

# It's a Crime to Slave for Low Pay -

## When It's So Easy To Earn Big Money

*If You Are Making Small Pay, Then You Ought to Investigate This Simple Plan That Has Shown Thousands a Way to Magnificent Earnings*

It is little short of an actual crime for a man to "struggle along trying to make ends meet, when he can easily step into a position with better pay and unlimited opportunities for making money.

The sentence for a crime of this kind is "a lifetime of struggle." Trying to make ends meet is a much harder task than making from three to ten times as much money as you are now making. For you can just as easily take advantage of the experience of countless others who, in one well stroke, have jumped from small pay in blind-alley to incomes of anywhere from \$5,000 to \$10,000 a year.

### These Men Investigated and—

As an office worker in Detroit, Mr. B. H. Voss slaved away for \$125 a month. But he saw his one big opportunity and investigated it—and increased his pay to \$500 a month.

As a farmhand George W. Kearns, of Oklahoma City, slaved the same opportunity. He writes: "Last week I earned \$300, and this week \$500. And Mr. Kearns earned \$500 a month previously.

Mr. J. L. DeBonis, Chicago, is now enjoying magnificent earnings. Before investigating he was earning \$16 a month as a clerk.

When Charles Berry, of Worcester, La., decided that it was a crime to slave for low pay, he was earning \$18 a month. And then the very first month he earned \$1,000.

A whole book could be filled with stories equally amazing of men who have taken this new quick road to big pay. Nor is there any thing exceptional about these men. They were once in the same circumstances that you may be in now. They were discouraged, tired of working for small pay, and disgusted with their prospects. And then, as though by a touch of magic, they were earning salaries they had never dared hope for.

For they have entered a new field—a field that they had never dreamed of as theirs—one that is not only the most interesting, but the best paying branch of all business—selling.

### A Foolish Notion About Salesmen

The average man imagines that, in order to make good in selling, he must be a "born" salesman. Nothing could be further from the truth. There is no such thing as a "born" salesman. Thousands of clerks, machinists, bookkeepers, factory hands, firemen and farmhands, to-day, are making big money in the selling field through the simple plan you are invited to investigate.



### Secrets That Make Master Salesmen

No matter what your earnings may be, you can quickly learn the secrets of selling that have put thousands into the big-pay class. For the past fifteen years the National Salesmen's Training Association has successfully trained thousands for the selling field—and through its Free Employment Service helped thousands to

secure good selling positions. And through the National Demonstration Method you gain actual experience in overcoming sales problems of all descriptions while studying in your spare time at home. Then, through the N. S. T. A. System of Electives, you get specific instructions in how to sell the line or lines you want to handle. In other words, the proved selling plans of master salesmen in all lines are laid before you.

### Book on "Modern Salesmanship" Free

Without cost or obligation, we will gladly mail you a copy of a very interesting book, "Modern Salesmanship." In addition to many interesting facts about salesmanship, it will also give you full information as to how you can become a highly paid salesman. No matter what you may think now, this book will prove to you that it's a crime to slave for low pay when magnificent earnings are within easy reach. There is no obligation, so just fill in the coupon and mail it today.

National Salesmen's Training Association  
Dept. 21-R Chicago, Ills.

National Salesmen's Training Association,  
Dept. 21-R, Chicago, Ills.

Send me FREE your book, "Modern Salesmanship," and proof that I can become a Master Salesman. Also send me list of lines with openings for salesmen.

Name .....

Address .....

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



# STRENGTH

Vol. 7

OCTOBER, 1922

No. 2

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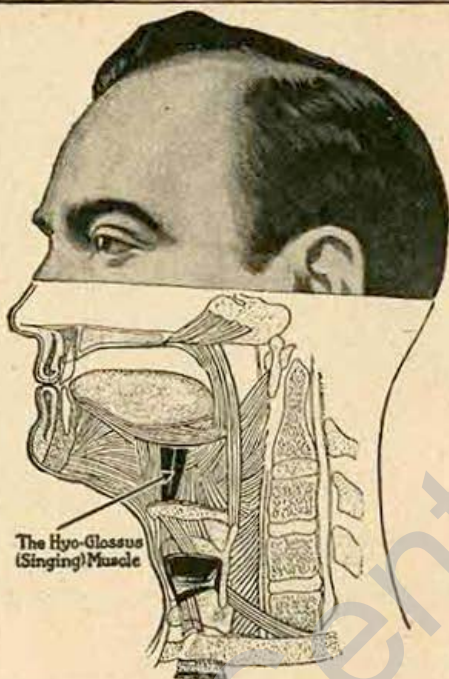
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The Hyo-Glossus  
(Singing) Muscle

# The Simple Secret of Caruso's Power

**WHAT** are the physiological reasons for a beautiful, powerful voice? In the past, this subject has been a mystery even to voice instructors who, consequently, were forced to teach in the most haphazard way. Now scientists have cleared up this subject, so important to all who sing or speak. A close study of the vocal mechanism of the late Enrico Caruso, preserved by scientists of his native Italy, has fully corroborated the theory and practice of the famous Eugene Feuchtinger, A.M.

For three generations, the family of Feuchtinger has been famous in the musical capitals of Europe for their success in voice development. Grand Opera stars have been trained by their method. Voices apparently lost, have been recovered. Until a few years ago, America knew nothing of this method.

## Prof. Feuchtinger Guarantees to Improve Your Voice 100%

You alone are to be the judge! After faithfully following this course of training, if you are not fully satisfied, your money will be refunded. You take no risk.

If you are ambitious to sing or to speak—if you stammer or stutter, Professor Feuchtinger will help you. Everything about this wonderful method is explained in the Professor's free book, "Enter Your World." Send for it today. He wants you to have it.

**Perfect Voice Institute**  
1922 Sunnyside Avenue, Studio 9777, Chicago

American singers who desired not merely vocal training, but *voice development*, sought their goal in Europe. Few understood the principles involved in the Feuchtinger method—but everyone marveled at the striking results attained.

Now Professor Feuchtinger's training is open to you. Professor Feuchtinger himself is here in Chicago. He is devoting his time to thousands of American pupils. Hundreds are being benefited where only one could have his attention before. The marvelous Feuchtinger method is perfectly adapted to instruction by mail. You can practice these wonderful, silent exercises in the privacy of your own home. The Professor, himself, follows your progress. He encourages you—answers your questions, and explains everything with perfect clearness.



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Singing  Speaking  Stammering  Weak Voice

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Address \_\_\_\_\_

Age \_\_\_\_\_



# Control Is What Counts

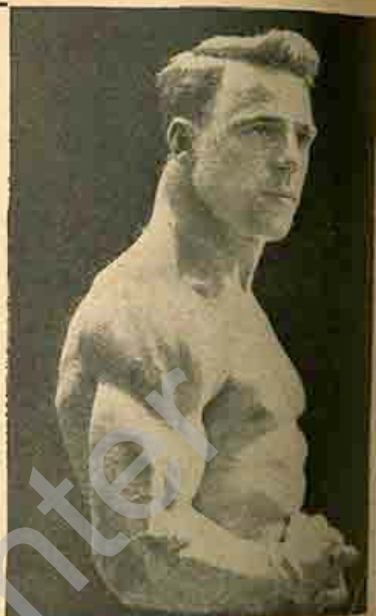
Control of your arm if you are a baseball pitcher—of your whole body if you are a golf player or fancy dancer—of your voice if you are a singer—of your lungs if you are a swimmer.

## MUSCLE CONTROL

By MAXICK

is a marvelous system whereby the muscles are developed and brought under control, the internal organs invigorated, and the health made perfect—

**Without** { The use of Apparatus, without Fatigue, Breathlessness, Abnormal Blood Pressure or Danger of Strain.



MAXICK

HERE IT IS IN A NUTSHELL—You, Mr. Reader, can harden your arm muscles; you can “make biceps” at will. If you do it a couple of *dozen* times daily you will not only keep your arm muscles in condition, but you will make them increase in size and shapeliness. But can you, at will, thus harden the muscles of your legs, shoulders, abdomen and small of the back? Do you realize what it would mean to you in health, strength, development and vigor if you could?

This book of Maxick's shows you *in detail* how to gain control of every muscle in the body. It has more than 50 full-page illustrations showing the exact positions which enable you to voluntarily contract and relax each muscle. It's easy, fascinating, and once learned, never forgotten.

## YOUR GYMNASIUM IS ALWAYS WITH YOU

because you soon get the art of flexing (and thus exercising) every muscle in the body. In fact, while in your seat in the middle of a long railroad trip you can, by Maxick's method, get as much muscular exercise in five minutes as you could from an equal time spent at tumbling or wrestling—and all without attracting the attention of your neighbor, without getting red in the face or once breathing rapidly.

The author, by means of muscle control, obtained what is acknowledged to be the finest developed body in the world, and incidentally acquired such strength that he is considered to be the strongest man of his weight in the universe to-day. He takes his exercise while sitting in a chair reading the daily paper.

This book has run thru edition after edition. Not a general discussion of the subject but a complete detailed course. Remember its name.

## MUSCLE CONTROL

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2100 N. Third St. Philadelphia, Pa.



# Strengthen and Beautify Your Hair

## Why Become Bald or Gray?

NEARLY thirty years ago my hair began to come out in bunches. I suffered the tortures of the damned. Baldness stared me in the face. Hours and hours I would lie awake at night trying to fathom a way out of my difficulties.

I even tried a hair tonic, but soon threw it out of the window.

After a period devoted to intelligent consideration of the reason for loss of hair, together with sensible, dependable methods for building hair health, I found a way out.

Here I am, thirty years later, with a head of hair as shown in the accompanying picture.

I want to pass on this invaluable information to every owner of a head of hair. It is worth as much to you as your hair is worth.

Barbers rarely know anything about remedying dandruff or falling hair. Hair culture is a walled book to them. Doctors are as much in the dark as the barbers. So-called experts are often little better than "quacks."

Now my book is not technical. Anyone can understand the clear instructions presented therein. You can thicken and



Bernard Macfadden. Note his thick, luxuriant, healthy hair.

These chapter titles will give you an idea of the tremendous scope and value of this remarkable book. Hair as an Attribute to Beauty Facts Everyone Should Know About the Hair Care of Healthy Hair How to Care for Baby's Scalp Facts About Soaps and Shampoos The Cause of Hair Troubles Dandruff Parasitic Diseases of the Scalp Falling Hair Baldness Gray Hair Superfluous Hair Hair Tonics Eyebrows and Eyelashes Hair Dressing

strengthen the hair you already possess. You can make it more healthy and lustrous in appearance.

You will find therein a remedy for falling hair, dandruff and all other scalp and hair difficulties. You will learn how to give your hair its original lustre and luxuriance and color.

## Send No Money

I want everyone to possess a copy of this book. I am so sure of the value of the contents that I am willing to run the risk.

Send for the book, even if you do not want to pay for it. Secure the information contained therein, and if it isn't worth a hundred times Two Dollars to you, you can return it.

Simply fill out the coupon attached hereto and mail it to us. When the Postman delivers you your copy you pay him \$2.00, the price of the book, but if you return the book within five days your money will be immediately refunded, without question.

PHYSICAL CULTURE CORPORATION, Dept. S10, 119 W. 40th St., N. Y. City

CUT THIS OUT NOW

## Physical Culture Health Book Index

We have made it a point of honor to see that all books going out under our name shall in every way maintain the high standard set by PHYSICAL CULTURE CORPORATION. Every book in PHYSICAL CULTURE HEALTH LIBRARY was written to fill a particular and well-defined need; each is the very finest work procurable upon the subject involved.

Place check marks against the names of any books in which you are interested and mail this index to us. All books ordered will be sent by return mail. Pay the postman upon receipt of books but with the full understanding that if for any reason you do not wish to keep them you can return them within 5 days after receipt for prompt refund of your money.

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Address .....



# Chart Your Chances for SUCCESS!!

## Measure Your Qualifications

Percentage		Percentage	
1 Personality .....	13 Concentration .....	14 Physical Fitness .....	15 Mental Alertness .....
2 Appearance .....	3 Originality .....	16 Leadership .....	17 Character .....
4 Persuasive Power .....	5 Organizing Ability .....	18 Salesmanship .....	19 Self-Confidence .....
6 Will Power .....	7 Initiative .....	20 Forcefulness .....	Total .....
8 Determination .....	9 Memory .....	Divide by 20 .....	Average .....
10 Self-Control .....	11 Imagination .....		
12 Foresight .....			

**T**AKE stock—see what chances you have to become the man or woman you want to be. Here are listed the elements that make men and women successful. Science has shown we all have them, at least to a degree. For the man or woman who desires success, the vital question is—in which am I weakest?

Measure yourself now with this chart. On the scale of 100%, give yourself a grade in each box. Add both columns and divide by 20. The result is the average of your chances for success in life. Does it satisfy you? Or would you like to be higher?

With this honest self-estimate you come face to face with what may be the most important event in your life. Now you know where your weakness lies. What will you do to correct it? How are you going to increase your chances for a bigger and broader life?

The study of the mind has not kept pace with the study of the body. In the use of exercises that will develop the mind, we are laggard—slow. Science has proved that the mind can be exercised, broadened and developed with astonishing results!

### Exercising for Success

Over 27 years ago, a small group of pioneers started to work out some system for the development of the mind.

In the 27 years of this formative period, over 600,000 men and women have been benefited by this scientific, interesting and practical work. As a result of this experience in helping others to make the most of themselves mentally, this group is now in a position to give counsel and advice that is denied others less fortunate in research experience. The new science is called Pelmanism. At the present time it has been developed to a point where the system is so simple, so scientific, so practical, that it can be called the science of self-realization. It teaches you

to use completely the powers you have. More important, it teaches you to bring out the sleeping powers you have and are not using. It teaches you how to develop will, imagination and originality; how to build character, how to strengthen individuality, how to cultivate self-confidence and resourcefulness, how to overcome the negative qualities—purposefulness, indecision.

Already over 600,000 people have utilized the tactics of Pelmanism. They tell stories of remarkable advances and remarkable achievements. Increases in incomes of 100% to 200% are ordinary—in some cases increases are as high as 1000%. All have been made possible through Pelmanism.

### “Scientific Mind Training” FREE

If you are dissatisfied with your present condition—if you are anxious to attain greater things—send the coupon below to-day. We will send you immediately a copy of the booklet “Scientific Mind Training.” Nearly five million copies of this booklet have been sent in response to every part of the world—present in every walk of life, from a student to a newsboy. They have all been amazed at a book that had been translated in every conceivable language—even in Braille—the language of the blind—and you will agree with the importance of scientific mind training. Send for your copy to-day. It is FREE! The reading of this book may mark a new step in your life. Send for it NOW. Remember you will be under no obligation.

THE PELMAN INSTITUTE OF AMERICA  
Suite 349, 2575 Broadway, New York City

Please send me without cost or obligation a copy of the 48-page book, “Scientific Mind Training.”

Name .....

Address .....

### SUCCESS

#### THROUGH NEW MINDS FOR OLD

(A few of the thousands of letters from successful students.)

“From a salary of \$975 I rose in one step to \$2,000 a year, and in January this year to \$4,000 a year.”

“I am glad to inform you that I have just received an increase in salary amounting to \$1,000 a year extra.”

“Since taking the course I have more than doubled my salary, which is due entirely to your teaching.”

“Since becoming a Pelmanist I have actually increased my salary 300 per cent.”

“I had the pleasure of taking the course during 1917-18. Previous to joining the army my salary was \$20 a week. My present salary is \$19,000 a year.”



# How to Rid Yourself of Your Catarrh

## QUICKLY!

## PERMANENTLY!

*Without Drugs or Medicine of any Kind*

By R. L. ALSAKER, M. D.

**T**HE majority of the people in our country suffer from catarrh. Some have it from time to time, others have it all the time.

"Catarrh of the head is troublesome. Catarrh of the throat causes coughing and much annoying expectoration. When the catarrh goes into the chest it is called bronchitis. If it is allowed to continue it becomes chronic, and chronic bronchitis means farewell to health and comfort. It robs the sufferer of refreshing sleep and takes away his strength. It also weakens the lungs so that the individual easily falls a victim to pneumonia or consumption.



R. L. ALSAKER, M. D.

Founder of  
The Alsaker Way

Then there is catarrh of the stomach and small intestines, which always means indigestion. Catarrh of the large intestine often ends in inflammation of the lower bowel—colitis.

Catarrh of the ear causes headache, ringing in the ear and general discomfort.

Catarrh of the liver produces various diseases, such as jaundice and gall-stones, and often ends in much suffering from liver colic.

**All who easily catch cold are in a catarrhal condition.** Those who take one cold after another will in a short time suffer from chronic catarrh which will in turn give rise to some other serious disease—as if catarrh itself isn't bad enough.

Either you personally suffer from catarrh, or some member of your family is afflicted.

It is time to give this serious danger a little attention, before it is too late, and solve the problem for yourself? You can do it. It's easy.

**Catarrh can be conquered easily and permanently.** It has been done in thousands of cases.

You can cure yourself—and while you are curing your catarrh you will lose your other physical ills. That discolored tongue will clean

your tired feeling will vanish; that bad taste in your mouth will disappear; that troublesome

catarrh will stop forming in the stomach and the pain will leave your back; rheumatism will say

good-bye and those creaky joints will become smooth.

Realizing the great need of definite, practical information regarding this terrible disease, Dr. Alsaker has prepared a plain, simple instruction book on the cause, prevention and cure of catarrh, asthma, hay fever, coughs and colds. This book is entirely free from fads, bunk and medical bombast. It sets forth a commonsense, proved-out PLAN, that is easy and pleasant to follow—a plan that teaches the sick how to get well and how to keep well. The name of this book is "Curing Catarrh, Coughs and Colds." It tells the true cause of these objectionable, health-destroying troubles, and it gives you a safe, simple, sure cure without drugs, medicines or apparatus of any kind. You apply this wonderfully successful treatment yourself, in your own home, and without the expenditure of an additional penny. There is nothing difficult, technical or mysterious about this treatment. It is so easy to understand and so simple to follow that anyone, young or old, can reap the utmost benefit from it.

If you suffer from colds, coughs or catarrh in any form, send only \$3 to the publishers of "THE ALSAKER WAY," THE SUCCESS MAGAZINE CORPORATION, Dept. 751, 1133 Broadway, New York, and get your copy of this valuable instruction book. Follow the instructions for thirty days; then if you are not delighted with the results—if you do not see a wonderful improvement in your health—if you are not satisfied that you have made the best \$3 investment you ever made—simply return the book and your money will be promptly and cheerfully refunded.

Remember this: If you want to free yourself forever from catarrh, asthma, hay fever, coughs and colds you can do so. Dr. Alsaker's treatment is not experimental. It is proved-out and time-tested. And it includes no drugs or serums, sprays or salves. And it costs nothing to follow it, while doctors' bills, prescriptions, and so-called patent medicines that do not cure, soon eat a big hole in any man's income. Send for this book to-day. Follow it faithfully and you will experience the same splendid results that thousands of others are receiving.



# MY SYSTEM

15 Minutes' Work a Day for Health's Sake

By LIEUT. J. P. MULLER

*[Royal Danish Engineers (Reserve), Late Inspector Danish Tubercular Sanatorium, Principal of the Muller Institute of Physical Culture, 45, Dover Street, W.]*

Lieut. Muller's famous "My System" is the intelligent application of common sense to the physical requirements of ordinary people from infancy to old age—especially those who lead a sedentary life. It is exercise without drudgery—and without appliances. Every muscle and all the vital organs adequately exercised and massaged—in fifteen minutes—to promote suppleness, shapeliness and efficiency.

The medical endorsement it has received is so weighty and so complete as to leave no loophole for doubt as to its soundness and value.

The exercises remove and prevent indigestion; make and keep liver and kidneys healthy; tone up the nerves, reduce excess fat, making the body supple, graceful, and insusceptible to colds.

Sent postpaid—\$2.00

Uniform with "My System"

## MY SYSTEM FOR LADIES

Lieut. Muller has adapted his System of Exercises to the special requirements of ladies—both young and old. The exercises are of extreme value in enabling young women to preserve, and older women to regain, suppleness, shapeliness, energy and health.

No appliances are employed; the exercises are all within the easy compass of every girl and woman *even up to the age of over seventy*—however unused to exercise—and can be readily learnt from the book.

"My System" is extremely efficacious in remedying anemia, indigestion, lassitude, nervous exhaustion, and reducing stoutness in a natural and comfortable manner. It makes the skin firm and elastic, yet smooth and soft, and strengthens the natural powers of resistance to colds and chills.

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Uniform with "My System" and "My System for Ladies"

## MY SYSTEM FOR CHILDREN

By LIEUT. J. P. MULLER

"My System for Children" is an adaptation of Lieut. Muller's famous System to the needs of children. It is similar to his other books in the sense that it is entirely free from crankiness, or impossible and extreme measures. It is a book which will be appreciated by every parent who wishes his or her children to grow up to strength and vitality, and to possess adequate powers of resistance to illness and fatigue. The exercises are carefully and scientifically graded so as not to overtax or strain the muscles of the child. The directions are clear and precise so that they can be quickly learned and easily remembered.

Sent postpaid—\$2.00

Any one of these books sent for \$2.00, cash, check or money order

# Health Promotion Bureau

Room 402, 500 Fifth Avenue

New York, N. Y.



## Only Two Dollars (\$2.00) for this Complete Boxing Course!

**"SCIENTIFIC BOXING AND SELF-DEFENSE,"** by Tommy Burns, is a complete boxing course and everyone that is interested in boxing should be sure to obtain a copy of it.

The table of contents will give you a very good idea of how complete the book really is, and you must remember that this book was written by a former world's heavyweight champion. He tells among other things of his favorite guard, a method of warding off a blow little known and rarely practised, yet so effective that it not only breaks the force of your rival's blow, but also throws him off his balance and makes him open for a counter.

To learn this counter alone is worth many times the price of the book and yet it is but one of a great variety of intimate details revealed to you by "Tommy" Burns. He devotes a great deal of attention to clinching, both inform-

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2. Points Which the Boxer Should Cultivate.
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4. Some Hints on Offensive and Defensive Tactics at Close Quarters.
5. Training on Scientific Lines, with Advice as to Diet.
6. On How to Train to Scale, Together with Advice as to How to Recognize and Combat Overtraining or Staleness.
7. Ring Strategy and Tactics.
8. The Complete Second.
9. On Fouls.
10. The Boxer's Disease, Which Is Too Often the Cause of His Downfall.
11. Some Facts and Explanations.

ing you the steps that you should take against a man who persistently clinches himself and also explaining how you may use to advantage this method which is occasionally the only method by which a boxer can escape punishment.

### Do You Know

that as a rule it is wisest to reserve all your offensive movements for fighting at close quarters. If you came to close quarters in the crouch you are up to your man with your shoulders rounded and your arms well placed both to cover up securely and also to give him all the digs for which the opportunity presents itself.

In his preface "Tommy" Burns states: "I have called this book 'Scientific Boxing and Self-Defense,' and I want the first word to sink into your minds. Just get rid of the idea that boxing is brutal; it isn't. It's a game in which brains count more than anything."

### "Scientific Boxing and Self Defense"

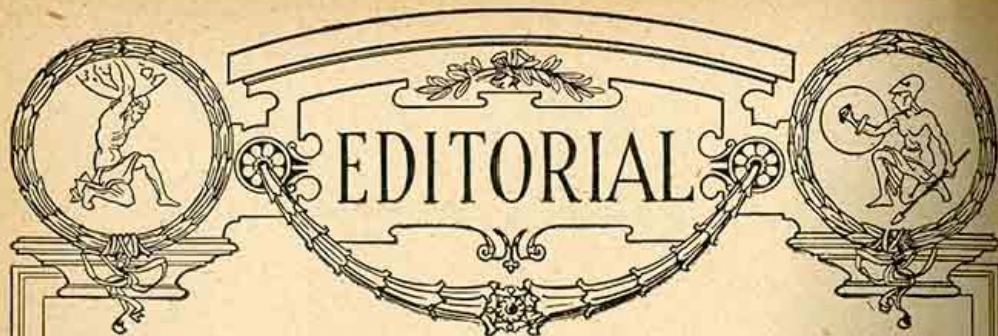
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2100 N. Third St.

THE ATHLETIC BOOK COMPANY

Philadelphia, Pa.





### *Make Your Winter Resolutions Now*

**A** SHREWD friend of ours once said to us, "Do you know why New Year's resolutions are so often broken? No? I'll tell you why. Because at the first of January we are firmly settled in our winter's work and habits. The proper time to make new resolves is in the early fall, say, the middle of September or the first of October. Most people do make their changes, plans and resolutions about that time of year. Businesses are started then to get the advantage of the immense buying of winter supplies. The school and college year starts about then. And above all, that is the time when ambitious people plan ahead for several months' activities, or self-improvement. It is in September that the collegian says, 'I am going to work harder this year.' It is in October that the intellectual individual lays out the schedule of what he is to read during the long winter evenings. It is then that we decide about our lecture courses, our musical activities, and our plans for mental and cultural benefit."

### *It Seems to Us That He Was Right*

**O**F course there is the other side of it, the poet's side—"The melancholy days are here." And the real regret of the "out-of-doors" man, who, if he be a city dweller, too often looks on the winter as a closed season for all kinds of physical activity.

The tennis racquet is laid away, the golf clubs are stuck in a closet, the canoes, boats, tents, and fishing tackle are put in winter quarters. They deteriorate from lack of use, but *so does the body of the man who owns them.* In seven or eight months all the exercise it gets is the walk to the office and an occasional hour at dancing, or a little bending over a pool table.

### *Our Bodies Are Always With Us,*

winter as well as summer, so when you make *your* winter resolutions why not include one to the effect that you will, *this winter,* keep your body in just as good trim as during the summer months.



If you have enough spare time, join a football club and play up to Thanksgiving day. Or learn soccer, which is played almost all winter. If you have the chance learn to skate; the ice palaces have made us almost independent of rivers that rarely freeze. Or join the Y. M. C. A. and use the gym and pool. You get your fun, your clean companionship and you keep your health.

### *What About the Family Man*

**T**HE man who most neglects his body is the married man, who prefers his home and his family to any club or form of winter sports. His exercise goes about as far as throwing coal in the furnace and playing pinochle. To such men we most earnestly recommend any one of the many and various systems of indoor exercise, now so widely practiced.

