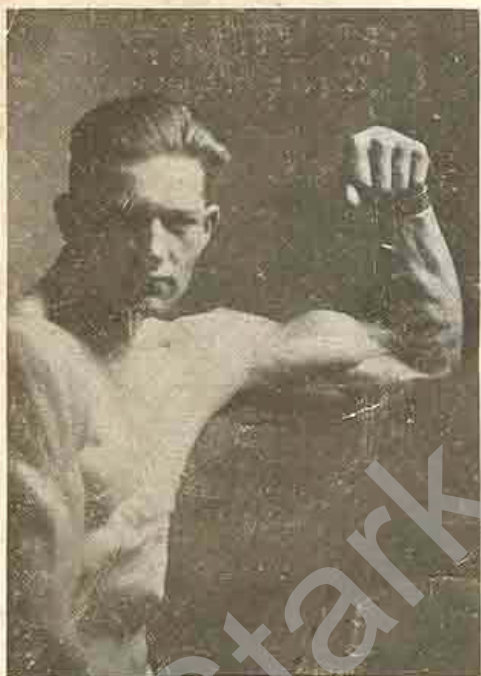


"STRENGTH"

Copyright OCTOBER, 1914 By The Milo Bar-Bell Co.



FRANCIS LEWIS

Who "Chins the Bar" seven times with one finger

See page 2

In this Issue a

Few Words

on

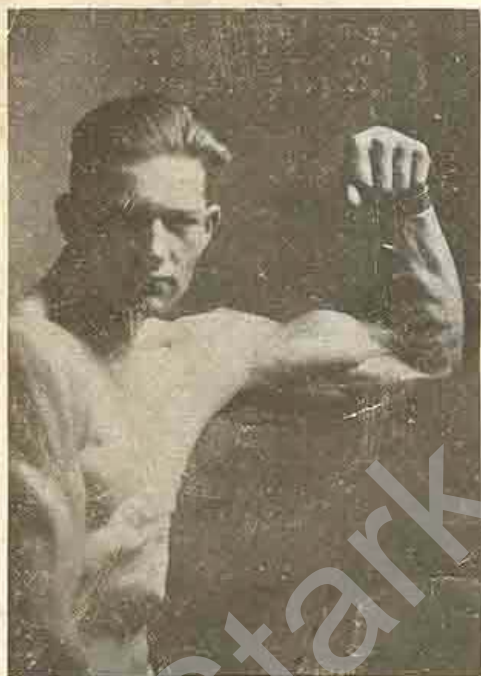
PERFECT PROPORTIONS

BY ALAN CALVERT

Issued by
THE MILO BAR-BELL CO.
1011 Chestnut Street
Philadelphia, Pa.

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PERFECT PROPORTIONS

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Issued by
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Philadelphia, Pa.

FRANCIS LEWIS

A Champion at Chinning the Bar

(See picture on cover)

Mr. Alan Calvert, Propr.,
The Milo Bar-Bell Co.,
Philadelphia, Pa.

601 South Ninth Street
Beatrice, Nebraska, May 24, 1914

Dear Sir:

I am writing you to ask you to forward your Advanced Course. I am glad to inform you that I have hopelessly outgrown my Standard Size MILO TRIPLEX bell. Directly I want to purchase your Large Size MILO TRIPLEX bell. I understand by one of your letters that you will allow a person to trade in their old bell.

I have quite a reputation around here for "chinning" myself. I can "chin" myself with either little finger, and I can "chin" myself, with middle finger, seven times; both hands, fifty times.

Just lately a young man near here had heard that I could "chin" myself with one finger. He flatly denounced such a thing as impossible. We walked over to a rope, I tied a loop in it, did the trick, and now he believes I am the best man in the world.

With my right hand I can raise 170 pounds easily in the Bent Press. With my left hand, I can get under 200 pounds with a straight arm, but I cannot straighten up the body. (I am left handed.) I don't know why, but I lack the ability to straighten up when lifting with my left hand. Maybe you can suggest a remedy?

My record in the two-hand press is 172 pounds. I can hold out in each hand 50 pounds. I am 18 years old, and weigh, stripped, 158 pounds.

I think your system is the best possible way of securing great strength. I am at present attending High School.

Hoping to receive your Advanced Course soon, I remain,

Yours sincerely,

(Signed) Francis Lewis

I doubt if the average reader will appreciate how marvelous these "chinning" records of Mr. Lewis are. A heavy man is at a great disadvantage in chinning the bar. Most chinning records are held by light men—that is, men of 140 lbs. or under. Mr. Lewis weighs 158 lbs., and I doubt if there is another man in the country of that weight who can duplicate his record of chinning seven times with the middle finger of either hand.

Mr. Lewis' lifting records will greatly improve in the next few months. The marks given in his letter represent lifts made by pure strength, and without proper training and the correct form in lifting. He is only 18 years old. As I say in another place in this booklet, he is already the possessor of one of the most remarkable arms I have ever seen. His development reminds me very much of that of the famous John Marx, who in his day was unrivaled in performing feats requiring enormous hand and forearm strength. Marx could break steel horseshoes that defied the strength of every other athlete in Europe.

If I am not mistaken, young Lewis will develop into another Marx.

