

Constipation Our Most Dangerous Disease

Strength

NOVEMBER

25¢



WV CLEMENT

Diet to Cure Pimples
Health and Hygiene for Boys
Can We Increase Our Height?

Why Don't You Get The System

That Is Responsible For Such Wonderful Backs As The One Shown Below?



A. NORDQUEST

NOVEMBER STRENGTH SHOW

At the Milo Building, 2741 Palethorp St., Philadelphia, Pa., will be held the usual monthly Strength show. The date is Friday evening, November 6th, and the performance will begin at 8 o'clock sharp.

**A BETTER SHOW THAN EVER IS PROMISED
DON'T FAIL TO BE ON HAND**

The Milo Bar-Bell Co.,
Dept. 115, 2739 Palethorp St.,
Philadelphia, Pa.

Gentlemen:

Please send me, without obligation on my part, your free booklet entitled "Health, Strength and Development and How to Obtain Them."

Name

Address

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

This back pose by Mr. Adolph Norquest is one of the most remarkable muscular displays ever pictured. It is doubly remarkable because in a back pose with the arms out to the sides and straight as in this case it is very difficult to make a good muscular showing. In order to be able to show such a display of muscles and shape, one must be exceptionally developed. Mr. Adolph Norquest is a Milo Bar-Bell user.

Milo Pupils Get Exceptional Development

There are no half-way improvements from this tried and trusted method.

Milo pupils with super developments, unbelievable strength, and records of achievements are springing up all around us. Hardly a day goes by that we do not hear of some new pupil of The Milo doing marvelous things in strength competitions, or a day does not go by that we do not receive pictures of some new pupils which show superb physiques.

So Where is the Sense of Your Groping Around for the One System of Body Culture When it is Right Now Before Your Eyes and Easily Within Your Reach?

The way to proceed to get a Milo Bar-Bell is first to tear off the coupon at the bottom of this page and fill in, plainly, your name, address, city and state. Then, before you forget, mail it in to us. This coupon will bring you our beautiful catalogue showing our wide range of styles in Bar-Bells and also pictures of a great many of our wonderfully developed pupils. This catalogue is full of convincing proof that Bar-Bells are the best means of getting enormous strength and a phenomenal development.

Now, then, when you have received this Milo Catalogue, have read it and seen that the Milo Bar-Bells and System are the best you can get, use the order blank enclosed in your catalogue immediately or at least as soon as possible. In a short time your Bar-Bell and Courses will be in your home. You'll be proud of them all, but more than proud and thankful for the physical benefits you will get from their use.

You Can Equal the Development and Strength of Our Star Pupils

You can be a Jowett, Norquest, Klein, Snyder, Dennis, Goodman, or any other of the lengthy list. But, on the other hand, you can get perfect health, a good physique and above-the-average strength from the Milo Bells without becoming a strongman.

Milo Bar-Bells Are Guaranteed to Give You the Strength and Development You Want

We are developing phenomenal physical specimens of Manhood every day—Men with phenomenal strength and physiques. The Milo Methods will make your development phenomenal, as well as a surety.

Don't hold back in a skeptical frame of mind. The Milo Bar-Bell Co. has been developing men too many years to be doubted. It is not only the great number of pupils we have developed that make our system the best, but the extraordinary high quality of that great number of pupils.

You Must Get the Milo Catalogue Now. It's Free

We will look for your request and will be pleased to mail you immediately our catalogue entitled "Health, Strength and Development and How to Obtain Them."

SEND FOR IT TODAY

THE MILO BAR-BELL CO.

2739 N. Palethorp St.

Dept. 115

Philadelphia, Pa.



J. E. Greenlade

President of the National Salesmen's Training Association, but called by some "The Man Who Makes Men Rich"



\$5,000 to \$10,000 a Year for Men Who Read This Ad

Let Me Make You a Master Salesman! This New Easy Way

I DON'T care what you are now or what you think. The Association of which I am president will take you in short, easy steps and make a Master Salesman of you, put you in the same class with the big pay men who have all the good things of life.

Many have thought that Salesmen were "born". And that idea has kept many men from succeeding. But this Association of Master Salesmen has proved that any man can be taught the rules and principles that make men Master Salesmen. And you know as well as I do that Salesmen top the list of money-makers. They are the producers and you can be one of them.

Easy as A, B, C

If you are as intelligent as the ordinary farmhand, postal clerk or stenographer, you can quickly master the simple A, B, C's of Selling. There are certain ways of approaching a prospect to get undivided attention, certain ways to stimulate keen interest, certain ways to overcome objection, batter down prejudices, outwit competition and make the prospect act.

You can learn these principles at home in a short period of pleasant, inspiring study. And once you have mastered these secrets of Master Salesmanship, you can take advantage of the employment department of the Association without charge. They will help you select and secure a position as soon as you are qualified and ready.

This is a real opportunity, for during the last year the Association received calls for 43,846 salesmen from the biggest sales organizations in America. And these men are the same as you see above—men who make from \$5,000 to \$10,000 a year in salary and commission.

These are only four out of hundreds of similar records in the Association files. Our members make good because the Association has specialized for seventeen years in teaching the Art and Science of Salesmanship and teaches the most unusual principles ever laid down for quick success.

The book you see below has been the starting point for thousands of men who are now successful salesmen. This book, "Modern Salesmanship," is now FREE and it will be sent to every man who fills out and returns the coupon below.

Rush the Coupon

If I were asking ten or twenty dollars for this book you might hesitate. But I am not. It is Free. And since it may mean the turning point in your life, when you leave forever behind you the drudgery and low pay of routine work for the fascinating, big pay job of the salesman, it certainly is worth your time and the two cents you will have to spend to get this amazing book and read for yourself the astonishing facts given between its two covers. You have everything to gain and not one cent to lose, so mail the coupon today, sure.

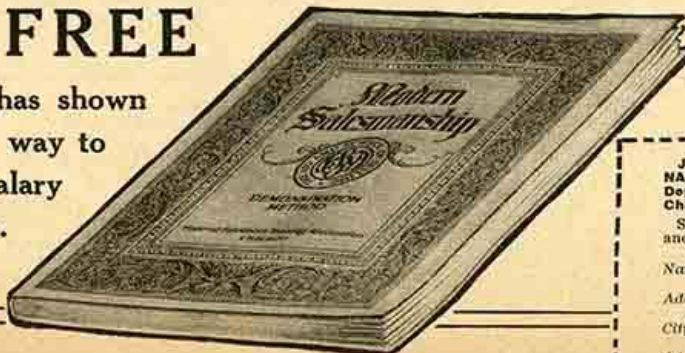
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Chicago, Illinois



SENT FREE

the book that has shown thousands the way to amazing salary increase.



J. E. Greenlade, President
NATIONAL SALESMEN'S TRAINING ASS'N
Department S-21, N. S. T. A. Building
Chicago, Illinois.

Send me FREE your book "Modern Salesmanship" and proof that I can become a Master Salesman.

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



Strength



NOVEMBER, 1925

Vol. X

No. 9

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Will You Take These Men's Word For It?



\$700 in 24 Days "Thanks to you, I made \$700 in 24 days in Leeds," says F. G. McNabb, 848 Spring St., Atlanta, Ga. "I recommend your training everywhere."

These Four, and Thousands of other Men earning \$70 to \$200 a Week, Recommend This Training to You!



\$1000 a Month John Jirinec, 1133 Fourth Avenue, Astoria, L.I., now earning \$12,000 a year, recommends Cooke Training. He says, "It alone is responsible for my success."



\$9,000 a Year Auto Electricity pays W. E. Pence, Albany, Ore., over \$9,000 a year. 68 men enrolled for this training on his recommendation.



\$125 a Week "Depend on me as a booster," says A. Schreck, Phoenix, Arizona. "I make over \$200 a month. Your advertisement started me to success."

START NOW Be an ELECTRICAL EXPERT

LEARN to EARN \$3,500 to \$10,000 a Year!

Don't you keep on working for only \$25 or \$35 a week. Get into Electricity. Thousands of Cooke Trained Men who knew nothing about it a short time ago are now earning \$70 to \$200 a week as Electrical Experts—and they don't work half as hard as you do. Why stick to your small pay job? Why stick to a line of work that offers no chance—no promotion—no big pay? Get into the world's greatest business. Electricity needs you. I'll show you how to do it. Get ready for the big pay job now.

Electrical Experts Are In Big Demand

Even ordinary electricians—the "screw driver" kind—are making big money, but trained men—Electrical Experts who get the top salaries—are needed more now than ever before. Thousands of Cooke Trained Men easily earn \$3,500 to \$10,000 a year. That's the kind of a job you want—where you can plan and boss and supervise the work of others or go into business for yourself. Get started towards one of these big-pay jobs now. Learn to earn \$70 to \$200 a week — you can do it with Cooke Training — recommended by more than ten thousand successful graduates. Just mail the coupon below.

Age or Lack of Experience Bars No One

You don't need experience. You don't have to be a College man. You don't have to be even a high school graduate. As Chief Engineer of this big two million dollar institution which does a general Consulting Engineering Business besides operating one of world's greatest Training Schools, I know just what training you need to make a big success in electricity.

Employment Service—No Extra Charge

I will train you for a big pay job and then help you get it without extra charge. Hundreds of Employers look to me for the electrical men they hire. Last year I placed over one thousand men at big raises in pay. Hundreds of others were promoted by their employers through the help of my Vocational Service and other hundreds went into business for themselves with the help of my special Business Training. Mail Coupon for big free book which explains this service and fourteen other features, many of which can't be had anywhere else.

Let me give you that training with my simplified, complete home course—the world famous "Cooke Training"—built on my own 23 years of engineering experience with the help of nearly 60 other engineers. Learn to earn \$70 to \$200 a week—only spare time needed.

My Training Pays For Itself

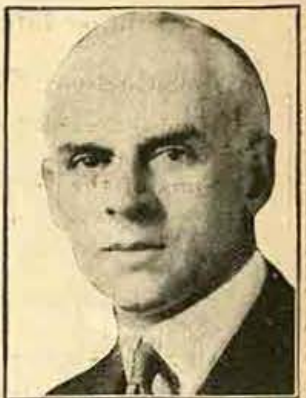
You can start earning extra money a few weeks after you start my training. I give you special instruction for doing simple electrical jobs in your spare time—show you how to get these jobs and tell you what to charge. Many of my students make as high as \$25 a week extra this way while studying. My course more than pays its own way.

Your Satisfaction Guaranteed

I am so sure I can make you a big success in Electricity, just like I have done for the men whose pictures you see here and thousands of others who now boost my training, that I will guarantee your satisfaction with a signed, money-back guarantee bond. If my training doesn't satisfy you after you have finished, you get back every penny you pay me. A two million dollar institution stands back of this guarantee.

Get Started Now—Mail Coupon

Get my big free book—"The Vital Facts about Electricity." Read about the success of hundreds of other men—men who recommend this training and whose names and addresses are given in my book. Get the real dope about your opportunities in Electricity. See how easy it is to get started on the road to jobs that pay \$70 to \$200 a week. Don't deny yourself this chance to make big money. Get the facts now—Mail Coupon at once for facts and my guarantee.



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- 1 LABORATORY AND EXPERIMENTAL OUTFIT.** Complete material for interesting experiments.
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 - 5 TRANSFORMER OUTFIT.** Complete parts for building and winding this widely used equipment.

The 'Cooke' Trained Man is the Big Pay Man!

Are You Digging Your Grave With Your Knife and Fork?



The world was shocked when Alfred W. McCann proved by scientific analysis and investigations that the food the people are now eating is causing ravishing disease, untold misery and premature death.

Officials, social workers, and physicians were shocked and horrified at his startling exposures. They stood gasping at the truth! Unable to fully realize the gruesome fact that they were feeding foods to their own precious children that were causing them their disease and suffering. He put his finger on the source of all the ills of the American people.

Are you actually poisoning and thereby killing

yourself with the food you eat? Alfred W. McCann in his wonderful book, "The SCIENCE OF EATING," proves beyond the shadow of a doubt that Heart Disease, Diabetes, Colds, Catarrh, Rheumatism, Pyorrhoea, Constipation, Cancer, High Blood Pressure, and even Tuberculosis, besides the hundreds of other diseases are caused by eating improper foods. Foods that are either adulterated or refined to such an extent that instead of adding strength and vitality to your body and power to your brain, they are actually poisoning your system and that with each mouthful you are literally digging your grave with your knife and fork.

Dr. Harvey Wiley: "I wish there were more men in America like Alfred W. McCann."

Dr. E. S. Coleman, Professor Materia Medica, Flower Hospital; President American Association of Clinical Research, says: "Alfred W. McCann's book constitutes the most important con-

tribution of a hundred years to the literature of health and right living. There may be many good books to die by but here is the one great book to live by. It is impossible to overstate the importance of the sadly neglected physiological truths which this book has literally dramatized, making them as graphic as a

moving picture and as clear as polished glass."

Walter F. Palmer, director Vanderbilt University, says: "I have lived according to his principles and value the book as my greatest possession. I should like to present the whole world with copies."

Now offered at 1/3 Off

We are offering Alfred W. McCann's wonderful book "The Science of Eating" at 1/3 off the regular price. Thousands and thousands of copies have been sold for \$3.00 but it is our desire to place this book in every American home. For a limited time therefore, and only to the readers of this magazine, we will send Mr. McCann's celebrated book for only \$2.00. This offer may never appear in this magazine again!

"The Science of Eating"

By Alfred W. McCann

In the "Science of Eating," Alfred W. McCann exposes all the frauds of the so-called food specialists; all the ignorance of the so-called scientists; all the hypocrisy that the physicians have circulated about food. He exposes and explodes the false and dangerous theory of the calorie. In this remarkable book, the delicate menu of the specialists is shown not only to be valueless, but exceedingly harmful. The fearful crime of adulteration and artificial coloring of foods that have been known to the world as the "Staff of Life" has been mercilessly exposed. He proves that all food, which is pure food, when free from adulteration and preservatives, is good food. With the knowledge contained in this book, the din-

ner table instead of being a horror and a place to be avoided, will become one of the supreme welcome movements of the day. You will know and enjoy perhaps, for the first time, the real delicious flavor and the extreme satisfaction of eating pure, health-building and life-sustaining foods.

Not a Book on Diet but A Book on Eating

YOU ARE WHAT YOU EAT, you cannot take carbohc acid without feeling the effects of it; you cannot consume impure and denatured foods without reaping the harm they will produce. Every organ and nerve of your body suffers from their ill effects. Every disease can be traced to the eating of wrong and impure foods. Wrong eating has done more harm and actually killed more people than all the wars put together. If you want to feel and enjoy all there is in life, you want strength, vitality and stamina; you can get it from the scientific knowledge contained in this wonderful, revelational book, "The Science of Eating," by Alfred W. McCann.

Prevention vs. Cure

There is no luxury so costly and at the same time so destructive as that of disease. Remember that it costs a great deal of money to be sick. Health is the cheapest and most enjoyable state that the human race is acquainted with. You must decide for yourself which you prefer: Ignorance, disease, and failure; or *knowledge, health, and success*. You can get the knowledge which will be more precious to you than gold and silver in this remarkable book, "The Science of Eating," for the price of one visit from your physician.

Some of New York's foremost physicians prescribe this book to their patients instead of issuing a useless prescription to the drug-store. They know the truth and have the courage of their conviction.

Pure Food vs. Drugs

You cannot gain success in life unless you possess a vigorous and healthy body, an alert and active brain. And a vigorous body and an active brain cannot be purchased from the drug store. Pills cannot put iron into your blood nor powders give you vitality. *Iron must come from the food you eat.* Certain foods contain iron and unless you eat those foods you cannot supply your blood with the precious element of iron that it needs. If you would avoid the drug-store, if you would save several thousands of dollars that you ordinarily pay to physicians, if you would be spared the terrible suffering of disease, and save the enormous expense in health, money and opportunity that sickness incurs, do not hesitate another moment and send for this wonderful book.

Eugenics Publishing Company

1658 Broadway Dept. S-910 N. Y.

EUGENICS PUBLISHING COMPANY
Dept. S-910, 1658 Broadway, New York City

Please send me Alfred W. McCann's wonderful book, "The Science of Eating." I will pay the postman \$2.00 plus postage, when the book is delivered.

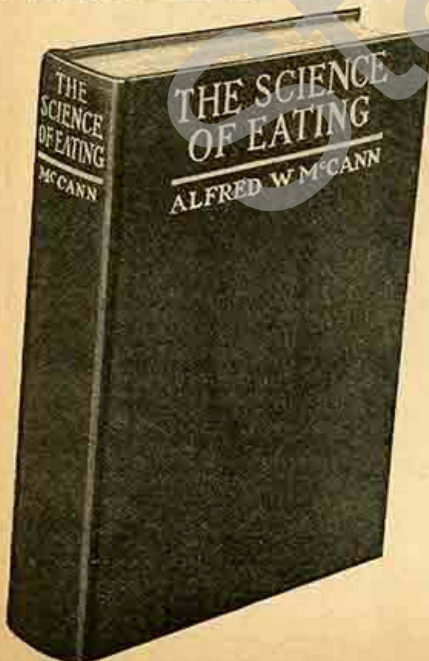
It is understood that if I am not satisfied, I will return the book to you within 5 days, and you will refund my money. Orders from outside United States must be accompanied by money order for \$2.25.

Name

Address

City

Elizabeth A. Monaghan has written a valuable cook book based upon the scientific principles of the "Science of Eating." The regular price is \$1.50. As a special combination offer, we will send you this book for only \$1.00 when ordered with the "Science of Eating." If wanted place an X in box.



Science Discovers the Secret of Caruso's Marvelous Voice

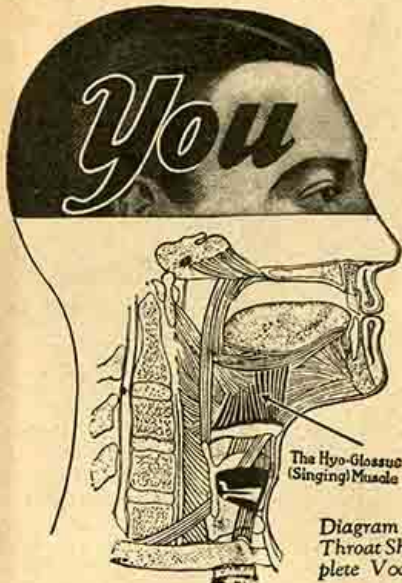


Diagram of the Normal Throat Showing the Complete Vocal Mechanism.

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.

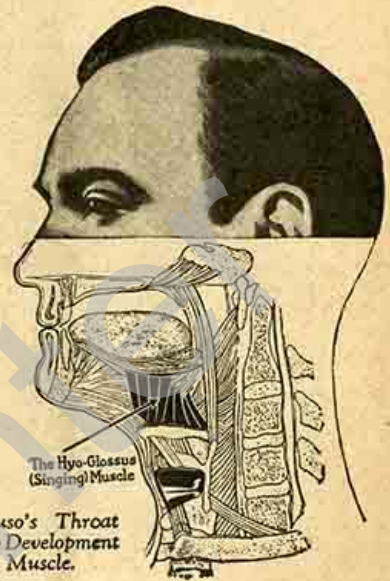


Diagram of Caruso's Throat Showing the Superb Development of his Hyo-Glossus Muscle.

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.

Inspiring Free Book "Physical Voice Culture"

Send us the coupon below and we'll send you FREE this valuable work on the voice culture. 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 "Physical Voice Culture." It may be the first step in your career. Do not delay. The number of these books is limited. Send today for your copy.

Perfect Voice Institute

Studio 57-78, 1922 Sunnyside Ave., Chicago

Please send me FREE your new book, "Physical 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 _____

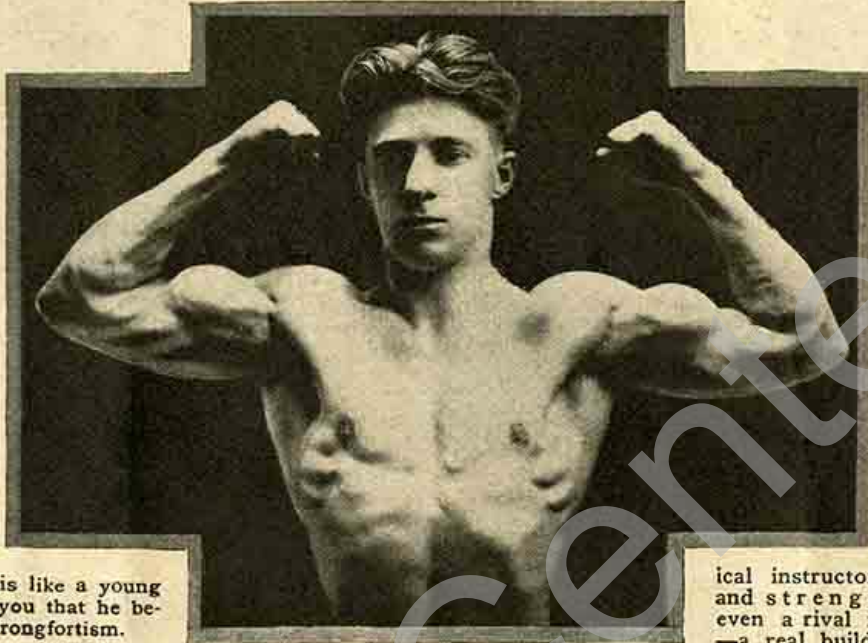
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Perfect Voice Institute
1922 Sunnyside Ave., Studio 57-78, Chicago, Ill.

Meet John Ranger Face to Face

Here's A Superman With the Strength of A Hercules and the Beauty and Grace of An Apollo

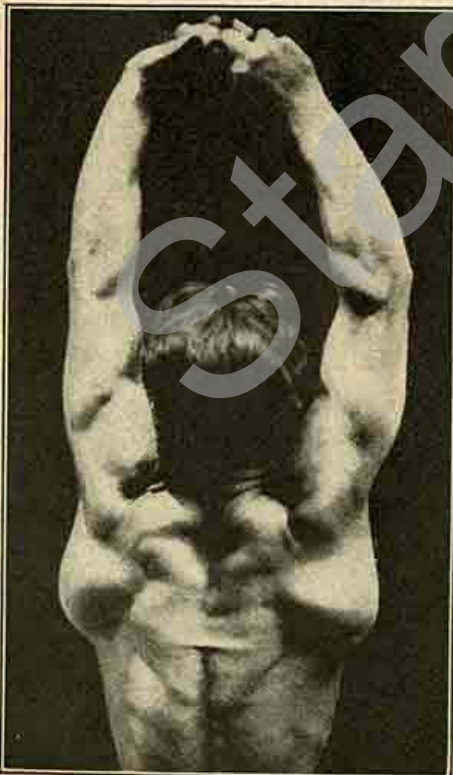
ANOTHER splendid example of the marvelous results of Lionel Strongfort's methods of body building and muscle development is John Ranger, whose magnificent physique is here so startlingly pictured. Who wouldn't like to have beautiful, rolling, powerful muscles such as Ranger possesses? Who wouldn't like to have the radiant, buoyant health manifested in this young man's face and body—he is like a young lion, and he'll tell you that he became so through Strongfortism.



YOU will enjoy the thrill of being a pupil of the world's greatest man-building institution and guiding by the instructions of the world's foremost teacher of health and strength methods—Strongfort Institute and its founder, Lionel Strongfort. For 25 years Strongfort has been in the public eye—first in exhibitions of strength that had not been and have not been matched; then as a physical instructor; now as a health and strength builder without even a rival in the whole world—a real builder of men.

Through Strongfortism Thousands Have Acquired Strong, Healthy Bodies

Strongfortism affords the surest, shortest, safest means of attaining superior strength and building up the body into a fine, healthy specimen of manly vigor.



Ranger's Wonderful Back

John Ranger Says:

Dear Mr. Strongfort:

After graduating from your Course in Health and Strength Development, I owe it to you to say that I am more than pleased with the results obtained.

I consider it remarkable for the short time I have been working with your methods that I have accomplished such results. It is, of course, due to the superiority of your scientific methods of training and your personal interest and guidance of your pupils. I hope that anyone in search of health, strength and a more successful life will get in touch with you and I should be glad to answer any questions a "doubter" may have if you care to refer him to me.

Your grateful pupil,

JOHN RANGER.

This is only one of hundreds of letters we have from elated, joyous pupils who have secured new strength, new vigor, new life by following the simple methods embodied in Strongfortism.

Let Me Send You My Book

Every weak man, every man who is not functioning 100 per cent. will profit by adopting Strongfortism about which much can be learned from the book "Promotion and Conservation of Health, Strength and Mental Energy" which Strongfort has compiled from his 25 years' experience and experimentation, and which will be sent to anyone using the coupon on next page. Send for this wonderful revelation of truth about the human body, strikingly illustrated. **SEND TODAY.**

LIONEL STRONGFORT

Physical and Health Specialist for 25 Years

Dept. 67

Newark, New Jersey

I Can Build Your Body Into A Veritable Dynamo



LIONEL STRONGFORT

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

DON'T let your weaknesses keep you down. Don't crawl through life half alive, with no ambition to live, love, laugh or work. Don't let your friends poke fun at you behind your back because you are a miserable, scrawny, sickly weakling.

Straighten up! Look facts in the face! You've neglected your body long enough. Stop drifting, before it is too late. Make your life happy instead of hopeless. Don't keep on suffering the horrors of half-living. Reach out and grasp the strength and glory of radiant manhood NOW.

Let me show you NOW how to become a red-blooded, two-fisted, vital MAN. Let me show you how to get the pep, punch, power and personality that WIN in life. You can do it easily and quickly—in a few short weeks—by following my simple rules of vigorous man-building. I have shown thousands of men and boys how to quickly get powerful muscles, joyous health and compelling vitality. I can do the same for YOU, through my world-famous science of STRONGFORTISM.

STRONGFORTISM

Amazing Science of Health and Strength

STRONGFORTISM is the body-supreme science which has startled physicians, scientists and men of muscle everywhere by its astounding ability to quickly build muscles, health, stamina and vital power. It is unique—nothing else just like it.

STRONGFORTISM will rebuild your body, inside and out, increase your chest expansion, give you real he-man muscles and strength, and

recharge your whole system with vital power, make you a veritable dynamo. STRONGFORTISM will show you how to conquer your weaknesses, free yourself from disease and be a Perfect Man—the kind of man that women admire and men envy. I **GUARANTEE RESULTS**, if you will follow my simple directions. A few minutes a day—that's all it requires. Results will positively amaze and delight you.

GET THIS PLAINLY WRITTEN BOOK

The whole story of STRONGFORTISM, impossible to give here in detail, is told in plain language, freely and frankly, in my big, new book, **PROMOTION AND CONSERVATION OF HEALTH, STRENGTH AND VITAL ENERGY**. Mail the coupon on this page TODAY for your copy of this remarkable book, fully illustrated and filled with startling facts. Enclose only ten cents (one dime) to cover mailing expense.

If some weakness is gnawing at your vitals, unfitting you for the pleasures of life—if excesses of any kind have drained your energy—if some chronic ailment is sapping your vitality—tell me your troubles in full confidence. I will help you. Just mark the subjects, on the coupon, on which you want special confidential information. I will send you a special letter together with my book and full information. Write TODAY.

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

MR. LIONEL STRONGFORT
Dept. 67, Newark, N. J.

Please send me absolutely free enlightenment on the Promotion and Conservation of Health, Strength and Mental Energy. I enclose a ten cent piece (1 dime) to help cover postage and have marked (x) before the subjects in which I am most interested.

- | | | |
|--------------------|--------------------|------------------------|
| ..Colds | ..Pimples | ..Poor Circulation |
| ..Catarrh | ..Insomnia | ..Vital Losses |
| ..Asthma | ..Impotency | ..Round Shoulders |
| ..Hay Fever | ..Short Wind | ..Lung Troubles |
| ..Headache | ..Constipation | ..Muscular Development |
| ..Thinness | ..Indigestion | ..Great Strength |
| ..Rupture | ..Nervousness | |
| ..Lumbago | ..Rheumatism | |
| ..Flat Chest | ..Weak Eyes | |
| ..Youthful Errors | ..Weak Heart | |
| ..Increased Height | ..Manhood Restored | |



NAME

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

STREET

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

LIONEL STRONGFORT

Physical and Health Specialist for over 25 Years
Department 67, Newark, New Jersey, U. S. A.

The MacMahon Wrestling Course Is Yours For \$1.00

From It You Can Learn Holds That Will Enable You To Easily Pin Your Opponent's Shoulders To the Mat

So many young men have eagerly accepted this offer when it first appeared that I have decided to offer it again, in order to be fair to those of you who failed to see it before this. It is truly an unusually valuable offer for one of so low a price. Remember that the course is sent postage prepaid, which means that a dollar is all it costs you.

There Is Satisfaction In the Fact That You Can Now Throw Those Fellows Who Had It On You In the Past and There Is Money In the Professional Wrestling Game.

Get this great course—learn the hundred sensational holds it teaches you—then show your friends and enemies what you can do, and who knows but that you might develop into a great wrestler.

You Learn All the Holds, Counter Holds, Breaks, Blocks etc., From This Great Course.

And when you have mastered what this course teaches you, you need not fear any of them. If you knew only a few of the sensational holds explained and illustrated, you would be a far better man than you are right now.

Just Imagine Being the One Boy or Man Who Can Conquer Anyone In Your Neighborhood.

It certainly is a grand and glorious feeling to positively know that you are a far better man than the great majority



Fig. 33. Leg Nelson and Arm Hold

of men. It is great to know that with a lightning movement you can quickly put down and out almost any one who is so foolish as to pit themselves against so quick, strong, and clever a person as you will be from the practice of my Wrestling Course.

EVERY HOLD IS CLEARLY ILLUSTRATED

This Coupon Makes You a Wrestler

A-38

Please find \$1.00 for your Wrestling Course.

Name.....

Address.....

City.....

State.....

Get This Course NOW At the Low Price Of \$1.00

You Probably Can't Perform a Flip or Somersault---But You'd Like To

And if you have the slightest desire, you can easily accomplish these and many other more sensational tumbling and hand-balancing feats, by getting my course now. There is health and a thrill in every test. You'll enjoy performing them and your friends will marvel at your ability.

Maybe In a Little While You'll Be Doing Your Stuff On the Stage

Tumbling is great for putting on an act in the social affairs of your town or neighborhood. You and your partner will be in great demand. Then, after you get to be good at it, who knows but that you might go on the stage?

Then there is the health and agility you get from tumbling and hand-balancing. They may not get you a strongman physique, but they do stimulate all your organs, make your spine supple, and give you pep. Aren't these, things worth three dollars?

Do You Think Because You Are 30, 40 or 50 Years Of Age You Are Too Old To Learn and Derive Benefits From Tumbling? If So, You Are Wrong.

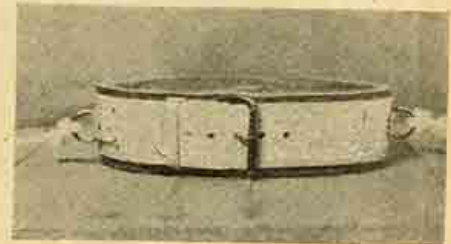
Every one can learn tumbling and hand-balancing to a fair degree at least. No matter who or what you are, you can learn, also, with the help of this instructive course. There is a thrill to be obtained from all feats of tumbling and hand-balancing that you never



Fig. 18

before experienced. With this course you start out with easy roll-overs, cartwheels, etc., and gradually go into handsprings, flips, somersaults, spotters, twist-ers, and work with partners, which is doubly interesting.

Get into this pleasurable and beneficial exercise and pastime. You will be surprised how quickly you will learn from my course. Very soon you will be into the more advanced and more enjoyable feats, like the snapup, tinsica and forward somersault.



SAFETY TUMBLING BELT

These belts are just the thing for those who are too timid to try tumbling feats. In fact, it is safer for every beginner to have one. You can get them from me only at the price of \$5.00, which includes shipping charges.

See Coupon for Combination Offer

CHAS. MacMAHON,
Studio A-38
180 W. Somerset St., Philadelphia, Pa.

Please find enclosed { \$7.00 for \$5.00 Belt and Tumbling Course
\$5.00 for Belt only
\$3.00 for Course only

Name.....

Address.....

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

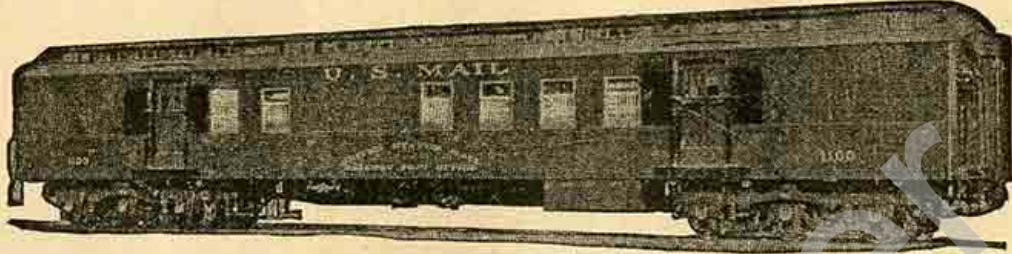
Waist measurement.....

GET THIS COMBINATION OFFER NOW!
CHARLES MacMAHON, 180 W. SOMERSET STREET PHILADELPHIA, PENN'A.

Work For "Uncle Sam"

TRAVEL—SEE YOUR COUNTRY

RAILWAY MAIL CLERKS



Many other U. S. Government Jobs open to Men and Women 18 up

POST OFFICE CLERKS **CITY MAIL CARRIERS**
INCOME TAX AUDITORS **CLERKS AT WASHINGTON, D. C.**

STEADY POSITIONS

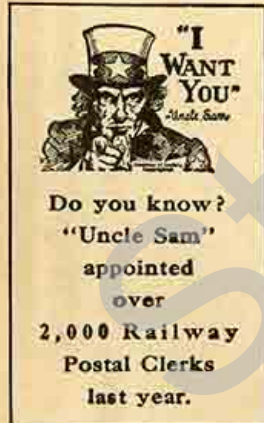
These are steady positions. Strikes, poor business conditions, lockouts or politics will not affect them. U. S. Government employees get their pay for full twelve months every year. There is no such thing as "HARD TIMES" in the U. S. Government Service.

RAILWAY POSTAL CLERKS

Railway Postal Clerks now get \$1900 the first year, being paid on the first and fifteenth of each month. \$77.16 each pay day. Their pay is increased to a maximum of \$2700 a year. \$112.50 each pay day. They get extra allowance for hotel expenses when away from home.

PAID VACATIONS

Railway Postal Clerks, like all Government employees, are given a yearly vacation of 15 working days (about 18 days). They usually work 3 days and have 3 days off duty or in the same proportion. During this off duty and vacation, their pay continues just as though they were working. When they grow old, they are retired with a pension. As Railway Postal Clerks are continually traveling, they have an excellent chance to see the country. They are furnished with a railroad pass.



CITY MAIL CARRIERS—POST OFFICE CLERKS

Clerks and Carriers commence at \$1700 a year and automatically increase \$100 a year to \$2100 with further increase for special work to \$2300. They also have 15 days vacation. Examinations are frequently held in the larger cities. City residence is unnecessary.

CLERKS AT WASHINGTON, D. C.

(Open to men or women 18 or over)

Salary \$1140 to \$1860 a year. Required for pleasant clerical work in the various departments and offices at Washington, D. C.

WHAT WILL YOU EARN 5 YEARS FROM NOW?

Compare these conditions with your present or your prospective condition, perhaps changing positions frequently, kicking around from post to pillar, no chance in sight for PERMANENT employment; frequently out of a position and the year's average salary very low. DO YOU EARN \$1900 EVERY YEAR? HAVE YOU ANY ASSURANCE THAT A FEW YEARS FROM NOW YOU WILL GET \$2700 OR MORE A YEAR, EVERY YEAR?

GET FREE LIST OF POSITIONS

Fill out the coupon. Tear it off and mail it today—now, at once. DO IT NOW—this investment of two cents for a postage stamp may result in you getting a U. S. Government Job.

FRANKLIN INSTITUTE
Dept. K185
ROCHESTER, N. Y.

Kindly send me, entirely free of charge (1) a full description of the position checked below; (2) Specimen examination questions and free sample coaching; (3) Free copy of illustrated book, "U. S. Government Positions and How to get them"; (4) A list of the U. S. Government Jobs now obtainable.

Railway Postal Clerk (\$1900-\$2700)
 Post Office Clerk (\$1700-\$2100)
 City Mail Carrier (\$1700-\$2100)
 Rural Mail Carrier (\$2100-\$3300)
 Clerk at Washington, D. C. (\$1140-\$1860)
 Income Tax Auditor (\$2040-\$3000)

Name

Address

Use This Coupon Before You Mislay It—Write or Print Plainly

A SPECIAL LIFTING OUTFIT

and One Year's Subscription To "Strength"

FREE To New Members of the A. C. W. L. A.

Get in on This Fine Combination Offer

With this special offer a new member is entitled to all the benefits of the Association. He will receive his screw backed lapel button, which is of new design and of fine workmanship; his one year membership card; and full access to our advice department, which will solve all his physical problems and bring him in touch with other members. The A. C. W. L. A. will coach him to win some of the prize medals. It will give him free admittance to all the shows, and give him opportunities to win some of the special awards; such as autographed photos of famous strongmen, books, bar-bell outfits, and medals.

Apart from all this, one year's subscription to the STRENGTH magazine is given. We do not have to tell you anything about this magazine. You know as well as we do that it stands alone, supreme, as the leading periodical in the world on health and body culture. Full of articles on every line of sport, diet, muscle culture and entertaining subjects. It should be in every home.

Join the League of Super-Men

Recently A. M. Losey swung over his own bodyweight with one hand, thus accomplishing the remarkable. He is the second man in America to ever do this. The first lifter to succeed in this feat was Losey's trainer, George F. Jowett, President of the A. C. W. L. A.

Mr. Jowett gave Losey the benefit of his outfit, which enabled this splendid pupil and member to swing his bodyweight inside of one week. He performed what at one time was considered impossible. But few things are impossible if you know how, particularly if you have the proper apparatus. Our famous President is offering you this apparatus **FREE**. It consists of one Swing handle made with a sleeve grip and balance for the "back hung" style of swinging. There is also one gauntlet that is heavily lined with felt to protect the arm. On each side is a leather apron that carries the weight, and further protects the arm. Each apron is divided in order to give greater freedom to the arm when lifting. The complete outfit is worth \$5.00, but is given free to all new members joining the A. C. W. L. A.

We Represent the Cream of American Manhood

This organization has in its ranks the greatest strength athletes in the world. And the finest physical specimens of humanity living. This Association was the means of bringing all these men out from among the very ordinary individuals and making them famous.

You do not have to be a world beater, a record performer, or have a marvelous physique in order to belong to the A. C. W. L. A. We actually prefer members in the embryo stage, for it gives us all kinds of pleasure to make them successful. The A. C. W. L. A. was organized for the purpose of building up the manhood of America and giving our boys a chance to compete against the world in the Olympics. America has never sent a lifting team to the international Olympic games as yet. We got the first American Olympiad team together in 1923 and we are sure to have each bodyweight class represented in 1928. Better still, our boys have a real chance to win. The only thing that will hold them back is funds. That's why we need your help. No Association in existence gives so much and asks so little as we do. No officer receives pay. We are all sports. Won't you be one of them, and at the same time build your body into a living example of perfect manhood? We all will help you. Wherever your badge is recognized, you will meet a pal. No matter where you go. We have members in every city. Lots of them.

For a limited time we are making this combination offer of George F. Jowett's Swing Outfit, the STRENGTH magazine, and Association membership. For only \$7.50 you receive a value of \$15.00. You could not wish for anything better than this. And this includes the help you will receive in advice, premiums, etc.

Be a Real Sport

Don't let this opportunity pass by. Join today. Make the A. C. W. L. A. bigger and better. We are ready to welcome you in as one of the best.

Clip out this coupon and mail now to:

GEO. F. JOWETT

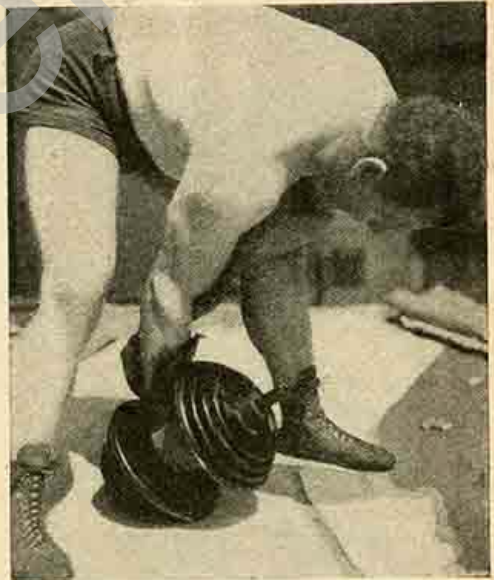
PRES. A. C. W. L. A.

2741 North Palethorp Street

Philadelphia, Pa.



THE FREE GAUNTLET



HOW THIS GAUNTLET PROTECTS YOUR FOREARM

Dept. S-11-25

Geo. F.
Jowett,
President
A. C. W. L. A.,
2741 N.
Palethorp Street,
Philadelphia, Pa.

Dear Sir:

Please find enclosed the sum of \$7.50 for which I understand I am to receive the Jowett Swing Gauntlet and Swing Bar, one year's subscription to the "Strength" Magazine along with one year's membership into the A. C. W. L. A., with lapel button, membership card and the privilege of all other benefits. Kindly send at once.

Name.....

Address.....

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

NOVEMBER STRENGTH SHOW
At the Milo Building, 2741 Palethorp St., Philadelphia, Pa., will be held the usual monthly Strength show. The date is Friday evening, November 6th, and the performance will begin at 8 o'clock sharp.

A BETTER SHOW THAN EVER IS PROMISED
DON'T FAIL TO BE ON HAND

All A. C. W. L. A. Members, "Strength" Readers, and Milo pupils who are interested, can get the names of all other representatives not given below by writing to Mr. Jowett.

SIEGMUND KLEIN
207 W. 48th St.
Times Square
New York City, N. Y.