It is marvelous what extraordinary improvement one can make in one's figure and health by systematic exercise, faithfully carried out. It is really superior to games as a means of self-improvement, just as a winter's hard study of music develops your musical gifts more than a weekly attendance at musical comedies.

We do not care what variety of exercise you choose—but do something.

### *Don't Sit on the Bleachers—Get in the Game*

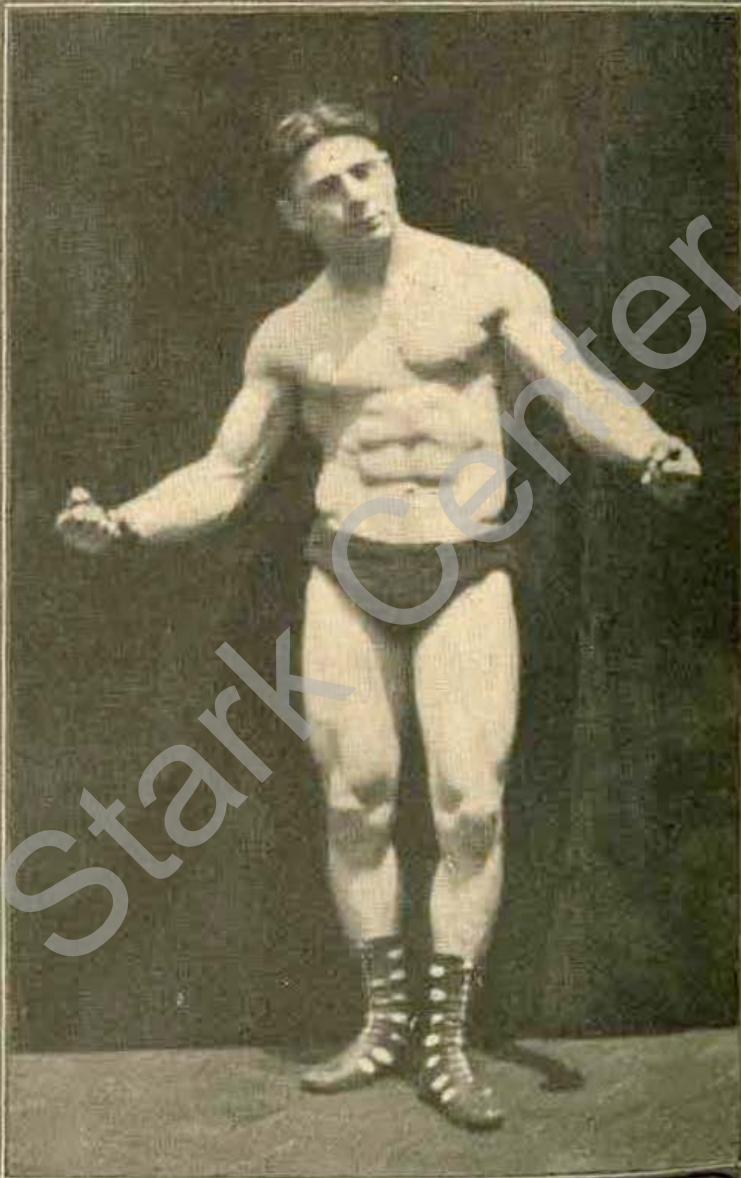
**T**HERE is as much satisfaction in adding a couple of inches to your chest expansion as there is in hitting a home run or in landing a big bass. There is more solid satisfaction in developing a shapely pair of legs of your own than there is in watching other people use their legs in playing basketball or hockey.

There is more benefit to your health in ten minutes a day punching a bag than there is in going to the fight club on Saturday night to see other men spar. Remember that fleshiness, unshapeliness, indigestion and colds in the head are the curses of the bodily inactive.

So pick out some sport, some game or some system of exercise that brings into play all of your body; something to put spring into your legs and elasticity into your body; something that will stimulate your circulation and test your lung power. Do this and when next summer comes you will find yourself out-doing all your previous accomplishments in outdoor sports.

But remember that arm and shoulder movements alone will neither keep you in condition, nor prevent the accumulation of flesh. It is the leg work that keeps the waist trim and the lungs in working order.





Siegmund Klein whose "perfect man" physique is due to persistent practice of hand-balancing, weight-lifting, and other vigorous forms of athletics. (See article, page 29)



# Father Bill Curtis

*Father Bill Curtis was the pioneer in track and field athletics in America. He was one of the first and one of the greatest all-round athletes that the country has ever produced. He took great interest in the development of young men in athletic clubs and colleges and did much in raising some of the standards of eligibility.*

*Besides being a remarkable track man in his youth, he was a very good weight lifter. He never lost his interest in strenuous athletics up to the day of his death and at that time he was really at the height of his career.*

By Walter Camp

WHEN the writer was a boy in the preparatory school he used to often hear of the athletic prowess of William B. Curtis. To boyish imaginations, the great athletes of those days were indeed giants. Upon surreptitious visits to the Yale gymnasium the writer looked upon the magnificent physiques of Bob Cook and Julian Kennedy and "Horse" Kellogg. But he had never actually seen William B. Curtis in the flesh. On the occasion, however, of a visit to New York Curtis was pointed out to him and he was much surprised on seeing a man of perhaps a little more than average physique and with a full beard.

Soon after this Curtis, while continuing his all-around athletic feats, began to take a great interest in the development of the young men in athletic clubs and in raising some of the standards of eligibility which so far as a dividing line between the amateur and the professional had become extremely mixed. Soon he was looked upon as the promising leader

in the development of amateur athletics outside the colleges. He knew from practical experience the "ins" and "outs" of the game, was looked up to as a star athlete himself, and possessed the education and prestige necessary.

From this point his progress along these lines was marked by continued successes. But really in the height of his career, and while by no means old in body or mind, one rash adventure brought his life to a sudden conclusion.

On the 30th day of June, twenty-two years ago, William B. Curtis and Allan Ormsbee started out to ascend Mt. Washington over what

was known as the Bridle Path. They were expected by the members of the Appalachian Club gathered at the Summit House on Saturday night as the ascent is not particularly difficult and both were experienced climbers. When they did not arrive no uneasiness was felt as, in spite of a storm, there was no thought of anything but that the men had abandoned the trip. It developed later that two guides had gone down the moun-



WALTER CAMP



tain that morning and had actually met Curtis and Ormsbee and advised them to turn back, but they determined to push on. The temperature had fallen from a summer heat to 30 degrees and there was an ice storm which was coating the rocks. On Monday morning Louis Cutter of the Appalachian Club started out for a stroll and two miles down the trail found the body of a man face downwards on the rocky path. There was a cut on his temple but otherwise he was not bruised. Cutter pinned a card on the body, saying "I found this man about 11:15 A. M. I think it is Mr. Curtis. I am going to walk around and see if I can find Ormsbee and will then return to the Summit." He was unable to find Ormsbee and returned to the Summit, gave the alarm and searching parties started out. In about an hour they found

Ormsbee also face down, some distance from the Crawford bridle path but only a quarter of a mile from the Summit for which he was evidently making in a direct line when nature gave out. He was covered with bruises. The members of the club after bringing the bodies to the Summit returned and made a thorough search of the surroundings. They soon discovered a shelter in the underbrush which the two men had evidently cut out where they were partially protected from the elements. They had placed their cameras in the bridle path to attract attention. Sandwiches were found in the shelter so that the two men could have remained there until the storm abated. What possessed them to abandon it in an attempt to continue can hardly be conjectured and by that recklessness both men lost their lives.

## Physicians Favor Hearty Breakfast

A SUBSTANTIAL breakfast followed by a light lunch is the healthiest regime for those engaged in sedentary occupations. That is the overwhelming conclusion reached in a survey conducted by the Medical Review of Reviews among leading physicians of the country. The survey was made to ascertain whether it was preferable to start the day with a substantial breakfast of fruit, cereal, bacon and eggs, toast, and a beverage, with later a light but nourishing lunch, or to proceed on the "no breakfast" or "cup of coffee and slice of toast" plan, developing a midday appetite for a hearty meal.

Forty-six states, represented by physicians including commissioners of health of state and city, show an overwhelming majority in favor of the heavy breakfast. 73 per cent in favor of starting the day with a substantial meal; 13 per cent opposed to a heavy breakfast; 14 per cent inconclusive answers, is a summary of the replies.

### Heavy Breakfast, Light Lunch for Mental Workers, Say Many

Fifty-seven doctors base their advocacy of a heavy breakfast on the fact that only a light lunch is necessary after consuming a substantial meal in the morning, thus leaving the brain active and alert for the afternoon's work.

Dr. S. J. Crumbine, executive officer and secretary of the Kansas State Board of Health, says:

"It is my judgment that the day should be started with a fairly substantial breakfast, and that the noon lunch should be light so as not to interfere with vigorous mental or physical effort of the day's work."

Dr. F. J. Underwood of the Mississippi State Board of Health feels that "it is preferable to start the day with a fairly substantial breakfast, consisting of fruit, cereal, bacon and eggs, etc., eat a light but nourishing lunch, and have the heavy

(Continued on page 69)





Savage School Hockey Team.

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## This Will Be a Big Season in American Hockey

*Hockey is getting more popular than ever. It is a wonderful sport; it is strenuous; it is fast; it is exhilarating and it is rarely rough.*

*In 1901 Hockey first made its appearance in this country, being brought here from England. It was introduced by Miss Constance M. K. Applebee in some of the larger eastern colleges.*

*So far the English have beaten the Americans, but the Americans are not crushed by these continual defeats; they have learned something by them and are much, much wiser.*

*Miss Morgan is looking forward to a promising season for the Americans. She has written a very interesting article about the game, its history, how it was played and how it will be played.*

By Mary Morgan

**W**HEN some people hear the word "hockey" they say, in a vague, uncertain way, "Oh, that's a sort of shinny that the girls are now playing so much." Of course, to the hockey player, it is humiliating to hear it spoken of in such slighting tones, for the game of field hockey—so called to distinguish it from ice hockey—has a leading place among scientific sports.

It may seem strange to use the term "scientific sports," but anyone who follows athletics closely will realize how much the knowing "how, when and where" is necessary for the good of the game. In order to understand the conditions of hockey at present, in this country, it is well to know a little of the playing of the game and also a little of its history.



The regulation hockey field is one hundred yards long and fifty yards wide. The condition of the surface is an important factor in the game. It should be smooth, level and with short grass. The number of players on a side is eleven; these are divided into five forwards, three half-backs, two full-backs and a goal-keeper. The work of the forwards, or "forward line" as it is called in the vernacular of the game, is to carry the ball into the opponent's goal and score. Each player is equipped with a stick, flat on one side, rounded on the other, and she may hit the ball with only the flat side of this stick. There is no kicking allowed (except by the goal-keeper in defending her goal); there is no handling of the ball allowed. The five forwards are spread out in a line across the width of the field and are supposed to keep in a horizontal line as much as possible during the game. At each end of the field, 100 yards apart is a goal. These are four yards wide and seven feet high. To score a goal, which counts one point, the ball must be hit in what is known as the striking

circle. In front of each goal and fifteen yards from it, is drawn a line four yards long, parallel to the goal line. The ends of this line are carried around in a curve, forming a quarter of a circle with the goal posts as center until they reach the goal line at a point fifteen yards from the nearest goal post. This is the position where the goal-keeper plays.

The half-backs are the hardest working of the hockey players, for they assist the forwards, not only by feeding them, but by backing them up when the forwards are attacking to score a goal. Then they are the defensive players; each one being directly responsible for an opposing forward.

The full-backs are primarily defensive players as is the goal. The line-up of a team is left wing, left inside, center, right inside, right wing, (this is the forward line); left half-back, center half-back, right half-back; left full-back, right full-back, goal.

The length of halves is, as a rule, thirty minutes each half, though the English play forty minutes. If one stops to consider a moment the size of the field, one



All-Philadelphia Hockey Team playing at Bryn Mawr.



hundred yards, and that for thirty minutes twenty-two girls are running up and down, back and forth, then one is able to realize just what hockey is. Over-strenuous? With a playing experience of a dozen years, I may safely say that I have never found it so, though I fully believe that it is only for the physically fit girl. It is strenuous, it is fast, it is exhilarating, but it is rarely rough, in fact there is no excuse for roughness. There is never any need for bodily contact or pushing or tripping. It is unusual to see any conduct of this sort on the hockey-field.

In 1901 hockey first made its appearance in this country being brought here from England where it was a popular sport both with men and women. It was played in some of the larger women's colleges of the east where it was introduced by Miss Constance M. K. Applebee. It grew in popularity and was taken up by a number of country clubs.



Helen Logan, captain of the senior Hockey Team at Wellesley College, Wellesley, Mass., hurled a defy to other field hockey teams to meet the Wellesley Girls.

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In 1905, the Philadelphia Field Hockey Association was formed; an organization composed of teams representing several country and cricket clubs. Every team plays every other team in the league two games and the winner of the greatest number wins a cup which, to be kept permanently, must be won three years in succession. The Philadelphia Cricket Club has won this most frequently in the last few years. At the end of the season, an All-Philadelphia eleven is picked from all the players on the club teams. This All-Philadelphia team in the past has met teams from Boston, New York and Baltimore and many schools and colleges.

In October, 1920, a team representing the Philadelphia Hockey Associa-

tion made a tour of England. This has been one of the greatest benefits that has been known to hockey for it showed the Philadelphia players just how the English have advanced in the game.

In October, 1921, a picked English team came to America. In England hockey is under the All-England Women's Hockey Association, which has organized the sport throughout the country in a most admirable way under it. There are several stages of the play; first the club teams; then the most promising members of these are given a chance for the county teams; next highest come the territorial teams and from the play in the territorial games the members of the All-England team are picked by a selection committee. The All-England



plays Scotland and Ireland and last year made a trip to Denmark. On the team that came to the United States six were International players and the remaining five were territorial.

The American girls were completely outclassed in Philadelphia, where the majority of games were played and in Boston and Baltimore. The English team returned home in December with a clean slate of victories. The American girls, however, were far from crushed by these overwhelming defeats, rather they were decidedly taken with the game of hockey as played by the English girls. They were much, much wiser, but not sad. In the early part of 1922, the United States Field Hockey Association was organized and though a new organization it has already had remarkable success and has members from coast to coast. It is the hope of the organization that it will



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Miss K. E. Lidderdale (left) and Mrs. Eyre (right). Both sisters have played in an International match this year for the first time since 1908.

be able to achieve the degree of efficiency reached by the English organization.

One of the first things it has done is to bring into communication the teams of several cities. Philadelphia has always been a leading hockey center with its well organized hockey association and even throughout the years of the war, this was not allowed to die out. But now other cities, Boston, Baltimore, and many others, are starting well organized hockey associations. This will be a great boost for hockey for it will furnish plenty of competition which is needed in every game.

That was one of the most marked differences between the English and American teams. The greater experience of the English girls, showed in individual and team play. It did not take them long to discover the "weak spot" on the American teams and they always made this knowledge count to advantage. The Americans are so eager to play the game that they rarely think to look for an opening.

Another result of the English trip beside the organization of the United Field Hockey Association is the advent of the English coach in America. This is under the auspices of the United States organization and indirectly that of the English Association which has gone to a great deal of trouble to see that there should be sent to America the best coaches available. These may be had by any school or college or organization under arrangement with the United States Field Hockey Association.

No wonder when English coaches arrived in September that the hockey enthusiast got out the trusty hockey stick and gave it a generous dose of oil; hunted up the old shin guards and such paraphernalia. However, she may be much surprised if they take away her trusty hockey stick and give her a brand new one, for a general criticism that has been made of the American girls is that they use sticks which are too heavy to



give the proper chance for clever wrist work.

It was a delightful thing to watch Miss K. Lidderdale, one of England's greatest hockey players, by a quick twist of the wrist change the direction of the ball and elude her opponents. A full-back, all tense, ready to stop a smashing shot or scoop or pass to her right, would be completely routed by a quick short shot to the left which was awkward for her to stop. Right here the American girl woke up to the fact that there are strokes to be used with the stick on the left hand side of the body. Heretofore, it had been a right-handed game only for American players.

Just like a back hand in tennis, it is hard to get for many people, so the Americans had to go through a few contortions before they learned the quick shifting of the grip necessary before they could achieve a stroke on the left.

The left hand lunge, too, was new and fascinating to them, for it is a lunge to left with the stick in the left hand only. When the stick leaves the right hand, it is given an impetus which results in a shot which has snap behind it. Of course, a hockey stick is generally gripped in two hands which are held as closely together as possible, for this makes for co-ordination of the wrists. This left hand lunge is a wonderful blocking shot which is important for a half-back and full-back to know how to use.

Some of the fine points that the Americans have yet to acquire are a perfect control of the ball, clean hitting and more concerted team play. There is too much long passing in the game played here at present. Just as in basketball, it has been demonstrated that the long pass gives the opponents a chance to discover the play and guard more closely,



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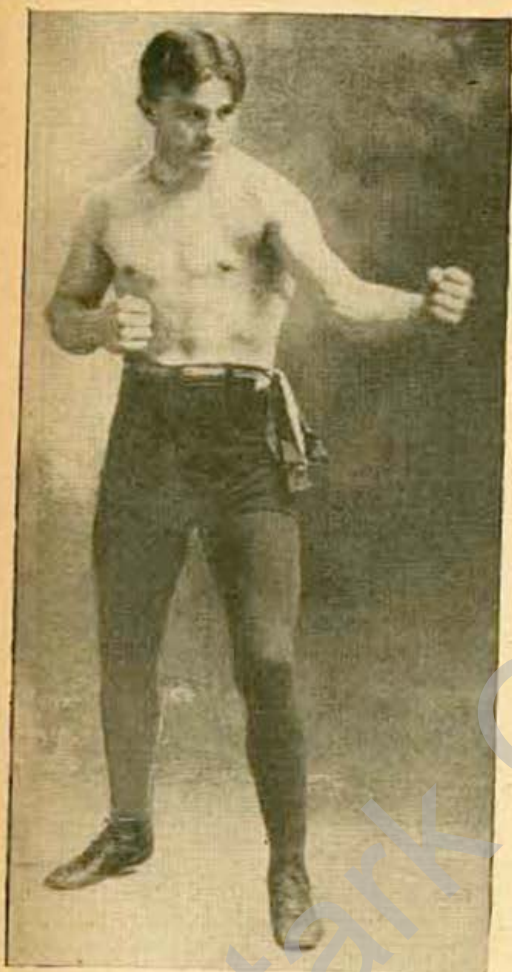
Miss Sherry Ballard, crack player of the Sargent Physical Culture School.

so it is in hockey. The long pass is often apt to be the wild pass and frequently falls into the hands of or is intercepted by an opponent. The short and snappy pass is the thing.

That reminds me of an amusing incident during one of the All-Philadelphia-English hockey games last year. The day was rainy and the field was very slippery and hard to stand up on let alone run with any speed. Several times on the left side of the field, however, we had managed to break away with a spurt toward the English goal, in fact, for about two minutes during that game we had led the English by one point—the only time it happened in America. In my zeal to advance, I (playing left

(Continued on page 74)





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Billy Papke, "The Illinois Thunderbolt," one of the great group of middleweights around the time of Stanley Ketchel.

### By Ralph Hale

**I**N what way is the husky young man in the street different physically from the professional boxer—the youth whose body and endurance is his stock in trade. The *average* boxer (notice the use of that adjective)—the average boxer is not unique athletically. He is strong for his size, whatever that may happen to be, and enduring, but often times not more so than his unprofessional brother. It is because of continual training, and constant practice in the tricks and stratagems of the ring that his apparent superiority becomes pronounced.

## The Physique of

*Perhaps the most highly gifted pugilist that ever lived was the Australian, Young Griffo. In his day—or since—no man appeared who was his equal in "cleverness," which is the outward sign of co-ordinating faculties.*

*Battling Nelson, also, was gifted in a way that made him practically*

Among the enduring lights of Fisticiana—those boxers who will be remembered long after the average are forgotten—there are usually some outstanding physical traits that made them great. By this I mean that each possessed great natural gifts, either as to sheer muscular strength, endurance, co-ordination, nerve power—gifts that could not be duplicated by the most rigorous training.

Jim Jeffries, "The Boilermaker" was probably the strongest man that ever appeared in the ring. Even as a boy of sixteen he was more powerful than any man in his village. His strength was primitive—bear-like, and because of it his resistance to pain was very high. Bob Edgren recalls a time when a heavy piece of timber fell from a height of fifteen feet with force enough to kill an ordinary man. It landed on Jim's neck and shoulder, tearing out a piece of flesh. Yet he merely laughed. Joe Choynski, second only to Fitzsimmons as a hitter, broke Jeffries' nose and several ribs without being able to floor him. Fitzsimmons smashed Jim's lips between his wide-spread teeth so that seconds were forced to cut out the bleeding flesh with a pen-knife, yet the big Californian kept going and eventually battered Ruby Robert to the floor.

Jess Willard was the most powerful of the recent champions—an enormous man, bigger and heavier than Jeffries, but not quite possessing his terrific strength. Jack Munroe, the Canadian, was another tremendously strong man. He went to war with the famous Princess Pat Regiment, and the execution he wrought



# the Fighting Man

*invincible. His heart action was so abnormal that it was practically impossible to tire him, while in his prime.*

*Jeffries and Willard of course stand out as do many others, but these two men, Griffo and Nelson, both started with perhaps the greatest chance of success of any boxers.*

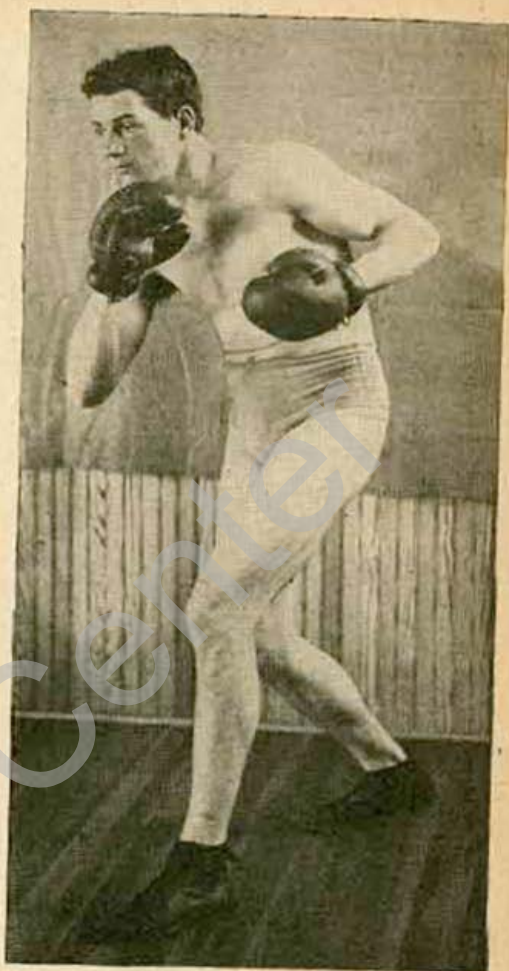
among the Germans with his woodcutter's axe is epic. Harry Wills, who next to Dempsey, the best heavyweight in the business today is a stevedore, and can easily carry two men's loads on his broad shoulders.

It was sheer muscular strength that won championships for Jeffries and Willard, and they were only beaten when easy living had put a roll of fat over those bulging muscles.

There are other fighters who are very strong in a freakish sort of way, Bob Fitzsimmons being, perhaps, the most notable example. The Cornishman had as fine a pair of shoulders as ever graced a living man, and they gave him frightful hitting power. But Robert possessed spindly, skinny legs that were laughed at wherever he went. His was a genuinely freak build, but, with it all, he was one of the greatest fighters that ever lived.

A moment ago I spoke of Jeffries' resistance to pain. This was not due in his case—as it was in Joe Grim's—to lack of brain, for the champion was a man of average intelligence. Grim, on the other hand, possessed so little brain that it could not record anything but the most intense pain. He was dubbed "The Human Punching Bag" and was smashed and battered by the best fighters of several generations without seeming effect. His nerves carried the sensation of pain to his sub-normal mind where it failed to register.

The co-ordination between mind and muscle is the fighter's most important asset. It is not a question of intelligence.



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Kid McCoy, one of the cleverest men that ever wore a glove. Like Papke, a world's champion.

The most highly trained biologist, for instance, would probably be slow and clumsy in comparison with some little gutter rat that had not one ten thousandth of his brain power. Co-ordination is deeper than the mind itself—the sort of subconscious, or sixth sense, that enables a blind bat to fly at top speed through a room strung with wires, and not touch a single one of them.

Perhaps the most highly gifted pugilist in this line that ever lived was the Australian, Griffo. He was frightfully ignorant, could neither learn to read or write, and today is a panhandler and drunken dope fiend on the streets of New



York. Yet in his day—or since—no man appeared who was his equal in "cleverness," which is the outward sign of co-ordinating faculties.

Griffo could stand on a pocket handkerchief, and without lifting his hands or moving his feet could prevent even an experienced boxer from striking his face. So quickly could he diagnose when and where a blow was coming that he could jerk his head away in time. That was a test *par excellence*, and I have never seen another fighter who could meet it.

Among our current champions we have several very fast and clever men, but none who could equal Griffo at his best in sheer boxing skill.

Speed is the translation of dynamic nervous energy, and there are numerous degrees of it. The sluggish man, unless he is endowed with the strength of a Willard, wins no championships in the prize-ring. One of the best examples of the nervously dynamic fighter today is Johnny Dundee. The Scotch-Wop after a dozen years in the ring is one of the most dashing and certainly the busiest fighter in the ring.

There is a big difference in the nervous systems of the greatest stars of Fisticana, and it is shown very clearly in the way they acted before a fight. Jeffries turned sullen and

disagreeable. He brooded over the coming battle and Billy DeLaney, his trainer and manager, had to watch him like a sick child. He would roll and toss for hours in his bed, and, in general, act more like a man who is going to the electric chair than to a triumph in the ring.