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PERFECT PROPORTIONS

BY ALAN CALVERT

Proprietor of

THE MILO BAR-BELL COMPANY

How Much Should You Measure?

Size is not always a sign of power, but as a general rule, the bigger the muscle the stronger it is. Every man and boy interested in muscular development continually measures his body—especially his arms and chest—and every enthusiast has a secret ambition to equal the measurements of some famous athlete.

In a number of books on gymnastics you find a heading, "How Much You Should Measure," and under it, in tabulated form, "ideal measurements" for a man of 5 feet 1 inch, a man of 5 feet 2 inches, and so on, up to 6 feet. Apparently, a man over 6 feet tall has no right to an ideal, for I at least have never seen any measurements given for very tall men. Again, the ideal measurements are always supposed to be of fully developed adults—the growing boy is never considered.

Who first got up these tables I do not know. Generally, the book grandiloquently asserts that the tables represent the opinions of some famous artists or physicians, or both.

Personally, I do not take much stock in such tables. Men differ too much

in inherited physique. The only rule that applies, so far as I know, is that *usually* the bigger the bones, the bigger the muscles they will support. (I say "*usually*," because some of the best developed athletes, such as Sandow and Thomas Inch, have been rather small-boned men; and some very powerful athletes with very large bones have had comparatively small muscles).

Therefore, in figuring out how much YOU should measure, it is wise to consider the size of your bones. On the principle that the ends of a bone are in proportion to its diameter, it is considered that the joints—particularly the wrist—indicate the size of the bones. The average man's wrist is from $6\frac{3}{4}$ inches to $7\frac{1}{4}$ inches in girth. Six and one-fourth inches is very small, and 8 inches is huge.

The average "ideal" table will give, for instance, wrist 7 inches, forearm 12 inches,—that is, the forearm is about $1\frac{5}{7}$ times as large as the wrist. Now I contend that by PROPER training with moderately heavy weights, the forearm can be developed until it is nearly twice as large as

(Continued on page 6)

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(Continued on page 6)

ALEX KARASICK

If I wished to be sensational, I could use a heading, "From Dyspeptic to Hercules," and run it at the top of Mr. Karasick's letter.

Karasick is one of the young men who have developed prodigious strength by practicing with the MILO TRIPLEX bell. He has pressed above his head with one hand 150 lbs., but I do not think that this record is a true test of his strength. From letters that have passed between us, I think that Karasick has not yet mastered the Bent Press lift, and that he shoved up that 150 lbs. by pure strength. Like Mr. Lewis, Mr. Karasick will greatly improve this record after he masters the correct form in pressing a weight.

At present Karasick's arm, shoulder, and back strength is extraordinary. In build he resembles George Lurich, the famous Russian wrestler and lifter. Lurich, you may remember, is the holder of the world's record in the one-arm Jerk. Abroad, they put Lurich in the same class with Hackenschmidt and Sandow, as a perfectly built man. Lurich took first place in dozens of physical development contests.

In a year or two I think that Karasick's development will equal Lurich's. He seems to be building up on the same lines. In the picture with the arms folded, he could pass as Lurich's brother.

The front view, showing him holding a MILO TRIPLEX kettle-bell, is a fine pose, and shows him off to great advantage.



1562 Ellis Street, San Francisco, Cal.,

July 23, 1914

Mr. Alan Calvert,
c. o. The Milo Bar-Bell Co.,
Philadelphia, Penna.

Dear Sir:

About six months ago I sent for a set of the MILO TRIPLEX Bells, and now I have developed myself WONDERFULLY through the exercises in your course.

I am enclosing pictures showing my present development, and these are at your disposal.

I can hold out straight with one hand 83 pounds, and I can hold on my body a net weight amounting to 1500 pounds, which has been proven several times at several athletic exhibitions.

Yours very truly,

(Signed) Alex Karasick

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12/48/17
12
12
12
12

Letter from Secretary of
Mr. Karasick's
Athletic Association

September 19, 1914

Mr. Alan Calvert,
c. o. The Milo Bar-Bell Co.,
Philadelphia, Pa.

Dear Sir:

This is to certify that I have known Mr. Alex Karasick for the period of one year, and in my official capacity as superintendent of the Young Men's Hebrew Association of San Francisco, I am in a good position to judge that, since he has been working out with the bells, his development has become remarkable.

Mr. Karasick's physique is the envy of everyone he comes in contact with, and he has established a record in San Francisco. Despite the fact that at one time he was troubled with stomach trouble and constipation, it appears that the MILO Bar-Bell System, which he has been using here exclusively, has made a new man out of him, and has brought about a new development. He has issued an open challenge to anybody on the Coast, in Graeco-Roman Wrestling and heavy weight lifting. Anyone who has seen his physique and muscular development can easily see why his challenge has not been accepted.

Mr. Karasick has established a record of a 251-lb. press while in the Wrestlers' Bridge position. This statement can easily be confirmed by any other member of the Young Men's Hebrew Association.

Here are some of his weight-lifting records:

- 210-lb. Press, both hands above his head, while standing in an erect position.
- 105-lb. MILITARY Press, right hand; 100 lbs. with the left hand.
- 165-lb. Jerk with one hand above his head.

