

Does Your Present Job Offer You These Things?



Big Pay
 Unlimited Opportunities
 For Increasing Earnings
 Permanent Employment
 Your Own Boss
 Promotion
 Travel

Salesmanship Does!

Don't let the word "selling" scare you for it is remarkably easy for any man of average intelligence to become a first class salesman. And then your future can be as big as you want to make it.

THE majority of men are shackled down to poorly paid positions because they are either afraid to strike out for better things—or they condemn themselves to a life of drudgery because of preconceived notions about what they can do.

Take salesmanship for instance. To the vast majority a salesman has to be "born" to his task. Nothing could be further from the truth; it is a vicious fallacy that has kept thousands of men from enjoying the good things enumerated in the panel above. Possibly, you, too, think that selling is a "gift."

You cannot be blamed for what you think—but you are utterly to blame if you do not investigate as to the soundness of your thoughts. For what you may think may be the thing that is tying you down to deadly routine and poor pay.

Proof That You Can be a Master Salesman

During the past eighteen years the National Salesmen's Training Association has taken men from all walks of life and made them into producing salesmen. There's a statement you should investigate—but look at a few typical examples of the thousands of success stories in our files and literature:

A. H. Ward, Chicago, earned better than \$1,000 a month within one year after he completed his training. Today he is an executive of Postl's, Chicago.

J. H. Cash, Atlanta, Ga., increased his earnings from \$75 to \$500 a month. F. M. Harris, a telegraph operator, increased his earnings to \$6,000 a year—and is now a Sales Manager. Warren Hartle, railway mail clerk, stepped into the \$10,000 a year class—so did O. H. Malfroot, of Boston, Mass.

You may think the foregoing are exceptional cases—but if you are seeking a real opportunity you will withhold your thoughts until you get all the facts.

Why You Can be Taught to Sell

You may think it remarkable that this Association can teach men at home during spare time to sell so quickly and easily. But there is nothing remarkable about it—for Salesmanship is governed by fundamental rules and principles. There are certain ways to attract attention, arouse interest and make prospects act—certain ways to overcome objections, batter down prejudices, outwit competition and get results. Once you know these secrets of master salesmanship you can duplicate any of the successes this remarkable System of Salesmanship Training has been responsible for.

Exceptional Demand for Trained Salesmen

City and traveling sales positions are open in every line all over the country. For years thousands of leading concerns have called on the N. S. T. A. to supply them with salesmen. Employment service is free

to both employers and members and the fact that thousands have secured positions through this service is a glowing tribute to the thoroughness and practicability of our System of Salesmanship Training and Employment Service.

Send for Remarkable Book "Modern Salesmanship." It is Free

Naturally, you will want to investigate and find out for yourself what Salesmanship offers you, how it is taught by a method that gives you the equivalent of actual experience while studying, and what facilities are offered you by the Free Employment Bureau of the Association. Just mail the coupon below and we will promptly mail you a free copy of "Modern Salesmanship"—the book that has started thousands on the road to bigger pay. There is no obligation.

NATIONAL SALESMEN'S TRAINING ASSOCIATION
WORLD'S OLDEST AND LARGEST SALES TRAINING INSTITUTION

Dept. S-21, N. S. T. A. Bldg., Chicago, Ill.

National Salesmen's Training Association,
 Dept. S-21, N. S. T. A. Bldg., Chicago, Ill.
 Send me FREE your book, "Modern Salesmanship"
 and proof that I can become a Master salesman!

Name

Address

City State

Age Occupation



Strength



NOVEMBER, 1926

Vol. XI

No. 9

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We Guarantee to Improve Your Voice 100%



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

Free Book!

Glad to Tell Everybody What Your Course Did

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

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

Florence Mendelson,
New York City.

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

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

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

Julio C. De Vosconcellos,
New Bedford, Mass.

Realizes the Dream of Her Life

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

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

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

Lost Voice Restored—Sings Better Than Ever

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

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

J. Ralph Bartlett,
Newton, N. H.

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

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

Just a few years ago, Bert Langtre's voice

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

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

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

Mail This Coupon

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

Perfect Voice Institute

1922 Sunnyside Ave. Studio 57-78 Chicago, Ill.

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

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



Now
FREE

PERFECT VOICE INSTITUTE, Studio 57-78
1922 Sunnyside Ave., Chicago, Ill.

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

Name

Address

Up Against A Stone Wall

—and with no idea what he can do!
Do you see yourself in this picture?

THIS is a talk to men and women who are UP AGAINST A STONE WALL in life, and who want to cut their way out.

It is a talk to men and women who have the courage to search their souls for their defects, ADMIT THEM, and start at once to lick the things that UP TO NOW have licked them.

Take stock of yourself—where are you? Once upon a time you dreamed of great things. You were going to DO SOMETHING worth while. You were going to BE somebody. You entered upon your career with burning hopes. Everybody thought highly of you. Your friends, your family, figuratively patted you on the back. You felt you were destined for great things.

Then—what happened? Your youthful enthusiasm oozed away. Your purpose for some reason became clouded. Instead of going forward, you found yourself UP AGAINST A STONE WALL.

Other men, aiming for the same goal as you, came up alongside of you and passed you. And now, here at last you are—discouraged, lost, PURPOSELESS.

When you think of the men and women whom you have seen succeed, you know that you are every bit AS GOOD AS THEY. You know you possess the same—possibly more knowledge, more ability, more intelligence. You believe that, if given the chance, you could PROVE that you're a better man.

Right here is the bitterest pill of self-confession, if you have the MANHOOD to swallow it. You must admit that those successful men and women were willing to make a real struggle for what they wanted, WHILE YOU GAVE UP THE FIGHT TOO EASILY—or else DIDN'T KNOW what weapons to use!

If there is any pride left in you, if you still possess a glimmer of your fine early ambition, YOU WON'T FOOL YOURSELF WITH EXCUSES. Nor will you admit that YOU ARE LICKED; or that you are too OLD now or too TIRED, to win out.

You will take a new grip on yourself. YOU WILL PLAN YOUR LIFE. You will acquire a new clear-cut purpose, instead of drifting. You will analyze the WEAKNESS IN YOURSELF that held you back, and you will STRENGTHEN IT BY TRAINING.

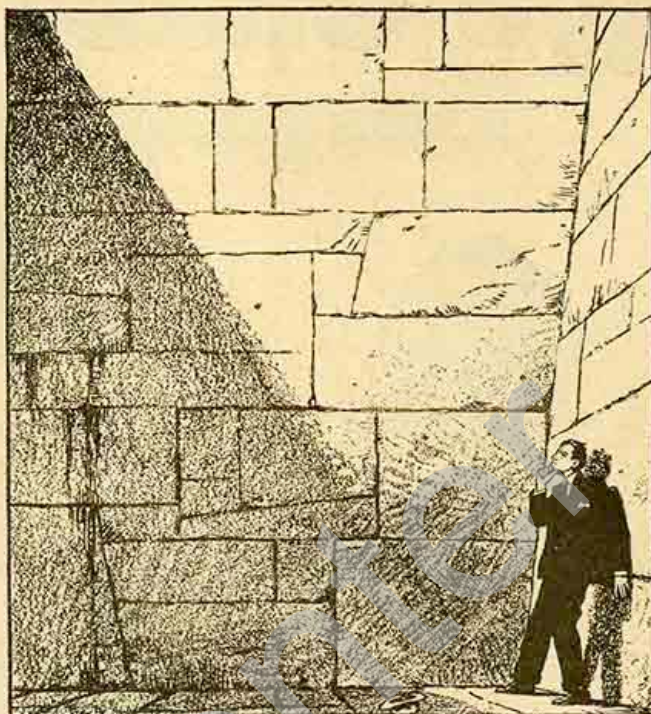
You can do it,—by means of Pelmanism, a system of training that has swept the world. Over FIVE HUNDRED AND FIFTY THOUSAND men and women, in every quarter of the globe and in every walk of life, testify that THIS TRAINING WAS EXACTLY WHAT THEY NEEDED. It is exactly what YOU need!

Pelmanism is merely the science of applied psychology, simplified so that it can be understood and USED. It is a system of training all the various mental faculties, like will-power, memory, concentration, observation, reasoning.

Pelmanism awakens UNSUSPECTED POWERS in you. Time and again it has performed seeming miracles. Instances of quick promotions among its students are countless. Cases of doubled salary in a few months, and trebled salary in a year are NOT AT ALL UNUSUAL. But Pelmanism is not only adopted by those who want to EARN more, but by those who want to DO more.

If you are dubious, if you think you are too old or too young or KNOW TOO MUCH, to be helped by Pelmanism, CONSIDER the kind of people who advocate this training. Among them are men like:

Judge Ben B. Lindsey, Founder of the Juvenile Court, Denver.
General Sir Robert Baden-Powell, Founder of the Boy Scout Movement.
The late Sir H. Rider Haggard, Famous Novelist.
Jerome K. Jerome, Novelist.



Frank P. Walsh, Former Chair-
man of National War Labor
Board.

T. P. O'Connor, "Father of the
House of Commons."

Sir Harry Lauder, Comedian.

W. L. George, Author.

Gen. Sir Frederick Maurice,
Director of Military Opera-
tions, Imperial General Staff.

Admiral Lord Beresford,
G.C.B., G.C., V.O.

Baroness Orczy, Author.

Prince Charles of Sweden.

—to mention only a few out of THOUSANDS of men and women of distinction.

A fascinating book called "Scientific Mind Training" has been written about Pelmanism. IT CAN BE OBTAINED FREE. Yet thousands of people who read this talk, and who NEED this book, will not send for it. "It's no use," they will say. "It will do me no good," they will tell themselves. "It's probably tommyrot," others will declare cynically.

If you are inclined to think that way,—USE YOUR HEAD FOR A MOMENT! You will realize that people cannot be HELPED by tommyrot, and that there MUST BE SOMETHING in Pelmanism when it has been used by over 550,000 people just as intelligent as you, when it has such a record of helpfulness behind it, and when it is endorsed and used by men and women of the highest distinction and ability all over the world.

Don't give up on your old ambitions. Don't think it is TOO LATE. Don't think you are TOO OLD. Follow the advice of such people as those listed above. Write for this free book; at least LEARN what Pelmanism is, WHAT IT HAS DONE FOR OTHERS—then, and then only, judge whether it may not help YOU just as greatly.

Let Pelmanism help you FIND YOURSELF. Let it show you how to get past the STONE WALL that you are now up against. Mail the coupon below now—now while your resolve TO DO SOMETHING ABOUT YOURSELF AT LAST—is strong.

THE PELMAN INSTITUTE OF AMERICA

Approved as a correspondence school under
the laws of the State of New York

19 West 44th Street Dept. 3411 New York City

The Pelman Institute of America,
19 West 44th Street, Dept. 3411
New York City.

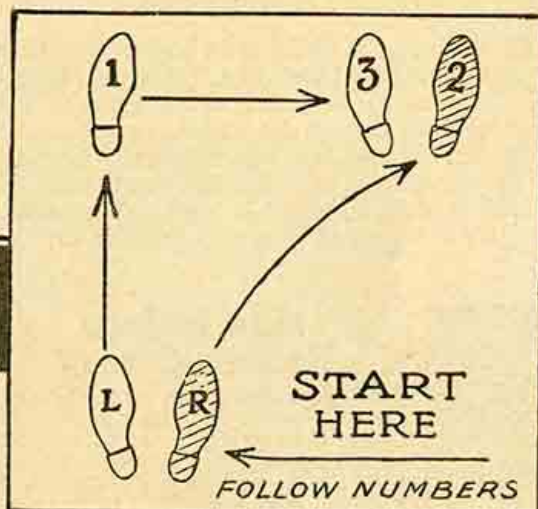
I want you to show me what Pelmanism has actually done for over 550,000 people. Please send me your free book, "Scientific Mind Training." This places me under no obligation whatever.

Name _____

Address _____

City _____ State _____

Can You Do This Easy Step?



Then I Can Make You a Good Dancer In Ten Days

By **ARTHUR MURRAY**
WORLD-FAMOUS DANCING AUTHORITY



NO matter if you don't know the first thing about dancing—even if you've bluffed and failed miserably as a dancer—try the simple step illustrated above. If you can do it, give me only 10 days and I'll make you a graceful, finished dancer—or else I won't charge you a penny!

That's a fair offer, isn't it? Through my simple method you can learn any of the latest steps in a single evening! No expensive fees. No waste of time. No music or partner! No spectators to embarrass you. You learn at home through the same simplified method that has delighted New York's "400." In just ten days' time you'll be able to do the fox trot, waltz, tango and Charleston—in ten days you'll overcome your timidity and lack of poise and be ready to take your place with the best dancers in your set and feel right at home on any dance floor.

You'll never regret being an accomplished dancer! Think what it means to be popular, sought after, admired! The dances I teach you in my course are not only the standardized steps, but also the brand new ones—the peppy, zippy Charleston that has captivated society, the sensational French Tango, Ritz Fox Trot, Debutante Waltz and all the other smart modern dances that are sweeping the world!

The sooner you learn to do the new dances, the sooner you start upon this sure path to popularity, the sooner

you get some real fun out of life. You'll always be welcome everywhere. Better still, you'll be in great demand—for everyone wants to dance with the good dancer, the one who knows all the latest steps!

And when you learn by my method—when you have the Murray foundation—it will be easy for you to learn *any* dance. Once you have my training, you will be able to follow any music with ease and grace—you will be able to master quickly and easily any dance step after having seen it just once.

Get out of the wallflower class. Improve your social standing. Make up for all the wonderful times you've been missing. Be one of the "good dancers" from now on. See how easy it is to learn modern dancing the Arthur Murray Way. **Five Lessons Free.**

Let me prove that I can make you a finished dancer in ten days. Let me send you five lessons from my course—absolutely free! Just mail the coupon (with 10 cents to cover cost of printing and mailing), and those valuable lessons will be forwarded at once. Also a free copy of my interesting new book, "The Short Cut to Popularity."

Don't wait. Clip and mail this coupon NOW. Arthur Murray, Studio 672, 7 East 43rd Street, New York City.

ARTHUR MURRAY, Studio 672,
7 East 43rd Street, New York City.

You may send me the FIVE FREE LESSONS. I enclose 10 cents (stamps or coin) to pay for postage, printing, etc. You are to include free "The Short Cut to Popularity."

Name

Address

City State

HAJNOS—Navy Hercules

PERFORMS STARTLING FEATS OF STRENGTH

The United States Navy is proud of its strong man, John J. Hajnos. It delights in having him demonstrate his extraordinary powers wherever he goes—wherever his ship takes him. His physique is held up as an example of what young men can become if they have the desire to be strong. His feats of strength are so unusual, so startling that, whenever he exhibits, he draws extraordinary crowds. The papers are full of Hajnos when he strikes a town. He is always sensational. One day he is bending great iron bars. Another day he is pulling automobiles through the streets with his teeth. In the picture shown here he is lifting a fellow "gob" in a chair, with his teeth. Always and everywhere he arouses enthusiasm for the U. S. Navy, and he is regarded as a real asset in encouraging young men to enlist.



Photo by International Newsreel Corporation. Reprinted from the Chicago Herald Examiner.

The Navy Shows Its Strength

J. J. Hajnos, sailor, of the U. S. S. West Virginia, displays his strength for the benefit of recruiting officers. He is shown lifting J. F. Kaska, 175 pounds, with his teeth.

Hajnos declares that not only has Lionel Strongfort's Course piloted him to Herculean strength, but that he has brought out the best that was in him of mental and spiritual qualities. He is now a real 100 per cent man inside and out.

