

Stamping Out Malaria

Strength

SEPTEMBER

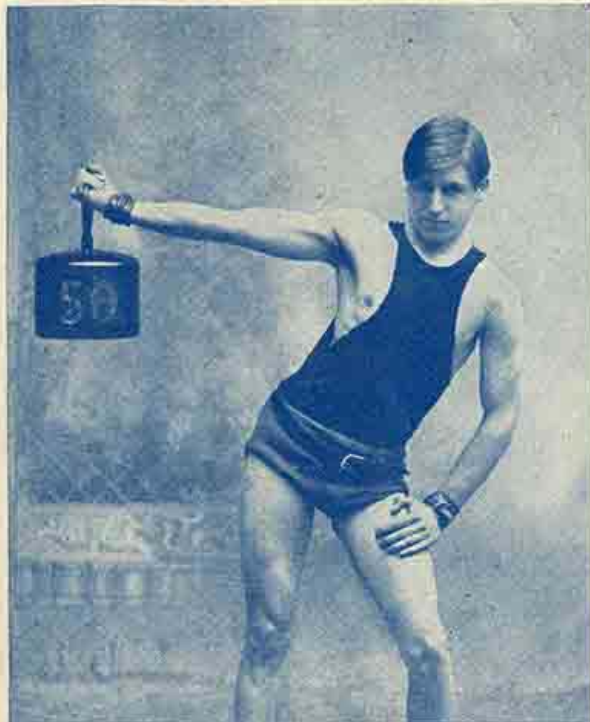
25¢



The Beauty Questions
Toning Up for the Winter Season
Who is the World's Strongest Man?

THIS IS HOW THE MILO BAR-BELLS WILL TRANSFORM YOU

You Surely Will Not Require More Convincing Proof Than That Shown Below



The upper picture shows Mr. Ruckstool at the time he started training with bar-bells. At that time he weighed about 135 lbs. A few months later he had made considerable improvement, and was the champion lifter of Pennsylvania in the 140-lb. class. The picture in the lower right - hand corner shows him at the age of 18. By that time he had increased to about 160 lbs., was one of the strongest men in the world at that weight, and had acquired the wonderful development shown in this picture. At that time he gave up his regular training; and since then he has used his bar-bells only occasionally; and yet he has retained every particle of his development, and is today even stronger than he was when he was making records and winning championships.

ANOTHER STRENGTH SHOW AT PHILADELPHIA ON THE 5TH OF SEPTEMBER

This September strength show will start the ball rolling for a great winter season of these shows.

A bigger and better show is promised for September 5th than has ever been staged before by the A. C. W. L. A. The July shows staged in Philadelphia and Jersey City were the best ever, and were great successes. The September and following shows will exceed all those of the past. More money than ever before will be spent in bringing together the best talent of the world in this line.

**BE ON HAND FOR THIS
SHOW AT THE MILO BUILD-
ING, 2745 N. PALETHORP
STREET, AT 8 O'CLOCK SAT-
URDAY NIGHT, SEPTEMBER
5TH**

His Improvement Made With an Old-Style Bell

The bells Mr. Ruckstool used were an old-style make of the Milo Bar-Bell Co. These bells were nowhere near as efficient as the up-to-date styles now put out by the Milo. This is greatly in your favor. If Mr. Ruckstool and hundreds of others could make such improvements as shown here with the inefficient old-style bells, you can do even better with the present-day styles.

Our big, free catalogue will show you the great steps forward the Milo has taken in the manufacturing of bar-bells. With the improvements in our bar-bells comes

Greater Strength and Larger Development for Our Thousands of Pupils

You want to improve like Mr. Ruckstool and all our pupils do, so first mail us the coupon below, read our free catalogue carefully when it arrives, and finally get one of our various sets of bar-bells as soon as you possibly can. The rest is clear sailing and guaranteed by us.

Use the same methods that Mr. Ruckstool used and you will soon have a physique that will rival Mr. Ruckstool's.

THE MILO BAR-BELL CO.

Dept. 110

2739 N. Palethorp St., Philadelphia, Pa.

GET OUR ILLUSTRATED BOOKLET NOW

The Milo Bar-Bell Co.,
Dept. 111, 2739 N. Palethorp St.,
Philadelphia, Pa.

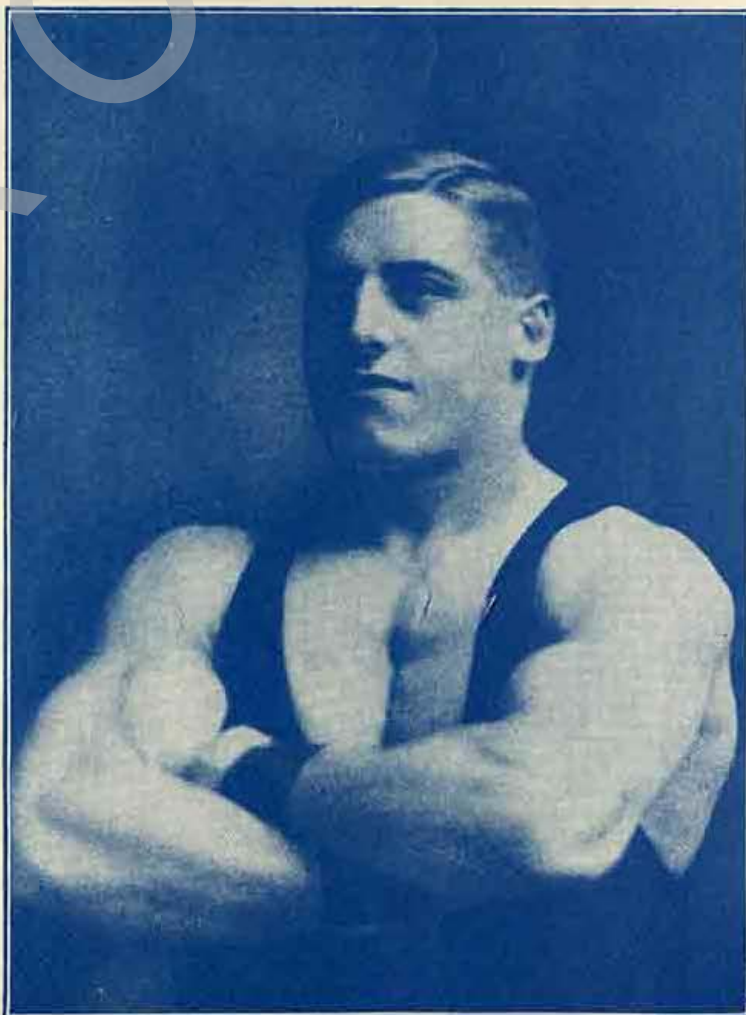
Gentlemen:

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

Name.....

Address.....

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





N. S. T. A.

"I had never earned more than \$20 a week before taking your training. Last month I made \$1,350 as a salesman. My earnings the past year have averaged around \$1,000 a month, and I believe that the coming year will see me a good way over that mark. I know I couldn't have done this without N. S. T. A. training."

A. H. WARD,
Postl's,
Chicago, Ill.

Are You Another \$10000 Man in a Small Pay Job?

Are you one of the many men who are hiding their real ability in a low-pay job? I'll show you how thousands of men in low-pay jobs found a way to earn anywhere from \$5,000 to \$10,000 a year. Read this salary-raising message and then learn how you, too, may become a big money-maker

Think of it! What would such an astonishing increase in income mean to you? And Ward had no unusual qualifications when he began this training. He had not a single advantage that you do not have. And to prove to you that other men from every walk of life have gained astonishing results from this training I want you to read and heed these records.

Chas V. Champion of Illinois took this training and is now President of a national organization. He says, "My earnings for 1925 will exceed the five-figure mark." H. D. Miller, Chicago, was making \$100 a month as a stenographer in July. In September, three months later, he was making \$100 a week as a salesman. J. H. Cash of Atlanta, Ga., exchanged his \$75 a month job for one which pays him \$500 a month. M. V. Stephens of Albany, Ky., was making \$25 a week. He took up this sales training and jumped to \$6,500 a year.

Make Your Dreams Come True

You would not be human if you had not often envied men who earn \$10,000 a year or more; men who associate with big business men on an equal footing, who are easily able to provide their families with the best education and social advantages; who have their own cars and homes; who are looked upon as successful, substantial men of high standing by their friends and acquaintances.

Their dreams have come true—and yours will, too, if you will heed what I tell you here. My work in life is to take the average man from a "blind-alley" job and show him how he can make enough money to satisfy any normal

ambition. If you will give me a chance, I'll show you how it is done.

Proof That Salesmen Are Made— Not "Born"

Perhaps you would smile if I told you that, in a few weeks or months, you could be earning big money in the Selling Field. Thousands before you have smiled—but many of those thousands are now successful, highly paid salesmen. The men whose names appear here thought salesmen were "born" and they did not believe that they were "cut out for selling." But read their records!

Now, by an easy method, you can enter the Selling Field—a field in which the opportunities are ten to one in your favor—a field in which thousands of men who have written the National Salesmen's Training Association are making good in a big way. You know that Salesmen top the list of money-makers—that the salesman is his own boss—that his work is fascinating, interesting and highly profitable. The thing you doubt is your own ability. But you are just as intelligent as the average mail clerk, farm hand, office clerk, mechanic, or bookkeeper! Men from all walks of life have quickly forged to the front in the Selling Field—so can you!

Simple as A-B-C

Just as you learned the alphabet, so you can learn salesmanship. It is governed by rules and laws. There are certain ways of saying and doing things; certain ways of approaching a prospect to get his individual attention; certain ways to overcome objections, to batter down prejudice, overcome competition and make the prospect act. And through the NATIONAL DEMONSTRATION

METHOD, an exclusive feature of the N. S. T. A. System of Salesmanship Training, you get the equivalent of actual experience while studying.

The NATIONAL DEMONSTRATION METHOD gives you the experience and knowledge which will enable you to overcome sales obstacles of every kind. It is one of the many reasons why N. S. T. A. members make good as salesmen right from the start.

I want to send you a complimentary copy of a most remarkable book, "Modern Salesmanship." It shows you how you can quickly and easily become a Master Salesman, a big money-maker. It shows how the N. S. T. A. System of Salesmanship Training will give you the knowledge of years of selling experience in a few weeks or months; how our FREE employment service will help you select and secure a good selling position just as soon as you are qualified and ready. It will give you the fascinating stories of former routine workers who are now earning astonishing salaries as salesmen. Mail the coupon today—this act may prove to be the turning point of your whole life.

NATIONAL SALESMEN'S TRAINING ASSOCIATION

Dept. M-21
N. S. T. A. Building
Chicago, Ill.



National Salesmen's Training Association
Dept. M-21, N. S. T. A. Building
Chicago, Illinois

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

Name

Address

City State

Age Occupation



Strength

SEPTEMBER, 1925

Vol. X.

No. 7



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We Guarantee to Improve Your Voice 100%



Read how to do it in "PHYSICAL VOICE CULTURE", the greatest book ever written on voice building. It will show you the one scientific, tested way to build a powerful singing or speaking voice. Send coupon below for—

Free Book!

Glad to Tell Everybody What Your Course Did

I shall certainly be delighted to tell anyone what your course did for me. In fact, I have been telling people for the last three years and started several people in the work in Japan.

When one lives in New York, as I do now, and sees the number of wholly unqualified people who are teaching singing, it seems as if there ought to be some test for teachers. I think that learning ten operatic roles, one after another, is a pretty good test of the condition of a person's throat, don't you? My voice doesn't seem to have suffered in the least from it.

Florence Mendelson,
New York City.

Wouldn't Part With Course for \$1,000.00

I have a great deal to say about this wonderful course, and want you to know that I am a happy man since taking it up. I needed your course badly, very badly. Being a teacher, I have to speak, at times, quite loud, and the strain on my throat was acutely felt, and hoarseness followed. My voice is absolutely clear and resonant now, in fact, I have no words to thank you enough.

I wouldn't part with my Course for a thousand dollars.

Julio C. De Vosconcellos,
New Bedford, Mass.

Realizes the Dream of Her Life

A feeling of thankfulness comes over me to think I have found such an opportunity to cultivate my voice. It is the one great thing in my life to develop a beautiful voice, and to think that it is daily improving through your wonderful method brought right to my own door.

I will now make you happy by saying it is certainly the best investment I ever made.

Florence M. Clarke,
1488 11th Ave., Vancouver, B. C.

Lost Voice Restored—Sings Better Than Ever

I am very glad to be able to inform you that the study and practice of your exercises is making a great change in my voice.

You may appreciate what this means to me when I tell you that an illness while in France, weakened my throat to such an extent that I feared I would never sing again. However, after studying your lessons, I find that I can sing better than ever, in fact, I was told by a friend who had heard me sing at a reception that I had never been in better voice than I am now.

J. Ralph Bartlett,
Newton, N. H.

THE four letters on this page tell amazing stories of vocal development. They are from men and women who have learned that *Physical Voice-Culture* is the one, infallible, tested, scientific method of voice building. They are just a few of the thousands telling the same stories of success, in many cases, after all other methods of voice building had failed.

Your voice has fascinating dormant possibilities that you may not even realize. The new book, *Physical Voice-Culture* will show you how to build up a superb voice by the development of muscles whose existence you never suspected. No matter what condition your voice is in now, it can be improved at least 100% or every cent of tuition will be cheerfully refunded without question when you have finished the course.

Just a few years ago, Bert Langtre's voice

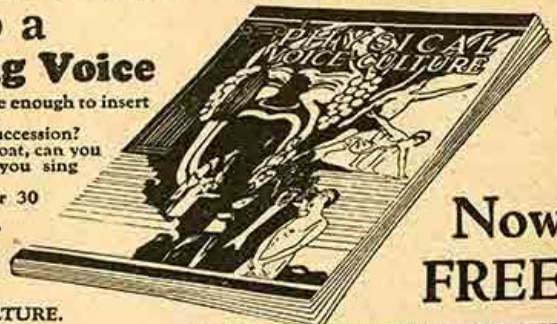
was almost destroyed by catarrh and asthma. An impediment in his speech caused him untold embarrassment and suffering. Now he is singing in Grand Opera in California. "An unusual case," you say. Not at all. He merely took advantage of the opportunity you are given here.

Build up your voice the simple, easy, natural way by silent physical exercises in the privacy of your own home. The *Physical Voice-Culture* method is ideally adapted to home study. It is being taught as successfully by correspondence as by personal instruction. No one need know that you are studying until you have developed a strong, beautiful voice. When you are constantly urged to sing or speak at your church, at private receptions or public functions—when you are the most popular person in your circle of acquaintances, then you will know the rich rewards of *Physical Voice-Culture*.

If You Can Pass These Tests You Can Develop a Superb Singing Voice

1. Can you open your mouth wide enough to insert two fingers between your teeth?
2. Can you swallow five times in succession?
3. Holding your hand to your throat, can you feel the cords vibrate when you sing "e-e-e-e?"
4. Can you hold your breath for 30 seconds?
5. Are you determined to sing or speak well?

If you answer "yes" to these questions, you have a potentially fine voice that can be developed amazingly by *PHYSICAL VOICE CULTURE*.



Now
FREE

Mail This Coupon

Find out at once about the wonderful possibilities of your voice—possibilities that you have never realized! Simply send coupon for FREE book. Read the astounding *true stories* of what others have done. This may be the turning point in your life. Mail coupon today.

Perfect Voice Institute

1922 Sunnyside Ave. Studio 57-76 Chicago, Ill.

PERFECT VOICE INSTITUTE, Studio 57-76
1922 Sunnyside Ave., Chicago, Ill.

Gentlemen: Send at once, free and without obligation, your beautifully illustrated book "Physical Voice Culture" and full information regarding your home study method of voice building. It is understood that I do not have to pay a cent for this book, either now or later, and that I do not have to return it.

Name

Address

Here's Health

*A Personally Conducted Tour
Through the House You Live In—Your Body*



A PERSONALLY conducted tour through the house we live in—the body. Not a dry, old, school book on Physiology, but a peppy, gripping story that will amuse you and thoroughly educate you at the same time. It has a kick and a laugh in every chapter, but when you're through you'll know more about yourself than you would ever learn from a dozen Doctor books.

A liberal education taught in simple and amusing way. \$1⁷⁵
Price, postpaid.....

Other Books by Earle E. Liederman

Science of Wrestling and the Art of Jiu Jitsu

Suppose this very night some thug should attack you? Suppose a man many pounds heavier than you and well armed should attempt to hold you up, what would you not give to know how to immediately place him at your mercy? You will find such information as this in "The Science of Wrestling."

Here we have Jiu Jitsu made as simple as a game of dominoes. The most dangerous art of self-defense ever practiced is thoroughly explained in detail. The course of wrestling is an exposure of secrets and tricks never before presented to the public. It's simple when you know how, and here's where you learn how to do these very tricks yourself.

Don't confuse this with an ordinary wrestling course. Alongside of this all predecessors appear like the work of an amateur.

This book contains nearly 200 full-page photos, 6 x 9 inches each. It is handsomely bound in leatheroid cover, embossed in blue and gold. It was listed at \$5.00, but Earle Liederman had decided to sell it, postpaid, for..... **\$3⁰⁰**

Muscle Building

An intensely interesting, thrilling, fascinating talk by Earle Liederman that has held thousands spellbound till they turned the last page. A Real Strong Man's answers to questions that only a thorough student of muscular anatomy could answer, told in a way that only Earle Liederman can tell you. Every bit of muscle-building information contained within its covers is fundamentally sound and based on personal contact and investigation by Earle Liederman himself. Contains the greatest collection of photographs ever assembled in book form. 224 pages of straight-from-the-shoulder muscle-building advice. A volume De Luxe in green leatheroid cover, embossed in gold. Price, **\$3⁰⁰** postpaid.....

Secrets of Strength

This book answers all these questions and hundreds of others too numerous to mention. Not only is this book profusely illustrated with famous strong men, both of the present and past generation, but its pages contain never-before-told facts that will be of untold benefit to the reader who seeks to double or triple his strength.

Are you weak? This book will enable you to grow strong.

Are you strong? This book will teach you inner secrets of perfecting that strength.

If you have Earle Liederman's other books, do not fail to get this one. If you are starting "A Real Man's Library," let this be your first selection. Every red-blooded man will enjoy it, be fascinated by it, treasure it.

224 pages bound in Leatheroid and gold—a De Luxe Edition. **\$3⁰⁰** Price, postpaid.....



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ALL the above four books will be sold to you as a combination offer. It is a real he-man's library: de luxe editions. Bound in leatheroid and gold and worthy of a place in anyone's home.

They can be purchased only from Earle Liederman and are not for sale in bookstores.

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Remit by check, postal money order or express order. If by cash, be sure to register letter. **\$8⁰⁰**

EARLE E. LIEDERMAN

Dept. A 305 Broadway New York City

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Dept. A, 305 Broadway, New York City.

Dear Sir:

Please send me one copy of your book entitled.....

I enclose herewith \$..... It is agreed that this book will come fully postpaid.

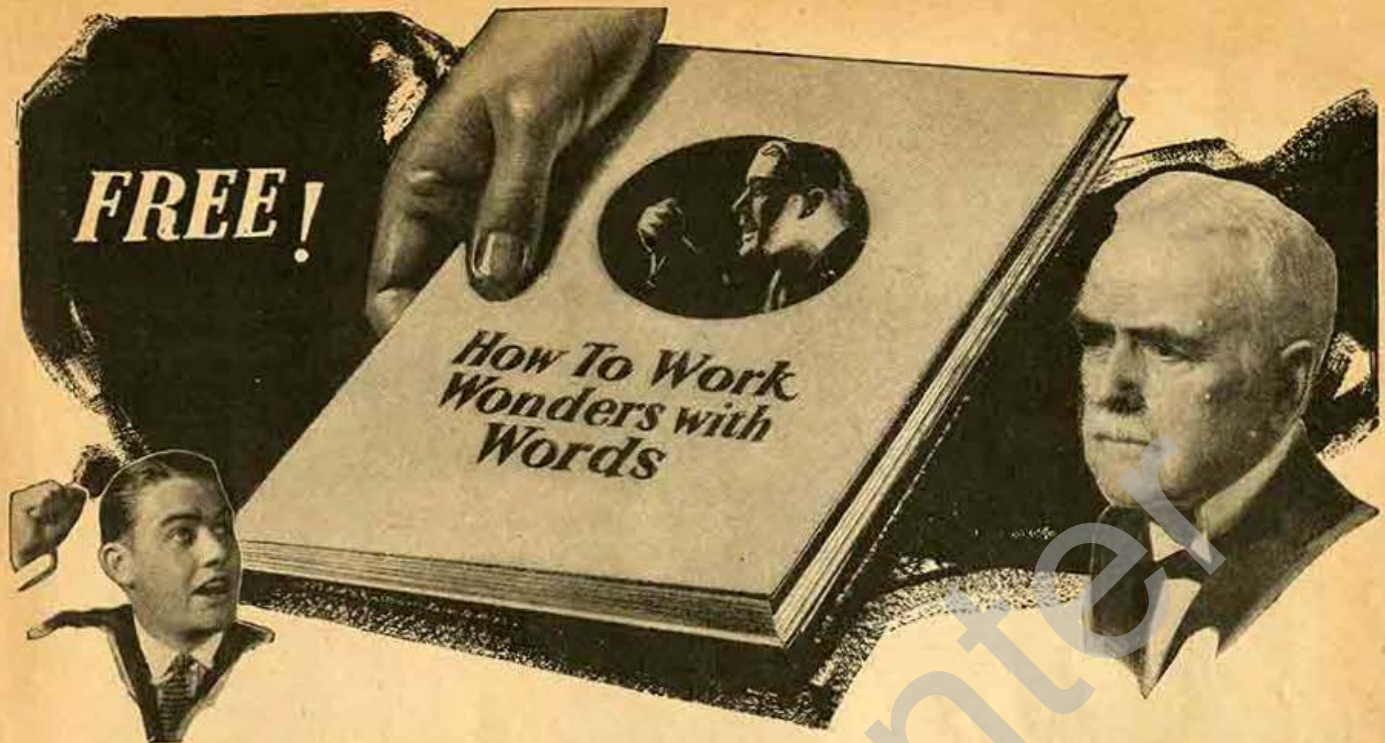
(If you wish to take advantage of combination offer, strike out above paragraph.)

I desire to take advantage of your combination offer. Please send me your complete library at your special price of \$8.00. I enclose money to pay for same, which is to be delivered fully postpaid.

Name.....

Route or Street No.....

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



Not Only Men Who Have Made Millions Send for this Astonishing Book ~but Thousands of Others!

Many successful business men have sent for this amazing book NOW MAILED FREE. Such men as Walter C. Ford, of the Ford Manufacturing Company; C. F. Bourgeois, President of Robischon and Peckham Company; H. B. McNeal, President of the Telephony Publishing Company; Guy H. Shearer, Cashier Filer State Bank; and many other prominent, prosperous business executives are unstinting in their praise of it. But don't think it is only for big men. Thousands of young men have found in this book the key to advancement in salary and position, popularity, standing, power and real success. You can now obtain your copy absolutely free by writing at once.

TODAY business demands for the big, important, high-salaried jobs men who can dominate others—men who can make others do as they wish, whether it be one man or a thousand. It is the power of forceful, convincing speech that causes one man to jump from obscurity to the presidency of a great corporation. Another from a small, unimportant territory to the sales manager's desk. Another from the rank and file of political workers to a post of national prominence as a campaign speaker. A timid, retiring, self-conscious man to change almost overnight into a popular and much-applauded after-dinner speaker.

WHAT 15 MINUTES A DAY WILL SHOW YOU

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

Either You Become a Powerful Speaker —or Your Training Is Free

You are shown how to conquer stage fright, self-consciousness, timidity, bashfulness and fear—those things which keep you

silent when men of lesser ability get what they want by the sheer power of convincing speech. You are told how to bring out and develop your priceless "hidden knack"—the natural gift within you—which will win for you advancement in position and salary, popularity, standing, power and real success. This simple, easy, sure and quick training is guaranteed to do this. If it fails, your training will not cost you a single penny.

Easy for Any One Only 15 Minutes a Day Required

There is no mystery about the power to work wonders with words. Practically anyone can do it. It makes no difference how embarrassed or self-conscious you now are when called upon to speak. Certain principles will show you how to rise head and shoulders above the mass and make yourself the dominating figure in any gathering. How to be a leader among men. How to rise to any occasion and demand what you want with force, vigor and conviction. Give only fifteen minutes

a day in the privacy of your own home and you can accomplish all this in a few short weeks.

Make This FREE Test

If you will fill in and mail the coupon at once you will receive, besides, this remarkable new book, "How to Work Wonders with Words," an amazing five-minute test by which you can determine for yourself whether you are one of the seven men out of every nine who possess the "hidden knack" of powerful speech, but do not know it. Decide for yourself if you are going to allow fifteen minutes a day to stand between you and success. You, like thousands of others, can quickly and easily learn how to bring out and develop your "hidden knack," and gain for yourself high position, standing, money and power. Just send your name and address now—thousands have found this to be the biggest forward step of their lives. If it has played such an important part in the lives of many big men, may it not in yours?

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Please send me FREE and without obligation my copy of your famous book, "How to Work Wonders with Words." Also your FREE five-minute test by which I may make a self-examination.

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



STRONGFORTISM

In the American Navy

★ ★ ★ ★ ★

John J. Hajnos—The Navy Hercules—a Fine Example of What My Methods of Physical and Health Development Will Accomplish



The Chest and Arms
of a Real Hercules



Note the
Superb Neck
and Shoulders
Development



Hajnos Shows Both
Symmetry and Power



Only Strongfort Methods Could
Develop Such a Specimen

Hajnos Wants Other Young Men to Adopt Strongfortism

Read What He Says—

DEAR MR. STRONGFORT:

This little note is just to again let you know that I am always in debt to you for what you have done in helping me to acquire my physical development: "The Navy Hercules."

I hope that I may be the means of inducing other young men to avail themselves of your wonderful instructions and your wonderful ability to develop the human physique.

Very sincerely yours,

JOHN J. HAJNOS.

If You Would Be a Fine Physical Human
Being Enroll With the Master Teacher

Read Every Line of Next Page

LIONEL STRONGFORT

Physical and Health Specialist For Over 25 Years
Dept. 11, Newark, N. J., U. S. A.



MAN! Are You 100% Alive!



LIONEL STRONGFORT

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

LIONEL STRONGFORT

Physical and Health Specialist Over 25 Years
Department 11 Newark, New Jersey, U. S. A.

Special Notice—Lionel Strongfort, the World's Famous Athlete and Physical and Health Specialist, has achieved wonderful results with the Principles of Strongfortism. Thousands of his pupils throughout the world have testified to the benefits gained under his guidance. He enjoys an excellent reputation in his profession and can be depended upon to do exactly as he promises.

Or are you satisfied to drift along half dead—half alive—always getting on the nerves of those with whom you associate—overlooking half of the beautiful things around you—ashamed to acknowledge that you are a miserable failure—a physical and mental wreck? Then you are indeed only 50% man—a man to be looked down on—despised—discarded.

But perhaps you don't know that you can be restored—that your flagging powers can be revived—that you can "come back."

To you I say—cheer up and confide in me. I will show you how you can measure up to 100% manhood and make your life worth while.

Don't Be a Chronic Weakling

You haven't been well for a long time. You have been dragging along half sick—miserable—complaining—always a little under the weather. You have been wasting your time and money with drugs, dope and materials opposed to natural law and common sense. You are not better—you are worse and are headed straight for hopeless, useless invalidism. You must stop NOW—look the facts squarely in the face and decide what your future is to be. It is up to you whether you will drag along as you are—a physical weakling—or if you will banish your ailments and be a healthy, worthwhile, vigorous man—a real 100% man.

Restore Your Pep and Power

When you admit that you have physical defects, you have taken the first step towards the accomplishment of real manhood; but you must not stop there. You must see to it that you are completely instructed and directed by one who can prove by his own physical fitness that he is able to really give you the health, strength and vigor you desire. You must go to a man who practices what he preaches. I am that man, as thousands of my pupils have voluntarily testified. I built up my own body and won the world's record as the finest specimen of physical and health attainment. These are the same principles I want to apply to you. I don't care what has caused your present unfitness—I don't care how often other methods have failed, you will find my methods entirely different and resultful. I will rebuild and restore you. I will give you the power, vitality and personality that every real man must have. I will make a real man of you—a 100% man. I will accomplish this in Nature's own way, no drugs or dope. Simple, sensible instructions scientifically applied without the use of fads or fancy methods or expensive apparatus. **I guarantee that I will accomplish all that I undertake with**

STRONGFORTISM

The New Science of Health Promotion

This Science, which I constructed from twenty-five years' experience as a physical and health specialist, will not interfere with your occupation. No matter what your surroundings or conditions are, you can successfully apply these principles in the privacy of your own home and rid yourself of such ailments as Catarrh, Constipation, Indigestion, Rupture, Nervousness, Poor Memory, etc., and the results of neglecting your body. Strongfortism will give you renewed confidence, vitality, ambition and success, and fit you for the joys of life.

SEND FOR MY FREE BOOK

The experience and research of a lifetime are contained in my wonderfully instructive book, "Promotion and Conservation of Health, Strength and Mental Energy." It will tell you frankly how you can make yourself over into a vigorous specimen of vital manhood with 100% pep, power and personality. It will show you how to be true to the best that is within you. It is absolutely free. Just check the subjects on the free consultation coupon on which you want special confidential information and send to me with a 10c piece to help pay postage, etc. It is a man-builder—a success maker and a life-saver. Send for my free book **Right Now—TODAY.**

-----Cut Out and Mail this Coupon-----

FREE CONSULTATION ABSOLUTELY CONFIDENTIAL

Mr. Lionel Strongfort, Dept. 11, Newark, N. J.—Send me free my private copy of "Promotion and Conservation of Health, Strength and Mental Energy," for which I enclose one dime (10c) towards mailing expense. Send me special information on subjects marked (x) below, without obligation.

- | | | | |
|-------------------------------------|--|--|---|
| <input type="checkbox"/> Colds | <input type="checkbox"/> Bad Breath | <input type="checkbox"/> Biliousness | <input type="checkbox"/> Skin Disorders |
| <input type="checkbox"/> Catarrh | <input type="checkbox"/> Bad Blood | <input type="checkbox"/> Torpid Liver | <input type="checkbox"/> Hallitosis |
| <input type="checkbox"/> Hay Fever | <input type="checkbox"/> Youthful Errors | <input type="checkbox"/> Indigestion | <input type="checkbox"/> Falling Hair |
| <input type="checkbox"/> Asthma | <input type="checkbox"/> Weak Eyes | <input type="checkbox"/> Nervousness | <input type="checkbox"/> Stomach Disorders |
| <input type="checkbox"/> Obesity | <input type="checkbox"/> Anemia | <input type="checkbox"/> Poor Memory | <input type="checkbox"/> Round Shoulders |
| <input type="checkbox"/> Headache | <input type="checkbox"/> Debility | <input type="checkbox"/> Prostate Troubles | <input type="checkbox"/> Lung Troubles |
| <input type="checkbox"/> Thinness | <input type="checkbox"/> Fear | <input type="checkbox"/> Rheumatism | <input type="checkbox"/> Weak Back |
| <input type="checkbox"/> Rupture | <input type="checkbox"/> Neurasthenia | <input type="checkbox"/> Increased Height | <input type="checkbox"/> Drug Addiction |
| <input type="checkbox"/> Lumbago | <input type="checkbox"/> Short Wind | <input type="checkbox"/> Despondency | <input type="checkbox"/> Weakness (specify) |
| <input type="checkbox"/> Neuritis | <input type="checkbox"/> Flat Feet | <input type="checkbox"/> Gastritis | <input type="checkbox"/> Muscular Development |
| <input type="checkbox"/> Neuralgia | <input type="checkbox"/> Constipation | <input type="checkbox"/> Heart Weaknesses | <input type="checkbox"/> Great Strength |
| <input type="checkbox"/> Flat Chest | <input type="checkbox"/> Vitality Restored | <input type="checkbox"/> Poor Circulation | <input type="checkbox"/> Blood Pressure |
| <input type="checkbox"/> Insomnia | <input type="checkbox"/> Weaknesses | | |

Name.....
Age..... Occupation.....
Street.....
City..... State.....

YOUR GOOD HEALTH MEANS SUCCESS FAILING HEALTH MEANS YOUR FAILURE

YOU need not be a failure while my body-perfecting methods are available. My system gets you the health that will keep you on the job. It will give you the strength and physique that will make others respect you and your ability. My methods will give you the endurance which will enable you to set a fast pace in any walk of life.

You Cannot Get the Best Out of Your Life Unless You Are Free from Weaknesses, Ailments and Disease

Where is the sense of your going through life ailing and half-hearted, when I and my methods can easily make you a powerful, healthy and life-enjoying specimen? It takes such a small amount of your time to accomplish this transformation, that you will really be amazed at the quickness with which the results manifest themselves.

I Guarantee You That Your Entire Body Will Be Strengthened and Each Muscle Developed Far Beyond Your Expectations

This is not guess work, as it is being proven every day by the good reports I get from each and every one of my pupils. They are getting 15 and 16-inch upper arms, from the puny 12 and 15-inch ones they started with. Huge chests take the place of flat, undeveloped ones. Their abdominal and waist muscles are made to stand out large, full and well-defined. Their backs are developed into a mass of powerful, shapely muscles. The muscles of their legs are well-formed, mighty and enduring. But more important than even all these improvements, is the way my system tones up your internal organs—stimulating every gland and organ to do its respective work correctly. These are the things that make of you a healthy, powerful and energetic person, and these are the things I guarantee you through my system.

Besides My Wonderful 9-Lesson Course, I Have a Phenomenal Muscle-Developing Apparatus. This Apparatus Is an Important Part of My System



CHARLES MacMAHON
In a Muscular Pose



CHARLES MacMAHON



This great, original muscle-developer and body-strengthenener is sent to you with my course. It is like no other physical culture paraphernalia. It consists of many parts, and is shipped to you at my expense when you become a pupil of mine. You will be delighted with my course and apparatus and overjoyed with the great transformation they will make in you within a few weeks.

Get My Large, Free Book for Further Details and Proofs of the Worth of My Methods

This book, entitled "The Royal Road to Health and Strength," is mailed to you without any cost whatsoever. It is full of photos showing what my methods have done for me and what they are doing for all my pupils. Get this book by mailing this coupon; read the convincing proofs and then enroll with me. I personally promise you my personal help at all times.

CHARLES MacMAHON
Studio A-8
180 W. Somerset St.,
Philadelphia, Pa.

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

CHARLES MacMAHON

Studio A-8

180 W. Somerset Street,
PHILADELPHIA, PA.

Name

Address

City and State.....

How I Was Shamed into Popularity!



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

By James Preston

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

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

Just a Poor Boob

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

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

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

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

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

A Free Booklet That Started Something

The very next morning I mailed a magazine coupon to Arthur Murray, America's foremost dancing instructor, asking him for his booklet, "A Short Cut to Popularity," and the first three lessons all entirely free. Here was an easy, inexpensive way to find out whether I could learn to dance, and learn in a few evenings.

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

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

What I learned in Three Free Lessons

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

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

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

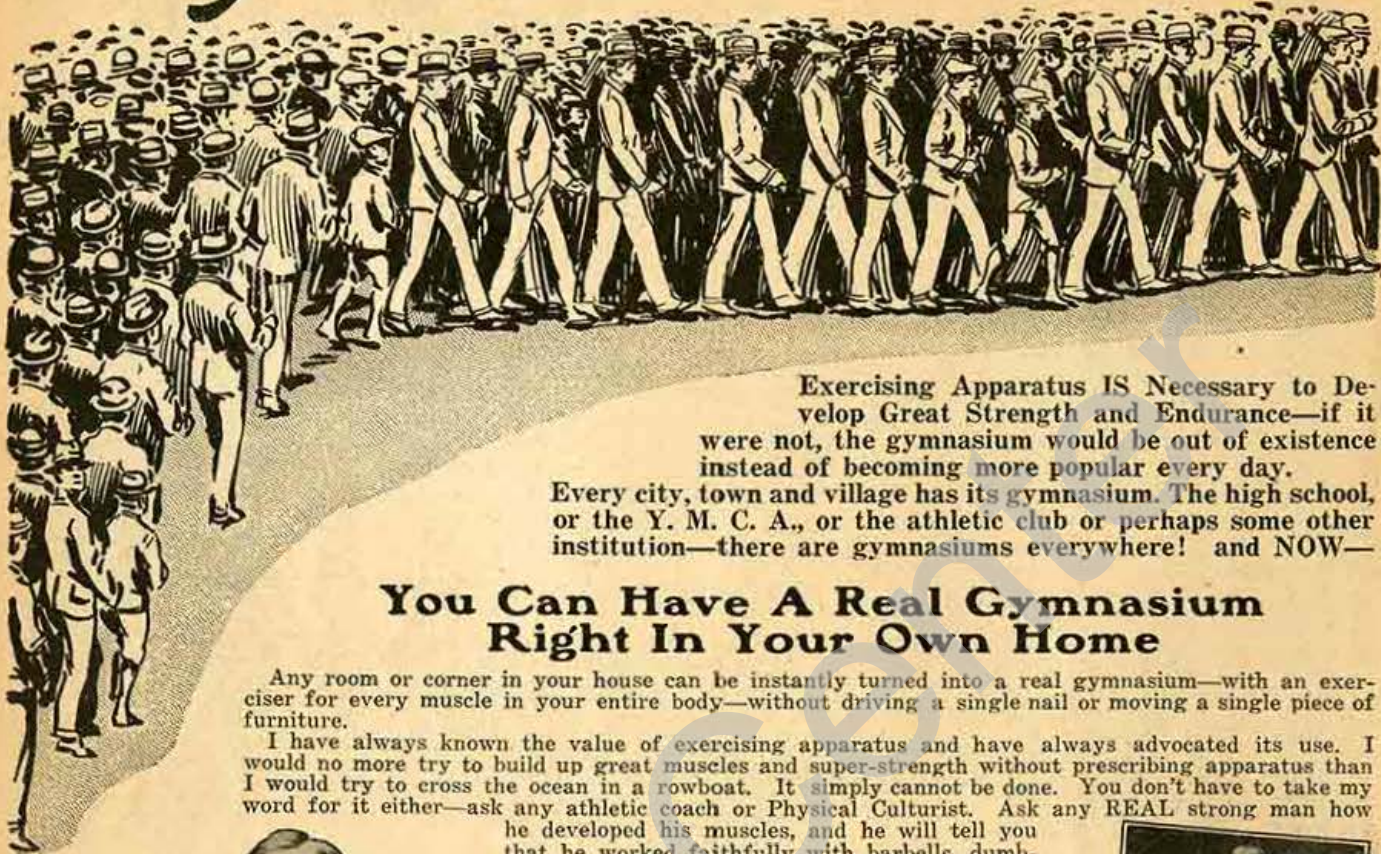
Do as I did. Get the free book and free lessons and read them carefully. They can mean the difference between a life of happiness, of friends, of good times—or a life of misery, loneliness and monotony. Mail the coupon at once and enclose only 25 cents to cover postage and mailing. Don't delay it. Do it now. Address: Arthur Murray, Studio 492, 801 Madison Avenue, New York City.

Arthur Murray, Studio 492,
801 Madison Avenue, New York City.

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

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

Why Do Millions Go To



Exercising Apparatus IS Necessary to Develop Great Strength and Endurance—if it were not, the gymnasium would be out of existence instead of becoming more popular every day.

Every city, town and village has its gymnasium. The high school, or the Y. M. C. A., or the athletic club or perhaps some other institution—there are gymnasiums everywhere! and NOW—

You Can Have A Real Gymnasium Right In Your Own Home

Any room or corner in your house can be instantly turned into a real gymnasium—with an exerciser for every muscle in your entire body—without driving a single nail or moving a single piece of furniture.

I have always known the value of exercising apparatus and have always advocated its use. I would no more try to build up great muscles and super-strength without prescribing apparatus than I would try to cross the ocean in a rowboat. It simply cannot be done. You don't have to take my word for it either—ask any athletic coach or Physical Culturist. Ask any REAL strong man how

he developed his muscles, and he will tell you that he worked faithfully with barbells, dumbbells, weights, wall pulleys and other exercising apparatus. I have trained thousands of men in my gymnasium in New York City—business men, policemen, firemen, athletes—and as a result of all my experience, I have perfected a marvelous, never-failing system of muscle building and an apparatus which takes the place of a complete gymnasium with which to perform my specially and scientifically prepared exercises.

The TITUS System Brings You A Complete Home Gymnasium—At No Extra Cost

The complete cost of the TITUS System is no more, and in many cases less, than the cost of other physical culture courses—some of which include no apparatus at all.

The United States Patent Office, as well as the patent offices of foreign countries, found my apparatus so startlingly original that I have been granted basic patents on it. Nowhere else can you get an outfit similar to the TITUS PROGRESSIVE AND AUTOMATIC EXERCISER at any price. Yet I give it to you complete—a real home gymnasium—without cost, the minute you enroll for the TITUS Physical Culture Course.

The very day you receive the first of my 21 weekly instruction outfits, you get the TITUS PROGRESSIVE AND AUTOMATIC EXERCISER—and it is yours to keep. When you see this ingenious apparatus, you will be amazed at its completeness and the many exercises you can perform with it. You will wonder why I can give away such a costly outfit when it is not customary to get more than a single exerciser—and in some cases nothing—with a physical culture course. The reason is that I want to give you the very best there is in muscular development, and I know you can't get the best without a complete set of body-building exercisers that will reach and develop every muscle in your entire body.



PROF. TITUS AS HE IS TODAY



Gymnasiums?



Get Two or Three Times More Muscular Development In One-Half the Usual Time

My Course and Apparatus is designed for those who want Big Muscles and want them QUICK. Just because someone years ago found a way to exercise and because everyone else has followed this same method, is no reason why you should plug along as your ancestors had to do. This is the day of progress. Today people want results quick. Realizing this, I broke away from the crowd and perfected a System and an Exerciser that cuts your exercising time in half. By using the TITUS PROGRESSIVE AND AUTOMATIC EXERCISER, you exercise both sides of your body at the same time—the same muscles on each side of your body the same number of times. This not only cuts your exercising time in half, but positively prevents a lop-sided development and actually makes

you stronger and far more symmetrically developed than when you work each side of your body separately.

Here is the secret of the TITUS System. This is why thousands upon thousands have pronounced it the greatest advance in body-building Exercise and Apparatus.

If you want big muscles rippling all over your body; a huge chest that stamps you as a man of unusual power; legs, arms and neck that will make people admire and respect you as a man who can take care of himself in any emergency; a pair of shoulders that make you look as though you could carry a couple of tons, you will unhesitatingly choose the TITUS System because it will do all this for you—and do it in the shortest possible time.

My Course Is Complete—No Advance Course To Buy

When you get the TITUS System you are through buying. You get all the exercises and all the instructions for muscle building that any human being needs. You don't have to spend another cent for an advance course as is the usual custom. You don't have to buy additional apparatus. Mine includes barbell, dumbbell, lifting, pulling, stretching and every other exercise for every muscle in the entire body.

My Course is divided into three parts. The first series comprises the light-building exercises that develop every muscle in the body without submitting you to the dangers of strain or over-training your present strength. The second series is the medium Course. The third series is the Advanced Course for which you usually have to pay extra. It takes you right up into the professional class and transforms your entire body into a rippling mass of solid, flexible muscle. Remember, I do not charge extra for my Advanced Course—practically everyone else does.



I Show You Everything In Advance—Who Else Does?

What's the use trying to fool people? It doesn't get you anywhere. When you buy something, you naturally want to see what it is before you hand over your money. That's why I show you in advance—right on this page—just what you get when you enroll for the TITUS System. I don't hide a single thing from you. That's why I have never had a dissatisfied pupil.

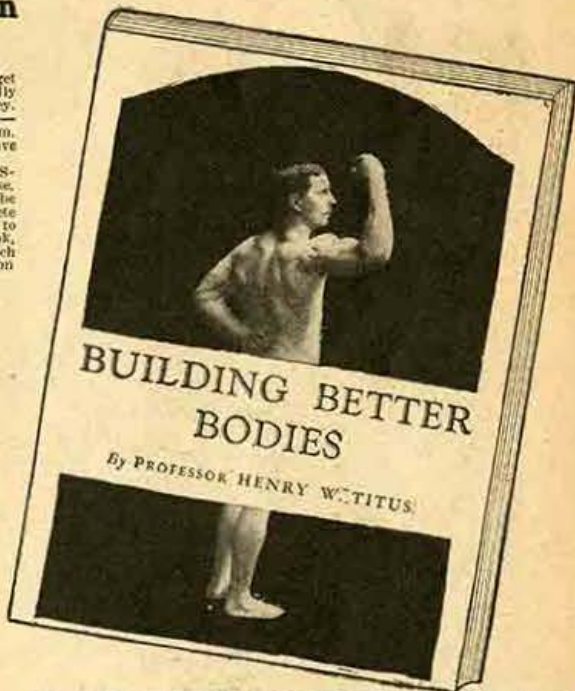
The pictures at the left show the TITUS PROGRESSIVE AND AUTOMATIC EXERCISER in actual use. These are only a few of the many exercises that can be performed with it. Space does not permit a complete detailed description, but these pictures show you what to expect in the way of apparatus. In my big FREE book, "Building Better Bodies," and my other booklets, which I will gladly send you, you will find all the information about my Course and my Apparatus.

By Big, Revised 64-Page Book Now Absolutely FREE

Whether you are interested in a physical culture course at this moment or not, don't fail to get a copy of my sensational book. In it you will find a message that may change the whole course of your life—may change you from a hopeless weakling and a failure to a strong, vigorous, super-healthy man with an unlimited future ahead of you. It is crammed full of photos of my pupils, many of whom are among the world's greatest strong men. It tells you things you ought to know about your body. It describes in detail my Course, my incomparable Apparatus, my Big Prize Contest. You owe it to yourself regardless of who or where you are to read this great book—and it's yours for the asking. Send NOW for your copy—no cost or obligation. Mail the coupon or a post card TODAY!

MAIL THE COUPON TODAY!

Warning: The Titus System is manufactured and sold under patents allowed and pending in all countries. Infringements will be prosecuted by law.



Prof. HENRY W. TITUS
105 E. 13th St., Dept. 240 New York City

PROF. HENRY W. TITUS,
Dept. 240, 105 East 13th Street, New York City.

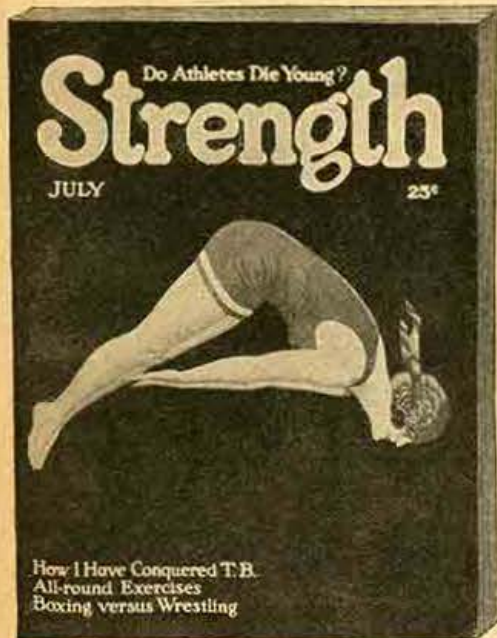
Dear Sir:—Please send me at once without cost, your FREE book, "Building Better Bodies." It is understood that there is no obligation on my part whatsoever.

Name

Street No.

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

**HERE IS THE EASIEST AND MOST NATURAL METHOD TO GET
AND KEEP HEALTH AND STRENGTH
AND
IT COSTS YOU NOTHING TO GET THIS METHOD**



The Method in question will keep you fit; reduce your weight; clear your skin; build you up; cure countless diseases; eliminate the poisons that cause diseases and minor ailments from your system; cure constipation, that great cause of most physical ailments; strengthen you and fill you with "pep." The above are the priceless improvements actually brought about by this Health Method. And we are letting you have this extraordinary Health Course for absolutely nothing.

IT IS IMPOSSIBLE TO GET AND KEEP PERFECT HEALTH WHILE YOU CONTINUE TO EAT INCORRECTLY

There is nothing in this course, "Everyday Mistakes In Eating," that cannot be followed by every one, nor is there anything distasteful about the methods outlined. This course adds joy to your life, both in the practise of it and the results that follow immediately.

THE "STRENGTH" MAGAZINE OF THE PAST HAS BEEN GREAT

THE "STRENGTH" OF THE FUTURE WILL BE GREATER

To get this wonderful course, "Everyday Mistakes In Eating," you simply subscribe to "STRENGTH" MAGAZINE for one year at the regular price of \$2.50. This corrective eating course previously sold for \$2.00. Thousands were sold, and thousands were benefited greatly. Their praise of this course has been unrestrained. You'll praise it too.

Remember, you not only get this great corrective eating course by Carl Easton Williams free, but you also get 12 bigger and better issues of "STRENGTH" delivered to your door each month for one whole year.

This is one of the most valuable combination propositions ever offered by the Milo Publishing Co. The coupon below the young lady, who, with a number of others just as neat, graces the pages of "STRENGTH" each month, is for your convenience. Get it in to us immediately.

**THE GREAT "STRENGTH" OF THE PAST.
BE SURE TO SEE THE GREATER
"STRENGTH" OF THE FUTURE**

**THE MILO
PUBLISHING CO.**

2739 N. Palethorp St.,
Dept. S-9-25,
Philadelphia, Pa.



**EAT YOUR WAY TO PERFECT HEALTH
MAIL THIS COUPON NOW**

Dept. S-9-25.

The Milo Publishing Co.,
2739 N. Palethorp St.,
Philadelphia, Pa.

Gentlemen:
Enclosed find \$2.50, for which you will send me Carl Easton Williams' course, "Everyday Mistakes In Eating," and enter my name for one year's subscription to "STRENGTH."

Name

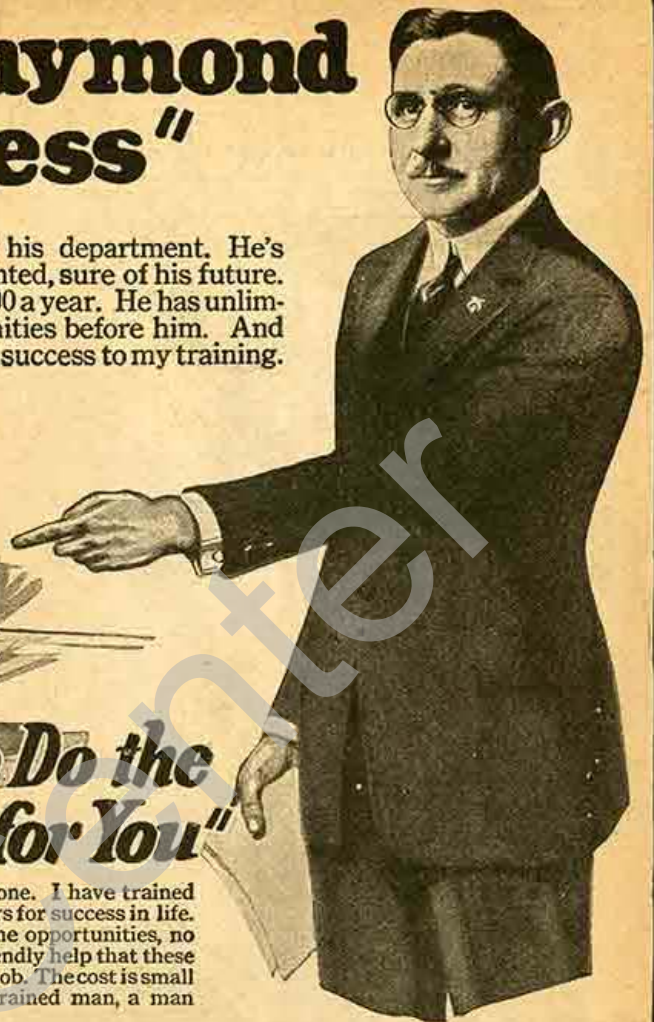
Address

City and State

"I Made J. E. Raymond a Success"



He's boss of his department. He's happy, contented, sure of his future. He earns \$3500 a year. He has unlimited opportunities before him. And he credits his success to my training.



"Let Me Do the Same for You"

Raymond is only one. I have trained hundreds of others for success in life.

You have the same opportunities, no matter where you live. You can have the same training and friendly help that these men had. You study at home. No interference with your present job. The cost is small—the results certain. Make the decision NOW, to become a trained man, a man with a highly paid trade.

Draftsmen NOW in Demand at Good Salaries

Draftsmen are needed everywhere—thousands of them. Look at the Want-Ad columns of any city paper. Thousands and thousands of jobs are opened for trained men. But only skilled men are wanted. No chance for the man who wants to learn the job. You have got to get your training outside, if you want to get into this highly paid trade.

A tremendous era of prosperity is just ahead. More and more draftsmen will be needed. Now is the time to get started. Don't delay and miss out. Write me at once so I can tell you all about my wonderful method of learning drafting. It's easy, quick, fascinating—a short-cut method which I developed during years of handling draftsmen on practical work.

Great Special Offer!

Write me at once for the extra special offer I am making to men who start their training at once. I'll tell you how you can become a Dobe trained draftsman, without any cash outlay. I want men with the "pep", vim, ambition and determination to succeed. Such men can't help but win out with the training, and help, and personal co-operation I am willing to give. Mail the coupon right away. Let's get together and plan your future for success.