Yours very sincerely,

(Signed) Isaac Silberstein,
Secretary Y. M. H. A.,
San Francisco, Cal.

Some of Mr. Karasick's measurements:

Height	5 feet 8 inches	Chest, expanded	49"
Weight	158 pounds	Thigh	24"
Chest, normal ...	42½"	Calf	15"



12/48/112
12
6/12
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(Continued from page 3)

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The "ideal" table usually gives the upper arm flexed as 20 per cent. larger than the forearm, and it always insists that the neck and the calf of the leg shall measure precisely as much as the flexed upper arm. I have on record the measurements of hundreds of magnificently built amateur and professional "Strong Men," and I cannot recall one case where the three parts named are identical in size.

The chest girth is usually given as about 60 per cent. of the height; the waist 8 to 10 inches less than the chest; the thigh as about 31 per cent. of the height. In the proportions of the trunk measurements (chest and waist) I agree; but I think that most of these tables give measurements that are too small in the thigh and arm.

Let us make comparisons in the case of a man 5 feet 8 inches tall, with a 7-inch wrist. Understand, my standard is merely my personal opinion based on results secured by my pupils.

Apparently, there is only an inch or two difference between these two sets of measurements, but few people have any idea what a tremendous difference an inch makes in the breadth of the shoulders, or what a difference two inches makes in the girth of the chest, or one inch in the girth of an arm.

If you are unable to picture to yourself what a man built according to my standard looks like, just stop and consider the fact that Sandow was about 5 feet 8 inches tall, with a normal chest of about 44 inches, and a waist of about 33 inches, upper arm and thigh about $16\frac{3}{4}$ inches and 24 inches respectively. These are only an inch or two above my standard, but wouldn't you be pretty well satisfied if you were nearly as well built as Sandow?

I have pupils whose height and wrists are 68 inches and 7 inches respectively, but who exceed my standard in every other part of the body, so I am not exaggerating the effect of Progressive Weight Lifting as a body builder, nor am I selecting one isolated case as a standard.

"IDEAL" TABLE

Height	5 ft. 8 in.
Weight	155 lbs.
Wrist	7"
Forearm	12"
Upper Arm	$14\frac{1}{2}$ "
Neck	$14\frac{1}{2}$ "
Chest	40"
Waist	31"
Thigh	$21\frac{1}{2}$ "
Calf	$14\frac{1}{2}$ "

MY STANDARD

Height	5 ft. 8 in.
Weight	165 to 170 lbs.
Wrist	7"
Forearm	$13\frac{3}{8}$ "
Upper Arm	$15\frac{3}{4}$ "
Neck	16"
Chest	43"
Waist	34"
Thigh	24"
Calf	$15\frac{1}{2}$ "

(Continued from page 3)

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Neck	16"
Chest	43"
Waist	34"
Thigh	24"
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I believe that any one of my adult readers can calculate what they should measure by the following rules:

Normal chest: 63 per cent. of height.

Waist: 8 or 9 inches less than chest.

Forearm: $1\frac{7}{8}$ times as much as wrist.

Flexed upper arm (biceps): 20 per cent. more than forearm.

Thigh: 35 per cent. of height.

Calf: 7 or 8 inches less than thigh.

As I say, many of my pupils have exceeded my standard. For instance, I have just developed one phenomenon who has a 47-inch normal chest, and

30-inch thigh—*solid muscle*—you will hear about him later on.

And as for boys, very few of my pupils are under 17, and I find that when I *do* train a youth of 18 or 19, I can in a very few months' time help him to acquire measurements equal to those of a full grown man. The arms and legs develop earlier than the chest. Take the cases of Mr. Carr and Mr. Foresman, whose pictures are shown on pages 9 and 15. Both of these young men are far from reaching the limit of their chest development. I anticipate that in a few months more their chests will increase to 46 inches and 42 inches respectively.

The Thin Man

Slender men frequently say to me: "You may be able to bring out the muscles on these fellows who are heavy set, but I am of the greyhound type; I have exercised for years without being able to put on big muscles." These men have invariably accentuated their tendency to slenderness by indulging in light exercise long continued.

I have no trouble in developing a slender man if he will consent to use moderately heavy weights, and follow the rules that I lay down. The slender man (he of the greyhound type) when he does become fully developed, generally has a much more elegant and graceful figure than the man who is heavy-boned and naturally thick-set. The two types are admirably illustrated in the cases of Sandow and Arthur Saxon. Sandow is really a small-boned man, but his muscles are

so large in proportion to his joints that he gives the impression of great activity as well as enormous strength. Saxon, whose joints are large, is not nearly the striking figure that Sandow is. Examine photographs of the two men, and you will see that Sandow's chest, arms and thighs appear much larger than those of Saxon, but as a matter of fact, Saxon's measurements are much bigger all around.

As a general rule, I find it much easier and far more interesting to build up a slender man, than to reduce a stout man. Gains of 20 pounds in bodily weight during the first three months' practice are not uncommon among those pupils who were very slender when they enrolled with me. SHORT PERIODS OF VIGOROUS EXERCISE WITH MODERATELY HEAVY WEIGHTS DEVELOP A MAN'S MUSCLES AND LEAVE

(Continued on page 10)

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(Continued on page 10)



OWEN CARR

508 Everett St.,
Portland, Ore.,
August 2, 1914

Mr. Alan Calvert,
Propr. The Milo Bar-
bell Co., Philadel-
phia, Pa.