How Hajnos Became Strong

John J. Hajnos was not always a giant. He was like many another kid of ordinary strength. In fact he was something of a weakling—so much so that he realized that he had to do something to brace up his body and attain manly strength—and he did the thing that thousands of other young men have found so beneficial in building up health and developing their muscular system—he took up the modern science of health and strength development—

STRONGFORTISM

He learned about the marvelous physical development attained by the world's greatest strong man, Lionel Strongfort, director of the Strongfort Institute, Newark, New Jersey. On his advice he adopted his course in Strongfortism and followed Strongfort's advice faithfully and persistently. Wonderful results! From the start Hajnos experienced a feeling of new-born energy and vigorous health. Gradually his internal muscles were developed, and then his wonderful external muscular strength began to manifest itself, and day by day, week by week, month by month, Hajnos was transformed into a giant in physique and power and today he ranks with the strongest men in the world—perhaps the strongest man.

"MY ONLY TEACHER"

Hajnos repeatedly writes of his gratification and thankfulness that he took up STRONGFORTISM, and strongly advises others to take the course.

"You know," says Hajnos, in a letter from the U. S. Battleship West Virginia, June 6th, 1924, "that I am always in debt to you for what you have done for me, and I want you to know that I always look up to you as my only teacher and the man who has made me what I am, now nationally known as the 'Hercules of the U. S. Navy.'"

READ THIS

Hajnos Thankful for Strongfortism Exhibits Before Big Audience

San Pedro, Calif.,
February 7, 1925.

Dear Mr. Strongfort:
I take great pleasure in dropping you another line to tell you I am getting on all right, still gaining in strength and vitality. I am sending you a clipping of the Los Angeles Illustrated Daily News, illustrating my recent exhibition there.

I have also performed in San Francisco, in the Civic Auditorium to an audience of 7000 people, and the performance was perfect and delighted everybody. I had personal congratulations from prominent people.

I am well satisfied with what I am so far, but I am still craving for more.

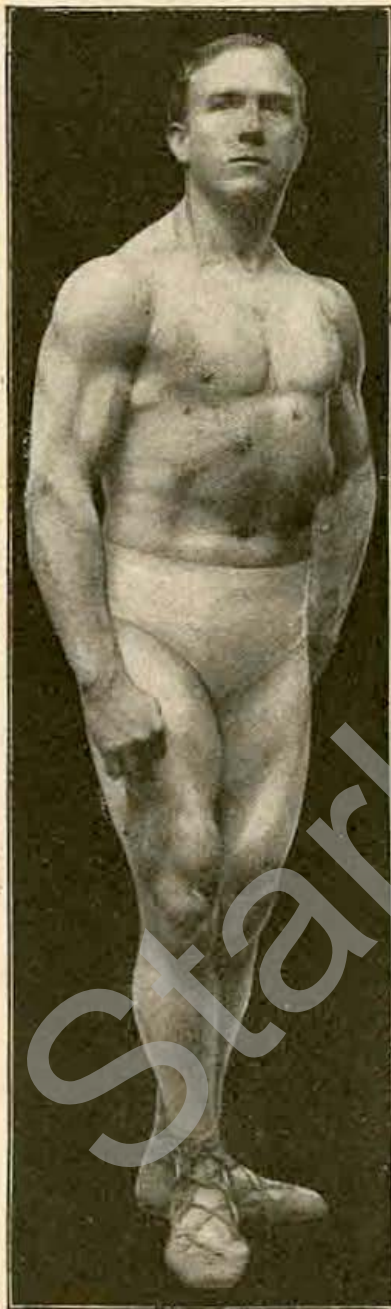
I am always glad to have you use any of my pictures or letters in behalf of Strongfortism, for I am always thankful to you for the great aid Strongfortism has been to me, and with your further aid and advice I will show the world what it has done for me and the good it will do. I remain,

Your pupil, JOHN J. HAJNOS.

See Additional Facts About STRONGFORTISM on Next Page

SHAME ON YOUR WEAKNESS!

Why Be Despised When You Can Be Admired?



Strongfort

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

100% pep, power and personality. It doesn't mince words. It will show you how to be true to the best that is within you—teach you how to be a real fellow. It is a man-builder—a success-maker and a life-saver. Just check the subjects on the free consultation coupon on which you want special confidential information. Send for your copy of this book right now—TODAY!

LIONEL STRONGFORT
Physical and Health Specialist for over 25 Years

DEPT. 264

NEWARK, NEW JERSEY, U. S. A.

"Physical weakness is a crime"—many states say so when they require certain physical qualities in applicants for marriage licenses. "Physical weakness is a crime"—the United States Army and Navy say so when they put you through a rigid physical examination before enlistment. Big corporations say so, too, by insisting on higher physical standards in their employees. *There is no place for you if you are a weakling.* If you are a nervous, timid, fidgeting, shambling fellow, you are not wanted anywhere. You don't attract men or women—you repel them. You can't indulge in the ordinary pleasures of life. You can't enter sporting contests—you lack the energy and stamina of the athlete. You don't get on in school or college—the fellows won't stand for your ailing and complaining, and your mental gloom. You can't hold down a good job—you are too languid and peplless. Your outlook on life is marred by fits of the blues.

Nature exacts a terrible penalty when you've gone too far with her. She whips you into such a state of debility and despair that you become a miserable specimen of a man—an object to be pitied or shunned.

Now, listen to me, young fellow—you don't have to be a weakling. You don't have to go on ailing and complaining. You don't have to be a reject. If you have any manhood left, I know you are ashamed of your weakness—and you know better than anyone what brought you to your present deplorable condition.

I Made Hajnos Powerful I Can Make a Man of You

When you have read the opposite page telling of the wonderful strength of John J. Hajnos—the Navy Hercules—when you realize that he was brought to his present high state of physical health and strength through my methods—you will believe that I have something to offer to men who are not as strong as they'd like to be—fellows who know the handicaps of weakness and debility. You will not scoff at my claims. You will not confuse my Course in STRONGFORTISM with the ordinary "physical culture" systems and muscle-development exercises. It is vastly different. STRONGFORTISM is supreme.

STRONGFORTISM

—Science of Health and Strength—
WILL DO WONDERS FOR YOU

It was through the methods I used in developing my own body until I won the world's record as the finest specimen of muscular development and championships in feats of great strength, in Europe and in the United States, that I constructed the science of STRONGFORTISM. It is through it that I reclaim wrecked and weak men, make them into new beings and give them a body and arms of which they can boast. I require you to use no apparatus. No drugs or medicines are prescribed. No inconvenient hours are required. Only a little of your time in the privacy of your own home is necessary to follow my easily understood instructions—and, oh, man, how glad you'll be that you listened to me, once you started on my course. It means a new day for you, that's sure as you're alive.

You can banish your weakness. You can be a man to be feared in physical combat. There is no doubt about it. I can prove it if you'll just sit down and tell me frankly of your weaknesses and be guided by what I tell you.

SEND FOR MY FREE BOOK

IT WILL PROVE A REVELATION

I've packed the experience and research of a life time of physical and health building into my startlingly interesting book, "PROMOTION AND CONSERVATION OF HEALTH, STRENGTH, AND MENTAL ENERGY." IT IS PRICELESS!

In it are plain facts that will astishen you and help you out of your sorry plight. It will tell you frankly how you can make yourself over into a vigorous specimen of vital manhood with

CLIP AND SEND THIS COUPON

FREE CONSULTATION

Absolutely Confidential

Mr. Lionel Strongfort, Strongfort Institute, Dept. 264, Newark, N. J.—Please send me absolutely free my copy of your book, "PROMOTION AND CONSERVATION OF HEALTH, STRENGTH AND MENTAL ENERGY." I have marked (x) before the subjects in which I am most interested.

..Colds	..Weak Back	..Short Breath
..Catarrh	..Increased Height	..Weak Heart
..Asthma	..Weak Eyes	..Great Strength
..Headache	..Flat Chest	..Lung Troubles
..Rupture	..Despondency	..Poor Circulation
..Thinness	..Emaciation	..Round Shoulders
..Pimples	..Rheumatism	..Skin Troubles
..Insomnia	..Nervousness	..Stomach Disorders
..Overweight	..Constipation	..Muscular Development

NAME

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

STREET

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

The Cleanest, Yet Most Outspoken Book Published

The greatest necessity to ensure happiness in the married condition is to know its obligations and privileges, and to have a sound understanding of sex conduct. This great book gives this information and is absolutely reliable throughout.

Dr. P. L. Clark, B. S., M. D., writing of this book says: "As regards sound principles and frank discussion I know no better



When Soul Meets Soul

book on this subject than Bernard Bernard's 'Sex Conduct in Marriage.' I strongly advise all members of the Health School in need of reliable information to read this book."

"I feel grateful but cheated," writes one man. "Grateful for the new understanding and joy in living that has come to us, cheated that we have lived five years without it."

How to Insure

HAPPINESS IN MARRIAGE

Answered by Dr. BERNARD BERNARD, D.S. (Phys.) IN HIS GREAT BOOK

"SEX CONDUCT IN MARRIAGE"

It answers simply and directly those intimate questions which Dr. Bernard has been called upon to answer innumerable times before, both personally and by correspondence. It is a simple, straightforward explanation, unclouded by ancient fetish or superstition.

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The Husband's Function to Wee.
The Wife's Function to Respond.
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The Immorality of Preventing Conception Control Knowledge.

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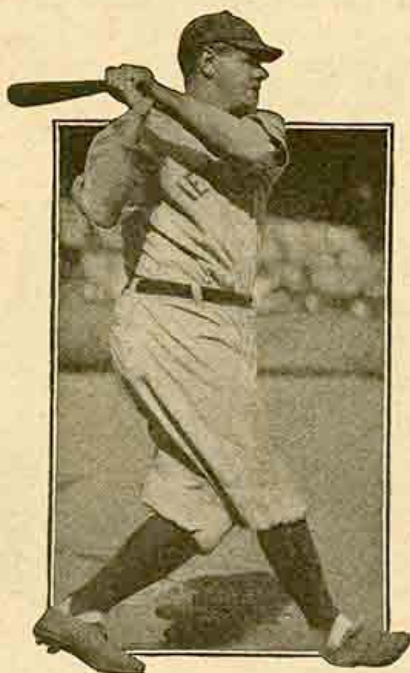
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“Babe” Ruth

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But I wasn't through, fellows. It was just a matter of physical condition.

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When the season opened this year I was right back on my toes. The boys opened their eyes at the way I walloped the old pill. They said I got around the bases faster than ever. They said “Babe's made a real come-back.”

Everybody wondered how I did it! My mail was jammed with letters asking me the secret.

Get Fit and Stay Fit

There's no secret about it! I did it with a system I worked out myself. I'd tried lots of others, but it took my own ideas to get me back in shape *and keep me there.*

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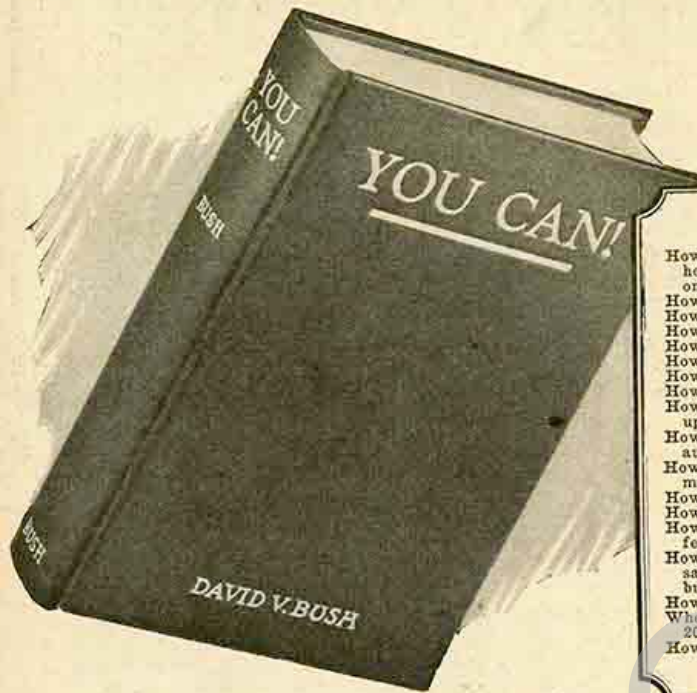
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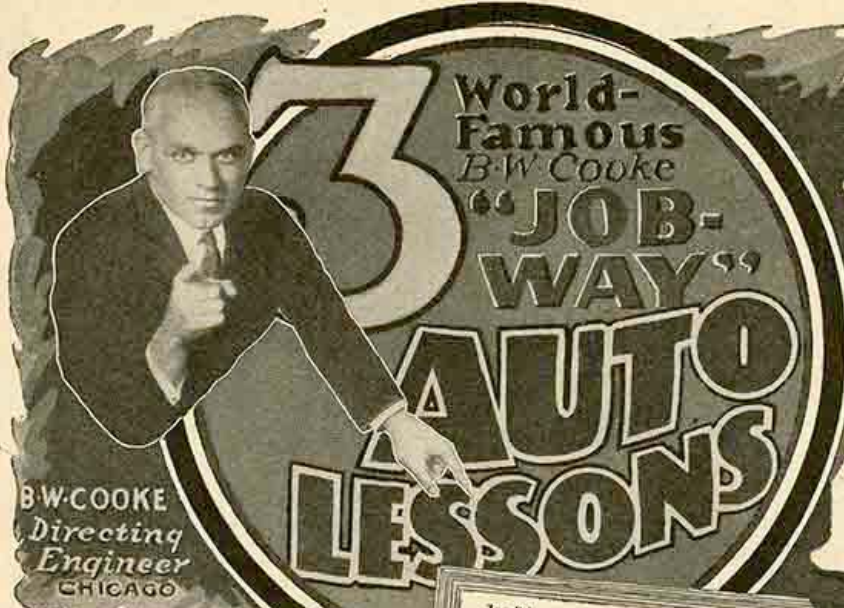
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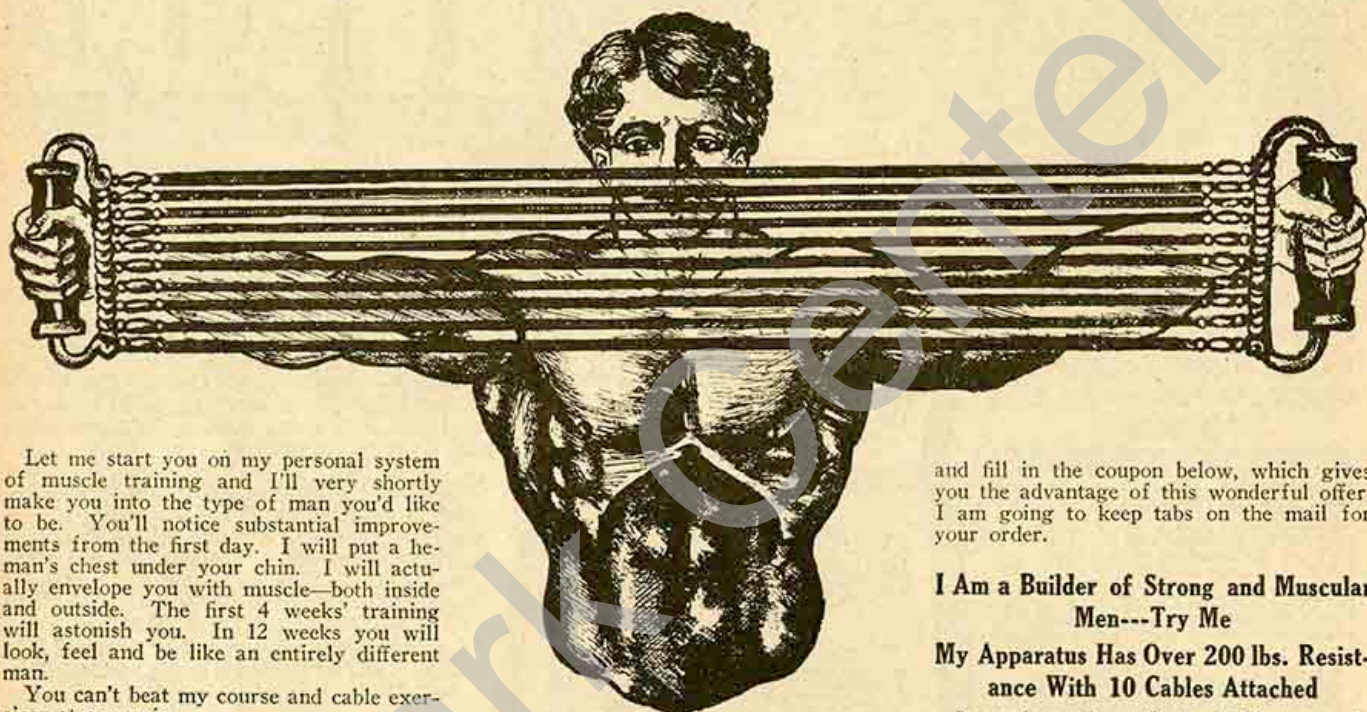
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I give you, free, the most complete course you ever laid your eyes on. And, Oh boy!

