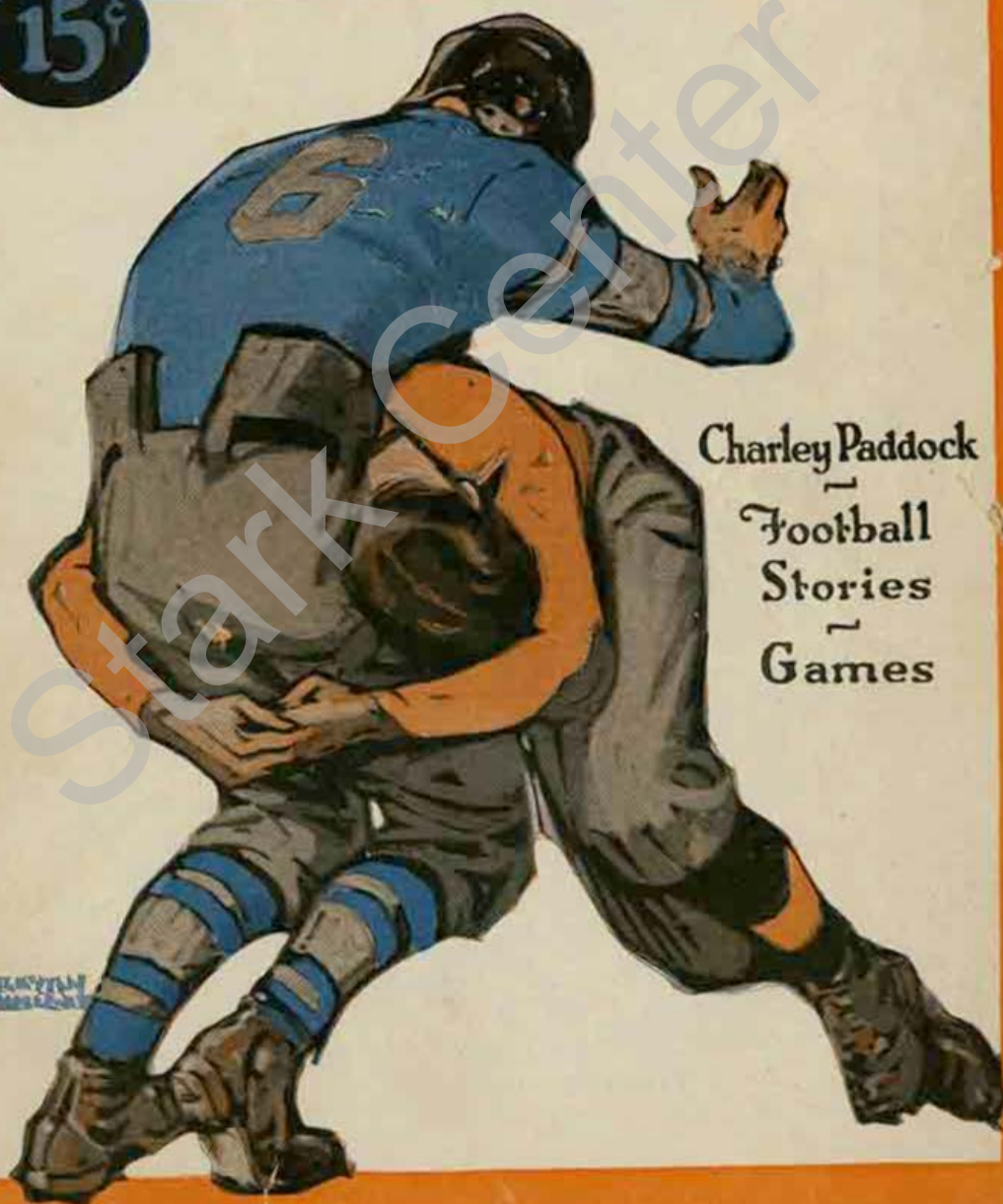


November 1922

# Strength

The Magazine of Good Health

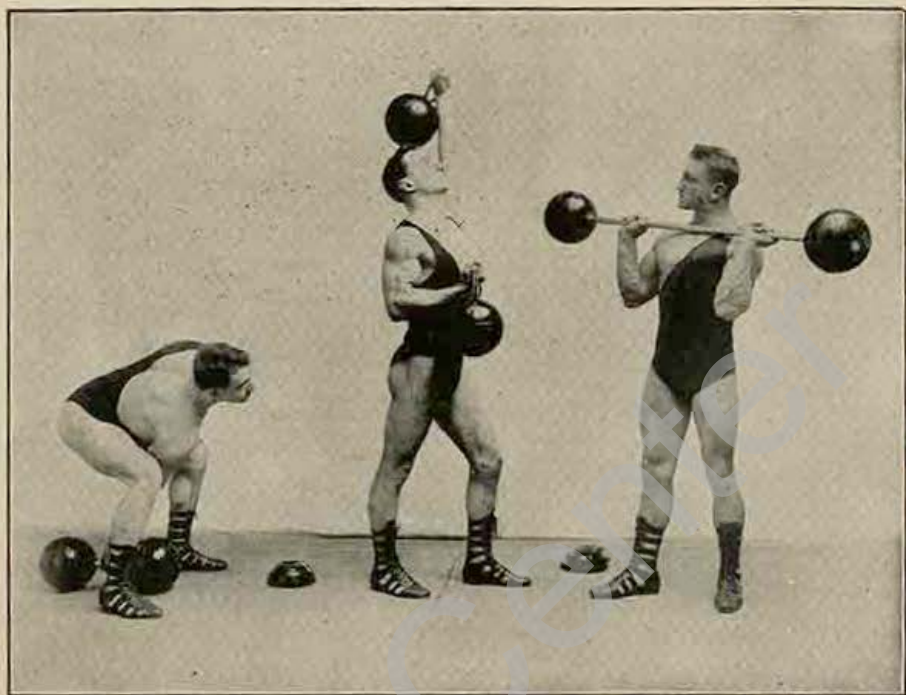
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Charley Paddock  
—  
Football  
Stories  
—  
Games

W. W. BENTLEY  
NEW YORK

# What Is a Bar Bell?



A bar bell is simply a long-handled dumbbell, and is used for body-building exercises. In the above illustration three of our advanced pupils are shown using bar bells, dumbbells and kettle bells. In our combination outfits the bar bell is the greatest developing medium and is used in most of the exercises. The kettle bells and dumbbell are subsidiary parts. They are all adjustable, not in order that they be made heavier, but in order that they may be made light enough to suit your needs. That is the secret of our success—we adapt the system to your needs, instead of trying to make you fit the system.

Why is it that a man who has exercised with bar bells can perform feats of strength far beyond the combined power of two or three ordinary men? Not alone because his arms are twice as strong, but because his back, hips and legs are four or five times as strong as those of the average athlete.

Just having strong arms will not keep you in

perfect health. To be really healthy you must be strong and well developed in all parts of the body. A strong body is one in which all the muscles, because in constant use, perform their functions properly, thus giving the necessary support to the vital organs. We can give you a strong body.

## We Guarantee Results!

We do not merely promise results, we guarantee them. It makes no difference how weak or undeveloped you may be, we can lay out a course of instructions for you that will give you a strong, healthy, well-developed body of which you can be justly proud. We back this up with an absolute guarantee of satisfactory results within a period of three months, or your money will be refunded without question.

You owe it to yourself to be strong and healthy. Our booklet, "Health, Strength and Development, How to Obtain Them," will show you the way. It is free. Send for it today.

## The Milo Bar Bell Co.

*Physical Culture Specialists, and the largest manufacturers and distributors of bar bells, dumbbells and kettle bells in the world.*

Dept. 32, 301 Diamond St.

Philadelphia, Pa.

# What Would You Give To Become A Really Good Dancer?

How much would it be worth to you to make yourself so popular through your ability to dance all the very latest steps, that everyone would be anxious to have you attend their social affairs?



**G**OOD dancers always have the best time. The best dancers and the prettiest girls always want a good partner. From the business as well as the social standpoint, it is really time and money profitably spent to add dancing to your other accomplishments. Especially so, since it now costs so little—and a fine dancing ability can be mastered in only a few hours.

Arthur Murray has perfected a method by which you can learn in the privacy of your own home, to dance any of the latest dances in a few minutes—and all of them in a short time. Instructions are so simple that even a child can quickly learn. In one evening, you can master the steps of any single dance. Partner or music are not necessary. After learning you can dance with the best dancer in your town and not make a single misstep.



Arthur Murray  
Dancing Instructor to the Vanderbilts.

## Learn Without Partner or Music

Arthur Murray's remarkable method is so clearly explained and lucidly written that you don't need anyone to explain the instructions. The diagrams show every movement—just how to make each step of every dance, and the

written instructions are concise and easily remembered. After you have quickly learned the steps by yourself in your own room, you can dance perfectly with anyone. It will also be quite easy for you to dance in correct time on any floor to any orchestra or phonograph music.

Private instruction in Mr. Murray's studio would cost you \$10 per lesson. But through his new method of teaching dancing at home, you get the same high class instruction at a ridiculously low price. And if you aren't delighted, the instruction doesn't cost you one cent.

## Send No Money—Not One Cent

Satisfy yourself that the new course can quickly teach you all of the new dances and latest steps. See for yourself how easily you can master all of the newest dances and be able to enjoy yourself at the very next affair to which you are invited. Just fill in and mail the coupon—or a postcard or

letter will do—and the special course will be promptly sent to you. When your own postman hands it to you, simply deposit with him only \$1.00 plus the few cents postage, and the course is yours without any further payments of any kind. Keep the course for five full days. Practice all the steps—learn everything the lessons teach, because that is the only way you can prove to your full satisfaction that Arthur Murray's method is the quickest, easiest, and most delightful way to learn how to dance correctly and expertly. Then, within five days, if you desire to do so, you may return the course and your deposit will be promptly refunded without any question. But should you decide to keep the course, as you surely will, it becomes your property without further payments of any kind.

## You Will Learn

The Correct Dancing Position  
How to Gain Confidence  
How to Follow Successfully  
How to Avoid Embarrassing Mistakes  
The Art of Making Your Feet Look Attractive  
The Correct Walk in the Fox Trot  
The Basic Principles in Waltzing  
How to Waltz Backward  
The Secret of Leading  
The Chasse in the Fox Trot  
The Forward Waltz Step  
How to Leave One Partner to Dance With Another  
How to Learn and Also Teach Your Child to Dance  
What the Advanced Dancer Should Know  
How to Develop Your Sense of Rhythm  
Etiquette of the Ballroom

## Your Satisfaction Guaranteed

Several times Arthur Murray has been asked how one can learn by mail to dance. The answer and the proof that you can learn is found in these special lessons. After reading them over and practicing the steps as shown in the diagrams, no one can help but feel fully convinced that Arthur Murray's course does teach everything promised. And so positive is Mr. Murray that he can teach you that he absolutely guarantees your complete satisfaction or your money will be fully refunded.

You have always wanted to learn to dance—you have always promised yourself that some day you would learn. Here is your best opportunity. And remember, you now receive the

## Complete 16-Lesson Course \$1.00

Arthur Murray, Studio 461, 100 Fifth Ave., N. Y.

## Arthur Murray, Studio 461, 100 Fifth Ave., N. Y. C.

To prove that you can teach me to dance in one evening at home you may send the sixteen lesson course in plain cover and when the postman hands it to me I will deposit with him \$1.00, plus a few cents' postage in full payment. If, within five days, I decide to return the course I may do so and you will refund my money promptly and without question.

Name .....

Address .....

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

If apt to be out when postman calls you may send one dollar and we will pay postage.

(Price outside U. S., \$1.10 cash with order.)

# STRENGTH

Vol. 7

NOVEMBER, 1922

No. 3

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# Science Discovers the Secret of Caruso's Marvelous Voice

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

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

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

## Prof. Feuchtinger's Great Discovery

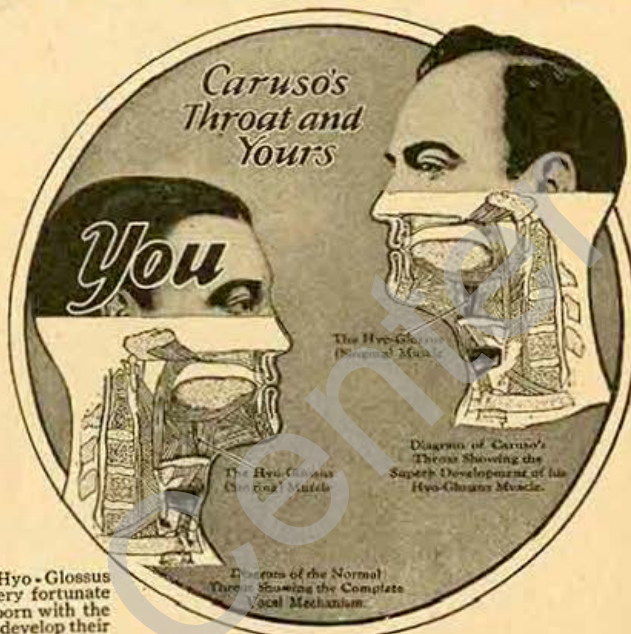
Professor Feuchtinger, A. M.—descendant of a long line of musicians—famous in the music centers of Europe for his success in training famous Opera Singers—discovered the secret of the Hyo-Glossus muscle. Dissatisfied with the methods used by the maestros of the Continent who went on year after year blindly following obsolete methods, Eugene Feuchtinger devoted years of his life to scientific research. His reward was the discovery of the Hyo-Glossus, the "Singing Muscle" and a system of voice training that will develop this muscle by simple, silent exercises.

## Grand Opera Stars Among His Students

Since the Professor brought his discovery to America hundreds of famous singers have studied with him. Orators, choir singers, club women, preachers, salesmen and teachers—over 10,000 happy pupils have received the benefits of his wonderful training.

There is nothing complicated about the Professor's methods. They are ideally adapted for correspondence instruction. Give him a few minutes each day. The exercises are silent. You can practice them in the privacy of your own home. The results are sure.

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



## A Beautiful Voice for YOU

You can not even guess the possibilities of your own voice.

If you want to sing — if you have always felt that you could sing but lack the proper training because you had not the time nor the means to study—here is your chance. You can now learn to sing at a very small cost and in the privacy of your own home.

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

## Inspiring Book FREE to You

Send us the coupon below and we'll send you FREE this valuable work on the Perfect Voice. Prof. Feuchtinger is glad to give you this book. You assume no obligations but you will do yourself a great and lasting good by studying it. It may be the first step in your career. Do not delay. Mail the coupon today.

## Perfect Voice Institute

1922 Sunnyside Avenue, Studio 5778, Chicago, Illinois

### Perfect Voice Institute

1922 Sunnyside Avenue, Studio 5778, Chicago, Ill.

Please send me FREE Professor Feuchtinger's book "Enter Your World". I have put X opposite the subject that interests me most. I assume no obligation whatever.

Singing     Speaking     Stammering     Weak Voice

Name .....

Address .....

City and State.....Age .....



## What's Wrong in this Picture?

It's so easy to make embarrassing mistakes in public—so easy to commit blunders that make people misjudge you. Can you find the mistake or mistakes that are being made in this picture? Can you point out what is wrong? If you are not sure, read the interesting article below, and perhaps you will be able to find out.

**I**T is a mark of extreme good breeding and culture to be able to do at all times exactly what is correct. This is especially true in public where strangers judge us by what we do and say. The existence of fixed rules of etiquette makes it easy for people to know whether we are making mistakes or whether we are doing the thing that is absolutely correct and cultured. They are quick to judge—and quick to condemn. It depends entirely upon our knowledge of the important little rules of etiquette whether they respect and admire us, or receive an entirely wrong and prejudiced impression.

In public, many little questions of good conduct arise. By public, we mean at the theatre, in the street, on the train, in the restaurant and hotel—wherever men and women who are strangers mingle together and judge one another by action and speech. It is not enough to *know* that one is well-bred. One must see that the strangers one meets every day get no impression to the contrary.

Do you know the little rules of good conduct that divide the cultured from the uncultured, that serve as a barrier to keep the ill-bred out of the circles where they would be awkward and embarrassed? Do you know the important rules of etiquette that men of good society must observe, that women of good society are expected to fol-

low rigidly? Perhaps the following questions will help you find out just how much you know about etiquette:

### Etiquette at the Theatre

When a man and woman walk down the theatre aisle together, should the man precede the woman? May they walk arm-in-arm? When the usher indicates their places, should the woman enter first or the man?

Many puzzling questions of conduct confront the members of a theatre party who occupy a box. Which seats should the women take and which the men? Should the women remove their hats—or don't they wear any? What should women wear to the theatre in the evening? What should men wear? Is it correct for a man to leave a woman alone during intermission?

At the theatre, evidences of good conduct can be more strikingly portrayed than perhaps anywhere else. Here, with people surrounding us on all sides, we are admired as being cultured, well-poised and attractive, or we are looked upon as coarse and ill-bred. It depends entirely upon how well one knows and follows the rules of etiquette.

### At the Dance

How should the man ask a woman to dance? What should he say to her when the music ceases?

and he must return to his original partner? Do you know the correct dancing positions?

How should a woman accept a dance and how should she refuse it. How can the embarrassment of being a wall-flower be avoided? How many times may a girl dance with the same partner without breaking the rules of etiquette? Is it considered correct, in social circles, for a young woman to wander away from the ball-room with her partner?

Very often introductions must be made in the ball-room. Should a man be introduced to a woman, or a woman to a man? Is it correct to say, *Miss Brown, meet Mr. Smith*, or *Mr. Smith meet Miss Brown*? Which of these two forms is correct: *Bobby, this is Mrs. Smith*, or *Mrs. Smith, this is Bobby*? When introducing a married woman and a single woman should you say, *Mrs. Brown, allow me to present Miss Smith*, or *Miss Smith, allow me to present Mrs. Brown*?

When leaving the hall-room, is the guest expected to thank the hostess? What should the woman guest say when she leaves? What should the gentleman guest say? It is only by knowing exactly what is correct, that one can avoid the embarrassment and humiliation of social blunders, and win the respect and admiration of those with whom one comes in contact.

### In the Street

There are countless tests of good manners that distinguish the well-bred in public. For instance, the man must know exactly what is correct when he is walking with a young woman. According to etiquette, is it ever permissible for a man to take a woman's arm? May a woman take a gentleman's arm? When walking with two women, should a man take his place between them or on the outside?

When is it permissible for a man to pay a woman's fare on the street-car or railroad? Who enters the car first, the woman or the man? Who leaves the car first?

If a man and woman who have met only once before encounter each other in the street, who should make the first sign of recognition? Is the woman expected to smile and nod before the gentleman raises his hat? On what occasion should the hat be raised?

People of culture can be recognized at once. They know exactly what to do and say on every occasion, and because they know that they are doing absolutely what is correct, they are calm, well-poised, dignified. They are able to mingle with the most highly-cultivated people, in the highest social circles, and yet be entirely at ease.

### The Book of Etiquette

There have probably been times when you suffered embarrassment because you did not know exactly what to do or say. There have probably been times when you wished you had some definite information regarding certain problems of conduct, when you wondered how you could have avoided a certain blunder.

The Book of Etiquette is recognized as one of the most dependable and reliable authorities on the conduct of good society. It has solved the problems of thousands of men and women. It has shown them how to be well-poised and at ease even among the most brilliant celebrities. It has shown them how to meet embarrassing moments with a calm dignity. It has made it possible for them to do and say and write and wear at all times only what is entirely correct.

In the Book of Etiquette, now published in two large volumes, you will find chapters on dinner etiquette and dance etiquette, chapters on the etiquette of engagements and weddings, chapters on teas and parties and entertainments of all kinds. You will find authoritative information regarding the wording of invitations, visiting cards and all social correspondence. The subject of introductions is covered exhaustively, and the etiquette of travel devolves into an interesting discussion of correct form in France, England and other foreign countries. From cover to cover, each book is filled with interesting and extremely valuable information.

### Do You Know—

- how to introduce men and women correctly?*
- how to answer a dinner invitation?*
- how to greet a man or woman acquaintance in public?*
- how to plan church and house weddings?*
- how to use table silver properly?*
- how to word invitations and acknowledgments?*
- how to avoid blunders at the theatre and opera?*
- how to do at all times the thing that is absolutely correct and cultured?*

### Sent Free for 5-Day Examination

Let us send you the famous Book of Etiquette free so that you can read and examine it in your own home. You are not obligated to buy if you do not want to. Just examine the books carefully, read a page here and there, glance at the illustrations, let it solve some of the puzzling questions of conduct that you have been wondering about. Within the 5 days, decide for yourself whether or not you want to return it.

We expect this new edition to go quickly. The books are now handsomely bound in cloth decorated with gold. We urge you to

send for your set at once. The price for the complete set is only \$3.50 after 5 days. But don't send any money now—just the coupon. Keep the books at our expense while you examine them and read some of the interesting chapters.

Mail the coupon for your set of the Book of Etiquette today. Surprise your friends with your wide knowledge of the correct thing to do, say, write and wear at all times. Remember, it costs you nothing to see and examine the books. Mail the coupon NOW. Nelson Doubleday, Inc., Dept. 13511, Garden City, N. Y.

#### FREE EXAMINATION COUPON

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Without obligation on my part, and without any money in advance, you may send me the complete two-volume set of the Book of Etiquette for free examination. Within 5 days after receipt I will either return the books or keep them and send you only \$3.50 in full payment.

Name .....

(Please write plainly)

Address .....

Check this square if you want these books with the beautiful full-leather binding at Five Dollars, with 5 days' examination privilege.

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

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

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

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

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1. Why the New Style of Boxing Is Better Than the Old.
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9. On Fouls.
10. The Boxer's Disease, Which Is Too Often the Cause of His Downfall.
11. Some Facts and Explanations.

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

### Do You Know

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

the opportunity presents itself.

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

### "Scientific Boxing and Self-Defense"

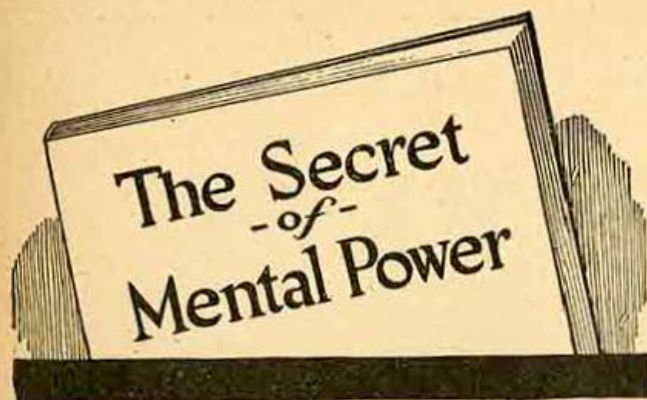
Sent Postpaid for **\$2.00** Cash, Check, or Money Order

THE ATHLETIC BOOK COMPANY

2100 N. Third St.

Philadelphia, Pa.