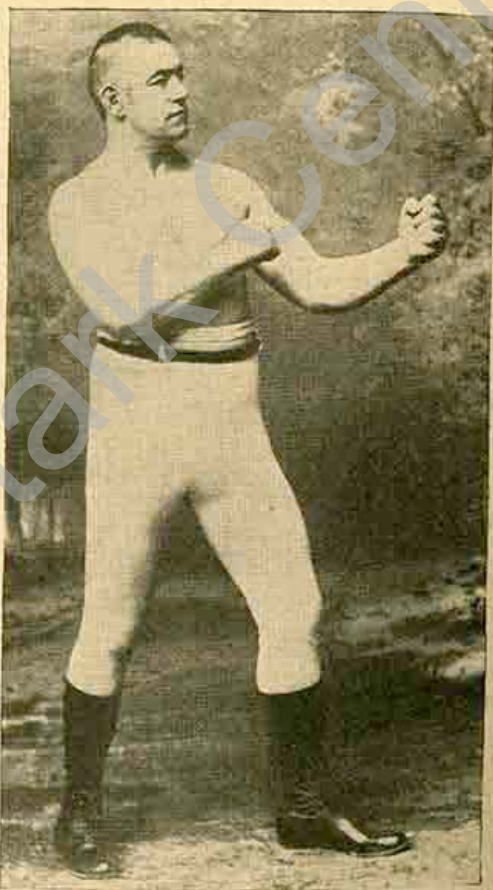
John L. Sullivan was always the personification of confidence and pride. His cosmos was all ego. Nobody in the world, in his opinion, could whip him. On the night he lost the championship to Corbett, John L. drove to the Olympic Club with Charley Johnson, his backer, and Jack McAuliffe, one of his seconds. He sang Irish songs in the cab, and

cracked jokes while donning his ring togs.

"How long do you think the fight will last?" asked Johnson.

"Oh, I'll knock the dude's head off in half a dozen rounds," said John L. in his deep voice.

On the other hand, Corbett was the most restless and nervous man that ever climbed between the ropes. He could not sleep for nights before the battle, and it was necessary to call in a physician to keep him from becoming a nervous wreck. Other great fighters of this nervous type were Kid McCoy, Jim Hall, Abe Attell, Packey McFarland and dozens of others.



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John L. Sullivan, the "Boston Strongboy." No fighter ever has believed in himself more than John L. and no fighter ever had better reason to believe in himself.

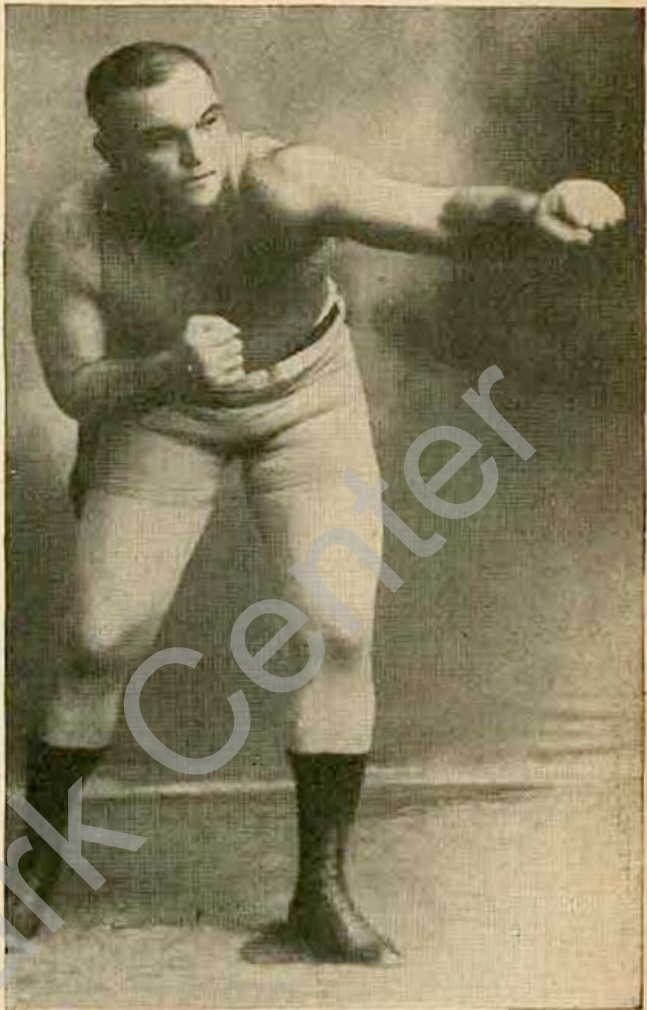


Billy Papke, "The Illinois Thunderbolt," once middle-weight champion, was always in good humor before a bout. He usually had half a dozen friends in his dressing-room where they enjoyed a good laugh before he was called into battle. Battling Nelson was always confident and cheerful before a mill.

Nelson, by the way, was one of the most uniquely organized fighters, physically, that the ring has ever seen. He was examined in turn by Doctor Sargent, the Harvard specialist; Doctor Creamer, of the New York Polyclinic Hospital, and by Doctor Crowley, of Oakland, California. They all agreed that they had never seen a human being constituted just as Nelson was in his prime. The consensus of their opinions is about as follows:

"Muscularly, Battling Nelson is not abnormal, though singularly well built. His chest is splendidly developed, and he has an expansion of five and a half inches, a mark that Tom Sharkey, himself, would find it hard to better. His stomach and hips are smaller than usual, which accounts for such powerful shoulders and big chest on a man weighing only 133 pounds.

"His wonderful endurance is due to two causes, a perfect nervous system and an incomparable heart. The frequency of the heart beat in an adult male is about 80 while standing, 70 while sitting and 66 while lying down. In Nelson the heart, though strong as a trip hammer, shows only about 54 to the minute. More remarkable still, Nelson's heart beat 98



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Jim Jeffries was probably the strongest man that ever appeared in the ring. In his prime Jeffries was a physical marvel, apparently capable of taking unlimited punishment.

after violent exercising, but within a minute's rest, it had dropped back to 58.

"It is almost impossible to exhaust a man with a heart like that. With the usual rest between rounds the organ goes back to a normal beat. This is conservation of energy at its best. When the heart beats very fast a man becomes exhausted from the very effort of the muscles. The Battler has an immense advantage in that his opponent cannot react in that way.

"Besides, his nervous system is also



abnormal. The ordinary emotions are not usual with him. As he does not drink or smoke or otherwise abuse his nerves they should yield only to the trials of repeated training. In this way his nervous system will fail to provide for him his wonderful defensive organization. His nerve resistance will be less.

"Repeated blows on the head will in time awaken a nerve irritability. His brain, that organ now so slow to punishment, will become more sensitive and responsive to violence. Then, and then only, will this human machine lose that spark of vitality, that aggressive power, which, at present, makes him superior to other men."

And, as it took fifteen years of such terrific battering from punchers as Corbett, Britt, Gans, Herera, Wolgast, Moran, Hanlon and others to break down his wonderful defensive vitality, it must be conceded that Battling Nelson had the most wonderful physique for a fighting man that ever came under medical observation. These three eminent physicians admitted that, and said that they had never seen another man with the equal of the Dane's heart and nervous system.

Awhile back I spoke of Bob Fitzsim-

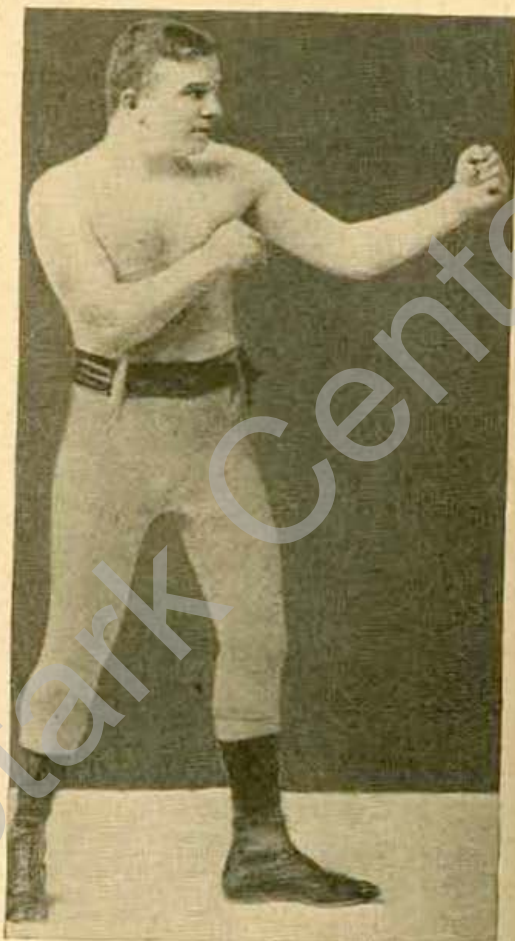
mons' freak build. Jem Driscoll, one of the greatest featherweights England ever produced, was one of the most unusually built men of his weight the ring ever saw. He had the length of limb of a welterweight, which gave him a great advantage in boxing the chunky little fellows of his own weight.

That is also true of Jimmy Wilde, the World's Champion at 105 pounds. Lanky boys of this type are forced to be good boxers, for they haven't the physique for roughing up. Consequently, when they become as clever as Driscoll or Wilde, and have an advantage in reach of three or four inches, they are almost unbeatable. Both Driscoll and Wilde had to go out of their classes for bouts, and engage in combat with bigger men.

Take some of the finest fighters at their respective weights, and see where they excel physically:

Between the two heavyweights, Jeffries and Dempsey, Jeffries, it has been said, was the strongest of them all. The present title holder is very powerful but the explosiveness of his attack (which is the concentration of nervous energy) is his greatest asset.

Bob Fitzsimmons was probably the greatest middleweight that ever stepped



© International  
Among our recent champions there have been many fast and clever men, but none of them have been the equal of Young Griffo, at his best, in sheer boxing skill.

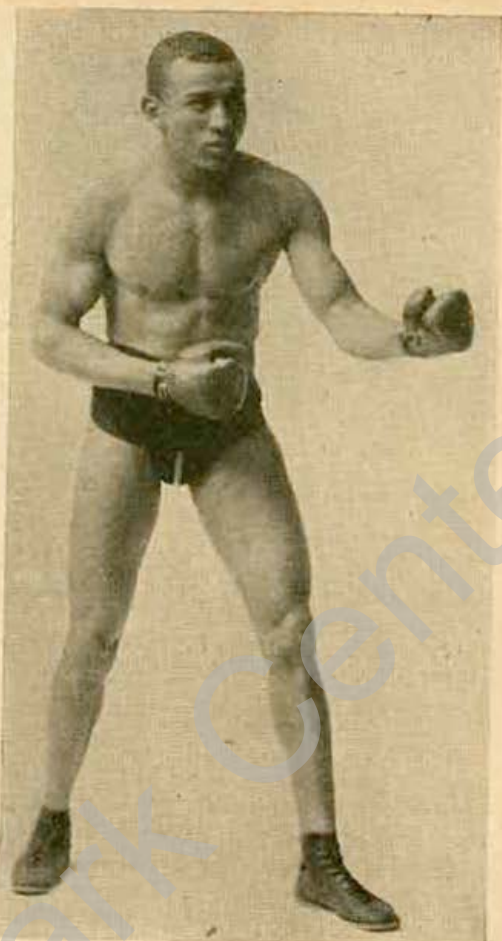


in shoe leather, and off-hand it is hard to recall any man who could hit a harder blow. Those grotesquely broad shoulders of his were responsible for that hitting power. They were abnormal for a man of his build.

Joe Walcott was one of the greatest of welters, and in his way was almost as much a physical anomaly as Fitzsimmons. He stood five feet one inch, and weighed between 145 and 150 pounds. Imagine a man of that size fighting and whipping husky six footers! Yet the Barbadoes negro, for all his dwarfed size, was very powerful and quick on his feet.

Gans, perhaps, was the peer of all lightweights. Physically he was not much above the average, a well built man for his height, but that was all. But, what a master of the boxing game he was! His co-ordination was almost as perfect as that of Young Griffo, and, as he was faster, brainier and could hit harder, was consequently a far better fighter than the Australian.

Nature has armed and engined these top notchers for the purpose of destruction. Their chests are large, their stomachs and hips smaller than usual in the normal man, and their legs trim. There are exceptions, of course. Georges Carpentier's legs are as big as those of a fighter thirty pounds heavier than he is.



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Gans was the peer of all the lightweights. His co-ordination was almost as perfect as Griffo's and he was brainier, faster and could hit harder than Griffo.

In a general way, we might say that the destructive and resistive power is inherent in a fighter, no matter whether it be concealed in the spraddled form of a Fitzsimmons or the apparently normal one of a Battling Nelson. It must be in the blood and bone before the teaching and training of the embryo champion begins.

I have discounted "gameness," for no man goes very high in the prize-ring unless he has the fighting heart. Conceding that all pugilists have it, the question of superiority simmers down to a question of physique.

Jeffries's huge bones and muscles; Nelson's abnormal heart and

lungs; Griffo's extraordinary co-ordination could not be matched by the regime of training. Nature gave them special favors, which all the skill of man would fail to duplicate. Every real champion has been athletically sound from birth.

Yet there have been many star boxers who literally fought themselves into good health. Lew Tindler, the most persistent challenger for the light-weight crown now worn by Benny Leonard, was an emaciated little kid who sold newspapers on Market Street, Philadelphia, and did not look as though he would ever be anything but a sickly man.

(Continued on page 66)





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## A Talk on Football

*Principally as set forth by Bill Roper,  
the Princeton coach, in a chat with*

J. C. Kofoed

**B**ILL ROPER is a big, square, up-standing man, with the physical power and the mental force that insures success in both sport and business. His voice is crisp, incisive—the voice of a man used to giving orders, and having those orders obeyed.

In his days at college Roper was a fiery, smashing player. When his college days were over he became, in turn, a successful coach, a fine lawyer and one of the most forceful men in the City Council of Philadelphia.

Roper isn't a politician. He is a representative of and a fighter for the rights of the people of his district. Neither is he cast in the role of a conventional lawyer. There is something about him that smacks too much of the two-fisted man of the open for that. When you see Bill Roper you see strength and aggressiveness and great vitality. The keen, logical mind that is constantly planning attack—whether against the sharks that infest political waters or the line of one of Princeton's football rivals—is not

thrust at you. The man, on the face of him, is an athlete, not a pedant.

Football, in these enlightened times, has developed into a big business as well as the most keenly competitive of college sports. Each college has a staff of highly-paid coaches, a huge stadium; its every resource is turned into making the games a magnificent spectacle.

Due to its vast money-making possibilities the professional coach has been evolved. He is usually—as Bill Roper—a former star athlete and graduate of the college he is coaching. He is surrounded by a corps of assistant coaches, specialists in various departments of play.

There must be a line coach, a coach for the ends, for the backfield men, specialists in forward passing, in punting, in developing plays. At Princeton Roper has as his staff, Fitzpatrick, Poe, Byler, Witmer, Davis, Lourie, Trimble and Strubing. Of these Don Lourie and Witmer were players on the Princeton team of 1921.

Lourie was a brilliant quarterback in every department of play; an All-Ameri-



can star if one ever drew the breath of life. He could diagnose a weakness in the opposing line. He could run, kick, forward pass. Better even than all those things he had the trick of setting his men's fighting spirit ablaze.

That was why Roper picked him as assistant coach. To the under-graduate of a university a man like Don Lourie is something of a god. He can bring out all the latent college spirit—make every man in the university want to fight unbelievable odds for the honor of his alma mater.

But a coach, after all, is only the moulder. He must have the material to work on.

Roper hasn't got it this year. At least with the advance season pessimism of every coach he refused to admit it.

I cornered him in his law offices in Philadelphia, and demanded to know just what were Princeton's chances for the fall of 1922.

"Not so good," said Bill gloomily.

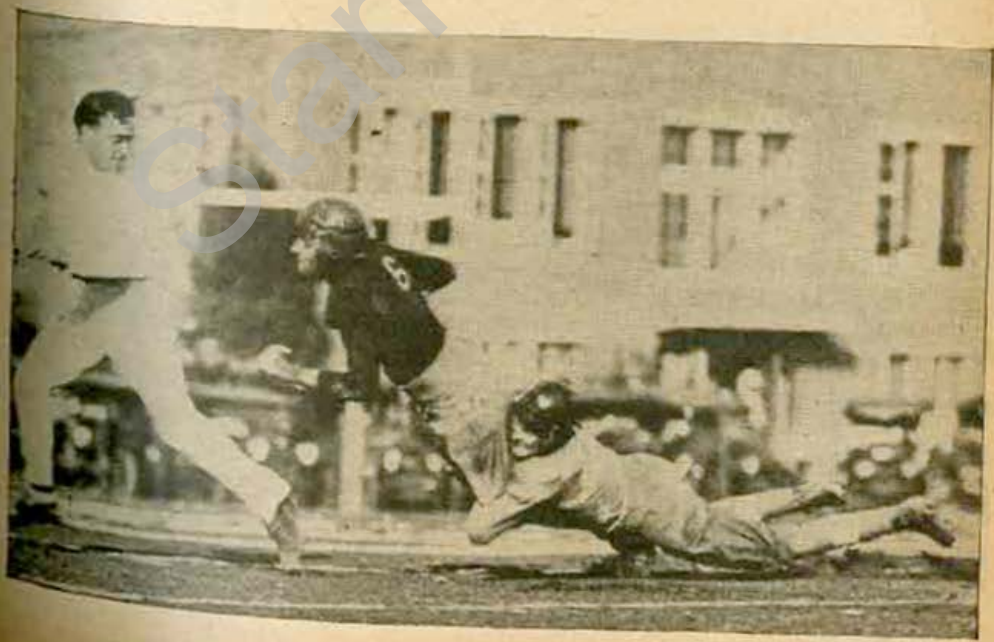
"Not good at all. I'm all shot to pieces. Look at the line. Keck is gone, and he was the best tackle in inter-collegiate ranks

last year. Witmer, the centre, graduated. So did Hooper and Ritter, two tackles, Moyan and Lipscomb, guards, Stinson, an end, and Don Lourie and Hank Garrity, two wonderful backs. Then, on top of that, Gilroy, the newly-elected captain, was disqualified, which just about hacks what was left of the backfield to pieces."

That is one of a coach's chief troubles. He builds up a splendid machine that, unlike a professional organization, is entirely transitory. A year, or two years at the most, and then the machine begins to crumble. Stars are graduated, or, perhaps, at a moment when they are needed most, are declared ineligible.

That is Bill Roper's plight now. He had a most successful team at Princeton last year, one of the best in the country. Now, with another season coming on he stands among the broken fragments of that team, and wonders how in the deuce he is ever going to get together another one like it.

Yet he always manages to do it. One hole is plugged with a substitute from the year before; another by a youngster



Dennis, of Los Angeles, bringing down Sharp, of Pasadena, fullback, after a long run



taken in a raw state and developed under the coach's constructive fingers. Gradually the incoherent mass is whipped into something resembling a team, and when the season opens football critics say, "Well, Roper's got another good one this year."

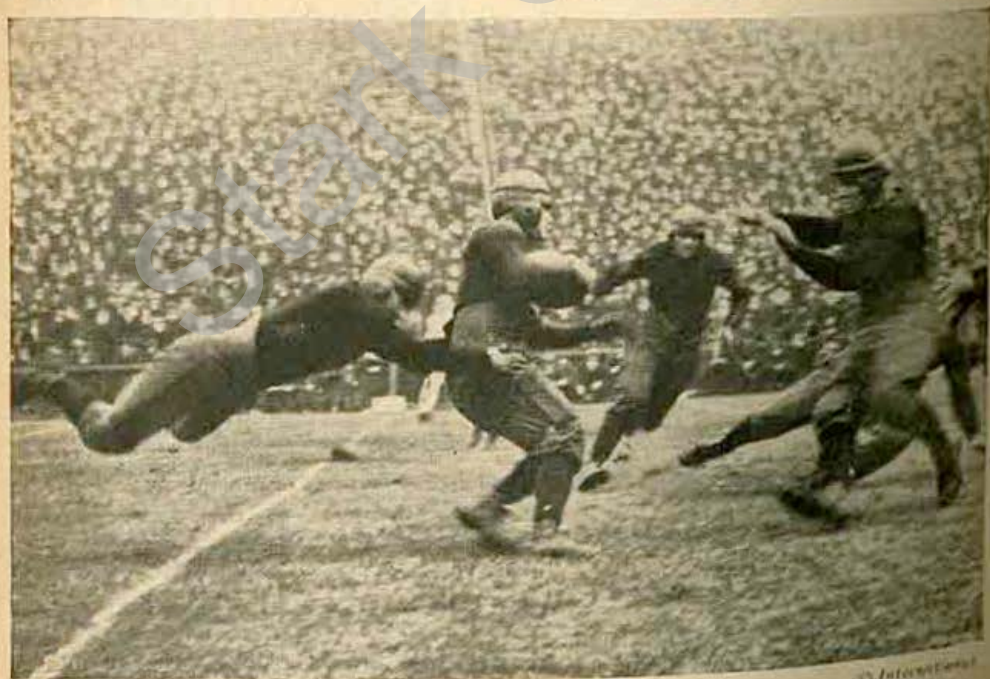
In spite of the pessimism regarding his own team Bill is certain that 1922 will be the biggest year football ever saw. Larger stadiums are being erected, more intense interest is being displayed by the public, outside of the undergraduate bodies of the universities. The cessation in rule changing has been a big factor in this interest. People are beginning to understand the game. They can go out and watch two elevens in action without seeing a lot of motions and penalties that are absolutely unintelligible to them because they haven't read this year's rules.

A coach has in interesting task. He takes a conglomeration of young men, some of whom have played football and some of whom are stirred merely by col-

lege spirit to help by adding their presence to the squad. He weeds out and eliminates, and when he has the number he feels can be made into something he starts work on *them*.

Training a football team has been fairly well standardized in all colleges. It is a difficult thing to keep it progressing steadily without having them experience a slump at a crucial moment in the season. Some of the big upsets come when a team that is really better than an opponent is beaten because its men have become stale—mentally and physically.

"A good deal of that is due," Roper told me, "to the fact that football is overdone. There is nothing particularly inspiring in practice. As a matter of fact, as the season drags along it becomes deadly monotonous. The games are looked forward to with great interest, but all the men do not get into each game. The scrubs see the others participate—and then they go back to the grind again. Even the finest sort of college spirit won't keep a man from going



A flying tackle. One of the many thrilling plays in Chicago and Illinois Univ. annual games



stale under such conditions as that.

"As I have said, I believe football is overdone. At Princeton we don't try to hold the men to more than two hours practice each afternoon. And in those two hours we seek for speed and still more speed. In the old days the big, slow-footed man had more chance of winning a berth than the small, speedy one, but conditions are reversed now."

Roper is always keenly on the lookout to keep his men from becoming bored in the process of keeping in condition. Lack of interest on the part of several men can ruin the morale of a team, and in no way can this disinterestedness be more easily induced than by a monotonous sameness in practice.

Running, of course, is the simplest and best way to develop speed and wind. But the grind around the track is deadeningly dull. Roper gives interest to running by having the man carry back punts with the rest of the team charging.

Changes are made continually. Gymnastic work was tried for a long time, but did not prove successful. Setting-up exercises at the beginning of the training grind was all right for those men who had not kept in trim during the summer, but was discontinued just as soon as the players got in shape.

Rudimentary tactics are first in line; such as falling on the ball, catching punts, running around the ends, etc. This should not be overdone, particularly at first, but certainty in every movement should be insisted on. Habits of carelessness acquired in the first days of training are likely to stick if not immediately corrected.

The training-table is the goal of every man who goes out for the football team. It sets him apart as one who has made the grade. That is true at Princeton because Roper makes it an honor to get to the training table. Privilege of eating there is not granted to every man trying for the team. Far from it. To earn the honor a man has to make the squad, and the big Tiger tutor is not slow in drop-



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The one purpose of practice is to get the men in good shape and keep them that way

ping any chap—be he star or dub—for infractions of the training rules.

Football is a hard game, and a man requires a lot of superfluous energy to draw on in time of stress! If he trained down too fine this is impossible. Getting a football player into shape is not like conditioning a fighter, whose effort is made in a sudden splurge not lasting, usually over an hour. Nor can he be conditioned like a baseball player, who must be in shape for a period of six or seven months.

The gridiron man should be brought along slowly, and should not have the wire fine edge of condition until the big and crucial game of the schedule—usually the last one is due. This, of course, has always been the ideal of coaches and



trainers, but it a hard one to achieve.

Light training usually begins in the first week of September when the football men come straggling into college. A good many of them have been working at some outdoors job to keep in shape; some as lifeguards at the beaches, others on farms, as chauffeurs or railroaders. Poss Miller, the University of Pennsylvania captain, held down a job as brakeman on the railroad during his last vacation.

Bill Roper is calling his candidates this year for September 11th. Some colleges send their players away for a week or two during this period, which is usually still pretty warm—to the shore or a farm somewhere. Others, particularly those in the smaller towns, do not follow this practice.

Then follows the regime that has been outlined, varying a trifle with different coaches, but all basically the same—all intended for the one purpose of getting the men in good shape and keeping them that way.



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Football is a hard game, and a man requires a lot of superfluous energy in time of stress

This conditioning, actually, is not the hardest part of the coaches work. He is responsible for it, but the trainer and physician and cook for the training table are the ones closest to that. The coach's hardest work is that of developing the team as a team; in figuring out and teaching new plays; in making players out of men who have not been players before; in helping to keep college spirit stirred up so that the team will have the proper backing.

Roper's motto has always been, "Speed—and more speed." He has always insisted on fast men in his line as well as his backfield. No heavy-footed behemoths are wanted by the Princeton teacher. If a man is naturally slow he may not turn into a ten-second man under Roper's tutelage but he will learn how to start quickly, and get as much out of himself as is there.

Look aside from questions of training and instruction for a moment, and see what sort of a game football is from a moral viewpoint. It is distinctively a game of the schools and colleges, and consequently is played by young men in the formative stage of their careers. Football, as taught in our institutions of learning to-day, is an excellent breeder of sportsmen.

Bill Roper, and the coaches of the other big college teams like Major Daley, Bob Folwell, John Heisman, Glen Warner, Bob Fisher and others of that same stripe, continually drill into their students the thought that football is not a game for muckers—that it should be played with every ounce of strength and spirit in a man, but never in a tricky or underhand way.