JACK SANDOW,
Room S-11, Federal Life Building,
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Dear Sir: Please find enclosed

- \$3.00 for a 5-Cable Exerciser and 12 Weeks' Course.
- \$5.00 for a 10-Cable Exerciser and 12 Weeks' Course.
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Isn't the expander set a great exerciser? And just think of the price—it's hardly a price at all. A few dollars are all that are needed to bring you this great 5, 10 or 15-cable progressive exerciser and my FREE personal 12 weeks' course.

A few minutes a day for 3 months is all that is required. \$3.00, \$5.00 or \$8.00 is all it costs you or ever will cost you if you get the right system at the start.

Wish You Had Muscles Like That Fellow's?

Wish You Had His Pep, Strength, and Ability?

The new strength, pep, vigor and muscles that I will put into and on each and every part of your being will be the biggest money's worth you ever bought in your life—there is nothing else worth near as much to every man and woman as the power and enjoyment that comes from physical health and strength.

Show Me That You Are Made of Real Stuff

I wish you were here in Chicago with me so I could slap you on the back and say, "That's the boy—Let's you and I go."

Take up your pen—not tomorrow, but this instant, before this slips your mind—

and fill in the coupon below, which gives you the advantage of this wonderful offer. I am going to keep tabs on the mail for your order.

I Am a Builder of Strong and Muscular Men---Try Me

My Apparatus Has Over 200 lbs. Resistance With 10 Cables Attached

It can be made so that a child can use it, and powerful enough for the strongest man. Try it and you'll proclaim it the best muscle building exerciser you can buy—without exceptions.

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Spring expanders are easily weakened if pulled beyond their expansion point.

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Feel like a New Man in Two Minutes

Amazing Restoration in SPINE-MOTION



HOBART BRADSTREET
65 Years Young

YOU never give a thought to that spine of yours, do you? If you did you would be another man altogether. You'd have twice the energy you have—twice the strength and stamina. You'd pitch into your work with the avidity of a boy for play. You'd revel in anything that meant activity. You'd be a superman compared to what you are.

But, vital as it is, you pay no attention to your spine.

What are the consequences? A word about the spine will explain.

The spine is a series of small bones placed one above the other. Between each pair of bones (vertebrae) is cartilage which acts as a cushion or shock absorber, taking up the weight and shocks thrown on the spinal column as we stand or walk. Since nothing in the ordinary activities of us humans stretches the spine, these once soft and resilient pads are flattened down, become thin and hard. One's spine then does not absorb the shocks sustained but transmits them straight to the base of the brain. Then come headaches—backaches—"nerves"—insomnia—habitual tiredness. We have not one-half the force and "pep" we should have. We do not get the joy out of work or play we should. We are only about 50 per cent efficient.

When the cartilage is worn down to a certain point, nerve impingement may result. That is, two of the vertebrae may curve so close together as to "pinch" or press upon a nerve leading from the spinal column to an organ which the nerve controls. Then there is trouble! If the impinged nerve has to do with the liver, then liver trouble. If with the stomach, stomach trouble. If with the bowels, constipation. And so on.

Why the Spine Needs Stretching

The spine needs the peculiar motion, the flexing, the laxation, it would get if we lived as man primæval did, in order to loosen up the spine—to "elongate" it—to take the burden off the cartilage and the pressure off the nerves. No amount of violent exercise will do the trick, we know from experience, for often the most inveterate gymnast is a striking case of subluxation of the spine.

From my 25-year experience with spinal mechanics, I have evolved a method of SPINE-MOTION which seems to be the answer to the problem. My method of "laxating" the spine is a simple, boiled-down formula of just five movements. Neither takes more than one minute, so the whole process means but five minutes a day. But those move-

ments, simple as they are, bring a wonderful change—almost instantly! I have had many people come to me saying they were in perfect health and wanted to try my motion just out of curiosity, only to be amazed with the feeling of new exhilaration experienced in one execution of my spinal-motions. Only the other day a prominent Chicago business man, known as a human dynamo, remarked to me after a few days of my system, "I didn't realize until now that I was only 50 per cent alive."

I have seen my spinal motions put sick people on their feet in a few days. I have seen many a chronic case of headache, nervousness, stomach trouble and constipation completely relieved in a matter of weeks. Speaking of constipation, I have one motion—a peculiar, writhing and twisting movement—that will, in fifteen minutes, in nine cases out of ten, bring a complete evacuation.

I Promise You Startling Results

I know that there is something in my method for everyone, and I invite everyone to try it. I invite the young and the apparently "vigorous" to see what difference spine motion will make in their energies and capacities. I invite the ailing to see the direct relation between spinal mechanics and health, I invite men who are ageing prematurely to put to test my statement that a man's powers (in every sense) by nature, should continue full flush up to the age of 60, being only a matter of a sound nerve-mechanism.

No "apparatus" is required with my method. Just my few simple instructions made doubly clear by my photograph poses of the five positions.

Send No Money

The small fee of \$3 pays in full for my method. But I do not ask

you to send the \$3 in advance nor to make any payment or deposit whatever on delivery. I give you 5 days' free trial wholly at my risk! See the results you get in 5 days. If you do not experience something striking in the way of new health, new appetite, new desires and new capacities, just return the material and you won't owe me a penny. If you do see and feel the most wonderful benefits and wish to continue with the method, remit \$3 in 5 days and everything is yours to keep. Mail the coupon today and get my method for 5 days' free trial.

HOBART BRADSTREET, Suite 6086,
630 S. Wabash Ave., Chicago, Ill.

I will try your SPINE-MOTION without risk if you will provide necessary instructions. Send everything postpaid without any charge or obligation, and I will try it five days. If I find SPINE-MOTION highly beneficial I can remit just \$3 in full payment; otherwise I will return the material and will owe you nothing.

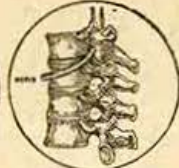
Name

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Why You Must Keep Your Spine "ELONGATED"



How bones close in on the delicate nerves when the spine "settles," striveling the nerves and draining vitality.



How "elongating" the spine keeps the bones apart and the nerves full and free to perform their functions.

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The very latest discovery in the world. Hitherto, practically unobtainable except at an exorbitant price, we have at last succeeded in producing this remarkable LUMINOUS PAINT, which, applied to the surface of any watch or clock, makes it visible in the dark. The DARKER THE NIGHT, THE MORE BRILLIANT IT SHINES. Quite simple to use. Anyone—you can do it. A little applied to the dial of your watch or clock will enable you to tell the time in the night. You can coat the push buttons or switch plates of your electric lights, match boxes, and innumerable other articles; make your own Luminous Crucifixes, Luminous Rosaries, etc. Bottle containing sufficient to coat articles, Price 25c. Postpaid. Larger size 50c and \$1.00 postpaid. Johnson Smith & Co., 533, Racine, Wis.

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25 Cents

It goes with real Yankee Pep—by its own power. Most remarkable Toy ever invented. By drawing the Tank backward, either with the hand or over the floor or table and then placing it down, it will crawl along, overcoming all obstacles, in the same life-like manner as the larger crawling tanks used in the great war. What makes it go is somewhat of a mystery, for there is no mechanism to wind up as is usually the case with mechanical toys. The ideal toy for boys, yet this tank will keep plodding along ten times longer than the ordinary run of toys. It will perform dozens of the most wonderful stunts; it will go backward or forward at will. 2 1/2 inches long. Price only 25 cents prepaid.

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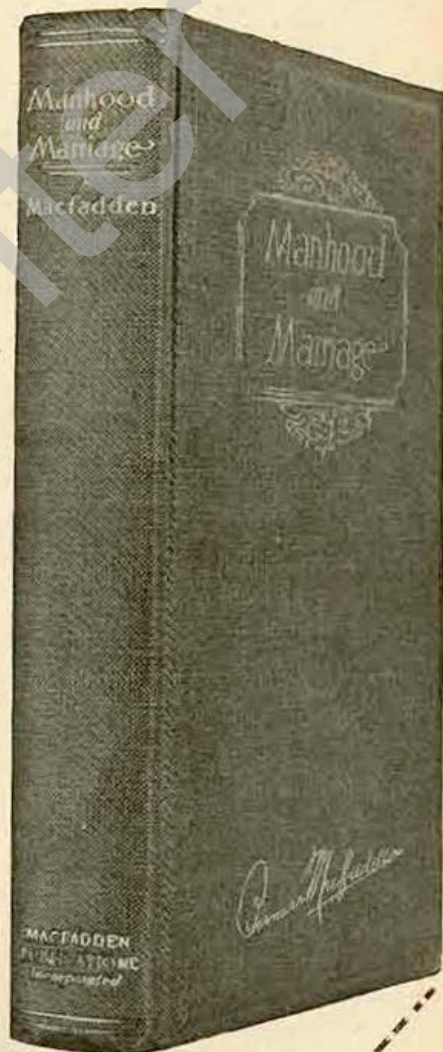
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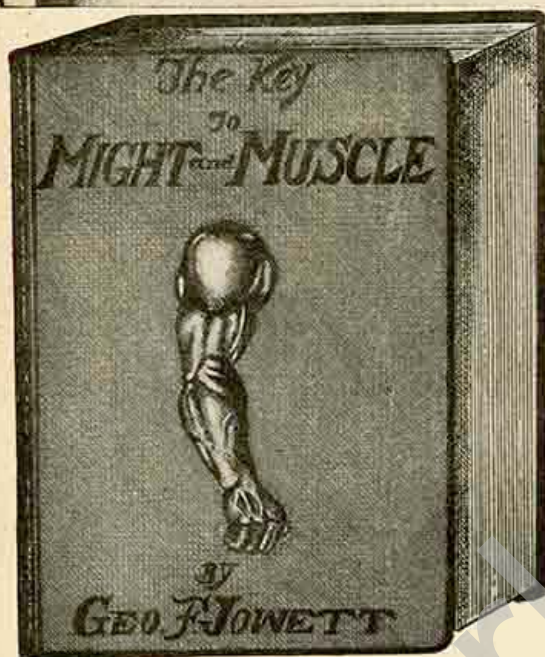
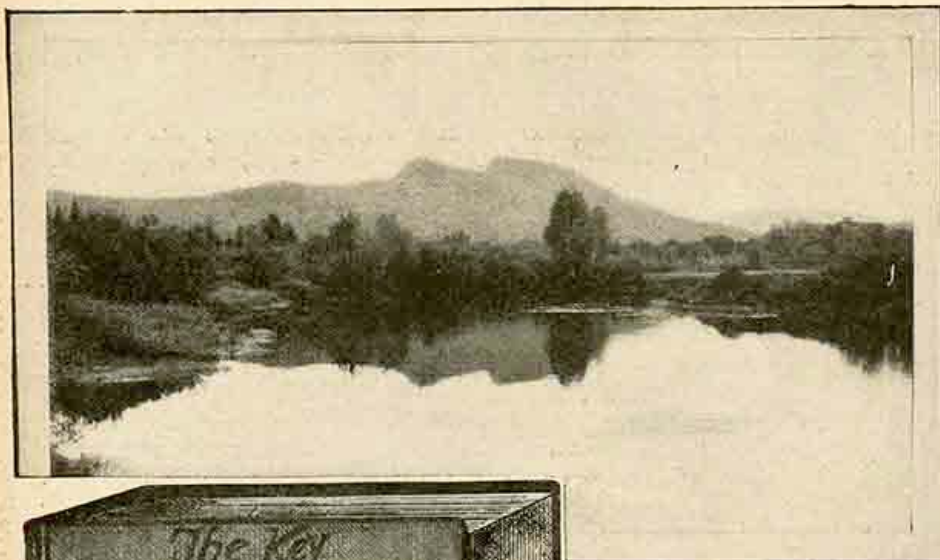
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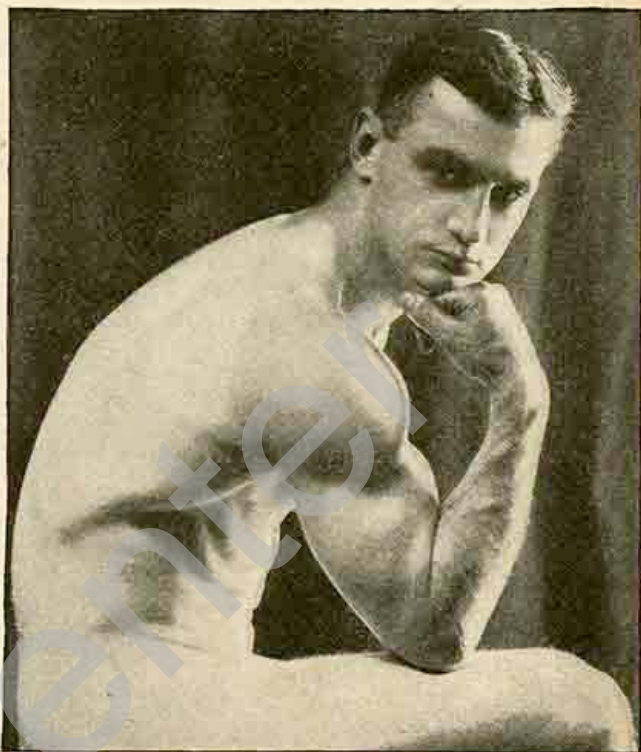
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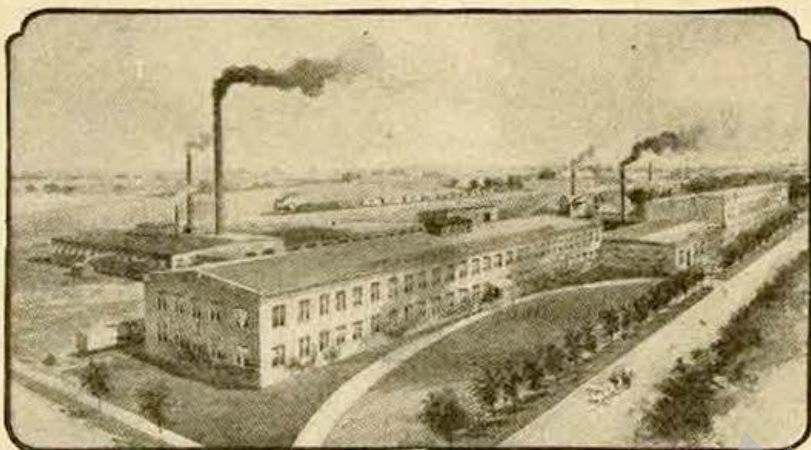
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F. C. BEST



H. M. ALLEE

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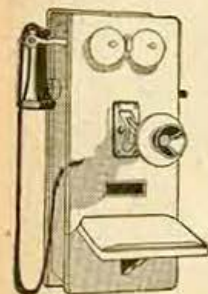
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Editorial

A New Heavyweight Champion

WITH Dempsey now a member of the ex-champions of the world, and Tilden defeated in a singles match in the Davis Cup play, for the first time in his career, and also defeated in the National Championships, the past summer certainly provided two of the biggest up-sets possible.