"Why do so many men never amount to anything? Because they don't THINK."

—Edison.

This book will give you some valuable information about a new, practical system of constructive thinking that brings business and personal achievement.

MARK TWAIN once said that the average man didn't make much use of his head except for the purpose of keeping his necktie from slipping off.

And Prof. William James claimed that the average man uses only about a tenth part of his brain.

How about you? Are you using your head simply as a scarf-retainer? Are you using only 10 per cent. of your brain? Are you sitting, discouraged and disinterested, at the foot of the ladder simply because you don't think?

Mind is the measure of every man. Mental power—not physical power—wins business battles and builds bank accounts.

The man with brains to sell fixes his own price, but the man who brings only brawn to market must be satisfied with the lowest wage that brute force brings.

In every age, in every clime and in every field of human endeavor the trained thinker wins where the thoughtless toiler fails.

Twain, James, Edison, Roosevelt, Rockefeller, Schwab, Carnegie, Woolworth, Wanamaker, Morgan, Hill, Hariman, Ford, Marconi, the Wright brothers and all other successful men reached their goals not because they knew how to use their muscles, but because they knew how to use their minds.

### Only One Road to Success

Yes, indeed, there is only one road that leads to success, and that is the mental road. If you expect to accomplish anything worth while by any other method than the development and use of your mental faculties, you are simply deceiving yourself. And the biggest fool in the world is the man who fools himself.

Isn't it simply absurd, when you stop to think about it, that most people are striving for success and yet are doing absolutely nothing to strengthen and develop their minds, which is the only part of them with which they can ever hope to win success.

The principal reason that the trained thinker gets ahead is because he has so little competition.

The unthinking toiler works hard for small pay because almost anyone can do his work.

What are you doing—as the days go by—to develop your mind? Are you more efficient mentally than you were a month ago—or a year ago?

### Missing Success By A Hair's Breadth

The difference between success and failure is often but the breadth of a hair.

The man who is making twice as much as you are, has nowhere near twice the intellectual ability. The man who

enjoys an income of \$10,000 a year is not five times the mental superior of the man who receives only \$2,000.

Probably the man who makes \$1,000 a month is only 10% to 20% better trained mentally than the man who is trying to make both ends meet on \$100 a month. This is a fact. And it should be a most encouraging fact to every man who wants to be somebody and get somewhere.

Improve your mental power only 10% and you will multiply your earning capacity by at least 100%

### Get this FREE BOOK If interested in learning

- How to think like an arrow.
- How to compel attention.
- How to master important problems.
- How to overcome fear and worry.
- How to "tune up" your mental motor.
- How to develop new methods.
- How to originate new ideas.
- How to learn quickly and easily.
- How to attract valuable friends.
- How to have more time for play.
- How to out-think the average man.
- How to make your mind a mental mazda.
- How to stop thinking in circles.

### Get This New Book

We have just published a new book—The Secret of Mental Power. We will gladly send you a copy free of charge upon request. And we want to state—as forcefully as we know how—that you will find it one of the most interesting, mind-spurring books you ever read.

Send for a copy today. It tells about the most practical, common-sense system of constructive thinking—the easiest and quickest method of mind-building ever discovered—the secret of developing mental power in a way that is as fascinating as a game.

### Now Is The Time

Send for *The Secret of Mental Power* now. Do not delay. Do not put it off. Tomorrow you may forget all about it. And the loss will be yours, not ours. For although we have printed an edition of 20,000 copies, we do not expect to have a single one left at the end of thirty days. They are going—and going fast. Therefore, act at once, for as Sophocles so truly said, "Heaven never helps the man who will not act."

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Gentlemen: Please mail me at once—without expense or obligation of any kind—a copy of your free book, *The Secret of Mental Power*.

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Address.....

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

# Do You Want a Bulging Biceps

OR A SYMMETRICAL WELL-DEVELOPED BODY?

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

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

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

## THE BEST METHOD OF DEVELOPING PERFECT PROPORTIONS

is to set, for yourself, an ideal.

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

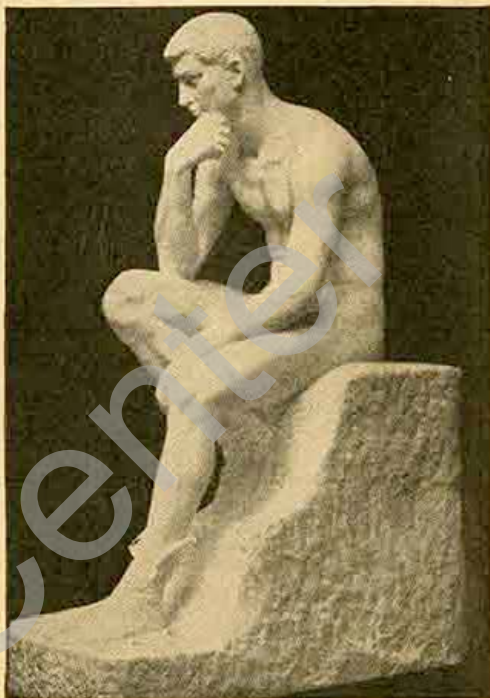
*Make up your mind that you will have a well-developed body. Decide to acquire a good build!*

## ABOVE EVERYTHING "LEARN TO POSE"

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

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

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



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

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

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

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

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

Sent postpaid for \$2.00.

**THE ATHLETIC BOOK CO.**

2100 N. Third Street

Philadelphia, Pa.

# The Secret of Making People Say "Yes"

**Learn it! Use it! It is the most important thing for you to know—the greatest money-making power you can possess**

**W**HAT you want to know—what everybody wants to know—is how to make people say "yes."

It is the big thing we are all trying to do. It is the *one* great secret of success.

Without that knowledge you cannot expect to accomplish anything worth while. The attainment of *position, prosperity and power* depend upon it.

Doing business of any kind—getting a position—obtaining more salary—selling goods or services—collecting money—securing loans—raising capital, etc., depends, in the final analysis, *simply and solely* upon your ability to make people say "yes."

## Brings Sure Advancement

And there are only *two* methods you can use in making people say "yes"—*talking and writing*. Therefore, it is perfectly plain that a knowledge of effective English—forceful language—*powerful, persuasive, positive* words—is of the utmost importance to every man and woman who is ambitious to *forge ahead and make more money*.

The ability to make your words strike home—commanding attention—arousing interest—creating good will—securing influential friends—making sales—collecting accounts—obtaining credit—will bring you greater *business, social and financial* advancement than any other faculty you can acquire.

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The scientific way of using English in a way that makes people say "yes," has been discovered, after years of study by Frederick Houk Law, Ph. D., the prominent New York teacher, lecturer and writer in subjects relating to the practice of the spoken and written word.

This important, new work of Dr. Law's—the biggest thing he has ever done—makes it *easy and interesting* for you to learn how to use English that makes money—how to talk and write scientifically, using *clear, positive, persuasive* language instead of *weak, hazy, negative* language.

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It is, of course, impossible to tell you, in the small space of a magazine advertisement, all about the many immensely important benefits that are sure to come to you, in every activity of your life, just as soon as you have learned Dr. Law's *simple, practical and scientific* method of using the English language in *talking and writing* in a way that makes people say "yes" instead of no."

Therefore, we have prepared a booklet entitled *The Secret of Making People Say "Yes,"* a copy of which may be secured by you if you will simply sign and mail the "Free-Book Coupon."

This booklet will be a revelation to you. You will find it one of the most *surprising and fascinating* things you ever read. It will show you a *sure way*—and an *intensely interesting* way—to advance more rapidly—make more friends—make more money—become more popular—achieve greater prominence—win the admiration and regard of those you care for.

It will show you how to multiply your power of accomplishment by multiplying your ability to persuade others to do what you want them to do. It gives you the power of *conviction and persuasion*, which is the real secret of success.

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If it were necessary for you to take a week off in order to get a copy of *The Secret of Making People Say "Yes,"* it would pay you well to do it. But it isn't. A minute's time and a postage stamp is all that is required.

Don't let the ease with which you can obtain this valuable booklet cause you to underestimate its value.

There is no way of measuring in advance the immense value to you of Dr. Law's secret of getting people to do the things you want them to do. But by showing you how to uncover greater opportunities—handle bigger deals—make more sales

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Gentlemen: Please mail me at once—*without expense or obligation of any kind*—a free copy of your booklet, *The Secret of Making People Say "Yes."*

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(The world makes way for the man who says, "I will.")



Whether the answer is "Yes" or "No" depends on what you say and how you say it.

## Hackenschmidt's Wrestling Course for \$2.00

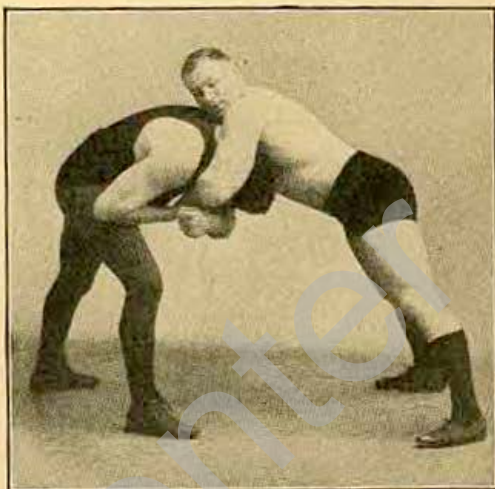
The Russian Lion has written a complete wrestling course which you can obtain for the ridiculously cheap price of \$2.00 postpaid.

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He can show you how to use your strength in wrestling and how wrestling will help you to gain more strength than you ever had before.

This book is by a man who knows. He was world's champion in both the Graeco-Roman and in the "Catch-as-Catch-Can" style of wrestling.

He is an authority on every phase of body building and he knows how to teach from the practical experience that he has gained.



Double Chancery Hold

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by the master-wrestler. The name of the book coupled with the name of the author is a full explanation of the book's contents.

"Hack" wanted to write a book that would enable the veriest novice to begin at the beginning and work up to a full knowledge of the game. He wanted to include in his book *complete information* which would be of the greatest value to experienced wrestlers as well as to beginners.

He has covered the ground thoroughly, starting with methods of cultivating the "Physical Realities" necessary to make you a successful wrestler.

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You will know the *best methods* used by the *best wrestlers*; the *secrets of champions*; the *proper moves* to make and the *proper moment* to use them.

Many wrestling courses give you details and only very few give you a working knowledge of wrestling. No one can teach wrestling unless they know how to wrestle and no one can teach wrestling simply because they know how to wrestle.

You must have ability to make the other fellow understand and you must know what you want him to understand. Of Hackenschmidt's ability to meet both these qualifications there can be no doubt.

*The sixty-five illustrations, all poses by Hackenschmidt and his partner, are a course in wrestling in themselves.*

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All the above can easily be secured through my body beautifying and health-producing course, the most effective, condensed course ever gotten out for women. The exercises and other methods used by famous stage beauties, not only to retain their attractiveness, but to increase it, are now revealed for the first time.

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If after examining "Womanly Charms" you are not completely satisfied, return it within 5 days and I will cheerfully refund your money. This is your opportunity to become a happier, healthier and physically better woman. Accept it to-day by sending a money order, check or \$2.00 in cash (registered letter) to

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### *Don't Neglect Your Body*

**T**HERE are still thousands of boys and young men who think that the end and aim of all training is the acquisition of a huge upper arm. It is sometimes hard to convince such enthusiasts that a bulging biceps is not the best indication of health and bodily vigor. It is a fact that leg-exercises do more towards the promotion of general strength of the body than exercises that involve only the arms; and this is even more true of the muscles of the haunches, the shoulders, the back, sides, abdomen and chest.

### *The Body Muscles Tell the Tale*

**T**HE upper right figure in our frontispiece is from a photograph of one of the most noted of Ancient statues. It is famous both as a wonderful piece of sculpture and as an example of the physical beauty. Called the "Torso of the Belvedere," it is generally supposed to be a stature of Hercules, by reason of the piece of lion-skin resting on the left thigh.

The arms are missing, but you do not need to see them to know that this statue represents a man of supreme strength. The body tells you that. It is much the same with the statue of the Venus de Milo. There the arms are missing, and the lower limbs are swathed in drapery. You see only the body of the Goddess, but so wonderfully proportioned is that body that it is universally accepted as the highest known standard of feminine beauty. In the "Belvedere Torso" we fortunately can see the thighs. And such thighs; tremendous in size, but models of symmetry and power, with the masses of muscle at the back and inside of the leg too often lacking in the gymnasium-trained modern athlete.

But after all it is the body itself which compels attention, with

it the marvelous depth of chest and compactness of waist. Every muscle is clearly defined and yet there is no "lumpinus," no exaggeration of development. Yet when have you ever seen body-muscles the equal of these? Just look at the muscles at the sides of the waist!

Strive to cultivate a body like this instead of devoting all your time to the acquisition of a sixteen-inch arm.

### *The Human Race Is Not Degenerating*

**T**ODAY our sculptors employ as models the finest physical specimens obtainable. The ancient Greek sculptors undoubtedly did the same. Granting that the model for this "Belvedere Torso" must have been a wonderfully built man, we believe that there are living men who could rival, or perhaps equal him, as physical specimens.

The lower left figure in our frontispiece is from a photograph of Mr. Jack Merchant of California, whose body will not suffer by comparison with that of the "Torso," or that of any other Greek statue of the Herculean type.

Leaving his arms out of the discussion, note how the thighs resemble in bulk and outline those shown in the frontispiece. His chest shows the same great depth, his waist the same trim outlines. Admirable as are Mr. Merchant's arms, it is his legs and his body that have made him the champion collegiate weight-thrower of the year. We have never met nor even seen the man, but we are proud to be able to cite him as a living proof that his age is producing as fine men as ever in history or fable.

### *Climate and Clothing as Factors*

**T**HE Ancient Greeks lived in a mild climate that enabled them to play outdoors most of the year, and at the same time to dispense with heavy garments that restrict bodily movements.

There are today, in the South Sea Islands, races of men, who live under the same conditions, and whose bodies rival in beauty those of the Greeks of Phidias' time.

In this country the physique of the masses will unquestionably be improved by the almost universal practice of athletic games, and the present custom of wearing fewer and lighter clothes.

The Belvedere Torso—considered the finest example of the physique of the Ancient Greeks.



Jack Merchant, of California—the highest type of the modern heavy-weight athlete.  
*(See Editorial)*



# James E. Sullivan

*With his courage and determination James E. Sullivan took up the work that William B. Curtis started. He cleaned up the dark spots in athletics and made possible straight amateur sports among the rank and file of hundreds of communities thru-out the country.*

*Sullivan was an indefatigable worker and a man that could not be beaten. When he started anything he always went thru with it and nothing could frighten or bribe him off the job. The building of the A. A. U. was largely due to Sullivan's untiring efforts.*

By Walter Camp

**J**AMES E. SULLIVAN probably did more in the matter of cleaning up athletics and putting them on a high plane outside of the colleges than any other individual who took part in the athletic development of the country, in the last fifty years. William B. Curtis

started the move but his untimely death left his mantle to James E. Sullivan, and this indefatigable worker, with courage and determination, cleaned up the dark spots and made possible straight amateur sport among the rank and file of thousands of communities throughout the country. And, indeed, at that time it took a most courageous man and one

full of integrity of purpose as well as of knowledge of conditions to even attempt this task. The "long green" had come to be worshipped to such an extent that its trail led through almost every phase of so-called "Amateur Athletics." At first, the resistance was extreme, and Sullivan had to fight day and night, month out and month in, but he hewed to the line and those who came in contact with him soon found that he was in

deadly earnest, and, more than that, that he could not be either hoodwinked or fooled. Furthermore, although it was often tried in the early days, men came to realize that Jim Sullivan could not be bluffed, and that when he put his hand to the plow he went through with

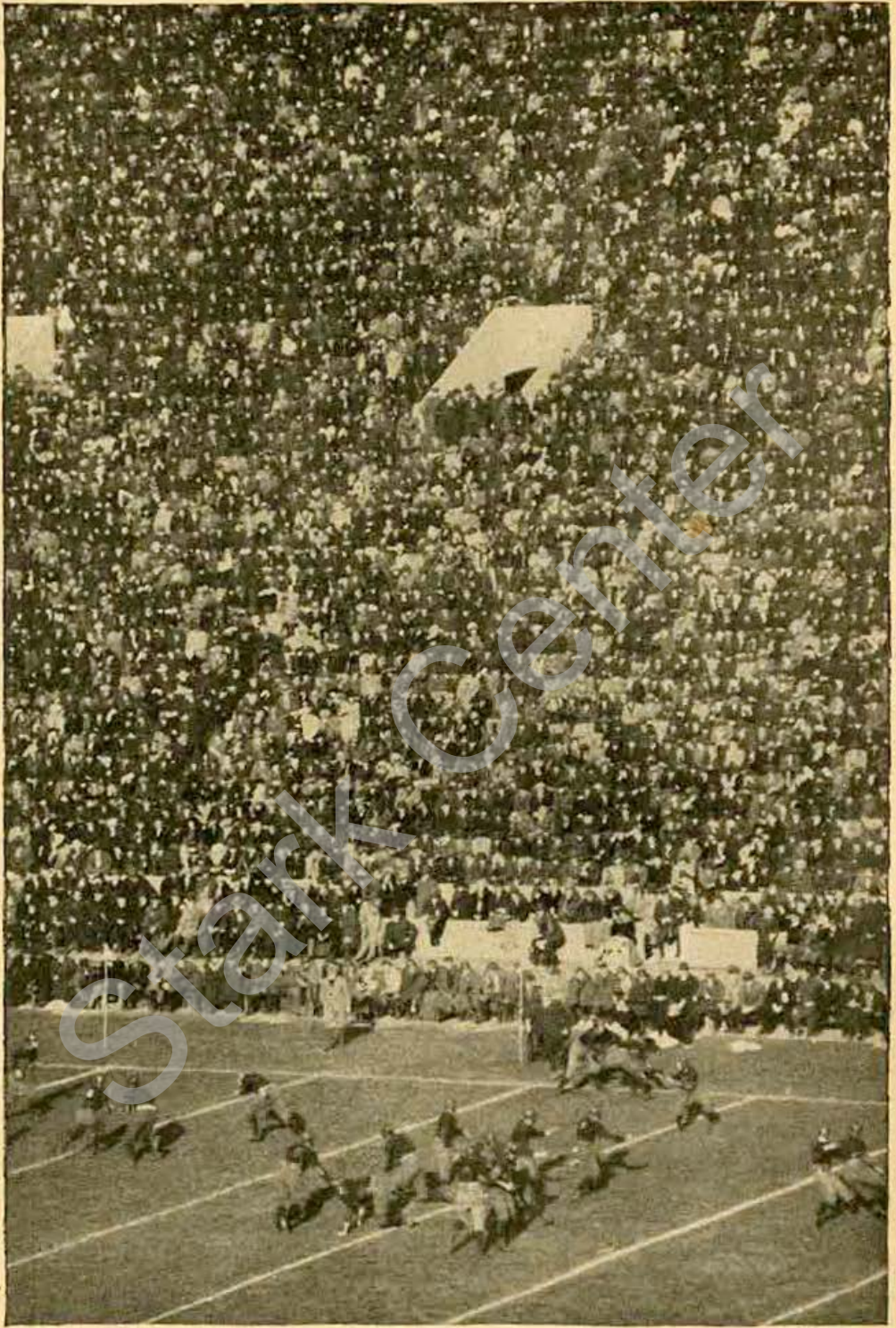
it and he could not be frightened off the job, nor bullied into dropping the trail when he started out on it. The support, which was painfully lacking in the early days of his struggles, gradually came around to him, and while it in no way lessened his own efforts, it was a great comfort to him to see that others finally appreciated the clean-cut stand which he had

taken. The building of the A. A. U. was largely the work of Sullivan. There was another phase to it which was equally impressive, and that was his ability under contentions which came later on, to see the point clearly, prove his case and secure legislation which would benefit not only the sport of the United States but the Amateur Sport situation the world over. At Olympic Confer-

(Continued on page 72)



WALTER CAMP



© International

This is just some of the crowd that will witness the annual East-West Game, New Year's Day.

# Football Classics of '22

*It is with great interest that football critics and fans are looking forward to the East-West Game this coming New Year's day.*

*It will be more than a contest between the East and West. It will be more than rivalry between the two teams; it will be a battle of wits, with Coach Andy Smith, of the Golden Bear, and Hugo Bezdek, of Penn State, opposing each other. Andy Smith stands at the top of all Western coaches. His team won stirring victories during the last year. Bezdek is back, better than ever. He is recognized as being just as great if not greater than Andy, and he has an old score to pay back Andy Smith.*

By Charles W. Paddock

AT the close of the present football season, and on the first day of the New Year, the annual East-West game will be staged as usual in Pasadena. The old grounds have been torn up and the new stadium, just completed, will be used. From all reports—and these, by the way, are just about as authentic as reports can be—the game will be a glorious classic, and the most colorful battle ever waged in the Crown City of California.

For it seems almost certain that the teams on the field will be California on the one side and Pennsylvania State's College on the other. The selections have been made, with the single proviso that the favored elevens display the same kind of power that was theirs last year. And this seems perfectly possible for each to do, as the material and the stars are of the same caliber. It will be more than a contest between the East and the West; more than rivalry between two mighty teams, the best in their respective sections; it will be a battle of wits, with Coach Andy Smith of the Golden Bear and Hugo Bezdek of Penn State opposing each other.

One can picture these two even now as they will sit on opposite side lines and nervously watch the movements of their elevens. Andy Smith will now and then reach for the pail of water and drink and

drink, until the wonder is that a man could hold so much; but as he drinks his eyes will never leave those men on the field. The look of him will be almost cruel as he watches the play. Though a man of optimism, he is nervous the day of battle, and suffers greater strain than his men while they are fighting on the field. Andy Smith stands at the top among Western coaches, because of the stirring victories he has won during these last years. Only once of late has his triumphal march been halted, and then it was a team from the East that surprised the football fans of the nation by holding mighty California to a tie score last New Year's Day at Pasadena. That was Washington and Jefferson, with Coach Neale at the helm.

But now in Neale's place will be sitting one who is recognized as being just as great a coach, if not greater, and who, aside from that, has an old score to pay back Andy Smith. For Hugo Bezdek was with Oregon many years, and while there turned out some of the greatest machines the Northwest ever saw. Few coaches in the game today have a more interesting personality or a more picturesque career than Bezdek. Hugo's father was a European strong man, and Hugo himself, as a boy, earned his way through school by boxing in four-round bouts, it is claimed. At any rate, he got

through Chicago University and was noted both near and far as a marvelous half-back. After which he went to Oregon as coach. But Bezdek believed in hard knocks as the best developer, and when his candidates for the team did not knock each other hard enough he donned a suit himself and hopped into the fray. Then things commenced to happen. For Bezdek was noted as the roughest, hardest football fighter who ever trod a grid-iron. His team received more injuries, bruises and hard knocks from his own treatment during that year than from all the collegiate opposition afforded them. Consequently, Hugo and the Oregon faculty did not co-operate upon a return contract at the end of the year, though this fighting coach had won the majority of his games.