D. P. WILLOUGHBY
Los Angeles Weight Lifting Club
733 S. Burlington Ave.
Los Angeles, Calif.

H. C. KURTZ
1151 N. Ninth St.
Reading, Pa.

P. H. Hielkema
Grand Rapids Weight Lifting Club
337 Fulton St.
Grand Rapids, Mich.

A. A. Schiemann
2208 W. Lexington St.
Baltimore, Md.

M. N. Campbell
Geo. F. Jowett Weight-Lifting Club,
1005 Joseph St.
New Orleans, La.

L. SCHWARTZ
Health Studio
250 W. 40th St.
New York City, N. Y.

R. F. KELLEY,
129 Fifth Avenue,
Ventnor, New Jersey.

A. C. DELWARTÉ,
1720 Logan St.,
Denver, Colorado.

L. H. CUNNINGHAM
Central Y. M. C. A.,
75 Luckie St.,
Atlanta, Georgia.

CHAS. W. DURNER,
304 Priscilla Ave.,
Allentown, Penna.

ROBT. E. MOORE,
904 Eastgate Ave.,
St. Louis, Mo.

J. L. DILL,
226 E. 51st Street,
Portland, Oregon.

M. G. OMEROID,
1724 Hampton Road,
Akron, Ohio.

ED. O. MARTIN,
602 Brady St.,
Attica, Indiana.



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

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

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

A Secret That Has Made Men Rich

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

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

Now Easy for Anyone to Become a Powerful Speaker

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

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

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

It Takes Only 15 Minutes a Day

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

and commanding one through the power of speech alone.

This FREE Test Will Measure Your "Hidden Knack"

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

NORTH AMERICAN INSTITUTE
3601 Michigan Ave. Dept. 2068, Chicago, Ill.

NORTH AMERICAN INSTITUTE
3601 Michigan Ave. Dept. 2068
Chicago, Ill.

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

Name

Address

City State

WHAT 15 MINUTES A DAY WILL SHOW YOU

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

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

Are You Really a Man or Merely a Coat Hanger?

Clothes don't **MAKE** a **REAL MAN**, but they certainly *do* improve the others. Are you one of the "others" who are hiding behind a tailor's handiwork? If you *are* one of these, you ought to be ashamed of yourself. And I dare say you *are* ashamed, but the fact that you know your **weak, frail or stout** body is well hidden by your clothes, gives you a certain amount of misplaced confidence in yourself. You imagine you are a **real man** and think that others know no different so long as you keep under cover. Unfortunately, it is not Hallowe'en all the time so

Don't Be a Masquerader

Because the law compels you to wear a man's attire is no excuse for not being one. If you possess ailments, minor or major, that are holding you down below the **Real Man Class**, get started now to get yourself together. Waste no time in driving these deteriorating ailments from your system. It can be done. You can, with my personal and untiring aid, not only become healthy, but as strong, well developed and well proportioned, and full of pep and vitality as any real man.

If you are apparently free from all ailments, then so much the better is your start toward **Great Strength, a Splendid Physique** and the **Feeling of Satisfaction** in the knowledge that you are now worthy to wear a man's apparel.

What Is Wrong With My Physique?

Have you asked yourself that question lately? Have you looked yourself over in your mirror within the last year or two and noticed whether or not your chest is out and your abdomen in, as they should be? Your clothes will hide from you these slowly growing defects until, when you wake up, you will find yourself pretty far gone.

I find, from the measurements of hundreds of pupils, that, generally speaking, the chests and waists are the first to deteriorate on an otherwise good physique. The chests easily become flat and the abdomen full and round, in direct opposition to what they should be.

If this condition *has not* happened to you as yet, it *will* nevertheless, if you don't keep in good condition by practicing the best of exercises. If, on the other hand, your chest *has* begun to flatten and your abdomen to swell, you can get back to perfect form by practicing my methods. If, again, your chest was never anything else but sunken and your waist bulging, you need not despair or take it for granted, for you still can possess a perfectly shaped upper body, along with wonderful looking arms and legs. My Methods do not neglect any part of your physique. Every part in proportion, and every improvement possible is my aim with my pupils.

But You Must Get Started

You cannot get the wonderful all-around improvements that my course gives you if you are going to keep putting off the matter of starting. Just as soon as you commence practicing my methods, you will begin to notice improvements. Immediately after commencing the exercises, you will experience a feeling of gradually increasing pep, which means improved health. Shortly after you notice the foregoing improvements, you will begin to develop and strengthen. And from then on you steadily and rapidly improve.

I am a firm believer in strenuous exercise as the only means of giving real physical improvements. But my lessons are scientifically graded and the exercises so carefully selected that you gradually, without danger of sprain or strain, become able to perform exercises that previously you thought were impossible for you. In other words, you always have something to work for with my methods.

You can see yourself continually advancing, not only toward Perfect Health, Great Strength, Shape and Development, Speed, Suppleness, Agility and Endurance, but also in accomplishing actual feats that require these physical assets. Your request for my Booklet and Pamphlet is your initial step toward these priceless physical-qualities.

They Are Absolutely FREE

The before mentioned Booklet, entitled "THE ROYAL ROAD TO HEALTH AND STRENGTH," and my Pamphlet called "YOUR MUSCLES—WHERE THEY ARE AND WHAT THEY DO," will be sent to you upon request. The Booklet contains many interesting poses showing my own development, and what I have done for my pupils. There is also included a detailed description of my methods, and a great amount of valuable information on tumbling, hand-balancing, muscle-control feats, etc. The Pamphlet gives you a working knowledge of your muscles, which is a great help in getting physical perfection.

Send for Them Both Right Away

CHARLES MacMAHON

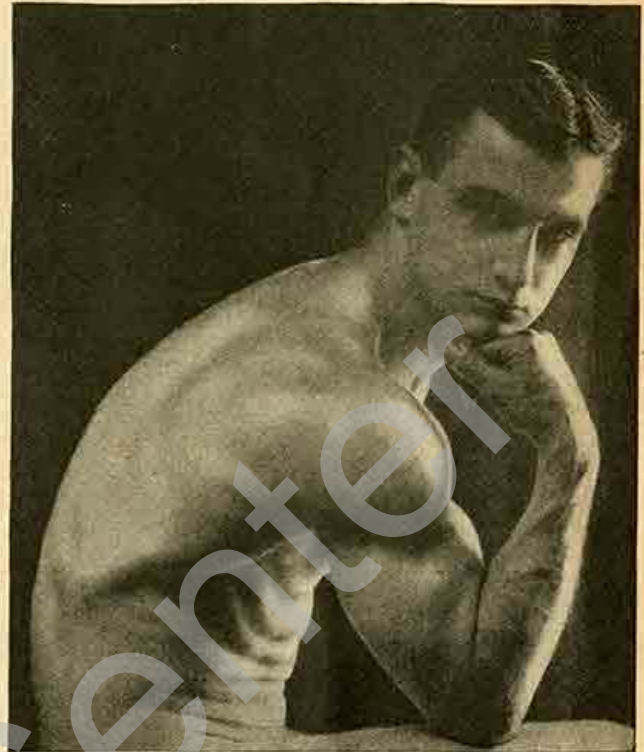
Studio A-10, 180 W. Somerset Street

PHILADELPHIA, PA.

Name

Address

City and State



CHARLES MacMAHON



CHARLES MacMAHON In Muscular Pose

CHARLES
MacMAHON
Studio A-10
180 W.
Somerset Street,
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.

"His Tail Between His Legs"

What most men would see if they could see themselves

MOST men are being whipped every day in the battle of life. Many have already reached the stage where they have **THEIR TAILS BETWEEN THEIR LEGS.**

They are afraid of everything and everybody. They live in a constant fear of being deprived of the pitiful existence they are leading. Vaguely they hope for **SOMETHING TO TURN UP** that will make them unafraid, courageous, independent.

While they hope vainly, they drift along, with no definite purpose, no definite plan, nothing ahead of them but old age. The scourgings of life do not help such men. In fact, the more lashes they receive at the hands of fate, the more **COWED** they become.

What becomes of these men? They are the wage slaves. They are the "little-business" slaves, the millions of clerks, storekeepers, bookkeepers, laborers, assistants, secretaries, salesmen. They are the millions who work and sweat and—**MAKE OTHERS RICH AND HAPPY!**

The pity of it is, nothing can **SHAKE THEM** out of their complacency. Nothing can stir them out of the mental rut into which they have sunk.

Their wives, too, quickly lose ambition and become slaves—slaves to their kitchens, slaves to their children, slaves to their husbands—slaves to their homes. And with such examples before them, what hope is there for their children **BUT TO GROW UP INTO SLAVERY.**

Some men, however, after years of cringing, turn on life. They **CHALLENGE** the whipper. They discover, perhaps to their own surprise, that it isn't so difficult as they imagined, **TO SET A HIGH GOAL**—and reach it! Only a few try—it is true—but that makes it easier for those who **DO** try.

The rest quit. They show a yellow streak as broad as their backs. They are through—and in their hearts they know it. Not that they are beyond help, but that they have acknowledged defeat, laid down their arms, stopped using their heads, and have simply said to life, "Now do with me as you will."

What about **YOU?** Are you ready to admit that you are through? Are you content to sit back and wait for something to turn up? Have you shown a yellow streak in **YOUR** Battle of Life? Are you satisfied to keep your wife and children—and yourself—enslaved? **ARE YOU AFRAID OF LIFE?**

Success is a simple thing to acquire when you know its formula. The first ingredient is a grain of **COURAGE.** The second is a dash of **AMBITION.** The third is an ounce of **MENTAL EFFORT.** Mix the whole with your God-given faculties and no power on earth can keep you from your desires, be they what they may.

Most people actually use about **ONE-TENTH** of their brain capacity. It is as if they were deliberately trying to remain twelve years old mentally. They do not profit by the experience they have gained, nor by the experience of others.

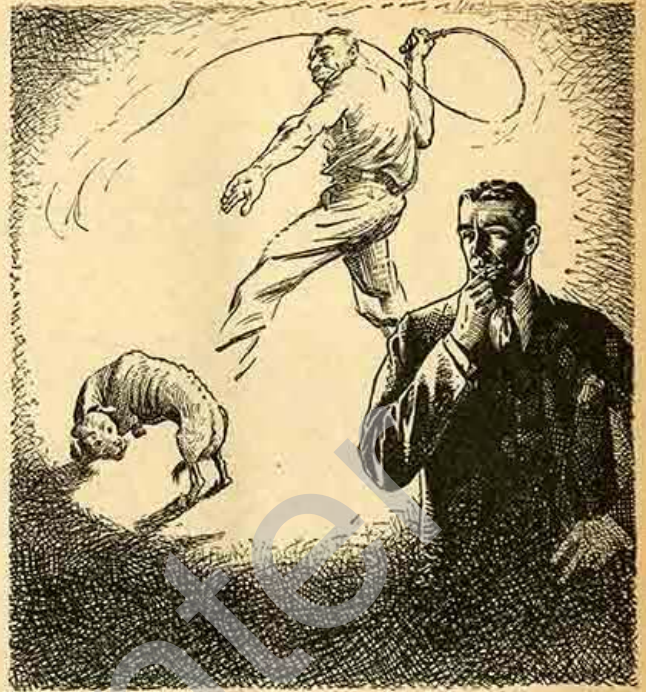
You can develop these God-given faculties by yourself—without outside help; or you can do as **SIX HUNDRED AND FIFTY THOUSAND** other people have done—study Pelmanism.

Pelmanism is the science of applied psychology, which has swept the world with the force of a religion. It is a fact that more than 650,000 people have become Pelmanists—all over the civilized world—and Pelmanism has awakened powers in them they did not **DREAM** they possessed.

Famous people all over the world advocate Pelmanism, men and women such as these:

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give first aid in emergencies
apply home treatment for disease
recognize diseases by manifestations
build nervous energy
treat the common forms of disease
understand the process of reproduction
benefit by the laws of sex and marriage
treat diseases of women
diagnose diseases
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treat male disorders
obtain virility and manhood
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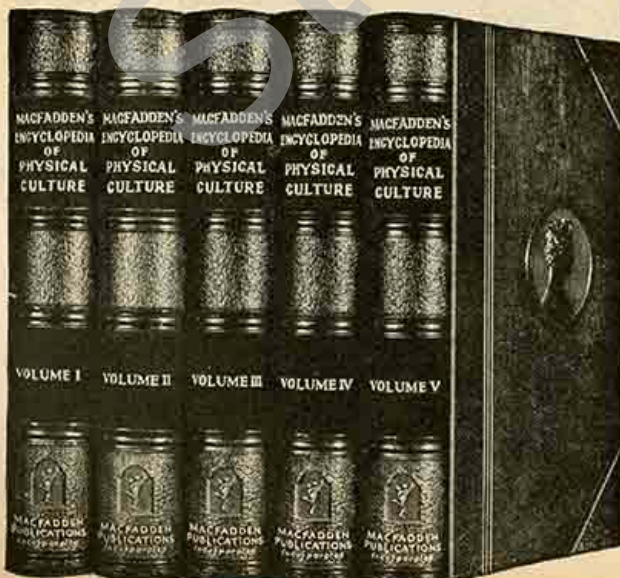
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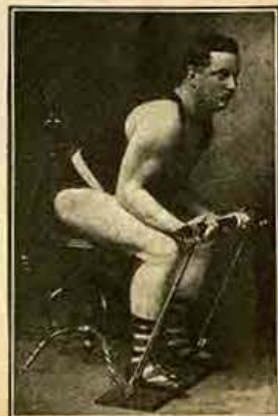
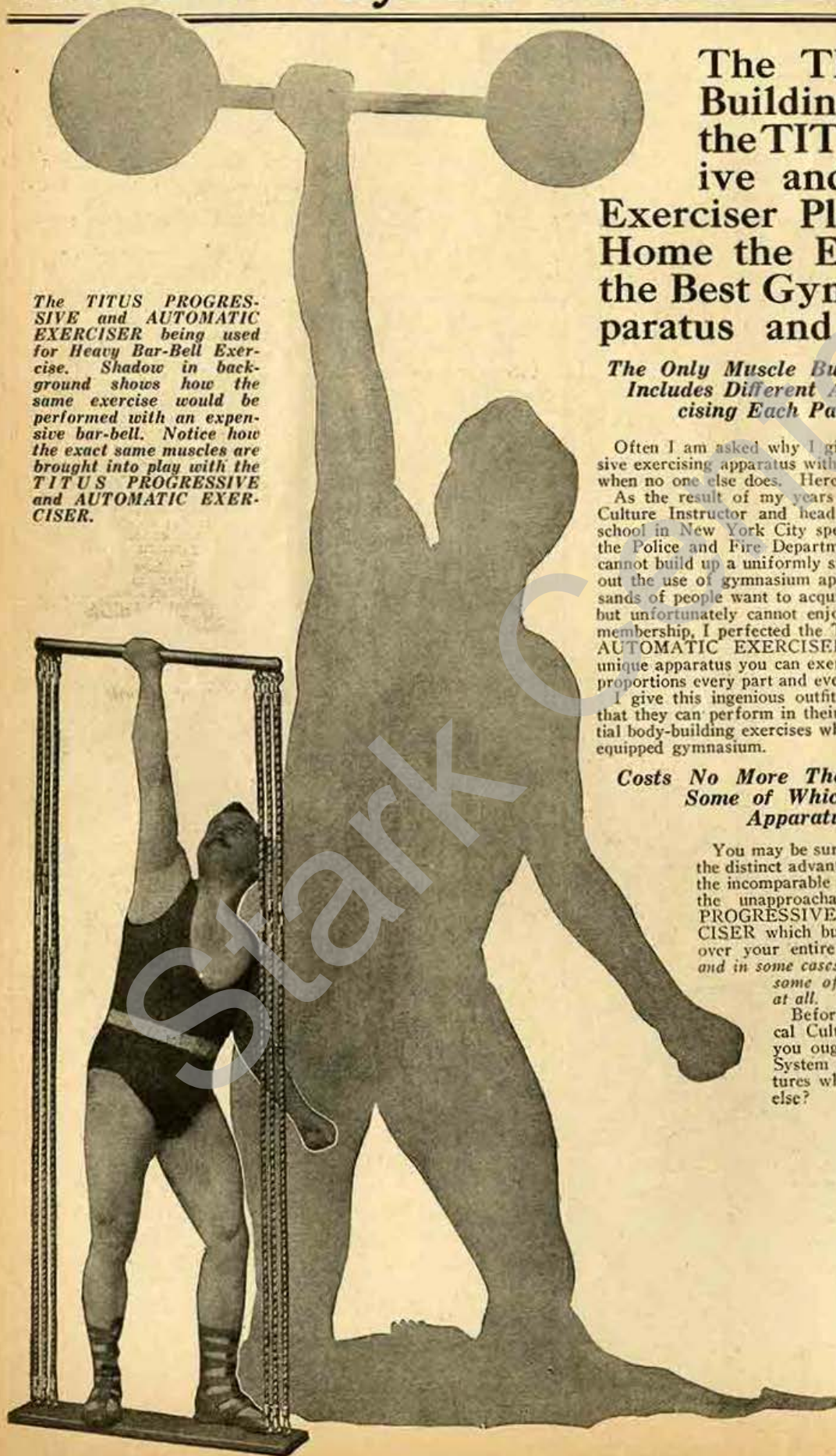
As the result of my years of experience as a Physical Culture Instructor and head of the largest civil service school in New York City specializing in training men for the Police and Fire Departments, I have found that you cannot build up a uniformly strong and muscular body without the use of gymnasium apparatus. Knowing that thousands of people want to acquire great strength and muscle, but unfortunately cannot enjoy the benefits of gymnasium membership, I perfected the TITUS PROGRESSIVE and AUTOMATIC EXERCISER. With this original and unique apparatus you can exercise and build up to amazing proportions every part and every muscle in your entire body.

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Not another cent to spend. Everything necessary to convert that shell of a body of yours into a big, rip-roaring mass of power and reserve strength is included. The first cost is the only cost. And when you finish my course you will not need an advanced course, as is so often the case. My apparatus takes care of all that, for with it you can perform exercises, that would tax the strength of a giant. Yet it is so flexible that the weakest person can adjust it to suit his needs, and then increase the resistance of each exerciser as his strength increases. This is the progressive principle of muscle building—the principle all professional strong men use and endorse.

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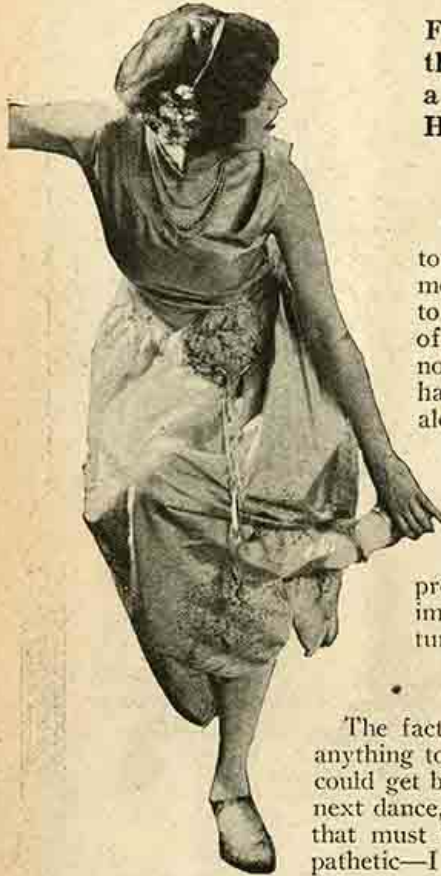
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How I Was Shamed into Popularity!



For some reason I could never get out of the wall-flower class. But one night I had a bitter experience that changed everything. Here's what happened.

By James Preston

You know, I once thought nerve alone was enough to get one by anywhere. That is, I thought so till I met Olive. You never in your life saw two people take to each other the way we did. It was sheer joy to both of us just to be together. She liked me a lot and made no secret of it, and—well, I'll admit I tumbled pretty hard myself. If only that dance party hadn't come along.

But dances are what parties are made for. I sat out two or three fox-trots watching Olive spin around in the arms of other men. How easily and gracefully they glided along. And there I was, sitting back and letting these other fellows monopolize the prettiest girl on the floor. I felt like—well, you can imagine how I felt! I decided right there to take a turn with her myself.

Just a Poor Boob

The fact that I didn't know how to dance well didn't mean anything to me—*then*. It looked easy enough, and I thought I could get by. So at the very first note of the orchestra for the next dance, I swallowed whatever fear I felt, and taking a hold that must have been screamingly funny if it hadn't been so pathetic—I started what I thought was dancing.

Wherever did I get my nerve? And where did that girl ever get her wonderful patience? I must have stumbled twenty times—and then in the middle of the dance she winced with pain and stopped to rub her toes.

"Jack," she said—her voice tried hard to be friendly—"Jack, let's not finish this dance. I'm too tired anyway," she added, struggling with herself to be nice to me.

I guess I turned a million colors. Just then I wanted the ground to open up and swallow me. It was quite a while before I saw Olive again.

But that night I sat up and turned that terrible experience over and over in my mind. And suddenly it dawned upon me why I was so rarely able to make a date with the girls of my social set. With equal suddenness it occurred to me that there was a remedy—a quick, simple remedy that I had read about time and again, yet never heeded.

A Free Booklet That Started Something

The very next morning I mailed a magazine coupon to Arthur Murray, America's foremost dancing instructor, asking him for his booklet, "A Short Cut to Popular-

ity," and the test lesson, all entirely free. Here was an easy, inexpensive way to find out whether I could learn to dance, and learn in a few evenings.

A 32-page booklet and the free test lesson came at once. The booklet explained to me how easy it is to become a good dancer—that dancing is as easy as walking once you know how—and how quickly anyone can master the art.

It showed me how, right in my own room, without music or partner, and with no one to watch me, I could learn to do all the latest steps in a remarkably short time. It explained how the ability to dance well gives poise and self-confidence in the presence of strangers—how it helps to overcome timidity and awkwardness—how it enlarges one's circle of friends—makes one welcome at every affair—and brings many hours of joyous fun and good times.

What I Learned in Just a Few Moments

There was a lot more, of course. That booklet was a revelation to me. But the free test lesson—well, what it did for me amazes me yet when I stop to think of it. I tried the steps as explained and diagrammed in the lesson and found that the hardest dance step took me only a few minutes to learn. Was I tickled? I was ready to cheer! All I wanted then was another chance to get on a dance floor. I could just imagine how surprised my

friends would be—for I knew that *now* I could show them a thing or two.

They were—and the girls are only too glad to accept when I ask for a dance now. I haven't known a lonesome evening since I mailed the coupon.

Whether you've had an experience like mine or not, take a tip from one who knows, and avoid the possibility of embarrassment. You can do it—anyone can do it—this easy, pleasure-giving way.

Do as I did. Get the free book and test lesson and read them carefully. They can mean the difference between a life of happiness, of friends, of good times—or a life of misery, loneliness and monotony. Mail the coupon at once and enclose only 25 cents to cover postage and mailing. Don't delay it. Do it now. Address: Arthur Murray, Studio 539, 801 Madison Avenue, New York City.

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Without obligating me in any way, please send me your Test Lesson and a copy of your beautifully illustrated 32-page book, both free, which tells all about Arthur Murray's remarkable course in dancing and explains how it can make me a graceful, versatile dancer, right in my own home, without music, partner or private teacher. I enclose 25 cents to cover postage and mailing.

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Editorial

Is Great Strength Hereditary?

WE have received several letters lately in reference to the possibility of inheriting great strength. They are probably the result of an article, which appeared in a recent number of a magazine devoted to strength building, in which Miss Celeste Busch stated that she would marry a strong man, or no man at all.

She said that if she could not marry a world's champion in the field of either boxing, wrestling, or weight lifting, and unfortunately most of the champions are already married, then she would only marry a man with the possibility of reaching the heights as an athlete.

As a matter of fact, the old *adage* "Marry for health, wealth and wisdom" has a certain foundation in scientific *eugenics*.

That a man is strong must surely indicate that he is healthy. If rich, he probably has some driving quality to account for the fact, and acquiring wisdom would indicate a natural capacity which is certainly admirable.

The subject of heredity is a rather cloudy one, so far as human beings are concerned, because no one is in a position to make the sort of experiments that would definitely solve some of its most perplexing questions.

Nevertheless, it is fairly clearly indicated that certain characteristics do crop up time and again, in the same families. For instance the Nordquest family, all of whom are familiar to the readers of this magazine, are all men of unusual strength and size.

Now we know that heredity is not the only way to acquire great strength, but we also know that it is one advantage that helps.

What is of unusual interest in a study of heredity, is the practical working out of the theory of inheritance of unit characteristics which would tend to show that the children of one of the Nordquests, married to a woman whose family also was strong, would, in all cases, be strong themselves; whereas the children of a made strong man, married to a woman whose family were naturally strong, would have only one chance in two of starting out with an unusually good physical inheritance.

As a matter of practical observation, as well as of eugenic fact, the grandparents, at least, must be considered in the direct heredity of

every child; grandparents on both sides.

This shows up in the question of height, weight, strength, and in practically all traits where heredity can be shown at all.

The late Mike Murphy, one of the greatest trainers of all time, always said that startling athletic ability was more likely to be found in the grandchildren of champions than in their own families. If this is the case it is not the result of any strange workings of nature, but must be an evidence of the fact that champion athletes do not marry women noted for athletic ability and coming of athletic families.

For instance, in the case of height; if the four grandparents vary in height, so will the grandchildren, and the variation will be in direct ratio to the variation of the height of the original members of the family. That is, if one of your grandparents was six foot two and another was four foot eleven, and the other two were, say, five foot four and eight, respectively, then in your family there should be a wide variation in the height of the children.

In other words, there are three possibilities in four persons which ought to be directly traceable in your own life. Below average, average and above average in each of your grandparents, more or less, govern your own possibilities in any given field.

Note they govern more nearly the ease and adaptability you will show, rather than the absolute question of how far you can get. Charles Darwin is reported to have said that he would have devoted one hour a day to music if he had his life to live over again, and this in spite of his apparent total lack of any musical appreciation.

No one knows how far such a course would get him, and unless one of his grandparents, at least, had some musical interests, it might not get him very far; but it is very unusual to find in any four persons a total lack of the same quality, whether it may be interest in music or great physical strength, just as it is very unusual to find a predominance of one unusual characteristic in all the members of such a group.

As a matter of fact, the possibility of four people under normal mentality marrying, and then having a son and daughter of the same class, who marry and (Continued on Page 72)

Every Girl Should Know—



Prototype of Irish beauty, Ruth Shaw possesses an unusually fair complexion, blue eyes and a wealth of jet black hair. Her high neck, imparting dignity to the well poised head, slopes gently into her firm and well rounded shoulders.

—How Show Girls Keep Fit

By A. J. Sherz

THE widely held notion, that only theatrical people know and value and utilize the possession of beauty, is usually true, inasmuch as it is their chief stock in trade, coupled of course with a certain amount of native intelligence.

The other day I was invited to the premier performance of a show that is expected to become a phenomenal success in days to come, and from my vantage seat in the third row orchestra, I was charmed beyond words with the beautiful array of girls that abound in this musical comedy. Ever alert and privately enamored with beauty in all shape, form or manner, I espied

in that group what I would term an ideal beauty.

The show being over I sent in my card to the girl in question with an usher, and asked if I might be given the pleasure of interviewing her sometime in the near future. She said she would be delighted, and we made arrangements for an interview to be held the following morning at her hotel.

Her suite of rooms atop of the hotel was a veritable haven for the sun rays that danced and pranced and played havoc in general with the emerald green walls. The room looked very cheerful, and as I approached her I noticed that she was going through her early

morning exercises. Discerning my vague form (so earnest was she with her exercises) she waved a good morning and pardoned herself for a few moments until she completed them. I waited and marvelled at the amount of effort and zest she put into them.

For the benefit of the readers who are interested in what a show girl does in the way of exercise, I am going to put down, according to my best recollection, the different poses and feats she went through that morning.

First she stood erect, chin high, shoulders squared, leaned a bit forward, and, throwing in her stomach, she proceeded to bend down and touch her toes, without bending the knees. She repeated this exercise a number of times. Then she bent down, in a sitting position, throwing out her hands simultaneously with the time she bent. She did this for a number of times, alternately throwing out her arms in horizontal, vertical and oblique positions. This gives swing to all parts of the chest and abdominal regions.

She moved forward to the open window at her right, and, rising on her toes, spreading out her arms, she inhaled deeply, trying to keep the air in as long as possible. At first sight this may seem easy, but try to stand on your toes and withhold your intake of breath as long as you can, and you will marvel at the resistance you will build up in a few days.

In the show that she is with she is called upon to do many acrobatic feats, such as a complete somersault, also done in slow-action. This requires a certain amount of daily exercise, in order to keep her back supple and her shoulders firm. Lying flat on her back, she raises her legs to the wall adjoining, throwing all her weight on her shoulders as shown in

the accompanying illustration. In order to build up the shoulders individually, she crosses her legs a few times, lets one leg dangle, which shifts the weight to the shoulder opposite the leg she has remaining against the wall.

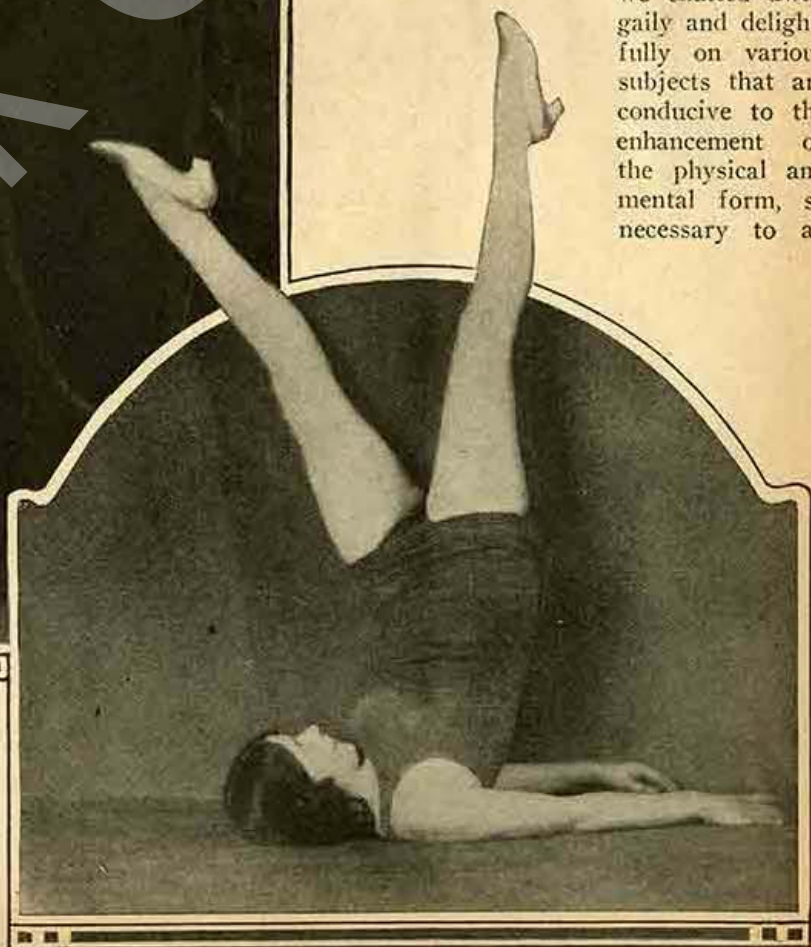
Lying again absolutely flat on her back she raises her legs and throws them over her head, making them touch the floor. Incidentally she extends her arms out on the floor, as is shown in another illustration accompanying this article.

"Tell me, Miss Shaw, do you go through these exercises every morning, or whenever you feel like it?" I asked, in order to open the conversation.

"No, no, I do them every day, for you see in order to keep my body in form, I must do them. At times I don't feel like getting up out of a warm bed, especially on a rainy or gloomy day, to exercise, but soon the feeling passes, and before I know it I am midway in them. But oh (and with a twinkle of her eyes) on a day like today, with the sun shining so brightly and my room exuding such geniality, it is very hard to resist."

Her exercising through, the maid proceeded to lay out a simple but substantial breakfast, consisting of grapefruit, a bowl of shredded wheat with sweet cream, some buttered toast, and a small cup of coffee, which, in fairness to Old King Coffee Bean, was a poor imitation, as there was just the slightest bit of color perceptible in its makeup.

Over our cups (for she had invited me, you know), we chatted away gaily and delightfully on various subjects that are conducive to the enhancement of the physical and mental form, so necessary to all



those connected with the theatre and the silver sheet.

Prototype of Irish beauty, she possesses an unusually fair complexion, blue eyes and a wealth of jet black hair, that falls over her temples abundantly, thus rounding out the oval features of her face, giving it symmetry and youth.

Her high neck, imparting dignity to the well poised head, slopes gently into her firm and well formed shoulders. Here, if I may digress for a moment, is the one part which will make or mar a fine carriage.

I have seen many women who are really beautiful spoil their carriage by what we label stooping shoulders. Imagine, if you will, Miss Corinne Griffith, who is "press agented" as possessing the most beautiful formed back in the world, walking, or should I say slouching, along with stooped shoulders? How incongruous and top-heavy she would appear! For stooped shoulders, like misery, like company, and they are conducive to a flat chest and a generally unattractive carriage.

Coming back to the chief topic, it is surprising to learn that Miss Ruth Shaw (pardon me for withholding her full name so long), although five feet and six and one-half inches tall in her stocking feet, only weighs 129 pounds all told. This she attributes to her daily exercises. Yet her body does not give the impression of being thin or anaemic, but rather lithe and tawny and graceful.

Miss Florence Whitney, a regular contributor to this magazine, states that bones are the basic factor upon which both bodily and facial beauty depend. I concur with her statement. Bones serve as the skeleton to the body. But mere beautiful bones sans well formed flesh are like the steel framework of a meant for mansion, without the advantage of the various other essentials that go to make a beautiful house.

Miss Shaw, however, is singularly fortunate to have bones that mould and harmonize into a divine form. Her photographs in this article will substantiate my statement.

Firm, not flabby, hips and thighs, all unnes-

sary flesh dispensed with, they manifest the proper line and curve that is so dear and coveted by the artist using a model. It is that gradual refined slenderness, not the violent curve, that is so dear to painters, which enhances her form. Knees graced with dimples, and calves that show the faintest impression of muscle, well trimmed ankles, make up her beautiful and aesthetic form.

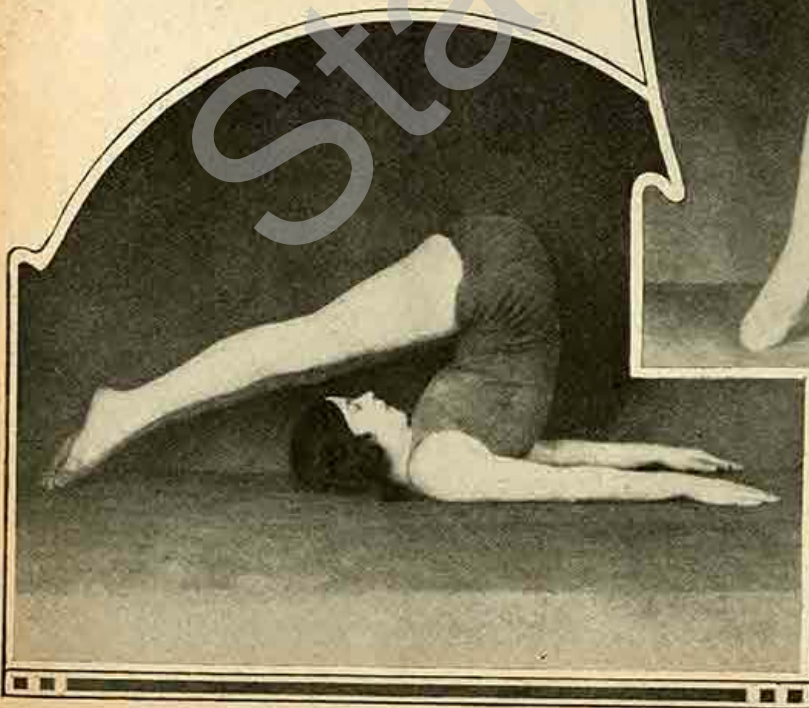
In the course of our conversation, she divulged little anecdotes from her life.

"Ever since I was a little tot I remember distinctly my inclination to jump, play, swim and dance. You see, I am of Quaker parentage, my father being a lineal decendant of the first Shaw that landed in Philadelphia, some two and a half centuries ago. My mother was born in Ireland, and she loved sport and play, like all those of Irish temperament do. In variance with Schopenhauer's theory, that the offspring usually inherit the father's characteristics and habits, I, on the other hand, inherited my mother's. I excelled in ath-

letics in high school and college, and had serious intensions of becoming a gymnastic teacher.

"How-
ever, things did not turn out as I had expected, and Fate decreed otherwise. At college I had made the friendship of a girl who had gone on the stage, and on a visit to New York I met her on Broadway. She told me of the glorious times she was having and what-not, and to all that,

added that a certain chorus master for a forthcoming review was in need of girls. I decided to give it a trial, which I did, and a few weeks later found me installed in the chorus of a show that has since blazoned up and down the highways of the country. The best experience available I received while touring with this company. (Continued on Page 72)





The camp boy's life is a life of health and exercise—he becomes a rugged, sturdy lad.

Winter Exercises for Boys

Practical Hints and Exercises For the Boy
Who Leaves Camp to Return to School

By Russell Viohl

BOYS who go to camps during the summer lead a rather strenuous life, and when they return to school for the winter they are apt to neglect their exercises and the personal hygiene that they practiced daily at camp. This has a tendency to do more harm than good. For there is no reason why a boy should practice exercising if he is going to neglect it during the winter. He commits a grave error, and, to remedy this, it is wise for him to follow some course of training when he returns to school.

At camp the boys are instructed in all branches of athletics, and whenever the physical status of any one boy is below par, special attention is administered to him, and eventually his health repairs, or that part of his physique which is not in harmony with the rest of his body is developed to a normal state. Camp life is a strenuous life, inasmuch as the boys are constantly engaged in some form of recreation. A boy learns many new facts about himself and is taught to care for

his physical condition. His exercises not only strengthen his muscles, but imbue him with an abundance of pep and vitality. They surcharge him with ambition and power to surmount all obstacles.

Through the daily camp activities, the boy derives many benefits. He becomes an efficient boy! A real boy! A boy capable of adapting himself to any situation that might arise and prove difficult to manage. He learns to cook, and rescue drowning persons and revive them. He enjoys hiking over mountains, where the footing is perilous; he is courageous and fearless. His healthy life gives him a noble attitude to all living matter.

The life of the average boy in camp commences with reveille, then follows setting up exercises; after that a plunge into the cool and exhilarating water.

He emerges, radiant with the glow of health, and his day begins with a song in his heart. The magnificence and grandeur surrounding his camp, invokes inspiring

thoughts within him. He realizes the utmost importance of physical fitness. His day is adequately divided, there is time for swimming, he is instructed in the art of self defence, taught to tumble and perform acrobatic feats, and through the appliance of intelligent exercise, his whole muscular system rapidly develops. He becomes a rugged, sturdy lad, and when he has hardened to the life of a camper, he is taken on long hikes into the country, climbs mountains, and goes on canoe trips, that necessitate living in the open air constantly. His life is a life of health and exercise. Truly, a most remarkable life.

But alas, vacation with its wonderful times comes to an end, like all good things do. The boy leaves camp to return to school. He leaves nature's grandeur, the life that has made him so happy and so healthy, and he goes back to the flotsam, jetsam life of a big city. The air that was once so invigorating, so crisp and vitalizing, becomes stagnant as it were, and it seems he is in another world. A world so vastly different from the one he formerly dwelt in.

However, he soon adjusts himself to the city life, and his apprehensions quickly disappear.



Fig. 3



Fig. 2

Vacation, and the life lived at camp, fades into a memory. He begins to neglect his personal hygiene and his physical condition,

and he lulls himself into the thought he has no time for exercise. He is mistaken. His efficiency at camp was due solely to his daily exercise; daily without fail. Now his attitude reverses, why? Simply because exercise has become a painstaking effort to him and not fun like it used to be. He slides into a rut where his energy ebbs slowly, he casts hopelessly around to save himself, but finds no assistance. He then realizes the price he is paying for his negligence.

If you are one of these boys, then you will find that the only road back to good health and good muscular condition is *exercise*. Exercise that builds strong tis-

sue. To begin with, let me emphasize the importance of deep breathing exercises which should never be neglected from your daily program. Through deep breathing exercises, given every morning, the boys at the camp where I instructed this summer gained from one to four inches in their normal chest measurement, to say nothing of the astonishing gain in their chest expansion. To continue on the road of good health you should practice every morning, during the winter, the deep breathing exercises that were given to you at camp.

The way to breathe is of utmost importance. Stand with heels together, head erect, stomach in. Bend forward at the waist and try to touch the floor with your finger tips; then raise body slowly, breathing in deeply 'till your lungs are filled to capacity. Hold the breath a moment and then crush it out by rotating the arms inward across the chest, thereby contracting the chest muscles and forcing the air out. Repeat this exercise once or twice.

Next, take in a deep breath, as in the former exercise, and hold it, same as before, but as you retain your breath swing your arms vigorously inward across the chest two or three times, and on the last swing crush the air out like you did in the first exercise.

A third method of deep breathing exercise, is, fill the lungs as in the first exercise, and then retain the breath, thumping the chest lightly with your fist all the while. Exhale when you cannot hold the breath any longer.

The fourth and last breathing exercise is to retain your breath once you have filled your lungs and then squeeze your ribs, pressing in gently and exhaling slowly as you squeeze. Repeat these exercises two or three times every morning in the cool crisp air and they will guarantee you results.

A particularly good exercise, one which greatly benefits your arms and builds massive shoulder muscles, is the exercise called pulling "leather." This exercise is divided into two parts; first, you grip a strap, a towel, or even a handkerchief in front of your waist and exert force by pulling your hands away from one another, while holding the strap right in front of you as in Fig. 2. Pull hard on the strap and you will feel the muscles swell and bulge almost to bursting and then, when you have reached the limit of your endurance, relax completely, shaking your arms and hands to relieve the strain. It is a great exercise—one that produces results, provided you *persevere in battling its resistance*. To get the most from this exercise you must put effort into it. Its success depends on you. If you want big muscles, muscles hardened like iron, then *work, work,*



Fig. 1

work hard for it with determination to succeed.

When you are fully rested, reverse your grip and start pulling hard with the strap behind you as in Fig 5. Take care not to bend the elbows, but lock them stiff, pressing down with your hands and throwing your chest way out in front as you do it. Remember *pull hard!* Give it all you've got. It builds big muscles. These exercises are no good at all if you do not put effort into them. Effort will make you strong.