Neither Tilden nor Dempsey was ever as popular as each of them deserved to be. Both went down to defeat like the great champions they were and, strangely enough, both seemed to be more popular the day after they lost than they had ever been before.

It would take a brave man to predict that Dempsey will ever be world's champion again. Undoubtedly he fought below his best form and undoubtedly his three-year lay-off and his legal difficulties partially accounted for his failure to flash as he used to do. He wants to fight Tunney again, and if he gets the chance he will have other difficulties to off-set which he did not have this time.

A defeated champion's first thought is for a return fight and his next thought is to wait a little while. This waiting always gives the advantage to the new and usually younger man who succeeded him.

After an athlete gets to be between thirty and thirty-five years of age, each lay-off finds it harder for him to come back. Willard made only a passable showing in his fight with Firpo after his defeat by Dempsey and never was able to get himself in shape to challenge for the championship again.

It is doubtful that Dempsey ever will either.

Tilden's case is different. He lost, partially at least, because of his injured knee and Tilden's chances of doing business at the old stand again next summer are very good indeed. Of course, a bad knee is a treacherous thing and of course Tilden, like Dempsey, is not so young as he used to be, but Tilden has the class and he has not given up active play as Dempsey gave up fighting and so, if his knee comes back, he will not have the great task that Dempsey faced, to bring himself back to something like his old form.

Everyone likes to see a new champion and yet we hate to see the old champions lose. Dempsey said "You can't fight all the time" and that is true. Whether either Dempsey or Tilden comes back, both can look back on championship careers second to none and both can feel that they went down fighting.

Both were great champions, great in winning, great in holding and great in losing their championships.

May their successors prove to be as good men and as able athletes.

Co-ordination

Co-ordination is one of the biggest single factors in making an athlete. It is because all sports teach a certain degree of co-ordination above the degree necessary for their own performance alone that a crack athlete in one sport will usually make a creditable showing in another.

Besides having power, speed and skill, we must have the ability to so apply them that we get the most out of each effort with the smallest expenditure of effort.

The pole vaulter should hit his take off at top speed, his stride should be perfect and when his pole falls into its position he should have everything in his favor and not lose the advantage of his speed by being half a stride nearer or farther away from the cross bar than he expected to be.

Usually the graceful players, the men who make their game seem easy while they are accomplishing some tremendous feat are almost perfect co-ordinators. Perhaps the best example in baseball was Larry Lajoie. He made chances that were impossible for an average man to touch seem easy.

Speaker has something of the same quality, and all ball players who come anywhere near making the grade of the big leagues have to have a remarkable amount of co-ordination to get that far, so the showing of men like Lajoie and Speaker is even more remarkable than it would be if they were surrounded by less able performers.

Incidentally in a rodeo held in conjunction with the Sesqui-Centennial (*Continued on Page 87*)

Stage Girls Models

Nude Posing Gives an Ap-
an Inspiration to Pos-

By Ralph



The graceful contours, symmetry and poise can be obtained by anyone who will devote a half an hour a day to proper exercise.

SOMEONE is always taking the joy out of life. You start the day with an eager smile lighting your face, only to have it swept away by some crank who'd be better off dead than alive. Someone always "knocks," no matter how good a thing is. It gets me boilin'. I have no patience with the ginks or ginkettes who are chronic "knockers."

The other day I was awfully tired and out of sorts with the world in general, so it behooved me to see a musical comedy show, and perhaps regain my better frame of mind. But, dash the luck, I didn't. Oh! the show was alright. It was a pippin! Pretty girls and everything. Mostly everything.

From my vantage seat, near the front row orchestra, I became awed and inspired with the galaxy of pulchritude abounding in the glittering scenes. Enamored with beauty and ever appreciative of art, I gasped with

admiration. In a setting of enchantment, the most beautiful girls I have ever seen were gloriously posed in the nude. Their healthy and perfectly moulded bodies electrified the audience and elicited rounds of applause. It was a well deserved tribute to those who had striven to attain beauty and courageously display their charms so the world might see and become inspired. Could you censor them?

Yet, directly behind me some feminine tongues commenced to wag. One voice in particular stabbed me.

"Good Lord; What is this world coming to?" it said as though its possessor was highly shocked and outraged. "I cannot conceive a girl so brazenly daring and immodest as to strut naked on the stage. The law ought to put a stop to such shameful indiscretion. The conduct back stage must be outrageous. A life such as these girls lead must be fraught with vice."

Can you beat that! Did I get sore? I'll tell the world I did. So did many others who overheard the stinging remark. I dared not turn around for fear I'd lose my head and speak my mind, though I was prompted to do so. Instead, I tried to picture what that woman looked like.

Some old reformer, I guess. You know the kind I mean. A singular visage on top of a body quite as remarkable. As ugly in mind as in body, seemingly deriving pleasure in criticizing others and striving to make the world what they think it should be. One who sees evil in the healthy display of the body and obdurate in the belief that all modern tendencies are degrading.

But what a surprise was in store for me. As the curtain was drawn and the orchestra played the exit march I ventured to look behind me. Instead of an old cantankerous woman reformer, I saw instead, a fashionably dressed woman, who was the last word in handsomeness. I was stunned beyond words. I couldn't imagine such an elegant person being so irrational as to say such a thing. Then and there I resolved to stand up for art. To fight for it and voice down any objection that proved unfair.

I investigated conditions, I talked with stage people

and Artists' Posing

preciation of Art and Also
sess a Beautiful Figure

Hale

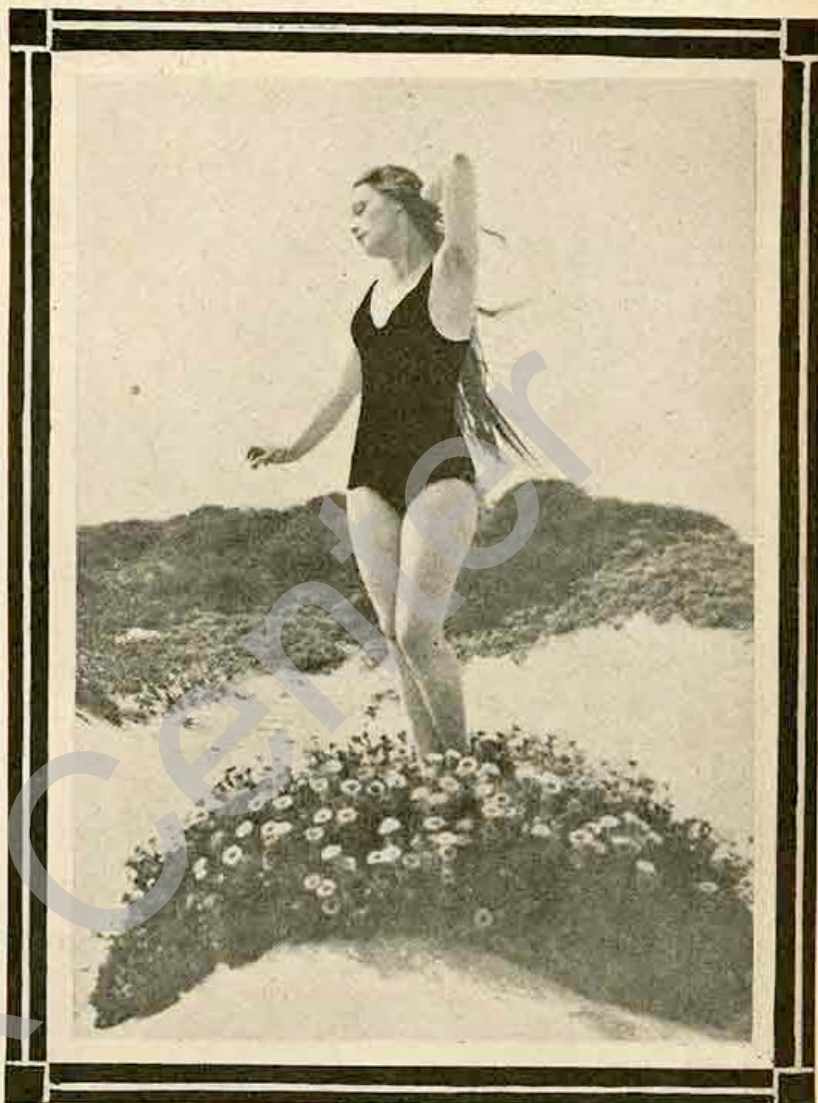
in view of getting some evidence about the "outrages committed back stage." The results have been a revelation. The opinion which does scant credit to the models and chorus beauties, given by this stately lady, impressed me as being based on prejudice rather than fact. What did I find? I found in every girl I met a hunger for higher mental and spiritual comradeship, a resentment that they are not credited with having brains and ideals, a scorn for the average man they meet, an appreciation of art, a yearning for home and children and a knowledge of life far in advance of the college junior.

Earl Carroll, the producer of the Vanities, has done much to discredit prudery and priggishness, with his beautifully artistic shows and tableaux. This is what he says about nudity:

"Nudity on the stage was not attempted until after the World War was under way; outside of a few sensational dance recitals, there were only waist-line effects. At first these were given with sheer drapery and then the drapery omitted. Then came full nudes, with a little drapery at first and now with only the trimmings called for in a natural exploitation of the picture. The psychology of the posing profession is more interesting and incomprehensible to the outsider than the history of the art of the stage.

"To begin with, there is a surprising amount of probity among the girls who pose nude. Some girls who positively would glory in the exclamations of delight that greet their nude figures on the stage would slap in the face friend or stranger who suggested trying on a garter for them. To wear the gown of the Georgian period, or rosebud, as their only covering, is just the same to them—it is the costume their role calls for. The girls who appear in very abbreviated costumes, once the costumes are donned, will appear as freely in them as in a dressing gown. But the same girls will resent coming into view in their "undies" which, perhaps, cover them completely.

I can recall a certain famous model, ready to go into her picture, with about a half ounce of beads as her covering, standing and accepting an introduction and

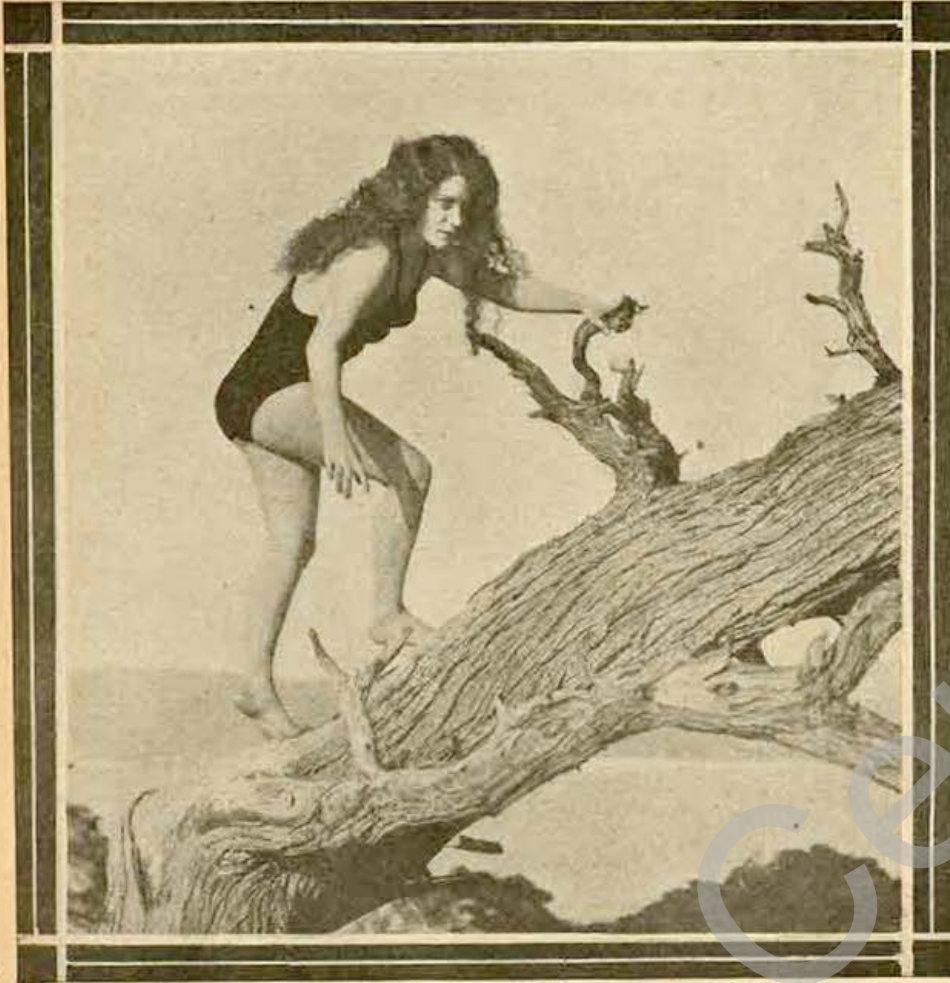


The only way a beautiful body can be developed like the one in the illustration is by keeping in perfect health and by following systematic exercise.

talking blithely about the show. This same model had a man ejected from the stage later the same night because he stood near her dressing room door and watched her remove a pair of stockings, while otherwise fully clothed.

I would not say that there is a lack of modesty behind the scenes in our style of shows. It is absolutely necessary for the girls to mingle in their abbreviated costumes. They are protected as much as possible, but it is impossible to afford perfect protection. The first thought and inquiry of the layman is about the freedom in such matters back stage. Right here is the reason for the privacy maintained in this mysterious region. Among themselves stage folks know and understand conditions. Others do not, they are not able to take the same viewpoint, and for that reason are kept outside the pale.

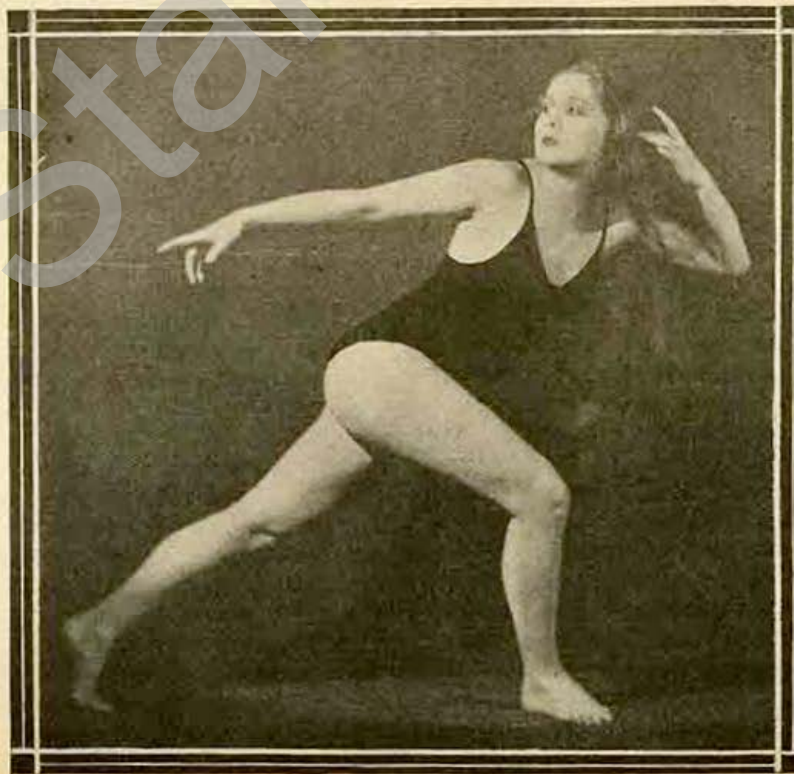
Newcomers arriving in the profession probably look with carnal eyes on everything they see. But it does not take them long to assume the attitude found everywhere behind the curtain line. It is not a lack of modesty; it is just a common-sense, normal, acceptance of conditions as they are found. It is natural for new arrivals back stage to find everything interesting and to look in wonder at the things they behold. In a very short time they fall



Natural novelties, such as this great tree limb, are usually desirable to combine with the graceful figure of a model in making an inspiring art study.

into the spirit of the profession. It is a fraternity. If your sister passes your door at home scantily clad, you do not feast your eyes upon her—if you are normal. Nor would a member of a company take any more advantage of another member of the same company. There is a family feeling in this direction that is indescribable. It must be experienced; it must be felt, to be appreciated or understood. The same feeling extends to the stage hands and musicians, to all affiliated trades. If a young lady is forced to make a hurried change of raiment without going to her dressing room you will find all the stage folks graciously turning their heads,

if who do not, for various reasons, want to do that sort of work. Some of them are not physically endowed by



Olive Ann Alcorn is the inspiration of the artist. So few models seem to possess the fire which she displays in her work, together with the artistic sense which dominates her every move.

or busying themselves in another direction.