Bezdek had been studying medicine during these days. He went back to it, and returned to Oregon at a later date a polished gentleman. Though his tactics were somewhat modified, his spirit was the same. Bezdek made a wonderful success at Oregon, and, aside from the victories he won, he turned out real men. He has been doing the same thing at Penn State. And, best of all, Bezdek is just as good a loser as he is a winner, and, in fact, he would always rather lose than resort to any tactics that were not genuinely sportsman-like. And Penn State is certain to have a real team coming New Year's Day, and will make the Californians fight every inch of the way.

Andy Smith expects to have a rather forceful

looking aggregation himself. Though some of the stars who have made names for themselves during the seasons of '19, '20 and '21 will be gone, there are still enough left to keep the same smooth working machine in operation, and there are also stars aplenty trying out for positions. The famous "Brick" Muller, All-American end of last year, is still there. There is no man in the length and breadth of the nation who can pass or receive passes as he can. Harold Muller is bigger and stronger than ever this season. Unfortunately he was badly hurt last fall and played in a very few games. But California has two wonderful ends in Stephens and Berkey, who helped out mightily. Stephens will not be back, but Muller and Berkey make an ideal combination. They are down the field like greyhounds, under punt and tackle with precision and power. The back-field will be composed of Archie Nesbit, the blonde punter who saved the day against Washington and Jefferson last season; Don Nichols, star half, whose dazzling runs have netted great yardage for the Bruin machine; Charley Erb, referred to as the

headiest quarter-back in the game, and "Duke" Morrison, great defensive back. Penn State will have to possess every kind of play and all the lore and instinct imaginable to beat this mighty combination. There are about a thousand athletes, more or less, on the California campus from which to choose an eleven, and it is well known that Andy Smith is a nifty little selector.



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Charley Erb, the headiest quarter-back on the California squad.

California has

some other hard games on the list before the East-West battle. October 28th the Bears come south to encounter the Trojans of the University of Southern California. The latter eleven is coached by "Gloomy Gus" Henderson, considered the world's most pessimistic mentor. He fairly emits gloom at every breath, and speaks a discouraging word in every sentence, when the subject happens to be football. His teams never had a chance to beat anybody, and yet some way or other the U. S. C. varsity went through the 1919 season with one defeat, 14-13 against California; and the '20 season without a blot on the family escutcheon; while '21 found California their only victors. However, California laid it on with full force and the Trojans came out looking like they had been encamped at Verdun for the season. This year the team and the students of the University of Southern California vow it is to be a different story, but Elmer C. Henderson gloomily shakes his head.

The Trojans, if victorious in this battle and throughout the season, will probably be given a chance to play the New Year's game. For California would, no doubt, gracefully forfeit. Unless this is done, however, California is contracted to play. Some of the Trojan warriors are Tiernan and Dolley, flashy half-backs who have been All-Southern selections; Captain Leo Galland, State center; John Boyle, discus thrower and tackle of national fame, and Swede Anderson, the giant tackle who recently competed in the National Championships at Newark. He is considered to have All-American possibilities, and even Henderson smiles when thinking of him, for "Gloomy Gus" says that Anderson is the greatest tackle he ever saw in action. He was a freshman last season.



© International

Hugo Bezdek, Penn State coach whose team will make California fight every inch of the way.

California has chartered the "Yale" steamship to bring down the Berkeley rooters, and it is expected that the new stadium at Pasadena, which will be used for the first time on this occasion, will be jammed by the enthusiasts of the gridiron.

When California has finished with U. S. C., Stanford University will have to be faced. And it will be a different Stanford team than has lost to California in past years. Another coach has been secured. This time it is Andy Kerr of Pittsburgh, a close and careful student of Glenn Warner's system, and he will have charge of the Cardinal until the arrival of Warner himself in '24, after his contract has expired at Pitt. From the look of him, Kerr gives the impression that he has no intentions whatsoever of losing to California even this year. He is a driver, from all accounts, and football critics have agreed that such a type of

coach is badly needed at Stanford. The Cardinal Institution has many well known stars, and if properly built into a team should make a dangerous opponent for any Western eleven this season.

Turning toward the East, the battles waged among the Big Three stand out as three mighty classics. This early in the season the Princeton Tigers again have

the edge, with Harvard presenting the weakest front. But Yale and Harvard are expected to indulge in a battle that will make many past frays between themselves pale into insignificance. This game always draws wonderfully well, and as both varsities are tuned for the year and trained the whole season just for this one giant contest, there is always a spirit about the game that marks it apart. The only contest in the West to any way resemble it is the Stanford-California game, and this year

the latter team has too much edge to make it intensely interesting.

In choosing that Eastern football battle which augurs the greatest national interest and picturesqueness for the season, it would be well to look at the Centre-Harvard game to be staged quite early in the Fall. The history of the two past battles builds interest for this coming classic. It will be remembered that Centre won last year and Harvard the year before. The first game found Harvard superior in every department. Only "Bo" McMillin, All-American quarterback, was able to score. And he played

valiantly in that game, so valiantly, in fact, that Arnold Horween, Harvard Captain, approached this hero of a conquered team and in his hand was the football which had been used that day, and which the conventions of the game decreed to be his possession as captain of the winning eleven. He silently handed that ball to McMillin, giving him

credit for the glorious fight he and his team had waged. It was a most courteous action and McMillin responded in true Southern fashion: "It is yours by right of conquest," said he. "But we will be back to get it next year."

No one dreamed on that Fall day in 1920 that McMillin's answer was in the nature of a true prediction. For Harvard had not been beaten by a Middle Western university for a matter of forty years and more, and it was a confident Harvard which took the



© Underwood & Underwood

California has a wonderful end in Berkeley.

field in 1921. When Centre rushed out from its quarters some one asked, "Do you really think you can beat Harvard?" And the reply came thundering back, "If we didn't think so we wouldn't be here!" And that was the spirit of Centre. There were thousands rooting for the Kentucky Colonels where the year before there had been tens. Boston College, the ancient enemy of Harvard, occupied a complete section and over them waved the banners of Centre.

Then came Centre to the field. Fast, shifty, tiger-like, the Praying Colonels looked like fighting men. The Harvard

giants towered over them, and Harvard confidence was not one whit dampened. But surprise after surprise followed soon and followed fast. The Centre line that had crumpled before the fierce Harvard drive of the previous season held firm now. Harvard could not gain. Time and again the Kentucky hero, the far-famed "Bo," held them at bay, though he seldom carried the ball himself.

It all happened in the beginning of that second half. Before Harvard was awakened to the danger, McMillin surprised them by taking the ball, and got away. First one and then another Crimson jersey went rolling in the dirt before him—first one and then another Cardinal player fruitlessly strove to tackle him. But it was Colonel "Bo" McMillin, the elusive, the dazzling, who was carrying the ball, and there was no stopping of the All-American. He swerved and dodged his way for thirty-five yards and a touchdown. There was no more scoring. There was need for no more. The game was an epic in football. The story of it will live forever in the annals of sportdom.

That is the kind of team Harvard is facing again this year. Though McMillin is no longer there, Red Roberts will be back and he is the Captain this season. The same kind of a spirit is a part of Centre as in 1921. They will not be defeated until the final whistle has sounded, and they vow mightily that they won't be beaten then. It should prove a wondrous game. Though Roberts is not the swift, cat-like player that McMillin was, he predominates in strength and possesses speed and football instinct to a marvelous degree. He will throw himself against that Harvard line as an elephant charges, and with scarcely less damage. Coach Charley Moran of Centre is depending heavily upon Red Roberts, All-American end of last season,



© Underwood & Underwood  
Famous "Brick" Muller. No man in the length and breadth of the nation can pass or receive passes like he can.

It has been said that Football is the most exciting of all games, because of the spirit behind it. The present season should prove one of intense rivalry among the colleges of the West and the colleges of the East, as there are many evenly matched teams, all boasting a star or two. But there is also something else about football that makes it such a red-blooded, truly American sport and that is the splendid sportsmanship which prevails. The incident which occurred between Horween and McMillin, captains of Harvard and Centre has already been referred to. The same kind of spirit will no doubt be displayed this year when these great rivals encounter.

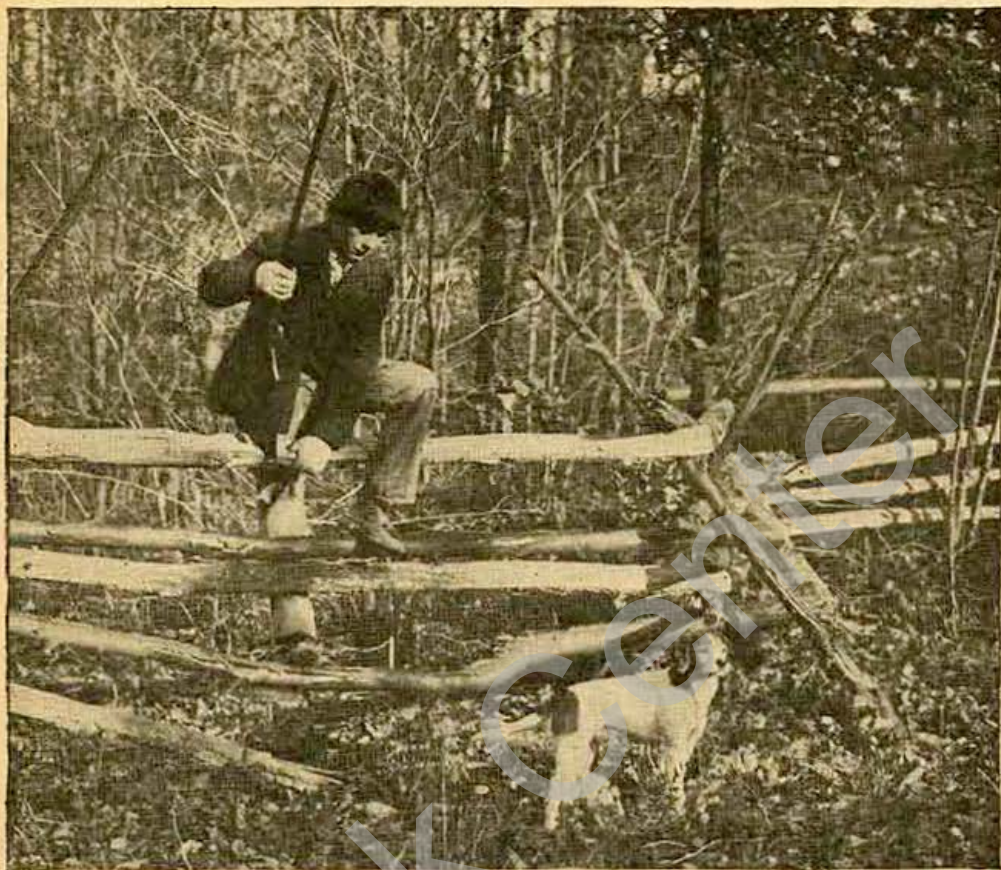
That spirit has long been a part of Centre. McMillin himself was a man to inspire it, and the claim has been made that already the Centenary College of Louisiana where McMillin has assumed duties as head coach, has come to feel it. At any rate an incident in the Indiana-Centre contest goes to show what the spirit of sportsmanship really is.

Centre went up to play Indiana for an  
(Continued on page 60)



Beating through the briars! When B'rer Rabbit comes into the open he will be abruptly transformed from a flying bit of fur into a toothsome addition to the sportsman's bag.





## The Great American Hunt

*Rabbit hunting is the most popular form of the chase! Do you know why? Because it requires constant action which we Americans enjoy and because a big game hunt is too much like work.*

*When you go after big game you are a lucky chap to even get a shot at a deer or bear, ten to one you don't, and you spend hours either sitting like a wooden Indian waiting, or else getting all cut up trying to get thru the brush in an effort to drive some "game" out of cover.*

By T. Von Ziekursch

**R**ABBIT hunting is a great sport. If you don't believe it look up the statistics. That is a proof worthy of any pre-election orator. It also is great sport for the rabbits, the season coming, as it does, at a time when the air is invigorating and inclined to fill

even a rabbit with pep that can only be worked off by violent exercise. For added proof read the casualty list.

It being customary at the start of a hunt of any kind for everybody to spend considerable time warning everybody else of the dangers of carelessness and

to "wait until you see his horns before you shoot," permit us to recite an incident that is apropos.

We cannot vouch for the profession or antecedents of the hunter in question but we can for his intelligence. He saw some motion in a bush and fired. On the other side of the bush another hunter went down with a nice collection of lead scattered about his back above the kidneys. The hunter who fired the shot was very regretful, oh, very, but he has not yet succeeded in explaining how he came to the belief that rabbits climbed four feet from the ground into bushes. At that, he might have thought he was hunting birds and one can readily see how lucky the unfortunate party of the

other part was at not being in a tree.

As mentioned above, rabbit hunting is a great sport.

Now that we are in the midst of it there are a lot of folks, out of the eight million or so who adhere to its cult, who will sense a feeling of kinship to us after a perusal of the following.

In all there were five of us, four men and one dog. After it was all over we still had a high regard for the dog.

Now, any time you are invited on a rabbit hunt and learn that it is to be a foursome hand in your regrets without waiting for engraved stationery. Foursomes may be all right in the land of the niblick and mashie, but not so good in that of the cottontail. If you are



"Hol'ed up!"



"Eatin' time!"

forced to accept, put on a suit of tin unmentionables, instead of the accepted flannels, and carry a white flag to be waved on all occasions in token of capitulation.

The reason for all this is that almost invariably there is one or more in a foursome whose idea of rabbit hunting is to put down a barrage for a quarter mile in any direction that the slightest excuse offers.

We personally had looked forward to this particular quest for the ferocious cottontail with much eagerness. It was to take place on a farm so close to the city that the rabbits conditioned themselves by pacing auto speeders along the nearby highway that led to the metropolis.

Of course, the farmer whose guest we were had his broad acres, all twenty of them, so well posted that the only persons who couldn't read the signs were the men, women and children who were out to decimate the rabbit by species, family and individual, with every conceivable form of weapon except the broadaxe and everything that bore a remote resemblance to a habitation for fleas. We aver here and now that on that particular day we saw a lot of

things in the form of dogs that the Britannica has missed.

We went to the farmhouse to spend the night and spent it all right. The dog was trotted in to be inspected and the first inkling we had of what to expect came when one member of the foursome wanted to know what the rabbit usually did when the dog "pointed" him. Of course, the mere technical difference between a bird dog and a rabbit hound was explained, and that was a cue to us to size up the situation. While we were about it we proceeded with the class, drawing figurative diagrams of where, when and how a rabbit dislikes most to be shot, also carefully elucidating that dogs invariably resent and will not forgive being loaded with stray pellets of lead.

Just that one little question had let us into the fact that the farmer alone, of our human companions, knew anything about why is a rabbit. Of the dog we were not sure.

For safety's sake we insisted on handing over our own pet shotgun to one of the others. It was a pump and had a safety appliance. In exchange we received a decrepit veteran single-barreled break gun which had to be opened and

loaded for each shot. However, safety always.

The big day started at dawn. There was a stubble field to be explored first, and it was a hunch that made us hang back in the very center of the fan-like formation that was spread so that the reception committee would be able to perform its duty capably when B'rer Bunny appeared.

The dog was working among some

We saw our pet pump gun in his hands but it might as well have been a piece of old hose. He was the only one who was in a position to shoot but he was too interested in the bit of natural history that was being unfolded to think of the gun, and the rabbit turned away with the dog in hot pursuit. Evidently it holed up somewhere, for the next we saw of the hound he was working quietly in a far corner of the field.



Don't leave a loaded gun where a dog can knock it over!

branches that grew at the edge of the stubble field and soon began to mouth. We could see him working into the corner of a small patch of woodland and waited. Then he came back, running full tilt now and mouthing. The rabbit broke through the brambles and out into the stubble field. On the extreme left was the huntsman who wanted to know what the rabbit did when the dog pointed him. Now he knew. The rabbit ran!

Then it came again, that eager baying and we knew that another one had been started. This time it headed directly toward us. Now a rabbit that is acting like a runaway streak of chain lightning and whose sole aim in life seems to be to upset you, would ordinarily be a good target. But there is the matter of the dog to be given some consideration. With the hound directly in back it is rather difficult to stop one without stopping the



Giving the dog a scent.

other. And there are several reasons for not stopping the dog. If you do not kill him outright you are fairly sure to sting him pretty badly. After that he may eat naturally and be a perfectly nice dog with a tail that wags just like it did before, but it is almost a certainty that he will never run a rabbit again when there are guns around. He has learned his lesson and distrusts the race of men

forever after, at least during the hunting season. Then, too, his owner may object and say mean things about your ability, and as soon as it becomes generally known that you shot a dog, you are done, so far as being invited on further hunting trips is concerned.

However, to return to our narrative where we left off with that rabbit coming straight for our feet, like a small boy

meteoring down a polished slide at Coney Island. The dog was perhaps fifty feet in back and doing his best to get on speaking terms with the tuft of white that meant a tail to B'rer Bunny. We got ready to fire as soon as the rabbit had passed us and before the dog did, when something attracted our eye and we yelled instinctively, long and loudly, giving a perfect imitation of a shipwrecked mariner adrift on a raft trying to tell a ship eleven miles away all about it.

What we saw was our friend of the pointing rabbit hound aiming in our general direction with the evident hope that some of the shot would connect with the rabbit, and plainly not interested in where the remainder went.

He had forgotten all about shooting when he had a perfectly good shot, and now when the rabbit, the dog and our humble selves were all mingled, he was aiming with all the earmarks of meaning it.

But no shot came and we couldn't figure why. Personally we let that rabbit go on its unhappy way without any annoyance from us. The entire rabbit tribe could have passed on parade at that moment, with fife and drum corps going full blast, and we would not have both-



Amid the corn shocks.

ered them. What we mainly wanted to do was gently drop a piece of lead pipe on one particular fool's head.

Our eyes watched his every motion and there was considerable relief to it when we saw him take the gun from his shoulder and examine the trigger. Then it struck us. We had forgotten to show him about the safety catch on the front of the trigger guard that had to be pushed off before a shot could be fired. Remember, we had loaned him our own precious gun and taken his blunderbuss.

We approached him and talked gently as a mother to her babe, explaining that among the best people one never aims a twelve-gauge shotgun at one's acquaint-

(Continued on page 62)

# Don't Walk Backwards

*Did you ever do anything you didn't really want to do and then, when it was all over, sit down and worry over it for hours. Worried, till you were sick in mind and body. Scientists say that worry affects both the physical and mental functions. They also claim that if a person is a victim of "blues" or if they constantly worry and fret it is almost sure to be caused by certain poisons in the blood, by constipation, torpid liver and similar weaknesses.*

*And this means that if you are a "victim" you must, first of all, look to your bodily health and see that it is put in perfect order.*

By Bertha Hasbrook

**O**UR feet were made to walk forward.

Nobody is going to contradict that. Already you're accusing me of imbecility for stating such an obvious fact. "Absurd!" you say. "Naturally, nobody can walk backwards for any distance without bumping into a lamp post or an indignant fellowman. And he can only travel at a snail's pace that way. To get ahead, one has to look where he's going and keep moving forward."

It's like saying that two and two make four, or that the earth is round. But here's a twin statement:

Our minds were made to walk forward.

That's just as true as the other and just as important. And yet how many of us realize this? How many of us keep our minds always turned in the forward direction, heels to the rear, and looking where they're going?

Someone has said that "you can't walk backwards into the future." Pretty true, isn't it, come to think it over? Mental walking backwards—mental glances back toward a discouraging past—the results are a snail's pace progress and many sorry collisions. For your soul's sake, your intellect's sake, your health's sake, stop walking backward. Cut out the past. Keep your eyes glued to the road ahead.

There's the woman who is moving this fall into a new house. It's really prettier

than the old one, and it has several marked advantages over the other; for one, there's a den where John can smoke his beloved cigars, which she particularly dislikes, without "smelling up" the rest of the house. And there's an extra shed where Johnnie, Jr., can keep all of those peculiar pets which he so lovingly cherishes—mud-turtles in pails of water, and garter-snakes in tin cans—with no further danger of her finding a turtle or a snake flopping about on the dining-room floor. There are currant bushes ready for next summer's jelly, and a wistaria that will shower forth blooms in the spring. But the woman in question can't think of a single one of these points.

Instead, she's walking backwards into that charming new house. She's keeping her tearful eyes glued to the house she's leaving. "What shall I do without a potato bin?" she mourns. "The old house had such a lovely potato bin! And I never can enjoy a bath in a blue bathroom! Pink, like the old one, is the only color for bathroom walls!"

There was a real reason for moving—an extra bedroom was needed now that Aunt Aurelia is coming to live with them, and John couldn't afford any more for rent. But this little woman is going to make his life, as well as her own, miserable by her regrets. She is going to hinder his progress by keeping regret so vividly before his mind that he will be less able to push on to a point where he

can pay a higher rent. She is going to shadow the sunniest day for the whole family. She is going to handicap her own mental growth, and even impair her physical health. For, as we shall see later on, regret is one form of mental depression, and mental depression leads by a straight line to physical depression.

Another is remorse. Notice both those words, by the way: *re-gret*, *re-morse*. That Latin prefix *re*, as you will remember, means *back*. By their very derivation, the words imply a backward look. And, therefore, a halt to progress.

A doctor said to me the other day that if regret and remorse could be wiped out, there would be no more tonic hypophosphates manufactured. Maybe that's rather a sweeping statement; but he signs M. D. after his name, and he's had twenty years of experience. "It's dwelling gloomily on the past," he said, "that plays the dickens with your blood

pressure, circulation and digestion."

That isn't sentiment, it's science. Probably it's a good thing to be sorry now and then for the wrong we've done, but I wonder if it isn't far better to be glad for the good we're going to do. I've sometimes thought that God forgives us as soon as we forgive ourselves, and no sooner. The morbid desire to accuse ourselves, to dwell on our mistakes and wrong-doings, is about as sure a way to prevent doing better in the future as any way we could choose.

A young girl I knew had a little invalid brother who used to plead with her to read him fairy stories. She hated to read aloud, and she usually refused, or complied so grudgingly that at last he said wistfully, "Don't read any more, Sister. It makes the fairies hide away and fold their wings, the way you read about them." The little brother died, and the girl was so filled with tardy remorse that



Nobody can walk backwards without bumping into an indignant fellow man.



she couldn't think of anything else. She brooded on her unkindness night and day, harming her health, killing her ambition. And all the while her little sister was pleading, "I'm so lonesome for Brother. You play with me, and then I won't mind so much that he's gone." But the girl paid no attention. She neglected the little sister just as she had the little brother. She lived in her remorse, and neglected the living for the dead.