This is even more important than keeping the players in the pink of condition or making them letter perfect in their plays. The Princeton coach has said

(Continued on page 72)



# Klein: The Latest Addition to the "Perfect Men"

By Alan Calvert

*It is with pleasure that we publish Mr. Siegmund Klein's pictures. He is our latest addition to the ranks of the "perfect men" and he certainly deserves the title.*

*His physical proportions are fine; he has an admirable balance of bone and muscle; he has the appearance of being "well knit." Nobody could accuse him of being over-developed and nobody can pick out an actual weak spot in his physical makeup.*

*Most of all we were very well pleased with Mr. Klein's poses. He has a beautiful sense of balance and no professional could excel him in the art of displaying all the muscles at the same time. He knows how to get his effects.*

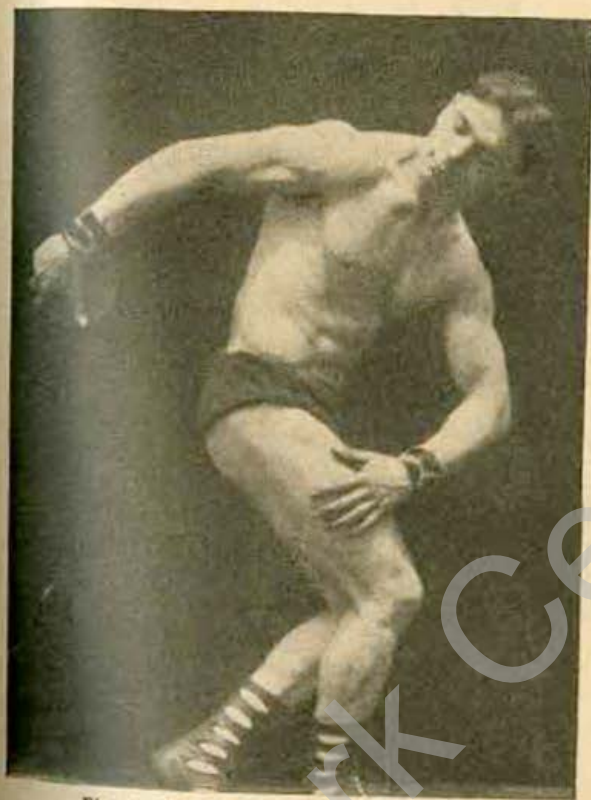


Fig. 1—Klein posed as "The Discus Thrower"

YOU have probably read many stories in which the hero is a man of great physical power. The novelists have quite a uniform way of describing such heroes. They say, "He was really quite tall, over six feet in fact, but was so perfectly proportioned that he looked shorter." That is the regular catch phrase and I can recall reading those words in at least a dozen tales. Well, it is true that, as a rule, a broad-shouldered man looks less than his real height, but there are exceptions.

Here are some pictures of Mr. Siegmund Klein of Cleveland. How big a man is he? I placed him as five feet eight inches in height and one hundred and sixty-five pounds in weight,

and I rather fancy myself as a guesser.

The correct figures proved to be five feet five inches and one hundred and forty-four pounds, and it seems to prove that a well proportioned man *can* look taller than he really is.

Here is a young man of twenty years, whose physical proportions are just about as fine as anything I have ever seen. Note that I do not say "muscular development"; altho that is certainly extraordinary. It is his *proportions* that I admire. He has an admirable balance of bone and muscle. Nobody could accuse him of being *over-developed* and nobody can pick out an actual weak spot in his physical make-up.

To say that a modern athlete resembles "an ancient Greek statue" is in many



people's minds the highest praise that can be given. Now if you have inspected these statues, either in the original, in plaster casts, or in photos, you were probably struck by the roundness of body as portrayed in the statues; there seems to be a great distance between the chest bone and the spine, and at the waist line the body, tho trim, is almost as deep from front to back as it is from side to side.

Many of our modern athletes lack this *depth* of trunk; they have wide chests, but shallow chests. It is possible to develop a *wide* chest by building up the great muscles that lie across the broad of the back, but a deep chest—that is, deep from front to back—means that the ribs

are high-sprung, the chest full-arched, and rib-box is of great capacity.

Naturally, a man with a deep chest must necessarily have a waist that is rounded instead of flat in front and wide from side to side.

The front wall of the abdomen is formed by the rectus abdominis muscles that are fastened at their upper ends to the cartilages of the breast-bone and the fifth, sixth and seventh ribs, and at their lower ends to the bottom of the pelvic arch, so that a deep chested man is bound to have a rounded abdomen. It is a very noticeable fact that men with very deep chests have a remarkable development of these muscles on the front of the abdomen; such marked development that even when standing at ease you see what is called the "Checker-board pattern." Most athletes have to bend forward and contract these muscles in order to make them show thru the skin, but in such athletes as Sandow, Checkley and this young Klein, the abdominal muscles are clearly displayed even when they are standing erect and perfectly at ease.

If you will look at the pictures of Mr. Klein, especially the frontispiece and figure 1, you cannot help noticing that roundness of body that is so admired in the statues of the ancient Greeks. There is the same depth of chest and abdomen, the same roundness without the least suggestion of fat; and above all the same appearance of being "well-knit," well coupled" or "finely put together," however you choose to express it.

If you have ever studied the pictures of men and boys who have devoted a great deal of time to body building

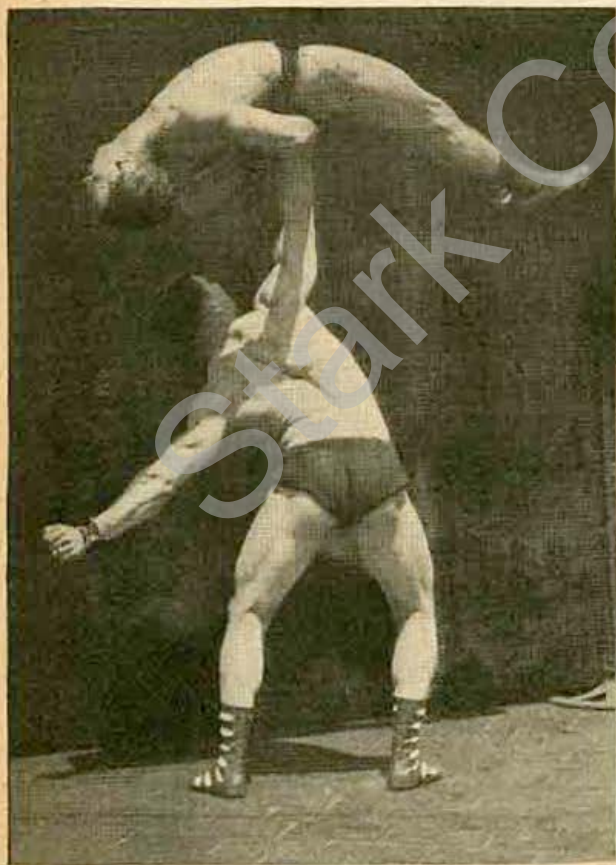


Fig. 2—By a mere effort of will power Klein can make his muscles stand out as plainly as they do when making an actual effort like this.



you may have observed that many of them have big muscles, yet do not look as tho they were strong.

Such men may have big biceps, legs that are thick right above and below the knees, and jumps of muscles on the back and chest. Yet you instinctively feel that there is something wrong with their appearance. The trouble, on investigation, will be found to be in the way the limbs are connected with the trunk.

As most of you know, it is comparatively easy to build up the upper arms and the thighs. To develop the forearms and calves of the legs is a harder job. To develop powerful hips and shoulders requires real work, and yet if you fail to develop powerful hips and thighs your showy arms and legs are more ornamental than useful.

Just look at Klein's hips and shoulders. Note how the thighs taper from hip to knee. Observe the massive but shapely deltoid muscles on the points of his shoulders. This lad not only looks strong but is strong. In an article about posing (*STRENGTH*, May, 1922), I said that amateur snapshots were rarely as satisfactory as studio pictures. Here again we have the exception in Klein's case. This set of pictures are Kodak snap-shots by an amateur. Figures 4 and 5 show the actual size the figure appeared in the prints; the other cuts are made from enlargements of the small negatives. All the pictures were apparently taken on the roof of an office building, but some care was taken in rigging up a dark cloth background, and the height and angle of the sun was evidently taken into careful consideration.

Klein is an amateur, but he certainly has the "showman instinct." He knows the value of details. Some men would have allowed their trunks to flop about

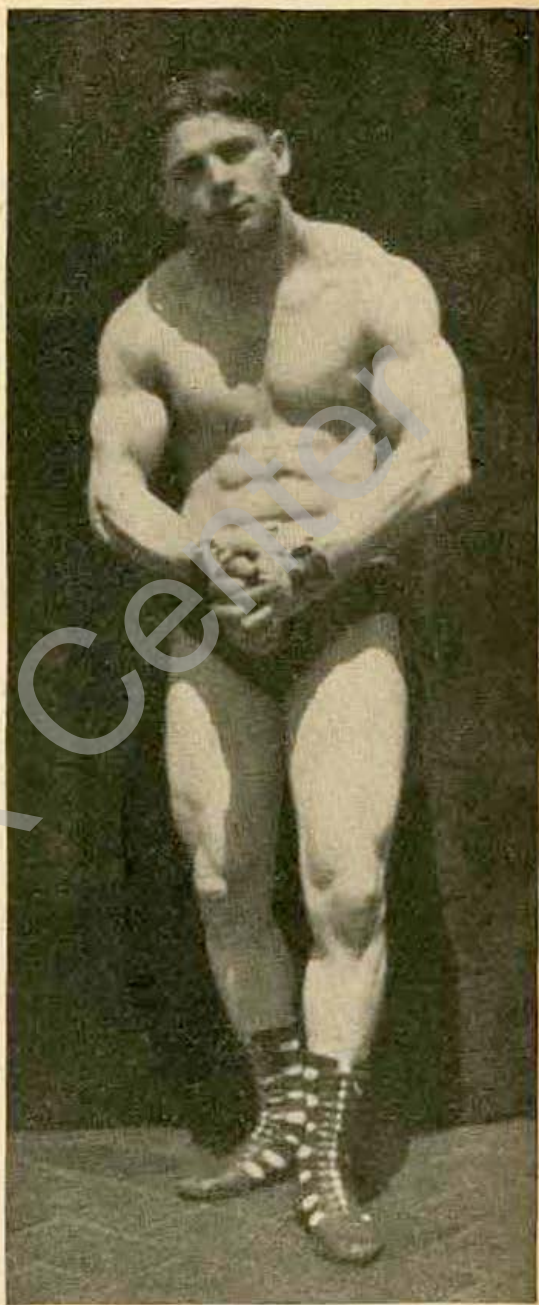


Fig. 3—Arm, shoulder, chest and abdominal muscles all flexed at the same time. See if you can do it.

the legs and thus hide the fine lines of the upper thigh. See how Klein has carefully rolled them up so that they come exactly at the point of the hip bones.

What pleases me is that there is not



one sloppy pose in the lot. The boy has a beautiful sense of balance, as is shown by the way he preserves the symmetry of his poses. No professional can excel him in the art of displaying all the muscles at the same time. He knows how to get his effects. When sending us these pictures he wrote "in the lifting pose I am bending over further than necessary as it takes a more impressive muscular display."

In Figure 3 he is looking straight at the camera but he has not committed the fault of "grinning in the camera's eye" the most common mistake of beginners at posing.

In figure 5 he has allowed his left elbow to get a bit too far front, which results in a slight exaggeration of the size of the left arm, which was not necessary, as the wonderful size of his *right* arm proves. In this pose he is showing his ability to retract his abdomen.

The pose in figure 7 was the original idea of Sandow. Dozens of "strong men" have copied it and while some of them have shown huge masses of muscle, none have come so near as Klein has to Sandow in making the muscular display pleasing instead of freakish.

In figure 4 Klein displays his wonderful arms and has piled up the masses of



Fig. 4—Bent or straight, his arms look equally powerful. See how he has "piled-up" the back muscles.

muscles on his upper back. This he did by squeezing his shoulder blades together before flexing the muscles.

In figure 6 where he is intent on showing the greatest possible width of his back, he has spread the shoulder blades apart, causing the rolls of muscle to disappear.

Lest some new readers may say "his muscles are knotty," let me say that when a muscle is flexed under high tension it stands out in great masses and bones, and that Klein's muscles are knotty *only when he wants them to be so*.

It was to prove this very point that I included his pose as the "discus thrower." (Figure 1.) His arms show not a lump or ridge, yet they are just the same pair of arms that are so muscle-plaited in Figures 4 and 5. Can any of the advocates of long supple muscles display a rounder, smoother upper arm than Klein's left one in this "discus" pose?

His measurements are as follows:

Neck, sixteen inches; normal chest, forty-three inches; waist, thirty-two inches; upper arm, fifteen inches; forearm (straight), twelve and a half inches; thigh, twenty-two inches; calf, fourteen and a half inches.

Once I published a table showing what I considered the possibilities of development. Klein does not correspond with my tabulation in several respects; in others he does. Where most tables of "ideal" measurements gave the figure at about fifty-eight per cent. I said that a



Fig. 5—Showing his wonderful arms, and, incidentally, his power to retract his abdomen.



man could develop a normal chest, which would measure *sixty-three* per cent. of his height. As Klein is sixty-five inches tall, that would require a forty-one inch chest according to my standard, whereas he actually has a normal chest measuring forty-three inches, which is really tremendous for a man of his height.

On the other hand I said that correct proportions required that a man's flexed upper arm should measure twenty per cent. more than his forearm, and Klein's arm exactly fills that requirement.

You must remember that measurements, that is, the girths of different parts of the body, are not a complete record of a man's proportions. A man may have wonderfully large measurements and still have a figure that is neither symmetrical nor well proportioned. A fighter or ball player, when in training, may have the figure of an Apollo. In the off-season he loafs and gains twenty or thirty pounds. His measurements increase, he becomes bulkier but he is no longer the picture of athletic vigor.

In assessing the beauty of a person's figure such items as the comparative breadth of the shoulders and hips; the correct length of limb in conjunction with the length of the trunk; the way the head is set on the shoulders and the general contours of the body count for as much as mere girth.

Again, the shape of the individual muscles makes a considerable difference. A fat man may have a sixteen inch biceps and yet his arm will not look as large as the fourteen and a half inch arm of an athlete in good condition.

Sandow had many thousand pupils in England and for a while he held annual development competitions—the winner being adjudged the best built man in England. One year the prize was won by a Philadelphian, S. S. White, and his pictures were reproduced in many American newspapers. Rodin, the greatest of sculptors, made a statue of him.



Fig. 6—Klein showing how wide he can make his back.

Several authorities in commenting on White's development said that he had "the well shaped, clean-cut muscles which seem to come only from the use of the weights." We understand that White trained with Sandow using both light and heavy dumbbells and that he also devoted a great deal of time to hand-stands and tumbling.

#### HOW KLEIN GOT THAT WAY

Klein ascribes his present build to much the same program as White used, except that he does not mention any light dumbbells. He evidently pins his faith to the weight and to hand balancing and tumbling; which, when you come down to it, is simply handling weight in human



form. When he works with his partner, he is always the bottom man, the "under-stander."

His lifting records are not extraordinary. He can make a one-arm military press of eighty-five pounds, a "one-arm jerk" of one hundred and fifty pounds and a "two-arm jerk" of two hundred and twenty-five pounds, but those are merely offhand lifts.

He started his body building work about two and a half years ago, but used his bar bells solely as a means of obtaining the muscular development that he craved. He says that he has always been

more interested in muscle building than in trying to see exactly how many pounds he could lift. Also that he has never even attempted a lift unless he felt he could make it with ease.

I haven't the slightest doubt but that Klein could increase many of his lifting records by at least twenty per cent., simply by practicing the niceties of position and timing. In other words, if he studied lifting as conscientiously as he obviously has studied posing and development, he would be as successful at one as at the other.

For he has the requisite physique, the harmonious development, the bone strength and is without a weak spot in his make-up. His view of bar bell work is the one that will appeal to most physical culturists. Health and a sound, shapely body should come before athletic records.

Success in lifting is something like success in golf. If a beginner at golf simply slashes away at the ball and thinks only of his score, he will rarely reach the top rank. But if he masters each and every club and learns to make all the strokes he soon finds that his score is taking care of itself—it comes down by leaps and bounds.

Similarly, if a beginner at lifting, obsessed with the idea of making records devotes all his time to pushing bells aloft, he will very soon reach his limit, and will get strength and development in but few muscles despite his efforts.

If, on the contrary, he uses his bar bells as developing agents, and does exercises that build him up from head to heel, the day comes when he finds himself in the possession of tremendous power and the ability to exert that power in many other ways beside mere "putting up of weights."

I have seen on the vaudeville stage, "strong men" who had specialized in two or three feats. They gave good shows, they worked hard and their specialties were remarkable. But somehow they

never "went over" and the reason was that in their early training they had neglected to work for proportion and development.

A theatre audience requires two things from the man who does a "strong act."

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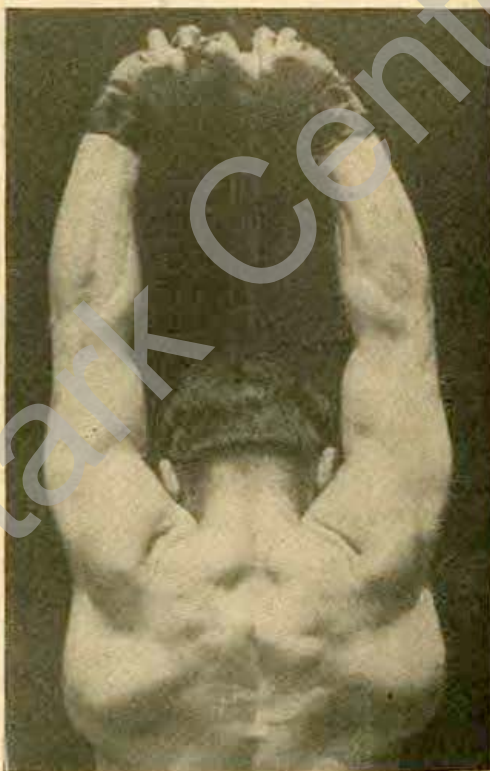


Fig. 7—Even Sandow could not show more muscle in this position than Klein does.



# Football As a Body Builder

By Rev. B. H. B. Lange

Formerly Physical Director of Notre Dame University, and now the Director, Dept. of Physical Education, at St. Edward's College, Austin, Tex.

*There are many games with many attractive characteristics, but there is no game that makes so much for all-around physical fitness, that does so much for body building, as does the American game of football.*

*It is strenuous, it is difficult, it is exacting and because of these characteristics it gives vigorous health and endurance in return.*

*In this, part one, of a two part article on the physical effects and the physical requirements for playing football, the Rev. B. H. B. Lange takes up the tackles, guards and center.*

THE game of football, as played in the colleges and universities throughout the United States, is a wonderful thing. The word "thing" is used purposely because it admits of broad interpretation. Football is practically an institution, and as such it embraces many desirable features. The most prominent of these are, entertainment, exhibition of skill, mental resourcefulness, and physical fitness. The last of these will be especially considered in this article. Physical fitness means that the young man playing on a football team must have certain qualities of physique, which will enable him to undertake the more arduous enterprises in the game, in life, or in any walk in life that his less vigorous brother would not undertake or would undertake only with grave risk of life or limb.

Football as a body-builder means that it is a game which under favorable conditions will more aptly develop and build up a boy's or young man's body than any other form of exercise, with the exception of regular bar-bell work; and football has the advantage even over bar-bell work in this, that football is played in the great out-of-doors, a most pleasing and desirable advantage. There are many and various games with many and various attractive characteristics, but there is no game that makes so much for all-around physical fitness, that does so

much for body-building as does the United States game of football.

The best feature concerning the greatest of all college games, as far as it has relation to body-building, is the jaunty, erect carriage it gives all those who have played it during their high school and during their college days, especially the latter. It is very seldom that one finds a college football player who has not a decided erect, confident, soldierly way of carrying himself. If there were no other reason save the one of erect carriage, then football should be played just to acquire that one great characteristic. The fact that there are eleven different positions on a football team is one more delightfully advantageous feature of the game. "Variety is the spice of life," and this adage is just as applicable here as it is in any other division or phase of endeavor or life. This element of various positions admits of choice. It permits a latitude in choosing, one might say, almost the type or kind of physique the youth desires most. Of a certainty, the general framework upon and around which this body-building process is to take place, is more or less a matter of heredity, but it is just as true that when football, or any other form of body-building, is indulged in early enough, that is, when the pupil or candidate begins young his body will respond to the effects of the game. Just as any goal or

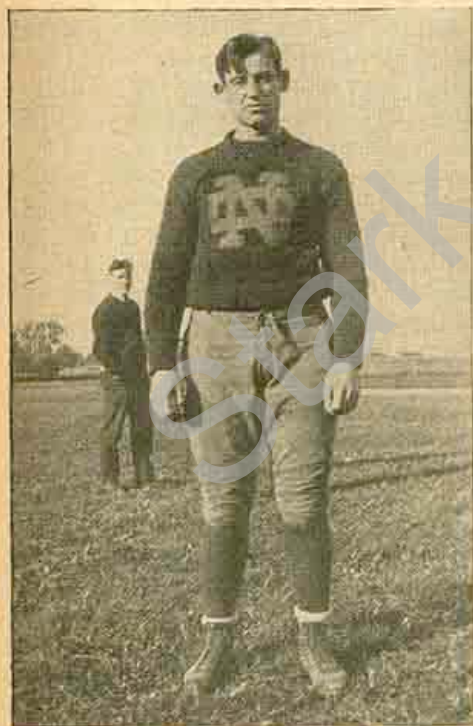


ambition is only reached through hard work, and just as any art or accomplishment is only achieved through constant practice and persevering repetition, so also and just as surely will football gradually fill out and build up any kind of body-architecture and do all this in a most thorough manner. It is strenuous, it is difficult, it is exacting—but because of its strenuousness it gives vigorous health and endurance in return; because of its difficulties it gives the spirit to overcome obstacles, it gives real confidence in return; because of its exacting nature it gives and develops a keen sense of judgment and nice precision and decision; qualities, virtues—we might call them—which make for real success in life, which enable men to do *BIG* things in life.

In the personnel, the line-up of a foot-



Harvey Brown 1921-22. Right Guard, Notre Dame Varsity. Fast, fighting, light type of guard.



"Harry" Mehre, Varsity 1919-20-21. Heavy, but fast roving center.

ball team, as most everyone knows, there are eleven positions. There are what may be called four double positions and three single positions, the double posi-

tions being two ends, two tackles, two guards, and two half-backs, each of these calling for a right and a left. There is but one quarter-back, one center, and a full-back. It has been thought best to take each of these positions and describe them and their peculiar characteristics separately. However, it will be helpful, as well as interesting, to remark that owing to the latest style of play—the open-running and forward-passing style—the type of physique developed is much different than in the days of the close or mass play formation. Now, speed and agility are tantamount; then, bulk and weight were everything. In the old days just the quarter-back needed speed, later when end runs by ends came into favor the ends, of course, had to be fast, but now speed is required of every man on the team. He must be able to leave his feet, to move quickly from his position and to be able to sprint fast enough and long enough to run interference for his backs at least far enough to clear





"Hunk" Anderson 1918-19-20-21. Left Guard, Notre Dame Varsity. Fast, tireless, fighting type of guard. Medium weight.

erable for this position. Because after his year's work on the freshman squad or after four years' work in high school under a competent coach, he will begin to show the results of constant fidelity to his hours of training; he will begin to fill out his long frame and at the end of his college or university or "Varsity" experience he will have a build to be proud of. By virtue of the peculiar crouching, stooping position assumed by the young man playing the position of center, he acquires a fine development of the muscles of the entire leg, especially the thigh muscles. The muscles of the back, especially those running along the backbone are greatly developed and strengthened, as well as the muscles of the front-abdominal region and finally the lateral muscles; that is, the side muscles are very often used and massaged, as it were, by the continual and constant stooping-over and rising-up motion that is demanded of the young man

the first-line defense and even knock over the secondary defense.

The first man to be considered is the center. The duties of the center are to pass the ball to the quarter or to the half-back or to the full-back, to get in on the interference, to back up the line on defense, though this is sometimes done by another player, the full-back or even a tackle, in which latter case the full-back takes the tackle's place momentarily, generally the center backs up the line and if he is a strong, shifty, quick-thinking, quick-moving lad, he is of infinite value to the team and plays the entire line and is termed a loose and roving center. In the old style game all that seemed necessary to qualify a young man for the center berth was weight and lots of it; now mere weight alone is a detriment. The position of center is no easy one; a sleepy lad would *never* do. In the modern style of football the tall, rangy type make the best centers. The question is why are this type of players pref-



"Tom" Lieb, Notre Dame Varsity, 1921-22. Full-back, tall, fast. Can back up the line and never show signs of wear and tear.





"Ojay" Larsen, 1918-19-20-21 Center, Notre Dame Varsity. Tall, rangy, roving type of center.

playing the position of center. The muscles on the shoulders are called upon to do plenty of work, especially if the center uses both hands in passing the ball, for in using that style he usually leans his weight forward on the ball while still maintaining a sense of equilibrium and solidity through bracing himself against side and backward attack, and in all this combined, as already said, with ability to pass the ball to the backfield, he must use his shoulder muscles quickly and surely. He must get the most out of them and this means a powerful contraction and relaxing. The muscles of his forearm are also greatly strengthened and developed because they are called upon to help brace the body in its position of preliminary offense and in its activities on defense. They are called upon to contract very vigorously when involved in the instant of passing the ball and gaining recovery of balance, or in other words, to move, to work quickly to keep the body from falling to the ground,

If there must be anything like a fall, it is usually a sharp charge into an opposing lineman. The neck is greatly developed since it is used very much in twisting every way in order to let nothing escape the eyes.

The next position to be considered will be that of guard. There are two guards, the right and the left, so called because of the place they occupy next to the center—one plays on his right, the other on his left. In the early days of the game when mass formations were used almost entirely, it was the duty of the guards to guard the center himself as well as the center of the line. Under the present style of play this is not so much the case. On the defense, when the other side has the ball, most coaches have their guards play rather wide on offense—when, we will say, reader, you have the ball, then it is your guard's duty to knock his man in or out of the play—to make a hole, room for his backfield



"Buck" Shaw, 1919-20-21. Right Tackle, Notre Dame Varsity. Winner of Notre Dame's Best Built Man Contest, whose physique is 100% ideal for tackle, for rowing, for track, for all-around delight to the eye.



man carrying the ball to get through if the play is to be through his position. Perhaps it is already obvious what muscles this business of guarding and of charging, to get a man out of his way, develops. If not, we will analyze the technique, the make-up of this process.

