good exercise for chest expansion. Clasp the hands behind the back, pull the shoulders backward and downward, at the same time raising and expanding the chest.

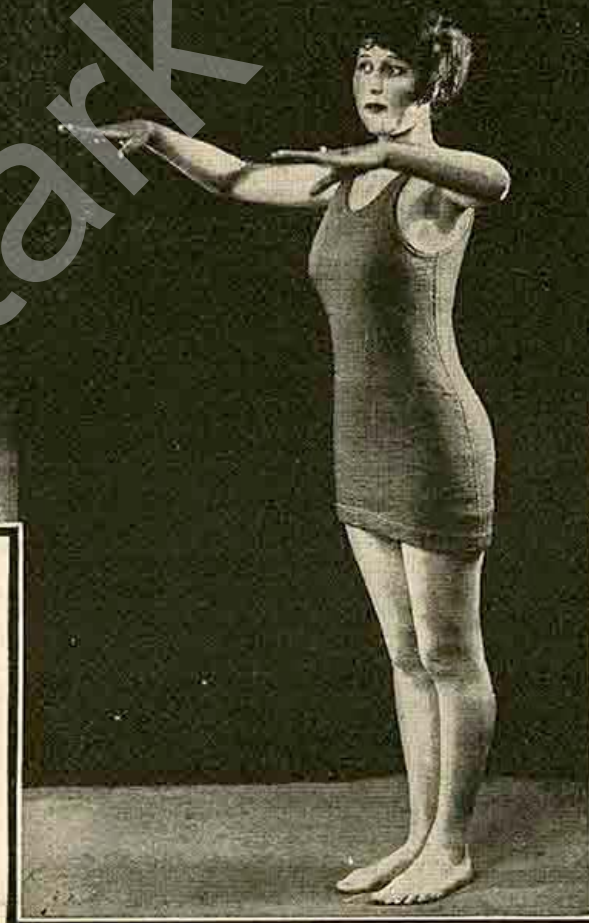
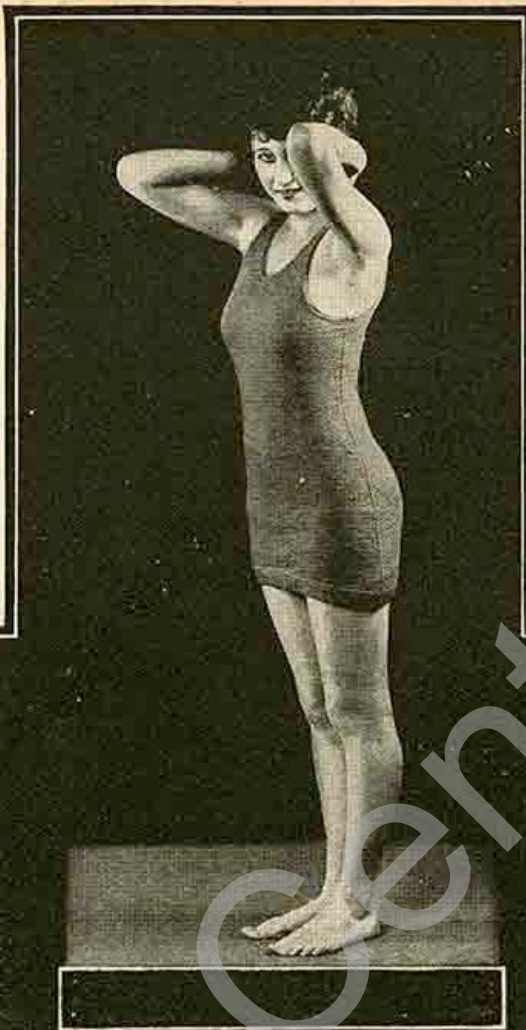


with the correspondingly retracted abdomen, is an inevitable part of any expression of power, or any posture of potential action in which one is on his toes. It is the posture of strength, and at the same time the posture of grace and beauty.

Now as to the bosom beautiful, taken by itself. Since the chest is at least the foundation, it is folly to think of improving the bust if the chest is deficient. If the latter is flat or undersized the bust inevitably sags. If the chest is full and rounded, then the bust is firm and high. Not only that, but it is indirectly affected because of the influence

of a full chest on vitality. For aside from the quality of tissue-tone in determining their shapeliness, the glands of the breast are related closely to the health and vitality of the system as a whole.

I have in mind the case of a girl of eighteen, an age at which a young woman should, if ever, possess a perfect bosom, who complained about the flabby and sagging state of her bust, which she could not understand. But it was very simple. In the first place, her chest was flat and undeveloped, even hollow—hollow in front, I mean, not on the inside. Actually, as she walked, the tips of her shoulders preceded her



Clasping the hands behind the head, bring the elbows downward while exhaling (as shown in the first photo), and stretch them backward while inhaling (as shown in the second), an excellent chest-building as well as posture exercise.

With the arms held at right angles, exhale, pressing the elbows vigorously against the ribs at the sides so as to press from the lungs all the air that you can. Then bring the elbows out and up to the level of the shoulders, inhaling fully. Complete inhalation creating a great demand for air, induces full inhalation.

chest. No wonder her bust drooped. In the second place she was lazy and seriously lacking in vitality, which might have been expected in conjunction with her lack of chest development. She took no exercise, did no work and killed her days lounging about reading, eating candy and more recently smoking cigarettes. And yet she *thought*



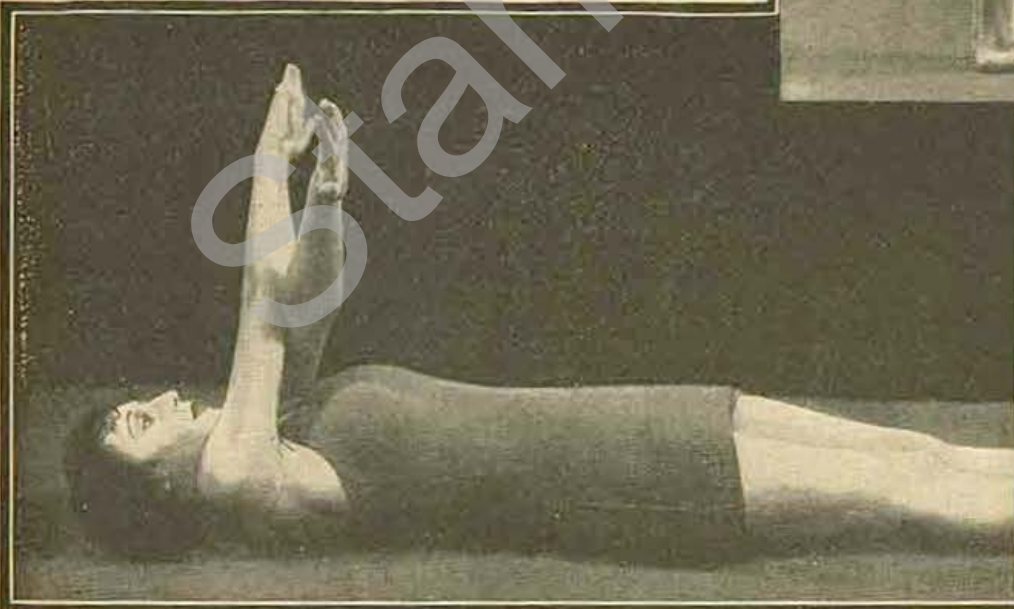
that she wanted feminine attractiveness. Her blood was poor, her skin wretched, her flesh lacking in tone, her nerves weary. It was not surprising that her bust was of flabby substance. Her case was a little extreme, because she was an unusually bad example for one of her youth; but it was nevertheless typical of the deficiencies found in many women, sometimes in lesser degree.

However, there is nothing to be said in favor of the oversized bust. What is wanted is firmness and good contour in a bust of moderate size. Any excess of fatty tissue is as much out of place here as elsewhere. Shapeliness is more important than bulk, and beauty is secured as in examples of classic statuary, by a moderate but firm bust in conjunction with a full, symmetrical chest. An oversized bust is a little bit too personal anyway.

Now there are two phases to the matter of good chest development. One has to do with the development of the muscles of the chest, or its external conformation, and the other has to do with the matter of size and expansion, that is to say, the space within. The latter is the more important from the standpoint of general bodily health, but both are important so far as beauty is



For the large muscles across the upper chest, bring the arms far back and then swing them forward, crossing them in front as far as possible. The movement should be vigorous and the emphasis placed on the forward swing. It is most effective when performed while lying flat on the back because in this case the muscles have the resistance of the weight of the arms. And it can be made even more vigorous by holding small weights in each hand.



breathing. The only practical exercise for these muscles is full chest breathing, which at the same time tends to enlarge the chest, if practiced regularly. Active sports like swimming, running, basket-ball, tennis and others which make big demands upon the lungs, will automatically enlarge the chest because they absolutely compel full chest breathing. But short of that, one should practice some full breathing exercises each day, not only for

concerned. One needs exercises for both purposes; that is, to build up the muscular structure, and to expand the chest, giving it flexibility as well as enlarging it.

Of course you know that there are many small muscles which move the ribs and expand the chest in

chest development, but also for general health.

You will probably read instructions here and there to the effect that you should breathe only through your nose, and diaphragmatically, which is to say, abdominally, as a child breathes when asleep, and as probably



you, yourself, breathe when asleep. And that is all right and very fine for ordinary purposes. The abdomen expands as the diaphragm, a large flat muscular structure which forms the floor of the chest and the ceiling of the abdominal cavity, presses downward to make room for more air in the lungs. When sitting or standing, or perhaps even when walking you may get air enough that way. But the rule no longer holds in active exercise, when you need oxygen in great quantities. Then you must resort to chest expansion breathing in order to get air enough. And while nasal breathing is the right idea ordinarily, it no longer holds in running, swimming, singing and other emergency activities. To get air fast enough you must do mouth breathing, which is natural breathing under the conditions, and don't let any theorist tell you that it isn't.

So if you do much mountain climbing, hard skating, rope skipping, rowing, or playing of football, basketball or tennis, which make you breathe to your limit, you will build up a good chest in spite of yourself.

And if you do not have the advantage of these sports, you will need to do some chest expansion and deep breathing exercises at home, each day, morning and evening. But for that matter, there is nothing to prevent you from doing further deep breathing and chest expansions at odd times of the day, when you think of it. If you have a clock that strikes the hour, you might make it a rule to expand your chest and fill your lungs with air every time you hear the clock strike. Let that be the signal; soon you will react automatically.

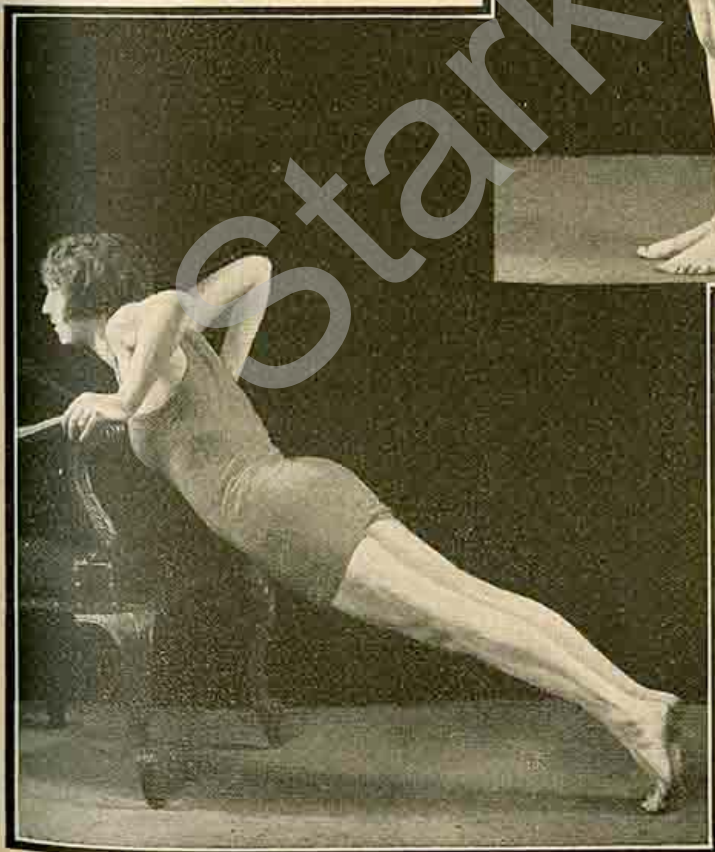
There are other chest muscles, however, which have nothing to do with moving the chest itself. The important chest muscles, from the standpoint of beauty as well as of



The best arm movement for expanding the chest is performed by raising the arms in a plane back of the body so as to pull the shoulders and expand the chest.



The dip performed on the arms of a chair, while rather vigorous, is probably the best exercise for building up the chest muscles.



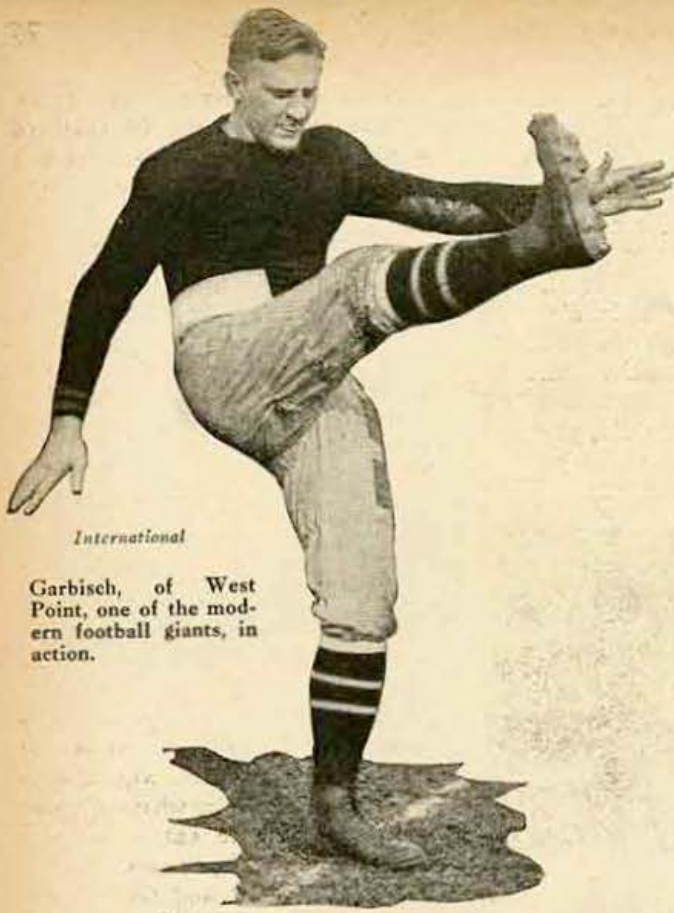
strength, are the so-called pectorals, of a fan-like shape, and running from the front of the upper arm, near the shoulder, on the one end, to the apex of the fan, across the upper chest and spreading along the sternum, or breast bone. You will feel this muscle on either side as forming the front edge of that upside-down cup which we call the armpit. Its purpose is to pull the arm forward, since it is fastened to the bone of the upper arm just a little ways below the shoulder joint. Whenever you push forward with the arms you use these muscles, as you do also when you strike forward, or swing the arm forward as with a forehand stroke in tennis. If you lie face down and push upward with the arms, you use the pectoral muscles probably more than the arm muscles.

Now, these pectoral muscles on each side of the upper chest have much to do with its completed beauty, when they are

(Continued on page 74)



# Football's Strongest Men



*International*

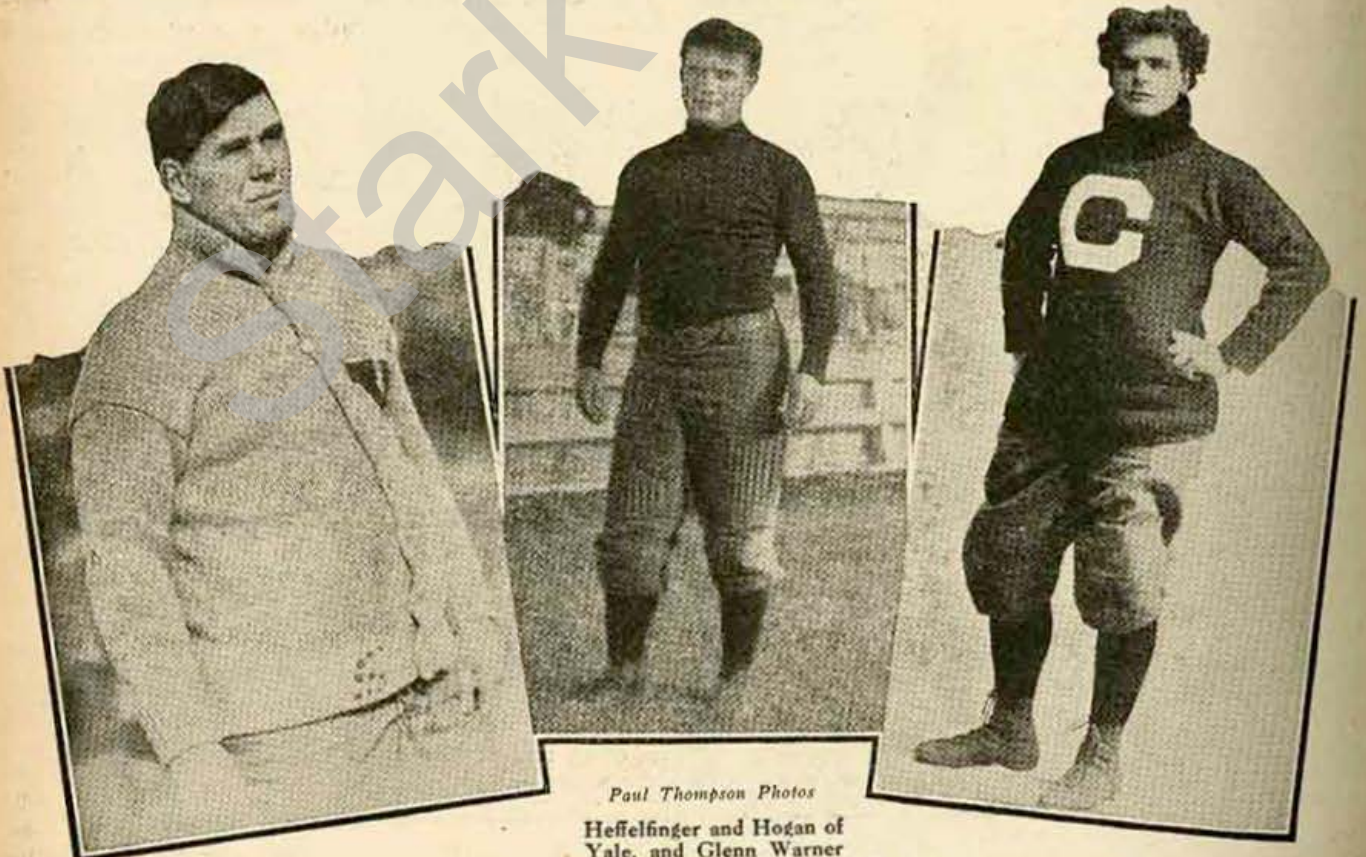
Garbisch, of West Point, one of the modern football giants, in action.

*By*

*Walter Camp*

**T**HE strongest football man? That is indeed a question. And one upon which there have been endless discussions. By "strongest" I do not mean absolute physical muscular power, nor do I mean the most successful or accomplished player. But

rather the combination of the two. In other words, in this particular discussion I would confine it to big men or men of great strength who also had that football genius, without which even a giant would be nothing but a mark for the skillful player.



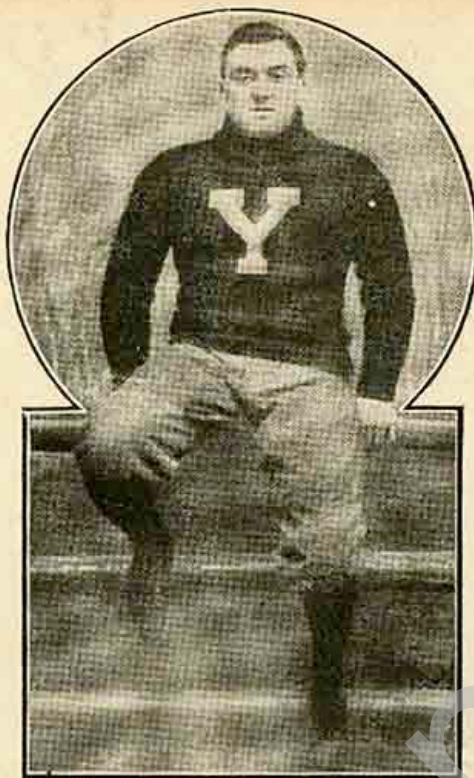
*Paul Thompson Photos*

Heffelfinger and Hogan of Yale, and Glenn Warner of Cornell, now familiar as coach.



Some of the younger football coaches will, I realize, be unable to follow me back to certain of the earlier days of the great gridiron pastime, but there are others who still never fail to see the big games and who saw them even in the days when these men whom I shall mention were making their careers in cleated shoes over the gridiron, and who are now well along in that greater gridiron game of life.

And let me here caution the old timer against one thing. There is a saying "In the old days there were giants," but I have before me statistics of the weights of some of these "giant" teams, and I find that we are building these men bigger nowadays than we did then. The mists of time have made us think of some of these former great players as enormous in height and bulk, but that is untrue. The average material in a football team today is far heavier and taller than even the teams which were regarded as giants in the old days. I can remember well a man who was known as "the big Princeton freshman." His name was Peace, and he towered in the line of those days, a giant with a magnificent physique. "Ned" Peace was well over 6 feet, beautifully proportioned and fast for a big man. Then there was another Princetonian of the early days, Hector Cowan. He was of an entirely different type, square, broad of shoulder, a sort of Hans Wagner of the gridiron. And there was Gill of Yale, a short, thick-set, rounded tackle, built so that his charge was more like that of a bullet. There was Bert Waters, the great Harvard line-man, of the square-built, powerful type. There was "Buck" Wharton, the Penn guard, tall and rangy. There were the Riggses of Princeton, giants in any line. There was Woodruff of Penn, built like his brother of Yale, only even more rugged and heroic. There was "Skim" (Gordon) Brown, the tall Yale guard, almost slender in comparison, but well knit and powerful. There was Chamberlain, the Yale Captain and tackle, thick-set, but carrying less



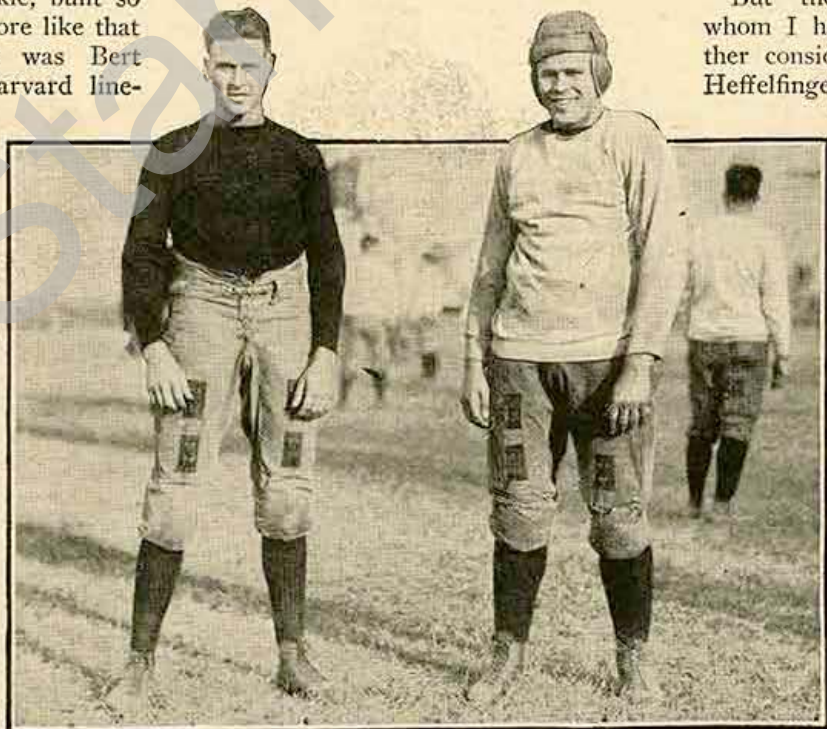
Paul Thompson

Tom Shevlin, of Yale.

and Schlachter of Syracuse, who really made pigmies of men standing in front of them. Schlachter was the thicker set of the two and White stood many inches over six feet. Also they had Black of Yale, a round ball of a man, with dynamic power; Robeson, the giant Rutgers end; Perry, the big Annapolis guard. And in the later days Schwab of Lafayette, lean and rugged, and Thurman, the Pennsylvania tackle, of great breadth and reach.

But there are a few men whom I have saved out for further consideration in this matter, Heffelfinger of Yale, Hare of Pennsylvania, Benbrook of Michigan and Glass of Yale. Of these four I shall give certain illustrating incidents which to those who did not see them play may give something of an idea of why these men were so great.

Benbrook of Michigan was All-American Guard in 1909 and 1910. When he was placed on the All-American Team in 1909, there seemed to be few of the critics of the country who knew him or of him. But the following year



International

Johnson and Thurman, both U. of P. Players, and Splendid Specimens of the American Football Man



he was almost unanimously the choice, no matter who the selector was or in what part of the country he was situated. In 1908 I had heard various rumors of the promise of this man and in 1909 I went out to see him play in what seemed to me would be a particularly trying test game,—Michigan - Notre Dame. At that time the Indiana eleven was by no means as prominent in the football world as it is today, and there were no such crowds at the game as would have attended were the two to meet now. I had a short visit with Yost, the Michigan coach, in the morning that day and asked him some questions as to things I had heard about the

pro prowess of a man named Miller on the Notre Dame team, better known as "Red" Miller. Yost assured me that most of what I had heard was true and that he expected a very hard fight on his hands that afternoon with the possibilities of defeat. His vision came true, but the work of Benbrook at guard saved Michigan from even worse disaster. "Red" Miller was a whirlwind in

himself and had an amount of pace which in spite of the desperate efforts of the Michigan wings seemed almost always to get him around the end or just inside of the end where he could circle. Then it was that Benbrook's prowess came into vision although he was not nearly as heavy then as he is today. After making his charge, he would get out with what seemed almost impossible speed toward the assaulted wing of Michigan's line, and although Miller would come through, Benbrook repeatedly prevented his getting a clear field down and stopped him after a gain of five or six yards. It was

very similar to the work done by Truxton Hare in the Harvard game at Cambridge one year, and this giant demonstrated conclusively that he not only had the weight, power and brains to play his position at guard but also the quality of speed and judgment which enabled him to get out to the wing and thus back up the defense in a most unusual manner. It was like the play of a loose center only that Benbrook did the job in the



Paul Thompson



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Bob Fisher of Harvard and Bill Horr, the Syracuse Prodigy



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Paul Thompson

"Buck" Wharton, Penn guard, and "Cupid" Black of Yale



line first and then got out.

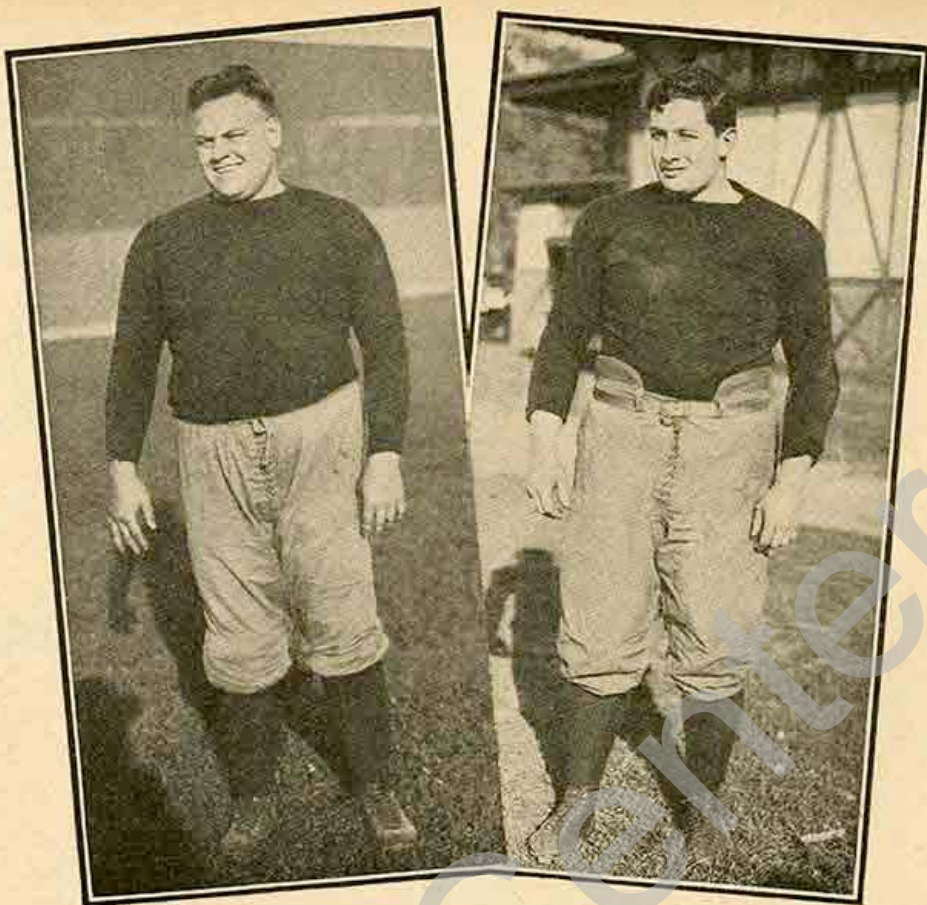
Truxton Hare, of the University of Pennsylvania, was an All-American guard in the years of 1897, '98 and '99, and well worthy of the position. He was not as gigantic in size as some other men who played the position, but he was a big, strong, powerful and well built man, with speed and football brains. He could also do almost anything on the field. I remember in one game where the weather was most atrocious, cold, sleet and rain and the wind blowing

straight down the field, that when the Penn team faced that wind their ordinary kicker seemed unable to get the ball even over the scrimmage line on a punt, and Truxton Hare went back to do the punting, and by the sheer power of the drive was able to get the kicks a reasonable distance over the line of scrimmage. But the time in which Hare stood out most prominently was in the Harvard game at Cambridge where the Pennsylvania de-

fense had evidently been so studied and diagnosed by the Harvard tacticians that they were able to get their runner out around the end and tackle repeatedly. This was eating up ground so rapidly in Harvard's favor that Penn became almost disorganized. Then Truxton Hare from his position of guard, doing very nearly the same kind of work that I have already mentioned in the case of Benbrook, would go flying out to the ends and stop the Harvard runners with gains of five or six yards rather

than of much more. Hare had on a jersey which became torn and exposed a large portion of one shoulder, his back and arm, and his white skin gleamed out as he went flying across the field, doing this yeoman work for his team. It was an inspiring spectacle.

Eddie Glass of Yale was an All-American Guard in 1902 and he differed considerably in build and make-up as well as in style of play (Continued on page 86)

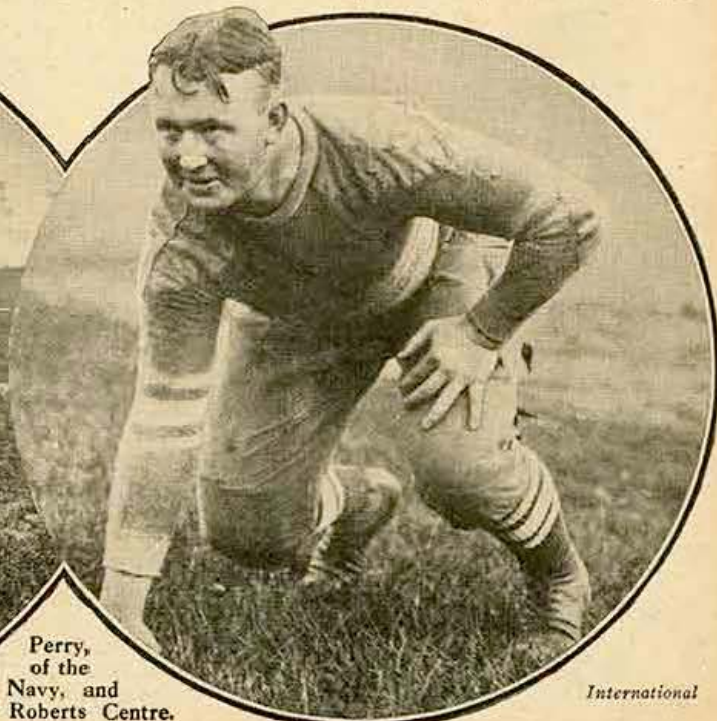


Paul Thompson

Spears of Dartmouth and Pennock of Harvard



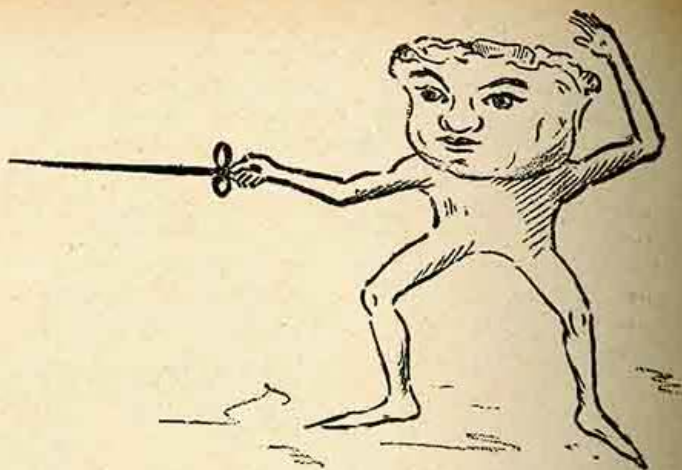
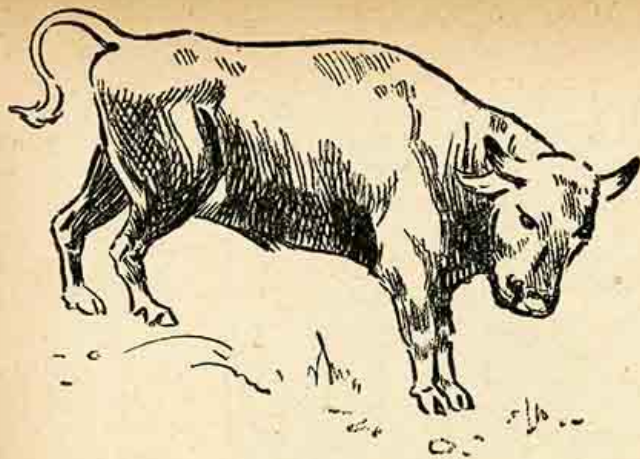
International



Perry, of the Navy, and "Red" Roberts Centre.