Free movements are great resistance exercises. They are simple, yet if you put effort into them they become very valuable as muscle building exercises. Extend your right arm directly in front of you, palm up, now clasp the left palm over the right palm and hold tightly. Pull slowly but firmly with your right arm, pushing away simultaneously with your left hand. Keep pulling on the right and push against it with the left, as in Fig. 3. Feel the bicep contract? Do this a number of times till the muscles get big and hard. Then reverse and do same with left arm.

Fig. 1 shows another good resistance exercise that requires effort. Flex your right arm, holding the forearm parallel to the floor, elbow close by your side with your clenched fist turned up, as in the illustration. Grasp your right wrist with your left hand and try to push your right arm down as you pull up on the arm. Pull hard with the right arm, push hard with the left arm. Your bicep will get surprisingly hard and, if this exercise is practiced *faithfully* every morning, it will in time become very large and strong.

Gripping is good for the forearm. I used to give the boys this exercise every morning in camp. They griped 'till their muscles fairly ached, and still they kept on, opening and closing their fists. They would try a gooseneck and grip tight as they swung the wrist so as to turn the fist forward and back, like you see in Fig. 4. This exercise was rather tiresome at first, but they persevered, and today many of them have splendid forearm muscles through constant practice of this exercise.

Chin the bar. Chin with your thighs flexed; I mean by that, with your feet straight out in front of you, sitting in the air as it were. Perhaps you



The camp boys are taken by their instructors on long canoe trips that necessitate living in the open air constantly.

will find this difficult at first. *Do not give up*, but resolve to do it. The work this exercise does to your body is wonderful. It is an all-around exercise and you should always practice it. Chinning the bar, dipping the floor, and practicing the resistance exercise outlined for you will give you a body to be proud of. They are real exercises. It takes effort to execute them. But, boys, they give results. Always remember to breathe in deeply as you pull up on the bar, or push up from the floor. Breathe in always when the muscles become tense from exercise and exhale when you relax them, or when you are lowering yourself as in chinning and dipping the floor. Proper breathing is essential in exercise.

Also try chinning the bar, ever so slowly, counting any number of times 'till you reach the bar with your chin, and then lower slowly. This slow motion exercise is wonderful work for your biceps. When dipping on the floor try a few variations. Try jumping off your hands as you come up from the dip. This is rather difficult, but it develops speed when you practice it a while. Dip with your hands as far apart as possible, this will broaden the chest muscles and give the ligaments a stretching. Finally, dip on the very tips of your fingers; it develops strong fingers and gives you plenty of wrist power.

Always refrain from making your exercises too strenuous. When you come to the point of exhaustion, (Continued on Page 66)



Fig. 4



Fig. 5

A Healthier Life You and

Mr. and Mrs. Fox, About Whom This
Have the Right Idea of Happy
—Training Together.

By Charles MacMahon

wives would join their husbands in training, instead of looking on in disgust or giving them the ha, ha!

In looking over the pictures of Mr. and Mrs. Fox, you will probably say, after commenting on their wonderful physiques and healthy appearances, "Why, if I tried those feats with my wife she would have the neighbors in to see what was wrong." And your wife would probably say, after wishing she had a form as splendid as Mrs. Fox's, "if my husband even tried those things with me, he'd either break my neck



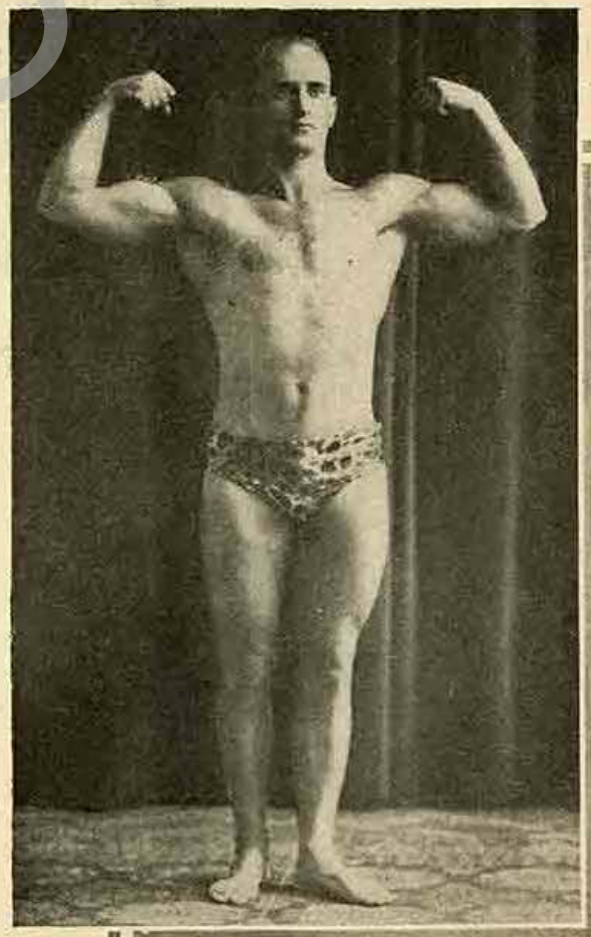
Mr. and Mrs. Fox, of California. No they are not professional acrobats—just a happily married couple.

MR. and Mrs. Fox, whom this article concerns, will not say that two can live as cheaply as one, but they do want to prove by this article and their pictures that two can live happier and healthier than one, providing both parties follow a health and strength promoting life.

I, myself, who am merely helping Mr. and Mrs. Fox to deliver this message of health and strength to you, hope that it will be the means of starting every young or older married couple, who read this and gaze longingly on the pictures, out on a joint health and body perfecting program. If every married couple will do this for a short while, each will soon notice not only a vast improvement in the way they feel individually, but will also notice that by improving their respective health, strength, and energy, they will be happier and consequently go through life on better terms, both getting the best that life offers. Then after this experience they will not want to quit their training.

Of course, I need not remind you that single persons all need exercise as well as the married, but it is so much more unusual for married couples to enjoy the many pleasures and benefits of exercise together, that I feel they need more urging to do so. However, if you are single, read this article through anyway, for no single person knows how long he or she will stay so.

It is a well known fact that the men take to an exercise routine more readily than their better halves. But how much better it would be (not for the half, but their lives in general) from both the standpoints of health and of happiness, if the



Note Mr. Fox's symmetrical development and his display of great power.

for the Wife

Article Is Written, Married Life

or I'd break his." All of which looks as though we started something we hoped training together would avoid or eliminate entirely.

But to try to accomplish the feats that Mr. and Mrs. Fox perform with ease and grace, is not the point at all. The big idea is for both husband and wife to get the habit of living a body and health preserving life.

There is no reason, with only a few exceptions, why the wife cannot do practically the same exercises that her husband does, only she may be compelled to perform them in a little milder manner and with fewer repetitions.

The proper way for the husband and wife to begin improving their health, strength, and humor, is to indulge in a few exercises each morning upon arising. The exercises for this period should be of the back limbering type. These exercises need not be what might be termed *new ones*.

Simply stand with feet together and legs rigidly straight. Then bend backward with hands on hips, or if you want it a little more strenuous, put your arms straight over-head. Now come forward with the head and shoulders and bend down until your hands touch the floor. Right here is a catch that seems to puzzle a great number of beginners. You both will find if you have had no previous training to speak of, that you cannot touch the floor. Now, many beginners think that because they cannot touch the floor, they cannot derive benefits from this exercise, or any others which they cannot perform to the fullest extent. The fact remains that you will derive benefits from such exercises if you will, as in this case, bend down and reach toward the floor as far as possible, regardless of how near to the floor your hands come.

If the husband in this case doesn't already have a system of his own, he can perform the foregoing bending exercises from ten to twenty times according to the degree of natural strength he possesses. The wife in this case should try it five to fifteen times also according to her natural strength.

Another, which is a very good one for the morning period is a chest and lung developer and expander. Stand erect again and put the arms straight out in front



The proper way for the husband and wife to begin improving their health, strength and humor is to indulge in a few exercises together each morning or evening.



of you at shoulder level, then bring them back with force and repeat. Repeat this movement fairly rapidly so that it forces the shoulders back and the chest out. While making these rapid repetitions breathe fully and slowly. Make several repetitions with the arms

while filling and emptying the lungs once. Be sure, however, that you do not hold your breath at anytime.

Now we come to the legs and a few simple dips with hands on hips are sufficient at this time of the day. If you cannot go all the way down in the dip without falling over, then take hold of a chair or other support until you become more accustomed to it. These three simple exercises will be enough for the morning period.

The bending exercise, first mentioned, will limber your back, start the blood flowing freely to all parts and gently massage your kidneys, liver, and digestive organs, and make them better able to digest your morning meal.

The second exercise which is for the lungs and chest is great for filling the lungs in every corner and cell with pure air. This, in turn, purifies the blood thoroughly and quickly. Besides, it develops the chest, back and shoulder muscles, increases the size of the chest and straightens the shoulders.

The third exercise puts energy into your legs, prevents you from wobbling down-stairs to breakfast, and

makes you feel like walking instead of riding to work.

The next paragraph is for ladies only. Read it and put it into practise, but don't show it to your husband. If he reads it (and it's likely he will) don't let on you have paid any attention to it. Here is the secret and I'm not one of the many who think you cannot keep it.

By taking exercises faithfully, you will not only retain that school-girl complexion, but you will also retain or acquire a perfect well-rounded figure. And here's the main point. These physical assets will interest your husband greatly whether he admits it or not. If you lose your shape and healthful appearance, you are liable to lose your husband. He probably won't leave home in a bodily sense, but his mind is liable to wander to bathing beauty contests.

It might seem to some from these pictures that Mr. and Mrs. Fox are professionals. It is true their physiques and feats would do justice to a professional act, but they are entirely amateurs with no desire, as far as I know, to appear behind the foot lights.

While they are both of the stocky type of build, Mr. and Mrs. Fox are evenly developed. They take outdoor exercise as well as the indoor type. Living as they do in Cali-

fornia and near the Pacific Ocean, there is much swimming and tumbling on the beach done by both, along with their indoor exercises. Mr. Fox has a fifteen inch upper arm and is not quite five feet, five inches tall. This is a large upper arm for a man of that height. You can see that every part of his physique compares favorably with those upper arms. His chest is forty-two inches expanded.

The front view picture of Mr. Fox shows the symmetrical development and great power he possesses. The stunt pictures, being indoor photos, are time exposures. Time pictures of stunts like these are very difficult to take clearly unless the performers hold perfectly still. You can see by the clearness of these photos how perfectly they do these feats and you can imagine the same ease in others that I haven't room to show in this issue.

There is no doubt that Mr. and Mrs. Fox have the right idea for married couples and the idea is simply training-together. You may have to be as young as Mr. and Mrs. Fox in order to perform their stunts, but your age has little to do with beginning light exercises and reaping the many benefits.

Now, the morning program of the three simple exercises I gave you should be nothing like your before-retiring routine. That is to say that the husband, whom we are conceding is the stronger of the two (even if his wife does think she can knock him for a row of Shenandoahs any time she cares to), should for his retiring program practise exercises that are more strenuous than those of the morning period. This also holds good with his wife's program, but in a modified form perhaps, unless she is in an exceptional weak and run-down condition.

For this exercising period, there are any number of good exercises, but you musn't use five or six for the arms and only one for the legs or some other part of your body. If you and your wife are beginners in this sort of thing, be sure you do not overdo the exercises you use, for if you both overdo, it will defeat our purpose, and instead of putting you both in better health and better humor, why you'll both be sorer than ever. If you will remember these facts, there is no reason why you cannot select your own exercises from the numerous ones given you in this magazine. And in order to keep up your interest and prevent your training from becoming monotonous, you can change your program every week or so.

There are many ways in which your (Continued on Page 70)



It is true their physiques and feats would do justice to a professional act, but they are entirely amateurs, with no desire to appear behind the footlights.

Constipation: The Most Dangerous Disease

By Curing This Condition You Can Increase
Your Efficiency and Add Years to Your Life

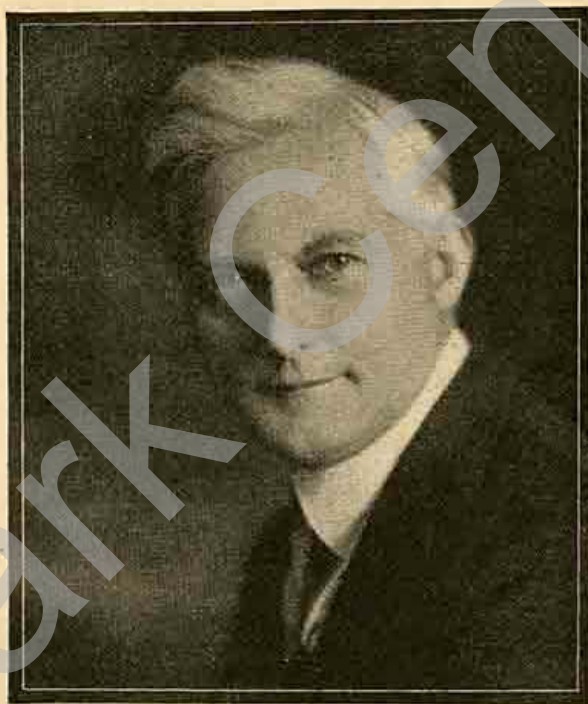
By Dr. Edwin F. Bowers

THE most dangerous disease that afflicts humanity is not smallpox, pneumonia, typhoid, or even tuberculosis, which levies its grim toll upon one out of every twelve civilized humans. It is common constipation—not so much a disease in itself as a cause of other diseases.

Constipation is the head and front of the condition that so lowers the body's resistance that germs or toxins of innumerable, dangerous and even fatal disorders are enabled to gain lodgement, and find, already prepared, a fertile field for development.

If the average human being had one—or better still, two or three—daily evacuations of the bowels, about eighty per cent of the medical profession would have to give up practice and seek some other means of livelihood. For, apart from the obstetricians, surgeons, eye and ear, nose and throat men, or other specialists, there would be little need for doctors. The absorption of poisons and toxins generated from feces retained in the intestines is the direct cause of many irritable conditions, headaches, neuralgias, some forms of neuritis, and a large and aggravating number of nervous conditions, including insomnia and unrefreshing sleep, nervous dyspepsia, melancholia, heart irregularities of functional origin, and scores of other conditions, which, like the deeds of the witches in Macbeth, are almost without a name, but are none the less material.

And the latest theory concerning epilepsy is that many varieties of it are caused by auto-toxemia. In any event, the correction of the condition of putrefaction in the



Dr. Edwin F. Bowers

thirty odd feet of intestines has cleared up many epileptic cases of years' standing.

How Constipation Lessens Nervous Energy

Constipation may be considered as only one segment of a vicious circle that so lowers body tone that the very causes that depress the functions tend to continue the first cause. Lowered nervous vitality is reflected in a lowered intestinal "punch." The peristalsis, or wormlike motions of the bowels, by which the refuse material of digestion and the body waste is passed along into the colon, or lower bowel, is inhibited because of insufficient nervous energy. Gradually the bowel fails to respond to the irritating presence of its contents. It becomes more and more atonic;

and eventually nothing except the most drastic cathartics will move its contents.

While the mass is lying there, drying out, and covering completely the surfaces of the intestinal canal—surfaces that should be clean for the absorption of food products—putrefactive alkaloids are being generated. Such dangerous organic poisons as indol, skatol, indoxyl, and numerous other powerful and toxic compounds are eliminated and absorbed into the circulation, once more to depress the functions, and continue the causes that developed them.

A Chief Cause of Anemia

Chronic constipation is now recognized as one of the chief causes of anemia. This results from the general depression of the metabolic and assimilative processes.

So physicians now, instead of depending so largely upon "iron tonics," are giving more of their attention to the broad general principles of "cleaning out and keeping clean," realizing that if the system is put into a condition where it can manufacture its own iron for the blood, it will do so.

Another fact of tremendous importance to humanity, especially that large portion of humanity that industriously digs its grave with its teeth, is that many cases of kidney disease, characterized by the voiding of large amounts of low specific gravity urine, containing albumen and waxy casts, are due to intestinal fermentation.

How the Kidneys May Be Affected

The sluggish bowel, by shifting a considerable portion of its work of elimination upon the kidneys, overworks these organs, and the nephritis is merely an expression of resentment on the part of the kidneys against this overwork.

The successful treatment of these conditions does not depend so much upon stimulating the action of the kidneys and whipping them to their duty, as it does upon seeing that the bowels do their fair share of the task of sifting out the slag and refuse.

Also, many of the diseases that affect the liver develop because that overworked organ has the extra burden of filtering out of the blood and neutralizing poisons which should never have been permitted to enter it.

Rheumatism, biliousness, and liver torpor, congestion and enlargement of the gland, and even grave degenerations of the organ are a constant result of this overwork.

Paradoxical as it may seem, constipation often produces chronic diarrhea. Notwithstanding repeated evacuations, there is, with some patients, a gradual accumulation of hardened excremental matter on the walls of the intestines. While nature is doing her best to dislodge and eliminate this, many physicians find it of great assistance to give some such intestinal stimulant as castor oil, or some such lubricant as liquid petroleum, combined, possibly, with a little massage. Even soap-suds or oil enemas may also be necessary to dislodge the accumulation, and thereby correct the diarrhea and the constipation at one swoop.

Find the Cause and Remove It

There are many causes for constipation. Some of these, such as obstruction, adhesions, prolapse of the bowels, impairment of the quantity and quality of bile, hernia, and acute infectious diseases, imperatively demand surgical or medical attention. This is also true of direct inhibition of the function through the nerve centers from such diseases as hysteria, or disorders of the spinal cord, or from that general lack of tone associated with a lowered state of activity of the thyroid and adrenal glands.

In asthenia, particularly, due to lack of functioning power in the adrenal glands, a definite state of intestinal atony or inertia is developed, which is very difficult to overcome.

Radiation of the adrenal and thyroid glands, by means of the Rubin Endocrinor has given some excellent results here in these conditions—when combined with proper exercise and a diet that includes a large proportion of fruit and green vegetables.

How Tight Belts Bring Trouble

Tight belts are worn quite extensively by women weighing anywhere from 115 to 315 pounds, with the intention of sweating off or otherwise obliterating what the lightweights deem to be an excessive amount of fat and what the heavyweights know is a reprehensible quantity of this material. The constriction of the abdominal muscles causes an inhibition of the peristaltic or worm-like action of the intestines and produces what is known as intestinal stasis, which means that the contents of the bowels do not move in the direction of the colon as they should, or else they progress at a very greatly reduced speed, so that, as one eloquent physician has expressed it, "the day before yesterday's train comes in tomorrow." This same evil effect may also be attributed to the wearing of tight belts by the stronger and sterner sex, who, especially during the summer, hold their indispensable trousers up by a belt drawn more or less uncomfortably tight across and around the abdomen.

It may well be deemed that suspenders are anything but aesthetic, and that nobody except a fireman and farmer can afford to wear them possibly without loss of dignity and prestige. Yet, we can definitely be assured that the suspender is by all means what Nature intended the human biped of the masculine species to utilize for that important office of holding up his pants.

Another frequent cause of constipation is the habit of wearing "reducing girdles" or corsets, neglect to immediately answer calls of nature, or carelessness in establishing the habit of evacuation, eating too much concentrated food, which leaves but little residue after digestion, or by consuming such articles of diet—berries, for instance—as leave a large amount of irritating matter and cause thereby a spasmodic contraction of the intestines.

Neglect to flush the system with a daily intake of three or four pints of water is another common cause. Or occasionally the drinking of water containing a large proportion of lime salts may produce costiveness.

A weakened condition of the muscles of the abdominal wall, due to excessive indulgence in the rocking-chair habit, is another prolific cause of indolent intestines. In fact, on general principles, no method of treating constipation which does not include allopathic doses of exercises has much hope of permanent success.

The Bottle-Fed Baby

Infants are especially liable to constipation, particularly bottle-fed infants whose milk is modified by the addition of lime-water. Many physicians overcome this condition by substituting for the lime-water a teaspoonful of milk of magnesia added to a few ounces of plain water, this mixture to be used as though it were lime-water.

A milk diet is rather constipating at best, either for children or for adults, because it leaves, after digestion, so little residual matter for the intestines to "work" on.

Briefly, the chief factors in constipation are:

1. Lack of proper nerve tone.
2. Weakened, debilitated, or corset-choked abdominal and intestinal muscles.
3. Too much of the wrong kind of food.
4. Not enough soft water, or an excess of the other kind.
5. Lack of functioning (*Continued on Page 64*)

How to *Develop* the *Muscles* of the *Leg*

All 'round Development Most
Desirable—Don't Neglect Your
Legs.

By Jack Russell

“**T**HAT fellow has developed his upper body at the expense of his legs. Isn't it a shame they're so scrawny looking?”

I was very embarrassed to hear this remark referred to me several years ago, when I first became interested in muscular development. I was exercising in a gym, and had just gotten through, when I overheard this remark.

I had never thought of exercising my legs. In my earnestness to become a good hand balancer, I had sacrificed them in order to perfect my upper body. It made me very sad, but I resolved to overcome this fault, due to my negligence, and almost immediately afterward entered upon a course to build up my leg muscles.

Four out of five persons would believe that all that was necessary to develop the muscles of the calves is to raise upon the toes and repeat this movement until you are tired. I did this hundreds of times daily without acquiring noticeable calf development. I became very discouraged, when, after a length of time, I realized I was getting nowhere.

Then I seized upon the idea of exercising one leg at a time, instead of executing repetition after repetition, using both legs simultaneously. I was overjoyed to see my calf muscles respond to the change, for they were taxed very easily by the new method, and soon I began to note their increased size. When going on tip toe on one foot you must rest one hand against something, a chair would serve the purpose well, to help keep your balance and when raising up on the toes lift your heel as high as possible.

You can strengthen your ankles, toes and calves by teaching yourself to stand on the tips of your toes as dancers do. Grasp some firm object with both hands. Use your arm strength to support the weight of the body, and put the very tips of the toes on floor. By gradually decreasing the strain on the arms you will in



Jack Russell—note his all-round symmetrical development.

time develop the toes, ankle and calf, by this practice. Dancers do this. So can you.

Tara Maiyaki, the Jap wrestler, proved to me just what practicing toe exercises would do, and one could not fathom the degree of suppleness derived from constant practice of this exercise. He thrilled me beyond words when he quite unconcernedly leaped into the air and landed on the knuckle joints of his toes. He repeated this performance several times and when I thought his toes must be broken from the sheer weight of his body descending on them with such force he surprised me by calmly dancing a few steps on them. He would turn his toes under the ball of his foot and rock up and down on them; and he demonstrated how easily he could pick up things with those remarkable trained toes. His leg muscles were marvelously developed and shapely, like those of a dancer.

As a general exercise, hopping is one of the very best developers for the sides, and the entire leg and hip.



Fig. 1

hopping. Don't go at your hopping too vigorously at the start. It is very strenuous work and the muscles must be gradually conditioned by slow increase in distance covered. But rest assured that leg muscles developed by a course in hopping are put on to stay. Do not, especially if you have been exercising your calves for some time, expect big results in too short a time. Remember "*Practice makes perfect*" and in due time you should attain something worth while to stand on. I have yet to attain perfect leg development, and I have been practicing leg exercises several years. You cannot get results overnight, you must persevere, and, finally, you will be rewarded.

My own opinion is that almost anyone can get a finely developed pair of legs "*if he is willing to work hard enough.*" It takes a whole lot of hard work to bring the calves to the highest point of development. And it seems to me, in developing the calves, it is the quality of work and not the quantity, which brings results. There are many long distance runners of great ability whose calves are no bigger than those of the average man. There are men who specialize in hiking, and who are accustomed to taking twenty to thirty mile walks, and yet get very little calf development from their arduous work. On the other hand, most of the athletes who compete in the mile walk, who walk at a tremendous pace and who employ the heel and toe movement, have unusually large and powerful calves. If you practice nothing except rising on the toes, your calves will get wide from side

Just hop as far as you possibly can on one foot, and after a rest, turn around and hop back on the other foot. Never allow your heel to touch the ground while

to side, but will lack depth from front to back. A variety of exercises proves always the best method of securing all 'round leg development. One of my favorite exercises for the calves, and one that is especially good for the hip muscles, is the *German Goose Step* which you no doubt have seen performed. The way I do it is quite difficult to perform at first, but after a little practice you can master it and once you attain perfect balance can step it gracefully to the strain of music. Raise up high on the toes and stride forward with your left leg thrust rigidly out in front, and with your toes pointed, knees stiff. Do the same with the right leg, taking care to balance on the tips of your toes and holding the opposite leg high. Repeat this step, till your legs become fairly tired, and do not forget to arch your back and swing your arms as you see in *Fig. 1*. You will appreciate the benefits derived from this vigorous exercise and it is no wonder the German soldiers kept in fit physical condition when they employed such an exercise as part of their strenuous program.



Fig. 2

For the thigh muscles, you have probably been practicing squatting, or the deep knee bend or sitting on your heels; three different names for the same exercise. You probably may have repeated this exercise 50 to 100 times, and it is

likely that, day in and day out, you limit the value of the exercise by always keeping your feet in the same position. Even if you don't aspire to the leg development that comes from doing the deep knee bend on one leg

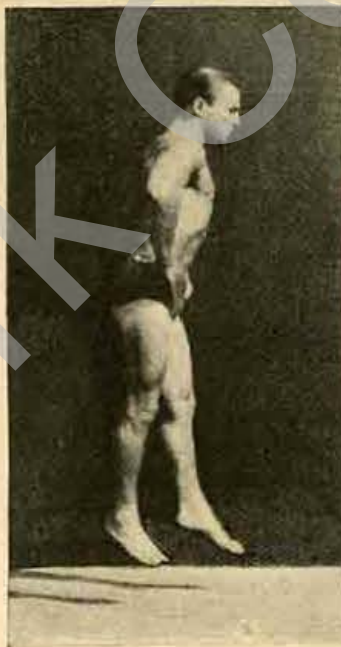


Fig. A



Fig. B

and prefer the easier exercise of using two legs, in the usual way, you can improve your thigh by varying the foot position. If you stand with feet close together and point knees forward as you squat, you will help the front of the thigh. If you stand with heels together and toes turned out and spread knees *far apart* as you

squat, you will help the muscles on the outside of the thighs. If you stand with the feet about twenty inches apart and keep flat footed as you squat, you will help the inside and back of the thighs. Certainly it is better to squat 20 times in each of these three positions than to squat 60 times in the first and most usual position. But real thigh strength does not commence until you are able to squat down on one foot while holding the other straight out in front of you. You may be able to do the squat three hundred times on both legs and yet be unable to do it once on one leg.

You can acquire the necessary strength in your thighs in several ways. Place a chair about arm's length from a bed or other chair. Put your hands, one on the back of chair, the other on bed. Hold one leg straight out in front and sink down on heel, as in *Fig. 2*, and when you straighten up assist with your arms. This, you will find, will give your legs vigorous work.

You may have seen the famous Russian Cossack dancing step, where the dancer, with arms folded across the chest sinks down on the right heel with left leg extended frontwards (heel touching) and then, like a flash, changes to a squat on the left leg with the right extended, and thus advances across the stage, without once raising the body perceptibly.

That requires real thigh strength and you can master it if you take the time to practice it faithfully and conscientiously. It is a very exhilarating exercise.

When you master this step I have a still further difficult

one for you to try. It is my favorite leg exercise and it is very beneficial, especially for developing speed, coordination, agility, and endurance. Place your hands on your hips, then raise high up on your toes; now leap into the air, and as you leap spread your legs forward and

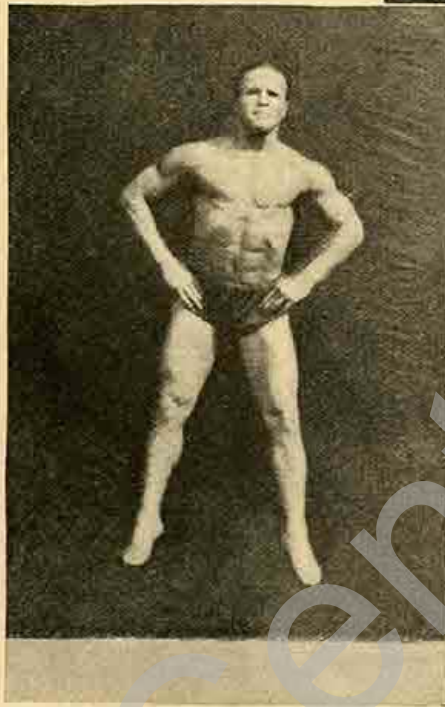


Fig. D

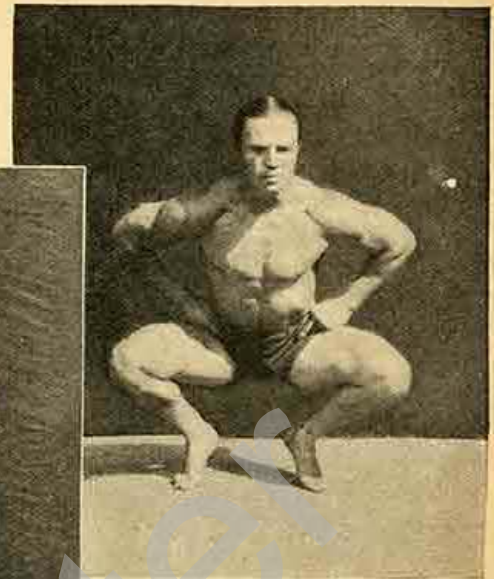


Fig. C

back, *Fig. A.*, keeping your legs stiff as you land on your toes. Without losing time leap up again, this time alternate, spreading your legs front to back. On the third leap into the air, spread your legs to the side, *Fig. B.*, and land as before, on your toes. Repeat this, turning towards the right as you leap and when you have described a circle, having turned all the way around to the right, and you are facing front again, leap high, swing legs up and bend forward and touch the toes. Remember to keep both legs together and



Fig. E

your knees stiff when you stoop to touch the toes. On landing from this jump, land to a squat; see *Fig. C.* Just when you are fully squatted, leap up again, *Fig. D.*, but this time spread your legs wide, *Fig. E.*, and bend forward as before, and touch the toes, *Fig. F.*, the knees of course, are supposedly rigid when this is done.

Of all the dancing steps I have seen performed, and there are many, this step alone impressed me as an ideal one for training the leg muscles. To learn this step and fit it to music, is to my mind a (Continued on Page 91)



Fig. F

Walter Nixon, seen in the lead, is the most famous mountain man in all the great Northwest



Photo by H. Armstrong Roberts

Sons of The White Gods

Only the Fittest Can Go Abroad In the Great North
and They Must Be Superb Physical Specimens to Survive.

By *T. Von Ziekursch*

THERE is an answer to the occasional controversies that develop over the merits of pioneer life from a physical standpoint. Those who believe in it, as the best method for the development of a spartan race, could prove their contentions to the satisfaction of the doubters by taking them through the Canadian bush. There you will find the pioneer life still existant in large measure just as it was long ago. And also you will find a people who are the answer, a people whose strength and endurance enables them to exist and whose minds are keener as a whole than those of about the same status under the protecting wings of civilization.

In the last two installments of this series mention was made of the physical power of these men of the bush shown in incidents the writer has seen.

But to many of us there come times in the mere living of life when physical strength would be of little use without strength of nerves or nerve, also. And this is especially true of those sons of that stern mother—the North.

What iron nerve must it take to cooly face a situation in which a man sees his own son literally beneath the sharp hoofs of a twelve hundred pound killer, bent on destruction, and to realize that the accuracy of his own aim on a long shot through the forest is his son's only

chance for life?

Such an incident happened to one of these men of the North with whom I have tramped the forest trails. Up along that new line the Canadian Pacific has run in north Temiskaming in Quebec is a little man, his face wrinkled by the passing of years and the winds of many seasons. His hair is streaked with touches of gray. He is five feet four inches tall, and weighs perhaps one hundred and forty pounds, all of which is muscle, bone and sinew. He is Frank Jawbone, half-breed Algonquin.

Bring up the subject of moose anywhere within a hundred miles of where Jawbone lives, and men will tell you that Frank Jawbone is the mightiest hunter of the forest giants in all the North. He "talks moose." And that is no mere play of words. The writer has stalked the monsters with him, has marvelled as Jawbone went crashing through the brush unmindful of the noise he made but careful of the wind's direction. Ordinarily such methods would send every living thing scurrying, but not when it is Jawbone, for as he walks along he "talks moose" in such deceptive fashion that not only the moose but the deer, in fact every living thing is fooled.

"Eu-nnh-oonh," his voice sounds plaintively, like one of the colossal brutes seeking the companionship of its kind.

The life of Jawbone has been a harsh one. He is of

the North and such is the lot of men in the North. Through the years he has run the mail with his dog teams, worked for the lumber companies, prospected for gold, and trapped. It has been an active life. And today Indians and whites alike accord him homage as the mightiest hunter of the moose on all the northern carries of Quebec. That incident of his son's life depending on the accuracy of his aim is a true one.

Jawbone captures moose alive whenever there is demand for them. The price is fifty dollars each and most of those in the zoological gardens have been taken by him.

His method is to run them down in the time of the long snows, lasso their feet when they flounder in the deep drifts over which his snowshoes carry him readily, then hobble them and lead them into the town of Kipawa where the steel rails end. This leading is easy. One slip-noose is fastened around their rear legs and Jawbone walks in front holding that. Another is looped about their front legs and his son walks in back holding it. If the monster tries to back Jawbone yanks his rope which tightens on its rear legs. If it tries to charge or carry on in any other way young Jawbone pulls on the rope about its front legs, and after the moose has bumped its nose a couple times it is generally willing to walk peacefully.

On one occasion they roped a cow with the lasso and threw her. She weighed around twelve hundred pounds, where the bulls may go well over two thousand pounds. Jawbone leaped on her head to hold her down just as you would on a horse that has fallen and is thrashing about.

In the chase they had dropped the small bag in which they carry the leading ropes, and Jawbone's son went back through the forest for it. When he returned Jawbone was almost exhausted with the effort of holding the wild monster's head down. And the son brought bad news. There had been an oversight. The leading ropes had been forgotten. Their only rifle was lying in the snow close at hand where Jawbone had dropped it as he leaped for the moose's head. They had no desire to kill her so Jawbone ordered his son to make a run for it, fully aware that in a short while his own strength must give out.

Young Jawbone ran, and his father released his hold and leaped back, reaching for the rifle and stumbling as one snowshoe came off. The cow reared and might have killed him as he groped in the snow for the rifle. But through some vagary instead of attacking him she bounded after his son. Jawbone's hand found the rifle. His eyes were following the race between his son and the enraged moose. She was almost upon him. Another of those great bounds or two and her sharp hoofs would descend like pile drivers. Jawbone shouted a command



Photo by H. Armstrong Roberts

Frank Jawbone, famous halfbreed hunter, mail runner and most picturesque character in the "bush" of Quebec

to his son to get behind a tree.

As the boy obeyed the moose reared and her front hoofs came down in a mighty smash, one on each side of the tree, stripping the bark off for a considerable distance. It was a blow that would have crushed the life out of a bear, a blow that even the grizzly or the wolf pack fears. She was up again, rearing, whirling to reach the elusive human target. Another smash and he must go down and be battered to a pulp. It was a difficult shot through that maze of brush and trees but the life of his son depended on it and Jawbone fired. The moose fell dead, shot through the heart.

This man Jawbone is a strange little man, a typical son of the North. Merely in answer to the demands of that adventurous spirit, which comes of the blood of the old voyageurs coursing in his veins, he built himself a special birch canoe and circled Labrador in it, living with the wild Indians, making his way to the haunts of the Eskimo on the edge of the Arctic, hunting among the seal herds and the caribou that afford sustenance in that barren region.

To have lived with one such as he, to have spent days and nights alone in the forest with him, is to learn many things that are more than interesting. He is small and many winters have passed over his head.

but his strength is still magnificent. An incident to illustrate, and at the same time serve in part as an answer to a controversy which crops up from time to time!

There are many, especially in civilization, who assert that a wolf pack will not attack a human being. Usually those who put forward this claim are more familiar with the stunted, anemic looking things in the zoos, than with the hundred and fifty pound brutes that roam the northern reaches, and they have been killed bigger than that.

Tell Jawbone that wolves will not attack human beings, and he will merely look at you inquiringly and ask, "No?" But there will be a rising inflection to his voice. On the other hand, ask him if they will and he may tell the story of an incident that happened a couple of seasons back. He was crossing the ice of a lake late one afternoon in winter. A beaver pelt taken from one of his traps was slung over his back and he was carrying a sixteen gauge shotgun loaded with pumpkin shells, that he prefers to a rifle as a more effective weapon at the close ranges of the forest.

Over the reaches came the long drawn, quavering howl of a wolf. It was echoed by others. Then came the blood call of the pack that once heard can never be forgotten. But Jawbone paid no heed. Moments of silence passed and the blood chilling pack cry was repeated, closer at hand. It dawned on Jawbone that this was a hunting pack attracted by the smell of blood from the fresh beaver hide. He continued on his way, wary now and watchful, turning closer toward the tree

garbed shore line on the other side of the lake. Again and again that awful, roaring cry of the pack sounded, closer and closer, and at last they burst out from the forest on the opposite side of the lake. There were twelve of them, monstrous black and brown and gray beasts, racing toward him and mouthing fiercely. Then Jawbone ran for the shore. A half dozen of them he might stop but not twelve. His snowshoes were cumbersome; he kicked them off and ran for his life. The beaver hide was heavy, but that was precious. They were close as he reached the forest's edge and dragged himself up the first tree big enough to support his weight. Beneath him the leaders leaped, and their huge fangs clicked on empty air a few inches below his moccasins. His legs were wrapped about the tree trunk and his life depended on that gripping hold. Deliberately he slid the shotgun off his shoulder and killed two of them at close range. The others drew off to wait, but he continued to fire through the waning light. Others were wounded and at last the pack faded back into the forest. Then Jawbone descended and went on his way with the wolf hides to claim a bounty on.

And the fact that he was able, in his heavy winter garb, and loaded down with a heavy beaver pelt and shotgun, to climb one of those straight, limbless trees far enough to be safe from a wolf's leap, and then hold himself there by sheer leg strength while he used the gun, is some tribute to the strength that three score years have not sapped greatly.

It might be said that his life has been colorful, at least. To see him in the stern of one of those huge Peterborough "one-tonner" canoes loaded with a thousand pounds of trade goods, shooting the white mane of a swirling rapids, as unconcerned as though it were a placid lake, is to visualize sureness and strength personified.

But there are others. No recounting the deeds of these sons of the North would be complete without some mention of Sam Glode. You can find him over in the Kedgemakoogee of Nova Scotia. His white blood is mingled with that of the MicMac tribe. The way of a woodsman is Sam's way, and his marksmanship no better than that of thousands of others who roam the reaches of the bush. But it gained him international fame and honor.

When England was plunged into the war Sam heard about it up in his forests, and also heard that Canada was calling her men. Sam went down to the nearest town that had contact with civilization to find out if it was all true. Then he enlisted.

Once in action he found that his outfit was being bothered by German snipers and foresters who were sent out to pick off the Canadian officers. Sam knew a few tricks (*Continued on Page 69*)



Photo by H. Armstrong Roberts

Jawbone thinks nothing of carrying a 200 pound deer a few miles

The *Birth* of a *Champion*

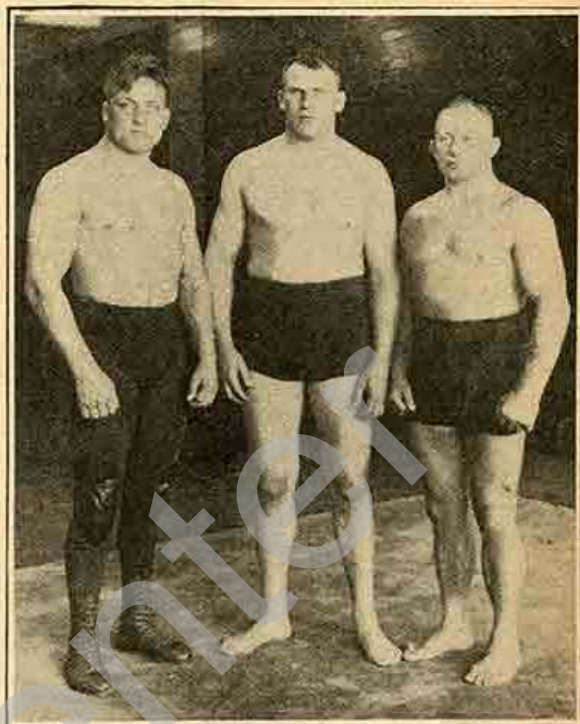
An Interesting Incident that Developed
a Small Town Youngster into
a World's Champion.

By *Dean Carroll*

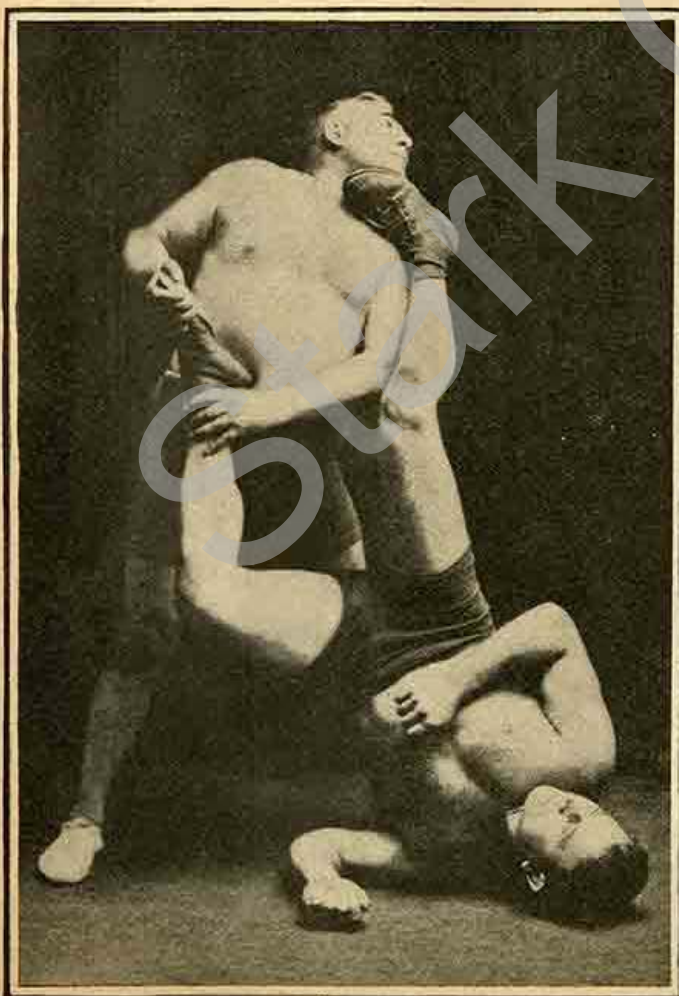
“**B**OYS do you want to hear a good story? Well, listen to this one. It's a real one, but it will leave you guessing.”