Chief Draftsman Dobe, 1951 Lawrence Avenue, Div. 57-76 Chicago, Ill.
Established 1900

My Guarantee

I guarantee to train you and continue that training until you occupy a position as a practical draftsman. I guarantee to give you my personal attention, not only as a teacher, but as a friend and advisor until you are placed in a position where you no longer need my help.

Chief Draftsman Dobe, 1951 Lawrence Avenue
Div. 57-76, Chicago, Ill.

Send me your Great Special Offer open now to ambitious men. Also your book, "Successful Draftsmanship." No obligation on my part.

Name..... Age.....

Address.....

Post Office..... State.....

Dobe's Home Training Insures Success

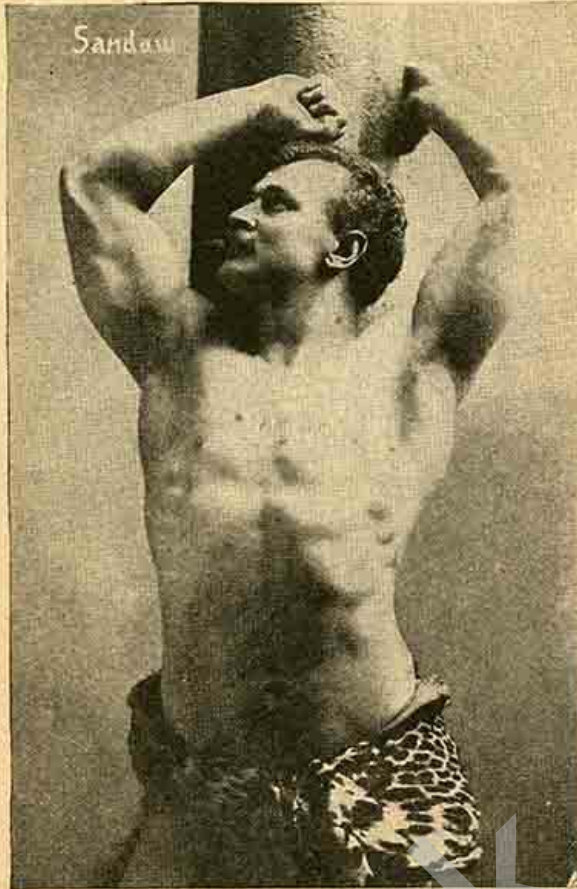
My method of teaching is the gradual outgrowth of years' experience handling draftsmen on practical work. You learn by doing. You get the practical experience while taking my course. Many of my students earn much more than the price of the course by doing outside work while training.



No Extra Charge for this Outfit

Here are the tools of your trade. A regular working outfit like I use myself. I send it to you without any extra charge. It's yours to keep—to use all through your course, and later "on the job."

Here Is the Greatest Collection of Supermen Photos Ever Assembled Into One Album



One of the Artistic Poses From This Collection

Every Man Interested in Body and Strength-Building Who Has Ever Visited the Milo Publishing Company's Offices Has Not Gone Away Satisfied Until He Got a Look at These Supernatural Physiques in Photo Form

These visitors were always awed at this collection and unstinting in their praise for those men of mighty developments and strength. We knew they all left with a determination to improve their physiques, health and strength.

That great desire will also be stimulated or born for the first time in you on looking upon these marvelous men.

\$2.00 IS THE PRICE OF THIS ALBUM OF PRICELESS PHOTOS. MAIL THE COUPON AND \$2.00 WITHOUT DELAY.

THE MILO PUBLISHING CO.

2739 N. PALETHORP ST. Dept. S-9-25 PHILADELPHIA, PA.

THE MILO PUBLISHING CO.,
Dept. S-9-25,
2739 N. Palethorp St.,
Philadelphia, Pa.

Gentlemen:

Please send me at your earliest convenience one of the new Art Albums, for which you will find enclosed \$2.00.

Name

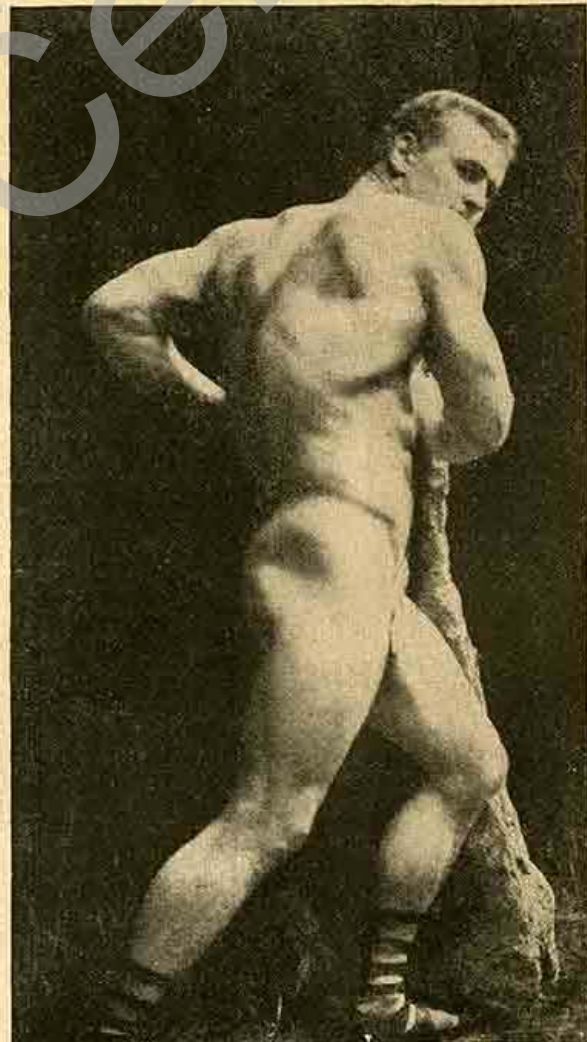
Address

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

Original photos of most of the physical phenomena shown therein are as scarce as hen's teeth. You could not buy them at any price, because there are none to be bought. The originals have all been destroyed or lost, making it impossible to get reprints. The Milo Publishing Company is one of the few who have many of these cherished prints. We are letting every one have a set of these photos by printing this new Art Album.

Every Athlete—Amateur or Professional—Should See to It That He Gets One of These Art Albums by Return Mail

This Album gives you approximately 100 views of the most famous physiques in the whole world. Every photo in this Album is a treat to the eye and an inspiration to you, regardless of whether you are an experienced physical culturist, just a beginner, or one of the unfortunates who has not yet begun a body-building and health-perfecting life. No matter who or what you are, you will want this Art Album.



Another One of These Poses You'll Enjoy

**THIS IS
WHAT YOU
HAVE BEEN
LOOKING
FOR! GET
IT NOW**

THE WORLD'S GREATEST SWING LIFTER GIVES YOU HIS OUTFIT FREE



THE FREE GAUNTLET

It is the desire of this association to help interest everybody becoming a member of the A. C. W. L. A.; and to make the proposition more interesting to you, we are offering this month something that will be a great help to you, as well as build up your strong-man outfit. This offer consists of the **JOWETT SWING GAUNTLET AND SWING BAR** that has a value of \$5.00.

The Swing lift is the key to all speed lifts and when Mr. Jowett made his world's record swing of 172½ pounds, he used this outfit, and at the same time introduced to the American lifters for the first time the new style of swinging, called the "Back Hang." In this style the weight is carried against the forearm as the picture shows, and the aprons on the gauntlet protect the arm. The aprons are separated so no binding on the arm is possible as with other gauntlets. It is reinforced with a heavy leather wrist strap and substantial buckle.

The bar is free of inside collars, having a sleeve grip which separates the plates and gives full freedom to the hand to operate. It is built for the "Back Hang," being longer at one end than the other. Both these articles are scientifically constructed for this highly scientific lift.

Follow the example of your leader who has shown you how to swing successfully by creating science in both the apparatus and the lift.

The swing will be one of the A. C. W. L. A. championship lifts and has become popular overnight, dating from the time when our President, Geo. F. Jowett, captured the

world's title and was the first American athlete to swing more than his own bodyweight.

FREE WITH YOUR MEMBERSHIP INTO THE AMERICAN CONTINENTAL WEIGHT LIFTERS' ASSOCIATION

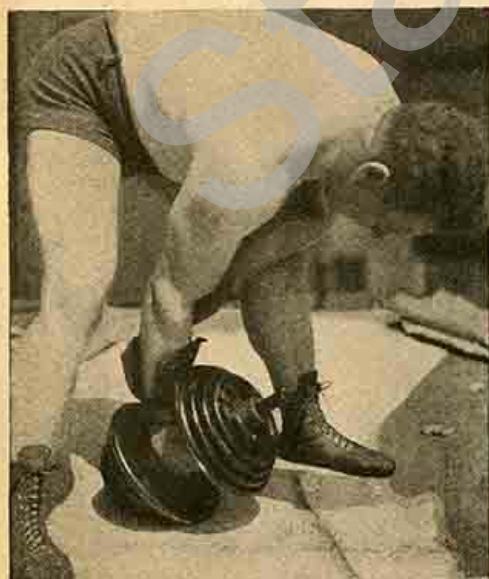
You are also given one year's subscription to *Strength* magazine, which is the association's official organ, and undoubtedly the finest magazine on health, strength and body building written in any language.

Along with all this, you secure one year's membership into the greatest athletic association ever organized. The ideals of the A. C. W. L. A. are individually constructive and nationally collective. With your enrollment you belong to a cause that has an object, in which you become a substantial part, and we are anxious to have you play your part.

By our present membership we have placed the American strength athlete well along the road, and given him the chance he has always longed for. The result is the A. C. W. L. A. has shown other countries that we have material equal to their own.

BACK THE AMERICAN STRONG MAN

We are making a serious appeal for you to back your countryman, so he can have a chance at the next Olympic Games. We need help. That is why we need YOU. Take advantage of this splendid offer which further entitles you to a beautiful lapel button. A design which we have newly created. You will be proud to wear it. Everybody will know you are a man in a man's organization on sight, and it will place you among friends everywhere you go. You are eligible to witness all the star exhibitions free of charge; to have all your problems solved on body building and in the sport of lifting weights. You can secure books, bar-bells, photographs of famous strong men, and beautiful medals. In fact, we have many valuable objects for you to work on with great profit to yourself.



HOW THIS GAUNTLET PROTECTS
YOUR FOREARM

This organization is full of enterprises and we need you to help build it to its greatest proportion. If you are interested in body building or the sport of lifting weights, we know you will not fail us. The initiation fee and membership is \$7.50 and for this sum we give you a total value of \$15.00.

TAKE ADVANTAGE OF THIS UNUSUAL OFFER WITHOUT FURTHER DELAY

Fill out and tear off the coupon on this page and remit with your order

NOW

GEO. F. JOWETT

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

2741 N. PALETHORP ST.

PHILADELPHIA, PA.

Dept.
S-9-25.

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

Dear Sir:

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

Name.....

Address.....

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

You Can Add Fifteen Years to Your Life!

At least 50% of physical and mental misery is preventable and curable. In fact, the life of the average person would be prolonged 15 years if people knew how to rule their health as they do their actions.

ENCYCLOPEDIA of PHYSICAL CULTURE New 6th Edition ~ Completely Revised

FROM maturity to old age the breaking down or wearing out of vital organs is in process. But because there is no pain or noticeable symptoms the victim ignores the little signals of warning which nature is constantly issuing until face to face with a dangerous disease.

When one is easily exhausted, even with a moderate amount of work—or suffers from headache, loss of appetite, a cold in the head or on the chest, a dull ache across the back, spots before the eyes, ringing in the ears, these are all signals the neglect of which may lead to serious—perhaps fatal—illness.

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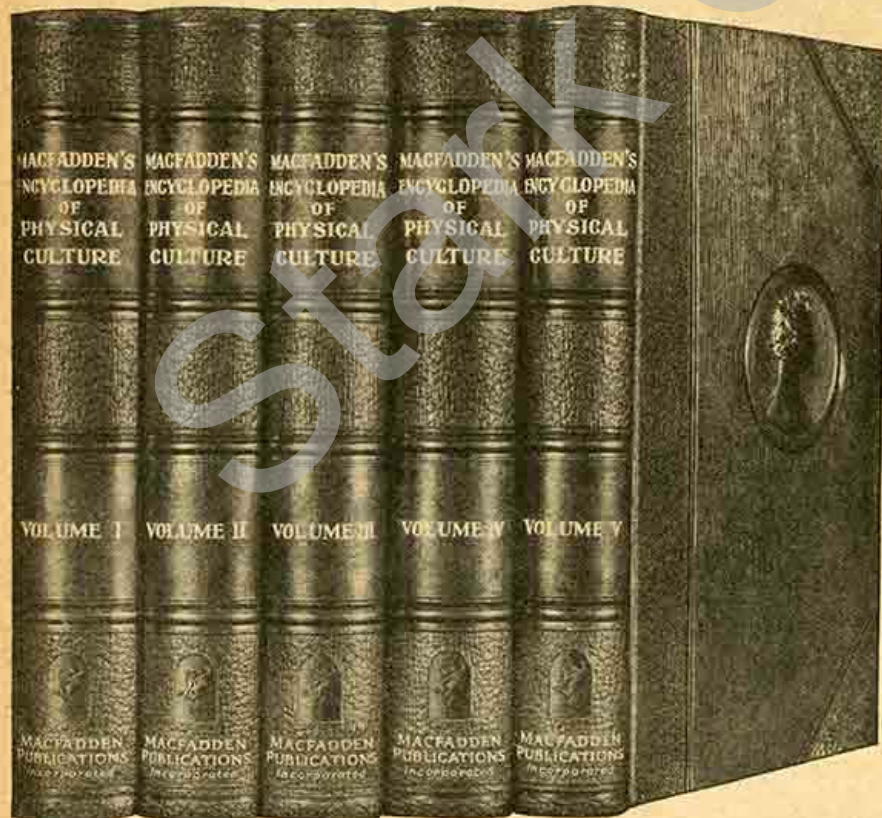
It is neither dull nor technical, but is comprehensive and complete in every sense. It is the crowning effort of Bernarr Macfadden's rich, full experience in the science of health and physical culture. You haven't any idea how valuable it will be to you, or how many dollars it will help you save each year. What, for instance, would it be worth in actual dollars to you to be able to instantly identify in its earliest stages any sickness that might overtake you or any member of your family? What would it mean to you to have glorious health, almost complete freedom from sickness or disease, no doctor's bills to meet, no hospital bills to pay, no days of suffering or worry, no salary lost through absence from business?

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Editorial

How Strong Are Pioneers?

IN this issue you will find the first of three articles about the men of the North by T. von Ziekursch. Von knows the country he is talking about and he knows the manner of men that inhabit it.

All the strength seekers who are confined to cities either altogether or the greater part of the time should find something of interest in the way life in a more primitive community provides all the bodily safeguards and body strengtheners that must be improvised in cities.

We do not know how the men of the Canadian North Woods stood up in the great war, but we remember reading and being much impressed by the fact that in the Civil War the boys from the cities seemed to stand up under hardships in much better shape than did the boys from farming communities and from the more primitive of the Western States.

The farm boys and the pioneers were more subject to T. B. and had to be pampered and coddled more than the boys from the cities.

We have never seen any statistics nor any comments on this in connection with the Great War and wonder whether any of our readers have any information on the subject.

Perhaps the men the city boys surpassed came from the farming communities which are half civilized and so lose the advantages of their normal way of living without actually gaining the knowledge of how to care for themselves and the knowledge that they have to make universal efforts to care for themselves, which knowledge is now pretty prevalent in cities.

Does This Explain Their Failure?

In a country store we overheard some comments on the death of a baby, which shows how necessary is the spread of such information as we give each month in our health articles.

It was evident that the young daughter of the proprietor of the store had recently died and that he was telling the story to a customer who had been away for some time.

At any rate the customer finally mentioned the fact that the child had never been really strong.

"Oh, no," said the storekeeper. "It is true that we had trouble feeding her when she was

about two or three months old, but we took her to a specialist and he told us not to give her undiluted cow's milk as it was too rich for her. After a short time she was much better again."

Now everyone should know that when it becomes necessary to bottle-feed a baby, no child's stomach is strong enough at the age of two or three months to take whole milk.

This man's child, although she apparently was much improved, had had her stomach ruined and eventually died as a result of the ignorance of her parents.

Undoubtedly many parents, both in cities and in the country, ruin their children's health and never realize what they are doing. It seems to us that the chances of such an occurrence happening in a rural settlement is much greater than the chance would be in a great city. For one thing, in cities your circle of friends is wider and a general knowledge of similar cases is much more easily obtained. Also it is easier to consult the nearest doctor because you do not have to make any great effort to reach him.

On the other hand, in cities you can find grown men and women who actually and consciously neglect themselves because they "haven't time."

Just a few days ago we were talking to an old college track man, who had been captain of the team in his senior year, and the question of smoking came up. He was quite pleased with himself because he had sworn off smoking and stuck to his resolution for five days, although he felt himself weakening rapidly.

He is typical of a whole group of men who, ten years ago, thought nothing of conforming to diet and health regulations for months at a time and, in addition, who actually slaved to get their bodies into first-class shape and keep them there. Today a game of golf, once a week, and knocking off on cigarettes every now and then, seems to be about the limit of their ambitions to amount to anything physically.

Far be it from us to say anything against golf or any other sport which can make people like to exercise, but we certainly wish that success in golf made greater physical demands on the players of the game because we know that the devotees would start out to meet those demands.

(Continued on page 84)



Ledger Service.

Irene Castle, whose charm is greatly enhanced by her grace in action.

The Beauty Question

Who Makes the Present Day Standards of Women's Beauty?

By Ralph Hale

OFF and on I have been writing for STRENGTH ever since STRENGTH was a magazine. Sometimes the editors have used my work steadily and sometimes they seem to pass me up. Never had they sent for me and given me an assignment until about a month ago. When I received a little note asking me to stop around as they had a series of articles which they thought I might be interested in doing, I lost no time in getting on the job.

Pretty soon I found there was a joker in it. As soon as I arrived I was asked if I remembered a series of articles I had done for the magazine on singing. I remembered them and I remembered what an awful time

I had had in selling them, but I was too diplomatic to admit that part of my story.

Then I was flattered from all sides. "We know you are a man of very wide experience in the health and strength field." "We always have felt that your articles entered completely into the spirit of the magazine." "Your work does not have to be gone over with a fine tooth comb to find whether or not you have ventured into a field you know nothing about."

By this time I began to wonder what sort of a job being an editor was. However, I remembered trying to sell this same suave group a story I thought particularly appropriate in STRENGTH and I remembered the fish-eyed

stare that had been handed me. How times had changed! Finally our conversation seemed to meet a snag and halt. I took the bull by the horns and asked what the series they had mentioned in their letter was to be about.

Did you ever get into one of those conversations where the other fellow says, "Well, to tell you the truth, Ralph," or Bill or Suzette. Then you began to wonder.

"Well, to tell you the truth, Ralph, we want you to do a series of woman's beauty articles for us. You know a beautiful girl when you see one." More of the soft soap, of course. "You are so thoroughly grounded in anatomy and health building that you can show the relation between health, hygiene, strength and beauty." Never did this crowd tell me so many nice things about Ralph Hale, but they did not get away with it so easily.

I had never done a woman's article of any kind in my life. I had made some sort of a reputation, good, bad or indifferent, and had made some friends and I did not want to lose either reputation or friends. I don't know anything about beauty, the standards of feminine pulchritude. I had no opinions and nothing to say.

Then I got one of those dirty looks. "Ralph, we all know you considered Justine Johnstone the American Beauty." To tell you the truth I did remember saying something like that once. "Well, go home and think it over and do us an article on 'Justine' first, if you prefer that—" and then I was outside walking and thinking, thinking.

Well, I went home and thought it over and it seemed to me that, before I picked any girl in print as the American Beauty, I had better have a little clearer idea of beauty than I did. I remembered Justine and she certainly was a peach. I had seen pictures of lots of other peaches and, maybe so, I had seen two or three of them in the flesh. Irene Castle and Dorothy Dixon sort of stood out in my mind. So did Ina Claire and a Follies girl who preceded her, "Marion Sunshine" her name was.

Of course I had noticed the articles running in the *Cosmopolitan*, by "Belle Livingston," about her life, and who doesn't remember Lillian Russell, Anna Held, and Frankie Bailey of the immortal legs? Now, I am a gentleman and don't want to hurt anyone's feelings, but I want to go on record to the effect that Belle, Anna and Frankie were before my time.

The strictly modern Dolores and Dorothy Knapp crossed my mind and then I remembered "Miss Columbus" twice winning in bathing beauty contests, and her successor, Ruth Malcalmson, "Miss Philadelphia," by the way. "Miss Philadelphia's" predecessor, Marion Green, was to my mind even a better looking girl.

Having gotten this far I decided it was time to codify, classify and make some generalizations at least and, if possible, some standards. I hadn't even thought of the Venus de Milo or much of any statuary, old masters or classic examples of beauty in history or literature and I decided to eliminate all of them for the time being at least.

That first thing that occurs to anyone who has on hand pictures of a half dozen of the above beauties is that times do change. There is no doubt that the Misses Bailey, Livingstone and Russell, the idols of a generation ago, are not the typical beauties of today. Also my friend, Justine Johnstone, Irene Castle and Dorothy Dixon belong in a separate group from Dolores, Dorothy Knapp and Marion Green.

Now, just who makes the present day standards of



Photo by Paul Thompson.

Miss Philadelphia who won the bathing beauty contest at the Atlantic City Pageant, in 1924.

women's beauty and just why those standards are not as good or better than the standards of a previous generation, or a previous century for that matter, are a couple of the questions that first occurred to me. Being in



Ledger Service.

Lillian Russell, famous beauty and favorite of the past generation.

duces said costume. In the first place, I don't believe either statement; and in the second place, since there is a constitutional amendment designed to eliminate one of the two evils, why not another amendment to eliminate the other? Seriously, it is outside my purpose to discuss the moral effects of clothes or lack of them in this article, but I will say that clothes are a darned small part of the moral character of anyone, and whether or not you approve of either or neither their morals or their clothes is, I think, a coincidence and nothing else.

No one can doubt that the one-piece bathing suit has improved the figure of the average American girl. Now, I don't mean to say that the firm of Jantzen are responsible for this improvement, and as a matter of fact the thing goes much deeper than that, probably back to the late Dr. Sargent and his famous school and girls' camp. When the idea of physical education for girls was first introduced in the schools, and when physical training first came to mean something a little more strenuous than crocheting, the death-knell of the corset was sounded. Long skirts had to go and I believe that girls will eventually use a track costume similar to the costume of the men. They do on the other side now, and why it is all right to wear one-piece bathing suits to swim, while bloomers are necessary for running, jumping, hurdling, etc., is quite a fine point. Incidentally European competition will force this change, I believe. Also it is a wonder to me that no one has tried to foster competitive athletics in women's colleges and girls' schools. If Wellesley, Smith, Vassar and Bryn Mawr had anything like as keen athletic rivalry as Harvard, Yale, Princeton and Pennsylvania, we would quickly find a great increase in not only the beauty but the physical ability and efficiency of the average girl. Such interests would spread all over the country into the girls' schools and the grammar schools, just as the interests of very small boys in all forms of athletics are stimulated

contact with the publishing business and more or less indirectly in contact with the advertising business, I am well aware of the fact that a certain group of gentlemen, editors of fashion magazines, and a certain other group of gentlemen, manufacturers of women's clothing, their sales managers and their advertising agents, admit that they make women's clothes, women's tastes and women's standards of beauty.

Also the newspapers in general think that Paris still makes them, and I believe that in certain circles it is insinuated that the men are really to blame. Everything is done to catch a man. Whether these are masculine or feminine circles needn't be gone into at this time.

That seems to me to be obviously true, and I think that the medical profession are unanimous in stating that the present more or less abbreviated athletic or semi-athletic costumes for women are a vast improvement over the costumes that were in vogue when the standard of excellence, in burlesque at least, was a rather heavy lady, well laced. That being the case and the policy of this magazine being what it is, and my own interests being what they are, I see no reason for not endorsing modern tendencies in clothes and attitude toward beauty. In other words, we are all for short skirts, one-piece bathing suits, bobbed hair, no corsets and all the rest of it.

Now, I have heard that immorality and wine bibbing go with the above costumes and the attitude of mind that pro-



Photo by Paul Thompson.

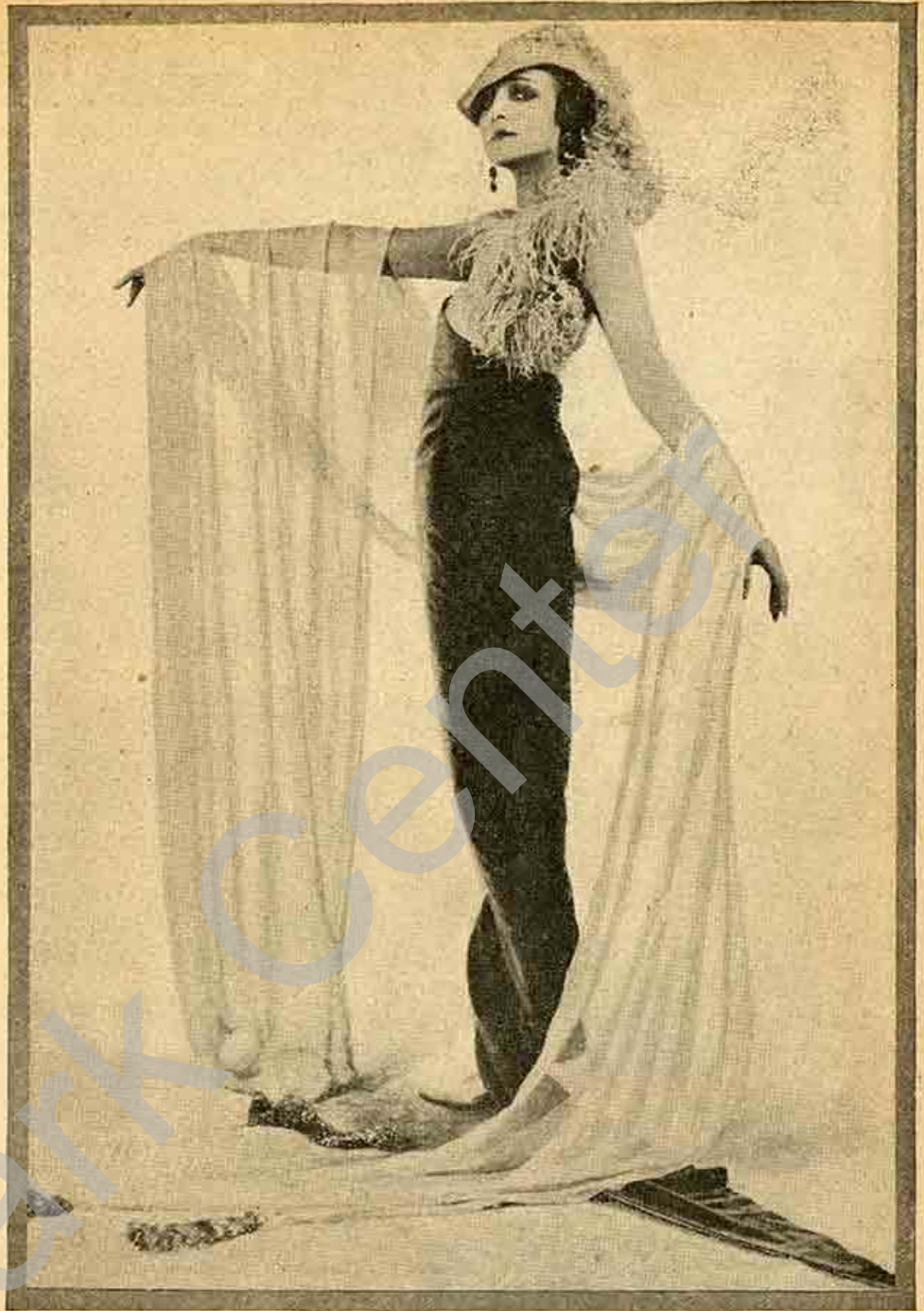
At one time the writer of this article thought Justine Johnstone was the perfect American girl, but he is now sure that the perfect American girl has not yet come along.

by the deeds of their older brothers or of their newspaper heroes.

When I seem to wander rather far from the subject of beauty I classify my wanderings under the head of knowing the policy of the magazine, which the editors were so sure I did when they asked me to do their articles. As a matter of fact, from my viewpoint, beauty, like strength, must be of some use, and anything which tends to make the standards of beauty and the standards of physical health and physical strength, all three more closely approximate each other, has much more of my sympathy than a style or an interest which tends to set at variance the current ideal of beauty and the doctor's idea of what the healthy woman's body should be.

Whether the gradual demand for greater freedom which was needed in a more strenuous form of athletics was the first or the most important factor in giving clothes this present tendency is entirely outside my knowledge. Certainly it must have been one of the very biggest factors, and this is true in the case of the much maligned one-piece bathing suit, which originally, at least, and still to the best of my knowledge and belief, is used for swimming. As a swimming costume it is a large success. As a means of making some of the girls go out and spruce up physically, it must have been a really good influence, and I am informed on credible authority it has, through the roto-gravure section, increased the circulation of practically every Sunday paper in America, to say nothing of some magazines.

Be that as it may, it seems to me that Dorothy Knapp and Marion Green belong to a generation that take their appearance in a bathing suit very, very seriously. If I were writing this article for a theatrical magazine Miss Green would not even be mentioned, and Irene Castle and Dorothy Dixon, whose charms, it seems to me, are greatly enhanced by their really startling grace in action, would have the other ladies tied to the post. On the other hand neither Miss Castle nor Miss Dixon have ever depended entirely upon the female figure as adorned by one bathing suit and one bathing suit only, and, therefore, they do not stand out in my mind as being real bathing beauties—the girls that either Mack Sennett or the Atlantic City Beauty Pageant have given us as the



Ledger Service.

Dolores, formerly of the Follies, who has the strictly modern type of beauty.

present standards of American feminine pulchritude.

Now, I approve of the bathing beauties and I approve of the bathing beauties even more if they can do something besides pose. I approve of the girls, if there are any, who decide that they will go to work intelligently and make bathing beauties of themselves, if it is at all possible. It is a wonder to me that the desire to attain physical power and physical agility, which seem to be in every boy and young man, is so strangely missing in practically all women and girls. If the desire to look well in a bathing suit is one step in the direction of desiring a well-proportioned body which, whether the girls realize it or not, must also be a well developed and a healthy body, and I know the desire to look well in a bathing suit must eventually mean this, then I am all for that desire.

(Continued on page 92)

Toning-Up Exercises For the Winter Season

How to Stimulate Your Muscles and Tissues and Increase Your Efficiency and Productiveness

By Charles MacMahon

EVERYONE should now be getting ready to follow a good program of exercises. The fall and cooler weather is close at hand and those who have in the past been converted to body-building and health-promoting exercises, but who have fallen by the wayside during the hot weather, will be eager to resume training, I know. These folk will not need to be asked or told to begin again. The benefits derived from correct methods of physical training are always sufficient to hold an enthusiast after he has actually and thoroughly tried out a good system.

But the young and old men and women who have never done more than read about physical training

seriously, start now with the few movements I give you further on.

Those who see the wisdom of beginning training this fall, I would like them to bear in mind a few general rules that my experience in body and health building has taught me are important.

When you start you are likely to be very enthusiastic; but don't use it all up in your first period of exercises. Take it easy the first few periods, or for the first week, because if you let your enthusiasm run away with you at the start you will overdo the exercises, and the consequence will be stiff muscles for a few days. Of course, there is no bodily harm in the stiff muscles except that they are very uncomfortable and, worst of all, are very likely to kill your enthusiasm.

There are five exercises given you here, but don't make the mistake of tiring yourself out completely with the first one or two of them. Try to give them each an equal amount of practice. I am not going to say "do them each ten times," for while this number may be just right for you, it may be far too few for another and stronger beginner and a little too much for a weaker beginner. So if you are fairly strong, try ten times on each of these five exercises. If you find this does not tire you sufficiently, try fifteen repetitions on your next exercising period. If you know you are weak, try them only five or eight times each. If you find either of these numbers sufficient to tire your muscles a little, then retain this number of repetitions for a few days until you become accustomed to

the work-out and then try to add one or two repetitions from time to time. Later on you can forget repetitions entirely and let the fatigue of your muscles be your guide.

Always remember that, after you become a little advanced, strenuous exercise is the only type that will put good-sized muscles upon your frame. But at the same time your internal organs must also be toned up so that they are working harmoniously. Your digestive organs must assimilate your foods so that the largest supply of blood brought to your muscles will be of the nourishing and building type.

Another point to remember is that if you are interested only in getting and keeping perfect health, a fair amount of strength and in keeping the stomach flat, you do not need to exercise quite so strenuously as you would if you wanted great strength,

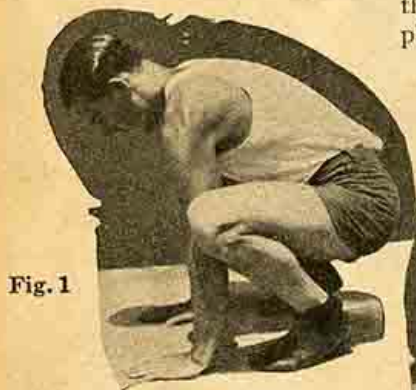


Fig. 1



Fig. 2



Fig. 3

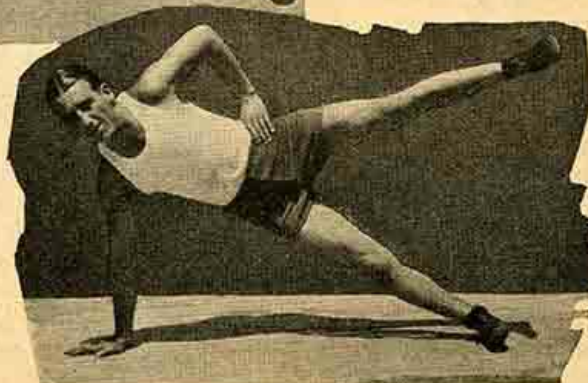


Fig. 4

and the benefits to be derived from the practice of it are the persons who need urging, even when the cooler weather makes us all feel more energetic. So if you are one who has never exercised

development and the most shapely body possible. No matter what you want in the way of physical improvements, you must have a course of training that is complete, an all-round developer, and one that is laid out by a competent instructor. Remember also that mere experience does not always make a competent teacher. Experience is certainly a great teacher, but she finds many dull pupils who never seem to profit much by her teachings.

When you commence an exercising period, forget everything except the exercises themselves, the muscles or groups you are exercising and your ideals of physical perfection. Fifteen or thirty minutes of this kind of exercise is better than an hour given to careless training.

The first of this series of exercises, illustrated by Figures 1 and 2, is a movement that affects the whole body, but principally the hip muscles.

Figure 1 shows the first position, which is identical with the one given you last month. But instead of kicking both feet backward, you kick out to the side as far as you can. Try to straighten the legs when kicking out. Of course, you support your body on your hands while the feet are off the floor, and be sure to bring your feet back to the original position shown in Figure 1. Repeat this kicking out to the sides and back until you feel the effects in the legs and hips. When you stand up to rest before going into the second exercise you will notice how directly this first movement exercises the outside hip muscles. Figure 2 shows the beginning of the kick-out.

The second of this series is, with the possible exception of the arms, a general exercise also. However, you will find that it calls into play the muscles of the waist, outside thighs and buttocks more strenuously than any others.

Assume Figure 3, keeping the supporting arm rigidly straight and the body and legs also as straight as possible in this first position. Place the free hand on the hips, as shown.

Now as you raise the upper leg, also raise the hips as high as you can. And as you lower the leg, lower the hips to the first position. Do this on one side until fairly tired. Then, after a short breathing spell, turn to the other side and repeat the movements. Figure 4 shows the leg raised.

Some will find that they can balance better by looking upward, and others seem to do better by looking at a certain spot on the floor.

In the third exercise, shown in Figures 5, 6 and 7, you get a very good exercise for the lower back, sides, abdominal muscles, legs, and also for improving your suppleness and agility.

Take Figure 5, with the arms straight and legs

about two feet apart. Now, by a jumping movement of the hips and legs, leap up and at the same time twist the waist and reverse the position of the feet as you land. To explain this more clearly, the right foot must land somewhere near the spot previously occupied by the left, and the left foot near the spot occupied by the right foot. Then you leap again and come back to the first position. Figure 5 shows the first position; Figure 6 shows the reversing of the feet and the twisting of the body; Figure 7 shows the feet reversed. From this position you come back to the first position. You can alternate by twisting first to one side and then the other.

This movement is not only a good exercise, but is very good practice for those who are beginning to learn tumbling. It teaches you to twist the body and change the position of your feet while they are in the air. The ability to do this is very important in tumbling.

The fourth exercise is a variation of the common floor dip. There are some persons who find the regular two-hand floor dip easy and the one-hand floor dip too difficult.

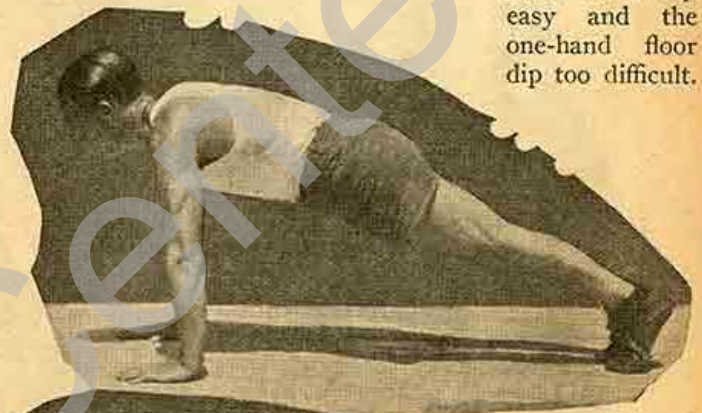


Fig. 5



Fig. 6



Fig. 7



Fig. 8

Therefore, I am giving you this one as a happy medium, or step between the two.

In Figure 8 you will see that most (but not all) of the work of raising the body is done by the left arm.

The right arm is placed lightly on the floor and is used to regulate the amount of work necessary to give the left arm the proper work-out.

In doing this one, lean the weight of your body more on the arm you are exercising than on the other. Figure 9

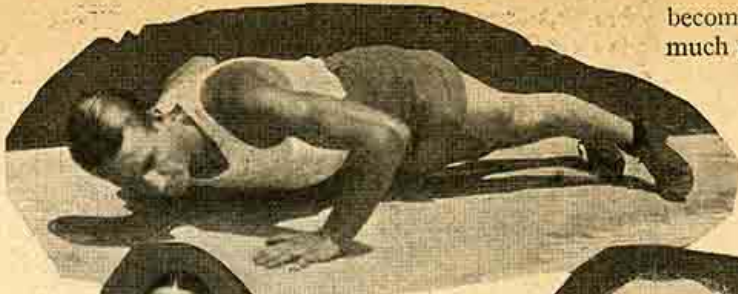


Fig. 9

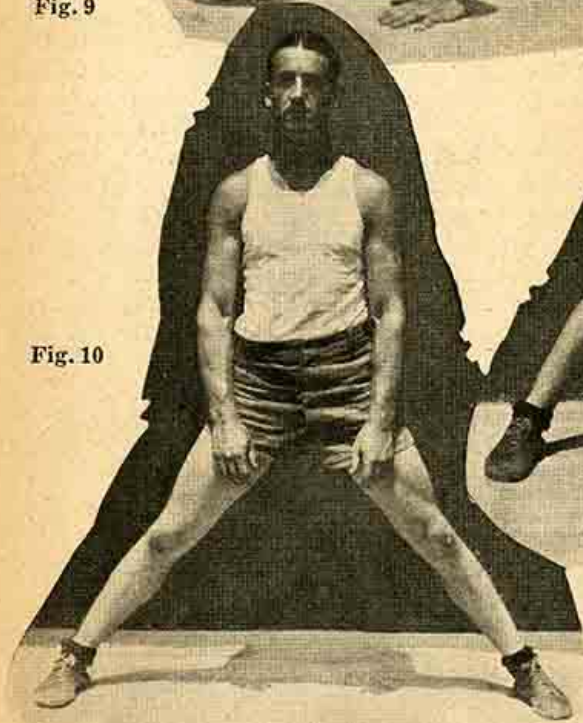


Fig. 10

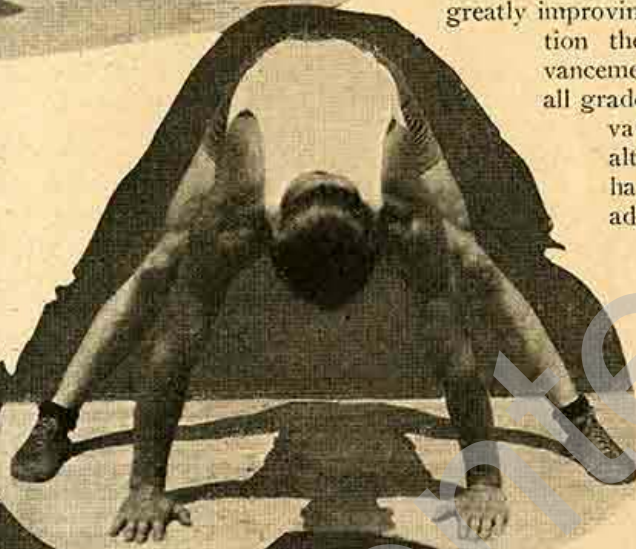


Fig. 11

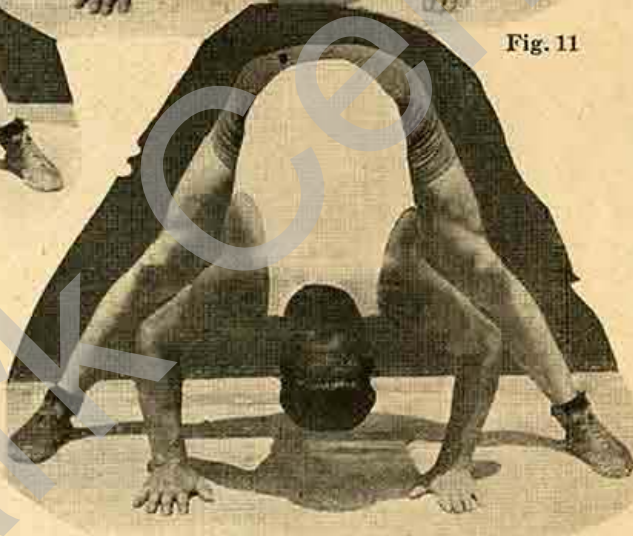


Fig. 12

shows the position for the right-arm work-out. As each arm gets stronger put more of the weight of your body on the supporting arm and less weight on the steadying or regulating arm.

The final exercise is great for making the general body and spine extremely supple. In fact, it is wonderful for elongating the spine and, consequently, a health producer.

Take the position shown in Figure 10, with the feet very far apart. You will notice that the position of the feet in this exercise is not changed at any time during the movement. Now bend over with the knees kept rigidly straight, and first place the hands on the floor, as shown in Figure 11, then bend the arms and lower the head and shoulders as near to the floor as possible, as in Figure 12. Later on, as your flexibility becomes more pronounced, you will be able to put your head all the way down on the floor.

Make an exercise out of this one by raising and lowering the head and shoulders from the original position to the final position. Try to go down further on each repetition until you can touch your head to the floor without using your hands at all.

Of course, a program like this just given you is not progressive enough to produce real strong men. But it is a very good one for the beginner who has never tried physical training extensively. The main trouble with a program or course such as these exercises make up is that there is no change or variety, which soon

becomes tiresome. Furthermore, you cannot get much progression from practicing the same exercises continually.

The matter of progression in physical training is very important. In fact, if your methods do not possess the best type of advancement, they are of little good for the purpose of greatly improving your body. I mention the "best type of advancement" because there are all grades of it to be found in various methods. And although all methods have some principle of advancement, you will not get rapid and full benefit unless your system contains the best methods of progression.

Your muscles must be led on to accomplish more difficult feats of strength and endurance, and this cannot be done unless your methods or exercises are always a step in advance of your strength.

Besides the advancement that is necessary in your system of physical training, you, yourself, must constantly keep in mind that your muscles must be prodded ahead by your will-power and

your desire to become stronger and more efficient physically.

If you are not advancing as you should, it is either because your selected system does not possess real advancement or that you are not really trying to advance yourself; or it may be both that are holding you back from getting the results you are entitled to.

There is an old saying, "You can't get more out of a thing than you put into it." This holds as good in physical training as it does in a business enterprise. Put your energy, your will-power, your enthusiasm, and your common sense into each training period and results cannot fail to materialize rapidly.

There is only one exception to this rule when you should not put all your energy into your training, and that is during the first week or so. But after you have gotten your muscles safely over the stiffening stage, you can go to it to the fullest extent of your energy and endurance.

Sons of the White Gods

No One, Perhaps, Has a Better Knowledge of the Men of the North Than Mr. Von Ziekursch, for He Has Lived, Worked and Talked With Them

By
T. Von Ziekursch

First Installment of a Series of Three Articles

THROUGHOUT the broad realm of the North, where the white gods rule a land that has come to be symbolic of high adventure and romance, life itself is an actual physical combat such as probably goes on in few other parts of the world. It is a region where fiction goes on in reality and where the dreams of imagination are made animate. But it is a place of intense hardship where pleasures are of the simplest, where power of the body is at a premium, yet of little purpose without the stamina and vitality that are as often in demand.

Throughout the years, yes, the centuries, the Northland has bred a race of men the like of which it would be hard to equal. Not all of them are giants, frequently there is nothing to indicate the tremendous depths of latent power concealed in their muscles and sinews, but when you know the North and its men you are not deceived. When you have lived among them and tracked the long trails with them, paddled white waters with them and watched as they bore unbelievable burdens on their shoulders, at a jogging trot over slippery carries, you are inclined to hesitate in recounting some of their feats. Once or twice you may blandly, even naively, describe some unbelievable thing, wonder at the smiles of those who listen and then and there learn to merely shrug your shoulders when the discussion is of "the wide open spaces."

Stretching across Canada is a rather indefinite line. It meanders, coming close to the cities here and there, lost at the edges of the Alberta grain fields now and then, drawing close to the trunk lines of the great railroad systems. That line is the frontier, in some ways little different today than it was in the beginning. Beyond it is the bush. That is what the wilderness is called by those who are close to it, who live among it. And those two words—the bush—can never mean as much as when you are in it, living there where every place beyond the clearing about the cabin is "the bush."

It is a hard mother, this region of forest, of mystic

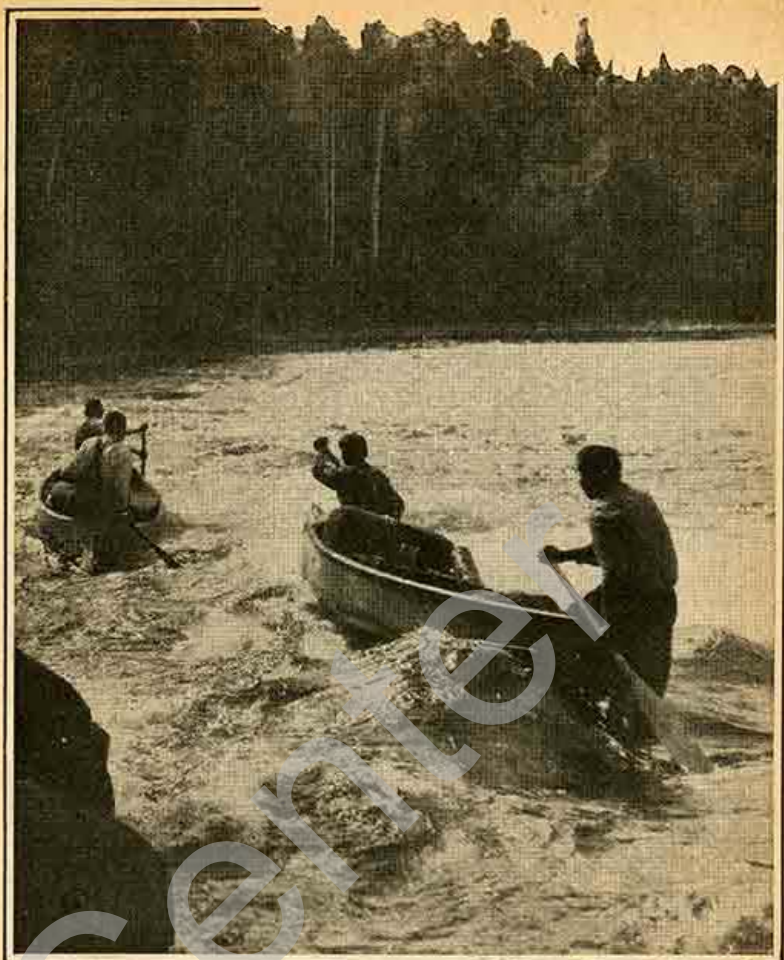


Photo by H. Armstrong Roberts

It takes more than mere skill at handling a paddle to shoot Nipigon's white water. Sheer strength is needed.

streams and lakes, of mountains and muskeg or tamarack swamps.

Truly in its depths men are men, for they have to be to live. Whether it is on the trap lines, in the lumber camps, working in the canoe flotillas that still constitute the merchant marine in some regions, just as they did in the days of the old voyageurs; whether it be guiding, professional hunting, which still goes on to some degree though it is frowned on officially; working at the posts for the fur companies, running dog teams, mining, or in the police, those who would serve the North, all toil in the train of a stern task-mistress who insists that they be fit.

And fiction has no wilder tale to offer than incidents that go into the making of everyday life among these sons of the bush.

Do you want to know them? Then you have to live among them for a while, tramp with them, hunt with them, share their cabins, work with them, see for yourself and hear in casual conversation of feats that few will believe when you set out to describe them. You may go into the bush doubting, but if you remain long enough the time will come when your last doubt will fade.

As I write memory conjures up the faces of men I have known in the North, of feats I have seen and can vouch for, of men whose gigantic strength and seemingly endless stamina have become legendary. Men of the North, sons of the white gods—yes, many among them might well have been sired by something more than mere mortal flesh and blood.

There is Walter Nixon, the famous sheep hunter of

the high Alberta benches. He is romance personified, yet few who have slept at his fire or dragged their tired bodies over the ridges and marvelled at the bottomless depths of power that kept him fresh and smiling, know the story of the man and his feats. There is Frank Jawbone, the slender little half breed moose hunter, who has just moved far up above Temiskaming in Quebec, because the lumber mills twenty miles away were crowding him. Too, there are Johnny MacDonald, the trapper of Little Georges Lake; Sam Glode over on the Kedgemakoojee in Nova Scotia, whose story takes in two continents; Joe Leclair, the giant who was conquered by the North and who may be seen in Mattawa, Ontario, with his deformed legs that the North gave him. These are a few merely to serve as instances, but there are others also.

To digress a moment, some few years back I wrote a fiction story in which the hero was a constable of the Canadian Mounted Police, popularly and formerly known as the Royal Northwest Mounted. My hero performed the impossible. He was assigned the incredible task of bringing a madman out of the bush and taking him hundreds of miles through the bitter wilderness to the fringes of civilization. He did it alone with his dog team. The man had gone mad with the loneliness of an isolated trading post. On occasions, when it was absolutely necessary to let the maniac off the sled, he invariably tried to escape to certain death in that cold hell and had to be subdued in physical combat. Frequently he tried to kill my hero and almost

succeeded. The constable starved that his prisoner or charge, call him which you will, might eat and then had to batter him into submission before he would permit the food to be forced down his throat. There were times when the frightful wind which came roaring from the boreal reaches picked men, dogs and sled up as they traveled along the ice of the river where the way was easiest and blew them in a swirling mass, unbelievable distances, into the forest far from the river. There were wolves to be combated, nights when the wind was so terrific it was utterly impossible to make fire and when the temperature was sixty below. Oh, it was a good story, packed with human interest and thrills. My constable got his man through and then went mad himself, afflicted in exactly the same way as the man he had brought out. That was where the story got its kick at the finish.

Two or three editors turned it down because it was impossible and taxed the credulity of the readers too much. A prominent fiction magazine finally published it and I heard from it afterwards as the doubters expressed their opinion that it was going a step too far even in fiction. No mortal man could do what my hero had done.

That story wasn't fiction. It was fact embellished in descriptive words. I knew the man who did it. He was Constable Pedley. To the best of my knowledge he is still in the Mounted



Photo by H. Armstrong Roberts

Life and the very mode of living in the "bush" breed power and endless stamina.

and stationed at the headquarters at Regina, Saskatchewan.

At the time the incident happened on which this fiction story was based Constable Pedley was a member of the patrol at Fort Chipewyan, which was the headquarters of the two constables and a corporal who represented the law in the form of the Mounted in the Athabaska Lake region.