This attitude gives the girl a certain sense of security and sang froid under conditions that would be disconcerting to the average girl. It creates to the outsider, the impression that there is a lack of modesty accompanying rouge or makeup. Not at all. It is just a good natured acceptance of unavoidable conditions. It is the same feeling your sister, your wife or your mother has in going in negligee about her own home. If the public is under the impression that the girls resent their work in the least they are very much mistaken. There have been suggestions that girls are compelled to this sort of work through necessity of earning their living; that the producer takes advantage of their need and tells them to either accept the role of model or lose their job. I have never heard of such an actual condition in all my experience. On the other hand there are girls who enjoy nude posing. I have applications from girls of the company far ahead to take the places in the pictures as they are vacated.

Of course there are others

who do not, for various reasons, want to do that sort of work. Some of them are not physically endowed by nature for the task. But, on the other hand, I have girls come and thank me profusely for being put in the pictures. Those who do not desire are never put where they would be unhappy. The secret of a good show is having everybody in it situated happily.

I recall distinctly a certain mother calling upon me to complain about our press

department not having called upon her daughter to pose for the nude pictures and drapes used in many magazines and daily newspapers. She insisted her daughter's figure was as pretty as any of those photographed to date. This was a matter of opinion for, as a matter of fact, the reason her daughter was not selected was because her figure was too slim to make an attractive "photograph."

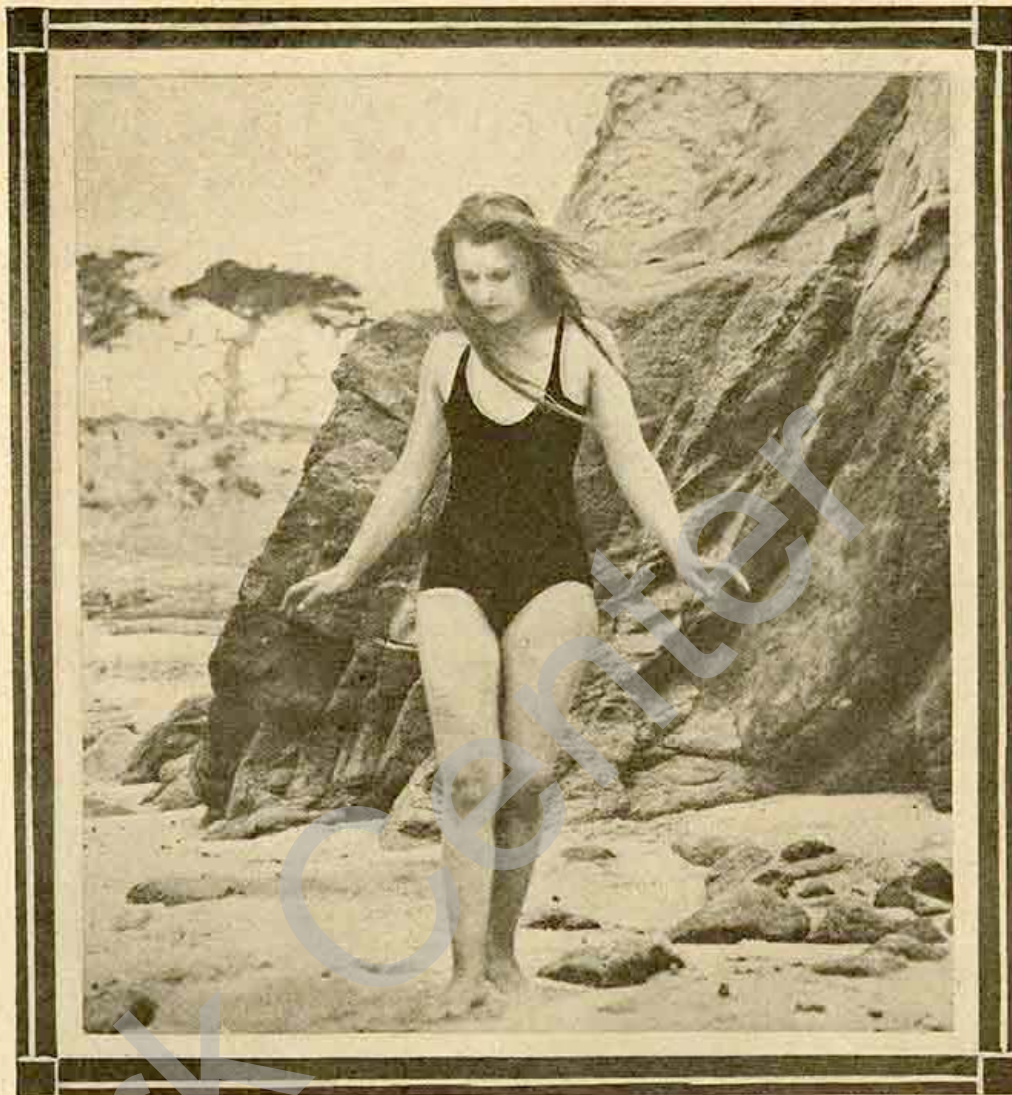
Certainly we all must consider both sides to every question before forming an opinion. The lady who unjustly denounced the beautiful girls posed nude on the stage, had little or no conception of the life back stage or she would have kept all remarks to herself. Morals on the stage are the same as elsewhere, it depends on the person. Only, the show girl is more open and honest. I dare say, the great majority are virtuous. Society talks and thinks one way and acts another. We all might as well be honest and face life as it is rather than as we think it ought to be. People condemn in others what they do or would like to do themselves. Why not be free and banish hypocrisy? Many of the show girls or models who pose in the nude are home loving girls reared by fine, noble families and no one can associate indecency and immodesty with them.

After all, just what is modesty?

From what source comes the shame which has made females hesitate revealing their sundry charms to an admiring world? Can anyone say that the girl who gambols gaily on the beaches with rose-tinted skin gleaming from thigh to ankle before a myriad of eyes is less modest than the prudish woman of eight years ago who insisted on skirts and hosiery?

One has only to see the current revues and look upon the beautiful faces of the charming girls who have omitted draperies above the waist, to see that they are "just as modest," as the models of other seasons who would have died of shame if they were asked to appear before the audience nude.

The world has become a much better, happier place to live in since these divine creatures have courageously displayed their charms for the delight of those who appreciate the body as the sublime manifestation of Nature's creative forces. Arthur H. Howland, a noted authority on sex, says, "The roots of the artificial sense of shame which has held back men and women alike



Loveliness of face and feature is added to striking grace in this arrestingly beautiful, yet simple, pose.

from giving their skin its needed chance to breathe and has prevented them from revealing their actual physical contours, lie very deep. And, now that these roots are loosening their grip on the minds of civilized races and conventional circles it may help to an understanding of these mental changes and serve to allay the remaining fears among those circles which still resent the new freedom of attire and the thought of its ultimate development to state the facts about these sources of the sense of shame."

The sense of shame in physical matters is always connected with sex. Wherever the fact of nudity or near nudity is detached from the thought of sex there exists no sense of shame. Take an artist model for instance. Whether posing for one or a group of artists, she has no feeling of shame, primarily because she knows the artist is intent upon his work, is interested in the lines and contours of her body only, and not her. Thus, this eliminates all unpleasantness.

Anatole France once said, "The most beautiful draperies are despicable compared with the lines of a beautiful body. Art is the representation of Nature and Nature is pre-eminently the human body; it is nude."

Not only does nude posing give an appreciation of art, but it is an inspiration to everyone who wants to possess a beautiful body. The only way (Continued on page 76)

Team Work In Tumbling

Tumbling With a Partner Affords Better Practice and is Much More Interesting

By Charles MacMahon

IT is a toss-up which is the more interesting in tumbling—individual practice or practice with a partner or two.

There is no doubt that individual tumbling is done by a greater majority. But it is my opinion that tumbling with a partner is better practice than tumbling alone.

Of course, there are exceptions. Some people can do better while alone. But the main reason why tumbling with a friend is probably better, is the double team work element.

Team work in tumbling is nothing more than the perfect timing of movements. Timing or pulling together is illustrated by a team of horses pulling on a

swingletree. A team of strange or untrained horses are liable to see-saw back and forth, getting nowhere. A team of trained horses usually pull together, combining their powers.

So it is with two tumblers. When the understander pulls or pushes up his light partner, the light partner must jump and push or pull, according to the requirements of the feat being attempted. But they must both work in unison. One must not pull ahead of the other. The underman must not jump late in feats that require a jump. The time, as this is called, must be perfect, or most double tumbling feats will never be mastered and others will be performed clumsily.

Furthermore, less strength and endurance is used up by both men when the time is faultlessly perfect. If the underman is compelled to almost lift his partner bodily, he will soon wear out, besides producing a poor act.

Perfect time also produces speed. Speed in turn makes the feats cleaner-cut and better to watch, because it makes it less of a pure strength act.

There are the type of partners who go in for slow feats. Such a team requires a powerful underman of great bodily weight. The fast tumbling and hand balancing is done by most tumblers and hand balancers, for in this type of work the men can range from



Fig. 1

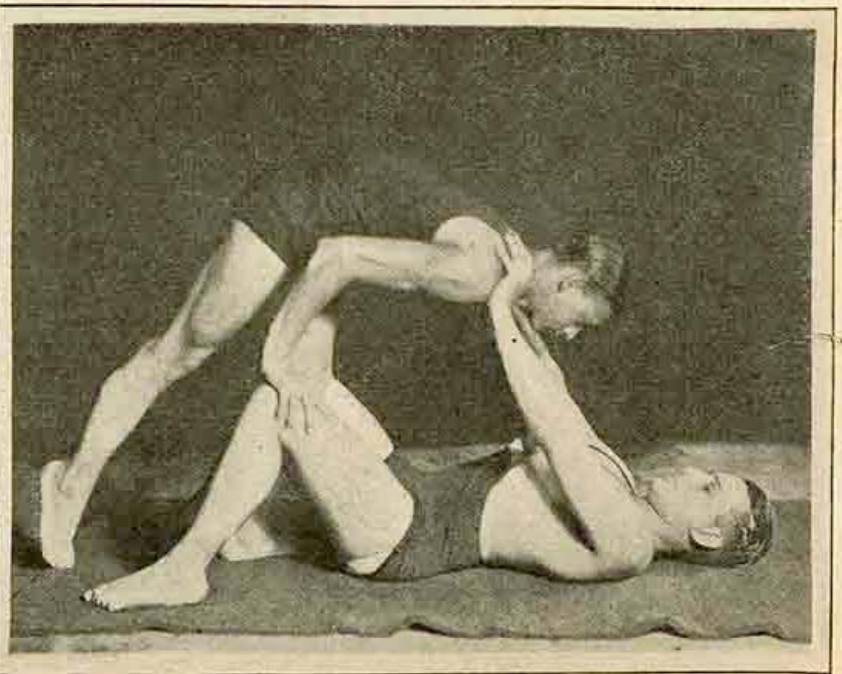


Fig. 2

equal weights anywhere up to 50 pounds difference. In other words, a light topman will have a much easier job finding a bottom man for fast work than he would for the slow strength work. Men of the same weight can handle each other with ease if they have a fair amount of strength and great knack for perfect timing. Perfect timing comes with practice, but, like everything else, some men acquire it more quickly than others.

If you know little or nothing about tumbling, you probably are somewhat in the dark as to just what perfect timing is, what makes imperfect timing, or just how to go about acquiring the perfect timing ability. Most of the more difficult double tumbling and hand balancing feats are better examples of timing than the preliminary ones shown in the illustrations. However, the feat shown in Fig. 1 should give you a clear idea of what timing really is after I have explained it in detail.

Look at Fig. 1 carefully. Note that the man facing your right is in a position to pull his partner over his back and head, landing him on his feet in



Fig. 3



Fig. 4

front. But if the man who is to go over simply hangs dead, as it were, not aiding the other fellow in getting him over quickly, the result is a lot of wobbly struggling on the part of the man facing right.

Now a stunt executed in the above manner would represent the poorest possible kind of timing. Next, if the man whom we are trying to get over actually tried to help by pulling for all he is worth with his arms only, we have a slightly better case of co-operation, but a case that is anything but perfect. Then, the same man may do better by pulling with his arms as just mentioned, and also giving a start with a slight jump. Still, it's a poor exhibition.

We can go a step further and, by retaining these two before-mentioned virtues, add a third, which would be the bringing of the knees up or the straight legs up. Even then he may not bring them up far enough to aid a whole lot in rolling his body over.

Now let's suppose he does everything possible in the way of muscular contraction and movement, but misses out on one remaining necessity. That one necessity to perfect time is the performing of the foregoing actions

at the right time to the split second, for if he should start his upward movements a fraction of a second before or after the supporting man starts his pulling-over movements, the time is spoiled, or, rather, never was. So when they both start and finish their respective movements absolutely together, they have perfect time.

The movements are really not the time in tumbling, as you have noticed, but yet there could be no

time without movements.

In trying to master the stunt in Fig. 1, you first assume a back-to-back position. The position of both men, as shown in the illustration, is not really their commencing position, for this picture was snapped just after the start and just before the man's feet on the left, left the floor.

This position as illustrated would not be a good starting position, because some of the momentum would be killed by it. More speed is generated from an upright, back-to-back position. Then, as the man on the right drops his body by bending his knees, the other man starts his stuff and over he goes in a clean, snappy fashion.

This feat is not done once, but is repeated as each man takes his turn at being bottom and topman. It makes a very good feat for two fellows to perform if the movement is continuous with no hesitations.

Figs. 2, 3 and 4 represent three stages of the knee-and-shoulder spring. This is the easiest form of handspring.