Immediately we were all aroused to curious attention, for the speaker had the reputation of being the best narrator at the club, and what he did not know about sport and athletes—wrestling and wrestlers in particular—was not worth knowing.

We had just gotten through witnessing a wonderful work-



Three mighty mixers of the padded canvas—
Richard Schikat, Hans Steinko, Josef Dostal.



Demonstrating a break away from a toe hold.

out between one of our greatest mat stars and a youngster whose remarkable abilities showed him to be full of promise. He had given the veteran a terrible grueling before he was flopped. This, of course, started us talking of one thing and another, and how this cause and that cause had swung the careers of various stars, for better or worse.

Drawing up our seats nearer to the speaker, we each settled down comfortably to enjoy the story that was already on his lips.

“I don't know if any of you boys remember the young fellow that gave the masked marvel such an awful tussle in Boston about ten years ago! No one knew who the kid was, he jumped on the mat and stayed the limit and then beat it without giving his name. It was sensational and people talked about it, but at the same time there was something strange about the mysterious wrestler's sudden appearance and disappearance. There was! Simply because that same fellow's whole life was swayed through this incident, and another, which I am coming to.

“He was not sure of himself. In other words, where his ability as a wrestler was concerned, he was a mortal funk.

“Fate hands us some funny jolts, and this is one of 'em. Now, fellows, I'm not going to tell you his name, simply because he is too big in the game at the present time, but if you named five of the greatest heavy-weight matmen you would be sure to speak his name.

“I'm going to speak of him as Jack Price. Price was a small town kid from the middle-west and was crazy about wrestling. He was the typical type of natural grappler with heavy breast muscles and a stove-pipe neck. Full of ginger, he was a fall to fall battler—right from the clang of the gong. He soon knocked off everything in his own locality, and every-

thing went his own way with the other small town importations, 'till it got to be thought that Price was a world beater. You know how those birds talk in one-horse towns.

"Price felt that sooner or later he would have to meet some real matman to satisfy his followers. Not that he wasn't game. He was, but he had made such a rep for himself that he was not anxious to lose it. He had never met a real good matman and the idea that he might be made a monkey of, got on his nerves.

"He was not sure of himself, 'though he had tons of sand.

"Anyhow, to cut a long story short, he dropped into Chicago to see one of the big bouts. There he got acquainted with one of those birds that would lay down for any price, who answered to the name of 'Strangler' Reed. But Reed happened to be one who could shoot, and would, even to a double cross if things looked his way.

"Between them, they talked things over, and Price went home with his head in a whirl of joy. It was agreed that the 'frame up' was to hit Price's home town and get the people excited with his talk, and build up a bout. Believe me, when that "shell" hit that hick burg, he sure did his stuff. He got in fights and arguments galore, and called Price all the tin horn feather-bed wrestlers imagineable.

"The town was ready to eat the 'big bum' uncooked!

"They went after Price, who allowed much persuasion to be brought to bear on him before he agreed to meet the newcomer. But, when he did give in, the town went riot. The date was set and the local fair grounds were fixed up as though a regular jubilee was going to take place.

"Posters were stuck up on every board, fence and tree for miles around, and the local papers, seeing an opportunity to sell their rag, lent lots of color to both sides of the argument.

"In the mean-time, 'Strangler' Reed was painting the town red. He got almost too realistic for Price. One evening he met Price in the Central Pool Room, and started

an argument and a regular free for all, both at the same time, and the crowd had to part the two men.

"Afterwards, he assured Price that the stunt was only part of the game to get the people roused to a turmoil.

"The 'frame-up' was arranged so that Reed was to take the first fall, and Price the following two falls.

"The great day dawned, and the little burg was all dolled up looking its best. In the fair grounds there had been erected a substantial ring, all roped off, which was placed right in front of the grandstand.

"Everything was done right, even to a brass band and a local holiday.

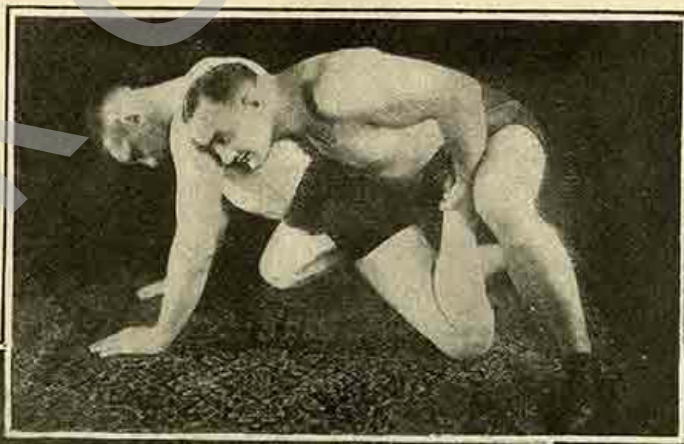
"The lust for battle seemed to have possessed everybody, and for the time being a general excitement prevailed.

"As the time approached for the bout to start, Price began to show considerable nervousness. Not so the seasoned 'Strangler.' He kept himself prominently in view. Elbowing his way wherever the crowds were thickest, he created a resentment against himself, which was only checked by the ugly scowl he wore, and the sight of his broken nose and cauliflower ears.

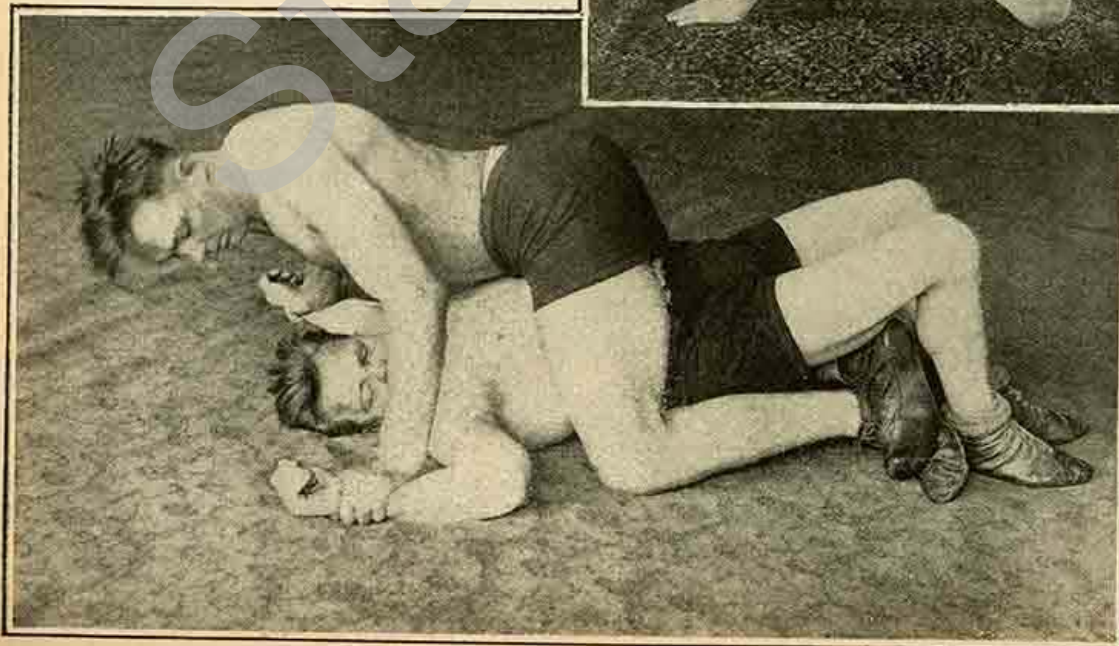
"It was a gorgeous day and the little town was packed. Machines, buggies and buck-boards lined the streets, while the fair ground was filled to overflowing.

"About three o'clock the announcer took the center of the ring, in the usual pompous form. With a big red handkerchief in one hand, he constantly mopped his perspiring face as he announced the weights of the contestants, and the conditions of the bout.

"The introduction commenced (*Continued on page 78*)



Wald ek Zbyszko locking the foot up the back.



A fall from the body scissors and double wrist lock.

George Hackenschmidt— *The Russian Lion*

The Most Powerful and Perfectly Built Athlete
Ever Produced by Correct Exercise

By George F. Jowett

IN a railway station thronged with thousands of people, excited voices were raised as the train drew in. There was a craning of necks with a general upheaval of the whole crowd, which jammed forward in a milling mass of struggling humanity to see the object of their wait.

As the train began to discharge its occupants, a man of remarkable appearance stepped out from the rest, to be greeted with handshakes by the group who were there to receive him.

Immediately the crowd singled him out, and exclamations of, "That's him," "There he is," were passed from mouth to mouth until a climax of uproarious cheering by the multitude could be heard.

Like so many children they crowded and trod upon each other in their eagerness to see him, until he was driven away from their midst, after acknowledging their plaudits with a pleasant smile and wave of his hand.

This occurrence happened quite a number of years ago. I was still at the impressionable age, and the influence that man cast over me at that time shaped my future in such a manner as I never dreamt of before meeting him.

He became my ideal, and to imitate him physically and athletically was the height of my ambition. That man was George Hackenschmidt, the blonde Russian, then the world's greatest wrestler. A man famous for his enormous strength, the beauty of his physique, and the dazzling manner in which he disposed of his opponents on the mat. He

was then at the very height of his popularity, and the English speaking world was still agog over the way he had thrown Madrali, the terrible Turk, in 44 seconds, breaking the huge Turk's arm from the impact of the fall. Everywhere he went crowds followed him and the theatres where he appeared were always packed to overflowing.

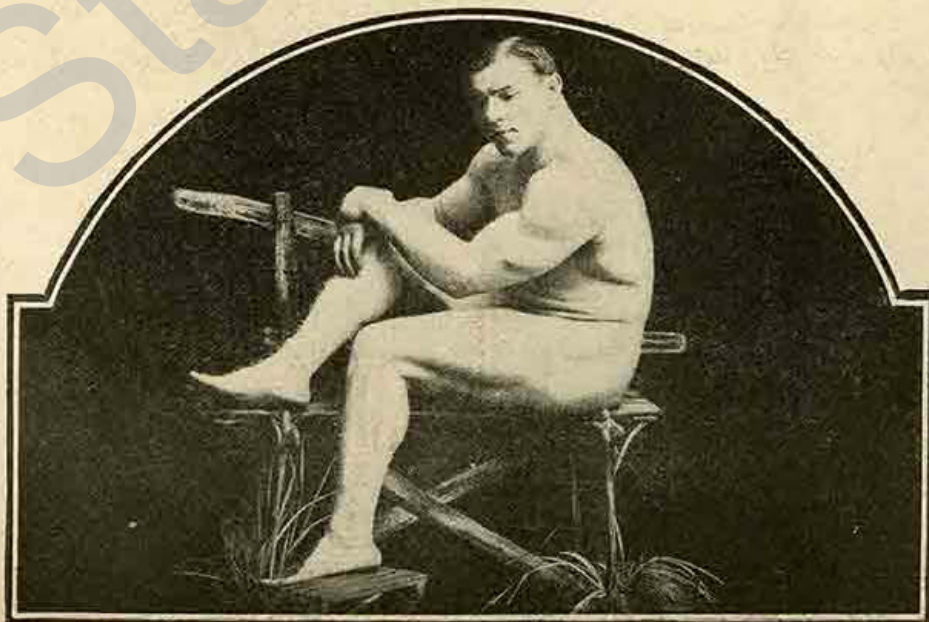
My grandfather was a Commissioner of Police and became very familiar with the famous Russian due to the fact that my grandmother had spent a number of years in Russia with her brothers, who were engaged there in business. So, when this great athlete arrived in my home town, I was there at the station with my grandfather, all eager to gaze upon this athletic demi-god who on sight was accepted as my idol.

George Hackenschmidt was born at Dorpat, Russia, on August 2nd, 1878. He was just the average type of boy, but took a great interest in body building work and athletics, particularly wrestling and weight lifting.

So enthusiastically did he throw himself into his training that his muscular proportions grew rapidly.

As I have said he was just the average type of boy who is normally healthy and strong as his measurements show at the age of 18. His normal chest was $41\frac{3}{4}$

and upper arm $15\frac{1}{4}$. Of course, these measurements are good, but I have known lots of young athletes at that same age every bit as big and some bigger. But compare them



The huge proportions of this marvellous athlete are harmoniously toned by the beauty of his symmetrical form.

with his later measurements. The next year saw a wonderful change in his physical make up, his proportions having grown to the following: Neck 18, Biceps $17\frac{1}{4}$, Forearm 13, Wrist $7\frac{1}{2}$, Chest 45 normal and 47 expanded, Thigh $23\frac{1}{2}$, calf $15\frac{1}{2}$, while his body weight stood at 176 lbs. stripped, and height 5 ft. $8\frac{1}{2}$. He was at that time able to make a two arm continental slow press of 243 lbs.

As will be seen by his wrist measurement he was not huge boned, yet he later acquired astounding proportions.

He started out in life to become an engineer, until he came under the observation of Dr. Krajewski, the Russian court physician. This man had an obsession for feats of strength, and was the greatest patron of strength sports of that time, and he was an ardent disciple of physical training. He did not take up physical training until he was in his forties, but accomplished some remarkable feats for a man of his body weight. He idolized Hackenschmidt, and between them a bond of friendship sprung up that was only severed by death.

He took the young giant under his wing and kept him under careful training at his own private gymnasium in St. Petersburg.

George was then about 20 years old, and showed a keen desire to break a few records. Many he did, at either the Doctor's place or at Count Ribeaupierre's riding school, which was a celebrated training stadium where all the strong men gathered together in St. Peters-

burg. The big boy began to make great strides in the bent press, which was a new lift in those days. The record was held by Sandow at $255\frac{1}{2}$ lbs.

There is a very humorous story connected with this lift that goes to show how good sporting spirit creates good fellowship in lifting as in all other sports.

Hackenschmidt was a very fastidious dresser; so was the doctor. One day, while George was working out, the doctor appeared in a lovely pair of well-fitting pants. The moment George saw them he became lost in admiration, completely forgetting his training practice. Between them they raved about the pants. Finally the doctor exclaimed, "George, when you can beat Sandow's one arm record, I will present you with such a pair as these."

This spurred the Russian giant to greater efforts, with a fixed determination to do or die.

Shortly afterward a tournament was held at the Count's school, and it was here that Hackenschmidt made his attempt that broke Sandow's existing record.

On this occasion he pressed $269\frac{1}{2}$ lbs. to arm's length with one hand. The moment it was performed a tumult of enthusiasm swept the hall. Dr. Krajewski was seated in the first row but his emotions got the better of him. He rose onto his feet and swept his hat off his head in a dramatic salute to the performance of his beloved protege. His spontaneous action spread through the crowd and many of its members leapt the barriers, crowding around their idol in their desire to congratulate him.

In the meantime the doctor had disappeared, but soon reappeared, to the amazement of all, with a pair of beautifully tailored pants hanging on his arm. Rushing to George he presented him with the promised gift. Hackenschmidt never expected the gift to be proffered to him there, but the moment he saw them he lost all visions of the beautiful gold trophy to which his fine performance entitled him. He gushed like a school boy and tenderly held the pants to him, while the doctor and he embraced.

George often had a long merry laugh over the incident and loved to tell the joke on himself when talking of the great little doctor.

Telling jokes about clothes reminds me of another comical incident told on the big good natured Hercules. Once when in London he was admiring a well fitting suit on the promoter of the National Sporting Club. I forget just now whether it was Mr. Corri or Mr. Al. Bettinson who managed the club at that time. However, on inquiry he was informed that a well known Broad Street tailor had made the suit. So hot foot George set out for the same tailor to give his order. But, alas and alack, when the suit was finished and the great George put it on, it hung on him like a sack. Amazed, he went after the tailor and on checking up the original measurements it was found that instead of standing normally, he had swelled out his chest and tensed all his muscles. When this was done the suit was a perfect fit, but when he relaxed his mighty thews the suit was a wreck for fit. So George never wore it.

Beating Sandow's record was an inspiration to do bigger things and from then on he trained with his bar-bells with greater incentive. He increased his two arm clean and jerk to 311 lbs., and his two hands military press to 249 lbs.

Having covered himself with glory in the various



The famous grappler in action, shown crashing big Bob Armstrong to a fall.

weight lifting tournaments, he turned his attention to wrestling. At the beginning he met with defeat. The trouble was that everybody thought because George was so strong he could throw anybody. He was consequently matched with the very best men in the game, including Lurick and Pytlasinski, who both defeated Hack.

One fine trait I always admired in the Russian Lion, was that he never shirked stating he had been defeated. He looked upon such as a lesson and paid just tribute wherever it belonged. But he speedily recognized his great possibilities. He knew he was much stronger and faster than any of them. What he lacked was experience.

Just as earnestly as he had thrown himself into the sport of lifting weights, he threw himself into the wrestling game. He realized that while he had tons of brute strength, yet it also takes science to win a wrestling contest. Ever ready to learn he sought out the best wrestlers to practice with and speedily acquired a very high knowledge of the game.

In 1900 he made his debut as a professional wrestler in Moscow, where the national tournaments were being held. Hackenschmidt swept the boards, throwing such fine, experienced performers as Petroff, Constant Le Bouchor and the powerful Frenchman, Peyrouse.

Naturally this was very encouraging for the young Russian, and he passed on from one victory to another.

In Budapest he was a riot. From the first session of the tournament he was the favorite, crashing such celebrities to falls as Kara Ahmd, Hitzler and the two enormously strong wrestlers Lassartesse and Raicevitch. It took the great George nearly three hours to finally dispose of the huge Turk, Kara Ahmd, which gave him the winner's laurels in the Hungarian capital.

Men and women went almost crazy in their enthusiasm. They shouldered him and carried him through the streets singing and shouting, while women kissed him and bedecked the blonde herculean wrestler with garlands of flowers.

It was an experience he never forgot, and looks back upon with pleasure and gratification as some recompense for his untiring labors to attain physical perfection.

Hackenschmidt never relaxed his bar-bell training. He found that his ability to heave overhead huge weight made him more capable of handling such huge men as Laurent Le Beaucairois and the giant Paul Pons.

His physical proportions began to take on terrific measurements, but he always retained those pleasing lines and the muscular separation that fascinated the people.

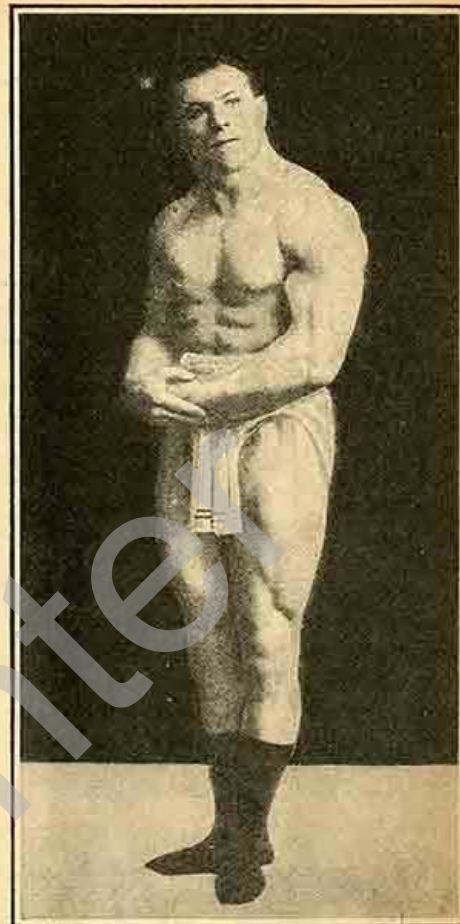
His chest was huge, and had such a beautiful tapering effect that immediately one compared Hackenschmidt's physique with a lion. Power, grace and beauty were more closely allied in this marvelous muscular make up than that of any other athlete I have ever had the pleasure to gaze upon. I have always felt that if there was any single man I could rave over

Glorified manhood displayed by the most perfect heavyweight specimen that ever lived.

for possessing the combination of the three mentioned qualities, it was George Hackenschmidt. I have never seen his like, and know it will be a long day before I ever will see the counterpiece of this remarkable athlete.

Gradually he cleared the field in Europe of all its contenders. He had dropped out of competitive weight lifting since becoming a professional, as the wrestling field

was more remunerative. Yet there was a time when he had his mind made up to quit the game. Too much strenuous work, hastening from one tournament to another, pulled his body weight down, and the inability of a badly injured arm to successfully mend itself got him somewhat discouraged. However, he came under the attention of Professor Siebert, the famous German authority on physical education, who soon fixed the young Goliath up in first class shape. This brought back



George Hackenschmidt, the acme of physical perfection and colossal strength.



all his old aggressiveness and he turned once more to his beloved bar-bells and the lure of the wrestling arena.

He now sought other fields to conquer, and turned his attention to a tour through England. At that time, the man who held the limelight in Britain was Jack Carkeek, the American champion. Of course, Carkeek wrestled the catch as catch can style, which has always been more popular in the English speaking countries. In Europe it was all Græco-Roman. This style does not allow the wrestlers to take hold below the waist. But Hack imagined his huge strength would make up for his lack of knowledge in style.

Hack was signed up on a small British tour, but his challenges were ignored for two reasons. The first, because his name was feared among grapplers who knew of him, and knew him too well, and the second was because the general public had not heard of him, making him a minor box office attraction.

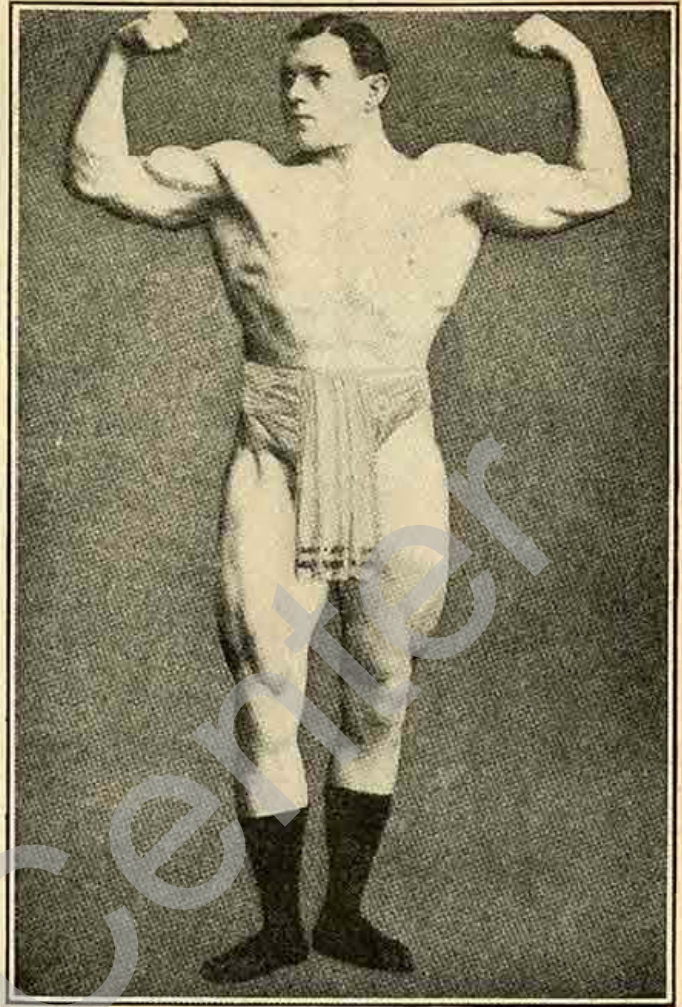
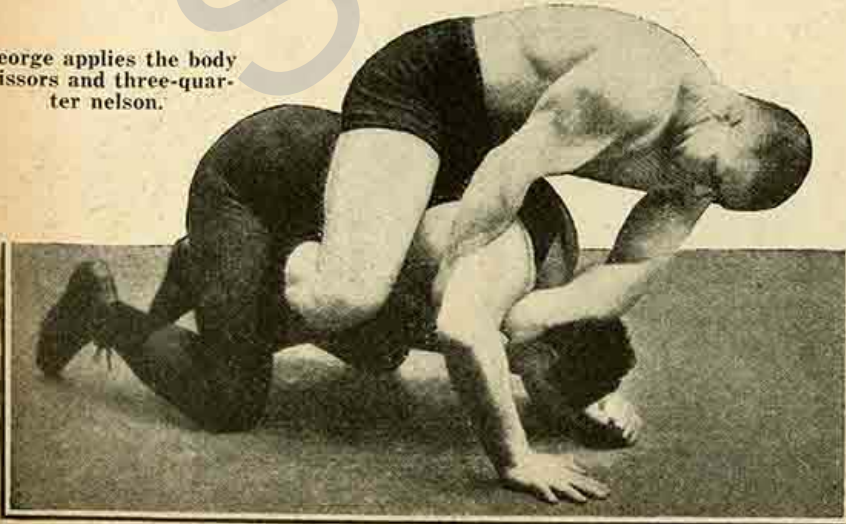
However, a man of his calibre could not remain under cover long. Soon his remarkable physique and astounding feats of strength reached the ears of prominent English strong men. Out of curiosity a bunch of them agreed to go and look him over. They rubbed their eyes in astonishment at the sight they beheld, and eagerly they sought the acquaintance of the young Russian. From then on they speedily made plans to bring about a match between Hackenschmidt and the American champion, Carkeek.

The American was nightly challenging all comers in London, and it was agreed upon that a stage box should be hired, and Hackenschmidt should be secreted in the box in costume all ready to accept the challenge when thrown out by Carkeek.

Accordingly they all met on the specified evening. Among them were some of the most famous British strong men of that day. Men whose names still live among us, such as Charles Vanstittart, known as the man with the iron grip. Launceston Elliott, the world's Olympic weight lifting champion, and considered, then, the most perfectly proportioned man in the world. Billie Caswell, a remarkably clever lifter, wonderful in juggling block weight and kettle bells, and other notables including Prof. Zazslay, known as the father of British lifting.

Impatiently they waited for the other acts to pass by. Finally the curtains rose on the famous wrestler, who stepped forward to broadcast his challenge defying all and sundry to stay on the mat with him for 15 minutes.

George applies the body scissors and three-quarter nelson.



Hackenschmidt at the height of his fame. World's champion wrestler and strong man. A living testimony of progressive exercise.

But the best laid schemes of mice and men gang aft a-gley, according to the old Scottish proverb. So it was with this carefully laid plot. Hackenschmidt, not understanding English and unable to contain himself any longer, leapt upon the edge of the box and onto the stage divesting himself of his robe as he did so. So sudden an appearance dumbfounded the audience, while Carkeek, in speechless amazement, staggered back against the curtains.

Hackenschmidt advanced towards Carkeek, talking volubly in Russian, accepting the challenge. His friends followed him onto the stage explaining in English their desire to make a match for the Russian, but the sight of this physical giant was enough to prove to Carkeek the futility of meeting the Russian in contest.

Meanwhile the spectators were lost in their admiration and howled against Carkeek—all to no purpose. The curtain went down amidst a storm of derisive shouts, cat calls and cheers.

From then on Hackenschmidt was made. He was signed up at a high salary to appear at all the principal British theatres. He was as popular in Britain as in Europe, and everywhere he appeared the (Continued on Page 82)

Exercises for Speed and Grace

Do Your Movements Betray the
Lack of Grace, Speed or Agility

By Margaret A. Sargent

“OBJECTS in motion attract the eye before perfection of form.”

I was attending a party at a friend's house when I was particularly attracted by a young girl who repeatedly tripped over rugs, bumped into furniture and stumbled over her partner's feet when dancing.

My eyes followed her all evening. She was quite tall and rather slim. When she walked her arms moved forward and backward with each slow step, and her shoulders slumped a trifle. There was certainly nothing about her that suggested grace, agility or speed—a complete control of her body.

On the whole she reminded me of a certain musical comedy star who became famous for her awkwardness. Later in the evening, for the lack of something else to do, having done everything imaginable, we got out the family album which, of course, was not like the albums of our grandmothers' time. We came upon pictures of a group of girls in bathing suits, and I immediately commenced to study them. One girl's form especially impressed me as being almost perfect.

“Why,” I exclaimed, “That looks like—” I pointed to the girl that I had been watching all evening.

“Why it is her!”

“But, how—” Then I bit my tongue, for I was going to say, “But how could it be possible!”

That girl's picture showed her to have a beautiful form, but with all that she did not possess the knowledge of how to carry herself or how to handle herself in action.

It is very common to see girls slouching along, every movement betraying their lack of grace, speed or agility. Their

steps are uneven, all their movements jerky.

Not all of them have a beautiful form like the girl I mentioned, but if they learned poise—to control their bodies—they could improve themselves 100 percent.

You will, perhaps, remember reading somewhere that Walter Camp got his original idea for the daily dozen through watching the animals in the zoo. (Pardon my turning to animals so abruptly). Their animal grace and rhythmic speed of movement, their general physical appearance, conveyed a great impression to him, and it was more so when he compared them with the grace and speed and physical appearance of the on-lookers about him.

If I remember correctly he deduced that the largest single factor favoring the animals was that their movements were direct. They did not proceed by stoops and stops, but made one motion which brought fully into play all the muscular tissues involved. He went on to call to mind the fact that children do

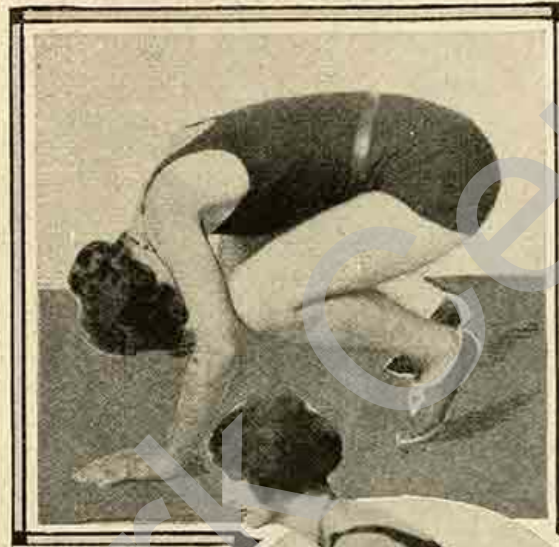


Fig. 1



Fig. 2

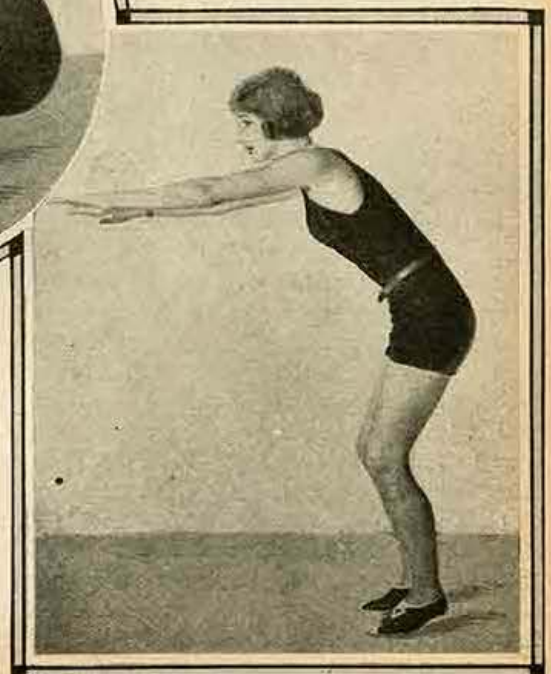


Fig. 3

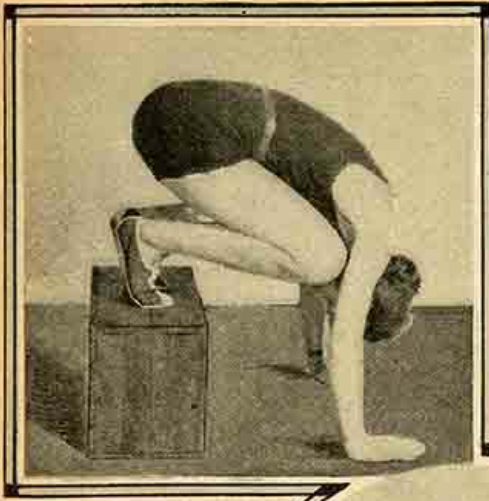


Fig. 4

much the same thing, and he also clearly indicated what anyone can see for himself, that children are distinctly more graceful than grown ups. This is particularly true in action, and since we can't all take a fixed pose and hold it indefinitely, grace in action seems to be the type of grace most desirable to attain.

I am certainly willing to admit that the average woman does not approach in grace either the animals or the children. In the first place grace in action is dependent on physical strength and proper physical proportions and a proper carriage. I do not mean to say that everyone who is strong is graceful, but I do hold the belief that no one who is weak can be graceful. Given a strong body and a well proportioned body, a knowledge of how to carry oneself, and how to handle oneself in action, are essential for true grace, but no one can hope to be graceful unless she has a strong, well proportioned body.

How you handle your hands and arms, your legs, your head or your neck may influence to a greater or lesser degree your personal appearance, but your torso really makes or mars your whole appearance. If you go back to Mr. Camp's lions, tigers, etc., for a few minutes, it is easy to recognize how much their bodies gain by being hung from their spine instead of erected from the pelvis, as ours are. The three point suspension that the automobile engineers talk so much about is all in the animal favor, with four legs to stand on. Their bodies are deeper than they are wide, whereas our bodies are wider than they are deep, and our bodies, instead of being hung from our spine, must assist in holding the spine in place.

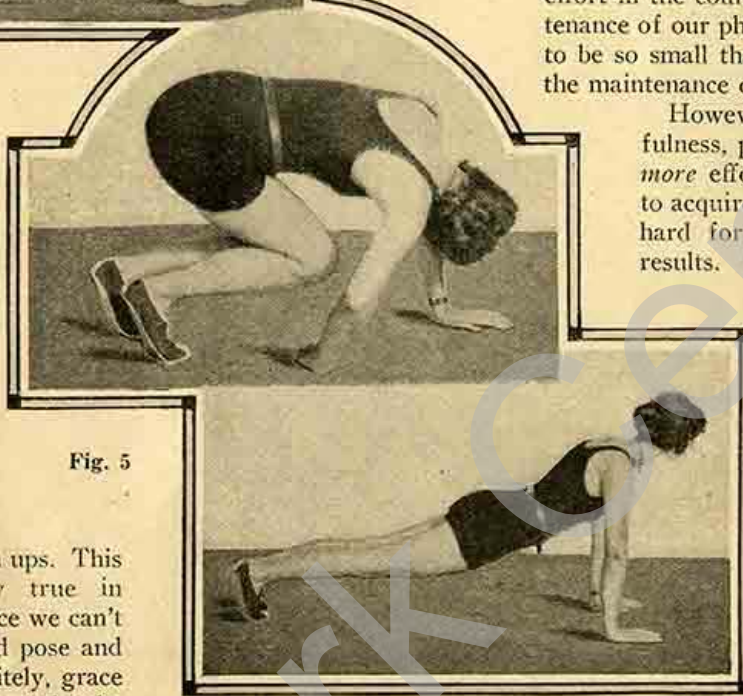


Fig. 5



Fig. 6

This is the work of the muscles of the back and of the stomach, a two point suspension in balance on the legs in back, and of the stomach muscles in front.

If we do not hold these muscles up to the mark and consequently permit our spine to sag or to assume a position in which it apparently may be carried more easily, we start very rapidly down the path of physical deterioration. Permitting the stomach to protrude, which in turn causes the stomach muscles to sag, often results in obesity, which continually grows, throwing our whole carriage out and detracting from our physical ability and agility.

Someone said that the average woman sits too much. This is undoubtedly one of the chief causes that bring about deterioration of her body, because sitting does not give the muscles their necessary work. Thus deterioration sets in.

Certainly we have a tendency to make the least amount of physical effort in the course of our daily lives, and for the maintenance of our physical grace. Our daily effort is getting to be so small that it is a totally inadequate amount for the maintenance of our physical grace, agility and speed.

However, if we ever aspire to attain gracefulness, poise and agility, then we must produce more effort. Without effort, how can we hope to acquire that which we wish for. Let us work hard for anything and we are bound to reap results. Do nothing, we just wallow hopelessly around wishing but not attaining. Therefore, those who are incapable of effort are dead. To be alive, to do things, to better our present self, effort—that is what we need.

For some time past the editorial staff of this magazine has been requested by its women readers to publish an article on tumbling. Most of them agreed that exercise was the only means to health, strength and beauty, but they thought our exercises could be made more interesting. Now in my mind the most interesting form of exercise is

tumbling. It is one form of exercise that tends to do more for one's speed and grace, and, by the way, their internal organs, than hundreds of the so-called systems of physical training that are inculcated in our schools and colleges. Tumbling is not merely gruesome exercise; a lot of fun can be derived from it. It is a very good form of physical training for the purpose of keeping one in perfect health and improving one's agility and speed. You will find the practicing and learning of tumbling very interesting, and if you persist you will become quite adept at this pleasureable form of exercise.

The forward roll is commonly, but improperly, termed a somersault. Stoop and bend over, placing the hands on the mat about a foot in front of the toes so that the elbows are on the outside of the knees. Duck the head under, putting the chin close to the chest as in Fig. 1 and touching the mat lightly with the back of the head, at the same time pushing with the toes. Allow yourself to go forward, rolling on your back and keeping legs close to the body by tucking them in with the aid of the arms. When you have completed the roll on your back and the weight of the body is over the feet, rise to a standing position as in Fig. 2.

The dive and roll when executed properly is a splendid

stunt to perform. Run towards the mat and jump through the air by taking off from both feet, Fig. 3; alighting on the hands, Fig. 4. Immediately continue the motion by bending the arms, doubling up, and rolling over on the feet. Be sure to duck the head well under and let the back of the head touch the mat before the shoulders or back, thereby eliminating all possible jar. When learning to dive, simply jump a few feet onto the hands and do a forward roll. Increase the height and distance of your jump as you become proficient, but do not attempt to dive either far or high until you have become acquainted with the movement and the wrists get accustomed to the shock.

The shoulder roll is not unlike the forward roll. The only difference is you touch the shoulder first and roll on your back, where in the forward roll you touched the head first. Advance to the mat placing the opposite hand from the shoulder you are going to roll with on the mat to assist you as you roll on that shoulder. Fig. 5. Now push on the toes touching the shoulder on the mat. Roll onto the back and come up as you did in the forward roll.

Another good stunt, one especially good for creating suppleness, is the jerk. Assume the position in Fig. 6 and by quickly jerking the knees close to the chest and pushing with the arms, bring the legs between the arms without touching the feet to the mat, and finish in the position shown in Fig. 7, or lying on the back.

The backward roll is simply the reverse of the forward roll. Drop to a stooping position, Fig. 8, and by pushing with the feet, roll back onto the shoulders and head. Allow the head to bend in toward the chest, Fig. 9, and rise with the aid of the

hands, Fig. 10.

Now here are two limbering up exercises that will make you supple and enable you to perform the foregoing stunts easily and will afford you lots of fun and your friends too.

The first one is known as the elephant walk. Fig. 11. Bend forward until the palms touch the floor directly in front of the toes, and with knees stiff attempt to walk forward by lifting the left leg and left arm simultaneously, keeping the arm and leg that you are stepping with stiff. Take care to always step out in a manner that the leg when stepping forward is always close to the hand. Walk in this manner until you feel comfortably tired.

The second movement is great for limbering up as well as being a good thigh and calf developer. Place your foot on some object not higher or lower than your hips. Then bend forward and touch your forehead to your knee, being sure to keep the knee perfectly rigid. At first this will be difficult, so make only a few repetitions.

Deep breathing should never be neglected. Practice it in the morning and evening and during the day. Deep breathing prevents fat, quickens the digestive processes and quickly rids the body of all waste products as well as building

up energy. One very good breathing exercise is the following:

Stand erect, head up and back. The position of your head dominates the posture of the entire body. Chin, chest and toes should be held on a vertical line. Arms outstretched, feet together; bring hands in front of you, bending them at the elbows until the back of the hands touch. Bring them *down* as far as possible. Then raise the arms and body slowly, inhaling deeply until the arms are directly above the head. Then circle them down to the second position, exhaling forcibly at the same time.

Now I have laid out a program for you, consisting of simple tumbling feats and limbering-up exercises. There is not one girl who cannot do these stunts after a little practice. The results she will obtain in increased speed, agility and health will repay her many times for the short time it requires to practice them.

Going back to the animals for awhile, did you ever notice a lion or tiger or even your cat at home. Did you see how he stretches upon awakening from a nap? First he hunches his back and then stretches his front paws away out. Then he holds himself up on his front paws and stretches his back paws away back, just as though he was crawling on his stomach. Then did you

notice how he can twist and turn when he is ready for his wash? He would not be able to go through all those twisting and turning movements if it was not for his stretching exercises, constant jumping up and down fences or his cage, and the way he brings all his muscles into play when walking.

If you have a good figure, like the girl I mentioned in the beginning of this article, examine yourself carefully now. Are you graceful in the way you carry your body—how you move your



Fig. 7



Fig. 8



Fig. 9

hands and feet—is your step light and quick or the opposite? The above exercises are splendid for bringing out all these hidden charms. No girl or woman should let herself drop into a state of neglect, which sooner or later will end in so many forms of illness. But if you keep your body supple, you have everything to gain and nothing to lose. A little light and pleasant form of exercise every day is the thing to keep you in good condition.

It is only logical to couple happiness with health—health and suppleness with exercise—and you cannot be happy and “smile all the while” unless you have all this.

No girl wants to willingly sacrifice her grace, agility and charm, yet many pay the unnecessary price of weakness and incapability for these qualities. There might be some argument if this neglect of themselves brought them happiness or anything else worth while. Instead it brings weakness, ineffectiveness and unnecessary diseases (and many times amusement to your friends).