The lunatic in question was a missionary who tried to winter at the Lonely Hudson Bay Company Post at Peace Station where the only occupant was a French half-breed who could not talk English. And the silence and loneliness drove the missionary mad. The half-breed came to intercept the Mounted men while they were out on patrol and begged them to take the crazy missionary away. Constable Pedley was assigned to the task and the entire trip covered nearly seventeen hundred miles and two months from December into February. After being blown bodily with the dogs and the loaded sled from the ice into the forest several times Pedley had to tie himself and all the rest to trees to keep from being killed by the wind more than once. And he actually did go mad himself after he had brought his man through to Fort Saskatchewan where the Mounted had a big station. The physical feats of that trip were unbelievable. Imagine the strength and stamina necessary to lead a dog team hour after hour, breaking trail through the drifted snow. An hour or two of that alone is almost enough to wreck the ordinarily strong man, and where much of it is necessary there are usually two or more who alternate. Anyone who has ever done it knows what back-breaking work it is. Then, add to it the necessity of going on all day without help, of releasing the lunatic at intervals and forcing him to exercise and eat when every such release meant the necessity of beating him into submission before he would eat or exercise. And to lose one of those fights would have meant death. But that was not all. On one occasion the madman did escape and had to be tracked down through the night to save him from death. On top of all that there were the dogs to be cared for, the necessity of guarding against attacks from the wolves. Vitality, stamina, these alone would not suffice in such work. Tremendous physical strength is a necessity also.

There are many romantic figures among the sons of the North. One could write endlessly of them and their

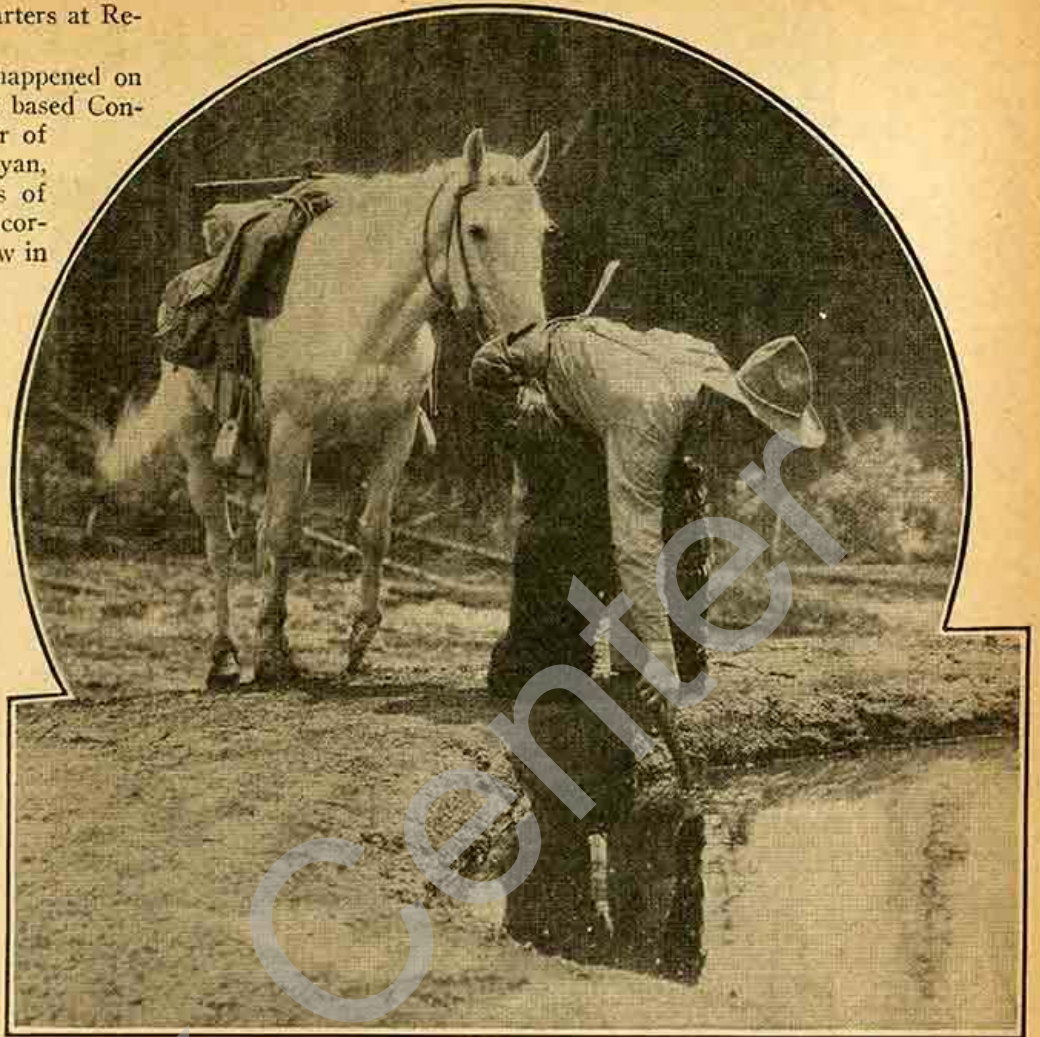


Photo by H. Armstrong Roberts

Walter Nixon might have been a big man in business affairs; but he must return always to his wilderness of mountains in the Kootenai.

feats, of the strength of their bodies and the seemingly bottomless wells from which they have drawn resources of physical energy and high courage to perform the impossible.

Necessity has given them qualities which make for the magnificent. There is the driver of "the Arctic Mail." Rather, there have been numerous drivers. To pick out any one of them would be to slight others fully as mighty and as much entitled to the encomiums they deserve. Let them remain anonymous. Let their performances stand for all since with few exceptions every man who has driven the Arctic Mail has gone through the same hardships, performed the same impossible deeds and deserves the same credit. Yet they receive little adulation in the North for they are only doing what is expected of them and which they were chosen to do because they stood out among their fellows. One or two have failed but that was because somewhere in their make-up was a flaw that the North found in this supreme test.

The prices of fur in the North are regulated by what the furs bring at the big auctions in St. Louis. The lists of prices to be paid for the different types are sent to the Factors at the Posts and trading stations twice each year. In the spring they go in by boat; in the winter they reach the isolated stations by dog team.

Up through the Mackenzie (Continued on page 79)



Josephine Amoros, one of the greatest and most original gymnasts of today.

Greatest of All Trapeze Artists —Josephine Amoros

Eurhythmic Gymnastic Skill Acquired by Highly Scientific and Technically Applied Training Is Responsible for the Accomplishments of Josephine Amoros

By P. H. Paulinetti

NATURE surely did smile upon Josephine Amoros when it bestowed that lovely figure and beautiful face which this young lady possesses, along with an admirable and sweet disposition which is more rare than the jewels of Asia.

Her father was Spanish and her mother French. There were five girls and two boys in the family; two older sisters and two younger than Miss Josephine. Mr. Amoros, the father, was responsible for the training of

his children, and that task could not have been placed in better hands. He was one of the most thorough instructors, as well as one of the greatest artists, in his line, the writer has ever seen in any part of the world. The extraordinary pains he exerted in the most minute details was remarkable to the highest degree. His theory was, "Practice what you intend to do." That is, if you are going to be a trapeze artist, practice trapeze feats only that will develop the exact muscles this class of work requires. Before allowing a pupil to touch

a trapeze, however, Mr. Amoros started a training process used in the higher grade of classic and ballet dancing, by the turning out and stretching of the lower limbs, as well as teaching the perfect art of gracefulness of the arms and hands with position of the head to correspond with the movements of the lower limbs and body. After being properly trained in these preliminary exercises, the trapeze feats were then considered and were consistently and diligently practiced every day, along with other eurhythmic training which creates the superior artist.

The harmonic eurhythmics of the real artist are just that which so greatly enhances the charm of their classic art. Many so-called artists appear before the public and apparently seem to be the real thing; but just as soon as the real technical performer appears, there is that something about their graceful movement that reveals a charm to the eye, whether a person really understands the art of gymnastics or not. That something is exquisite harmony of movement. This Miss Amoros possesses to the very highest degree of perfection.

The art of gymnastics is competitive in the same nature as that of other athletic sports; therefore, the most proficient artists should be presented to the public more often than they are, especially in the vaudeville theatres! It is actually sad to see some of the present-day performers trying to present something of which they know nothing about, even the cardinal or first principles. If a person claimed to be a musician, but who never learned to master the simple musical scales, should present an offering to an audience composed of people who have heard good music, what would such an audience think of the performer? This exact condition exists today in the presentation of gymnastic acts. It is more than sad to see some of them try to bow gracefully, or make an entrance onto or exit from the stage; but the saddest thing of all is to witness many who try to raise their arms and hands in what should be eurhythmical motion of harmony. Today the general public are awakening to these facts, and it is the writer's prediction that the time is near at hand when audiences in general will be just as much interested in the classic art of gymnastics as they are in so many of the other arts and sports. It is then that the real artists will come in and be presented as they should be.

Miss Amoros presents the most difficult and graceful routines of gymnastic feats on the trapeze that the writer has ever witnessed. These are performed on what is known as the still trapeze, meaning that the trapeze is not swinging, so that the performer must do all the action with exact tempo and actual strength. Miss Amoros possesses extraordinary strength; besides, her body and limbs are very flexible, and this enables her to perform the most intricate feats with such charm-

ing grace and ease for which she is so widely known.

When she enters the stage to commence her performance, those with the slightest knowledge of eurhythmics instantly notice that Miss Amoros has had a superior training, from the fact that when she bows and uses her hands and arms every move is in harmonic form. The feet are placed in the proper position in accordance with the position of the hands, arms, body and head. I have heard some people argue that an audience does not



understand this phase of the artist's work and, therefore, it is not worth the trouble to learn it.

This view is erroneous and can easily be proven by allowing a performer who has not had the proper training to make an entrance onto the stage and to be followed by an artist who has had the training. The former will lack that beautiful harmony of motion, and the latter, possessing it, stands out like a beautiful star in the firmament in comparison with a tallow candle.

Beauty of form and harmony of motion are becoming recognized as one of the highest products of present-day arts. A person has only to compare what is being done in this direction today with that of the last gen-

eration, in proportion to the population of that time and now, and note that the strides these arts have made in practice are amazing.

I shall try to explain, as clearly as possible, some of the extraordinary feats which Miss Amoros performs. First I will mention the two arm planche. This is accomplished by hanging at arms' length, drawing the feet up in front, passing them over the head between the trapeze bar and the body, and then stretching the body and limbs out into a horizontal position so as the full weight of the body is supported by the shoulders. There is not one gymnast in one hundred who performs this feat in the correct position. They all invariably hold the planche with the body hanging in a sagging position with the head and feet usually twelve or fourteen inches higher than the middle of the back. Miss Amoros brings the body, head, back and limbs into a perfect horizontal position. The person who has not had proper training has very little chance of mastering this feat, which is one of the simplest in Miss Amoros' list.

Hanging by the back of the neck on a bar is a feat seldom seen. This young lady, in addition to that, plays a mandolin, either hanging still or swinging. She also mounts one foot, then the other, then both. This is done by catching the inside of the foot by the hand and straightening out the leg and arm. She also hangs by the toes of both feet (head straight down) releases one foot and places the free leg across the back of her shoulders and neck. After resting in this position, she releases the leg, reaches up and takes hold of the bar with the toes and rests again on the bar, suspended by the toes of both feet, then she beats backward and forward, reaching the bar with both hands and mounts to a sitting position. Miss Amoros uses no artificial attachments in her shoes or pumps, as many others do who hang by the feet. This counterfeit can easily be discovered.

The one arm pull-up, from a hanging position at full arms' length, she does three times with each arm, placing the chin above the bar each time. There are very few women gymnasts who have ever accomplished this feat of pulling up even once.

What is known by gymnasts as the "throw-in" and a difficult feat, Miss Amoros simply plays with. The throw-in is performed by the artist hanging by one hand at full

arms' length; then the feet and lower limbs are swung forward, then back, and again forward, thus throwing the body into a horizontal position. The body is then suddenly turned toward the arm which is holding the bar, and at the same time the free arm is stretched out along side of the head, helping the body to rest on the back, and lay crosswise on the arm in a graceful horizontal pose, slightly curved in a back bend. Miss Amoros performs this feat with either arm and from fifty to sixty times in succession without the slightest fatigue.

A feat infinitely more difficult than the "throw-in" is the one-arm planche and which Miss Amoros was the first artist to accomplish on the trapeze in her unique and technical style. No other artist up to date has ever accomplished this feat the way Miss Amoros performs it. She starts with the beats of the lower limbs forward, backward and forward, swinging the body and lower limbs into a horizontal position, suddenly turning the arm and shoulder toward the body, and holding the body and legs in a perfect horizontal position face down, with the free arm in a graceful pose over the head. To partly realize the difficulty of this most extraordinary feat a person has only to understand that the weight of the whole body and limbs is supported by the muscles of

one shoulder with a tremendous leverage from the shoulder to the feet. This not only requires strength to support the weight in this position but considerably more, as there is that twisting pull which the weight creates on the shoulder muscles that has a tendency to turn the shoulder and let the body drop to a hanging position. Miss Amoros performs this great feat with such beautiful rhythmic motion and graceful pose, that it is extremely fascinating.

The first time the writer saw Miss Amoros perform on the trapeze was when she was a little girl. I had been invited by Vincent Amoros to call at his home in London. Little Miss Josephine was practicing on her tiny trapeze bar on that occasion. She did a remarkable feat that I had never before or since seen. Lying in a balancing position on the trapeze



Josephine Amoros possesses a truly artistic and intellectual mind and a superior personality.

upon her back, she started to up-end, head downward and slid from her back, catching the bar under the knees, and from there continued to slide all the way to the heels. Releasing one heel, she took hold of the free foot and placed her leg across the back of her shoulders and neck. Then releasing the free leg which had been back of the shoulders, she reached the trapeze bar with the toes of the foot and changed from the heel of the other foot, caught hold of the trapeze with the toes of the released foot and mounted the trapeze. All this was accomplished without apparent effort, and she seemed to enjoy doing it. Besides, she had neither shoes, stockings or pumps on her feet while doing this extra formidable routine. Mr. Amoros had always rightly contended that it was not gymnastic art to use artificial means, such as corks concealed in the shoes to hang by the feet, and the writer agrees with this contention.

The great Tour de Force, of which Miss Amoros is rightly proud, and which has never been accomplished by any other gymnast, man or woman, is the "triple dislocation." This would seem to be a contortion or distortion of the body, but it is not! This most remarkable feat is accomplished by taking hold of the trapeze bar with a reverse grip. That is, instead of catching hold of the trapeze bar in an ordinary way, it is grasped with the palms turned toward you. From a straight hanging position the feet are passed over the head between the body and the bar until a complete turn has been executed, and the legs and body hanging in the position from which the start was made. Just before the complete turn has been finished, each shoulder dislocates. Then the feet are again drawn through the body and the bar as before until the body and limbs are hanging straight down as from the start of the first turn, thus completing two revolutions without the change of grip. This is a sort of winding-up process of the shoulders. Then the performer commences the most difficult part of this abnormal feat, and that is to force the muscles of the shoulders to turn the shoulders out of their dislocation. This requires a mighty effort and extraordinary muscle control. Miss Amoros practically unwinds the shoulders out of their dislocation. This phenomenal feat she performs without the slightest appearance of effort, just like she does all her other feats which make her performances such a pleasure and delight to witness.

Many performers do a single dislocation on the rings, but that is child's play in comparison with the same feat on the trapeze, because the ropes and rings do all the dislocating without any effort on the part of the performer.

A great thinker once said, "Art is the root of our whole theoretic life. Without root there can be neither flower nor fruit." The paternal ancestry of Miss Amoros has left us a great legacy in the person of this exceptionally great artist. For generations back her family tree, all the way down to the root, have been artists of exceptional ability in the respective branches which they had chosen. Miss Amoros does not stop just at gymnastics. She is a very superior classical toe dancer as well as a singer, with a superb soprano voice. This highly artistic combination places her in a class all by herself. The usual contention among artists is that if they are singers they cannot master gymnastics, and if they are dancers it is seldom that they attempt



With all her strenuous exercise, her body is smooth and well proportioned and not masculine in any sense.

the higher class of singing or gymnastics. For these very reasons Miss Amoros occupies a unique and exalted position in the show world.

Miss Amoros says, "When an artist becomes superior in technical grace as well as intricate sensational feats, and commences to feel the eurythmic tempo in his or her movements with all sections of the body, head and limbs under control, practice, instead of feeling irksome, becomes a fascinating and pleasurable delight." With all her strenuous exercise, her arms and lower limbs are as smooth as those of any woman who has never exercised, and neither is she masculine in any sense. This is due to the fact of having been properly trained.

Miss Amoros believes in temperance in all habits, especially in eating, and says most people think too much about food and not enough. (Continued on page 85)

Who Is the Strongest Man in the World?

Adolph Nordquest Advances an Important Question Here, to Which Our Mr. Jowett Will Reply in October by Special Request of the Writer and Others Who Find This Subject Interesting

By Adolph E. Nordquest

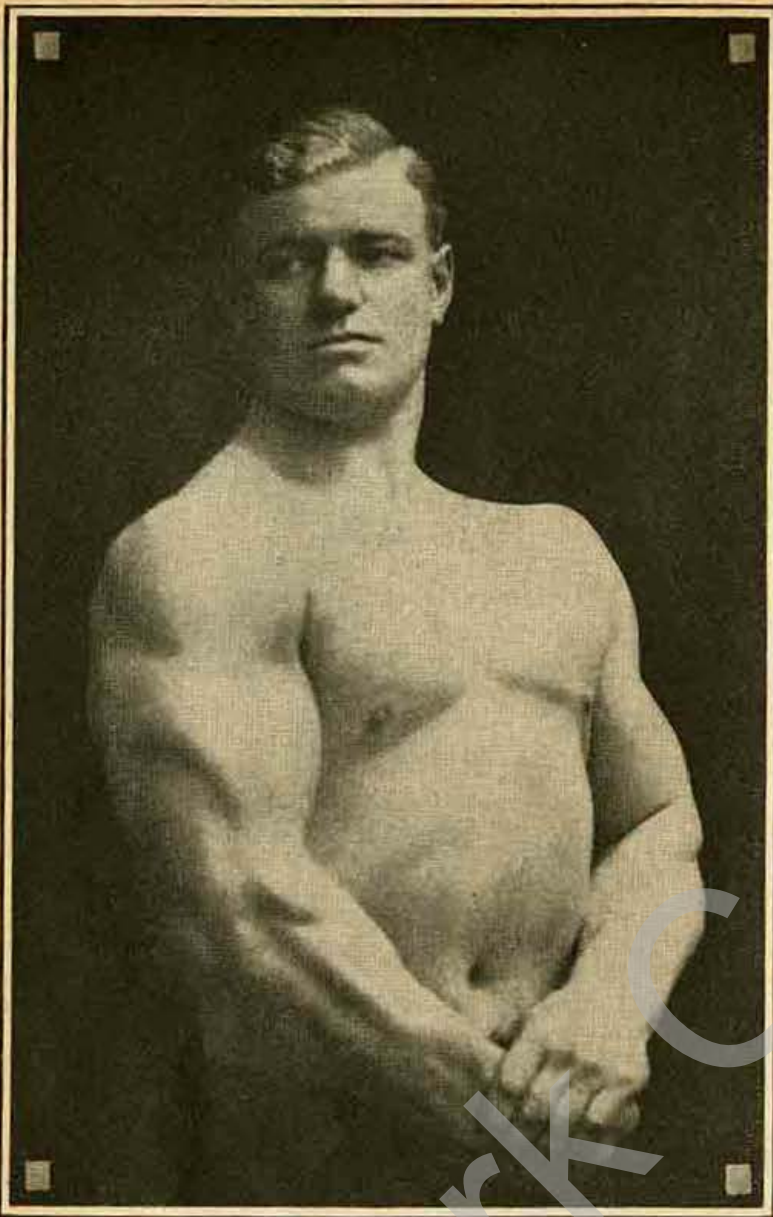
I will mention only a few names that add lustre to the galaxy of men of strength. We are honored with the names of Aston, Saldo and Inch, the athletes who have done so much for the cause of weight-lifting in England; and Eugene Sandow, who has, more than any other man on earth, with himself as an example, inspired millions of people to likewise care for the body; Apollon, that tremendous giant of strength of France; and Saxon, of Germany, who succeeded in doing what seemed to be a physical impossibility—advancing the one arm bent press record to 370 pounds.

On one occasion Arthur Saxon succeeded in pressing with his right arm 336 pounds and with the weight held in position overhead, he lifted from the floor with his left arm 112 pounds and brought it to position alongside the other weight. The total weight lifted in this manner was 448 pounds. This lift alone would place his name on the list with the greatest lifters of all time, even if no mention was made of his other great feats of strength, of which he had many to his credit.

In deciding who is the strongest man we have two distinct types of lifters to consider. The athlete who depends on speed with strength and who favors in his lifting program snatch lifts and jerk lifts, and the other type of strong man who relies almost wholly on pressing weights, with the exception of the two-hand jerk lift. The very powerful type of lifter includes the latter lift in the continental style. It is a favorite lift with the giants of power in some of the European countries.

A glance at these two types of strong men convinces me that the man who depends on speed lifts, very cleverly executed, does not possess the power equal to that displayed by the man who excels in the pressing of weights.

My brother Joe has several records to his credit, and I believe that if he had continued in top form with the weights he could have annexed more records to his



Joe Nordquest—how does he appeal to you as the world's strongest man?

WE have before us a question of great interest to all those who have enlisted their services in the placing of weight-lifting where it truly belongs, at the head of all athletic exercises as a means of body building. This question concerns the selecting of an athlete who should be recognized by the majority of weight-lifting authorities as being possessed of the greatest degree of physical strength.

It also presents an aspect of international import in strong-man circles and the basis of a settlement to the claim takes on varied forms and stipulations, some of which would favor a particular individual or a nation that has specialized in some particular style of weight-lifting.

It would seem fair to state that the athlete who is capable of breaking the maximum number of standard weight-lifting records, or gets the greatest percentage based on the nearest approach to the records, should be accorded the championship honors. While I feel elated over the splendid performances on the part of the athletes who have made strength records in America, my spirit of enthusiasm is extended also to our fellow strong men in Europe.

credit. At the present time he is in his prime, and with many years ahead of him to draw upon for further possibilities.

For the benefit of those who are not acquainted with Joe's lifting records, I present the following:

Two arm clean and military (French style)—245 pounds.

Wrestler's bridge position—255 pounds.

Left arm bent press—277¼ pounds.

Two arm shoulder bridge position—388 pounds.

Pressing to arm's length while lying flat on back—362½ pounds.

One arm pull over, in lying down position—66 pounds.

I copied the one arm pull over record direct from Joe's affidavit.

While in training for records at the Police Headquarters gymnasium, in New York City, Joe pressed, in the shoulder bridge position with two arms, 402 pounds. This was in 1916. In that same year, at the Greek Athletic Club in New York, Joe bent-pressed with his left arm a bar-bell weighing 301½ pounds. This lift was witnessed by several athletes who are well known in weight-lifting circles.

At Brown's Gymnasium in New York, where Joe spent a great part of his time in training, he became an adept in hand balancing. I have seen him do a two-hand balance, then lower and raise his body twenty-six times, touching his chin to the floor with each dip and retaining a perfect balance all the while.

On another occasion he balanced on one hand and reached down with his free hand and picked up a 100-pound dumbbell and still retained a perfect one-hand balance with the added weight. This is not a feat to be tried unless a man has great strength and a perfect balance.

I believe Joe has not fully extended himself as a lifter, and I know that he could have surpassed some of the marks he has set in the past. He had no training

whatever for the straight one-arm pull-over, in lying-down position, when he succeeded in lifting 66 pounds in that manner.

Joe is at his very best in the lifts that require great strength in the arms. I doubt if there is another man living who can surpass his lifts in the lying-down position. In these lifts the body can assist the arms very little; so I know of no style of lifts equal to them as a pure test of arm strength. At nineteen years of age Joe lifted 265 pounds in the wrestler's bridge position, and he has not extended himself in that lift since. However, we cannot help but admire the athlete who has the combination speed and strength, but we realize that snatch lifts and lifts in general that require speed in their performance are not to be classed with some of the other lifts. It takes far greater power than this type of lifter possesses to meet on equal terms in matters of pure strength men like Steinbach and Swoboda.

These men are giants in stature. Their great weight of body enables them to exert a tremendous amount of force, especially in regard to the lifts that favor them, that is, the two arm bar-bell lifts.

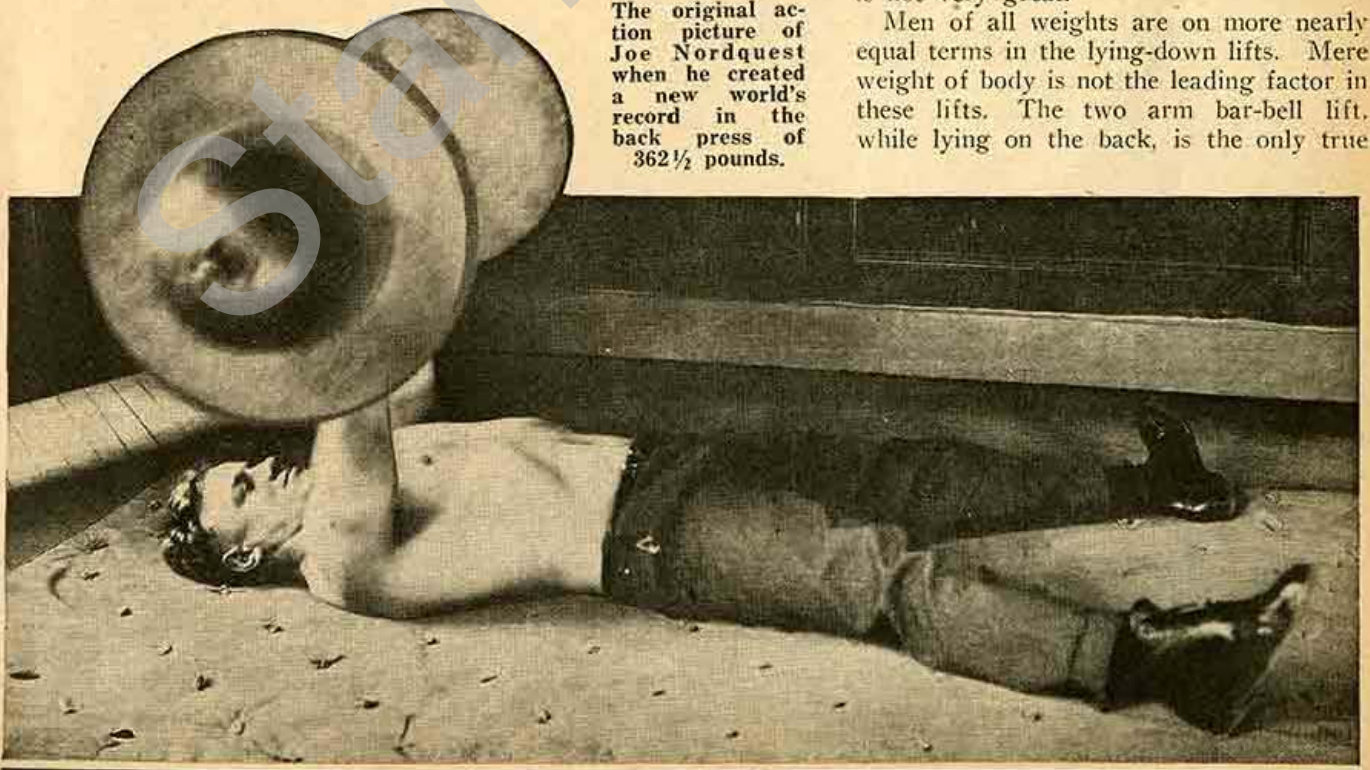
The men who specialize in any particular style of lifting naturally wish to have their lifts recognized on equal terms with the others, but one record may or may not be equal to another record in pure strength value.

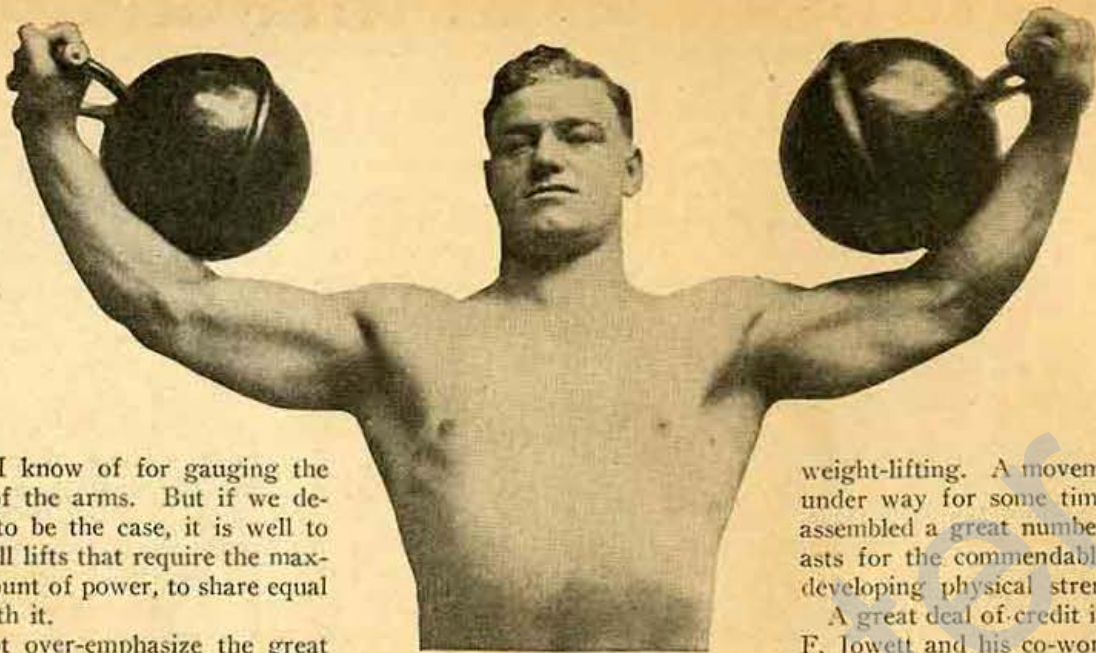
They differ as much in their respective qualities as the athlete who makes a record in the 100-yard dash and the athlete who wins the Marathon race. One has speed and the other displays endurance.

Force and strength are the necessary factors in gauging really great physical power. It is well to have in mind the combination. A man may be ever so strong in certain lifts that favor him, but if he lacks the body weight he will not have the necessary force to straighten out his arms under a 400-pound weight. Particularly is this so in the two arm bar-bell lift overhead, wherein great weight of body serves as an impetus. This force is lacking in the man whose body weight is not very great.

Men of all weights are on more nearly equal terms in the lying-down lifts. Mere weight of body is not the leading factor in these lifts. The two arm bar-bell lift, while lying on the back, is the only true

The original action picture of Joe Nordquest when he created a new world's record in the back press of 362½ pounds.





Joe Nordquest, practicing an exercise that calls into play his powerful deltoids.

test that I know of for gauging the strength of the arms. But if we decide this to be the case, it is well to consider all lifts that require the maximum amount of power, to share equal honors with it.

I cannot over-emphasize the great value of the bar-bell as a means of testing strength. Years ago we relied almost wholly on the dumb-bell in one arm lifts, so I am sorry to say that the old-time strong man was handicapped in his failing to see the possibilities in the bar-bell in one arm lifting. If he had acquired the necessary skill in the handling of it he would have left a more imposing array of records to his credit.

America is fast coming into the foreground in

weight-lifting. A movement has been under way for some time, which has assembled a great number of enthusiasts for the commendable purpose of developing physical strength.

A great deal of credit is due George F. Jowett and his co-workers in placing the A. C. W. L. A. where it is today, the leading factor in encouraging body building, and the bringing together of weight-lifting

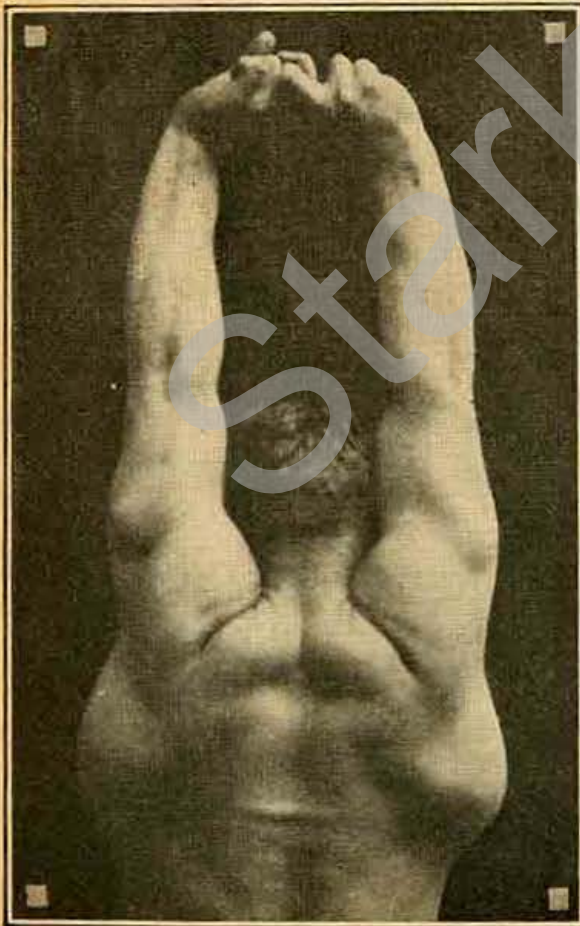
celebrities to instill the proper spirit of achievement in this regard.

The trials of strength in this procedure render, as no other agency has hitherto done in the past, a full appreciation of the athletic merit in this branch of athletics that now claims world-wide attention. The stimulation produced by the many strength exhibitions that have been held, and those that await future fulfillment, is bringing about the desired results, and I believe that before long several more records will have been credited to America. The material is here to draw from! All that is needed is intensive application of principles to further the cause.

More than ever before in the history of our country is it necessary for the majority to take up some form of physical exercise. Our inventions have supplied, to a great measure, in the form of machinery, the means of doing the labor that was once done by muscle. The result is that many people drift along in the line of least resistance to their physical detriment.

The body is the foundation upon which everything worth while rests. Those who exalt the mental attributes over the physical necessities ignore the value of the latter in its effects on the former. The finest gradations of abstract thought must flow through the physical channels, of which the five senses are the outward manifestations. We owe a great deal to the strong man who is a living example of the great benefits to be derived from the proper care of the body. And the race will never outgrow its need of physical hardihood to effect its preservation. This is quite evident to anyone who has given the question serious thought.

All I can say is that I wish that I could have had, years ago, the same favorable conditions that now surround the strong man in this country. I positively know that I would have been able to create higher records than I ever did. Unfortunately, the day has gone by, but my interest is just as keen. I still watch with great interest the strong man of today fight out for supremacy for the greatest title of all. I shall content myself with the knowledge that the movement for physical betterment is fast gaining ground, which is evident throughout our country in ever-increasing force.



Note the massive development of his back muscles.

Stamping Out Malaria

One of the Most Insidious, Wide-Spread, Damaging and Destructive of All Diseases That Has Ever Bedeviled Humanity—How to Eliminate It

By Dr. Edwin F. Bowers

MALARIA has changed the map of the world! It has conquered the conquerors; as, when it sapped the vitality of the Roman legionaries and made them easy prey to Goth and Visigoth and to the debilitating effects of their own debaucheries.

It has made the Roman Campagna, even to this day, a veritable pesthole, the plague spot of the Mediterranean.

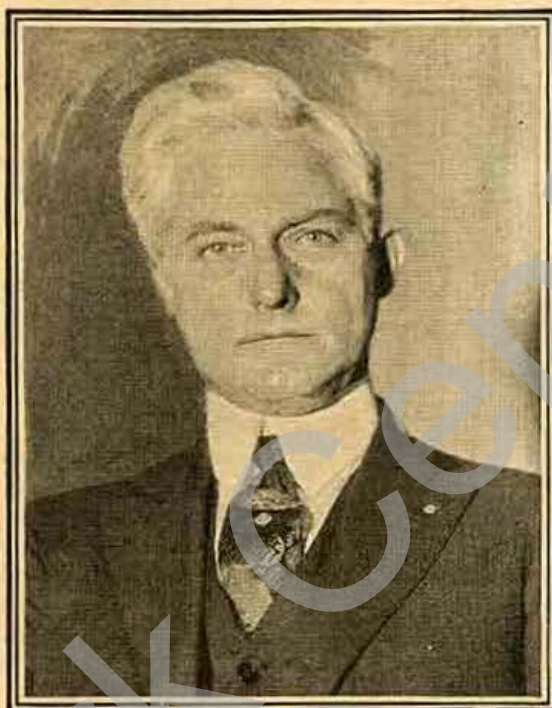
Malaria spreads its bat wings over tropical Africa, India, South America and the West and East Indies, where it is omnipresent and all but omnipotent. It ravages the low-lying lands in the valley of the Mississippi and is perhaps the greatest of all sources of physical depreciation in our own Southland, especially in those states which abound in rivers, lakes, low coast lines and marshes.

In the deltas of the rivers and streams emptying into the lower Atlantic Gulf Coast, it is almost impossible for anyone with a hide of only ordinary thickness to exist.

The valuation of all malaria-infested land is reduced to such an extent that hundreds of thousands of people, who have a reverent care for their health and comfort, would not accept such land as a gift. In fact, I know of several instances in which individuals, who purchased land and built homes in certain sections of Long Island or New Jersey, deserted these homes after a brief experience and never returned for a second dose.

While malaria is most prevalent in the tropical and subtropical regions, it is no great respecter of climate, for it is quite extensively distributed throughout the temperate zones (except in high altitudes or in exceedingly dry regions) where it is quite prevalent in the late summer and early fall. In fact, the disease is to be found almost everywhere, except in the Arctic and Antarctic Circles.

The white races seem to suffer more from its ravages than do the Negroes or darker-skinned races, who probably have built up a certain degree of immunity against it.



Dr. Edwin F. Bowers

What Malaria Is

Malaria, also called chills and fever, ague-fever, remittent fever, paludism, miasmatic fever, is a disease produced by the presence in the blood of a specific organism.

This organism is a protozoal parasite known as the hematozoon or "plasmodium malariae of Laveran," so called after the pathologist who discovered it in 1880.

The parasite develops in the blood cells, feeding upon the red blood corpuscles of the malaria victims and causes paroxysms of fever of a more or less periodic nature, depending upon the character of the organism present. Or it may cause continued fever, sometimes accompanied by frequent more or less acute exacerbations or malaria explosions.

These organisms can be seen only by the aid of a microscope; but their effects can be felt without any outside aid.

How the Parasite Gets Into the Blood

Many people are still under the impression that malaria is caused by drinking infected water, eating spoiled foods, or breathing night air.

In reality, there is only one method by which malaria can be developed, and that is through the bite of one particular variety of mosquito—the Anopheles. Furthermore, it is only the female of this genus that is the carrying agent.

Experiments made by Ross, Manson, Grassi, Bignami and Bastinelle prove conclusively that the female anopheles is the "host" of the parasite that causes malaria, which undergoes a sexual cycle of existence of about ten days in the walls of the mosquito intestine. At the end of this period large numbers of young parasites, called sporozoids, are stored in the cells of the salivary gland of the mosquito. When the insect bites a victim, these parasites are introduced into the system, where they reproduce themselves by division, forming "spores."

Once within the system, the parasites penetrate the walls of the red blood cell, in which they grow and upon which they feed.

The Three Varieties of Malarial Parasites

The three distinct varieties of malaria parasite have been differentiated:

The *tertian* parasite.

The *quartan* parasite.

The *estivo-autumnal* parasite.

The first two of these parasites are found in connection with more or less regularly intermittent fevers; the last named, with conditions which are more or less regularly intermittent but which are often more likely to be irregular in their acute periods.

The life history of these parasites is extremely interesting. A detailed description of the process, however, is somewhat too technical for the purposes of this article.

Suffice to say that, with the *tertian*, the life cycle lasts but forty-eight hours, after which the parasite divides, each parasite continuing an independent existence, busying itself with the mischief for which nature so highly endowed it.

The paroxysms of chills and fever are coincident with sporulation, or birth, of the parasites and occur therefore every other day.

The *quartan* parasites mature in almost exactly seventy-two hours, at the end of which time the parasites that have reached maturity subdivide, the fresh spores attacking fresh blood corpuscles.

This pernicious activity is always associated with a paroxysm in the infected individual, which is probably brought about by the liberation of some poison which the parasite exudes at the time of sporulation.

Paroxysms occur every fourth day at about the same time, and so regularly that a seasoned sufferer can almost tell the time of day and the day of the week by checking up on his paroxysms.

The symptoms of the paroxysm are exceedingly well known and consist of three stages; first, the chill; second, the fever; third, the sweating.

The duration of the fever, which usually begins before or during the chill, is about ten to twelve hours in severe cases. The chill may be more or less intense. Sometimes, it is entirely absent; although chilliness is noticeable in the majority of cases. The chill is followed by a sensation of heat, sometimes with symptoms of smothering or extreme shortness of breath. This may last for several hours.

In both, the chill and the fever stage, there usually are present severe headaches, pains in the back and limbs, nausea, vomiting and occasionally diarrhea.

The stage of fever is commonly followed by profuse sweating. The temperature falls rapidly, generally below normal, and relief is gained—until the next time.

There may be more than one type of organism present, in which event the victim will suffer the effects of two or even three kinds of malaria paroxysms, which makes his confusion worse confounded.

The Most Malignant of Malarial Parasites

The estivo-autumnal variety of parasite is generally found in the more chronic, serious or malignant malarial conditions. It manifests its presence by producing fever and chills in irregular and continued form. In the later stages of the disease, it is to be found in great numbers in the intestinal organs.

Sometimes, they are harbored by the million in the spleen, the bonemarrow, or even in the brain or the intestine. These parasites vary somewhat in dimensions; but, fully developed, they are about half the size of a red corpuscle.

The estivo-autumnal fever is the type that usually prevails in the tropics; it is found in the temperate zones (fortunately for those subjected to its effects) only at the height of the malarial season.

When the fever is irregular and more or less continuous, the chills are absent and the symptoms very closely resemble those of typhoid fever.

The spleen is enlarged in all forms of malaria—particularly in the chronic estivo-autumnal type. Sometimes the lips are covered with blisters and skin eruptions are present in many cases.

The Fatal Varieties

The pernicious fevers, associated with the estivo-autumnal type of malaria, often develop an extremely malignant condition, frequently resulting in death, unless vigorous treatment is undertaken.

Of these types, the comatose is most frequently met. With the beginning of these paroxysms, the victim becomes unconscious and can only with difficulty be aroused. Local paralysis or irritative conditions are occasionally present here.

In other instances, the symptoms may assume a type accompanied by grave disturbances of the stomach, lungs, brain or nervous system.

Still others (and these are extremely grave) are associated with the passage of great quantities of blood debris in the urine. This variety, fortunately, is rarely found except in malarial tropical districts where it is known as Blackwater Fever.

Relapses are common in all types of malaria, unless proper and effective treatment has been administered, and reinfection may occur even then, just as regularly as the individual is exposed to the bite of an infected anopheles mosquito.

Anemia a Common Malarial Symptom

One of the most common of all malarial symptoms is anemia, brought about by the destruction of countless millions of red blood corpuscles by the parasites that produce malaria.

Those so affected become weak and pale, listless and tired. They are disinclined to exert themselves or they become breathless and easily fatigued upon the slightest

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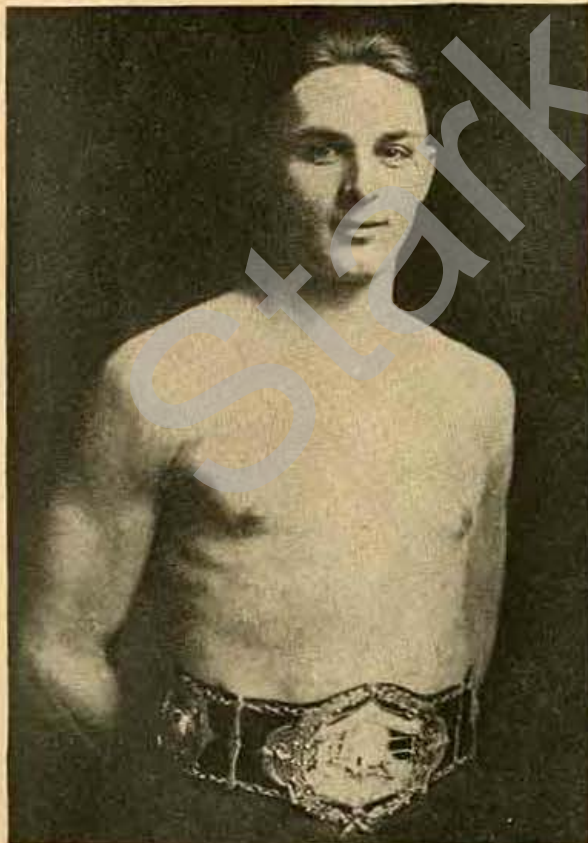
Dr. Bowers has written here one of the most important and constructive articles that we have ever printed. He has told us how it is possible, by intelligent effort, to banish malaria completely. We know now just how this may be done. Simple enough! Just cure all those who now have malaria by giving them specific quinine treatment. Then stamp out the mosquito whose bite carries infection from the blood of a malaria into the blood of one or a dozen other individuals. Here is a chance for everyone to co-operate for the general good. We have had "Swat the fly" campaigns for many years. The educational value of these campaigns can hardly be overestimated. We now know the fly for what he is—a pestiferous filth-carrier, the direct cause of countless deaths from typhoid fever and grave intestinal disorders. But now we know that malaria is quite as insidious as is typhoid, that it causes quite as many deaths as did typhoid—and a great deal more suffering and misery. So let us get rid of malaria and the mosquito at the same time. Dr. Bowers tells us here how this may be done. Now let's do it.—Editor's Note.

The Science of Wrestling

A Study of Stood-Up Wrestling, the Knowledge of Which Invariably Leads to the Downfall of an Opponent

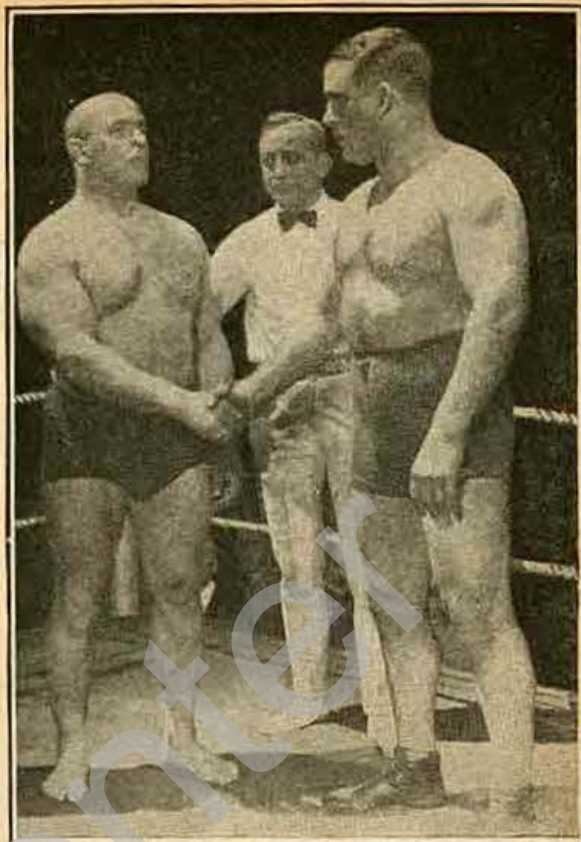
By George F. Jowett

HAVING passed through the early stages of training to a successful conclusion, the wrestling student is ready to study the finesse of this sport, where quick mental decision becomes more important. In matcraft, the mental attitude is what the latter part of the name implies, *craft*. Matcraft calls for cunning subterfuge that works from an altogether different mental angle than in the acquisition of holds, where the mind must be developed into a very highly receptive nature. So great are the number of holds, locks and counters, that a wrestler is compelled to study the game from an educational standpoint in order to become successful. The more resourceful a wrestler becomes in this branch, the more swift will be his deduction and decision when in action. Rapidity of thought and action becomes pronounced here as the nucleus of the game, which is the answer to why



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Joe Stecher, the man who made the "scissors" popular.



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Zbyszko and Lewis, as they appeared when they wrestled for the world's title in Madison Square Garden.

wrestling is the fastest and brainiest of all sports. The more holds you know and the more you know about their relative values and application, the greater is your stock in trade.

A wrestling contest always starts when standing up, so that is where we will commence to study the tactics and holds in wrestling, though you rarely see a good "stood-up" wrestler any more. Headlocks, and the desire to go down to the mat, have killed this very spectacular part of the game, which proves that "stood-up" wrestling is the weakest point in the present-day grappler's make-up.

There is nothing as attractive to watch as two good, fast, clever "stood-up" wrestlers. Many years ago, when I was wrestling through Britain, I watched those grapplers who specialized in "stood-up" wrestling (known as the Westmoreland and Cumberland style) and I saw some mighty fine play by those brawny dalesmen of England.

It is an acknowledged fact that a good "stood-up" fall is much more effective than one secured on the mat, for once a man is thrown off his balance, he is crashed from a much greater distance to the mat, and that shakes him up to such an extent as to give his opponent a splendid opportunity to pin him. If any of my readers have ever seen ex-champion Lewis throw an opponent with one of his famous head-locks, in which he falls with his weight on top of the under man, I am sure they will agree with me.

There are two accepted principles in wrestling. One is that the man who can always keep on top when wrestling down on the mat will win, and the other is that the man who can keep behind his opponent when "stood-up" is always the master of the "stood-up" situation. There is a great deal of truth in those two statements, but there are exceptions to every rule and the exception in "stood-up" wrestling is that arm and head-locks, buttock and leg holds are worked more effectively from the front, and, of course, the man who can get behind

first, completely eliminates all the applications of the above named moves.

Generally, when commencing a contest, both men take hold by allowing one hand to rest behind the other's neck, and the other arm to pass over their opponent's arm when their hands will rest upon the shoulder. Each man takes this position, which was once known as the "referee's hold." Formerly all wrestlers would spar for the hold; but sometimes a pair would get together who would run around too much, then the referee was allowed to make each man take hold in the position named. Now they almost all assume this position when starting. When in this position, it is always wise to have the head resting against your opponent's shoulders, as this foils him in securing headlocks. Stand with the legs sufficiently far away to make it impossible for him to duck in for a leg hold.

I always maneuvered so that the arm that was not behind my opponent's neck would pass under his arm. Then if I wanted to make an effort to get behind, I was in a better position to swing him in towards me; ducking my head at the same time I slipped behind, and in that way secured a rear waist-hold. From this position, I was able to apply a half-nelson and body-hold, and as I threw him down, I would slip my left

hip in front of him; that is, if I was using the right arm for the half-nelson, and buttock him, which would make the fall more effective.

Among holds that can be successfully applied when operating from behind, are the cradle-hold, rear-crotch-hold, rear-double-ankle and reverse rear-waist-hold. Of course, there are many other holds, but these will be found more effective and can be easily learned by the novice. When behind your man, a good move to make, if you are an expert with the scissors, is to fall backwards and ensnare your opponent with your legs, at the same time securing a bar-wrist-lock sometimes called the arm half-nelson.

The wrestler who is trapped by a rear-waist-hold, working on the defensive, can prevent his opponent from operating by grapevining each leg, and if this grapevine is applied with speed and force, striking at the back of the knees, it will bring his opponent down underneath him, where by a back-head roll, he can break away; but if the wrestler is speedy and knows his game, he will buttock a man before he actually gets behind.

The buttock throw is one of the oldest in the game. I have read in very old books printed in the sixteenth century of contests won by this hold, which is pulled off by the wrestler turning in quickly and securing a head-lock with the right arm and grasping the opponent's right wrist with his left hand, then heaving him over the buttocks to a fall.

Old as the buttock throw is, the cross-buttock is equally as old, and is one of the neatest and most spectacular throws in "stood-up" wrestling and very effective. It is the best counter to a cross-buttock. By

this I mean if your opponent steps in to cross-buttock you, momentarily both of you will be in the same position and if you act fast you can turn the tables on him. This is rarely pulled off, as it calls for exceptional speed and strength, for it must be remembered that the one who takes the aggressive in this move has the advantage of having the other man off his balance somewhat, and it takes real power to counter by the same throw. The finest demonstration I ever saw where this move was successful was when John Lemm, the famous Swiss Alpine guide and one-time world's champion, defeated O'Kelly, who had just won the world's amateur championship at the Olympic

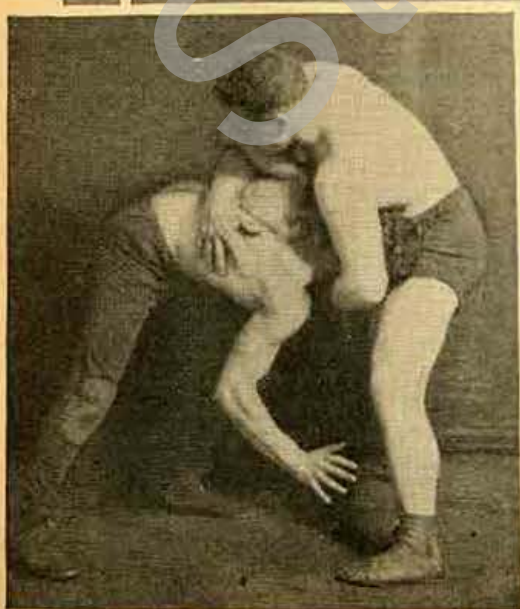
Games. That was O'Kelly's first professional match, and on account of his great size in contrast to Lemm, he was considered invincible by the British sporting public. O'Kelly weighed 220 pounds and stood six feet three inches against Lemm at 186 pounds and only five feet seven inches. At the start,



To the left, the standing crotch hold. Below, the Swedish double-arm-lock.