International





The old conflict—Meat versus Vegetables—still goes on.

## Do Vegetarians Have More Endurance?

Is the Popular Old Theory  
Based on Fact or Fancy?

By *Carl Easton Williams*

**E**VERY now and then, here and there, one meets the old theory that a vegetarian or meatless diet is conducive to endurance.

Is there anything in it? And if so, why?

As a matter of fact, there are undoubted instances of superior endurance achieved upon a meatless diet, but even here the fact is subject to interpretation. Is it because meat in itself is necessarily antagonistic to endurance, or is it because of some other reason, perhaps an allied abstemiousness, some difference in the balance of the diet, or some other more or less obscure factor? This question of the interpretation of the fact must be raised because we are confronted with the contrary fact that superior endurance is also found in many athletes who do eat meat. And of course so far as these are concerned there always remains the very speculative question as to whether they might not have had even more endurance on a meatless regimen? We hardly know, but it's important, if true, as the newspaper men say. And it is well worth trying to get to the bottom of it.

The whole thing is very inconclusive, even if one knows something about diet, and it is utterly inconclusive if one doesn't. I have been surveying the matter for some twenty-two years, and at one time practiced a meatless diet for a period of seven years. Yes, I can say it was "with good results," just as the diet for the subsequent fifteen years, which included meat, was observed with good results. But in this latter period I have not eaten excessively of meat, never more than once a day, and during the vegetarian period I used a sufficiency of

milk and eggs to take the place of the meat which I did not have. On the whole, so far as my personal experience goes, there really is nothing conclusive, for it didn't seem to matter whether I ate meat moderately or abstained from it, substituting other animal proteins.

A strictly vegetarian diet, excluding even milk and eggs, I have never tried, and I would not care to undertake the experiment, although so far as I know it might work out all right. However, I am doubtful. Because I have seen a number of faddists try it. I have known several who have so cherished the fruit and nut theory, as being the natural, uncooked diet, that they have tried it for periods of weeks or months. But I have never known one of these to stick to it for a period of years. Always they have returned to the diet of civilization, after prolonged craving for cooked foods. Perhaps this was due to the fact that they had been accustomed to our usual assortment of foods from childhood, and the change was too radical. But also, I have seen people lose weight on such a diet. And I have known people to lose weight on a merely vegetarian diet, seemingly needing the meat that they have been accustomed to, or perhaps its stimulating quality. But I do not believe that they have used milk and eggs sufficiently, when they have lost weight. I know that I would not worry about any shortage in the meat supply, if I could get whatever else I wanted.

Incidentally, there is one thing I would like to say here. There is no magic in a meatless diet which makes one immune to the ills of our common humanity, such as colds, for instance. I had three or four colds a year



during my vegetarian days the same as before and since. I have a vegetarian son of eighteen years, who instinctively dislikes meat, who is tough and strong—yes, and has endurance—but who occasionally suffers from a cold. I had been told that vegetarians did not catch cold, but it isn't true. Most of us cannot avoid them in our civilization, particularly in cities. Probably dust has most to do with it, because Arctic explorers, far away from our dust, never catch cold, irrespective of exposure and being often half frozen. However, I have also observed that vegetarians are capable of having headaches and other troubles.

As for endurance, I may say that I was very active in track athletics for a couple of years during my vegetarian days and found my endurance very satisfactory. Interested in sprinting, I had the best success in the longer sprints, of two hundred and twenty yards or three hundred yards, coming through with my best up to the very tape. But training might have accounted for that. I am by no means sure that I would have had any less endurance if I had eaten meat, that is, in the limited quantities in which I now eat it.

I was in close touch for years with Freddie Welsh, the boxer, once famous as the vegetarian world's lightweight champion. Welsh entered the boxing game as an idealist and enthusiast, full of high aims about teaching the world the blessings of health and strength through the demonstration of his own physical fitness in the roped arena. I knew him before he started boxing. Actually he fought his way to the top, over a remarkable and picturesque career. He had extraordinary strength, simply because he had worked to build it as few others worked. And his endurance was phenomenal, partly as a result of his conscientiousness in training, partly perhaps as a result of his diet. Twenty and twenty-five round bouts were the rule in Welsh's day, and he needed endurance. He observed his diet very strictly for years and profited by it. He used milk, and often would eat three soft boiled eggs at a meal where another would eat a steak. Welsh lost his championship to Benny Leonard in the spring of 1916, but although he had relaxed his rigid adherence to his old diet for the preceding year he had also become careless in respect to training.

Some interest was attached, years ago, to the reports that Annette Kellermann was a vegetarian, but since other girls who are not vegetarians have eclipsed her records, perhaps by reason of superior form or a better swimming stroke, the facts mean nothing at all one way or another.

Once in a while we hear reports of great feats of strength or en-

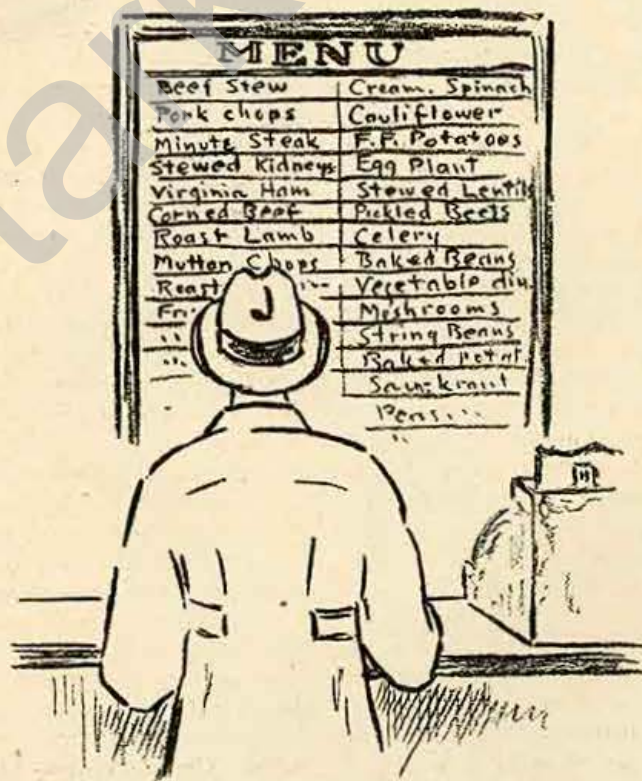
durance performed by some vegetarian Hindu, or by some rice eating Chinaman; but somehow they do not come forward to run away with the long distance honors in the Olympic Games. Probably the most perfect test of endurance is found in long distance running. But we cannot get the truth here because few athletes in competition are vegetarians; practically all eat meat. If half of our athletes were vegetarians, we would soon find out what is what.

So far, the superiority of Finland's athletes in the long distance events at the Olympic Games comes as near as anything we have met to giving us the truth about diet in relation to endurance. And the Finnish diet may mean one thing or the other, according to the way one interprets it. You may say that it is in favor of meat eating, because the Finns eat a little meat, chiefly fish and fowl. Or you may say, if you look at it that way, that the evidence is in favor of vegetarianism because their diet is almost meatless.

My own conclusion, based on available evidence, plus experience, is a low protein diet is conducive to endurance, whether it is a vegetarian diet or a mixed diet containing only a small proportion of meat. The latter is illustrated by the diet of the Finnish athletes. Persistent newspaper reports credited them with living chiefly on black bread and dried fish, to which is added of course a certain amount of fruit, vegetables and some dairy products. The black bread is whole grain rye bread, since theirs is a rye country, just as the United States is a wheat country. What it all means is, briefly, that the Finlanders live on a simple diet of the rough natural food, with no white bread, no refined foodstuffs and a moderate amount of protein food. The black bread is the main part of the diet, the real "staff of life." The result is that these wonderful athletes from the Northland were adequately and perfectly nourished, but

were not burdened with the excesses of protein common to our own people who eat meat as the major part of the diet. The Finns, in short, have a balanced diet, whereas the average American lives on an unbalanced diet.

When a person who has been eating meat two or three times a day switches over to a vegetarian diet he finds it easy to achieve that balance between protein and offsetting foods which is desirable. The human system needs only a limited amount of protein, and can utilize only a few ounces per day, depending upon the amount of muscular activity. Of course a hard working man can utilize more than a college professor, but even an athlete does not need a  
(Continued on page 79)



Which of these will increase my efficiency and endurance?



# Fighting Off Fat

Don't be the Butt of Ridicule for Your Friends.  
Work—And Get Rid of Your Excess Flesh

By Alan Calvert

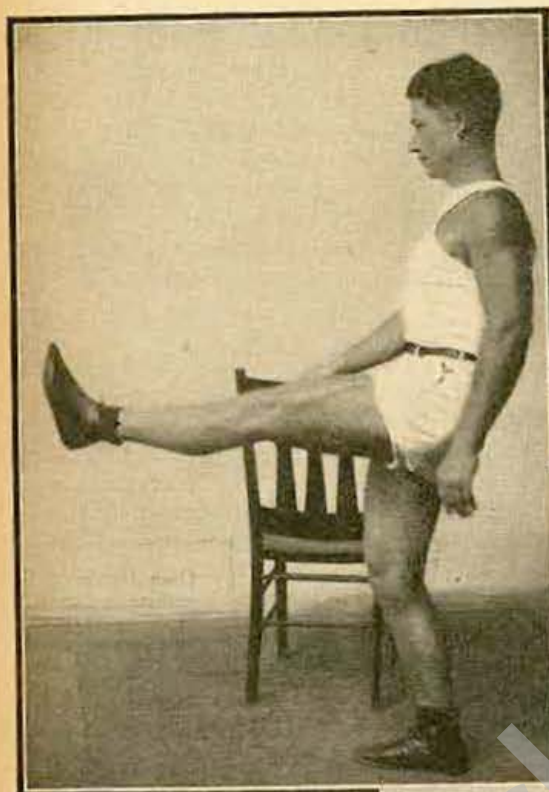


Figure A—Standing with your right hand on the back of a chair, swing your left leg forward and backward.

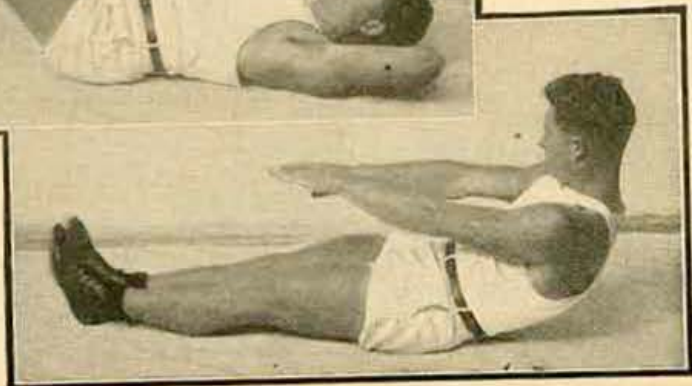
Figure B (at the right)—Next, swing the legs out sideways.



Figure C (at the left)—Lying on the back, raise the legs, keeping them still and straight.



Figure D—Raise the body with the hands reaching forward, arms rigid. This can be accomplished only when the feet are fastened to the floor. The author suggests using a padded board with a broad strap fastened loosely at one end of the board.



NO one enjoys being fat, any more than one enjoys being bald-headed, excessively thin, or extremely short in stature. The average citizen is a terribly conservative cuss, and the more average he is himself, the more he finds to ridicule in any variation from the normal. Therefore, a fat man is considered fair game, and is made the butt of ridicule and the subject of jokes. He bears it with as good a grace as possible, because he honestly thinks he cannot help his condition, which is far from being true. A man who is very tall, say six feet two or three inches, gets a whole lot of undeserved admiration altho he had nothing to do with the promoting of his height. A very short man has to submit to being patronized, on account of a lack of inches for which he is not responsible; and while he resents his short stature and the criticism it incurs, he has at least the satisfaction of knowing it is not his own fault.

But the fat man has no such consolation. He has a sort of sense of guilt, and feels that his condition is largely his own fault (which it is!). There was a time when he could wear these belted-in suits, when his chest was noticeably bigger than his waist, and when he could skip up several flights of stairs without losing his breath, pick a handkerchief from the floor without getting red in the face, and do all the other things that normals can do.

The fat man worries more about his appearance than about his health. Ill-health brings you sympathy, while a big waist-line only invites the jibes of your friends.

There are two kinds of fat people. First, and comparatively unimportant, those who are naturally, or congenitally, fat; and second, those who acquire fatness.

There are men with whom fatness is, or seems to be, a perfectly natural condition. They are fat all over, with round bodies and thick arms and legs. Such an individual, at the age of fourteen will weigh 150 or 160 pounds, whereas his classmates will average 110 pounds. At the age of twenty-one his weight will have increased anywhere from 200 to 250 pounds, and this weight he will keep without variation until late in life. Because his fat is distributed over his whole body, it never seems to bother him. It interferes neither with his breathing, his endurance,



his agility, nor his ease of movement. But no matter how much he exercises, or how much he diets, his weight will not decrease; for there is some little peculiarity of glandular action, or of digestive processes, which is bound to produce a slightly fatty, instead of a hard and lean, muscular tissue.

Since such a man is rarely unshapely, has satisfactory health, and perfect freedom of movement, there is little cause for him to worry; which is lucky, because there is little chance of forcing any constitutional change which would change him from a naturally rotund man to a naturally slender one. (In this discussion we will not bother with those rare individuals who are abnormally fat from childhood, who weigh 200 pounds as children, 300 pounds as youths, and 400 or more pounds as adults. They are just as abnormal as are eight-foot giants, bearded ladies, and living skeletons; and their condition cannot, at least to my knowledge, be altered or corrected by exercise.)

Out of ten fat men, nine of them are entirely to blame for their unfortunate condition; which is conclusively proven by the fact that their fat arrives as their physical activity grows less. Fat cannot exist in or near an active muscle. So, in a man of sedentary occupation, we find fat accumulating first near those muscles which he uses least, and then gradually spreading to other parts of the body. Consequently, to reduce fat, specialized exercise far excels general exercise in producing quick results.

Before going further, let me say that localized fat is a very bad sign. It is the very best indication that you are slipping; that you are getting old prematurely. The statement that "nobody loves a fat man" is based on physiological truths, for most people naturally grow stouter when about forty-five or fifty years old; the time when youth is passing. If you commence to grow a

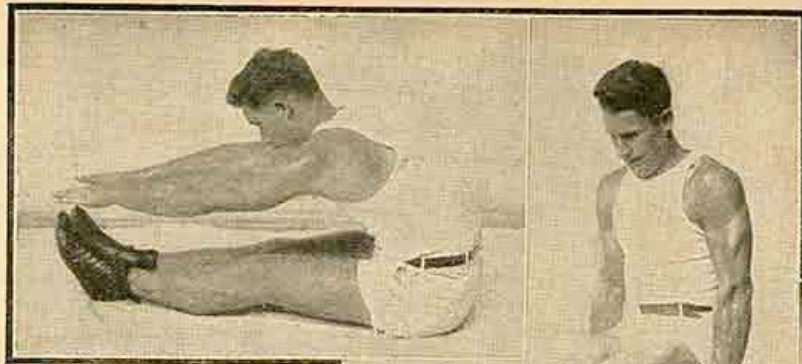


Figure E—The final position of the exercise shown in Figure D, touching the toes.



Figure F (at the right)—Is a more advanced form of work for the abdominal muscles. Place your hands on the backs of two chairs and slowly raise the legs out in front of you. If you allow the legs to bend at the knees, you spoil the exercise. If your arms are strong enough, raise the legs 12 times without stopping.



Figure G (below) is a difficult one for the abdominal muscles. Holding the legs rigid, raise them as high as you can, gradually increasing the repetitions.

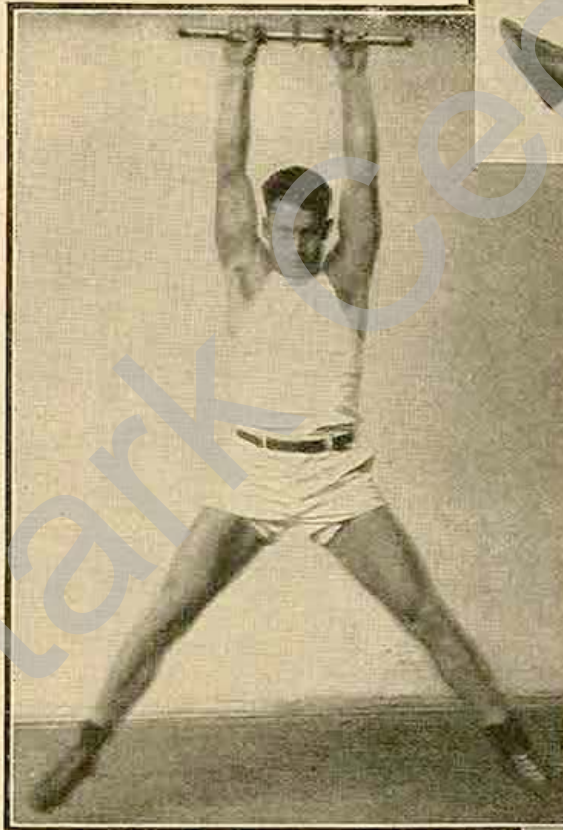


Figure H—Hang by the hands and raise the legs sideways instead of forwards.



Once the flesh is reduced, exercises performed by mental control of the abdominal muscles is all that will be necessary to keep the fatty tissue from forming a gain. The value of this method lies in the fact that you can take your exercise anywhere without your friends being any the wiser. One of the best means of obtaining this control is shown in Figures I and J (on page 46). In starting position, Figure I (at the left) note the sagging condition of the abdomen while inhaling.

"corporation" before you are thirty, then others will unconsciously class you with men of fifty, so far as vitality and physical fitness is concerned. General slenderness of outline is an indication of youth; a sign that debilitation has not yet set in. A man who cares enough about himself to try to preserve the appearance of youth is doing the best possible thing to retain the essence of youth.

And now one can hear the fat man saying, "But how



can I help being fat? I have tried everything. I have fasted and I have dieted; I have exercised; I have sweated; I have played outdoor games; and I still keep my fat. In fact, I am afraid I am growing steadily fatter." It is true that a man can do all those things without much alteration of his shape or reduction of his weight. He fails to banish the enemy (fat) because he attacks along the whole line instead of at the enemy's weak point, the waist-line. Because laziness is the cause and effect of fat, the stout man, when he tries to reduce, usually tries out dieting before trying special exercises. It is far easier to do something negative than something positive. Self-denial comes easier than exertion. Dieting effects a partial cure in some few cases, but only when the change in kinds and quantity of food is gradual. A sudden change from feasting to fasting is a dangerous experiment, and while a fat man *might* lose 50 pounds on such a program, his appearance and condition would be little benefited. His face would grow haggard, the skin would wrinkle, and there would be a general loss in vitality and "pep."

As Checkley says, the worst thing about dieting is that it always requires you to give up the things you like best. To have to stick to a limited diet is to take all the joy out of living, and meanwhile, you see active and vigorous people eating and digesting the very foods forbidden to you, and keeping their figures in the bargain. The secret is their activity. If you were active, you could likewise eat what you pleased. There are men, who once they get into business life, rarely thereafter use the muscles of their waist. Positively some men will bend over not more than twice a day; at morning when they fasten their shoes, and at night when they unfasten them. During the daytime they are not even required to pick up a dropped object; some one else does the bending.

Any action, that is, contraction, of the muscles of the abdomen bends the body forward; that is it brings the chest close to the knees, or vice versa. Any contraction of the muscles at the sides of the waist bends the body sideways. In order to keep these two sets of muscles in condition, the body must be bent *frequently*. Don't fool yourself by thinking you can restore your figure to normal proportions by spending ten minutes each morning at mild "bending movements." A very little exercise will enable you to keep your figure *after* you have reduced yourself, but to reduce means *frequent* periods



Figure J—As you exhale, draw the abdomen in. Repeat several times, gradually increasing the speed. This will give you mental control of the abdominal muscles.

of exercise. You have to put up a fight to burn up the excess fat. Remember that you have been slowly accumulating that fat by your lazy habits of, say, a dozen years. You should not expect to remove it all in a dozen days, or even in a dozen weeks.

Fat accumulates first around the waist-line; most of it on the front of the body, a lesser quantity at the sides of the waist, and hardly any at all on the small of the back. All of the fat is not on the outside of the body. Some of it collects between the muscles and the skin. Some collects in the body of the muscles, infiltration, which makes the muscles weak and flabby. Some accumulates in the abdominal cavity, surrounding the organs and clogging them. In advanced cases, the organs themselves succumb to fatty degeneration. After the abdomen gets large, then the neighboring parts of the body are invaded with fat. The breast muscles get flabby and pendulous. The sides fill out, and the outside lines of the body are straight up and down, instead of tapering inward from armpits to waistline. The hips greatly increase in size. The buttocks protrude. The upper-part of the thighs bulge, and the arms near the shoulders become round. Thus it can be seen that as a man puts on fat, his figure loses its distinctive masculine outlines. The bulge of the hips, the thickness of arms and legs near the shoulder and hip joints, and the pendulous breast muscles tend to give him the figure of a fat woman; or of a neuter.

To remedy all this, the campaign of attack must be directed at the original source of the trouble, the inactive waist-muscles. Walking is of but little value, because the body is kept upright. You can walk for miles, sweating vigorously the while, without effecting much in the way of girth-reduction. Running is valuable, because it shakes up your organs, but fat men cannot at first stand the exertion of running; neither their muscles nor their organs are in fit condition to withstand the exhaustive effects of vigorous exercise. The fat man absolutely must concentrate on bending exercises, but his rule at first must be *easy and often*.

The first thing to be practiced is "leg-swinging." All you have to do is to stand with your right hand on the back of a chair and swing your left leg as high forward as in Figure A, and then as high backward, as you can. Repeat at least a dozen times, reverse your position, put left hand on the chair-back and swing your right leg. The swinging leg moves like the pendulum of



a clock. Start easy, but try to raise the foot higher in front with each successive swing. The leg *must* be kept straight as it rises on the front swing; although it can be bent slightly at the knee in the back swing. This exercise must be repeated morning, noon, and night—and several times in between. After a few days' practice, you will find that you can kick forwards to quite a respectable height. The high front-swing of the leg demands a vigorous contraction of the abdominal muscles.

After the front and back-swing, practice swinging one leg out sideways (Figure B) so as to give a like contraction of the muscles at the sides of the waist.

The beauty of these two simple exercises is that the body is kept upright, so that there is no uncomfortable compression of the abdominal contents, no rush of blood to the head, and consequently none of the dizziness and discomfort which assail most fat men at the start of an exercise campaign.

After "leg-swinging" has become easy, "floor bends" should be attempted. The usual thing is to lie flat on the back, and either keep the body down and raise the legs to perpendicular; or to keep the legs down and bring the body to a sitting position. You can do this if young and fairly vigorous, but if you are past forty, and have been fat for years, you had better start with a half-bend. Try keeping the body flat and raising the legs to a 45° position, such as in Figure C. The important thing is to keep the legs stiff and straight, and to raise and lower them slowly, even if it does give you a sort of cramp in the front thigh muscles. After a few days, you will find that you can raise the legs further and further, and soon it will be possible to bring them to a vertical position, or even past the vertical.

When the body is raised, it is necessary to fasten the feet to the floor. The feet can be put under the foot-board of your bed, or the front of your dresser. It is better to use a padded board, with a broad strap fastened loosely at one end of the board. After the feet have been slipped under the strap, the head and shoulders should be raised to the 45° position, with the hands reaching forward as in Figure D. You will find it possible to make quite a number of successive repetitions without any muscular strain, or without any sense of suffocation. After the half-raise becomes easy, try the full raise, but bringing your body to the perpendicular, and then reaching forward and trying to touch the toes as in Figure E. Together with this abdominal work, practice mild side bends. Standing with arms outstretched, and bending first to the right and then to left. Repeat as often as you comfortably can.

The foregoing exercises, although they may seem severe to you, are nothing more than preparatory conditioning work. In order to get *great* benefit from them, they would have to be repeated many times daily. (If that scares you, turn the pages, and read some other article. Just as long as you value your ease and comfort, more than your figure and your health, you will remain fat.) I know a man who reduced his waist from 42 to 34 inches in eight weeks by practicing just the half body-raise (Figure D) but he practiced it four times a day, and one hundred repetitions at each session; twenty and a moment's rest, another twenty, and so on.

After you have strengthened the abdominal and side muscles, you can reduce the amount of time required by increasing the severity of the exercises themselves.

Chinning the bar is a very good exercise for the abdominal muscles as well as for the biceps.

A good advanced exercise for the abdominal muscles is to place your hands on the backs of two chairs (or two chairs and a table). Keep all your weight on the hands, and slowly raise the legs straight out in front of you (as in Figure F). You absolutely must keep the legs straight as you raise them; because if you allow them to bend at the knees, it spoils the exercise. If your arms are strong enough to hold you, then raise the legs a dozen times without stopping. If the arms are weak, you will have to rest after each two or three repetitions. This exercise is especially effective in removing fat from the lower part of the abdomen.

A still harder exercise is to hang by the hands, and raise the legs (as in Figure G) because when the weight of the body is suspended from the hands, there is a distinct pull in the upper fibres of the abdominal muscles (from navel to breast-bone); and since raising the legs calls into play the lower fibres, Exercise G is unexcelled as a reducing movement. As an advanced exercise for the sides, try hanging by the hands, and raising the legs sideways (as in Figure H).

The more vigorous, or the more frequent the abdominal exercise, the more rapidly will the fat be eliminated from the muscles themselves, and from between the muscles and the skin. To remove the internal fat is a more difficult matter. Any bending of the body from front to back or from side to side, will alternately stretch and compress the center section of the body, thus automatically kneading all the organs in the abdominal cavity.

This kneading helps to remove the internal fat, but the process can be expedited by practicing exercises which "shake you up." Horseback riding is valuable, but you can get even better effects by shaking yourself, instead of letting the horse shake you. Stand on the right foot, and hop up and down three times, and then do the same on the left foot; the right, then left, etc. All you have to do is to hop an inch or so in the air. You should carry all your weight on the ball of the foot, and you must keep the leg almost straight. As your foot lands on the floor, do not bend at the knee to ease the shock, but let the landing *jar* you. Allow your abdomen to be entirely relaxed, so that as you hop, the abdomen (or to put it plainly, your *belly*) will flop up and down. This will jounce and shake up all the digestive organs in a way which is very beneficial to them.

A distinct effort must be made to gain mental control of the abdominal muscles. If you can do this, you will have the great advantage of being able to take your exercise at any time and at any place without anyone being aware that you are doing so. Assuming that you have practiced the "floor-bends" for two or three weeks, and have toned up the abdominal muscles, then proceed as follows:

First stand erect and let the abdomen relax and sag (as in Figure I). Then draw inward (as in J). Repeat several times, working slowly at first, and increasing the speed as you get control of the muscles. Be sure and breathe out as you draw the abdomen in, and breathe in as you allow the belly to relax and sag.

After this has become easy for you, then try, by pure mental control, to move the belly around in circles. First draw the belly upwards and (Continued on page 83)



# Why Does a Head Ache?

This Pain Is a Combination of Police Whistle and Fire Alarm, Something Which We Should Not Ignore

By Dr. Edwin F. Bowers

**F**OR ages humanity has raved about the "sympathetic" heart. Medals and iron crosses galore have been pinned upon it for special softness. It is the minaretted peak of applied tenderness.

All this is pure piffle. It is not the heart that is soft, sympathetic, and tender, that throbs with solicitude for the well-being of its owner, that writhes in anguish when anything goes wrong with the republic of cells he carries around between his hat and his shoes.

It's his head, his soft, sympathetic head. For this useful and occasionally ornamental member is capable of more sacrifices and vicarious atonements than tongue hath power to tell, or pen to write down. It aches for more reasons than any dozen ill-disposed organs of the body can conjure up. If the liver, the malaria-infected blood, the stomach, the ears or eyes, or, in fact, any member in the partnership of organs we call the body, doesn't like the way it is being treated, all it has to do is to tell the head about it. Be it ever so humble, the abused one commands the head to ache, and the head cheerfully and promptly acquiesces.

## The Most Common Variety of Headache

Perhaps the most common form, particularly as it afflicts the most susceptible sex, is nerve irritation. Loss of sleep, a spoiled skirt, a too-talkative visitor, a dull play or book, grief or a fit of crying, a corn stepped on by some heavy-footed clod, anything, in fact, that worries or hurts the nervous system, can and does make the head ache.

The next most common cause of headache is poisoning, arising from the ab-

sorption into the circulation of toxic materials generated in the intestines. These retained products of putrefactive fermentation are among the most dangerous poisons known to man, being twin brothers to the deadly curare, with which the Orinoco Indians tip their murderous arrows. If isolated, and injected directly into the blood, these "putrefactive alkaloids," as they are called, would kill like cobra venom. Fortunately, in passing into the blood by absorption, their virulence is partly neutralized and overcome. But they are still poisonous enough. Hence, the relief of constipation, and a mild course of cathartics are perhaps the most useful and indispensable of all headache cures.

## The Fatigue Poison Headache

Another condition of self-poisoning develops from loading the system with fatigue poisons,—toxic material which accumulates in the blood faster than the oxygen of the red cells can burn it up. This causes the shoppers' and shop-girls' headaches, and that dull throb resulting from muscle-tire. The head is imperatively demanding rest and quiet, and a chance to catch up with and destroy the body's under-oxidized cell debris.

The "stuffy room" and "sermon" headaches are fatigue poison pains. In these conditions we not only are not getting sufficient oxygen to overcome the poisons we ourselves are constantly generating, but we are breathing, in the form of carbon dioxide, poisons emanating from several hundred other humans.

Good old-fashioned biliousness is a fine and adequate cause for headache,—headache actually mulish in its obstinacy. A judicious amount of starvation, together with copious flushing of the system with lemon water usually works wonders for these.

"Sour stomach" also produces its quota of headaches. Abstinence from fried foods, pastries or an excess of starches and sugars, and an occasional dose or two of milk of magnesia or some other efficient alkali will correct this.

## High Living and Low Thinking

Overeating is a sore provoker of cranial pains. The toxic material generated by fermentation of too much food, or too much of the wrong kind of food, impinging against the delicate nerve





fibers of the face and head, manifests itself as pain. This is the variety of headache that most frequently punishes high livers and low thinkers.

Eye-strain is probably the next most frequent cause of head pains. It is really surprising how strongly the eyes object to such trifles as being exposed to the glare of the sand, sea, or bright light, or to too long continued focusing on a moving-picture screen, or to being employed for reading, working, or embroidery purposes hours on end,—or even to the mere fact of the ocular muscles being improperly balanced.

One would think that these muscles, by a process of evolutionary development, would have become accustomed to all such manifold abuses by this time. But emphatically such is not the case. And so, every once in a while, certain eye specialists, instantly and permanently relieve some bad case of headache, perhaps of years' standing, by correcting the imbalance of the ocular muscles, either by operation, or by "fogging" the vision with prisms.

Many suffer from headache as a result of intently watching a theatrical performance. This is because the attempt to keep the stage in constant focus exhausts the nerve centers. Seated in darkness, and staring at an intensely lighted stage, produces in these patients headaches that sometimes last for days. Those subject to this form of trouble should never sit in the "bald-headed row," or where it is necessary to raise the eyes to watch the stage.

In chronic headache, where no specific cause can be elicited, especially in men or women who live a sedentary life, and partake freely of lobster a-la-Newburg and a high protein diet, careful urinalysis and blood pressure tests should be made at least once a year, to determine whether or not the kidneys are acting normally. Many hundreds of lives might annually be saved by thus determining the presence of arterio-sclerosis and kidney disease while in their early and curable stages.

#### Coffee and Tobacco May be Poison to You

Caffeine stimulation, in the form of excessive coffee drinking, is another prevalent cause for headache. Coffee is a most useful, and up to a certain point, a most beneficial tonic and stimulant. But too much is more than plenty, especially if taken at night in sufficient quantities to produce insomnia, or disturbing, restless dreams.

Abuse of tobacco is another cause for aching head. The banquet or the "smoker" may have been a grand success. And the most susceptible banqueter may have been most abstemious; he may even have limited himself to his usual restricted quota of cigars. But notwithstanding this adherence to rule he absorbed too much carbon dioxide and the noxious gases from the other fellow's smoke. For hours he gridironed himself by inhaling these poisonous products. And so the next morning his head tries its best—in its artless, plaintive way—to tell him about the need of his body for more oxygen in order to burn up the poisons accumulated the night before.

Decayed teeth are not infrequently causes of neuralgic headaches, as they are of many much more serious pathological conditions. In this era of competent dentistry and free dental clinics there is no longer any logical excuse for poisoning oneself by decay from the teeth.

#### How Osteopathy and Zone Therapy Relieve Headaches

Sometimes a "slipped" or "rotated" cervical vertebra is the cause of dull and protracted head pain. A skilful osteopath, by a judicious stretching of the vertebral muscles, together with manipulation of the bones of the spine, can usually reduce this cause to a condition of non-existence in a few brief minutes.

Catarrh and long-continued irritations of the nasal cavities, from twisted septums, enlarged tubinate bones, or thickened mucous membranes, are prolific sources of headaches. The services of a nose and throat specialist are necessary here, although if the cause be merely congestion of the nasal membranes, strong pressure on the center of the tongue morning and evening with a tongue depressor, after the Fitzgerald method, has often given complete relief.

Doctor Fitzgerald's discovery, by the way, is also valuable in the treatment of nervous and neuralgic headaches. Firm pressure with the thumb on the roof of the mouth (the hard palate), directly under the seat of pain, continued for from two to four minutes, has in hundreds of instances been most effectual.

Headache powders or tablets, most of which contain acetanalide, a poisonous heart depressant, should never be used except under the advice of a physician. They merely mask the true cause of the trouble, and tend to develop a "dope" habit. Also they produce a depraved state of blood, and may even cause death.

It is to be hoped that some time in the near future the Government, as a measure in (Continued on page 90)





# Are You a Victim of Indigestion?

What Whole Grain Wheat Did For  
Me — It Will Also Do For You

A True Story

By

Mrs. W. C. Spalti

**F**EW parents realize how much they can do for their children in the way of preserving their health long after they have ceased to govern them. The tastes acquired in childhood usually stick to us all through life, and I am sure had my parents ever dreamed that my fondness for sweets would cause me the suffering it has, they would have gone to any end to restrain it. They always saw to it that there were plenty of good nourishing foods for us children, but they permitted us to eat what we chose. And I usually made my meals on cookies and tea, or sugar-bread and tea, and pudding. Sometimes I would take very sweet cocoa instead of the tea, but usually my diet stayed about the same. I remember father once objected and sent me from the table because I insisted on eating nothing but rice pudding thick with butter and sugar. The rest of the family, however, took my part, insisting that he did me an injustice, and the controversy ended with my returning to the table to finish my third bowl of pudding.