As was the case with the young man playing center, so also the boy or young man playing guard while on the defense, that is, when actually guarding as he does when the other side has the ball, a very great strain upon the muscles of the entire leg, especially the upper thigh muscles and the calf muscles. Also the buttocks muscles are used, though not as strenuously or as extensively as when the guard is playing offense, that is, when he is in the act of charging into his opponent's line in order to make a hole for his own backfield man. On defense, every time the ball, in the hands of the opponent, is snapped back or put into play, the guard's leg muscles are suddenly made to contract very, very vigorously



"Fod" Cotton, Left Tackle, Notre Dame Varsity 1921-22. Like Shaw an ideal build for tackle. Fast and terrific charger of 200 lb. class.



"Jim" Dooley 1919-20-21. Guard, Notre Dame Varsity. Heavy, solid type of guard over 200 lb. class.

and are tensed to meet the expected attack. This sudden tensing has a very decided developing effect upon the leg muscles. True, each time the guard meets an attack it is only for a moment, but so much effort is crowded into the moment that the effort required has about the same effect that is produced when engaging in one of the regular standard lifts—for instance, in the one-arm snatch or jerk, lifts wherein a very sudden and vigorous contraction of the leg muscles is very pronounced and very necessary in order to get a weight above the head at arm's length. Moreover, this happens not only once but many times during the course of a game or during a practice session. And the other muscles; what about them? On defense the guard is called upon to use his shoulder muscles strenuously, also his back and side muscles are





## "It Gets On My Nerves"

By Bertha Hasbrook

Does your neighbor's "tun-tum-tee, tun-tum-tee" nearly drive you mad; or does the way your Uncle eats his eggs or your troubles around the house get on your "nerves."

Well, Miss Hasbrook says you can cure yourself, that there is nothing wrong with your nerves at all. She tells how the nervous woman can save doctor money, be happy and healthy.

Anyway it isn't particularly beneficial to your appearance to let your "nerves" get the best of you. Because from those frequent outbursts of tears your nose gets red, yes, very red, your eyes puff out and you look so irritable all the time that most people are afraid to approach you.

**"EVERYTHING,** everybody gets on my nerves!"

Look at the woman who sobs out these words. She is thin, sallow, except, perhaps, for a spot of nervous color burning in each cheek; her muscles are rigid with excited tension. Two vertical lines plus two horizontal lines cleave her forehead, and the typical grooves of irritability extend from the corners of her mouth and cluster around her eyes. "Oh, I'm distracted!" she bursts out, and a sudden storm of tears breaks. They are not pearly and beautiful, as tears are in

novels. This is real life, and her pretty eyes and her little retroussé nose turn very, very red.

When I hear such a woman use this well-worn phrase, I always wonder if she knows what a nerve is.

Open *Webster* and read: A nerve is one of the whitish and elastic bundles of fibers, with the accompanying tissues, which transmit nervous impulses between nerve centers and various parts of the animal body.

Does this little woman, weeping her unbecoming tears, really suppose that her



neighbor's Angora cat, her husband's bad puns, and her dresser drawer that sticks, are damaging her "whitish and elastic bundles of fibers?" Not one bit. Those bundles of fibers are actual, physical substance, just as much as a muscle or a tendon or blood. They exist, within her body, and if she is a person in normal health, they are perfectly sound and quite unharmed by a bad pun or a prying puss. Her ailment is absolutely within her mind.

Note: I didn't say "imaginary." It isn't. It's just as real as an ulcerated tooth or chicken pox. And it hurts—it hurts worse than the tooth or the ache of disease. She is a genuine sufferer, and, in the modern psychologist's sense, she is a "case." But not in the way that she fancies.

There are true diseases of the nerves, and they must be treated by the most skilled specialists. There are affections, and very serious ones, of these "bundles of fibers." But the average person who complains of her "nerves" means a very different thing. She means that she is, to a greater or less extent, a victim of mental ill-health. And if you are a victim, take heart and remember that such illness can be treated and cured just as much as a physical illness.

The best of it is, that you can be your own doctor. That saves paying out bills. Pay them to yourself. I'm not joking when I say that, either. You will literally be paying, into your own coffers, such an access of vitality, of fresh energy and enjoyment in life, of new capacity for work and play, that it will be like capital to draw on. I wonder if you realize what a woeful leakage of energy is oozing out in a thousand different channels while you are allowing countless things and persons to "get on your nerves?" If you did, I can't help believing that you would set to work in earnest to stop the leak.

And not only are your general efficiency and happiness seriously impaired by this constant state of irritability, but

your bodily functions are affected as well. Recent investigations by scientists have shown startling results. Anger causes high blood pressure, and Prof. Cannon of Harvard University has been directing studies which reveal the vast extent to which anger and fear actually paralyze the digestive processes; they check the secretion of gastric juice, and they prevent the normal muscular action of stomach and intestines.

Do you ever have what is popularly known as a "bilious attack?" A sort of tie-up, like a railroad blockade, when liver, stomach and intestines appear to go on strike and refuse to operate? And you take a large dose of calomel, and feel "perfectly miserable" for the day after, and then recover—ready for the next attack.

Now, that process is a good deal like discharging all the striking and troublesome workers, and upsetting the train schedule, and starting over with a new set of workers who will soon strike in their turn. The railroad is only passing from one upset on to another. Whereas, the trains might be running smoothly year in and year out if employer and employee had managed to keep harmony and check each quarrel before it happened.

Don't wait to take calomel after you have brought on a "bilious attack" by getting in a temper. *Avoid* the temper.

Of course I'm not saying that every such attack is brought on by your so-called "nerves." But I do believe that you'll be surprised to find how often you can trace it back to this source. A quarrel, a sleepless night of angry thinking, a day filled with petty irritations, all put money into the calomel man's pockets. I cherish for him no ill-will, but I propose that we all combine to put him out of business!

A distress in the region of the stomach, a sort of heaviness, will often follow a meal which has been accompanied by wrangling or other unpleasant emotions. Science has turned the Roentgen rays



upon such cases, and has discovered the chemical and muscular disturbances that cause them. And these disturbances are actually the result of "nothing but mind!"

There's an even more serious physical result of bad temper, of letting things "get on your nerves," and that is the indirect effect upon the heart. You all know the "nervous headache" that a fit of extreme irritability leaves; the next step is a "headache powder." What harm is there in one little powder? you ask. Probably none—but the habit of "nervous headaches" leads to the habit of taking powders. Phenacetin, antipyrin, and acetanilid are coal tar products, powerful and dangerous. Statistics show that they are consumed in enormous quantities by the American people. There are proofs of death from over-doses of these remedies, and from heart-depression resulting from them; and it is believed by physicians that many circulatory ailments come from the habitual use of them.

"Discord in the brain may be caused, and so-called 'nervous' fatigue or prostration produced," states the Life Extension Institute, "by the 'grouch,' which might be described as a cherished sense of ill-usage."

Let's cure our bilious attack, or "nervous" headache, our indigestion and our prostration by never having them! And the only way to accomplish this, is to do away with their cause. It's as simple as *a-b-c*. Because nothing and nobody can "get on your nerves" unless you let 'em. It is not these external things that are really irritating you; the truth is that *you are irritating yourself*.

I know what you think. You think it's that horrible girl practising exercises next door—"Tum-tum-tee, tum-tum-tee, Tum-tum-tum-tum, Tum-tum-tee." How could anyone fix her mind on Mrs. Burnett's delightful romance? That "tum-tum" is enough to drive you mad!

And also, it's the way your uncle eats his egg. You serve eggs in the exquisite

little holders of finest china, and chip off the tips of the shells, using the adorable gold-bowled spoons—both were wedding presents. And Uncle Jim comes to visit—"Humph! Think you're stylish? None o' them fancy fashions for mine! Gimme my egg in a cup!" And he *stirs* it, like making a pudding at the table! Ugh! Oh, all these irritating things and people make you feel as if you could fly!

Stop!

Don't fly. Stay just where you are, while I talk to you. And, before I begin, you must let loose.

Let loose all over. For I know, without seeing you, that you are drawn tight like a bag pulled up by its string. Every muscle is taut. Your hands are stiff, perhaps clenched. Your face is screwed up into a hard knot, with lines forming in every direction, puckers and twists and kinks; your whole body is hard, rigid with muscular tension. Your breathing is quick and shallow. Let loose!

Go to that big easy chair. Let yourself sink into it, fully, deeply. Your back must rest against its back, your feet must rest, uncrossed, upon the floor, your arms must lie out, at ease, upon the chair-arms. No—don't hold on—the furniture won't get away from you! Draw a long, comfy sigh—that's it! That starts your breath to coming slowly, deeply. Keep on breathing in this relaxed way. Sink into the chair, deeper, deeper. Now you're ready to listen.

First I want to tell you that the girl's scales and exercises don't disturb you at all. You disturb yourself. You keep yourself in a state of mental torment by paying attention to a matter that lies entirely outside *your own area of living*.

For, as has been said, "the mind is the place we live in," and it's your mental area I'm talking about. I want you to picture it—that stretch of territory within whose boundaries lie your home, husband, children, friends, ambitions, happy labors, pleasurings. Everything that



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For, as has been said, "the mind is the place we live in," and it's your mental area I'm talking about. I want you to picture it—that stretch of territory within whose boundaries lie your home, husband, children, friends, ambitions, happy labors, pleasurings. Everything that



concerns you lies inside those boundaries. And outside them lies—well, for one thing, the neighbor and her "Tum-tum-tee."

Ah! Her piano lessons don't lie within your area of living at all! They have nothing whatever to do with you, they are no affair of yours. Therefore, for you, they don't exist.

"They don't exist." Say it over and over to yourself as you lean back in the chair, breathing slowly and deeply, letting loose all over. Let the full significance of that phrase act upon your excited "nerves" like a bromide. Watch them calm down, give way, relax. You don't hear that "Tum-tum-tee" any more. You pick up "Robin." The romance seizes hold of your imagination, you are lost in its delightful pages. Why, you don't hear the piano at all!

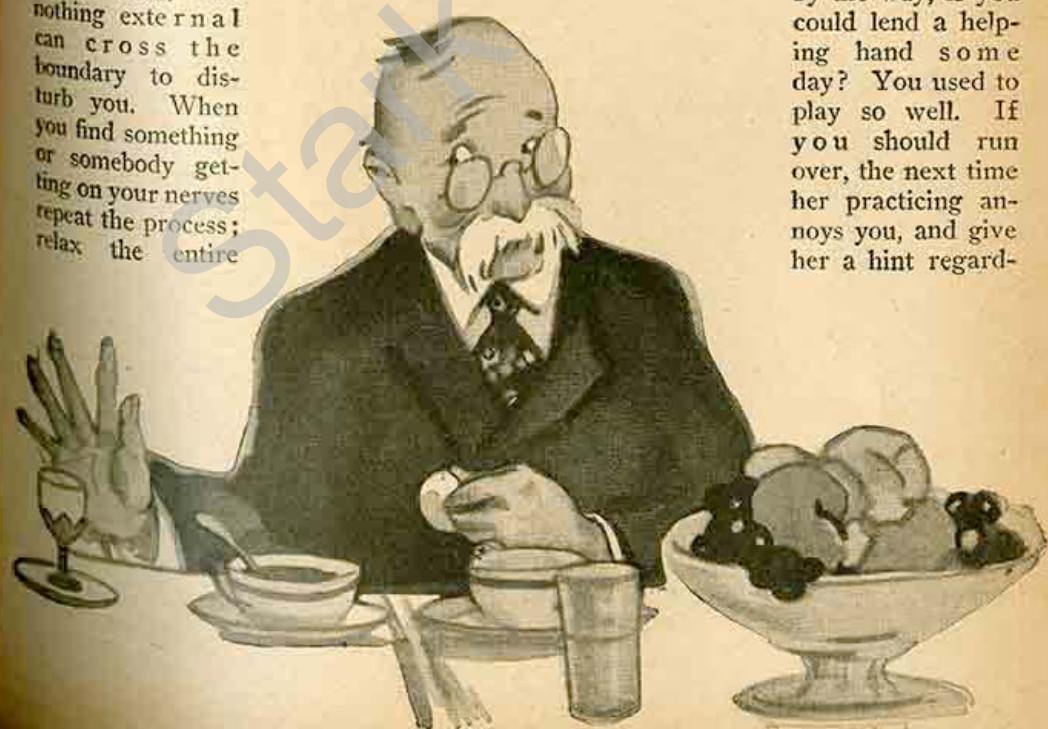
Don't you catch it? It's a knack, a trick, and, once mastered, you can never lose it. Once "get the hang," as my nephew says, of living within your own mental area, and nothing external can cross the boundary to disturb you. When you find something or somebody getting on your nerves repeat the process; relax the entire

body, breathe deeply, and tell yourself of the annoyance, "It doesn't exist, for me."

As for poor Uncle Jim and his table manners, the rule holds good. For you, his unpleasing ways don't exist, for they are wholly outside your area. You didn't bring him up, therefore you're not responsible. And now that you stop to think of it, it was Uncle Jim himself that gave you the exquisite china egg-holders and the gold-bowled spoons—some of your most precious wedding gifts! "Too stylish for me," he said, "but I want the little bride to hev what she likes best!"

That's just a bit pathetic, isn't it, as well as funny? And by the way, did you ever try a dose of humor as an antidote to this irritability? It works like magic. Laugh over Uncle Jim's dear old ridiculous ways, and it's marvelous how the annoyance will pass. But be sure there's love in the laughter. The same with the neighbor and her exercises. Laugh, but add, "It's really sad, how she must starve for music, to work so hard!" I wonder,

by the way, if you could lend a helping hand some day? You used to play so well. If you should run over, the next time her practicing annoys you, and give her a hint regard-



—L. L. P. M.



ing her lesson, I'm ready to guarantee that you'll never mind her exercises again!

And so, without realizing it, you have reached the second stage in this re-education that the moderns are preaching. The first consisted in detachment: You withdrew into your own area, cut yourself loose from external affairs, became oblivious to annoyances that did not concern you. Now, in the second and higher stage, you go forth to those who have annoyed you and, through sympathy and loving kindness, draw them into your own area—but now they no longer annoy, they only enrich life for you. It applies to everyone you know—noisy neighbors, fellow clubwomen who don't agree with you about the use of club funds, a husband who finds fault with the toast, a cook who wants to go to the movies every day. It even applies to a bob-tailed, ragged, dog's-eared little dog. Yesterday at breakfast one of the other summer boarders said:

"That dog nearly drove me crazy last night. I couldn't sleep a wink. I'd like to see what a dose of poison would do to his howl!"

Another observed: "Wasn't it pitiful to hear that poor little dog whine! His master died yesterday and he suffers like a human being. Oh, no, he didn't disturb me—I only felt sorry. I went right to sleep. But today I'm going after the little fellow, and take him home with me, and love him back to happiness."

That struck me as a very vivid illustration of the two reactions to the same "annoyance."

Don't misunderstand me. I'm not claiming that all irritability takes root in your mental attitude. There are physical sources, and, in such case, you must consult a physician. Practically any bodily ailment may give rise to a state of "nerves"—indigestion, flatfoot, uterine disorder, eye-strain are among the most prolific. Lack of exercise, and too little outdoor life, are also frequent causes of irritability, and short or disturbed sleep long continued will reduce anyone to the proverbial "bundle of nerves."

It goes without saying that your body must be in order if your poise is to be secure. But remember always that the law of body and mind is a law of mutual reaction: not only does the bodily state effect the mental, but, turn about being fair play, the mental affects the bodily. Your indigestion, your blood-pressure, your headaches, may be the result of your mental condition quite as much as the other way 'round. I knew an old gentleman who had given way to violent bursts of temper all his life, and never tried to conquer them until he was past eighty, when a doctor told him that he was liable to a "stroke" if he ever "got mad" again; this frightened him so that he became a lamb, and added ten years of lambhood to his hectic life-story.

(Continued on page 74)

## MISS HASBROOK SAYS:

If you will follow these rules faithfully, you can cure yourself of anger in any of its forms.

1. Set your body to rights, and observe every rule of physical hygiene.

2. Don't let your temper drive you to take calomel or headache powders. Instead of milk of magnesia when it's over, take a dose of milk of human kindness in advance.

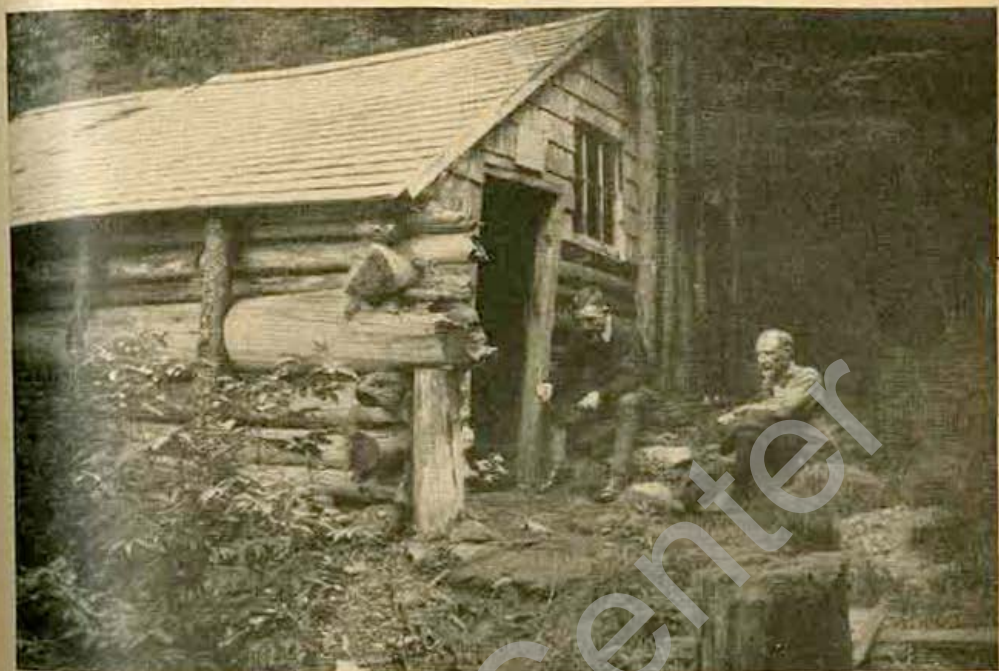
3. When irritability or anger approach, follow the directions for relaxing and deep breathing.

4. While relaxing, detach yourself mentally from the annoyance. "For me, it doesn't exist." (If, on the other hand, it does concern you—if it's your Johnny making a rumpus, for instance—do away with it. And then it won't exist, for either you or your neighbor!)

5. Replace anger with sympathy. Seeing the other's side, putting yourself in his place, robs almost any situation of its power to annoy.

6. Laugh.





## A New Viewpoint, Fresh from The Woods

By T. von Ziekursch

**T**ODAY I came out of the big woods and the land of lakes and streams that mark the borderline between the United States and Canada. This morning, a few hours after dawn, I crossed the last portage and paddled the few remaining miles to the end of the railroad and was carried back to the city by a roaring colossus of modern civilization. A few hours before there had been the silence of the woods, the occasional leap of a bass in the silver-green waters; two does and their fawns had looked up in sudden fear as I came around the final bend to the portage; I had seen an Indian family moving all their earthly possessions in one big bark canoe.

Now all that is but a memory, but those few days in the woods were sufficient to raise the curtain on a new viewpoint (or rather an old one that recurred) and then at the very end came an incident that

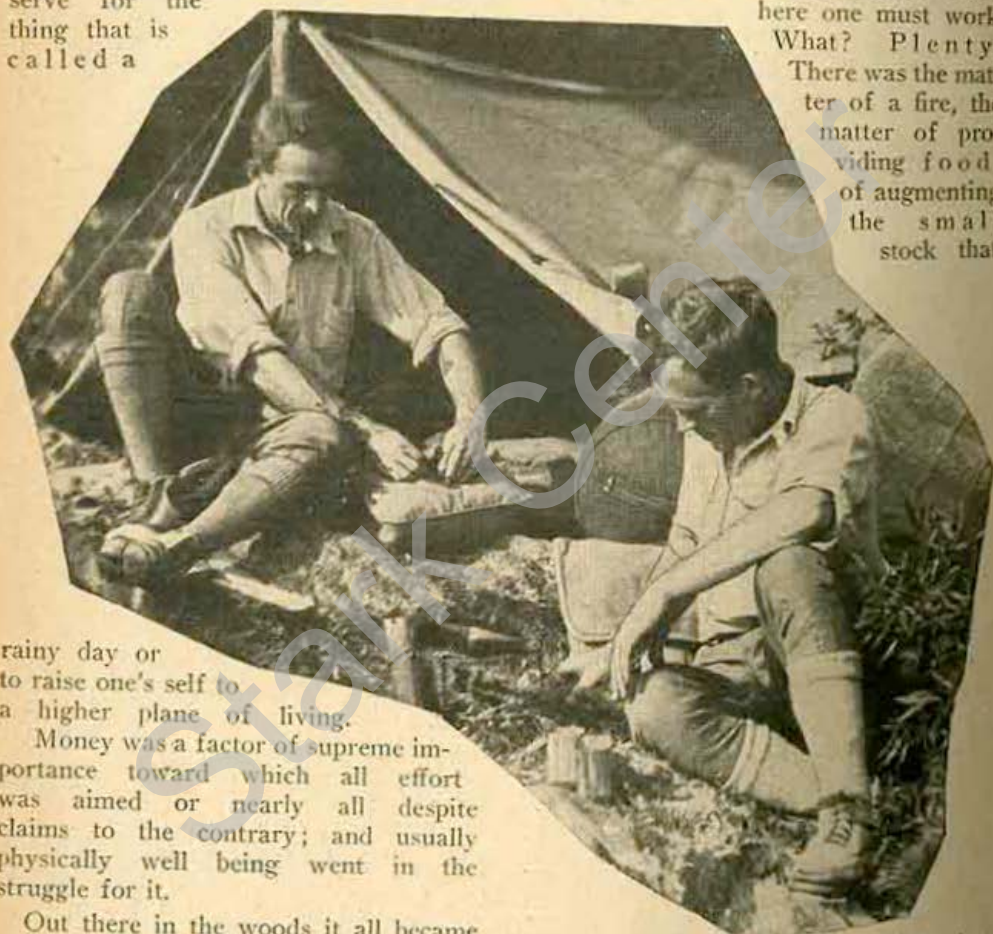
ought to be passed along for the benefit it may bring to the great mass of us who either toil for the weekly visit to the barred window or who sign the checks that make those weekly visits possible.

First, the matter of that new viewpoint:

When I tumbled off the train at the railroad's end and lugged the pack down to the canoe, I was what might be termed filled to the craw with work and the city. We all get that way. I had not gotten over it when I crossed the portage on the way out; but that night, camped in all the loneliness of the woods, it passed off somewhat and I began to wonder why everybody in the world didn't just throw over everything resembling work and take up the free and easy life of the woods. Here there was no worrying about this, that or the other thing relating to business. In the city one



worked, one figured and argued and hoped, one tried to solve what the other fellow was going to do or what the public would like or would not like, one worked just a little harder than should be the case or loafed and hoped that it would pass unnoticed. Why? To gain a living? More than that: to pile up a reserve for the thing that is called a



rainy day or to raise one's self to a higher plane of living.

Money was a factor of supreme importance toward which all effort was aimed or nearly all despite claims to the contrary; and usually physically well being went in the struggle for it.

Out there in the woods it all became ridiculous, a thing to create mirth. A check book would have been pretty nearly the most useless thing in the world. None of those things that seemed so worth while in the city were of any use here. One didn't care what the other fellow did, at least, not much so long as he observed a certain rule that had been termed golden before platinum was ever heard of.

Out there where the spruce and pine

scent was heavy on the air and comforting to a throat accustomed to dust few of those standards of the city were worth three whoops.

That first night of sleep was a drifting dream back into the land of romance, but the morning brought a slow revelation. There was work to be done. Even

here one must work. What? Plenty.

There was the matter of a fire, the matter of providing food, of augmenting the small stock that

had been brought along, of catching the fish before they would be eaten, of paddling the canoe, of hunting out the places where the future occupants of the frying pan or the broiling twigs would be likely to have their abode. Was it work? It did not seem so. But it was, or would have been instead of play if it had been a daily routine. And then, like a vivid illumination came the big idea. There was a bridge between the city and the



land of the woods. In the city modern conditions placed a terrific handicap on the man who cannot hold the pace, whose body gives way because it is not kept fit. Here in the woods the same thing held! Picture what would happen to the man trying to wrest a living from that gentle mistress called Nature unless he was physically able. It is a rather disagreeable picture.

That is not a preachment nor an attempt at moralizing. It is cold fact.

Now for the incident at the end of the trip mentioned previously and the task of passing it along!