When St. Paul said: "Forgetting those things which are behind, and reaching forth unto those things which are before," he was not only preaching a sermon; he was laying down a rule for mental hygiene, also. You can't have a sound mind or a sound body while you dwell in the past. The past is worth while just so long as it teaches us a lesson, points a better way ahead; and as soon as it has accomplished this, its task is ended. Let it go. Turn about, and keep to the road ahead.

All the unwholesome broodings that fill our minds at times—regret for the white-and-gold Haviland china that Bridget smashed; hugging of injuries, such as Mrs. Snobbity's not inviting us to her garden tea; "kicking ourselves," for the opportunity we let slip of going to Paris, and now we are sure that Cousin Emmeline will never ask us again—thoughts like these lead by a direct route to insomnia, indigestion, headache, eye-ache, and muscular fatigue. They press down, they weigh, like something heavy to carry; literally they affect the body like carrying a dead weight. Dr. William S. Sadler, the distinguished nerve specialist, in his volume, "Worry and Nervousness," makes a lucid setting-forth of the close relation between mind and body.

He shows that the development of modern medical science has led us, more and more, to look upon the human being as *one*, instead of as a mind and a body, separate and with only an accidental coincidence of wearing the same hat. Man, he says, is "an organized community of living cells. We are coming more and

more to understand that the health and happiness or the disease and distress of any cell or group of cells is in a measure shared by all the other cells composing the body's commonwealth." Throughout this commonwealth, there are two systems by which messages are sent about from place to place; one is the circulatory, and the other the nervous system. The circulatory system carries chemical messages, and the nervous system carries mental messages.

Scientists who have made a study of these two systems have observed that they affect both physical and mental functions. If the bodily cells are diseased, they give off certain poisons which pass into the circulating blood stream, and act upon the rest of the body more or less, disturbing its perfect functioning. And they do not stop at this; they disturb the mind, also, often causing extreme mental depression, which may be relieved when the cells of the deranged part return to health. "Many cases of mental depression owe their existence, primarily, to the circulation in the blood of certain poisons which have a tendency to raise the blood-pressure and at the same time lower the mental and moral courage of the individual."

This means that, if you are a victim to "the blues," you must, first of all, look to your bodily health and see that it is put in the nearest-perfect order that can be achieved. Constipation, torpid liver, and uterine weakness are all prolific causes of gloom. Any other physical ailment may be at the root of the matter. But Dr. Sadler goes on to show that, powerful as these chemical messages are, the nervous, or mental messages are still more important.

"Practically every active cell in the human body is supplied with its tiny nerve. Through this channel of the nervous system, any one part of the body can almost instantaneously influence any or every other part of the body for weal or woe."

Think of that tremendous statement!



There's a den for "John" to smoke his beloved cigars!

Take time to realize all that it means. Not alone every physical sensation; but every thought you think, every emotion you feel—joy, pain, fear, hate, love, content, resentment, gloom—sends out tiny, myriad messengers all over your body, carrying the news of what you are thinking or feeling at headquarters. You can't feel a leap of delight at the sun's appearance after long rain without these little telegraphic despatches going forth all over you, from top to toe; or a flare of rage at your sister's insisting upon having the south bedroom; or a cosy, delicious relaxation at the sight of your white perfumed tub of warm water after travel; or a heavy misery over the money you lost in a bad oil investment. Every one of your emotions registers, and it registers not in one spot alone, but all over.

You are now prepared for Sadler's amazing conclusion:

"Uncontrolled emotion," he says, "may be compared to a river which has overrun its banks, spreading itself everywhere over the physical domain in devastating torrents, carrying trouble to every vital organ and sensory mechanism of the body. This deluge of emotion not only creates functional nervous trouble by the intensity of the mental representations which it produces, but it engenders by exhausting the nerve centers, real sensations, disagreeable or painful, which furnish new grounds for disturbing the mind of the patient."

Think of those "devastating torrents"! The very simile calls up a storm of tears! "Devastating torrents" of regret, remorse, gloomy recollection, sense

of failure, dwelling on lost opportunity, self-pity. Why, the Life Extension Institute actually treats of self-pity in its Keep-Well Leaflets as if it were a disease, like measles! The Leaflet defines this ailment as "the feeling that one's own pain and troubles are of vast importance," and states that the victims "lack that sense of proportion which is to mental health like the gyroscope to the marine compass."

Modern psychology has a deal to say on the subject of what we have been used to term "the New England conscience." Why New England, I can't quite understand. Personally I feel that it's a bit unfair to foist that peculiarly disagreeable temperament upon one section of the country alone. Perhaps it's because New England is largely feminine, and this strange and melancholy gloating over one's own shortcomings is more common among our own sex. We're learning nowadays that it isn't conscience at all; in fact, there's nothing virtuous about it. It comes from a feeling of inadequacy, or what modern psychology calls an "inferiority sense." The victim suffers from a belief in her own inadequacy to live life fully. It is a peculiar form of inward self-defense; it is as if she said to herself, to her secret mentor: "Now I want you to know the worst at once about me, and then maybe you'll make excuses for my shortcomings." In a sort of twisted way, it's an appeal for mercy at the court of self-judgment, and it's a grovelling sort of appeal. It wallows on the ground, licks the dust, fawns and abases itself, like a savage before his fetich. If you are afflicted with a "New England conscience," for goodness' sake do something about it! Get up, turn your back upon the wrong things you've done and the right things you've left undone, and look with a welcoming smile at the future. Stop walking backwards.

Depression, recklessly indulged in, is truly perilous. It may lead to what physicians speak of as the "borderline," and it may continue to lead on until it carries

one over the border. I don't mean to be an alarmist; most melancholy people remain where they are, living what passes for a normal life and being extremely unpopular, both with others and with themselves. Some reach the neurasthenic class, and are considered "nervous patients." They remain sane, in the customary use of the word, and live miserable, unfulfilled lives, lacking physical vigor and mental health. But there are those who slip over the border, and join those sad residents of "no-man's land"—the land of the insane.

But there's a way to safeguard yourself, and that is St. Paul's way. "Forgetting those things which are behind." Failures, disappointments, injuries, losses, escaped opportunities—forget them. "Reaching forth unto those things which are before." Why, that good old Saint, teaching some twenty centuries ago, knew all that modern psychology has been able to find out, and he put it all into a nutshell, at that! We can't add anything to his lesson. He was medical psychologist, psychiatrist, alienist, neurologist, nerve specialist—whatever you choose; and he was as modern as the year 1922. "Reaching forth"—that's the antidote. Get busy with the future this minute, turn your back on yesterday. Most of the past is like that little dog whose name was Rover, and when it's dead it's dead all over. Here and there is some bit so precious that it's worth saving—some fragrant memory, some treasured word or deed. Life would be robbed of its tenderest beauty if we forgot such things. Guard every beautiful memory as if it were a diamond, and keep it where you can look at it in time of need. But even happy and treasured recollections mustn't be dwelt upon too much. Somehow their magic wears off when we attempt to "live in the past." Too much of even lovely remembrance leads to brooding, and it can become unwholesome. The near future is the construc-

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# Three Men of Iron

In his article Mr. Calvert introduces to the readers of STRENGTH three rising stars in the lifting world. They are Mr. Matthew I. Tanski, Mr. Edward Gokenbach and Mr. Joseph Vitole. These young men have gained remarkable bodily strength thru progressive bar-bell exercises. They wanted to be well built and they wanted to be strong, but not one of them started out with the ambition of becoming a lifter. However, you can appraise their development yourself from the accompanying photos.

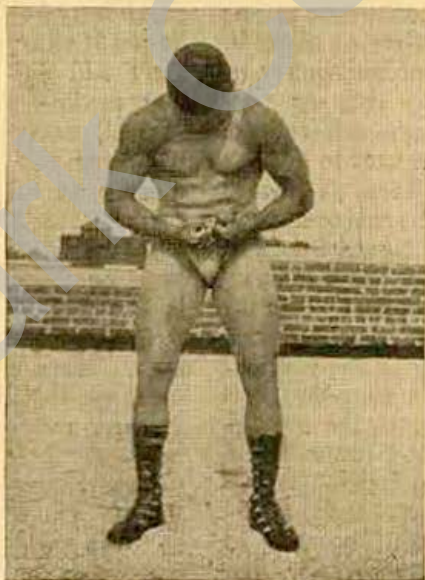
Mr. Calvert emphasises the fact that progress in body building is apt to be just as gradual as in outdoor sports. You should no more expect to become a "strong man" or to acquire a "perfect man" physique in three months' time than you should expect to become a champion track athlete in the same length of time.

By Alan Calvert

WHEN I used to read the stories of the paladins, knights and demigods of bygone times, I always felt cheated if the hero won his fame by magical means. I liked the hero to be a man of mighty muscle and wonderful fighting qualities, but just the same, it did not seem fair to his opponents if he happened to own a sword whose magical qualities enabled him to always win, or an invulnerable suit of armour that kept him safe under all circumstances, or, even worse, the power of making himself invisible whenever he got into a tight place.

I always wanted the hero to win because he was the best man; the most powerful, the hardest hitter, or the most adroit fencer, according to his type. That is why I liked Howard Pyle's story, "Men of Iron," for in that book it showed how the hero spent years of his boyhood at manly exercises to

strengthen his body and acquire skill. When in the end he challenged and conquered champions, one felt that he had earned his success.



Joseph Vitole. An athlete of the clean cut wiry type. Here shown bending a 60 penny nail.

In these days of countrywide athletics we see the same plodding up the heights. A boy of sixteen does not make the big leagues the first year he plays ball, and it takes more than one year's practice to become a champion at tennis or golf.

When it comes to body building, progress is apt to be just as gradual as in outdoor sports. You should no more expect to become a "Strong man" or to acquire a "Perfect Man" physique in three months' time than you should

expect to become a champion track athlete in the same length of time.

Sometimes we see apparent miracles in the way of improvement. I recall one young chap who took up graded bar-bell work and in one month, increased

his chest measurement from twenty-nine to thirty-six inches; but it took a year after that to bring his chest up to forty-two inches.

If there is a royal road to strength, it certainly is by the way of "progressive" bar-bell work, but here the rule still holds, that the more gradually you improve, the longer you keep the improvement you gained. I know one professional lifter who trained for three years before he went on the stage at the age of eighteen, and at his present age of fifty-four he is still one of the strongest and best built men in the world. His shape and his strength stay with him, altho I am positive he has not touched a heavy bell more than twice a year since 1900.

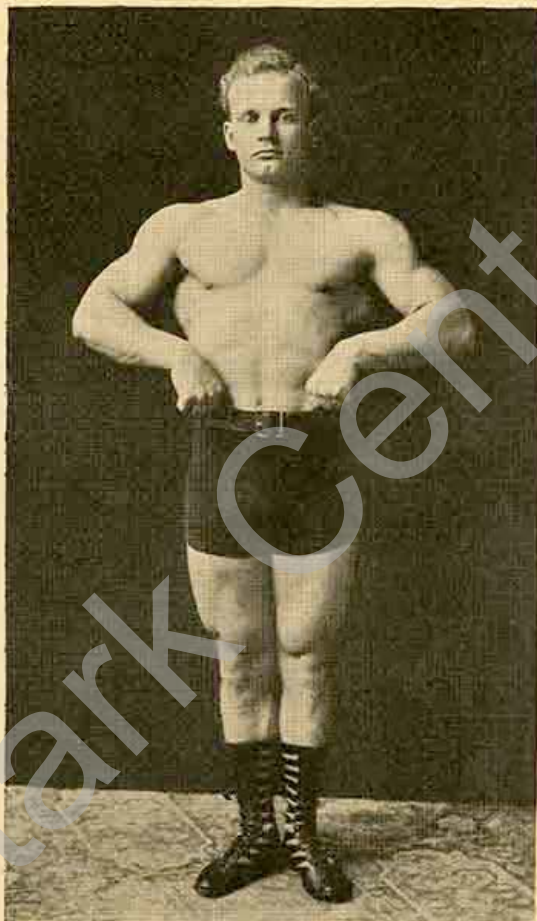
I have never found that it pays to try and rush your development, no matter what training system you use. The man who trains on the principle of "every little bit added to what you got, makes a little bit more," is the one who shows up with the biggest all-round results at the end of his training.

As an example of the results obtained by this slow but sure method, I introduce three rising stars in the lifting

firmament; lads who have acquired remarkable bodily strength, and whose development you can appraise by examining the illustrations accompanying this article.

As I write I have their own stories before me. The odd thing is that not

one of them started out with the ambition of becoming a lifter. All of them took up training with the same idea. They wanted to be well built and they wanted to be strong. They selected "progressive" bar-bell exercises as the surest way to get results, and as they got huskier they yielded to the fascination of trying out the various standard lifts. But this, it seems, was merely to get a basis for comparing their strength with that of other men. None of them has as yet seriously trained for records, which makes



Edward A. Gokenbach. A twenty-year-old amateur weight lifter of the Viking type. Note his extraordinary breadth of shoulders.

their performances even the more surprising.

First on the list we have

Matthew I. Tanski

of 203 Sheridan Ave., Albany, N. Y. Although only sixteen years, at present, Tanski has been practicing for about a year. In his letter he says "Three years ago, I weighed about eighty-five pounds

and wore "sissy" clothes, and was a regular mamma's boy."

He relates that he was a mark for the neighborhood boys and naturally resented his inability to take care of himself in a scrap. His start at physical culture was a result of being taken to see Wladek Zybysko wrestle. He was inspired by the tremendous power of the Polish grappler, had a chat with him, and was advised to take up vigorous training. He goes on to say that for two years he tried many "systems" of exercises and many dieting programs. But the systems grew tiresome before results were apparent and the dieting was distasteful. With some heat he expresses the wish that the fellow who invented vegetarianism had choked himself.

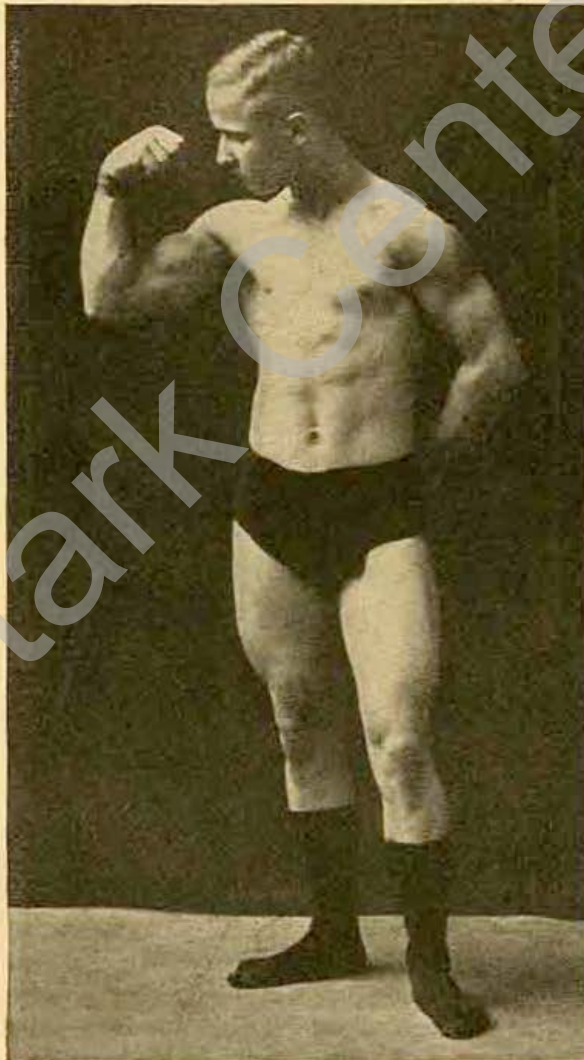
However, he found out that milk-drinking made him put on weight. Also that once started on bar-bell work he got results from the very start and has never become tired of the sport.

His pictures show that he is still in the formative stage. His muscles have not yet acquired the

shape that shows they have reached their limit. He will undoubtedly be very much taller and heavier at the age of eighteen than he is at present. He claims though he personally could see himself increase in size from the first month of practice, that it is a great mistake to expect instantaneous growth. He warns other boys not to measure themselves every day, nor to imagine that they can become really well built in a week.

He says that at present he can easily outdo any of the lifters at the Y. M. C. A. and gives as the reason, that the other chaps don't know how to practice, nor what muscles to develop. Here he has struck the keynote, for the prime rule in the "iron game" is to use bar-bells to develop every part of the body before you attempt real lifting.

Tanski is five feet three inches tall and weighs but one hundred and twenty-six pounds. His chest measures thirty-eight inches. His flexed biceps fourteen inches; forearm, straight, twelve inches and flexed fourteen



M. I. Tanski, whose extraordinary development is the result of graded bar-bell work.

inches; thigh twenty-two inches; calf, fourteen inches and neck fourteen and three-quarter inches. That his bones are good sized is shown by the fact that his ankle measures nine inches and his wrist six and three-quarter inches.

There are many adult athletes standing five feet eight inches, whose arms and legs are smaller than Tanski's. In appraising a man's measurements you must consider them in proportion to his height and weight. The outstanding feature of Tanski's development is the

size and strength of his forearms. He can tear one and a half decks of cards and has never been defeated at "wrist wrestling."

His best lifts up to June 3rd (this year) were as follows:

One-arm Bent Press, 165 pounds (either arm.)

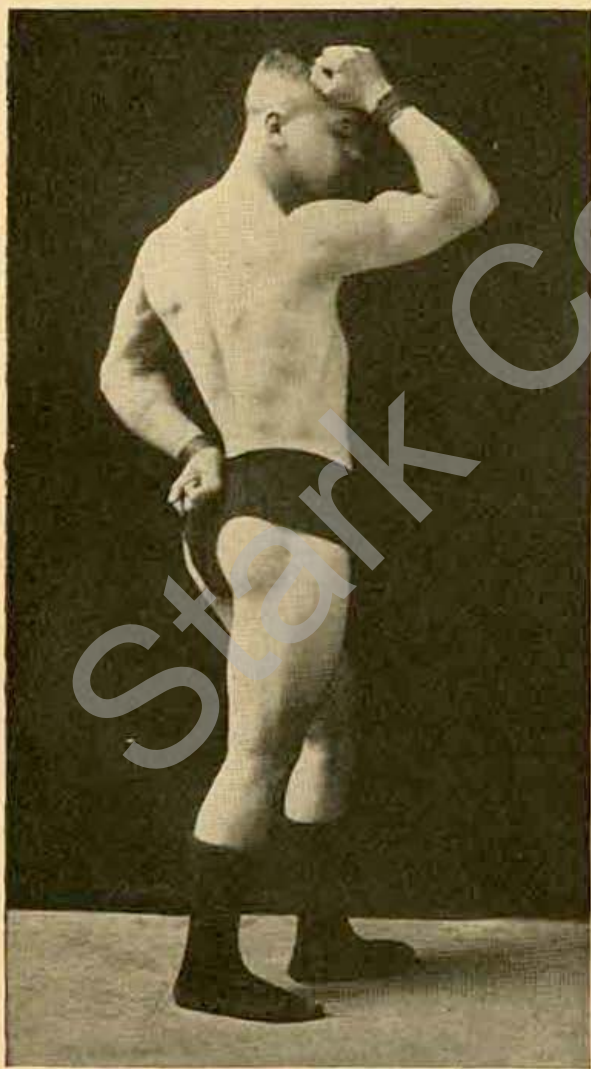
Two-arm Press, 170 pounds.

Two-arm Jerk, 190 pounds.

One-arm Snatch, 125 pounds.

The "snatch," in which the weight is raised in one motion from ground to arm's length above the head, is a lift requiring speed as well as strength. Some few professionals have succeeded, after long training, in "snatching" more than their own weight, but I can recall only one other amateur who has "snatched" his own weight. Tanski, weight one hundred and twenty-six pounds, has succeeded in elevating 125 pounds in this lift, which looks as tho he would later make a record for a man of his weight.

A two-arm press of 170 pounds is a very big lift for a one hundred and twenty-six-pound boy. I feel sure that Tanski will not mind, if I say that he should not be satisfied with his present record in the two-arm jerk. With his experience he should be raising 220 pounds instead of 190 pounds. If he can drop as low under the bell in this lift as he does in the snatch, he will find that weight easy. As a hint for other lifters, I would say that the amount raised in the two-arm jerk should be at least thirty per cent. more than in the two-arm press (fifty per cent. has been done). Hold a *light* bar-bell aloft in both hands and keep it there while you practice deep knee bends. That alone will teach you the drop and balance neces-



M. I. Tanski, a Hercules at 16 years and still developing.

sary for the successful completion of a stylish "two-arm jerk." I forgot to say that Tanski can chin the bar five times with one arm.

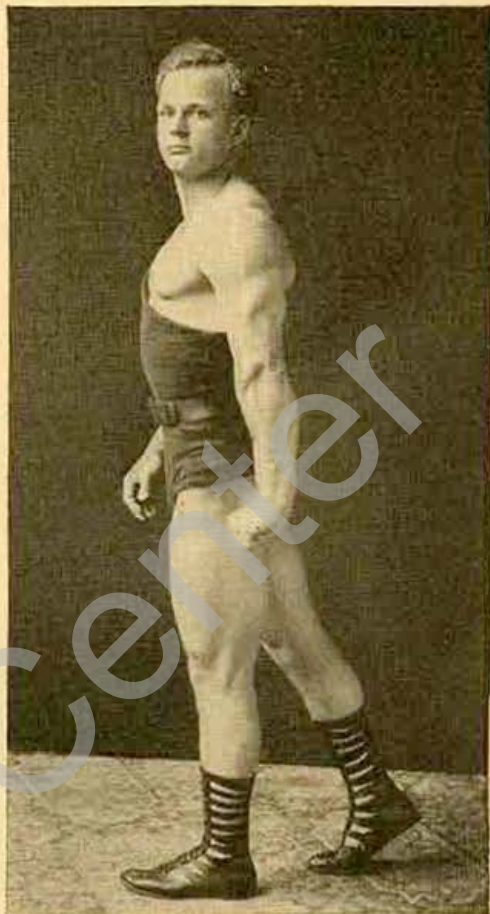
Next comes Mr. Edward Gokenbach of 4971 Wiesehan Ave., St. Louis, Mo., a young man who says he has been four years in developing his present splendid physique.

For three of the years he practiced daily at chinning the bar and at hand balancing. His persistence is proved by the fact that it was nearly two years before he could do a perfect hand-stand. His steady practice yielded him fine results, for with a height of five feet seven and one-half inches, and a body weight of one hundred and fifty-five pounds, he had a forty-inch chest; fourteen-inch biceps; eleven and three-quarter inch forearm; twenty-two and a half-inch thigh and fourteen and a half-inch calf. Certainly a physique to be proud of, and one that would satisfy most young men.

But he happened to come across an old number of this magazine, found therein a set of pictures of Tony Massimo, and became intensely desirous of having a build like the famous Tony's.

Since the prescription seemed to call for weights, he acquired a bar bell and has been practicing ever since. He writes that he uses his bell but three times a week; about forty-five minutes each practice period. (That, by the way, is the surest way to get results, for the intervening days of rest keep you fresh.)