As I grew older my appetite became more and more abnormal. Sometimes I would crave certain foods, and for weeks would eat only those. At one time I ate crackers sprinkled thickly with salt and pepper, stick cinnamon and sweet chocolate, for a period of several weeks. My parents never really knew how much of this unhealthy mixture I was eating, and wondered why I was not hungry for my meals.

Naturally I developed stomach trouble. At first it did not amount to much, but finally it became so bad that for weeks at a time I could scarcely touch food. The doctor cautioned mother about my diet and advised a trip away for a while.

So mother sent me to visit my sister. She knew my habits of eating and insisted that I live on the same foods the rest of the family ate. If I had persevered with that diet I would probably have been all right for the rest of my life. At any rate, after three months I returned home feeling fine, so fine, in fact, that I immediately went back to the old diet and the old doctor. From then on life was just one prescription after another. My bowels began to bother me and I seldom retired without taking a cathartic.

By the time I was eighteen medicine took no more effect upon me, and the doctor advised me to buy a pump and clean my stomach out twice a day. He helped me a few times with this unpleasant task, but in a couple of days I was going through the stunt at home, hoping that it would cure me for all time. Two or three weeks of this strenuous treatment put me in a condition where I could not retain any food at all; so, naturally, I gave it up.

Around this time I accepted a position in another city, where I roomed with old friends and ate any place the foods tempted me. As usual the foods which tempted me were of the sweet, mushy kind, and only the good, plain dinners to which my friends invited me several times a week, enabled me to finish my season's work.

That summer I spent with relatives on the shore of a beautiful lake. They had their own cow and their own vegetables, and they lived too far from the city for me to purchase any of the denatured foods which so pleased my appetite. So I lived on vegetables, fish and milk and when I went back to my work my appetite was vigorous and I felt better than I had felt for years. It was my conclusion that the change and rest had worked the wonder, the food never entering my mind.

I managed to keep going for about a year after that without a return of the old trouble, but gradually the same old diet began to tell. This time the doctor advised the removal of my appendix, as this, he thought, might be causing all my trouble. My appendix was therefore, removed, but there was no improvement in my condition. The more I ate, the thinner I became, and after each meal I would have the most excruciating pains in my stomach and bowels. Often I would need a hypodermic to quiet me, and sometimes found relief only by forcibly emptying my stomach, but this was a weakening ordeal.

I suppose I expected too much of the doctors, wanting them to cure a condition which I was bringing about by improper eating. At any rate, although a change of medicine would benefit me for a short time, the time was very short, and I always found myself back where I started. One (Continued on page 94)



Mrs. W. C. Spalti



# Our Girls' Circle

Conducted by

*Marjorie Heathcote*

**I**N starting this little circle, STRENGTH has but one idea in mind, that of helping its women readers as it has tried to help its male readers in the past. It has always been the work of this Magazine to place before the men various standards of physical perfection, and because of the widespread interest men have always had in their development the work has been successful. Up to this time, however, the women readers of the Magazine have been neglected.

When the question of starting a woman's department arose, there was a great deal of opposition. "Is it worth while?" asked some one. "Are women sufficiently interested in this field to warrant such a department?" asked another.

We answered the first question with a second. "Is it worth while to help the average woman to attain and to retain the physical fitness which enables her to carry on her work to better advantage, no matter what sphere she has chosen? The woman in the home has as much, if not more, need of physical culture than has her professional sister, and the secret of health can be passed along by her to her children."

We answered the second question by pointing out Helen Wills, Aileen Riggan and dozens of other examples of the modern athletic girl.

We did not bring up the women's desire to be beautiful because that has been so often made the subject of ridicule by the opposite sex. However, we can go into that here. Every woman knows what a tragedy it is to have a thin, undeveloped, or a plump, flabby figure, when it comes to modern dressing. The clinging vine type of woman who went into a faint every now and then from tight lacing, has absolutely "gone out." Mr. Ziegfeld, in pointing out why his Follies girls are beautiful, told of their physical fitness, their athletic ability, their quality of joyousness. The beauty of today must have about her the buoyancy, the magnetism that comes with a healthy body and a happy mind.

It is just this that we want to help you attain, and not in a haphazard fashion. We want to encourage and to inspire those who have never before been interested in this field, and we want to help those who are interested by answering any questions they ask and solving any problems that may have puzzled them in the past.

We want you to help us establish standards of physical perfection for women of all heights ranging from four feet eleven to five feet ten inches. If you or any of your friends think you might qualify, don't hesitate to send us your photographs and measurements. This is a time when you can do your bit by inspiring others. We leave it to our women readers to make this department a success or a failure.

\* \* \*

## Developing the Calves

My Dear Miss Heathcote:

I have been interested in physical culture for some time and have gotten my body up to proportions which satisfy me except

for my calves. These are still undeveloped, and although I have been trying every exercise I could find for them, they seem to stay about the same.

Since STRENGTH has given out so many helpful suggestions, I wonder if it could help me.

E. T. V.

We shall certainly do our best to help you. That is exactly why this department has been opened, in order to come into closer contact with our girl readers. So please don't hesitate to come to us with your questions.

First of all, I would advise you that no exercise which does not "pull" on the muscles causes any development. If you have been trying exercises which you have not felt in the calf muscles, then those muscles have naturally been doing none of the work. There are one or two which you may try, which, I believe, will help you, and you will know they are helping you by the tired, achy feeling they produce.

Try squatting flat-footed. While in the squatting position raise yourself on your toes; then lower yourself back to your heels. Repeat until tired, and don't forget to remain in the squatting position all through the exercise.

Here is another one. Stand on your heels and rest your toes on some object a few inches above the floor. Raise yourself as high on the toes as possible, and then slowly lower yourself back to your former position. Books would seem to be the best thing for this exercise, gradually increasing the size or the number used. Be sure you don't forget that when you no longer feel the "pull" you need more repetitions or a higher book.

\* \* \*

## Care of the Hair

Dear Miss Heathcote:

I don't know whether my question comes under your department or not; but I would like to know if health has anything to do with the hair. My hair used to be shiny and thick. Now it is falling out, and gets thinner every day. I have just had a nervous breakdown and suppose this is responsible. What can be done about it?

ANNA T.

Your question certainly does come under this department. Your health has a great deal to do with the growth of your hair, and probably your illness is the cause of its present condition. The very best thing for you to do is to build your body up to its former condition by exercise and rest.

The dead hair will probably continue to fall out; but in the meantime you can give your scalp some assistance by massaging it every evening. Use a light, upward motion, applying very little pressure, just enough to feel that tingling sensation in the scalp. As the oil has probably dried out of it, you might try using a little vaseline, applying it to the scalp itself and rubbing thoroughly. You can avoid getting this on the hair by applying very lightly with the fingertips. Once or twice a week would be often enough to use it.



### Ask the Doctor

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

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

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

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

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



H. H. Rubin, M.D.

# The Mystery of the Ductless Glands

By H. H. Rubin, M.D.

**W**ITHIN the past fifteen or twenty years, one of the greatest and most important advances yet made in medical science has been developed. This advance relates to the function and operation of those mysterious little glands called the ductless or endocrine glands. These glands are the Thyroid, situated at the base of the neck, astride the "Adam's apple"; the Parathyroids, tiny bodies ranged alongside the thyroid; the Pituitary, the marvelous gland that has much to do with controlling the rate of growth and the method of development of the body; the Adrenals, little glands that sit on top of the kidneys like the cap on the head of a schoolboy; the Gonads or sex glands, the marvelous function of which in determining character and favoring general nutrition of the body is perhaps quite as important as is the procreative function which inheres in them; the Pineal gland, and also the Thymus, which have much to do with developing the child into adolescence.

While not strictly ductless glands, the Pancreas, the Spleen and the Liver also play most important parts in body nutrition, contributing in their secretions something of vital importance to the integrity of the body. One of the functions of the pancreas, as is well known, is to assist in the conversion and oxidation of sugar in the system. Failure properly to perform this function results in diabetes, which is now arousing so much interest by reason of the discovery of the active principle of the island cells in the tail of the pancreas, called insulin. The function of the spleen, while still a mooted question, is nevertheless of tremendous importance in relation to the development of the red blood cells, as well as in the development of the phagocytes, or white cells

responsible for defending the body from invading micro-organisms.

All the varied activities of these marvelous chemical workshops contribute not only to the development, nutrition and metabolism, of the body and its myriad cells, but they also contribute in a wonderfully complex way, to the mental, moral and spiritual development.

For instance, a slight deviation in the nutrition of the thyroid gland will interfere so materially with the growth of this gland as to alter the mental characteristics in such a way that a child who should be naturally bright and intelligent may be a moron, or even a congenital idiot—with a thick tongue, thick skin, thick lips, and thick brain. These unfortunates are known as cretins. They are cretins because Nature, in some sardonic joke, has so twisted their nutritive faculty, as to leave them defective in thyroid development.

On the other hand, an abnormal development of one lobe of the pituitary gland, situated at the base of the brain, may cause excessive growth of the long bones and the skeletal framework generally, creating the monstrosity known as gigantism, or giantism. These are the Chang, the Chinese giant individuals, whose physical growth usually proceeds in the inverse ratio to their mental growth—and all because Nature has given some twist of extra development to one of the lobes in this little gland at the base of the brain, the total weight of which is only about  $\frac{1}{2}$  gram. And so with others of the ductless glands, the special functions of which I propose to take up from time to time. It is sufficient at this time to say that medical research has shown and is now showing that the endocrine or ductless glands are the absolute dictators of every chemical



function of the body. They hold the secret of our inmost being. They are the dynamos of our organism.

It is evident then that if the body chemistry processes are disturbed, this would affect the endocrines, because these little glands would be partially deprived of the nutrition they vitally need, and thus fail to function properly. These defective glands, in turn, would react on the chemistry processes and keep them from being restored to normal until the glands themselves were normalized.

It is a sort of endless chain affair, like a gasoline engine and a storage battery. As the engine runs, it charges the battery, and the battery in turn supplies the vital spark to keep the engine running. If the engine gets out of order, and cannot charge the battery, then the battery runs down and cannot supply the current to keep the engine going. This is a rough comparison of the general arrangement between the body and the endocrines. If the battery were recharged, and through its renewed charge was able to restore the engine to smooth running, we would have a perfect analogy with the body and endocrines.

Just how do these endocrine glands function? The endocrines manufacture special chemical substances, called hormones, vital to all chemistry processes. These hormones, as they are produced, are shipped to the proper sections of the laboratory by means of the blood. If one tiny cell in any part of the body fails to receive its hormone supply on schedule time, it refuses to do its work. If the cell is already sick and doesn't get any hormone nourishment, it gets worse. If it gets a liberal supply of hormones, it convalesces rapidly. So, if any gland does not produce enough hormones, a definite effect is seen in the portions of the body that depend on the hormones of this particular gland.

From the brief sketch I have here given, one can readily appreciate the tremendous importance of the endocrine glands to the body. One can realize fully why the medical profession is centering tremendous effort around these glands. They are the darlings of Nature.

They hold the key to our most vital physical, physiological, mental and moral processes. Any abnormal condition in these glands brings about conditions that may result in the development of Loeb's or Leopold's, Jack-the-Rippers, sadists, or degenerate criminals. Deviations in functioning of many of these glands are fraught with serious consequences in the proper physiological functioning of the body. These conditions fall into distinct classifications in endocrinology—as science of the ductless glands functions is called. It is of this science, of this functioning, and of the abnormal conditions that can be cured by restoring normal functioning, that I propose to treat in this department and questions relating to these deviations will be answered from time to time in this column, or by personal letter, as well as the questions I have answered in the past.

Dear Doctor:

I have been treated for the past fifteen years by as many different physicians and osteopaths for condition that lately I have begun to suspect may have its origin in some ductless gland defect. Nobody seems to know just what ails me, although I have taken all the tonics and other methods of treatment that these doctors can find it in their hearts to give me. I get up in the morning more tired than when I went to bed at night. I am absolutely without ambition; I have no energy. The

least little effort fatigues me so that I wish I were dead. I never seem to be able to do as other men do and enjoy the sports that they can enjoy, because I have not the physical strength or endurance to do so. I have no appetite, and unless I am taking laxatives all the time, I am always constipated and troubled with indigestion. My doctors tell me that there is nothing the matter with me, that it is all in my imagination—all except the last doctor I saw, who told me there might be something wrong with my glands. If you can help me to overcome this depression, I shall be under eternal obligation to you.

Boston, Mass.

W. B. J.

You do not say in your letter whether you have a slow pulse rate, with a weak, hardly discernible pulse, or low blood pressure, and other evidences of an adrenal depletion. However, I would almost venture to say that these also will be found among your symptoms, as the chronic fatigue, the feeling of exhaustion, depression, lack of appetite and digestive ability, and other symptoms you enumerate are distinctly referable to definite mal-functioning of the adrenal or supra-adrenal glands.

This condition is known as Asthenia, or loss of strength. It is said to be the most common disease of modern civilized life, afflicting 60% of adults and at least 30% of all children.

In all those cases in which there is more or less constant fatigue, in which resistance is lowered, in which even 8 or 9 hours of sleep do not sufficiently refresh, there is a sub-adrenal condition. The mid-afternoon depression from which so many business men suffer, the nervous exhaustion that results in "shoppers' headaches" and other symptoms of nerve tire, the irritability common among mothers of large families, are all due to, or aggravated by, a lack of functioning power of the adrenal glands, and a lack of the life-giving adrenalin which those glands manufacture for the purpose of stimulating and energizing the entire body.

The lowered physical condition produced by lack of adrenalin in the blood, results in lowered intestinal tone, constipation, absorption of poisonous products of decomposition from the intestines, and all those symptoms which this absorption of poisonous material is likely to produce. This may include rheumatism, abnormal blood pressure, headaches, neuralgia, and various other troubles of a more or less disquieting and painful nature.

The cure of Asthenic conditions is surprisingly simple. It merely requires that the adrenal glands be stimulated to proper functioning activity. There are several ways of doing this, but the best, in my experience, consists of exposing the glands to the penetrating and stimulating influence of emanations from various radioactive substances. The response to this stimulation is almost immediate. Very frequently, where insomnia has persisted for months, this condition is relieved, while nervous manifestations and symptoms of exhaustion and debility are almost uniformly improved within three or four treatments. Energy flows back into the tired cells, the brain functions more actively, endurance is increased, and the capacity for digesting and assimilating food is enhanced.

Needless to say, common sense methods must be used in conjunction with this treatment, regulation of the diet and the proper amount of exercise and other hygienic measures should be adopted. But within two weeks, you should experience a very decided benefit from this treatment.

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Have you indigestion? Does your heart flutter? Are you living in constant fear of a breakdown? Then it has probably "gotten" you.

# The Monster Called "Nerves"

By Madeline Mulvey

**N**O mythical dragon in the days of superstition ever did as much damage to the people's mind as the Monster called "Nerves" is doing to a sophisticated, modern public. No one knows where the idea started; but it has grown and spread until "everybody has them." Men, as a rule, hesitate to make use of the word, rather calling their ills by some other name, but women have made a byword of it and consider it their special privilege to be "just a bunch of nerves."

The business woman calls it "nerves" when she is forced to drop her work and go away for a rest. Her professional sister calls it "nerves" when she gives up a promising career because she "can't stand the strain." And the housewife inevitably uses the same term in describing why she almost went into hysterics when Johnny spilled gravy on the tablecloth, or finds it convenient when excusing herself for nagging the family into "nervous" prostration.

There was a time when it sounded rather intellectual to relate one's nervous troubles; but that was when the nerve cell was believed to dry up and great quantities of lecithin were prescribed for the patient. But now science (which is always upsetting our pet theories), has dropped a bombshell right in the midst of the nerve-suffering public by claiming that in some of the most trying cases there is no depletion of the nerve cell, itself. So, at last we have to face the truth,—that although we

nervous folk may be suffering from every conceivable complaint, we have no organic defect whatever. It is about time we woke up and found out whether we are playing a trick on our nerves or they are playing a trick on us.

It is an easy matter for the person who has never suffered from them to say that such troubles are imaginary; but there is nothing more real than those ugly, pricking, vibrating things which drive one into sick headaches, chronic fatigue and finally into physical breakdowns. And the peculiar part of the matter is that it is usually the most eager, energetic people who go on from year to year handicapped by nerves, while the easy-going members of the public laugh at them.

We are, therefore, not going to claim nervous troubles imaginary. Rather would we say that they are very real troubles, not organic perhaps, but mental. And the fact that it is usually the mental workers who suffer from them, would seem to bear us out in our statement. If you are already a victim of nerves, it is going to require endless tact and persistence on your part to overcome them. And if you have never suffered from them, if you have never used the term "nerves" in describing this or that uncomfortable sensation, you are a most unusual individual.

Most of us learned in the fifth or sixth grade of school that the nervous system is merely a set of intricate telegraph wires operating to and from the brain. We

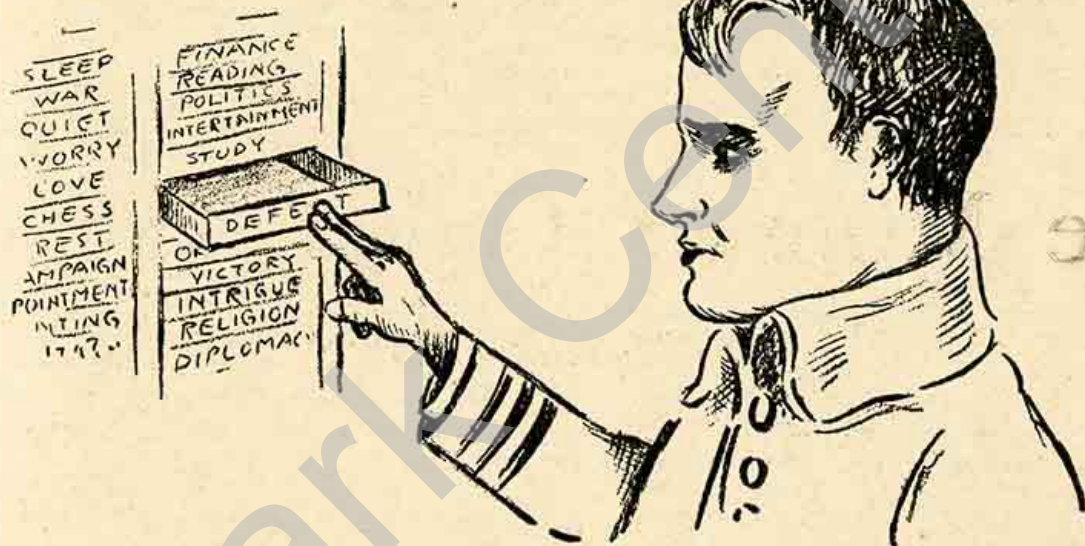


found out that if there was a defect in any particular part of the body, we would not know it unless the nerves carried the message to the brain. What most of us did not learn, however, was that false messages might be carried and that an imaginary pain is quite as real to the sufferer as one caused by an organic defect.

Imaginary pains do not just crop up here and there, nor is there anything miraculous in their appearance. The mental and physical are inseparably united in these bodies of ours and our nerves seem to be the connecting link. The happy person is the healthy person, and the healthy person is not a victim of nerves in any shape or form. Any one who has known the buoyancy of happiness and compared it with the lowered vitality which comes with sorrow, can not very well dispute the effect of the mental upon the physical. Every little thing in our everyday life which calls forth a mental reaction has its indirect effect upon the physical. Those who permit every trifling happening to turn their world topsy-

found that when some particularly disagreeable task had to be performed, you were feeling very languid, headachy, or just "all in?" Do you remember when you were a little boy and there were errands to be run, you were "awfully tired?" But what a healthy chap you were when there was a ball game down the street! Or, if you happen to have been a little girl, you weren't really pretending, were you when, upon being told to do the dishes, you said you were tired, but you really did forget all about the tired sensation when a party was suggested. That was only the beginning. We still "act up" physically when mentally depressed.

We have all seen undeniable examples of the remarkable cures which have sprung up in recent years. There have been the Coué method and various others, all of which have done worlds of good, not by any miraculous means but by combating tricks of the nerves. The average individual will be cured by anything in which he believes firmly enough, because the average individual is



Napoleon's impression of his mind was as of a chest of drawers which he could open and close at will. This would seem to be the secret of his great concentration and his ability to relax even in the face of great difficulties.

turvy, the men or women who are out of harmony with their environment and those individuals who are bored to death with everything, will always be the victim of nervous indigestion, chronic fatigue, and so on until they have tried every ailment on the calendar. Nerves, perhaps, are not so much a matter of wrong living as of wrong mental reactions toward life.

All of us, at some time or other, have seen examples of what harm false nerve messages can do. There is the story of a woman who had suffered for many years from paralysis, yet when her home took fire, she suddenly rose and fled. Her paralysis had been real enough, but had been mental, not physical. We have probably heard the story, marveled at it, and promptly forgotten it, giving it no application in our own lives. Such cases have to be so extreme in order to attract our attention that we profit nothing by them. Most of us could not be fooled to that extent, but most of us are being fooled little by little.

To be perfectly frank with yourself, haven't you

a normally, healthy one and is minus organic defects.

We would not advise suddenly denying the existence of your nerves, however. For instance, if you have been accustomed to getting indigestion every time you eat cabbage, and suddenly decide your condition is non-existent, you will probably eat with one eye on your digestive organs and the other on the medicine bottle. The result of such a course would most likely be acute indigestion. If you are used to watching your heart flutter every time you drink coffee, or to catching cold every time a breeze strikes your neck, it is going to be difficult to prevent your nerves from bringing the usual message to your brain every time you eat the forbidden fruit or stand in a draft.

You must first re-adjust yourself, change your mental attitude, and you will know without telling yourself, that food is something pleasant and healthful, and that your subconscious mind is perfectly capable of taking care of your digestive organs without any help from you.

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## *The DINNER TABLE*

*— Conducted by Jane Randolph*

### Rules for Diet to Gain Weight

Provide plenty of bulk and mineral salts to keep the bowels open. They should move freely and naturally twice each day, morning and night. Eat fruit, vegetables and an extra portion of bran.

Eat a normal amount of protein, preferably in the form of vegetables and milk or milk products. Do not increase the amount above normal.

Increase the usual amount of carbohydrates. Potatoes cooked in their skins, natural brown rice, whole grain breakfast cereals and whole wheat bread.

Increase the usual amount of fat if more can be taken without discomfort. Butter is best, crisp bacon, olive oil, vegetable oils and even cod liver oil.

Drink a quart of milk a day and more if possible. Be sure the milk is fresh, clean, and comes from healthy, well fed cows.

Aid the assimilation of the food by the relaxation of tension which goes with a serene mind and a happy disposition.

Reduce the consumption of energy by rest from activity, the absence of worry, anxiety and unhappiness, and by longer periods of sleep.

**F**OOD is the first essential to a gain in weight. If you eat just right, you will more than likely weigh just right and feel just right—and be happy and handsome accordingly. But if you habitually eat the wrong things, you are not likely to have any of these blessings. You will probably weigh either too much or too little, and in either case it is not likely that you will be up to your maximum of health and strength. Food is the essential remedy in both cases. In the case of the underweight it is **MORE FOOD**.

It is much easier to know what to eat, if you also know why you ought to eat it. You ought to understand for yourself the principles on which to build a menu for gaining weight, for then and then only will you be able to choose your food properly according to the conditions and emergencies which you as an individual have to meet. And so I am going to begin by telling you something about the processes which transform the food which you must choose into more fatty tissue for you, in short put more flesh on your bones. And then it will be easy to find out what foods you ought to eat.

Having enough of the proper kind of food and merely eating it, is not enough and may result in no gain in weight. If it is to do any good, the food eaten must pass through the digestive processes and be transformed by them into body building, energy producing material. In plain English, you must be able to digest your food as well as eat it, and then you must be able to use it. That is what is meant by assimilation. If you can't do that, then it is useless to eat more, for you will not gain in weight.

What is more, food that is eaten and not assimilated

actually does harm and tends to reduce weight. It is what Mr. McCann calls "excess baggage" and it must be disposed of in some way. Getting rid of it uses up energy, and expenditure of energy uses up food, and so it goes in a vicious circle; if you can't digest it, the more you eat the thinner you get.

This elimination of excess is important in the matter of gaining weight for two reasons. First, because the digestive tract must be clean and in good condition in order to do its work, and the only way it can be kept so is by constant removal of the waste products by frequent and regular movements of the bowels. And second, elimination is important because the waste ought to be removed before it has time to form and distribute toxins which cause disease and lower vitality.

Most people think they are not constipated if they move their bowels once a day. But that is not often enough. Every one ought to move their bowels at least twice every day, at night to dispose of the waste that has accumulated from the meals during the day, and in the morning to remove the waste from the evening meal. No less than that will do at all, and three times a day would do better for corrective purposes.

But don't try to cure a tendency to constipation with purgatives or any kind of medicine. It can nearly always be accomplished by a liberal use of the laxative foods and by training in going to stool regularly whether you feel like it or not. In stubborn cases additional use of harmless bulk in the form of agar, combined with a lubricating mineral or paraffin oil may be successful, and sometimes mild enemas may be used without any injurious results.

But even proper assimilation and elimination of food



does not entirely solve the problem of gaining weight. There is the question of how much of it is used up. Food furnishes fuel for energy and energy is expended by bodily activity. It is only when there is more fuel than is used by activity that there remains an excess, and it is this excess only which is stored up in the form of adipose or "fatty" tissue. It is plain then, that to get any fatter you must not only eat but you must assimilate more food than is used in the ordinary routine bodily

crease the deposits, eat and assimilate more. But if your digestive processes are not equal to that demand, then there is one other way, and that is to reduce expenditure. Don't use up so much energy; don't engage in so much bodily activity. By this I do not mean for you to give up regular exercise, and not many of us can afford to lay aside the regular routine of our daily work. But nearly all of us could rest more than we do, and could sleep longer and work less.

### MENUS FOR GAINING WEIGHT

by  
JANE RANDOLPH

#### BREAKFAST

Oranges,  
Cracked wheat with cream,  
Browned potatoes,  
Whole wheat toast,  
Bran.

Dates,  
Glass of milk,  
Brown rice with cream,  
Whole wheat pancakes with butter and honey,  
Bran.

Baked apple with cream,  
Shredded wheat with butter and hot milk,  
Creamed potatoes,  
Whole wheat toast.

Figs with glass of milk,  
Buttered whole wheat crackers,  
Whole corn meal mush,  
Cream.

Grapefruit,  
Cracked wheat with raisins and cream,  
Brown potatoes,  
Whole wheat toast.

Stewed apricots,  
Hot milk toast,  
Rice cakes,  
Whole milk.

Oatmeal with raisins and cream,  
Apple sauce,  
Whole wheat muffins with butter and honey.

#### DINNER

##### Sunday

Cream of pea soup,  
Sirloin steak,  
Browned onions,  
Mashed potatoes,  
Lettuce with French dressing,  
Peaches (fresh or canned) with cream.

##### Monday

Cream of tomato soup,  
Steamed potatoes with butter,  
Spinach,  
Cabbage, pepper and onion salad,  
Apricot whip made with nuts, cream on the whip.

##### Tuesday

Casserole of beef with carrots, potatoes and tomatoes,  
Salad of fruit and nuts,  
Junket.

##### Wednesday

Cream of potato soup,  
Kale or Swiss chard,  
Cheese omelet,  
Lettuce and tomato salad,  
Baked apple with cream.

##### Thursday

Vegetable beef soup,  
Brown rice with cheese,  
Fruit salad,  
Custard.

##### Friday

Cream of spinach soup,  
Baked fish,  
Baked potatoes,  
Buttered beets,  
Cabbage, carrot and onion salad,  
Prune whip with cream.

##### Saturday

Crisp bacon and omelet,  
Mashed potatoes,  
Stewed tomatoes,  
Lettuce and onion salad,  
Washington cream pie,  
(Sponge cake split and filled with custard).

#### LUNCH or SUPPER

Vegetable and nut salad,  
Cocoa made with milk,  
Whole wheat muffins,  
Honey.

Brown potatoes,  
Lettuce and pepper rings, mayonnaise dressing,  
Custard.

Baked potatoes with butter,  
Creamed carrots,  
Apple sauce with raisins,  
Milk.

Steamed brown rice with raisins and whole milk,  
Stewed prunes,  
Cocoa made with milk.

Beet greens or Swiss chard,  
Whole wheat pudding with cream,  
Glass of milk.

Scalloped potatoes,  
Salad of bananas, lettuce, raisins and nuts,  
Whole corn meal bread with butter,  
Glass of milk.

Whole corn meal mush with butter,  
Fruit and nut salad,  
Whole milk.

Whole wheat bread and butter should be served in abundance with all meals. Where butter is mentioned in the menu, an extra amount should be provided.

Potatoes should be cooked in their skins and then peeled to be creamed, mashed, or browned. Serve plain baked potatoes as often as possible.

For special laxative purposes bran may be mixed with the food at dinner and lunch. At breakfast, the easiest way is to mix it with the breakfast food.

In following these menus, nothing will be gained by eating too much to be comfortable. Ability to assimilate so much food may have to be acquired gradually.

activity. You must have enough to keep going and then some more. It is just like money in the bank. You not only need to deposit enough to cover the amount checked out, but in order to be safe you must have a savings fund beside.

Now there are two ways to add to this saving fund, two ways to increase your weight. One way is to in-

And then there is worry. The whole relation of supply of fuel to the demands of energy is affected by mental activity. Most of the expenditure of energy is made by muscular tension and muscular tension is induced by nervous tension. Intellectual effort as well as worry and anxiety make tremendous drains on the energy. They should be  
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# Infantile Paralysis and How I Overcame It

Mine was a great handicap, but today at seventy-four I am healthy, happy and enthusiastic enough to pass the secret on to you

By *T. B. Griffin*

**S**EVENTY-FOUR years ago I was just an ordinarily healthy baby. (1850 A. D.) At six months old I was partially paralyzed through lack of care. Had as much been known about this condition then as to-day, my limbs would probably have been straightened, and this story would never have been written. Just through some eccentricity of Fate it was not to be, and I have been badly handicapped for what most people consider a long span of life.

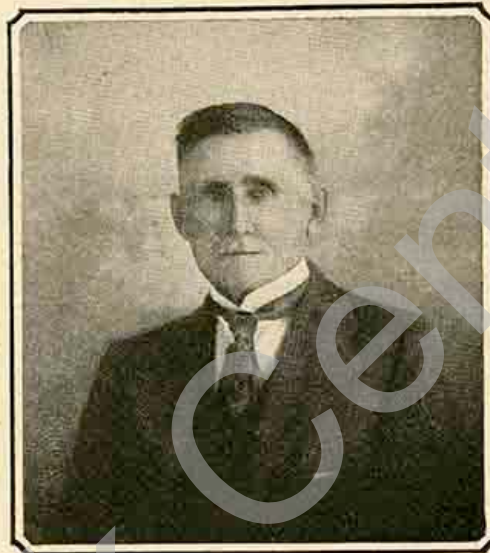
Nobody would suppose that with all this handicap I could play ball, but really though mostly with one hand catching, I succeeded in becoming quite a "diamond" artist. In fact during my last school year I was continually "catcher" behind the bat, and the home-run-"getter" for the team. That was in the old days of baseball with no protection for the face, body, or hands, and I wonder now how my lame hand ever escaped injury. But I never so much as disjointed a finger or was hurt in any way; in fact I gained in confidence in spite of my disabilities, through baseball more than by any other means. My crippled leg became somewhat developed by the sport, and I could make the circuit of the bases about as quickly as any of the "nine." I walked with a limp, but could run smoothly, and the little catching I did with my crippled hand helped to strengthen it and bring out the muscles.

As soon as I left the country school, I went to the city, "fresh from the farm," and though greatly troubled with corns and sore toes on my disabled foot, I became a fairly successful canvasser.

Having been called back to the farm by my father's loss of health, my wife and I became true country people. Then followed twenty years of very hard work, especially for me in my crippled condition.

Often after ploughing and other severe labor (there were no riding plows in those days), I would limp home, hardly able to crawl, milk from 20 to 25 cows with one hand (no milking machines then), and drag myself up to bed so "played out" that life was a burden.

No wonder that my health failed. Or that my lovely wife handicapped in her turn by her inexperience with



T. B. Griffin

heavy housework on a farm, lost her health and died.

At this time I had little expectation of living more than five years. Just long enough to settle up my affairs and get out on the chance of an easier life in some other world. My weight was 122 pounds and appetite "nil." I had to force down what little I did eat (which was less per day than an ordinary child would eat at one meal), and I slept not more than four hours out of twenty-four.

Then I came to the Pacific Coast and began to think about (and act upon) the laws of health and hygiene. This brings me to the real object of this article.

Oh! What a simple, easy thing it is to be well when you know how to live; and if I can make you, dear reader, believe that, I shall not have written in vain. I know the beginning of my better days was the result of the practice of the ordinary rules of health.

At the time of my arrival in a certain Coast town, I was so "weak-kneed," that I could only climb a step at a time and had to pause to draw my breath. In order to exercise my legs and lungs, I took a room at the top of a flight of two hundred steps. At the end of six weeks, I could, and did, run up those stairs two at a time, and by the process pumped enough air into my lungs to breathe properly.

Deep breathing is, I think, one of the big things in physical culture. A lecturer, and a great authority on health, gave his audience the best demonstration of proper breathing I ever witnessed. He stood in an upright position, inhaled a deep breath, and then exhaled three times, bending over so as to expel every atom of air from his lungs. Go through this exercise every morning and evening, and you will never have bronchial trouble while your lung capacity will greatly improve.

This "stunt" and eight or nine others which I will describe later, have been important factors in bringing me to my present condition of perfect health, and among these exercises I would include open air walking. I walked myself into good health travelling five to ten miles a day, as fast as possible without undue strain.



And what a famous appetite I brought home! I gave up eating meat and pastries entirely.

One of the finest examples of the benefits of a meatless diet has said: "If others choose to eat corpses they are welcome to them, but I have no use for that kind of food." As for me, the very smell of cooked meat has become positively disagreeable, especially the "embalmed beef" kind. And then there are so many other good things to choose from, better for health and better also for pleasure. I say pleasure advisedly, for I now enjoy my plain fare to the limit, and often think of my old pastor (a vegetarian, and himself a perfect specimen of health at 87), who used to say: "Always give thanks that *victuals taste so good.*"

Now I am not going to dictate just what you ought to eat, but shall only say: "Eat plain food, and live better on less than half the money it costs other people." My regular daily fare for the last six years has seldom varied from the following:

Breakfast.

One handful of rolled oats eaten with milk; no sugar. One thick slice of bread taken with two cups of weak coffee, sugar and cream to taste.