To the left, the Chancery swing-over.



O'Kelly stepped in with a rush, intending to sweep the Swiss off his feet, but to the amazement of all, and mostly O'Kelly, Lemm countered and brought the big Briton down with a crash to a fall in the most beautiful cross-buttock I ever witnessed.

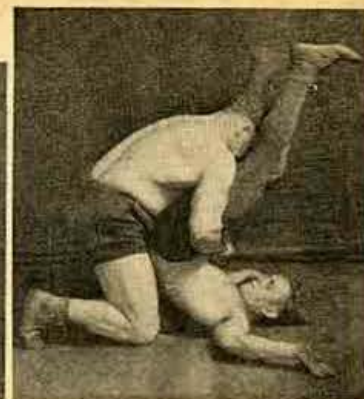
One of the most effective arm-locks that is very popular among present-day wrestlers, an addition of only recent years, which has its origin among the Jiu Jitsu wrestlers of Japan, is called the bar-wrist-lock by many today. Formerly it was known as the half-nelson on the arm. It is a very punishing lock and can be practiced very successfully either when "stood-up" or when down on the mat.

Valdalfi, the Italian wrestler, now in America, is very good on this particular lock, but the best man I know of today in breaking this lock is the wonderful Greek champion, Jim Londos. Londos is so versatile that he can do almost anything in the grappling game. A favorite hold of Londos when "stood-up" is the flying head-lock, which he secures by quickly turning in and securing a reverse head-lock, then bending quickly forward he pulls his man over his shoulder in a flying fall. Being a fast worker he always pulls this off in a very spectacular manner. I have seen him throw the most notable grapplers in the game by this method, among whom was Gardini, the well-known Italian champion.

At present, although we have quite a crop of Italian wrestlers in America, none can equal Calza in build, style or the efficiency he showed while he was here. It is to be regretted that he did not stay longer with us. The first time I saw him wrestle was when he defeated Hussane in Pittsburgh. He was very good at the standing crotch-hold, and being very strong, he was able to whirl his opponent around three or four times before he crashed him to the mat for a fall. This always shakes a man up considerably when properly applied. The best counter to this throw is to grab your opponent by the leg with one hand, as he endeavors to whirl you around and that invariably halts his progress. He will then immediately try to force your shoulders down to the mat by a toe-hold or rear-waist-hold, and that is the time when your neck strength must assert itself. By placing your hands on the floor, you must vigorously push up and spin around on your head, at the same time thrusting up with the legs. This will invariably allow you to break away. The best defensive counter against the crotch-hold, is to jump backwards with both feet as you sense your opponent making the dive, and fall toward him securing a head-lock from the front with both arms employed. Sometimes you can secure a waist-hold over his back and pick him up and crash him onto his shoulders.

I remember that the crotch-hold was a favorite with that old champion Gotch when he was in action. He always used this hold as a prelude or maneuver for working his foeman into his favorite toe-hold, the hold which he is given credit for inventing. He was not

The first step of the inverted crotch-hold. The figure to its right shows the fall gotten from the inverted crotch-hold.



To the left, a block to the double leg-hold. Above, the half-nelson on the arm.

the inventor of this hold, however, but he made it popular by the effective way in which he disposed of his opponents. After securing the crotch-hold, he would whirl his opponent around and as he threw him onto his shoulders, he would grab a toe-hold and promptly double his man up. (The toe-hold held its popularity after the death of Gotch through its practice by Stanislaus Zbyszko, who was introduced to it by the former world's champion when he used it to put "The Bear" on his back.) This hold has progressed considerably since those days and has developed into a very scientific part of the sport used very much by all wrestlers. The various methods by which this hold is applied, I will deal with as I come to it in its turn.

Going back to "stood-up" wrestling I would like to mention a favorite standing hold of the famous Russian Lion, George Hackenschmidt, who because of his enormous strength, seldom failed to execute the hold to a fall. I saw him hurl colossal men off their feet onto their shoulders like lightning, so swiftly and vigorously would he apply this hold. With his right hand at the back of his opponent's neck he would snap into action by jerking his opponent's head towards himself, and then he would trap it under his left arm holding it in a head-lock. Immediately after his right hand had pulled his foeman toward him, he would slide his right arm under his opponent's left, so that the palm of his hand rested on the opponent's back; simultaneously with the right leg, he would step across his opponent's right leg and with a heave of the right arm, he would swing his man over. His opponent never had an earthly chance once "Hack" (Continued on page 81)

Strong and Healthy Bodies

Practical Suggestions on How to Build Up
Those Much Neglected Upper Bodies

By Margaret A. Sargent

I WAS visiting a local physical training institute and at that time there were from ten to fifteen girls in class. I watched them with interest—first because I had a real interest in body building, and secondly because I thought the girls were not putting as much “pep” into their work as they ought. They were then going through a series of shoulder, chest and arm exercises. I thought my presence might

a physical training institute. What is the reason?

Later I was talking to Professor — and brought that particular subject up. “Yes,” he said, “the larger majority of girls who come here complain first of their undeveloped legs, and come determined that within a definite length of time they will develop their legs and make them shapely. They object when we put them through a routine of exercises that will build them up all ’round, stating that they were interested only in leg work. But before we get through with them they are proud of their development and realize how foolish they were at the start. That is why most of them come to take up dancing, because they realize that dancing develops the legs more than any other part of the body.”

Some time afterward I met a friend who I had not seen for some time.

“Still bugs on physical culture?” she greeted me.

“Why, yes—more or less,” and then I asked her about herself.

“Speaking of physical culture, guess what I accomplished in the last six months?”

I looked at her—she was the same scrawny undeveloped girl that I had always known. I looked surprised!

“How should I know?”



Fig. 1

be distracting their attention, so I walked away.

I strolled into the dressing room, principally to powder my nose, and became engaged in a conversation with one of the attendants. In a short time the girls all rushed in, and there was a babble of voices and rush of water from the showers.

Some of their babble drifted over to me.

“I don’t see why Professor — insists on making us go through those breathing and chest exercises. He knows we hate them. They develop you so much around the chest and make you look actually fat.”

“— yes, and I would hate to get like Mary Jones. Give me that flat boyish figure any day.”

The attendant looked at me and, smiling, said, “Most of them are only interested in their legs, and that’s all.”

Then I looked them over. Yes, every one of them had beautiful or the makings of beautiful legs, but only half of them were built in proportion in their upper bodies. This was a curious thing to find in



Fig. 2



Fig. 3

"Well can't you see?" and she waved down to her legs. I looked down, and to my surprise beheld a well-formed, strong pair of legs—not the "broomsticks" I had known a short time ago.

"What happened?" was all I could say.

"What happened? I picked out a series of leg exercises from a magazine and practiced them hard each night for six months. Why, in these days of short skirts and stockingless bathing suits one cannot afford to be laughed at and called 'broomsticks,' can they?"

"No, we can't," I said, "but how about the rest of you. Why don't you exercise for the rest of your body? Look at your arms, shoulders and chest!"

"What?" she almost shouted. "You don't think I need to build-up up there, do you?"

"Yes, you do. If you will pardon me, you're too skinny and boney."

"Flat, well that is what we want—flat, boyish figures. They are all the go now, you know. You can't be up-to-date and build up your upper body too."

Another proof that girls today are deliberately destroying their feminine beauty and tearing down their health. A chest that is healthy, broad and deep very naturally goes with unusual health and length of life.

We have all heard of Lillian Lietzel, undoubtedly the best

loved of all circus performers and the world's greatest gymnast. She has the reputation of having the most beautiful upper body—of perfect feminine contour. Yet her chest is broad and full, her shoulders rounded and beautifully developed, a neck that is strong and well rounded and arms that are perfect, in my estimation. Circus women, all of them, have beautiful arms and shoulders, and in general they are shapely all 'round. Their beauty of form is due, of course, to their training on the bar, rings and trapeze. They all can chin themselves, climb ropes and perform physical stunts that the average woman cannot do. It is the common opinion among girls today that this sort of work makes a woman muscular—those who think so should take every chance available to see one of these circus performers, and they will find that they are wrong.

Take our swimming champions into consideration.



Fig. 4

They all have a full chest, broad shoulders and well-developed arms. As a rule, they are considered perfectly formed. Our well-known swimming and diving champion, Gertrude Artelt, won the title of being the best-formed woman in America in a nation-wide beauty contest. Yet she has the swimmer's physique—a physique that most girls today do not care to possess because they prefer the masculine type of figure.

Now take your own physique into consideration, and begin with your neck. Can anyone, knowing you, remark, "She has a beautiful, swan-like neck?"

A strong well-rounded neck is valuable from a health standpoint as much as it looks well from a point of physical beauty and is the thing desired but sadly lacking among the greater percentage of women.

An exercise that I know and that has given wonderful results in building many women a pretty neck is stretching the neck forward, touching the chest, then back. Next turn the head (keeping the body perfectly still from shoulders down) as far to the right as possible, as if trying to see something over the right shoulder. Next reverse and repeat over the left shoulder. Then roll or circle the head around first to the right, then reverse and repeat the movement to the left. In this exercise take the position as illustrated in Figure 6.

Another very effective exercise for the neck is done by placing the hands on back of head and forcing the head backwards and forwards against the resistance of your arms as in Figure 11. Another variation of this exercise is done against your arm resistance from the front as illustrated in Figure 12.

The following exercise is very beneficial for building up the neck, shoulders and chest and also helps to fill out any hollow spots in the upper chest (a defect which even fairly well-developed women have and cannot remedy). Place a pillow on the floor and take the same position as you would in the floor dip, except that you rest your head on the pillow. Then with the support of your arms move the head from side to side, also backwards and forwards. As you progress on this exercise, depend less on the support from your arms and place more weight on your head.



Fig. 5

The dip, performed on the arms of a chair, while rather vigorous, is probably the best exercise for building up the chest muscles and the triceps (the muscles of the upper arm). This exercise is illustrated by Figure 4. The back should be kept as straight as possible. When lowering yourself, bend arms at elbows and bring the chest down until it touches the chair.

Here is a very good exercise for developing the pectorals, or the muscles running from the front of the upper arm near the shoulder across the upper chest and spreading along the sternum, or breast-bone. These muscles have much to do with the beauty of the chest, when they are developed, of course.

Bring the arms far back as in Figure 1 and then push them forward slowly, and crossing them in front of you as far as possible, Figure 2; then push them back slowly into position. Alternate this movement by bringing the under arm over the top arm. Inhale deeply and slowly when you cross the arms. Better results can be secured if you concentrate on each movement.

The following is very effective for chest expansion. I know of one girl in particular who practiced this exercise and the one following it and cured herself of a mild case of tuberculosis. Her chest was flat, and consequently her lungs were so cramped that they could not take in a sufficient supply of fresh air. These two exercises proved to be very beneficial in her case in expanding the chest and increasing her lung capacity.

Clasp hands behind back, pull the shoulders backward and downward, at the same time raising and expanding the chest as shown in



Fig. 7

Figure 3. Tense your muscles.

Arms hanging free from shoulders, place hands side by side, thumbs interlaced, in front of you, Figure 10. Then raise the arms straight up over your head at the same time inhaling deeply. Hold the arms in that position until you count five, then lower them slowly, at the same time exhaling. You will find this rather difficult to do if you have been in the habit



Fig. 8



Fig. 9

of breathing incorrectly. When you have sufficient control over your breathing, try the same movement with this variation. Hold your breath while slowly lowering the arms and then release it slowly when the arms are at your sides.

Everyone admires a woman with beautiful shoulders. How often have we heard some one exclaim, "My, what a beautiful pair of shoulders she has!" The secret of beautiful shoulder development lies in the deltoids (the muscles that lie at the point of the shoulder). When these muscles are fully developed, they give the shoulders a beautiful slope.

A splendid exercise for developing the deltoids is the following:

Take a pair of light dumbbells and "curl" them to your shoulders. From there push the right arm up, then lower and as you lower it push the left arm up. Repeat alternately. Every time you push your arm up reach as high as possible and as the arm comes down bring the elbow as far down and backwards as you can, Figure 7. Perform this exercise vigorously.

Ninety-nine girls in one hundred complain of unsatisfactory bust development—either a deficiency or an excess or flabbiness.

The chest exercises

I have given will overcome deficiency. A good exercise for overcoming flabbiness is the following:

Holding a light dumbbell in your right arm, raise it above the head, palm out and swing it five times in as wide a backward circle as you can, Figures 8 and 9. Then execute the movement forward five times. Alternate the movement with the left arm.

Lastly, I will give you an exercise that will develop the muscles of the forearms. Many girls have good upper-arm development, but their forearms are poor in comparison and this tends to spoil the beauty of the entire arm. Take two pieces of



Fig. 6

newspaper and roll them up tightly in the palms of your hands, Figure 5. At first you will have to use small pieces of newspaper, but as soon as you can roll them up into tight balls increase the size of the paper.

The exercises which I have just discussed will not build or develop your body after a week of practice or even a month. No one can overcome the laxity of years by a few hours intensive exercising; results can only be had through constant, everlasting and indefatigable work; work which turns into play after two or three try outs; and which one begins to look forward to as an hour of enjoyment rather than one of unpleasant drudgery. The reason for this can easily be seen; as you practice you gain in skill and lose the stiff, awkward movement that presses upon you at the beginning and those thousand and one things that seem so tremendously hard at first



Fig. 12

slowly, slowly disappear into a smooth, graceful, easy motion with each exercise period until you feel, with a light-hearted sense of joy, your ungainliness vanish while a harmonious ease of movement takes its place. It is wholly a matter of concentration and perseverance, of perseverance and concentration. Practicing once a week or twice a week over a year's time is not enough, the periods are too widely separated for you to derive any benefit. The stiffness which attends the first period has had a chance to reappear by the time the next period is around. You must stop it by exercising every night, or at the worst every other night. And when you exercise go at it with a vim and vigor that permits of no outside interference. There is nothing else in the world during your hour of physical training—only yourself and the work at hand matters; all the rest does not count then.

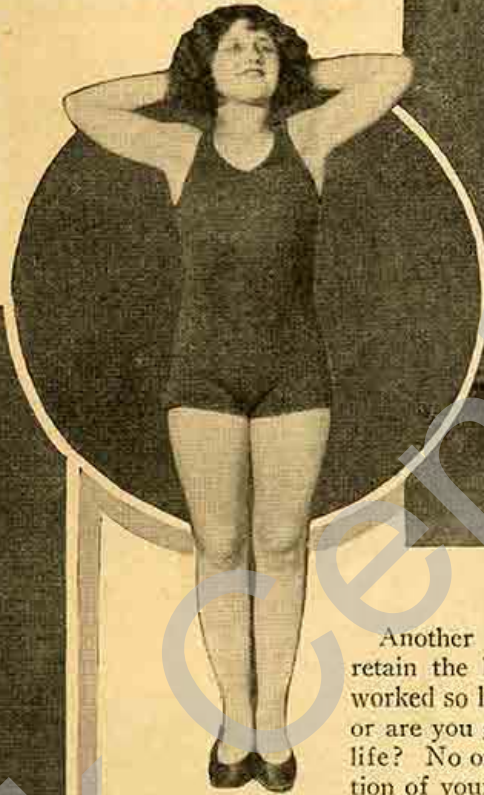


Fig. 11

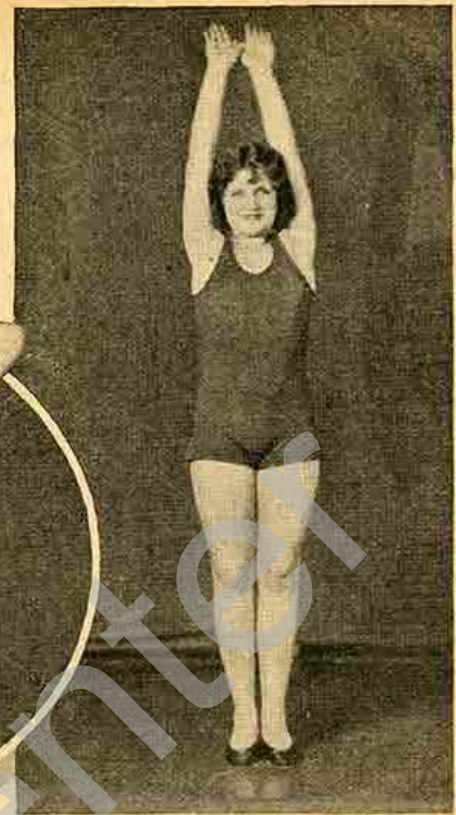
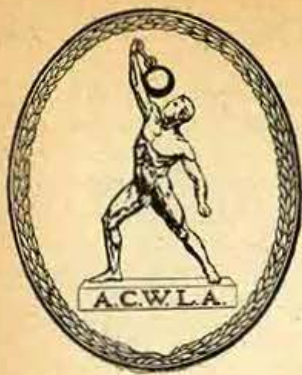


Fig. 10

Another thing, how long do you wish to retain the beautiful body for which you have worked so hard? Is it merely for a year or two or are you going to keep it for the rest of your life? No one but yourself can control the duration of your physical fitness although every one benefits by its longevity; your neighbors by the

pleasure of an association with a healthy, well built person, who through the sheer good feeling of health spreads a happy atmosphere about her, and yourself, reacting to the proddings of a clear, undiseased outlook on life. There is absolutely no excuse for a person in the best of physical condition to allow a deterioration of the body since half the work while fit will keep you fit. The woman of thirty who has regained her girlish figure after days of perspiration and effort should never allow her hard won victory to escape but should and can remain looking thirty even though her age mounts to thirty-five, forty or forty-five. Keep up your exercise day by day and grow younger in outlook day by day. A half hour spent each day in exercise will never be regretted as the years leave you unimpaired and untouched.

Miss McGonigle, who poses for this article, has a physical development very similar to that of Miss Leitzel, the noted trapeze and ring artist who was mentioned at the start. Miss Leitzel is taller and her bones are of a larger mold, which is due, most likely, to her more intensive training. Miss McGonigle believes that the rings, bars and trapeze work are the surest way for a woman to develop the upper body, since that is the part most used. A good plan of starting in this direction by those interested would be to "work the bars" very slowly until they gain confidence and then practice as often as possible. A fine upper development, which so many women now lack, would be the result.



American Continental Weight Lifters' Association Notes

Results of Meeting Held in Philadelphia on July 11

ON a sweltering day, July 11, an optimistic leader met the hand of fate and it decided in the favor of optimism and a fine cause.

The exhibition was a tremendous success and the turn-out far exceeded our expectations. The card was the most sensational we have ever had. We saw world's records fall by the way and new ones rung up in short order.

There were more real world's records created on that night than have ever been established at any one exhibition held in any place.

The great celebrities who

attended this exhibition were a fitting tribute to the men who performed, and to the game and its followers whom they espoused.

Dennis and Berry, the national middle and feather weight champions, were present, but are taking a rest after seven months' competitive lifting. Losey, the runner-up to Snyder for titular honors, was in evidence with all the boys from Jersey City; as was Dr. Raftery, the fine "one-hand deadweight" lifter, who unfortunately has been too pressed for time to train of late.

Mr. Jowett took the platform at 8 P. M. and began by announcing the results of the contest, deciding the winners of the national championships in each class, who were announced in last month's issue.

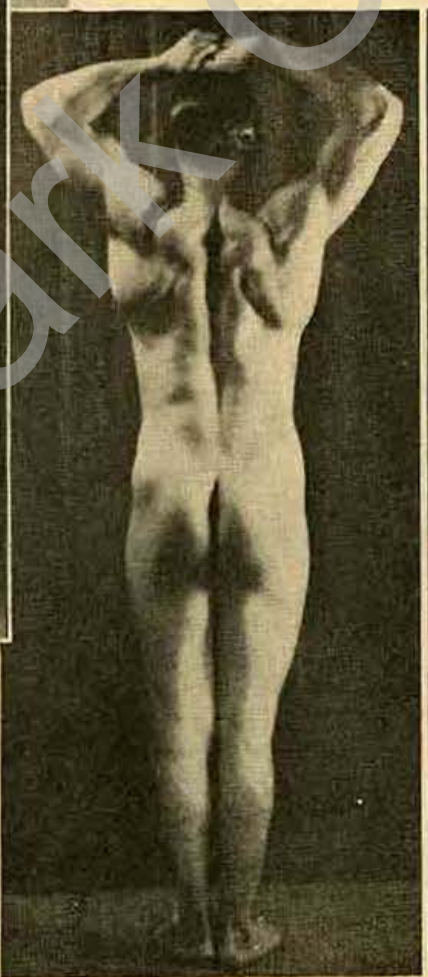
By special request our president lined up all the celebrities present and introduced them in order, giving a brief résumé of each man's career. He reserved for the last Earle E. Liederman, the well-known physical culturist, who received a tremendous ovation. Mr. Liederman gave a brief talk, expressing his views and appreciation of the cause and the wonderful reception given him. He deserved it all, as he has become a monument to the great cause for physical fitness to which he has contributed so much. To everyone's mind, he is a perfect prince of a man.

The lifting program opened up with a solo event with Arnold Schiemann, of Baltimore, at a body weight of 140 pounds, making a new American record in the Back Press with 200 pounds. He established two more American records for himself in the Record Lifts, raised from below and lowered from above, accomplishing sixty-five pounds and fifty-five in the order of reading.

This was Mr. Schiemann's first appearance at our shows. His smiling disposition took well with the crowd and we shall welcome him back again. He is a very earnest worker for the A. C. W. L. A. and is the Maryland representative. Give him a call, boys.



H. Hall of Connecticut and L. Schwartz of New York City, who lifted a sensational tie in the One-Hand Side Press.



You will like him. He is a real "iron man."

Old readers of STRENGTH will remember those appealing cartoons, caricaturing some of the old fallacies on body training. The combined display of humor and intelligence was very clever. If you recall them you will remember they were signed by Harry B. Paschall. He is an old STRENGTH favorite. This fine booster was the second name on the card and his debut on the Philadelphia platform was heartily appreciated, as shown by the "glad-hand" ovation he received from the spectators.

He has a nice, neat appearance, weighing 144 pounds; but had hard luck in his Right-Hand Military Press with 90 pounds; 80 pounds was easy. However, he was not out for records that night, but next time look out.

In beautiful style he sailed through with a One-Hand Snatch of 120 pounds, but he has often surpassed his body weight in this lift.

The next act was the remarkable demonstration of planches and balances, by that phenomenal performer, Paulinetti, who is now in his sixty-second year.

Every stunt was a masterpiece and amazed everyone present. Do athletes die young? Ye gods, isn't he a fitting answer?

In a recent issue of these columns I mentioned the possibilities of a contest between Harry Hall of Connecticut and Louis Schwartz of New York on the One-Hand Side Press. These two boys got together and fought it out on the night of the 11th. It was a fine battle. Schwartz went over his former record on the second attempt with 160 pounds and Hall equalled it on his third try. Both tried hard to get away with 165 pounds and after three extra unsuccessful attempts the verdict was cast as a draw. Hall stripped at 159 pounds, against Schwartz at 160½ pounds.

It is quite possible that they will fight it out at some future date.

Following this single lift contest came the well-known weight-lifter and body-culture enthusiast, Ottley R. Coulter, who staged a come-back in a highly successful manner.

Coulter has been, and still is, one of the great pioneers in the iron game, who has sacrificed his years in an earnest endeavor to see his dreams fulfilled in the development of a strong-man's organization.

More than any other man, he has stood back to back with his great friend and leader, Geo. F.

Jowett, in the creation and development of the A. C. W. L. A. One cannot speak too highly of this great athlete, whose ideals have been as great as his athletic capabilities. He was given a splendid reception by an audience who appreciated the splendid service he has given to America in the iron game.

Mr. Coulter made an attempt to lower the world's record on the Jefferson Lift in the lightweight division, which was formerly held by Oscar Marineau of Montreal at 500 pounds.

He succeeded in splendid style, lifting 510 pounds, but had bad luck in just missing 560 pounds, which poundage he has done in practice.

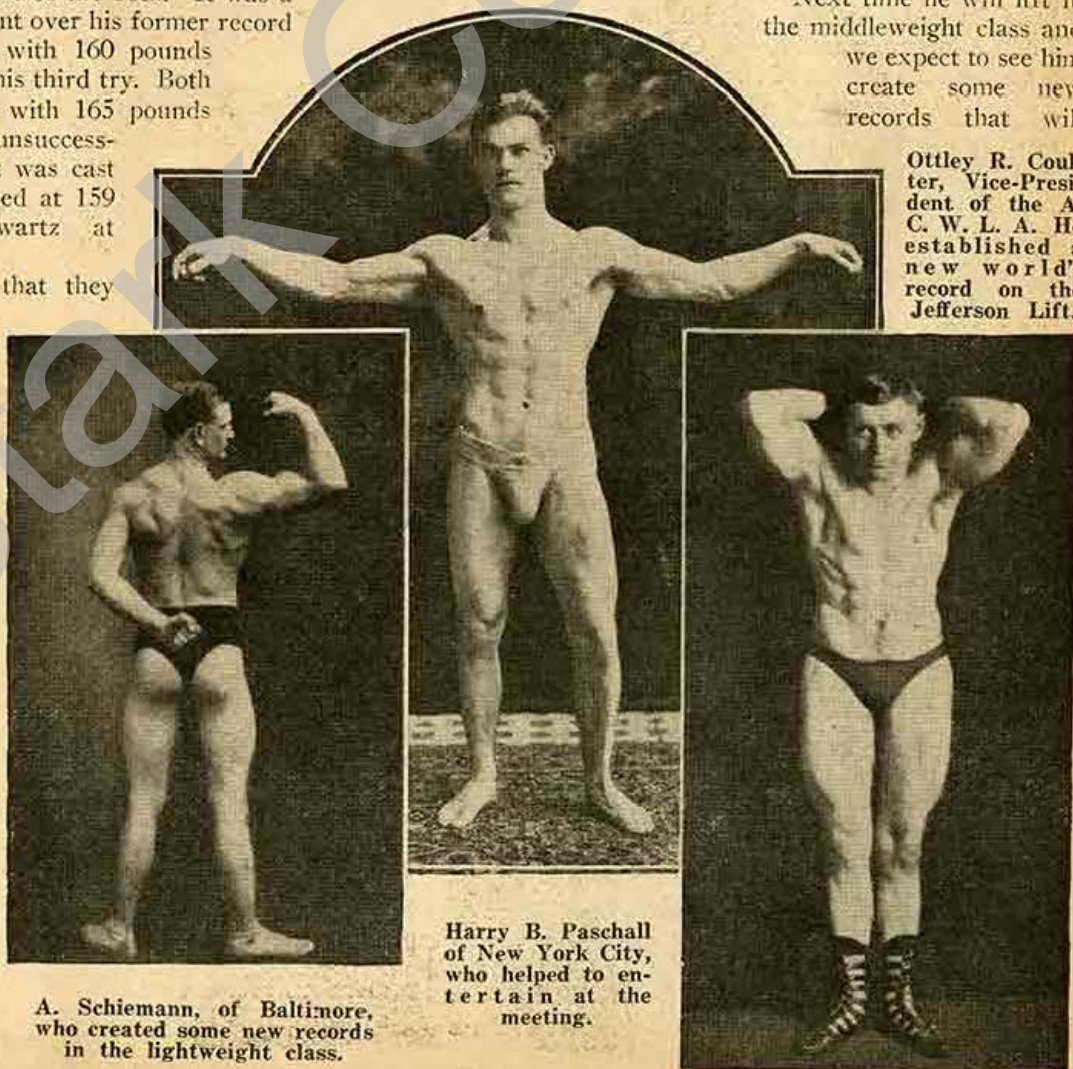
His body weight was 139 pounds, which is below what it should be for him to get the best results. As he has grown older he has got heavier and found himself weakened in making the lightweight limit.

He next made an onslaught on the Hands and Thigh record, which is held by himself at 1,040 pounds. This record he made in 1918 when competing in the Brooklyn contest, which was won by W. L. Travis, for the world's title in this style of lifting. On this occasion Coulter came in second to Travis, defeating all the other heavyweights. How remarkable this achievement was can be imagined when you realize at that time he only weighed 132 pounds.

On the evening of the 11th he made an exhibition lift of 910 pounds on the Hands and Thigh Lift, being unsuccessful, however, in an attempt at 1,100.

Next time he will lift in the middleweight class and we expect to see him create some new records that will

Ottley R. Coulter, Vice-President of the A. C. W. L. A. He established a new world's record on the Jefferson Lift.



A. Schiemann, of Baltimore, who created some new records in the lightweight class.

Harry B. Paschall of New York City, who helped to entertain at the meeting.

stand for a long time. Here's wishing him success.

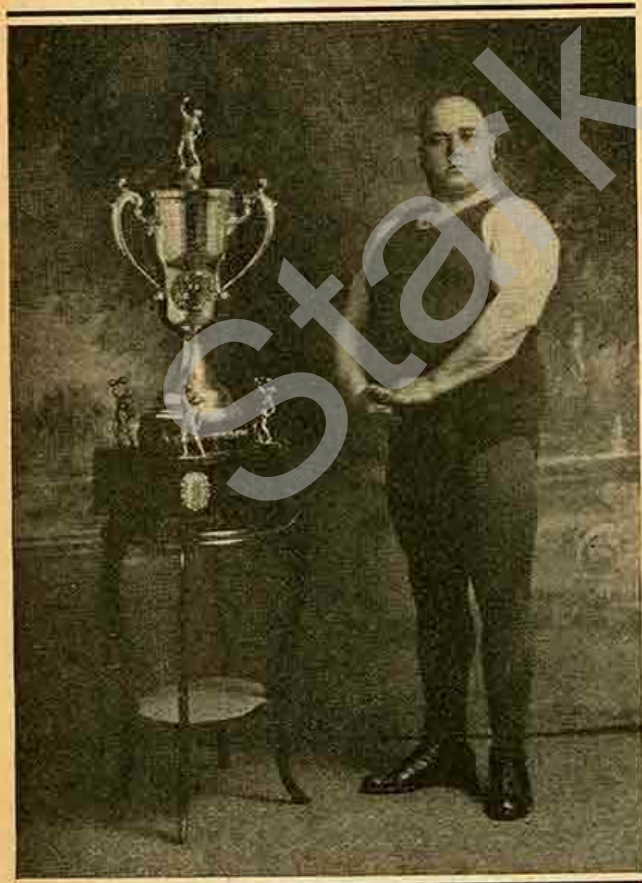
As this fine gladiator passed out, his place was taken by Siegmund Klein, who, with his beautiful physique, enthralled an audience who gazed upon the most beautiful interpretation of sculptor form that it is possible for a living being ever to possess. Passing from one pose to another, he was an inspirational message to all lovers of the beautiful physique.

He finished his act with a record attempt on the deep knee bend with 300 pounds, with which he succeeded, making no less than five repetitions of the lift. This poundage alone creates a world's record in this particular stunt.

An attempt was next made by J. Piantone of Norristown, Pennsylvania, on the Wrestler's Bridge record. This young lifter scaled 120 pounds and got away nicely with 150 pounds, setting up a new world's amateur mark in the featherweight division. This gallant little fellow is to be congratulated on his great showing, being only nineteen years of age.

The closing feature act of the night's performance came with the appearance of the gigantic French Canadian lifter, Arthur Giroux of Montreal. It gave the followers of the iron game a splendid opportunity of seeing what a man who possesses colossal natural strength can perform.

Giroux is in his thirty-eighth year and only took up lifting heavy weights four years ago. Devoid of any science, he applies his massive power best in all lifts that require downright genuine strength. Scaling 250 pounds stripped, he looks a lot like the two great French Canadian forerunners, Louis Cyr and Horace Barre, who were both natives of Montreal, the home of strong



Arthur Giroux and his trophy. His spectacular feats of strength amazed the audience.

men, a city which has developed in this generation men like Giroux, Fournier, Marineau, Gratton and many others.

He commenced his performance with a One-Hand Military Press of 118½ pounds as a warmer-up. It went up like a feather, while his final achievement was 138 pounds, which he performed with the left hand.

Passing on to the next lift, he played with 245 pounds and just failed with 270 pounds in the Two-Hand Military Press.

Starting with 280 pounds in the Two-Hand Clean and Jerk, he worked up to 335 pounds. Three times he jerked the weight to arms' length, but failed to get his arm locked. It was noted that the wrist-turning contest with Geo. F. Jowett had weakened him, as it was his right arm that gave out. (This contest is explained further on in the article.) He succeeded in jerking 327½ pounds three times in succession, which is 2½ pounds more than Steinborn lifted once at our first exhibition.

He next tackled the very difficult lift of two dumbbells clean and jerk, starting out with 225 pounds and finishing with 235 pounds. This poundage was well within his ability, as was seen by the easy way he handled the awkward bells. Both bells were overhead and the right arm did not lock. Holding the one bell aloft, he turned his head and looked at the other, as much as to say, "What happened to you?" With no apparent concern he pushed the offending bell back to arms' length to the amusement of the onlookers.

He finished his performance with a Two-Hand Dead Lift of 650 pounds. This is the highest poundage ever lifted in America and is a remarkable performance.

The greatest weight lifted prior to this performance was when Adolph Nordquest lifted 630 pounds three inches off the floor at an exhibition held in Philadelphia some years ago. Giroux just walked into the lift and stood erect with it in perfect style.

So great is his strength that his jerks are more like pushes. Very little bodily effort is thrown into the lift.

His lifting was something we shall not forget, as it is, by far, the greatest exhibition of actual strength ever seen under official ruling over a number of lifts.

Perhaps the greatest exhibition of great strength was the stupendous performance by our president in the One-Hand Military Press.

The attempt was quite impromptu. When Giroux had made his attempt in this lift the indefatigable Teddy Mack loaded up a dumbbell to 127½ pounds, dropped it on the platform and told Mr. Jowett to take off his coat and do his stuff.

Mr. Jowett long had the impression that he could beat the great Arthur Saxon's One-Hand Military Press record of 126 pounds, light in body weight as he is, as compared with the other big men. Teddy Mack thought the time and environment was just ideal for this remarkable attempt. Unprepared, our own leader took off his coat, otherwise remaining fully dressed, even to his collar, and said he would try. Without a moment's hesitation, he stepped over the weight and felt it. With a snap he had the bell to the shoulder with heels clicked together and body erect as quickly as the bell had hit the shoulder. In perfect style the bell began to go aloft under the tremendous pressure of the most powerful arm ever put on a man of his body weight.

As the lift was completed the crowd went wild in their

enthusiasm, while all the big boys came forward in great joy and shook hands with the gallant veteran on the fulfilment of his greatest achievement.

When you stop and consider it took a light heavy-weight, handicapped with clothing, to beat the great Arthur Saxon's feat, one becomes stupefied to know where the power comes from in that powerful body.

Mr. Jowett scaled in the 168-pound class for his Swing and Two-Hand Military Press record, but on this occasion he made the new light heavyweight mark, scaling 176 pounds. Our president always said he would like to make these three records, then he would be satisfied if he never performed another one. The first two named he established when lifting with his protegee, Fournier, and the last when working on the same platform as his old teammate, Giroux. Jowett can well be termed the greatest "press" lifter of all time and we are proud of him.

At the conclusion of this lift a table was brought onto the platform, with two chairs arranged, and a wrist-turning contest commenced between these two giants of the iron arm.

Giroux is a marvel at this sport, naturally, and he was keen to try his skill on the Philadelphian.

Giroux won the first twist, after a severe struggle, and only succeeded in putting the president's arm over about four inches. The second turn went to our own boy, who put the Montrealer all the way down in masterly style amidst the great applause of the interested watchers.

This was the first match ever witnessed here between two really good men, but since Geo. F. Jowett began to swing the iron game we can look for anything. His interest is so deep in the cause that he spares neither time or labor to give us an insight into every angle of the game shown off by its best material.

The third twist was commenced, but no fall was made inside the time limit of fifteen seconds. Teddy Mack, who was the referee, ordered it a draw, but Mr. Jowett begged for one more try to break the tie. It was granted, but the tie was not broken. Neither man could gain any leeway. Wisely, Mr. Mack proclaimed it a draw; he said it would weaken Giroux for his barbell exhibition. He was right; it did.

Great as Giroux lifted, he thought he should have done better and often complained of his weakened right arm from the turning. But when two strong men meet some sacrifice takes place.

It was a wonderful show throughout, and whether it was the heat or enthusiasm for the splendid performance

of his friend, our president, or both, plus his great sportsman's disposition, that carried Earle E. Liederman away I do not know. However, he ordered ice-cream treats for the whole crowd. Did they enjoy it? You bet they did!

Our next show will take place in Philadelphia on the fifth of September. For this occasion we are trying to match Karl Moerke, the German champion, who beat Milo Steinborn in 1920, against Giroux.

Other brilliant manipulators of the iron weights will be matched. One that promises great interest will be a match between Burns, of Los Angeles, national heavy-weight champion of America, and Manger, of Baltimore, who was the runner-up in the heavyweight finals. They will compete on the five A. C. W. L. A. lifts, Manger lifting in Philadelphia about three in the afternoon and Burns in Los Angeles at the same time of the day. The results will be wired East and West, and announced at the evening show. In other words, it will be a sealed contest.

On the afternoon of September 5th the officers of the A. C. W. L. A. will meet and all members are invited to attend. Those members living out of town desiring to attend should write me.

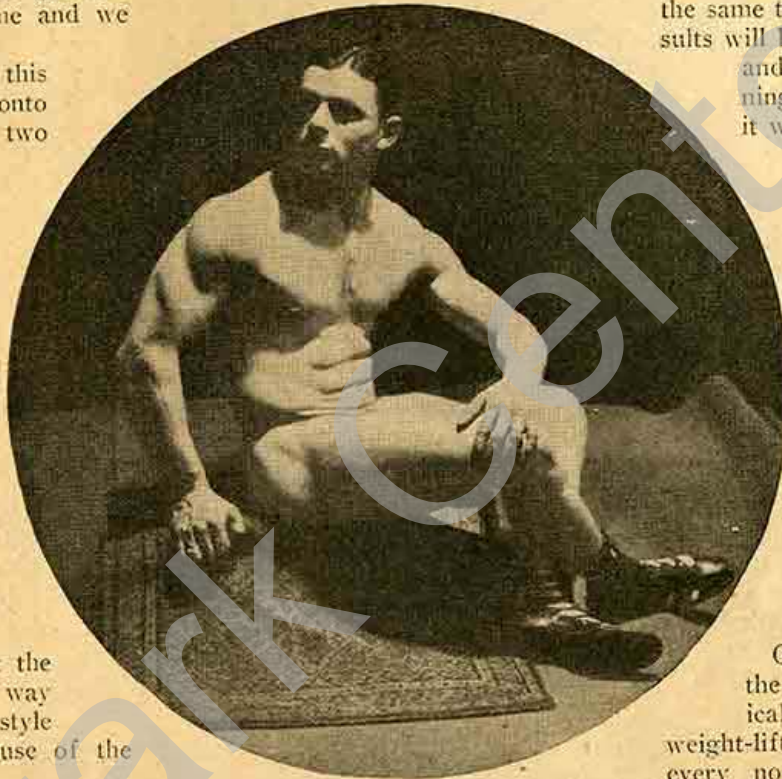
These shows will next be held in New York and Baltimore. Watch the STRENGTH advertisements for dates and announcements and place of meeting.

Get behind them, boys, so the splendid cause for physical fitness and the sport of weight-lifting will be carried to every nook and corner of the U. S. A.

It will be interesting to our readers to hear that the Frenchmen, Rigoulot, is still going over the top. He is quite young and is growing muscularly heavy. Many tales of lifts that connect with astounding poundages are leaking out of what this great Parisian lifter is performing. It looks as though he will eclipse the famous Cadine, who has a victory over Rigoulot; but that means anything, as both have improved greatly since that time. Yet Rigoulot does not seem to know where to stop.

Strassburger, the former great German middleweight, has leaped out of his body weight class. He now is a full fledged heavyweight and is clearing the record hurdles with a clean broom. He is a very serious opponent of the two Frenchmen, and the issue would be very doubtful if a triangle clash took place.

Strassburger has actually beaten some of the remarkable records set up by his famous countryman, Gorner, while in the clean lifts it looks like neck to neck between the two Frenchmen and the German.



S. Klein, in another of his appealing interpretations of Sculptor Form.

How I Cured My T. B.

The Doctor Advised a Sanitarium, but This Man Cured Himself Through the Teachings of STRENGTH

By Anthony Barby

I WAS so thin that I looked like a scarecrow, and my doctor's diagnosis was lung trouble. As for my chest, he told me he could hardly tell which was the front and which was the back, "Flat Tire," he smiled.

All this trouble came to me because I did not keep up the same diet and living conditions on which I was brought up. I came from Greek parents and Greeks live on a very plain diet—plenty of vegetables, cheese, fish, milk products, olive oil, fresh and dry fruits, black bread—and with plenty of activity they keep strong and healthy. I, too, was strong and healthy until the age of eighteen; but after my father's death my mother thought it would be better for me to live with my uncle in America.

With many farewell wishes and a lovely two-week trip, I arrived in the wonderful land of peace and prosperity. It was all new and wonderful to me.

Right from the start, however, I made a great mistake by adopting a new diet consisting of meats, fried potatoes, coffee, pies, cakes, ice cream, etc. I became sickly and in a few months' time I had two spells of "flu." I began visiting a doctor regularly and in a few more years I was a complete broken-down corpse with a flat chest and a bad case of lung trouble. When I asked my doctor what I was to do to get well, he advised a "complete rest"—a sanitarium. That was a new word to me. As for eating he said, "Eat anything: meat, eggs, pies, cakes and what not, anything to get fat."

What was best to do I did not know, but I took some of

his advice and went to a sanitarium. What I saw there is a story of its own. All I can say here is that it was a place to get ready to die. There were many patients coming in every day, but if any went out it was with the undertaker's assistance. As for the "complete rest" I did not believe in that. I had seen too many die by staying in bed. I did nothing but eat and worry all I could. I know now that I had no more chance of getting well than flying to the moon. Then one day, after getting very discouraged, I left the place and stayed at a farm where I worked a few hours a day. However, not knowing the art of diet and exercise, I lost the little strength that I had and soon found myself in another sanitarium, and I'm sorry to say things were no better there than in the first one. Instead of getting well I went from bad to worse, but thanks to my good star, or luck, if you wish to call it that, I came across some health books and at the same time several copies of the STRENGTH MAGAZINE.

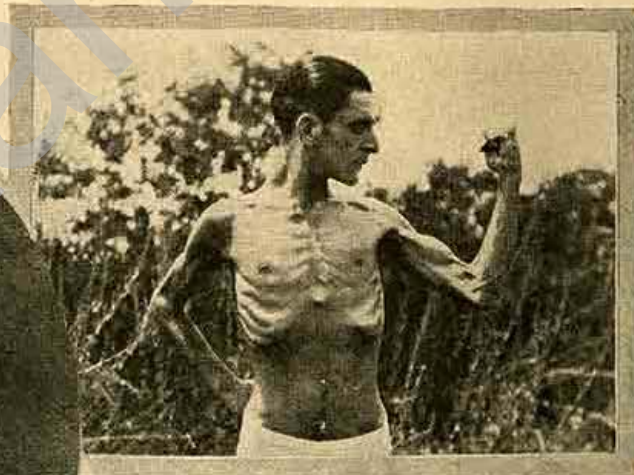
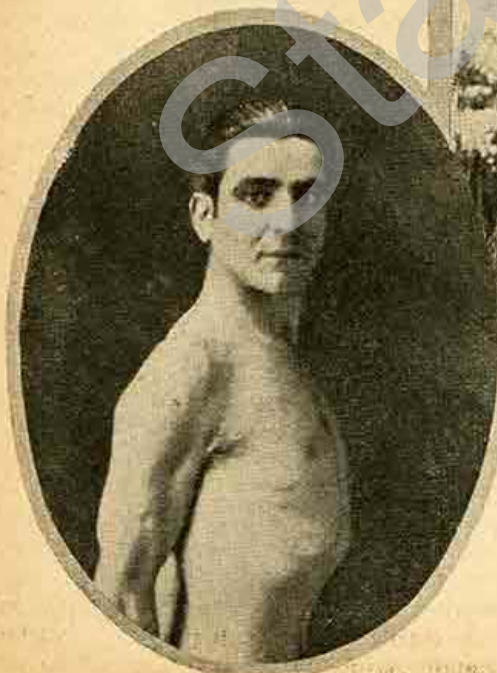
After reading these copies of STRENGTH I decided to follow the advice of several articles I read, so I left the sanitarium again and went camping.

Thanks to STRENGTH, I learned how to get well, what and when to eat, how and when to fast, how to breathe and bathe, how to begin exercising all parts of the body; and in a year's time the change in me was so remarkable that my best friends did not know me. I was a different man. At the present time I cannot

say that I am completely cured, but I do not look like a "scarecrow" and my chest, that "Flat tire," is pumped up and I feel as fit as a fiddle. If anyone is sick but has the courage, will-power, and the knowledge of right living, he can soon get well.

My theory is three-well-balanced meals a day—don't forget—eat only when you are hungry and never between meals. Also

regular exercise, most of all deep breathing exercises, trying to enlarge the rib box capacity. That will give the lungs more room and if you have lung trouble, you will recover sooner. Not by pills or "rest cure," not on your life—but by deep breathing, sun, air and water baths, plenty of walks, good reading, clean and happy thoughts. With these rules you will cure not only lung trouble but anything. (Continued on page 82)



The picture above shows how Mr. Barby looked with his "Flat Tire," as the doctor called it, and the one to the left shows him as he is today.

The Fighting Freak

What Was the Secret of "Ruby" Robert's Tremendous Hitting Power That No Others Have Been Able to Equal?

By Jim Barrett

TALKING about freaks brings to our minds such wonders as Young Griffo, Wolcott, Langford and, greatest of them all, Bob Fitzsimmons.

With the passing of time, the squared circle has seen mitt men of all types and styles come and go, but not one has ever approached the combined qualities that made up the fighting form of lanky Robert.

His freakish physical make-up looked more like a caricature of humanity than the formidable fighting machine he really was.

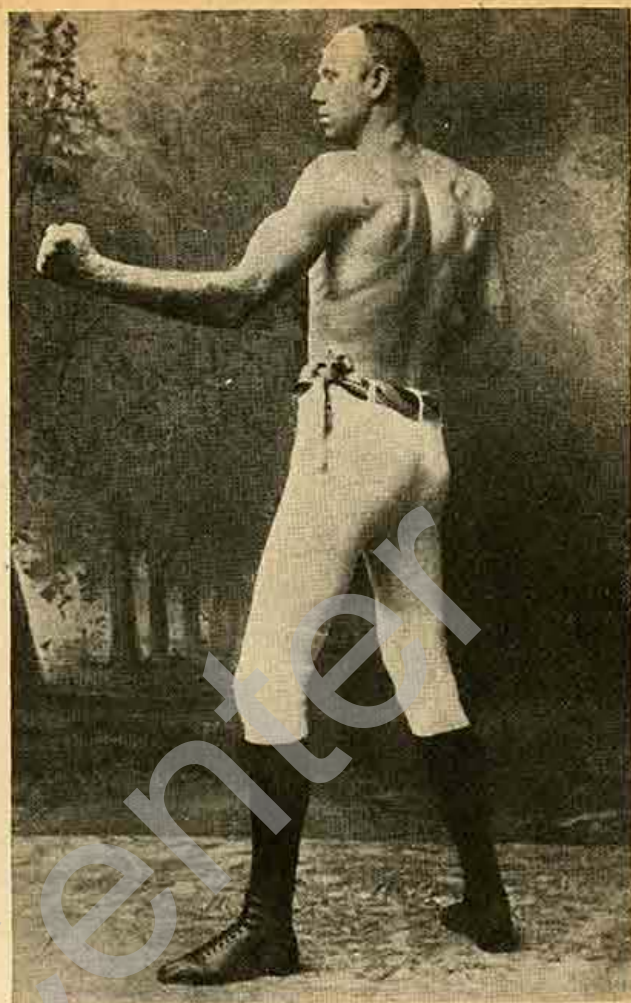
Standing almost six feet, his best ring weight saw him scaling between one hundred and fifty-eight and one hundred and sixty pounds, at which weight he fought the heaviest and mightiest men the ring has ever produced. His angular body, knock-kneed legs and freckled face, with its peculiar sloping head, was the cause of many a laugh when he stepped between the ropes. Long before the fight would be over the laugh of derision was turned to a stare of wonder. Where on earth did this drink of water, with the pipe-stem legs and toothpick arms, get his amazing hitting power, was the question on every lip! You just had to look at his back development to find the answer. His trapezius and latissimus muscles were extraordinarily developed, and these were secured by his early training in swinging the heavy sledge and blacksmith hammer at the horseshoer's anvil.

Ruby Robert's debut into fistiana was as unique as the rest of his colorful career. It was during the New Zealand tour of the great Jem Mace, who was then the world's champion, and considered the greatest exponent of the famous straight left. Bob was only eighteen years old then, and just for fun he entered the tournament at Timura, New Zealand, and cleaned up the amateur championship of the island. It was not until the next year that he considered taking up fighting seriously, when in one night he mopped the ring of five opponents, among whom was the great Maori mixer, Herbert Slade.

His first big fight took place at Sydney on February 10, 1890, when he lost to the clever Australian mitt artist, Jim Hall, in four rounds.

Fitz now turned his eyes towards Uncle Sam across the Pacific, which he crossed in the same year that he lost to Hall. His first American bout was with Billy McCarthy, whom he defeated in nine rounds.

The next year saw him battling for the world's middleweight crown against Nonpareil Jack Dempsey,



©International
Lanky Robert, the fighting freak, who still stands as the greatest phenomenon of the squared circle.

to whom he administered the sleeping draught in thirteen rounds at New Orleans in January, 1891.

Fitz was in his twenty-ninth year and had slashed his way right and left through all his opponents. On March 8, 1893, Fitz again faced his Australian opponent in a New Orleans ring, but this time the tables were turned. Fitz was eager to wipe his defeat from the slate and tore into Hall with such fury that he left the challenger helpless and unconscious in the fourth round.

When Fitz commenced his pugilistic career he relied solely upon his boxing ability, and not until he lost to Hall in Sydney did he realize that he could hit.

During the four-round set-to Fitz dropped Hall, but was too amazed at what he had done to follow it up quickly enough. When he came to America he began to develop his devastating short-arm punch to the solar plexus, that sent so many victims to the canvas paralyzed and gave him at one time a triple world's title. This was an honor and accomplishment which no other fighter has ever duplicated.

In 1896 Lanky Bob fought Tom Sharkey in San Francisco, in what was scheduled as a twenty-five round go. There is a little story connected with this fight. Sharkey's manager was a real gambler, and knew that, on the level, Ruby Robert would whip the sailor. Accordingly he secured a famous Western two-gun man as referee, with orders to do as he required.

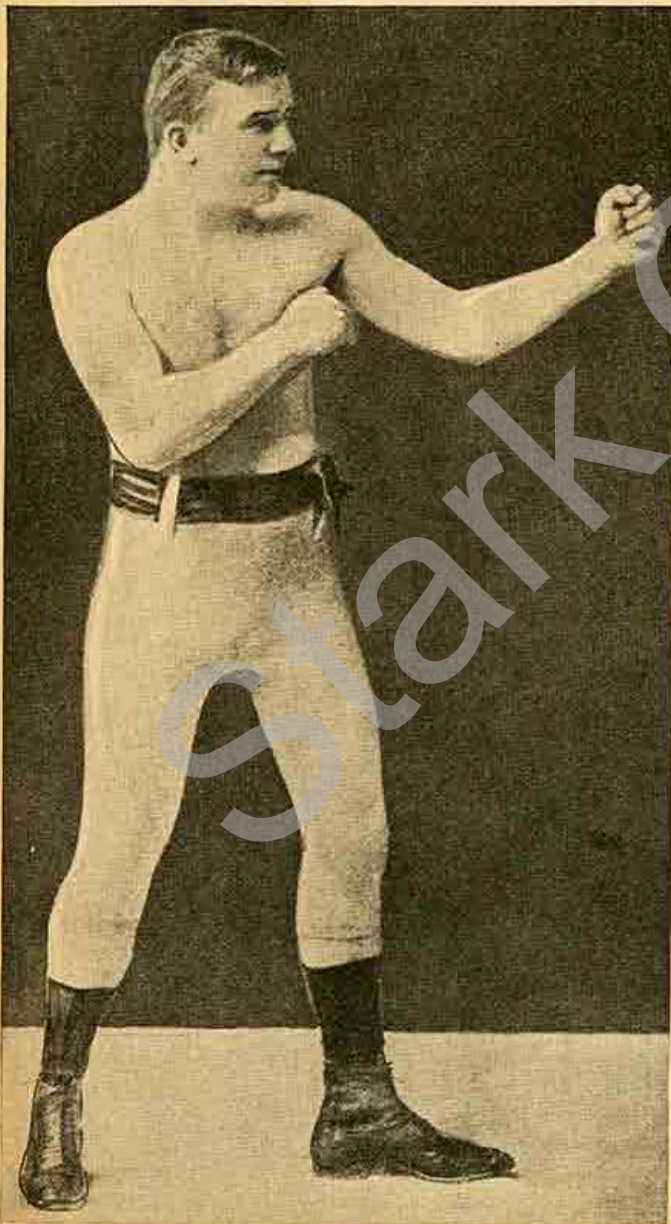
The freckled one had it all over the stocky sailor, who began to show distress in the sixth round. Crouching low in the eighth spasm, Sharkey bore into Fitz, who

delivered an uppercut to the body to straighten him out. Sharkey made the pretense that he was struck too low, and Lynch (Sharkey's manager) loudly claimed a foul. The referee stepped to the center of the ring with a hand on each gun butt and declared Sharkey the winner on a foul. An ominous silence followed, as the frame-up became evident to all.