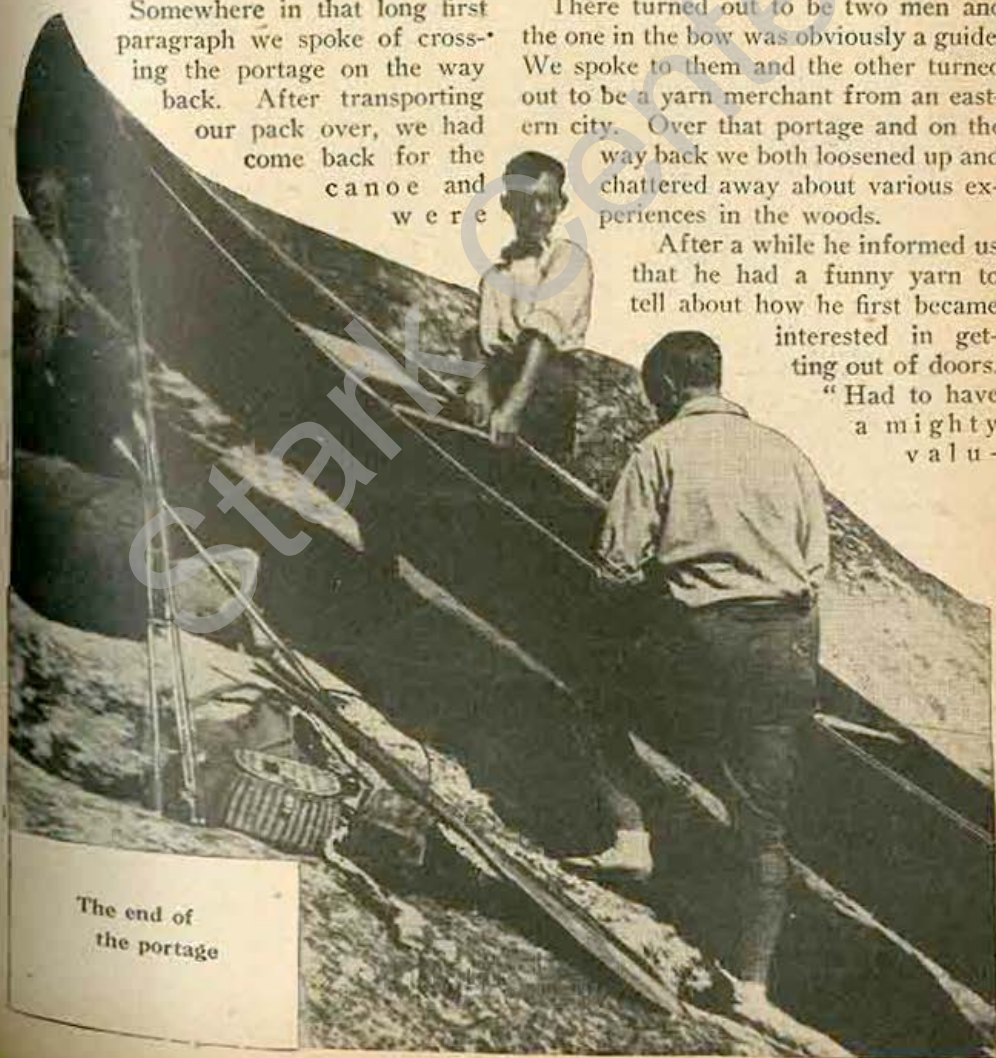
Somewhere in that long first paragraph we spoke of crossing the portage on the way back. After transporting our pack over, we had come back for the canoe and were

resting, which is merely another way of saying that we found an excuse to loaf a few minutes longer, when another canoe appeared, headed for the same portage. Of course we had no idea who or what might be in it and it didn't matter much. So far as we were concerned we might have known its paddler for three times twenty years. That's the difference between the city and the woods. Where there are multitudes of people around you constantly you don't know any of them; where they are as scarce as fleas on an armadillo you don't bother about introductions.

There turned out to be two men and the one in the bow was obviously a guide. We spoke to them and the other turned out to be a yarn merchant from an eastern city. Over that portage and on the way back we both loosened up and chattered away about various experiences in the woods.

After a while he informed us that he had a funny yarn to tell about how he first became interested in getting out of doors.

"Had to have a mighty valuable



The end of  
the portage



able man quit before I ever appreciated what getting away meant," he said.

And this is about the way his story ran:

A man cannot work all the time without the recreation that is a real rest to him. If the seashore bores him, then it is not a place for a vacation. If he is thoroughly fed up with remaining about at home, then it is a waste of time for him to rest up at home. His recreation may be hard, physical work but if it rests him it is what he needs. And usually men who work in offices find fun in anything that has physical exercise connected with it.

The man who makes a success of his business and the employes who give intelligent, interested effort must have a break in the monotony of it all.

To continue, putting the story in his mouth:

"I worked fairly hard for years and built up my business to its present state where I rate as the second largest yarn merchant in the city where I live. I never had any vacations and didn't figure I needed any.

"For a year or so I had been after a salesman employed by another company and finally got him by raising the ante higher than they would pay.

"None of the people who worked for me ever got vacations excepting around Christmas time when I gave them two days and two days at the Fourth of July. I couldn't afford to have a large force during the early part of my business career and everybody had to work pretty hard.

"Well, along in August of the year after I had hired this salesman he came to me and said he was going to take a couple of weeks' vacation. I snorted, Vacation! I hadn't had one in twelve years myself and the people who worked for me hadn't known what vacation meant. There was nothing doing.

"This salesman looked at me for a couple of minutes; then he picked up a piece of paper and wrote something on it. It was his resignation. I didn't want

to lose him for he had brought me a great deal of business but it made me pretty hot under the collar to have him act that way. Then he started to talk to me and, man! he had a lot to say.

"I had always thought he had fairly easy hours and a position that a lot of men would have envied. Maybe he did, but you never would have thought so and, believe it or not I began to see his viewpoint. Here was the way he put it.

"Of course I hadn't had a vacation in twelve years but I never came near the office on Saturdays; I went out any place and every place I felt like at any time and remained away as long as suited me. I did not have to remain in the office for eight hours a day. There was no monotony about it all for me—and, after all, the business was really mine; I should be interested in it. So should my employes, and they were and so was he but they could not keep that interest at top notch indefinitely. Why didn't I give him and all the rest of them an equal share in the business. Then perhaps none of them would want vacations. The only reason I hadn't heard their growling was because they were afraid of losing their jobs but he was not. He had a wife and kids but he also had plenty of other opportunities for positions; and furthermore I had one — of a nerve to tell him that he didn't get a vacation. He quit and when I cooled down I began to appreciate that perhaps there was something in what he had said. I thought it over that night and the next day I asked my stenographer if she ever thought about a vacation. She was not an especially speedy worker but she had been with me almost from the start and was mighty valuable. She told me that she had, but that she couldn't afford to lose a position so she stood it.

"That was another eye-opener.

"Next day I wrote to that salesman and asked him to stop in and talk things over with me. I frankly told him I had never thought about it his way. He did and two weeks later he and I went off for a



couple of weeks of fishing—I who hadn't handled a fishing pole since I was about eight years old. And I shipped my stenographer off to the shore for those two weeks after I'd had her make up a vacation list for everybody. Gave 'em all a week that first year and two weeks ever since."

\* \* \*

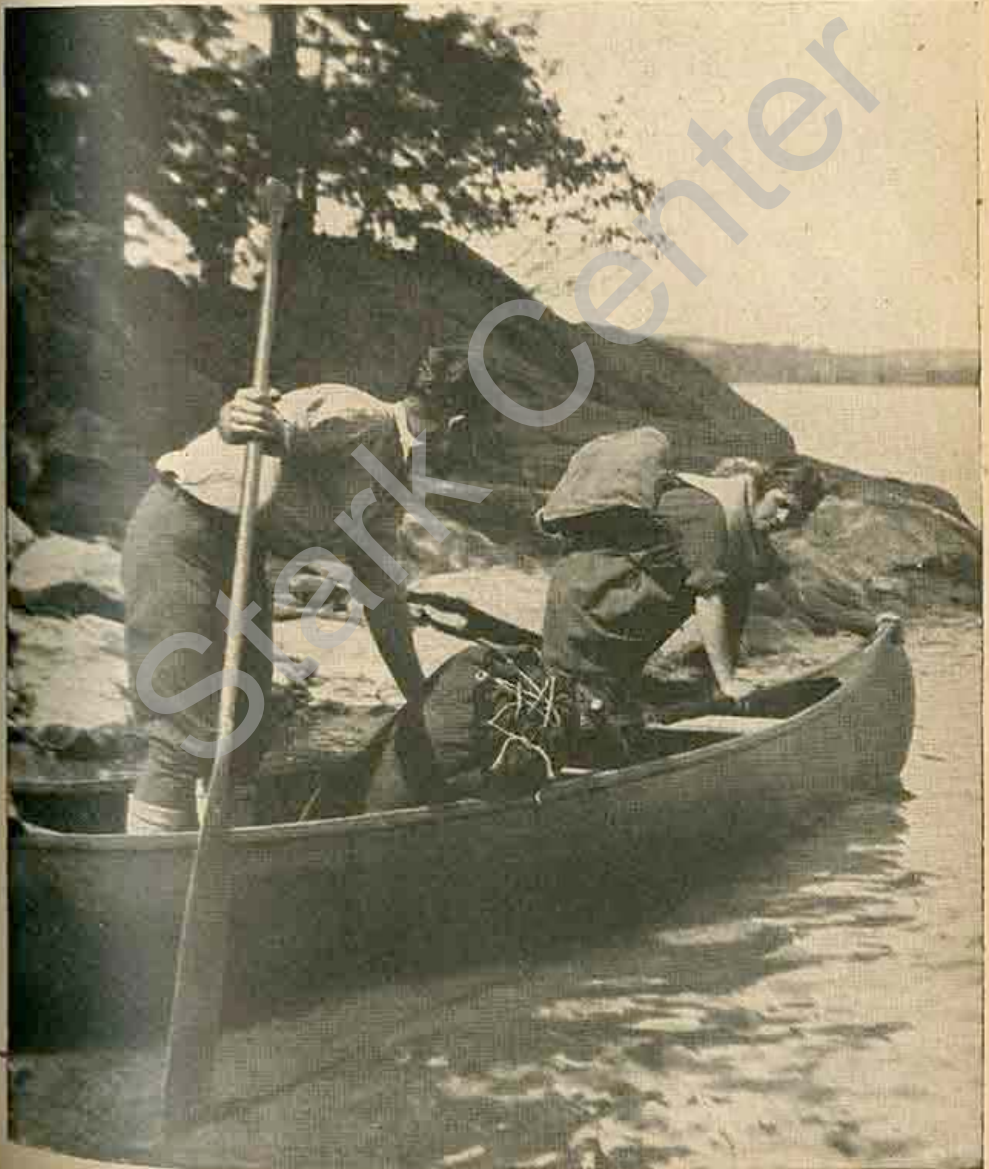
The yarn merchant stopped talking

and turned to look back where the carry trail across the portage came down. There a canoe, upside down on the heads of two men, appeared.

"That's him—the salesman I was telling you about, that one in front. He's vice-president now."

\* \* \*

Reads like some sort of a fairy-tale, doesn't it? or one of those stories out





of a how-to-be-successful-though-weak-minded magazine. I hesitated about writing it, but it seems to me that it tells a story, not of romance or adventure, but of the human spirit that has begun to enter American business and of the trend toward the outdoors that has come to be a part of that business.

Think for a moment of all the camps that have sprung up in recent years at every lake and stream that has any natural beauty. That is the answer. Your office boy wants to go camping on his vacation; so does your doctor and dentist, your wife and kids and about four out of five normal people. It is a recreation that fits all pocketbooks and that brings rest and complete relaxation. To quote one very capable editor who wrote recently:

"There are very few men who are physically endowed as well as mentally to stand up under the strain of modern business conditions for any great number of years without the complete rest that is found in the forests and along the streams, where there are other than business pursuits to occupy their minds; who can retain their physical strength and mental balance while upsetting nearly all of nature's laws."

Perhaps the quotation is not exact but it expresses the spirit of it, a spirit that is a great truth we are learning.

### A Real Feat of Strength

I read about your prize contest announcement in the July issue of *STRENGTH* and although it is too late for me to submit this feat under that announcement I am passing it along because I think it was a great feat of natural strength, and I don't believe I'll see a better. It was done by a relative of mine.

One day while a group of men were assembled in the grainery telling stories, the question of strength rather naturally came up. Many wild tales were told as is usual in a gathering of this kind. They

had all just about exhausted their supply of stories when my relative Ole entered the room by the door facing the barn yard.

As he stood in the door-way, his shoulders and body completely filled it, and he had to stoop forward a little in order that he might come in.

When he came into the room and we had a chance to get a good look at the breadth of his shoulders and the depth of his chest we could not help wondering how he got through at all, either walking straight forward or sideways. His immense shoulders tapered a little to the waist. At the age of 22 he stood six feet, two and a half inches.

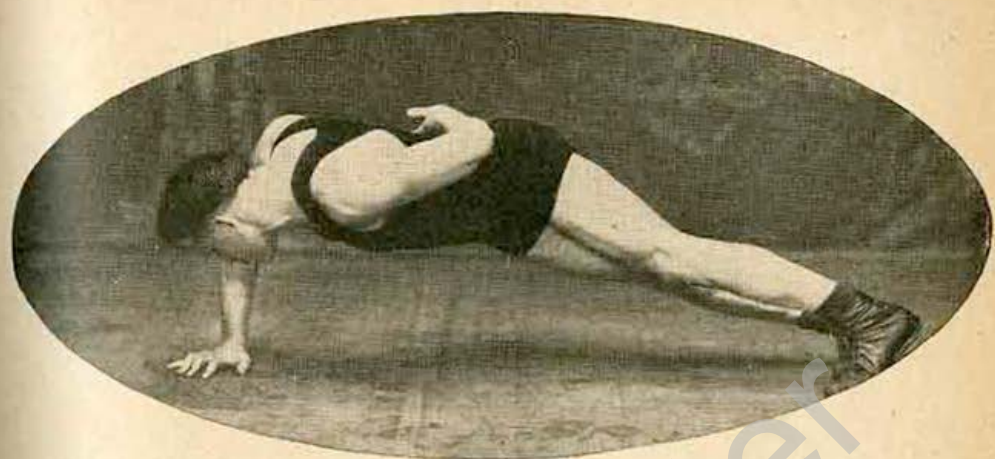
He came into the room slowly, shook hands all around, and one of the men said, "Say Ole I'll bet you can't take one of those salt sacks and carry it up the loft steps." The loft steps in question were rather steep being in fact little better than a ladder. The loft was eight feet above.

"Well," said Ole, "If that is all you want I'll take two of them." He walked slowly to where they were, picked up one lazily, placed it under his left arm and all alone reached quickly down and slid his arm under the awkward form of the second sack. He lifted it quickly, walked over to the stairs and ascended at an ordinary pace without much difficulty or straining. He then brought them down again, placed them on the scales and found that they weighed 330 pounds apiece making a total weight of 660 pounds which he had carried up the steep steps.

I'm not quite sure of his weight but he must have been pretty heavy, because at one time he got into a scrap with another strong man. I believe they were quarreling over who was strongest because they were both very jealous of their respective reputations as strongest man round about. The scrap took place at a log house which was placed on a rock foundation. In the melee, whether by

*(Continued on page 73)*





## Light or Heavy Exercise?

By L. E. Eubanks

*Heavy exercises can be performed by the man who is travelling about even though it is impossible to take any form of apparatus with him.*

*Many men have developed remarkable physiques without using any mechanical devices of any kind. Wrestlers and tumblers especially engage in very strenuous exercise using only their own bodies.*

*Specific exercises, such as the knee-bend on one knee and the special deltoid exercise described in this article are invaluable in aiding in the development of a remarkable physique.*

*Exercises that enable you to inaugurate an element of progression are of course more interesting.*

I PROPOSE to show in this article that free movements, calisthenics, etc., produce results and have a legitimate place in body culture; but I am emphatic in saying that two other influences have been far more potent in making free movements and light apparatus popular.

The great reason, I claim, is the stories told by strong men. It is less common of recent years; but it used to be the custom of practically all stage "perfect men" to announce that their muscles and power had come from "just such simple movements without apparatus or with light dumb bells as any of you can do in your own room." Not so very long ago I saw a young Hercules do this strong man turn with a dog of about

sixty-five pounds. Doubtless half the people in the audience believed that he had developed his physique by "dog juggling"—that is, until he explained and illustrated a system of free movements by which "we all could develop splendid bodies like his."

Live weights are always more popular in vaudeville than dumb-bells, and many times easier of transportation than a ton or two of iron. The audience at a strong man show likes to believe that the giant has built himself up from a weakling; that we too could do so if we had the time and opportunity. Thus the spectators are all vicariously strong for the time, and enjoy it; and it is a part of the performer's psychology of acting to understand this. I am not saying that



there are no "built up" strong men. There are; but until recently they all told the same story—sometimes men in whom, to a trained eye, the marks of natural strength and heavy work were prominent and unmistakable.

The other great reason why it has been so easy for the public to believe that great strength comes from light effort is that we want our rewards for just as little work as possible. As a matter of fact, protracted light exercise is more like work, in the sense of wearing, monotonous effects, than ten or fifteen minutes with heavy apparatus; but the novice at body culture will seldom believe this. To him a big bar-bell looks alarmingly like effort, and he wants his development "without strain."

A person can no more develop physical power without physical effort than he can develop mental power without suitable mental effort. "Do the thing and you shall have the power" is just as true physically as it is psychologically. It is practically impossible to separate the idea of development from that of *progress*. I have often thought the term "natural development" something of a misnomer. Assuming that a man may be the possessor of a marvelous musculature without having earned it, such condition should not be termed development—or if so should always be so qualified as to distinguish it from true development, that is the result of progress.

But getting back to the concrete, I say that no remarkable physical development comes from free movements—that is, of the calisthenic variety. Some men have developed muscle and power without apparatus, but *none* have done so without resistance to the muscles—resistance of some kind. There are just two kinds of strong man: the fellow who was "born that way" and requires but little work to retain condition, and (2) the fellow who by assiduous heavy exercise on a *progressive* plan succeeds in building, *developing* strength. The really light exercises (alone) never have and, in the

nature of things, never can bring a high degree of power and bulk.

Let us be sure that we distinguish properly between the different kinds of "non-apparatus" exercises. I have said that free movements have little or no value as muscle developers, but in so claiming I construe "free movements" as synonymous with calisthenics. In the sense that an exercise is *free from paraphernalia*, hand-standing, the dip, and many acrobatic movements might be termed "free"; yet we know that they are classed as heavy exercises, and are good muscle makers. As used in this article, "free" implies freedom from effort as well as from apparatus—such work as class calisthenics in a gymnasium.

I have heard of many and seen not a few men who boasted that their excellent musculature had been acquired without recourse to mechanical devices of any kind. Investigation has never failed to show that the exercise used was heavy. Many hand-balancers and wrestlers have never touched a dumbbell in their lives and wouldn't know a weight lifting machine if they met it; but they have *in effect* been practicing weight-lifting—and a very strenuous kind at that, also resistance exercises and muscle tensing, though requiring no apparatus, can be made very severe, indeed.

The finest deltoids I ever saw were carried by a non-apparatus exerciser, and as these muscles usually require heavy work for their full development, his case interested me greatly. He was a traveling salesman, and could not well carry big dumbbells; but as he believed in the principle of heavy work, he used movements that virtually made an exercising weight of the body. He had fine triceps, and I did not wonder when he showed me that he practiced the dip with one arm, and when he used both arms did so with his feet against the wall, nearly in a hand-stand position. Similarly, he did the knee-bend on one leg at a time—quite a



strenuous exercise; and practiced the wrestler's bridge for his neck.

He then showed me the unique exercise which, he said, had been the main factor in the development of his remarkable deltoid muscles. He stood with his right side to the wall, his right foot parallel to and about ten inches from the mopboard. Now he leaned over and rested his right shoulder against the wall, his right arm *straight* and the *back* of his *closed* hand against his body back to the perpendicular. I imitated him, easily at first; but he smiled, and began gradually to move my feet farther from the wall! 'Nough said; just try this caper if you doubt its severity.

I have said that light exercises are of value. That they have their limitations is in no way a peculiar character-

istic; there is no one form of training that will fully meet *all* the requirements of exercise. Proper combinations of exercises to bring about harmonious development and *balanced* physical qualities are fundamentally important—one of the facts that make the work of a physical instructor a fine art.

Popular belief has it that "light exercise is best for health." I cannot subscribe to this view; it depends on *how* light the work is. I am not implying that extremely heavy training is best; but one does not have to choose between calisthenics and weight-lifting. We need not lift pianos and automobiles for health just because we have found something lacking in the two-pound dumbbell drill. But some muscle—more than is generally supposed—is necessary to superior health; and, as we have seen, the really light exercises do not develop much muscle. Any exercise taken primarily for health should be done outdoors (weather permitting), and it is mainly because most heavy exercises are commonly taken in the house that their health-building virtues are underestimated.

Some results of physical training are common to all forms of exercise; the self-respect kindled by a consciousness that we are doing something for ourselves, the mental and moral tonic of regularity and system—in a word the discipline. Here is where free movements breaks even with apparatus work, if—

If some element of progression is incorporated. From many years' experience I am convinced that but few persons can or will persevere on a plan of exercise that grows monotonous. The ideal training in any line is that which moves us forward; in exercise one's powers must increase, and an observance of this gain is one of the fasci-



Dipping with your feet against the wall, practically in the handstand position, will develop the triceps.





If this looks easy fold your arms the next time you try it.

nations in apparatus work. Free movements, since they afford less opportunity to measure gain (and give but little to measure, as regards strength), are apt to grow monotonous and distasteful. Then the tonic effect is gone.

It must be conceded, then, that light exercises when conducted on some plan that provides for an occasional measurement of gain or introduces new elements of interest as the weeks go by, will be of decided benefit both physically and mentally—that its disciplinary effects are practically identical with those of heavy exercises.

Light exercises, since they admit of long indulgence at a period, conduce to endurance. While a user of heavy apparatus develops principally contractile power in his muscles, the fellow who does light movements and repeats them many, many times acquires surprising ability to "keep it up." I doubt there being an athlete in the world of the strong man school who could duplicate the endurance club-swinging records of Tom Burrows—that is, without training for it. In track athletics we do not, ordinarily,

look for distance ability in the sprint runner. He has the contractile power for a burst of energy (as seen in Paddock when at the close of his dash he literally leaps for the tape), but that does not insure the possession of staying power, the ability to plod, plod, plod. Opponents of like exercise argue that the endurance developed is confined to the exercise itself; but this would seem no more reasonable than to say that pressing power gained by pushing up dumbbells is not useable in other work or exercise. Neither is true.

Light exercises are more conducive to speed. If a man whose aim was bodily speed, activity, was forced to choose between free movements and heavy apparatus work, he would be wise to take the former. There is no doubt about that; but at the same time, reasonably heavy apparatus when discreetly used is a positive aid in the development of activity and speed. One of the best sprinters I ever knew—at least one of the most consistent performers—brought his record down from 10.25 to "even time" by the use of heavy shoes. He did not train in them regularly, but a while before the race he began using them in every other workout. Next to the last practice period before a contest he always gave exclusively to form, practicing the start, leg action, etc.; then two days before the race he did some running "with the weights." The day before the contest he refrained from any work. I had it from his own lips that his feet felt like wings when he shot from the mark. The same principle is often used by weightlifters to make sure of the easy mastery of a certain poundage, and it will work in any sport if not overdone.



# How Strong are You?

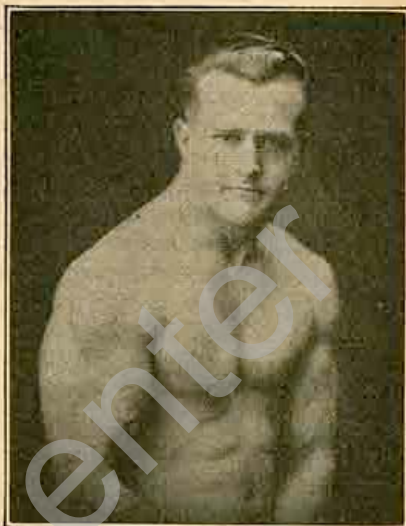
## Can You Do These Things?

Lift 200 or more overhead with one arm;  
Bend and break a horse shoe;  
Tear two decks of playing cards;  
Bend spikes;  
Chin yourself with one hand.

Can you do any of them? I can and many of my pupils can. It is remarkable the things a man really can do if he will make up his mind to be strong. Any man. It is natural for the human body to be strong. It is unnatural to be weak. One leading writer on physical culture says: "It is criminal to be weak." I have taken men who were ridiculed because of their frail make-up and developed them into the strongest men of their locality.

## I WANT YOU FOR 90 DAYS

These are the days that call for speed. It once took four weeks to cross the ocean—now it takes less than one. In olden days it took years to develop a strong, healthy body. I can completely transform you in 90 days. Yes, make a complete change in your entire physical make-up. In 30 days I guarantee to increase your biceps one full inch. I also guarantee to increase your chest two full inches. But I don't quit there. I don't stop till you're a finished athlete—a real strong man. I will broaden your shoulders, deepen your chest, strengthen your neck. I will give you the arms and legs of a Hercules. I will put an armor plate of muscle over your entire body. But with it comes the strong, powerful lungs which enrich the blood, putting new life into your entire being. You will have the spring to your step and the flash to your eyes. You will be bubbling over with strength, pep and vitality.



Earle E. Liederman  
As he is to-day

## A Doctor Who Takes His Own Medicine

Many say that any form of exercise is good, but this is not true. I have seen men working in the mills who literally killed themselves with exercise. They ruined their heart or other vital organs, ruptured themselves or killed off what little vitality they possessed. I was a frail, weakling myself in search of health and strength. I spent years in study and research, analyzing my own defects to find what I needed. After many tests and experiments, I discovered the secret of progressive exercising. I have increased my own arm over  $6\frac{1}{2}$  inches, my neck 3 inches and other parts of my body in proportion. I decided to become a public benefactor and impart this knowledge to others. Physicians and the highest authorities on physical culture have tested my system and pronounced it to be the surest means of acquiring perfect manhood. Do you crave a strong, well-proportioned body and the abundance of health which go with it? Are you true to yourself? If so spend a pleasant half hour in learning how to attain it. The knowledge is yours for the asking.

Send for My Book

## "MUSCULAR DEVELOPMENT"

It Is FREE

It is chock full of photographs, both of myself and my numerous pupils. Also contains a treatise on the human body and what can be done with it. This book is bound to interest you and thrill you. It will be an impetus—an inspiration to every red-blooded man. I could easily collect a big price for a book of this kind just as others are now doing, but I want every man and boy who is interested to just send the attached coupon and the book is his—absolutely free. All I ask is the price of wrapping and postage—19 cents. Remember, this does not obligate you in any way. I want you to have it. So it's yours to keep. Now don't delay one minute. This may be the turning point in your life. Tear off the coupon and mail at once while it is on your mind.

**EARLE E. LIEDERMAN**  
Dept. 711 305 Broadway, New York City

**EARLE E. LIEDERMAN**

Dept. 711, 305 Broadway, New York City

Dear Sir: I enclose herewith 10c for which you are to send me, without obligation on my part whatever, a copy of your latest book, "Muscular Development." (Please write or print plainly.)