Lunch.

Nothing but plenty of raw fruit; if working hard physically a slice of bread and butter with jelly.

Dinner.

5 P. M. One pound of best potatoes and half a pound of vegetables, usually carrots or onions, or both. One thick slice of bread, and butter and two cups of cocoa with sugar and cream.

Bed-time.

One handful of fresh roasted peanuts (as I think the peanuts important for the proper working of the kidneys).

The total cost of this daily ration at the present time is very small. Try it for yourself, and be convinced. Eat to enjoy your meals "better and better," and know the delight of perfect health and digestion. Of course there are many other good things to eat that cost more and are no better.

Now don't begin to think you can never go out, and enjoy a good square meal. The fact is, that after a few weeks of this sort of diet you can do so with impunity, if you do not indulge yourself too often. On such occasions eat anything you like. It won't hurt you, provided you do not digress from your regular laws too often. Try this simple inexpensive diet. (You should be willing to try anything once.)

It is quite generally believed that if one did not sleep for a whole week or two, he would either die or go insane. That was my impression up to late years.

Quite recently I read, in one of the standard magazines, a splendid article on this subject, in which the writer said definitely that such was not the case.

He maintained, and proved conclusively, that we can go for weeks and even months without slumber, provided we rest quietly in bed and *don't worry about it.* Furthermore, we can put ourselves to sleep by so doing.

I have tried this plan and can testify that it works. You poor sleepers (and your name is legion), just go to bed with the thought in mind that it makes no difference whether you sleep or not and you will sleep, if you lie perfectly still and relax.

My own father (as a family we were all bad sleepers) went for a whole week without sleep, and went out of his mind temporarily worrying about it. Had he understood the real facts of the case, he would not have had to weaken his brain with chloral and other drugs and, I believe, would have been all right.

Of course some require more sleep than others. From four to six hours is plenty for me, and I believe that many try to sleep too much and consequently sleep less.

The old notion that we should eat nothing for from four to six hours before retiring has been exploded.

I find that if I eat something light in the evening, (a good dish of lettuce is fine), I get to sleep quickly. But be sure to relax. Lie still, and think only that you are resting. Over-eating does more to prevent sleep than any other single cause.

It has been said by one high in medical lore, that while intemperance in drinking ruins its hundreds, gluttony ruins its thousands. This is indeed true.

Once while dining at a restaurant, I saw a man at my table order and consume a beefsteak weighing probably two pounds with all the "fixings" that go to make up a good "square" meal. Undoubtedly he ate four pounds of rich, highly flavored food. I did not stay to learn how he stood up under, and digested his repast, but I believe he was a glutton, and I have no more respect for his kind than I have for a drunken sot. His bill was about eight times the size of mine, and probably his big dinner did him less good and was less enjoyable than my own.

We have laws to prevent drunkenness. Why not to prevent gluttony? Once, on the farm, I had a helper who always ate so much dinner he could scarcely stoop to pick up potatoes afterwards. There was also another who would grunt and groan for hours after his meal and complain of his poor stomach. I ask you,—was the poor stomach to blame or the man's gluttony?

It is said that the good die young, but I say that fools and gluttons die young. Plan for wholesome, easily digested food as much as you require, and stop. Don't hurry about eating it either. The best dietitians say that a full meal should never be eaten in less than forty-five minutes. I am sure that it is better than the ten or fifteen minutes allowed by many sufferers from indigestion.

Much is being written in the best health magazines about living on raw fruit and vegetables. I am partially following that plan with the result that I feel younger and better conditioned as the years go by.

(Continued on page 75)

**W**HEN a man of seventy-four is in better physical condition than he was at forty, he has perfected a system of living which should be of interest to any person seeking health. The big life insurance companies find that a man overweight at middle age is a poorer risk than a man underweight, and Mr. Griffin's experience with diet and exercise and proper hygienic living bears this out in his case.

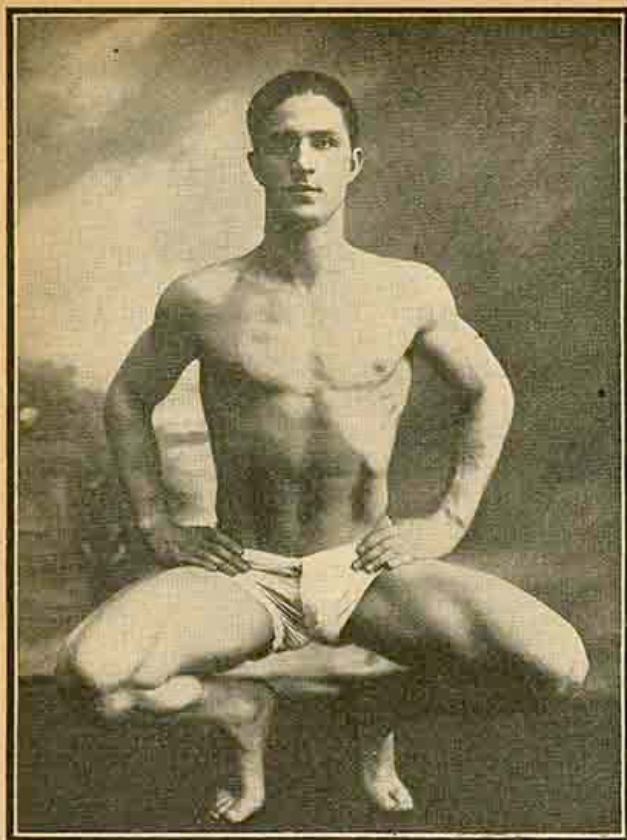
He started with a physical handicap. The man who starts the way he did, however, has at least one compensation. In attaining the advantages of his more fortunate brothers, he finds that the methods which bring him from ill health to health, almost invariably can be applied to the increase and continuance of the good health which has been so hard to attain.



# How to Build and Maintain Strength of the Abdomen

By *John M. Hernic*

Poses by *Anthony J. Sansone*

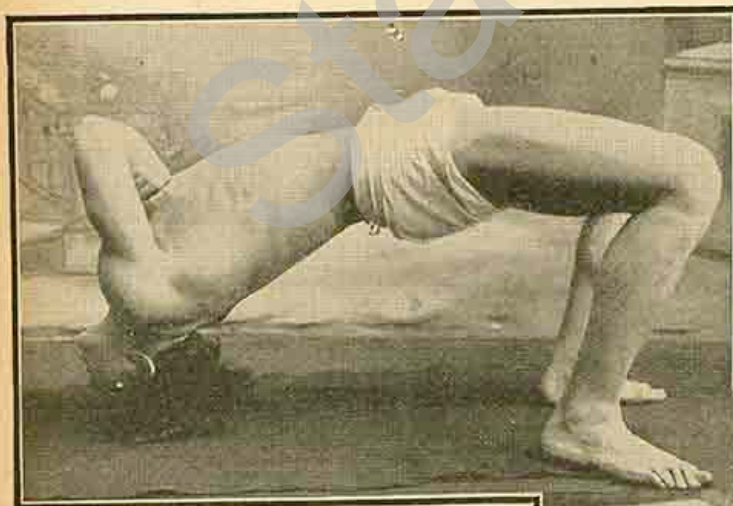


The "Squat"

**F**OR many years science has known that the condition of man's general health depends upon one part of his body more than any other; that is the abdomen or mid-section. Let us take the stomach and digestive system, for instance when food has been chewed. It passes through the esophagus and on to the stomach where the gastric juices begin their duty of turning it into a fluid ready to enter and sustain the system.

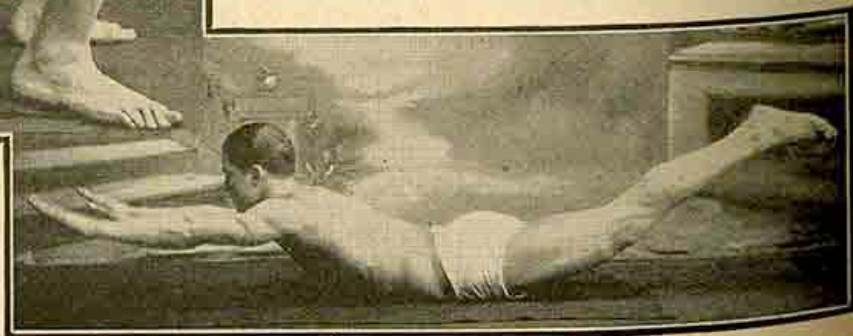
From the stomach it passes into the large intestines, where nature takes the second step, in turning it into nutriment. The third step occurs in the small intestines. Here that which is fit to form tissue passes through the

body and does its work of nourishing the muscles, while the residue is disposed of as waste matter. Most everyone knows that everything which one eats is not food. On the other hand the body of a person with strong, healthy stomach and intestines (abdomen) assimilates a much larger amount of what is eaten than does that of another who has not learned or who pays no attention to, the rules of nature. This is one of the reasons why some men with ravenous appetites are far from being well-built while others who eat comparatively little have firm strong muscles and beautiful physiques. It doesn't matter how much you eat—it's only what the body assimilates that builds one up. One thing you will acquire by following these instructions is digestive organs which can and will do their work properly. Another thing which will be accomplished is the making of all of your body strong. A man may have strong legs, a strong neck, powerful shoulders and arms and massive chest, but unless his abdomen is also well developed his muscles cannot co-ordinate properly and he is unable to get the maximum result from his strength. For a man to be strong in every other part and have a weak mid-section, is just as bad as for a good runner to develop bad feet.



The "Bridge," especially good for the muscles of the neck. Done by lying flat on the back and gradually bridging the body into this position.

The position at the right shows an excellent stretching movement which can be made as strenuous as the muscles will permit.





### When and How Long to Exercise

Abdominal exercising should be done once a day, preferably late in the afternoon, about one hour before the last meal. In no case should the exercise be indulged in until two hours after you have finished eating. The time spent in exercising should be not less than fifteen minutes a day or thirty minutes every other day. Enough exertion should be employed to start a good perspiration. After the exercising a hot shower bath should be taken followed by a cold one and then a fast rub down with a rough dry towel all over the body.

Rubbing the body is of great importance. It improves the blood circulation, beautifies the skin and if constantly practiced will add years to your life. When exercising it is best to strip to the waist so as to allow full freedom of the muscles. Be sure to wear a good pair of properly fitted elastic supporters.

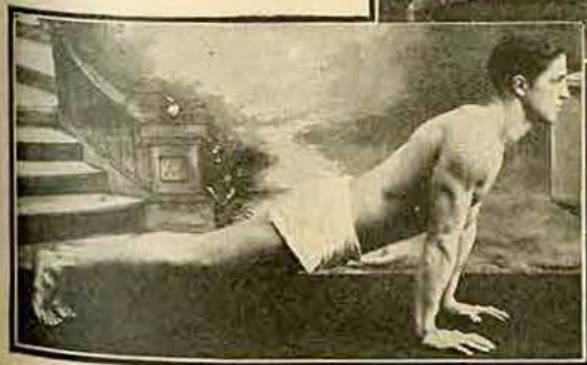
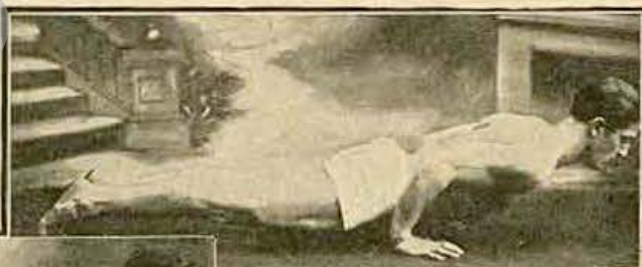
### Value of Food

It is impossible to lay down hard and fast rules of dieting for every one, as it must be a matter of individual requirements and conditions of life. In the past ten years I have come into contact with hundreds of gymnasts, acrobats, professional and amateur strong men, in fact the finest athletes in America. Every one of these men is very careful about his diet, and they all seem to find plain food the most suitable.

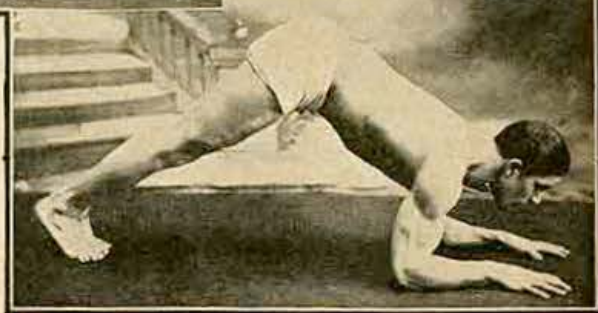
I recommend three meals a day, one reason for this is that when eating two meals a day, people are more likely to overeat, and another reason is that there is less trouble with constipation when eating three meals a day. One can get along best on a light breakfast, an ordinary lunch and good dinner. Do not eat meat more than once a day and then preferably beef or mutton. Eat plenty of fruit, green salads and other vegetables. Avoid white bread as much as possible. Whole wheat and graham bread contain the elements necessary to a healthy life and the ordinary over-refined white bread does not.

Use no tea or coffee. Cocoa or postum properly prepared is satisfactory. Drink at least seven or eight glasses of water every day. I believe, so long as life exists, we should have a desire to keep healthy. Exercise is just as necessary as food. I do not believe there is any science in existence more useful and more important for mankind than that of building **HEALTH** and **STRENGTH**.

There are some exercises which I have done which are particularly good. The first is the "squat" as shown in the first illustration. It is done by standing erect with hands on



The "three-in-one" dip described by the author gives general vigor and tone to the muscles, and it is to this that he attributes at least two-thirds of his great abdominal strength.



hips, chest out, raising the body on the toes and sinking down until the body rests upon the heels. This can be done about a dozen times at the start and increased by two repetitions until twenty-five is reached.

The second of these is the "Russian Dance." In this the body is lowered while one leg is held rigid and thrown out in front. It is more strenuous than the first and can be done only a few times until the muscles become strong.

The "one leg get-up," which is the third exercise is even harder than the "Russian Dance" to one whose muscles are unaccustomed to work. The leg must be pointed to the side instead of to the front and the toes pointed. Then, resting on the toes of one foot, you raise the body to a standing position, keeping the extended leg straight all the time, both going up and coming down. There should be no bending forwards nor sideways, the body being perfectly erect.

A fourth exercise, which I have found helpful, is the "Bridge." This develops immense strength in the neck muscles. Lying flat on the back, you bridge up and fold the arms on the chest, as shown in the illustration. Then drop until the shoulders touch the floor, dropping very slowly. Return to your former position.

The fifth exercise, I have found, strengthens the spine. Lying face downward, relax completely. Then raise the arms and legs as shown in the photo, pointing toes and fingers. If done properly, you will feel the "pull" on the muscles.

Then there is another, which may be called a "three-in-one" floor dip, and to the constant practice of this I attribute at least two-thirds of my abdominal strength. You start by holding the body rigid and supporting its weight on the toes and hands. The hands should be placed immediately below the deltoid muscles on the shoulders, fingers facing forward. Then raise and lower the body without bending.

The second position in this trio of dips is made by raising the hips instead of holding the body rigid, bending at the elbows until the forearms are resting on the floor. Then apply pressure to the hands and push the body forward. At this point the body will be almost, but not quite, touching the floor. This gives you the third position. Do it as many times as you can, and increase the repetitions only about one a day until you can do it twenty-five times. There will not be much

wrong with your abdominal muscles when you get this far in the work, your digestive organs will begin working better and your general health will be greatly improved.



# What Will Cure Foot Troubles?

If you are suffering from your feet, you have probably been cramping them. Try giving them a little freedom.

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

**G**O bare foot whenever possible. If that is impossible wear nothing but your stockings whenever you have the opportunity.

It will be one of the best possible things you can do to attain healthy, normal feet.

Does it seem an ill mannered thing to do? Isn't such the case merely because we adhere to a lot of false ideas about the proprieties and niceties of life? I do not mean that we should parade about the streets in our bare feet or entertain guests in such condition but there are always periods of the day when we can discard our heavy shoes which have brought so much harm upon the human race, and give the feet a chance to exercise as it was intended they should. In the days when our ancestors wore sandals or went bare foot there was not a thought of the immodest about it and they had better feet than we have. Also they were not afflicted as we are with a lot of ailments that have come as the direct result of the way we have mishandled a very important part of our anatomy.

Only recently have we come to a real understanding of this importance of the feet and the troubles that they can and do cause. Diagnosis of these troubles has been largely a matter of guesswork, guided by certain symptoms that are frequently misleading.

There are many ailments common to the foot as was demonstrated when examinations of men for the army during the war revealed that seven out of ten had defective feet of one sort or another, and a very large number of them had utterly failed to connect possible foot troubles with

other supposed ailments that were in reality caused by the condition of their feet.

Of all the ills which have beset the feet of modern, civilized mankind there is none capable of causing more genuine, thorough-going trouble than flat-foot, known to the scientific world as "pes planus." It may seem strange that this should be difficult to diagnose, but it is, and diagnosis has in the past been made largely by guesswork. You may readily believe that you can merely look at the feet and tell whether or not you have flat-foot or a tendency toward it. But the fact remains that only in the aggravated and what has been termed the "incurable" stage can you be sure, and even then it is not safe to be too positive of the condition.

There has been a tendency in certain circles, mainly where there is an interest financially, to blame everything on flat feet. By stampeding people into believing they have flat feet or are going to have them, it is much easier to sell mechanical appliances which only too often do more harm than good.

To arrive at a correct conclusion regarding the exact condition in flat feet requires mechanical aids which you can use yourself. They are as necessary as blood pressure instruments in determining blood pressure, or the stethoscope in examining the heart.



**Exercise 1.** Lying flat on the back, move the feet upward and forward as far as possible; then out to the sides and in as far as possible.

**Exercise 2.** Rise on the toes and turn the heels outward, holding on to a table or chair to keep your balance. Then return slowly to normal and repeat the movement four or five times. If it cannot be done without shoes, do it with the shoes on.



But before we go into the method of determining flat feet and the corrective measures, let us see what it is that causes this break down and how we can prevent it, also what some of its effects on the whole system are.

A great many instances of all foot troubles are brought about by weak muscles in the feet and legs. When the human race as a whole went barefoot or in soft sandals and moccasins which called upon the various muscles of the feet and legs to each do their share of the work, we didn't have foot troubles. We walked correctly, each muscle did its job and we developed a tremendous amount of strength in each muscle, just as we develop tremendous strength in the arm by constantly using the biceps and triceps in some upbuilding exercise or work. The only reason the blacksmith has more strength in his arm and shoulder muscles than the clerk is because he uses them. By the same method the only reason the Indian trapper can go on tirelessly with perfect foot and leg action while you are near collapse, is because he has used and built up each muscle of his feet and legs.

Naturally, then, when you have worn shoes all your life there has been little opportunity for the muscles of your feet to build up, and these are the muscles that support the bones of the feet and keep them in place. The weaker the muscles the less support afforded the bones and the more readily they fall out of place.

Another cause of flat feet is overuse of the feet; that is, taxing the foot far beyond the duties it has been accustomed to performing. Still others include the subjecting of the muscles of the feet to the sudden bearing of excessive weight or work. The muscles in such cases fail to support the bony arch and it falls.

Badly fitting or badly constructed shoes are also a cause. The toes are turned out frequently by such shoes. The line of weight of the erect body runs or should run through the kneecap, the middle of the leg to the center of the longitudinal arch of the foot. Of course, when the toes are turned outward the line of weight bearing shifts inward to the inner part of the arch. Very, very frequently that causes the collapse of the arch with flat feet. It cannot be emphasized too strongly that in walking the feet should

be parallel, and if you are developing a tendency to turn the toes outward in walking the fault is probably with your shoes, which should be discarded immediately and properly fitting ones purchased.

Your arches may not fall immediately, but the muscles are being gradually weakened by being forced to lend more aid to the bones than they should normally, and the ligaments are being stretched gradually. It may take a long time for them to do so, but when the arches collapse you are faced with real trouble.

Although you cannot form an opinion solely on the symptoms there are certain symptoms usually present in flat feet, or when flat feet are impending. You may feel pains beneath or above the arches, in the heels, the calves of the legs, the knees, hips and lower part of the back. Turning in of the ankles may be noticed, although this is also often present with other conditions.

The effects are gradual. The inherent gracefulness which is the rightful property of every normal human being, is lost. There is a gradual loss of vitality and endurance. It follows without enumerating that there are many effects upon the feet and legs including pains, inability to walk much and tiredness. But the insidious effects are those on other parts of the body, almost always lost sight of in the past. The entire digestive system is almost sure to be effected. Bit by bit other parts of the body are affected, undernourishment comes as the spine is thrown out of its correct alignment and many other ills follow including so-called indigestion, constipation, toxic poisoning and even diseases which may effect any of the organs and find them easy prey because of their under-nourished condition. Of course, you cannot point to kidney trouble or tuberculosis of the lungs and say that all individuals with flat feet develop such ailments, but some of them undoubtedly have been weakened to the extent where these illnesses developed as the result of flat feet. It is an indirect effect caused

by the spine trying to right itself and altering the proper blood supply.

This may seem revolutionary to those with hard and fast ideas but we know it to be an absolute fact now, because we have proved that corrective measures for flat feet brought beneficial results for other diseases.

For instance, I had a patient in the first stages of tuberculosis and discovered him to be a victim of "pes planus" or flat foot. The corrective measures necessary were taken for his feet and the spine realigned where it was

(Continued on page 92)



Exercise 3. Stand on the outer edges of the feet and walk about the room. Do this several times a day, without shoes, if possible.

Exercise 4. When sitting, cross the ankles and bend so that the sole of the foot is as near to right angles with the floor as possible.



# Making Easy Exercises Difficult

What You Can Do to Bridge the Gap Between the Easy and the Advanced Stages of Your Work

By Charles MacMahon

**I**N looking at it from the point of view of this article, there are only two classes of people who indulge in exercise. One class is made up of those who are enthusiastic for a week, more or less; the other class consists of those who remain enthusiastic. Of course it is impossible to draw a definite line between these two classes, for those in the first class may last from a day to a month or two. On the other hand, those in the second class might remain enthusiastic for three months, six months, a year, or for the remainder of their lives.

It is with this second class that we are mostly concerned. For, because of their enthusiasm, most of them are the ones who are soon wanting and searching for exercises that are more strenuous and more result-producing than those they have been following. Now if they go about this searching for a more advanced type

of movement or exercise in the right way, they are not to be criticised for it. But the trouble is, they don't. They seem to think there are some miraculous movements of which they have not heard and which will give them more rapid and better physical results than any they have tried hithertofore.

They forget, or rather do not know, that the human body is capable of just so many movements that can be made into exercises. And as great as their numbers may

seem to be, I feel safe in saying that they at the present time have all been discovered, thoroughly tried, and given to the world in general. Some are good and some not so good; but all better than none. Still the fact remains that there are not any that are so good they will produce results, figuratively speaking,

overnight, as a great many who have not studied physical culture seem to believe.

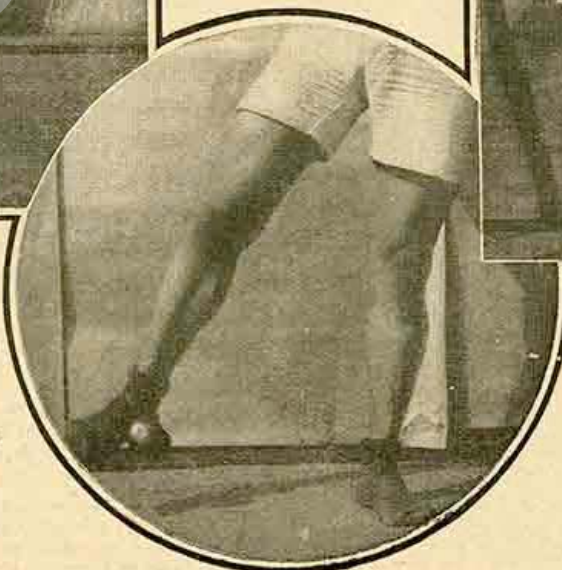
So when you have gotten good results from this or that method or type of exercise, but seem to be at a standstill and feel the need of something to further your improvements, do



For an advanced neck exercise you might try fastening weights to a towel and then hanging the towel from the forehead in the manner shown here. Then raise the head to the chest and lower it slowly to its former position.

Leg swinging can be made as strenuous as you like by fastening weights to the ankle as shown in the photo at the right, and as each weight becomes too easy, replacing it with a heavier one.

In order to make "chin-ning" more difficult the weight should be fastened around the waist, so as not to interfere with any of the muscles used in the movement.





not keep everlastingly howling for these mythical exercises that you think must be the key to your success. What you should do, I will try to make clear from here on. Perhaps illustrations would be the best method of putting the general idea over.

Therefore, we will take as examples some of the most common and widely known exercises. These movements, while very good as far as they go, do not possess in themselves the element of extreme advancement which the seeker after good health and a powerful and well-built body, feels he should have; in which belief he is absolutely right.

The "floor dip" (that well-known exercise in which the performer supports his body, face down, on his hands and toes and keeps his legs and body rigidly straight and lowers himself until his chest touches the floor), is one of the type just mentioned in the preceding paragraph which soon grows tiresome; and after producing a limited amount of arm-and-shoulder strength and development fails to carry the performer any nearer to his goal, or his limit of development and strength. Then, naturally, the exerciser asks the popular song question, "What'll I do?" And generally getting no answer, he imagines there is some exercise which the comparatively few well-muscled men on this earth are keeping secret from him. Consequently he loses interest or stops exercising entirely with a promise to himself to resume training just as soon as he finds this Will o' the Wisp exercise.

How much better would his present physical powers and appearance be had he only thought a little on the subject of how he could make this "floor dip" and other common exercises fit his desires and physical needs. Here is how he should have reasoned: "This exercise is too easy for me now, as I am not keen on doing it fifty or seventy-five times before it tires my triceps and deltoids. Why is it too easy for me? Because my bodily weight which I have been pressing up and lowering has developed my strength to the point where my bodily weight is not enough. No muscles can be strengthened in excess of the tasks put before it. The task must always be slightly too much for the said muscles to perform many times in succession. If only my body were heavier? Ah! There's the question that suggests the solution. I can make it heavier by artificial means." And reasoning thus, he gets a strap or piece of rope and to both ends fastens a weight of a few pounds. It matters little what these weights are—bricks, flat irons,

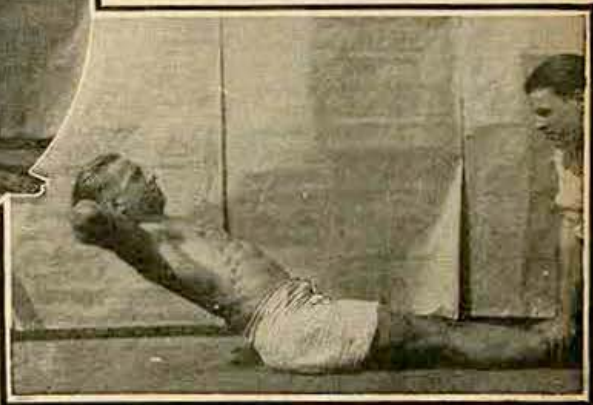
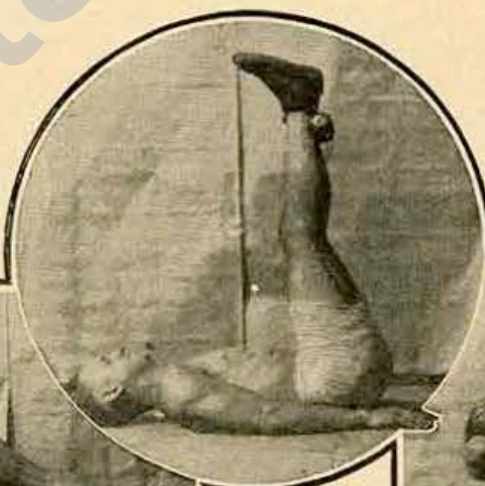
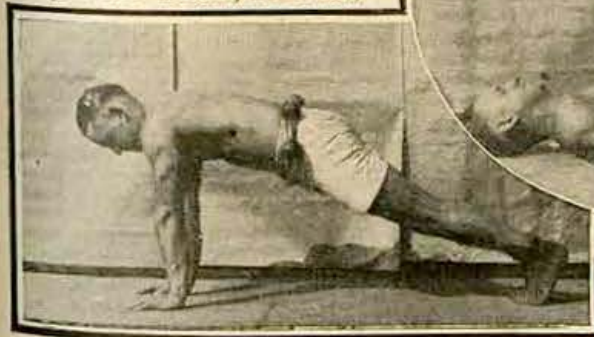
chunks of scrap iron, small bags of sand or slugs—anything that is not too bulky and weighs a few pounds.

Now having fastened the weights to the strap, he places them around his neck as he would a necklace and assumes the "dip" position. It takes only his first press to convince him that he has done something. His triceps, pectoral and shoulder muscles will immediately register the advancement of this method over the regular floor dip. Of course, to allow the chest to be lowered all the way, the strap between the weights should be very short so that the weights do not bump the floor before the body is sufficiently lowered. That is the principle and it can be applied in various forms to almost every movement of which the human body is capable.

Some time ago a friend of mine came to me for help on a certain exercise which brought into play the abdominal muscles. I was greatly surprised at this, for he had always been one of those fellows who could not "see" exercise at all and had always given me the laugh whenever I suggested that physical culture was just the thing he needed. So when I asked him, "how come," he said that of late he had been convinced by indigestion and a slowly increasing "bay window" that he *did* need something, and being ashamed to admit it to any one, and much less to me, he had started in with what exercises he knew and picked up here and there. He also knew, he said, that physical culture without system was not at its best, but that even this could not overcome his shame, and he hoped that he might somehow win out without the humiliation of admitting to me that he had been wrong. After a while, however, he had found himself absolutely "stuck" with this certain exercise and unable to advance. His defeat alone made him swallow his pride and come to me for assistance. Here was his problem:

He knew of those two preliminary and common abdominal exercises; one in which you lie on your back and raise the feet up above the hips while keeping the legs straight; the other in which you lie on your back and raise your body up while the feet are held down by some heavy object.

He also knew, or found out by trying them, that the first mentioned was the easiest. Therefore, with a little practice he was able to do it a few times in some fashion. But when he tried to advance to the other one he found that his abdominal muscles were so weak that he could hardly begin to raise his body either in a straight position or by curling forward. Being unable to (Continued on page 91)



The second exercise, by strengthening the abdominal muscles, makes it possible to do the third.



# Crawling Thin

## A TIP for the Housewife

By Cora M. Silvius

I AM forty. I am slender. I am agile. I glory in the fact. I did not attend any gymnasium. I never played ball, tennis, rode horseback, or danced. I never did a daily dozen. All things calculated to keep one in trim. I cannot play golf, or swim, or climb trees. But I can beat any woman my own age and many who are years younger when it comes to moving about or working. I have no kick against any of those things; they are all good, but real housework alone will keep one in perfect condition if one cannot do the other things.

I moved to a new neighborhood a short time ago. The people were all very friendly and I soon had callers. And I soon noticed that most of the women, no matter what their age, were rather stiff. They walked stiffly, they reached for things in a stiff way, and I could see that their joints were stiff.

One day my chance came. My next door neighbor was ill and I offered to clean up her house for over Sunday. I did it, and I cleaned up her illness as well. I went over the hardwood at the edge of the rug with a cloth instead of the mop. I got right down on my knees as I did at home.

"Oh that is too hard, I always use the mop," she called as I reached under the bookcase.

"I see you always use the mop," I exclaimed, "that is the reason the dirt is so thick in the corners, and the reason you are in bed this beautiful day."

There was silence for some little time.

"I don't believe I could get down on the floor like that if the dirt was a foot thick," she said tartly. "You see I am stiff."

"I know you are," I shrugged, "and you will keep on being stiff. Your joints are rusty. I keep mine well oiled by crawling around at my house work. I have no intention of getting stiff."

She turned her face to the wall and I finished the work in silence.

A few days later I had callers very early in the morning. One of the ladies was my next door neighbor.

"We thought we would catch you at work," they hastened to explain. "You are so limber that it is a pleasure to watch you."

I looked at their cool flowered frocks. Then I smiled grimly.

"Have you corsets on?" I asked them.

"Why certainly."

"Then take them off, and those pretty frocks. I'll get you each a bungalow apron. I am going to give you your first lesson in loosening up stiff joints."



Cora M. Silvius

I led them to my bedroom as I was talking.

They were game, those two, and they saw that I was in earnest. I was forty, and they were less than thirty. They walked as though they had no spring and I walked as though I had plenty.

Soon they were following directions as though their very lives depended on it.

I made them sprawl under the beds, stretch behind bureaus, reach to the top of doors, twist around table legs, reach behind chests and trunks, and back of the bathtub.

How they puffed. Their faces looked like beets. But their eyes glowed. And say, the next day they were back again for another lesson. Imagine any woman doing her own housework and not having sense enough to use her own muscles instead of a mop.

Now don't mistake me, I have nothing against mops. I use them myself. But I also use my own muscles. And my house is much cleaner.

Perhaps you will not believe me, but I taught every woman on that street. I taught them all sorts of muscle movements they never thought of. Now we have no more headaches, no more bilious attacks, and very little illness. We are all a rosy lot, and no one feels of that dull tiredness which seems to be nothing much but listlessness. We really do not need vacations any more. And I believe it is all due to our crawling. Most of us seem to get little, if any, exercise these days. We have been so busy making it easy for ourselves with electric washers and mops and all sorts of arrangements, that we have lost sight of the fact that we are a great deal more helpless at forty than were our mothers at that age. And our mothers, or the most of them, did their own washing, ironing, sewing and cooking, and then went to market besides.

I do not advise absolute drudgery. That is good for no one. But just getting up and stirring around a bit won't do any one any harm and will do the most of us a lot of good.

My neighbors thought like most of the rest of you, that housework was drudgery and that this, that or the other thing would hurt their backs. But now they know different and they all get a certain amount of enjoyment out of their daily work.

They have made their housework into physical exercise and at last realize that this was just what they needed all along. There is a great deal of fun to be gotten out of it if you go about it in the right fashion, and just get down and rub away. If you don't believe it, try it.

The very next time you feel dull and listless get down on the floor with a dust cloth and crawl about. It will do you more good than a dose of medicine.



# THE MAT

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

Conducted by Alan Calvert

I HAVE just been having a conversation with one of those enthusiastic physical culturists whose years of faithful exercise have yielded him but little in the way of muscular development. This man did not mince his words, but put the matter squarely up to me. He said: "Mr. Calvert, several times in your writings you have made the statement that any man who is organically sound can get a fine muscular development and a well proportioned body. Now I know that I am organically sound because I have had myself examined by several physicians. I have not missed a day's exercise in the last three years and yet, as you can see, I am still slender, my chest is only 36 inches, and I have no muscles to speak of. Do you really believe what you say, or are you just trying to kid some of us thin fellows along?"