He has kept up his hand-balancing, but says that he could not have attained his present development except by progressive weight exercises. He has come along slowly but surely, and when these pictures were taken, had increased in height to five feet eight inches and weighed one hundred seventy-two pounds. His normal chest is now forty-five inches, his biceps, sixteen inches; forearm, thirteen inches; neck, sixteen and a half inches; thigh, twenty-three



Edw. A. Gokenbach. The arm is wonderful, the wrist is extraordinary; but it is the depth of chest and muscles on the back of the thigh that proclaim him a true "strong man."

and three-quarter inches, and calf, fifteen inches. Throughout his training his aim has been perfect all-around development.

In his letter he goes into the details of his various exercises, giving the amount of weight used, and the exact manner of performance.

He is distinctly of the Viking type, and, judging from his pictures, is now nearly at the peak of his development. His muscles are as large as his bones justify and are shaping up like those of the famous professionals.

Of his lifts he says but little. He mentions a one-arm military press (right or left) of ninety-four pounds, a two-arm press of 190 pounds and can easily



raise 220 pounds in the two-arm jerk; but as 220 pounds is the top limit of his barbell he does not know how much he can do—250 pounds should be easy for him.

Queer how hand-balancing and weight-lifting seem to go together. Both sports seem to lead to perfect bodily control and muscular co-ordination. Almost all first class lifters can learn hand balancing without effort and dozens of hand balancers graduate into lifting.

Hand balancing and gymnastics would seem to call for a light, trim, easily-handled body and it is hard to conceive of powerfully-built men like Gokenbach and Massimo doing feats of flash acrobatics. Yet for all their weight they are almost as supple as contortionists and as quick as those Arab tumblers. Gokenbach in-



Joseph Vitole executing a one-arm press with a man heavier than himself.



Joseph Vitole making a two-arm lift which is much harder than the single-arm stunt in the other picture.

cludes in his list every difficult feat of hand balancing. In addition he can clear nine feet seven inches in the standing broad jump. Measure your jump against that, you tall, slender fellows.

The third youth is Joseph Vitole, of 95 Throop Ave., Brooklyn, N. Y. Mr. Vitole's case is interesting because he is almost the same height as young Tanski. Vitole stands five feet three and a quarter inches in height and weighs one hundred and forty pounds.

The odd thing is that Tanski looks the heavier of the two. He has slightly heavier legs, but Vitole has a thirty-one inch waist and is thicker through the lower chest, besides being somewhat broader across the shoulders. All of which is due to the fact that he is four years older than the Albany boy.

Vitole's shoulders are the most remarkable part of his bodily makeup. When standing in a normal attitude the breadth of his shoulders is twenty-one inches, but by extending the shoulders sideways he can increase their breadth to twenty-four inches. He has a sixteen-inch neck, fourteen-inch biceps, eleven and three-quarter inch forearm, twenty-one and a half inch thigh, fourteen and a half inch calf and thirty-eight and a half inch chest.

All of these measurements are away

(Continued on page 72)



Helen Wills, "The girl of the Golden West."

# A New "Girl of the Golden West"

*Persistent play, varied play and obedience to the laws of hygiene sum up Helen Wills' rules for success in tennis. And she sticks to them too, that is why she is the National Girls Tennis Champion today, and will, in all probability, be World's Champion in the near future.*

*Miss Wills says learning to play tennis is much like the old way of learning to swim—just plunging into the water. Plunge into the court! You'll lose, the court will be wiped up with you; but get up and go to it again. Play, play, play—play with your mind on it and your heart in it and above all, keep on playing!*

By Kathryn March

THE newest, the freshest, the most glorious young Hebe—take it all in all, quite the most Golden Western product that California has sent us for many a day—is Helen Wills. She outshines the California climate, she outpeaches the California peach, she—but there! She's only a little school girl, and her mother doesn't think it's best for her to have such things said about her. Press enthusiasts and adoring fans of the court, please take note.

Helen Wills won't celebrate her seventeenth birthday until just about the time that you are reading this article about her. Now, at the time that I am leaving her to go to her shower after giving Mrs. Marian Jessup a hot race for her laurels, she is but sixteen—a big, healthy, happy child, who takes her tennis very calmly, very seriously, much as she might take her grammar class or her lesson in algebra. She intends to do her best, to stand at the head of the class if she can; but if she fails, and is sent to the foot, she's just going to start over patiently, and do her lesson better next time, and earnestly climb again.

And right here at the outset I'm going to advance a little theory of my own that has been growing while I've watched her on the court and off it—watched her win and watched her lose—watched her sit quietly and wait without a flutter for what bade fair to be a drubbing—watched her come off, weary and flushed

but tranquil, even when luck wasn't coming her way. And more and more I've been coming to the conclusion that Helen Wills' real secret is her temperament. And that's a secret she can't teach, even if she wants to.

Experts may explain and analyze and discourse and talk learnedly in terms of her volley, her slow stroke, her strong serve and her backhand. They're all there, and they're all vital, to be sure. One can't play tennis without the strength and the skill—without, in short, being a tennis player. But back of all the mere physical and technical prowess, informing them and making them effective, is the innate poise, the tranquil facing of a crisis, that must be present if a contestant in any game is going to march toward the goal of success.

This big western youngster grew up near Berkeley, California, where she led the life of any normal, healthy child. She romped, and went to school, and was good, and occasionally was naughty, exactly like any other little girl you know. She was an only child, but managed to escape being a spoiled one. She liked all kinds of games and outdoor sports, but it wasn't until she was twelve, four or five years ago now, that she began playing tennis with her especial chum—her father. And at once she decided that it was the greatest game in the world.

She took to the court as a duck takes to water—as though it were her native

element. From the first, the racket began to do things in her hand—often mistaken things, sometimes awkward things, but it “started something.” She had unusual strength for a child of her age and she brought power to her strokes, whether they were good strokes or bad. But, for an inexperienced child, they were also uncommonly good strokes. It has been said that a tennis player, like an artist, must be first born and then made; she was unquestionably born one, and the making lay ahead.

She was hungry to play from the hour of her first game. She teased her father to play more and more with her, she coaxed all her grown-up friends to let her practise on them. At first they smiled and humored her, because nobody could ever refuse Helen Wills any-

thing; but they soon saw it wasn't a joke. Playing tennis against her wasn't the same thing as indulging any other prettily coaxing child. They had begun by “letting her beat”; they very soon found themselves bucking up on their stroke and hopping like fleas about the court in an effort to return her amazingly placed balls.

By the next year, when she was thirteen, some of California's expert players were becoming interested in her. She wanted to play them all. She won once in a while, and for the most part she lost, against those players of mature skill; but she didn't care which way it went. She was eager for just one thing, and that was *practise*. It has always been her watchword, and it is today; she doesn't analyze and theorize and explain as many

players do; she simply *plays*. To her, that is the secret of *learning* to play. And the greater the variety of your opponents, and the stiffer game they put up, the better for you. Because it's all a part of learning.

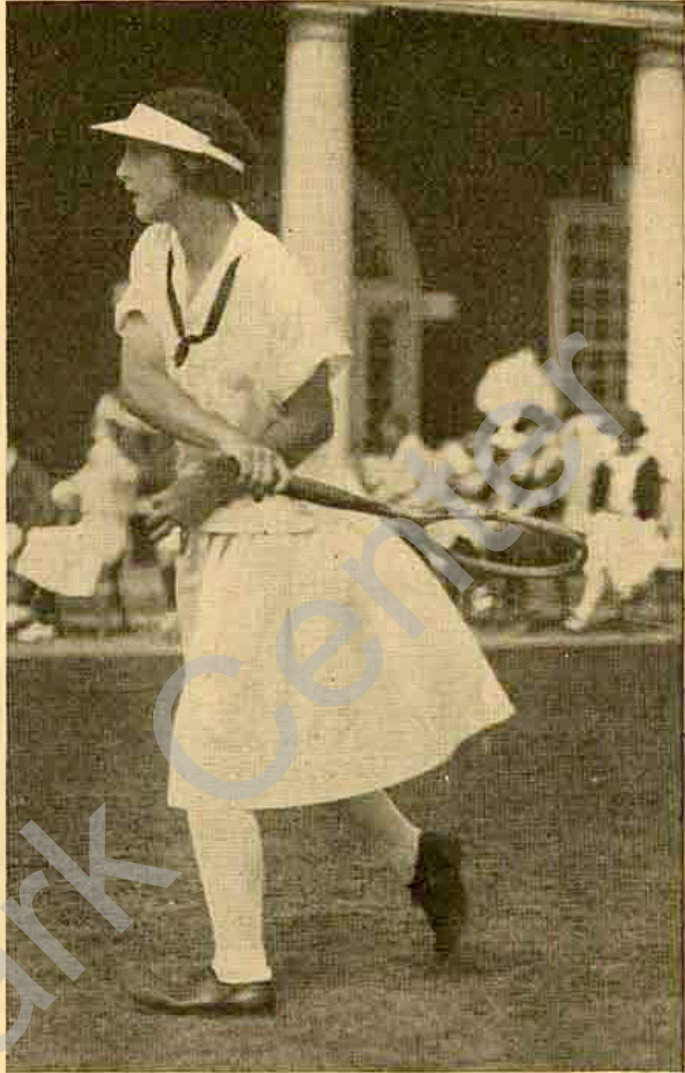
This, then, was her training. A large tennis club of California gave her the opportunity for informal coaching and steady practise, and by 1921, when she was 15 her career began with a trip to the East. It opened not only her own eyes to many wonderful things, but also the eyes of the East to a very remarkable child. With an added year of practise and developing powers, she has proved still more astonishing in the season of 1922. And now it's over, and she has laid away her racket,



© Western Newspaper Union

Mlle. Suzanne Lenglen, present World's Champion Woman Tennis Player.

except for practise work out of school hours, and has gone back to the "prep" school in Berkeley where she is quietly keeping on with her studies that lead up to her entrance to the University of California in 1923. To see her patiently boring into the intricacies of a syntax, or knotting her brow over an appalling logarithm, you would never guess that same brow had spent a season of being loaded with laurels, while interviewers were interviewing and photographers were photographing her, and hands were clapping and voices were shouting their applause, and the gist of the talk has been that one or two years more will see her the national champion. You'd take her for nothing in the world but a busy, earnest little schoolgirl, bent upon standing one hundred in trigonometry and deportment.



The next year or two may find this California girl National and even World's Tennis Champion.

It was at the end of her eastern season, when she was playing in Philadelphia just before departing for the Coast, that her mother and I had a comfy, maternal sort of talk over this wonderful little girl—interspersed with remarks by the little girl herself at odd and ends of time, when she had just gently but firmly slain Miss Helen Hooker's last hopes, or when she was whetting her racket to attack Mrs. Jessup once more. It was such a homey matter—for all the world like talking over any child with an adoring but sensible mother—her work and

her play, her health and her ambitions—not a bit as if we were discussing a person of national importance.

"Doesn't all this tennis interfere with Miss Helen's school work?" I asked.

"It isn't allowed to," Mrs. Wills replied, and very firmly indeed. Helen may be a national star incidentally, but first and foremost she's an obedient young daughter, you note. "She plays a great deal, but it has to be after her lessons are learned. Nothing is to interfere with her passing her entrance examinations

for the University a year from now."

"How much does she find time to play?"

"About three or four times a week, on an average, during the school year. In the afternoon only. She plays about an hour and a half or two."

"And that's all her training?"

"Absolutely all. Just what she gets during these off-hours, by playing with our best local players. She's never had anything else. No professional training. Her friends in California have taught her—to a certain extent, you might say that she's taught herself."

Miss Helen herself, fresh from her shower as a California rose after a rain, was coming down the stairs of the Club Annex.

She was all in white except for the black shoes that she prefers; her thick, warmly brown hair was as yet uncovered by the eye-shade by which she is known, and it lay parted demurely in the middle and wound in heavy, smooth, simple coils against her neck. A year ago she visited us with fat pigtailed bobbing down her back; this year, sweet sixteen, finds her with the pigtailed lifted to her head, but even yet it's decidedly a little-girl style of hair-dressing.

"Give me some sound advice that I can pass on to other girls and women who want to excel in tennis," I begged

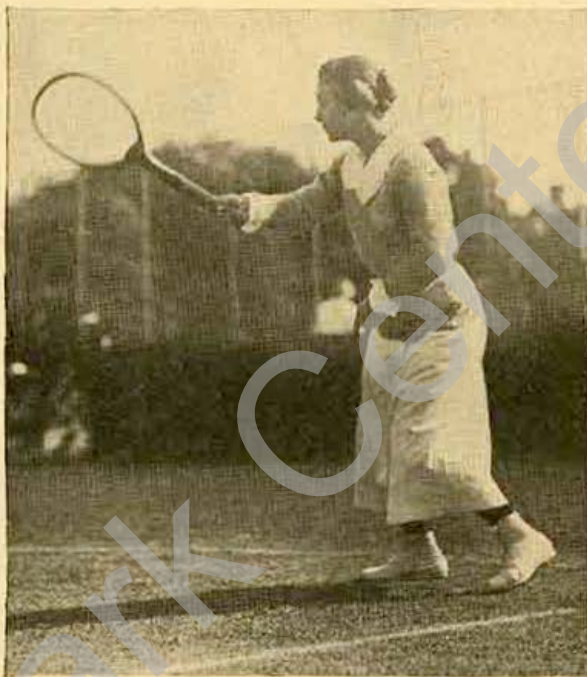
her. "Tell me what, above all, they should do to learn the game."

"Oh, but I can't!" she pleaded modestly. "Why, I haven't done things yet myself! I can't tell other people!"

It's altogether characteristic. She is so utterly unspoiled, so innately modest that you can't convince her she's a luminary. She merely smiles a little timidly and shies off and says:

"Wait till I've really done something!" However because of my disagreeably persistent nature, I did coax this out of her:

To all who are ambitious to excel in tennis, she says: *Play!* Study along theoretical lines may be good, professional instruction may give a boost, but, all in all, there's no way to learn to swim that compares



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Mrs. Jessup, one of the many players of undoubted ability and experience, met by Miss Wills.

with the old way of plunging into the water. Likewise, learn to play tennis by plunging into the court. You'll lose, the court will be wiped up with you, but get up and go to it again. Play, play, play—play with your mind on it, your heart in it, and keep on playing.

Next: Aim at versatility, at resourcefulness. The further you go the more varied you will find your opponents in their play; therefore, you must be ready to meet whatever comes. One depends on the severity of her serve, another on surprising placement, another on cleverly mixed strokes, and so it goes. If you

have only one or two brilliant plays, as is the case with many, they won't be enough to go around. You must prepare to defend yourself against every variety of attack. Therefore, cultivate variety in your own playing; and the way to do this is to play against as great a number of excellent players as possible. Don't be afraid; never mind if they do beat you. It's all a part of your education. Every one of them is giving you a lesson. No two will ever give you exactly the same lesson. But the more opponents you have, the better for you.

And now, third: Let hygiene be the rule of your life! Never for a day transgress its laws. Staying up late, eating irregularly, overtaxing yourself with gayeties will spoil any player's chances. Helen Wills is in bed every night by ten o'clock at the latest, both during school days and tournament days. Her diet is regular, normal, abundantly nourishing, but never heavy. She sidesteps the "indigestibles" such as overwhelming amounts of candy, or French pastry, or goo-ey sundaes and ices. She eats three square meals a day, never a fourth; she doesn't keep nibbling between meals; she comes to the table with the gloriously wholesome appetite that such an athlete would be bound to have, but she eats only the sensibly balanced food that any wise mother would set before a growing girl. She has no health-fads on the subject of food; she eats the appetizing and normal variety that any well-regulated home affords.

There you have her rules. Persistent play, varied play, and obedience to the laws of hygiene. They are simple and as all-embracing as you would be likely to find. They are like her—honest and earnest and unaffected. Stick to them, and you've got a rudder to guide you through stormy seas of competition.

"What about a game as strenuous as tennis for a girl of your age—of her age?" I began by firing the question at Miss Helen, and wound up by aiming it at her mother.



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Mrs. May Sutton Bundy, long famous as the first American to win at Wimbledon.

That wise little lady smiled. "All I know is, that it doesn't hurt her a bit. She's an absolutely healthy child. But I shouldn't like to make rules for other people's daughters. One man's meat is another's poison, you know. Some girls might not be able to stand the strain so young."

"But nowadays it's more the nervous than the physical strain that the doctors and physical educators are talking about," I put in. "The excitement of the contest—too much for girls, some of them say."

Again Mrs. Wills smiled that wise little smile of hers. "You can see for

(Continued on page 66)

# Who Will Be 1922's Biggest Football Star?

*Will the star of 1922 be greater than the one of last year? We have three players who did brilliant work last year, Eddie Kaw, Charley O'Hearn and Owens, and it is from these three that the star of '22 will, in all probability, be found.*

*Of the three, Eddie Kaw, of Cornell, is the finest. He has a splendid body and a quick mind. He can smash into the line like a thunderbolt; he can circle the ends, forward pass; kick—do anything any other back can do and most of these things a great deal better.*

By J. C. Kofoed

**T**HAT is a question to stagger the scribes and prophets! It is hard enough to choose the stars after the season is over, and satisfy the followers of the game with your choice—but to pick the best one before the season even starts is about seven thousand times more difficult.

Mr. Walter Camp, most famous of football authorities, who has long been a contributor to *STRENGTH*, is the one man whose selection of an "All-America" team is regarded as authentic. Regardless of what any other expert may say, if Mr. Camp chooses a man for his mythical eleven, that player goes down in history as an "All-American" star.

But football has grown to such gigantic proportions that one critic, no matter how widely traveled, cannot see all the important games and check up on all the leading players who appear under widely divergent conditions, consequently Mr. Camp has contented himself with sectional choices, and the mythical "All-American" eleven is more mythical than ever.

So I, when I ask—and try to answer—the question: "Who will be 1922's biggest football star?" also admit to be hampered by sectionalism. I could speak of the country at large, from information I have received concerning the players in the South and West, but those in

the East have come under my personal observation. About them I can talk with some measure of assurance.

In 1921 the ten greatest backs who I saw in action were Glenn Killinger, of Penn State; Tom Davies, of Pittsburgh; Charley O'Hearn and Malcomb Aldrich, of Yale; Owen of Harvard; Gilroy and Lourie, of Princeton; McMillin, of Center; Robertson of Dartmouth, and Eddie Kaw, of Cornell.

Killinger and Davies are gone. They are not out of football in one sense, for they still coach and play the professional game, but from the scope of the college man they are through. What a wonderful pair! Killinger in particular, rising to great heights when the emergency demanded.

Will the star of 1922 be a greater star than that brilliant one of last year?

Aldrich, too, was a fine player, and had the added distinction of being with a team like Yale. Whether the New Haven squad wins or loses, it still gets its quota of newspaper publicity, and that publicity reacts to the fame of the players themselves. His kicking ability; his dash in running with the ball was extraordinary. The 62-yard dash from scrimmage against North Carolina was a brilliant piece of work. He made another 50-yard bolt from scrimmage, resulting in another touchdown in



the game against Brown University. Will the star of 1922 be greater than he?

Will he transcend the work of Lourie, of McMillin, of all those other cracks?

Of that magnificent group of ten, only O'Hearn, of Yale; Owen, of Harvard, and Kaw of Cornell, are left. The others, barring Gilroy, who has been declared ineligible, have graduated. From those three the real backfield star of 1922 will, in all probability, be found.

College football is a complicated game, and, as a general thing, youngsters don't spring up overnight into the greatest of players.

So, from Kaw, Owen and O'Hearn we are likely to hear much.

The backfield men have the more opportunity for brilliant display. It is seldom that any but a back is looked on as the best player of the year. In California "Brick" Muller, an end, was hailed as one of the greatest football

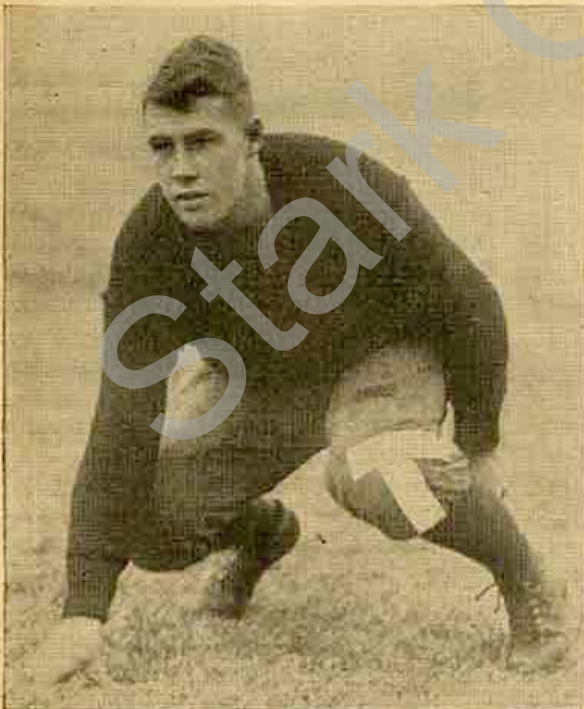
stars that ever lived, but in the East we did not have a wingman who rated in sheer value with Killinger, say, or Kaw.

This is even more true among the linemen. Keck, of Princeton, received lots of attention, while Stein, of Pittsburgh, a center, was regarded as being of as much value as almost any man in football because of his fine passing and wonderful defensive work. But, as I have said, the backs are the biggest factors—the most shining lights—and it is among the backs that we will have to look for the greatest player—or the man who should be the greatest player, barring accidents—during the current 1922 season.

O'Hearn was something of a new-comer yesteryear, though he did brilliantly. He is a heady football player, and should go far. Owen, like Kaw, was a veteran of 1920. They are both hardened veterans who can stand up under a gruelling. They can do almost everything that a football player should do.

The Harvard man displayed magnificent ability against Yale, but his interference was far more deceptive than that which sought to cloak the motions of Jordan, the Yale plunger. In the Princeton game, too, he was a big factor, kicking a field goal that momentarily put his team ahead, but he was to blame, along with the other Crimson backfield men, for failing to diagnose the attack that was hurled at them, when Gilroy carried the ball across the line for a touchdown.