Again the position shown in Fig. 2 is not the starting position. The start can be made with a short run or

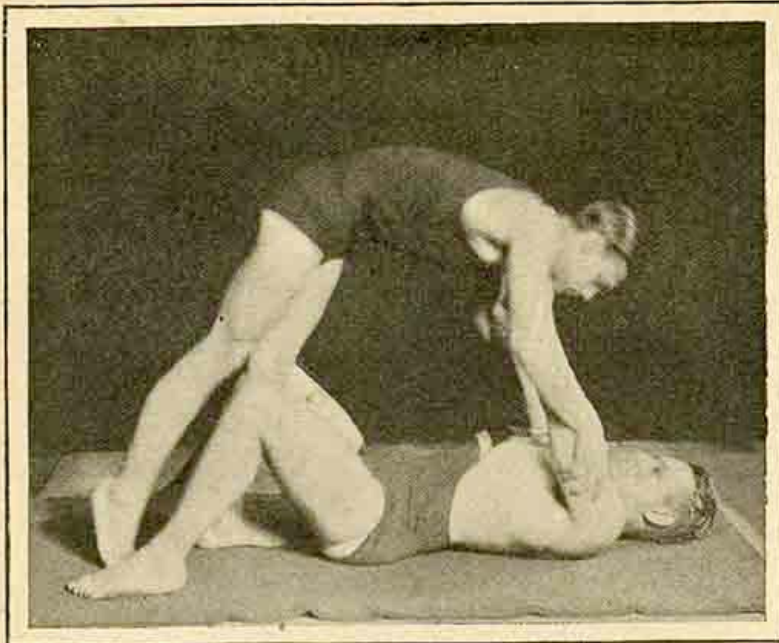


Fig. 5

from an upright standing position. One shouldn't go down to the position shown and stop there unless, of course, he wants to make a more difficult stunt out of it.

Naturally, the matter of time enters again. If the springing man fails to push with his arms, or the reclining man fails to bend his arms slightly at the elbows at the right time in order to give the dip that helps the other man over, then you have bad timing and a poor looking feat, if you get it over at all.

Time usually must be adhered to through a tumbling or balancing feat. Take Fig. 3, or the intermediate position in this stunt. The arms of the reclining man are bent as you see, but now, as the topman's hands leave the knees, the reclining man must push upward so the head and shoulder will raise as the feet come down to the floor. If the underman pushed upward before the feet passed the point of equilibrium, then the topman had a good chance of landing on his head or back. If he pushes upward too long after the feet have passed this point, the topman will not land on his head but he will land on his feet and back at one time. Or the best to be hoped for would be a sitting landing.

Fig. 4 shows the landing. In this picture the hands have been dropped slightly from the full extent of the push-up. Furthermore, in this particular incident, the girl doing the spring was so agile that hardly any upward push was necessary. In this picture, if you forget the momentum, it looks as though the girl would fall back on the underman. But the great speed her upper body is moving at brings her to a graceful upright position.

Fig. 5 shows a variation of the preceding stunt. The difference is in the placing of the topman's hands. You will notice they are on the bottomman's upper arms, just above the deltoids. This feat is more difficult. The underman must exert more strength in his arms and the timing must be even better than that required in the preceding feat.

The upper man cannot help in the push upward in

this stunt. All responsibility for this is on the lower man. But the topman must aid his feet, legs and body in going up and over by his grip on the lower man's arms. Should the topman leave go of the arms too soon, it is liable to spoil the stunt.

In Fig. 6 we have a continuous roll-over. In the illustration the movement is toward your left.

This amusing stunt calls for co-operation of muscular effort in keeping the ball rolling. This co-operation, as I pointed out before, is really timing of movements.

As the upperman goes over and down to the floor with the ankles of the bottomman, the bottomman must come up to a squatting position and follow on up until he is in the position shown, as was his partner. In other words, their positions have reversed.

The topman, as soon as the bottomman's



Fig. 6

legs are on the floor, must lower himself quickly, yet gently, to the back of his neck and broad of his shoulders and roll on over, pulling the partner, who has a grip on his legs just as he has on the bottomman's legs.

Again the movement must be continuous with no hesitations or slow spots. Practice for an even motion throughout.

Keep your mind on the time in your future training. Also, if you find practicing alone getting monotonous, get a partner and compete with him on the single stunts, as well as practice double feats with him.

If you are having difficulty with one or another stunt, consider your time; it may be the whole trouble. Always try to figure out just at what point the time is off.

Another example comes in the overhead hand-to-hand stand, or, rather, it happens in the getting up to it.

If the bottomman gets his arms straight too quickly for the topman, it seems to make it hard work for the topman to finish straightening his arms. But if they both press up at the same time and rate of speed, there appears to be nothing difficult about the stunt.

Keep Limber with Indian Clubs

And Make Your Routine More
Diversified and Interesting.

By Mark Berry

WITH the set purpose of keeping in trim at all times, you may follow a very active training program, your chosen sport being any one of the active athletic games, or perhaps gymnasium or track work; or you may choose to train with bar bells, as so many men do. Considering

of gymnastic drill or apparatus work offer such a range of possibilities, so far as skill, benefit and the ability to entertain are concerned.

In the majority of athletic sports and games, the legs and lower trunk muscles are given a freer range of movement and a more thorough work-out than the



A simple movement, described in Exercise No. 3.

the possibility that you think your system ideal, still it is possible to make physical training more interesting by means of variation in your routine.

There are any number of side lines that will prove profitable in physical returns and keep up the mental attitude, known as enthusiasm, which is so necessary, if you are aiming to continue being physically fit over a long period of years.

With this end in view you will do well to consider Indian Club swinging, than which few branches



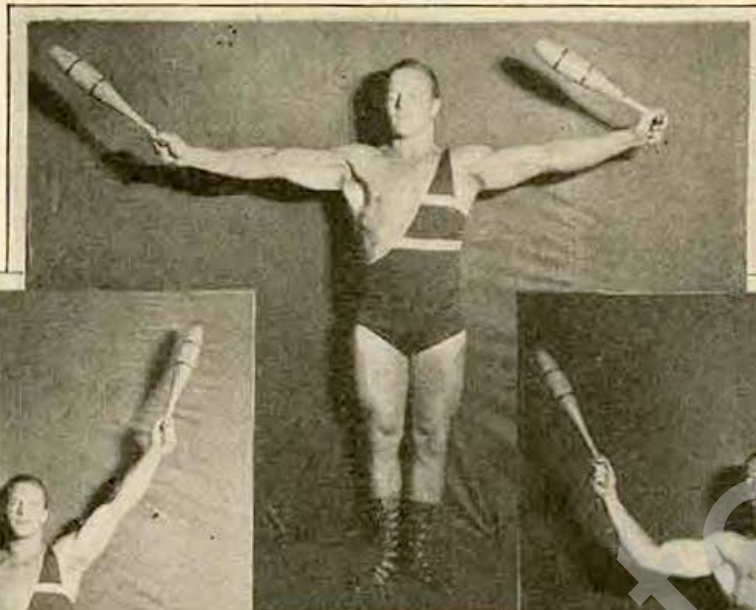
Exercise No. 6.

muscles from the waist up. Also the tendency in some games is to use the arm and shoulder of one side only on account of the greater efficiency of that arm, whether the right or left. The only excusable reason for being altogether one-handed, might be when your living depended on the use of the right arm, as if you were a professional baseball pitcher. Otherwise it would certainly give you a much more pleasing build and balanced development to practice some sort of work to bring the muscles of the other side into play.



Half-arm circle, Exercise No. 16.

The form of athletic pastime you follow may be one wherein you may easily be ambidextrous, but still the movements may always be somewhat forced, as



you can make them revolve, and the arms are following all manner of gyrations.

There is no limit to the amount of time you can put in



Illustrating
Exercise
No. 11.



Movements No. 22 and No. 23. Full arm circles.

Half-arm circle, Exercise No. 19.

in lifting, though no matter how fast you move with a weight, the muscles are working with the utmost force. As a means of relaxing the muscles, and to keep the joints working at their widest range with a comparatively slight exertion, we would recommend the swinging of light Indian Clubs.

To one who has never swung clubs, and is used to pretty hard exercise, it may sound funny to say that five pound clubs are too heavy for even a strong beginner; indeed, three pounders are plenty heavy enough for anyone to start out with, no matter how husky they are. Of course, after you master the movements, three pounders will provide just the amount of exercise that will satisfy the fellow who wants to take light exercise in addition to his regular stunts.

For the average beginner, I would advise clubs of one pound each, then, after the various movements can be combined into smooth action, you can procure either two or three pounders, as your taste for exertion dictates. For the individual who figures on one set doing him, a pair of two pounders might prove the most satisfactory and economical.

These may all seem like light weights for "strength fans" and physical culture athletes, and would be if you were referring to dumb-bells; in the latter case a pair of five pounders are terribly light, but not so with Indian Clubs, for you must consider that you will be holding the little knob at the top of the club in your fingers while the clubs are spinning and whirling at as high a rate as

at this interesting "game" or hobby, depending on whether you choose to use club swinging as your sole system of keeping fit, or as an auxiliary to some other sport or gymnastics. Likewise, there is no limit to how far you can progress, as this rests entirely with your personal ambitions, from simple arm swings for suppleness, to fancy throwing and juggling for exhibition purposes.

In this article we will consider club swinging as it concerns the novice, and explain in the plainest possible manner a number of simple movements, all of which can be learned in a short space of time, and with persistent practice can be welded into a synchronous combination well worth showing to your friends.

The first consideration, after having procured a pair of clubs, is to have sufficient space to permit of a large enough range of movements, so you will be free of the mental hazard of thinking the clubs might strike something. Next, the standing position is to be considered; in club swinging it is best to always stand with heels together, toes pointing out and knees firmly locked as in a correct military position of "attention"; so for all of our exercises we will assume that position.

To begin on the exercises properly, you must first learn to hold the clubs lightly and at the same time firmly enough to prevent them from slipping out of your fingers. In time you will acquire a touch sensitive enough to keep the clubs from flying without really gripping the knobs, and the clubs will con- (Continued on page 67)

Are Girl Athletes Masculine?

The Female Athlete Personifies the Highest Type of Womanhood and is Proven Decidedly Feminine.

By Hamilton Dana

DURING the last several years the girl athlete has steadily won her way into the hearts of sport fans, and has gradually claimed more and more space in magazines and in the sport pages of our daily newspapers by reason of her ever-increasing popularity.

Nevertheless, popular as the feminine athletic devotee has become, many persons hold the opinion that competitive athletics and gymnastics are unsuitable for girls and women.

Now it is our belief that athletic sports and games are a necessity in the life of our young womanhood, and when properly supervised no harm can result from the friendly spirit of competition. Concerning the value and need of daily exercise, no well-informed, serious-minded person will question, as it is quite evident that a normal

state of health and physical efficiency are dependent on a certain amount of regular muscular activity, best provided by the following of some regular daily set of exercises. To the maiden or woman who desires the possession of shapeliness approaching perfection, and the clear skin and sparkling eyes of the natural beauty, which cannot be obtained by the use of cosmetics and beauty parlor treatment, there is nothing to take the place of regular exercise (free hand, apparatus or sports) and associated hygienic methods of living.

Though they may plainly realize the need of exercise for the promotion of normal body functions, some persons may wrongly assume the attitude that it is unwomanly for "sis" or daughter to take active part in athletic sports and games, feeling that such participation may result in the loss of femininity and bring about a corre-



Being an Oarswoman is a strenuous life, but this National Champion has lost none of her feminine appeal.

sponding coarsening of character with a masculine appearance in muscles and features.

It is our purpose and intention herewith to dispel and correct any such apprehensions, and, through the medium of living examples, prove the utter folly of such unwarranted opinions.

In making a hobby of athletics what does a girl do? She simply brings her muscular system into active play, thereby accelerating the heart and lungs, properly oxygenating the blood and indirectly increasing the digestive and assimilative powers; also stimulating the other vital organs and eliminative processes to more regular and thorough action. The pursuit of such pastimes brings her out in the fresh air and sun-



The little girl above shows "form," in the sport at which she is a queen.



shine, and when bedtime comes she can immediately journey into slumberland and sleep, as said in the vernacular, "like a top."

Opinion may differ as to the most ideal game, sport or system for girls and women to follow, although after considering the various arguments for and against each, the unbiased will come to the conclusion that, barring certain wholly masculine sports, all have a great amount of interest and benefit when the participant is correctly instructed

The sunshine of her smile is about warm enough to melt the snow around her. A pretty sprint winner.

branches of athletics from the standpoint of their effect on femininity.

These may be divided briefly into three classes, according to the aims of the participant — training for improvement and recreation, training for individual competition and playing games as a member of a team. As the first

and supervised.

Boxing and wrestling can never be seriously considered as sports to be indulged in by the female sex, due to the possibilities of bruises in vital parts, facial disfigurement and internal pelvic strain or injury.

Likewise the same can be said of Rugby football. On the other hand, we consider swimming the ideal sport and exercise for women, and believe every woman should regularly indulge in this wonderful pastime, whether or not she follows any other system for keeping in shape. So, believing, as we do, that every girl's schedule should include the sport of mermaids, and feeling sure that none will claim swimming to be unsuited for women, let us consider the several other



This young woman is an accomplished gymnast and also excels at running and jumping.

classification would also apply to those who practiced for the next two reasons, it is unnecessary to cover that class of athletic followers alone. The most popular team games adopted in our colleges for women are basketball, field hockey, and soccer, or association football.

The rules of basketball for women are framed a little different, to eliminate any rough features that may be likely when played under men's rules. Girls play basketball everywhere in this country, in college, school, Y. W. C. A., Y. W. H. A., office and factory social centers, as well as in private clubs. These girls, who play basketball, are no different than the girls who have never enjoyed the exhilaration of this active playing game. Put the average girl in a gym with a group of friends and she will soon play the game.

Soccer football has the advantage of being played out-of-doors, where a greater chance is given for free running, free swinging of the arms and breathing of pure air. Here, also, the rules are different for girls, it being allowable to touch the ball with the arms when they are folded over the chest, to protect the breast from injury, whereas in the men's game the chest is often used for butting the ball.

In field hockey, the girls have the advantage of playing in the outdoor air with plenty of space to run, with the added value of swinging the club, which gives the arms and shoulders splendid exercise.

These games are played to a great extent in schools and colleges for women, and judging from the examples we have seen of those who take part, they are as feminine and wholeheartedly adorable as any girls you may chance to meet. Kindly note the picture we publish of one of these teams.

The best-known athletics, wherein there is individual competition, are golf, tennis, swimming, gymnastics and track and field sports, which in-



This charming young lady, who is a vaudeville athlete, has personality plus.

clude short running races, jumps, hurdling, throwing the javelin, discus and hurl-ball.

We mention swimming again simply to impress the fact that the leading swimming and diving women are considered to be among the most perfectly formed specimens of

femininity, and certainly no one will claim them to be masculine in build, looks or actions.

Golf has become so general in the life of Americans that the daughters and wives of most men of means are ardent enthusiasts; well you might say that (Continued on page 80)



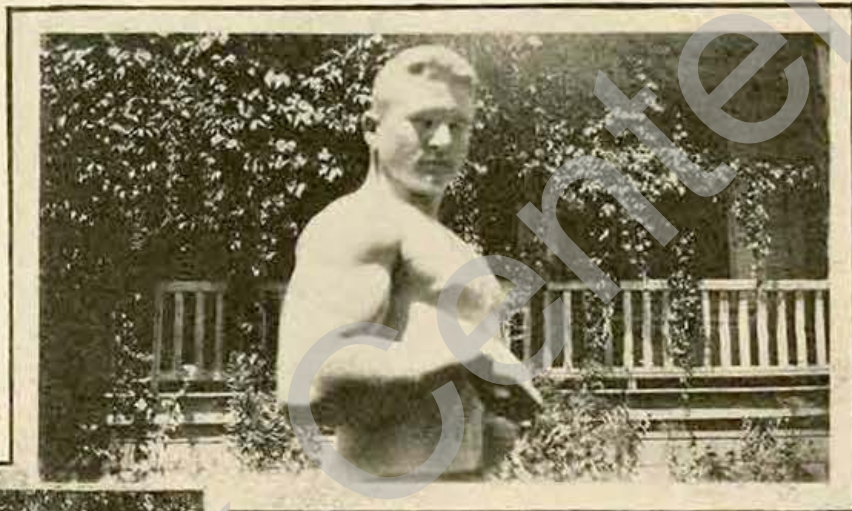
Nothing masculine looking about this college field hockey team.