Naturally, it took me quite a length of time to answer that question. I told him, in the first place, that I did believe what I have so often said and wrote; and then I had to go into a lot of detail to explain the various reasons why some thin men fail to get results in exercise, and those reasons I will give later on in this article.

In connection with the same subject, I call your attention to the following letter, which was sent to the editor by one of the readers of this magazine.

Editor.

Dear Sir:

With reference to Mr. Calvert's article in the September issue of STRENGTH, "Men in the Making."

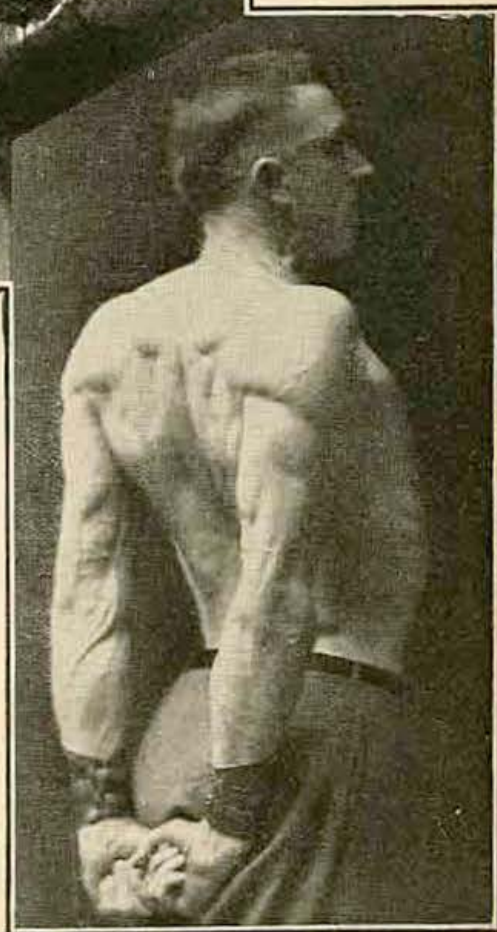
Personally, I think you would gain a larger reader interest, and consequently a larger circulation, if you would show in each issue photos of Milo pupils described as in Mr. Calvert's article. The average man looks at the figure of the usual professional strong man, and despairs of ever reaching his physical proportions; photos of other average men of a build and physical possibilities similar to his own, encourage the average man to strive to better his physique, the reason being that "if the other fellow can do it so can I."

Cordially yours,

Now whether you believe it or not, I do take it personally to heart if a man whom I am training fails to get the results which I think that he should get, and my expectations are usually far higher than those of the pupil. I have seen so many thin men add 8 inches to the girth of their chests and 30 or 40 pounds to their bodily weight, that I am inclined to be impatient with the thin man who says that "he will be satisfied if he adds 2 inches to his chest-girth and 5 pounds to his weight."



Elizabeth, N. J.



E. C. Martin, who has been training only a few months. When he took up bar-bell work, he was excessively thin and had the additional handicap of a permanent injury to his hip, which prevented him from doing some of the simplest developing exercises. That work which develops the loins and adds quickly to the general physical vigor, had to be omitted entirely from his program. Today he has an upper-body development of which most men would be proud; but he has not nearly reached his limit, and he knows it.



That most thin men fail to make any noticeable improvement in either their bodily proportions or their muscular development, I ascribe to several reasons:

First. Lack of attention to the way they exercise.

Second. Too much exercise.

Third. Too much time devoted to upper-arm exercise and not enough to leg and back exercise.

Fourth. No attempt made to recast the general outline of the figure.

Fifth. Little or none of that kind of exercise which invigorates the digestive and assimilative organs.

Now bear with me while I discuss those headings in my own way. This matter of changing the physical character of thin men appeals to me very strongly, and I am going to devote this whole installment of *The Mat* to it.

The thin men who write me can be divided into two classes; those who realize their own deficiencies and who are willing to go to any length to overcome them, and those who seem willing to lay the blame on nature and to gloss over their own defects.

For instance, a man of the second class will say, "I am of the 'racehorse type,' and it would be a waste of time to try to get a pronounced development," or perhaps he will say "the greyhound type." But if he sends a picture, all it shows is that he is excessively lean and that he does not look like either a racehorse or a greyhound; because those two animals are among the most gloriously-built of all living beings. A tall man with a small, flat chest, narrow shoulders, and muscleless hips is nothing at all like a racehorse, for the racehorse has a tremendously deep chest, powerful shoulders, and an extraordinary development of the hind-quarters. And a greyhound is built along the same lines; being a

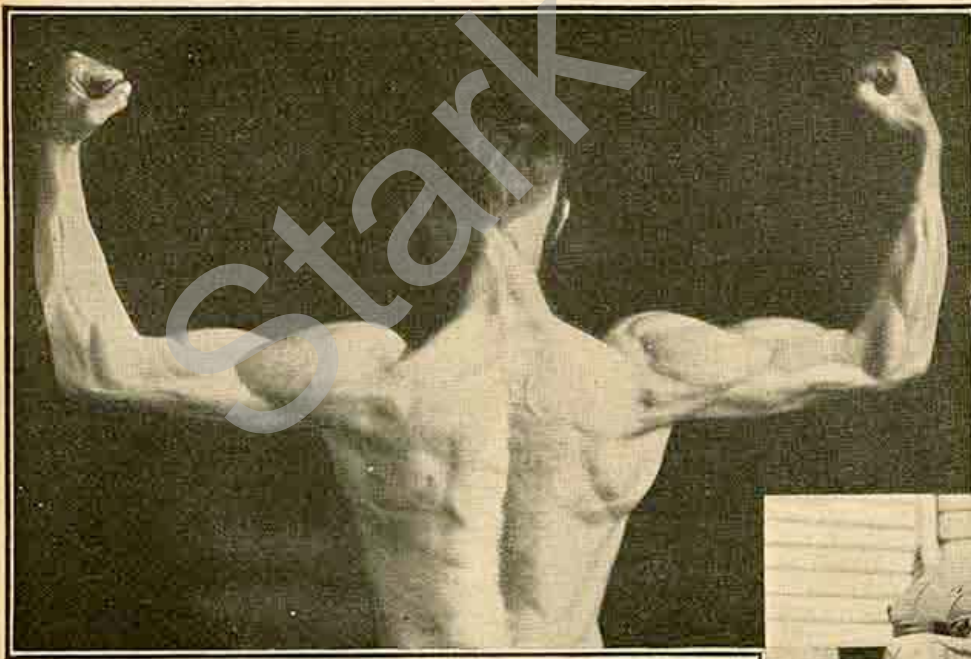
beautifully proportioned and highly developed muscular machine. The reason the racehorse and the greyhound look so slender is because the waist is so small in proportion to the chest, thereby giving to the whole figure those tapering lines which create the effect of slenderness.

So far as I can see, the "racehorse" build in a man would be the so-called "Apollo type," and that is exactly the kind of body most of you seem to be striving for. If you were to ask my idea of the "Apollo" or "racehorse" type, I would say, "A man standing about five feet ten or six feet in height; with noticeably broad shoulders; with a chest at least forty-two inches in girth, tapering down to a waist at least ten inches smaller; narrow, but well-muscled hips; and legs and arms of fair size. And for a man of that height, "fair" size would mean at least a 14½-inch upper arm and a 22½-inch thigh. When we made our inquiry into the proportions of the Apollo Belvedere statue, (that piece of sculpture which is regarded as the ideal of the slender figure), we found that the sculptor had gotten his effect by giving the figure a small body, and rather disproportionately large arms and legs; that is, a 15-inch upper arm and a 23½-inch thigh going with a 38½-inch chest (assuming the height of the statue to be six feet).

None of my correspondents who claim to be of the "racehorse" type have anything like 15 inch arms or 23 inch thighs; in fact, most of them have 12 inch arms and 19 inch thighs. (If you object that the limbs of the racehorse and greyhound are noticeably thin, I will have to remind you that what you see of the fore limbs of those two animals corresponds to the hand, wrist and forearm of the human being—you do not see the part which corresponds to the human upper-arm.)

Supposing you were to ask me whether I could take a thoroughbred racehorse, and by any kind of exercise or training give it the build of a truck-horse, I would immediately reply, "No!" For the present-day racehorse is a highly developed and specialized type which represents generations of breeding and training. Its parents, grandparents, and so on, have been

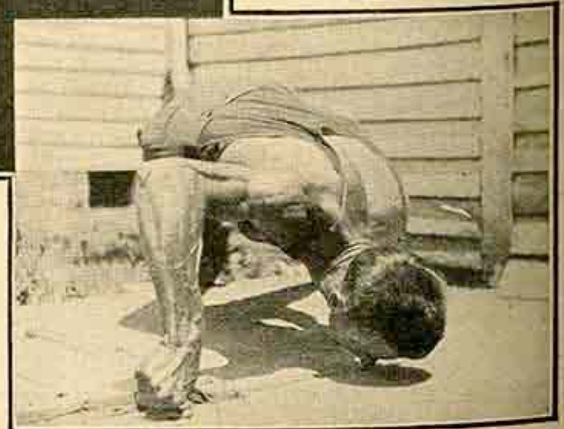
(Continued on page 81)



It is quality, not quantity, that counts in any training, but particularly in the training of the slender man. Alternate exercise and rest usually proves to be a much better program than excessive work.

Notice the extraordinary back and arm development Mr. Martin has attained.

At the right he is doing a thumb dip. The strength and the ability to stand pain that is required by this stunt, is familiar to every athlete.





# The Most Astounding Announcement ever made to Boxing Fans by JIMMY DeFOREST

**World's Greatest Trainer and Boxing Instructor**



JIMMY DE FOREST  
Who has made more World's Champions  
than all other trainers combined.

I AM looking for champions in every class—those lads who in the future will mean to the world of boxing what Dempsey, Leonard, Dundee and other great fighters now mean to it. Champions are the bread and meat of my life. I have made more than my share of them, and I hope to develop many more before I retire.

Thousands of young fellows, awake to the possibilities of a professional boxing career, have begged me to train them at my camp at Long Branch, N. J. I have had to refuse them of course, because it is physically impossible for me to personally train more than a few boxers at a time and bring them along right.

However, I have worked out a plan whereby all you healthy, ambitious young fellows can have the same chance as the present champion boxers have had to develop into skilled and successful professional boxers.

## I Can Do for You What I Did for Jack Dempsey

I have adapted the complete and exact system of training and boxing instruction with which I developed Jack Dempsey, Firpo, Joe Gans, George Dixon, Pal Moore, Jimmy Barry and a score of other famous fighters, to a course of training and boxing instruction by mail. I can teach you all that I taught these champions. The only difference is that I will teach you by mail, and at a very slight cost.

Of course every boxing fan knows Jimmy De Forest—knows what I have done. I have developed more champions and great fighters in every class (real contenders every one) than any other trainer living or dead. Jack Dempsey came to me a raw novice. You know what he is today. He would be the first man to tell you that he owes to me and my instruction fully nine-tenths of his present punching power, speed, skill and perfect physical condition.

## I Will Teach You Every Trick of Attack, Defense and Ring Generalship

Remember this is not an ordinary boxing course, but Jimmy De Forest's boxing course, as designed and written by me exclusively out of the great wealth of my 35 years' knowledge and experience. In my extensive experience, I have introduced more new punches and blows, more original tactics in foot work and defense, more

new angles in ring strategy than the rest of the trainers put together.

And there is no reason why you cannot master every trick of ring craft, if you study my lessons faithfully and practice the blows, guards, exercises, etc., as I teach them to you.

Most of the boxers of today, including many of the well known ones, are not developing as fast as they should, because they have never been handled by a real expert. Either they were self-taught or trained by men of limited knowledge and experience, as their actions in the ring all too plainly show.

Such men, just as well as those who have never had a boxing-glove on, will find the De Forest complete Course of Training and Boxing Instruction by Mail just the thing they need to lift them up to the big-winner class. Even the champions themselves can learn a thing or two from Jimmy De Forest's Boxing Course.

## I Really Wrote This Course

It is unfortunately true that leading men in my profession and others have lent their names to schemes with which they have had no actual connection. But anybody will tell you that Jimmy De Forest is absolutely on the square. I am proud of my reputation, and I should not think of lending my name to a boxing course which I had not personally written and supervised, and which did not fairly represent my ideas and methods as I actually teach them to the great champions and contenders who actually train under me at my camp at Long Branch, N. J.

## My Course the Last Word In Scientific Boxing

Each lesson is profusely illustrated with practical diagrams, and written so clearly that you will get the full meaning of my suggestions and instructions just as easily as if I were standing beside you to explain personally every problem as it came up. I shall keep in close personal touch with your progress from lesson to lesson, and do everything within my power to help you to get started as a professional boxer.

Here is the greatest opportunity ever offered you to enter and succeed in a profession which pays even mediocre talent more money, offers more glory and affords more independence and leisure than even the leaders of other professions often can command. You know that Dempsey, Firpo, Carpentier, and other stars have taken fortunes out of the ring often after less than five minutes' fighting. Thousands of dollars are also cleaned up in preliminary bouts by boxers so crude that almost any lad completing my course should be able to whip most of them easily. Read Tex Rickard's wonderful offer elsewhere on this page. It goes to show how badly fight promoters need good men for both their main and preliminary bouts.

## Read This Amazing Offer from "Tex" Rickard

NEW MADISON SQUARE GARDEN  
CORPORATION  
Madison Square Garden  
New York City

My dear Jimmy:—

Congratulations on starting the De Forest Boxing Course by mail. We certainly need new material with a real knowledge of boxing, and I know you are the man who can produce it.

I will be glad to give the men selected by you, as the best in each class in your course, a match at my New Madison Square Garden arena.

Let me know when you've selected your champs.

With kind regards and best wishes for your success,

Yours cordially,  
(signed) G. L. RICKARD.

## Read My Own Unheard Of FREE Training Offer

Boys, you have read Mr. Rickard's very generous offer. Now here is what I will do to make it good.

After I have selected the heavyweight, light heavyweight, middleweight, welterweight, lightweight, bantam-weight, featherweight and fly-weight champions as developed by my Boxing Course by Mail, I will have the eight lads come to my camp for intensive training and instruction absolutely free of charge.

Then I will take them up to Mr. Rickard in the best possible condition for a bout in his new Garden Arena.

## SEND FOR MY BOOK "The Golden Age of Boxing"

Send 10 cents to cover cost of mailing and postage, and I will send you my keenly interesting, 64-page book, "The Golden Age of Boxing." It not only describes my By Mail Boxing and Training Course, but it is also the most meaty message ever written about the great opportunity for the lad of today to win fame and fortune in the ring. It is profusely illustrated with just the kind of pictures that appeal to boxing fans.

After you have read this book, you will want to keep it as a permanent book of reference. And you will clearly see why ordinary books on boxing cannot teach you how to box, and why my boxing course if properly followed through by you will make it impossible for you to fail. Be sure to send for your copy, today.

## USE THIS COUPON NOW!

Jimmy De Forest Boxing Course  
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New York City.

Gentlemen: Enclosed find ten cents, for which please send me your book, "The Golden Age of Boxing," without obligation on my part. I am interested in your course as a prospective professional ( ) as an amateur ( )

Name .....

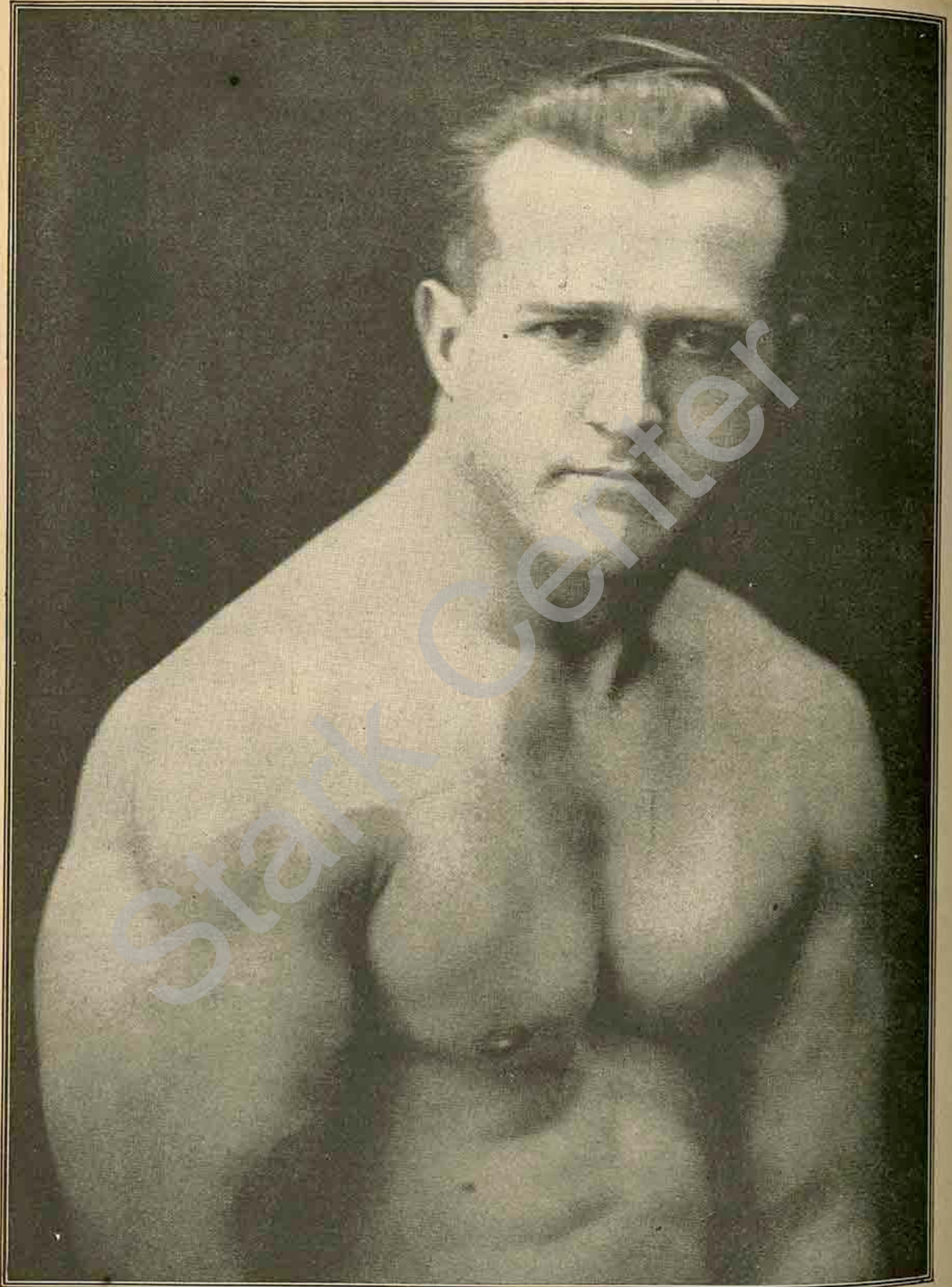
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**EARLE E. LIEDERMAN**  
The Muscle Builder

*Author of "Science of Wrestling", "Muscle Building" and "Here's Health"*



# Do You Need a Bust in the Nose?

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

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

## The Wise Man

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

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

## "The Muscle Builder"

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

Send For My New  
64 Page Book—

# "Muscular Development"

## IT IS FREE

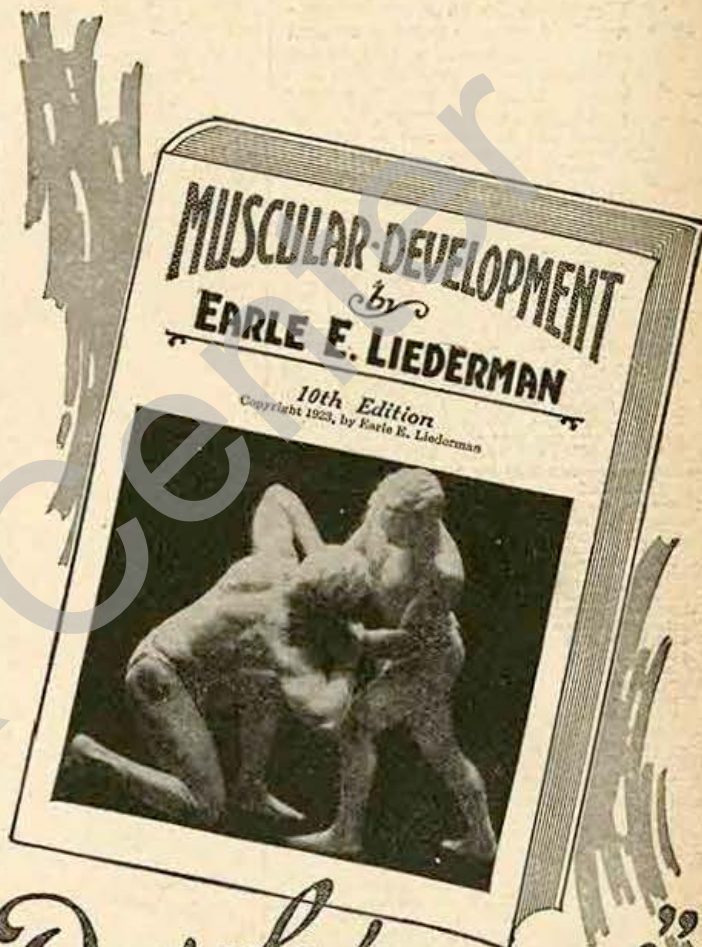
It contains forty-three full page photographs of myself and some of the many prize-winning pupils I have trained. Many of these are leaders in their business professions today. I have not only given them a body to be proud of, but made them better doctors, lawyers, merchants, etc. Some of these came to me as pitiful weaklings, imploring me to help them. Look them over now and you will marvel at their present physiques. This book will prove an impetus and a real inspiration to you. It will thrill you through and through. This will not cost you one penny. I want you to have it with my compliments. It is yours to keep. This will not obligate you at all, but for the sake of your future happiness and health, do not put it off. Send today—right now before you turn this page.

**EARLE E. LIEDERMAN**

Dept. 711

305 Broadway

New York City



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## Refined Foods: The Wrong Thing to Eat

(Continued from page 25)



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Would you like to be a star salesman? Men who have mastered salesmanship—who are really proficient—name their own salaries. \$5,000 to \$10,000 a year and better not uncommon. Big money and opportunities in business always open to men who can SELL. Success in selling field leads to highest executive positions. Demand enormous. Old theory about "born salesman" exploded. Any man of average intelligence can now learn to sell thru scientific coaching. Training, the secret. Write today for free book, "MODERN SALESMANSHIP." It tells how you can quickly get into the selling game and win your way to the big-pay jobs. Learn in spare hours at home principles and methods of ablest sales organizations in America. Successful salesmen report sales doubled and trebled thru scientific study of salesmanship under LaSalle Problem Method. Low tuition fee—easy terms. Write now for information.

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Made under direct supervision of Dr. V. H. Lindlahr, of the world-famous Lindlahr Sanitariums. Guaranteed free from Caffeine and all habit-forming drugs. Used with splendid results by hundreds of convalescing patients. Equally good for young and old. Costs less than bean coffee and is more easily prepared. No danger from drinking too much. Price 30c a lb. Send for Trial Package! To introduce this wonderful new beverage, we offer a special 2 lb. trial package for only 55 cents plus few cents postage. Order today at our risk. Money back if not satisfied.

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women and children, Major Paget noticed an old woman lagging behind with a young woman. He ordered them to move on, but the old woman appealed to him, saying: "Effendi, this girl and I are going to die here."

He replied: "Move on! Die at the Nile, but not here."

The old woman answered: "We cannot. This girl is going to have a baby. Her husband was killed in yesterday's battle."

"Here's a pretty kettle of fish," said Major Paget to himself. However, he dismounted from his camel, ordered one trooper to remain with him, and instructed the rest to go on. There he waited. Within ten minutes by his watch the baby was born.

It didn't weigh more than four pounds, but there was certainly nothing the matter with its lungs.

The women were black bread and vegetable eaters. They didn't know the taste of meat.

The major ordered the trooper who remained behind to put the girl and her baby on his camel and to follow at a walk. "If either of them are dead when you arrive," he said, "I shall know you have disobeyed orders by trotting. Obey orders and you get five piastres; disobey them and you get fifty lashes in front of the Quarter Guard in the morning.

He then trotted off. The trooper brought back the girl, her baby, and the old woman to Major Paget's bivouac, all three in the best of health.

Certainly such maternity experiences are none too common in the United States, or in any of the white bread eating cities of Europe.

While in China during the Russo-Japanese War, Major Paget was talking on one occasion to Sir Robert Hart, who related his experience in crossing a river. He said the ferryman was a woman, which was precisely what the major might have expected Sir Robert to say. Sir Robert was an Irishman.

At any rate Sir Robert was ferried over the stream by the ferry-woman. In two hours he returned by the same ferry. By this time the ferry-woman had a baby tied to her back. It had been born during his absence. Of course he was astonished and questioned the mother concerning her experience. "It was no worse than sneezing," she replied.

This woman, like the majority of Chinese laborers, was not a meat eater, and had never heard of white bread or denatured cereals of any kind.

Instances of the kind could be cited without number, but they all tend to confirm the conviction that conditions which can be established or disestablished at will in the laboratory with experimental animals, can also be established or disestablished in the great world outside among human beings.

Normal nutrition means resistance to disease. It not only means healthier children and happier mothers, better eyes, better teeth, and more normal tissue-tone, but it doubtless has a direct bearing in a special manner upon cancer.

Of course there is much about cancer that science doesn't know. Dr. Robert Bell, late senior physician to the Glasgow Hospital for Women, and now superintendent in charge of cancer research of the Battersea Hospital, has convictions on the subject of cancer which strikingly parallel those of Professor Lahmann.

He holds that cancer is a blood disease and should be treated as such, and that the blood picture of rheumatism bears a close resemblance to the blood picture of cancer; so much so that in his extensive experience he has been led to believe that a rheumatic diathesis is in existence in those who become cancer victims.

So impressed has he become by this coincidence that when there is doubt as to the diagnosis in any individual case he is inclined to hold that if rheumatism is absent in the subject under examination the case is not malignant, but that if rheumatism is present the case is malignant.

He contends, as do many others, that cancer is a disease of civilization. As a matter of fact cancer is practically unknown among primitive people, or amongst those who lead a simple life.

It is generally believed that cancer is not hereditary, and not contagious, and that it cannot possibly come into existence if the blood is kept normal, which is quite impossible under the topsy-turvy diet of modern civilization. This belief should eliminate a large amount of the dread which most people have of the disease. Common sense methods of living destroy all dangers of it, and make us immune to it.

The life insurance societies are gravely interested in the rapid increase in the death rate from cancer. On this subject Dr. Bell is astonishingly outspoken in his convictions.

He declares that he has never known a life saved by an operation for cancer, but that with proper diet consisting of vegetables, salads, fruit, whole meal bread, milk, etc., if the case has not gone too far, he will average some 75 per cent. of cures.

In these diets he excludes meat from the start.

One never reads of these experiences in the magazines or newspapers, for which reason the general public, through what amounts to an actual conspiracy of silence, is kept in ignorance of the very fact that eminent specialists in their respective spheres, in studying the infirmities to which flesh is heir, are on record with regard to the follies of denatured and refined foods, the chief antidote to which in some parts of Europe is whole rye bread and in the United States whole wheat bread.

This does not mean bread made of white flour, a shovelful of bran, and a dash of "black-strap" molasses. Such bread is a gross caricature of the real thing, and is ordinarily sold as a so-called "graham."

Whole wheat bread means bread made of the entire grain, freshly milled, not baked three months after milling, and not sifted or bolted; so that the meal itself contains all of the wheat, nothing added, and nothing taken away.



# Physical Culture Health Manuals



THE six health manuals described below are among the most popular of our publications. Each deals with some specific ailment and tells just what should be done to bring about a complete and lasting cure.

The books are packed full of meat and wisdom—they are interestingly written and generously illustrated, and they should prove invaluable to anyone who is troubled with constipation, headaches, weak nerves, flat foot, obesity or emaciation.

Like all Macfadden publications they are guaranteed to give complete satisfaction.

## Constipation—Its Cause and Cure—Fifty Cents

Elimination is a function that must be maintained at its highest perfection if normal health is expected. Efficient elimination is a preventative of disease and the relief of chronic constipation usually brings about a cure of many other chronic conditions.

If you are troubled with constipation start today to conquer it before you find yourself in the grip of some organic disease.

All that it is necessary for you to do to make this insidious menace to life and health disappear is to follow the simple natural laws outlined for you by Bernarr Macfadden in his masterly little treatise—"Constipation—Its Cause and Cure." The book contains full rules for diet, proper exercises, (fully illustrated) and every other necessary measure to bring about relief.

## How to Reduce Weight—Fifty Cents

Fat cannot be sweated out—the first drink of water you take after perspiring restores the lost weight—Fat cannot be rubbed off—if rubbing did break it up it would simply float around in the blood and be re-deposited elsewhere.

It cannot be squeezed out—massage furnishes a little exercise, but squeezing has no effect at all.

In his book entitled "How to Reduce Weight,"

Bernarr Macfadden gives the complete regime for weight reduction including full dietary instruction, actual menus, food classifications and reduction exercises. It is all simply told and is as simple to carry out. By diet and exercise he does not mean starving and working yourself half to death. It is simply a reasonable readjustment of your life along pleasant natural lines that you will thoroughly enjoy and which will improve your general health.

## Strengthening Weak Nerves—Fifty Cents

Based on his many years of experience as a physical culture expert, Bernarr Macfadden has picked out and set down in writing certain simple, easy-to-follow rules that have helped thousands of men and women to regain their lost nervous energy and to acquire glowing health and youthful vitality. He calls his wonderful book, "Strengthening Weak Nerves."

The book is written in an easy, fascinating style. There is nothing difficult to understand. You'll enjoy every page because it shows you the way to glowing health and vigor. The knowledge you'll gain from reading Bernarr Macfadden's book will help you throughout your entire life, for it will build for you a solid foundation for your future success and happiness.

## Headaches—How Cured—Fifty Cents

Next to colds, headaches are probably the most frequently recurring malady from which humanity suffers. A headache prevents work more, perhaps, than any other minor illness, since it seems to attack the very core and centre of our being.

Headache is not in itself a disease. It is a symp-

tom—a distress signal from some part of the body which is not functioning properly.

There are a half-dozen or more kinds of headaches. In his book, "Headaches—How Cured," Bernarr Macfadden explains what each pain signifies and tells how to eradicate it. To those who suffer from headaches this book should be worth its weight in gold.

## Flat Foot—Its Prevention and Cure—Fifty Cents

Flat foot is undoubtedly becoming more and more common in civilized communities, as the feet are allowed to become weakened, due to lack of exercise, improper methods of standing and walking, wrong boots and shoes, etc.

The effects of the disorder are manifold, and its

prevalence threatens the health of the nation. If you are one of the sufferers, begin treatment at once.

The great majority of cases respond with relative rapidity to the rational treatment laid down by Bernarr Macfadden in his book, "Flat Foot—Its Prevention and Cure."

## How to Gain Weight—Fifty Cents

If you are thin and weak you will get a world of benefit out of Bernarr Macfadden's treatise on weight building.

"How to Gain Weight" is based on common sense plus a profound knowledge of the human body. The great physical culturist tells you why you are thin and then gives you the remedy. He points out plainly just what methods should be adopted to bring one's weight to such a point as to be in the finest physical condition possible.

His carefully outlined instructions are devised to fit every varying circumstance and condition of the individual.

### Our Special Offer

Check the books you want on the coupon and send it to us with your remittance. Or we will enter your name for a special six-months' subscription to Physical Culture Magazine and mail you a copy of any one of the books listed above for \$1.50. If two or more books are wanted simply add \$1.00 extra to your remittance to cover the special six-months' subscription offer.

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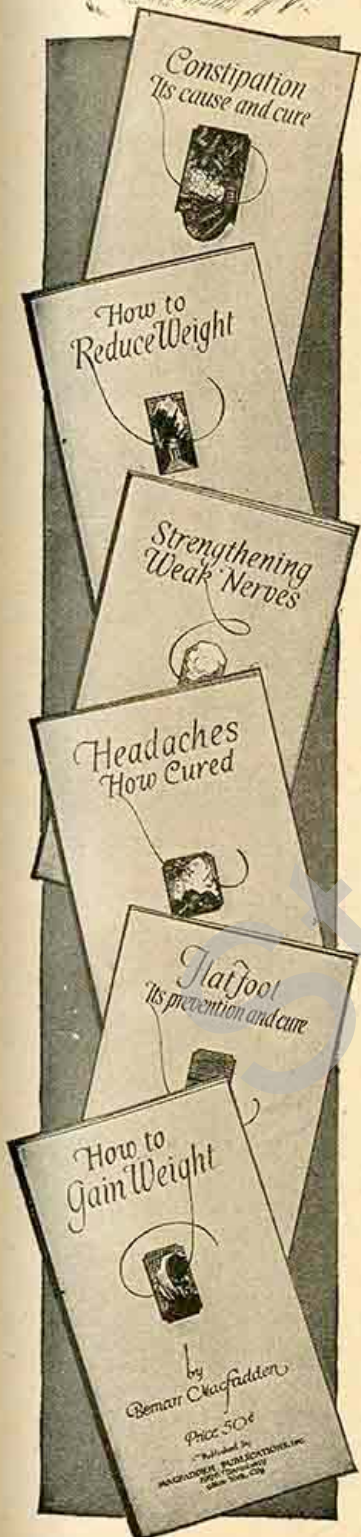
### NOTE

In consideration of your ordering one or more Health Manuals, we will, for \$1.00 additional, enter your name for a special six-months' subscription to PHYSICAL CULTURE MAGAZINE. If you want this special offer check square immediately above and enclose remittance for subscription with your book order.

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## A Chest Full of Beauty

(Continued from page 37)

# mail this Coupon



The Stillman Association  
Dept 1724L, 247 Park Ave.,  
New York

Send me on approval the Stillman Course. When I have the course in my hands, I will deposit \$1.67 (plus the actual postage) with the postman, with the understanding that if, after 10 days, I wish to return the course I may do so and my deposit will be instantly refunded. If I keep the course, there is to be nothing further to pay.



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You can become a good boxer in a very short time. The first step is to mail this coupon. You will receive, by return mail, the complete Stillman Course for a 10-day trial. 6 big books, 381 pages, with over 200 photographic illustrations!

In the first 6 lessons you will learn all the fundamentals of boxing—hitting, guarding, ducking, clinching and foot-work. You will find it easier than you ever dreamed boxing could be. We start you with such simple movements as the breast-stroke in swimming, reaching your hand out for a coin, etc., and from these familiar movements you are led into similar movements in boxing. Each step is illustrated and posed for by two expert boxers.