Of the three very fine hold-overs from last year, Eddie Kaw, I should say, is the finest—the most likely one to be the outstanding star of 1922. There is just one reason why he may not. The Cornell schedule is weak, barring two or three games, and the critics are not likely to give



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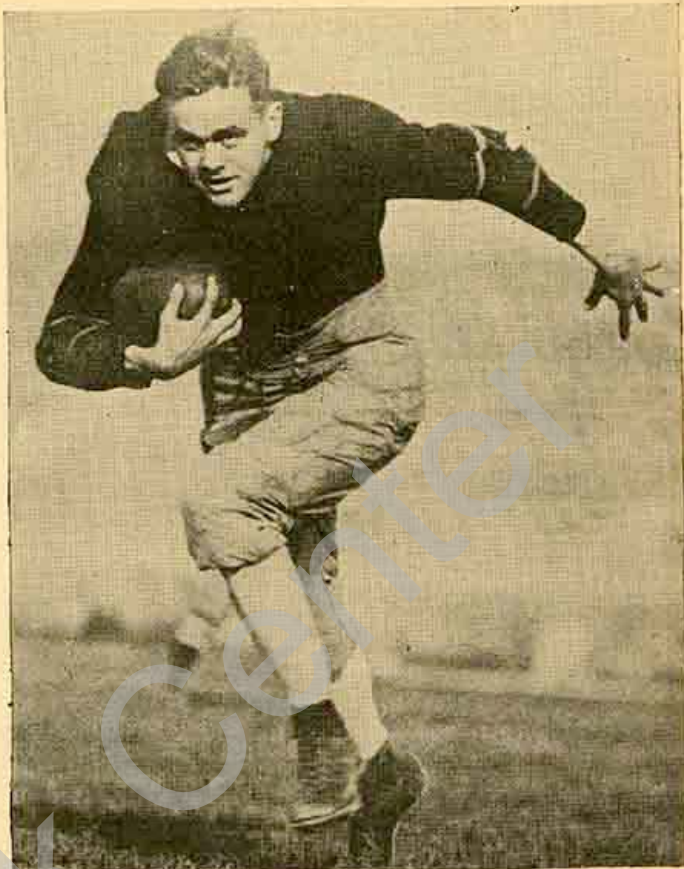
Owen of Harvard. We are likely to hear a lot of this great backfielder this season.

all the credit due him to a man who plays against opponents of poor calibre. But that isn't Kaw's fault. He will rip and tear into any line with the same lack of fear, with the same smashing effect that he did against the weaker teams last year—against Dartmouth and Pennsylvania as well as Western Reserve. It didn't matter to him. The ball was to be advanced. He did it. I can see Eddie Kaw as he was on Thanksgiving Day of last year—a terrific, smashing thunderbolt that ripped the University of Pennsylvania's line into disorganized shreds; a thunderbolt that wove around the ends as well as blasted a way through the center.

All of this on a gridiron that was as nearly a shallow lake as it could be without admitting its relationship to anything but solid land. Sheets of rain poured down. The ball became nothing but a core for a lump of mud in spite of continual wiping off.

The players slipped and staggered. They fumbled and missed tackles. But Eddie Kaw didn't. In some unfathomable way he kept his feet; he kept his hands on the ball. His fingers hooked on an opponent's legs when he tackled. They didn't slip. He made long gains through a broken field, when the average man would have found difficulty in keeping his feet, without any attempt to dodge and duck like a Dervish gone mad.

There was only one other day last fall—so far as I remember—as utterly and absolutely unfitted for football. That



Eddie Kaw of Cornell. He is the most likely one to be the outstanding star of '22.

was the day Penn State and the Navy collided in their never-to-be-forgotten struggle. It was the day Glenn Killinger rose to the greatest heights of his career.

Killinger was generally admitted to be the greatest back in football last season. Yet, on a muddy field and under a drenching rain, Kaw made a showing even more sensational than Killinger's. Admitted, of course, that the Pennsylvania line was very weak when compared with the Navy's; granted that Kaw's backing was as good as Killinger's, there still remains that uncanny work of Ed's under terrible conditions. He was on a strong team, facing a weak one, but his individuality was one of the striking reasons why Cornell was so much stronger than the U. of P. In the

very first period he started off with a long run that gave the Big Red team its first touchdown. From then on he was an invincible juggernaut, and before the game ended he had rolled up thirty-five of Cornell's forty-one points.

Andy Smith, the coach of the California team, watched the game, and expressed the highest sort of regard for Eddie Kaw.

"That young man is a wonder," said Andy, who, in his day, was one of the greatest backs ever turned out by the University of Pennsylvania. "He is good enough to get on my team—and that isn't said in any sense of levity, but in real appreciation. Not in my seventeen years of football have I seen a team like mine. It is the kind you read about. And the most peculiar part of the thing is that American football is strange to California, for it has only been within the last few years that it supplanted the rugby game. I thoroughly believe that my eleven could have beaten any team in the United States. That's how well I thought of it—but Kaw would have fitted in. He would fit in with any team on earth."

That's a fine tribute from a man who does not often open up in praise of a rival. As he spoke of Kaw, Andy Smith was watching the Cornell machine ride rough shod over the Red and Blue. He saw Kaw score almost as many points in that game

as Big Jim Robertson of Dartmouth and Erickson of Washington and Jefferson did all season—more than Tom Davies, the line-smashing Pittsburgh back did in all his 1921 contests. It was not merely the scoring of the touchdown, either, but the impressive manner in which it was done that caused Smith to burst out in his panegyric concerning Mr. Eddie Kaw.

There is a chance that some unknown, who has been working his head off on the scrubs or in some obscure little college in the backwoods may flare up suddenly and dim Kaw's lustre by his own astounding work, but it isn't likely.

At that, though, there are some promising boys who appeared only a few times in 1921, who may jump to the front with the addition of this year's experience. One of them is a University of Pennsylvania youngster named Grove. Now, this kid, Babe Grove, a quarterback, may not be of All-American calibre, but he is the sort that deserves as much praise, in his way, as Kaw, Killinger or any of the big stars.

Last year the Babe reported to the Red and Blue team, a youngster five feet six inches tall, and tipping the scales at 136 pounds. That height and weight is usually considered as being shy of even high school requirements, but that didn't phase Grove in the least. He had his first real chance in



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O'Hearn, another great backfielder and a handy one at that.

the Cornell game, and if ever a man earned the smiles of the War God, Grove did then. He was an unleashed tiger cub; a lightning flash in action, a ferocious tackler.

Time and again he broke through the giant Cornell line, and smeared plays before they were well under way. With two other lightweights, Rex Wray and Pos Miller, he was the bulwark that kept the Cornell total from rolling up to uncountable heights. His defensive play that day has seldom been matched on Franklin Field.

He is back this year, and though he was so little in the limelight last fall, the terrific intensity and gameness of his play indicates that he will be a big factor in making the Pennsylvania team of 1922.

When Grove came back to college this fall he weighed five pounds more than he did last year. He was more rugged and the bubbling fighting spirit that characterized him last season is just as rampant as ever. The Babe is going to shine this year. Mark that down in your scrapbook and remember it.

I don't believe for an instant, nor does anyone else, that Grove actually will play a bigger part in making football history this fall than Kaw—but the possibility lies in just fiery hearted little gamecocks as he is. No one who saw Grove, Rex Wray and Pos Miller, all light little fellows, fight back the giant Cornell line last year can doubt that. They are as big in the scheme of things as the Kaws and Killingers. Football is an entirely different game than it was a few years ago. The work of the backfield men is not the fixed and rigid thing it used to be. In those days the "quarterback" had the responsibility of calling



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Chas. Buell, Captain of the Harvard football team. His drop kicking last season was responsible for many of the Crimson's victories.

the signals and directing the plays; of receiving the ball from the center and passing it to the man who was designated to carry it.

In these modern times all this is reversed. A quarterback may have nothing to do with calling the signals, he may play the position of a defensive fullback. Kaw, at half or full, might call the signals and be the actual quarterback, so far as directing genius goes.

That allows a man of Eddie's extraordinary versatility to bring out all his stuff. He can direct the plays, if the coach so designates. He can be back

(Continued on page 76)

# BOXING

*No man can speak with more authority on the benefits of boxing than Major A. J. Drexel Biddle.*

*Chairman of the Army and Navy Boxing Board and first president of the International Sporting Club are but two of the many authoritative positions that Major Biddle has held in the world of sports.*

*Major Biddle was Amateur Heavyweight Champion of America and he has proven himself to have been the equal of most of the outstanding professionals in many friendly bouts.*



Major A. J. Drexel Biddle.

By Major A. J. Drexel Biddle

**B**OXING, one of the oldest and best of all manly antagonistic exercises, had formerly been greatly handicapped through its association in the minds of many people with prize fighting. The unthinking public could see no difference between a man who boxed for exercise and the professional pugilist who fought bare knuckle fights in the days of the old London Prize Ring Rules.

So unsavory was the reputation of the gangs of pluguglies, rowdies, blackguards, and ruffians, who at that time patronized the sport for the gambling end of it, that the prize ring was practically outlawed. In almost all civilized communities this was just, but unfortunately for the art of boxing itself, such drastic laws were made in order to put the quietus on the so-called sport of prize fighting that purely boxing exhibitions were practically prohibited. In many States there were no discriminating lines drawn between prize fighting and mere friendly bouts with the gloves. It was unlawful for a man to box with a friend or for two brothers to amuse themselves with boxing gloves in the play room. In some States, so antagonistic was the spirit of the reformers that it was made a penal offense to even look at or be a spectator to a boxing bout.

Those days are now of the past. Now-a-days boxing is universally recognized as the manliest of all manly exercises.

It is a splendid combination of the natural activity of both mind and body. As many exercises make manly men, boxing should be part of the physical education of every young man and boy. It fosters and develops pluck, determination, coolness and nerve; it enhances one's health, strength, speed, agility and enduring powers, besides being a splendid training for the eye, and a school for the temper. It improves one's quickness of observation and ready decision, overcomes fear and timidity, instills courage and confidence, and helps the acquirement of presence of mind and self-control when most needed. It teaches a man to take as well as to give, to face an adversary without flinching, to keep collected, exercise every skill and use his wits as well as his muscles to win.

As every nation must necessarily have a fighting element there is no better preparation to make effective combatants for our army and navy than boxing; furthermore, this manly exercise par excellence quickly develops fearless bayonet fighters able to face even cold steel with grim confidence in that martial life and death man's game. Its wonderful effectiveness in quickly developing the most effective body of fighting men the world has ever seen has given the manly art a prominence and standing it never before enjoyed.

Boxing really never rightly came into its own until the Great War. Recogn-

nizing the fact that every man sent across the ocean to fight for World Democracy should be eager, aggressive, full of "pep," fearless and confident, the United States Government decided that the quickest and surest way to accomplish that end was to have them instructed in boxing.

All the leading professional boxers who could be secured were at once pressed into service as teachers, and every training camp in the land immediately became an immense school for boxing instruction. It was the same way with the sea fighters of Uncle Sam. In every school ship and naval station one of the regular daily physical training stunts was schooling in the fine points of boxing.

With the inauguration of this method of training the fighters of all branches of service, including the manly art in the work of the soldier, the marine and the sailor, boxing assumed a new importance. It was really wonderful how they all took to boxing. They could not get enough of it. No matter how tired or weary, they were always ready to put on the gloves and indulge in a friendly exchange of blows.

So eager were the soldiers in the camps and the sea fighters in the training stations for their bouts with the gloves, that it was found virtually impossible to secure enough boxing gloves in order to get them to the camps in time to have the best possible use of them.

The public aided this enterprise by turning out in great numbers to patronize the boxing exhibitions held in all the large cities for the purpose of raising funds to buy more gloves. Even all the old and worn gloves discarded in the gymnasiums throughout the country were gathered together, fixed up as well as possible and rushed forward to meet the needs for the army and navy.

The result was that, when the American soldiers arrived in Europe, practically every last man of them had been grounded in the rudiments of boxing and

imbued with the snap, confidence and aggressiveness which comes from a good course of boxing lessons.

Even when used simply as a form of entertainment, boxing and boxing bouts proved of inestimable value to the United States fighting forces. The one object always in the minds of the officers in the army and navy was to keep the men contented and have them forget as far as possible the terrible scenes which were enacted before them every day, and it can be said truthfully that no other means was found as good for this purpose as the boxing displays and contests.

No matter how bad the weather, or how tired or weary the soldiers, marines or sailors might be, they were always willing to be spectators at a contest between two skilled boxers. Musical entertainments, moving picture exhibitions, circuses and all other forms of entertainment were tried, time and again, but none of them afforded so much interest and delight to the weary warriors as did the boxing contests. And when the representatives of two army divisions or two regiments would meet with the gloves in the ring, thousands of soldiers would assemble to witness the bouts.

It was the same way in the navy. When representative teams from the various ships or different fleets would come together for a trial for supremacy with the gloves all other forms of pleasure would be set to one side. In fact it would be impossible to fully conceive the really great benefit to the fighting forces that came from boxing.

The war has passed into history, but the lessons taught in that terrible conflict will never be forgotten, and one of the most impressive was that in order to develop real red-blooded, two-fisted, brown-livered he-men, nothing was better in the way of physical education, exercise and training than the practice and knowledge of boxing; and it is only a matter of time when every American, man and boy, will be thoroughly drilled in this manly art, as it is well called.

Men responsible for the success of the great universities and colleges as well as the smaller institutions of learning were quick to follow the ideas of our army and navy officers, and now boxing is rapidly becoming a part of physical culture courses wherever the training of youths is being undertaken.

All the big city gymnasiums and health institutions are making a special feature of boxing and telling the World of the benefits to be derived from a course of instruction in that grand exercise.

Another strong recommendation for boxing is the fact that even the Young Men's Christian Associations and other gymnasiums connected with religious and semi-religious institutions which have long featured calisthenics, physical drill, gymnastics and games as the leading part of their physical training courses for the youth of the nation, have recognized the merits of boxing and, whenever competent teachers are available, openly advertise the fact that instruction is given in this manly art.

Professional boxing is a business now that is very remunerative, and men of skill with the gloves, such as Jack Dempsey, Mike Gibbons, Benny Leonard or Johnny Kilbane, earn thousands of dollars in a contest that lasts less than an hour, and their yearly earnings oftentimes exceed the salaries of bank presidents. There are many boxers whose incomes are larger than those of Governors of States or the Judges of the Courts.

An important point in this connection is the fact that such professional boxers are often young men of education and good address who, for business reasons, take the best care of their health and who are received everywhere on an equal with



© International

Jack Dempsey, World's Heavyweight Title Holder.

the leading men in other lines of endeavor. In more than one instance they have saved their earnings and are interested in profitable enterprises outside of their work as professional boxers.

Any one doubting that boxing is not really a fine art need only to put on the gloves and stand up for a few minutes in front of a master of self defense to learn how helpless a novice is in the hands of a man who can box. And it is just here that the fact might be brought out that a man of ordinary strength, with a fair knowledge of boxing, has little to fear from any big burly fellow. His ability to hit and get away without being hit,

counts so much in favor of the smaller but more skillful man as to more than off-set the superior muscular strength and size of his opponent.

Nothing can be more interesting or exciting than to step in, hit a bigger opponent, out-wit him and get away unharmed; or on the other hand to await an attack of the oncoming foe and, nimbly stepping to one side, avoid his blow and then send in a fast and telling counter to an effective spot.

It is a fine sight to see a clever boxer stand up fearlessly before a bragging bully and, as the latter comes in with what he intends to be a terrific blow, cleverly block his punch or avoid it by a timely dodge, duck, slip or sidestep and

then when the blow has been nullified or avoided, deliver an effective blow in return and neatly get uninjured out of danger.

Even now, when the whole world is working for universal peace, the times are anything but peaceful, and the pathway of the citizen, especially in thickly settled communities, is beset with the stick up, gun and highway man.

No man on the streets of a big city is safe from attack either day or night. The man who is skilled in boxing would ordinarily be at the mercy of the gunman or of the stick-up ruffian, but many cases can be recalled where the skillful use of nature's weapons have overcome ruffians armed with revolver or knife or both.

The foundation of boxing, and the one point taught from the very first by good teachers of the art, is coolness; and with coolness comes confidence, so that when a boy or man is well versed in boxing he goes forth with a confidence in himself. He is better prepared than those who have not been drilled in the art of self-protection. Besides, it has been fairly well demonstrated that the majority of roughs use their strength in such an unscientific way that the skilled boxer can always feel confident of delivering telling punches on vital spots and decisively defeating a burly brute, who makes vicious yet, ineffectual attacks because of his inability to land his blows.

It could be argued that this spirit of confidence might become so strong, especially in the youthful boxer, that he, in consequence, would be more or less inclined to impose on weaker boys or men and use his skill in taking mean advantage of those less fortunate, in a boxing sense. In this respect it may be rightly said that a knowledge of boxing no more inclines a man to want to attack others just for the sake of brutality, than a swordsman would be inclined to force a duel to wound or kill, merely to show off his cleverness with a sword. Being an expert boxer does not tempt one to bully or



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Johnny Wilson, Middleweight Champion.

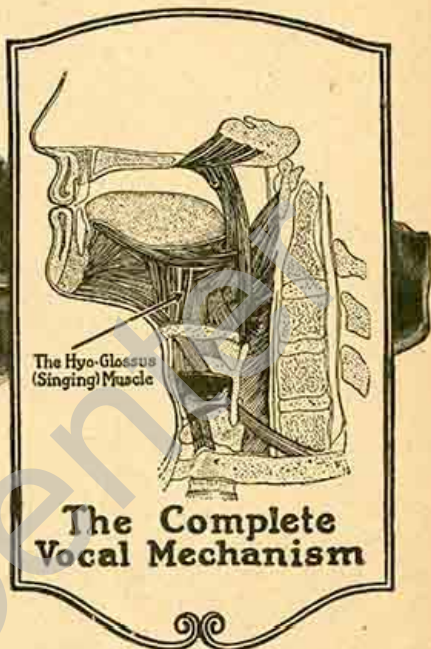


# The Secret of Caruso's Greatness



## He Was a Musical Athlete

*Caruso's marvelous voice was due to a superb development of his Hyo-Glossus muscle. Your Hyo-Glossus muscle can be developed too! A good voice can be made better—a weak voice become strong—a lost voice restored—stammering and stuttering cured. Science will help you.*



## Your Voice Can Be Improved 100%

**Y**OU have a Hyo-Glossus Muscle in your throat. If it is large and vigorous, you have a beautiful voice, you are a "born" singer. If it is small, undeveloped, your voice is apt to be weak, or harsh, or shrill; maybe you stammer or stutter. Weaken and abuse this muscle by improper use and you lose what singing voice you have.

### Good Voices Made Better Lost Voices Restored

Through Professor Feuchtinger's methods you can develop your Hyo-Glossus Muscle by simple, silent muscular exercises, right in your own home, in the privacy of your own room.

Strengthen this muscle and your voice becomes full, resonant and rich. Your tones will have a color and purity surpassing your dreams. If you speak in public your voice will have vigor, expression, carrying power, endurance. All defects of speech will be remedied.

### A Real Money Back Guarantee

The Perfect Voice Institute does not ask you to take a chance. We absolutely guarantee that Professor Feuchtinger's methods will improve your voice 100% in your opinion—or refund your money. You are to be the sole judge; on your decision depends whether or not we keep your money. You take no risk. We take no risk. Over 10,000 pupils have received the happy benefits of Professor Feuchtinger's methods. They always make good.

**Perfect Voice Institute** 1922 Sunnyside Avenue,  
Studio 9778 Chicago

### Who Professor Feuchtinger Is

Abroad, the name of Feuchtinger is one to conjure with. The grandfather of the professor was Court Director for the Duke of Waldeck; his father was a great musical leader during the reign of Charles, King of Wurtemberg. Professor Feuchtinger, A.M., is well known in the musical world for the work he has done in discovering and perfecting a series of exercises that will develop the Hyo-Glossus Muscle in any throat—the same training that is being offered you through the Perfect Voice Institute. He has lectured before many universities and colleges here and abroad. His personal pupils run into the hundreds.

### Great Opera Stars Among His Students

Mdme. Puritz-Schuman, Sofie Wiesner, Metropolitan Opera; Villy Zuern, Paul Hocheim, Julius Brischke, Mdme. Marg. Krabb, Paul Bauer, Magda Lummitzer, Adolph Kopp, Ylva Hellberg, Anton Hummelstein—these are only a few of the operatic song birds who have studied under Professor Feuchtinger during his years as a *maestro* in Berlin.

### Practice in Your Home

There is nothing hard or complicated about the professor's methods. They are

ideally adapted for correspondence instruction. Give him a few minutes a day—that's all. The exercises are silent. The results are sure.

If ambitious to improve or restore your voice, you owe it to yourself to learn more about the function and the importance of the singing muscle—the Hyo-Glossus. Inform yourself about this new and scientific method of voice culture. The literature we send will be a revelation and an education.

### Send For FREE Illustrated Booklet Today

Every reader of this magazine is cordially invited to send for Professor Feuchtinger's great book on this subject. It's free if you fill out the coupon below. The number of these books is limited. Don't delay! Don't wait! Act today! Filling out the coupon below may be the turning point in your life. Send it right away.

### PERFECT VOICE INSTITUTE Studio 9778 1922 Sunnyside Ave., Chicago, Ill.

Send me the illustrated, FREE book and facts about the Feuchtinger Method. I have put X opposite subject that interests me most. I assume no obligations whatever.

Singing  Speaking  Stammering  Weak

Name .....

Address.....

..... Age.....

fight any more than being an expert penman would tempt a man to commit forgery. So don't labor under false impression that a knowledge of boxing leads a man to be pugnacious and abuse his abilities. Confidence in one's ability does not necessarily render a man quarrelsome, but rather forbearing. Experience has shown that the best masters of self defense are generally men of great forbearance, even under extreme provocation.

Boxing, like fencing, is a fascinating and interesting art, and one which constantly presents some new view points. While the principles or fundamentals of the art can be learned in a short while, it takes a long time to study boxing thoroughly; an immense amount of practice is necessary in order to become proficient in all the various modes of attack and defense which are used by modern skillful boxers.

In taking instruction and practice in boxing, the athlete gets an immense amount of highly beneficial exercise. There is action of practically every nerve and muscle in the body, as both muscular and nervous systems from the crown of the head to the soles of the feet are healthily in play. Even the eyes play an important part, while the active motion of the legs and body gives the heart and respiratory organs lots of work, driving fresh air to every cell.

To the man who is worried through business cares or any mental anxieties, boxing should prove of immense value, for, once the gloves are donned, all attention must be given to the exercise on hand. No foreign care or worry can be brought into the gymnasium or roped ring while boxing. In other words, it is impossible to indulge in even a friendly bout with the mind on other things. The boxer's attention is concentrated on the man in front of him, and it is kept there while they are in action. Hence the man weighed down with business cares and worries can do himself a world of good by taking up the art of self defense and



© Underwood & Underwood  
Joe Lynch, World's Bantamweight Champion.

practicing it regularly, especially when things in the store or office are going wrong.

All sports are beneficial, but those prompted by nature and combining healthy activity of both mind and body with a practical knowledge of self-defense are most valuable. They pleasantly interest the mind, while healthily exercising the body. The needed incentive is never lacking. Interest never flags. The endless combination of move-

# A Wild Man

once lived in the forest. He had no fear of man or beast. He carried a mighty club with which he fought his enemies of the jungle. His rough and active life in the open gave him the strength of the beasts themselves. He was a superman in health and strength. But who wants to be a wild man?

## The Modern Man

There are men in our midst to-day enjoying the same abundance of health and strength. They are not of the wild man type, however. They are men of intellect, who have become leaders of industry. They realize that brains are essential, but of little value if placed in a weak body with sluggish blood circulation, or troubled with various disorders of the vital organs.