Dear Sir:

One year ago I purchased from you a Large Size MILO TRIPLEX Adjustable Bar-bell. I practice three times a week with it by your directions, exclusive of all others.

I was the same as the average boy when I started your course. I used to think that a man who could put up 100 pounds with one hand was a wonder, but it was not two months after I started your course that I could put up 100 pounds easily with either hand. Today I can easily manage 200 pounds with the right arm, and 160 pounds with the left. While in the position of the Wrestlers' Bridge, I can reach back, pull over, and press 227 pounds. While lying flat on my back, I can pull over my forehead on to my chest a bar-bell weighing 312 pounds.

These lifts I mention, I can do anywhere and any time anybody wishes to see me do them, and they are well within my limit. There are times, while I sit talking to a company of men, when one of the party will ask me about my lifts. After I tell them how much I can lift, and they seem to doubt my word, I prove to them in short order what I can do, by having one of the company lie on the floor (say a man of 165 pounds); I then lift him to the shoulder with two hands, and press him from the shoulder with one hand.

Considering the fact that I am only twenty-one years old, and have been lifting only a year, I am sure that there is much more time and room to improve, and I shall continue with your courses and apparatus for some years to come.

Your devoted pupil,

(Signed) Owen Carr

P. S.—My measurements are as follows:

Neck	16½"	Waist	31"
Chest, normal	40"	Thigh	22½"
Upper Arm	14¾"	Weight, stripped	160 pounds



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phia, Pa.

Dear Sir:

One year ago I purchased from you a Large Size MILO TRIPLEX Adjustable Bar-bell. I practice three times a week with it by your directions, exclusive of all others.

I was the same as the average boy when I started your course. I used to think that a man who could put up 100 pounds with one hand was a wonder, but it was not two months after I started your course that I could put up 100 pounds easily with either hand. Today I can easily manage 200 pounds with the right arm, and 160 pounds with the left. While in the position of the Wrestlers' Bridge, I can reach back, pull over, and press 227 pounds. While lying flat on my back, I can pull over my forehead on to my chest a bar-bell weighing 312 pounds.

These lifts I mention, I can do anywhere and any time anybody wishes to see me do them, and they are well within my limit. There are times, while I sit talking to a company of men, when one of the party will ask me about my lifts. After I tell them how much I can lift, and they seem to doubt my word, I prove to them in short order what I can do, by having one of the company lie on the floor (say a man of 165 pounds); I then lift him to the shoulder with two hands, and press him from the shoulder with one hand.

Considering the fact that I am only twenty-one years old, and have been lifting only a year, I am sure that there is much more time and room to improve, and I shall continue with your courses and apparatus for some years to come.

Your devoted pupil,

(Signed) Owen Carr

P. S.—My measurements are as follows:

Neck	16½"	Waist	31"
Chest, normal	40"	Thigh	22½"
Upper Arm	14¾"	Weight, stripped	160 pounds

OWEN CARR

As Mr. Carr's letter states, he has trained exclusively by the MILO SYSTEM. I take great pleasure in showing his pictures. The poses are his own ideas, and are almost perfect. Unless you have tried muscular posing, you do not know how hard it is to do justice to your muscular development, and at the same time avoid the appearance of strain.

Mr. Carr, although he does not see fit to mention it in his letter, lifted before Arthur Saxon, and won the praise of that great athlete.

The records mentioned in Mr. Carr's letter are all understatements. As he says, he can equal any one of these records at five minutes' notice. I know that he is training steadily, and I expect that in the near future he will come out with some official records that will be surprising for a man of his size and weight.



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(Continued from page 7)

HIM FEELING FRESH AND ENERGETIC; WHILE LIGHT EXERCISES REPEATED COUNTLESS TIMES, BRING LITTLE DEVELOPMENT TO THE MUSCLES, AND LEAVE A MAN EXHAUSTED AND DEVOID OF ENERGY.

How to Acquire Such Measurements

The man who tries to develop all his body by the use of a pair of light dumb-bells, is laboring under a tremendous handicap. With a trifling weight that hardly furnishes enough resistance to tax the very smallest muscles, he attempts also to build up the big and powerful muscles. Advocates of light dumbbells will not fail to point out that in some of the waist and leg exercises the body is bent to and fro, or raised and lowered, and the weight of the body is used as a developing factor. As a matter of fact, the muscles of the waist and legs have so

accustomed themselves to bearing the weight of the body that a little extra twisting and turning does not cause much extra development.

But the main fault lies in the exercises themselves. All light dumbbell systems are alike—it is only the names that are different. A generation ago, Dowd and Blaikie, in their books, taught all the light dumbbell movements, and all the so-called systems of today are copies. The few mildly beneficial exercises are retained, and so also are the ineffective exercises.

The Arms

Professors of light-weight exercises still teach their pupils to develop their forearms by twisting the wrist and clenching the fingers; to develop the calves of the legs by alternating raising and lowering the heels; to develop the upper arms by moving the forearms to and fro while holding the elbows in one position. While the proper way to develop the muscles of the forearms and the calves of the legs is to treat them as part of the muscular system which controls the movements of the elbows and knees, and the proper way to develop the upper arms is to work them in conjunction

with the muscles of the shoulders, chest and upper back.