Next, we teach you every good blow and guard developed by the best professionals. You will learn how to use Jack Dempsey's terrible Triple blow, the crafty Fitzsimmons Shift, the Benny Leonard Triple, the Mike Donovan Double Blow. Valuable hints on infighting, boxing a taller opponent, and the secret tricks used by famous professionals are also taught you. Over 35 photographic illustrations are used for this part of the course alone.

Shadow Boxing comes next—three complete rounds. A right for the nose, left for the stomach, straight counter, cross counter, a right for the ribs—and your shadowy opponent goes down for the count! Great fun, and wonderful exercise for developing speed and endurance.

You are also given instruction in training—how to put on or take off weight, how to develop wind, what to eat, and a complete set of muscle-building and breathing exercises.

Jiu Jitsu and Wrestling. To make you more than a match for any thug who might attack you, we also teach you the best holds in Jiu Jitsu and Wrestling—how to subdue an armed opponent, how to break a strange hold, how to throw him if he grabs you from behind, the Gutch Toe Hold, the Head-Lock, Scissors Hold, etc.

Complete Course \$1.67  
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Jiu Jitsu & Wrestling

Over 30,000 men in all parts of the world have taken this course. Make up your mind NOW that you too will be a good boxer. Send no money. Take advantage of the FREE TRIAL OFFER in the coupon above. Fill it in and mail it now.

developed. Actually, the perfect feminine chest presents a series of three undulating curves when seen from that angle that photographers call a "three quarter view." There is normally, first the swelling and very beautiful curve produced by the bulk of this pectoral muscle just in front of the armpit, or midway between the shoulder and the breast. Understand that this first curve or muscular swelling is distinct from that of the breast itself, and above it. Second, there is the roundness of the breast, and third, below it, another undulation or mound which consists of the protruding group of "floating" ribs. These form, as it were, the two lower front corners of that rib basket which constitutes the chest. In every well developed chest, which provides abundant space for the heart and lungs, these floating ribs expand out at the sides and form that third swelling or mound of which we have just spoken. In the old days of the corset slavery to which women universally subjected themselves, these floating ribs were so habitually crushed in, that they became deformed and no longer formed this rounding projection. Even artists sometimes did not picture them, since their models were deformed in this way. But healthy young girls always had them, and in these days of the uncorseted freedom, you should find these floating rib projections in all cases. The point is that the chest has not the completed contour of beauty unless it possesses these three swelling curves. The upper one is obtained only by exercises for the pectoral muscles, such as bringing the arms forward, and the third is secured only by breathing exercises which expand the chest, not only raising it but broadening it.

There is another curve of beauty which the normally developed woman possesses, but which the corseted woman lacked, and which the undeveloped woman sometimes lacks, even when uncorseted. This is the expanding curve found at the two lower rear corners of the rib basket, if we may liken the chest to a box with corners. As you know the normal feminine waistline is several inches smaller than the chest or bust measurement. In the days of corseted deformity, one would find a practically straight line from a point just back of the armpit down to the pinched waistline. In the normal chest, however, which gives plenty of room for the lungs lower down, this line is not straight, but curving outward, suggesting the space within. To be more specific, the line curves inward at the bottom of the rib basket, toward the slightly smaller waist circumference. It is not a waist-line, for there is no line there, in the scheme of nature. There is only curving surface. For this reason the old time waistline, which divided the old fashioned shirtwaist and the separate skirt, was

artistically all wrong. If there is any justifiable cross line, dividing the body, as it were, it is the line just below the breasts which was observed in the old Greek girdle, and which in modern times we find in the Princess type of gown. There is a fundamental artistic justification for this, but not for the belt line. That may be practical in connection with some forms of clothing, such as knickers, but it is not in the scheme of nature.

There are other muscular structures which have to do with completing the beauty of the chest, notably those running up the side of the back, and forming the rear edge of that inverted cup already mentioned, which we call the armpit. Particularly the broad-back muscle, called the *latissimus dorsi* (if you want to sound like a book), is important, because it pulls the arm down from all sorts of overhead positions, or to put it another way, pulls the body up. This muscle may become very prominent in men, but never in feminine development. Like the pectoral, its development simply rounds out the chest to give it shape and beauty. And when it is not developed there is something lacking in the beauty of the body, even though one may not realize just how it is deficient.

Apart from special breathing exercises, remember that all arm lifting movements tend to expand the chest and to lift it up. Any form of stretching the arms upward will be beneficial in this respect.

Swimming is a splendid chest developer for the double reason that it brings into play the external muscles about the chest and at the same time in its very nature tends to expand it. You will not find a first class swimmer who has not an approximately perfect chest. Canoeing is beneficial in the same way because the act of paddling is accomplished largely by the important muscles mentioned above, at the same time making one breathe deeply. In gymnasium work, overhead exercises, as on the flying or travelling rings, trapeze and ladders, are of exceptional value.

There is, finally, an additional reason why chest expansion exercises are conducive to health, and that is the relation of mobility of the chest to flexibility of the spine. There is no longer any doubt about the importance of a healthy and elastic spine. Now, since these movable ribs of ours are attached at the back to the dorsal vertebrae, you will see that movements of the ribs mean a certain amount of movement of these vertebrae also. When the spine becomes greatly stiffened in old age, this mobility of the chest walls is lost. And so of course one way to keep the spine flexible is to keep the chest walls active and in movement. Don't ever permit yourself to stiffen up. Keep active; keep elastic and flexible. And in that way, keep young and beautiful.

Our Girls' Circle beginning in this issue of STRENGTH should be of interest to our feminine readers. Any letters sent to Miss Heathcote, care of this magazine, will be promptly taken care of.



## Infantile Paralysis and How I Overcame It

(Continued from page 59)

For the last five years this writer has also made use of a form of dry bathing with splendid results. Once a week I "tub," and fourteen times per week (every night and morning) I brush (with flesh brush) every inch of my skin.

I believe in this plan because since continuing this practice I am absolutely well and seem to be growing younger; while my friends who employ the hot or cold bath system, (which I suspect is debilitating), are complaining about rheumatism and divers other ailments and are growing old.

Here are some of my setting-up exercises. I would advise you to try them.

Every morning before rising, (if sleeping on an iron bed), catch hold of the bedstead above your head, lifting yourself up high on your shoulders, and kick. Do this a dozen times.

Second. Kick the buttocks smartly, twelve times with each foot.

Third. After rising, hold arms above head, then swing them back and forth close to the floor as possible without bending the limbs. Do this twelve times.

Fourth. Strike out with closed fists (from shoulders) twelve to twenty times.

Fifth. Turn the head as far backward as possible first to the right and then to the left. Do this twelve times or more each way.

Sixth. Bend the head sideways first on the right side and then to the left without twisting the body. Do this twelve to twenty times and you will never suffer from a lame neck.

Seventh. Stretch arms forward, then throw backwards as far as possible. Do this twelve or fifteen times, following with vigorous pounding of chest while lungs are fully inflated.

Eighth. Inhale full breath, and exhale in three puffs while bending body as before described.

Ninth. Stretch arms forward and draw smartly back to sides of body with elbows bent. Do this ten or twelve times. This ensures a straight back.

To finish this tale. If any reader is not in perfect health in his present environment, I would say: "Move from that location. Come, if possible, to the Pacific Coast where you will find health, if not wealth."

If you are young and in perfect health, brave the heat and cold of the East if you prefer. If not, come to the land of sunshine and flowers. Live longer and better, and get richer.

People do live longer and more happily here; I know of hundreds in their "nineties," and even of centenarians, who are as happy and cheerful as children and I venture to say there are very few, if any, other parts of the country that can claim a record of octogenarians like this western coast can claim.

And after all is said and done, happiness is the big thing for this life, and for the life to come.

If one, like myself, who started out in life with such an enormous handicap, can attain these blessings at seventy-four years young—why not you?

# How Big a Thing is Chiropractic?

FOR five thousand years the best minds of the world have searched the heavens and the earth, trying in vain to find the cause of disease. Chiropractic teaches that it is found within the body.

Through the centuries these quests have led to the establishment of methods which have become fortified by statutory law, been endowed with millions, given prestige by the great educational institutions, and been generally accepted by the public.

Chiropractic has grown by reason of the "Whereas I was sick and am now well" of those who tested its efficiency.

To succeed where all others fail is the supreme test, and unless Chiropractic can do this, it has no excuse for its existence.

Though but a quarter of a century has elapsed since its discovery, 25,000 practitioners in the United States alone, has placed it second in number among the professions engaged in getting the sick well; while its efficiency in getting the sick well has won for it the title of "pinch hitter" in the health game.

Honest and open-minded members of other health professions acknowledge its merit, while progressive and forward-looking ones study its theory, and are led in increasingly great numbers to adopt it and to abandon their former methods.

Chiropractic has won legal recognition as a separate, distinct science in 26 of the 48 States.

To an unbiased judgment it would seem that any method that succeeds in the face of traditional prejudice and in spite of controversy advanced by those opposing any change in the conventional method of treating disease—in short, any method that can convert the members of allied professions and multiply its practitioners and converts at such a phenomenal speed—must be a big thing.

Millions of the sick have been convinced of the efficacy of Chiropractic by giving it a fair trial.



## "SHOTGUN" ROGERS

Well Known Pitcher  
Endorses Chiropractic

T. A. (Shotgun) Rogers, of Nashville, Tenn., under date of June 11, 1923, says:

"While pitching a game of ball about two weeks ago, my hand and arm seemed to become suddenly paralyzed. I was taken out of the game by Manager Kelly of the St. Paul Club and sent home for medical attention. After taking about ten treatments my arm continued to grow worse, so I decided to return home for a rest and further treatments. After arriving in Nashville I was told of a chiropractor who had been adjusting members of different baseball teams and all had obtained wonderful results. Going to the chiropractor's office, I found him to be a quiet, unassuming gentleman with a wonderful personality, simply bubbling over with the wonderful possibilities and the great benefits to be derived from Chiropractic adjustments for disease. After examination he found the nerve which supplied my 'pitching' arm and hand was being pinched by a misplaced vertebra. The very first adjustment gave me great relief, and after taking a course of adjustments my strength is fully restored and I am joining my club at Louisville tomorrow with expectation of getting back into the game at once.

"A cold and catarrh in my head was also relieved by adjustments.

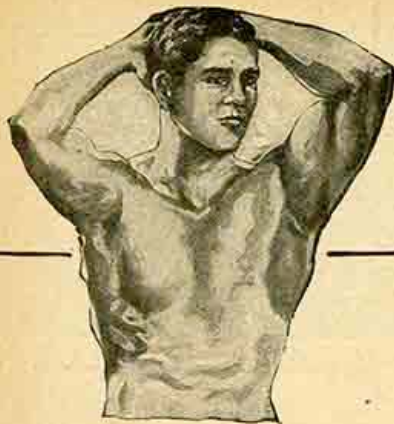
"I am going to a chiropractor with my troubles from now on, and advise all ball players to do the same thing. I give straight Chiropractic credit for restoring my arm and am thankful to get it back as good as ever again."

Write for information regarding Chiropractors or Schools to the



Universal  
Chiropractors' Association  
DAVENPORT, IOWA, U.S.A.





## Eating Your Way to Health!

TOO many people make the mistake in believing that by merely exercising, taking long walks, etc., they will be rid of all their ailments and will once again enjoy robust health. That is a grossly exaggerated and mistaken idea.

Before you can hope to build muscles and red corpuscles, you must first eliminate the root of evil.

### Your Stomach

*"Chronic constipation is the worst and most common crime against life and mankind. . . . It stands accused of being one of the principal causative factors of all physical and mental disease."*

—Prof. Arnold Ehret

Prof. Ehret spent his entire life delving into the causes of human ailments. He has written a number of remarkable books describing in detail the fruits of his investigations and discoveries on food and the human stomach.

Prof. Ehret's works have been translated by Dr. Benedict Lust. The English speaking people now have the good fortune of learning the great secret of life and health. The following three books are particularly recommended to the readers of Strength. These books give a full course in the scientific methods of eating your way to health.



Complete Course

3 for \$2.20

**FIRST—Rational Fasting**  
Regeneration Diet and Natural Cure for all diseases. Tells about causes, removal and prevention of diseases. Cause of growing old and ugly, gray hair, etc. Death.

**SECOND—Mucusless Diet**  
Superior diet for health and Economy. Mucusless diet and Naturopathy. Proper human nourishment and overcoming Gluttony. Healing System. Outline of food combination—Special menus—recipes, etc. Including Biographical Sketch of Prof. Ehret's life.

**THIRD—Internal Uncleanliness of Man**  
Including complete discourse on the following: Chronic Constipation. The diagnosis of your disease and the "Magic Mirror." The Secret of Vitality. The transition Diet.

(Regular price for the three \$7.00). Special to Strength Readers, \$2.20 for the three.

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## The Monster Called "Nerves"

(Continued from page 55)

Psychologists have traced our nervous troubles down to a few wrong ideas which have crept into the public mind and which somehow or other everyone accepts. When we consider how susceptible we are to outside influence, it is easier to understand how we have adopted some of these ideas. Smiling is contagious; gloominess is terribly so; even yawning, simple as it is, soon goes around the circle. So because some wise person decided that a series of calamities must inevitably follow the strain of modern existence or of overwork, we go on from day to day telling our nervous systems that sooner or later they must collapse. And sooner or later they do.

If ever there was a wrong idea it is just this one. In an evolution like ours, the survival of the fittest, the weaklings have constantly been eliminated. Surely our bodies are as capable of meeting the problems of this day, as were those of our ancestors to face the perils and dangers of a stone age. Remember if these machines of ours were not in good working order, they would not be here.

A sister idea to this one is that we must surely break down if we overwork. Probably we would. But there is very little danger of any of us overworking. In fact, not until cases like the Great war do men or women even test their capacity for effort, and then only after they have beaten through the first layer of fatigue, begun all over, tired again, and started again. It is safe to say that none of us have ever really been exhausted by our work. The harm has come from worrying over what we have done. It is worry, not hurry, that kills. You can hurry all you like, but eliminate that sense of hurry from your mind.

The world's greatest people have been its workers. They were not necessarily heavily muscled. There have been the lean geniuses and wiry leaders, the men who have not worried about their mental energy, but who have used it. Napoleon, who handled some of the greatest problems the world has ever known, had a definite impression of his mind. It was made up, he said, of so many drawers. When he wanted to settle a particular problem, he opened a certain drawer, and when he had finished with it, he closed that drawer so that thought would not intrude upon any of the others. When he wanted to sleep, he closed all the drawers and relaxed. What a splendid method for all of us to adopt!

There is another erroneous idea to which the nerve-sufferer seems to be a victim. That is that fatigue is some terrible monster which grows larger and larger day by day and gradually pulls one down into some dreadful abyss. If you have that idea, drop it. It's a dangerous one. Fatigue arises from the presence of waste matter in the blood. There is a breaking down of muscular tissue while we work which is built up while we rest. The natural reaction to work is rest, not worry. And what's more, there is no particular amount of rest necessary. For that matter every day starts us out fresh.

If it were possible that fatigue could pile

up every day (as seems to be the popular idea) and we could "just about last until vacation time," we would not need a vacation when that time came around. We would be dead. The overwork of six months ago is long since forgotten by your organs and muscles unless you are constantly reminding them.

In order to overcome our nerves we need not be ridiculously optimistic. We can be truthful. We can keep ourselves from being discontented or bored to be sure that we are not going to "act up" physically. We can adopt a new mental attitude toward life by accepting trifles as trifles. If we feel a headache coming on, we need not concentrate on it, nor even on forgetting it. We can substitute the thought for a happier one. If we are feeling fagged or tired, we can go outdoors and play.

In helping your nerves along, you can learn a great lesson from the physical culturist. They can well ignore the subject of nerves, for with the sense of physical fitness that is given them by their work, it would be a hard matter for their nerves to deceive them. They know they are well and they need no one to confirm it.

Don't mistake it. The sense of physical well-being is the most important factor in keeping away the bug-a-boo called "nerves."

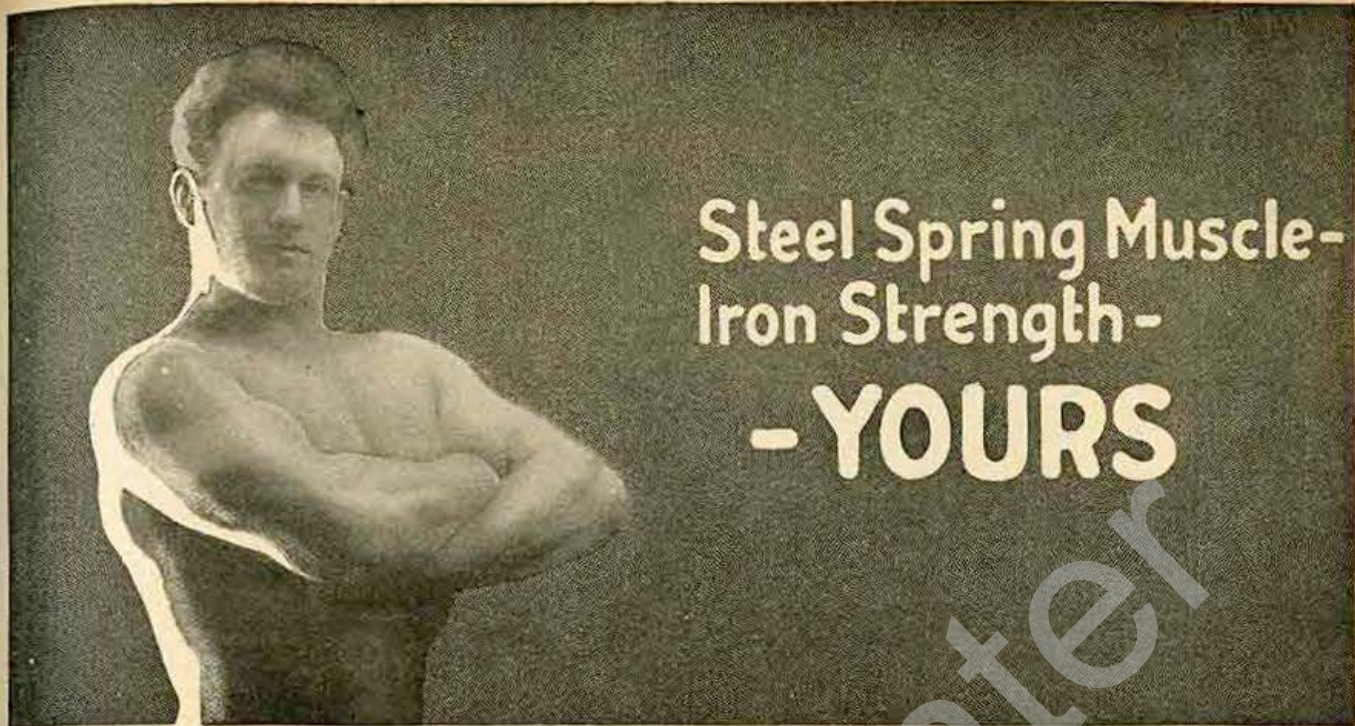
Try starting your day with some of the setting-up exercises you see here or in any physical culture magazine. Do some of the bending movements and convince yourself by so doing, that there is nothing wrong with your digestion. Open the window and do some deep breathing. Go to your work with that feeling of being ready for the day. Have you ever seen a really healthy person who started out with an idea that it was a "Pretty rotten world. Same old thing day after day!"

When your day has been a trying one, spare yourself fifteen or twenty minutes before you go out in the evening for relaxing mind and body. Try this method if you find it hard to "let go." Lying flat on the back, raise your left arm and then drop it limply to the side. Follow with the right arm and then with your legs. Close your eyes and breathe slowly and deeply through your nose. Exhale just as slowly. There should be no quiver to your breathing and absolutely no forcing. It should be even and smooth. Feel that delicious sense of relaxation creeping into your legs, your arms, your whole body. Rest—and know that you are resting.

It would indeed be a splendid thing for all of us if we could learn to be masters of our own minds. That would mean to "work" when we are working and "play" when we are playing. If we have a problem, the only sane method is to think it over, adopt a sensible solution and then forget it.

Above all things, in your battle with your nerves, don't get the idea that you are "going under." If you feel that coming over you, go out and do something—play ball, skate, swim. Do anything that will make you forget. The idea called "Nerves" is a popular one with the public. And it's contagious. Don't let it "get" you.





# Steel Spring Muscle- Iron Strength- - YOURS

**This new way of building strength and muscle is the most astonishing, the simplest and the most successful method I know!**

*One of the world's strongest living men divulges the method that enabled him to acquire strength. This new method now brings the real promise of health, strength and power to even scrawny weaklings. And the simplicity of it will amaze you!*



*Andrew Pissanant himself, one of the world's strongest men—prize-winner in contests of strength—student of physical culture—tells how he was transformed at Breitbart's method—and how it surpasses all previous methods.*

Never before has such news been released in the world of physical training!

I have known of Breitbart for years. But I never before realized what a superb physical specimen he is. His feats of strength are astounding—unequaled! He drives nails through oak planks with his fists. He bends silver dollars between thumb and finger. He sustains more weight or lifts more than any living man. He bends steel

bands around his arm like so much ribbon. And as a young man he was a puny weakling. For years Breitbart has kept his method secret. "Anyone who knows my method can do what I can," he says. But now he wants the world of men, hungry for strength, to know. He has made his fortune and he is satisfied. So now, gladly, he has divulged his secret—he makes known the simplest strength-building method ever devised. Yet it is the most positive, quickest and successful of all known systems.

### What Is This New Method!

I have been a student of physical culture for years. I know the methods of every

physical culture expert of any prominence in the country. They are all much alike. But here is a different, better method. Here is a system of strength and muscle building unlike anything I have ever seen. It has enabled Breitbart to become a superman. It has put inches on my own muscle. It has built rugged strength and power into even slightly built fellows who never had an idea they could become "strong men." There is no one so puny or weak whom Breitbart cannot help.

### Breitbart Offers You Strength!

Are you one of those puny, undersized, white-livered fellows who is satisfied to live a second-rate existence—or are you red-blooded and full of pep and vitality? Are you satisfied with scrawny, "baby" arms and legs—or do you want muscle, strength and power? If you have a man's heart in you, are you satisfied with your physique?

Then wake up, come to life and get what Breitbart offers you!

Breitbart's method is unique, because it builds strength and muscle too. What is the Breitbart secret that is now made known for the first time? Here at last is a method that not only gives you big, bulging arms, shoulders and legs—muscles you'll be proud of—but strength as well. There are many ways of developing the size of your arms, but they fail to give you real strength. But the Breitbart way gives you the rugged muscular power to lift, to bend, to break, to crush and it makes every fibre count. So that as your muscles grow big your strength grows in proportion.

### Send for Breitbart's Book Just Off the Press!

A 64 page booklet showing startling feats of strength by Breitbart—the Superman of the Ages, unparalleled in the world's recent history. This book will give you a real thrill of inspiration—just to look at its wonderful illustrations—to read its thrilling descriptions—will give you the call to power. It shows his pupils—it describes his methods—published now for the first time. Breitbart asks you to send only a dime to cover the cost of mailing and publishing.

### How Strong Are You?

**FREE!** Breitbart's Muscle Meter. If you send for Breitbart's book at once, he will send you free one of his famous muscle meters to test your muscular capacity. This device measures strength a new way. It is so simple you will wonder no one thought of it sooner—and yet it tells you whether you are as muscular as you should be. Write at once—they are free—while they last. Clip the coupon now—don't delay—the first step to power is decision. Act! Send the coupon—before you turn the page!

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I want to become muscular and powerful by your new, better method. Send me your new 64 page book. I enclose a dime to help pay for distribution. I also want your muscle meter which is free.

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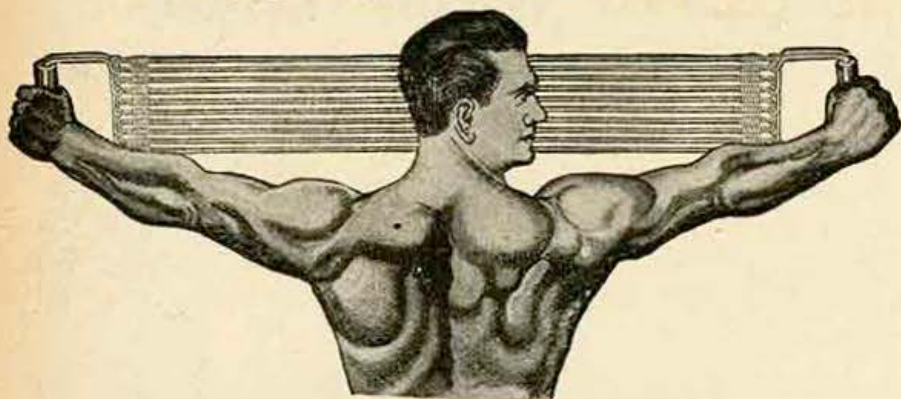
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# You TOO Can Have Muscles Bulging with Power



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### The McFadden Patented 10 Cable Progressive Exerciser

will positively give you strength like that. It will add inch upon inch to your arms, legs, neck and chest, greatly increase your heart

and lung room, vastly improve your blood circulation, and make you stronger, healthier and more vital in every way.

### This Exerciser Has a Resistance of from 10 to 200 Pounds

With the patented handles, which are a part of this apparatus, you actually have two 5 cable Progressive Exercisers that can be instantly converted into a 10 Cable Progressive Exerciser. The safety snap hooks can be

quickly adjusted, giving you as many cables and as much or little resistance as you want. The progressive feature allows you to increase the resistance as your muscles become stronger.

### My New Patented Stirrup Builds Legs of Steel

That's where most of the big fellows are weak—in the legs. But the ingenious new stirrup that I have added to my 10 Cable Progressive Exerciser will build your calves and thighs to marvelous proportions. It is made of one piece steel and stands a resistance of from 50

to 1,000 pounds. It can be attached to any 10 Cable Progressive Exerciser. Strong, muscular legs are a vital necessity to anyone who goes in for any form of athletics. This device is the only one designed to develop the leg muscles.

### My Adjustable, Patented HEAD-GEAR Increases Your Neck One Inch in 30 to 90 Days

No man can claim to be a *strong man*, unless the muscles of his neck are fully developed. The McFadden Patented Head Gear will positively increase the size of your neck **ONE FULL INCH** in a few weeks. This apparatus

is simplicity itself. It is adjustable, and will fit any man or boy. By using it in connection with my Progressive Exerciser, there is no reason why you can't be just as strong as you want to be.

### SEE WHAT YOU GET—

### My Complete \$30 Outfit for the Introductory Price of Only \$8, Including My Incomparable 12 Weeks' Instruction Course.

After you have used my apparatus a few weeks, you'll be the first to admit that it's the greatest eight dollars' worth of sheer value you ever received. It has changed many a man from a thin, puny, undersized weakling to a prodigy of physical strength and rugged health.

Here is what you get—a complete outfit for developing every muscle in your body.

Any of these can be purchased separately at the price shown.

10 Cable Progressive Exerciser, worth.....	\$8.00
Patented Progressive Handles with 1,000 pounds resistance, worth.....	2.00
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Patented Progressive Head-Gear, the only one of its kind, progressive resistance and adjustable to any size head and neck, worth.....	3.00
12 weeks' Home Instruction course, the most wonderful ever written—the kind you cannot get elsewhere, worth.....	15.00
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You cannot buy a similar outfit anywhere else at three times this price. In fact, you cannot buy an outfit as complete as this with such a course as I give you, at any price. Thousands of the world's greatest strong men have endorsed my course of instruction and the McFadden 10 Cable Progressive Exerciser. Remember, I guarantee to increase your biceps **ONE FULL INCH** in from 30 to 90 days, and

all other parts of your body in proportion. Think what this means. In a few short weeks you are a new person—well on your way to be a professional strong man if you wish. If you are not fully satisfied, your money will be refunded without quibble or question. Start today along the royal road to health and strength—send **NOW** for this great body-building outfit before you forget it.

### My Guarantee Is Backed by a \$10,000 Challenge

**MICHAEL McFADDEN** Dept. 63, 103 E. 13th Street  
New York City

## Who Can Take the Davis Cup from America?

(Continued from page 23)

snappy stroke. More than that, he no longer lost his temper and "blew up" nor did he waste time and energy by chasing shots that were hopeless, nor permit himself to be lured out of position.

Out of this one match stood the whole story of that which is to come on the tennis court where the supreme masters of the game play. One player only Australia has who may be a factor and that one is James O. Anderson, the Tilden of the south and the man who has already beaten Bill Johnston in Davis Cup play. But he is at that place where men of sport begin to slacken the speed and also he has announced that business will not let him again devote the necessary time to tennis.

There is another threat that comes looming over the eastern horizon. Today in spite of Helen Wills and Kathleen McKane there cannot be any doubt that Suzanne Lenglen of France is the greatest woman tennis player in the world. And there are many who know the ways of the courts who believe that from France will also come the most dangerous challenge for the Davis Cup in 1925.

In Rene La Coste and Jean Borotra the land of the fleur de lis possesses two of the most promising youngsters now coming to the fore in the realm of the courts. And in the veteran Brugnon is undoubtedly one of the greatest of all doubles players. This year France was close to it. Next year may see the idols of Paris overcoming the best that Australia can hope to muster and then challenging America for the highest honor in the game.

But these Davis Cup matches which have just passed, gave indication of the calibre of the defense that will be offered. Little Bill Johnston, the gallant mite who came out of California to be such a potent factor with the racket these last six or seven seasons, may be slipping. And even Tilden himself cannot hope to go on forever, dominating so completely as he has dominated in the past. Beyond question the greatest player the game has ever seen it must not be forgotten that much of Tilden's game is based on back court play, the ability to force his opponent into playing the style of game Big Bill himself chooses. It may be that it will be Richards who will break that mastery. If any player is to do it before the passing years take a hand it seems that Richards alone has the chance. And when Tilden skids the tennis realm will have him to thank for developing Richards, and for playing the great part he has in the development of those other stars who are still youths, and who will carry on in the task of holding for the United States that place upon the crest of the courts. There are many of them who will be ready in another year or so for the task. The Kinseys, Richards, Fischer, Hunter and a number of others.

At present it seems that they will be needed, these youths, for France also is massing a formidable array who will be attacking the heights when Tilden cannot hope to be the player he was in 1924 and then it will be up to these younger stars of America to carry the burden.



## Do Vegetarians Have More Endurance?

(Continued from page 43)

great quantity. A moderate portion of meat once a day should be regarded as a maximum. Now, it is true that one can achieve a high protein diet by eating too many eggs, which would be just as bad as eating too much meat. But it actually does not work out that way because most of us would get tired of eggs before we reached the stage of having eaten too many. But at that, one should be moderate in his use of eggs, and should regard an egg as a piece of meat, the two to be used interchangeably.

The advantages of a low protein diet from a health standpoint, even when involuntary, were well illustrated by the experiences of war-starved Europe a few years ago. The Germans as a nation are about the last people in the world to dispense with meat of their own free will; but it was noticed that when the great blockade brought about rigid food restrictions and almost complete elimination of meat from the diet, their diabetics all got well. Similarly, when the food crisis in Denmark reduced the population to a diet chiefly of whole grain war bread and cabbage, there was an astounding drop in the mortality rates. If freedom from protein excess has such a profound influence upon health or resistance to disease, then it is not surprising if it is conducive to endurance, but it is immaterial whether one accomplishes this limitation of protein by adopting a vegetarian diet or by the plan of eating a fraction of the amount of meat usually consumed.

From a scientific standpoint, the most definite experiment conducted along these lines was that instituted by Prof. Irving Fisher of Yale University, and reported by him in the Yale Medical Journal in March, 1907. Having the chair of Political Economy, Professor Fisher's purpose was to ascertain conditions of maximum efficiency and working power, as governed by food. Analyzing results, Professor Fisher drew the conclusion that a low protein diet was conducive to endurance, although the evidence was not sufficient to enable him to disentangle the possible virtues of a low protein diet and a non-flesh diet.

To make the matter a little more personal, I venture the suggestion that if you have been accustomed to eating meat twice a day, you can double your endurance by cutting it to once a day. It may be that you are not concerned with anything that calls for endurance, in the way of athletic effort. But we are all concerned about our working efficiency. We would all like to be able to do either better work or more work. Some of us who use our heads would like to know that we can be as good in the afternoon as we are in the morning. And if a certain system of diet containing an excess of one thing or another proves to be a burden where athletic endurance is concerned, then it must inevitably be a burden in the case of the banker, the lawyer, the doctor or the salesman. However, if you do happen to be interested in football, skating, hockey, basketball, baseball, tennis or track, it should be worth something to know how you can increase or perhaps double your endurance.

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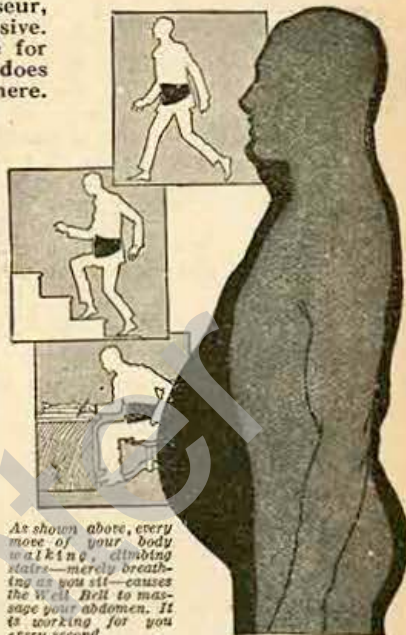
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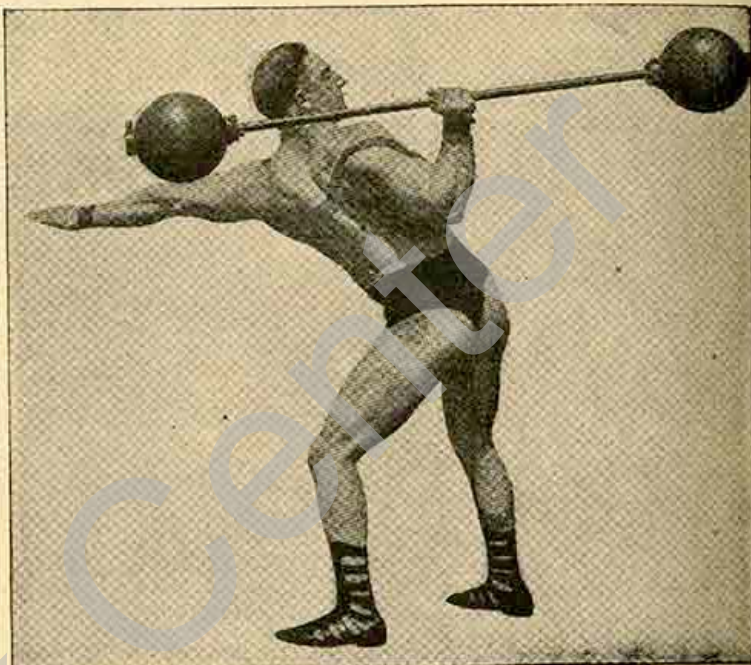
# This Amateur Hercules Is a Sample Milo Pupil

**W**HAT would you give for a right arm like the one shown in the picture of Mr. Goodman? "Oh," you say, "I cannot get an arm like that. I am too old, and my bones are too small for me to expect to get such development. That fellow was either born that way or else he started to train when he was a kid."