## The Miracle Man

The wild man took years of active out-door life to attain his strength. How then can a business man acquire this same strength when his days are spent in an office?

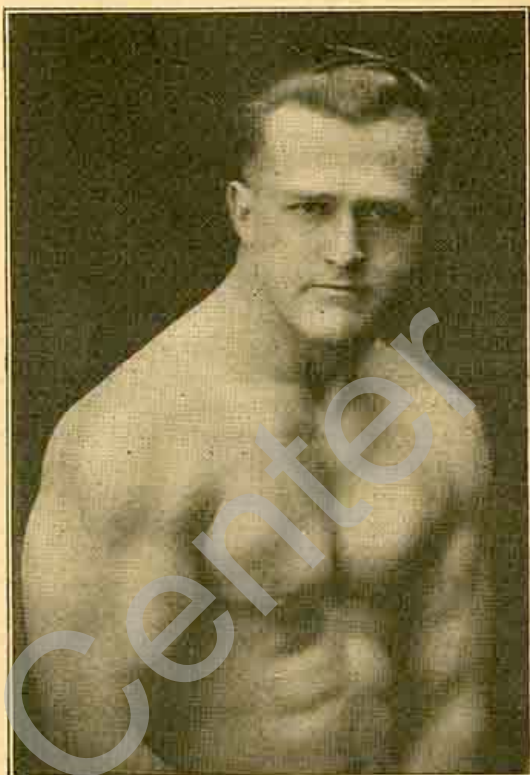


Photo of Earle E. Liederman, February, 1922

*One year ago a famous musician traveled from Toronto, Canada, to see Earle E. Liederman. This musician was most popular throughout Canada. People came miles to hear him. He was wealthy, but he was unhappy. He was a physical weakling. He worked nine hours a day, so he had no time for athletics. He asked Mr. Liederman to help him. Mr. Liederman asked him to give twenty minutes time each day for three months in his own home. The musician went back with Mr. Liederman's famous apparatus and one week later the first lesson in "Progressive Muscular Development" followed him. To-day he is the champion weight-lifter in his country and his earning capacity has almost doubled.*

## What Kind of a Man Are You?

Do you arise in the morning full of ambition for the day before you? Do you feel the thrill of life pulsing through your veins? Can you finish a hard day's work still feeling full of pep and vitality? Do you have the deep, full chest and the brawny arms of an athlete? If not, you are not the man you were meant to be.

How would you like to increase your arms one full inch in just 30 days, and your chest two full inches in the same length of time? But that's only the foundation. From then on you build up an armour plate of muscle both inside and out that will fire you with ambition, giving the spring to your step and flash to your eye that only an athlete can know. This is what I promise to do for you. Come on then and make me prove it. Send for my book—

# "MUSCULAR DEVELOPMENT"

It is chock full of photographs of myself and my numerous pupils. Also contains a treatise on the human body and what can be done with it. This book is bound to interest you and thrill you. It will be an impetus—an inspiration to every red-blooded man. All I ask you to cover is the price of wrapping and postage—10 cents. Remember this does not obligate you in any way. Don't delay one minute. This may be the turning-point in your life to-day. So tear off the coupon and mail at once while it is on your mind.

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Dept. 701

305 Broadway, New York

EARLE E. LIEDERMAN,

Dept. 701, 205 Broadway, New York City.

Dear Sir:—I enclose herewith 10 cents, for which you are to send me, without any obligation on my part whatever, a copy of your latest book, "Muscular Development."

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

ments, the wide variations of plays and the numerous methods to nullify and overcome an opponent's efforts keep up a never failing interest. Business and professional cares are impossible, as the healthy activity of both mind and body bar out all extraneous thoughts. Even delicate and weak men and boys are greatly benefited because of the wonderful amount of good healthy interesting exercise they get through judicious practice with the gloves.

Owing to the fact that boxing is becoming so popular in schools, colleges and educational institutions, there has arisen in recent years a demand for competent teachers of the art: in consequence, all over the country there are men qualifying for such positions in the leading physical training institutions. They are specializing in such courses of instructions with the aim to make the business of teaching boxing their life work.

There is nothing to be ashamed of now-a-days in learning the art of self protection or in teaching the art to others. Teachers of boxing rank equally in importance with instructors in the arts and sciences. And so they might, as a thorough knowledge of the fine points in boxing and the ability to impart that knowledge to others is no small accomplishment but a real man's work, it is one that requires years of study, practice and close application under a thorough master.

Such work is very fascinating, in addition to being a well paid profession; in almost every instance the boxing teacher can feel that he is performing an important task in building up and developing the youth of the country in this manly art, especially as it brings health, strength, courage and confidence to those who were timid, physically weak or below par when first they undertook the study of boxing. Almost every trainer can relate interesting instances of striplings weak, ailing and delicate, who developed into strong, robust and sturdy young men

through the means of a few months' regular instruction and training under a competent boxing teacher.

As a spectacle to attract thousands, boxing holds its place with our national game of baseball. The contest at Jersey City between Jack Dempsey, Champion of the World, and Georges Carpentier, European Champion, is an example of the popularity of boxing with the American public. Some 92,000, comprising not only noted men and women from every State in the Union, but also from England, France and other distant European countries, and even fight fans from far off Australia, assembled to witness this contest.

This match was arranged by George L. (Tex) Rickard, who has done more to elevate boxing and bring it into its own than any one else has ever accomplished in the entire history of the manly art. It was said to be the largest crowd that ever assembled to witness any sporting event in the history of the world, not exempting the greatest of historical horse races, the big matches between college football teams nor overlooking the world series baseball games.

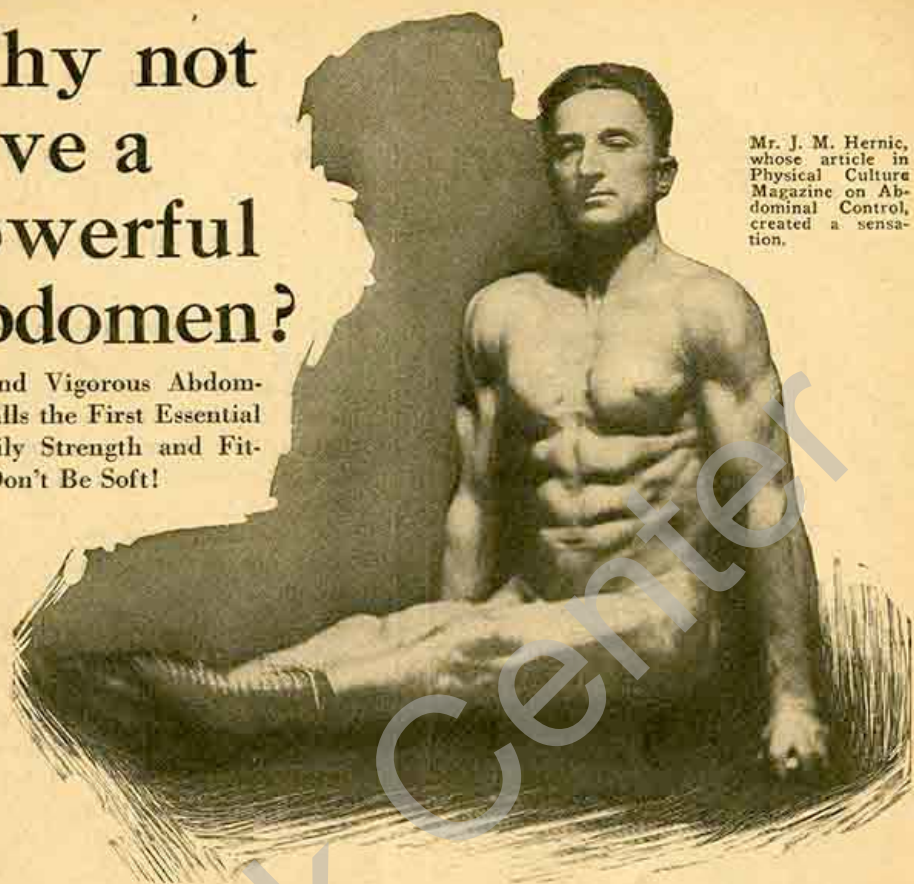
No contest between gladiators in the old Roman or Greek arenas attracted a crowd such as gathered to witness this most important of modern boxing bouts. And it may be said here that in all sporting history there has never been conducted a more orderly or better managed contest than this Jersey City bout.

Even the average regular weekly boxing contests are so attractive to lovers of athletic sport that the vast arena of Madison Square Garden in New York, the Mechanics' Pavilion in Boston, the great auditorium in Milwaukee and the arena of the Olympia Club of Philadelphia are packed to their capacity, and oft times thousands are turned away unable to gain admission.

The practice of boxing is a fascinating pastime, and one that in time becomes almost a passion with the majority of  
(Continued on page 75)

# Why not have a Powerful Abdomen?

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



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

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

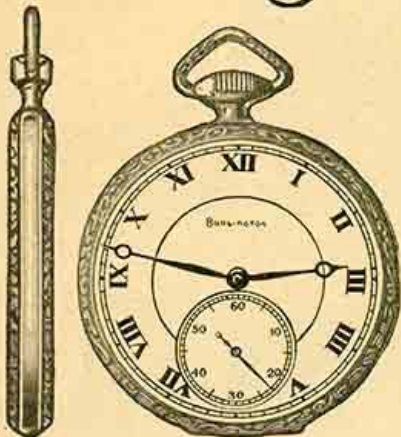
Mr. Hernic claims that even great strength is worthless unless you have a powerful abdomen and in his own case has proven that perfect health and a strong, beautiful symmetrical body can be obtained thru a few minutes practice of abdominal control only. It is well known that at 20 he was in poor health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

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

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

At last Mr. Hernic has been persuaded to sell this method by mail at a reasonable price. If you desire perfect health and strong, well moulded beautiful muscles, send only \$2.00 to John M. Hernic, 69 W. 52nd St., Room 100, New York City, in complete payment for his wonderful new method. No man is so strong that he doesn't need it—and the average person will be amazed at the results.

# 21 Jewel Burlington



Adjusted to the Second 21 Ruby and Sapphire Jewels  
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Only One Dollar Down will buy this masterpiece of watch manufacture. The balance you are allowed to pay in small, easy, monthly payments. The Burlington—a 21-Jewel Watch—is sold to you at a price much lower than that of other high-grade watches. Besides, you have the selection of the finest thin model designs and latest styles in watch cases. Don't delay! Write for the FREE Watch Book and our SPECIAL OFFER today.

## Write *While This Special Offer Lasts*

Get the Burlington Watch Book by sending this coupon. Find out about this great special offer which is being made for only a limited time. You will know a great deal more about watch buying when you read this book. You will be able to "steer clear" of the over-priced watches which are no better. Remember, the Burlington is sent to you for only One Dollar down, balance in small monthly payments. Send the coupon for watch book and our special offer TODAY! Do not delay one minute!

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Canadian Address: 62 Albert St., Winnipeg, Manitoba

Please send me (without obligations and prepaid) your free book on watches with full explanation of your \$1.00 down offer on the Burlington Watch.

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Address \_\_\_\_\_

## Football Classics of '22

(Continued from page 21)

Intersectional Championship. The team was lodged at the same Fraternity house where the Captain of the Indiana team was a member. Now the Captain had been seriously injured the week before and his ankle was still greatly swollen. It was difficult for him to walk upon it. But he was the best tackle in the state and his services were badly needed against Centre the next day and so he gamely agreed to play. McMillin and his teammates congratulated him upon his nerve and nothing more was said. But the next day when Centre eleven took the field, each man had been instructed by McMillin not to tackle the game Indiana Captain.

It so happened that the chief means of yard gaining was through that same tackle where stood the Captain of the opposing team. For a while all the Centre plays were directed around the other end, with indifferent success. Then when the Centre backs tried to rush through the other tackle they found this nifty Captain standing firm and tackling the man with the ball with deadly accuracy and regular consistency. Not a yard was to be made through him. Just one clip from behind, or one hard tackle and he would be out of it. But he stayed on, and not once did a Centre player tackle him. The game had gone to the last quarter. There was only a minute and forty seconds left to play. Still that Captain fought on, and still Centre remained scoreless. Indiana through a piece of good fortune had scored three points by means of a drop kick from the center of the field.

Centre was almost sure of winning, if that tackle was removed. But the sportsmanship of the Kentucky Colonels prevented them from tackling an injured player. It so happened that during the final minute, McMillin slipped through the entire eleven for a touchdown and the victory, but whether McMillin had been able to get away or not Centre would have fought grimly on and taken defeat



## The Invisible Menace

### —Is Its Hand On Your Shoulder?

**E**VERY day in the year men and women apparently in good health are suddenly stricken with a fatal disease. Men and women who thought themselves in perfect condition are finding that Bright's Disease, Diabetes or some other dreaded malady has gained a running start in their bodies *before a single symptom* was noticed. Some of these victims live for years—broken in health and spirit. Others die quickly. You are shocked at the suddenness of their passing.

Why is this tragedy so common? Why may it soon be true in *your* case? Simply because these diseases are as insidious and deadly as murder in the night. They approach secretly, stealthily. There are no evident symptoms—no outward signs. By the time noticeable symptoms develop it is too late; nothing can prevent a fatal ending.

And the pity of it all is that ninety per cent of these cases could be prevented. Medical science has perfected a simple yet infallible test. A test that shows the very first tendency to Bright's Disease or Diabetes. A test that shows their presence long before any outward symptoms are felt. A test that enables you to win the fight because you know the facts in ample time.

### How To Learn The Facts

Urine is the barometer of your health. It forecasts Bright's Disease and Diabetes many months before any outward symptoms are visible. It proves the strength or weakness of each organ. Urine analysis is employed by hundreds of America's ablest executives—men who consider the facts about their health just as vital as the facts about their business.

The Biological Department of The Louis G. Robinson Laboratories make a specialty of analyzing urine. For years they have been giving this service to the medical profession in Ohio and Kentucky and now you yourself can secure this same service.

When you become a subscriber to the Robinson Health Service you will receive a complete chemical and microscopic examination of your urine every ninety days. These analyses give you the real hidden facts about your body and tell you exactly what to do about it. The work is done by expert chemists and biologists working under the supervision of a medical specialist.

If your case is serious you will be advised to take the report to your physician, and from the analysis

he will know exactly how to treat you. If the trouble is minor the report itself will tell you what to do.

In addition, every report will carry with it suggestions as to simple modifications of diet—modifications that will not only prevent disease, but noticeably improve your general health and feelings.

### What It Means To You

Bright's Disease is second only to Consumption in the yearly number of victims. Yet the first indications are shown *only* by urine analysis.

Good health is absolutely necessary for your business success. Knowing the real facts and knowing them in time is the secret of good health. That is exactly what you get in the Robinson Health Service.

Perhaps you are as healthy as you feel. *Perhaps you are not.* However, you want to *know*—guessing is gambling against Death with your life as the stake.

### Free Trial Offer

You can know exactly how you stand. Simply fill out the coupon below and we will send, without any obligation to you, full information about our service, together with details of our Free Trial Offer.

Don't gamble with the Invisible Menace. Mail the coupon now.

**THE LOUIS G. ROBINSON LABORATORIES**  
31 East Fourth Street., Dept. E-11, Cincinnati, Ohio

### Mail For Free Test

The Louis G. Robinson Laboratories, Dept. E-11

31 East Fourth Street, Cincinnati, Ohio

Please send, without any obligation to me, full particulars about your confidential health service, together with details of your free test offer.

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# I Guarantee To Train You Until You Are Placed in a Position Paying \$250 to \$300 Per Month

—Chief Draftsman Dobe



Write and I'll tell you how I make you a first-class, big-money-earning draftsman in a very few months! I do this by a method no other man or institution can imitate. I give you personal training at home by mail. And I mean just what I say. I train you until you are actually placed in a position paying from \$250.00 to \$300.00 per month. Six thousand draftsmen are wanted every month. Hurry up and register so you can start earning.

## I Give YOU FREE

### This \$25 Outfit of Drafting Tools



High-grade plated instruments. Every one you need. Packed in a handsome plush lined case. Just the kind I use myself. Write to me. I am giving it entirely and absolutely free.

## Send This FREE Coupon To Me!—

It costs you nothing, but a stamp to send the coupon for my free book, "Successful Draftsmanship" that tells you all. It tells you how my students get the good positions and how I can afford to train you until you get YOUR position. Remember, 6,000 men wanted every month. So, hurry! Register early because I can take only a few students. Send coupon NOW!

**Chief Draftsman Dobe**

Dept. 5778, 4001 Broadway, Chicago, Ill.

Without any obligation whatsoever, please mail your book, "Successful Draftsmanship," and full particulars of your liberal "Personal Instruction" offer to a few students.

Name \_\_\_\_\_

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with a smile rather than cause a suffering player still greater agony.

And such spirit speaks well for young America and the athletes of the nation. For players like these are sure to make the staunchest kind of citizens. Though the code of the game demands that those who lose must prove themselves game, it also is coming to mean that whether victorious or defeated, the spirit of sportsmanship shall ever triumph in American athletic competition.

## The Great American Hunt

(Continued from page 28)

tances, and further reminding him that the rabbit is not a man eater and does not have to be killed at the risk of life and limb.

But he was too busy cussing that handsome piece of the gun maker's art to pay much heed. His only interest lay in finding out why that gun had not fired and we departed, offering the explanation that he had not pulled hard enough on the trigger. Of course we did not explain about the safety catch. Now we knew that unless a rabbit came close enough for him to use the gun as a club he would not get one—but neither would he get the dog nor us. He was perfectly safe and might as well have been hunting with a jack knife.

Nevertheless, we kept a weather eye his way and increased the distance separating us.

We waited patiently and finally the dog stirred up a third one. We could see the chase for fully five minutes, and at last it dawned on us that here was a dog which knew something. Several times the rabbit tried to work over toward our end of the line where it could slip into the brambles but the dog insisted that it should be otherwise. Gradually he turned that cottontail to his master—the farmer. He had previously brought two our way without a shot being fired, and had evidently formed his own conclusions. We had fooled him and wasted his time. Any further rabbits would be taken where there was



# NERVE EXHAUSTION

*How We Become  
Shell-Shocked in  
Every-Day Life*

By PAUL von BOECKMANN

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

**T**HERE is but one malady more terrible than Nerve Exhaustion, and that is its kin, Insanity. Only those who have passed through a siege of Nerve Exhaustion can understand the true meaning of this statement. It is HELL; no other word can express it. At first, the victim is afraid he will die, and as it grips him deeper, he is afraid he will not die; so great is his mental torture. He becomes panic-stricken and irresolute. A sickening sensation of weakness and helplessness overcomes him. He becomes obsessed with the thought of self-destruction.

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

If we unduly tax the nerves through overwork, worry, excitement or grief, or if we subject the muscular system to excessive strain, we consume more Nerve Force than the organs produce, and the natural result must be Nerve Exhaustion.

Nerve Exhaustion is not a malady that comes suddenly. It may be years in developing and the decline is accompanied by unmistakable symptoms which, unfortunately, cannot readily be recognized. The average person thinks that when his hands do not tremble and his muscles do not twitch, he cannot possibly be nervous. This is a dangerous assumption, for people with hands as solid as a rock and who appear to be in perfect health may be dangerously near Nerve Collapse.

One of the first symptoms of Nerve Exhaustion is the derangement of the Sympathetic Nervous System, the nerve branch which governs the vital organs (see diagram). In other words, the vital organs become sluggish because of insufficient supply of Nerve Energy. This is manifested by a cycle of weaknesses and disturbances in digestion; constipation, poor blood circulation and general muscular lassitude usually being the first to be noticed.

I have for more than thirty years studied the health problem from every angle. My investigations and deductions always brought me back to the immutable truth that Nerve

Derangement and Nerve Weakness is the basic cause of nearly every bodily ailment, pain or disorder. I agree with the noted British authority on the nerves, Alfred T. Schofield, M.D., the author of numerous works on the subject, who says: "It is my belief that the greatest single factor in the maintenance of health is that the nerves be in order."

The great war has taught us how frail the nervous system is and how sensitive it is to strain, especially mental and emotional strain. Shell Shock, it was proved, does not injure the nerve fibres in themselves. The effect is entirely mental. Thousands lost their reason thereby, over 135 cases from New York alone being in asylums for the insane. Many more thousands became nervous wrecks. The strongest men became paralyzed so that they could not stand, eat or even speak. One-third of all the hospital cases were "nerve cases," all due to excessive strain of the Sympathetic Nervous System.

The mile-a-minute life of today, with its worry, hurry, grief and mental tension is exactly the same as Shell Shock, except that the shock is less forcible, but more prolonged, and in the end just as disastrous. Our crowded insane asylums bear witness to the truth of this statement. Nine people out of ten you meet have "frazzled nerves."

Perhaps you have chased from doctor to doctor seeking relief for a mysterious "something the matter with you." Each doctor tells you that there is nothing the matter with you; that every organ is perfect. But you know there is something the matter. You feel it, and you act it. You are tired, dizzy, cannot sleep, cannot digest your food, and you have pains here and there. You are told you are "run down" and need a rest. Or the doctor may give you a tonic. Leave nerve tonics alone. It is like making a tired horse run by towing him behind an automobile.

Our Health, Happiness and Success in life demands that we face these facts understandingly. I have written a 64-page book on this subject which teaches how to protect the nerves from everyday Shell Shock. It teaches how to soothe, calm and care for the nerves; how to nourish them through proper breathing and other means. The cost of the book is only 25 cents. Remit in coin or stamps. See address at the bottom of page. If the book does not meet your fullest expectations your money will be refunded, plus your outlay of postage.

The book, "Nerve Force," solves the problem for you and will enable you to diagnose your troubles understandingly. The facts presented will prove a revelation to you, and the advice given will be of incalculable value to you.

You should send for this book today. It is for you whether you have had trouble with your nerves or not. Your nerves are the most precious possession you have. Through them you experience all that makes life worth living, for to be dull nerved means to be dull brained, insensible to the higher phases of life—love, moral courage, ambition and temperament. The finer your brain is, the finer and more delicate is your nervous system, and the more imperative it is that you care for your nerves. The book is especially important to those who have "high strung" nerves and those who must tax their nerves to the limit.

The following are extracts from letters from people who have read the book and were greatly benefited by the teachings set forth therein:

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

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

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

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

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

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

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

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

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somebody who knew what it was all about.

And they were. It was a treat to watch that dog. During the remainder of the day the farmer fired nine shots and bagged eight rabbits. We fired once, on the one the farmer had missed, but it would have taken a Big Bertha to have landed that baby.

We can readily understand why it is that rabbit hunting is the most popular form of the chase, outside of the fact that there are more rabbits than any other game and they are easily accessible.

It is the action. The big game hunt is work.

If you are lucky you get a shot at a deer or bear. Ten to one you don't and you spend hours either sitting like a wooden Indian in a favorable spot or else beating through the brush that is as thick as a maze of barbed wire in an effort to drive the game out to where somebody else is waiting.