The resentment was keen, and the defrauded fans were so determined to avenge themselves that Sharkey and his manager were compelled to hide that night. The next day they were secreted out of the city and shortly after arrived in New York.

Four years later the Anzac horseshoer secured his revenge when he deluged Sharkey in a hurricane of blows at Coney Island, administering the K. O. in the second round.

The gamest battle of his career was when he fought Gentleman Jim Corbett for the world's heavyweight crown on St. Patrick's day at Carson City, Nevada, in 1897. From the first sound of the bell it was a real gong-to-gong battle, full of thrills that rocked the spectators in their seats with excitement.



©International

Young Griffo, the Australian miracle.

It called for all the cunning and resourcefulness of the canny freak.

To all appearances it looked as though Pompadour Jim had Fitz whipped, hands down, in the early stage of their collision. Ruby Robert was bleeding profusely and took a long count in the sixth round, but his inherent gameness brought him back toeing the mark every time. Fitz was absolutely immune to either punishment or fatigue. A genuine gong-to-gong battler, he completely outfought the boxing master, who tried all the finesse in boxing art that his nimble mind could devise, but to no advantage.

Bob's wife was sitting at the ring side, an interested spectator. Seeing her man hammered and outboxed in the early stages, feminine pride in her battling lord was aroused to a fever pitch. Rising from her seat she shouted to Fitz to "get Corbett on the slats." This advice proved effective. Up to that time Fitz had been trying to rock Corbett's dome, but the Pompadour always eluded the blows with his effective head work.

Ruby Robert from then on opened a barrage on the ribs that was too much for Gentleman Jim, who succumbed to the incessant battering in the fourteenth round. This victory made Fitzsimmons the world's triple champion, holding at one time the world's middle, light heavy and heavy weight championships.

His defeat of Corbett is an outstanding victory that will never die. Corbett was a remarkable boxing machine, a man who introduced the highest maximum of science into his fighting. Not only was the immaculate one the forerunner of science in a game that before was considered made up of "give and take," but he proved the necessity of proper training. He studied his training as he did his deliveries and covers, and kept his muscles in perfect condition by physical training.

About this time an incident happened that gives one an idea of the terrific punching power which Fitzsimmons possessed. Between contests he toured the various centers, giving exhibitions and fighting all comers in four-round contests. His travels brought him to Leadville, Colorado, a big mining town and as wild as they made them in those days. Working in the mines was a huge giant of a blacksmith, whose boast was that he could trim anything on two feet. This boast was shared by many others, including the proprietor of the leading saloon. Therefore, when Fitzsimmons hit the town everybody was elated and ready for the show.

Strolling into the saloon, Ruby Robert got into conversation with the saloonkeeper and asked if there were any likely boys around who would care to take up the four-round proposition with him. The saloonkeeper replied that they had a man who not only would take Fitz on, but on whom they were willing to wager the odds that Fitz could not put him away in four rounds.

The saloonkeeper agreed to bring them both together, and going into a by-room he called out his man. The first impression Fitz had was that he saw the biggest man he had ever met. Head and shoulders he towered over angular Bob, and the rest of his physique was built in proportion. For the freckled one's benefit, he made a marked effort to keep his huge "hams" of hands on display, and glowering at Fitz he proudly asserted that if they fought, and he stayed

the four rounds, he would have a chance for the title. To all this Bob agreed, while the ghost of a smile flitted across his lips. The truth was Bob had heard this line of gab before.

Although he was facing the biggest man proposition, so far as size was concerned, he was not in the least daunted. What he really saw was a bumper drawing card and that made him happy.

The night came with the hall packed tight hours before the bout was slated. The confidence of the miners in their blacksmith was unlimited. Despite the fact that they were mostly Cornishmen, they placed the odds heavily against their lanky countryman.

Amidst wild cheering, the two men crept between the ropes and took their corners.

As soon as the acclamation had died down, the referee addressed them, explaining that if Fitzsimmons failed to knock out the local man they would sign up for a title battle right there.

The crowd went loco and as soon as the bell was struck the place was filled with shouts of advice and encouragement hurled at the challenger. He lumbered around the ring like a giant dinosaur, his huge arms cleaving the air with ponderous force.

Fitzsimmons, as wily as a fox, made it appear he was hard put to and afraid to swap blows with his adversary.

The spectators shouted taunts and all imaginable imprecations at Fitzsimmons, and all the time the odds were mounting up against him.

The fourth round came around with all demanding that their favorite knock out the stranger, but unfortunately they did not know that here was where Bob collected. He stepped in and drew out a tremendous haymaker, and before it had spent itself Bob let loose his terrific pile-driver that seemed to come from nowhere and which crashed into the solar plexus with sickening force. Like a ship striking a reef, the huge blacksmith stopped in his tracks and quivered from head to foot. Immediately the blow was followed by a cross to the jaw that dropped the bewildered giant to the boards.

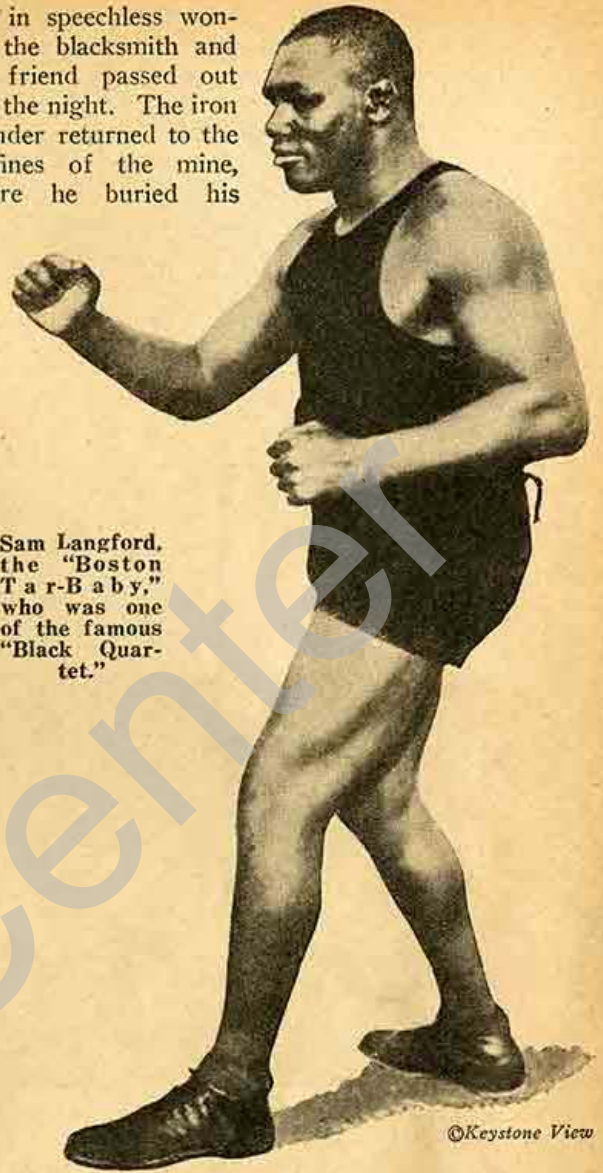
The spectators gasped with amazement and a dead silence followed. Even the referee forgot to count, but that did not worry Fitz. He knew the bacon was his.

The giant rolled over against the ropes, which he grasped, and in his semi-unconscious state he pulled himself up. Holding up his big paw, he spoke thickly, "Boys, now I've knocked out this guy and I challenge the world," and collapsed in a heap unconscious. The sight was pitiable even to the toughened denizens of that wild burg and silently they left the hall, while Fitzsimmons collected his bets. They realized that the stranger had played them for suckers at their comrade's expense.

Late that night Fitz was awakened by a pounding on his door. Investigating, he found it was his manager, who said his visitors were the blacksmith and saloonkeeper and that they wanted to see Fitz for a minute.

Sitting on the edge of the bed, clad in his pajamas, Fitz admitted his victim, who displayed a huge lump on the side of his jaw. As plainly as he could talk, the blacksmith asked Fitz to show him what he hit him with. In reply Fitz held up his bony bunch of fives. "Honest?" the smith asked. "Honest," Bob replied,

and in speechless wonder the blacksmith and his friend passed out into the night. The iron pounder returned to the confines of the mine, where he buried his



Sam Langford, the "Boston T a r-B a b y," who was one of the famous "Black Quartet."

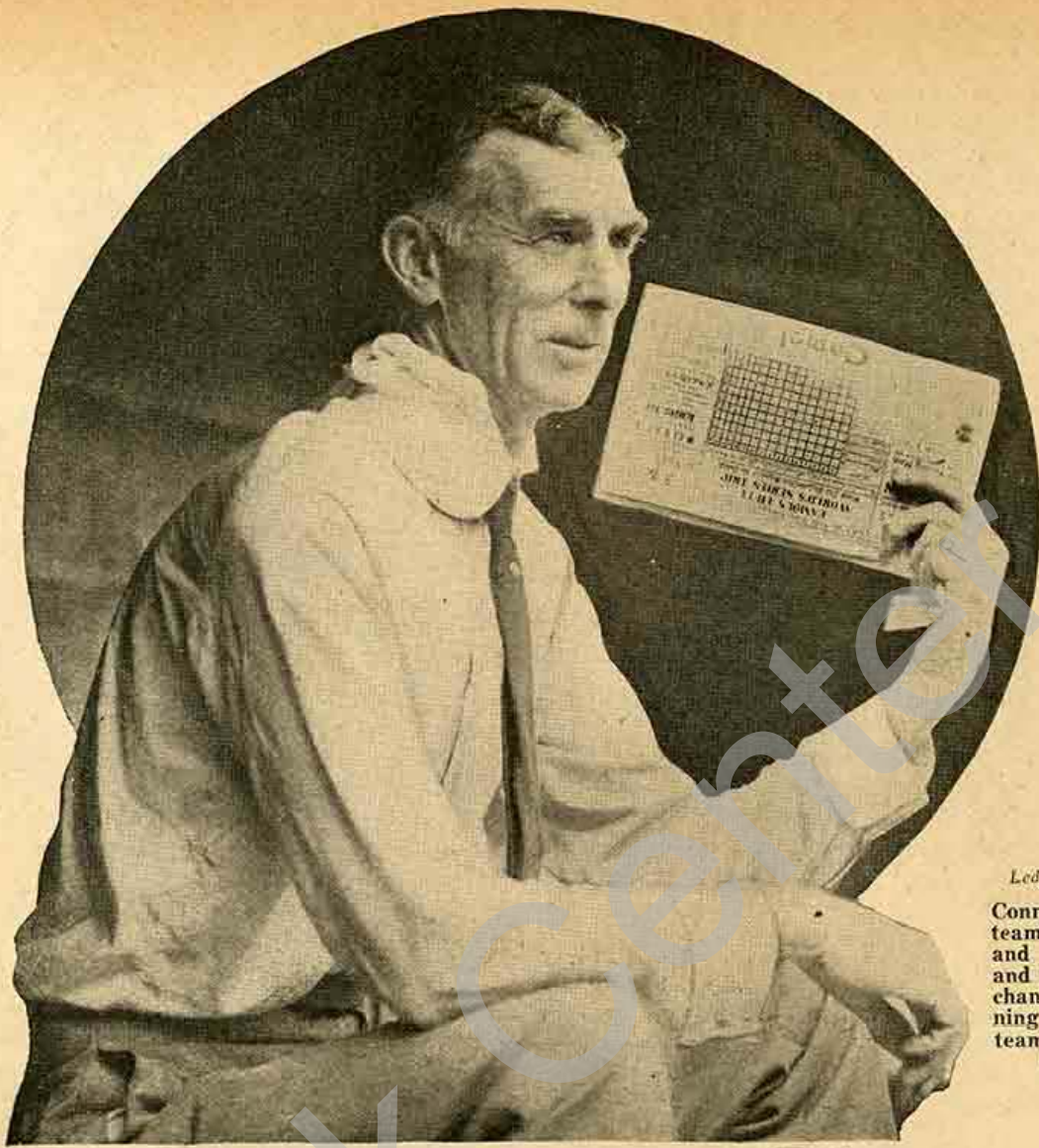
©Keystone View

pugilistic ambitions and was never heard of again; while Fitzsimmons left with a well-filled bankroll, leaving behind him a group of men who never could solve the connection of such terrific hitting, combined with such a freakish body.

He was the enigma of the ring, and since his demise many champions have come and gone, but none have been his equal for hitting power. It is doubtful if we will ever see a fighter, with his awkward proportions and low body-weight, who will ever be able to meet on equal footing men of such remarkable ability, irrespective of weight, as were met in those palmy days when Jeffries, Fitzsimmons, Corbett and Sharkey held the public with their indomitable courage and fighting caliber.

Various fighters have been called freaks, but we always found an answer as to why their phenomenal condition existed. But the scions of pugilism still scratch their head in perplexity when they are asked what made Robert Fitzsimmons such a mysterious marvel within the roped circle.

Some, finding no satisfactory solution, explained that he could hypnotize. Well! I have no faith in Ruby Robert's hypnotic powers, unless you would call lightning blows and parries and determination hypnotizing.



Ledger Photo.

Connie Mack's team has youth and strength and has every chance of winning against a team of veterans.

Can the Athletics Win?

Can They Continue to Hold Their Nerve and Their Winning Ways—and Can Washington Get Ahead?

By David Wayne

BEING good Philadelphians the editorial staff of STRENGTH is greatly impressed with the early season showing of our American League baseball entry. We remember very well one July or August several years ago when we conceded first place in the American League to Cleveland and first place in the National League to Pittsburg and proceeded to have Von do us an article in which, as we recall it, he expected Pittsburg to be the next world's champions for various and sundry reasons. At any rate we hit on the right league because that was one of those years when the Giants trimmed the Yankees, including, and including with emphasis and eclat the mighty Ruth; you know the man our sport writers like to call the "Busting Bambino."

It very well may be that by the time next October rolls

around, Ruth at least and possibly the Yankees as a whole, will again be back in their old place in the sun, and then again they may not be back in any such place. We won't discuss either the Giants or the National League in this article although we will say that we would like to see Connie Mack get another shot at John Joseph McGraw. We are under the impression that some of the boys in this Philadelphia ball club have noticed some of "Jawn's" articles in which he discussed their chances and condemned the team as slow moving and by implication never due to arrive.

We are also under the impression that these boys have remembered those articles and might even still remember them when next fall comes around. To return to their chances of having anything to do about it just in case

they should remember, and we are guaranteeing that they will remember, we think that the biggest thing in their favor is their comparative youth. Ball players are like all of us, and it is a whole lot harder to stay on top after we have once arrived and have no place to go except down, than it is to climb to the dizzy heights.

Maybe you will remember, we hope without overthrowing our theory, that the world's champions last year were Washington, a team that could hardly be considered youthful as ball players go.

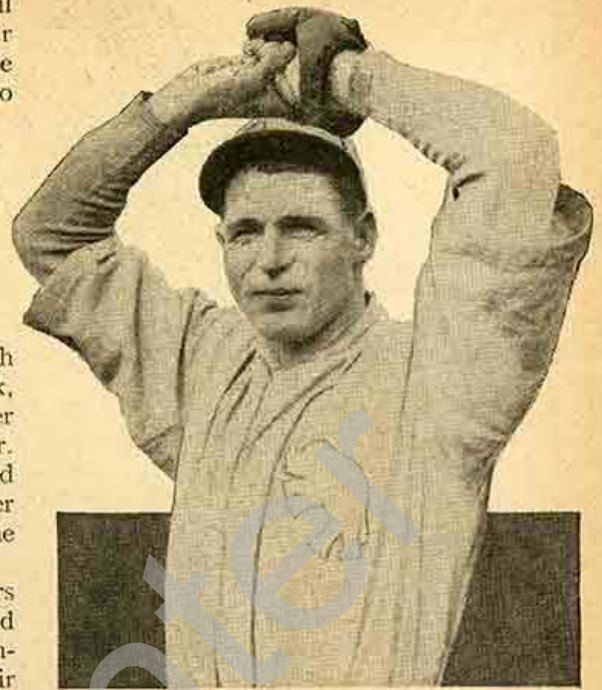
However, as pennant winners they were youthful indeed, for in spite of the continuous, effective presence of the great Walter Johnson they had never reached the heights in all the years of the American League. Johnson thought that he was about through as a big league pitcher, and we are here to state that Connie Mack, at least, hoped that he was right or will be right this year no matter what Clarke Griffith and Bucky Harris may think of the matter. He gave everything he had to pull out a pennant in what he expected would be his last season; and the fact that he was the leading pitcher of the league had something to do with that pennant, and so did the pep and fight of Harris, the youngest manager in the league.

Incidentally Johnson has long been recognized as one of the leaders of that group of ball players who realized that no matter how good a physique and health they possessed and no matter how imperishable their physical powers seemed to be, it was well worth their time and thought to at least conserve and, if possible, augment their powers. His record for winning pitching over a period of years and his record for sensible living are not standing side by side as a matter of chance.

Many players have eaten themselves out of the league since Johnson came up, and the root of their trouble was the idea that their physical powers were unlimited.

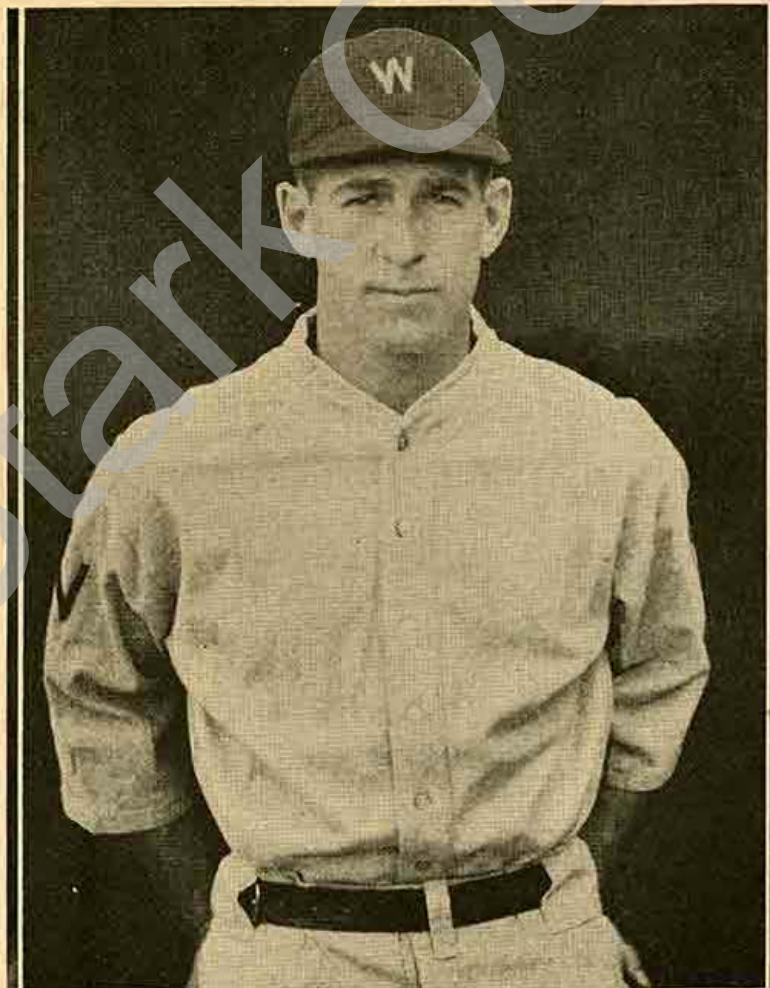
Babe Ruth is a fine example of the big powerful man who thought that the rules of the health game did not apply to him. To his sorrow and to the sorrow of all followers of baseball he has had to suffer for this idea. We hope and we believe that Ruth can come back better than ever; but we know and we believe Ruth knows that whether he comes back or not rests with him, and how long he will stay after he comes back is a question for him alone to decide.

How does all this apply to the Athletics and this year's American League flag? In the first



Ledger Photo.

Sam Gray, undefeated star of the Athletics, eliminated from the team because of a broken thumb.



Ledger Photo.

Bucky Harris will put all his strength and physical ability into the game to win for the Senators.

place the Yankees, conceded to be dangerous contenders, and even favored to displace Washington have suffered heavily in morale and in playing strength in the early season. With Ruth out they seemed to be a listless, dispirited team, and even though they may come back in all their splendor they have set a practically insurmountable barrier for themselves.

Competition is too keen in baseball to be able to spot your competitors to too large a lead and get away with it. Ty Cobb has been quoted as stating that any team which has a percentage of 500 or better on July 1, can still make itself felt in the races.

On that date the American League standing was in favor of Washington with Philadelphia second on the list.

Washington.....	662	St. Louis.....	464
Philadelphia.....	657	New York.....	433
Chicago.....	493	Cleveland.....	412
Detroit.....	464	Boston.....	338

Although nothing is certain in baseball, it is easy to realize what a task the last three clubs face to come out on top.

Barring a terrific slump on the part of either or both of the leaders, the race would seem to be between them. To produce such a slump we must find either a seasoned and perhaps too well seasoned a team of veterans going all to pieces and going all to pieces in spite of the fact that they are the "World's Champions," and were last year the class of the game, or we must see a young, ambitious and game crew break and go all to pieces under a combination of unfortunate circumstances.

In either case such a result can hardly be counted upon. It would mean that either team fell down before what is essentially a mental hazard, and this is possible but hardly likely. We will admit the danger of a complete collapse as much greater in the case of a young and rather green team, no matter how game they may be, than it is in the case of a team of seasoned veterans such as Washington has in the field. It is hard to imagine Walter Johnson, Reuther, Covelaskie, Peckinpaugh or Deacon Scott losing their nerve and a pennant both at the same time.

On the other hand, the Athletics have had every form

of misfortune imaginable and have held on to their nerve and their winning ways. When the Athletics-Phillies series was in program, and Joe Hauser was put out of the game beyond any apparent chance of recovery, all the sport writers all over the country counted the team out. Hauser, second only to Sisler, could not be replaced, and the club could not get along without him.

When Heimach, a promising pitcher, had been injured in the South, doubts had sprung up, but when Hauser, a real star, was definitely eliminated those doubts became certainties in the mind of the public. The looked-for results did not follow. Injuries of a minor nature followed injury, but the club seemed to be well able to shake off their jinx. Rommel, a really great pitcher, did not get going. Groves, the much talked of and highest priced minor leaguer of the year, turned out to be something of an in-and-outer who showed great promise and little real help.

Then Sam Gray, the undefeated star of the staff, broke a thumb, which eliminated him and upset the staff even further.

The team ran into a relative slump and as this is being written is still in their slump, but we feel that they will snap out of it because they have both the incentive and the ability. Their success will be a fair gauge of how they will stand up for the year. If they fail we will have to admit that they failed only after luck seemed to be absolutely turned against them. If they go down they may go way down, but there is every chance of their pulling up and starting to climb again. In their favor is the fact that two strong young pitchers are in shape and delivering, Harris and Gray. In addition, Rommel and Baumgartner, two veterans but two relatively young men, are almost sure to round into shape. Groves may yet prove a sensation, and Wahlberg and Heimach are better than fair pitchers.

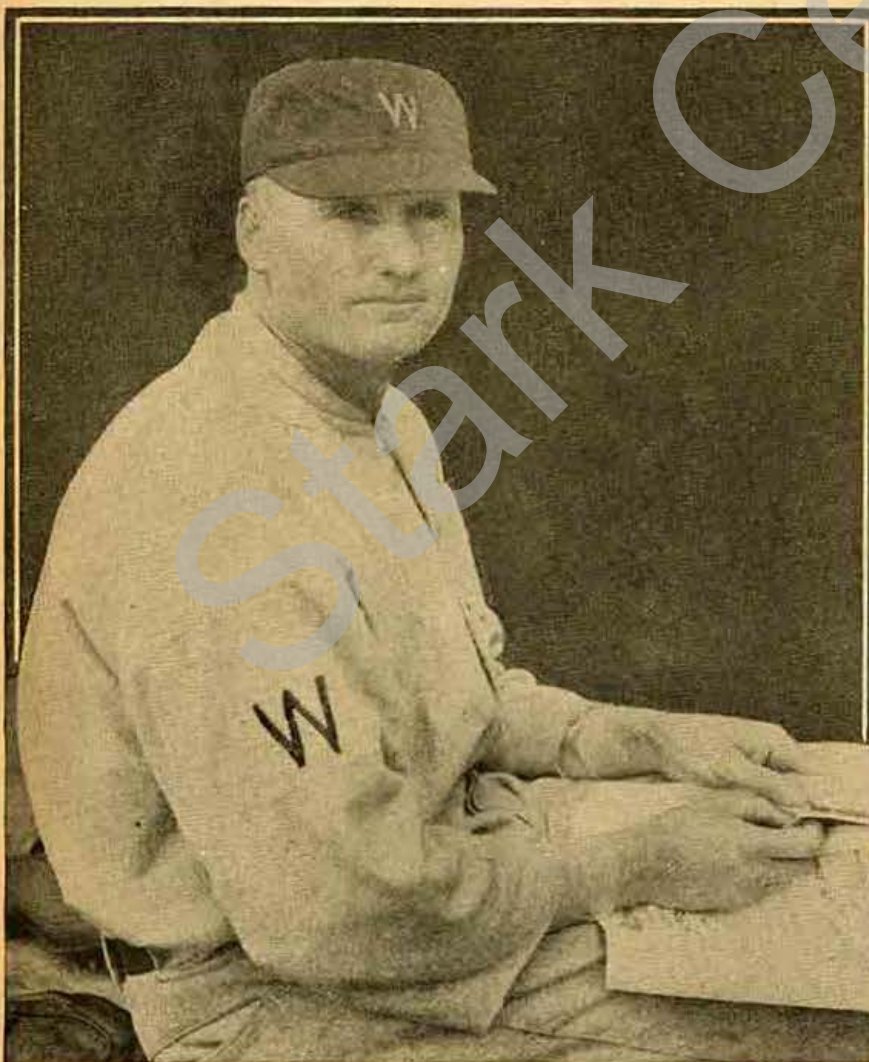
In Cochrane they have a college athlete turned big leaguer, a new man in the majors but apparently the real find of the year.

Their infield would be much stronger with Hauser back unquestionably, but still it is competent and the outfield is good and has had experience.

Most of the players have really tasted gore before, and to show that they can win they are out to land on top. They like the feel of the thing and they want to come through. They are willing to take care of themselves to assure their success.

If they can hold their nerve, and the possibility of their losing it has to be admitted, they should be physically strong enough to wear out Washington.

If the race is close, it should be a very interesting one to the readers of **STRENGTH**, because it can be interpreted in terms of physical possibilities and conservation and expenditure of effort—two things in which we are all interested. (Continued on page 88)



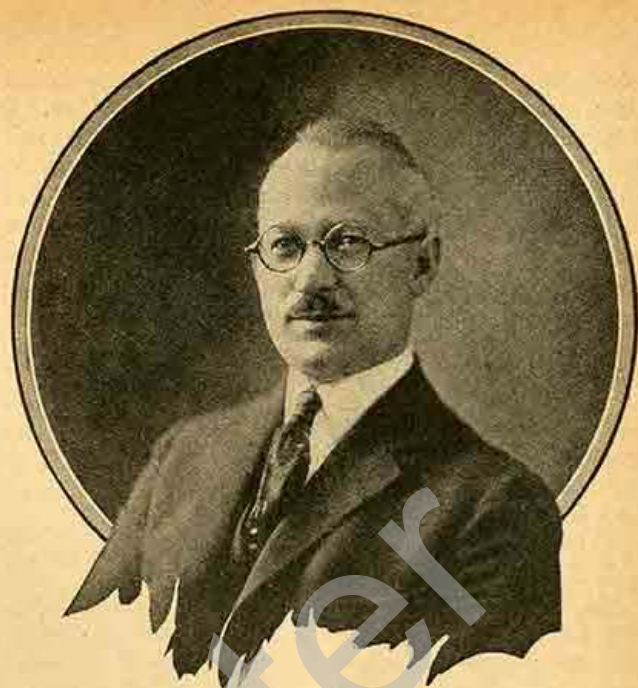
Ledger Photo.

Walter Johnson, star pitcher of the Washington team.

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

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

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



H. H. Rubin, M.D.

Ask the Doctor

A Department for Solving Your Health Problems

By H. H. Rubin, M.D.

DEAR DOCTOR:

I am a boy of eighteen and during the last month or two I have been troubled with aching joints, especially in the elbows. I notice it most in the morning when the arms are warm from being under the bed covers. As soon as I leave them out for a while they cool off and the ache goes away. Sometimes I can barely move my arms because of the stiffness and pain.

I am in good physical condition, as I take my exercises regularly and also work on the farm each day. It might be my diet or it may be too much work, but I don't know for sure. I am not troubled with it through the day except once in a while.

P. P., Westport, Ore.

Aching in the joints is quite generally classed under what is known as rheumatism—which at best is but a very loose term—just such a term as "neurasthenia." Some months ago there was a very illuminating article on that subject by Dr. E. F. Bowers, which it would pay you to read, if you have preserved your issue of *STRENGTH Magazine*.

Briefly, however, it is of interest to know that your condition would seem to point to a disturbance in the local circulation, causing what is known as blood stasis. In other words, the blood circulates sluggishly in the areas involved in the trouble and occasions pain in the nerve centres thereabouts by reason of the actual material pressure they observe—i. e., because of local congestion.

Also your diet may be improperly selected, as it very frequently is with those who work on a farm. There is a definite inclination to eat too much of one kind of food and ignore other varieties of food which should be eaten in order to provide the proper amount of each kind of material needed by the system for the recon-

struction of wasted tissue cells, for the heat and energy required by the body, and for the mineral salt content necessary to replenish wasted nerve, bone, tooth, sinew and blood cells.

From time to time, in the pages of this magazine, you no doubt have read able articles discussing this very question so that it is not necessary to go into detail on this matter at this time.

However, it is quite desirable that you correct dietetic and hygienic habits in order to bring about relief from this condition. To this end, two or three daily movements of the bowels should be secured. If the water forming your water supply is "hard," you had better add a few drops of diluted nitric acid to it and drink at least six or eight glasses of water every single day of your life. The nitric acid will neutralize the excess lime or magnesium salts in the water and prevent the tendency of "hard" water to leave calcareous deposits in the joints.

You should try to avoid foods that cause fermentation in the stomach and intestines as frequently the poisonous products developed from such fermentation have been found directly responsible for conditions such as yours.

Good results are often secured by placing a liberal poultice of hot anti-phlogistine or some good liniment around the joints at night, leaving this poultice in place until morning. Not infrequently this has a very splendid pain-relieving effect and tends, by the antiseptic absorbed from the anti-phlogistine into the skin and tissues, to overcome toxic matters in the joints.

If you were in a position to secure diathermia treatments by some local physician equipped with the Hogan

high frequency apparatus, I believe that you would gain a great amount of relief, if not complete cure. I have cured numerous cases such as yours by this method. If you can secure a few hundred tablets of the Sixth potency of Rhus. Tox. from some homeopathic pharmacy, I believe that two of these taken every three hours will afford you very material relief. Needless to say, you should get a proper amount of sleep every night. I am inferring from the fact that you are a farm boy and only eighteen years of age that you have no venereal history. If I am mistaken, you had better lose no time in putting yourself under the care of a competent physician, in order to have this condition cleared up.

DEAR DOCTOR:

I am nineteen years of age and am six feet and one and one-half inches tall, which height is abnormal for my age, you will agree.

Now, the object of this query is this: is there any possible way to prevent further growth? Of course, smoking to excess would stunt the growth, but I am reluctant to adopt that course.

J. C. S., Oak Park, Ill.

If your weight is consistent with your height, you should thank your lucky stars that you are six feet and one and one-half inches tall at nineteen years of age, instead of seeking for some method to stunt your growth. You can be quite sure that this growth will not continue very much longer, for you have probably reached your full height now and your subsequent growth will be in the direction of east and west. The thing for you to do now, if I may be permitted to suggest this, is to develop your physical condition so that you will have a fine symmetrical, muscular development. And while you are at it, don't forget to develop your brain at the same time. Read, study, and think. And then congratulate yourself that you are as you are.

DEAR DOCTOR:

I am a young man twenty years of age and have varicose veins in my legs. What would you advise me to do?

O. J. D., Wadsworth, Ohio.

It would be advisable for you to avoid standing on the feet and thereby producing congestion of the veins of the lower legs by gravity, any more than you possibly have to. Cold baths, brisk rubbings—rubbing upwards from the extremities toward the heart—will tend to tone up the walls of the blood vessels, and if they are not too bad, and as you are young enough, this may result in time in permanently relieving your condition. Failing in this, the wearing of an elastic bandage, wrapped snugly around the leg in spiral form—working upwards from the ankle toward the calf of the leg—will help support and prevent the possible breaking down of these veins. If the worst should come to the worst, you may have to have some of these veins dissected. I have had some very good results with these conditions by the use of homeopathic calcium fluoride, 3x, and hammamelis, the 6th attenuation, two tablets every three hours. This has to be continued for quite a long time in order to get results.

DEAR DOCTOR:

I am 40 years old. My neck is very much wrinkled; also the skin around the ears, so that I look much older than I am. Also it seems impossible to develop my neck

muscles, although I exercise them regularly. Can anything be done to correct this?

G. E., Chicago, Ill.

If you were to continue with a moderate amount of exercise for the muscles of the neck, and every night before going to bed rub into the neck some good "skin food," preferably with a lanoline base, it would help to fill out the shrunken skin and correct this condition. Not infrequently, a wrinkled condition of the skin is caused by defective functioning of the thyroid gland. It may be quite likely that attention directed to the thyroid gland might result in a happy solution of your problem.

DEAR DOCTOR:

Is not "ionizing the glands" brought about by electrotherapy, and would any material benefit be had in endocrine radiation of one with affected gonads, due to mumps and wear and tear, in the way of retarding senility and keeping the body in fairly good physical condition?

I have read your book, "The Mysterious Glands," and while I am an ordinary layman, I have gained valuable information thereby, and if you will give me whatever information you can as regards the above, I will appreciate it very much.

H. C. H., Birmingham, Ala.

Ionizing the glands, except in the case of the testes, cannot be brought about to advantage by electrotherapy. The electric ray lacks power of penetration sufficient to influence deep-seated glands such as the adrenal or the pituitary, or even the ovaries, in the case of a woman of any degree of stoutness.

The gamma ray, on the other hand, has tremendous power of penetration, passing with ease through any solid object except lead or aluminum. Even at this, it penetrates up to seven or eight centimetres of lead sheet.

I can definitely tell you that gamma-ray radiation has, in my experience, a very definite effect indeed in stimulating testicular functioning affected at one time with mumps. Also, in retarded senile change and in keeping the body in the very best physical condition.

This treatment, in connection with proper exercises, fresh air, diet, rest and common-sense hygienic measures, has been of tremendous value to many hundreds of my patients.

DEAR DOCTOR:

I have an abundant growth of hair on my legs. Is there any process or treatment that will remove permanently this undesirable growth?

W. K., New York City.

A profuse growth of hair on the body quite generally indicates abnormal activity of the pituitary gland. There is no known method of inhibiting this abnormal activity with safety. My advice to you is to bear the ills you have rather than fly to others that you know not of. Also, while there are hundreds of depilatories, or hair removers, on the market, I know of none which will remove the hair permanently. All the barium pastes will disintegrate and remove hair, but nothing except the complete extirpation of the hair follicle (the hair root, out of which the hair shaft grows) will prevent the reappearance of the hair. I know many women will, in these days of diaphanous silk stockings, shave their legs, so as to avoid exhibiting to all the world and his brother and sister their hirsute adornments on their nether extremities. It might well be, that if you are in deadly earnest on this matter (Continued on page 75)

Health—Strength Beauty

(Our Girls' Circle)

Conducted by Marjorie Heathcote

I AM an interested reader of Our Girls' Circle and an enthusiastic body culturist, and because I am interested in helping others, I want to tell them how I acquired and retain my health and form.

"I have always been interested in some form of athletics since I was a very small child. I used to play baseball with my brothers, which gave me very good running practice. I have kept up my running practice more or less and can now run a few miles without any effort. I have been told by ex-champions that I have perfect sprint form and they encouraged me to train for the Olympics. At any rate, I get a great deal of fun out of this practice and really enjoy it—it helps to keep me fit.

"I play tennis, golf, do surf-riding, aquaplaning; run, jump, swim, dive and dance. I have studied dancing at various times and during that time I followed the usual routine of exercises for technique; but, otherwise, I do not have a set rule of exercises. I always manage to enter into some form of sport each day. Most of the time, however, I spend in swimming because I love to swim and because some day I aspire to become an expert swimmer and diver.

"My diet consists principally of green vegetables, fresh fruits, wheat bread and milk. I do not drink tea or coffee. I keep regular hours and consider sleep nature's sweet restorer.

"I strive to be good and kind to every one. I always keep



Rose Heather, Catalina, Calif. Height 5 ft. 2½ in.; weight 123 pounds; neck 12¾ in.; upper arm 11 in.; forearm 9½ in.; wrist 6 in.; chest 34 in.; bust 36 in.; waist 27 in.; hips 36 in.; thigh 21½ in.; ankle 8 in., calf 13 in. Below Miss Heather in a dancing pose.



a happy mental attitude and by living a sane and simple life, I am happy and keep physically fit."

The above letter from Miss Rose Heather, of Catalina, Calif., again goes to prove that athletics in any form will keep you fit—physically and mentally. Strange to say, nearly all of the entrants into the Well-Formed Women Contest acquired or retained their form through some outdoor sport; the most popular of these sports being swimming.

I have quite a few friends who are great swimming enthusiasts and every one of them has a more or less pleasing physique. Some of them have never done an exercise in their life. Swimming, to my mind, offers the greatest opportunity for symmetrical development than any other sport, because it involves more nearly the use of all parts of the body.

The girl who has a poor back, arms, chest and shoulders, I would urge to begin swimming at once. It affords a quick development and is most fascinating.

The same is true of dancing. It builds up every muscle in the body and makes it smooth and firm. Dancing produces activity of all the muscles in the body—activity produces strength and strength produces health and beauty.

But the girl who wants to be both mentally and physically fit should go in for as many sports as she possibly can. Tennis is a wonderful body builder. It requires speed and endurance. Those who adopt tennis for their favorite sport are usually of a slender and wiry type. Tennis involves quite a lot of jumping and running and a girl who runs, jumps or hikes does not have to worry about ever getting fat and flabby. A true example of what running can do for you can be seen by Miss Heather's physique.

Speaking of swimming, you have all probably seen the photos of Miss Bench Bentum, which appeared in the July number. I am publishing several more in this issue for the benefit of those who are interested in diving. These photos illustrate a perfect back dive from a tower 24 feet high, a swan dive and a plain front dive. The back dive is the only one I know of that was made from that height and in good form. I am certainly proud of Miss Bentum and what simple, healthy living and exercise have done for her. She is leaving for Detroit at the present time, to begin training for a sixty-five foot swan dive and we all wish her success.

I have heard from some of the girls who received their pins for the Well-Formed Women Contest. They are all delighted with their pins and anxious

to do all they can to help the girls who are seeking health and well-built bodies. That's the spirit I want all of the girls and women to have. Keep on sending your photos. The contest will not close for some time and don't forget your friends.

Some of the girls have suggested that I put them in touch with others in their town who are interested in the Girls' Circle and form Health, Strength and Beauty Clubs. This looks like a good thing and lots of fun to me. It would promote a greater interest and enthusiasm in health and body building. Those of you who are interested write to me.

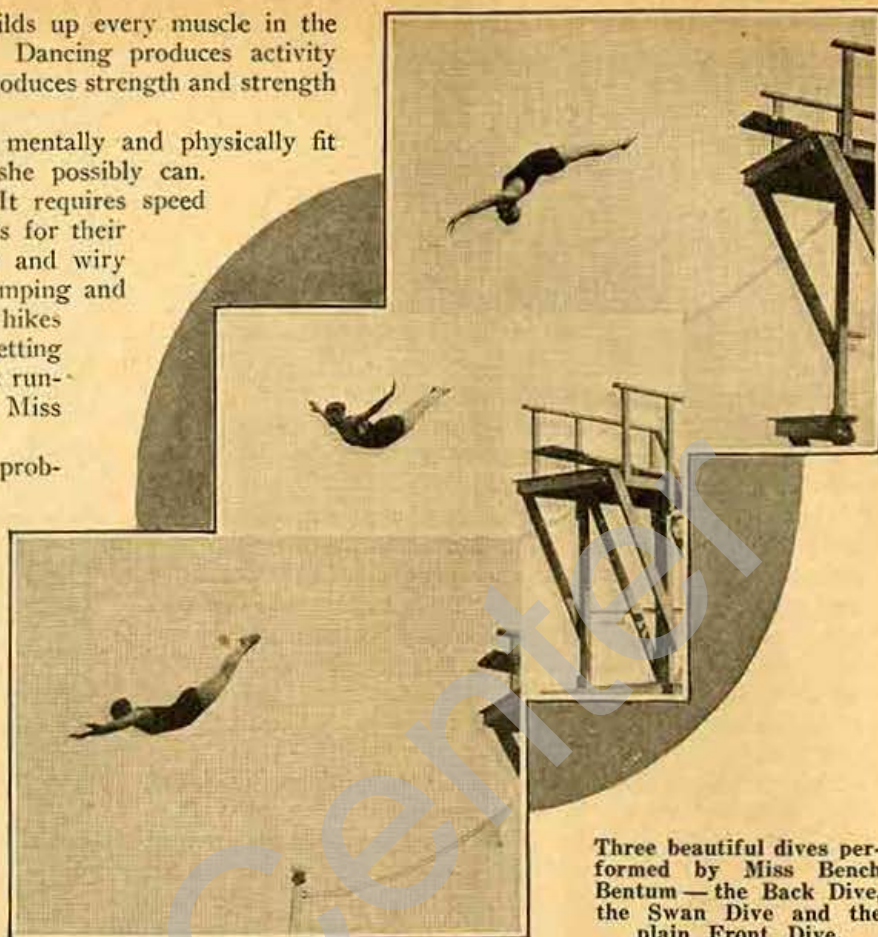
The editorial staff of this magazine would like to know what sort of articles its women readers are most interested in. They want to know whether you are interested in articles on athletic sports, on diet, on exercise or on beauty. Also whether you are interested in knowing how some screen star or stage beauty or some athletic champion attained her form and beauty. Let me know. Address your letters to me.

DEAR MISS HEATHCOTE:

I have been a reader of STRENGTH MAGAZINE for some time and have become immensely interested in Our Girls' Circle, and have watched that section for an article which would help my case; and as I haven't seen any that would exactly "fit me," I thought I would write to you for special help. I feel sure that physical exercise will help me, but I do not know in just what way to go about it.

It is almost impossible for me to get out and hike or swim as I have two small children, and no one with whom to leave them. I do all my own work, and most of the time I just feel so "draggy" that I can scarcely get around

(Continued on page 70)



Three beautiful dives performed by Miss Bench Bentum—the Back Dive, the Swan Dive and the plain Front Dive.



Swimming and basket ball keep Louise Brandriff of Short Beach, Conn., fit. She is 17 years of age. Her measurements are: neck 13 in.; chest 32 in.; bust 35 in.; waist 26 in.; hips 35 in.; thigh 22 in.; calf 14 in.; ankle $8\frac{3}{4}$ in.; wrist $6\frac{1}{4}$ in.; upper arm 10 in.; forearm 9 in.; height 5 ft. $4\frac{1}{2}$ in.; weight 132 pounds.

Strength-Posing Contest

Announcing Second and Third Place
Winners of Our Recent Posing Contest

WE are publishing here photographs of the second and third place winners of our recent highly successful posing contest. To both of them are extended the hearty congratulations of STRENGTH MAGAZINE and all the enthusiastic admirers who voted for them.

Selected from such a large number of contestants by an unbiased public, it must be highly satisfactory to the place winners and will, no doubt, supply an additional urge to their enthusiasm to keep forging ahead in the beneficial pastime of body culture.

Every man who competed is to be congratulated on his splendid body, for never was there a better group of contestants gotten together at one time as in this contest. Contestants came in from all parts of the world, which proves how the interest in one's body is becoming more widespread through the teachings of this magazine. Naturally, this is highly gratifying to us.

So well pleased are we with the response and enthusiasm that we intend to run another posing contest later on. This we have been urgently requested to do by many of the competitors who are keenly interested to have another try, and no doubt many new comers will compete. As will be seen, Mr. Constantine displays a very sturdy physique in the vigorous pose he chose. His body development is characterized with a symmetry and balance that gives it a perfect appearance and that would be very hard to find comparison among men of such sturdy physiques as Mr. Constantine possesses. The splendid construction of his legs is even more noticeable than his upper body, which is well equipped with nature's armor. Altogether it is a body that anyone would be proud to own.

Mr. Onofryton selected a more restful posture to show off his splendid form. It is a delightful study of anatomy in repose. Without any sign of undue muscular contraction, his abdominals stand out prominently. The arms show a well-balanced formation with the tricep and supinator longus very apparent.

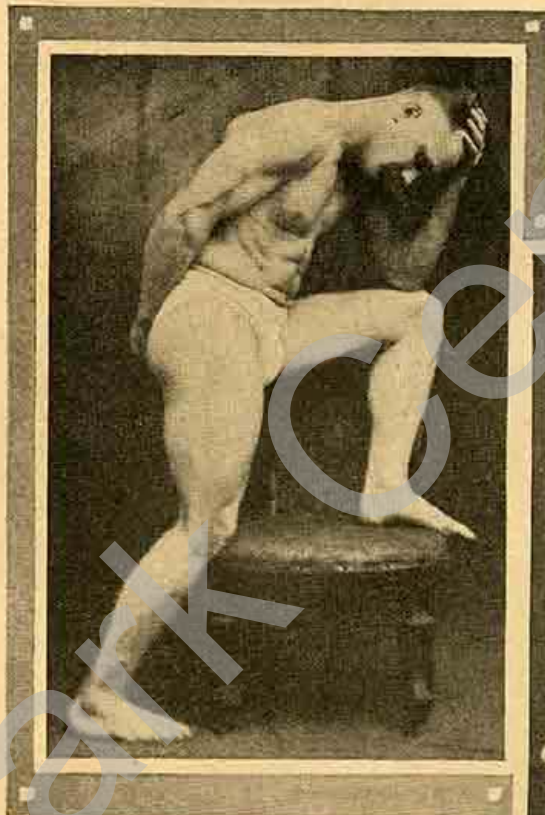
At sight one is impressed with the superior balance of the thigh muscles, which is so sadly lacking among the majority of body builders. Invariably we find the front of the thigh strongly built, but the curve which is seen in the pose by Mr. Onofryton is missing.

The second and third place winners were awarded beautiful

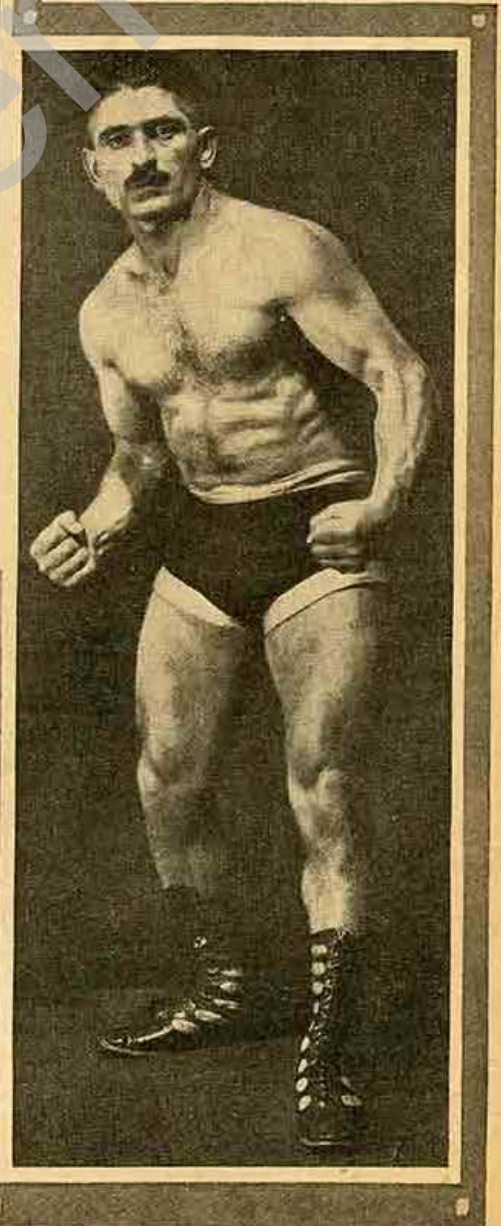
medals in honor of their fine physical achievements.

To the poseurs who ran into four and fifth places, a complimentary prize will be awarded.

Many of the poseurs did not do justice to the fine development that they possess. The fault laid in poor posing and bad backgrounds that did not show the body up as effectively as could have been done. A little careful study beforehand would have eliminated all these faulty details. Mr. Jowett in his article "Sculptor Form," which appeared in the August issue, touches considerably upon the efficacy of body posing. However, they all are to be congratulated upon their splendidly formed bodies.



Steven K. Onofryton



Donald Constantine

THE MAT

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

Conducted by George F. Jowett

Building Shapely Deltoids

BUFFALO, NEW YORK.

EDITOR OF THE MAT.

SIR: I never see anything about the deltoid muscles. Mine are poor. How can I build them up?

P. WHITTAKER.

STRANGE as it may seem, very few readers write to me about the development of the deltoid muscles. This is not because those muscles are so well developed on the average body culturists as to call for no further attention—far from it! The trouble is that they are not shapely enough. I receive hundreds of photographs monthly from aspiring enthusiasts, and in the majority of cases the deltoids are generally found to be flat or stringy, without the fullness which characterizes these shoulder muscles when well formed.

Where the deltoids lack development, the biceps of the arm is always made to appear larger on sight than actual measurement proclaims it to be. This feature seems to satisfy the average physical culturist in

his passion to show off a large upper arm at the expense of real development.

This may be gratifying where just the rolling up of the sleeve is sufficient, but when a person is stripped, his lack of shoulder development is far too evident, as seen by the sloping away of the flesh too quickly over the end of the clavicle or collar-bone.

Often in describing the appearance of a well-formed athlete, reference is made to the fact that "he possessed a beautiful slope to the shoulders." I have found that many try to cover up this deltoid defect by referring to this same statement, but it does not apply in their case at all.

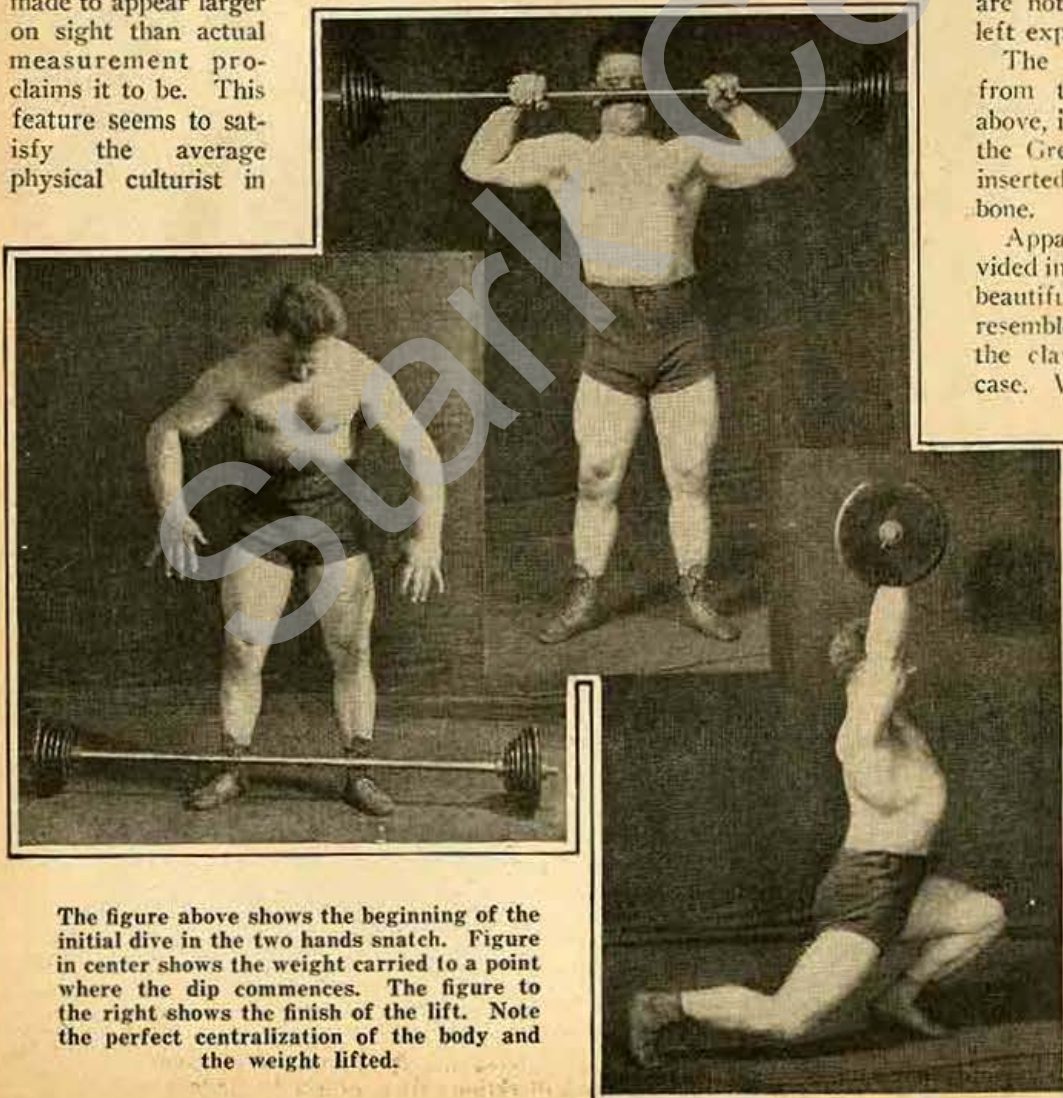
The slope of the shoulder referred to in the finished product lies in the development of the trapezius muscles that commence their sweeping slope from the occipital bone, and converge towards the bones of the shoulder and down the back. On the shoulders the trapezius tapers off, and where the deltoids are not developed the clavicle is left exposed.