How Much You Should Weigh and Measure

You Can Attain Ideal Proportions, But Do Not Be Governed Entirely By Measurement Charts

By George F. Jowett

TIME to the speeder, height to the pole vaulter, and distance to the hammer thrower are not one iota more important than the inches on the tape measure are to the muscle builder. How much he weighs and measures, and how much he ought to weigh and measure, are subjects of momen-



G. Stewart is only seventeen years of age. Another youth who will attain a super physique. He measures 44 inches normal chest, waist 30 inches, biceps 15¼ inches, fore-arm 13 inches, neck 16¾ inches, thigh 23 inches, calf 16 inches and stands 5 feet 11 inches and strips at 175 lbs. So much for the right method of training as practiced by him and Davis.



all goes well until he becomes confronted with the photograph and measurements of some renowned athlete of his own height, which often has the effect of developing a state of uncertainty in his mind as he recognizes the disparity that exists between his proportions and those of the athlete. The next step he takes is to hunt up some charts of physical measurements and secure confirmation on proportions that are supposed to cover a physique of his own height. From one chart to another he goes, and with each one a greater confusion on the subject is developed. He becomes all "balled up."

If you will cast your mind back to the above paragraph you will notice I used the word "supposed" in connection with the reliability of these charts. I do so purposely because I know the disappointment that comes after reading these charts of weights and measurements which are supposed to be correct. I have a little sentimental relic in the form of a worn out tape measure which I used in my early days for checking up the progress of my growing muscles. The thought of it

Earl Davis, an eighteen year old body culturist, who will be one of those whose mature measurements will surpass those records here for his height. At the present time he is 200 lbs. stripped, height 6 feet, neck 17½ inches, chest normal 45½ inches, biceps 16 inches, fore-arm 13 inches, thigh 24 inches and calf 15¾ inches.

tous interest to him. As the scales announce an increased body weight and the little inch marks on the tape line become more numerous, he feels that life's dream can come true. From this stage

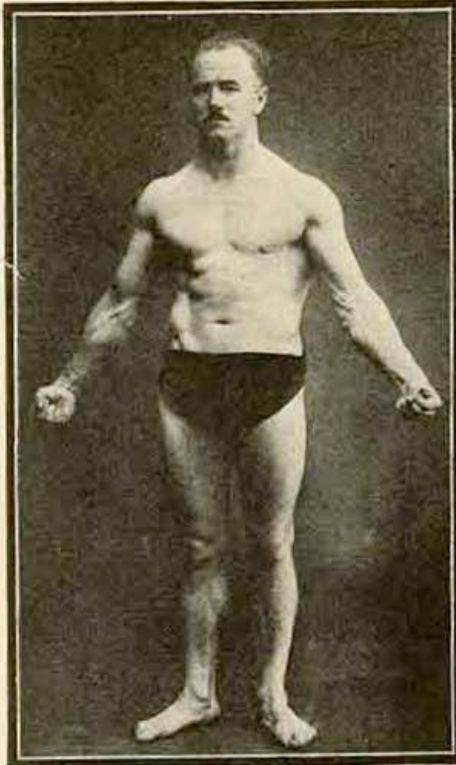
brings a smile as I fondly recollect those days of illusions. I am familiar with numerous charts which are mostly gotten up by medical men, or artists or sculptors of distinction, but none of them can be accepted with any degree of reliability.

Personally I have always been opposed to these mechanical charts simply because the human body is too susceptible to the ruling of many hereditary

be smaller than that which the heavily-boned man displays. Then there are other peculiarities such as a man having short clavicles that give him the appearance of having narrow shoulders or unusually large hips, which often make a man look like a woman.

A physical peculiarity with myself is large bones in the arms, body and hips; the knee and ankle becomes smaller in proportion, and the feet are exceptionally small for a man of my size. As my calf developed, the ligaments in the ankle became thicker, which increased the ankle measurement. These are things that every man is up against and they knock the bottom out from under the "perfect man" measurements. That is why I have no faith in them, and the same reason why I never commit myself to such statements. If I did I would only be misleading those who had faith in me, which I will not do. Why should I, when I positively know a better method, one that will give the desired results and which I can safely stand behind?

Most people, when they start in on body building,

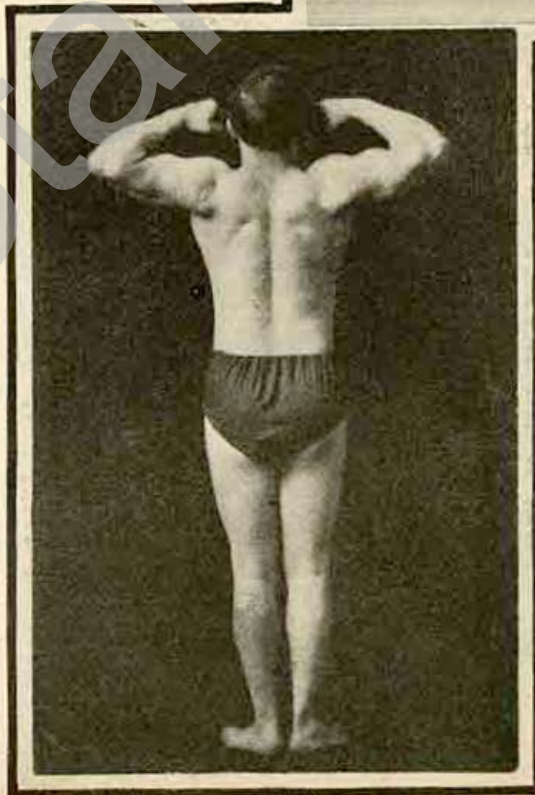


G. Swanson. Here we have a man who hits the middle grade, but has gone beyond the given expectation. One glance at his sturdy physique and you can easily see that he has maintained a splendid balance.

traits. Take three of four men of the same height and measure them. None will be alike. The man with the heavier bones is apt to be the heaviest man with the largest measurements. The smallest boned man can generally be expected to weigh and measure the least. The third man may be one of that peculiar type which is very common, having a large head, hands, and feet and yet the circumference of his wrist, knee, and ankle may



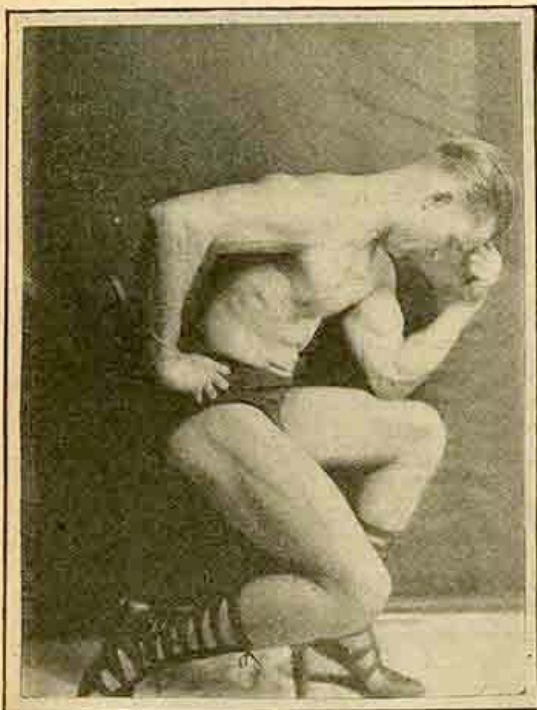
Albert Manger, of Baltimore, a magnificent specimen of manhood. He made such rapid strides that they gave him proportions larger than his standard in the 5 feet 10 inch group.



G. Hill. Can I help this enthusiast succeed as splendidly as the other shown in this article? Positively yes! He is 5 feet 8 and badly balanced. His biceps and forearm equal the scale, but his chest is 3 inches too small, also the legs. He is of the type that will balance rapidly.

generally want to know how they compare with the accepted standard, and what results they can expect within 30, 60 or 90 days. Offhand, you may have the impression, after reading what I have already written, that those questions I would consider foolish, but I do not. It is a natural curiosity with us to desire some idea as to what we can expect from any proposed undertaking, but it is much more difficult to state definitely what results can be gotten over a period of time, than to specify how much you should weigh and measure. Irrespective of the unreliability of formulating a set standard of measurements, there is a base to the question.

Over the period of years that I have been teaching body-building I have come to recognize a standard to which men at



Harry B. Paschal, an athlete of beautiful proportions that balance perfectly with the measurements in his grade, yet the quality of his stock exceeds his muscular quantity, like that of Manger and many other athletes devoted to heavy athletics.

various heights seem to arrive; but there will always be a number who will never reach the proportion I will give, just as there will always be men who will exceed them. Like making money, some men never acquire the right habit of exercise no matter how they try. Others have natural blessings such as vigorous organs, great reserve, or a mental aggression plus good reasoning abilities that are bound to get them what they want. Yet it is a cinch that we are not all blessed that way. Anyway I am going to list the measurements which I found to have been achieved by the majority of bar bell body builders from the age of 18 years and upward. You will find them much different from those to which you have been accustomed. In fact, you will find some peculiarities when comparing one class against the other, which I will explain as I go on. I have tabulated these measurements in five divisions, commencing at 5 feet 4 inches and up to 6 feet. There is a 2 inch gap separating one class from the other, for the one reason that 5 feet 4 and 5 feet 5 show too much similarity, and so on throughout.

5 feet 4 inches—weight 145 pounds, neck 15½ inches, normal chest 39 inches, waist 29 inches, biceps 14¼ inches, forearms 12 inches, wrist 7 inches, hips 33 inches, thighs 22 inches, calf 14 inches.

5 feet 6 inches—weight 160 pounds, neck 16 inches, normal chest 39 inches, waist 29 inches, biceps 15 inches, forearms 12¾ inches, wrist 7¼ inches, hips 34 inches, thighs 23 inches, calf 14½ inches.

5 feet 8 inches—weight 175 pounds, neck 16½ inches, normal chest 43 inches, waist 32 inches, biceps 16 inches, forearm 13 inches, wrist 7½ inches, hips 36

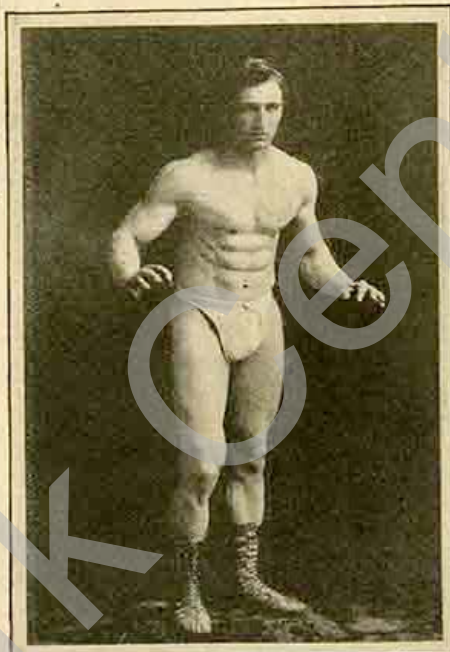
inches, thigh 23½ inches, calf 15¼ inches.

5 feet 10 inches—weight 190 pounds, neck 17½ inches, normal chest 45 inches, waist 33 inches, biceps 16½ inches, forearms 13¼ inches, wrist 7¾ inches, hips 38 inches, thigh 24 inches, calf 16 inches.

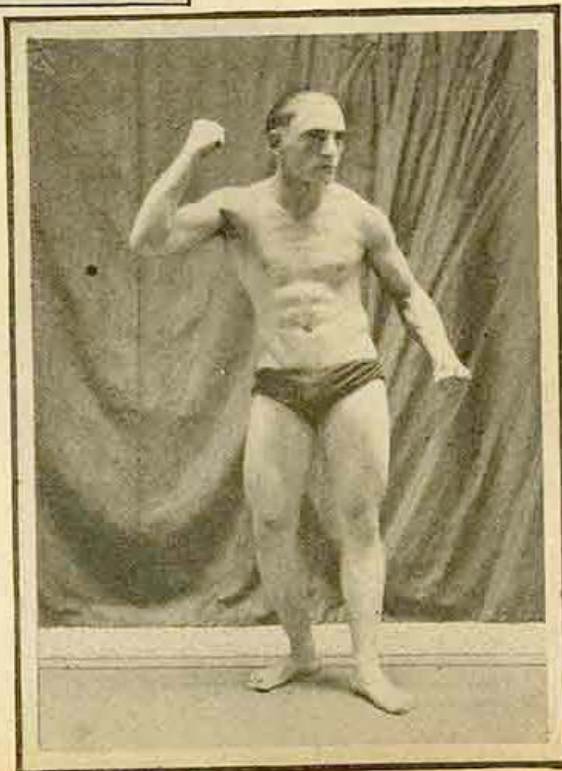
6 feet—weight 200 pounds, neck 18 inches, normal chest 47 inches, waist 35 inches, biceps 17 inches, forearm 13½ inches, wrist 8 inches, hips 39 inches, thighs 25½ inches, calf 16½ inches.

Now let me ask you to draw your attention to a few facts as I see them, which account for a lack of regularity in certain places. First you will notice that the waist measurement is larger in comparison on the average with the chest, in the 5 feet 4 and 5 feet 6 inch divisions, than is the case in the 5 feet 10 and 6 foot grades. This is due to the more compact body that is always found in short men. Invariably the depth of the thorax is greater, which allows less space between the lower ribs and the hips. The muscles which support the small of the back are wider, and the external

oblique muscle, which rolls down the side over the hip bone through the pelvis, is heavier, altogether supplying the reason for a larger waist measurement. For the opposite reason the 5 feet 10 inch and 6 feet grades apparently secure a more trim appearing waist line. This does not mean they are weaker in this section. Oh no, it simply means that the mass of tissue surrounding the waist becomes distributed over a larger area by reason of the longer waist length. Reasoning this way you might be inclined to believe that the men of 5 feet 10



Walter Klee, of Rochester, New York. He made the 175 lb. grade for his height with the proportionate schedule of measurements.



J. Piantone, a little fellow of the minimum height, but he made his grade and looks the part.

inches and 6 feet would be much more supple in the waist than the shorter men, but it does not work out that way. The men who are capable of the greatest back pliancy are the short men. For instance, I never saw a tall man, no matter how good he was, who could bend as far back when pushing a heavy weight overhead as Siegmund Klein. According to mathematics this should not be. We all know that piece of iron, 2 feet long, will bend more readily in the center than a piece 1 foot long. The explanation in the physical case is leverage, the body of the short man being relatively closer to the point of power.

The 5 feet 8 inch grade jump an inch in waist difference, making a difference of 11 inches between chest and waist as against 10 inches in the first two grades, and 12 inches in the last two. That does not seem sufficient to entitle him to such a jump in body weight, but his extra weight, you will find, is accounted for by a perceptible jump in biceps and calf size, as compared to the rest. Then again his



David P. Willoughby and W. S. Petry at the left bottom. The type of men who stand over the maximum height, but did not make the standard for no other reason than because they belong to the type explained by the author. Their tissues are densely compact which endowed them with extraordinary qualities. Men of high physical calibre and great nerve force.

hip measurement is increased by 2 inches over the 5 feet 6 inch class. Any increase of size over this large area is bound to make a definite body weight increase. It is between the 5 feet 6 inch class

and in the 5 feet 8 inch class that we find the men endowed with greatest vitality; sometimes it is developed to an extraordinary degree. Some of the most powerful men the world has ever seen belonged to this grade. Of course, some were considerably heavier than the

weight that controlled their division, but their records go to prove what men of these grades can develop into.



In Percy Sussman we have a 5 foot 10 specimen. This body culturist not only equaled the qualifications needed in his grade, but became a first-class all-round athlete, winning laurels in every branch.

You will also notice that the biceps increase of the 5 feet 10 inch grade is the greatest, as also is the thigh increase of the 6 footer, but the reasons are quite natural. Now you may be disappointed in these measurements, and, on the other hand, you are liable to figure that they are pretty high. So they are when compared against the many other tables, but I do not want you to forget the fact that these conclusions are the achievements of exercisers who practiced bar bell routine. The results under other conditions of training are discouragingly lower.