The quest for rabbits is the Great American Hunt.

## Don't Walk Backwards

(Continued from page 33)

tive area; and that's the sanest region for the human mind to spend most of its time in, for it holds the active occupation of the present combined with the hopefulness of looking ahead.

Work, play, laugh, and help other folks along are the four cardinal virtues that drive out "the blues." A great physician has said, "One of the best kinds of play is work." There is no very clear dividing line between the two if you go at them the right way, anyhow. Find an occupation, or a game, which is able to engross your interest, and play it for all it's worth. Go to it, every time you feel an attack coming on. Read humorous stories, cultivate jolly companions, sing lively songs (whether you have a voice or not), and find somebody who has harder sledding than you and give him a pull. And again I'm repeating:

Right about face! Forward! March!

# Can You Guess This Man's Age?

See if You Can Tell Within 25 Years; The Author Couldn't; But He Stuck With Hobart Bradstreet Until He Revealed His Method of Staying Young

By WILLIAM R. DURGIN

I USED to pride myself on guessing people's ages. That was before I met Hobart Bradstreet, whose age I missed by a quarter-century. But before I tell you how old he really is, let me say this:

My meeting-up with Bradstreet I count the luckiest day of my life. For while we often hear how our minds and bodies are about 50% efficient—and at times feel it to be the truth—he knows why. Furthermore, he knows how to overcome it—in five minutes—and he showed me how.

This man offers no such bromides as setting-up exercises, deep-breathing, or any of those things you know at the outset you'll never do. He uses a principle that is the foundation of all chiropractic, naprapathy, mechano-therapy, and even osteopathy. Only he does not touch a hand to you; it isn't necessary.

The reader will grant Bradstreet's method of staying young worth knowing and using, when told that its originator (whose photograph reproduced here was taken a month ago) is sixty-five years old!

And here is the secret: he keeps his spine a half-inch longer than it ordinarily would measure.

Any man or woman who thinks just one-half inch elongation of the spinal column doesn't make a difference should try it! It is easy enough. I'll tell you how. First, though, you may be curious to learn why a full-length spine puts one in an entirely new class physically. The spinal column is a series of tiny bones, between which are pads or cushions of cartilage. Nothing in the ordinary activities of us humans stretches the spine. So it "settles" day by day, until those once soft and resilient pads become thin as a safety-razor blade—and just about as hard. One's spine (the most wonderfully designed shock-absorber known) is then an unyielding column that transmits every shock straight to the base of the brain.

Do you wonder folks have backaches and headaches? That one's nerves pound toward the end of a hard day? Or that a nervous system may periodically go to pieces? For every nerve in one's body connects with the spine, which is a sort of central switchboard. When the "insulation," or cartilage, wears-down and flattens-out, the nerves are exposed, or even impinged—and there is trouble on the line.

Now, for proof that subluxation of the spine causes most of the ills and ailments which spell "age" in men or women. Flex your spine—"shake it out"—and they will disappear. You'll feel the difference in ten minutes. At least, I did. It's no trick to secure complete spinal laxation as Bradstreet does it. But like everything else, one must know how. No amount of violent exercise will do it; not even chopping wood. As for walking, or golfing, your spine settles down a bit firmer with each step.

Mr. Bradstreet has evolved from his 25-year experience with spinal mechanics a simple, boiled-down formula of just five movements. Neither takes more than one minute, so it means but five minutes a day. But those movements! I never experienced such compound exhilaration before. I was a good subject for the test, for I went into it with a dull headache. At the end of the second movement I thought I could actually feel my blood circulating. The third movement in this remarkable SPINE-MOTION series brought an amazing feeling of exhilaration. One motion seemed to open and shut my backbone like a jack-knife.

I asked about constipation. He gave me another motion—a peculiar, writhing and twisting movement—and fifteen minutes later came a complete evacuation!

Hobart Bradstreet frankly gives the full credit for his conspicuous success to these simple secrets of SPINE-MOTION. He has traveled about for years, conditioning those whose means permitted a specialist at their beck and call. I met him at the Roycroft Inn, at East Aurora. Incidentally, the late Elbert Hubbard and he were great pals; he was often the "Fra's"



HOBART BRADSTREET, THE MAN WHO DECLINES TO GROW OLD

guest in times past. But Bradstreet, young as he looks and feels, thinks he has chased around the country long enough. He has been prevailed upon to put his SPINE-MOTION method in form that makes it now generally available.

I know what these remarkable mechanics of the spine have done for me. I have checked up at least twenty-five other cases. With all sincerity I say nothing in the whole realm of medicine or specialism can quicker re-make, rejuvenate and restore one. I wish you could see Bradstreet himself. He is arrogantly healthy; he doesn't seem to have any nerves. Yet he puffs incessantly at a black cigar that would floor some men, drinks two cups of coffee at every meal, and I don't believe he averages seven hours sleep. It shows what a sound nerve-mechanism will do. He says a man's power can and should be unabated up to the age of 60, in every sense, and I have had some astonishing testimony on that score.

Would you like to try this remarkable method of "coming back?" Or, if young, and apparently normal in your action and feelings, do you want to see your energies just about doubled? It is easy. No "apparatus" is required. Just Bradstreet's few, simple instructions, made doubly clear by his photographic poses of the five positions. Results come amazingly quick. In less than a week you'll have new health, new appetite, new desire, and new capacities; you'll feel years lifted off mind and body. This miracle-man's method can be tested without risk. If you feel enormously benefited, everything is yours to keep and you have paid for it all the enormous sum of \$3.00! Knowing something of the fees this man has been accustomed to receiving, I hope his naming \$3.00 to the general public will have full appreciation.

The \$3.00 which pays for everything is not sent in advance unless you prefer. Just pay the postman who brings it. Requests will be answered in turn. Try how it feels to have a full-length spine, and you'll henceforth pity men and women whose nerves are in a vise!

HOBART BRADSTREET, Suite 413,  
630 S. Wabash Ave., Chicago, Ill.

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## A New "Girl of the Golden West"

(Continued from page 45)

yourself. Is she dangerously excited over this tournament, do you think?"

And I had to smile, too. That calm youngster from California was going forth to the court with the steady serenity of a young goddess. A tussle lay ahead of her; but what's the use getting excited about it? her every movement seemed to say. And again I reminded myself of my pet theory: that, behind all the skill and strength that, as a matter of course, must be present in every expert player, Helen Wills' supreme secret lies in her poised temperament.

To save my life I can't picture her weeping and wailing, watering the grass of a court with her tears, though she were beaten to a frazzle. I can't see her stamping in rage, either. Nor can I see her elated by victory to any fatuous self-admiration, any vain pose—in the words of one of her young schoolmates, "Helen's never stuck on herself." Emotionally, she never topples over in either direction. She's balanced. She's poised. She's sure of her footing. She keeps her head. She's honestly happy in success, honestly modest of her achievement, honestly serious in her attempt to improve. She's the unspoiled daughter of a wise, devoted little mother who accompanies her everywhere she goes, protects her from undue publicity, looks to her health and her happiness and her silk stockings, sympathizes with her triumphs and defeats, but doesn't intend to let any of them interfere with a schoolgirl's well-ordered life. Her favorite study, and that in which she is to specialize, is drawing, by the way; she can dash off a clever little caricature as easily as she can smash a ball over the net. I'd have been willing to beg, borrow or steal one that I saw—a pencil-sketch of a droll little fat man reaching vainly for a ball that soared hopelessly high above his head.

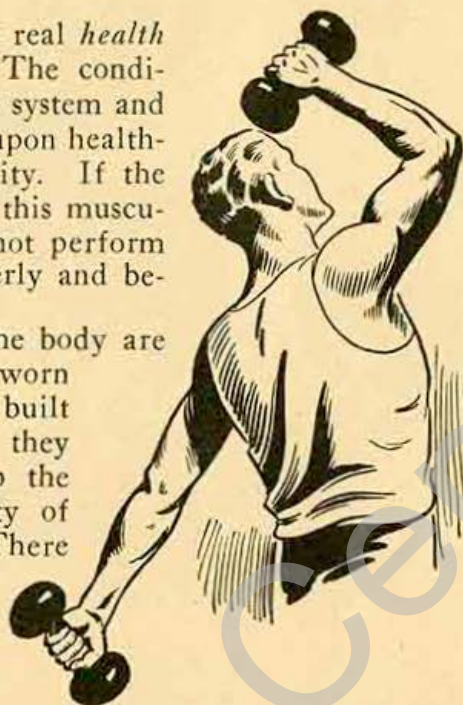
Helen Wills stands today as the Pacific Coast Champion among her sex. She is the unquestioned Girls' Champion

(Continued on page 70)

# Why We Should Exercise

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

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



and that is through exercise.

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

## Give Yourself Fifteen Minutes Every Day

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

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

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

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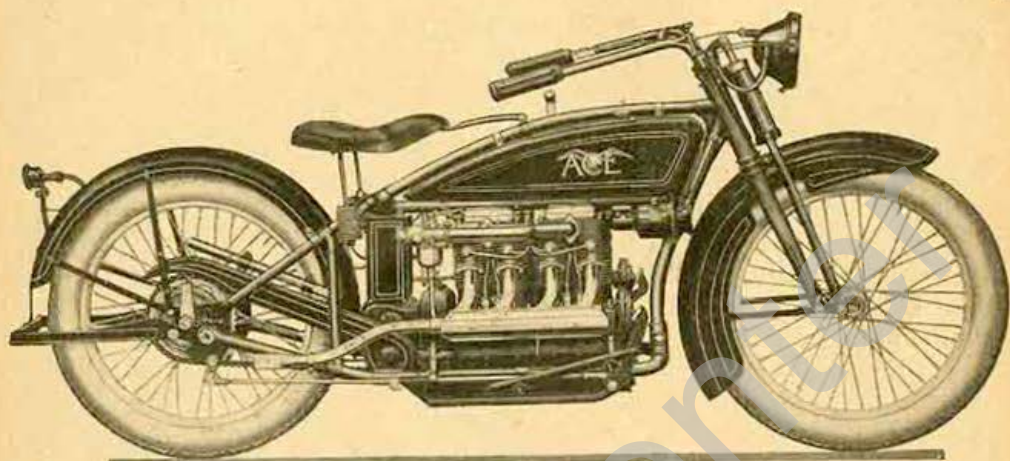
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1. The campaign opens with this issue and closes at 12:00 o'clock noon on Saturday, Dec. 30th, 1922.
2. Votes will count as follows:
 

Official entry blank.....	500
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3. Regular Vote Schedule:
 

1 Yr. Subscription.....	200
2 Yr. Subscription.....	500
3 Yr. Subscription.....	900
4. Subscriptions for longer than 3 years will not be accepted.
5. Subscriptions may be taken to start at once, or any future time desired, or to extend unexpired subscriptions.
6. Your friends may help you by securing subscriptions for you, but all subscriptions must be sent in with your name signed at the bottom of each blank, as candidate, for the votes to count for you in the campaign.
7. No territorial restrictions except that the candidate must live in the United States. (This does not include Hawaii and the Philippine Islands.)
8. Votes are not transferable and cannot be bought, sold or transferred from one candidate to another.
9. No employees of STRENGTH or any member of their family will be allowed to compete in this campaign.
10. Awards made immediately at close of campaign and the candidate securing most votes will receive the wonderful ACE.
11. New, renewal or extension subscriptions all count the same number of votes in the campaign.
12. In the absence of any rule to govern any point not set forth in these rules that may come up during the campaign, the Campaign Manager's decision will be final.
13. Remittance in full must accompany all subscriptions before the candidate will receive credit for them.
14. In case of a tie for the award, an award identical in all respects will be given to the candidate so tying for it.
15. Make all money orders, checks, etc., payable to the order of STRENGTH.
16. STRENGTH's reputation is back of this campaign which will guarantee all its readers and friends a square deal.

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Campaign will be conducted to get more subscribers to STRENGTH. We want you to help us and in that way get a handsome motorcycle for yourself. If you sell enough subscriptions to have the most votes when the final count is made, you'll get the \$335.00 motorcycle.

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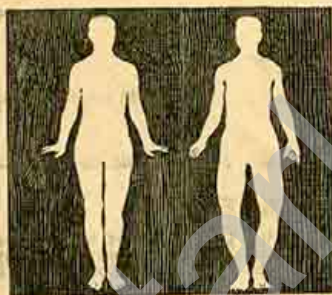


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(Continued from page 66)

nationally, having won at both singles and doubles. Among women champions, only Molla Mallory has persistently overcome her. It seems to be the currently accepted opinion that another year, or two at the most, will put her at the top. It has been said that she has "the strength of a boy and the accuracy of a seasoned man." No one but Mlle. Lenglen is considered to excel her in service; the accuracy of her placement has been called utterly puzzling, and her endurance is amazing. Considering her youth and her limited experience, she plays with an instinct that is fairly uncanny. That familiar gesture with which she passes across the court from one game to the next—a long upward stretch, lifting the racket to the top of her gleaming brown head—is as unconscious, and as suggestive of power as everything else about her. If, as has been prophesied, she should represent America on the other side in 1924, it may be as well for Mlle. Suzanne to carry out her threat—and retire.

## Readers' Service Dept.

If you want any baseball, football, golf, tennis, soccer, basketball, skating, track or other sporting equipment and do not know either where to obtain it or how much it will cost, get in touch with us and we will send you full information at the earliest possible moment.

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tific movements can put the organs of the body into good condition and keep them so.

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### James E. Sullivan

(Continued from page 15)

ences, while not himself a linguist, he was intuitively possessed of the knowledge of any under-current that was likely to result in disaster, and while always fighting for the rights of his own constituents, had ever in mind the greater good of the sport itself. Sullivan was the center of the American delegation of all Olympic Conferences where rules and action were essential, and when he died he left a gap that has been hard to fill. All those who came in contact with him had a deep respect for him and unlimited affection and confidence in him.

### Three Men of Iron

(Continued from page 39)

above the average for a man of his height but they indicate only the size and not the strength of his muscles. For Vitole's muscles are inclined to be lean, but have enormous power. He states that he has been training about two years and that he started with very moderate weights indeed.

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Muscles out 50 lbs in each hand (crucifix lift).

In a letter written shortly after he started training he said, "I did not get a bar bell with the idea of seeing how much I could lift, but to get strength which I could use in various ways, and to prepare myself for general acrobatics."

As Mr. Vitole has progressed he has become infatuated with lifting and now is frankly out for records. He ought to make a success for he has the competitive spirit and an equipment of peculiarly tough-fibred muscles. Two of his pictures show him in action. In one he is making a one-arm press with a good sized man, and in the other a two-arm press with a couple of boys.

Anyone unfamiliar with lifting would undoubtedly pick the one-arm lift as the most meritorious feat, but as a matter of fact the two-arm stunt is the one that requires the strength.

Even if those kids weigh but seventy-five pounds apiece (my guess) it is harder to bring them to arms' length than to press a 150-lb. man with the right arm alone.

When the Saxon brothers first went to England they did their best to induce Sandow to meet them in a lifting match, but the great Eugene fought shy. Arthur Saxon was then the greatest one-arm lifter in the world and all three brothers knew they could win out in two-arm lifts because for some reason or other Sandow never could lift really big weights aloft when he employed both arms simultaneously.

One day the four lifters met in a London gym and the Saxons tried to get their rival to join in their practice but without result. Finally Herman

Saxon, the second brother (who weighed 165 lbs.), exclaimed, "Sandow! here is a lift you can't do." Leaning over, he grasped in each hand a kettle bell weighing one hundred and twelve pounds. Swinging them to his shoulders he then slowly pressed them aloft. This is equivalent to pressing 245 lbs. in the shape of a bar-bell and tho Sandow claimed a much higher record, he would not attempt the 224 lbs. that young Saxon had raised. Mind you, Sandow had then an authentic record of over 270 lbs. in the one-arm bent press.

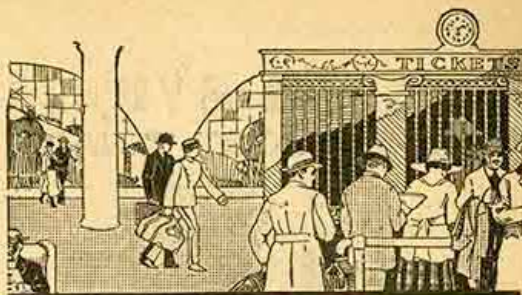
Now for a comparison. A short time ago Vitole visited a New York gym and was challenged to elevate a pair of kettle bells that had stumped all the members. He had a struggle, but got them overhead at the third attempt. He found that the kettle bells weighed 100 lbs. each.

Measure Vitole's 140 lbs. against Saxon's 165, then Vitole's feat of raising 200 lbs. was just as good as Saxon's lift of 224 lbs. Pretty fair for a young amateur. It is no wonder that he is getting "record hungry."

## BOXING

(Continued from page 58)

those who take it up. Whenever two versed in boxing meet, whether in or outside of the gymnasium, they are never at a loss for a subject of conversation. It is almost certain that they will be together for only a few moments when the thoughts of both drift to their favorite sport or pastime, and then they talk of little else but boxing. It is a never-ending subject of interest. Every man who studies and practices boxing has his own ideas of the best methods of using the various blows, guards, parries, etc., and men never tire of talking over and illustrating their theories and comparing notes with others who are also anxious to discuss every little angle of boxing. This affords an unending subject of interesting conversation and discussion, which is always of benefit to the student of that form of physical culture.



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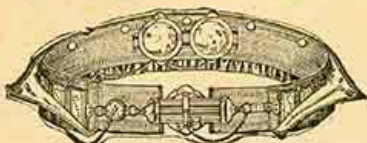
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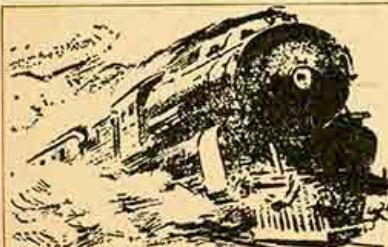
### Who Will Be 22's Greatest Star? (Continued from page 50)

on the defense; to kick or forward pass. His range is wide, indeed.

And in long, lean, pessimistic Gil Dobie he has a tutor who knows as much football as any man under the heavens. Dobie always pretends to think that he has a poor team, but that is a pose—a pose, however, that cannot quite conceal his opinion of Eddie Kaw. Gil thinks that his big back is one of the finest in the land, an opinion shared by many another tutor and lover of the sport.

In summing up the reasons why I think Eddie Kaw will be the best back-field man in Eastern football in 1922, I need only say that he has a splendid body and a quick mind. He can smash into a line like a thunderbolt; he can circle the ends, forward pass, kick—do anything that any other back can do, and most of those things a good deal better.

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Statement of the Ownership, Management, Circulation, etc., required by the Act of Congress of August 24, 1912, of Strength, published monthly at Philadelphia for October 1, 1922.

State of Pennsylvania, County of Philadelphia.

Before me, a notary public in and for the State and county aforesaid, personally appeared D. G. Redmond, who, having been duly sworn according to law, deposes and says he is the owner of Strength and that the following is, to the best of his knowledge and belief, a true statement of the ownership, management (and if a daily paper, the circulation), etc., of the aforesaid publication, for the date shown in the above caption required by the Act of August 24, 1912, embodied in section 443, Postal Laws and Regulations, printed on the reverse of this form, to wit:

1. That the names and addresses of the publisher, editor, managing editor and business manager are: Publisher, D. G. Redmond, 301 Diamond St., Philadelphia, Pa. Editors, Alan Calvert, 301 Diamond St.; Ralph Hale, 301 Diamond St.; T. Von Ziekursch, 301 Diamond St., Philadelphia, Pa.

2. That the owners are: (Give names and addresses of individual owners, or if a corporation, give its name and the names and addresses of stockholders owning or holding 1 per cent. or more of the total amount of stock.) D. G. Redmond, 301 Diamond St.

3. That the known bondholders, mortgagees and other security holders owning or holding 1 per cent. or more of total amount of bonds, mortgages or other securities are: (If there are none, so state.) None.

4. That the two paragraphs next above, giving the names of the owners, stockholders and security holders, if any, contain not only the list of stockholders and security holders as they appear upon the books of the company, but also in cases where the stockholders or security holder appears upon the books of the company as trustee or in any other fiduciary relation, the name of the person or corporation for whom such trustee is acting, is given; also that the said two paragraphs contain statements embracing affiant's full knowledge and belief as to the circumstances and conditions under which stockholders and security holders who do not appear upon the books of the company as trustees hold stock and securities in a capacity other than that of a bona fide owner; and this affiant has no reason to believe that any other person, association, or corporation, has any interest, direct or indirect, in the said stock, bonds, or other securities than as so stated by him.

D. G. REDMOND,

Sworn and subscribed before me this 14th day of Sept., 1922.

JOSEPH J. VOSS.

(My commission expires March 7, 1925.)

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4, 5, 6, 7, 9, 12) and Vol. 6 (Nos. 1, 2, 3, 4).

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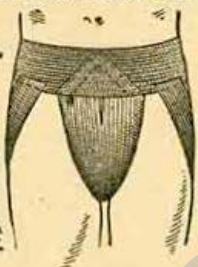
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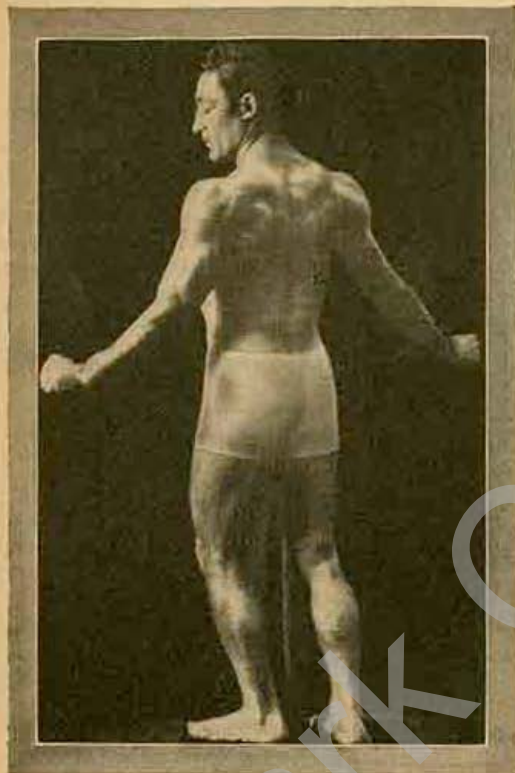
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I even tried a hair tonic, but soon threw it out of the window.

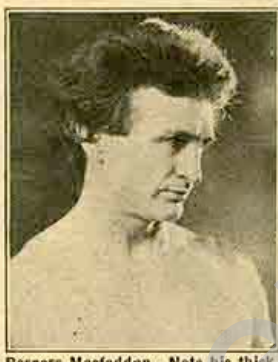
After a period devoted to intelligent consideration of the reason for loss of hair, together with sensible, dependable methods for building hair health, I found a way out.

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

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

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

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