A man who has a 15-inch arm developed by Progressive Weight Lifting is not only two or three times as strong, but also LOOKS two or three times as strong as the man with a 15-inch arm developed by years of light exercise. Study the arm and shoulder development in the pictures shown in this pamphlet. The upper arms look extremely powerful, and this effect is given by the large size of the deltoid muscle, which stands out prominently, and thus makes the upper arm shorter and comparatively thicker.

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The man who develops his arm with light weights almost never has any shoulder development, and though his arm may be as big as the lifter's, he cannot do one-half what the lifter can.

Very few Y. M. C. A. gymnasts, or advocates of light exercise, can perform the feat known as "making the cross" on a pair of rings, but almost any weight lifter will do this feat with ease, because his upper-arm strength is supplemented by enormous power in his deltoid, pectoral and latissimus dorsi muscles.

Again: The fact that a weight lifter's forearm is generally highly developed, helps to make his upper arm look strong, because it gives the whole arm the appearance of being well-knit.

When I first met the famous George Zottman, I asked him to let me feel his arm, as I had heard it was tremendous. He held his arm up just the way that Mr. Lewis is holding his in the picture on the cover. Taking my hand, he placed it not on the biceps, but on the inside of the forearm, and I grasped what closely resembled a 12-pound shot. I had expected a huge upper arm, but never before had I met a man with such an extraordinary forearm development. Mr.

Zottman explained to me that without tremendous wrist and forearm strength he could not bring his upper-arm strength into play.

Then he was kind enough to explain to me the particular lift he used to build up his forearm. That was a dozen years ago. Not ten times since then has Zottman lifted heavy bells, and yet to-day there are not half a dozen men in the country as strong as he.

This way of lifting heavy dumbbells produces phenomenal development of the forearm. Look at the forearm of Mr. Lewis, whose picture appears on the cover. Never have I seen a more capable looking arm.

It was his work with the MILO TRIPLEX bell that enabled him to create those marvelous chinning records described on page 2. Gymnasium instructors claim that the forearms and calves of the legs are the hardest parts of the body to increase in size. Practically everyone will admit that weight lifters have fine forearms—but few know that the same principle used in developing a lifter's forearm will also develop the calves of the legs.

The Legs

You simply cannot enlarge and strengthen the legs to any great degree by means of the leg exercises prescribed in the light-weight systems. It takes more than the weight of the body to bring out great leg development. Letter carriers walk all day, and most of them have slender legs. Long distance runners are generally thin to the point of emaciation. On the other hand, jumpers generally have wonderfully-developed legs, and it is a significant fact that most first-class weight lifters are also first-

class jumpers. In jumping, the weight of the body is hurled through the air by vigorous, in fact violent, contractions of the muscles of the legs, buttocks and lower back. In some of the quick lifts, the leg muscles are used in the same way, and are developed to even a higher degree than in the case of a jumper.

Any vigorous use of the legs entails an equally vigorous action of the muscles of the lower trunk. Any man with well-developed thighs is sure to have a trim and square-built waist.

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The Chest

The ordinary physical culturist tries to enlarge his chest by exercising the pectoral muscles which lay across the breast. The proper way to acquire a big chest is to exercise your *upper-back* muscles. A man using a 40-pound dumbbell, or a 75-pound bar-bell in the *correct way*, can increase his chest girth five times as rapidly as he can if he practices the so-called chest exercises with "a pair of five pounders."

And yet in spite of these facts, there are thousands of physical culturists who think that heavy dumbbell exercise, or Progressive Weight Lifting is the same thing as light dumbbell exercise. Daily, I find some individual who supposes that

if he takes up heavy bar-bell work that he will be required to go through the old "five-pound dumbbell drill" with a 50-pound weight in each hand.

To sum up: IF YOU WANT TO ACQUIRE A PERFECT FIGURE:

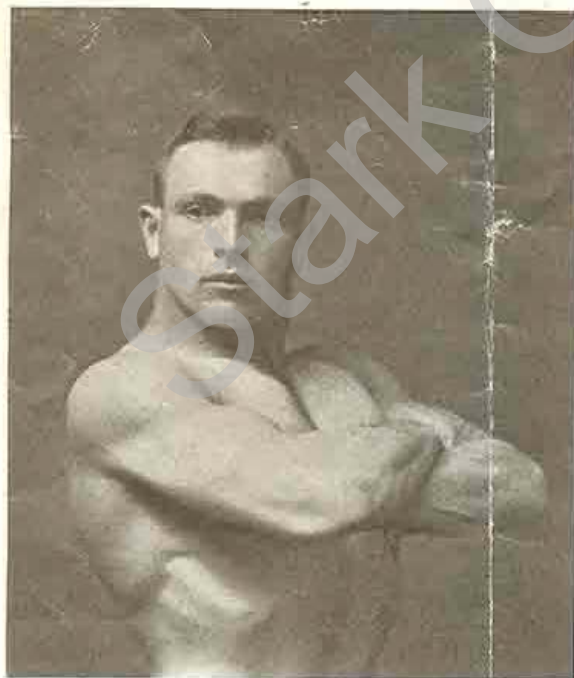
First—Exercise the muscles in groups.