Thousands of girls and women do not lift their arms above their heads once a month. They would consider it a misfortune to perspire; but they are sadly mistaken, for what they actually need is exercise—to exercise every muscle in their body, and in that way not give them the least chance to deteriorate.

Grace of carriage and movement come only with a reasonable amount of good muscle, and there is little need to fear exercising these muscles.

You will soon find out when you begin practicing the stunts I have outlined how inactive are your muscles. The first few days you will be sorry you neglected yourself, for they will ache and you will almost feel like giving up. But don't, for the more you persevere the greater your profits, both in added health, strength and agility and in happiness.

I would suggest that you practice these simple stunts every evening. You might be afraid of bumping yourself while taking the somersaults and to prevent this place a blanket or two on the floor where you are going to practice. You will find it most convenient to practice



Fig. 10

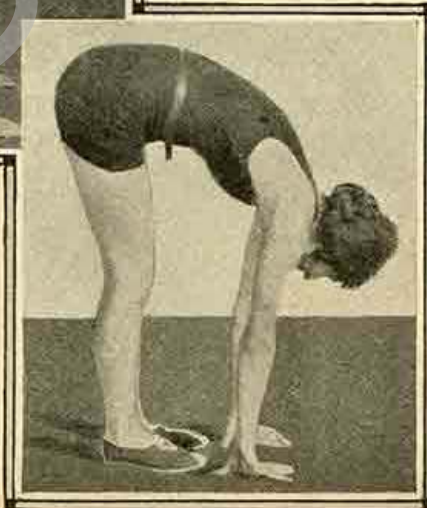


Fig. 11

in a bathing suit.

Also if you have a friend or friends who care for this kind of recreation, you will find it a great deal more interesting practicing together.

Don't begin with the idea that you have a big job in front of you. Begin with the idea

firmly fixed in your mind that you are going to have a lot of fun and you will get more kick out of your efforts.

In no time these exercises will promote the flexibility of your spine and all parts of the body, improve your carriage and add tone and vigor to your internal as well as external parts.

Remember also that the more action you put into these exercises the greater the benefit you will derive. No movement should be performed in a half-hearted manner. Each movement should be done with a pronounced stretch of every muscle involved and with all your energy. Bear in mind also that grace is one of the most important physical characteristics. This is so not merely because it makes your movements more agreeable to those who look upon you but it promotes your activity and strength and happiness.

Nearly everyone is interested in courage or a display of bravery, whether mental or physical. In athletics a certain amount of courage is always necessary, in spite of the rules and regulations laid down by the authorities to make the competition more equal. Nevertheless, most of the daring feats of courage are not performed on the track or gridiron, but in the ordinary walks of life. Although this magazine is concerned with athletes more than with any other people, we fully realize that the bravest men are those whose deeds are not recorded in the sport world. For instance, one of the finest actions I ever had the good fortune to witness was performed by an undersized musician, reputed to possess the well-known yellow streak.

Ned Allen, banjo player for the Original Virginia Serenaders, out of Richmond, never would take a dare, and could not possibly be prevailed on, under any circumstances, to engage in physical combat. Weakly built, troubled with stomach disorder, he was constantly ailing and complaining. Even if this sorry bit of humanity had desired to protect himself the chances are that he would not have lasted more than thirty seconds. Perhaps the realization of his impotency had a tendency to make him a mental coward, but at all costs he avoided trouble. It was during the opening performance of a tent show, with which the orchestra was then traveling, that Ned proved the old maxim—“Circumstances alter cases.”

For some time I had seen him, after the others had gone to bed, going through a system of calisthenics with two large dumbbells. One could notice the improvement of his mind with the development of his body, a fact which was a constant source of wonder to the other lads on the show. I firmly believe that his warped personality had been due to his weakly body.

As I stated before, at the time of Allen's awakening the show was playing its opening performance. On this particular night the audience was composed partly of colored people, a fact which boded no good, as the play that evening was one in which that race was severely criticized. After the orchestra had played the opening number and a few selections the curtain rose on the main feature of the evening, the scathing drama of the black race. Whether the play or liquor was responsible for his action I (Continued on page 80)

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

Sometimes it is only by interviewing personally a thoroughly competent physician that he can get the advice that will make his perfection in health and bodily development more sure. Should you write us and should Dr. Rubin find that you are in this class, we would notify you at once. Every physical culturist should know his organic and glandular condition as thoroughly as his muscular system and we wish to aid you in accomplishing this.

We have been receiving many letters every month similar to those Dr. Rubin has answered in this issue and Dr. Rubin will continue to answer such questions as he can and will publish a few letters each month, selecting from his correspondence those letters of the greatest general interest. Enclose a stamped return envelope with the queries and we can assure you of a prompt reply.



H. H. Rubin, M.D.

Ask the Doctor

A Department for Solving Your Health Problems

By H. H. Rubin, M.D.

DEAR DOCTOR:

My sister is developing a large lump on the front of her neck, right over the windpipe. This seems to cause difficulty in breathing and to make her very nervous. Also, she is losing weight rapidly, and the eyeballs seem to have a tendency to protrude. Will you please tell me what is the cause of this and how it can be corrected.

G. B., Portland, Me.

Your sister is developing what is known as exophthalmic goitre. That form of thyroid disturbance in which there is exophthalmus, or protrusion of the eyeballs, together with certain nervous symptoms occasioned by the disturbance in thyroid function is brought about by this abnormal condition in the thyroid gland.

There is probably no single disorder in which the endocrine factor is more definitely palpable than in goitre—whether simple or of the exophthalmic variety. As a matter of fact, simple goitre very frequently presents no characteristic symptoms, and may persist all through life without occasioning much inconvenience.

However, it may, after existing this way for from five to twenty years, suddenly, without apparent rhyme or reason, become rapidly enlarged, throwing into the circulation larger and larger amounts of thyroxin. This puts additional strain upon the heart muscle, affecting the

muscular fiber of the heart to such an extent that, first, there is distinct hypertrophy, or enlargement; then dilation, or even disintegration of the heart muscles. This condition, if not interfered with or modified by appropriate treatment, tends to grow rapidly worse, and often culminates fatally.

This is a typical hyperthyroid condition, and must not be confused with exophthalmic goitre. In exophthalmic goitre, there is invariably an extremely rapid pulse—running from 120 to 180 per minute, with a terrific amount of nervous irritability, distressing insomnia and the various symptoms that accompany nerve irritation.

The rapid pulsation of the heart causes not only distressing oppressive beating in the heart itself, but it also produces persistent beating in the head, in the abdomen, and in the blood vessels of the neck. Myocarditis and dilation of the heart are common and most serious results in this form of goitre.

Needless to say, there is marked asthenia and general physical as well as nervous disability. Oxidation is so rapid that, almost invariably, there is a more or less constant and progressive loss in weight, and this notwithstanding an increased intake of food.

It is a matter of clinical experience, on which practi-

cally all endocrinologists agree, that with goitre in women, there is uniformly a disturbed state of functioning of the ovaries. Girls suffering from goitre are quite uniformly prone to menstrual irregularities, and scanty, painful flow.

With goitre in the male, which is more rarely met with than in the female, there is more likely to be an involvement of the pituitary gland than the sex gland.

In girls and women, treatment by gland radiation with the endocrinator is usually attended with astonishingly favorable results. Often there is a complete change in clinical picture after the very first treatment, the pulse dropping ten or twenty beats to the minute, the excessive irritability and the insomnia being relieved. After treatment for a month or six weeks, the pulse is quite frequently back to normal.

Certain forms of goitre are due to lack of iodine in the system, caused by eating food or drinking water in which there is an insufficient amount of colloidal iodine. This condition is extremely prevalent throughout the central states, particularly in Ohio, in which state physical examination has disclosed that upward of 60% of school children in certain districts were affected with goitre.

The addition of small amounts of iodine to the water in these cases brings about complete relief, by furnishing to the gland the iodine necessary for its proper functioning.

Other forms of goitre are due to deficiency in thyroid extract itself. These cases are helped materially and often cured by administering one grain of thyroid extract three times a day. However, to distinguish the various forms of goitre is sometimes quite difficult, even for a well informed physician who has not specialized in gland conditions. To make what is known as a differential diagnosis is a matter of utmost importance, as it is obvious that if, for instance, the thyroid extract should be fed to a goitre case, in which perhaps the chief factor is a superabundance of thyroid or what is known as a hyperactivity of the thyroid gland, the condition would naturally be aggravated.

I would suggest that you consult your family physician or some physician qualified in gland disturbances, and be guided by his advice in this very important matter.

DEAR DOCTOR:

Will you kindly tell me what effect arsenic has on the system? Is it a blood purifier and good for the skin or is it harmful?
E. W., Winter Park, Fla.

Arsenic is an alterative remedy of very great value in certain abnormal conditions of the system, particularly where the glands or the skin are involved. Rightly used, and in the hands of an expert, arsenic is capable of accomplishing very splendid results. However, it is not a remedy which can be used indiscriminately by anyone uninformed in its effects. Indeed, I have seen numerous cases in which young women have taken arsenic for the purpose of whitening and brightening the complexion, which have resulted in a definite and persistent anemia which yielded only after months of arduous treatment. Unless your physician tells you to use arsenic you had better let it alone.

DEAR DOCTOR:

There is an epidemic of typhoid fever in Baxter Springs. The city water has been analyzed and has proved 99% pure. The milk used by many people is questionable, but has not been proved, however, to be impure. And the town has a

reputation for being unusually clean. Under these conditions would you advise inoculation?

M. T., Baxter Springs, Kansas.

I do not know what you mean by saying that the city water has been analyzed and found 99% pure. If 1% consisted of colonies of typhoid bacilli, or some other germs capable of producing enteric disturbances, most emphatically, you would *not* say that the water was fit to drink.

A bacteriological examination of the water, and a statement as to the complete absence of typhoid bacilli is necessary before you could assume that your city water is really wholesome.

By the way, while I am on this subject, I want to emphasize the fact that the clearness has nothing to do with its purity. Many springs and wells yield water that is crystal-clear in appearance, but absolutely putrid as regards its potentiality for typhoid and other intestinal diseases.

Your milk supply undoubtedly is a most potent factor, as most of our modern typhoid epidemics are traceable to an infected milk supply.

If you have any doubt whatsoever in regard to the purity of the milk, or, better still, if your city bacteriologist has reported your milk supply as definitely suspicious, by all means, pasteurize every drop of milk you use.

If this is done, and if you refrain from eating raw green vegetables or fruit, unless they have been thoroughly scrubbed, you will be under no danger of contracting typhoid. If you should happen to be traveling, or away on a vacation where these precautions are not possible, then by all means have yourself vaccinated, as typhoid inoculation has been indisputably proven to be of enormous value in preventing the development of typhoid fever.

DEAR DOCTOR:

Kindly advise a treatment for pyorrhoea. Several years ago, I had considerable bridgework done and this year the gums started swelling above the capped teeth first. My dentist started putting stuff around the gums, but they have gradually become worse. Just one side of the mouth is clear of it now. Last week, pus started from them, and the dentist is now treating them with iodine. He claims that is the strongest treatment he can give. He thinks it must be caused by a condition of the blood. I have been losing weight right along till now I am 105 lbs. (height 5 ft., 6 inches), age 25.

E. H., St. John, N. B., Canada.

I believe that the crowns fitted around the necks of your teeth have not been fitted with sufficient snugness. Therefore, they act as mechanical irritants to the gingival tissues around the gum margins causing local inflammation followed by the development of pathogenic germs and the pus which accompanies their proliferation and nefarious life work. From all indications, and especially from the fact that you have been steadily losing weight, it would seem that you are suffering from toxic absorption from focal infection. This develops as a result of the absorption of myriads of germs and their toxic products, developed around the margins of your gums. Iodine is a very splendid antiseptic, and has been used with a very great deal of success in the treatment of these conditions.

However, I would suggest that you see another dentist and have him ascertain by examination with an explorer or by X-ray picture of the crown teeth, whether or not these crowns are properly (Continued on page 64)

The Mat

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

Conducted by George F. Jowett

Can We Increase Our Height?

EDITOR OF THE MAT:

I am anxious to increase my height. Is it possible for me to grow six inches more? I am only five feet two inches.

RAY DONALD.

I suppose it is the same old story of the law of the opposites, or the general dissatisfaction that always exists within us all in regard to our personal makeup.

The tall wish they were shorter and the short wish they were taller. The fat man feels he is built like a cart-horse and the thin man feels he represents a rail. No one is ever completely satisfied.

In my estimation it matters little whether a man is short or tall, providing he is built as he should be according to his height. The human body is always a figure of beauty and will draw attention on sight, irrespective of the inches, if the physical lines are there, balanced by an erect carriage.

Personally, I cannot be sold on that bunk that a man can increase his height six and eight inches if he so desires. It is acting too much against the principles of nature.

I believe a person can increase his height to a certain extent, more so in some cases than in others. Circumstances govern certain conditions, which invariably involve dame nature herself who, when all is said and done, is the deciding arbiter in this case.

Practically speaking, it is the length of the thigh bones which govern the height of the individual. If they are long the chances are the individual will acquire more than the average height, or his spine will respond to the stretching exercises

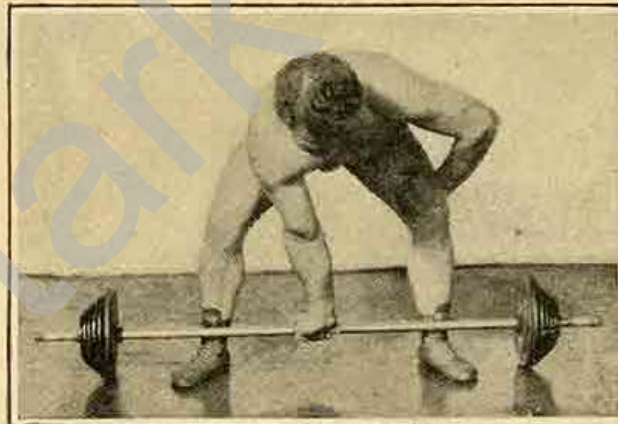
to a greater extent than if they were shorter.

What I mean by the last statement is that such a person can go the limit in working on his spine, simply because what inches he does gain on the length of his body will not be disproportionate to the length of his legs.

Providing a person could increase his height according to his desire, I do not imagine a man who had short legs would care to acquire a length of body all out of proportion to the length of his legs. He would become a grotesque figure and more displeasing to the eye than if his stature was diminutive, but proportionate.

The spine is more or less elastic and will stretch. It has been proven that by certain exercises better results are gotten.

The peculiarity of bar-bell work is that such a resistance is supplied that the whole body is pulled out to the limit of its capacity. The bending work, practiced in conjunction with this work, straightens out the spine, and the



Note straight lifting arm and strong balance of body. Fig. 1.



The "squat" as the bell is cleaned; lifting elbow supported on knee. Fig. 2.

acquisition of muscle holds the gain. The spine acquires a slightly wider separation and the cartilages of the spine thicken.

This slight separation between the vertebrae will total up easily to an inch, but going beyond that the gain is very doubtful, unless a person is young, or has long legs. The body is built in proportion by nature; therefore, if the body is shorter in proportion to the legs, all that is needed is a certain amount of bending and stretching work which will stimulate the stationary parts into active growth.

I have seen some remarkable increases in height gained by various pupils who have come under my observation. One young man gained over eight inches, but nature responding to exercise was more the cause of this than actual exercise.

It is claimed that between the hours of eight and ten each morning we all acquire our greatest height. During the hours of sleep, the whole body relaxes and the spine, being released from supporting the weight borne by it during the day from walking and sitting, also relaxes, which causes an elongation of the spine.

Unless a person is involved in heavy manual labor, it is calculated that this elongation is not absorbed until after about two or three hours upon the feet in active work.

It is a fact well known to the Army and Navy recruiting forces, who will often advise a prospective recruit, who lacks but a half inch or so in height, to take a good long sleep and get to the recruiting quarters about eight in the morning.

I get numerous letters from young fellows who are anxious to increase their height. In nearly all cases they

will want me to commit myself by stating how much increase in height I know they can secure over a given period of time. I am not so foolish as to mislead anyone. I do not believe in it, and I frankly inform them of my opinion.

What nature governs we should not try to work against. It is liable to bring disastrous results in the end.

Get a well formed body with all its efficiencies and a person will become an object of admiration no matter whether he is tall or short.

I have a friend who only stands five feet two inches, but he has such a fine appearance when dressed that it is a common sight to see people turn and watch him as he passes on. Stripped he is a revelation. His form is much preferable to a body that has gained several inches from stretching, so that it resembles more nearly a freak in a side show than a well formed physical being.

DEAR EDITOR:

My upper arm measures fourteen inches, but when I flex it, my arm looks flat on the underneath, where the triceps are. Even when my arm is hanging by the side the triceps do not show. I would like to build up my triceps the way I see them in the poses of strong men.

I think the mat is fine.

AN ENTHUSIASTIC READER.

One of our natural failings is to like to be able to show off a nicely built arm when impressing others with our physique. I guess this is the thing that makes so many muscle culturists desire to specialize upon their upper arm. The trouble is that all they can see is their biceps; they never realize that they have also a pair of triceps that require just as much attention.

If these latter muscles are not developed, then the arm has the appearance mentioned by our friend. The back of the arm will be devoid of the fullness it should possess.

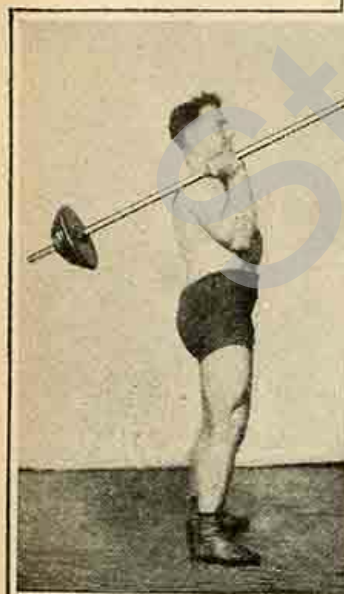
I have often seen side poses where the upper arm is displayed by pressing the biceps on the side. The biceps would show a fullness, and in many cases be superbly developed, but the triceps was conspicuous by its absence.

Commencing at the deltoid the triceps forms the posterior part of the upper arm on the humerus bone, which separates and divides into two parts, which we term the inner and outer head of the triceps. These two parts are fastened about the elbow joint. When this muscle is fully developed it has a horse shoe appearance, a very desirable effect in arm development. The beauty of it is that this muscle is much easier to develop than the biceps, and is a very important muscle to all those who practice the sport of lifting weights.

Where the biceps is important in bending the forearm upon the upper arm, the triceps is equally important in straightening out the arm. It is a very powerful muscle and great attention should be paid to its cultivation. It balances the arm and relieves it of that over-developed look which is always present where the biceps has been developed at the expense of the triceps.



Weight turned onto deltoid before rising. Note strong push gotten by left arm on rising effect. Fig. 3.



Weight supported by deltoid and "canted" ready to jerk. Fig. 4.



New "clean" style circling under weight in "pull in." Fig. 5.

Of course there are various methods of developing the triceps. One of the most common is that of pushing weights to arms' length overhead, using barbells, dumbbells or kettlebells alternately or simultaneously. But this method is not particularly well adapted to the purpose, which should be the case where special attention is required in bringing out a muscle to its fullest extent.

There is one exercise that always appealed to me and from which I always managed to get the best results. It is one which a fellow can put lots of kick into and does not take many movements to give the muscles a complete work out. It is as follows:

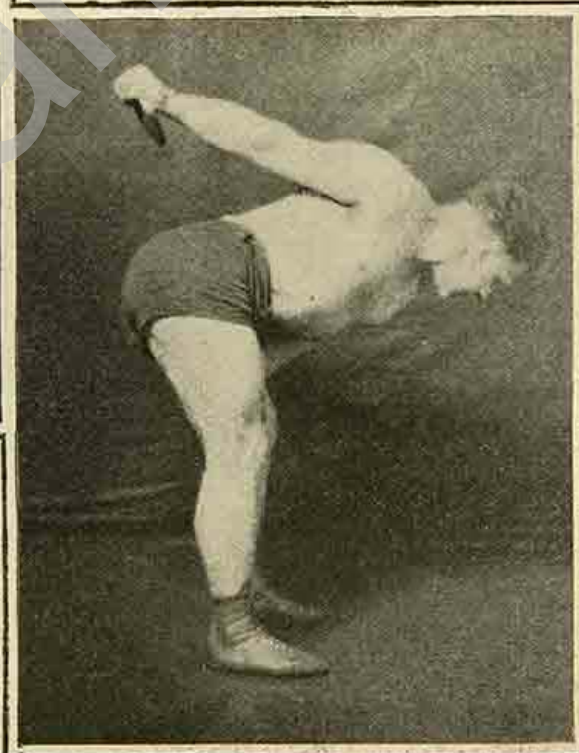
The first position is taken up as in Figure 1, with the feet spread a little apart and a plate held in the hand, which should not exceed five or ten pounds, with the palm of the hand facing directly forward. From this position the arm is allowed to travel backwards as far as possible, and in order to give greater contraction to the triceps muscle it is advisable to bend forward from the waist as shown in Figure 2.

The main object during this stage is to keep the arm close to the body and not to allow the hand to deviate from its original position. Also do not twist the body sideways with the arm which the exercise has a natural tendency to force you to do.



Position for tricep exercise, Fig. 1.

Position 2, where the hand is rotated by a wrist movement, for greater tricep tension. Fig. 2.



When the arm is at the limit of its height, the real part of the exercise begins, but to explain something important I must

digress a little. Many muscle builders have written to me at various times complaining that while they have fair triceps development, yet they have great difficulty in acquiring development on either the inner or outer head of the triceps. Really! this is the difficult part of the muscle to bring out, but the latter part of this exercise will eliminate the trouble.

When the arm is at the limit of its height maintain the position as in Figure 2 for two or three seconds, then with a wrist movement twist the hand in a circular movement three or four times, concentrating with all the physical energy on the movement. This done, the arm is lowered and the body straightened as in Figure 1, then repeat the exercise until the muscle feels good and tired.

Don't forget to exercise each arm alike, and a good idea is to massage the muscles after each practice period in order to keep them loose and pliable.

The more physical concentration that is thrown into the effort the better results achieved.

I have performed this exercise until I thought my triceps were going to jump out of the skin. I concentrated strongly, but I did get results, which is everything.

When a person wishes to force results he should specialize in the compound method as I have so often explained, working every day until he sees the fruit of his labors.

There is nothing nicer to put the finishing touch to a beautiful well-shaped arm than the horseshoe patterned triceps. It is a magnificent appearing structure and is extremely powerful and useful.

EDITOR OF MAT:

How does exercise make the internal organs healthier and stronger.

Chicago, Illinois.

CARL JOHNS.

To some, perhaps, it appears strange that by exercising groups of muscles the internal organs will be benefited to any extent, but nature is never wrong. When man was first constructed everything was considered,

with the result that a unique machine was made. Each part of the body is as a spoke within a wheel. The muscles that coat the whole body externally are manifold in their uses. Perhaps the most important of these uses are the power of moving the limbs and body. Their protective agency in resisting injury to the internal organs, and the manner in which they stimulate the various organs by the constant massage that the various groups of muscles give them.

It is mostly by the latter that the internal organs are made healthier and stronger.

It is generally found that wherever there is an
(Continued on Page 92)

Diet—to Cure Pimples

Eating the Right Kind of Foods Cured Me of That
Troublesome Scourge—Pimples

By R. D. Todd

THE other day a good friend of mine dropped into the office to see me, preparatory to his regular trip to Florida, which he makes every year. I have many friends, who are all interesting in their diverse ways, but to me this chap is most interesting because of the almost unbelievable way he has built up a physique, from a tottering and puny constitution, without the use of fake compounds, quack medicines, potions, salves and tonic mixtures.

He sat down and we chatted informally of our friends and our personal doings; the regular talk to be expected when two friends come together. As we were talking he told me that he never expected to find me writing for a health magazine. He thought that I had been too great a believer in the efficacy of drugs in the old days, and he remembered that once, much to his amusement, when afflicted with pimples, I had tried to cure myself with a patent medicine. In both his recollection and my own, the cure had failed to work at the time, although today my skin is as clear as anyone could wish.

After he had gone, my brain continued to work on the futility of these quack prescriptions, and the fact that in spite of advice against their use, given in the current newspapers and magazines by authorities who know whereof they speak, the trafficking in these drugs amounts to millions of dollars every year.

I have particular mention to the cures for that troublesome scourge, pimples and blotches and blemishes in general, present troubles which are particularly rampant between the ages of fifteen and twenty, attacking boy and girl alike. Though it is possible that such a skin may be derived from surreptitious causes, it can almost always be traced back to a faulty diet, a thing hard to overcome in the adolescent stage, when the appetite for rich and sweet food is whetted by the exuberance of youth.

Somebody has said that Nature was funny, but to make the point more poignant I believe that it is the people who inhabit this glorious world that are funny. Fully aware sometimes of the things that are detrimental to his well being and health, man, like the carnivorous animal he is, thinks that he can get away with what he is doing forever. Although the Almighty on high has endowed him with too much of everything (the reason perhaps of man's willful negligence on the surface of things), man must be forever on the outlook for the first loopholes through which disease may enter.

Getting back to the topic we were discussing, namely, boils, pimples and their like, they also, in the young especially, are accompanied by a subconscious feeling that people are staring or otherwise looking at you in a per-

plexed light. This confuses you, and at the least opportunity the sufferer desires to hide away from the eyes of society, causing himself to become morose, ill-tempered and sullen.

Eminent doctors from foreign shores claim that this usually contributes to a lack of spontaneity, on the part of the afflicted one, and any observation would bear this out among those possessing this quality.

In the adolescent stage, the call for play, fun and general physical feats is manifested very strongly, and much energy is consumed by thus participating. Oftentimes, in the midst of a baseball game out on the back lot or in a recreation center, one feels as if his vitality is receding and, thinking that a "hot dog" or a bottle of pop, or a couple of pretzels, will do the trick, grabs one or more of them, overlooking the fact that these articles of food I have just enumerated, have an immense store of sugar and other elements that are easily converted into starch, causing a superabundance of acid in the system. Now the stomach and the intestinal tract are not made to receive such a diet, and due to the continued action and reaction of the muscular tissues in the stomach and intestines this poison has to be forced out somewhere and comes out on the skin. The outbreak usually occurs on the face or the back of the neck. In their incipient stage they itch and irritate, demanding a great deal of will power to abstain from scratching. By touching the various parts of your face you manage to spread them and soon they are visible all over the countenance.

From this you can see the great importance of the daily evacuation. If the food is not excreted, it lays along the walls of the small and large intestines, and becomes putrid, and dangerous toxins are engendered, which circulate with the blood. Inasmuch as the blood reaches every part of our body, this poison is transferred to the respective parts, and becomes the cause of many other diseases; frequently diseases of a serious character, and, taken in this light, pimples are an unpleasant but effective means of ridding the system of the poisons to be found in the blood as a result of careless eating.

Proper diet is the only thing that will alleviate this condition. It is suggested that the sufferer abstain from eating meat as much as possible. A good illustration that proves the point can be drawn from the fact that when the animal, somewhere in the stockyards of Chicago, is being led into the slaughtering house, it is not aware of the fact beforehand that its life will be cut short, and it does not stop eating, so that by the time its head is chopped off it will be clean and pure, all the waste matters having been discharged, (Continued on page 66)

Health— Strength— Beauty

(Our Girls' Circle)

Conducted by
Marjorie Heathcote

WITH the December issue of this magazine the "Well Formed Women Contest" will close. The winners will be announced in the January and succeeding issues and will be awarded the gold pins.

This, however, does not mean that I will not be interested in receiving pictures from the girls. I will be even more interested than ever, because I want to help every girl to acquire a perfect form.

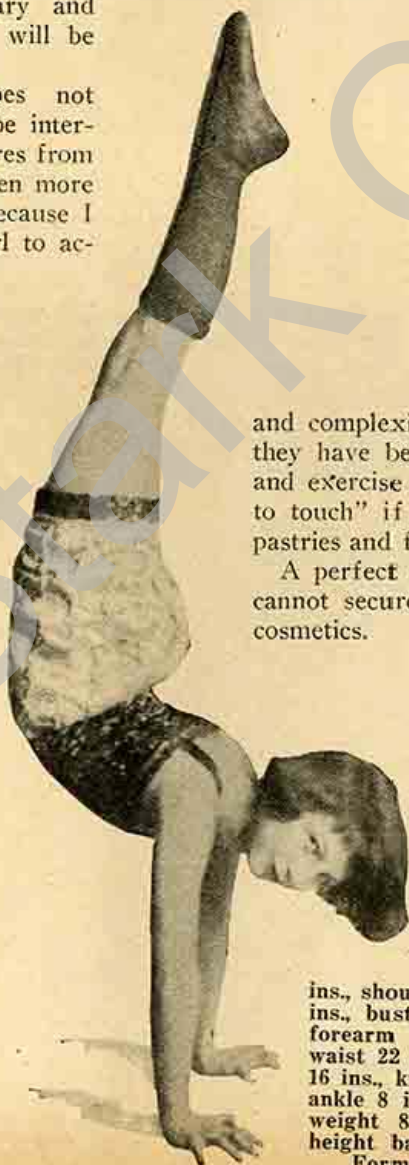
When I receive a photo from a girl and her physique does not come up to the standard, I write and tell her what her faults are and how to overcome them. I want to continue being of service to all of you.

The editorial staff has been dropping hints that it might run another contest early next year—one that promises to be bigger and better than the present one. So if you want to take this hint start to get in shape.

* * * * *

Beauty of Skin

I have been asked hundreds of times by my readers how certain actresses and screen stars acquired their beautiful forms



Mildred Herrecks, Midwest Athletic Club of Chicago, who smashed the world's record in hurling the discus 102 feet, eight inches, bettering the old mark by four feet, eight inches. The event was held in conjunction with the Southtown Athletic Club Meet in Chicago.

and complexions, particularly the complexion. I can easily tell why they have beautiful skins and forms—simply because they must eat and exercise properly. No one can hope to have the "skin you love to touch" if they constantly overstuff themselves with candies, rich pastries and foods—and if they don't exercise their bodies in some way.

A perfect skin goes far to make a woman look beautiful; but she cannot secure it by just wishing, or by putting on layers of sticky cosmetics.

The first essentials are health—health, born of exercise, wholesome food and plenty of pure soap and water. The hygiene of the skin reflects the general condition of the body.

It is not necessary for me to go into detail and tell you what exercises to do, when to do them and how long to do them. I have told you all this dozens of times. Snap out of it—adopt some form of exercise that will build up your dead tissues and start your blood racing, thus throwing out all waste matter from your system.

Louise Heibert, Pittsburgh, Pa. Neck 11 ins., shoulders 32½ ins., chest 26 ins., bust 27 ins., arm 8½ ins., forearm 7½ ins., wrist 6 ins., waist 22 ins., hips 30 ins., thigh 16 ins., knee 11 ins., calf 12 ins., ankle 8 ins., height 4 ft. 8 ins., weight 83 lbs. Miss Heibert's height bars her from the Well Formed Women Contest.

Neither do I have to dwell on the necessity of proper bathing. Bathe every day, and bathe the face twice a day. With some skins warm water does not agree, so for the face I would advise just tepid water and then a thorough

rinse with cold water or a rub with ice.

Eat plenty of cereals, such as bran, oatmeal and shredded wheat; fruits, vegetables and salads. Insist always on whole wheat bread.

* * * * *

At the head of this department is shown a picture of Miss Mildred Herrecks. Miss Herrecks is not a contestant. I am showing her picture because I thought the girls would be interested in knowing what others accomplish in the athletic world.

There are still some pessimists who condemn outdoor athletics for women, but I, for one, am all for the athletic girl. Of course, I would not care to go to the local arena and witness a boxing or wrestling bout between two of the fairer sex. These sports should be left entirely to the men. But I do believe that running, jumping, putting the shot, swimming, etc., should be indulged in by every girl. The present generation is healthier, stronger and more beautiful due to the fact that so many more girls each year go in for athletics.

* * * * *

More and more letters are coming in daily regarding health clubs, and I am very glad that the girls are displaying so much interest in that direction. One young lady writes:

"I'll be glad to help form a club for Health,



Miss Sophie Levena, Bayonne, N. J. Neck 12½ ins., bust 32 ins., waist 26 ins., hips 34 ins., thigh 20 ins., knee 14 ins., calf 13 ins., ankle 8 ins., upper arm 10½ ins., forearm 9 ins., wrist 5½ ins., height 5 ft. 4½ ins., weight 120 lbs.

me, and, also, what my correct weight should be. I am 5 feet 3 inches tall and weigh 110 pounds (dressed).

I would appreciate it very much if you could also suggest some exercises which would develop my undeveloped parts. I have exercised for a year, but I have not gained at all. At present I am on a milk diet, but am not showing any gain.

Enclosed are my measurements.

M. R. P., Berkley, Calif.

Your measurements are not so bad, although you are slightly under-weight. I should think your muscles and flesh are not as solid as they should be.

Your upper arms are small in comparison with your forearm measurements. Dipping on the floor with your arms close together will soon develop them. If you find the floor dip too difficult to begin with, try the chair dip. Also try the backward dip. This is done by holding on to the arms of a chair, raising the weight of the body on the heels and with the body on an angle, same as that used in the forward dip, then dipping back as well into the chair as you can and lifting your body into the first position again by the strength of your arms.

I am going to give you the correct measurements as accepted today for your height and weight. I think probably your body may be a bony framework, and I don't see that you must reach the measurements which are accepted as standard.

Height 5 ft. 3 in., weight 119 pounds, neck 12.2 in., chest 28.8 in., waist 24.7 in., ankle 8 in., upper arm 10.6 in., forearm 8.5 in., wrist 6 in.

I do not think that you should go on a diet only. I would suggest that you balance it with sufficient iron, such as found in spinach, fresh vegetables and (Continued on Page 94)



Miss Marguerite Blagborne, Blue Island, Ill. Height 5 ft., weight 108 lbs., neck 11½ ins., chest 27 ins., waist 22¾ ins., forearm 7¾ ins., wrist 5½ ins., hips 32¼ ins., thigh 19½ ins., calf 12¼ ins., upper arm 9½ ins.

Strength and Beauty. Won't you please put me in touch with all those who are interested, living in or around Newark, New Jersey?

Miss 'Ginger,'
of N. J."

Now, you girls living in or around Newark, send me your names and addresses and I will forward them to Miss "Ginger." I am sure her club will be a success, for she is a real sport and exercise fan.

* * * * *

Dear Miss
Heathcote:

I am interested in your department and hope that you can give me the information I ask. I would like to have the correct measurements for my build, if you can give them to

The Virginian Panther of 1810

The History of the First Anglo-American Pugilistic Battle.

By Will Boone

I HAD just returned home after witnessing the Harry Greb-Mickey Walker mix-up at the Milk Fund Tourney, and I began comparing it with a *real* fight I saw, not many years ago, between two of our then greatest light-weight men.

I believe that the fight instinct is strong in every red-blooded man, to such an extent that if he had the choice of seeing a fight between Dempsey and Wills, with or without gloves, he would not hesitate in choosing the fight without gloves.

Remember when we were kids how we used to sneak out to some vacant lot where we could root for our favorite buddie when he was settling some personal dispute. Those were the days. The glove fights had nothing on them, boy.

Brutal; Oh yes! we all say that. Conventionality has taught us; but, nevertheless, there is always that little insistent voice within us that quickens the pulse at the thud of the "boney dukes" as they hit on angry flesh when each man is fighting for blood.

The two lightweights I just mentioned hated each other like poison for personal reasons, and the fact that they both were crown contenders made the enmity much worse.

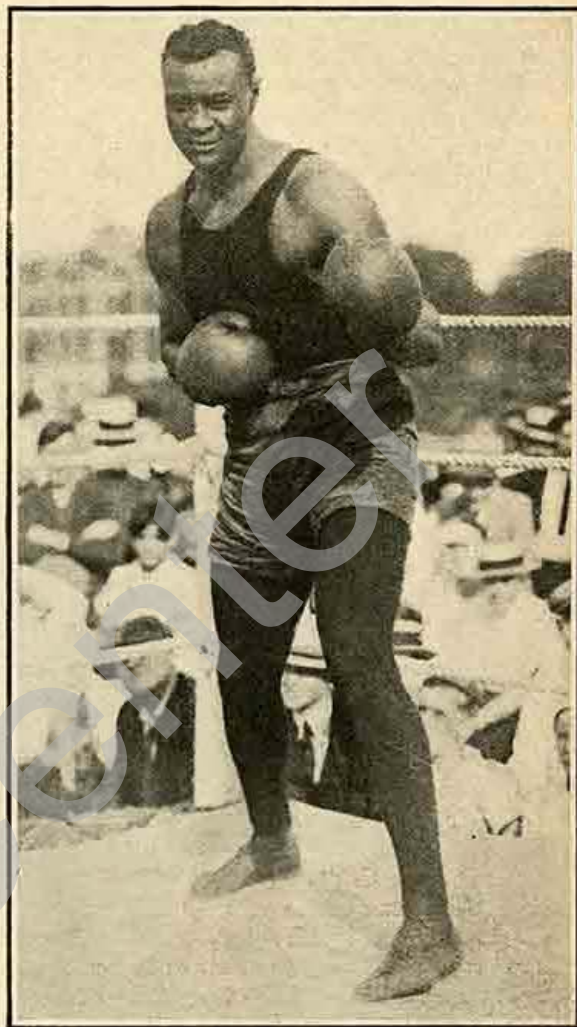
It got so bad that they decided they would fight it out and use nothing but four ounce gloves. You can imagine what little protection four ounce mitts were. The fight was pulled off in a lonely, deserted old barn and only the best friends of each man were allowed to view the scrap.

I well remember when I got to the barn, after giving the signal for admittance, how slightly the door was opened and which was protected by two huskies on guard—the careful scrutiny each man was subjected to before he was admitted. I was well known to both fighters and had a double invitation, but I remained neutral as far as their personal quarrel went.

I knew I would see a fight, for boy, oh! boy, those babies knew how to handle their bunch of fives.

I made my way up into the loft, after nearly breaking my neck climbing a straight ladder, and found myself in a dusty chamber, dimly lighted, with a small ring all roped off in the center.

It was spooky. The feeling of enmity seemed to charge the atmosphere everywhere, and somehow I was



Harry Wills, the Brown Panther. The most popular colored fighter of the day. Dempsey's most dangerous rival.

reminded of the old days when pugilists used to dodge the police, much like this, in order to have their fights. The ring was purposely made small, for neither meant to indulge in a running race. There were no seats. We all stood up.

As each man took his corner all of us crowded the ropes and hung on with excitement. They looked like a pair of wild cats. Gosh! how they fought. They called no time. They just scrapped from the word "go," while their vicious sallies kept us all keyed up to the limit. It was a wicked, bloody fight—one I'll never forget.

As I continued to compare the past with the present, my eyes wandered to a picture, that hung on the wall, of the famous Virginian slave, Tom Molyneaux. What a halo of ring romance encircled the tragic career of that black fiend. Right then I made up my mind that my next fight story would be of the ex-plantation slave.

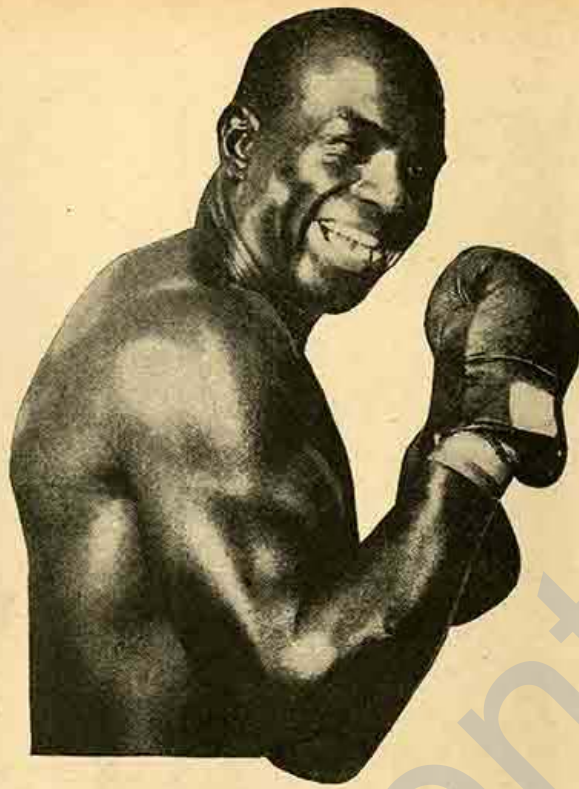
We all like to draw the curtains aside once in a while and peep behind the scenes. So let us gaze backwards upon the setting of over one hundred years ago, when America sent forward her first representatives to fight for pugilistic supremacy.

Tom Molyneaux was born in slavery in Georgetown,

D. C., 1784, and reared on a Virginian plantation. He stood about five feet eight and a half inches, and weighed one hundred and eighty-five pounds. He had a fiendish fighting disposition, and welcomed every chance to lick any other buck "nigger" who thought he could fight.

For some reason the planter who owned Molyneaux hated the English like the devil hates holy water, and saw big possibilities in the tar baby. One day he called Molyneaux to him and told him if he would promise him that he would thrash all the English champions he would liberate him and pay his passage to England. Fiendish as the black was in his fights, he was as plastic as a child otherwise, and welcomed the opportunity to freedom and more fights.

England at that time held sway in the field of fistiana, and had for her king pin a man who was a wonderful fighting machine, as fighting went in those days, by the name of Tom Cribb. Also, there lived in London another American born negro, Bill Richmond, who was taken to England in 1777 by a British soldier, General Earl Percy. This man grew up to be a real battler and fought up until he was fifty-three years of age. Known



George Godfrey, a game representative of the chocolate skinned race.

as The Black Terror, he had made a name for himself that meant something in pugilia.

When Molyneaux arrived in England Richmond had already retired and was keeping a hotel.

In those days it was the fighting man's donor to give a hotel, or public house as they called them. Generally when a good man retired he was made a present of such a house by his backers, who were the aristocratic bloods of that time.

In a championship fight the stakes would be so much money and the living of a public house, and, naturally, these places were always frequented by the followers of the noble art.

Richmond was looking for a man to pit against Cribb and was overjoyed to take the Virginian black under his wing. But Molyneaux caused the old-timer lots of trouble.