Name .....

Address .....

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



But though light exercises are admittedly better than heavy for speed, they must be taken energetically to achieve the purpose. In speed exercises the aim should be to infuse all the "pep" possible; to drag lazily through a set of movements without apparatus or with light dumbbells will never bring any appreciable rewards. A progressive element may be incorporated by trying to do a certain number of *correct* movements in a given time. You cannot work thus without crowding on steam, and effort is just as essential in the acquirement of speed as in developing strength.

I have always thought free movements at their best in the cultivation of grace. Accurate judgment in measuring effort, and a sense of balance, distance and time are such vital parts of grace that it really is as much mental as physical. In grace exercises neither strength nor speed is of primary importance—though either may be in certain tests of grace. Of course, powerful muscles as long as they are supple and acutely responsive, and speed as long as it is smooth and accurate, are conducive to grace; but the movements employed when grace and poise are the primary aim, will be neither strength—nor speed exercises. As I have said, free movements, or wand exercises, are best. Stretching and relaxing exercises, interesting balancing stunts, and posing after the famous statues are good. Of course, dancing is unsurpassed as a grace developer. I think the most graceful woman I ever saw was a professional wire-walker. She had an exquisite sense of balance, and a carriage that attracted immediate attention by its easy grace.

It must be obvious to any person of much experience in the exercise business that hard and fast rules and statements of the absolute virtues of any system cannot be made. It depends too much on the individual, his inherited potentialities and his condition at the time, for any physical instructor to say *this* or *that* method is best. I was amused



"This exercise developed the finest deltoids that I ever saw."—L. E. Eubanks.

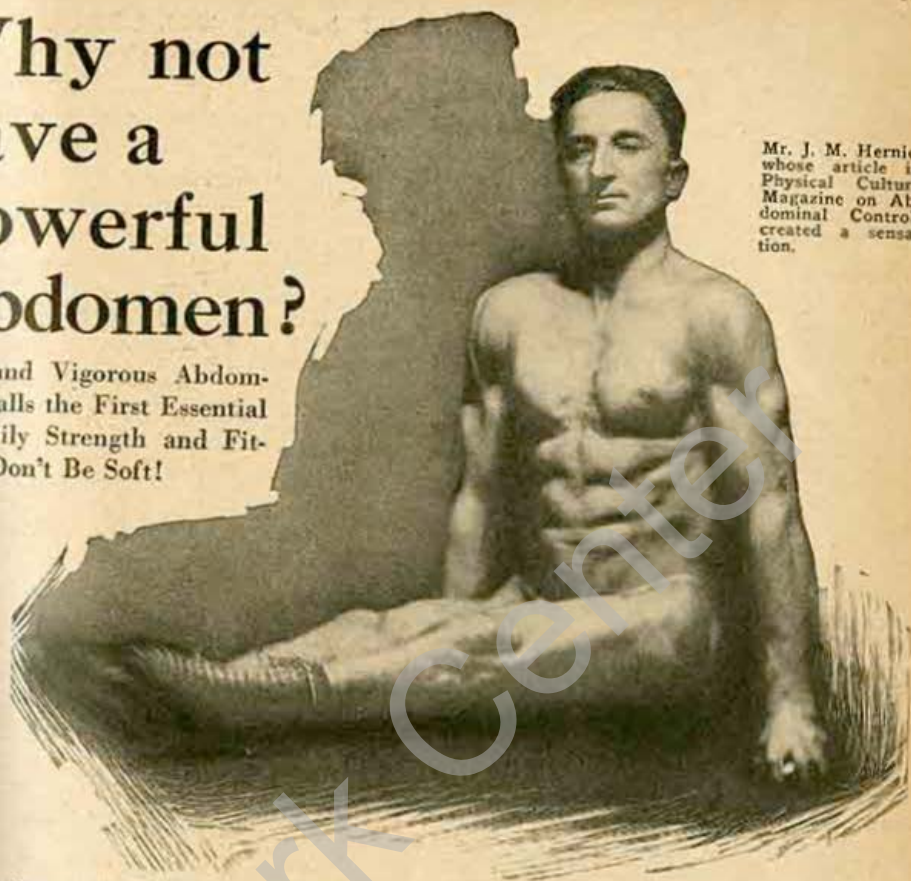
at a husky chap who once came to my gymnasium for a course in body-building. We had quite a discussion as to what he should do; he had been told that non-apparatus exercises were unqualifiedly the proper thing. He had been a truck-driver, a logger, and a locomotive fireman, and owed his strength largely to these vigorous pursuits; but when, through a change of circumstances, he felt the need of exercise, he was afraid that such things as chest-weights and moderately heavy dumbbells would injure him! (This is a funny viewpoint in men, but I have often encountered it.)

"They strain the muscles," he informed me. "Sandow and all such men used very light exercises," etc. He pointed out to me, too, that the word calisthenics came from a Greek word  
(Continued on page 76)



# Why not have a Powerful Abdomen?

Firm and Vigorous Abdominal Walls the First Essential of Bodily Strength and Fitness. Don't Be Soft!



Mr. J. M. Hernic, whose article in Physical Culture Magazine on Abdominal Control, created a sensation.

Ever since Mr. Hernic's sensational article on Abdominal Control appeared in Physical Culture Magazine he has been deluged with requests from his admirers for the secret of his wonderful development. People who know, are amazed at the physique of this man, who, up to the present time, has never been inside a "gym" or practiced any of the common forms of physical culture or weight lifting.

Mr. Hernic claims that even great strength is worthless unless you have a powerful abdomen and in his own case has proven that perfect health and a strong, beautiful symmetrical body can be obtained thru a few minutes practice of abdominal control only. It is well known that at 20 he was in poor health and rather a weakling—yet at 25 he is one of the strongest and best developed men of his weight in America. Scientific abdominal control is chiefly responsible.

In speaking of himself, Mr. Hernic has this to say:

"Very often I am asked if I am a wrestler or fighter. I am neither and up to the present time have never been inside a gymnasium. Wrestling, weight lifting and other strenuous exercises are undoubtedly very beneficial but they in themselves are not enough. Even the strongest man is weak unless he has a powerful abdomen, and the ordinary person will secure perfect health and a good physique very quickly by exercising the abdominal muscles scientifically."

At last Mr. Hernic has been persuaded to sell this method by mail at a reasonable price. If you desire perfect health and strong, well moulded beautiful muscles, send only \$2.00 to John M. Hernic, 69 W. 52nd St., New York City, in complete payment for his wonderful new method. No man is so strong that he doesn't need it—and the average person will be amazed at the results.



# Readers' Service Department

**T**HE Readers' Service Department is getting to be the busiest end of the Milo Publishing Co., or at any rate we think that it is. Last month we answered more letters than we ever have answered before and from the looks of things this month will break all records.

Of course a great many of our inquiries are of interest only to the person that we answer. Many of our readers want to know definite, specific places where they can obtain such articles as boxing dummies, camping equipment, information on trips and the like. These all can be, and are, answered easily and promptly.

We are always at your service to let you know where you can obtain any athletic, outdoor or general merchandise. We carry a complete file of such information on hand and want you to feel free to use it.

We also get a lot of health questions, some of which are of general interest, and many of which require a great deal of careful attention before they can be answered. Occasionally we get questions that cannot be answered by mail and it is of course necessary to refer such writers to competent medical attention in their own homes.

## *What to do for a rupture*

**W**E are in a position to furnish constructive and health-building suggestions and cannot, of course, prescribe remedies by mail for any number of diseases all of which can only be properly handled by thoroughly competent medical men, well informed about the specific case.

Many times a month we state that we do not believe that any form of exercise will cure rupture. It is our belief that rupture can only be cured by an operation and this operation when performed by a thoroughly competent man has every

chance of being successful. Incidentally, anyone's family physician can and will confirm this statement.

Also, we occasionally get requests to prescribe for malignant diseases which we, of course, are not in a position to do.

*Some of the things we can and cannot do for you*

**O**F course, from time to time, we give a great deal of instructions in bar-bell work, designed to build up some specific weak point in the body.

Just a short time ago we sent out an intensive series of leg exercises to one of the men who inquired for information, which we know will go a long way toward building up the lower development of anyone practicing them faithfully.

The first exercise was holding a bar-bell of about twenty pounds in weight behind the back with wrists crossed, heels together and toes pointed outward, the bell being held as conveniently as possible well below the waist. Then take a deep-knee bend, rising on the toes, parting the knees until almost squatting on the heels. Rise again to the first position and repeat five times, adding one repetition every three or four workouts till you make twenty repetitions and then increasing the weight and beginning all over again.

The second suggestion was running and standing high and broad jumps with weights.

The third was rope-skipping, paying particular attention to long runs on the toes of one foot, and this is certainly a good exercise for developing the muscles of the calf.

The fourth exercise was similar to the first except that the bar-bell used weighed more and was rested across the shoulders, behind the neck, being held in place by both hands. You work from three to ten repetitions in this and then increase your weight.



# Do You Want a Bulging Biceps

## OR A SYMMETRICAL WELL-DEVELOPED BODY?

The desire for strength as a safeguard for health is spreading so rapidly today that it is wise to stop and consider what strength really is.

It certainly is not merely the acquisition of bulky, protruding muscles, although they are apparently accepted as an indisputable evidence of strength.

On the contrary the really strong man is the man whose body is symmetrically developed and who has not developed one part at the neglect, and in all probability, at the expense of his body as a whole.

### THE BEST METHOD OF DEVELOPING PERFECT PROPORTIONS

is to set, for yourself, an ideal.

Do not decide that you want to have a sixteen-inch biceps! Do not decide that you want a fifty-inch chest! Do not decide that you want great pectoral muscles!

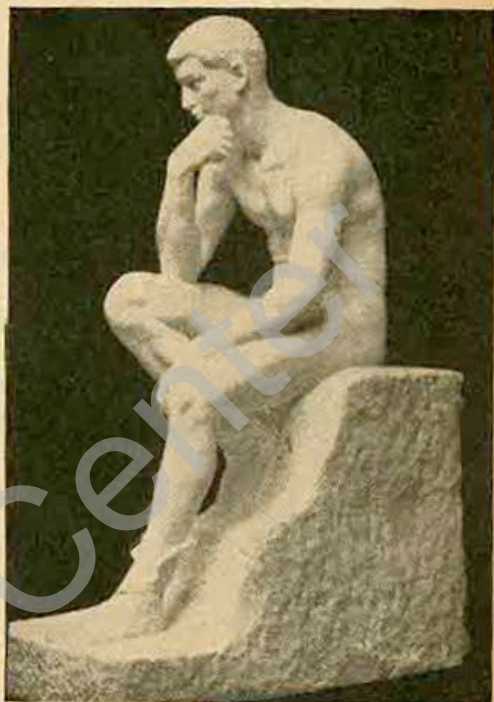
*Make up your mind that you will have a well-developed body. Decide to acquire a good build!*

### ABOVE EVERYTHING "LEARN TO POSE"

And when we say learn to pose we mean learn to pose with discrimination. Use your knowledge to assist you in developing your body to the physical perfection that you desire.

We all know any number of men who would be a laughing stock if they attempted to pose after any of the old Greek statues, and yet we all know that the figures on these old statues come very near to being physically perfect. We all know that a man who is well developed and has a slight knowledge of posing should be able to approximate these works, at least.

"How To Pose," by Monte Saldo, contains thirty-six illustrations of classical examples, actual poses and explanatory diagrams. Anyone who hopes to develop himself symmetrically should not be without this book.



*It is a practical text-book on posing and is the foundation on which you must build if you care to really make the most of yourself physically.*

No one has developed a good body unless they can see for themselves that it compares favorably with the generally accepted standards of physical perfection.

No one can tell how well they compare unless they know something about posing their bodies. It is not easy to take and hold any pose unless you really know how.

To denote action in posing you must have not only the necessary physique, but also the ability to use it and the knowledge of how-to use it.

When you know how to pose you will instantly recognize your bodily defects as well as your real achievements and you will know how and why you want to build your body for the future and to assure yourself of obtaining "Physical Perfection."

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*Bar-bell and other exercises designed to develop the legs*

**T**HE fifth exercise was real and should not be tried by a novice or by a man suffering from rupture. In fact, any ruptured man should always be careful of his actions in leg exercises. Lie full length on the floor on your back, raise your legs well over to an acute angle with your body, bending them both at your hips and knees. Pull over your head a bar-bell of from twenty to thirty pounds in weight and rest it across the soles of your feet. When you have it well balanced, push your legs straight, bend them in again, and again push straight. Repeat this a few times according to your ability and gradually increase to ten repetitions. Stick at this point until you can make ten repetitions quite easily and then add a few more pounds and begin again.

Of course, anyone who wants to try these exercises must not take too seriously the weights given above as they were prescribed for a specific case and would not apply to everyone.

Incidentally, it is a very foolish thing for the average man to specialize on the development of one part of his body unless it is distinctly behind all the rest. The sensible thing to do is to follow some well rounded system designed to give plenty of work to all the muscles of the body.

*We hear from a man who does not believe in exercise*

**A**LTHO most of our correspondents are physically sound and usually interested in athletics and actively engaged in body building, we occasionally get letters from men who have very sedentary lives and whose sole interest is in permitting themselves to continue to go along in their present manner of living. One such man wrote us recently stating that he had no appetite and wanted to know what we would suggest. Absolutely, he was not interested in exercise and he could not see the point in doing the "Daily Dozen" or anything strenuous.

We quoted him verbatim almost a page of information from Dr. M. Hindehede's "What to Eat and Why" as follows:

"It is not enough for a housekeeper to understand the cooking and the making up of dishes; if her family does not understand the best way of eating, her efforts are vain. 'Not understand how to eat?' my readers will say. 'As if everybody did not know that.' That may be: nevertheless I maintain that few people know how to eat in the right way because they have never given it a thought.

"As long as primitive men lived on raw, uncooked products, which often cost them great exertion to obtain, and which were hard to eat and required long mastication, feeding was not an art. But now that cooking has become so refined, teeth seem to be a luxury to such an extent that they decay at the age from ten to twenty for want of being sufficiently used, and eating has become a difficult art to learn.

"I would advise every housekeeper to hang above her dining table a card printed in large type, giving the following advice:

"DO NOT EAT IF YOU ARE NOT HUNGRY!  
STOP EATING AS SOON AS YOUR AP-  
PETITE IS SATISFIED!  
DO NOT TALK WHILE EATING!  
KEEP ON CHEWING!  
EAT BREAD AND POTATOES!"

"Many people do not know what it means to be hungry. How seldom do you hear a man say that he is hungry—except, of course, in the very poor classes—and how many, on the contrary, complain frequently of the loss of appetite!

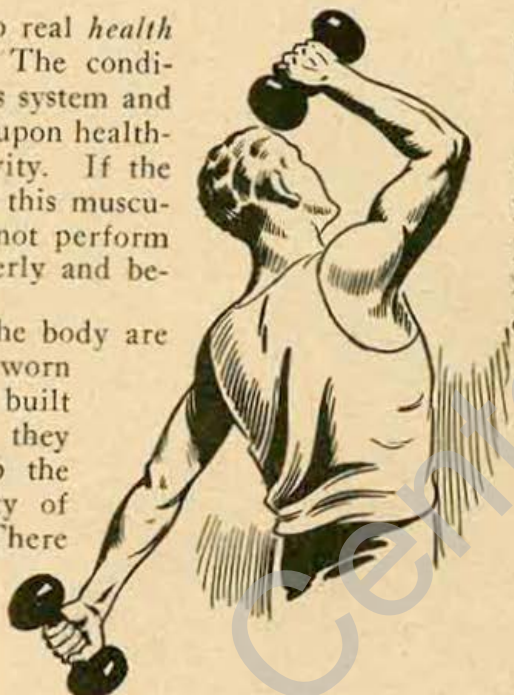
"Ought we to laugh or to weep when we see people go to the doctor asking him to prescribe a tonic to give them an appetite? This lack of appetite is Nature's only weapon against over-eating, which kills energy, relaxes the capacity for work, and finally ruins not only the digestive organs but the whole of the organism. People endeavor to deprive nature of her weapons by bringing more



# Why We Should Exercise

There can be no real *health* without *exercise*. The condition of the nervous system and the brain depends upon healthful muscular activity. If the body does not get this muscular activity it cannot perform its functions properly and becomes inefficient.

The tissues of the body are being gradually worn out and must be built up as quickly as they wear out, to keep the health and activity of the individual. There is only one way to build tissue and produce firm and healthy muscles



and that is through exercise.

If you are constantly working your mind and body you need the beneficial results that are obtained through exercise. Particularly if you are a brain worker you should have some active exercise that will build up healthy tissue, sound nerves and firm muscles.

## Give Yourself Fifteen Minutes Every Day

If every man and woman would practice a few simple exercises with a pair of dumbbells suited to your own physical condition for fifteen minutes daily you would greatly improve your physical condition. You would expand your lungs, invigorate your circulation, strengthen your digestion and nervous system and give every muscle and joint of the body vigorous action, thus keeping the body toned up and strong enough to be free from danger either of incurring serious disease or any lighter ailments. It would also increase their usefulness and, needless to say, happiness would be greatly enhanced.

Instead of getting up at the last minute and eating a hasty distasteful breakfast and

rushing off to work, get up fifteen minutes earlier. It will make only a slight difference to you at first and in time you will learn to enjoy getting up earlier and taking your exercise. After all your health is the most precious possession you have, and through it you either obtain or lose success and happiness.

We make the best quality dumb-bells obtainable. They are of the best workmanship and material, are evenly balanced throughout and are attractively finished in black enamel.

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Perhaps you've tried to stop using tobacco only to find that the habit has such a hold on you that you gave up trying.

You know, better than anyone else, that you ought to stop because, sooner or later, it is bound to undermine your health. Heart trouble, indigestion dyspepsia, nervousness, insomnia, poor eyesight—these and many other disorders can often be traced directly to the use of tobacco. Besides it is an expensive, utterly useless habit.

## Habit Banished Let Us Help You

No matter how firm a grip tobacco has on you—no matter whether you've been smoking cigars, pipe or cigarettes or chewing plug or fine cut for a month or 50 years—Tobacco Redeemer will positively remove all craving for tobacco in any form in a very few days. It does its work so quickly that all tobacco "hunger" is gone almost before you know it. The desire for a smoke or a chew usually begins to decrease after the very first dose.

Tobacco Redeemer contains no habit-forming drugs of any kind—it is in no sense a tobacco substitute. It does not cause the slightest shock to the nervous system; on the contrary, it often helps to quiet the nerves and make you feel better in every way.

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### Proof

Get our free booklet. Tells you all about the deadly effects of tobacco and how easy it is now to quit. We will also send you copies of letters from confirmed users telling how this simple, home-treatment freed them absolutely from the habit. Just mail coupon—or a postal will do.



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refinement in their cookery, and, failing such means, by making use of all kinds of 'appetisers'. Is it to be wondered at that under such treatments both stomach and bowels end by revolting?

*A talk on diet with a man who has lost his appetite* "STILL, the man is lucky whose stomach kicks in time.

A stomach that can digest anything brings its owner to an early grave. People must therefore make it a stringent rule never to eat unless they are hungry. But appetite is often mistaken for hunger. A desire to eat whatever dish looks appetizing is not a sign of hunger. Anybody who with good appetite can eat a piece of dry bread very slightly buttered is certainly hungry, and to acquire such an appetite is the easiest thing in the world. It is sufficient to wait until it comes of its own accord. It may be half or a whole day, perhaps several days in coming. Fasting is a good old custom which we have lost, unfortunately. It is often most useful, and seldom or never hurts anyone. I speak here of healthy people, who through loss of appetite may pass for being ill. Many patients whom first class doctors had treated in vain, according to the old method, began to recover after eating sparingly or after trying a hunger cure. Of course, there are exceptions to the rule. If, however, appetite fails to show itself after that time, it is well to try a two hours' early walk: this will certainly prove beneficial.

*The importance of thorough mastication*

"THOROUGH mastication is very important. Take the trouble for two days to study mastication. In order to do this wait until you are thoroughly hungry, then take a piece of bread or a biscuit—the harder the better—with very little butter, chew it and try to keep it in your mouth as long as possible. Gradually the piece of bread or biscuit will become so finely divided that it will go down of its own accord. If you do this



until your feeling of hunger is stilled, you will find yourself fit, well, and ready for your work.

"On the other hand, if you consume a heavy beefsteak and eggs without troubling about mastication, you will feel sleepy and unfit for work. It seems that one can keep in the best of health and strength for a long period by eating exclusively bread, butter, potatoes, or other similar cheap products (oatmeal, palmine, dried fruit etc.). Even for people who have no desire for such a simple life, it would be good to live at least one day a week on such fare. For some it may be difficult. But if the entire household alter their way of living, then it becomes an easy matter. At any rate, if nothing else is put before you, simple dishes taste as good as expensive ones. This has been proved many a time.

"Variety is necessary," some will say. But how many know that the more refined and unnatural the food, the more variety is necessary. One could not eat a steak every day, whilst you can eat for a whole year bread, potatoes, and fruit, and not tire of them. Does this not prove that the latter fare is the more natural? If one can procure good potatoes—potatoes eaten with sauce or with butter constitute a tasty dish.

"In Denmark a variety of sauces exist: Danish people are fond of them. Yet they are economical in practice; they can be eaten with bread and potatoes, and therefore save people from buying expensive meat. That is why bread and potatoes are served with every meal, and it must not be forgotten that coarse bread must be preferred to white bread. The latter is a too one-sided food, which is suitable only as an adjunct to other food, but not when it forms an important item of the meal.

"Rather small consolation, but on the whole exactly true and particularly true in his case. Any man who puts in a hard, trying day physically needs more sustenance, as does the man engaging in strenuous exercises."

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Training in Jiu-Jitsu and Wrestling—how to subdue an armed opponent, how to break a strangle hold, the Gotch Toe Told, the Stecher Scissors Hold, the Head-Lock, etc.

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Simply fill in and mail the coupon. On receipt of the course, hand the postman \$1 merely as a deposit. Use the course 10 days. If you're not convinced at the end of that time, return it, and we'll send your dollar back. If you keep the course, you simply mail us the balance of \$2.85 in complete payment.

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Gillette  
SAFETY RAZOR

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A FACE  
LIKE A  
BOY'S  
AFTER A  
SHAVE  
WITH THE

## Physique of the Fighting Man

(Continued from page 25)

Tommy Murphy, one of the best of the last decade's lightweight crop, was the same way. "I was very thin when I began to box," he said, "so slender, in fact, that most people pitied that 'poor child.' I weighed barely one hundred pounds, though what little muscle I had was hard."

It is easy to produce testimony of this sort from a hundred different sources. Many a fighter has beaten the obstacles within himself as well as his opponents. That is encouragement enough for the man in the street.

"It's true enough," says the chap who wants to be strong, "that the champions practically all started out with great physical advantages—but I'm not hounding to be a champion. I want to be a good athlete, that's all, and if some sickly, under-developed boys can work themselves up into rugged, knotted scrapers I can at least put an overlay of good muscles on my bones."

## Foot-ball as a Body-Builder

(Continued from page 41)

very much in evidence. Every time a play is directed against his position he must stop it. This means that his shoulders are constantly and repeatedly used to meet the shock of attack. His side muscles take an important part in every attack. As a rule the right guard uses his right shoulder more than his left, while the left guard uses his left shoulder more than his right. Swinging the right and left shoulder into the play to stop the rush of the oncoming back-field man calls for a very sudden and vigorous and powerful twisting and turning motion of the body which means, in other words, that the side muscles are doing the work. In breaking through to get the man carrying the ball, the guard uses his arms, not to hold, remember, for he cannot hold an opponent who has not the ball, to push the opponent out of the way. This pushing calls into play, most effectively, the back of the upper arm.

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or triceps muscles. The biceps or front upper arm muscles and the plexor and extensor muscles of the forearms are much used in tackling as they must contract and hold vigorously in order to bring down their man. The neck muscles are commonly used, as was said before, in treating of the center position, because there is a continual and constant turning and jerking in every possible direction. It is well to state that there are two types of guards developed, the big, tall and heavy kind of over one hundred and ninety pounds weight, and the short, quick, and fast-charging kind of between one hundred and seventy and one hundred and ninety. For all-around ability the lighter man is the better as he suits the modern open, forward-passing style of football much better than the too heavy, rather slow-going kind of guard. The greatest guards produced by Coach Richne of Notre Dame have been fairly light men well known for their terrific charging ability. Some of the greatest

guards produced were men rather light but whose headwork and speed more than off-set any disadvantage in weight.

One of the most important positions on a football team is that of tackle. The position of tackle, whether right tackle or left tackle requires and exacts three chief characteristics of the young man desiring to play this position. It demands strength, speed and weight. The essential of weight means, however, that it should not be in such a quantity that speed will be lost; there are big, fast men just as there are little slow men. In making and in asking the three above-named qualities of a candidate for the tackle positions the boy willing to develop into a first class tackle will do so providing he does as he is coached. We have seen what muscles are developed in the youth playing the guard position. All those and perhaps more, and certainly to a greater extent, are developed playing tackle. The young man playing this position must cover more ground

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The Barker World Famous Strength Maker System of Progressive Exercising will not only double your strength in a very short time, but will also increase your weight to what it should be. You can have a shapely neck, broad shoulders, powerful back, strong arms, big chest, healthy stomach and well-formed legs. All of the above you can positively have by using the Strength Maker Bar Bell System. The results are quick and permanent. I have conducted fourteen gymnasiums in New York City, and during my 35 years' experience as a physical director I have trained over 300,000 people from 14 to 72 years of age. To advertise my latest Strength Maker model, I am going to sell a limited number for less than half-price. The former price was \$35.00. You can now purchase the famous Strength Maker Bar Bell Outfit with a complete home course on physical training for \$17. The Strength Maker is interchangeable. You can make it into a long bar bell that weighs empty about 40 lbs. or a short bar bell that weighs empty about 35 lbs., or two ring weights that weigh empty about 20 lbs. each. You can load them with sand, which will make the weight as heavy as you should ever need for all purposes of health and physical powers. Should you wish a very heavy bell you can use lead shot, which will make the long bar bell about 210 lbs., short bar bell about 200 lbs., and ring weights about 100 lbs. each. You receive with each outfit the most complete and up-to-date instructions published on how to use long bar bells, short bar bells, ring weights or kettle bells. The Strength Maker Bar Bells can be used by a fourteen year old boy, also very strong men up to 60 years of age. I guarantee that if you will use the Strength Maker Bar Bell System of body building that you will positively obtain better results than any other system of physical training. I can assure you that in one month's time you will consider it the best investment you have ever made. This special offer is for a short time only. Send a post office money order today for \$17.00 and obtain a \$35.00 Dumbbell outfit.