Second—Use an amount of weight that is proportioned to the strength of the muscles you are exercising.

YOU NEED THREE OR FOUR TIMES AS MUCH WEIGHT TO DEVELOP THE BACK MUSCLES AS YOU NEED TO DEVELOP THE ARM MUSCLES ALONE. WHEN EXERCISING THE LEG MUSCLES YOU MUST USE EXTRA WEIGHT IN ADDITION TO THE WEIGHT OF THE BODY IF YOU WANT TO BRING OUT THE FULL DEVELOPMENT OF WHICH THE LEGS ARE CAPABLE.

THE EASIEST WAY TO DEVELOP A PERFECT FIGURE IS TO USE AN ADJUSTABLE BAR-BELL—AND OF ALL THE ADJUSTABLE BAR-BELLS EVER MADE, THE MILO TRIPLEX IS THE MOST CONVENIENT, AND THE BEST ADAPTED FOR HOME TRAINING.

I have sold many MILO TRIPLEX bells to young men who were frequenters of gymnasiums. They tell me that after a few weeks' practice with the MILO



ALEXANDER KARASICK

(See pages 4 and 5)

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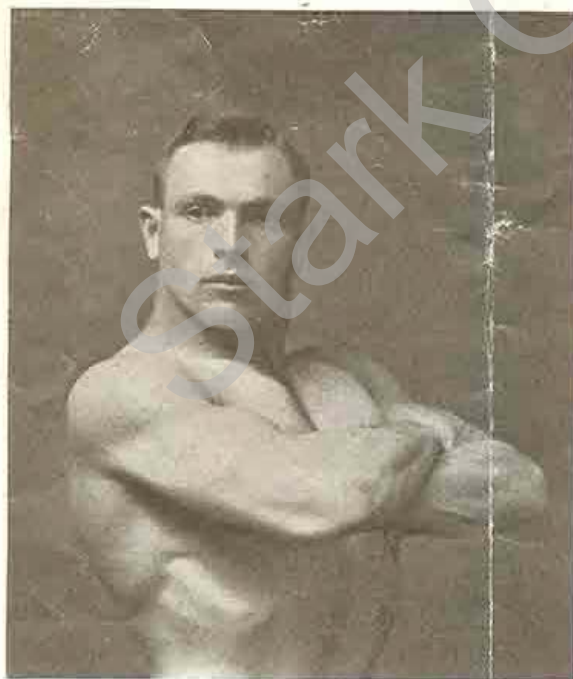
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TRIPLEX bell they abandoned their gymnasium work, because they could get more exercise at home in 15 minutes with the MILO TRIPLEX bell than they could in an hour at the gymnasium, and they saved all the time formerly spent in going to and from the gymnasium.

The best results can be obtained *only* when the training is *individual*. Class work does *not* produce results. Thousands of men and boys patronize the various gymnasiums of this country, and daily go through the free-hand drills. *ALL THESE GYMNASIUMS COMBINED DO NOT TURN OUT AS MANY FINELY-BUILT ATHLETES AS I DO ALONE.* Perhaps I am fortunate in having ambitious pupils. Understand me, gymnasiums do a lot of good; they occupy the spare time of many otherwise intelligent men, who stand in rows before the instructors and wave their arms and legs about, doing kindergarten calisthenics in a chirpy manner. They do this year after year; they feel that they "need the exercise." Apparently, it never occurs to them that at the end of the sixth year they are doing precisely what they did at first; that

their body has not improved any, and that they have not learned the first principles of body building.

I think that at the end of six months' exercise—and study of exercise—that the average man ought to be a finished athlete. Certainly, if he trains for that time at my system, he can vie in bodily beauty and pure strength with most of the "Strong Men" you see on the vaudeville stage.

There is no greater asset in the business world, and in the social world, than a fine physique. Putting aside the fact that the possessor of a perfect figure almost invariably enjoys abounding health, the value of a good build in itself cannot be overestimated. A fine, commanding physical presence is a great help to anyone.

You cannot get an impressive build by developing only your arms. You may have a fine biceps, but you cannot run around asking friends and strangers alike to "feel your arm." The man with broad shoulders, deep, full chest and trim waist, always makes a good appearance; and the strength of a man's legs is shown by his springy walk.



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H. B. FORESMAN

The name of Mr. Foresman, whose pictures are grouped on page 15, has been added to our roll of honor.

Mr. Foresman, on June 23, 1914, created a new American amateur record of 194 pounds in the one-arm Jerk. I believe that this lift also exceeds the old professional record. He is the second record breaker we have produced in the course of a few months.

Many athletic trainers assert positively that only short men with short, thick arms, can excel as lifters. They also state that weight lifting stunts the growth. Mr. Foresman stands 6 feet 1½ inches. He has been lifting for three years. He is naturally a small-boned man, and while he has developed a powerful frame, he has retained a graceful figure and has actually increased his agility. Mr. Foresman states that his record in the standing broad jump is 10 feet 10 inches, which is good enough to earn a place in the Olympic Games.

I have rarely seen a picture that I like better than the one of Mr. Foresman holding aloft one of his club members. There is an entire absence of strain, together with a sense of perfect balance and lightness that makes this pose most attractive.