His untutored mind could not grasp the necessity of training and he gave himself up to carousing all the time. With difficulty Richmond broke him of drinking when he got the match fixed up with Cribb. But Molyneaux became ugly and was hard to manage. Sparring partners were difficult to secure, as the ex-slave went into them like a thunderbolt, beating them up terribly.

It was this kind of work that brought about his downfall. Captain Johnstone, a great advocate of the manly art, and famous as an amateur boxer and swordsman, on one occasion volunteered to spar with Molyneaux, but sparring was out of the question with the black, and he broke three of the Captain's ribs with his terrific blows.

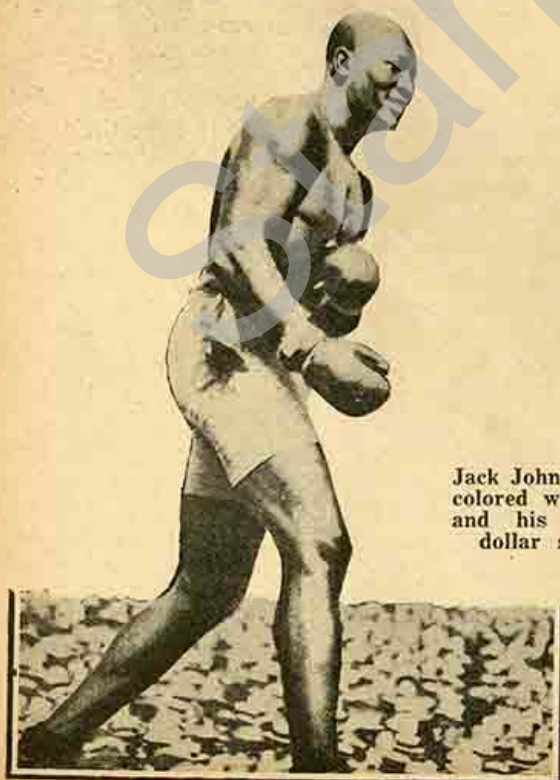
The fight with Cribb has gone down in history. Not only because of the terrific battles that ensued, but because all the trickery of unscrupulous minds was brought to the surface, which cheated the Virginian black out of certain victory.

The scrap was staged at Coptoll Common, London, on the tenth of December, 1810. All the bloods from far and near had gathered to see what followed. And, of course, the ordinary followers were there in galore.

Cribb took the ring on the heavyside. Somehow he under-estimated his opponent, due, no doubt, to hearing how little Molyneaux had trained and how excessively he had been drinking.

The English champion little knew what a tiger the chocolate colored baby was in a fight.

They took the ring in a slight drizzle of rain. The air was raw and damp, which was anything but stimulating to a man who was accustomed to warmer climes. As time was called, Molyneaux did not hesitate. He did not take ring center with the slow stately walk mimicked by most bruisers of that period. He tore in like a demon possessed. So vicious was his onslaught that the people were almost (Continued on Page 86)



Jack Johnson, the colored wonder and his million dollar smile.

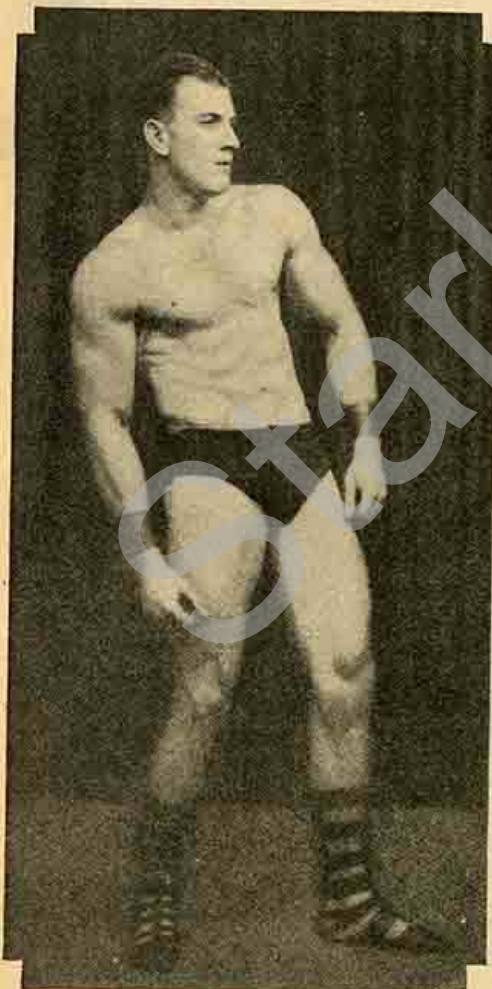


American Continental Weight Lifters' Association Notes

By John Bradford

“SONNY! If you want to do anything right, always keep on the right side of the road.”

So spoke an old wise-head to me when I was quite a young man, giving me the necessary advice that would hold me to the straight and narrow path. Of course there have been lots of things I have done that were all wrong, but I found out that

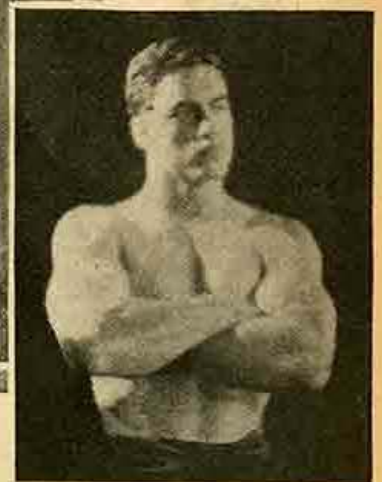


Donald Coulter, Marion, Ohio, 182 pounds, has a wonderful two hand dead lift record of 530 pounds.



Left, Raymond Connelly, the fine lightweight, who holds the two hands dead lift record of 411 pounds.

Below, David P. Willoughby, our light heavyweight champion, does a fine one arm clean and jerk of 195½ pounds.



it was because I was always on the wrong side of the road. I guess you will think this is neither here nor there, but the idea I am trying to put across is that to do a thing right, according to the old sage, is not always so easy as it sounds. If it were, we would all be doing it. It takes courage in carload lots to do some things right.

Ever since the A. C. W. L. A. started out on its campaign and began developing clubs and exhibitions in the various centers, we decided that it should be done right or not at all. We did it right, that's why we are succeeding all along the line. Every official has stood behind our president, lock, stock and barrel, and with that indomitable courage which we all know only he possesses, he has led the way over all the obstacles that beset our path.

I once read that leaders were born not made. I agree to this to a certain extent, as it has been my privilege to meet many leaders. But put a lot of these leaders on the trail of pioneers and they would fail.

Pioneers are the cream of leaders. They have to possess a daring that will allow them to try things out in opposition to popular opinion. We know how many leaders would care to do that. But pioneers do.

The greatest pioneer in the strength field in this country is our own Geo. F. Jowett. In defiance of popular opinion and the shaking of wise heads, he stepped out with his gang and made good. Pessimists

mean nothing to him. He thrives among them. The last show that took place at L. Schwartz's Health Studio in New York is only another testimony of what can be done when the right man is at the helm, with able lieutenants beside him.

The New York show was a complete success. The studio was packed with enthusiastic iron men and physical culturists, who had come from far and near to see the iron men manipulate the pig-iron. Everybody did their best to make it a success. Our two old professional strongmen performers at Coney Island, Warren Lincoln Travis and Joe Lambert, were instrumental in encouraging many new men to be among those present. Schwartz worked like a horse at his end, while the president and I, from our end, did our best.

To say the least, the turn-out was pleasing.

The performance opened with Mr. L. Schwartz giving a short address introducing President Jowett, who received a fine reception, as usual. From then on Mr. Jowett took charge of affairs for the night.

Quite a few of the old favorites were present as spectators, among whom were Paulinette, A. M. Losey, A. Passannant, H. Paschall, Frank Reckless and Pagani, the finger lifting record holder. All these boys were introduced to the audience by Mr. Jowett, who then opened the program with the posing act by Siegmund Klein. It is needless to say that this wonderful exponent of sculptor form captured the hearts of all the lovers of the body beautiful, and he got a rousing reception. The strains of music blending with the classic interpretations, gave an artistic appeal to the senses that was not lost upon the watchers. Some-

how we always like to join music and the beautiful together. We appear to appreciate what our mind is centered upon better. Such was the effect in Klein's posing act, though the rhythm of his wonderful body gliding from one pose to another is filled with nature's music in itself.

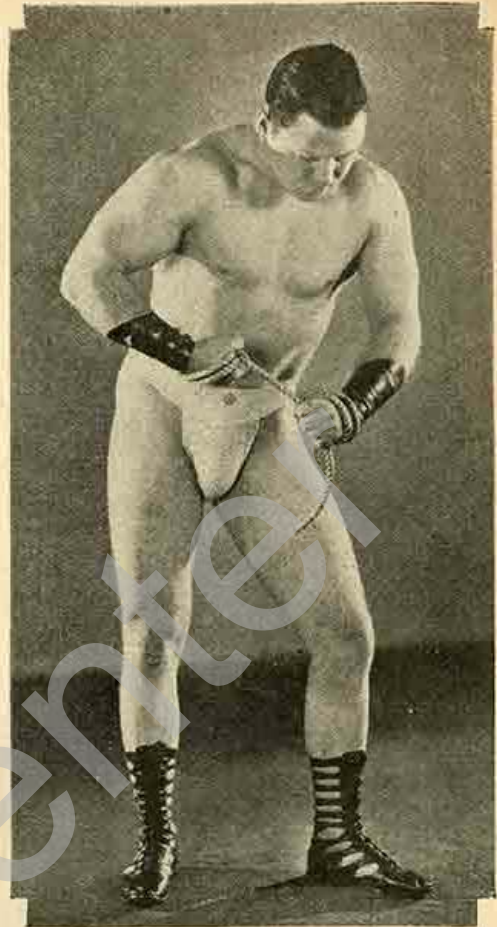
This act was followed by a turn of hand balancing by Henry Patterson, who was at one time partner to the well known Keith vaudeville artist, Sam Kramer. Each stunt showed the polished touch of the professional athlete and was well applauded, especially his favorite stunt, that of dipping from a hand stand and pressing out. In this movement, Patterson made ten repetitions, but he has previously made twenty dips in twenty seconds. No wonder he has a fine pair of triceps.

Our old friend Berry, the American amateur Featherweight champion, next took the platform, and made an attempt to win the A. C. W. L. A. special gold medal by making the required total in the five lifts. This he easily accomplished, scoring 895 pounds, which is 55 pounds in excess of the poundage called for.

Berry's lifts were as follows: One Hand Clean and Jerk, 140 pounds; One Hand Military Press, 55 pounds; Two Hands Snatch, 140 pounds; Two Hands Clean and Jerk, 200 pounds; Two Hands Dead Lift, 360 pounds; Total 895 pounds.

These lifts were made at a bodyweight of 126 pounds in lifting costume.

Berry has been taking a lay-off from the weight game, but this coming season we expect him to go higher than ever. He is very anxious to lift against any featherweight on the five lifts or any others. So far he has always had to give weight away, therefore, we, as well as Berry, would welcome the advent of some good featherweight to compete against the clever Newark boy.



E. Coffin, Los Angeles, a fine example of the weight-lifting game.



Siegmund Klein, the professional middleweight champion, who created a staggering total of 1143 pounds on the five lifts.

The next feature saw Siegmund Klein make his first real debut as a lifter. Of course we do not forget his match with Snyder and his claims to the middleweight professional title. This claim we have always backed, but on the night of August 15th, Klein substantiated his claims in decisive form when he set out to win the A. C. W. L. A. gold poundage medal on the five lifts. He went way over the top, setting up the splendid total of 1143 pounds, which is 116 pounds in excess of the scheduled poundage. All the lifts were performed in beautiful form and he took lift after lift with the same graceful style as Earl Thompson takes the hurdles. His style in the snatch lift was perfect. The dips and fixing of the bar at arms' length were as smooth and free of any exertion as could possibly be.

The totals made on each lift will prove interesting to all, particularly to Dennis the present national amateur champion who is tied up in a match with the New Yorker for October.

One Hand Clean and Jerk, 160 pounds; One Hand Military Press, 98 pounds; Two Hands Snatch, 185 pounds; Two Hands Clean and Jerk, 240 pounds; Two Hands Dead Lift, 460 pounds; Total, 1143 pounds.

Klein will beat this total in October, if he has any decent luck at all. In fact, his present total will be hard to beat by any middleweight in America.

The question in our mind is, will Klein develop into the same class as our president when a middleweight, and Fournier, Maxick and Moygrossy? Mr. Jowett says he sees no reason why Klein will not, as he believes the New Yorker has only commenced to lift and he is highly scientific.

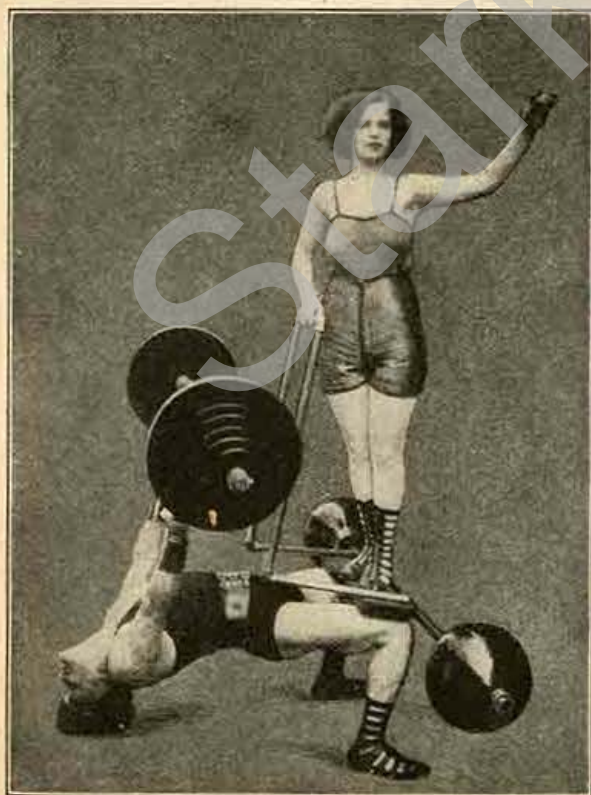
Such a statement coming from George F. Jowett should give Klein lots of inspiration and we all wish him the best of luck.

The Birdsboro favorite will have to step some if he is going to beat the former Cleveland star.

Klein scaled 145 pounds on this occasion, so Dennis is liable



Louis Schwartz still keeps his pet side-press rising higher.



Mr. and Mrs. J. Lambert, two splendid advocates of heavy athletics, in one of their stunts.

to have the advantage of weight when they clash in October.

Following this fine demonstration of lifting was a solo lift by Al Roon, of Yonkers, New York. Roon is a new comer in the game, as far as public performances go. He is wonderfully enthusiastic and promises to boom things in his home burg.

Roon has a wonderfully sturdy physique with imposing pectoral muscles that rival the development of Andy Passannant.

He made an attempt to establish a record in the Two Arm Pull Over in the middleweight division. His body-weight scaled 152 pounds. He was successful and came very near lowering the light heavyweight record set up by the splendid Californian lifter, F. Merrill, of 129¼ pounds.

Roon succeeded in making 127½ pounds on this occasion.

We are anticipating a lot from the Yonker's boy, as he shows many physical traits seldom seen in one so new in the game.

The next act saw the debut of another young iron manipulator, in the personage of H. Lefkowitz, of New York City. Only seventeen years old, the boy bids fair to be a comer.

Starting out on the five A. C. W. L. A. lifts he made a total of 967½ pounds in the middleweight division, at a body weight of 145 pounds. His lifts were as follows:

One Hand Clean and Jerk, 130 pounds; One Hand Military Press, 75 pounds; Two Hands Snatch, 150 pounds; Two Hands Clean and Jerk, 217½ pounds; Two Hands Dead Lift, 395 pounds; (Continued on Page 74)

The Nemesis of John L.

An Interesting Incident of How
"Gentleman Jim" Arose to Fame

By Jim Barrett

PERHAPS the greatest spectacle of the fistiana age was when James Corbett knocked out John L. Sullivan, idol of the sporting world, and champion at large, in the huge arena at the Olympic Club, New Orleans.

A veritable slugging match, with fast coming old age and declining health, brought on by dissipation and excesses in the matter of liquor, staked against clean living, regular diet and abstaining from alcoholic beverages while training, brought on the calamitous defeat of John L. Sullivan, by the fast stepping and ever-elusive Jim Corbett, in the twenty-first round.

When the news was flashed around the world, those connected with the sport recognized that the old regime in boxing had passed on and had given way to the new. Jim Corbett weighed only 180 pounds, while Sullivan topped the scales at 212 pounds. From this may be gathered the deduction that the wind-up was brought on solely by ring strategy, fathered by Jim and used with such latent success by the retired lightweight, Benny Leonard.

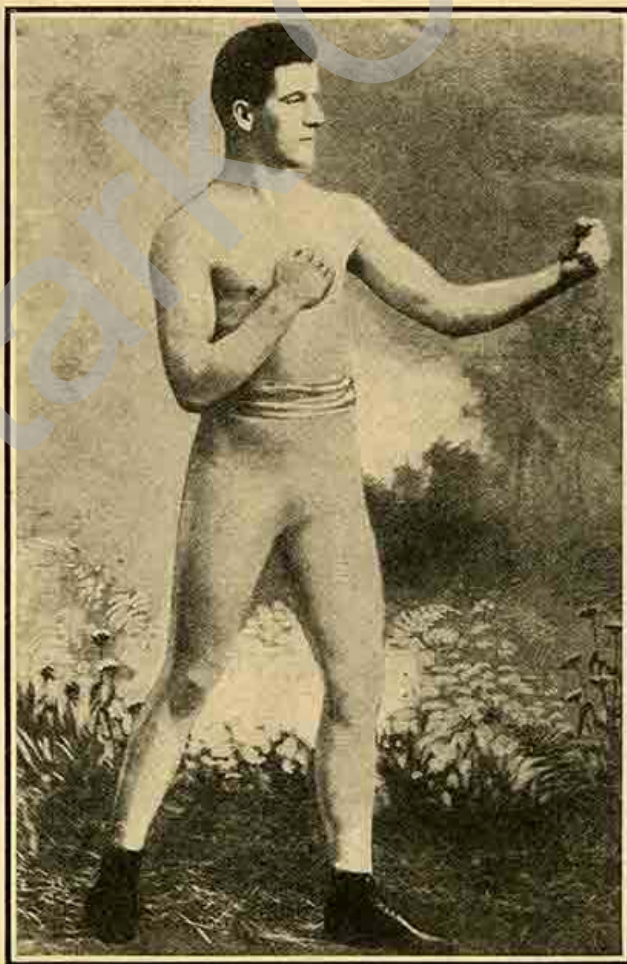
It would do well to go back to those days when San Francisco was in its early stages of development. People were getting rich over night and money was being spent freely. A couple of men, in whom sporting blood ran more freely than in others, got together and decided to organize an athletic club. Thus the Olympic Athletic Club came into existence.

In one of the banks that had arisen with the progress

of the city a youth by the name of James Corbett was plodding away for all he was worth. Being the sort of a lad that liked athletics, he walked over one night to take in a boxing show that had been scheduled for the night's entertainment. He became enthused and decided to take a try at the amateur contests that they put on. The game allured him and he became a regular member of the club. Thus he climbed the ladder until his fame had begun to spread to other corners of the state.

Joe Choynski, one of the greatest and gamest of fighters that ever lived, and incidentally a neighbor of Corbett's, suffered defeat at his hands. Later, in his prime, when he was in a particular retrospective mood, he recounted with childish glee how the fight had been arranged. It seems that one of Jim's brothers used to chum around with one of the Choynskis. In the course of a conversation, Choynski's brother proclaimed that his brother could lick Corbett. Jim's brother said he couldn't. A fight was arranged and, after undue losses of time, the match came off and Corbett battered him to pieces.

Due to his clean living and strict attention to details while training, Corbett was rapidly climbing the ladder of success. Peter Jackson, a colored fighter, whom many had refused to meet, giving the excuse of drawing the color line, was scheduled to fight James Corbett in San Francisco. Jim accepted and on his way west stopped off at Chicago to see John L. Sullivan, who was then
(Continued on Page 87)



Jim Corbett, whose scientific tactics baffled John L. to defeat.

Obscurity to Limelight and now Fame & Fortune!

Another JIMMY DEFOREST
Trained Boy Hailed By News-
papers as a "SENSATION"

You can do what Joe Canamare has done, for he has not always been a boxer. Until a very short time ago, he delivered laundry! His future was uncertain and his struggle for existence in the crowded East Side of New York was anything but easy. And then something happened that changed the whole course of his life. Today he is in the limelight! He has money to spend. He is a hero and idol whenever he appears in the ring. Boxing promoters are bidding for his services. He is called by the newspapers the "welterweight sensation." Fame and Fortune are now within his grasp!

**The Same Instruction That Made
This Lad a Sensation is Avail-
able to You**

Without leaving your home or interfering with your present occupation you can learn all there is to know about boxing. My entire 35 years' experience and knowledge of boxing—all that I taught Jack Dempsey, Firpo, Pal Moore, Joe Gans and a host of other champions and great contenders about Attack, Defense, Ring Strategy and Generalship and the tricks of the game has been set down in my complete course by mail. Thousands of lads are now learning how to box under my direction by this method, where formerly I could train only two or three at a time in person. My methods are so easy to apply and my instruction and newly devised illustrations so easy to understand that anyone can become a scientific boxer in an amazingly short time.

20 Short Weeks All You Need

Many of my boys were the rawest novices 20 weeks ago—never had a glove on their hands. Today they are clever boxers and are already tasting some of the glory and fat purses that will be theirs in a very short time. In 20 weeks I will teach you all there is to know about boxing so that you can enter a profession where fortunes are being made—or if you prefer, use your knowledge and new-born strength for self defense or keeping yourself fit.

**I am Looking for Boys to Train at
My Camp—Without Cost**

Every lad who takes my Boxing Course by Mail has a chance to come under my train-

ing in person at my Long Branch, N. J., camp where I train the big fighters for their championship bouts.

Every six months I select champions in each weight division from my pupils. I also select a second and a third choice in each division so that in the event any of the champions cannot come to my camp the second or possibly the third man will be called. If you are one of those selected you will receive a railroad ticket to my camp and all your expenses will be paid while you are under my personal training. The whole trip will not cost you a cent.

**My Champs Will be Featured in
New York City Bouts**

After I finish polishing off my champions at my camp, I will match them for bouts at Tex Rickard's new Madison Square Garden, the Polo Grounds, Yankee Stadium or some other big New York club.

If you are one of these lucky lads your future as a boxer will be assured. The newspapers will carry the story of your New York debut. The club managers will see you in action and will be eager to sign you up for future bouts. You will be off to a flying start and nothing will stand between you and a successful ring career with all of its glory, fat purses, and a life of ease and travel.

**Send for My Gripping Book, "The
Golden Age of Boxing"**

Every page of this fascinating book is brim-full of action. It contains numerous photos of great ring battles and champions and scenes at my training camp. It explains how I teach boxing so successfully by mail. It shows some of the special picture charts I use in my instructions. It contains a complete outline of my course, week by week. It is a volume you will want to keep for a permanent record. Send 10c to cover cost of mailing and postage and I'll send you a copy at once. Opportunity is knocking at your door. NOW is the time to ACT. Mail the coupon TODAY!



CANAMARE STOPS CUCCIA IN FIRST

Commonwealth S. C. Bout Has All
the Thrills of Dempsey-
Firpo Battle

Joe Canamare, new welterweight sensation, scored another quick and impressive one-round knockout at the Commonwealth S. C., last night, when he put Tommy Cuccia out in 2 minutes and twelve seconds of the first session of their six-round contest. The bout was reminiscent of the now historic Dempsey-Firpo encounter.

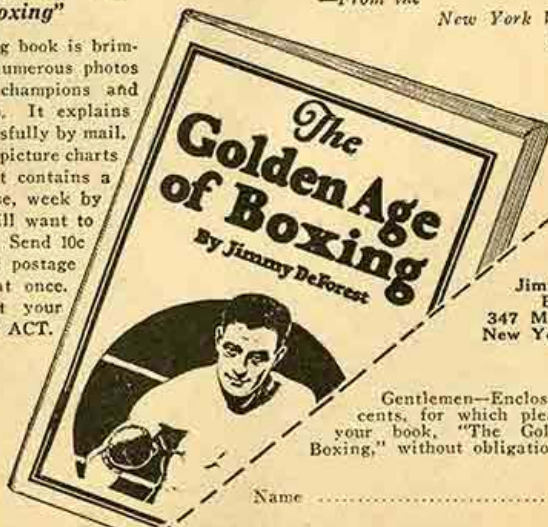
When the pair came together in a hot mixup at the opening gong, Cuccia swapped punches with the hard-hitting Canamare, who has earned the reputation of a deadly hitter. One of Cuccia's wallops connected with Canamare's jaw and toppled him through the ropes. Joe, though dazed, hustled back to the centre of the ring, and in the ensuing mixup landed one of his "pile-drivers." Cuccia, though a sturdy battler who can take it, dropped as if he had been pole-axed, and the referee counted him out.

Canamare got a great ovation from the fans. Practically all of the other boxers on the card huddled around the ring or back among the spectators to see Canamare in action. After the bout Jess Mahon, matchmaking director of the club, said:

"I'll have Canamare back here next Saturday night if I can find an opponent who will meet him. But it's a tough job. Six leading welterweights turned down offers to meet him tonight, and it was only at the last minute, practically, that Cuccia consented to go on with him."

Canamare learned his boxing and how to hit from that past master of the art of fistfights, Jimmy de Forest, Jimmy sat near his corner last night.

—From the
New York World
Sept. 6, 1925



Jimmy DeForest
Box 702
347 Madison Ave.,
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

Name

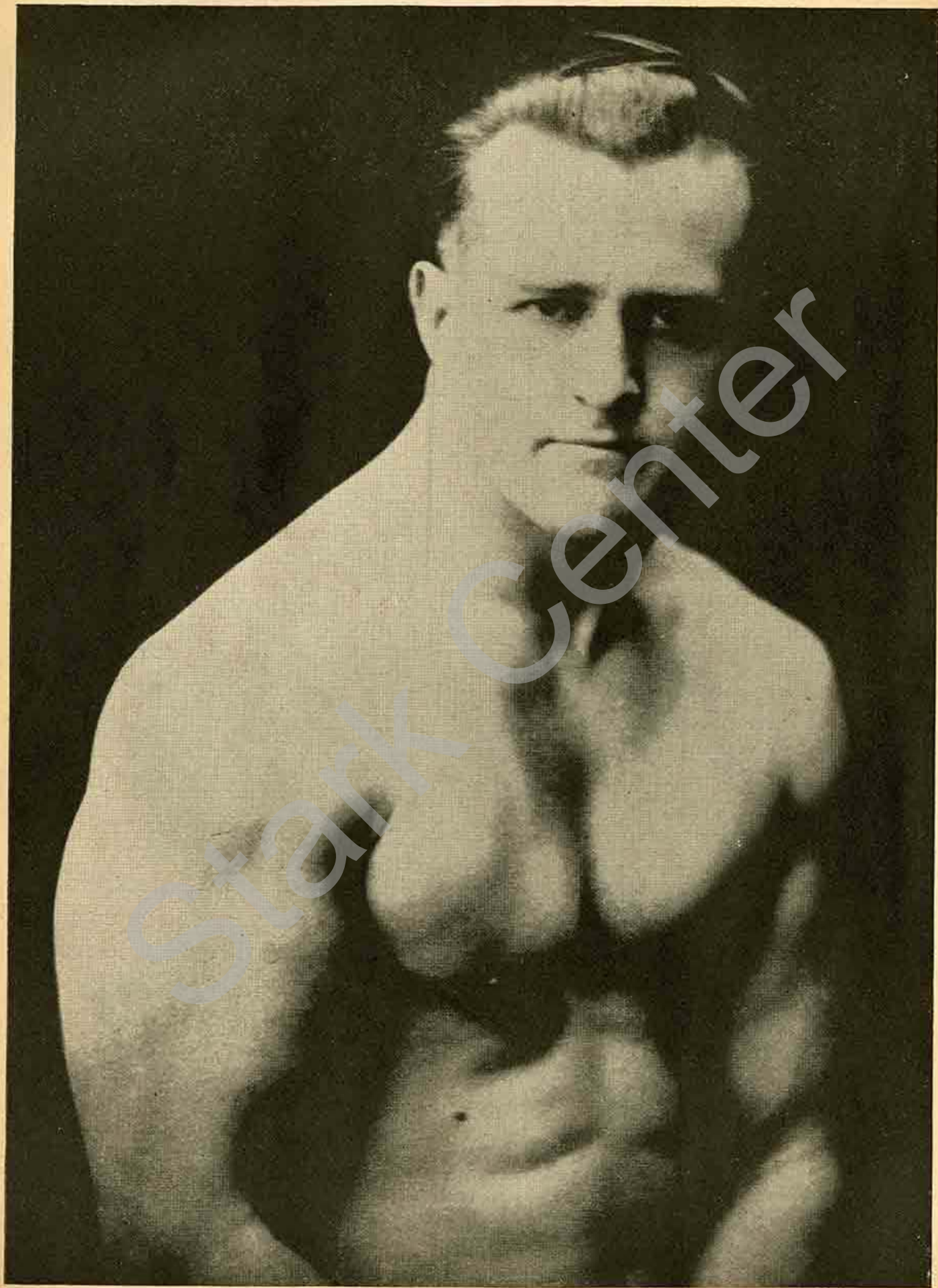
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Author of "Science of Wrestling", "Muscle Building", "Here's Health", "Secrets of Strength", etc.

The Unpardonable Sin

A MAN may kick his neighbor, poke him in the nose or throw him down stairs. If he has any kind of an excuse, we pass it by. That's all right. But what a fool is the fellow who deliberately kicks himself in the shins. He's a nut. That's all there is to that.

It's a sin and offense to abuse others, but there are times when it will be overlooked. Never, however, can we overlook a man's abuse of himself. That is the unpardonable sin which brings destruction.

Are You An Offender?

Check up on yourself, fellow! Are you playing square with yourself? You've got a wonderful body there. Are you giving it all the breaks in life? Do you wake in the morning burning with pep and ambition? Do you still have the keen appetite of a kid? Do you have plenty of snap and zip as you go about your daily work? If not, you are just as bad as the chap who kicks himself in the shins. You're either a real, live, muscular, red-blooded, two-fisted, He-man or your body is being given a raw deal. Who's at fault? If no one else is abusing you it must be yourself.

Stop It.

Cut it out right now. Determine this minute that you're nobody's fool. If you only knew what a strong, robust, healthy body meant, you would have had one long ago. Take it from me, fellows, its great to be healthy. I've been both ways and I know. Let's you and I work this thing out. What do you say? I'm a muscle builder. I'm a pep builder. I've taken the sickliest looking scare crows you'd ever want to look at, and I've built them up into real, big, powerful, virile men. Listen to this and I'll shoot you off a few things that are coming your way. In just 30 days I'm going to add one full inch unto those arms of yours. Yes, and two inches to your chest in the same length of time. But that's nothing. Get this. I'm going to broaden your back and deepen your chest so that every breath you take will drag a full load of oxygen into lungs, shooting life-giving red corpuscles into every nook and corner of your body. I'll broaden your shoulders and strengthen your neck. I'll put an armor-plate of muscle over that old tummy of yours. I'll shoot a quiver up your spine that will make you feel like turning flip-flaps. Meanwhile, I'll work on every muscle inside your body, pepping up your vital organs and putting fire into your whole system. Good. You're durn tootin' it's good. It's wonderful. And the best of it is—I don't just promise these things. I GUARANTEE THEM. You take no chances with me. It's a sure bet. Well, what do you say? Let's ride.

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Can you beat that one? I don't ask a cent. It's yours for the asking. And, oh, boy, what you get—48 full-page photographs of myself and some of my prize-winning pupils—a library of masterpieces—and the book—it's the peppiest piece of literature you ever focused your lamps on. Tells the trick. Just how I do it. Look it over and if you don't read it from cover to cover, I'll eat it. Well, what are you waiting for? Here's the coupon. Fill in your name and address. That's all. Then shoot it to the mail box. No! Don't put it off. Do it right now.

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All the mineral salts, the bran, the vitamins which are found in the original golden grain, and to which the human body so marvellously responds. Here is a food endorsed by the greatest food authorities in the country—food for muscle—for bone—for brain—in its richest, most delicious form.

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Ask the Doctor

(Continued from page 48)

fitted. If they are not, the sooner you have this bridge-work removed, and have the gums properly treated, and have correctly fitted crowns made, the sooner you are going to get rid of your trouble and turn yourself uphill. This will be the best treatment for your pyorrhea.

DEAR DOCTOR:

Could you inform me how one may detect the presence of tapeworms or worms of any description?

L. A. M., Jumata, Sask., Can.

The presence of tapeworm is disclosed by the appearance of small segments of the worm in the stool. Of course, there are certain symptoms that suggest the presence of tapeworm, as, for instance, inordinate appetite, and gnawing at the pit of the stomach, uneasy feeling, etc., but the only definite means of diagnosis is that which I have indicated. If you find this, I can tell you how to get rid of the worm.

DEAR DOCTOR:

My wife, who is 48 years of age and in fairly good general health, observed about two months ago that she has developed a fibroid tumor in the left breast. This is about the size of a small walnut and hard and gives more or less pain at times.

She consulted five physicians and surgeons in San Francisco and Los Angeles

and most of them wanted to perform a surgical operation for the removal of the tumor, but this was strongly objected to by one of the doctors and she undertook treatment with him for the cure and elimination and absorption of the tumor.

The medical phase of his treatment consists of some pills whose effect is intended to stimulate the glands to act beneficially and also to cause a loosening and the throwing into the blood for elimination the toxic accumulations in the body. I do not understand the treatment sufficiently to give an accurate description of it, but that is in a general way its purpose and he has had much success in treating such ailments.

In addition to the above treatment she has adopted a diet of fresh fruits and vegetables, mostly raw and also taking sun baths by direct exposure.

I would like to ask if in your opinion a cure in a case like this can be effected without a surgical operation and if so will appreciate any advice and suggestions along that line.

W. C. B., Laredo, Texas.

I have seen many cures of fibroid tumors accomplished by homeopathic phytolacca and barito carb., and other indicated remedies. It may be possible that what your physicians are giving her is something along these lines. If this is the case, I believe that your wife may be entirely freed from this condition and without a surgical operation.

Constipation—The Most Dangerous Disease

(Continued from page 30)

power of the thyroid and the adrenal glands.

Any or all measures which restore nervous and physical vigor are effective remedies against constipation.

Diet of Great Importance

The diet is of particular importance. It should be light and should consist, to a great extent, of those foods which contain a large proportion of "hay," in the form of cellulose or fiber. We need this in order to give bulk for the intestinal muscles to exercise peristalsis. Green and "watery" vegetables, as lettuce, spinach, celery, radishes, turnips, carrots, cauliflower, cabbage (preferably in the form of cold slaw or sauerkraut), rhubarb, tomatoes, water cress, endive, asparagus—in fact, all vegetables which contain little starch, but much fiber and water, are excellent.

All fruit is beneficial, except the puckering persimmons. Grapefruit, plums, oranges, figs, prunes, stewed apples and pears, grapes, berries (omitting huckleberries), are effective peristaltic stimulants.

A glass of cold or hot water, into which the juice of half a lemon has been

squeezed, first thing in the morning on an empty stomach, is admirable.

Instead of wheat bread, oatmeal, bran, whole wheat, rye, or brown bread, with butter and honey, or fruit jam, should be used.

Soups, except those thickened with flour, should be a daily article of diet.

Bacon, fat meat, and rich gravies are a decided improvement over lean roast, or steaks and chops.

Buttermilk should be used in preference to sweet or skimmed milk.

Exercise of All Kinds Especially Valuable

Swimming, when it can be indulged, is the best of all exercises for constipation, as it brings into play practically every muscle in the body, excepting perhaps those rudimentary muscles that wag the ears. Rowing, golf, horseback riding, walking, and all gymnastics and Swedish movements are helpful. Massage is also valuable, especially abdominal massage, for five or ten minutes before rising every morning.

(Continued on page 70)

They Thought I Was Bluffing



-When I Told Them I Learned Music Without a Teacher

YOU could have heard a pin drop in the room! I had just finished playing Rubinstein's "Melody in F". My friends were actually dumbfounded—they couldn't believe their ears. At last I was the center of attraction instead of a mere onlooker! It was just like a dream come true!

"Why, you didn't know a single thing about music not so long ago, Bob?"—"How in the world did you ever do it?" A note of half envy, half admiration unconsciously crept into their voices after they had recovered from the unexpected surprise which I had just furnished. "Yes," said Jim, "what sort of a trick have you played on us—I thought you weren't musically inclined." "Oh, he's been taking lessons for years and has kept it a secret"—followed Betty and Sue in rapid-fire succession. "You can't fool us though, you never learned to play that well without a teacher."

"Well, you're all wrong—every one of you," I replied, chuckling with glee. "I'll admit that a short time ago I didn't know one note of music from another. And as far as special talent goes—well, I never had any. And although I had always longed to be able to play the piano it was more or less of an empty dream. For I just couldn't stand the thought of learning music from a teacher and going through a lot of monotonous scales and exercises. It just went against my grain.

"So I've just contented myself with sitting around envying others who could play—watching them have all the fun. Until one night last March I was reading a popular magazine and suddenly an announcement

caught my eye. It told of a new, easy method of quickly learning music—right in your own home—and without a teacher. At first I laughed, like you folks, I thought that such a thing was a joke. Somehow or other I didn't believe it was possible to learn music by mail. But that announcement set me wondering. So I decided that the only sensible thing to do was to investigate. And—well, you know the rest."

From the very beginning I was enthusiastic about my wonderful course in music. Each new lesson was better and easier than the last. Everything about them was so simple that a child of eight could understand it. It was great fun—actually as fascinating as learning a new game. And I always played real notes and catchy tunes. No tricks, puzzles or makeshifts of any kind.

Now I can play any piece of music, whether it's a ballad, jazz or classical number. And I never have to refuse when I'm called upon to entertain. No more lonely nights for me. Now my life is just a joyous round of gay parties and admiring friends.

No matter whether you are a mere beginner or already a good performer, you will be interested in learning about this new and wonderful method.

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In order to make it clear to you—to show you just how and why it gets results twice as fast as any old-time method—we will send to you upon request an interesting free booklet and a valuable demonstration lesson that will make clear the method by which so many thousands have learned. The method is the same for all instruments.

If you are in earnest about wanting to play your favorite instrument—if you really do want to gain the proficiency in music that will add to your happiness, increase your popularity, and open the way to greater income—ask at once for the free booklet and demonstration lesson. Getting them will cost you nothing and place you under no obligation. Right now we are making a Special Offer to a limited number of new students.

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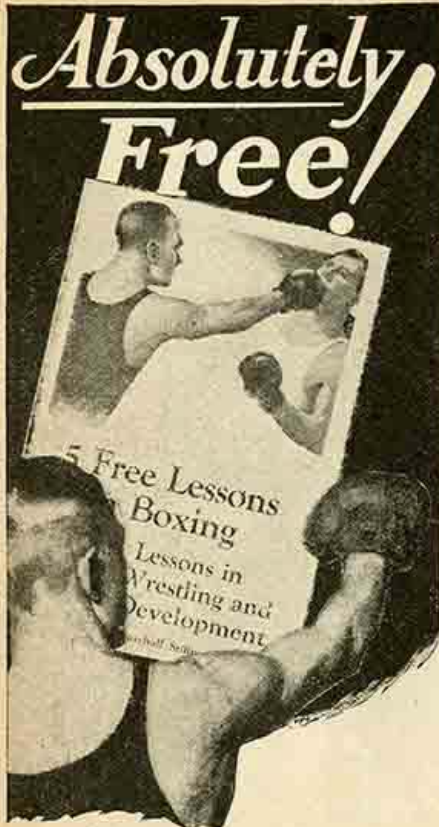
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Diet to Cure Pimples

(Continued from page 52)

and all the dead tissues, forerunners of disease, passed off. Nevertheless this meat is packed into the refrigerating trains and shipped to all parts of the world. You eat it, not thinking that your stomach has to do double duty, inasmuch as it has to grind the meat that has entered your stomach, filled with the impurities that your system has thrown in, plus the impurities that are inherent in the meat itself. Meat is a tough food and has to be chewed slowly and carefully. The amount of potential acid it contains is fifty percent. Dietitians vary in their statements, but the consensus of opinion is, that if one simply has to eat meat, it should be consumed not more than once daily, and then not in large quantities.

Eat a variety of vegetables, raw or cooked, to maintain a balanced ration. By that I mean do not eat a slice of meat, a side dish of baked beans or lima beans and some bread, for the food that I have just enumerated is of one sort. To it should be added some lettuce, some string beans, or some other vegetables that are rich in alkalines to neutralize the preponderance of acid-bearing qualities in the meat, beans and bread.

Some fruits, I think it should be made known, are not in line with the allaying of the cause of pimples and boils. Among others are raw apples, for they are highly surcharged with acid content. No, I am not overlooking the distinct nutrition received from this fruit, but, nevertheless, it is true that they contain a lot of acid. Bananas are another member of the fruit family that should not be included within the diet of the afflicted. They are very heavy and hard to digest.

Eschew white bread, rolls, cakes and pastry. Use a good grade of whole wheat bread, or bran muffins instead. White bread is made from white flour. White flour is absolutely not nutritious, inasmuch as the bran and other useful elements have been taken out of it. It is purely a manufactured product, and in the process of preparation loses a considerable portion of its nutritive value.

If you are accustomed to eating a grapefruit or an orange in the morning before breakfast, try to do without it, for although they are highly productive

of vitamins, they are also rich in acid. The next time you cut your finger, cut an orange and squeeze some juice from it on to the wound and note the pleasant, if not caustic, pain you will feel. Pimples and boils are caused in the same way.

Candies, chocolates, ice cream are harmful to the skin. They are too rich in content for a simple diet, and must be omitted. Another habit that must be done away with is smoking. Cigars, cigarettes, and smoke in general tend to intoxicate and excite the glands unnecessarily, and throw off the impurities that are being carried away in the bloodstream, through the skin, instead of allowing them to go on in their normal course.