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in half the time required under "ordinary" methods. Matysek will show you the shortest, surest and safest path to health, strength and development.

than any man on the line, chiefly for this very obvious reason, that he must not only play his own position in his own very allotted place but he should and would, if he aspires to be a first class tackle, also help the guard and the end playing on either side of him. Now what does this mean? It means that he will cover a lot of ground. It means, furthermore, that in order to do this the muscles of the legs, all of those in the calves, even the muscles of the shins, the muscles of the feet, those controlling the toe movement will be greatly exerted, very much used in acting as braces on defense and in acting as human springs on offense. The great muscles of the thighs are called upon to do their utmost in both defense and offense duty. When doing defense duty, as noted in the paragraph on the guard position, they are very many tensed to withstand the shock of the opponent's charge, and when on offense duty they must work even harder because they must contract and relax most vigorously and very quickly and repeatedly. The buttock muscles are given a very severe workout in every charge that the tackle makes. It is a fact proven by experience and by observation that most of the real charging ability and driving ability comes not so much from the legs as it does from the buttock muscles and develops them into beautiful rounded effectiveness. All the muscles of the back from the base of the spine upward are greatly developed since the back strain in playing the tackle position is very great; repeated and constant charging and withstanding charges develops and hardens and toughens the back muscles. The use of the arms on defense, their use in pushing an opponent aside, their further use in catching, in tackling and in holding the man carrying the ball, puts a severe tax upon their makeup and develops them into wonderful roundness of line and contour. The effort required in pushing develops the deltoid muscles of the shoulder and also the triceps muscles of the arm—the muscles of the back of the arm—whereas the effort called for in holding and pull-

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ing toward the tackle develops the muscles of the biceps or inner muscles of the upper arm and also the muscles on the inside of the forearm. As for the muscles of the neck, what has been said previously in treating the guard position also applies here concerning the neck muscles. There is this one difference, namely, that a boy or young man playing this position will develop the most rounded and most perfectly shaped neck possible. If a young man wishes to acquire a beautiful build, that is, the type of physique that painters and sculptors, track coaches and rowing coaches, movie directors and army officials desire, why then let the boy aspire to the tackle position. True, there is not the opportunity to star, to stand out so prominently in the limelight, as there is in playing a backfield position, but the great personal gain to physique and health more than offsets whatever advantage there is in glory. Moreover, bear in mind that a team can win games with a mediocre backfield if it has a good pair of tackles, whereas it cannot win games without good tackles. Good tackles are the foundation of every team. Ask any good football-knowing coach.

### Physicians Favor Hearty Breakfast

(Continued from page 14)

meal at six in the evening. I don't think there is any doubt but what one could do better mental work by following out this plan."

Others who hold this view are Dr. E. H. Bullock health commissioner, Hospital and Health Board, Kansas City; Dr. Fred H. Albee, New York City; Dr. C. F. Kendall, state commissioner of health, Augusta, Maine; Dr. C. C. Slemons, health officer, Grand Rapids, Michigan, and Dr. R. Grant Barry of the Trenton State Hospital, New Jersey.

### Some Favor Hearty Breakfast After Night's Rest

Eleven doctors say that a hearty breakfast is advisable because after a night's rest the digestive apparatus is in good

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Strength of	First Record	Second Record	Strength Gained
Thighs	754 lbs.	2,000 lbs.	1,246 lbs.
Knees	754 lbs.	1,890 lbs.	1,136 lbs.
Calves and Ankles	410 lbs.	892 lbs.	482 lbs.
Back	508 lbs.	1,382 lbs.	874 lbs.
Shoulders and Arms	356 lbs.	641 lbs.	285 lbs.
Neck	185 lbs.	375 lbs.	190 lbs.
Biceps	87 lbs.	280 lbs.	193 lbs.

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which gives a full description of the Automatic Exerciser, how it works, what it will do, etc. Don't judge my machine until you have read this booklet. I will send it on receipt of 4c. postage.

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shape to take care of it and the system needs the fuel provided by such a meal to start the day's activities. Among these are Dr. Eugene W. Kelley, Commissioner of Health of Massachusetts, who thinks that as "breakfast comes after such a long interval of rest, it would seem natural that a reasonably substantial meal be indulged in to start the day off," Dr. L. B. Gloyne, Commissioner of Health and Sanitation of Kansas City, who says in part:

"the system, like the furnace is low on fuel in the morning, therefore a good sized meal is justified. . . . The 'no breakfast' plan has no scientific foundation, and to my way of thinking, it is not logical," and Dr. Herman N. Bundesen, Commissioner of Health of Chicago.

Fifty-five physicians base their decision on personal experience or observation in their practice, and render their opinion that the substantial breakfast is the best plan.

Dr. J. H. Riffe, Health Officer of Covington, Kentucky, says:

"I think it is far better to start the day with a substantial breakfast of fruit, cereals, bacon and eggs, toast—or as we of the South prefer, hot biscuits," Dr. C. P. Botsford, superintendent of Health of Hartford is "emphatically in favor of a fairly solid meal in the morning," and Dr. L. M. Powers, Health Commissioner of Los Angeles is also an advocate of a substantial breakfast.

## Man's Physical Needs Compared With Those of Lower Animals

Several of the physicians compared the physical needs of men with those of the lower animals.

Dr. S. W. Welch, State Health Officer of the Alabama Board of Health, says: "The lower animals eat a heavy meal at nightfall and lie down to rest. They rise again with the day,—hungry. My impression is that we should begin the day always with a substantial breakfast."



while Dr. H. E. McNutt of Aberdeen, South Dakota, writes:

"If a farmer were to take out his team at their usual early hour to do their usual hard day's work, and the farmer should feed them a scanty or no meal at all, he would receive the condemnation, if not more, of all men."

### Oppose Hard and Fast Rules of Diet

A few physicians stated their belief that no hard and fast rule could be laid down, but that it depended entirely on the individual.

Dr. Elizabeth Janette Child Freeman of Bethel, Virginia, says:

"I do not approve of cast iron rules for folks," and adds, "If I am not wise it is not for lack of time, for I began in 1840."

Dr. Thomas M. Acken of New York says:

"The plethoric should eat breakfast, no luncheon, and a fairly good dinner. . . . The greyhound type whose combustion is over active should have a substantial breakfast, a mild lunch, and a hearty dinner."

Dr. G. K. Angle of Albuquerque, New Mexico, thinks that "those who retire at 10 p. m. or before, should have a regular breakfast. Those who retire at 12 p. m. or after—light breakfast."

### Eat Pie in Pie Zone

Ten physicians said that a light breakfast, a light lunch and a heavy dinner is the schedule best adapted for the business, or professional man. Among these is Dr. Isaac D. Rawlings, Director of the Illinois State Department of Public Health, who adds, however "If people want pie for breakfast and they live in the pie zone don't rob them of their pie providing they don't eat too much of several other things."

### Some Advocate Heavy Midday Meal; Breakfast and Supper Light

Seven doctors believe that the midday meal should be the heaviest; breakfast light, and supper light.

(Special Cable Dispatch.)

London, July 9.—Marquis Curzon, of Kedleston, Great Britain's Foreign Minister, who the last week confirmed his withdrawal from the government due to ill health by saying he would be back at work within ten days, was cured after all other methods failed by Emile Coue, the French exponent of Auto-suggestion. Lord Curzon personally makes this interesting disclosure today. (Phila. Public Ledger dispatch.)

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Dr. W. H. Sharpley, manager of Health and Charity of Denver says:

"I really think that a light breakfast in the morning and the main meal about noon and a light supper at night is the preferable way."

### Other Observations

The survey disclosed some interesting opinions away from the main question.

Dr. Thomas F. Collins of Adamsville, Pennsylvania, says that "the matter of taste is what is ruining the American digestive system. We eat things because we like the taste of them even though we know they contain the wrong elements for us. . . . Therefore let us eat regularly, reasonable amounts of the things we should have, disregarding the taste."

Dr. Walter F. Carver of Albion, Indiana, displays a philosophical turn of mind. He recommends a moderately ample breakfast, a light easily digested lunch, and the full meal in the evening. *From Medical Review of Reviews.*

### A Talk on Football

(Continued from page 30)

this, and he has called attention to the fact that the best football players are the finest sportsmen. You don't generally are the finest sportsmen. You don't, generally, find a man who is rated as a star stooping to underhand tactics. And the scrub or third string substitute will get farther along in the game, and will, at least, gain the respect of everyone, including himself, if he plays as a sportsman should.

Bill Roper is too big a man to tolerate the petty tricks of those who seek to beat the rules on the gridiron. The game itself rather than the result is the most important thing. He would rather have a mediocre player who gave the best he had, and played squarely than a star who knew nothing of the sportsman's code.

Though Princeton is pretty badly shot, and will have a hard fight to keep her place in the sun this autumn Roper can be depended on to have a well trained and fighting team, if not a winning one—



and it has been seldom in his career as a coach that his colors have been lowered.

Of course, his pessimism should not be taken too seriously. Every gridiron mentor takes the same attitude before the season starts. None of them want to have big predictions to live up to; which is a sensible course. If you talk to Bob Fisher at Harvard he will admit gloomily that Roper's Princeton Tigers will probably chew the life out of the crimson; and when you talk to Bill he will say that the Fisherites should make Princeton hang out crepe.

Advance-season football predictions can be classified as "dope."

### Klein, The Perfect Man

(Continued from page 36)

He must not only be strong but must *look strong*. When Klein works out before a strange audience there is a ripple of involuntary applause the minute he walks on the stage. His figure seems to compel admiration.

At present he is giving exhibitions for the love of it. If he takes up stage work professionally, he will soon put himself in the class with Sandow, Rollon and Redam and the other two or three "strong men" who have given artistic performances. And he will owe his success to his superb proportions.

### A Real Feat of Strength

(Continued from page 52)

diving headlong against the walls or by hurling or being hurled against them the walls of the house were completely separated from the foundation.

Both of these stories are absolutely true and for sheer strength and endurance they are better than anything that I have ever seen, although I have often heard my father tell of many feats of strength to which they would not hold a candle.

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## A Big Year in American Hockey

(Continued from page 19)

wing) had been trying to dribble the ball down the field on my left side using the reversed stroke to do it. However, Miss Gaskell, the English referee would always call a foul, the cause of which I was absolutely ignorant. After the game, she told me that I had been "twiddle-sticking" and in so doing had been "obstructing" by placing my body between my opposing half-back and the ball. Needless to say, I will never forget "twiddle-sticking."

Everyone who saw the English play here admired the cleanness and accuracy of their shots. In comparison, the Americans have been accused of "grubbing." Miss Amos, an English forward, hit a ball which sounded like a pistol shot and though I have never been a goal keeper against her, it must have felt quite like a cannon ball.

Last of all there must be more team play on the American teams. Again, thanks to the English, we have learned the advantages of "man to man" defensive work. But we have yet to work out a concentrated attack.

Many of the American girls have been praised by the English players who have picked out an individual here and there as worthy of special mention but the majority of the girls need to learn a great deal. During September, there was a hockey camp in the Poconos where hockey instructors and players alike got the benefit of English coaching.

From all present signs, it is to be a big season in American hockey.

## It Gets On My Nerves

(Continued from page 46)

Re-education doesn't come in a bottle at the drugstore. But it can be concocted at home. And if you are the victim of anger in any of its forms—whether petty irritability, the tendency to squabble, secret brooding over resent-



# "NERVES" A subtle and dangerous malady which is undermining the vitality of the American Nation

By PAUL von BOECKMANN

"NERVES"—We hear it everywhere. The physician tells his patient—"It's your Nerves." Sensitive and high-strung women complain of their "Nerves." You see evidence of "Nerves" everywhere—in the street, in the cars, in the theatre, in business, and especially in your own home—right in your own family. We Americans are a nation of nervous people. This is known the world over. Our own Nerve Specialists admit it. It is caused by our "Mile-a-Minute" life, the intenseness of our Natures in everything we do. It is making us the most progressive nation on earth, but it is also wrecking our people. Our crowded insane asylums prove it. Medical records prove it. Millions of people have sub-normal Nerve Force, and consequently suffer from endless organic and physical troubles, which make their lives miserable. What is meant by "Nerves"? By "Nerves" is meant Nerve Exhaustion (Neurasthenia), lack of Nerve Force. What is Nerve Force? We might as well ask "What is Electricity?" We do not know. It is the secret of Nature. We do know that it is the vital force of life, a mysterious energy that flows from the nervous system and gives life and energy to every vital organ. Sever the nerve which leads to any organ and that organ will cease acting.

The wonderful organ we term the Nervous System consists of countless millions of cells. These cells are reservoirs which store Nerve Force. The amount stored represents our Nerve Capital. Every organ works incessantly to keep the supply of Nerve Force in these cells at a high level, for life itself depends more upon Nerve Force than on the food we eat or even the air we breathe.

If we unduly tax the nerves through overwork, worry, excitement, or grief, if we subject the muscular system to excessive strain, or, in any way, consume more Nerve Force than the organs produce, the natural result must be Nerve Bankruptcy, in other words, Nerve Exhaustion, Neurasthenia, or "Nerves."

There is but one malady more terrible than Nerve Exhaustion—its kin, Insanity. Only those who have passed through a siege of Nerve Exhaustion can understand the meaning of this statement. It is HELL; no other word can express it. At first, the victim is cheerful, he will die, and as it grips him so great is his mental torture. He becomes pale-stricken, and irresolute. A sickening sensation of weakness and helplessness overcomes him. He becomes obsessed with the thought of self-destruction. Nerve Exhaustion is not a disease that comes suddenly. It may develop in childhood and the decline is accompanied by unmistakable symptoms, which can readily be recognized.

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," especially in the back and knees.

**SECOND STAGE:** Nervousness; sleeplessness; irritability; decline in nerve force; loss of hair; nervous indigestion; sour stomach; gas in bowels; con-

stipation; irregular heart; poor memory; lack of mental endurance; dizziness; backache; headaches; neuritis; rheumatism, and other pains.

**THIRD STAGE:** Serious mental disturbances; fear; undue worry; melancholia; dangerous organic disturbances; suicidal tendencies, and, in extreme cases, insanity.

How often do we hear of people, running from doctor to doctor, seeking relief from a mysterious "something the matter" with them, though repeated examinations fail to show that any particular organ is weak or diseased? How often do we hear of people racking their brains, trying to discover the reason of their failure in business, in a profession, love, or any undertaking? They would give anything to lay their finger on the stumbling block of their lives—the door that locks out their ambitions, the wall that blocks their progress. The answer is: Lack of Nerve Force. In short, Nerve Force means Life Force—Brain Force—Vital Force—Organic Force—Dynamic Force—Personal Magnetism—Manliness and Womanliness.

No man WITH Nerve Force has ever stood in a bread line.

No man WITH Nerve Force has ever been down and out.

No man WITH Nerve Force has ever acknowledged himself "licked."

No man WITH Nerve Force has ever failed to attain success.

This, of course, applies to women as well as men. And, on the other hand, WITHOUT Nerve Force no person of either sex in any walk of life has ever reached the top, has ever achieved success, or has ever gotten the fullest enjoyment from life itself. WITHOUT an abundant supply of Nerve Force our lives are wrongly adjusted, we fail to utilize our full powers, and we cheat ourselves of our birthright of health and vigor.

"A sound mind in a sound body" depends upon sound nerve. And to be a WINNER even in a small way, demands first of all—NERVE FORCE. If your NERVES have reached any of the three stages of depletion, you ought to take immediate steps to determine the cause and to learn what to do to build up your Nerve Force.

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 90,000). My instruction is given by mail only. No drugs or drastic treatment of any kind are employed. My method is remarkably simple, thoroughly scientific, and always effective. I shall agree to send you further information regarding my system of treatment FREE and without any obligation on your part. Everything is confidential and sent sealed in a plain envelope.

You should read my 64-page book, "NERVE FORCE." The cost of this book is only 25 cents (coin or stamps). The book 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 for the first time.

Read the book at my risk—that is, if it does not meet with your full expectations, I shall refund your money PLUS your outlay for postage. My advertisements have been appearing in this and other standard magazines for more than 20 years. This is ample evidence of my integrity and responsibility.

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

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

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

A woman writes: "Your book has helped my nerves wonderfully. I am sleeping so well and in the morning I feel so rested."

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

A physician says: "Your book shows you have scientific and profound knowledge of the nerves and nervous people. I am recommending your book to my patients."

A prominent lawyer in Ansonia, Conn., says: "Your book saved me from a nervous collapse, such as I had three years ago. I now sleep soundly and am gaining weight. I can again do a real day's work."



PAUL VON BOECKMANN

Author of Nerve Force and scores of other books on Health, Psychology, Breathing, Hygiene and Kindred Subjects. Over a million of his various books have been sold during the last 25 years.

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ments, or violent outbursts—remember that, assuming your physical health to be reasonably sound, it lies absolutely within your power to cure yourself.

First: Set your body to rights, and observe every rule of physical hygiene.

Second: Don't let your temper drive you to take calomel or headache powders. Instead of milk of magnesia when it's over, take a dose of the milk of human kindness in advance.

Third: When irritability or anger approach, follow the directions for relaxing and deep breathing.

Fourth: While relaxing, detach yourself mentally from the annoyance. "For me, it doesn't exist." (If, on the other hand, it does concern you—if it's your Johnny making a rumpus, for instance—do away with it. And then it won't exist, for either you or your neighbors!)

Fifth: Replace anger with sympathy. Seeing the other side, putting yourself in his place, robs almost any situation of its power to annoy.

Sixth: Laugh.

## Light or Heavy Exercise

(Continued from page 58)

(sthenos) meaning strength, that the Greeks were the strongest people of history, and that they depended on light exercise.

Here was a fellow with just that degree of learning which Pope termed "a dangerous thing," and I did not argue with him. With his physique, and considering his purpose (to be really strong), light work was a waste of time; but I gave him a month of it—in order to make him more satisfied afterward. Final results proved that I was right in prescribing moderately heavy work for him.

The wise exerciser is he who so combines his exercises as to acquire strength, endurance, speed and grace, and this is entirely practicable; but *no one* exercise can bring a high development of all these qualities.



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Builder Ever Discovered—Just Correct Foods!**



**H**UNDREDS of thousands of people do not know what it is to enjoy real health. They are utterly lacking in vitality, in energy, in bodily resistance. They are subject to a host of disorders. Catarrh, Pyorrhea, Bad Teeth, Constipation, Rheumatism, Diabetes, Malnutrition, Anemia, Neurasthenia, Hardening of the Arteries and High Blood Pressure are a few of the many maladies that are daily increasing at an alarming pace—all as the result of the foods we eat.

Three times a day the average table is loaded with foods that are nothing short of slow poisons—foods that are almost entirely lacking in life-giving elements. Alfred W. McCann, the great food specialist, has revealed facts about our foods that are absolutely staggering.

It seems almost inconceivable that our everyday foods should be causing ravishing disease, untold misery and premature death. Yet if people knew the truth about many of the foods they eat—foods considered pure and wholesome and the best the market affords—they would be shocked at the thought of putting such deadly substances into their stomachs. Alfred W. McCann has shown through extensive experiments that animals fed on many of our common foods die more quickly than if they had starved to death!

The fact is that we are not eating natural foods at all—but foods that have been commercially adulterated, denatured, devitalized, "processed" and treated so that they have not only been robbed of all natural nutriment, but impregnated with chemicals and substitutes that are ruinous to our bodies.

The amazing extent of malnutrition among children, the steady increase of disease, furnish startling evidence of this great food-crime against humanity.

### What Eating Correct Foods Will Do

Yet it is just as easy to eat the right foods as the wrong foods and to enjoy all the benefits of the life giving elements that Nature has put into foods. By following Alfred W. McCann's principles of proper eating, results are obtained that are little short of amazing.

His methods are literally making men and women over. People who had previously been constantly run down, tired out, and listless are astonished to find themselves bubbling over with the new energy, vitality and strength provided by proper foods. People who had been thin, anemic and emaciated put on new, firm, solid flesh, while those who had suffered from excessive, burdensome, dangerous fat quickly reduce to their normal weight.

A host of disorders arising from impure blood is eliminated. Symptoms such as skin eruptions, pimples and sallow complexion vanish like magic once wrong foods are replaced by right foods.

Constipation—one of the most common troubles caused by improper habits of eating, and the condition that keeps so many people feeling only "half-alive," that leads to auto-intoxication and other complications, is ended in side of twenty-four hours through Mr. McCann's methods.

Other troubles of the digestive tract—indigestion, dyspepsia, acid stomach are ended just as surely and easily when healthful foods replace harmful foods.

### Facts So Startling That You CANNOT Ignore Them

You owe it to yourself to find out the truth about the foods you eat. The facts are so startling that you should not continue for an-

other day habits of eating that are a deadly menace to your health.

Let Alfred W. McCann show you the way to glorious new health, strength and longevity through his revolutionary book, "The Science of Eating"—a book which will go down in history as the greatest exposure of food crimes ever made—the book of which Dr. E. S. Coleman, professor of Materia Medica, Flower Hospital, says: "Alfred W. McCann's book constitutes the most important contribution 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."

Do not think this remarkable book is for food faddists; it is for everyone. It does not advise any irksome diet. It simply shows you how to eat Nature's own foods as Nature intended you to eat them and how to avoid eating so-called foods that are not fit to be eaten. Once you start following this simple method you will be literally astonished at the improvement in your health. You will find yourself possessed of a new vitality, a new energy, a new physical fitness that will make you say that no miracle of medical science compares with the miracle of correct foods.

### SEND NO MONEY

Prove to yourself, without risking a single penny, that Alfred W. McCann's amazing book is the one best investment in health you could possibly make! Do not send any money now. Just mail the coupon or a postcard and "The Science of Eating" will be sent to you by return mail. Pay the postman \$3.00 when the book arrives. Then if you are not thoroughly convinced that it will literally make a new man or new woman out of you, return it at the end of 5 days and your money will be immediately refunded. Mail the coupon now, as the present edition is limited.

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#### ONLY PART OF CONTENTS

A few of the 133 Chapters,  
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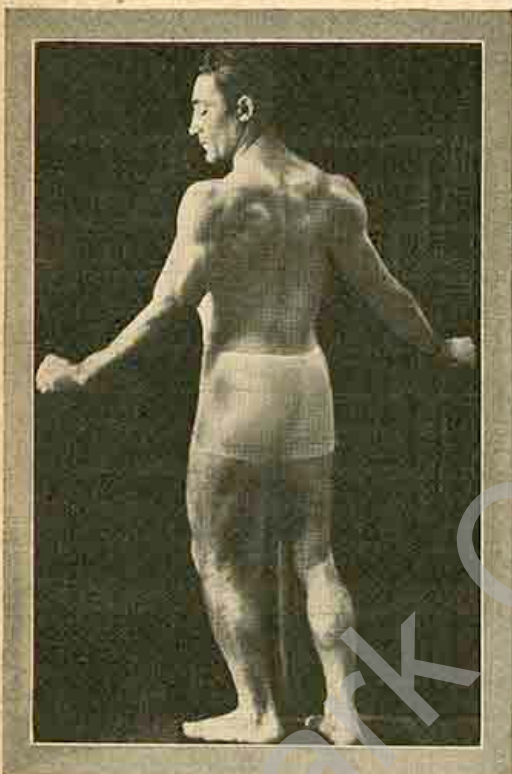
Refining Processes More Deadly  
than War  
Preventable Tragedies of Milk  
and Meat

Anemia, Tuberculosis, Heart  
Disease

Ideally Balanced Menus



# Be A Real He-Man!



## Just like a Wonderful game!

At the seashore. In the gymnasium. In their own homes and even at the homes of friends, thousands follow our instructions for PLEASURE! It's just like a wonderful game—and you forget that you are making a man of yourself in the sheer joy of playing it. No dieting, no strenuous exercises, no apparatus is required. You become perfectly healthy and phenomenally strong naturally—without the disadvantages of exercising for the sake of exercise alone.

### Eliminate your weaknesses

Resolve that you will no longer let weakness undermine your health. Think of your sweet-heart, your wife and loved ones at home. They want a man they can look up to, admire and respect—and you must not disappoint them.

Our methods enable nature to overcome such ailments as constipation, prostate trouble, nervous depletion, bad blood, round-shoulders, flat chest and the many other results of physical neglect and carelessness.

You can be just as healthy, strong and agile as anyone. You can secure the admiration of every one both male and female. You can develop the nervous energy, aggressive dominance and mental alertness that makes others successful. You can be everything that a man should be.

The opportunity is yours! Will you accept it?

### An expert's opinion—

"We realize that muscular strength does not necessarily insure us of health, agility and ability to do things that require clever combinations of muscle action. Where exercise is sport, it does more than build muscle and bring health. When we laugh and frolic we expand our

Get rid of all your ailments. Stop Complaining. We make

## Real Men thru Fun

Forget exercising! Forget dieting! Get your Health, Strength, Pep, Mental Alertness thru the *Natural* way. Ours is a new amazingly easy method never before published. You will increase or reduce in weight as desired, every organ will be strengthened and function properly, you will have better blood circulation, you will experience a new joy that makes life well worth living. For every bad effect you now have there must be a cause and we eliminate that cause. By applying our methods you will realize sixty minutes of interest in every hour of the day—there won't be a dull moment in your life.

This is really and truly something "new under the sun," and you can't help but benefit.

Every man should have courage and foresight enough to order these instructions **AT OUR RISK**.

muscles, work better, our blood flows more freely and the brain is clearer. Then it is recreation. We are made over—we forget the effort put forth and the little daily worries sink away.

How good it is to feel that the body is developing as a whole and one part naturally in relation to the other parts. For those reasons I am firmly convinced that your methods are far superior to any others."—W. J. C.

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