Here are the facts. This Mr. Edward W. Goodman is not a professional "Strong Man," but an attorney-at-law. At the age of 25 he was 5 feet 8½ inches tall, weighed about 150 lbs., with a chest measuring 38 inches, and an arm which measured a little over 13 inches. In other words, he was just about the average build. He happened to get hold of a copy of the Strength Magazine, and, being inspired by the pictures of celebrated lifters, he determined to see what he could do in the way of becoming strong and well built. He bought an adjustable bar-bell from the Milo Company, and started on a course of developing exercises under the direction of our experts. After a few months of such training with moderately heavy bar-bells he was given instructions in real lifting. You can get an idea of the results he got by looking at his photograph. His chest increased to 44½ inches, his upper arm to 16⅝ inches, his forearm to 14 inches, and his thigh to 23½ inches. The photograph will give you a good idea of the magnificent development of his arm, although the pose does not show the chest and legs to full advantage.

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if you practice graded weight exercises with Milo adjustable bar-bells. Don't think big gains are impossible because you are over twenty-one years old, or because your bones are small. Mr. Goodman never touched a bar-bell until his twenty-sixth year, and when he started his wrist measured 7 inches. Today it measures 7½ inches, which is a proof that bones can be made to grow in size after a man has passed his twenty-first birthday.



MR. EDWARD W. GOODMAN

## He Broke Ten Records in One Day

Mr. Goodman's physical strength is just as remarkable as his muscular development, and in addition he is one of the most skillful lifters in the world. In England lifting is a great sport, and all records are carefully kept. In that country the lifters are divided into classes according to weight, just as we classify our boxers. The top class is the heavyweight division, and the next class is for men weighing from 154 lbs. to 168 lbs. Mr. Goodman ordinarily weighs 170 lbs. He trained down to 168 lbs. and went after the English records. He tried himself out at eleven different lifts, and he broke the English records in ten of them. What is more remarkable, his lifts eclipsed the records of the 168-lb. English lifters, and also the best records of the English heavyweights.

## A Model of Symmetry and Strength

Mr. Goodman's case proves that a man does not have to be of the "cart-horse" type in order to be tremendously strong. Although his shoulders and arms are magnificently muscled, and his chest of great size, his waist has remained slender and, consequently, with his amazing strength, he combines unusual speed and agility. He is beautifully proportioned, and when standing at ease his muscles are clean-cut, but smooth in outline, and he reminds you of one of the famous Greek statues.

## It Will Pay You to Investigate Our Methods

In our big catalog we have a gallery of portraits, showing some of our most famous pupils, and if this picture of Mr. Goodman interests you, you will be fascinated by the pictures of our other pupils, because they show what bar-bell training will do for a man who wishes to increase in size, strength, and shapeliness, or in all three.

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DEPT. 22



## The Mat

(Continued from page 68)

horses of just that type and have been deliberately mated together to perpetuate and constantly improve that type. The eugenists advocate just that principle for the human race; but the trouble is that men and women persist in picking out their own partners, human race to pick out partners of an exactly reverse type to their own.

There are unquestionably families whose individual members all are thin, or all fat; but we cannot conceive of a family whose men were all ultra-thin, and who deliberately and persistently picked out for wives, women of equal thinness. On the contrary, there seems to be an inborn impulse in the human race to pick out partners of an exactly reverse type to their own.

There are "racial types," which it would be a waste of effort to try to change. I would consider it folly to try to increase the height of a very short and stumpy South Italian, or a Central-African pygmy, both of whom are the result of centuries of climatic influence and selective breeding; or to put much development on a member of a certain tribe of East Indians, all of whom are excessively thin.

The average American citizen is of mixed ancestry, and we have not been here long enough to develop a fixed type; although some ethnologists claim that the descendants of the Pilgrim fathers are commencing to show the facial and physical characteristics of the original inhabitants, the American Indians.

If you are a thin man, how does all that apply to you? In this way. I doubt whether all the members of your family on both sides, are congenitally thin. That rarely happens, for almost every family in the course of three generations has intermarried with some other family whose members are of different height or bulk. If all your ancestors were walking skeletons, you are up against a harder task. But even if your sisters and brothers, both your parents, all your grand-parents, uncles, aunts, cousins, etc., are walking-skeletons, you can break away from the inherited disability to some extent, by doing things they never did and by making a determined effort they never made.

Which brings us back where we started. You naturally consider that you *have* made the effort. You have tried every variety of diet which has been advocated or recommended; you have exercised hours at a time until you stood in a pool of sweat, and you are still scrawny, shapeless, and more or less resigned to your fate. I *have* seen very thin men, through the medium of graded exercise, acquire the proportions and development of a Hercules, but such cases are rare. I am glad when they happen, but I do not expect them to always work out that way. If I were given a very thin man as a subject and told to develop him, I would waste no time in trying to make him into a Zybysko or a Hackenschmidt, but would bend all my efforts into bringing him to the full limit of his possibilities, and that would mean making him into the true "racehorse" or Apollo type.

To do this, I would in all likelihood, first have to change his mental attitude towards exercise, because many exercise devotees

look on their physical work as a sort of a charm. One does such an exercise so many times, and results are sure to come, growth is bound to happen. At least that is what they think. Consequently, their exercise soon degenerates into a purely mechanical and soul-deadening routine. Furthermore, they frequently confuse quantity with quality. As they figure it, sixty minutes exercise is better than fifteen minutes, and three hours is correspondingly better. Worst of all, they exercise in an entirely haphazard way, with absolutely no idea of the meaning and purpose of any one of the muscular movements.

If I succeeded in convincing a thin man that each and every exercise must be done in a certain way, I would first make him specialize on certain exercises, some of which increase the size of the rib-box, and others of which invigorate the digestive and assimilative organs. Positively no great or permanent change can be made in the proportions of the body, until the rib-box is brought to its full size so as to give room for large lungs. And no matter how many movements you make the muscles will not increase in size, power, shape or development unless they are supplied with nutritive material from the blood. That means the digestive organs must be toned-up, made to do their work more effectively. There are exercises that do seem to give a new and greater degree of vigor to the organs, but the average man rarely practices them. In this he is hardly to be blamed, because he has never learned anything except arm movements, and just why a man should think that a "biceps" exercise will give him a vigorous digestion, I have never been able to figure. Once I saw the pupil well on the way to getting a bigger chest, a strong, straight back, and was sure that his digestive organs were on the job, I would then give him exercises for his legs and arms. (Just that—the arms come last!)

Of this I am certain. If the rib-box is enlarged so as to give more lung room; and if the stomach, liver, kidneys, intestines and various glands are invigorated by exercises which give them both a better blood-supply, and a sort of natural massage; then muscular tissue can be *created*. Your upper arms and thighs will become round, full and shapely, whereas before they were flat, thin and shapeless. (And that is why, when I recently wrote a book, called "Super-Strength," I devoted a large part of that book to a detailed description of the exercises which enlarge the chest, and to others which strengthen the lower back and the waist region.)

I would have to try to teach my pupil to become his own trainer; to keep a close watch on results, and to learn by experiment and observation, to decide just what quantity of work produced the best results. Work to the point of exhaustion, and you will waste away instead of building up. You will destroy more tissue than you can replace. If you under-exercise, you will not progress, and progress is the one thing you are after.

That explains why I have recently been telling you *not* to count repetitions, but to let your muscles tell you when to stop a



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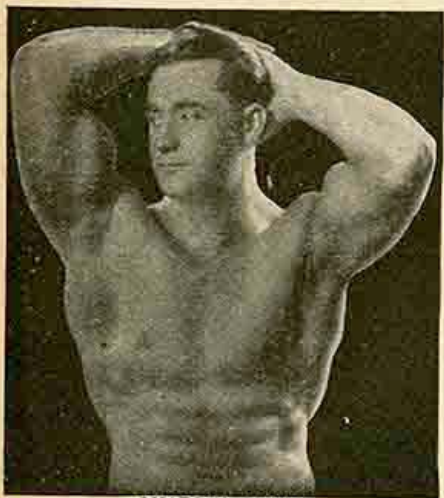
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Look Yourself in the Mirror



CHARLES ATLAS

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movement. Counting repetitions while you exercise is just as bad as working with your eye on the clock. It makes you think about how soon you will be through instead of how you are working.

It is very, very interesting to observe the effects of the same exercises on different people. There are some men who put on muscle at an astonishing rate. Give them a certain type of work, and the muscles seem to grow on them in slabs. Give exactly the same exercises to other men, and they will develop an entirely different type of muscle.

The reason is, I believe, that men of the first named class have two natural advantages to start with; namely, large bones, and a very vigorous digestion, while the second class are as a rule handicapped with small bones and poor assimilative processes.

The exercises when given to the big-boned vigorous chap, are just hard enough to tax his muscles, to tire without exhausting him. He makes up almost immediately the temporary muscular waste which comes from vigorous exercise, and as a result of the work his muscles attain a startling size and an enviable shape.

The work which just suited him is a bit too much of a tax for the recuperative power of the other fellow (the small-boned, less vigorous type), and while he improves, his muscles instead of reaching the limit of size and symmetry will become what we call the "flat-strap" type.

That, of course, is where a trainer comes in, and the sooner you can become your own trainer, the more rapid will be your progress.

I see frequent examples of what I call the "flat-strap" type of muscle, and I am fully convinced that such muscles are the result of too much exercise and too short periods of recuperation. Here is the way I figure it out. The most important things are health and vigor. Great strength is much to be desired, but personal appearance is more of an asset even than strength. And since one method of exercise produces the flat muscles without giving you a fine development, good proportions, or great vigor, and the other gives you vigor, fine appearance and a much more slightly type of muscle, why not, in Heaven's name, exercise in the second way?

I believe that with what I have learned, I could do much more for the "naturally thin man" than I could, say in 1914. I recall that about that time I gave a program to a tall, thin man, with the result that he made fairly good gains in development and became enormously strong. I rejoiced in his lifting records, but I never was satisfied with his appearance, for his chest never went above 41 inches and his muscles were distinctly of the flat-strap type. He became enormously strong; could "put up" 220 pounds with one arm (quite a stunt for a 165 pound man). I am not training people now, but if I had a similar case nowadays, I am sure that I could make the man just as strong and give him an infinitely better personal appearance.

During the war, the man just mentioned had to drop all training, and to his own surprise commenced to gain in weight, going from 165 to over 200 pounds. On resuming exercise a year or two ago, his weight went back to 190 pounds, which is the ideal figure for a man of his inches. I

know just how that sounds. He exercised for a long time without getting as big as he wanted to be, and as soon as he dropped exercising he got bigger. That seems to indicate that his exercise kept him thin, but what it really does prove is that he did too much exercise. Not too much as far as strength was concerned, for his increase in strength was undeniable, but just too much to keep his muscles from growing to their full size and their best shape. Since resuming, he doesn't exercise one-half as much, is even stronger than before, and is infinitely better built.

Take another case; of a boy whom I trained for lifting. His one idea was to see how strong he could get. He had plenty of time to devote to it and trained almost endlessly. Under a rather severe progressive schedule, he got so good that he could beat all the local lifters at his weight; and on one or two occasions defeated much heavier men. Starting as a scrawny schoolboy he grew rapidly in size. His measurements increased very considerably, but not as much as they should have. He had grand shoulders and a good-sized chest, but his development was of the sinewy kind. He had the muscle all right—high quality muscle—but of the flat-strap kind. At a weight of 140 pounds he was literally "as hard as nails," and as long as he kept up his intensive training his muscles kept their original character. Then came a time when he and a party of boy friends decided to see the country. As far as I recall, they swung over a thousand-mile circle; tramping, begging rides from farmers and brakemen, and generally living off the country. The trip took six weeks, and when the party returned, my young protege weighed 160 pounds. And the funny thing was that he had not lost any of his development. In fact, his development was far more pronounced than before, and you could not see a bit of fat on him. All the difference was that in that month of comparative rest, his muscles had changed from the flat-strap type to what you might call the "Sandow type."

I am not recommending months of intensive exercise followed by weeks of rest as an ideal method of gaining weight and muscular development. What I do suggest is regularly alternating periods of exercise and rest. Given the right kind of exercise, a thin man will gain most rapidly if he exercises one day and omits exercise on the next day. I have seen that plan work a hundred times.

If you wish to see what can be accomplished by a very thin man, cast your eye on the accompanying pictures of Mr. E. C. Martin, of Attica, Indiana. Here is a young man, who was formerly excessively thin, and who has acquired a somewhat striking development under conditions that would discourage the average man. He is handicapped by a permanent injury to one of his hips, and that has, of course, made it impossible for him to practice many of the very exercises which are most valuable in the upbuilding of a thin man. It is utterly out of the question for him to do some of the mild lifting movements, which add so wonderfully to one's stock of vigor through developing the loins. I believe that this accounts in a measure for the fact that his muscles are so long in proportion to their thickness. He has at present what I



call the "flat-strap" muscles, particularly on his upper arms. This is partly accounted for by the fact that he is still in the early stages of his development, for he has been training only a few months.

Any one familiar with the rules of proportion could tell you that Mr. Martin's upper arms have not nearly reached the limit of their development. His forearms and his shoulder muscles would justify a much bigger upper arm. The muscular development of his back, breast and abdomen is entirely commensurate with the present size of his rib-box. He can easily get a more heroic development of the body muscles by specializing on the exercise which gives a new placement to the ribs. As I pointed out in my book, such a gain in the size of the true chest is almost invariably accompanied by a marked increase in the width and spread of the shoulders. The development of the deltoid muscles (on the points of the shoulders) is simply extraordinary. It is not unusual to find a like development of the front and lateral fibres, but what makes this case out of the common is the marked development of the posterior fibres of the deltoid, which is clearly shown above the biceps of the right arm. I know a celebrated teacher of physical culture whose arm development is an almost exact duplicate of Martin's; that is, with every muscle clean-cut and distinctly outlined, and with a very high degree of strength in proportion to size. I shall follow Mr. Martin's further progress with great interest. The reason I am showing his pictures here is to show the results of, persistent and intelligent training in a case where the athlete had many handicaps and disadvantages to overcome.

## Fighting Off Fat

(Continued from page 47)

inwards; then as you lower it, draw it to the right; as the descending movement continues, allow it to relax and protrude; then as you start to draw it in, move it to the left, and then up and in.

It will take several days' practice to give you sufficient mental control to enable you to roll the abdomen in this way. At first the circular movement will be so slight as to be hardly noticeable, but if you continue your practice, you will soon be able to roll the abdomen in big circles, just as easily as do those Egyptian "Belly Dancers." You do not have to strip to do this exercise, nor do you have to practice it in the privacy of your own room. You can stand up and try it whenever you have a spare moment, and after you master it, you can practice it while sitting in your office chair, and nobody will be the wiser.

That should be an inducement to the busy man who thinks he has no time for exercise. If he will work quickly enough to get to this point, it will require almost no effort and very little time to get the fat away. When he considers that the alternative is being a source of amusement for his friends, I think he will try it anyhow.

By the time you can do it easily, (and ease comes from continual practice), you can practice at hourly intervals during the day. When you get that far, you will be able to dispense with all other abdominal exercise, and still keep your figure.

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## The Dinner Table

(Continued from page 57)

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avoided by the over-thin. Fat people are proverbially carefree and happy, but it is not because fat produces happiness or banishes care. Quite the contrary. Their fat is usually the one thing about which fat people are likely to be unhappy. But happiness really does make fat, because it makes the least demands on the energy. Thin folks, learn your lesson here.

But increased consumption of energy is not the only reason for banishing care and sadness. Nervous tension retards digestion and actually tends to reduce the supply of fuel which can be manufactured from a given amount of food.

Relaxation not only reduces the amount of tension and therefore the outgo of energy, but the processes of building tissue take place mainly during sleep. Recreation and longer periods of sleep are two of the surest ways to add weight.

I cannot here go further into this matter of mental attitude and habit of thought, but neither can I ignore it, because it is so intimately connected with the supply of energy through food as well as with the expenditure of that energy. It is impossible to overestimate the importance of a serene and happy spirit. I do not believe you can expect to make much gain in weight without it.

As to the kind of food necessary to gain weight, there are four kinds of foods that are essential to health and strength: protein, carbohydrates, mineral salts and fat. And then there are two other substances without which no one can live and be well,—cellulose and vitamins. I mention these last two separately because, as I explained in the August issue of this magazine if the first four kinds of food are properly provided the last two will be included.

We know very little about the vitamins except that they are absolutely essential to growth and health. We can't go wrong in having plenty of them and we can't possibly go right without them. They are included in natural foods and if you eat plenty of these you will get an abundance of vitamins.

Cellulose is the substance that is not digestible. It passes through the digestive tract unaffected by the digestive processes. But it is not as useless as that sounds. Its function is to keep the food moving along the digestive tract. A great deal of it is needed. Without it, proper elimination cannot take place. It appears in the fibre of fruits and vegetables and in the outer covering of grain. Cellulose is removed from many of the refined foods, especially in the case of white flour. Bulk that has been removed from food or that is lacking in sufficient quantity can be supplied by the regular addition of bran to the diet. One to two tablespoonfuls at each meal is not too much to correct constipation and it ought to be used regularly in smaller quantities.

With regard to the first four mentioned foods, thin people need two of them in normal quantities, the mineral salts and proteins. In fact if they can take more than the normal quantity of the first it

would help. The mineral salts are contained in fruit, vegetables and the outer covering of grains. They aid assimilation and stimulate elimination. They build fatty tissue in an indirect way.

The proteins promote growth and furnish energy. But they cannot be stored up for emergency in the form of extra fat or weight. Protein that is not used must be disposed of. Any excess of protein then does not add to weight. On the contrary it makes extra demands on both the processes of assimilation and elimination and so tends to make the thin person thinner.

There is one other thing to remember about protein. The protein found in milk and fruits and vegetables is much more easily assimilated than that found in meat or even eggs, and the latter produces a more harmful residue of waste and that waste is harder to eliminate. Thin people ought to take their proteins in the form of milk, fruit and vegetables and reduce the amount of meat.

And all this while I have said nothing about the foods which actually directly build fatty tissue and add to your weight—those that can be directly transformed into fuel for energy, and an excess of which can be stored for emergency. They are only two, the carbohydrates and fats.

Of these the carbohydrates are the most easily assimilated. Their chief sources are the roots like the potato, breakfast cereals, rice and wholewheat bread. Thin people, eat all you can stand of these, and you will find that you can stand a good deal because they are very easily digested. On them largely depends the amount of excess in the form of fat you will be able to acquire. In general, the more carbohydrates the better for the person who wants to weigh more. But let the potatoes be cooked in their skins, and let the rice be natural brown rice, and the cereals made from the whole grains.

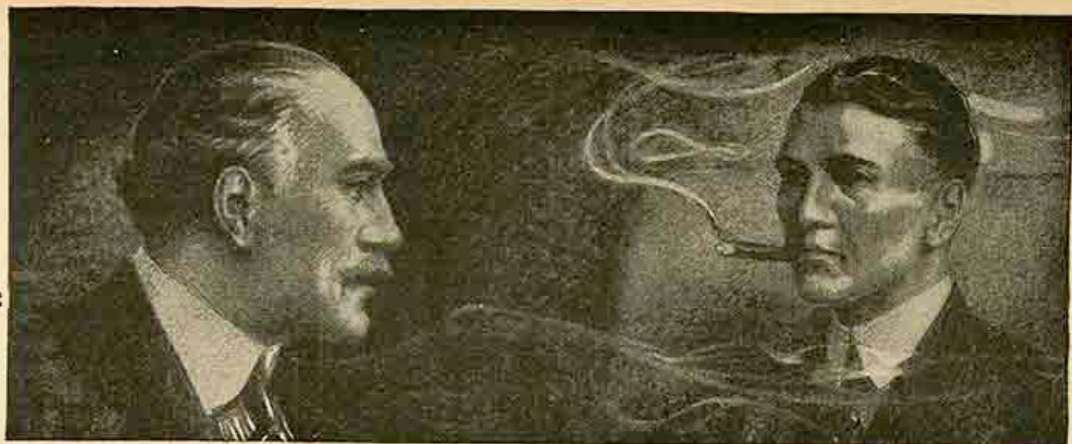
White sugar is a carbohydrate too. You will notice that I haven't said anything about eating it. Although white granulated sugar is almost pure carbohydrate it is almost nothing else. It is more harmful than fattening because in the process of refinement it has been robbed of all other food substances which would aid in its assimilation. So let the candy, the pies, the pastry alone. The little sugar that is needed for seasoning should be natural brown sugar and for other sweets depend on honey which is almost a predigested food.

Fat is the one other food that is directly transformed into fuel for energy and can be stored as fatty tissue. It is contained in butter, vegetable oils, fat, meat and vegetables. Of these the butter is the most easily assimilated. Use all of it you can and do not replace it with a substitute.

A quart of milk a day is the least amount a thin person should drink.

But if you have done all the things you should do and still are thin, don't let it discourage you. If you are well and healthy—it is the style to be thin, make the most of it and be happy, and perchance you may get fatter.





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Statement of the Ownership, Management, Circulation, etc., required by the Act of Congress of August 24, 1912, of STRENGTH, published monthly at Philadelphia for October 1, 1924.

State of Pennsylvania, County of Philadelphia. Before me, a notary public in and for the State and county aforesaid, personally appeared D. G. Redmond, who, having been duly sworn according to law, deposes and says he is the owner of STRENGTH and that the following is, to the best of his knowledge and belief, a true statement of the ownership, management (and if a daily paper, the circulation), etc., of the aforesaid publication, for the date shown in the above caption required by the Act of August 24, 1912, embodied in Section 143, Postal Laws and Regulations, printed on the reverse of this form, to wit:

1. That the names and addresses of the publisher, editor, managing editor and business manager are: Publisher, D. G. Redmond, 2741 N. Palethorp St., Philadelphia, Pa., Managing Editor, M. Mulvey, 104 Fifth Ave., New York, N. Y.

2. That the owners are: (Give names and addresses of individual owners, or if a corporation, give its name and the names and addresses of stockholders owning or holding 1 per cent. or more of the total amount of stock.) D. G. Redmond, 301 Diamond St.

3. That the known bondholders, mortgagees and other security holders owning or holding 1 per cent. or more of total amount of bonds, mortgages or other securities are: (If there are none, so state.) None.

4. That the two paragraphs next above, giving the names of the owners, stockholders and security holders, if any, contain not only the list of stockholders and security holders as they appear upon the books of the company, but also in cases where the stockholders or security holders appear upon the books of the company as trustees or in any other fiduciary relation, the names of the persons or corporation for whom such trustees are acting, are given; also that the said two paragraphs contain statements embracing affiant's full knowledge and belief as to the circumstances and conditions under which stockholders and security holders who do not appear upon the books of the company as trustees hold stock and securities in a capacity other than that of a bona fide owner; and this affiant has no reason to believe that any other person, association, or corporation has any interest, direct or indirect, in the said stock, bonds, or other securities than as so stated by him.

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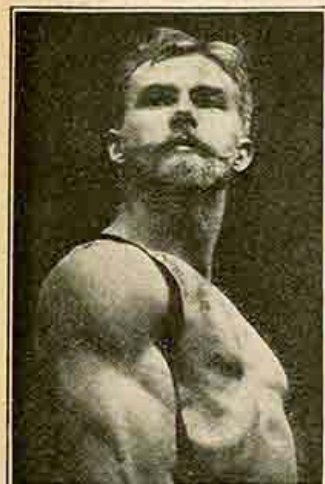


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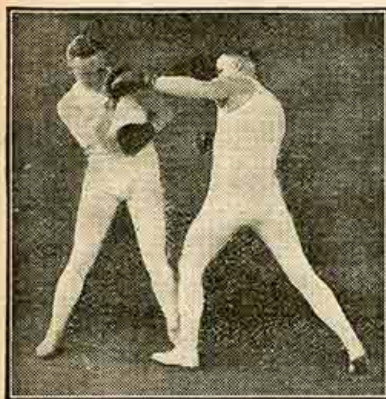
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Mike Gibbons blocking left hook led by Tom Gibbons

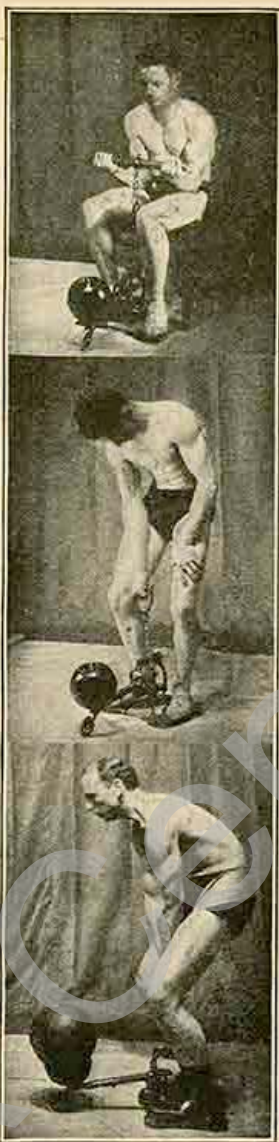
## Football's Strongest Men

(Continued from page 41)

from some of the other guards. He was not a fat man but a well-proportioned, tall man, built on big lines. So much so that if you saw him by himself without other players near him you would hardly realize how big he was. He played a free and open game at guard and was equally valuable both on offense and defense.

I have left to the last Heffelfinger of Yale, who was All-American Guard in '89, '90 and '91. He was certainly the fastest big man I ever saw, in my many years of watching gridiron stars. His first year of play he was rather like a mastiff pup who has not got its strength and is wobbly in the legs. Heff was, in his freshman year, a bit awkward and at first not inclined to put any great amount of thought on the game. One day in the old New Haven House I, as the coach, had a long talk with him and told him of his possibilities in case he would actually use his brains, and find out how to do a job in more than one set way. Thereafter he seemed to awaken and take a great deal more interest. Heffelfinger could not only cover his own position but a good part of space on the tackle or center side and he was the most effective man in leading interference out around the end that I ever saw come out of a line position, or for that matter from any position. Heff played a good deal of football after graduation. He came back to New Haven several times to help in the coaching. When he was almost fifty years of age, he came back to New Haven. I had had some discussion with the coaches who protested that it was impossible to get a guard of the present day out into interference the way we used to get them because the guards of today were too heavy and slowed up the interference. I got Heffelfinger into his clothes and took him out and played him as a guard on the 'varsity team, with instructions that the quarterback and the man with the ball were to make for the end as rapidly as possible and not figure that they would have to slow up at all, but just put on full pace and that if they beat Heffelfinger to the end, I would concede the point. As a matter of fact, the play found Heffelfinger as well in advance as he used to be in the old days, and the second eleven could do nothing with the play. A year or two later when he came on to New Haven he was much chagrined to be told by the coaches that they thought he had better not put on a suit and go out and work. As he explained to me, "I would not care if they had said that a man of fifty ought not to go out and take the risks because he might get hurt, but they told me they were afraid I would hurt the 'varsity players."

Of recent players, the galaxy is so large that space forbids going into detail—Men like Garbisch of West Point, Milstead of Yale, Bedenk of Penn State, Hazel of Rutgers, Bomar of Vanderbilt, Blott of Michigan, Horrell of California and a host of others. One thing is certain, and that is that the supply of these magnificent giants is increasing rather than diminishing, and a man who twenty years ago might have stood out as an exception, now finds that there are men quite as big as he and men equally powerful.





## The Mystery of the Ductless Glands

(Continued from page 53)

Dear Doctor:

Let me tell you a secret—Women who are getting on a bit have a great dread. They are afraid their legs will go back on them. I know a handsome woman who dances a great deal. She has a son thirty years old. Last winter she hid away from her friends for a month. She confided in me that her legs had gone back on her a bit, and she didn't want any of her friends to know it. What does this mean and what can be done about it?

ALICE M.

Weakness in the lower limbs, when not brought about by any specific infection, is most generally a symptom of asthenia—or general debility. This is frequently brought about by depletion of the adrenal glands. In other words, these two little glands situated on the tops of the kidneys, through overwork or because of the inhibiting effect of toxins absorbed into the blood, fail to secrete a sufficient amount of adrenalin to pour into the blood.

It is the lack of this potent energizing agent that causes not only the "legs to go back" on one, but that lowers the entire physical and mental tone.

The treatment consists in removing toxins from the system by proper regulation of the bowels and the flushing out of the kidneys with an ample intake of drinking water. This should be followed by stimulation of the adrenal glands, by radiation or other methods, calculated to restore normal functioning power to the glands—and appropriate dietetic and hygienic measures such as are constantly being advised in these pages.

Dear Doctor:

What shall be done for the distressing and unbecoming symptom of reddened eyelids?

Truly yours,

JENNIE R.

If your eyes seem to be under a perpetual strain, you had better see a competent oculist, and have glasses fitted that will correct the refractive error.

If you read or sew, or if your work requires you to use your eyes under unfavorable lighting conditions, you should, by all means, correct these conditions—even if you have to get another job in order to do so.

If the lids are glued together in the morning, or if there seems to be a little "matter" exuding from the corners of your eyes from time to time, try bathing the eyes with hot water followed by an eye bath (with an eye-cup) consisting of a saturated solution of boric acid. If this doesn't relieve, just instill a drop or two of a ten percent solution of argyrol into the eyes, morning and evening.

If these measures do not correct the difficulty, you had better see a competent medical man without delay, for you probably have a really serious eye trouble that requires expert attention.

Dear Sir:

Please answer through your esteemed columns an anxious query as to the cause and cure of headaches. I seem to be afflicted with all the varieties of these.

Very truly yours,

JOHN G.

This is a very large question—one that will require a special article properly to answer. Our Editors have scheduled this subject and you will see it treated authoritatively in these pages very shortly.

Gentlemen:

Please tell me what causes stiffness and creaking of the joints. Though only thirty-eight years old, I am distinctly annoyed by them.

What shall I do to remedy the unpleasant and embarrassing condition?

With anxiety, yours,

DOROTHY U.

Creaking and stiffness of the joints is caused by a lack of synovial or lubricating fluid—although at times it may be produced by definite calcification—limey or chalky deposits in the joints.

Read carefully the article by Dr. Bowers in this issue—particularly those parts of the article that relate to the dietetic and hygienic care of rheumatic and gouty joints.

He has gone into the subject more thoroughly in his column than I could possibly do here, and I am sure if you follow his suggestions carefully, they will be of great help to you.

Avoid acid forming foods and fruits of all kinds. Drink a wineglass full of Rose's Lime Juice (one of the best of all alkalinizing agents), after each meal. See that you secure at least two free daily movements of the bowels and that the kidneys are properly flushed with from eight to ten glasses of water every day.

Frequent massage of the joints is advisable, with flexion and extension of the stiffened member. Persistent treatment along these lines will usually bring relief.

Sir:

What shall I do to stimulate an appetite for breakfast. I am wholly without one.

Yours earnestly,

ALTON P.

A lack of appetite for breakfast usually indicates the presence of some toxic condition, most generally in the intestinal canal.

Secure at least two free movements of the bowels daily, by appropriate twisting and bending exercises, by eating liberally of fruit and green vegetables, and by drinking eight or ten glasses of water every day.

The exercise necessary you can find on the pages of this magazine. They are very simple and easily done. Anything which brings into play the muscles of the stomach and abdomen aids digestion and assimilation.

This would seem to be the most important thing. Set a time for your exercise and stick to it. It will soon cease to be a grind and become a real pleasure.

Also you should have plenty of fresh air. Walking, ball playing, anything in fact that brings you into the open, would help greatly in bringing about a better digestion. Fresh air burns up the toxins circulating in the blood stream.

A light diet with complete abstinence from meat or eggs will often prove of a decided benefit.

If these measures do not bring about the desired results, it may be necessary to see some competent physician who will prescribe for the debilitated or atonic condition. But I do not believe you will find any measures except those mentioned above, necessary for your cure. There are very few people suffering as you are, who could not correct their condition by the methods given here.



## Lack of Training Cost This Man \$47,424!

For forty years Sherman C. Wood, of Baltimore, Md., had been averaging less than \$24 a week, with the exception of two years when he was acting as foreman of a department.

Forty years is a long time to wait—but he saw, thru the failings of others, what would happen to him unless he found a way to train for larger responsibilities.

Wood took up home-study training under the LaSalle Problem Method, and within a period of ten months—and by devoting only about four or five hours a week—to his studies—he was promoted from foreman to the position of factory superintendent, and his salary was practically doubled.

He writes: "I can truthfully say to younger men that if they would only profit by the experience of others they can gain more knowledge thru one year's training by LaSalle methods than can be obtained in ten years' practical experience on the job by hard work."

### Mail the Coupon—Save the Money!

Better late than never—but—do you realize what that delay cost Sherman C. Wood and those who were near and dear to him?

For one thousand, nine hundred and seventy-six weeks he paid at least \$24 a week for the doubtful privilege of staying in the ranks of untrained men. His neglect of this one main avenue of business progress cost him—leaving simple and compound interest out of the reckoning—the appalling sum of \$47,424—a fortune in itself!

How much are YOU paying for your membership in the Regretful Order of the Untrained?

Below this text there's a coupon. It will bring you just the information you should have—it will place before you opportunities that for thousands and thousands of men have spelt SUCCESS.

Fill it in, clip it, and place it in the mail today.

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Perfect hearing is now being restored in every condition of deafness or defective hearing from causes such as Catarrhal Deafness, Relaxed or Sunken Drums, Thickened Drums, Roaring and Hissing Sounds, Perforated, Wholly or Partially Destroyed Drums, Discharge from Ears, etc.

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## Enthusiasm Breeds Enthusiasm

(Continued from page 33)

## I make Champs

I can do for you what I have done for thousands in every branch of athletics—whether it be for pleasure or as a profession, I can guide you. Ask Charles Daniels, champion swimmer, Tim Jordan, home run hitter, Oswald Kirby, former golf champion, Harry Babcock, world's champion pole vaulter, and a long list of others. They will tell you that my system always starts a man right and

**28 Champs to my Credit**



keeps him right. My system never fails. Over 25 years as a trainer in all branches of sport is my record—and I can still make the present-day record holders step some to keep up with me.