Fried foods should be especially avoided, as they are too solid to be digested easily as they should be. One of the greatest medical men of the age has advocated fasting for a number of days so that one can rid the system of the poisonous toxins and waste materials that are laying dormant in it. This looks rather difficult to perform, for after the first twenty-four hours have passed the ordinary layman feels he cannot stand the strain any longer and grabs anything he spies on the table. But persistent will power, coupled with the feeling that you really want to get well, will easily overcome any notions you had on the subject previously.

Bathing is one of the chief aids in clearing one's skin. A bath taken every night before retirement, the temperature of which should not be more than 105 degrees Fahrenheit, is advisable. In the morning a moderately cool bath, in order to create a bit of vigor, can also be taken with good results. Soap of pure ingredients, not highly perfumed soap so commonly in vogue these days, should be used. A good turkish towel that has good absorption powers should be used in order not to rub the face unnecessarily hard when drying it.

Lots of water to flush the alimentary canal should be taken either at meal time or between meals.

In conclusion, simple foods, well cooked, interspersed with a varied assortment of vegetables and fruits to maintain a balanced ration, plus fresh air, and plenty of sunshine, should prove highly beneficial to the one suffering from boils, pimples and acne.

Winter Exercises for Boys

(Continued from page 25)

it is apt to do you harm. Try to govern the amount of exercise you do by your physical condition. Forget repetitions, but perform the exercises the number of times that is satisfactory to the feeling of your muscles, which should be a little tired, not exhausted.

It is a sad mistake for any one to make, to say they have no time for

exercise. *Keep up your summer exercising through the winter.* You will profit by it. I once heard an old saying:—"Live to love and you will love to live." Learn to love your daily exercise. It is one of life's necessities. Devote your life to a life of effort. Without effort you are nothing.



THE PEP OF YOUTH

IT stands to reason that people who seek youthful physical fitness, should not go to old fogies, back numbers, has-beens, or "never was's", for it. That's why they are enrolling under my instructions.



Eyesight Improved
I am surprised at the improvement I have discovered in myself. Not only are my muscles and my physical condition better, but my mental alertness and my eyesight are improved. (Signed) Arthur McDowell, Windsor, Ont., Canada.

They know I am a young man — still in my twenties. They know the marvels I have performed in transforming my own body from a frail weakling to what has been termed "The Finest Physical Machine in Modern Times."

I am teaching "youthfulness" to the American people. I am taking men and women who feel old and are old — and making them young again. I'm making the stout ones slender, the slender ones stouter. I am doing it not thru old-fashioned, clumsy, round-about methods. I am doing it in a way that is new and modern — ways that have in them the sparkle of youth — the spirit of this day — 1925. That's what people want — not worn-out theories — but practical living instructions by a *young* man still in his prime.



Reduced Weight
I am following your instructions very carefully, and believe me, I am getting good results. At one time I weighed 208 pounds. Since I began your exercises I now hit 152. (Signed) V. A. Orrick, Wheaton, Ill.

Who in the mischief wants to bend horseshoes or tear decks of cards in half, or hold automobiles on their chests? Who wants to go through life carrying the excess burden of freakish, over-developed, bulging muscles, that only make one muscle-bound and "crippled"? That's more of a detriment than an advantage. You don't want that. What you want is an all-around, healthy, firm, sylph-like physique — hard and fit as a World Champion Boxer — a spring in your step — the sparkle of health in your eye — a song in your heart. You must have these things to make good in the business and social world — to enjoy life. You want just that — and not to be a circus freak.



Constipation Gone
About the exercises, oh boy! It is certainly fine. I feel ten times better than I used to. I've been having a lot of trouble with constipation but now it is all over. No more bad breath. Waiting for future instructions. (Signed) Dominick Lillatore, Yonkers, N. Y.

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Writers, the world over, are this minute telling in newspapers, about my cleanliness — clean fighting, clean living, clean teaching, and I now am proud to say, clean advertising. I am not out to make rowdies. I am out to help people get what God intended they should have — a fine splendid physique, a body well developed and properly functioning. Enroll with me and get the graceful figure you are after. Get muscle in the right degree; strength, as much as you ought to have, and, for good measure, learn the Manly Art of Boxing as taught by me, which method comprises the finest form of exercising known, and besides equips you with the needed but neglected Art of Self-Defense. If you have aspirations to box professionally, I'm the man to help you attain your ambitions. Let me send you my free booklet, "Now I Can Tell You" which describes my methods. There is no obligation. Send for it this minute. It is FREE. Send me the coupon below, now, right NOW!



Nerves
I appreciate very much what you are doing for me. Your explanation of what nerve force is and how it can be built up is helping me and is very enlightening. (Signed) S. Dunkelmann, Paterson, N. J.



Diet
Have gone through a great change since I began your lessons. Am thinner and lighter and stronger also. Since following your instructions in regard to diet, I have learned a lot about how to get energy out of a small quantity of food. (Signed) L. J. Galatbo, McAdoo, Pa.

Benny Leonard

Undeclared Lightweight Champion of the World
123 W. 31st St., Dept. 7-N, New York City

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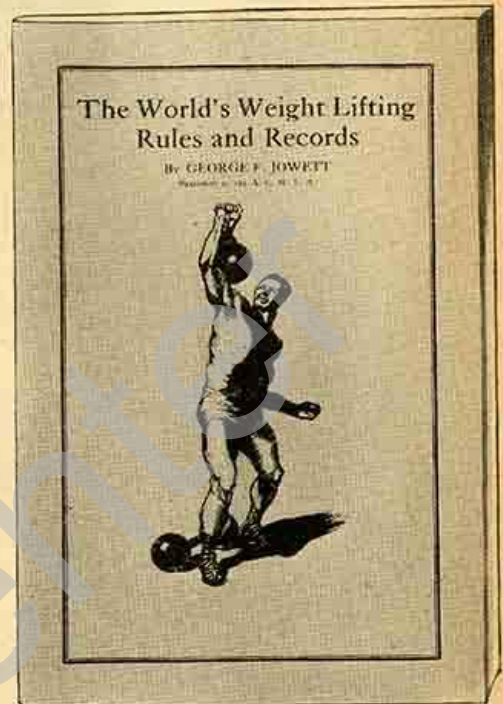
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Sons of the White Gods

(Continued from page 36)

himself about how to creep through the grass and brush to get within range. They gave him the opportunity to see what he could do about "fixing" those German foresters. Pretty soon Sam was "mentioned in dispatches." Then he was awarded the D.S.M., and later a bar was added to it. Next he got the M.M. On top of that came a call for help because one particular German sharpshooter hidden in a forest was picking off the Canadian artillery officers with sickening regularity. The guns could not get into action. Nobody could locate him. Glode went over between the lines at night. It was impossible to pick out the sharpshooter because the report of his rifle was lost in the constant gunfire. At last he came back and told of a marvelously constructed blind of concrete in a hollowed giant tree. Machine guns would be of no use against it. Sam directed the fire that put that blind out of commission and enabled the Canadian artillery to at last get into position without losing all the officers. They had no more medals to give him so he was rewarded with a thousand francs and a two weeks' leave of absence in Paris to spend it. After four years of fighting Sam came back to his Nova Scotia forests, one of Canada's heroes.

But there is not always a happy ending to the incidents of every day life in the bush. Tragedy is ever hovering close and occasionally mighty muscles are not enough.

In Mattawa, which is a bustling little town in Ontario on the main line of the Canadian Pacific, you will find Joe Leclair. You may meet him hobbling along, a terrible cripple, his legs horribly deformed. And you will sympathize with him. You will think that it is a shame a man with such a magnificent torso and shoulders should have such deformed legs. Joe Leclair was not always that way. Just a couple seasons back he was a wonderful specimen, a giant woodsman well over six feet, weighing more than two hundred pounds, as straight as one of the huge fir trees and tremendously powerful. His was a figure to make a Praxiteles envious. What is more, he knew the ways of the forest and the forest folk, lived among them and was a veritable demi-god of the wilds.

It was in autumn, the time when the mad moon plays its beams of pale light on the aisles and the moose bulls roar their challenges down the reaches. Leclair was guiding a sportsman from the States who was particularly anxious to obtain a magnificent moose head. They found the slots of a great bull one afternoon and Leclair took up the trail, following it where the monster wandered in quest of a mate. Came dusk and a cold rain with snowflakes mingling. The sportsman tired, and they turned to go back to their camp rather than spend the night in the wet forest. Dense blackness settled on the

coverts. Leclair was leading, the sportsman following, carrying his rifle.

As Leclair picked his way through the stygian blackness something reared suddenly. It battered against him and knocked him down, looming over him, a monstrous thing. Either the gigantic bull they had been trailing had turned and back-tracked as they sometimes do, or they had stumbled on another in the night. Only the rarest presence of mind, iron strength and amazing nerve saved Leclair's life.

The mighty antlers of the moose are given them to combat their own kind in the mad struggles of the mating season. Against other enemies they use massive front hoofs with knife-like edges. Leclair was down. One plunge of those great front legs and his ribs would have been crushed like so many twigs. But he had grasped those wide flung tines. There was a sharp struggle, a threshing as the moose sought to throw him off, lifting him in its great crest. It took something more than the strength of an ordinary mortal to retain a hold, and Leclair was swept aloft in the basket of its horns.

Through the forest the moose's deep roar of anger sounded once and it smashed forward, crushing Leclair against a maple tree full six feet from the ground. The force of that awful blow snapped the tree trunk off and later measurements showed the tree to be five inches through where it was broken.

The force of that blow shattered both of Leclair's thighs and his broken legs hung limply over the eyes of the great moose, blinding it for a moment. As Leclair lay in its antlers, cruelly hurt, he was still cool. "Bring the gun here," he commanded the frightened sportsman. Groping in the blackness he found the muzzle of the gun as it was held toward him and placed it at the spine of the bull.

"Now shoot," he ordered. The sportsman pulled the trigger and the moose fell dead with its spine shattered. Through the hours of night Leclair lay helpless beside the dead monster, while the sportsman went on alone to the camp to seek help. They were two days by canoe and over the portage trails getting him down to the nearest real aid. They saved his life, but now he is one of the unfit, doomed to spend the rest of his life around the settlements.

Such is the way of the North. Only the fittest can go abroad in her domain, and men of the North must be superb physical specimens to survive.

It is a curious fact that those in whose veins flows the blood of the North rarely are content elsewhere. They are not all crude by any means. Many of them are real soldiers of fortune, adventurers in the truest sense. There is Walter Nixon. His home is at Invermere, British Columbia. More likely you will find him somewhere out in the wilderness of mountain and

Urinalysis

HEART disease is now first in the list of deadly diseases. Diabetes fatalities are increasing in number. Bright's disease uses larger figures to count its victims. Even the teeth (in many cases apparently sound ones) are shown to be hidden wells of poison. Swiftly and silently the Reaper harvests his crop of men prominent in American business, political and social life; robs them of the most fruitful and happiest years of their earthly life.

Urinalysis Would Have Prolonged Their Lives-- Will Prolong Yours

Ignorance, not the pace that kills, is responsible for their untimely deaths. For years they (maybe you) have gone along in total ignorance of the presence of deadly dangers in their bodies. Urinalysis would have brought them to light—would have revealed their presence when they were yet but symptoms. Urinalysis would have prolonged these prominent men's lives—will prolong yours.



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forest of the northeast Kootenai. A fine figure of a man approaching middle life, Nixon has culture and wealth. You might expect to find him in the executive office of a business. But he is a son of the North. He has tried the other kind of life, too, but has always gone back. You doubt it when you hear those who have known him all their lives say he is one of the finest rivermen in all the northwest. The tales you hear of his prowess in driving the logs down these wild streams bring doubts. And then you learn that he helped push three of the big railroads through the wilderness of the northwest and you may doubt that, too. And if you are lucky you happen to be around when Walter Nixon feels the irresistible call of the bush and the mountains, and feels also, the need for companionship.

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wander in the realm of the grizzly, the elk and caribou, the big horn sheep and the elusive mountain goat, riding trails on Nixon's mountain ponies that are almost the equal of the goat in sureness of foot.

Nixon might have been an executive on one of the big railroads or the millionaire owner of one of the lumber companies. He is a man of tremendous personality, his depths of power and endurance are apparently endless, as you learn, when you find yourself literally dropping of exhaustion, while he apparently gains new freshness and vigor with each day of climbing those rugged heights, that only the wild things and himself know intimately.

In his way he is a symbol of this breed of men of the North, a race that any land might well be proud of, a race unequalled, perhaps, and remaining always loyal to the bush that has endowed them with such amazing attributes.

A Healthier Life for You and the Wife

(Continued from page 28)

husband's routine can be modified to suit your purpose. That is if your husband has been training ahead of you.

For instance, there is the common two-hand dipping exercise in which you support yourself on hand and toes, body straight and face downward. Now there are many ladies who cannot raise and lower their chests by the strength of their arms as this exercise prescribes. These ladies (or men, if there are any so weak, and I know there are plenty of them who ought to be ashamed of their strength) should then modify or simplify this exercise by doing it on their hands and knees instead of on their toes and hands. This shortens the distance between the two main joints of support and, consequently, takes some weight off the arms.

The two-hand chinning exercise is usually very difficult for ladies and a larger number of men than I would like to see. But this one can be made easier by jumping up to the full chinning position (chin to the height of bar) and then lowering yourself as slowly as you can.

The two leg squat, mentioned before

in this article, can be accomplished by the very weak if they will use the support for the purpose of pulling themselves up as well as to steady them. This leaves the arms to aid the legs in both raising and lowering the torso. So from these suggestions you should be able to adjust almost any exercise to your ability. Then very shortly you will find your ability or strength adjusting itself to more strenuous and beneficial exercises than those you began with.

I would suggest eight to twelve varied exercises for the night period and do them. If your husband must be away at times, or has some very good reason for not exercising once in a while, don't you take a night off just because he does. Have a good reason when you discontinue for more than one night at a time, and I might add that real good reasons from a real physical culturist's standpoint are scarce. Also, don't either of you come down to breakfast and tell bedtime stories of how strenuously you exercised last night, when all you did was to lie in bed and read until you fell asleep.

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Constipation—the Most Dangerous Disease

(Continued from page 60)

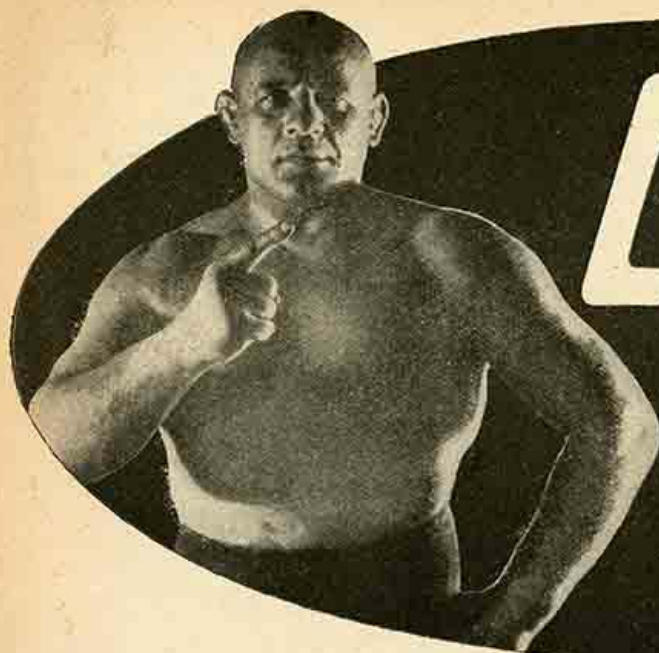
All forms of exercise that include stooping, twisting, bending, turning and contortion of the abdominal muscles are particularly valuable. Numerous articles have appeared from time to time in the pages of this magazine, dealing in detail with this particular phase of the subject, so I will touch upon the matter in this present article only to the extent of referring the reader to these very ably written and interestingly illustrated articles.

All alcoholic drinks should be avoided. Also strong tea, cocoa, chocolate, and rice, potatoes, starchy food,

and candy, except molasses candy, which is an excellent and agreeable laxative, especially for children.

Enemas and glycerin or soap suppositories are effective only as temporary measures. If too long continued they tend to form a habit of bowel atony.

Mineral oil, as before intimated, seems to have a wide field of usefulness, especially when the fecal matter is dry and moved with difficulty. It is particularly valuable in constipation accompanied by bowel irritation or intestinal spasm.



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Why is it that one man can lift more, carry more, pull more than another? Why is it that one man is old at fifty and another is young at sixty? Why is it that the man who cares for his body—develops his strength—keeps his health and youth is a Success—and the man who doesn't is so frequently a failure? Why? Because strength, health and muscle make a man a bundle of vitality and energy—a power among men. Since the beginning, the world has been ruled by the law of the survival of the fittest. And today to be FIT means to succeed.

Surely the call to strength, power and health is in YOU—that desire is in the heart of every real man. Just as this urge for power comes to you now, it came years ago to Zbyszko. Then, he was a podgy overgrown weakling. But in a lifetime he has learned the most amazing secrets you have ever heard.

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Is Great Strength Hereditary?

(Continued from page 19)

have children, is the most common and the most disastrous example in the field of heredity.

I think it was Alfred Edward Wiggam who somewhere stated that in Indiana he and the other normal citizens are supporting in state institutions very largely the grandchildren of grandparents who were supported by their own grandparents a few years back.

If this is true in Indiana, think how much more true it is apt to be in Massachusetts, for instance, or in any of the European nations, where the percentage of people who move about is much smaller.

Unfortunately, so far, no means of really strengthening weak minds has been found, and it does not seem to be possible that such a means will be found, and it is equally unfortunately true that the chances of a mentally deficient person marrying a normal person and gradually being swallowed up in the general health of the community, seems to be negligible, and as a result the most famous cases of heredity come largely in this class.

Any tall man may marry a short girl, and they do every day, tending to equalize the height of the community, but very few mentally sound men or women marry the mentally deficient, as, of course, they should not, and the result is direct examples of four grandparents all having the same characteristic come largely in this class only.

However, I feel that most of the readers of this magazine are more interested in heredity as it applies to them, rather than as it applies to their children. Desirable as it might be, from the standpoint of the future welfare of the race, for us to marry with the idea of improving our breed, there does not seem to be any wild stampede in that direction.

Undoubtedly in this day and age, we will not make all the mistakes, from the standpoint of eugenics, that have been made in the past, but it is equally true that most people think of the possible characteristics their children might inherit from a prospective husband or wife rather in a negative than a positive way. Very few people would seriously

take Miss Celeste Busch's position as regards to height, weight or strength and practically none of us can start by saying that our parents were both geniuses in any given field. We can and do fight shy of certain obviously bad things in the way of heredity, but make very little conscious effort to promote the good things.

This is perhaps a serious mistake, but, at least, it is a fact and must be so considered.

The fortunate side of it, from your angle and mine, is that our heredity is apt to be so diversified that our possibilities are almost unlimited, if we are willing to do a little work to help us to attain our ends.

STRENGTH is mainly concerned with our physical possibilities, and STRENGTH knows that in practically all cases not only is it possible to turn a weak man into a strong one, from the scientific side, but it is also true that weak men, day after day, by exercise, do turn themselves into men of surpassing strength. We presume all these men must have had the possibility of attaining great strength dormant in themselves, and we presume that in more than ninety-nine cases out of a hundred this possibility exists.

If a man does not attain great physical strength it is not because he can't, but rather because he won't, and the reason why he won't is something that must have appeared sufficiently important to him. Many men write us and say they do not want great strength, but rather they want to be as strong or a little stronger than the average man.

Satisfying so modest a desire is within the reach of us all, and it does not require the devotion of all our time to the end desired, either.

The many strong-man shows which the A. C. W. L. A. has sponsored all over the country bring out some men of great strength and many men of greater than average strength, and practically all of these men have the attaining of strength as only one of their objects in life, and an object in which they only devote two or three hours a week, rather than Charles Darwin's hour a day.

How Show Girls Keep Fit

(Continued from page 22)

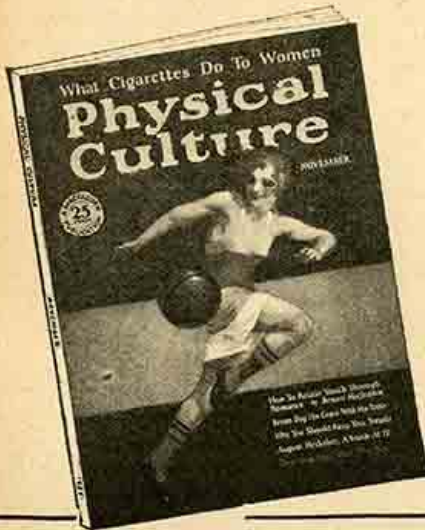
"Last summer, being at liberty, as we professionals call it, I attended the dancing classes of Alex Kosloff, famous for the number of stars he has found. Here I went through a rigid regimen, which called for a serious denial of food for which I had always showed partiality. Certain foods were assigned to me as beneficial, such as plenty of fruits and vegetables and water. I had to abstain from rich dishes and foods cooked in grease. I exercised tremendously and was surprised at the amount of weight I worked off in a

comparatively short time. I came to love exercise and now I do it daily. I practice dancing every morning, and try to keep myself in form, perhaps for a call that may put me to the fore in the realm of dancing."

Last year Miss Shaw was one of the beautiful girls that graced the chorus in the "Artists and Models." She has also been a model for such famous artists as James Montgomery Flagg, Harold Fite and others.

She is the ideal type of a beautiful woman.

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American Continental Weight Lifters' Association Notes

(Continued from page 59)

a total of 967½ pounds in all.

Louis Schwartz, the well-known side press artist, came forward next to do his speciality. At every meet, the New York boy makes another attempt to give his record in his particular lift another hoist. He is invariably successful. This time he registered another notch higher, succeeding with 170 pounds. He had had luck with 175 pounds on both attempts, just by the barest fraction did he miss, just as in Jersey City. But it was a great satisfaction to see him get away with 170 pounds, which eclipses his former best lift by 2½ pounds. He says he is not going to stop until he makes 200 pounds. His aim is very high, but he is ambitious, and determined to place this record so high that he will have the satisfaction of seeing it remain there for many years. No doubt it will, if he ever manages to get that high. Only one heavyweight has been successful in reaching that mark, and that is the famous English lifter, Thomas Inch, who made 201 pounds.

Years ago it was claimed that no lifter would ever make 200 pounds, owing to the structural formation of the pelvis, but Inch showed the world that this was wrong. Even the great Arthur Saxon believed in the impossibility of surpassing the 200 pound mark.

By the way, it will be interesting to our followers to know that this great English lifter, Inch, contemplates a tour of the American vaudeville theatres with an act this coming season.

We will be interested to see him, as he stands out prominently in the muscle culture field, and in the sport of weight lifting as a very unique figure, on account of his many successful scientific experiments.

To get back to Schwartz, one can readily see from the information given how ambitious his mark is for a middle-weight. At present he weighs 153 pounds, but we expect to see him in the light heavyweight ranks some day.

Much of the success of the show on the night of August 15th was due to this fine athlete. He worked hard, and gave his fine studio over for the occasion.

Like Klein, his heart is in the game, which should make a greater appeal to all those interested in obtaining personal instructions from the two instructors.

The wind-up of the night's performance was made by the favorite, Roy L. Smith, who tried good and hard to beat his Jersey City record in the Two Hands anyhow, but the fates were against him. Yet, it is only a postponement of events, for we positively know he will succeed with 282 and with 300 pounds.

He showed wisdom in not fighting the weight in a series of useless attempts. So many lifters will persist in trying and trying, when in their heart they know it is all lost motion. It takes a wise man to know the limit of his

possibilities on such occasions, and Smith is one of them.

A very interested spectator of Smith's performance was Wm. Weber, of Brooklyn. Weber is the boy President Jowett predicted so much about last winter in the Bent Press. The fact that we have not heard much of him lately does not mean anything. For a while he was handicapped with an injury to his knee and is just resuming training.

At our first exhibition, last January, Weber made an exhibition lift of over 200 pounds in the Bent Press.

He was severely handicapped in many ways, for two reasons. Not being stripped and not having his own bars, but the most important reason was that he had been compelled to forego sleep for two days in order to be with us. He was all keyed up and it was more than could be expected of him to make a record. But now he is training with 240 pounds in this lift, and his parting message to Mr. Jowett was for him to tell the boys that he will do 300 pounds yet.

These meetings certainly develop enthusiasm and the Association will be proud the day we see both Weber and Smith top the 300 mark in their respective lifts.

What's wrong with a match on the Bent Press between these two men? They undoubtedly are the two best in the country at the present time on the Bent Press. It would be a mighty fine contest.

Weber is a fine all round lifter, but we are given to understand that George F. Jowett is going to specially coach this young Vulcan. This being the case, we can look for anything in the line of records.

Smith and a host of others owe their success to the tips given by this famous veteran of "Kraft Heil."

The officials acting in their various capacities were P. Paulinette, A. M. Losey, A. Passannant, M. Berry, H. Paschall, with George F. Jowett officiating as master of ceremonies and referee.

We were a little disappointed that our young friend Levani did not compete, but probably the injury to his hand held him back.

These New York boys ought to develop lots of competition among themselves as they are getting quite numerous.

It is too bad that the Los Angeles boys and the Eastern bunch are so far removed, for I am sure that if they were nearer a keen competitive spirit would be developed. As it is, the West is striving hard to hold supremacy.

We hear that Raymond Connelly, the winner of the Pacific Coast lightweight championship, is going to turn professional. We are sorry to lose this fine young lifter from the amateur ranks, but we wish him the best of luck in his professional career.

(Continued on Page 76)

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American Continental Weight Lifters' Association Notes

(Continued from page 74)

It is too bad that Connelly does not have any decent competition, as we positively know he can very easily eclipse the lifts he made in the Los Angeles tournament. Raymond, no doubt, would give our Eastern boys a run for their money, as he has never been thoroughly tried out yet.

As it is, we have to commend him on his splendid Two Hands Dead Lift of 411 pounds which he made at the bodyweight of 133½ pounds. A splendid achievement for such a bodyweight.

He is young yet and there is no doubt he will establish some remarkable records. He is perfectly willing to meet any lifter in his class. Surely there are some live wires in Connelly's class who will give him a chance to show up his best out in the sunny state!

For some reason or other Burns has backed out of his contest with Manger, the Eastern crack. Why, no one knows. He simply has called the match off. However, Manger will go through with his part and we hope to see the Baltimore boy do some real stuff on the evening of September 5th.

We have not heard much from Walters, of Lemore, California, for quite a while. We think it is about time we heard from you, William. How about breaking a few more records? We know you can.

Walters is remarkably good on all the press lifts and has set up some splendid totals in his class, namely: the Two Hands Military Press of 202¼ pounds; Right Hand Military Press of 103¼ pounds, and Two Hands Continental Press, 222¼ pounds, at a bodyweight of 160 pounds.

Our old friend, Willoughby, is standing still, although we know his business is tying him down greatly, and he has been handicapped with that bad knee of his, all of which has cut down his training program.

Willoughby has tons of enthusiasm and we look forward a lot to him. He sure has been a big help to the boys in the West, and still continues to be.

President Jowett just received a report from France that the great Parisian lifter, Ernest Cadine, has smashed all records silly with a Two Hands Clean and Jerk of 378 pounds. It seems impossible! Such an enormous poundage! We are awaiting official verification of this remarkable lift.

We have also heard from a Montreal friend who claims he has a boy who can outlift Fournier so easily that the middleweight crack would look like a "has been."

Now it is pretty hard to swallow the Paris report, but the Montreal report is impossible. We'll have to see that man first.

Mr. Jowett is at present in Canada and has sent word that he would stop over in Montreal and look this miracle over. We are anxiously waiting for

Mr. Jowett's report, but I think we will see him smile.

It reminds me of a little incident that George F. Jowett, Teddy Mack and I bumped into in a barber shop.

Getting out of a chair was an individual whom we all knew. On seeing us he broke into "strong man" talk. "Say, you fellows," he exploded, "what would you think of a fellow that could take two pieces of iron each weighing 250 pounds and pick them up, one in each hand, and hold them at arms' length like that." (Demonstrating the crucifix.)

"I'd say it was great," Teddy replied. "Wouldn't you, George?"

"Indeed, I would," George F. answered.

"Well, I know a big Bohemian that can do it," our friend continued, "and if you don't believe it, I'll take you to him. Did you ever see it done?" he questioned, turning to George F.

"No, I did not, but I've often heard of such things," the president naively countered.

That's it, we hear a lot about these things, but when it comes to being done. Well! it sounds like the weight of the fish a fisherman tells about. He calculated the weight of his catch by the scales on its back. Barnum was right.

Another accomplished amateur lifter announced his retirement from amateurism, to branch out into professional work. Namely M. A. Losey, formerly of Jersey City, now of Bay Shore, Long Island. The runner up in the American lightweight championship has opened a studio in Bay Shore, where he now resides, and will welcome all friends of the iron game at his quarters.

We hear that in practice, Losey has exceeded his bodyweight in the right hand swing. There is a little difference of opinion as to style, but the Bay Shore boy is anxious to perform before Geo. F. Jowett for criticism.

If the technique is incorrect, it will be only slightly so and he will quickly overcome it. It is a pity that Losey did not make his bodyweight record as an amateur, as the amateur ranks are what we are so anxious to build up.

This change has brought about an opening in the Jersey State representativeness. Losey being the former representative, naturally he was obliged to resign, but accepted the same post for Long Island.

However, Jersey City has a fine worker in Wm. Mills, the One Hand Dead Lift record holder, who, we all know, will carry on the good work.

Mills informs us he is going to beat his fine one hand performance by topping the 400 pound mark. Such enthusiasm is very encouraging and we wish the Jersey City boy the best of luck in beating all records, both amateur and professional.

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Place a very small amount of this powder on the back of your hand and now blow into the air, and everyone in the room or car will begin to sneeze without knowing the reason why. It is most amusing to hear their remarks, as they never suspect the true source, but think they have caught it one from the other. Between sneezing and sneezing you yourself will be having the time of your life. For parties, political meetings, car rides, or any place at all where there is a gathering of people. It is the greatest joke yet. Price 10c, 3 for 25c.

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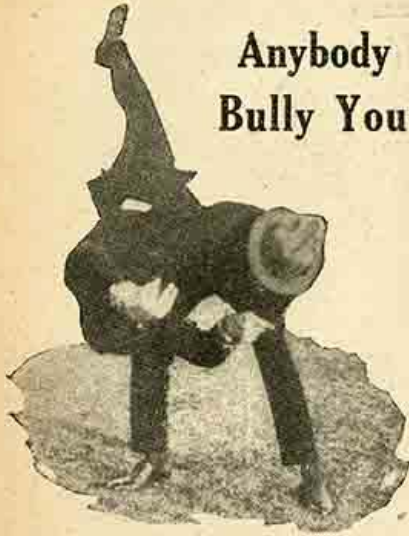
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The Birth of a Champion

(Continued from page 38)

with 'Strangler' Reed taking the ring first. He was greeted with hisses and groans, amidst general disapproval. Price followed with his seconds, to be greeted like the conquering hero. Even the fair sex forgot its social dignity with shouts of encouragement.

"Like a tidal wave the throng pressed around the ring in their eagerness to be closer to their hero. The merging of excitement and enthusiasm made them like so many happy children. It surely was to be a great day in their town's history.

"The matmen began to prepare for the fray, both coming to the center of the ring to receive their instructions. Right away Reed started his 'monkey business,' making pretense that the finger nails on Price's hands were too long, to enable him to scratch better. The referee settled the dispute and sent both men to their corners.

"Time was called amidst tense excitement.

"Like a dam releasing its waters, the pent up feelings of the crowd manifested themselves in uproarious shouting as soon as the men clinched. Reed was a born showman and his grotesque actions and imaginary suffering when in difficult holds transported the spectators into spasms of delight and anger, according to his actions.

"Price lacked this showmanship because of his limited experience, but his lithe, powerful body, with his boring in tactics stimulated the faith in his followers.

"The loss of the first fall came as a shock to the crowd. So badly did they feel that they forgot to give the winner the hand clap. But they were not to blame, as they did not mean anything by it. You can't expect a child to smile when you rob it of its candy. That's just how they felt. But it intensified their emotions, and the start of round two found them all breathless with repressed excitement.

"Sixteen minutes wrestling and Reed laid down for his fall. As he lay kicking and thrashing around in the pinning hold, his face went through the most hideous contortions imaginable. Everybody thought Price was trying to kill Reed and they screamed out their desire for Price to do so.

"Oh, boy! What joy was evinced on all faces as the grapplers took their corners for the second time.

"Sure! they knew Price had only been stalling to work Reed out in the first fall. Now he was wrestling mad, and he was out all hell bent for leather. So the wise people talked.

"They slapped each other on the shoulder, and shook hands like pump handles and hugged one another in their delight.

"Reed was arguing from his corner calling the referee a faker, and threatening Price with dire consequences when they took the mat for the next fall.

"The crowd yelled for Price calling Reed all kinds of a bum that they could think of. One kind Price follower suggested to Reed that he swallow dynamite as he would need the action. Another suggested that there was a gasoline station around the corner.

"To all this Reed responded with mock courtesy, exaggerated bows and smiles accompanied with hand blown kisses to the ladies, which all added to drive the spectators into a greater frenzy.

"Now here is where the fun started and fate interfered and put over a trick which was the means of testing Price to the limit, bringing to the surface all his latent aggressive forces, proving to his entire satisfaction that he had both the mettle and the ability to meet 'em all.

"Time called the battlers onto the mat for the last fall, which opened up with a regular ding dong. Reed rushed Price to the ropes viciously with the home town man countering with a cross buttock that threw his opponent to the mat with a crash.

"This seemed to anger Reed, who, on coming to close grips, threatened Price, in a hissing breath, not to try and think he could show off with him. It was true that Price had been wrestling all the time like a Trojan, just as though his life depended on it. He did not understand at that time the 'Framers' idea of wrestling smooth in make believe operations.

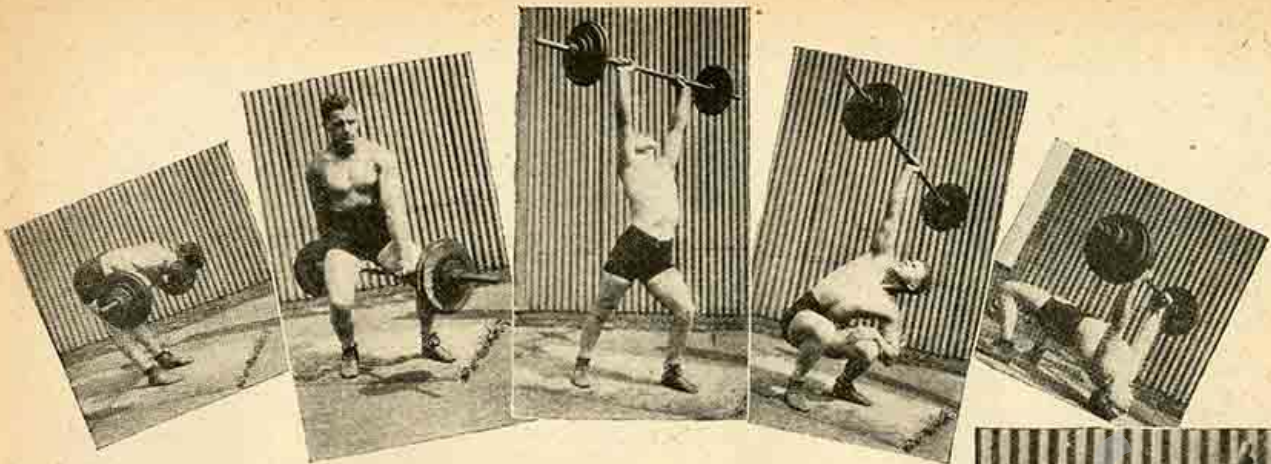
"Instead of replying one way or the other, Price caught Reed in a swinging crotch. As he pivoted on the mat he tripped, and in an effort to save himself he let go of Reed who went sailing through the ropes into the crowd.

"'Strangler' felt this was too much, and mentally became convinced that the local man was double crossing him. He leaped into the ring with rage stamped all over his features. Emitting a roar he charged Price who was so bewildered by the accident, and change of events, with the roar of the excited multitude, that he was momentarily swept off his feet.

"Crashed off the mat, he awoke to a realization of the true state of events. Something seemed to snap in his mind as he heard Reed say, 'I'll break you for that.' The referee, with difficulty, separated them and made them take mat center.

"Without a pause Reed came tearing in and secured a head lock. Down to the mat they went with Reed hanging on, and Price trying to kick out. One shoulder went down, and, as Reed forced his opponent over, Price went into a bridge. Suddenly, dropping the bridge, he threw his legs up and came right over, breaking away, to the wild delight of the anxious watchers. Like lightning, Reed jumped in upon the dazed object and secured the head lock again. This time Price cleared nicely, and both

(Continued on page 80)



How Strong Are You?

AFTER a man has once developed a real foundation of strength—after he has really whipped his body into shape—he immediately starts in testing that strength—that is how one man proves his superior strength over his neighbor. It is a natural thing to do; and strange as it may sound to you—I approve such methods. But—only after the body has first been prepared. I still maintain that no method of training will quite equal the Liederman system of body building. My own records convince me that I am correct. The endorsement of such men as Eugen Sandow, not to mention Gene Tunney, Harry Greb and the like, all lend further proof that there is nothing like it.

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I have had many, many requests from my graduate pupils asking that I now supply them with bar-bells. They wish to test their strength and some are even preparing to enter various weight lifting contests.

I have spent years studying the various styles of bar-bells and finally decided that the plate style is by far superior. In the first place, they are ADJUSTABLE. The beginner can start his work—not with apparatus too heavy for him as so many beginners make the mistake of doing—but with the exact weight suited to his development. As he improves, he can add weight as he sees fit. Secondly, most records have been made with the plate bar-bell. Again, the plates of the Liederman plate bar-bell may be removed or added most rapidly and with the greatest ease.

And finally, the Liederman plate bells are securely locked in an instant, leaving no chance of a weight slipping or grinding in the midst of an especially difficult lift.



Showing relative size of Liederman Plate Bar Bell as compared to 170 pound pupil.

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No man should ever purchase a bar-bell or make use of a bar-bell without complete and carefully worded education in its use.

I have just completed a six months' course of instruction for use with the Liederman Plate Bar-Bell.

I have prepared this with as much care and thought as the lessons which I supply my pupils of the Liederman Muscle Building Course. It will carry you step by step in your work and if carefully followed should develop you into a most proficient weight lifter.

This Plate Bar-Bell educational course, covering a period of six months, is sent ABSOLUTELY FREE to all those purchasing the already famous Liederman Plate Bar-Bell.

weights (two 20-pound plates, two 10-pound plates, two 5-pound plates and two 2½-pound plates, collar screw and wrench), complete, F. O. B. Carlisle, Pa., for \$12.50. Other plate bells (complete) are as follows: 150-pound, \$18.75; 200-pound, \$25.00; 400-pound (for strength work), \$49.50.

Note especially the Strength Plate-Loading Bar-Bell which consists of

Why Pay More?

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The Birth of a Champion

(Continued from page 78)

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sparred in the referees hold. Securing a wicked reverse arm half nelson, Reed grated out, 'How do you like that, tin horn?'

"Fine, try something better," came the quick reply as Price leaped in the air with a twist and got behind. He swept the stocky grappler off his feet with a rear waist hold and threw him on his head. He followed this up with a Japanese hammer lock and had the 'framer' in trouble.

"Reed was strong, and if Price had not had the advantage of the lock, Reed would have broken loose. As it was, it took all Price had to hang on. The veins were sticking out on his arms and throat like cords, while the labored breathing of both was proof of the grueling each man was going through. Meanwhile the crowd was surging like an angry sea. The din was deafening. People had shouted themselves hoarse, and as they witnessed the struggle and the distress of the invader, they screamed with exultation. Many of them were passing through as much physical strain as if they were on the mat themselves. One old ancient, in his excitement grabbed his nearest neighbor's arm and tried to put on the same arm lock, while he yelled to Price to put on a little more power.

"Reed kicked until he was off the mat, which broke the hold amidst the hootings of the people.

"Diving under Price's guard, he brought the home-town man down with a crotch and back heel, turning it into a toe hold. Brutally he pried the foot up the back and tried his best to make Price quit. But nothing doing, the kid's ginger was up and he was there to stay.

"One wit in the crowd taunted Reed by offering to bring a crowbar, while another advised him to use a telephone pole.

"Yet Price stayed so long in the hold that the people began to get anxious, but finally he twisted out and trapped the 'Strangler' with a crucifix. Inch by inch he forced his shoulders down to the mat, while Reed fought like an unleashed tiger. The sweat was pouring

off him in rivulets from his terrific straining, but the hold was as secure on him as though he was nailed fast in it. One shoulder was pinned, with the other barely off. The referee waited with up-raised hand for the inevitable fall, as the people crowded forward breaking down barriers and climbing on top of each other in order to see the deciding fall.

"One old enthusiast got so excited that he accidentally swallowed a cud of tobacco big enough to choke a cow.

"The second shoulder pinned, the crowd broke loose and stormed the ring. Shoulder high they carried their hero around the grounds while the band tried to play something they could not, for their jubilant feelings. Everybody made a noise at once and little they cared whether it was in harmony with music or not. They were happy. Their man was now champion of the world in their sight. Every other grappler would be mere pie in the hands of Price.

"Little they knew of what had really taken place. Price would never tell and it would matter little what Reed said, for he knew he had met his master.

"Anyhow Reed got his pay and disappeared without a murmur. He had cleaned up good so he didn't care. But it made a man out of Price. He had felt his feet and now had them planted firmly on the ground. He threw all his enthusiasm into the game and sought other fields to conquer away from home.

"Was he successful? Well, boys, you know any man who could stay the time limit with the original Masked Marvel, on the level, when only a novice, was some man. For Neil Olsen, who was the Masked Marvel, made George Hackenschmidt go the limit in his palmy days.

"Since that time, Price has made them all step.

"Strip the game of any commercialism, and, man for man, he would be the world's champion. As it is, he has worn the honor and will again.

"So now, you fellows, I must leave you as I have to beat it, and I'll leave you guessing who that hombre grappler is."