The deltoid muscle is built up from the clavicle and Scapula above, in a V shape that resembles the Greek word Δ , and becomes inserted below onto the humerus bone.

Apparently the deltoid is divided into three sections, but has a beautiful fullness to it that greatly resembles a cap set on the end of the clavicle, which is really the case. Whether relaxed or tensed, they add considerably to a person's general appearance, and are very powerful muscles under stimulation.

The late Arthur Saxon considered them to be one of the three most important groups of muscles on the body. Having so much to do with all arm and shoulder movements, one can readily see why they are so important, and every body-culturist should seriously cultivate these imposing powerful muscles to the limit of their capacity.

If you want to find out just how strong



The figure above shows the beginning of the initial dive in the two hands snatch. Figure in center shows the weight carried to a point where the dip commences. The figure to the right shows the finish of the lift. Note the perfect centralization of the body and the weight lifted.

your deltoids are, see how much weight you can handle in the crucifix lift, a stunt that we ordinarily speak of as "muscling out." To do this, you take a pair of kettle bells and raise them to arms' length overhead. Keep the feet together with the legs and body perfectly straight. This done, the kettle bells are slowly lowered sideways with the palms of the hands held up until they are parallel with the shoulders.

This position must be kept for two seconds before it is recognized as a performance. It is not permissible to bend backwards from the waist or to have the arms bent at the elbow when they are parallel with the shoulders.

This feat of muscling out used to be a great favorite with the strongmen of a decade ago. Some very high poundage was claimed, but many of them used oblong blocks that were laid flat on the hands. Invariably a considerable part of the weight was resting on the forearm, which made it possible to hold out much more weight than is possible in the legitimate way.

A few years ago there was an English wrestler in this country by the name of Robert Jennings. His actual body weight was around 147 pounds, yet he held out a combined weight of 153 pounds. I did not see him perform the feat but many of my friends did. Even if he bent back a little, that is a very heavy poundage.

Yet I am inclined to think that this wonderful performer had mastered the trick of locking the shoulder blades together. It is a knack I have seen, and which very few crucifix performers with kettle bells are capable of doing.

A variation of this feat makes a fine developing exercise for the deltoids.

Take a pair of kettle bells well within your capacity to handle, and allow them to hang at arms' length by the sides. Simultaneously raise them up sideways into the crucifix position in a slow muscular movement. Then lower back to the original position and continue to repeat the movement until you are comfortably tired.

The exercise can be varied by raising the kettle bells alternately, and also by raising them simultaneously directly in front of the body as in the "lateral raise." When the bells are level with the shoulders, the arms are allowed to travel in a quarter circle so that they terminate in the crucifix position.

This latter exercise can be varied the same as the former exercise, by raising the arms alternately.

FRANKLIN, MASS.

EDITOR OF THE MAT.

SIR: I have been reading your comments in "The Mat" for some time with great interest. Will you explain how much influence progressive exercise has on the mind?

I believe this subject will be of great interest to many.

RICHARD SEDERMAN.

The answer to this question is not in how exercise influences the mind, but how the mind influences exercise.

Ordinarily speaking, we do most things because we like to do them or because we see some object in doing



Can you do either of these stunts? Try them and see for yourself.

them. The success of the operation is dominated by the amount of energy we put behind the effort. If our mental concentration is haphazard or half-hearted, a failure is registered.

Many a forlorn hope has been led to success by the tenacious determination of an individual whose mental aggression refused to recognize defeat.

The mental powers are controlled by dominating factors, the greatest of which is your own will power. If you take up exercise, it is because your logical reasoning makes you realize physical imperfection calls for its beneficial effects. You commence and the results you secure are governed by the mental attitude you adopt to your routine.

I have had people say to me that they work hard, but it seems impossible for them to get the results. I invariably find out that their training program has not been as consistent as it should have been.

Beyond a doubt some do not find results as easy to secure as many others. In this case it means that a deeper study of one's physical make-up is necessary, along with a careful analysis of your routine, as to whether the exercises are being performed in the best possible manner to make the muscles respond most vigorously.

This means a body builder must concentrate more forcibly upon each movement, so that there will be no lost motion. Nobody can expect to win by moving their limbs around in an automatic manner, or at the same time saying to themselves, "What is the use? I am not getting anywhere." They become like one who has no sense of direction; their object is aimless.

Muscle grows from resistance, and resistance, both mentally and physically, must be overcome.

The mind has a remarkable bearing upon the functioning of the component parts of the body.

Whatever we wish to do physically, the brain registers and telegraphs from its nerve centers to the various muscles that must operate to stimulate the necessary action. By the registration of this brain wave, an increased nervous and physical action is started, which has a natural effect of causing a greater blood fusion to be drawn to the source of activity. The increased blood fusion is both your supply and reserve; but if your mind does not concentrate as it should it is a positive fact that a blood repression takes place.

When the motive power from the center of activity did not send the necessary supply, it may have been because your mental attitude convinced you that the exercise either was not worth while or because you wondered what was the use of your trying. What is the result? The muscles under stimulation, being deprived of the "pep" or nervous force, do not operate so powerfully.

The muscles are made up of thousands of inlaid fibers, and each fiber has a nerve cell, or brain, that responds to the dictates of the master mind.

These little cells, receiving the message, perform their duties, which causes each fiber to contract, and which, collectively, contract the whole muscle. Their functioning powers are remarkable under proper stimulation.

Take, for example, the starter on a machine. If you press it lightly, the engine is hardly turned over, but step on it and away it goes.

The method of action is just the same.

Then we are compelled to recognize the fact that our mental concentration is absolutely necessary. As we progress in our work, a richer blood composition is formed from the physical stimulation that puts the blood stream through a purifying process. This in turn develops a healthier brain that becomes more capable. The brain, on account of its highly sensitive nature, demands a greater blood supply for its activities, more than any other group of muscles in the body. This means that physical exercise is a brain stimulant equally as great as a body builder. *But first, last and always, mental concentration is necessary.*

Because of the high state of intellectual talent demanded in present-day business, exercise should be more widely practiced by business people than it is.

Brain work without physical exercise causes an atrophy of musculature much earlier in life. This can readily be seen on every hand by the corpulent and emaciated forms of business men and office workers.

Mind and nerve control upon the blood stream is remarkable. An interesting

example is shown in the condition of fear, or intense excitement. The heart beats faster and the size of the blood vessels become altered. The arteries leading to the digestive organs become smaller, while those leading to the heart, lungs and brain become larger; caused by a chemical discharge into the blood called adrenalin, thrown out by the adrenal glands. In other words, the blood is taken away from the parts that are not likely to need it and transferred to the organs which will be the most affected. The blood becomes well charged with oxygen, which is required to help fight better, or to run away. This explains *why* we do things better under stress of fear or excitement. Another interesting point: At the time all this takes place the liver simultaneously pours out an extra supply of sugar that becomes available as food to the muscles against early exhaustion. The blood thickens, which coagulates in the veins at a cut, clogging much more quickly than under ordinary circumstances, and prevents what would be possible bleeding to death. The war showed numerous astounding proofs of this condition. All which goes to prove the necessity of securing a body one hundred per cent efficient from progressive exercise.

HANOVER, PENNA.

EDITOR OF "MAT."

DEAR SIR: Please explain the best way to develop the upper back. I cannot get good results.

Yours truly,

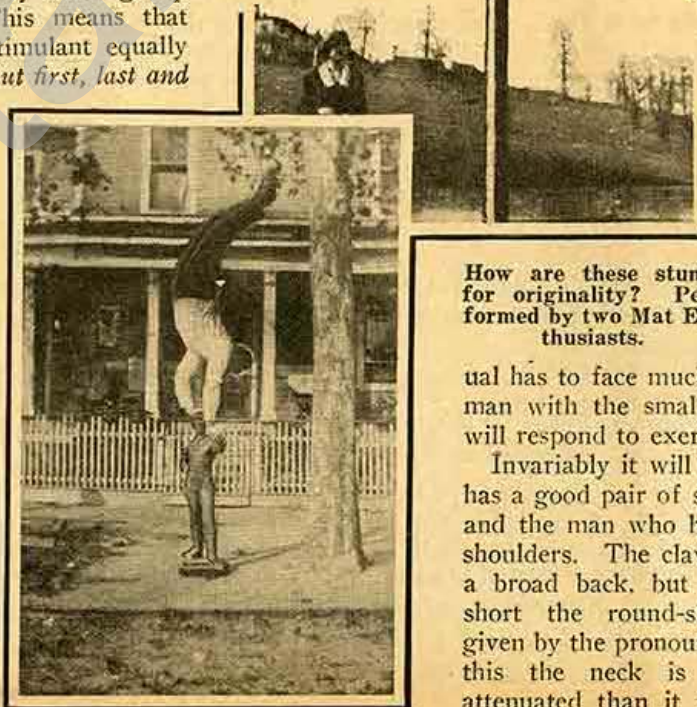
REED SWARTZ.

The development of the upper back is more or less controlled by the handiwork of dame nature when the body is still in its plastic or growing stage. This handiwork is evident by the formation of the bones at the shoulder. If the clavicles are long, then a person is apt to have broad shoulders and the possibility for him to secure great development is easier.

I do not mean to say that a person who is not so fortunate as to have this natural asset cannot obtain the desirable results. He can, but it will take a longer period of time and harder work to get them.

The latter individual has to face much the same problem as the man with the small wrists, though the back will respond to exercise much more readily.

Invariably it will be found that a man who has a good pair of shoulders has a good neck, and the man who has a slim neck has round shoulders. The clavicle always sits square in a broad back, but where the collar-bone is short the round-shouldered appearance is given by the pronounced slope. Because of all this the neck is made to appear more attenuated than it really is. In many cases



How are these stunts for originality? Performed by two Mat Enthusiasts.

protruding shoulder-blades are noticeable from this cause.

There is no reason for protruding shoulder-blades or round shoulders. Even if a man cannot develop his back to broad herculean proportions, he can acquire a symmetry that is pronounced by its grace and beauty.

The beauty of acquired back development is the effect it has upon the spine. The hump is taken out of the back and the head is straightened upon the shoulders. The unnatural conditions are brought about from lack of natural muscle resistance, which allows the muscles to atrophy into a similar stage as seen in old elastic. It becomes robbed of its elasticity and the muscles maintain only a meager contraction.

As the back becomes broadened and more heavily muscled, the muscles become shortened, giving them their natural contraction.

To get the best results a person should concentrate first on broadening the back as much as possible, in order to give greater space on which to build up a greater quantity of muscle.

Pulling in to the chest a weight with arm strength only was always my favorite. In this exercise I endeavored to handle all the weight I possibly could with few repetitions, repeating the exercise three or four times at one practice.

The whole secret of this exercise lies in not moving the body from the commencement of the exercise to its conclusion. Bend over from the waist considerably, and by having the knees slightly bent a greater poundage can be handled; particularly is this so when the resistance is becoming very evident upon the back. The bent knees absorb the strain that is otherwise thrown upon the small of the back, which brings about the undesired rounded spine in the lumbar region. I never allow the bell to touch the floor at any time. When commencing the exercise I always raise the weight clear off the floor, allowing the bell to hang at arms' length. The pull on the shoulders becomes very evident and increases as the exercise is continued. The feet should be kept well apart in order to give a better balance, and the movement from the floor to the chest should be devoid of any jerking.

This exercise practiced as I have described, will certainly give fine results in broadening the back.

Building muscle comes next, and for this I loved to practice military pressing a bell to arms' length from the back of the neck.

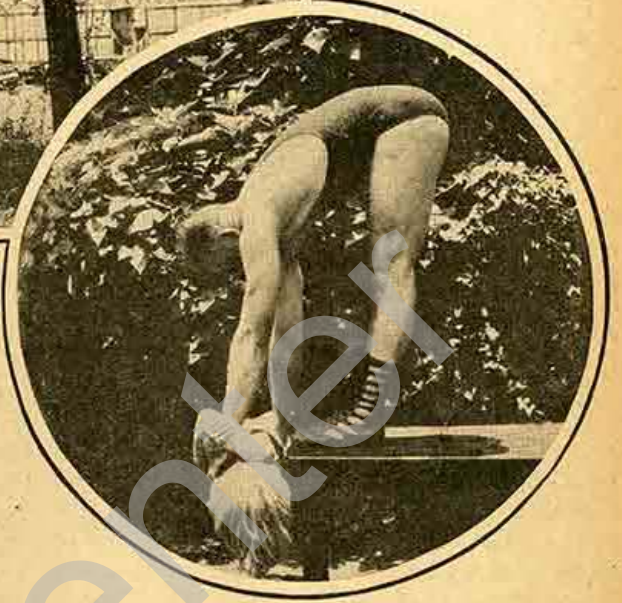
Pressing from this position causes a greater contraction of the back muscles and has the admirable tendency of combating the back bend which most body culturists fall into when pressing from the chest as the exercise becomes too difficult.

All good military-press men practice this exercise, as less weight can be handled in it than in the military press, because of certain disadvantages in arm leverage. This fact allows wider scope for progression and shows improvement in the actual lift.

Every exercise calls for study in its execution. The trouble with some is that they don't want to study and



The picture to the left illustrates a test of finger strength. To the right, an original exercise. Does your back bend like that?



don't want to do the work, but they want the results. In other words, they follow the line of least resistance and wonder why they don't get the same results as many others. I am glad to know that very few of this type are found among the real red-blooded body culturists.

Not long ago I had a letter from an old Australian friend whom I had known and trained with years ago. He reminded me of the times when we trained under the worst difficulties possible in our bedroom, where we broke mother's furniture falling with weights, and ruined the bed mattress in our wrestling training. Did I remember! You bet! My mind sailed back over the span of years to those grand, happy days.

Fact is that the largest majority of the good boys have done their training between the confined walls of a bedroom.

Progress makes things easier every day. The craze for luxury makes greater the necessity for physical exercise.

Physically the price is paid if we neglect ourselves. The body adds a greater number of degenerated muscles, that exist in only a rudimentary condition.

I wonder if my readers ever realize just how much we have forfeited.

Have you ever wondered how a dog or a cat can eat putrid meat and yet not become sick? Yet, canned goods and spoiled foods quickly bring about many complications in the human being.

These animals have an antiseptic germicide saliva. Time was when man had; but like the dulling of scent and hearing, and the degeneration of little used muscles, this saliva passed away from us rapidly when cooked foods lessened its necessity.

It was one of our greatest losses, which, if we had retained, would have protected us against any such dangerous ailments as ptomaine. (Continued on page 82)

Learn to Relax

Make Relaxation a Habit and
Better Your Health and Efficiency

By *Harold Mynning*

WATCH the pianist sit down to the piano and run his fingers lightly over the keys, coaxing from that thing of wood, iron, metal strings and ivory, the immortal melodies of Schumann, Chopin, Beethoven, Liszt, Rubinstein, Debussy and other composers, whose music is the cheap and yet priceless heritage of the ages. "Ah," you say, "how easy, how smoothly, those miracle fingers work." They are a perfect medium through which the music is taken from the printed page and made into a thing of joy and beauty forever.

It is true that those fingers work with remarkable ease and assurance; but why? It is because those fingers work in perfect co-ordination. Or in other words, because only those muscles are used which are needed to perform the act of moving a certain finger or fingers. The others are kept in a state of relaxation.

However, this article has nothing whatever to do with music, but I have mentioned music because it so well illustrates the important principle of relaxation. Ask any piano, violin or voice teacher what is the most important technical principle in the study of music and every one of them will tell you relaxation.

If relaxation is important to the musician why should not it be equally, if not more so, to the average individual, no matter what line of human endeavor he follows. There is, or at least there should be, a technic of living, and we can never hope to perfect it if we keep our nerves in a tense, taut state. Americans are very apt to do this and consequently many of them suffer from what the well known Chicago neurologist, Dr. William E. Sadler, calls "Americanitis."

Some one has said that the average person uses at least ten times as much energy to perform a given act than is necessary. Margot Asquith, wife of the former prime minister of England, Herbert Asquith, tells us that she once asked Gladstone, who was premier during the reign of Queen Victoria, to what he attributed his great success in life. She said he replied without a moment's hesitation, "My power of concentration." But I wonder if he wasn't mistaken. I wonder if he shouldn't have said, "My power of relaxation." For his biographers tell us that no matter how busy he was with the affairs of state, he never was excited, he never lost his head.

Much of the hurry and bustle of our modern life is useless. It is much like a description some one gave of a Kansas cyclone, "It doesn't start anywhere in particular, it doesn't go anywhere in particular, it's just a lot of wasted energy."

Those who always seem to be in a hurry are often the ones who accomplish the least. In the days of his active business career, John D. Rockefeller appeared to his friends to be exasperatingly slow. A surgeon once said to his assistants, just before he was about to perform an important operation, "Don't hurry, gentlemen, I have no time to waste."

One mustn't try to do too many things in a given length of time. We Americans, the world's greatest exponents of mass production and system in business, are very unsystematic in regulating our daily activities. Thousands slack along in the early part of the day and then try to get everything done in the last two or three hours. This is wasteful in two ways. We waste not only the best part of the day but we throw ourselves in a turmoil trying to get things done in too short a time.

The world famous musician, Ossip Gabrilowitch, was once asked how he managed to carry on his activities as a concert pianist and at the same time attend to his duties as conductor of the Detroit Symphony Orchestra. He replied that it was all due to system. A certain time for everything.

Many people find it difficult to do some task that perhaps they have been putting off for some time. But alas, after they have started it they can't let go of it, which of course in its way is just as bad as not being able to start it. I came into a home not long ago where the husband urged his wife to stop working on a dress. "You can finish it tomorrow," he urged. "Yes, I know," she replied, "but I've got it started now and I want to finish it tonight." The truth of the matter is the woman had worked too long on the dress, her nerves had become taut and she couldn't let go.

If one has the knack of letting go, they have one of the greatest assets on the side of self-mastery. Dr. Frank Crane, the well known essayist, and apostle of idealistic common sense, tells us that he actually thinks this letting go and relaxing, like he did, in the form of taking an afternoon nap, of ten or fifteen minutes every day, actually saved his life.

Now, all are not situated so they can do this, but many of us who could, would probably say, "Oh, I can't relax in that way. Wish I could but I simply can't. I've tried it a couple times and failed every time." Well, of course, they can't. They can't because they never trained themselves to do it. It's largely a matter of habit.

As for those who are really masters of their own time and yet say they simply haven't the time, it might surprise them to find out that the world famous surgeon of Rochester, Minn., Dr. William J. Mayo, finds time in his busy life, for a few minutes of utter relaxation every afternoon.

Some people really boast of the fact that they can't be idle. "I've got to be doing something all the time," is their song. Frankly, anyone that has to be doing something all the time, anybody who can't be comfortable unless they do, is already on the road to nervous prostration. Industry and hard work are, of course, desirable virtues, the world wouldn't go very far without them, yet one can become a slave to hard work. There really is such a thing as temperance in work, like there is in everything else.

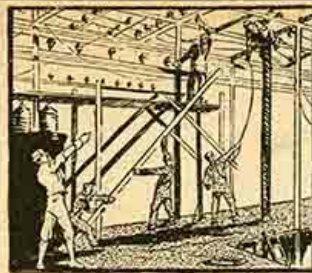
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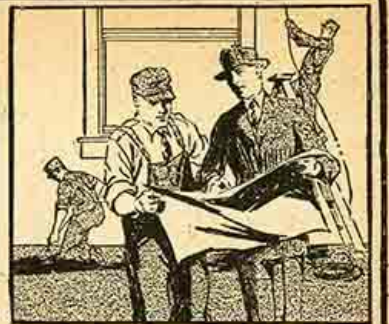
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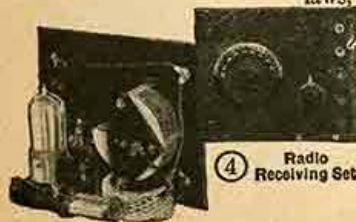
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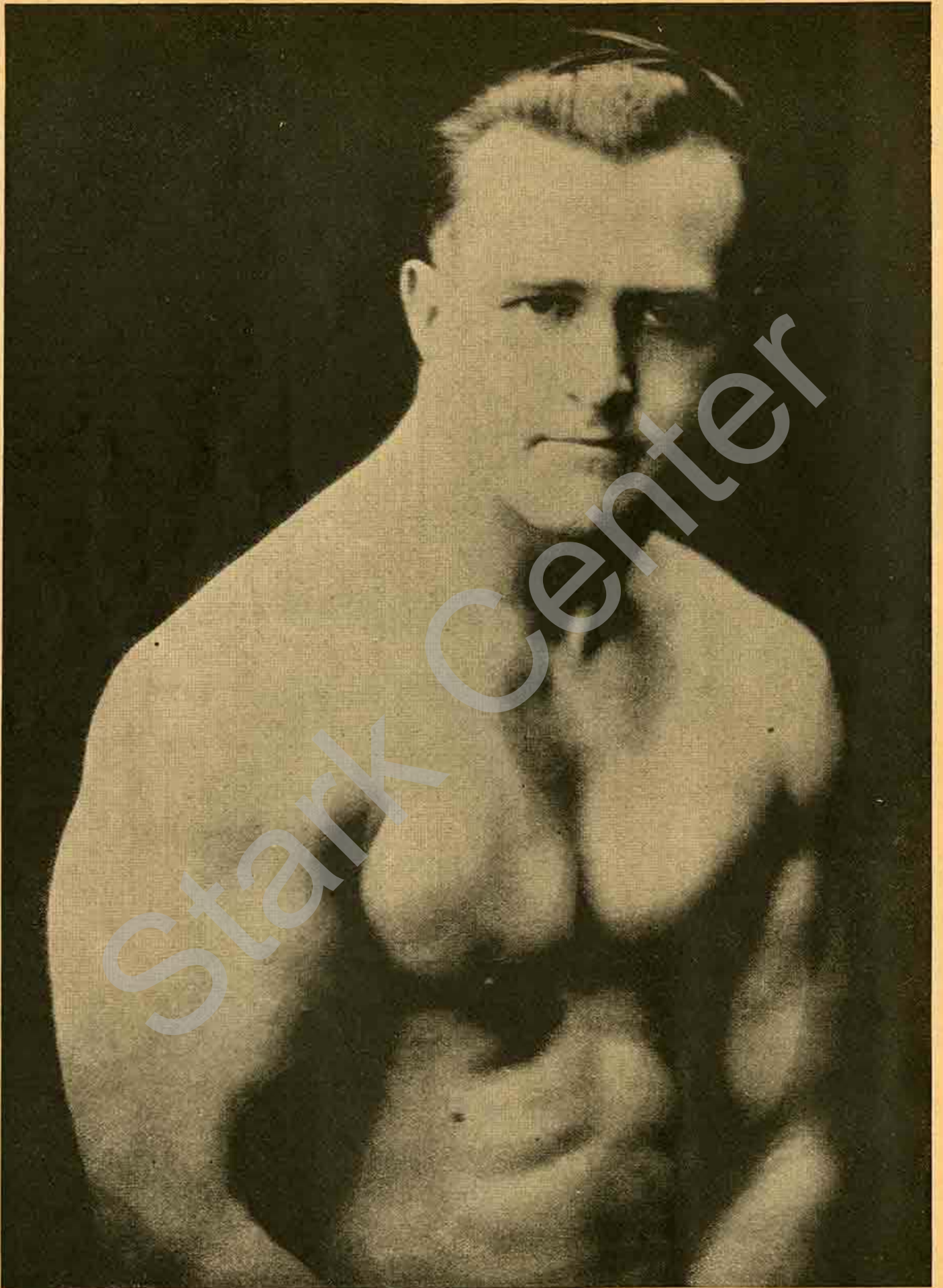
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and tells his friends it's peppermint candy can never get away with it.

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STRENGTH HOLDS THE WORLD

Some lazy individual may try to tell you of a man who made a success of life and still had a weak body. Yes, I've heard of blind men who did it. But, oh boy! What they would have done if they had their eyesight.

What's the use of wasting words? Everyone knows that the big, strong robust fellow who is brimming over with life and vitality has the world by the tail. And he has the power to swing it.

Do you want this strength? Do you want this vital power? Do you want social and business success? Of course you do. Well, listen to me and I'll show you how to get it.

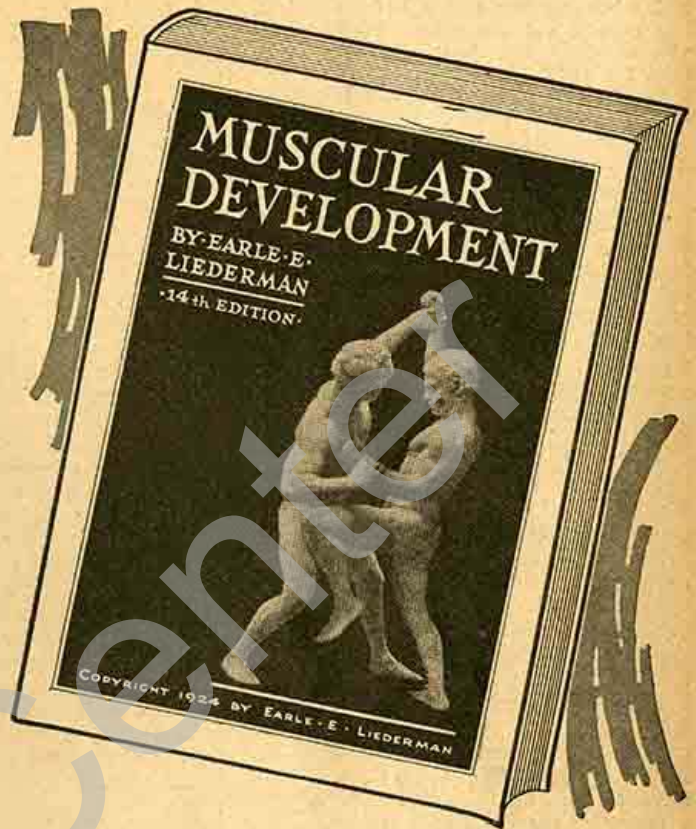
I MAKE STRONG MEN

I make big men out of little ones. I'm a muscle builder. I didn't just take this name. The public gave it to me. Eugen Sandow says my system of body building is the greatest and surest that America ever had to offer. And it's done the trick for thousands. In fact, it never fails. That's why I guarantee it.

Just for a starter. I'm going to put one full inch of solid muscle on your arms in the next thirty days. Yes, and two inches on your chest in the same length of time. But that's nothing. From then on, you can tell your friends to watch you step. I'll build out your shoulders. I'll broaden your back. I'll deepen your chest. I'll literally pack muscle up and down your stomach and over your arms and legs, and meantime I'm working on those inner muscles around your vital organs. Your whole body will be on fire. You'll have spring to your step and a flash to your eye. You'll feel the old pep shooting up and down your old spine. You'll call the bluff of everyone. You'll be a real HE man and you can prove it.

Come on then. Let's stop talking and get busy. I'm not just promising all these things. I GUARANTEE THEM. You take no chances with me. It's a sure bet.

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Health—Strength—Beauty

(Continued from page 60)

and when evening comes I do not feel like getting out for some recreation. I will certainly appreciate it if you will send me some advice as to exercise and diet. I am underweight. My height is 5 feet 1½ inches.

Mrs. L. W. B., Okla.

What you need is a routine of exercises that will tone your muscles and build up your body. Your condition is probably caused from neglect and too much worry. By proper exercise and eating you can bring back your health and gain the proper amount of weight. For your height you should weigh about 118 pounds.

In the August issue there appeared an article "Exercises for the Thin Girl" by Margaret Sargent which just "fits in" your case. I would suggest that you follow out the advice and exercises given.

For your diet I would suggest a normal amount of fruit, vegetables, bran and milk products. Eat more potatoes (boiled or baked with the skins) natural brown rice, whole grain breakfast cereals and whole wheat bread. Also increase the amount of fat that you are now eating, if you can take it without any discomfort. Butter is best for you, also crisp bacon, olive oil and all vegetable oils. Drink a quart or more of milk a day. Reduce your consumption of energy by a great deal of rest from activity, absence of worry, anxiety and unhappiness and by longer periods of sleep.

DEAR MISS HEATHCOTE:

I hardly know whether to write to you or the doctor for this advice.

I have been having trouble with my feet for almost a year. The beginning of my trouble was wearing shoes that were too short for me, as my feet are so narrow and thin I can very seldom get a shoe that fits.

For the past five months I've been wearing arch supports and they have greatly relieved my suffering, but now I've moved to such a small town there is no machine for adjusting the supports and my feet have started hurting again.

I have been to several chiropodists, and they say my arches haven't fallen but are only weak and have caused my large toe joints to become inflamed, which in time would be unsightly bunions.

Please give me exercises which will build them up. Don't you think I can soon be able to do without supports entirely?

I would appreciate any advice and exercises you could give me.

Mrs. A. L., Mo.

The first thing for you to do is to buy yourself a pair of shoes with sensible heels and of the proper length and width. The wearing of very high, tight shoes, as many women do, is quite liable to destroy the natural position of the feet, and that is what probably happened in your case.

I would not advise you to wear a flat-soled shoe. They are for wear when indulging in sports or games. The sensible heel is neither too high nor too low.

For the inflammation I would suggest that you bathe them in hot and cold water, alternately, with a handful of epsom salts mixed in. The hot water relaxes all parts and has a soothing effect on the nerve centers. The cold water gives a contrasting reaction which has a tonic effect. The salts take out inflammation and swelling.

Here are a few exercises which will be sufficient in aiding you to strengthen your arches and acquire good, sound, dependable feet.

Exercise 1. Sit on bed or table with feet extending beyond the edge in order to give them free movement. First extend the feet pointing the toes, then turn the bottoms of the feet inward and draw them up. Straighten the foot and continue as before. This involves a rotary motion and by practising this movement a strong contraction of the inside foot muscles will be acquired. Repeat fifty times.

Exercise 2. Stand with the toes of both feet together, heels apart. Rise on the toes carrying the weight to the outer sides of the feet. Repeat fifty times.

Exercise 3. Stand with weight resting on outsides of feet, keeping feet parallel; while in this position walk fifty steps.

Exercise 4. Walk, keeping the weight entirely on the balls of the feet and extending each foot well as it is placed on the ground. This walking exercise can be practised any time, anywhere, whenever you feel you will not make yourself conspicuous by it. Reverse this exercise by walking backward in the same way. Take fifty steps at a time.

DEAR MISS HEATHCOTE:

Today is the first time I ever bought your magazine, but I am so convinced that I am writing you for some help.

Ever since I can remember I have been ridiculed for being fat. I have always been fat, and oh! how I've hated myself for it. My mother is old fashioned and believes that all healthy persons should be fat. Two years ago I was married, and gained twenty more pounds. Since then, about the last three months, I have dieted and have lost twenty pounds. Now here is my history.

I am 23 years old, weigh 165 pounds, am 5 feet 6 inches tall. Bust 37 inches, waist 34½, hips 39½, thigh 23½, calf 14, ankle 9, neck 13½, chest 35, upper arm 12, forearm 10, wrist 6½.

I am fat all over. I'm going to do the exercises given in the issue I have. Can you advise any others, especially for my legs above my knees to my hips. They are very fat and flabby, and my arms are fat and flabby also. The upper arm is just as big from the elbow up to the shoulder.

I am going to start swimming. Will that be good for me? Will 15 minutes a day exercising be enough? You see I work in an office and have very little time.

My hair is very dry and breaks off whenever I brush it. I always use olive oil in shampooing it. What is good for it?

Hoping to hear from you and thanking you in advance, I remain,

J. G., San Francisco, Calif.

According to the standard measurements you are about 25 pounds overweight. These are not "perfect" measurements, however. It may be that your bone structure is a little larger and your weight would naturally be a little higher.

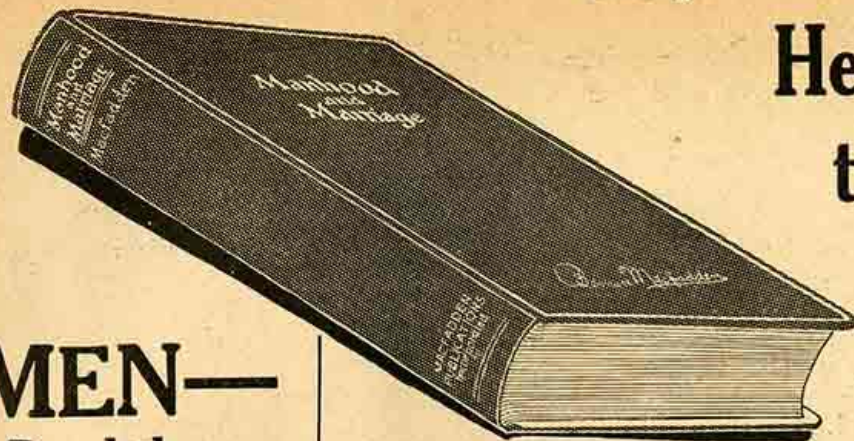
Most of your surplus flesh seems to be around your waist. Now waist bending and twisting movements are the only things you can do to wear this away. It is naturally a slow process and will make you very sore at first, but you will find after a short while that you can increase the time spent in exercising without tiring yourself any more than in the first exercises.

As was mentioned in a recent article on fat reducing, the first and most important part is leg raising and kicking. Persevere on this and be satisfied if you take off only a few pounds every month for a while. You can do better than this if you have the perseverance, but if you do your exercise only once a day, you cannot expect too quick results. The kicking movements may be a little vigorous at first, but try to raise your leg higher with each succeeding swing. Do this and the plain leg raising as many times as you can. If you are working it may be that you can do it only in the morning and at night. If possible, do it three or four times a day, and you will not tire yourself as much as doing it a great number of times at once.

Squatting will also help. Do this with your hands on hips to promote balance. Swimming is good exercise for anyone, but do not let it replace your leg work for a while, at least. Do both and swim as often as you can.

Regarding your diet, be careful to avoid starchy things and pastries. Use bran bread and some laxative cereal such as bran or pep. Eat oranges, and as few potatoes, bananas, puddings, pastries as possible. Always eat a salad or fruit where you can do so in preference to a heavy meal. This applies particularly at noon if you are an office worker.

Regarding your hair, you might buy some liquid vaseline, perfumed with a few drops of rose water. Massage this well into the scalp twice a week. If yours is an extreme case, you might even do it every night for a while. Don't massage too roughly. Feel the scalp moving under your fingers.



MEN—

Read these chapter headings!

- 1—The Importance of Virility
- 2—Am I a Complete Man?
- 3—Is Marriage a Necessity?
- 4—The Age to Marry
- 5—Selecting a Wife
- 6—Love Making and Its Dangers
- 7—Establishing the Intimate Relations of Marriage
- 8—Marital Mistakes and Excesses
- 9—Regulating Marital Intimacies
- 10—Should Husband and Wife Occupy Separate Beds?
- 11—Conserving Love — The Basis of Marital Happiness
- 12—Should Husbands be Present at Childbirth?
- 13—Are Children Always Desirable?
- 14—The Crime of Abortion
- 15—Divorce Physiologically Considered
- 16—Can a Wrecked Marriage Be Reclaimed?
- 17—The Erring Wife
- 18—Jealousy — the Green-Eyed Monster
- 19—Quarreling and Making Up
- 20—Sowing Wild Oats
- 21—How Virility Is Destroyed
- 22—The Truth About Masturbation
- 23—Seminal Losses
- 24—The Plain Facts About Varicocele
- 25—The Troublesome Prostate Gland
- 26—Impotence and Allied Sexual Weaknesses
- 27—Sterility
- 28—How to Build Virility
- 29—Exercises for Building Virility
- 30—Foods that Help to Build Virile Stamina
- 31—Diseases of Men—Their Home Treatment
- 32—The Prevention of Venereal Disease
- 33—Various Problems of Young Men

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Stamping Out Malaria

(Continued from page 38)

exertion. There is no doubt that in all malarial districts, particularly in the South, there are thousands of individuals who have the reputation of being chronically lazy and shiftless but who are merely malarial and who could be completely cured and restored to normal with a few dollars' worth of quinine.

It is probable, also, that the disturbance in the function of the liver and spleen, characteristic of most malarial subjects, is largely responsible for the chronic disorders in digestion and metabolism from which they suffer.

This, in turn, produces auto-intoxication from intestinal absorption, which still further poisons and lowers their already low state of vitality.

Kidney degeneration frequently manifests itself in improperly treated malarial patients, sometimes developing into an acute form. In any event, however, it is sufficiently grave to warrant the closest attention and the most solicitous treatment.

Typhoid and pneumonia are also quite common in malarial subjects—probably because of the fact that the oxygen-carrying power of the blood has been greatly reduced by the inroads of the disease and an excessive amount of toxic material has been permitted to accumulate in the blood as a consequence.

Look for the Parasite in the Blood

The symptoms alone are usually well defined and sufficiently convincing and to make an absolute diagnosis of malaria is relatively a simple matter. Merely examine a drop of suspected blood under the microscope. The fresh specimen is best, although fairly accurate results may also be secured by the examination of dried blood specimens prepared by the ordinary methods. The presence of the plasmodium establishes a definite diagnosis.

How to Stamp Out Malaria

There are two ways by which malaria can be effectively stamped out. The first is, to destroy the anopheles mosquito, the only means by which malaria may be transmitted. The second is to cure all malarial patients so that if all malaria-carrying mosquitoes cannot be destroyed, at least there will be no malaria for them to carry.

For the first means, so far as possible, all places in which mosquitoes can develop must be either drained, filled up, or else covered with a layer of kerosene, which will effectively destroy all the larvæ of the mosquitoes.

Ponds or small lakes may be kept stocked with fish known to feed on the mosquito larvæ. Salt-water marshes should be opened up so that tide water can enter freely and sweep the mosquito larvæ with it on its ebb. This free passage will also permit the killies and other small fish that feed largely

on mosquito eggs to help the good work along.

Gutters and sewer openings should be so constructed as to prevent the accumulation of stagnant water. Rain barrels and cisterns should be carefully covered. Roof tanks, cesspools and similar receptacles should be covered by screen or netting. Old tin cans, broken bottles and other mosquito incubators should be buried so that they will not fill with rain water.

The greatest care should be taken to avoid being bitten by mosquitoes. To this end, all doors and windows should be screened during the mosquito season, and a relentless war of extermination should be waged against those winged argonauts that first find their way into the dwelling place.

The variety of mosquito that carries malaria is a night-flying bird, and a female at that. The male has not the efficient boring equipment to penetrate the skin; therefore, he is doomed to feed on vegetable juices all his miserable life.

The female anopheles bites chiefly during the dark hours from sundown to sunrise. Therefore, well-screened houses and bed nets of mosquito bars greatly minimize the chances of malaria. They make it difficult for Mrs. Anopheles to get into action.

Remember that mosquitoes, no matter how worthy their intentions, do not become malaria carriers until they have become infected by drawing blood from persons who have malaria parasites in their blood. When they do become so infected, however, they remain capable of infecting other persons for all the two weeks of their iniquitous lives.

It is, therefore, vitally necessary to thoroughly eradicate the plasmodia of malaria from the blood of malaria victims, if the spread of the disease is to be curtailed and arrested.

Under the present hit-or-miss plan of treating malaria there are hundreds of thousands of "malaria carriers," persons who have malaria plasmodia in their blood. These individuals often do not feel sick at all. At most they may only feel dull, weak or languid; symptoms which might be ascribed, and usually are, to any number of conditions and as a consequence are treated wrongly or not at all.

The chief cause for malaria carriers is found in improperly treated malaria cases. The chief cause for improperly treated malaria cases is a general and lamentable lack of knowledge of how properly to treat malaria.

The New Method of Curing 100 Per Cent of Malaria Cases

This deficiency seems now in a fair way to be made up and the defect in former methods of handling malaria to be overcome, for exhaustive experiments made on thirty or forty thousand cases of malaria, of all types, have shown that the reason why

quinine has not hitherto proved the specific treatment it was thought to be was simply because the drug was not properly administered.

The results of these studies, first given by Dr. C. C. Bass of New Orleans, in detail (in the *Journal of the A. M. A.*, April 26, 1919, and in the *Southern Medical Journal*, for August, 1919) prove conclusively that, if the proper course of treatment is followed out 90 per cent of all malaria cases can be sterilized; three months' treatment it is claimed will sterilize 100 per cent of malaria victims.

This treatment, which is recommended by the National Malaria Committee and approved by the U. S. Public Health Service, is based upon studies undertaken by the Department of Experimental Medicine at Tulane University, working in conjunction with the International Health Board and the Mississippi State Board of Health. It has crystallized from a "Malarial Survey" made on 31,459 persons in an area of 328 square miles in Bolivar County, Mississippi, to whom, during 1916 and 1917, quinine treatment was furnished gratuitously, through the courtesy of the International Health Board and the State Board of Health.

The results of this research establish conclusively the fact that quinine is a specific in malaria when administered in proper dosage and over an adequate length of time.

The proper dose for an adult is ten grains every night before retiring. The proper length of treatment is eight weeks.

The dose for children is fixed at 1/20th of the adult dose for each year of the child's age. Therefore, children under one year of age would receive 1/2 grain nightly; one year, 1 grain; two years, 2 grains; three years, 3 grains; four years, 4 grains; five, six, seven years, 5 grains; eight, nine, ten years, 6 grains; eleven twelve thirteen, fourteen years, 8 grains; fifteen and older, 10 grains.

For children under ten years the quinine may be mixed with aromatic syrup of yerba santa, so that one teaspoonful will represent the desired dose of quinine. Older children and adults find the quinine most convenient to take and most effective when given in capsule form.

Dr. Bass especially emphasizes that the full eight weeks' treatment should be prescribed at one period. There is a certain psychology in the fact that the treatment is at hand which acts to prevent the waste of any unused portion.

Also, the patient should be thoroughly impressed with the fact that, even though he may, after a few weeks' treatment, feel that his cure is complete, he should nevertheless continue for the full eight weeks' course in order to insure success.

(Continued on page 74)

WHO WILL TRAIN YOU?

The Most Important Way to Get What You Want Physically Is Thru PROPER PHYSICAL TRAINING. But "Where can I get that?" you ask yourself. Let the great James J. Corbett answer that for you—

Corbett said, "Benny Leonard Is the Finest Example of What Physical Training Means to a Man."

Corbett said that because he is a very keen student of physical training himself and *he knows*. He is aware that as a lad I was puny and frail and weak. He is familiar with the manner in which I applied myself to discovering ways of getting strength, muscle and all-around physical supremacy. He saw me lick every opponent in sight and wrest the **World's Championship** from that great master, Freddie Welsh. He saw me hold that championship against



all contenders during eight long years of fierce battling. I met them all—I gave everybody who wanted a whack at me, a chance to inflict their worst possible punishment. I have remained **UNDEFEATED!** How did I do it?

I did it through the most marvelous discovery of physical cultivation that has ever been made: A system of unique training which placed me and kept me at the very top of physical achievement—the **Championship of the World**

BENNY LEONARD'S

HOME COURSE OF MUSCLE AND BODY BUILDING (AND BOXING)

Now that I have voluntarily retired from the ring, I need no longer keep these secrets to myself. I recently announced in advertisements like this, that I will accept a limited number of pupils *to train at their homes* under my personal instruction, by correspondence. These pupils are receiving personal letters from me regularly every couple of weeks, and complete home gymnasium apparatus and dozens of photographs of myself demonstrating the movements. I am teaching and showing them how to get what they are after. *Some want big muscles. Some, all-around health and physical fitness. Some, want better bodies and more pep—to forge ahead in business and professions. Some want sexual powers. Some want to become boxers and learn my methods.* All of them are getting what they want. They are writing me letters which are enthusiastic in praise of what I am doing for them. Here are just a few of the hundreds I am getting right along:

In the short time I have been studying your course I can truthfully say I find already a great improvement in my condition.

JOHN GRAY,
North Side, Pittsburgh, Pa.

• • •

Your lessons never overtax—they are just suited to what I want. Always there is something extra and interesting in each lesson. I shall strive for a body as supple and strong as yours.

L. ABERN,
E. St. Louis, Mo.

• • •

I never felt so limbered up in all my life. I can see I am going to get a lot of good out of your teachings.

H. PHILLIPS,
12 Electric Ave., Wells, Mich.

• • •

Your course is the most wonderful experience I ever had.

SAMUEL RUBINS,
347 W. 59th St., New York City.

• • •

You know your subject—the human body and its care and needs. I am well versed in the anatomy of the human frame, but your letters are giving me a new viewpoint which is just what I want.

RICHARD E. LEACH,
Ernest & Cranmer Bldg.,
Denver, Colo.

• • •

I have found it hard to keep in trim, but have tried private gymnasiums and other aids to fitness. Your course is doing what these failed to do, by making it easy

with a few minutes' pleasurable effort each day in my own home to keep in perfect condition. It's a dandy and I recommend it to everybody.

C. SWAYNE PHILLIPS,
Upper Montclair, N. J.

• • •

As World's "Champion Strong Man for His Age," I whole-heartedly recommend your system to all who wish to build their muscles, strength and all-around vigor and fitness. I have enrolled in your course, as it is different from others.

ARTHUR LESLIE,
1926 Broadway, New York City.

• • •

I want you to know how wonderful I have found your course. I recommend your course to the Women of America who want to develop beautiful and healthy bodies in an easy way, in the privacy and convenience of their own home.

DOROTHY KNAPP,
The American Venus of the Ziegfeld Follies,
Amsterdam Bldg., New York City.

• • •

I am glad I have taken up your course. I feel a difference in me already. My folks see a difference in me already.

WM. D. HADDON,
533 W. Dayton St., Madison, Wis.

• • •

My bowels move regularly now as soon as I get up, and two or three times a day. I am getting better results than with the other course which I had to give up. I'll stay with you. You're making good!

CHRIST. T. ROLOFF,
Marsden, Sask.

Let me do the same for you. My personal course covers six months of instruction to meet your own personal requirements. **It's like having Benny Leonard visit your home every day.** Enroll for this course and answer once and for all the question of "where to get the right physical instructions." Send this coupon for my free booklet "Now I Can Tell You," which tells you some very new and interesting things about me and my unusual home course of personal training. No obligation. Send it AT ONCE.

Benny Leonard

Undeclared Lightweight Champion
of the World

123 W. 31st St., N. Y. C.

MAIL THIS COUPON NOW

For my FREE fascinating Book, "Now I Can Tell You." There is no obligation.

BENNY LEONARD, 123 W. 31st St., N. Y. C.,
Dept. 7-S

Please send me your booklet "Now I Can Tell You," which describes your home course of teaching physical fitness by mail, in which I am interested. I enclose 10c (postage or coin) to cover mailing, etc. This places me under no obligation.

I am interested particularly in the following, marked X—

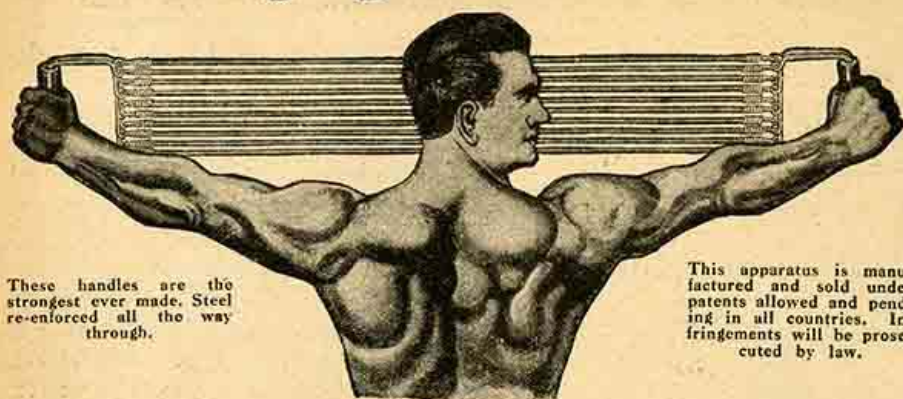
- | | |
|--|--|
| <input type="checkbox"/> General Physical Fitness | <input type="checkbox"/> Gaining Weight |
| <input type="checkbox"/> Big Muscles | <input type="checkbox"/> Better Health |
| <input type="checkbox"/> Strength | <input type="checkbox"/> Constipation |
| <input type="checkbox"/> Boxing Instruction | <input type="checkbox"/> Rheumatism |
| <input type="checkbox"/> Getting a Better Job | <input type="checkbox"/> Rupture |
| <input type="checkbox"/> Increased Pay in My Present Job | <input type="checkbox"/> Stomach Trouble |
| <input type="checkbox"/> Reducing Weight | <input type="checkbox"/> Short Wind |
| | <input type="checkbox"/> Nervousness |
| | <input type="checkbox"/> Pimples |

Name.....

Street.....

City..... Age.....

You TOO Can Have Muscles Bulging with Power



These handles are the strongest ever made. Steel re-enforced all the way through.

This apparatus is manufactured and sold under patents allowed and pending in all countries. Infringements will be prosecuted by law.

Every Muscle in Your Body Can Be Brought to the Highest Pitch of Development by My Methods and Apparatus—A New Invention
Over 100,000 Users—Not One Dissatisfied

THINK what it would mean to you to be five or ten times as strong as the average man—to have many times his pep, energy and vitality—to have muscles like steel cables all over your body—to enjoy the keen satisfaction of knowing that you could perform incredible feats of strength with the ease and sureness of the professional strong man. Nature gave you the frame and the muscles. Now you need only the *right kind* of regular daily exercise to develop them to their fullest capacity. And remember that as you grow in strength you also grow in confidence and the ability to handle yourself in any emergency that calls for the courage and power of a *real man*.

The McFadden Patented 10 Cable Progressive Exerciser

will positively give you strength like that. It will add inch upon inch to your arms, legs, neck and chest, greatly increase your heart

and lung room, vastly improve your blood circulation, and make you stronger, healthier and more vital in every way.

This Exerciser Has a Resistance of from 10 to 200 Pounds

With the patented handles, which are a part of this apparatus, you actually have two 5 cable Progressive Exercisers that can be instantly converted into a 10 Cable Progressive Exerciser. The safety snap hooks can be

quickly adjusted, giving you as many cables and as much or as little resistance as you want. The progressive feature allows you to increase the resistance as your muscles become stronger.

My New Patented Stirrup Builds Legs of Steel

That's where most of the big fellows are weak—in the legs. But the ingenious new stirrup that I have added to my 10 Cable Progressive Exerciser will build your calves and thighs to marvelous proportions. It is made of one piece steel and stands a resistance of from 50

to 1,000 pounds. It can be attached to any 10 Cable Progressive Exerciser. Strong, muscular legs are a vital necessity to anyone who goes in for any form of athletics. This device is the only one designed to develop the leg muscles.

My Adjustable, Patented HEAD-GEAR Increases Your Neck One Inch in 30 to 90 Days

No man can claim to be a *strong man*, unless the muscles of his neck are fully developed. The McFadden Patented Head Gear will positively increase the size of your neck **ONE FULL INCH** in a few weeks. This apparatus

is simplicity itself. It is adjustable, and will fit any man or boy. By using it in connection with my Progressive Exerciser, there is no reason why you can't be just as strong as you want to be.

SEE WHAT YOU GET—

My Complete \$30 Outfit for the Introductory Price of Only \$8, Including My Incomparable 12 Weeks' Instruction Course.

After you have used my apparatus a few weeks, you'll be the first to admit that it's the greatest eight dollars' worth of sheer value you ever received. It has changed many a man from a thin, puny, undersized weakling to a prodigy of physical strength and rugged health.

Here is what you get—a complete outfit for developing every muscle in your body.

Any of these can be purchased separately at the price shown.

10 Cable Progressive Exerciser, worth	\$8.00
Patented Progressive Handles with 1,000 pounds resistance, worth	2.00
Patented Progressive Stirrup with 1,000 pounds resistance, worth	1.00
Patented Progressive Head-Gear, the only one of its kind, progressive resistance and adjustable to any size head and neck, worth	3.00
12 weeks' Home Instruction course, the most wonderful ever written—the kind you cannot get elsewhere, worth	15.00
The Michael McFadden Encyclopaedia, worth	1.00
	\$30.00

TOTAL WORTH, \$30.00; COSTS YOU ONLY \$8.00

You cannot buy a similar outfit anywhere else at three times this price. In fact, you cannot buy an outfit as complete as this with such a course as I give you, at any price. Thousands of the world's greatest strong men have endorsed my course of instruction and the McFadden 10 Cable Progressive Exerciser. Remember, I guarantee it to increase your biceps **ONE FULL INCH** in from 30 to 90 days, and

all other parts of your body in proportion. Think what this means. In a few short weeks you are a new person—well on your way to be a professional strong man if you wish. If you are not fully satisfied, your money will be refunded without quibble or question. Start today along the royal road to health and strength—send **NOW** for this great body-building outfit before you forget it.