**"PEP UP"—Let Me Help You**  
Picture No. 1 is a photo of myself. It shows my perfect body development. I don't just develop you so that you can show off. I pep you up, so that you are better able to do your daily work. I don't try to make you do something you don't like. I let you pick the exercise or sport you like best—whether it be body development, boxing, golf, tennis, swimming, baseball or any of the fifty other sports. I tell you how to become perfect in the sport of your own choice. When you get fun out of something, you surely get all of the real exercise, body development and in building up anyone needs. I actually guarantee to make you expert in the sport you select. You will find several sports pictured here, but these are only a few of the many I can help you in.

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Write me telling what sport you are interested in and I will advise you personally, and send you a booklet describing your needs and my system. Do now. My system never fails.

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Send stamp today for the "Sure-Way" Method explained. It will show you how to eliminate all desire, all craving for the weed without a nerve-racking struggle.

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## Stop Using a Truss



**STUART'S PLAPAO-PADS** are different from the truss, being mechanico-chemico applicators made self-adhesive purposely to hold the distended muscles securely in place. No straps, buckles or spring attached—cannot slip, so cannot chafe or press against the public bone. Thousands have successfully treated themselves at home without hindrance from work—most obstinate cases conquered. Soft as velvet—easy to apply—inexpensive. Awarded Gold Medal and Grand Prix. Process of recovery is natural, so afterwards no further use for trusses. We prove it by sending Trial of Plapao absolute. **FREE**

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Return mail will bring Free Trial Plapao.

I got most of these pictures from Mr. Willoughby when he visited the office of STRENGTH. I submit five individual poses, one of which shows the medals he has recently won. The one over the center of his chest was awarded him as winner of the Elimination trials for the Olympic Games. It is to be regretted that lack of funds prevented the Olympic Committee from sending Willoughby to Paris.

Being an artist, it is quite natural that he should have original ideas as to posing. The picture showing him posed as a foundryman is quite an unusual effect; the cross-light throwing shadows that bring the lines of his arms and torso into high relief. The back view is the best for the point of muscular display, although the pose is not strikingly new. I like best the smaller pictures, the one where he is breaking a rope, and the other where his arms are folded across his chest. They show the man at his very best. He manages to get his effects without the least appearance of effort and without the sense of strain that is too clearly visible in many muscle poses. But then he has the goods. One simply cannot give the idea of great strength as in that easy, almost lazy, arms-folded pose unless one actually has the bodily proportions and muscles which appear big without any exaggerated tensing. If you are interested in his lifting power, I can tell you that he excels in those lifts which require a combination of speed and strength. He has pulled clean to shoulder with right hand, and then "jerked" aloft a bar-bell weighing 194 pounds. In the lift known as the "snatch" (where the bell is flung in one motion from ground to arms' length overhead), he did 158½ pounds with the left hand, and 197½ pounds with both hands; the last being the best "two-arm snatch" ever performed by an American amateur. In personal appearance he is one of the finest looking chaps you can imagine. He is six feet, one and one-half inches tall, and weighs 181 pounds stripped. He is as straight as the traditional arrow, and his broad shoulders and easy graceful bearing make him at once an attractive and distinguished figure.

There are those among you who persist in sticking to the old-fashioned belief that in order to excel at lifting, a man must be below middle height with short arms. Apparently Willoughby's unusual height and length of limb has proved no handicap to him, else he never could have won his championships.

But then there are others among you who cling to the old-fashioned idea that no man can use bar-bells and retain his speed. Mr. Betty (second from right in group) was a "ten second" man when in college. After training a full season with weights, he made a trial over one hundred yards, and covered the distance in 10 1/5 seconds, pretty good for a sprinter who was out of practice, and a fairly conclusive proof that his lifting had not slowed him up to any noticeable extent. But then it never does. Not long ago I had a letter from another Californian who told me that he used to do his lifting in company with that famous sprinter, Morris Kirksey.

Before leaving the subject, I might mention the odd fact that all seven of these Los Angeles men are either light-heavy-weights or middleweights; Willoughby, the heaviest, weighs 181 pounds, and Betty, the lightest, weighs 163 pounds.

Of Mr. Jowett himself it is hardly necessary to speak. I wrote an article about him which appeared in STRENGTH for February, 1923, and articles from his pen have continually appeared in these columns. The small picture (arms folded) was taken several years ago, but the other one (hands on hips) was taken only a few days ago. Up to a few weeks ago he made his home in Pittsburgh, from which place he practically directed the affairs of the Lifting Association. Associated with him on this work was the well-known Otley Coulter, a man whose hobby is the love of the lifting-world, who is a walking encyclopedia of lifting records, and who for a time contributed articles regularly to this magazine. The lifting club in Pittsburgh is a well established institution, and its membership includes stars like Clark Waddell, and a number of new luminaries brought to light by Mr. Jowett.

Jowett speaks in the highest terms of the remarkable development and terrific lifting power of Charles Shaffer, a young amateur of Pittsburgh. Judging by the two pictures of Shaffer, I should say that Jowett was justified. The side view certainly gives a very unusual display of the muscles on the abdomen and the whole right side of the body. The other view shows a back, arms, and shoulders of massive proportions and rare power.

Another Pittsburgh amateur for whom Jowett predicts great things is Frank Denis, who is making fine records, and whose case is extraordinary because a short two years ago he suffered from constant hemorrhages of the lungs and was supposed to be in an advanced state of T. B. His constant use of graded weights has not only eliminated his disease and restored his health, but has brought him to a point far above the average man in energy, strength, and muscular development. He now holds numerous records in his class, the lightweight.

Others among the Pittsburgh group are J. Chile, a 140 pound man, who after a short period of training became able to lift 147 pounds above the head with one hand, and 210 pounds with both hands. He is one of those who came to watch and remained to lift, for his first few visits to the club were in the role of a spectator.

H. Mackrell is a man weighing only 106 pounds, who is able to make a "one-arm bent press" with 160 pounds, a marvelous lift for a man of his size. Chas. B. Swift is still another who has done fine work in the past and will make even better lifts in the future. For a while he acted as Secretary of the Association, and by the way, none of the officials of the association are "arm-chair athletes." Each and every one of them is an active and enthusiastic lifter. They make converts by force of example.

If space permitted, I would like to tell you of other lifting clubs started through Jowett's enthusiasm. His influence has



certainly been wide-spread, and his work has been so meritorious and so utterly unselfish, that it took no effort on his part to persuade the publishers of this magazine to lend him their assistance. STRENGTH has peculiar advantages in this connection because in its infancy it was entirely devoted to the cause of lifting and still retains among its readers thousands of lifting enthusiasts.

It is to those men that this article is particularly addressed. Personally, I have no connection with the Association except a very, very friendly interest. But I can see the immense advantage that such an association will be to the lifters of America. It is bound to bring into prominence a host of new champions, and because it will eventually have a very large membership roll, it is going to play a big part in improving the national physique. Don't get the idea that by joining, all you will do is to help along a worthy movement, for the association can do more for you than you can for it. It will not only put you in touch with your nearest neighboring fellow-enthusiast, but it will help you to form branches where you can meet, exchange views, and train with other lifters. I can see that Mr. Jowett is going to be a much overworked man, but nevertheless, if you are interested do not fail to write him at your first opportunity and ask him to tell you how to "join up." Having recently been made President of the Association, he is in possession of all the lists of clubs, individual members, etc. Also, he will, for a time at least, be in charge of distributing the data regarding rules, training methods, and so on.

Those hundreds of lifters who live in greater New York can save time by applying direct to that well-known STRENGTH favorite, Sigmund Klein, who has taken charge of the old "Attila" gymnasium at 3924 Broadway, New York City, and who will make that the headquarters of the Manhattan branch of the organization.

Similarly, those on the Pacific coast might apply to Mr. Willoughby at 1305 West Eighth Street, Los Angeles, Calif. Letters for Mr. Jowett can be addressed to him in care of this magazine.

I am afraid that the foregoing paragraphs may give some of you the idea that the only ones eligible to join the Association are those who live in cities and larger towns where clubs will be established. So let me say that the Association is open to every one interested in lifting or in barbell exercise. Even if you are the sole lifter in a small village, or even if you live miles from the nearest town, you can profit by joining the ranks of the association. You will find that the literature issued to you as a member will give you advice, instruction, and helpful training hints that you could get from no other source. And then it is unlikely that you will always stay at home.

If you traveled, your membership card would gain you admittance and a welcome to any of the Association clubs and branches where you would be apt to meet experts, whose acquaintance and advice would be invaluable to you. The American Continental Weight Lifters' Association is one of the greatest forward steps that has ever been taken by American athletes, and I expect to see it rapidly grow.

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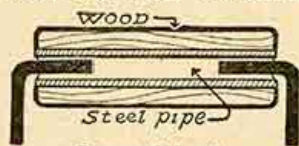
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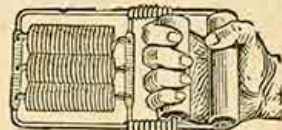
PATENTED HANDLES, the strongest ever made. Ordinary handles crack under unusual strain, or the metal ends slip out. But the Henry Victor Handles are firmly gripped in a steel pipe inside the wooden part of the handle, which greatly reinforces it and makes slipping, cracking or breaking impossible, no matter what the strain.

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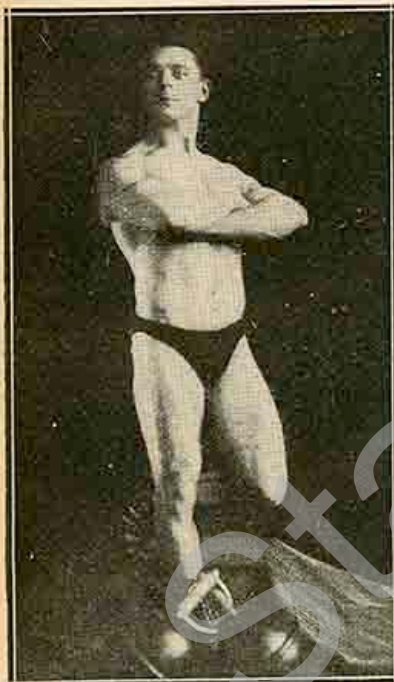
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MR. SIEGMUND KLEIN, formerly of Cleveland, O., is now in charge of the Attila Physical Culture Studio in New York City. Mr. Klein will be pleased to meet any of the readers of "Strength" in his modern and splendidly equipped strength studio.

Due to his many years of real experience, Mr. Klein has acquired a thorough knowledge of physical training and body building, and there is no one in this field of endeavor who is better equipped to give personal instruction. Alan Calvert, America's greatest authority on muscular development, declared, "Klein has the most perfectly symmetrical figure of any athlete in America."

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Between 164th and 165th Streets

Mr. Klein has been appointed N. Y. State representative for the A. C. W. L. A. All enthusiasts desiring to become members of this association should get in touch with Mr. Klein at his studio.

## The Famous Blood Washing Treatments Can Now Be Taken in the Privacy of Your Own Home!

THIS will be good news to a great many of my followers. There have been thousands of people who wanted to take the Blood Washing Treatments at my institutions at the Biological Blood-washing Institutes, American School of Naturopathy, 7 W. 76 St., New York, Tangerine, Fla., and Butler, N. J., but were unable to leave their homes for financial or business reasons.

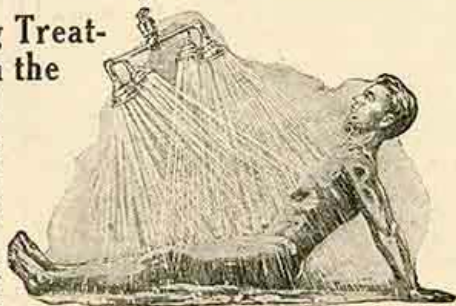
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## Why Does a Head Ache?

(Continued from page 49)

life and health conservation, will force upon all manufacturers of headache powders the necessity of labeling their preparations with this inspiring legend: "Contains acetanilide, a poisonous heart depressant."

So headache invariably means something. In fact, if we would take the trouble to find out what this something is, and remove it, headache would be the most useful and life-saving pain in the medical dictionary.

But however else headache may be treated, it should never be treated with contempt. Headaches that cannot be relieved by cold towels, hot water bottles, smelling salts, rest, elimination, regulation of the diet, or some of the simpler, non-harmless methods, invariably should be referred to a doctor.

The real and tremendously useful function of headache is to serve as a combination fire-alarm and police whistle for the body's protection. Any system of living which automatically silences this alarm must, of necessity, be a health and life insurance of the first water. From which we infer that if we had as much sense as a headache we would never have one.

At least we need not be so foolish as to fail to take advantage of a warning when we receive it. We can check up on the headache, find out what has caused it, and remove the cause instead of the effect. That is practically what we do when we "dope" ourselves with powders and tablets which relieve the pain and do not remove the condition.

A particular headache may mean only when we have been shopping too long, working too long, or studying too long; but continual or frequent ones usually indicate some deeper physical ill which can be easily overcome if we get it in time.

To sum it all up, your headaches may be due to nerve irritation, fatigue, poisons, eyestrain, wrong eating, or a "slipped" vertebra.

The first can be overcome by proper rest and a saner outlook; the second by proper eating and exercise; the third by giving the eyes a little attention now and then, and an osteopath can correct the last defect quite easily.

You can decide more quickly than anyone what the cause of your headache is, and you can do more than anyone to cure it.

NOTE.—Dr. Bowers will write next month on "What Happens When Your Glands Go Wrong."

As you will read in another department of this magazine, edited by Herman H. Rubin, M. D., the little understood function of glands is becoming less misunderstood. Knowledge on the subject is gradually accumulating, and each bit of knowledge that does accumulate tends merely to emphasize the tremendously important function of these tiny chemical laboratories. Do not miss Dr. Bowers' very informative and interesting article in the next issue, as it may point a solution for some problem in health, that may have puzzled you and your family physician for many, many years.



## Making Every Exercise Difficult

(Continued from page 65)

even start this exercise, he had no chance of accomplishing it in this way. So he came to me.

"Your difficulty," I told him, "is this: Your legs are not quite heavy enough to advance your abdominal muscle strength to the point where they will be capable of raising your torso several times. In plainer words, your trouble is in the difference between the weight of your legs and the weight of your body." The principle of leverage, which is a great factor in many exercises, does not enter into this instance because, generally speaking, there is little or no difference between the length of the body and the length of legs.

I further said to my friend, "Why didn't you fasten a few pounds to your feet or ankles which would put more work on your abdominal muscles, and then eventually increase the weight a little if necessary? This would soon make the muscles in question capable of raising the body." Of course he admitted he hadn't thought of that. Whereupon, I asked him if he had thought at all, to which he did not reply. Needless to say, in a week or so he was able to raise his body easily. Of course this fellow was unusually weak or he would not have struck this obstacle.

That exercise which is much despised by most physical culturists and called "kid's play," namely, the two-hand chin, can be made a very valuable exercise by adding a little weight to that of the body. It is not uncommon for men who are fairly strong to see how much they can pull up in addition to their bodily weight in this manner; but it is rarely used as an exercise with a slight addition to the body weight.

There is the leg swinging exercise which you might have seen performed in school yards, daily dozens and gymnasiums. This movement of the leg to the front, side and back is all right for a rank beginner who has done no exercising for years. However, it does soon become too easy. But just try it with a little weight fastened to your ankle. This makes an exercise that is strenuous enough for any of them, no matter how strong they are.

This exercise is great for the thigh and hip muscles. It brings out those great lumps of muscles that are situated around the hip joint. By bending the leg at the knee as you bring it back and raising the foot slowly with the extra weight, you get the only real direct exercise for the biceps of the legs (the back of the thighs). That is how I developed my leg bicep muscles, which are, according to authorities, unusually developed.

If you want one of the most strenuous abdominal exercises there is, take the weights as used in the floor dipping exercise and place the strap across the small of your back while on your hands and knees. Now assume the same position as you would in performing the floor dip, with the exception that you place your hand an inch or two forward from a point on the floor that is plumb with the deltoids of the shoulders. Then raise the hips or buttocks as high as you can, keeping the legs and arms rigidly straight. When the high point is reached, lower the hips until your

abdomen very nearly touches the floor. Is it strenuous? Well don't try it with weight unless you are more or less an advanced physical culturist. Simply take my word for it and do it without the weight for a while.

It is surprising how few a number of neck exercises are used by even the most ardent and well-versed physical culturists. These advanced exponents of exercise despise the common neck movements; those of turning the head from side to side, etc., while standing in an erect position, because like others of this type, they are too easy and childish. This elimination leaves them with one good and strenuous exercise, and that is the wrestler's bridge.

Now the wrestler's bridge probably cannot be beaten as far as its neck developing properties go, but it is very brutal to the performer. This is very much against it, for it takes a person with a great amount of enthusiasm and one who is not easily bothered by pain to get much good from it.

The main trouble with this exercise is that it is practiced on the softest part of the head which is, as you know, the top. At least, this is the manner in which most novices practice it, whereas wrestlers and experienced physical culturists do it more on the forehead. This position is less strenuous and painful and locks the neck in a solid position, which is all right for the purpose of supporting heavy objects. But it is not as good a position for exercise purposes as is the position on the top or back of the head.

If you are one of the many who find the wrestler's bridge too painful or strenuous and the common head ducking movement too easy, try this one which I have used successfully and have suggested to many others with the same results.

First lie across a bed. That is easy enough to make you interested I am sure. Lie in a position so that the tops of your shoulders are about flush with the side or edge of the mattress. This position, you will find, leaves your head and neck hanging over. Consequently the weight and position of your head puts work upon the neck muscles. In the other neck exercise previously mentioned, the weight of the head is mostly on the spinal column.

Having taken the position, you raise the head to the chest and slowly let it drop back and repeat. This movement affects the two large cords or muscles which start just behind the ears and run on an angle to almost one point at the top of the breast bone. When you lie on either side, you exercise directly the muscles on the sides of your neck, and when you lie on your chest you exercise the muscles at the back of your neck. Besides these movements in which you move the head directly up and down while in any one of these four positions (two sides, back and stomach), you can also twist the neck, which is also a good exercise.

You must always remember that the back of the neck is by far the strongest part. The front and sides are very weak in comparison with the back. Therefore it is only logical that the back of the neck requires more strenuous work than the

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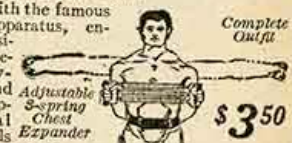
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## Making Easy Exercises Difficult

(Continued from page 91)

other parts. A beginner will find all the variations of this exercise far enough advanced in its simplest form. But the more advanced student will need a little weight for the back of his neck, and the really strong will need it for all parts of his neck.

Here is another instance where a very few pounds makes an easy exercise extremely difficult. A specially made head gear is the real thing for using weight in this form of neck exercise but, like a good many things, it is not absolutely necessary. A strong towel that is large will answer the purpose. Take the towel and tie the diagonal corners together securely. Then fasten whatever object you are going to use for weight to the towel at the place where the knots are tied. Now take your position on the bed and place the wide part of the towel across your forehead if you are lying on your back; on the side of your head just above your ears if your position is on your side; and on the back of your head when on your chest. With the weight in place and your hands gripping the towel in order to prevent it from slipping and to regulate the amount of weight on the neck muscles, you go through the same movements as without the weight. This neck exercise, if practiced correctly, will compel your haberdasher to order a stock of larger size collars than he ordinarily carries.

I feel sure that I have outlined enough exercises in which this advancement principle can be used to give you a clear idea of it, from which you will be able to apply the method to most exercises. Always remember that where the leverage is great, a little weight goes a very long way. The raising of the body to a sitting position while the feet are held down is a leverage proposition, as well as is the raising of the arms and legs. Try this method next time you exercise, and see for yourself if what I have told you is not so.

## What Will Cure Foot Troubles?

(Continued from page 63)

found to have cut off a large share of the needed blood supply to the lungs. This, with the diet and rest, brought results immediately. But this should not be misconstrued so that every person with flat feet will be stampeded into foolishly thinking tuberculosis is sure to follow.

In the past three years remarkable advance has been made in the diagnosis of foot troubles and in methods of correcting them. This means that the person who five years ago was told his or her foot ailment was incurable or who became disgusted over a long period of treatments and took to mechanical devices should take fresh hope and go at it again.

In the case of flat foot such things as strappings, arch supports, etc., are useless so far as effecting cures are concerned. They will produce more harm than good, for they tend to decrease the muscular power of the foot, and in that power lies the secret of the method of curing.

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## What Will Cure Foot Troubles?

(Continued from page 92)

graphs, about which we shall go into detail so that you can make them yourself. These three things are for correct diagnosis only, and must not be mistaken for treatment.

The treatment consists of adjustment of bone misplacements, proper exercises for reconstruction of the abnormal arches, and supports to be used only as you use crutches for a broken leg—until the arch has been built up and strengthened enough to hold its burdens. Proper shoe fitting is also an absolute necessity in this treatment.

To start with, there should be complete rest for a few days. Three or four times a day, for periods of ten minutes each time the feet should be alternately immersed in hot, then cold water. This is the "contrast bath" spoken of in the last article. Its toning effects on the muscles are wonderful. The foot exercises should also be begun immediately. These consist of lying on the back and moving the feet slowly upward as far as possible, back to normal, then down as far as possible, back to normal again, then out to the sides and in as far as possible. Do this three or four times a day for ten minute periods each, and go through each exercise slowly. These will build the muscles wonderfully.

Now the shoe alterations must also be made to shift the weight of the body back where it belongs. This proper fitting of the shoes really follows complete diagnosis, as outlined in the remainder of this article, and can be made readily enough.

In all this discussion of flat-foot we must not overlook another major ailment which has had little attention in the past. Everybody has stressed flat-foot, probably because there are a lot of manufacturers seeking to make money out of selling arch supports which do not cure but pay big profits to the manufacturer.

This other major ailment is "pes cavus" or hollow foot. It is exactly the opposite condition to flat foot. The arch is higher than it should normally be and yet many cases of this have been diagnosed as flat foot. In hollow foot the weight is thrown onto the ball of the foot although it seems to be borne by the outer edges. The result is the balls of the feet (the anterior arches) fall.

Most cases of hollow foot are caused by ill fitting shoes and walking with the toes turned in.

We have already had certain exercises for strengthening the muscles of the feet explained earlier in this article. Now we are ready for the other exercises which are to be taken faithfully and then we shall go on to the matter of pedographs. These exercises are:

No. 2. Stand with bare or stockinged feet parallel. Rise on the toes and turn the heels outward, holding to a table or chair to keep from losing the balance. Return slowly to normal. Repeat this exercise four or five times several times a day, and if it cannot be done without the shoes due to business or other conditions, do it with the shoes on.

No. 3. Stand on the outer edges of the feet and walk about the room. Do this

several times a day, without shoes if possible.

No. 4. When sitting bend the ankles so that the sole of the foot is as near to right angles with the floor as possible. Cross the ankles in doing this.

These exercises are for the treatment of both flat foot and hollow foot. Persist in them. For several weeks you will probably not notice any effect and then a sudden reaction will come. Individuals inclined toward foot troubles will ward them off in this fashion and those afflicted will find that the muscles are beginning to function again. These exercises continued long enough will build them up so that eventually they will be strong enough to hold the bones in place as intended. They are almost a guarantee of relief if you have the mental strength to continue them.

The other parts of diagnosis and treatment have been purposely left until the end because they apply to outside help. There has been so much fraud and ulterior motive in the treatment of foot ailments by those not qualified to treat them, that many of those who have vainly sought relief for years may be inclined to doubt. But you simply cannot diagnose your own ailment with any degree of surety. Neither can the man in the store who sells mechanical appliances, though he may tell you he can. The X-ray and pedographs are the only accurate methods. Of course the X-ray need not be discussed here but the pedograph can, and you can take your own pedograph.

In taking it the individual is seated. The bottom of the bare foot is painted with an iron solution which you can get at any drug store by showing the druggist this formula:

Tr. Ferric chloride ..... 45 c.c.  
Glycerine ..... 5 c.c.  
Alcohol ..... 50 c.c.

After painting the bottom of the foot with this solution the foot is hastily placed on some porous paper such as the Scottisue towels. The individual arises, placing all the weight on the foot that has been painted. Then take a pencil, holding it at absolutely right angle to the paper, and outline the foot.

A solution of tannic acid is next applied to the imprint left by the iron painted foot. The iron imprint turns a jet black. The tannic acid solution can also be secured at the druggist very cheaply by showing him this formula:

Tannic acid ..... gm. x (by wt)  
Alcohol ..... 90 c.c.

Go through the same procedure with the other foot.

Then if you will send the completed pedographs to the writer in care of this magazine an effort will be made to diagnose the ailment. Ordinarily these pedographs will suffice. It is only when there are complications or when some peculiar condition has arisen that the X-ray is necessary. In four out of five cases the pedograph should suffice, and the exercises outlined above with proper shoe fitting, which can follow diagnosis by the pedograph, will cure your foot troubles.

I will be glad to be of help to you in correcting these foot troubles.

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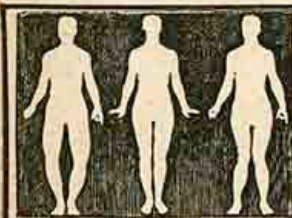
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## Are You A Victim of Indigestion?

(Continued from page 50)

surgeon advised another operation, stating  
that I had a prolapsed stomach. But I  
was too weak to undergo it at that time;  
so I tried another specialist. This man  
told me I was suffering from acidity of the  
stomach and should go to a hospital for six  
to ten weeks where I would be fed the  
right foods to reduce the condition and  
would be given a treatment and exercises  
to strengthen my stomach. That proposi-  
tion was too expensive. I had already  
spent hundreds of dollars on doctor-bills.

Then I wrote my sister of my condition  
and told her how discouraged I was, and  
that I was ready to try anything. In a  
couple of days I received a package with  
a can of whole grain wheat in it and a  
little pamphlet issued by the Whole Grain  
Wheat Company giving a simple outline of  
what articles of food to eat with the wheat  
and how much of each one. Evidently my  
sister had not forgotten my fondness for  
the wrong kinds of food.

Again common sense methods prevailed  
where nothing else would. This was my  
last hope. Already I had visions of myself  
as an invalid; I knew the uselessness of  
medicine and surgery; so I clutched this  
new chance as a drowning man clutches the  
only refuge in sight. I opened the tin im-  
mediately and began following directions.  
For the first time in my life I completely  
gave up sweets. I stopped eating everything  
I craved and ate what was advised. I  
started the day with the juice of two  
oranges taken immediately upon arising. I  
prepared these the evening before so I  
could take the juice before waiting to  
dress. Then in one hour I ate a dish of  
whole grain wheat with cream and a small  
amount of sugar. At eleven I took the  
juice of two more oranges and at twelve I  
ate my portion of whole grain wheat and  
perhaps the yolk of an egg, some sliced  
cabbage or lettuce and a little stewed fruit.

I was really astonished to find myself so  
well satisfied with the food, and it did not  
take me long to notice a difference in my  
condition. I would rise in the morning  
without the dull sick feeling I had always  
had. Many a morning my stomach had  
been so sore that I could not stand the  
pressure of a corset against it. The pain  
after eating grew less and less severe, and  
best of all, I had an evacuation every day.  
I rested better at night and my nerves  
were getting back to normal.

After a few weeks I was so improved  
that I did not feel the least distress after  
eating. I then began to include a few  
foods in my dinner menu that I knew were  
nourishing. I soon lost my abnormal  
appetite for sweets and highly seasoned  
foods, and it was no longer a penance for  
me to eat the plain, hearty ones that nour-  
ish the body.

Now all my friends remark upon my  
improved appearance and tell me I have  
lost that drawn, haggard look. My whole  
system is undergoing a wonderful change,  
my strength is returning and I am not  
nearly so easily fatigued. I think my cure  
remarkable as I had practically given up  
hopes of ever being strong again and had  
pictured myself a hopeless invalid.

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# I HAVE JUST COMPLETED A GREAT, NEW COURSE FOR YOU

It is written personally by me on one of the most interesting and beneficial forms of body and health building that exists. This new course is one of tumbling and hand balancing.

The course is the most complete of its kind, and is really two separate and complete courses in one. The feats are classed and given according to their rank. They start with the most simple stunt, the Roll-Over, and proceed on to Gainers, Twisters and Spotters, as well as with difficult routines and exhibition work.

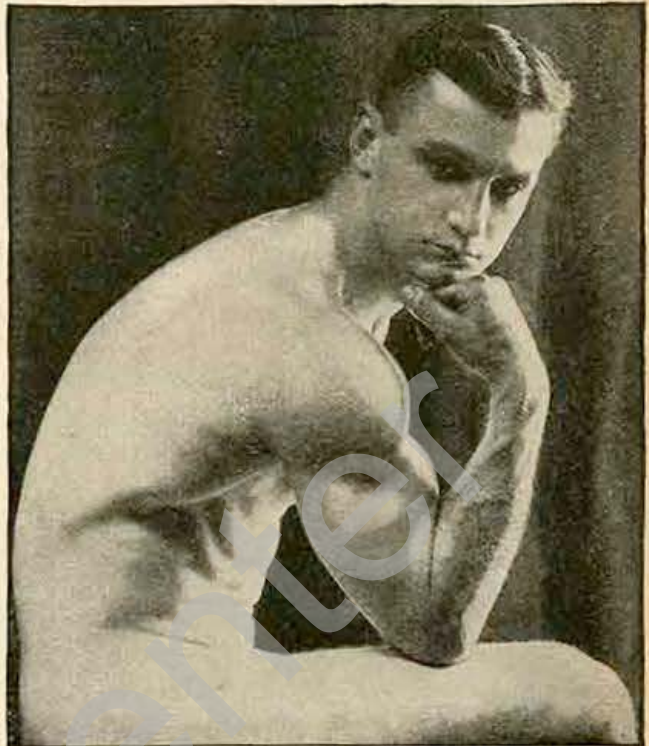
There are both tumbling and hand balancing feats which you can learn alone. There are tumbling and hand balancing stunts that you and your "buddy" can perform together. And further still, there are feats that you and several of your friends can easily perform with a little practise.

## Imagine Yourself the "Top Mounter"

or the "understander" of a troupe of three or four members. Imagine the thrill of supporting the other two or three members of your troupe in going three or four high, each tumbler standing on the shoulders of the man or boy under him. Think of the greater thrill of being the "top mounter" in this interesting feat.

With my clear instructions, feats like these will be easy for you to learn. And there are action illustrations galore, which help you greatly in learning the most difficult feats.

I know you would like to be able



CHARLES MacMAHON

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When these so-called series or repetitions of single feats in rapid succession are mastered so that you do not hesitate between each individual feat, there is nothing more beautiful to look at or nothing more thrilling to perform.



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tumbling and hand balancing affords, there is no better form of exercise for the purpose of stimulating your internal organs and causing them to function normally. Furthermore, there are no better movements than these for increasing your pep and suppleness. Tumbling and hand balancing are like swimming—once learned never forgotten.

### To Those Who Send for This Course of Mine Before November 10th

I will give the valuable privilege of corresponding with me on matters pertaining to your pursuance of tumbling and hand balancing feats. This personal help will be a great aid to you in perfecting your tumbling, ability and will be included in the price of the course, which is \$3.00 post-paid.

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# Don't Let Them



# Call YOU "Baldy"

**Stop that falling hair—Destroy that dandruff—Grow new hair on your bald spot—with new, scientific system—Free book tells how**

FROM the very first day that I mentioned the fact that my hair was falling out, some of the boys began calling me "Baldy."

And the following summer, when I started in to play golf without a hat, thinking it would help the growth of my hair, old Herb Jackson nicknamed me "Bald Bean Bill."

Herb had a voice like a fog horn, and when he shouted my nickname across the links, even the caddies had to snicker, and I imagine that the girls on the club house veranda had many a laugh at my expense. It was mighty humiliating and embarrassing, and it made me realize, as never before, the value of a good head of hair and the annoyance that baldness brings.

I soon made up my mind that I would either have to find some way to make my hair grow or else I would have to buy a wig. But I was afraid if I bought a wig, I would be "guyed" worse than ever.

For more than a year I tried all sorts of treatments—massage, ointments, tonics, kerosene oil, etc., etc.—with no apparent benefit. Then I heard of Alois Merke, of the Merke Institute, and his scientific system for promoting hair growth.

## Entirely New System

From my experience with Merke, I am satisfied that he knows more about hair than any other man on this planet. As a result of long experience, including years of study in such centers of scientific research as Heidelberg, Berlin, Paris, Cairo and Geneva, Merke perfected a system for growing new hair that was a positive revelation to me.

Most people believe that when their hair falls out the roots are dead. But Merke has proved that in the majority of cases the hair roots are merely dormant—inactive. Through undernourishment, dan-

## PROOF!

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

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

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

"Your system is nothing short of being wonderful. New growth started after three weeks. Am on the way to a new head of hair."—A. K., Lakeview, N. J.

(Original of above letters on file in the Institutes.)

druff and other causes the starving, shrunken hair roots have literally gone into a state of "suspended animation." But, no matter how fast you are losing your hair—no matter how thin your hair has become—you can use Merke's system of stimulation which awakens these dormant roots and promotes an entirely new growth of hair.

And the fine thing about the Merke System is the fact that it is *simple* and *inexpensive* and can be used anywhere where there is electricity, without the slightest *discomfort* or *inconvenience*.

## Don't Be a Doubter

Don't be skeptical or doubtful about Merke's discovery. I was. And it nearly cost me a good head of hair. For I had to be argued into investigating Merke's System.

I said to my sister, who called my attention to Merke's System, "I don't believe it." "Well," she said, "you didn't believe in airplanes twenty years ago. And when it was reported that messages and music would be sent through the air *without wires*, you thought it was just a joke."

So, take my advice. Don't be a

skeptic. It doesn't pay. Investigate. Find out for yourself. That's the only common-sense thing to do. It costs you only a postage stamp to get Merke's wonderfully interesting book, in which he explains his simple, successful system which is growing new hair on happy heads all over the country.

## Investigate at Once

If you are losing your hair—if it is beginning to grow thin—if you have a bald spot that is growing bigger and bigger—send at once for a copy of Merke's free book telling all about his remarkable system for growing new hair.

Merely fill in and mail the coupon which appears below, to Allied Merke Institutes, Inc., 512 Fifth Avenue, New York City, Dept. 5511.

No matter how fast your hair is falling out—no matter how thin it already is—no matter how little of it there is left—the minute you get and read this book, you will realize its importance to you and the wisdom you displayed in getting it.

Don't take anybody else's say-so in this important matter. Get the book. Read it. Judge for yourself. That's the only *sensible* thing to do.

The Merke System gave me a good head of hair. Let it do the same for you.

Don't give anyone a chance to call you "Baldy."

## Get This Book

Allied Merke Institute, Inc., Dept. 5511  
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Please send me—without cost or obligation—a copy of your book describing the Merke System.

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