(Continued from page 46)

do not know, but a huge negro leaped to the stage, brandishing a razor. I can easily believe he would have slit the leading man's throat from ear to ear if an unexpected interruption had not occurred at the psychological moment. Allen, white as the proverbial sheet, seized the wrist of the giant black and dealt him a sickening blow in the pit of the stomach. By this time the racial ardor of the colored champion had somewhat diminished and he made a successful break for freedom, Allen at his heels. Just outside the tent was a huge sewer pipe, into which the negro ran. The

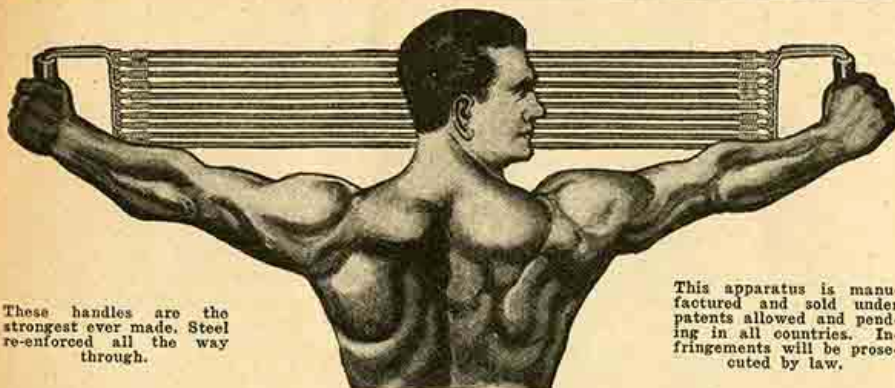
former coward stopped only long enough to secure his revolver from his trunk and dashed bravely in the pipe also. Some seconds later Allen, emerged with his captive, who felt very docile by now, especially at the thought of the gun barrel in his ribs. Afterwards the show went on as though nothing had happened, and henceforth Ned was treated like a real hero.

* * * * *

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NERVE EXHAUSTION

How Nerve Abuse Wrecks Health

by PAUL von BOECKMANN

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

THERE is but one malady more terrible than Nerve Exhaustion, and that is its kin, Insanity. Only those who have passed through a siege of Nerve Exhaustion can understand the true meaning of this statement. No word is horrible enough to express it. At first, the victim is afraid he will die, and as it grips him deeper, he is afraid he will not die; so great is his mental torture. He becomes panic-stricken and irresolute. A sickening sensation of weakness and helplessness overcomes him. He becomes obsessed with the thought of self-destruction.

Nerve Exhaustion is due to nerve strain. There is no other cause for it. In men, nerve exhaustion can generally be traced to excesses and vices, although the strain of intense concentration and the worries of business life are often the chief factors. In women, Nerve Exhaustion is due mainly to over active emotions. Especially in their marital, domestic and kindred relations do women subject their emotions to constant upheavals. Indeed, we are all under severe nerve strain because of the mile-a-minute life we are leading. And no man or woman is so strong as to be immune to this strain.

Nerve Exhaustion is not a malady that comes suddenly, yet its symptoms are unmistakable. It does not manifest itself, as many think, in twitching muscles and trembling hands. The majority of sufferers from nerves seem strong and healthy, and may have not a tremor in their body, yet inwardly their nerves are in a turmoil and are undermining the entire bodily organism.

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 chafed from doctor to doctor seeking relief for a mysterious "something the matter with you." Each doctor tells you that there is nothing the matter with you; that every organ is perfect. But you know there is something the matter. 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, relax-



PAUL von BOECKMANN

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

ation, 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 469, 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.

The Russian Lion

(Continued from Page 42)

houses were packed to their capacity.

He opened his act with a display of muscular posing that thrilled the people to their toes. Never before had they received such a lesson on the value of bodily training. His massive proportions stood out boldly. Unlike so many big men, whose muscles showed no separation, the muscles that covered Hackenschmidt's body were as clearly defined as though they were chiseled of marble. He had the dimensions of a hercules with the lines and contour of a Greek God. His abdominal development was wonderful, but what appealed to me most was his massive chest, so full and round. It swept from the throat, but became almost square at the lower part of the chest. Huge pectorals laid on his chest like plates of armor, while the latissimis dorsi muscles supported this remarkable chest like triangles of granite slabs. A sight for the gods. One never got weary looking upon this magnificent spectacle. His measurements had increased to the following proportions. Height 5 ft. 8½. Chest 52, Neck 22, waist 33, biceps 18¾, forearm 15½, thigh 26, calf 17¼, weight 210. With the increase of his bodily dimensions, his activity also increased. On one occasion, for a wager, he jumped over a table with feet together 100 times, and in the 100 yard dash he came close to 10 seconds. A greater testimony of the combination of his great strength and speed is his splendid two hands snatch lift of 257 lbs. A lift that calls for unusual swift action.

Then take his 310 lb. lift while in the wrestler's bridge position. The fact that he could handle such an enormous poundage by the support of his neck strength is proof of the great amount of stored up energy which he possessed.

Hackenschmidt was always firm in his belief that bar-bell exercises were the only method of body building that could develop to the greatest possibilities a man's strength, size and general efficiency. He was one of the greatest and finest examples of the fact and thousands of others have proven it.

I commenced my athletic training career much after the methods of this great athlete. In many things I improved upon his work, thanks to his experience, but it was the Russian Lion who showed me the way and whose example I always tried hard to follow.

Once, when Hackenschmidt was appearing in Manchester, a gang of thugs made up their minds to hold him up. They waited for a time when they figured he would be carrying more money than usual, and then about ten of them got together. Of course, beforehand, they agreed that it would take a few extra men to hold this extraordinary man down while they fleeced him. But what a surprise they got.

Hack must have been dreaming about making a few new lifting records when they jumped him.

He walked right into their midst, and they all sprang at him at once. Imme-

diately the Russian was galvanized into action. Hack grabbed the nearest opponent and made a perfect one hand clean and jerk over head with him, at the same time making a left hand snatch for the next nearest. Being successful, he executed a one hand swing, finally accomplishing a two dumb-bell anyhow, with two other stupefied mortals with whom he put the rest to rout. They had seen enough in too short a length of time and decided that they would go while the going was good. Such action was too rapid and drastic for them.

So ended the attempt to hold up the great George to deprive him of his hard earned money.

Perhaps his contest with the huge Madrali is the most sensational of his career. It was this particular match that gave him his unique popularity with the English speaking public. I remember the match quite well. It is a story that has a sequel, and started something like this:

When Hack began to wrestle, after dethroning Carkeek, he got too ambitious. He never wasted one moment in tearing into his opponents, knocking them off so quickly that the theatrical management began to fear that the people, not getting their money's worth, would cease to patronize the shows. So they were compelled to tell this human tornado to ease up and let the challenger stay at least 10 minutes. George did not like this at all, but before he had the bit tightened up on him, he had thrown Antoni Pierrio, the terrible Greek, so quickly that the Greek never got over his resentment, and swore he would unearth a man who would flatten the Russian's shoulders to the mat. He eventually unearthed Madrali, who was billed as the Terrible Turk. The Turk was enormously powerful, as is proven by the way he disposed of all his antagonists.

Madrali had been boosted so big and was so fierce in looks and tactics that he had come to be looked upon as invincible.

In his first match with Hack, the Russian broke the Turk's arm when throwing him to the ground after only 44 seconds of wrestling.

This ignominious defeat of Madrali added fuel to the fire, and the Greek and Turk both thirsted for revenge. A return match was made which perhaps had the biggest gate attendance of any wrestling bout ever staged. It was pulled off at Crystal Palace, London, and the Russian Lion once more proved his superiority over the Turk. Hackenschmidt crashed Madrali to defeat in two straight falls in 5 minutes and 34 seconds.

The people went mad with excitement in acclaiming Hackenschmidt the greatest wrestler of all times. They were completely heedless of the pathetic broken figure of the huge Turk who sobbed out his ruined hopes upon the canvas. Peirrie stood silently beside his vanquished protege, a black look of hatred upon his face.

Hackenschmidt used to have a few pet training stunts, one of which he



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performed in his act to demonstrate his colossal neck strength.

Lying prone upon the mat, face down, he would allow a rod of iron to be placed across the back of his neck. This done, he would invite a dozen men, who had come out of the audience, to take hold of the bar, six at each side, and resist his efforts to rise. No wonder he developed a 22 inch neck. He would twist his head from under the bar, without touching it with his hands, as though the 12 men had not been there.

In training, he used to lie or kneel down and allow his trainers to lay a big bag of cement on his back, the weight of which ran about 600 lbs. Then he would let one or more of his partners sit on the bag, sometimes making a total of over 900 lbs. Then he would raise up with it all. Some weight raising feat.

Despite his wrestling he loved his bar-bells, and never hesitated in doing his best. Of course, not training for lifting as he used to, he never accomplished what he really could have done. On one occasion he performed a crucifix of 179¼ lbs. Imagine that! He held out 90¼ lbs. with the right hand and 89 lbs. in the left hand. He "cleaned" to the chest a bar-bell of 361 lbs., but just failed to jerk it overhead. In the one hand jerk he succeeded with 231 lbs., and a made a one hand match of 197½ lbs. These are all remarkable performances, made at a time when lifting heavy weights had not reached the plane it has at the present time. Then consider the point that he was not seriously training for records, but merely doing the the stunts for pure sport. As far back as 1899 he succeeded in making a two arm continental slow press of 279¼ lbs., while further proof of his actual pushing power is evidenced by the high poundage he made in the back press of 361 lbs. Some say 363 lbs., but I know he did the former poundage.

Among his trainers was a well known boxer of that time, Gunner Moir, who was then the British champion. He lost to Tommy Burns for the world's title. Moir was a good wrestler and "Hack" and he wrestled considerably.

Around this time, boxing became very popular with the public, so much so that "Hack" considered swinging over from the mat game to the mitt game. Voicing his opinion to Moir, he explained that with his great strength and unusual speed, he should be able to easily clean up everything. To all this Moir listened with a silent grin upon his face and inward joy, hoping "Hack" would propose a sparring bout. "Hack," noting the grin on the other man's face, got peeved a little and proposed to don the gloves. But George forgot that boxing was a scientific game all to itself like wrestling, and while George could pulverize Moir in a mixed bout or a wrestling match, yet the Gunner was master of this situation.

It did not take George long to lose his pugilistic ambition. He couldn't find Moir's head to hit, and the first thing, bang! a punch and a thud landed square on Hackenschmidt's aristocratic

nose, then the claret flowed. George held his swelling nose in his hands while the blood flowed, and felt such treatment was anything but fair. But revenge is sweet. Gunner Moir felt he had been the mat mop long enough, and it just balanced things to use the big boy for a punching bag for just a few brief minutes.

Always good natured, "Hack" soon laughed over this escapade and figured his knowledge of wrestling and lifting weights was enough for him, and decided not to go to the foot of the ladder to learn the boxing game.

It was Hackenschmidt's wonderful physique and remarkable wrestling tactics that made him as popular in America as elsewhere.

His match with Tom Jenkins put the grappling game on its feet in this country. The way he handled our champion is best explained by a newspaper writer of that time.

"Jenkins was like a pigmy in the hands of a giant. Hackenschmidt broke holds as if they were the clutchings of a child."

Jenkins was no child. He was strong and wonderfully clever. Game to the last ditch. Everybody admired Tom, and "Hack" always spoke highly of the Cleveland mat man. Who wouldn't! Tom was always as game and clean as they make them. The game owes a lot to "Honest Tom."

The Russian was only about 10 lbs. heavier in body weight, but the disparity in strength was enormous.

I can always tell a wrestler who has got his physique and strength from handling bar-bells. His ability to handle an opponent is so noticeable. He will pick up men of a greater body weight than his own and hurl them around the mat where another wrestler would fail to move them.

The great George Hackenschmidt has been gone from public sight quite a while now. He is living the simple life with his wife in their snug little home in the south of England. His retirement from active athletics does not mean he is worn out or has quit training. He is far too wise for that. He trains with his weights just the same as he ever did, and is always in wonderful shape. Last year, when visiting old friends in Vienna, he surprised them all by duplicating some of his former wonderful performances with the weights.

He is one of the finest specimens of physical manhood the world ever produced, and will always rank among the greatest. He is the highest possible proof of what a man can accomplish for himself in securing bodily development and great strength from progressive exercise with graded weights.

To thousands and thousands he has been an inspiration, always ready to give advice to the novice in his friendly way. As for myself, I owe everything to the inspiration he has been to me, and although I exceeded some of his records at a lighter body weight than he I give him the glory. If he had not inspired me the day I stood among the crowd at the railway station I might

(Continued on page 86)



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Study this inspiring photograph of the largest Chest in all the World. TONIGHT, look into the mirror and see your own chest. Observe whether it caves in while your bread-basket juts out! If so, it's serious. Thin, puny, sunken, flat, hollow chests are signs of weakness, chest and lung trouble, lack of organic power, suggesting failure in the Battle of Life, lack of self-confidence.

WHY DRAG THROUGH LIFE FOR OTHERS TO IMMEDIATELY STAMP YOU A FAILURE? Increase your Lung Capacity and get more Life-Giving Oxygen pumping rich, red blood into your body! Get the FEEDING of ALIVE-NESS and ALERTNESS by having a Big, Inspiring Chest. With such a Splendid Chest Invariably goes a Broad, Powerful Pair of Shoulders, a Lion's Massive Neck—while the bulge of fat on your abdomen is converted into hard, muscular rocks! You already know WHY you need such a healthy body.

Now also KNOW THE VALUE of these things as MONEY-MAKING ASSETS. What concerns you now is WHERE and HOW SOON can you get a fine, responsive human machine, and how you can quickly overcome your physical handicaps. I've written a most amazing book I want to send you, ABSOLUTELY FREE, which tells you exactly HOW you can get a Granite Chest, a Husky Neck, a Muscular-Plated Stomach, Big, Strapping Shoulders, a Broad, Massive Back, perfectly developed Calves and Thighs. Every page sparkles with intense interest and throughout the book I've crowded scores of the most thrilling pictures of the FINEST DEVELOPED MEN IN ALL CREATION.

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The Russian Lion

(Continued from page 84)

have remained puny and undersized. To me he is the greatest that ever lived. Press and public never hesitated to express their admiration of the genial giant, whom they have always considered to be the greatest idol of the mat. He was the most perfect specimen of manhood that ever crossed the stage or climbed the ropes.

The Virginian Panther

(Continued from page 56)

awed. Cribb was momentarily stupefied and was swept completely off his feet, which ended the first round.

In those days they fought until one man was knocked down. That was a round no matter whether the time taken was only one minute or one hour.

After the brief respite the second round commenced with Molyneaux charging in like a tigress defending its young. Incidentally the black rained a hurricane of blows upon the bewildered Briton, who could only clinch and hold on to save himself, frequently indulging in wrestling and throwing the black heavily on different occasions.

Cribb began to wise up to what he had on his hands. Using his straight left he stopped Molyneaux in many of his mad rushes. Nevertheless, the Englishman was getting the worst of it. He began to show signs of the strain under which he was laboring long before the mill was half through.

He could hardly raise his hand and his legs were quivering with the strain. His untrained body was terribly marked. Only his doggedness kept him going. Meanwhile the black was tearing round the ring and leaping at his antagonist from all sides. Not for one moment did his eyes leave the face of Cribb, he looked like a frenzied wild cat and acted like one.

Every one saw the end in sight for Cribb unless something happened to save him. His seconds and backers began to conspire and, during a severe melee in which the Englishman was heavily thrown, Cribb's seconds rushed the ring, accusing Molyneaux of striking Cribb with a chunk of lead or a stone in his hand. So vehemently did they argue that they fooled the spectators. Molyneaux was bewildered while Cribb's seconds kept up their howl changing from Molyneaux to Richmond. All the time others were doing their best to bring Cribb around. Liquor was poured into him while the others sparred for time with their accusation. They even went so far as to search the negro.

They did their work well. Molyneaux was badly upset with the argument and sat huddled up in his corner shivering from the drizzle and general dampness. Chilled to the bone, the black became greatly slowed up. He had lost his heart. Cribb, being fully recuperated, took advantage of the situation and after thirty-three rounds of vicious fighting he won the decision.

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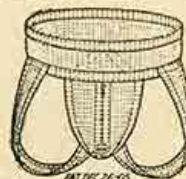
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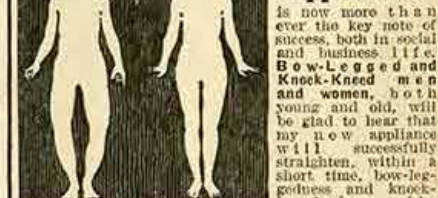
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For a while Cribb became unpopular and Molyneaux found many ready to back him in a return bout.

The Virginian was thirsting for revenge and nine months after saw the two matched again.

This time Cribb was taken in hand by no other personage than Captain Johnstone. He never forgave the negro for breaking his ribs and made Cribb work so hard that he almost rebelled. But the day he crept through the ropes at Thistleton, he thanked Johnstone in his heart. This second encounter was probably the most savage battle ever fought. Hatred consumed the black, and the white man fought for self-vindication.

Cribb showed his superiority in every round, being far too clever for the negro. For six rounds there seemed little to choose between either. The black lashing in with his regular hurricane fury. Straight lefts scored for Cribb and his crashing blows steadied the black savage.

The fight only went eleven rounds when Cribb broke the black's jaw and knocked him senseless.

The fight was never forgotten. It ranks among the greatest of ring fights. There never was a more savage fighter in the ring than Molyneaux, and if he had only listened to Richmond and left the drink alone he would have thrashed Cribb. As it was he drank himself to death and was found dead in a filthy hovel in Galway, Ireland, on August 4th, 1818.

He was a figure both pathetic and tragic. When he left his liberator for England he was told not to return until he had thrashed the Englishmen. As it was, fate intervened and destined that neither should be.

The Nemesis of John L.

(Continued from Page 60)

travelling around the country with a show. He sent over a boy with sufficient money and a note asking for a private box. Jimmy Wakeley, then private and theatrical manager to Sullivan, sent the boy back with the message that Sullivan had extended him the invitation to his private box.

In order to create talk, and no doubt as confident of himself as ever a man was, John L. Sullivan used to offer a purse of one thousand dollars to the man who could stand up for four rounds against his terrific slugging. He was quite successful at that game.

From his seat in the private box Corbett could see that Sullivan was rapidly fading. Signs of his excess drinking were beginning to show. His eye was getting to be a little cloudy, and his step a bit uncertain. After a particular feat of strength he would puff loudly.

After the show, Sullivan came around to his box and invited Corbett to a walk, which meant a round of saloons. Knowing his weakness, Jim at first declined graciously, but no one who ever came under the alluring personality of Sullivan could escape and so Corbett accepted.

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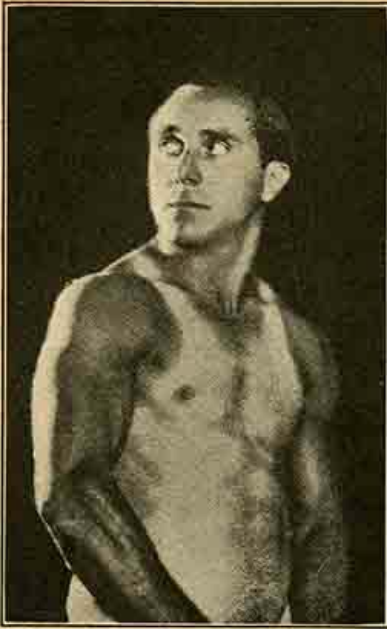
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AND as he was lying in bed, just a lump of bones and of no use to anybody, he reflected how sad it is that right in his prime of life and with a fortune accumulated through many years of unrequited toil, he must give up the ghost! What a life! Why didn't he take the advice of his friends who urged him to get a good physical culture course and devote a few minutes every other day to keeping fit and strong—but he knew too much—nobody could tell him anything!—and now he is paying for his indiscretions!

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

Sullivan was the idol of the people and everywhere that he appeared they went wild over him, and acclaimed him the greatest fighter of the age. Walking into the first saloon, he introduced Corbett to the multitude as the man who was going to fight Peter Jackson. After a drink or two, he would stop and all eyes would be focussed on him. Then, like an unexpected bolt out of the heavens, he let fall his closed fist on the bar, and, with a vicious look in his eye, exclaimed, "I can lick any— in the world." He continued this practice in four or five saloons that he visited, and it looked as if it was getting serious. Sizing up the situation, Corbett felt himself humiliated, and it looked to all as if John was belittling him. He decided to make short order of this by calling his attention to it.

The center of the sporting world of Chicago was then at Mat Hogan's saloon. Here it was not unusual to see big men like Abe Levy, William Pinkerton and Max Blumenthal, one of the most influential men on the track, congregate and talk shop over a couple of drinks at one of the tables. In walked John Sullivan followed by Jim Corbett. Introducing him to the crowd, he took a drink, and proceeded with his inevitable, "I can lick any — in the world." Right there and then, Corbett came out with the goods, and said, "Mr. Sullivan, you've made that remark several times in my presence this evening. You are the champion of the world and everybody is supposed to think that you can lick any — in the world. But I'm in the same profession as you are, and it is hardly courteous and I don't want you to make that statement in my presence again."

A hush fell over the audience, for they knew what it meant to talk that way to the great John L. Sullivan. But like the great sport he was (once in a while) he laughed it off, and asked Corbett to take another drink. That night he took the train enroute for San Francisco, where he was scheduled to meet Peter Jackson.

In the interim, the Olympic Club in New Orleans was offering a big purse to Charley Mitchell, of England, and Frank Slavin, of Maitland, if they would consent to meet Sullivan. Getting word of this, Corbett wrote a letter to the directors of the club stating that he would like to take a chance at Sullivan. He also requested that they should not publish his letter as a direct challenge, but to make it look as if the directors of the club had made the overture.

In the meanwhile Jim had gotten in touch with William A. Brady, then a young and enterprising theatrical manager, who was at that time rehearsing a couple of shows for the road. Brady consented to act as Corbett's manager, and, in order to create word-of-mouth advertising for his new charge, he sent him down to Philadelphia with one of his shows, billing him rather extravagantly as the "Nonpareil who was going to fight the great John L. Sullivan." He offered to anybody in the audience one hundred dollars if that person could



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stand four rounds in a bout with Corbett.

Sullivan had not fought a fight for a little more than two years, due to the fact that his hands were tied up with theatrical contracts. However, on a bright March morning he stepped into the St. Paul, Minnesota, office of the Associated Press, and issued the following statement that was sent to all its member papers:

"March 5, St. Paul, Minnesota.

"To the public in general and Frank P. Slavin, Charlie P. Mitchell and James J. Corbett in particular. On the twenty-fifth day of August, 1890, I formed a partnership with Duncan P. Harrison and entered the theatrical profession. Mr. Harrison and myself made contracts covering two continuous seasons, including a trip to Australia. These facts were well known to everybody, having been published in every paper throughout the civilized world. I also keep my contracts, a fact well established by reference to my entire career.

"Ever since the existence of this contract between Mr. Harrison and myself became known, this country has been over-run with a lot of foreign fighters and also American aspirants of fistic fame and championship honors, who have endeavored to seek notoriety and American dollars by challenging me to a fight, knowing quite well that my hands and my honor were tied by a contract. I have been compelled to listen to their bluffs without making reply on account of my obligations. But now my turn has come. Our season ends about June fourth, and we don't resume again until September twelfth. This gives me three months to prepare.

"I hereby challenge any and all of the bluffers who have tried to make capital at my expense to fight me either the last week in August of this year, or the first week in September of this year, at the Olympic Club, New Orleans, for a purse of \$25,000 and an outside bet of ten thousand dollars, the winner of the fight to take the entire purse. I insist upon the bet of ten thousand dollars to show that they mean business, \$2,500 to be put up inside of thirty days, another \$2,500 on May 1, and the entire \$10,000, and as much more as they will bet to be placed, by June 15, in the hands of *The Advertiser*, of New York City, Col. John Cockerill, editor, to be the stakeholder. We are ready to put up the entire \$10,000 now, first come first served.

"I give precedence in this challenge to Frank P. Slavin, of Australia, as he and his backers have done the greatest amount of blowing. My second preference is Charley Mitchell, that bombastic sprinter of England, whom I would rather whip than any other man in the world. My third preference is James Corbett, of California, who has achieved his share of bombast. In this challenge I include all fighters—first come first served—who are white. I will not fight a negro, I never have and never will. I prefer the challenge to be accepted by some of the foreigners

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who have been sprinting so hard after American dollars of late, as I would rather whip them than any of my countrymen.

"The Marquess of Queensbury rules must govern this contest, as I want fighting, not foot racing, and I intend to keep the championship of the world where it belongs, in the land of the brave and the home of the free.

"John L. Sullivan, (Champion of the World)."

When word of the announcement reached Brady's and Corbett's ears, they were astonished at the manner in which Sullivan had included Jim's name as one of the competitors. Corbett instructed Brady to place \$1,000 down as a binder, and proceeded to New York, to raise the additional cash.

Koster and Bial ran a music hall on Twenty-third Street, near Sixth Avenue. Here nightly came the sporting world and its hanger-ons. Jim bought a box ticket, and went in. As he sat down he espied a girl with whom he had a slight acquaintance. She called him over to her box and introduced him to a Col. McLewee, who became so enthused after listening to James Corbett's qualifications as a fighter, that he proposed to back him voluntarily to the extent of \$5,000. Thanking him, Jim walked over to a few other acquaintances that he had made in his halcyon days, and left the theatre with assurances that they would back him up with the required financial stipulations called forth in the contract.

The financial end settled, he repaired to Asbury Park, where he opened training quarters under the tutelage of Billy Delaney, then a young and coming trainer. In order to show the immense confidence Corbett had in Delaney the story is told that one day, while Corbett was dining in the Delmonico, William Muldoon, then in the zenith of his career, approached his table and offered to train him for his forthcoming fight. Corbett thanked him and said, "Muldoon if there is anybody who is going to receive any credit for putting me in the pink of condition, it will be a trainer scarcely known, who is not so famous as you are, coming from my native state, Billy Delaney."

The date of the fight approached and under the shaded lights John L. Sullivan presented a sturdy, muscular figure, well tanned and in a splendid condition, save for a slightly protruding paunch, heirloom of countless drinking bouts. Those tell tale rolls of fat on his hips were fatal bustles of flesh for the man who must use speed for his errand.

Standing beside him was a striking specimen of athletic perfection. Tall, slender, graceful, jiggling his feet in the resin as a thoroughbred prances to the barrier, Gentleman Jim was an ominously beautiful figure in the eyes of those who had plunged their bank rolls, as they sagely had, on the championship of champions for thirteen years.

The audience cheered wildly as Sullivan stepped into the ring. Mild applause greeted Corbett. The referee instructed both the incumbents and they walked back to their respective corners.

At the stroke of the gong, Jim jumped in, prancing and dancing all around the huge and menacing figure of Sullivan. Everywhere that Sullivan made an attack he was thwarted in his attempt by the elusive stepping of Jim Corbett. Confused by his tactics Sullivan made a wild rush for his body, intending to give him one of those fatal blows that had made him so famous, but naught came of it, for when he got to his feet, he saw that he had missed his target by a margin of two feet.

So the rounds went by, until, in the fifth round, Sullivan realized that he had met his master, and, furious, he attempted a charge, which led to his receiving a sharp and painful blow on the mouth, which bled instantly. Mad to the point of murder, he rushed in and landed a crushing wallop on Corbett's side that sent Jim to the floor. Rising, Corbett managed to keep on his feet and out of the way of Sullivan. The bell rang, and they retired to their corners.

As the rounds progressed the audience began to realize the tactics Jim was applying. They recognized the waiting and tiring policy that he was pursuing. Every now and then he would take advantage of an opportunity, and land a jab. Short arm drives to the flabby paunch, long raking left hooks that closed the eyes, right handed chops that lacerated the lips and tore the nose, uppercuts that started at the knee to end against the bruised and swollen jowls, skillful dodging, and retiring, and legwork, all contributed to the downfall that was inevitable.

In the twenty-first round Sullivan reeled out into the squared circle, hands half raised, as if to ward off the blows that were sure to come. Prancing about, Jim observed his chance, and twisting his body to give the punch more leverage, he landed an uppercut clear on Sullivan's chin. That was the end. He followed this up with a right handed blow on the jaw.

With a heavy, resounding thud Sullivan's swollen and bruised body fell to the floor. He made a vain struggle to rise to his knees, but, realizing the futility, he stretched out on the resin. The referee announced Corbett as the new champion of the world.

The seconds rushed to Sullivan's assistance, and helped him to the ropes. The arena was rent with wild ejaculations of despair over the defeat. In a clouded and hoarse voice he begged the men to stop for a moment and listen to what he had to say. "Men, I'm sorry I lost. I tried it once too often. But I'm glad an American won the title."

As the concluding word in this article permit me to say that James Corbett took advantage of the opportunity that had been afforded him, and made good. It is noteworthy to observe that Luis Angel Firpo had the same chance, when he, with his tremendous blow, threw Jack Dempsey to the ropes but did not follow it up as he should have done.

It was the battle of right living combined with proper care of one's body, against the willfulness of riotous living and the conceited belief that he would be able to carry on for time immemorial.

How to Develop the Muscles of the Leg

(Continued from Page 33)

remarkable achievement. Try it, it's worth your while.

To do all these exercises is quite a task, and I know you will think them too much for you. I agree that they would probably exhaust you if you were rash enough to try them all the first day. So apply a progressive principle to them. Practice a few of the exercises until you have mastered them, then add another and so on. In a few weeks or months you will have mastered them all, and in so doing will acquire more practical, all round strength, than you ever dreamed of getting.

Practice daily at first, but afterward three or four times a week. Make play out of it. Make believe you are some great dancer training for a show, I'll wager you will have a lot of fun. Look on your exercises as stunts, and they will prove very enjoyable to you. Cut loose if you are feeling fit and go easy if you are below par. This will benefit you.

Coax progress and don't try to force it, and, above all, don't count repetitions. Let your muscles tell you when to stop. Rest long between stunts and don't try to do another when you are still laboring for breath. My success in the development of my legs in perfect harmony with the rest of my body was due solely to my patient effort. I went slowly and did not try another stunt or exercise, till I had fully mastered the first. Patience is a virtue some men never have and most men never get. Patience in exercising means ultimate success. Have patience, go slow and exercise wisely, and there will be no reason for not obtaining results.

The American Continental Weight-Lifters' Association will hold another exhibition in Philadelphia on November 7, 1925. All members and readers are urged to come, as this exhibition promises to be the most interesting offered so far. Many well known lifters will be present as well as artists in other lines.

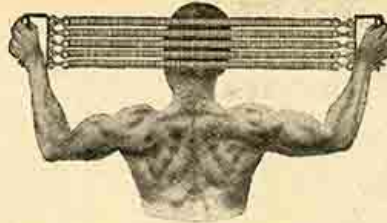
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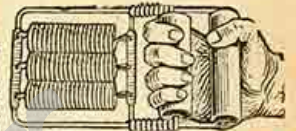
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The Mat

(Continued from page 51)

organic weakness, the muscles exist in a more or less degenerate condition.

A tubercular person always has a sunken chest. The outer walls have fallen in because the serratus magnus muscles, that fit in between the ribs, and hold the rib box up, are emaciated to such an extent that they are rudimentary. The chest becomes abnormally small as also does the lungs, which, to make matters worse, become elongated and congested. No matter what treatment is taken, the value is lost unless the chest is built up, and the serratus magnus eventually restored to a normal condition.

People suffering from digestive troubles and constipation are apt to be found suffering from muscular deterioration in one extreme or the other. That is, the abdomen is either sunken in from muscular atrophy or distended, in which case the muscles become abnormally stretched and lose their contractability.

The "wash board" appearance of the muscles on the abdomen have more of a "wash board" effect than just the mere appearance. These muscles are constantly kneading and massaging the digestive organs and the intestinal tracts, aided in their operations by the numerous bending and twisting movements we ordinarily do all day long.

It is the same with the small of the back. If a person has sick kidneys they can be helped by gentle bending of the back, backwards and sideways. This action causes a massage upon the sick organs that helps to stimulate and strengthen them.

Judicious exercise sets everything in motion, increasing the action of the respiratory organs and the blood stream. The blood becomes more thoroughly cleansed and a richer blood composition is formed which has a wonderfully purifying effect upon the whole body.

The protective agency of the surface muscles is subconsciously controlled by a motive power of their own.

Spencer explains that as man developed into his present state of intelligence, he lost much of his phlegmatic nature. In those far off days, man's phlegm caused the muscles to be protective from a different angle. Man was much more physically constructed than today, so that when a blow was received it had little effect. He lacked the nervous response and was less susceptible to pain.

The progress of intelligence has given us a nervous temperament which we have accumulated at the expense of the former physical insensibility.

If we see the approach of a situation that has physically injurious possibilities we automatically tense the muscles to receive the blow. But have you noticed that there have been times when you did not see this approach, yet your muscles sensed it with that feeling of "I didn't see it coming, but somehow I sensed it." How quickly they tensed themselves. Particularly is this so in the abdominal region. This is what Spencer means, and it is part of the

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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, 1925.

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. Editor, D. G. Redmond, 2741 N. Palethorp St., Philadelphia, Pa. Managing Editor, O. H. Kosyk, 2741 N. Palethorp St., Philadelphia, Pa. Business Manager, O. H. Kosyk, 2741 N. Palethorp St., Philadelphia, Pa.

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, 2741 N. Palethorp St., Philadelphia, Pa.

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 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.

D. G. REDMOND.
Sworn and subscribed before me this 21st day of September, 1925. P. ELMER RITTER.
My commission expires March 30, 1927.

natural law of compensation. What we lost in the first place nature took care of in another way.

Take notice of a frightened animal, how the skin will draw up, and the muscles will become taut when it is about to receive a blow. The animal cannot always see what is about to take place, but the muscles tense as the animal senses the attack.

This consideration is more prevalent with ourselves because of our highly strung nervous organization, which, having greater powers, becomes a sub-conscious aid to the muscles in protecting the internal organs from injury, the concussion being absorbed by the tensed muscles.

These facts should determinate more insistently the absolute necessity for physical exercise with us all. Develop the body as we do the mind, then everything will co-ordinate. The nucleus of our physical, mental and organic welfare depends upon the body being systematically exercised. Remember it is better for us to wear out than rust out. Rust works too quickly and contaminates everything it touches. Where-as if we work well we will wear well.

The One Hand Clean and Jerk

This is another lift that is full of many changes which must be mastered in order that a lifter may become proficient in it.

The One Hand Clean and Jerk has always been a popular lift and there is no doubt in my mind that it always will be. The smooth manner in which it can be performed commenced the rage for the "clean" style of lifting, which increased the popularity of this lift, and was the means of bringing about the "clean" style of lifting in general.

The best type of a bar to use is one that has a reasonable amount of spring in it. The bell can be loaded either way, that is, with the largest weight on the inside or outside. More spring is gotten from having the heaviest plates on the outside, but I do not advise this unless a lifter is speedy in his movements. The bar is apt to work too fast for a slower worker and will work against him, cutting down his poundage.

Care should be taken to have the center of the bar carefully marked so there will be no chance of bad balance, then stand closely up to the bar so that the bar runs directly over the top of the insteps, and take hold of the bar, with the underhand grip, with the lifting arm as in Figure 1.

Notice how flat the back is and how the knees are pointed forward. The feet should be flat on the floor and firmly supporting the whole body.

With one strong pull of the whole body, aided by the pressure of the non-lifting arm pushing on the corresponding knee, pull the weight until it is midway up. Then by a complete collapse of the thigh muscles make the dip under the weight, at the same time hugging the bar to the body as seen in Figure 2.

Be very careful to note how the arm has been thrust forward from the elbow, employing the arm thrust method which makes it possible to allow the lifting

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arm to be supported upon the knee. This support completely controls the balance.

As the arm thrust is being thrown into action the lifter should slide forward a little with the corresponding leg of the lifting arm. But do not make the mistake of allowing the foot to leave the floor. Slide it.

This "pull-in" is the method used by the most competent lifters. E. Aston, the great English lifter, was wonderful on this lift, and has done over 240 pounds "clean" to the shoulder with the right hand at a very light bodyweight.

The meanest part of this lift, which sticks most lifters, and certainly helps to tire out all lifters, is the handling of the weight at the shoulder when pulled in.

As is seen in Figure 2, the bar lies parallel with the shoulders. Now before the lift can commence its second stage the bar has to be turned so that it lies parallel with the *lifting shoulder* as in Figure 3. The heavier the weight is, the more difficult is it to turn. Not only this, but the weight pushes the arm down, which compels a lifter to seek the support of the lifting hip for the elbow as quickly as possible. This does help to keep the weight as high as possible and makes the distance in taking the weight from the shoulder to arms length shorter.

At this critical stage I had a style of my own, which eliminates all twisting of the bar, placing me in the correct position to immediately rise and get ready for the second stage of the lift.

In the two hands clean from the shoulder I had a style which lifters fail to duplicate. The general opinion being that because I had such heavy arms and shoulders I was better equipped for this style. I agree with them, with the exception that I developed the size and power in my arms and shoulders by the method I used in practice as explained in the May issue in my article, "The Secret of True Strength." In this case it is not so, as the predominating factor is speed.

When I pulled the weight in from Figure 1 and began the dip and forward arm thrust movement, instead of letting the foot slide forward, I made a big effort to slide with the lifting leg in a quarter circle, pivoting on the other foot. This action would turn me side-

ways to the weight and, instead of receiving the bar on the chest as in Figure 3, I received it on the deltoid as in Figure 5. Therefore, I was in position to raise erect as soon as the weight was received.

I was not always successful in making a complete quarter circle, but sufficient to cause the bar to swing in the right direction, which is all that is necessary.

Another great feature about this is that the weight, being received on the deltoid, the weight is held considerably higher, which is far more advantageous than jerking the weight aloft off the hip.

When the weight is at the shoulder it should be canted, with the front end held higher than the back, as in Figure 4. From this position the lifter makes a quick snappy bend at the knees. But he should be careful and not bend too deeply at the knees, for by doing that he would pass the line of the thighs' strongest co-ordination. Then, with all the power of the legs, body and lifting arm heave the weight as high as possible overhead with one supreme effort. As soon as the jerk is made by the straightening of the legs the lifter should immediately dip under the weight.

There are three good methods of performing the final dip, any one of which can be used to a good advantage in getting under the weight.

One is the regular deep knee bend, but my only objection to this is that unless the weight is jerked so that it carries more directly over the head it is apt to carry away sideways and spoil the lift from lack of centralization.

The one other way is for the lifter to jerk the weight over his head and fall sideways into a bent press position. This is good. The other way, which I always used, was to slide outwards and under with the lifting leg and make a deep knee-bend.

The sliding out lowers the lifter under the weight and does not compel him to make such a deep knee-bend. He becomes better centralized and in a better position to rise erect as required in the completion of all lifts.

In all three styles the non-lifting arm should immediately fall upon the corresponding knee as soon as the weight is jerked in order to give support and balance to the general effort.

Health—Strength—Beauty

(Continued from Page 54)

salads and fruits. Also eat plenty of whole grain foods such as whole grain wheat and whole wheat bread.

I would also suggest that you specialize on trunk rotating movements; bending and twisting calls into play the muscles of the stomach and abdominal region, and these will improve your appetite and help in digesting your food,

thus making it possible for you to build new tissue quickly.

Remember also that rest is very important and you cannot get too much of it. Relax from mental activity through the day as often as you can and be sure to get at least eight hour's sleep a day.

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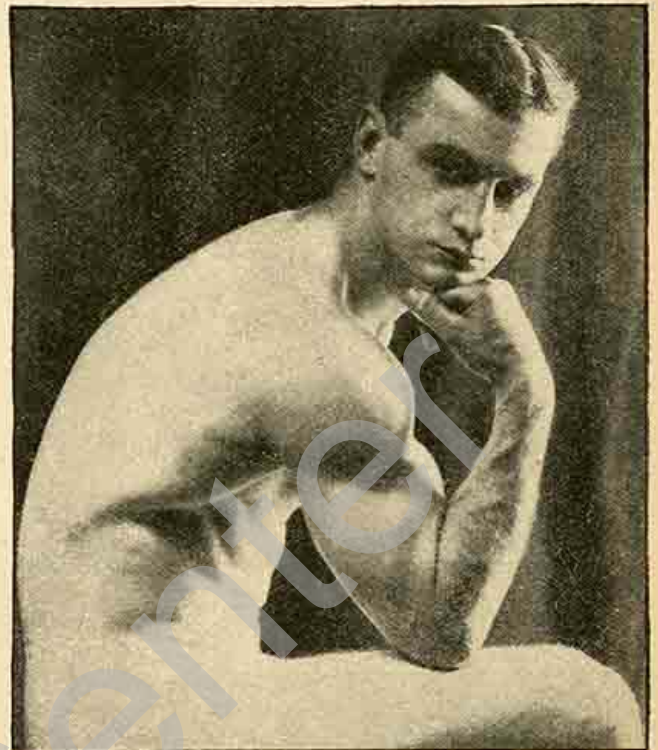
IS THE WAY YOU FEEL. Health means more than having just enough energy to get through your daily work. Real health means the possession of considerable muscular strength combined with great powers of endurance. It means that your internal organs are in first-class working order. It means that you are immune from temporary sickness and chronic disease which shortens life.

The Next Most Important Thing

IS THE WAY YOU LOOK. Your personal appearance counts for a lot in these times. It is nice to look well in a bathing suit; but it is far more important to be able to create an impression when in your street clothes. To have people exclaim, "My, what a finely built chap!" after one glance at the broad shoulders, deep chest, trim waist, and beautiful proportions which are noticeable even when you are fully dressed.

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- 3rd. That scrawny beginners soon find themselves gaining weight and shapeliness as a result of their increased digestive powers.
- 4th. The undeveloped beginners soon find themselves taking pride in their unusually large and clean-cut muscles.
- 5th. That non-athletic beginners soon find that they are in possession of the speed and strength that makes them winners in sports and games.



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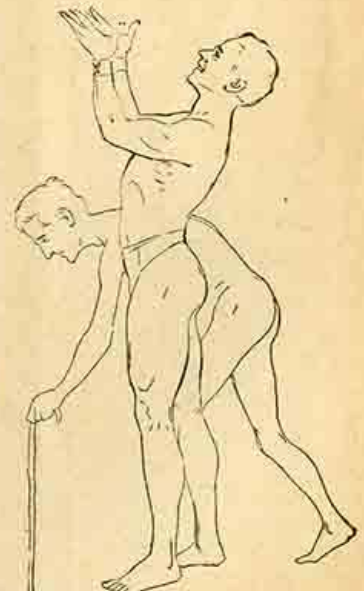
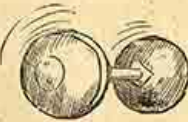
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