Mr. Foresman, by his great height and speed, is peculiarly fitted to excel in what are known as the "Quick Lifts," but at the same time he is capable of sustained exertion against enormous resistance. He can curl with one arm, from floor to shoulder, a dumbbell weighing 110 lbs. This poundage is a mere trifle if the weight is lifted quickly, but it is a tremendous feat of strength to lift 110 lbs. slowly.

Mr. Foresman's record in the one-arm Jerk was duly witnessed by experts, and sworn to before a notary. He claims that he has an unofficial record of 177 lbs. in the two-arm curl from thighs to shoulders.

If any of my readers have made good records in the two-arm curl, I would like to hear from them.

Mr. Alan Calvert, Prop.,
The Milo Bar-Bell Co.
Philadelphia, Penna.

August 16, 1914.

Dear Sir:

It has now been over three years since I purchased a MILO TRIPLEX Bell from you, and I have certainly received wonderful results from its use.

During this time, I have seen and handled all kinds of adjustable dumbbells and exercising apparatus, but I have yet to see the bell or exerciser that can compare with the MILO; the fact is, there is none in existence.

Your personal course of instructions which you give with each bell is alone worth the price of the bell.

Here of late I haven't been very regular in exercising, as business duties have occupied most of my time, but expect to start again in the near future, as I feel confident that I can beat some of my present lifts with a few months' training.

In conclusion, I wish to thank you for the interest you have taken in my development, also for the many suggestions and changes you have made in my exercises at different times, and I will always be more than pleased to answer any inquiries as to "The Great Results" that can be obtained from using the MILO TRIPLEX Bell.

Very truly yours,

(Signed) Harry B. Foresman
c. o. The Long-Bell Lumber Co.
Enid, Oklahoma

Some of Mr. Foresman's measurements:

Height.....6 ft. 1½ in.
Weight.....178 pounds
Forearm.....13 inches
Thigh 23 inches

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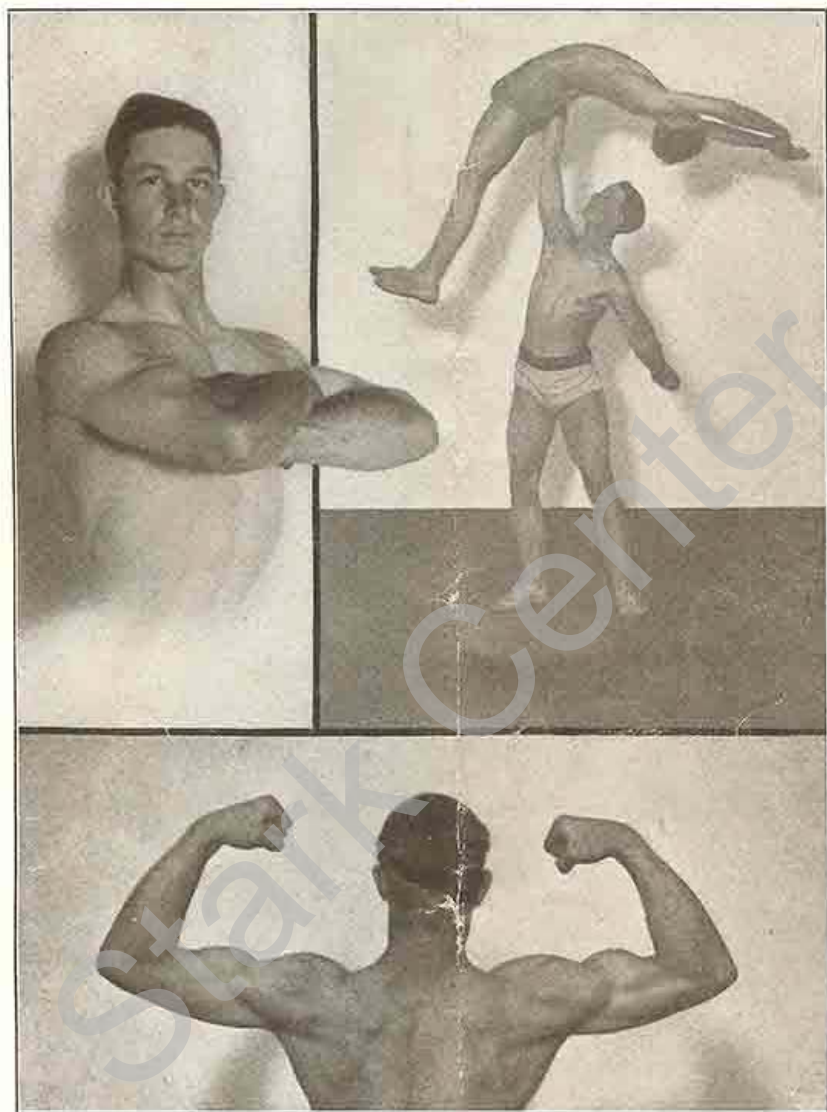
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One of the Several Affidavits Made in Regard to Mr. Foresman's Lift