My Guarantee Is Backed by a \$10,000 Challenge

MICHAEL McFADDEN Dept. 184, 103 E. 13th Street
New York City

Stamping Out Malaria

(Continued from page 72)

For, failing to take the complete course of eight weeks, he is almost certain to relapse, or to become a carrier, a menace to himself and to the community at large.

In case of relapse, the full treatment must be undertaken again and then continued for eight weeks or longer with no allowance made for previous treatment.

The use of the hypodermic is to be condemned as it is followed by such an amount of pain as to preclude the possibility of anyone following the treatment faithfully for the prescribed time.

The importance of this new appreciation of the use of quinine can hardly be overestimated. Remember that malaria causes an average of 1,130,000 deaths, and more than 100,000,000 cases of serious illness in India alone. India is only one of the many great countries that bear the heavy burden of the ravages of the anopheles.

In certain sections of our own South more than 40 per cent of the population have had malaria within twelve months, while 22 per cent of the remaining 60 per cent were found to have the plasmodia in their blood.

However, following the thorough treatment now advocated for the control of malaria, parasite indices taken in May and December in one district of Arkansas alone showed a malaria reduction of 54.45 per cent. All this at a per capita cost of only fifty-seven cents.

In three years of mosquito control, plus proper treatment for malaria, the lumber town of Crossett, Arkansas, with a population of 2,129, has eliminated 97.1 per cent of its malaria. This in a town where, a brief three years before, 60 per cent of all sickness was due to malaria.

The per capita cost of the first year's campaign was \$1.24. In 1918 Crossett was left practically malaria free, at an expense that amounted to no more than fifty-three cents per individual.

These results prove conclusively that malaria is curable; that malaria carriers can be absolutely sterilized. It merely required intelligent persistence in the harmless, helpful treatment now known to be specific. The economic significance of the measure can hardly be overestimated. The gain in human life, health and happiness resulting from the general adoption of this method of treatment will be among the brightest jewels in the diadem of medical advance.

Dr. Bower's will have an article on Kidney Diseases in the October issue which will cover that subject thoroughly. Don't forget to read it!

Ask the Doctor

(Continued from page 58)

of getting rid of the hair on the lower limbs, that you might adopt the safety-razor habit with satisfaction to yourself.

DEAR DOCTOR:

I wonder what you would think about a person having tuberculosis about two years to go on a milk diet? I bought a well-known book on this diet, but am a little afraid about starting. I imagine it would be quite a serious undertaking for a person in a weakened T. B. condition, running an evening and frequently an afternoon temperature seldom under 99.45°. I do quite a lot of coughing; have been in bed for six months trying to reduce my fever. Spent the first year of my sickness in a state sanatorium. Am now at home. I wonder if you would give me your opinion on the milk diet; it would be greatly appreciated.

H. C., Hanover, Conn.

I have seen some very splendid results from treatment by the milk diet, and by rest, in conditions such as yours. However, you are not justified in making any sort of a radical departure from the strictest sort of regime laid down by your physician without consulting him in this matter. Please believe that I would do anything I possibly could to aid you in conquering this most grave trouble. Yet the only man qualified to advise in a matter of this kind is a competent physician who is right on the ground, ready to act for you in any emergency that may arise. I may suggest to your doctor, however, that I have had some exceptionally good results in first and second stage tuberculous conditions by giving from four to six glasses of milk a day and into each glass from thirty to sixty drops of dilute hydrochloric acid had been thoroughly stirred. The effect of this is to increase the assimilability of the lime content in the milk, and provide for the better utilization of this lime by the system. I feel certain that it is very frequently because of calcium salt starvation that the ravages of tuberculosis are not sooner checked. In a patient able to assimilate lime, the encapsulation of the tiny bacteria in the lung tissues is facilitated. In other words, we are building little caskets of lime around these sinister plants and preventing them from propagating and breeding and throwing their poisons of decay into the system. I hope with all my heart that what I have suggested to your doctor may prove helpful.

DEAR DOCTOR:

My mother is suffering from kidney disease, at least she has most of the symptoms of it, such as swellings about the eyes and ankles, bladder trouble, etc. She has been examined by local doctors, who tell me her kidneys are not directly involved. They prescribed medicine to neutralize the acid in her system and also advised her to diet.

She is now taking a preparation called "Matamel" which is said to be a concentrated solution of the sap of the Mexican Maguey plant. It is sold by a New York firm who claims that a prolonged treatment

with this medicine will cure Bright's Disease. Is this possible? My mother has only taken a small amount of this and yet the improvement is remarkable. If she continues to improve at this rate, I believe she will be entirely free of symptoms, but will this cure be permanent? What I desire to ask you in particular is whether I can obtain tablets containing the secretion of the adrenal glands and in what amounts they should be administered to a person in the condition my mother is.

She has marked loss of pigmentation in her hair and all parts of her body. Don't you think gland stimulation would help to benefit her? She is at present 46 years old.

J. F., Richmond Hill, N. Y.

I have heard frequently of the preparation you mention, and understand that some excellent results have been attributed to its use. If the improvement is as remarkable as you state, you would, in my belief, be very foolish indeed to change treatments. It should be obvious that if your mother can be entirely freed from symptoms, that, in all probability, all she need do in order to remain free from symptoms is to continue the use of the preparation—for life, if need be.

You can obtain adrenal tablets from any druggist. However, I would not advise you to deal with such a potent agency in a condition as grave as Bright's Disease. While gland stimulation might help loss of pigmentation, it may possibly be that the cause of this de-pigmentation may not be in the adrenal gland at all, but may originate in the thyroid. Would suggest that you consult some good gland specialist about this matter some time and check up on it definitely, as it may have a very decided bearing on the ultimate outcome in this case.

DEAR DOCTOR:

I have been reading your articles in the STRENGTH Magazine and also would like some advice.

I am twenty years old and my head is very near bald although I am very hairy on my body otherwise. About three years ago, I developed a skin disease and was sent to a specialist in San Francisco. He gave me a lotion to apply locally and the skin condition left. Since then I have lost my hair steadily. Last autumn, it broke out again but soon disappeared. In the last few years, many blackheads and whiteheads have formed on the upper part of my neck (in the hair) and on the upper part and side of my forehead, and some in the hair on my chest. On my forehead very hard and irritating pimples full of water and pus will form causing the hair to fall out and give me a very high forehead.

I have used all sorts of well-advertised hair tonics and remedies and violet rays but to no avail. I lead a clean life and am always out-of-doors, and am in the best of health.

E. F. G., Stockton, Cal.

I have seen some very splendid results in conditions similar to yours produced by a twice-a-week shampoo with tincture of green soap, followed by a thorough rubbing into the scalp

(Continued on page 78)

Learn About this Remarkable Strength and Health Giving Drink

It is now being introduced to the men and women of North America for the first time. For years it has been the principal beverage of South Americans—all the real nourishment many of them have for days at a time. The Argentine Cowboys, away on the plains for a week or more at a trip depend upon it absolutely—it is their food and drink.

They could not endure the constant riding, the hardships, without a daily ration of this truly remarkable but easily made drink.

It is Called MATÉ

and is now being imported into America. It is sold under the trade name—Joyz Maté Tea. It is not a drug; it is a natural pure, tonic food product with a wonderful power of assisting Nature to rebuild wasted tissues.

Invaluable in cases of Debility and Neurasthenia Rheumatism and Gout.

It is unsurpassed as a beverage for business men and women, brain workers and big men of action.

It provides an overflowing FOUNTAIN of STRENGTH for athletes and others who indulge in severe physical efforts.

Made exactly the way you make tea, but unlike ordinary tea Joyz Maté Tea aids instead of retards digestion.

If you feel fagged—this wonderful new combined food-drink will clear away your depression.

Read what these Well Known Men say of MATÉ

"It infuses strength directly into the nervous system," says the famous Dr. Gable, of Paris. (Introduced in Paris just a short while ago and is already a favorite drink there—and in London, too.)

"It imparts a feeling of perfect control over all efforts which govern any intellectual or muscular activity," says Dr. A. Moreau de Tours, of the Pasteur Institute, Paris.

"Wherever tried its restorative and sustaining qualities have been fully demonstrated," says John Basset Moore, President of the Pan-American Society, Washington.

A booklet **FREE** about Joyz Maté Tea

or if you send \$1 we will post pay to your address a full sized can for you to try in your own home. You will find it far superior to any other beverage you have ever known—in flavor, food value and medicinal virtues. Send for a can now. Try it.



As delightful in flavor as it is beneficial

The International MATÉ Co., Inc.
Dept. A, 23 Washington Street, New York

The International Maté Co., Inc.
Dept. A, 23 Washington St., New York
Gentlemen:
Enclosed find \$1 for full size can of Joyz Maté Tea.
Send me complete information about Joyz Maté Tea.

Sign name and address below

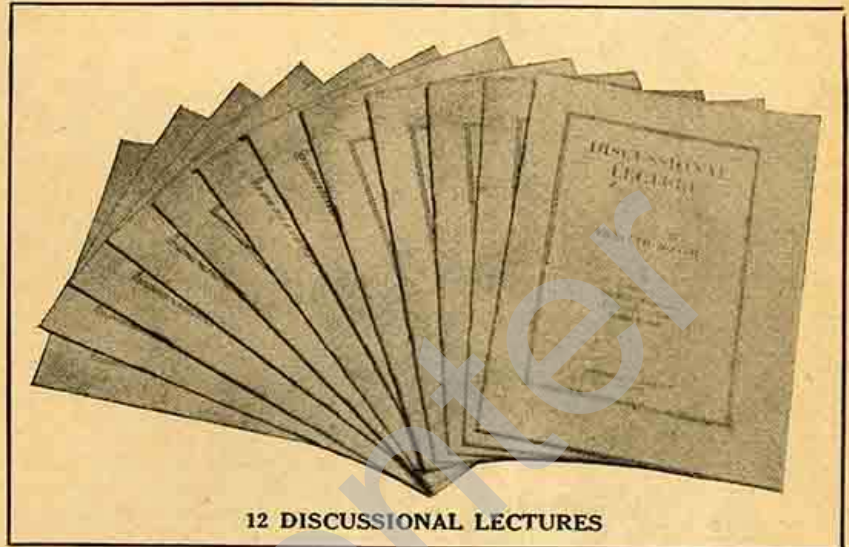
THOROUGH AND EXPERTLY LAID OUT PHYSICAL FITNESS EVER DEVISED

The Olympian Is Above Doubt— Above Criticism—Above All

You want and need a system of health promotion that teaches you everything about your body and your ailments that there is to know. The Olympian System does that very thing. You do not grope in the dark of physical ignorance when you have the Olympian close at hand. With the Olympian System you do not acquire great strength and development at the expense of your heart and other organs. You do not break one important cog in the human machinery in order to build up another. But you do get strength and a fine physique while rejuvenating and strengthening your heart and other organs.

We Urge You to Try the Olympian System if You Want the Best Method to Begin With

Don't handicap your future health, happiness and success by starting out with the wrong system. Many have done this to their regret before you. Why not profit by their mistakes? The only way to be sure of your future health, happiness and success is to get without delay the Olympian System.



12 DISCUSSIONAL LECTURES

See How Thoroughly the Health Subject Is Covered by the Olympian Method Here Are a Few of the Chapters

Make Yourself a Success
Light or Heavy Exercise
Developing the Chest
Back Building Chairs
Strength Testing
The Seven Ages of Exercise
Walking the Perfect Constitution Builder
Fresh Air and Deep Breathing
Corrective Exercise
Strengthening the Heart
Can One Grow Taller?
The Female Form
Exercise for Women
How to Discard Corsets
Play a Vital Necessity
Music and Exercise
Athletic Training
Sports That Build Manhood
Learning to Swim
Life Saving
Teach Your Child Artificial Respiration
You Are What You Eat
Table of Food Composition
The Value of Acid Fruits
The Question of Sweets
How Much Meat Do We Need?

The Vegetarian Diet
The Virtues of Uncooked Foods
Milk—Perfection in Food
Buttermilk—The Long Life Food
The Diet of Children
Eating as an Art
How Many Meals to Eat and Why
Appetite and Hunger
The How and Why of Digestion
Criminal Cookery
Preparation of Balanced Meals
What Is True Food Economy?
How to Economize on Foods
How to Avoid Indigestion
Conquering Constipation
Auto-Intoxication: How Caused, How Cured
The Milk Diet as a Cure
Specific Curative Diet
Hearing and How to Improve It
Better Thinking
How to Improve the Memory
Concentration
Mastering the Emotions
Thinking for Results
Acquiring Self-Confidence
How Success Is Mastered

Middle Age Life-Saving
Old Age—How to Prevent It
Exercises for Keeping Young
How Much Sleep Do You Need?
Simple Remedies for Sleeplessness
Outdoor Sleeping
Pure Air Indoors
Sunshine, Climate and Health
Clothing and Health
The Care of the Skin
Cold Baths—How, When and Why?
Annual Physical Examination
Colds and Coughs
Health and the Liver
The Kidneys
Heart Disease
Nerves and Nervousness
The Hidden Disease Menace
The Vital Machinery of the Body
The Nervous System
The Senses
Man's Muscular System
The Bones and Skeleton
The Human "Balance Wheels"
Eugenics

Alcohol and Eugenics
Should Cousins Marry?
Does Delayed Parentage Produce Superior Men and Women?
Preparation for Motherhood
Maternity Exercise
The New Baby and Its Care
Making the Baby Strong
Teaching the Child Sex Truths
What Is Your Correct Weight?
How Not to Be Fat
Help for Thin Folks
Breaking the Drug Habit
How to Cure the Tobacco Habit
Curing the Alcohol Habit
Beautifying the Complexion
Healthy and Beautiful Hair
Hygiene of Teeth and Mouth
The Eyes: How to Care for Them
The Source of Brain Power
The Human Mind
The Will
Psycho-Analysis
The Health Cure for Worry
Character Making Through Good and Bad Habits
Personal Magnetism

There Are Numerous Colored Exercise Charts and Yet

with all its peerlessness, the Olympian System is priced well within financial reach of every one. In fact, it is less expensive than many other systems.

The cash price post-paid is \$25.25

We also offer a deferred payment plan upon which you pay \$5.50 down and \$3.00 a month until \$29.50 has been paid us

On both the cash and payment plans, we will ship the Complete System C.O.D. and you will pay the postman \$25.25 or \$5.50 on delivery. The monthly payments of \$3.00 will be mailed to us, of course.

Save yourself \$4.25 by paying cash. Clip the Coupon instantly and mail it in NOW for this Course of all courses.

THE OLYMPIAN SYSTEM

168 N. MICHIGAN AVENUE, CHICAGO, ILLINOIS

The Olympian System, Suite B, 168 N. Michigan Ave., Chicago, Ill.

Gentlemen:

Please send me C.O.D. the Olympian Course. I agree to pay the postman \$5.50 and the remainder at the rate of \$3.00 a month, \$25.25 as full payment on the course.

Name.....

Address.....

City and State.....

I Will Prove to You that You Can Make \$100 a Week



YES, you can make \$100 a week. You can do as well as H. T. Pearl, of Okla., who made \$750 in one month. You can begin like R. L. Marshall, of N. J., who made \$80 in 5 hours. You don't have to invest any money, nor take a course, nor do any studying. You can start right in next week to enjoy a really big income. Do you want it? Then read this ad carefully and answer it at once.

700 Men And Women Wanted

We are ready to appoint 700 Representatives in all parts of the country. You can be one of them, and by simply doing what we suggest, you can make from \$50 to \$100 a week. Your first day will bring you big money. Leonard Lemay, of Mich., made \$15 his first afternoon; W. P. Stone, of Me., cleared \$24 in 4½ hours; Edgar Morris, of Ohio, made \$210 his first 2 weeks.

We are the originators and manufacturers of "ZANOL" Products—the nationally advertised line of Pure Food Products, Toilet Preparations, Soaps and Household Necessities—over 350 different kinds. We sell direct from factory to consumer. We have thousands of customers in every section of the U. S. Last year four million dollars worth of "ZANOL" Products were bought. But instead of our customers sending their orders direct to us we appoint Representatives to take these orders.

Big Profits For Easy Work

We will assign you an exclusive territory and let you handle our business there. You will simply introduce our products and let people know you have become the "ZANOL" Representative. The rest is easy.

If you want your share of these big profits, write now. We furnish our people complete equipment for doing business, FREE. We tell you what to do. We help you get started quick and make big profits at once. You will have the same proposition that has meant thousands of dollars to E. S. Shelly, of Penn.; Mrs. Nona Kern, of Miss.; Edgar Banville, of Mass., and dozens of others.



AUTO FREE

We offer to provide a car without any expense to you whatever. Mail the coupon for details of this liberal plan that will give you this automobile free and from \$10 to \$30 a day in cash.

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Send me your name and I will show you how you can make \$100 a week—and even in your spare time from \$8 to \$10 a day. I will show you how you can have a permanent, profitable, dignified business that will bring you a bigger income than you ever thought possible. Don't wait until someone else gets in ahead of you. Don't delay until it is too late. Write now.

Mail This NOW

Albert Mills, Pres., American Products Co.,
Dept. 1322 Cincinnati, Ohio.

Please send me, without cost or obligation, details of your new plan by means of which I can make from \$50 to \$100 a week.

Name

Address

Ask the Doctor

(Continued from page 75)

of a proprietary preparation known as Van Ness. This seems to be a combination of castor oil, kerosene and some stimulating principle. It can, under no circumstances, do any harm, so far as I know, and may do quite a good deal of good. You might try this and see.

DEAR DOCTOR:

I have a Milo Bar Bell but have been unable to use it of late because of severe pains in both heels which the doctor has diagnosed as rheumatism. The pain is so great at times I can hardly walk.

Various remedies, internal and external, have had little effect in correcting the ailment. I would be obliged if you would suggest something that would in your estimation, afford me some relief.

L. S., Phila., Pa.

If you can find some physician or institution in Philadelphia equipped with Betts' hot-air apparatus, or some of the dry-air baking machines, I believe that you might get relief, if not entire correction, of your trouble. The foot should be baked in this apparatus, at a temperature of 250° or 275°, possibly for ten or fifteen minutes, after which it should be thoroughly massaged with some good penetrating liniment. This should be done at least three times a week for a couple of weeks. At the same time you should drink six or eight glasses of water a day, and possibly a bottle of Kalak Water also. This will have very splendid effects in helping to alkalize the blood and overcome the diminished blood alkalinity that usually accompanies these conditions. For temporary relief you might get some Atrophan or some similar analgesic in the drug store; and be sure to secure at least two free daily movements of the bowels, as this is most essential.

DEAR DOCTOR:

I wonder if you could help me; I am a seventeen-year-old girl possessing rather weak ankles. If you could tell me of some exercise which would overcome this weakness, I would be very grateful.

N. L., Wooster, Ohio.

The best exercise for strengthening weak ankles consists in putting on a pair of soft shoes, standing erect, rising as far as you can on the toes, relaxing and repeating ten to fifteen times, three or four times daily. Then you should sit on the ground and, with toes together, turn them so as to make the little toe touch the ground, if possible. Repeat this six or seven times, a few times a day. If you are in the habit of wearing low shoes of the flimsy construction affected by young girls of your age these days, you had better reform and buy yourself an honest-to-goodness pair of walking Oxfords, with a good solid shank to support the arch of the foot. Be sure and see that the shoe fits snugly around the ankle, so as to give this also support. I believe this will solve your problem. If it does not, would suggest that you buy a one and one-half-inch

adhesive strap and bind this around the ankle every morning for a week or so, in order to give the ankle some more rigidity. If this fails, you had better consult some good orthopedist in your neighborhood and have him fit you with a properly made pair of shoes.

DEAR DOCTOR:

I am a heavy tobacco chewer—have been for over thirty years, and it is now beginning to show its effects. I am very anxious to give up the habit and will be very thankful if you will advise me how and in what way to give up the habit and what effects, if any, it will have upon my system. I have read where it is dangerous to quit entirely after using it so many years. Is this correct? I chew on an average of a pound a week, and I also drink three cups of coffee every morning. Though it will be a task, I can give them both up and only await your advice before acting.

T. F., Port Orchard, Wash.

The way to give up anything is to give it up—not to give it up a fraction of a time. I can foresee no possible evil that might result to you from curtailing entirely and at once the absorption of toxic products from tobacco, which, especially when chewed, cannot fail but exert a deleterious effect upon the heart, digestion and the nervous system.

If you are really in earnest of giving up tobacco, you might have the following prescription filled by your druggist and use this as a gargle or mouth wash every time there is desire to chew:

Nitrate of Silver..... 1 dram
Pulverized Alum.....½ dram
Hydrogen Dioxide..... 2 drams
Water 6 ounces

Three cups of coffee every morning are two too many. Better cut down to one cup for breakfast, one cup for lunch and none at all for dinner. I believe that all this will have a very definite effect in improving your general condition of health.

DEAR DOCTOR:

What can I do to overcome chronic appendix? The doctors here say that I should have it taken out, but I do not care to go under an operation. My stomach is very bad. I cannot digest my food. Have pain in right hip and down my leg, also very nervous and blue. I am 32 years old and weigh only 91 pounds. Am 4 ft. 11 inches tall. Would be very glad of any help and advice that would help me, as I have four little ones to care for and a crippled mother, and do all my own work.

L. W. N., Hammonton, N. J.

Many cases diagnosed as chronic catarrhal appendix are traceable to an irritated appendix, which in turn has its origin in constipation, imperfect elimination and improperly selected diet.

I have seen many cases of so-called catarrhal appendix completely cured by the following method. Would suggest that you take a teaspoonful of Oxy-Crystalline in a full glass of water the

(Continued on page 84)

Sons of the White Gods

(Continued from page 29)

River System enormous amounts of furs of all sorts are bought by the fur companies at the many posts which supply the red and white trappers and hunters and accept the pelts brought in from thousands of square miles of wilderness.

The amount of furs obtained along the Mackenzie system is so great that a difference of, say, a dollar each in the price paid for marten skins and fifty cents each on mink hides would mean a goodly fortune. The prices are regulated twice a year. The cargo boats that go down the Mackenzie system with the supplies as soon as the ice opens in spring take a list. But the Arctic Mail is the means of supplying the Factors with the latest quotations in winter. And the man who runs the Arctic Mail, as they call it in the North, faces a herculean task.

He leaves Athabaska Landing, which is on the Athabaska River just north of Edmonton, in December. And his job is to take that list of fur prices something like seventeen hundred miles to the northward, down the course of the frozen Athabaska to Lake Athabaska, across the lake, then down the Slave River to Great Slave Lake, across that barren waste of ice and out onto the Mackenzie, which is followed all the way to Fort Good Hope.

The North has produced strong men and great dog drivers, men whose strength and stamina have become legend, but for this task something more is required. The man chosen must be molded of the stuff that is called unconquerable. Only the greatest of them all are selected for this. And there is an unwritten law which governs. It ordains that they must go on until their work is done or until death stops them. Sickness, hurt, starvation, nothing can interfere, not even the North at its worst.

With their great wolf huskies or malamutes in the traces they have a schedule to keep up, and there have been those who beat back death to keep that schedule and carry out the trust imposed on them, those who went on when they were dying, who, according to every accepted standard of man's powers, finished the job when they should have been dead.

To be awarded this task is the highest tribute that can be paid. It means that the utmost of confidence is reposed in the man selected, not only for his physical endurance but for his sublime determination. He must be able to endure the unendurable, conquer the unconquerable and still keep going when confronted with the impossible. That, literally, is all in the job for the man who drives the Arctic Mail.

One might ask where physical strength enters. It does in many ways and it is almost invariably found in these men of the North, whose amazing endurance is developed of physical strength and fitness.

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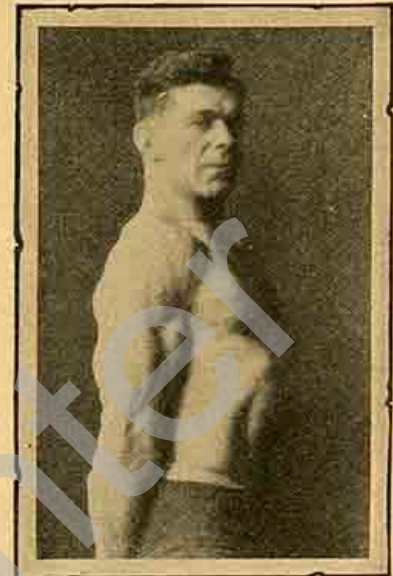
"My stamina, and breathing capacity and physical power have so increased that I feel equal to any man in the world."

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They never fail when their use is guided by experts who personally take care of your physical condition. To supply this service to our pupils, the Milo Bar-Bell Company has spared no expense, and we can safely say in Mr. Jowett we have an expert who is recognized by all as the most thorough teacher in America, and in whom our pupils can place unquestionable faith. His life record is one of continued results for all who come under his care. He is always at your service to solve your physical problems.



MR. URLACHER



MR. URLACHER

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The Science of Wrestling

(Continued from page 41)

secured this hold, which is known as the head-chancery and swing-over.

Another effective hold, the wing and back-heel, severely jars a man as he goes down flat to the mat with much the same effect as the diver suffers when he hits the water too flat.

The Swedish wrestlers have a double arm-lock with which they are very efficient. I have never seen a Swedish wrestler who did not employ this hold, which is known as the Swedish double-arm-lock. It is a very awkward hold to fall into, and is done by twining your arms around the arms of your opponent, as illustrated. The Swedes will always endeavor to fall backwards taking their man with them, or else throw them sideways, sweeping their opponent's feet away by stepping across their opponent's leg in the same manner as "Hack" employed in the head-chancery and swing-over. The only way by which a man can save himself is by acting faster than his aggressor and falling backwards and taking the aggressor with him; or he could forestall his attacker by not resisting him when he throws himself backwards, but by going with him then leaping in the air and ducking the head, he can go right over and roll out of the hold.

Another addition to the catch-as-can style, selected from the Japanese method of wrestling, is the hold known as the Japanese stomach-over-throw. This is done by seizing your opponent by the neck with one arm and catching him under the shoulder with the other arm. Then by throwing yourself backwards, you pull your opponent down with you, at the same time placing one foot in the pit of your opponent's stomach. You then give him a hoist that throws him well over your head. This is a very spectacular stunt but not used as frequently as it once was. George Walker, the Canadian Champion, was good at this particular throw, and more than once I have sampled it.

Then we have the well known half-nelson, quarter-nelson and reverse three-quarter-nelson, all of which are used in "stood-up" wrestling and everyone knows them as well as the famous Lewis-head-lock, the front-double-ankle-hold, and that very effective crotch and back-heel, which used to be one of my "stood-up" favorites during my early wrestling days. I also liked the very baffling reverse ankle-hold. This is done by quickly stepping in and completely turning around so that your back is to your opponent, who will promptly secure a rear waist-hold, which is just what you want. Swiftly you reach down with both hands, allowing one leg to travel backwards between your opponent's legs and catch hold of one of his ankles. Then straighten up, and allow your raised leg to sweep forward knocking away your opponent's other leg as you do so. This maneuver of turning in invariably throws your opponent off his guard and that always helps to make

the hold more effective. I have seen some wrestlers step in quickly with this variation and as they turned in, they sank onto one knee and swept one of their opponent's legs away from what is more of an inside ankle-hold. The defender is foiled in saving himself by a rear waist-hold as the attacker slips through the arms when he sinks to his knee.

I used to practice a very spectacular hold especially when my opponent was taller than I, which was generally the case, as I am rather short in height compared to the majority of wrestlers who composed the class in which I wrestled. I have not seen it employed for years, and because it is so very effective and more or less unknown, is one very good reason why a student of wrestling should add it to the store of his wrestling knowledge. These unexpected moves are the kind that generally precede a fall, and therefore are valuable when practiced. I always spoke of this throw as the inverted-crotch-hold, and in order to secure a better opening, a feint must be resorted to, which was used in my case. By quickly standing erect and making the pretense of grabbing the head with hands, I would cause my opponent to involuntarily straighten up, but instead of catching the head I would quickly dip and dive between his legs with my arms and toss him toward me up off the mat. He would naturally fall on his shoulders, and as he was descending my arms would continue to slide forward and secure a rear waist hold that pinned my opponent's shoulders securely to the mat. You will note that two movements are made, yet they are carried out simultaneously, each evolving from one stage to the other, speed being the greatest factor in this case. Even if my opponent would grab my head to save himself, it seldom altered the case, for he is thrown off his balance and is the under man, as I always sank onto the knees while carrying out this throw. The only hope of defense against this move is by securing a head-lock, and I always prepared for it just as though I expected it by quickly giving my head a circular twist as I dived, which foiled my opponent's head-lock.

After breaking a hold when "stood-up" and if you do not wish to assume the referee's hold, I would advise you to stand no further away than arms' length from your opponent. The great disadvantage of standing too far away lies in the fact that you always "telephone ahead," as wrestlers say, and your opponent will beat you to it by some counter as he will have surmised your intentions beforehand. You have to be careful when you are close up that your position is such as is capable of defense as well as of attack. Therefore, I would advise you to always have one arm perfectly straight with the hand forcing against your opponent's chest or head. If he strikes it

(Continued on page 85)

The Doctor Shook His Head



and told his patient she had only a short time to live. The case was one of

High Blood Pressure

Before taking the Witter Water Treatment, she wrote us:

"I am 52 years old, blood pressure 200. Have kidney trouble, dropsy, dizzy spells and fearful headaches. My trouble has been coming on for years and getting worse all the time."

4 Months Later

After taking the Witter Water Treatment, she wrote:

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as listed by Dr. Francis Faught, leading authority on High Blood Pressure:

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2. Constipation
3. Nervousness
4. Sleep unrefreshing
5. Sleep disturbed by dreams
6. Feeling of fullness in head
7. Slight momentary dizziness
8. Gastric disturbances (heart burn, sour stomach, gas, distress after eating)
9. Weakness and lowered vitality
10. Cold hands and cold feet

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The Mat

(Continued from page 65)

poisoning and acute indigestion. Exercise is all that is left to us as our best health protection. So don't wait until your health is gone before you commence to take care of it. Protect it while you have it.

The Two Hand Snatch

There is more unsatisfactory controversies over this lift than any other in the weight lifting category. The majority seem to have the idea that the snatch can be finished with a press. The weight cannot be pressed out. It must be taken to straight arms' length overhead in one movement with the momentum that is created at the beginning of the lift.

To perform this lift with any degree of success it must be thoroughly mastered. This will be found more difficult than imagined, but it is worth striving to perfect, being very spectacular in its execution. Not only this, but it becomes a powerful developer calling for a remarkable amount of speed and strength.

To get the best co-operation out of the bar itself the plates should be arranged with the heaviest plates on the outside, grading down with the smallest on the inside. The collars should be placed as far apart as officially allowed, so that all the spring contained in the bar can be taken advantage of.

Stand up close to the weight with the bar running directly over the top of the insteps, and the feet spaced so that you feel your balance is sound.

Stand erect, then with a quick downward swoop, snatch at the bar with both hands grasping the hand grips simultaneously. But be very sure that the hand grips are spaced not too wide apart or too close together, and that the weight is well balanced with the plates riding free on the bar.

As you snatch at the bar you naturally will bend the knees and the back, and will immediately start the weight on its overhead journey, with a powerful straightening of the back and legs, pulling vigorously with the arms.

Straighten up as much as possible, carrying the weight towards you as close to the body as you possible can. Endeavor to carry the weight level with the eye, allowing the elbows to travel outwards from the sides in a fanlike fashion.

Just as soon as this height has been reached, the dip takes place. This is performed by allowing the right foot only to travel backwards as is shown in Figure 3; while the momentum gotten in the snatch from the floor is carrying the weight overhead. At the same time straighten out the arms under the weight but without using any pressing power, you must get under the bell, by dipping or lowering yourself under the weight. As soon as the arms are felt to be locked under the bar, the lifter should immediately raise to the erect position. This immediate erect position

will straighten out the bar. What I mean by this is, that when the weight has been carried aloft, and arms fixed underneath, there will be a re-bound, which often reacts upon a lifter and causes his arms to bend at the elbow. Coming up fast, not only takes care of the re-bound, but safeguards the balance of the body.

A very important feature which I have purposely left to the last, so that my readers will not overlook the fact, is that while the lift is being performed the eyes must never follow the bar. Look straight in front of you all the time. When the head is carried back it throws the lifter out of contralateralization and he loses part of his coordination.

This is the only lift in which this act is necessary, and always remember that the level of the eyes is the height to which the bell should be pulled and the line where a lifter must commence to dip.

Examine the poses carefully and be sure that you have it all straight in your mind before you begin your practice. Then start out with a light weight and master the movements so that you have your timing correct.

This is the exclusive method as used by all competent Two Hand Snatchers, and is the style which enabled men, like Gorner, who holds the official record at 264½ pounds, to perform their best. Rondi is given credit for 270 pounds; but it was not performed officially. Geo. Hackenschmidt snatched 255 pounds, while J. Steinbach claims 264¾ pounds. E. Cadine, at a lighter body weight than any of the afore mentioned, has accomplished 259½ pounds. Just recently I heard a rumor from France that Rigoulot, the marvelous young Frenchman who has cleaned up in the Two Hands Clean, officially beat Gorner's record mark. I am awaiting verification of this fact from Professor DesBonnet.

How I Cured My T. B.

(Continued from page 50)

All that one needs is a little "horse sense." I am writing this for the average person of means who wants to get well and who is willing to work for it and not looking around to be pitied. Get busy, let pity, "rest cure" and miracles alone. With the knowledge and practice of proper dieting and judicious exercise, and the teachings which you can find in every issue of STRENGTH MAGAZINE, you can cure any ill trouble, if you wish. Or if you are well, by exercise and proper eating, you will attain and retain strength, health, and beauty, which everyone adores. "Diet and physical culture crank" they call me, but they do not dare to show me their chest expansion. But just watch me coming, a real STRENGTH follower never fails!

\$2 DOWN \$3 A MONTH

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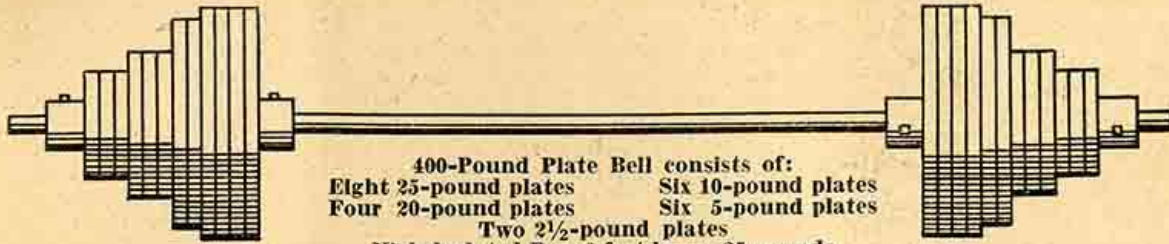
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 Eight 25-pound plates Six 10-pound plates
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DUE to the numerous appeals I have received from my advanced and finished pupils, I take great pleasure in announcing that I am now manufacturing Adjustable Plate Bar-Bells. The Liederman Plate Bar-Bell consists of a solid steel bar $1\frac{1}{8}$ inches in diameter, six feet long and heavily nickel-plated. The iron plates vary in weight from $2\frac{1}{2}$ to 25 pounds each and the Bell may be adjusted from 25 to 400 pounds.

I am also making another short bar for dumb-bell work. This is heavily nickel-plated, weight approximately 7 pounds and can be increased up to and over 300 pounds. I also can supply handles for kettle weights.

THE ADVANTAGES OF MY PLATED BELLS ARE NUMEROUS

In the first place they are *adjustable*. The beginner can start his work—not with apparatus too heavy for him as so many beginners make the mistake of doing—but with the exact weight suited to his development. As he improves—and you would be surprised at the muscle-building powers of exercises properly done with bells—he can add weights as he sees fit.

But the chief advantage of the Liederman Bar-Bell is that the plates are taken off and put on rapidly and with great ease. They are securely locked in an instant and there is no chance of a weight slipping or grinding in the midst of an exercise or an especially difficult lift.

You may purchase on the installment plan, if you wish. However, \$5.00 must be added to the respective prices if you intend to take advantage of my easy-term proposition.

In that case, one-half cash must be paid down and the balance in weekly payments to suit your convenience. For example—in purchasing a 200-pound Plate Bell, the price listed is \$25.00 for cash. If this bell is to be bought on the easy payment plan, \$15.00 must be paid down and the balance of \$15.00 at the rate of \$3.00 a week for 5 weeks, until \$30.00 has been paid in all.

I am forced to charge this extra \$5.00 on each sale, if sold on the installment plan, owing to the extra expense I am put to in book-keeping, filing and maintenance of a collection and credit department.

TIME MEANS A LOT IN THESE DAYS

If your exercising period is limited why waste half of it in the tedious adjustment and readjustment of spheres and the changing of shot required by so many types of bells? By using my plate combination not more than *one-half minute's time* is needed to make the change.

The plates are large enough to afford safety and there is enough clearance from the floor to protect your body should it fall while you are doing reclining work.

Remember all the world's records were created with Plate Bar-Bells. *You will find that you can lift from 10 to 15 pounds more with a Plate Bell than you can with a Globe Bell*, whether the latter is filled with shot or not. Plate Bells are absolutely quiet and that is what you need when concentrating on a certain lift. There is no rattle or grind in the Liederman Bell to distract you in your work.

Then, too, the handle turns at the command of the wrist—another distinct advantage.

I HAVE MADE SPECIAL ARRANGEMENTS

with my factory, whereby I am able to manufacture a complete 100-pound Plate Bell, which includes a heavily nickeled solid bar, 80 pounds of weights (two 20-pound plates, two 10-pound plates, two 5-pound plates and two $2\frac{1}{2}$ -pound plates, collar screw and wrench), complete, F. O. B. Carlisle, Pa., for \$12.50. Other plate bells (complete) are as follows: 150-pound, \$18.75; 200-pound, \$25.00; 400-pound (for strength work), \$49.50.

Note especially the Strength Plate-Loading Bar-Bell which consists of 375 iron plates of assorted sizes, and a heavy nickel-plated solid steel bar weighing 25 pounds. This outfit can be adjusted from 25 to 400 pounds in intervals of 5 pounds each.

This 400-pound plate bell is not made for the purpose of endeavoring to perform overhead work with all weights attached, but there are so many leg and back exercises wherein 400 pounds can be used that the pupil will find it advantageous to work with a bar-bell of this weight. For example, in performing the hands and thigh lift or leg exercises known as the "Jefferson" style, where it is possible to raise well over 400 pounds, it is perfectly safe to use 350 or 400 pounds, providing, of course, you have trained your muscles properly. This bell is designed so it can be used by the beginner as well as the strong man.

When ordering, kindly state weight of bell desired, as shown below. Send remittance by check, postal money order or cash to

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 Dept. B-2, 305 Broadway, New York City

Order Blank

Earle E. Liederman,
 Dept. B-2, 305 Broadway, N. Y. C.

Kindly send me your Plate Bar-Bell, size and weight as

checked below:

100-pound Plate Bell (complete).....	\$12.50
150-pound Plate Bell (complete).....	18.75
200-pound Plate Bell (complete).....	25.00
400-pound Plate Bell (complete).....	49.50

(For strength work)

I am enclosing \$..... to cover cost of Bell.

Name.....

Street.....

City.....

(Please write or print plainly)

How Strong Are Pioneers?

(Continued from page 19)

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SINCERE PUB. CO., 1431 Broadway, N. Y. C., Dept. 171

As a matter of fact, the psychologists claim that the most important years in anyone's life are the first seven, and whether or not this applies literally to either your physical or your mental growth and development there is no doubt that a firm foundation laid in these years will permit anyone to stand an enormous amount of abuse later. It is not our purpose to try to appraise the amount of abuse that can be stood as a result of such training, but merely to call to mind the fact that such a groundwork is part of the explanation of the way some people get away with the mode of life that they pursue.

Incidentally we cannot do much about what has happened to us before we were seven, but we can and should make the most of what we have today. Because our parents gave us an extremely good start is no justification for our attempting to see how far we can go before we reach the breaking point. Neither is the fact that we may not have the best natural constitution in the world sufficient justification for our throwing up our hands and surrendering to ill health. As a matter of fact, our friend, the college athlete, is a beautiful example of the man who was naturally "strong as a horse" and is now trying to see how strong a horse really is. Instead of making the most of a good heredity, plus excellent care in childhood, and intelligent physical training in young manhood, he is trying to see how far he can go on his groundwork without breaking.

Maybe nothing is more hopeless than to try to make an impression on such a man. He has never known ill health and he cannot believe that the ordinary rules of health mean anything in his life. We have a feeling that the readers of STRENGTH include a large group who are liable to get into his viewpoint and we have taken the afternoon and this much good paper and ink to read them a lesson which we hope they will remember a few years from now, when business and other cares seem to be in a fair way to occupy all their time.

To be frank with you, we suspect that there are some men to whom this may apply the day they see it and others to whom it may shortly apply, and we certainly wish to impress on such men now the importance, even the necessity, of giving their bodies a fair chance. If this argument will not reach them we suggest that they go to the next meeting of the A. C. W. L. A., or some big track meet, or football game, or wrestling match on the chance that they will get all pepped up again. There is no doubt that such events play an enormous part in maintaining interest in physical development among those of us who happen to be fortunate enough not to be conscious of the need for taking constant care of ourselves.

Another thing that interests us in these summer months is that those people who are beginning to make out a regular program of more healthful living should be sure to make their program a balanced one. We do not like to see men who are interested in making the most of their bodies classed as exercise cranks, or diet cranks, or hygiene cranks. Rather we would suggest to any man who does not know something about all these subjects that he face the fact that there is no one infallible and all-surpassing way to become strong and healthy. We venture to state that no man ever really became strong without conscious work in that direction, not even Von's strong backwoodsmen who started all this discussion.

Further, we venture to state that many strong men have limited physical attainments because they would listen to nothing but the gospel of exercise. We know one very prominent professional strong man, not a physical training expert, who ruined his teeth by his diet habits, and we predict much the same results for this man as occurred in Theodore Roosevelt's case, another flagrant example of the made-strong man whose neglect in a minor health matter hastened his end.

Ask the Doctor

(Continued from page 78)

first thing each morning, on an empty stomach, in order to produce two free daily movements of the bowels. Then eat plenty of green vegetables and citrus fruit—the juice of a lemon, oranges, grapefruits, and also a piece of meat, preferably rare roast beef, or broiled steak, or a mutton or lamb chop, once a day, with a potato baked in the skin and some lettuce, cauliflower, salad and cole-slaw. Cut down your tea and coffee to not more than one cup of coffee for breakfast and lunch and one cup of tea for dinner. In order to build you up, take two teaspoonfuls of Armour's Extract of

Red Bone Marrow in a little cold water three times a day after each meal.

DEAR DOCTOR:

I have been reading articles written by you in your magazine, and they seem to be quite interesting. I would like to know what I can do to straighten an S-shaped spinal curvature that I have.

I have been partaking of physical exercises and games ever since 12 years of age. I am now 26 years old and I have felt no ill effects from it, but it is rather unsightly. If there is any special treatment or exercise that I ought to do to correct this malformity, I shall be exceedingly grateful if you tell me.

R. D., Boston, Mass.

(Continued on page 87)

The Science of Wrestling

(Continued from page 81)

away, immediately place the other there and as he comes in to attack, your straight arm will always keep you just out of his reach at arms' length. If circumstances bring you closer, try and get your head up against his chest. It always tends to lessen an opponent's aggression, but you must keep moving one way or another. Use your head! Combine brains with matcraft in order to make yourself an effective "stood-up" wrestler. Although the greater part of wrestling is accomplished down on the mat where the final test is decided, remember that Napoleon was right when he said, "Battles are decided by the way you commence them," and as the majority of present day wrestlers are deficient at "stood-up" wrestling, this ought to be one reason why a young wrestler should try to excel in this particular branch.

Greatest of All Trapeze Artists

(Continued from page 33)

about exercise. She pities the fat people and feels sorry to see so many of them suffering from the sheer carrying of their own weight when they could be enjoying life the same as others if they would only put more time in exercising and less time in eating and drinking.

La Belle Amoros, the elder sister, was the greatest and most original lady trapeze artist of her time, besides being the most beautiful woman that ever graced the aerial art. Miss Josephine is an exact counterpart of her beautiful sister and holds the distinction of still improving the art of La Belle.

Other accomplishments of this remarkable young lady are music and languages. She is an excellent pianist, and is highly talented in playing a number of other string instruments. As a linguist, she has mastered English, French, German, Italian and Spanish. These five languages she speaks, reads and writes, and besides she converses in a number of other European languages.

Her hobby seems to be art in all directions of which she makes good use, such as designing beautiful hats and original costumes, and also decorations and dainty little novelties for the home.

Miss Amoros has played in all the better class of theatres of Continental Europe, Great Britain and Ireland. Also the United States, Canada and South Africa. Her extraordinary performance is alone worth much more than the price of admission charged in any theatre. She is a great delight to all the ladies who are fortunate enough to witness her offering. Besides being beautiful herself, her costumes are a revelation.

Josephine Amoros is possessed of a truly artistic and intellectual mind, and also a superior personality.

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The Massive Hemp Rope is outclassed by the Slender Steel Cable when it comes to snapping huge steel I-Beams into place on skyscrapers.

So will VITAL ENERGY within your body enable you to acquire muscles like blue steel, which will often whip mere bulk when lacking in VITAL ENERGY.

VITAL FEEDING in connection with Proper Exercise is the combination that creates sinews equal to steel cables.

If you desire muscles of the highest concentrated type, you must put the material into the blood that will produce them. Exercise alone will not do it. It must be combined with Vital Feeding.

A party trained by Proper Exercise accompanied with Vital Feeding was able to keep the arm extended for a period of THREE HOURS in an endurance test with an athlete from a famous Eastern College, who was able to keep the arm extended for FIFTEEN MINUTES ONLY.

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To the first question you will no doubt answer, "As soon as I possibly can." And my answer to that is, "The way you will develop and strengthen from my methods will make you feel as though you are accomplishing the 'impossible'."

MacMahon pupils improve from the very beginning and gain momentum as they advance into the later lessons of my course. It is like graduating from one class to another—steadily and rapidly mastering more advanced feats of strength. In using the MacMahon methods, you drop entirely the lesson you have mastered and take up the next which is a little more advanced than its predecessor.

Would You Be Proud of a 16-inch Arm?

Wouldn't you like to be able to show a 44-inch chest? How would it feel to you to go into a geats' furnishing store and ask for a size 17 collar and have the clerk look up at you in surprise?

Would you like these measurements on your body with well-muscled and trim hips and waist: with legs that are as sturdy as telegraph poles? *Sure* you would. And *sure* you get measurements like these from My Methods.

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If you want only good strength and perfect health, you get just that without the great big muscular body. If you want suppleness, agility, speed and endurance, you will get them too. Or you can have all when you put yourself in my care.

The MacMahon Apparatus Is a Big Part of My Method

and is greatly responsible for the wonderful and rapid improvements my pupils get.

This great apparatus is included in the price of my course, as is thoroughly explained in my FREE BOOK. You'll be proud of this apparatus, proud of my course, and others will be proud to know such a physically perfect man as you will be shortly after getting my course and apparatus.

Get My Big, FREE BOOK and Read My Guarantee

The title is, "The Royal Road to Health and Strength," and its contents will be a revelation to you. It costs you nothing to read, and obligates you not in the least. I know that if you will read this book, you will be convinced that My Methods are even better than I claim them to be. The pictures of numerous of my pupils are living proofs of the value of my course. Don't put it off—enroll as soon as you have read my free book.

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CHARLES MacMAHON
In Muscular Pose

Bodily Position in Athletics

By L. E. Eubanks

HABIT is sometimes very misleading in the matter of athletic form. If a fellow gets started in the wrong way and sticks to it a few weeks, it becomes so natural to him that he believes it the best form. I have seen distance runners who acquired a droop-head carriage and claimed that they could not run with head up after they began to tire. Under special coaching the habit was corrected, and in every case the runner improved — because he could breathe more easily.

In running, jumping, hurdling, etc., the carriage of the body is so obviously a part of the form that athletes usually study it minutely. For instance, in the high jump (over a bar), the method of body manipulation is every bit as important as the leg swing.

But often the same fellow who attends carefully to bodily position in games that involve running and leaping makes the mistake of considering some other sports merely a matter of arms and legs.

The body is carried or braced—according to the kind of sport; and the bracing is just as important as the carriage. I think I referred in a former article to the horseshoe pitcher's position—how most pitchers stand left foot forward and use the right hand, whereas the better posture for the right-handed pitcher is right foot and shoulder forward.

The principle might be stated thus: Accuracy (and rapidity) is favored by

advancing the foot which corresponds to the acting hand; but strength and solidity favor the reverse position of the feet.

Now the horseshoe is a light object and can be manipulated with arm strength unaided. Therefore, previous setting of the shoulders, with right to the front, obviates the necessity of swinging them in the arm movement. That makes for accuracy because it enables you to concentrate. Also, you lessen the distance from your hand to the target by advancing the pitching arm.

Those remarks apply to all games wherein light objects are tossed, because a minimum of body brace is required; but in a sport like boxing a right-handed man can do better by advancing the left foot. This sport is an ideal illustration of the principle I am trying to explain: the left hand works fast and accurately on "left jabs," while the right travels farther, is a little slower, but carries the power of a body swing.

The legs have to be considered in effective body bracing. Most persons will place the right shoulder against a door they desire to force open or a heavy object they wish to move. But this is seldom the better position, because usually the right leg is stronger than the left (in right-handed persons), and pushing with the right shoulder throws the greater part of the bracing and "push-off" on the left leg.

Ask the Doctor

(Continued from page 84)

I believe that if you were to see some competent osteopath or chiropractor, he would be able to do quite a good deal to help restore the spine to its normal condition. Two or three cases such as yours have been treated for me by Dr. Sauchelli, 2025 Broadway, at 70th Street, New York City, with most gratifying results. Dr. Sauchelli will be remembered as the chiropractor who treated Caruso and many members of the theatrical profession with such eminent success. I understand, also, that Dr. Drew, whose articles you may read in *STRENGTH* Magazine from time to time, has had very good results in these conditions.

DEAR DOCTOR:

About five years ago, I fell from a tree, and although the height was not so great, I landed on my head and was unconscious for a time. Since then there is a dent in my skull about the size of a quarter dollar, just above the ears on the top of the head, although it has not hurt me since. I would like to know whether it will hurt me in future years.

There was no bleeding of any kind when it happened.

A. H. A., Keauhou, Hawaii.

The condition from which you now suffer is known as exostosis, and has

no special significance. It is due to an inflammation in the bone, produced by the injury and corresponds to what would happen on the skin when a scar tissue is formed. It should not occasion you any alarm whatsoever.

DEAR DOCTOR:

My hands are very thin and the skin very dry and the skin around the nails is continually cracking and they are very sore. I am also troubled with varicocele. I am 20 years old and in fair health, although rather thin, weighing 138 lbs. stripped and am 5 feet 10 inches tall.

J. L. D.,

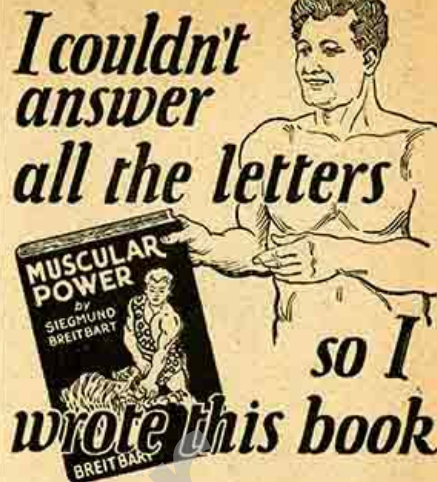
Adamsville, N. B., Canada.

Conditions such as yours are due very frequently to inactivity of the thyroid gland. If you have the benefit of gamma-ray radiation to stimulate the thyroid, I believe it very likely that you would get relief in a very short time. It may, however, be well worth your while to take a half grain of thyroid three times a day, after meals for a while, and see if this has any effect on the condition.

For the varicocele, I would advise that you wear a suspensory bandage. If in time the varicocele should become too troublesome, operation may be necessary.

(Continued on page 90)

I couldn't answer all the letters so I wrote this book



MUSCULAR POWER
by SIEGMUND BREITBART

"TELL me, by what method did you become so strong?—How did you develop such huge, powerful muscles?—Were you always a strong man?—How do you get all that endurance and vitality to keep up the terrific pace day after day?—Can I develop a body like yours?"

These are a few of the thousands of questions asked me on my triumphal tours and exhibitions. My 64-page book **MUSCULAR POWER**, is the answer! It tells the whole secret in an easy, interesting and thrilling way.



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I will include **FREE** one of my famous Muscle Meters, a unique device of my own invention to show you how strong you are and whether your muscles are properly developed; also if they are developed in proportion to your weight.