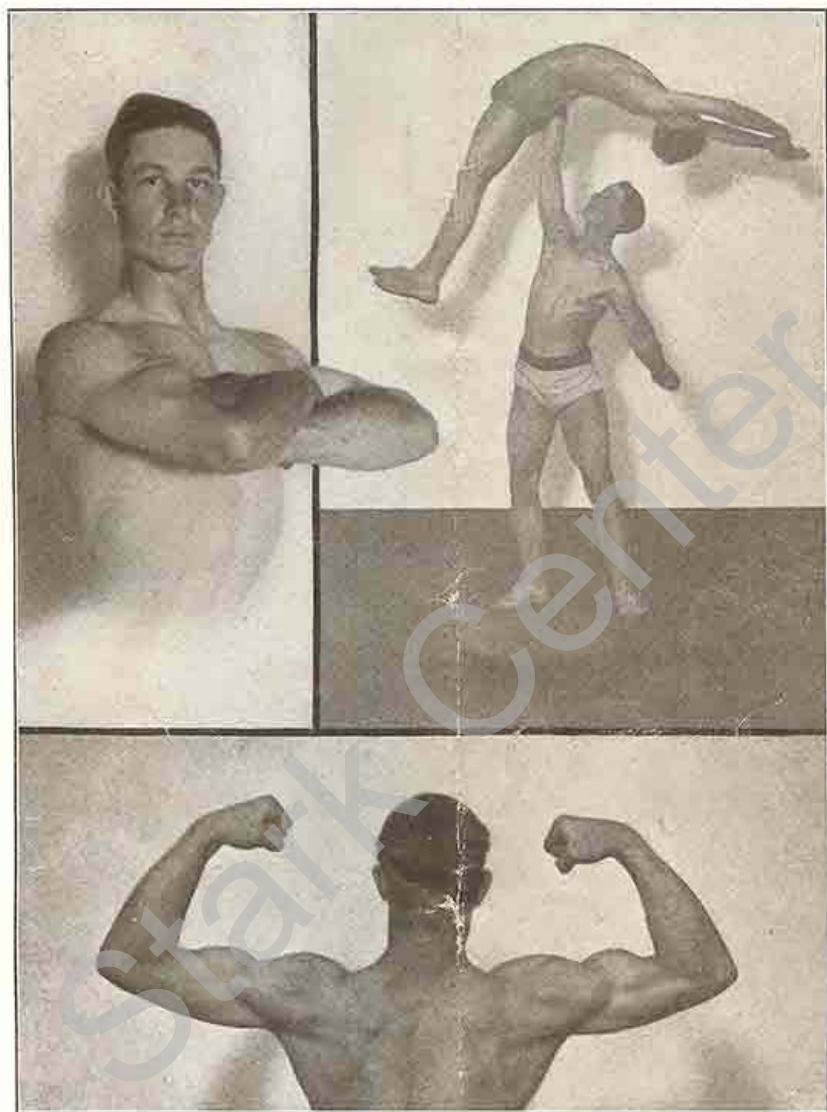
State of Oklahoma, Garfield County, ss.

Frank S. Weissinger, of lawful age, being sworn according to law, deposes and says: that he is the Caretaker and a member of the Armory Athletic Club, of Enid, Oklahoma, and that on the 23rd day of June, 1914, Harry B. Foresman, a member of said Club, lifted, by the "One-Arm Jerk," One Hundred Ninety-Four (194) pounds; that the weight used was a bar-bell, which was weighed in the presence of affiant at the said time and place, on tested Standard Scales; that the lift was in all respects regular in form, and was in no sense deceptive, but genuine.

(Signed) Frank S. Weissinger, Affiant

Subscribed and sworn to before me this 25th day of June, 1914.

(Signed) George M. Seifers, Clerk District Court
Garfield County, Oklahoma.



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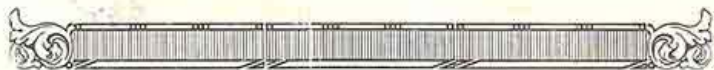
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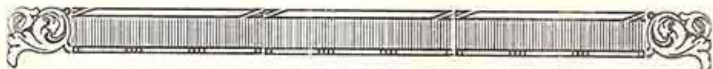
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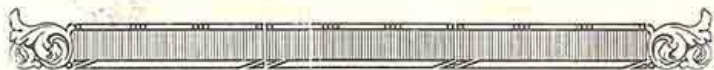
Anton Matysek is in training again. He sent me word from Baltimore that he expects to improve all his records.

This picture shows him in training. He is caught in the act of lowering a heavy bar-bell from his shoulder to the ground, after making a one-hand press.

This picture is interesting, because it shows what a lot of exercise a lifter gets in raising a bell to the shoulder before the lift, and in lowering it to the ground again after the lift. If you have any friends who contend that heavy dumbbell work develops only the arms and shoulders, show them this picture of Matysek, and call their attention to the way the back and leg muscles are standing out as they are taking their share of the work of lowering this enormous weight.



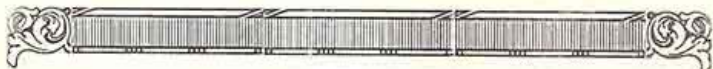
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Anton Matysek is in training again. He sent me word from Baltimore that he expects to improve all his records.

This picture shows him in training. He is caught in the act of lowering a heavy bar-bell from his shoulder to the ground, after making a one-hand press.

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