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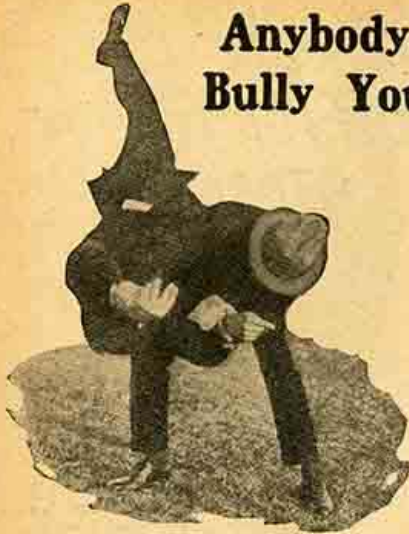
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This volume is a complete course in physical culture. Scores of gripping action photos showing just how to throw a bigger man and overpower him—how you disarm a hold-up thug—how to build up muscle—how to keep in FIGHTING TRIM. Hundreds of health hints, too: care of the feet, prevention of colds, correct posture, how to walk without fatigue, BOXING and BLOCKING, WRESTLING and BALANCE.

EASY TO LEARN

Let Sergeant Wallander give you his great secrets. A few hours of easy reading will make you master of these closely guarded detective tricks. You'll hardly believe that such valuable knowledge could be learned so easily.

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In Physical Culture and Police circles this volume is world-famous. You're lucky that you can get in on this short-time offer. Send immediately for your copy. You'll be a new man. You can learn how to be a great athlete. Don't delay. Don't send money now. Just send the coupon today. When volume arrives, pay the postman \$1.97, plus few cents postage. If you are not satisfied return volume and get money back.

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Address.....

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

Outside of U. S. A.—\$2.26 with order in U. S. currency

Can the Athletics Win?

(Continued from page 56)

Mechanically, neither team seems to have any real advantages in this field, and each team has one asset which the other team does not have; and by the nature of their respective advantages, it is impossible for either team to do anything more than play their own hands to the best of their ability.

Apparently, the Athletics have strength and pep in abundance, physical ability to throw away, and possibly they are young enough and experienced enough so that they will waste just enough of their talent, and no more than they have to spare and still have enough left to make it possible for them to win.

On the other hand, Washington's physical possibilities have a definite limit, and their problem is how to get everything they can from the ability that they have, trusting that their knowledge of themselves and their knowledge of the game will make it unnecessary for them to have to call on themselves for any supreme effort. Their ability to win day in and day out, never perhaps running into a startling string of victories or defeats, never using one of their old pitchers with the consequent danger of burning him out, never blowing up, never throwing away any advantage they may attain and never taking physical chances that may mean more serious injuries, because longer sustained in the veterans will be the barometer of their chances.

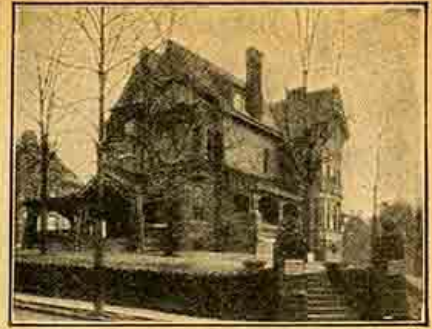
It will be possible for the Athletics and it may be possible for either Detroit or Chicago to come thundering down the stretch, and when they start to thunder the Senators will have to go in their own even way trusting to their steadiness, the games they have already won and the law of averages to pull them through. We do not believe that they will be able to stand a grueling race all through the year, and on top of this a grueling finish.

We do believe that if these Athletics, the Tigers or the White Sox are within striking distance when this is in your hands, they will have the physical ability to start and maintain a grueling pace right up till the fall. Come hell or high water, they have the youth, the strength, and the ambition. They can take a chance, and they will take a chance.

Washington must go along steadily winning with the hope that no matter who starts to thunder they will have too far to go to get anywhere. If they can hold their gait of July 1 till the end of the year, they will not have to do much worrying. We do not believe there is another team in the league that can go along at any such pace, and we do not believe that Washington can hold that pace. If they do hold it, this feat will be a wonderful tribute to their own nerve and their ability.

Their nearest competitors may have their ups and downs but one thing can be counted on, and that is that they will not win from Chicago, the Athletics or Tigers without knowing that they have been in a battle. We wish that we could know the result of their games of two weeks following their five-game series

(Continued on page 90)



The Philadelphia Sanatorium

Why Suffer? You are not incurable

Until the nature cure has failed. Your case only needs the careful analysis from a common-sense standpoint so often denied patients in other places.

Practically Every Disease Is Curable Today

Not with drugs and old-style methods, but with the newer up-to-date science of bringing nature to your assistance in a pleasant, healthful way that will shortly restore you to health and vigor. Chronic cases that have been given up as incurable respond readily to our nature treatment.

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Among the many diseases which have been most successfully treated at the Philadelphia Sanatorium are Rheumatism, Neuritis, Pneumonia, Influenza, Chronic Constipation, Neuralgia, Bright's Disease, Diabetes, Tuberculosis, Nervous Prostration, Apoplexy and all the various blood, nerve and digestive disorders. Methods of treatment include osteopathy, hydrotherapy, diet, fresh air baths and special exercises.

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What We Have Done for Others We Can Do for You

Told in our booklet sent free on request. Write us fully and in complete confidence and we will analyze your particular case and write you what we know we can do for you. No charge or obligation—but do it at once.

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Dr. Charles Lauterwasser, Director

Walnut Lane and Wayne Ave.

GERMANTOWN, PHILADELPHIA, PA.

Philadelphia Sanatorium, Walnut Lane and Wayne Ave., Germantown, Philadelphia, Pa.

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long you have been using tobacco, how much you use or in what form you use it—whether you smoke cigars, cigarettes, pipe, chew plug or fine cut or use snuff, Tobacco Redeemer will positively remove all craving for tobacco in any form in a very few days. This we absolutely guarantee in every case or money refunded.

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Street and No.

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The rate for classified advertising in *STRENGTH MAGAZINE* is 10c a word. Cash must be sent with order. The closing date for each issue is the 20th of the second preceding month, viz., May 20th for the July issue. Address all orders or inquiries to Classified Advertising Manager, *STRENGTH MAGAZINE*, 104 5th Avenue, New York, N. Y.

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America's Most Beautiful Milk Diet Sanitarium. Send for circular telling about our new location and natural health-building methods. Twenty years' experience in treatment of chronic ailments. Dr. Galatin's Sanitarium, Box 8, Lutherville, Md.

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Be a Detective. Work Home or Travel. Experience unnecessary. Write. George Wagner, former Government Detective. 1968 Broadway, N. Y.

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"Kill Smoking Habit! Harmlessly! Quickly! Send \$1.00 Today for Guaranteed Remedy! Leo J. Awad, Shenandoah, Penna."

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Delicious Health Recipes attractively prepared without cooking. Something new and different. Booklet, 50 cts. Mildred Clauch, 208 Howell Ave., Milwaukee, Wis.

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Want a Bar-Bell? Can't Afford it? Make it yourself! I can tell you how. Drop me a postal. L. Whitten, Bath, Maine.

Learn Ventriloquism and Be Popular. Instructions, 25 cents. J. Manly, 1769 Townsend Avenue, New York.

Physical Exercises to Meet Your Own Requirements! Why waste time on exercises you don't need? Send in your measurements today. Results guaranteed. Only \$3.00. Individual course written day enrollment received. None like it! Particulars for stamp. L. D. Lansford, Box 117, Morgan City, La.

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Big Money and Fast Sales every owner buys gold initials for his auto. You charge \$1.50, make \$1.44. Ten orders daily easy. Samples and information free. World Monogram, Dept. 155, Newark, N. J.

New Plan for Agents: Goods supplied on credit. Big line. Fine outfit free. No Money Needed. Write quick. Blair Laboratories, Dept. 63, Lynchburg, Va.

Agents—200% Profit. Wonderful Little Article. Something new; sells like wildfire. Carry in pocket. Write at once for free sample. Albert Mills, Manager, 4070 American Building, Cincinnati, Ohio.

Old Coins for Sale

Attention Coin Collectors. New Catalogue and 20,000 German Marks, 10 cents. Alexis Mengelle, Box 387, Colorado Springs, Colo.

Miscellaneous

Bulldogs. Trained Fighters or Pups. Bulldogs, 501 Rockwood, Dallas, Texas.

Can the Athletics Win

(Continued from page 88)

with the Athletics, a series in which they won four games. On this occasion they certainly put on the pressure and they certainly got results. The question in our mind is how much will that series cost Washington later. We know what it cost the Athletics, and we do not believe the price was too high.

Chicago believes they have the Senators' number. The effort required to win in Philadelphia and Washington will have to be redoubled against the White Sox, and if the Sox lose it makes little difference to them. If Washington loses, somebody is going to be right behind them. Somebody will have beaten Coveleskie or Johnson or Ruether and won a game in which skill and strength combined were used to the utmost by a pitcher who doesn't know just how many more games like that he will have left.

When Groves wins a game or loses one, the chances are he will have used more strength and physical ability and less cleverness than any of the Washington staff. He will know more than he did when he started, and he will know that the next time he will pitch a better game against that particular team.

Gray and Harris, to a lesser degree but to a considerable degree nevertheless, are in exactly the same position. Furthermore, no one is wondering how long some of these boys will last or who will replace them in anything like the way this is true of Washington.

Ask the Doctor

(Continued from page 87)

DEAR DOCTOR:

Being a reader of STRENGTH Magazine, I would like advice concerning this subject.

My mother is suffering from asthma for about a year now, and she does not seem to improve her condition at all after all the treatment she has had.

It comes to her at night or in the mornings, if she coughs. We asked the doctor, and he said it is Bronchial Asthma and nothing could be done to cure it. Will you please tell me if that is so, or if anything at all could be done yet to improve her condition. Any advice at all would be very much appreciated. Hoping to hear from you soon,

A. V., Brooklyn, N. Y.

If it were possible for your mother to take gamma-ray radiation of the adrenal glands, I believe it is quite likely that the extra amount of adrenalin thrown into the system and into the circulation by this means would entirely overcome her asthma.

I am curing so-called incurable cases of asthma right along by this means. However, if it is not practicable for you to have gamma-ray treatment, I would suggest that you send to Boericke & Tafel, or some other homeopathic pharmacy, and order Blatta Orientalis, 2X, and Aralia Racemosa, 6X, and take two of each of these tablets every three hours. In the meantime keep the bowels thoroughly open with some good alkaline laxative, such as Oxy-Crystine. See answer to L. W. N., Hammonton, N. J., for directions as to its use.



HARRY GLICK

Professor Attila the maker of the Invinible Sandow says, "Glick without a doubt is the finest specimen of athlete in strength and development I have seen since the day of Sandow."

THE TRUTH HURTS!

If You Shun the Truth
Don't Read This!

You've heard the expression: "What you don't know won't hurt you," well you're going to know the truth about yourself even if it does hurt you!

Are you a credit to your friends and family or must they always apologize for your lack of enterprise and health? Are you a leader or a lagger? Are you confident of yourself or are you afraid of your own shadow? Do people admire you openly or talk about you behind your back? Are you getting on or merely getting by? Besides! Your complexion is not what it ought to be! Your weight is not what it ought to be! Your legs and arms, and neck and body is nothing but a bundle of sticks held together by a frail network of cords you call your nerves! BUT YOU HAVEN'T ANY NERVE! If you had, you would never be content to remain a weak, played-out, also rani! COME! About Face! Get on to the fact that strength and health are the two most important factors in life—that prestige and power come only to the strong—THAT TO THE VICTOR BELONGS THE SPOILS!

BE ELIGIBLE FOR THE STADIUM
NOT THE SANITARIUM!

HARRY GLICK

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Who has been prevailed upon to give his secret of health and strength to the world has already started hundreds of men and women on the road to new achievement, and you, too, can add twenty years to your life and lift yourself to the heights you seek to attain, if you'll only give him the opportunity to help you.

SEND NOW for the story of his TREASURE BOX OF HEALTH, which is the latest and greatest aid in achieving health and strength. It is the one practical system of development that can benefit every member of the family.

IT IS WAITING TO BE OPENED BY YOU!

SEND FOR THE STORY!

IT CONTAINS THE KEY!
AND IT'S FREE!

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Please print plainly.

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In the automobile industry and in the moving picture business hundreds of men got rich by getting in at the start. They made their success before others woke up. Today, these lines offer no greater opportunities than a hundred and one others. BUT AVIATION IS NEW. Get in while the opportunities are big. All over the country there will be a clamor for trained men. It will not be a question of pay but of getting capable men.

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The study of aviation is almost as fascinating as the actual work. Every lesson is full of interest. That is why it is easy to learn aviation. You do not have to make yourself study—it is like reading an interesting book that tells you things you have always wanted to know. Only one hour each evening will give you the basic training in a surprisingly short time.

One student, S. F. McNaughton, Chicago, says:

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Fascinating —Daring— Big Paying

Prepare Now for One
of These Positions

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Aeroplane Inspector \$50 to \$75 per week
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Send coupon below for New Book, just out, "Opportunities in the Airplane Industry." It is interesting and instructive. It will show you many things you never knew before about aviation. We have but a limited supply of these books—send the coupon before they are all gone.

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Without any obligation, send me your Free Book, "Opportunities in the Airplane Industry", also information about your course in Practical Aeronautics.

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How to Relax

(Continued from page 66)

One should set apart a portion of each day for complete idleness, when they can reflect on life, when they can let their thoughts soar far above the humdrum, everyday world.

Sleep is, of course, the great life restorer, the most important form of relaxation that mankind indulges in. But some people don't even relax when they sleep. I'm not speaking of insomnia; I'll refer to that later. The reason that some people don't completely relax when they sleep is because they keep their nerves at such a state of high tension during the day, that absolute relaxation at night would be out of the question. It is unfortunate that owing to the organization of our civilization, many have to sleep during the day because they work at night. The person who is forced to sleep during the day is bound to have his rest disturbed by countless noises of all kinds.

Insomnia is tense nerves at its very worst. Strangely, this disastrous disease (for it is that) works both ways. By that I mean it feeds on its own misery. The sufferer from insomnia invariably worries because he can't sleep and, of course, the more he worries because he can't sleep, the less he sleeps. The original cause of his insomnia may have entirely disappeared but he continues to live through sleepless nights, simply because he's afraid he won't sleep. The only way a person can cure himself from this fear of not being able to sleep is to cultivate faith that he will. Try to make light of the fact that you haven't slept well in the past. Try not to think of sleep, and don't let some other insomnia victim sympathize with you because you can't sleep. Make sleep one of the unimportant details of living. If you can get it to be or at least appear to be something trivial, all fear of not sleeping will swiftly pass away.

Daily calisthenics will help the busy person to relax. Daily exercise of some kind won't take much time and will usually do much good. Relaxation, like everything else, if practised faithfully over a reasonable length of time will at last become a habit, and it will be a habit that will be worth a fortune to you; a habit you will never seek at any period of your life to break.

Bathe regularly. Nothing soothes the nerves more than bathing in fairly warm water, which should not, however, be too hot.

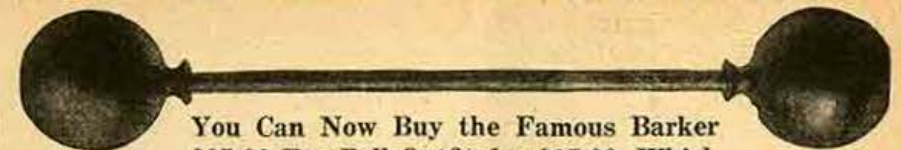
Walk as much as possible in the open air. Seek out a place, if possible, where there are a few flowers, trees or something else of that sort.

Don't allow yourself to get unduly alarmed or disturbed over petty things. Take your recreation in the form of something entirely different than your regular work.

If you live in the city take your vacation in the country. If you live in the country take your vacation in the city.

Breathing exercises: Inhale slowly through the nose and exhale slowly through the nose. Inhale slowly through the nose again and exhale quickly through the mouth.

\$35 BAR-BELL OUTFIT FOR \$17!



You Can Now Buy the Famous Barker \$35.00 Bar-Bell Outfit for \$17.00, Which Is Less Than Half Regular Price.

PROF. BARKER says that all young men, 15 years of age and over, also all real he-men with red blood flowing through their veins need a system of progressive exercise with apparatus. During my 40 years of experience as a professor of physical culture, I have yet to meet one well-built man who obtained his development from exercise without apparatus. Exercise without apparatus is all right for women and children, but any man who wants broad shoulders, big chest, powerful back, strong arms, healthy stomach and shapely legs can have it if he will exercise fifteen minutes a day with the Barker Strength-Maker Bar-Bell outfit. You receive a complete course showing the proper way to use long bar-bells, short bar-bells, ring weights and kettle bells. The Strength-Maker can be changed into a long bar-bell or a short bar-bell, or ring weights. It weighs about 20 lbs. empty, which is just the right weight for beginners, and you can increase the weight up to about 200 lbs., which will be heavy enough for the strongest man.



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To advertise my health gymnasium in New York City, I am going to sell a limited number of \$35.00 bar-bell outfits for \$17.00. This is a special offer for a short time only, so send in your order today — now — before you forget.

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Address.....

The Beauty Question

(Continued from page 23)

May I suggest to the girls who want to look well in a bathing suit, but who want to do just as little physical training as possible to attain this end, that they remind me of those bar-bell users that Alan Calvert, the founder of this magazine, used to urge to take general exercises, what he called body building exercises, particularly to take exercises which tended to strengthen the back and the thighs and the rib-box because when once these vitally important parts of the body were cared for the rest took care of themselves.

I know that girls are tremendously interested in the condition of their skin, and I know that all sorts of preparations can be obtained which will go a long way toward giving any girl the "skin you love to touch," but I want to impress on all girls whose skin gives them a lot of trouble the fact that this skin trouble is simply a symptom and not a real condition in itself, in the great majority of cases. I know it is customary to decry the use of cosmetics, but since practically all women use them this seems to be a waste of breath. Certainly no girl need be dependent on cosmetics wholly if she will view her body with more of the attitude that her brother has towards his, that is if she is willing to use, in the improvement of her body, the general information which men have acquired about the development of their bodies. This, of course, must be done while women are fully aware that their physical problems are more complicated than the problems of men.

If I may be permitted to summarize, I think that this article has helped me clear up some of my own ideas on beauty at any rate. I am not quite so sure as I once was that "Justine Johnstone," from my own angle, is the perfect American girl. In fact, I am not sure that the perfect American girl has come along yet. I am not sure at all about what her type will be, but I am sure that I approve of Irene Castle, Dorothy Dixon and their group on the one hand, and of Dorothy Knapp, Marion Green and their group on the other. I know that the physically perfect woman is, always will be, and always should be distinctly feminine, which probably means quite different physically from men, rather than just like Frankie Bailey or Lillian Russell. That, I do not believe should be the general direction in which women will go and certainly it is not the direction in which they are going.

It seems to me I have heard mentioned a flat, boyish figure and so far as I can see that means a figure more boyish than the figure of the above-mentioned two ladies, but to my mind that is all it does or ever can or probably ever should mean.

Anyone can easily see that the present styles in feminine figures to show off the present styles in feminine clothes are tending in a direction that this magazine and it's readers should judge to be highly satisfactory.

Eleven of these famous body and brain building Crackers FREE



Nut-Sweet Delicious Real Whole Wheat Alfred W. McCann Wants YOU to try Them

THE eminent pure food champion has always praised Wheat's Whole Wheat Crackers for their health and strength building qualities, flavor and purity. We want you to prove their goodness for yourself. Just send the coupon with 3 cents in stamps for postage and the famous crackers will come to you by return mail—crisp and fresh from our ovens—absolutely FREE. Do it NOW while you think of it.

FREE SAMPLE

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Amazing new book, "Safe Counsel," just out, tells you the things you want to know about sex. Based on new scientific facts, it gives you the latest news on sex. Explains anatomy of reproductive organs, impotence, laws of Sex-Life, mistakes to avoid, diseases, pregnancy, etc. Contains 8 startling sections: 1—Science of Eugenics, 2—Love, 3—Marriage, 4—Child-birth, 5—Family Life, 6—Sexual Hygiene, 7—Diseases and Disorders, 8—Health and Hygiene, 9—Story of Life. In all, 104 chapters, 77 illustrations, 618 pages. Examine at our risk. Mailed in a plain wrapper.

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THE TULLOSS SCHOOL, 9100 College Hill, Springfield, O.

*
* *
A man who is almost youthful at 58 because he keeps his Spine a half-inch longer than it would Ordinarily Measure!

* *
*

Photo by
Pondliceck



*
* *
Achievement of what has been the Aim of virtually all workers in the field of Osteopathy, Chiropractic, Naprapathy and similar physical adjustment

* *
*

Copyright, 1924
Hobart Bradstreet

"The Colonel may look his age, but by all that's remarkable he doesn't act it—nor feel it, if his enthusiasm is any indication"

Bride and Groom!

DECEMBER and May! Once I would have condemned any mating of age with youth. Yet a month ago I was best man for my old friend Col. Bemis—and "old" friend he is, for the colonel is in his fifty-eighth year—and his petite bride who then lacked a few days of being twenty!

There isn't a happier couple in the state; their happiness is apparent to all observers. But I wonder what others would think if they had seen Col. Bemis as I saw him less than a year ago—before he had taken the big brace that two physicians said a man of his age could never take!

Bemis had let-up and slowed-down; he had become a mere spectator in life's race—when something happened.

The remarkable means by which this man regained an almost youthful energy should interest any man who has lost even part of his normal capacity for work and play. This is the story:

Did you ever hear of SPINE MOTION? Neither did I until two years ago. Neither did Col. Bemis until less than a year ago. But within a month SPINE MOTION moved him up several notches, physically, and his energies have been on the rise ever since. This simple but unusual principle of revitalization has to do, as the name implies, with the spine. It seems that settling of the spine accounts for many of the nervous disorders that age the body; and the slightest elongation of a "settled" spine is often all that's needed to restore abounding energies and endurance. When Hobart Bradstreet discovered SPINE MOTION he gave us men past the forty mark a ten or twenty year renewal on our lease of active life! Here's how it works:

Let's assume you start SPINE MOTION today;

you take one motion only, it takes but five minutes. Your spine is s-t-r-e-t-c-h-e-d like an accordion. It may elongate but a quarter or half inch, but you feel the difference in an hour—you sense a subtle change for the rest of the day. For SPINE MOTION spreads the tiny bones that make up the spinal column which have been *pressing on every tiny nerve of the body*. The whole nervous system is connected with the spine. In youth, the cartilage between the spinal vertebrae is a springy, cushiony protection for the nerves. As we age, these pads or "insulators" wear down—the sensitive nerves come in contact with the bones—you know the result! Loss of nervous energy—sluggish vital organs; indigestion; constipation; headaches.

With the flexing and "shaking out" of the spine the impinged nerves are freed—the nervous forces are no longer "short-circuited" but flow freely to every extremity—you feel new power and "pep."

SPINE MOTION is absolutely all that Col. Bemis used to recover the energies Nature had provided so liberally. He made it a fixed daily habit for a time. After several weeks he found the cartilage stimulated to new growth and resiliency, and dropped to twice or thrice weekly with the motions. Nature has now reasserted herself so that he tells me it is only occasionally he employs the unique stretching process. The spine does not so readily "settle down" once the five movements in SPINE MOTION have been introduced. They are most unique motions; hard to describe but easy to do; they give the system an indescribable thrill even at the time. I haven't had a backache since I learned them; nor had a day without a healthful evacuation. As for the colonel, he is doing more work than

ever, is up till all hours, eats what he likes, smokes incessantly—and he doesn't seem to have any nerves.

Bradstreet no longer offers his personal services in conditioning men, but you can have SPINE MOTION in the same form it was given Col. Bemis. The motions have been made clear in five photographs that Bradstreet posed himself. He gives you simple, unmistakable instructions with them. There is no "apparatus." You just do those movements in a few minutes, and in a few days you experience the most marvelous "pick-up"—you look better—feel better—and function better in every way. Oh, that everyone knew of this rejuvenator—young men prematurely old—men whose years have dulled normal interests and desires—all men physically below par!

Those wanting a speedy and surprising demonstration of SPINE MOTION may have the complete method for a week's trial that is free in every sense. Send nothing but your name and address. Then, if it proves plainly that it will *work wonders* for you—pay Hobart Bradstreet the tremendous sum of three dollars for everything! For those willing to be *shown* there is a coupon below.

HOBART BRADSTREET, Suite 6055
630 S. Wabash Ave., Chicago, Ill.

I will try your SPINE MOTION without risk if you will provide necessary instructions. Send everything postpaid, without any charge or obligation, and I will try it five days. If I find SPINE MOTION highly beneficial I can remit just \$3 in full payment; otherwise I will return the material and will owe you nothing.

Name.....

Address.....

NATURE'S PATH

Brings to Your Home One of the Greatest DOCTORS for Promoting Physical, Mental and Spiritual HEALTH.



BENEDICT LUST
N.D., D.O., D.C., M.D.

Disease never comes without a cause. The way is prepared, and disease is invited, by disregard of the laws of health. Many suffer in consequence of the transgressions of their parents. While they are not responsible for what their parents have done, it is nevertheless their duty to ascertain what are and what are not violations of the laws of health. They would avoid the wrong habits of their parents, and by correct living place themselves in better condition.

Dr. Benedict Lust has been teaching the gospel of health over 30 years. He has worked diligently in educating the American public to the value of health. In order that a greater number of people may benefit from the dissemination of the truths of naturopathy, Dr. Lust has decided to publish NATURE'S PATH, a new magazine which will deal with the promotion of physical, mental and spiritual health.



Special Offer to Readers of STRENGTH

In order to introduce NATURE'S PATH to the readers of Strength, Dr. Lust offers a yearly subscription at \$2.00, although the regular subscription price of the magazine is \$3.00 per year. Each subscriber will have the privilege of personal consultation with Dr. Lust on any health question. Send 25c for sample copy of NATURE'S PATH.

DR. BENEDICT LUST
Editor "NATURE'S PATH"

112 E. 41 St., Dept. S6. New York, N. Y.

Parallel Bar Exercises

By L. E. Eubanks

I am sure it would be unnecessary to tell any reader of this magazine what parallel bars are; any one who has ever been in a gymnasium or examined a catalog of athletic paraphernalia is familiar with the general aspect of this apparatus.

If you desire a fine development of arms, shoulders, chest and abdominal muscles, and want to enjoy some splendid fun while you are acquiring these, I recommend parallel bars. Their simplicity is a salient virtue; if you cannot visit a gymnasium often, you can easily build a pair of bars. Even the feature of adjustable height is well within the carpenter's ability of the average teen age lad.

Naturally, the first thing to learn is to swing the body easily between the bars, a hand on each, arms straight. Keep the knees straight and feet together.

The "still dip" is the next thing, after you have familiarized yourself with the jump up to position and the body-swinging. Lower the suspended body gradually by bending at the elbows until the front part of your shoulders comes down almost to the hands; then push back up to the straight arm position.

Now try the bent arm swing: lower the body from straight arm, as done in the still dip, and swing gently forward and back while in that position. Practice this exercise until you can swing moderately high without feeling strained. Take care not to let the body sag between the bars, and hold the elbows in.

It will not be long until you can do the forward dip. Swing straight arm, but dip when the legs are behind and just at the end of the back swing; then as the legs come up on the forward swing, push up to straight arm again. Practise till you can do this ten or twelve times in succession.

To perform a back dip, swing straight arm and dip when the legs are at the end of the front swing; then as the legs come up on the back swing, push up to straight arm again. This is a little harder than the front dip. In performing these exercises be careful not to overdo; otherwise the muscles will become very sore.

Jump up to straight arm on the bars, then "walk" from end to end and back, moving the arms alternately.

This one is frequently called the "jiggle." Go forward, then back, by making short quick jumps, moving both arms at once. This movement is performed entirely by play of the hands and wrists, the body and legs maintaining the correct position throughout the movement. The jumps should be not more than four inches long.

Jumping with the body swing is not hard, but you must have some practice at jumping against the swing. Swing a few times, then try jumping forward as the legs go backward—just as they reach the highest point on the back swing. In going backward, jump when the legs have swung half way forward, and as you jump let the legs go up so that when you alight they will be in front; otherwise, you will lose the swing. This, though very severe on the arms, is excellent to develop

bodily control for the harder stunts you will want to work out after a few weeks.

Here's a rather hard one, called the "grasshopper." Take the down position—that is, arms bent, and without a swing jump forward, alighting on bent arms, as you started. Jump back also from bent arms to bent arms. In all bent arm movements be sure not to allow the body to sag between the bars, and keep the elbows in.

When you do this one successfully you will know that you are getting quite strong in the arms. Swing straight arm, dip when the legs are in front, and jump forward to straight arm as the legs swing back. To come back, swing straight arm, dip when the legs are in front, and, as they swing back, jump back to straight arm. Briefly, this movement is from bent to straight arm against the swing forward; and from bent to straight with the swing, back.

In performing these swinging tricks it is absolutely necessary that the legs should be in the proper position after you have made the jump. In jumping forward with the swing, and backward against the swing, you should alight with the legs in front; in jumping forward against the swing, and backward with the swing, you should alight with the legs behind.

Dips and jumps are particularly good for the triceps of the arms, and you should do some "pull up" work from below the bars to bring out the biceps proportionately. Perhaps the best known of the under-bar stunts is the "front horizontal." Grip one of the bars, palms of the hands away from you, straighten out arms and let shoulders down as far as they want to go. Now bring your feet up, then extend them. It will be quite a while before you can straighten out the legs and hold them and your back parallel to the floor, for it requires very strong abdominal muscles. At first, extend only one leg, keeping the other bent well up, and gradually let the latter out as you gain in strength. A very fine feat, this front horizontal.

HEALTHY LUNGS AND A BIG CHEST

For Men, Women & Children

You can have strong lungs and increase your chest measurement five inches by following instructions in my book.

"Chest Development and Correct Breathing"

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MIZPAH JOCK No. 44



Gives you a feeling of real comfort and the assurance of perfect protection while exercising or playing games of any kind. All elastic. Perfect fit. Will not chafe. Perfect pouch. Patented opening.



In front. May be boiled to cleanse.

TWO WEEKS' TRIAL If not satisfactory return and money will be refunded. Mailed on receipt of price, \$1.00. State waist measurement.

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Any form, cigars, cigarettes, pipe, chewing or snuff Guaranteed. Harmless. Complete treatment sent on trial. Costs \$1.00 if it cures. Nothing if it fails. SUPERBA CO. L-18 BALTIMORE, MD.

The American Continental Weight-Lifters' Association will hold another exhibition in Philadelphia on September 5th. All members and readers are urged to come, as this exhibition promises to be the most interesting offered so far. Many well known lifters will be present as well as artists in other lines.

The American Continental Weight-Lifters' Association is devoted to the promotion of interest in weight-lifting and body-building in all corners of the world. It is not, however, solely devoted to weight-lifting; its officers and members are also interested in the promotion of health through diet and athletics.

It certainly is a worthy institution and one that promises to go big in a very short time. It has already attracted the attention of some noted authorities on body and health building.

Do You Spend Much Time Wishing You, Too, Could Do a Complete Back or Forward Somersault?

Every fellow with red blood in his veins has this desire now and then. But why only wish, when I supply this means, in the form of a complete tumbling course and a safety belt, by which you can very easily acquire the fascinating ability of tumbling and hand balancing.

My! What a Pleasing Sensation It Is

to go rapidly through a series or routine of feats such as a round-off, several flips, ending up with a high, slowly-turning, lay-out back somersault, always landing on your feet like a cat.

There are numerous routines like the above-mentioned given you in this thorough course of mine, as well as tumbling and hand-balancing feats from the simplest up to the extremely difficult and stage type.

It is not necessary to have my tumbling belt in order to learn the simpler tumbling feats. But as you advance to the somersaults, flips, twist-ers, gainers, and others even more difficult, you will need this belt for safety and help in learning these sensational feats.

You will be given full instructions on how to put this belt to use. Both the five and three dollar belts are lined with heavy felt to make them comfortable around your waist.



SAFETY TUMBLING BELT

These belts are just the thing for those who are too timid to try tumbling feats. In fact, it is safer for every beginner to have one. You can get them from me at the prices of \$3.00 and \$5.00, which includes shipping charges.

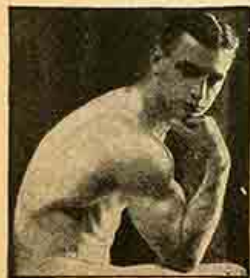
YOU CAN GET A \$5.00 BELT AND MY \$3.00 TUMBLING COURSE FOR \$7.00. THE \$3.00 BELT AND TUMBLING COURSE FOR \$5.00. USE COUPON WHEN ORDERING AND GIVE SIZE OF WAIST.



ONE OF THE EASY FEATS FROM MY COURSE



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Be Sure to Select Right Now One of The Propositions Given You on the Coupon

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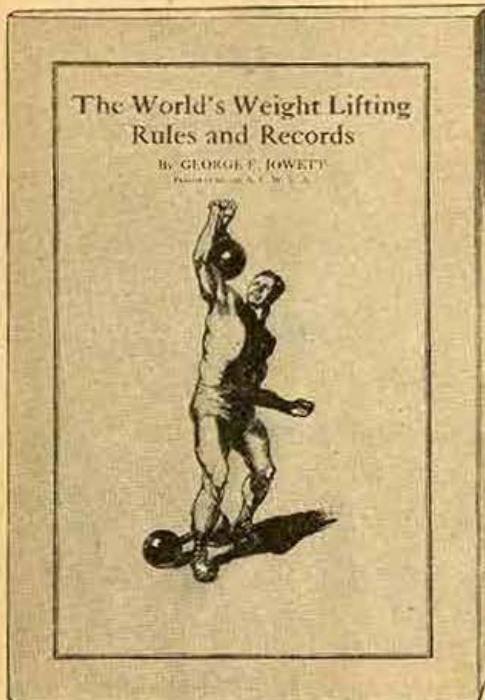
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THIS VOLUME IS A GIFT TO YOU

The World's Weight-Lifting Rules and Records

BY GEO. F. JOWETT

World's Foremost Authority on Strength Sports



If you want to know something definite on mathematics you get out your ready reckoner, and if you want to know the rules of baseball and who's who in the game, you look up your sport reference. But when someone asks you which amateur or professional strong man made the highest official record on one of the many lifts, you have only a vague idea of who really holds the record. And as for it being official or not you do not know. There are thousands of wonderful lifters you never heard of who have performed some astounding feats. So numerous are they, that no man ever had the courage to tackle the job of compiling them. The truth is there was no man capable who knew enough about this subject until Geo. F. Jowett came forward. It was a stupendous work, but a work of love, as no man could possibly be reimbursed for the time devoted to this work.

It is the greatest reference and guide to the physical culturist's and strong man's library ever written. Filled with absolute facts from cover to cover, it gives you all the data and information you have been looking for a long time.

The History of Physical Power in One Volume

Naturally you will be curious to know what is contained in this book. You cannot ask a question that is not answered. It gives you the names and records of every strong man, amateur and professional, of every country on every known lift—France, Germany, Britain, Austria, Esthonia, Canada, etc., etc., even Egypt. It has a complete list of the amateur and professional world's records. Chapters on feats of strength, and the history of every popular lift. All the rules governing every known lift are explained, telling you how they should be performed. It has a complete list of all the Strength Clubs in America, with all the names and addresses of all the most important men in the work of body building and weight lifting.

The history of the American Continental Weight Lifting Association is given you from its very inception up to the present time. The story is retold of how one man, Geo. F. Jowett, accepted the challenge for America and single handedly commenced this work that has unearthed such remarkable men that are told about in the pages of this book. You cannot help but feel the thrill. It is the life story of an iron man's dream and its fulfillment. Mr. Jowett's love for the sport is as great as his marvelous power. If you neglect to read this you are only lukewarm to the strong-man cause. You should read this book because it was written by a man whose knowledge is backed by his records—the truest friend the iron man and body builder ever had.

WE ARE GIVING THIS BOOK TO YOU FREE

We are offering this splendid piece of literary work to you FREE with one year's subscription to "Strength" Magazine. This monthly periodical, as you know, is unanimously voted as the finest magazine on health and body culture in the world. It is filled with numerous articles written by the foremost authorities in the world on their particular lines; namely, Dr. Bowers, Dr. Rubin, Dr. Drew, Von Ziekursch, Geo. F. Jowett, Chas. MacMahon, John Bradford, Ralph Hale, Dean Carroll, and Marjory Heathcote. These are only a few of our many contributors. It is a magazine for the real he-man and woman, and not the crank. It is broad and logical in its views, and not full of radical theories.

Dept. S-9-25

The Milo Publishing Co.,
2739 N. Palethorp St.,
Philadelphia, Penna.

Gentlemen:
Please find enclosed the sum of \$2.50 which entitles me to Geo. F. Jowett's book, "World's Weight-Lifting Rules and Records," and one year's subscription to "Strength" Magazine.

The articles are instructive, full of educational value, and written in such an interesting way that they defy comparison. Each article is of sufficient length so as not to rob it of any of its value, and illustrated with actual photographs that make the pictorial display superb.

This magazine is read in the four corners of the earth, and we feel this is our greatest tribute and it backs up our statement that "Strength" Magazine is the finest magazine of its kind written in any language.

For one year's subscription to "Strength" Magazine at the regular price of \$2.50, we will give you Mr. Jowett's book, free. In other words, we are giving you \$4.00 value for \$2.50.

This is an offer we feel you will not hesitate to take advantage of
Therefore, lose no time, but fill out the coupon on this page and mail immediately to

THE MILO PUBLISHING CO.

Dept. S-9-25

2739 N. Palethorp St.

Philadelphia, Pa.

Name.....

Address.....

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

How a Strange Accident Saved Me From Baldness-

Sixty days ago it made me boiling mad. Today I look back and laugh at the incident for it brought me a marvelous new growth of hair

I'M willing to bet that I've wasted more money trying to end my baldness than any other man in the world. So naturally I laughed at any ad that sounded like a baldness remedy. And the oftener I laughed, the more bald I became.

When my wife began to look sorrowfully at my thinning hair I smiled regretfully. When my friends began to call me "baldy" I felt somewhat annoyed. But when my private secretary began to look strangely at my glistening scalp and snicker—well it made me mad!

But the worst was yet to come. About sixty days ago I saw a tooth paste advertisement that offered to send a free booklet. It sounded interesting so I clipped the coupon and gave it to my secretary to fill in and mail.

Well, a few days later, to my utter surprise I found on my desk—not a booklet on toothpaste—but a booklet and a letter telling how to end baldness in 30 days!

I glanced from the booklet to my secretary. I felt my blood boiling.

"Miss Harris," I said to her, "I can't say that I appreciate your sense of humor. Just what is your idea? Is it . . ."

She paled. "Why, Mr. Burns—what's wrong—what have I done?"

"Done?" I shouted, "aren't you content with laughing at my bald head—must you make matters worse by sending me this hint? If it pains you to look at my head you are always at liberty to resign!"

Tears came into her eyes. And between sobs she explained why it wasn't really her fault.

She said that the coupon which I asked her to mail had another coupon printed on the back—and the other coupon offered to send a free book about baldness. Well, she simply used her own judgment!

"Hm," was all I could say. And during the entire day not a word passed between us.

But that night on my way home I read the book about baldness. And I have to admit that a more interesting, more helpful, more honest book I've never read in my life. It described an entirely new method of making hair grow—a method perfected by Alois Merke, founder of the Merke Institute, Fifth Avenue, New York. It is the only treatment I had ever heard of that actually reached right down to the hair roots and awakened them to new, vigorous activity.

As I read on I felt myself weakening in my resolve not to try another hair treatment.



And then when I read that Merke actually guaranteed a new growth of hair in 30 days or no cost to me—well, I completely weakened and sent for the treatment.

The first two or three times I used the treatment I began to notice that my hair didn't fall out as much as it used to. But, a week or so later when I looked in the mirror I saw something that almost bowled me over! For there, just breaking through, was a fine downy fuzz all over my head.

Every night I spent 15 minutes taking the treatment at home. And every day this young hair kept getting stronger and thicker. At the end of the month you could hardly see a bald spot on my head. And at the end of sixty days—well, my worries about baldness were ended. For I had regained an entirely new head of healthy hair. (Can you blame me for laughing now at the strange incident of sixty days ago?)

Here's the Secret

According to Alois Merke, in most cases of baldness the hair roots are not dead, but merely dormant—temporarily asleep. Now to make a sickly tree grow you would not think of rubbing "growing fluid" on the leaves. Yet that is just what I had been doing, when I used to douse my head with tonics, salves, etc. To make a tree grow you must nourish the roots. And it's exactly the same with the hair.

This new treatment, which Merke perfected after 17 years' experience in treating baldness, is the first and only practical method of getting right down to the hair roots and nourishing them.

At the Merke Institute many have paid as high as \$500 for the results secured through personal treatments. Yet now these very same results may be secured in any home in which there is electricity—at a cost of only a few cents a day.

Read This!

"Results are wonderful. My hair has stopped falling out and I can see lots of new hair coming in. I preach your system to everyone."—F. D. R., Washington, D. C.

"My hair was coming out at an alarming rate, but after four or five treatments I noticed this was checked. My hair is coming in thicker and looks and feels full of life and vigor."—W. C., Great Neck, N. Y.

"I have used your system for eight weeks and although the top of my head has been entirely bald for six years, the results up to the present are gratifying. In fact, the entire bald spot is covered with a fine growth of hair."—W. B. Kenmore, Ohio.
(Original of above letters on file at the Institute.)

The thing I like most about Merke is that he very frankly admits that his treatment will not grow hair in every case. There are some cases of baldness that nothing in the world can help. But so many others have regained hair this new way, that he absolutely guarantees it to produce an entirely new hair growth in 30 days or the trial is free. In other words, no matter how thin your hair may be, he invites you to try the treatment 30 days at his risk, and if it fails to grow hair then he's the loser—not you. And you are the sole judge of whether his method works or not.

Coupon Brings You Full Details

This story is typical of the results that great numbers of people are securing with the Merke Treatment.

"The New Way to Make Hair Grow," which explains the Merke Treatment in detail, is the title of the vitally interesting 34-page book, which will be sent you entirely free, if you simply mail the coupon below.

This little book tells all about the amazing new treatment, shows what it has already done for countless others, and in addition contains much valuable information on the care of the hair and scalp. Remember, this book is yours free—to keep. And if you decide to take the treatment, you can do so without risking a penny. So mail the coupon now and get the surprise of your life! Address Allied Merke Institute, Inc., Dept. 559, 512 Fifth Avenue, New York.

GET THIS FREE BOOK



Allied Merke Institute, Inc.
Dept. 559, 512 Fifth Avenue, N. Y. C.

Please send me—without cost or obligation—in a plain wrapper, a copy of your book describing the Merke System.

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

Address.....

City.....

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Human Fuel

A human being is like a machine or a furnace in as far as they all need good fuel IN PROPORTION TO WORK.

Starvation Due to Ignorance

Fasting or short feeding is an admission of ignorance of food values, because there are easily digested combinations to dissolve and eliminate impurities, to build body, brain and nerve, etc.

Furnaces, However Old, Yield Quickly to Right Fuel

A good furnace, wrongly managed, may fail to heat a house properly for half a century. Yet, let a man who understands fuel take charge, and, in one hour or less, the house will receive its share of heat.

Similarly, aged persons, who have suffered from trouble mainly in the stomach and intestines, as in prolapsed conditions, perhaps twenty years or more, have recovered in a few weeks, sometimes in only a few days, on right food. See testimony.

Young People Increase Income

Learn how to use brain or muscle foods as tools in business. See the evidence of increased self confidence, increased staying power and increased earnings.

New Method Produces Adequate Nerve Force—Revolutionizing Pathology

Since the invention of the microscope physicians have attributed nearly all diseases to germs, although bacteriologists admit freely that there is a previous cause, e. g., "suitable soil for germs," "predisposing condition," "susceptibility," etc. Germs, like maggots, arrive to feed on lifeless flesh or weakened tissue or waste. They are harmless where bodily functions are maintained from sufficient nerve energy. By any other theory, germs, the most prolific creatures known, would swarm and devour all animal life.

The newer knowledge of food values (biologic, Brinkler System) by raising nerve force to normal, strengthens tissue, eliminates waste from the tissues, the material basis of every disease, also nullifies all germs.

We never treat disease, because it is due to departure from RIGHT LIVING which is a condition to be corrected, not a thing to be treated. We provide a systematized dining table for improving efficiency. Results similar to those we accomplish in human beings are also accomplished in animals by feeding them correctly (after first making them paralyzed, blind, etc., by wrong feeding for experiment in laboratories everywhere). Since in animals, why not in human beings?

Dr. E. McCollum, Professor of Chemical Hygiene in Johns Hopkins University, attrib-

utes the chief advancement in dietetics not to chemistry but to biology (experimental feeding of food to animals within the previous ten years). See "Newer Knowledge," etc., 1923.

Write us for particulars of Government Bulletins describing experiments on convicts, hens, cows, etc. Deficient feeding produced disease, whereas full nutrition cured—e. g., paralysis, blindness in hens, rats, etc., pellagra, beri-beri, skin affections, etc., in men.

SIX RULES OF EVIDENCE

(1) Specific Results

Accept only specific statements as evidence.

GOITRE. A. W. File M-709. Goitre 6 years. "My neck measured almost 17 inches before I began instruction at this writing and wearing my old size collar, 15 ins."

CATARRH, BRONCHITIS, WEAK, HOARSE VOICE. File M-1743. Age 22. Clerk.

"Life looks different to me now. My voice is getting clear and strong, and my head is just as clear as a bell. Have been making four times the money traveling, something I had the ambition but not the strength to do before."

PREGNANCY. Age 30. With last two children suffered no nausea, no swollen feet, nor constipation as previously. Delivery painless.

PROSTATE. J. O. C. wrote: "Prostate trouble, of 3 years' duration, disappeared within 2 weeks."

TEETH AND TONSILLS SAVED, MEMORY IMPROVED. File 1885. "Pyorrhoea specialist advised extraction. After two months on Brinkler diet, dentist found that the five abscesses had disappeared and has since pulled all teeth without any extractions."

"Tonsils also saved. Sticky film and pimples disappeared. Joints reduced. Large lump on wrist, there for one year, disappeared in a few weeks."

"Can now memorize music, and accomplish in half an hour more than formerly in two hours."

PYORRHOEA. Age 65. Pain ceased on seventh day.

FALLEN STOMACH AND INTESTINES. Age 63.

"Sagging of the intestines disappeared in four days, along with constipation, as bowels acted the first time naturally in 25 years. I gained 14 pounds in 11 days."

ECZEMA. Age 60. Eyebrows lost. Skin cracked and sore. Nails in three months.

CONSTIPATION. Three eliminations daily.

(2) Real or Imaginary

Admit as evidence only the testimony that includes a statement of the existence of a previous condition of disease, and many previous diagnoses and treatments.

HEART OUT OF PLACE 2 1/2 INCHES. Physician, age 65, from sworn statement, File 4675.

"Serious doubts were expressed as to my recovery. Every particle of swelling has disappeared from my legs and I can now sleep at night in my bed perfectly unconscious of this action of the heart and free from any smothering sensation."

"When I arrived at the Brinkler Institute I was compelled to wear shoes unlaced and two sizes too large. Within a few weeks, I could wear shoes of my normal size. I can now spring upstairs two at a time, and my walking strength rapidly.

"Such minor troubles as catarrh and dandruff also disappeared."

"Having diligently investigated all methods of healing that appeared helpful since graduating at Harvard Medical School in 1879, I can conscientiously say that nothing known to me in regular practice or in dietetic measures can approach the efficacy of the Brinkler System of Nutrition."

EPILEPSY. Physician, fits for 4 years, average every 10 days. Convulsions disappeared. Strength multiplied many times.

ULCERS. Gained 30 pounds. Rev. G. S. B. Age 59. Retired Minister returned to work. Had to use stomach tube every night for 7 years.

"After physicians had diagnosed my case as ulcerated stomach, and enteroptosis, or falling stomach, perfectly unconscious of this action of the heart and free from any smothering sensation."

"I had not taken the food three days before I felt like a different person."

"I have gained 30 pounds and have not had 2 years of such comfort and freedom from pain, or been able to do so much work in 20 years."

TUBERCULOSIS. File 2424. X-ray showed spot on right lung. Hemorrhage. Antrum trouble in winter. Cough. Bedridden.

After 8 weeks "have been walking and running 3 or 4 miles daily, and played tennis. Mucous almost gone."

(3) Long Duration

To prevent any delusion from accidental results, avoid statements of recurrent or intermittent disease, and accept as evidence only those statements representing disease of long duration and recovery of long standing.

HEMORRHAGE, TOO WEAK FOR OPERATION. File B-2844. Mrs. S. H.

"For seven years I suffered terrible hemorrhages, and not one of the doctors could do anything to stop them."

"After taking Brinkler System two days the hemorrhages began to check, and by the end of third day had entirely ceased, and have not lost a drop of blood since that is six years ago this May, 1914."

NEURASTHENIA. File B-1889. "The Brinkler System has cured me of 4 years of neurasthenia, of months of continuous headaches, of indigestion, night emissions. I have as a result secured a position at a 25% increase in salary."

(4) Exclusive Methods

To prevent possibility of mistake as to which method produced results, accept as evidence only those cases which used one method exclusively during the period of restoration or recovery.

TUMORS DISSOLVED, SIGHT AND HEARING RESTORED. File 3610. Sworn statement. "For twenty years I suffered from rheumatism. My feet and legs swelled until I could scarcely stand on them. I had difficulty with both sight and hearing, being compelled

to wear glasses. I was troubled from my kidneys and bladder, lime deposits, also goitre, and suffered from hemorrhages each month. My physician discovered that I had two tumors.

"When I began the Brinkler System of eating, I could not sit on the floor with my legs parallel to the floor as my muscles and joints were too stiff."

To show you the result of following my instructions, I am enclosing two photographs showing how I can now do the shoulder stand through perfect control of muscles and joints. There is not a pain in my body and I can read and write without glasses, and my hearing has been restored. My memory has also improved. Tumors are almost entirely gone, and the hemorrhages have ceased.

By occupation I am a saleslady, and I am pleased to say I have not lost one day's work since commencing the Brinkler System. I am no longer troubled with that terrible swelling of feet and legs. Neuritis vanished like magic. I have taken no medicine during the past eight months, whereas my drug bill was formerly from \$15.00 to \$20.00 each month. My bowels are restored to normal, functioning three times each day and in proper condition.

This testimonial is entirely unsworn, and I trust in the hope that some other sufferer may be benefited thereby.



(5) Reserve Force Minimum

To prove the efficacy of the Brinkler System even when reserve force is at a minimum, a most severe test, admit as evidence statements from those who were over sixty years of age, and deficient in reserve energy.

AGE 73, PULSE OF YOUNG MAN. File 5916. Sworn statement. "Heart too bad to travel. In a few days pulse went from slow beat to the rapid pulse of a young man, feet and hands became warm."

"Two years constant headache and pressure disappeared in five days. Memory improved. Could read and travel alone."

"Prostate enlarged. Four doctors said no remedy but knife, and that unsafe and unsatisfactory. No discomfort after seven days. Throat sore 40 years, now well."

ARTHRITIS, LEGS PETRIFIED. Mrs. D., doctor's widow, age 86. "In 1922 I sprained my ankle in Miami, Florida, and lime deposits caused legs to swell, eventually to double size and to solidify from ankles to thighs. On the Brinkler System in spite of my bedridden condition my bowels acted normally two or three times daily. Deathlike pallor, hardness and swelling disappeared. Sixteen months later I could walk alone without help, due entirely to correct eating."

GALL STONES. Age 84. Bedridden, colic every week or years, but not one attack since instruction over a year ago; now can do housework.

PARALYSIS. File M-14615. Age 81. Retired physician. Partial paralysis.

"Am doing very well. My hand, that was almost useless, has become much better now and can use it some. Can walk better."

(6) Remove and Reproduce

To prove that the Brinkler System is thorough and gives understanding of natural laws admit to evidence statements of those who are able both to remove and to reproduce symptoms at will.

NEURALGIA, TONSILLITIS, MENTAL FEARS. Mrs. A. R. Age 37.

"Removed all my complaints, neuralgia, pains in every joint, deafness, catarrh, skin troubles, fears of insanity. Also cured my children's complaints, adenoids, convulsions, eczema, etc."

"Would submit my person to a proper test. Have removed and reproduced symptoms of disease, for tests, at will, and in the period of a very few days."

100 Names for 1 Disease

Catarrh, the Common Basis. Butter, cheese, oil, fat, eggs, salt, in excess or in wrong combinations, or any fermenting foods, produce mucus which, in its passage through the body causes catarrh in the stomach (gastritis), or in the bowels (colitis), or in the caecum near the appendix (appendicitis), or in the tonsils (tonsillitis), or in the throat (pharyngitis), or in the bronchial tubes (bronchitis, asthma), or in the nose (rhinitis), and also in the gums around the neck of the teeth (gingivitis) causing a catarrhal condition called pyorrhoea, which loosens the teeth.

Replenishment. There are over 2,000 miles of capillaries (small, hair-like blood vessels) in you, and EVERY INCH IS AFFECTED BY THE FOOD YOU EAT. The fundamental difference between persons is ONLY proportion of elements. One person needs more nerve food, another needs more muscle food, etc., according to NATURAL FIXED LAWS which, of course, apply to YOU.

Over 6,000 pupils. Sworn statements. Educational booklet, 10 cents.

BRINKLER SCHOOL OF EATING
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