Although I have given you these tables, I do not want you to accept them as being just "it." Your boney structure will always control your destiny

in physique building. No matter whether you attain a much higher standard than the listed grade that covers your height, balance must be the object always. Symmetry and shapeliness are never gotten otherwise. Perhaps the conditions of our living in the next ten years will change this standard to a higher plane, and it will if physical education continues to make the same progress it has in the last ten years. Right or wrong, good or bad, these figures are the result of investigation covering many thousands of active body builders. They seem to be the satisfying stage that nature is willing to provide for the clean living body builder.

As I said earlier in this article, it is possible to become much heavier in some of the (Continued on Page 63)

Health—Strength—Beauty

(Our Girls' Circle)

Conducted by Marjorie Heathcote

MANY fine examples of beautiful womanhood are published in these columns monthly to encourage the readers to strive for better formed bodies. It surprises me, however, that more of my readers are not prompted to send me their photos. I know very well that there are some very beautifully formed girls among you, for I receive enthusiastic letters daily, most of them enclosing physical measurements which prove to me the beautiful mold of the writers' bodies.

We are all very much interested in the proportions of dancers, acrobats, show girls, but we would be much more interested in our sister readers' development and learning how they got their development. I could publish a great many letters telling me of wonderful results obtained through exercise, but I do not think they would be nearly as interesting to you as if they were accompanied with pictures.

Now, girls, get busy, send me more pictures and help this department to grow.

Note the beautiful figure of Miss Dorothy Stahl. Miss Stahl is physical director of the Stahl School of Physical Culture and has turned out many beautiful specimens of womanhood, but first she developed her own body to the beautiful proportions you see. Her measurements, according to the standard scale, are almost perfect.

Miss Stahl has turned out many winners of beauty prizes, her latest being Miss Catherine Moylan, first prize winner in the First International Pageant of Pulchritude and Sixth Annual Bathing Girl Revue. That an exponent of physical culture should be a beauty prize winner is nothing unusual, because now nearly all winners of beauty contests of any kind are followers of physical culture.

Miss Amazon, whose picture also appears on this page, is a member of a team, Amazon and Nile, of the Keith Albee Circuit. Miss Amazon can be said to possess a physique approximating perfection. Her act with her partner opens in a very novel way, both entering, in crocodile skins, on a stage set to represent the foliage on the bank of a tropical river. The two go through the act of crocodile love making, after which they shed their skins and further proceed with their act, which embraces acrobatic hand balancing and contortions, the like of which I have seldom witnessed before, Miss Amazon showing the highest degree of skill and suppleness and performing the most difficult feats known to the art of contortion with ridiculous ease.

Miss Amazon is exceptionally attractive and has physical form of rare beauty. You cannot help but envy her graceful figure and actions. If Miss Amazon is booked to appear in your city do not fail to go see her, her grace and figure will be an inspiration to you.

Dear Miss Heathcote:

Recently I ran across your article on correcting round shoulders and would like to know if you could give me a little more information.

You advised to consult a "reputable physical director." I wonder if you could tell me where I could find a person who would instruct me on exercises that would be best fitted for me.

I have been told that it would be useless for me to try to correct my round shoulders because I am twenty-five years of age. Is this true?

A. W., Brooklyn, N. Y.



Miss Amazon

Go to any large gym or Physical Culture Institute in your city and consult the physical director. He or she will surely be able to give you information and instructions which will benefit you.

I do not think your age should hinder you in overcoming your defect, unless it is of a very serious type. Round shoulders is a very common defect, purely the result of faulty posture. Bending over at housework or long hours of work at a desk are commonly conducive to this condition, or a child at school can develop round shoulders from sitting in improperly constructed desks.

All exercises that tend to bring the shoulders back, or those which call for the raising of the arms and chest, are conducive to an improvement in this condition. The upper part of the spine is bent too far forward, or in other words, the dorsal curve is too marked. Exercises for bringing the head back, thereby straightening the spine and raising the chest, will do more in overcoming round shoulders than any exercises for the shoulders themselves. All movements of bringing the arms backward and upward will help, for all such movements are corrective of poor posture.

You might try lying on floor, with a large book or telephone directory under the upper part of the spine between the shoulder blades and practice raising the arms from position at sides upward and in back of you, then upward and to the sides, on level with shoulders; then alternating each arm, that is, as the left hand goes up the right should be coming back to position.

Also be sure to practice correct posture, keeping the chin in and shoulders well back.

Dear Miss Heathcote:

I have been reading your articles with much interest and would like your advice about exercising. I stand all day and get so very tired and I know I should not get worn out so soon, as I am only 22 years old. My weight is 108 pounds and I am 5 feet 4 inches tall. I believe I am under weight. I am very much out of proportion too. All my fat seems to be below the waist. My arms and bust are undersize. How can I better these conditions? I must work every day. Would it be best to take my exercise before retiring or in the morning?

M. D., K. C., Mo.

You are much under weight; normally you should weigh around 125 to 130 pounds. The cause of your excessive fatigue is due, undoubtedly to lack of recreation and building up exercises.

The best thing for you to do would be to adopt some form of exercise, such as swimming, basketball, ice-skating, gym work, etc. All these would tend to increase your vitality and build up worn-out and broken down tissues.

Eat foods that are fattening and wholesome. Drink about a quart of milk per day and get out in the open air as much as you possibly can. It would be advisable for you to take daily hikes.

I would suggest that you practice the exercises given in the article by Margaret Sargent "Every Thin Girl Can Possess Health and Beauty" in the October STRENGTH.

All exercises which involve the chest muscles will aid you in developing your bust. Swimming will develop your upper body to a great extent. Practice a few fresh air breathing exercises.

It would be best for you to do all your exercises in the morning but if this is impossible then do all your exercises in the evening.

Dear Miss Heathcote:

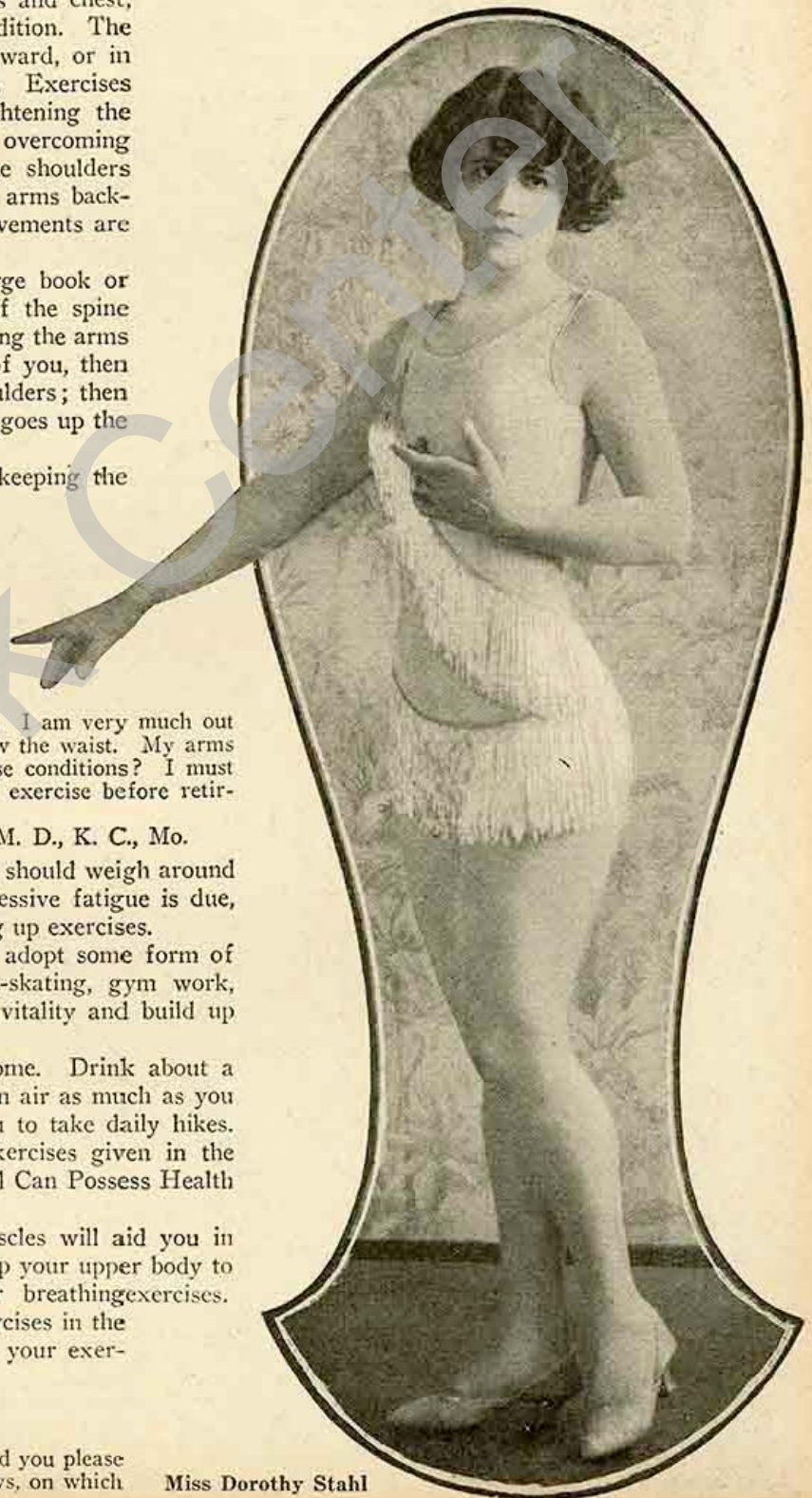
I wonder if this is an unusual question. Would you please tell me how I can rid myself of coarse, red elbows, on which

the skin has become hardened? When I wear short sleeves or appear in evening dress I am very conscious of my elbows for they look very ugly.

C. K., Germantown, Pa.

First you must break yourself of the habit of resting your elbows on hard surfaces, such as desks, tables, sills, etc.

Every night, before retiring, bathe and wash the elbows in warm water and soap, then rub in thoroughly a good skin food. Then for several minutes massage each elbow with the palm of the other hand. (Continued on Page 77)



Miss Dorothy Stahl

The Mat

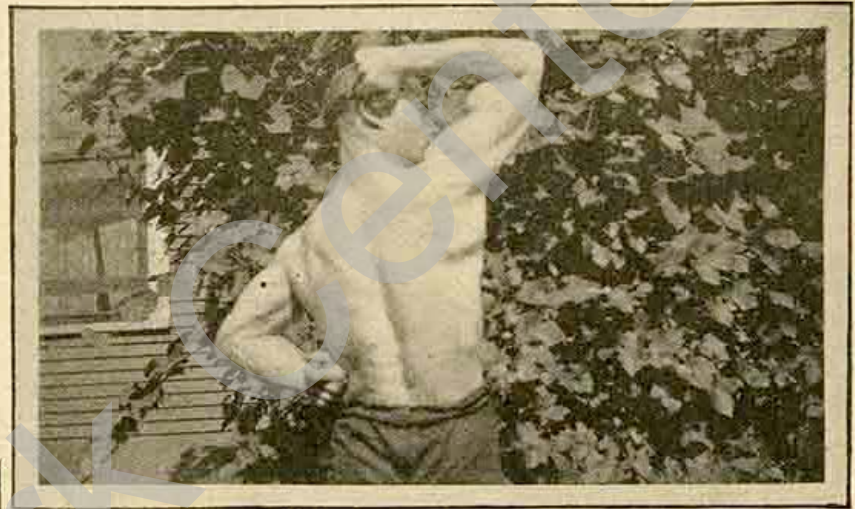
Analytical Comment on Subjects Connected with Body-Building,
Muscular Development, etc.

Conducted by George F. Jowett

The Spine—And Its Muscles

IN THE fall of 1924 a number of students of body culture approached me on the subject of setting apart one night each week on which they could all gather together and discuss, technically, the various sides of exercise, anatomy, and physiology, as an educational feature. It had been agreed among them beforehand that if I would preside over the class they would get together, and accordingly I agreed for much the same reason as they did. That is, I knew I would learn something as the physical peculiarities of different personages were brought forward for analysis. We all learned something from those winter sessions, and it was strange to note the weird ideas some had about the muscular mechanism of our make-up. One well meaning member was a fiend for

abstract analysis. He led his queries to the point of questioning Nature to such an extent as to why a hen laid an egg. Why could it not bring its offspring into the world like another animal? That was going too far.



J. Cameron, of Rockford, Ill. Another splendid muscular type of young manhood. Look at those arms. Aren't they beauties?

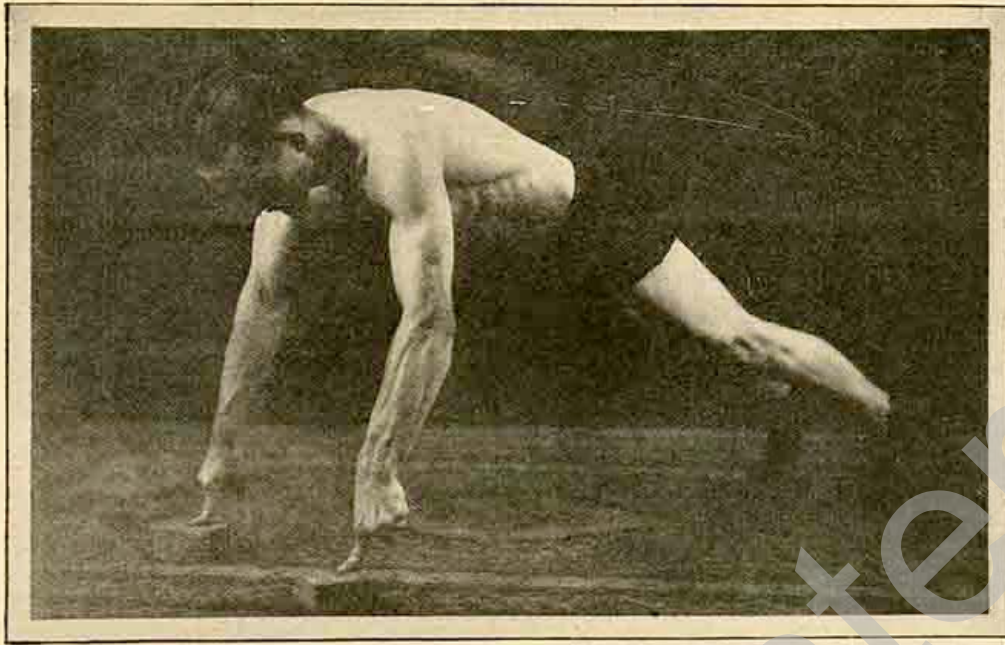


J. Yaroshuk, a fine specimen of Mat teachings, with a remarkably well developed pair of triceps, which have given him a powerful pair of arms.

We positively cannot question Nature. She lays down the law and we just have to allow analysis to follow in her channels. When we begin shooting off at a tangent we become all wrong. Theory becomes just air if you cannot prove it. This fellow I have in mind was just that way. He always wanted to question Nature, which explains why he never got anywhere.

For the most part the members had only a surface knowledge of the body, but we dived down into the hidden byways as the winter wore on. One subject that was always coming to the top was *the back*. There were so many reasons for it, and this sector continues to provide something more than the usual amount of interest among all my correspondents. For quite a while I have received a great number of letters from *Mat Fans* asking me to go into the construction of the muscles of the spine "a little deeper." I am always willing to oblige, but at the same time I am always up

against the proposition that diagnosis of physiology and anatomy is rather dry stuff. I try to make it interesting so you can get the full benefit of the subject, without becoming bored. By going "deeper"

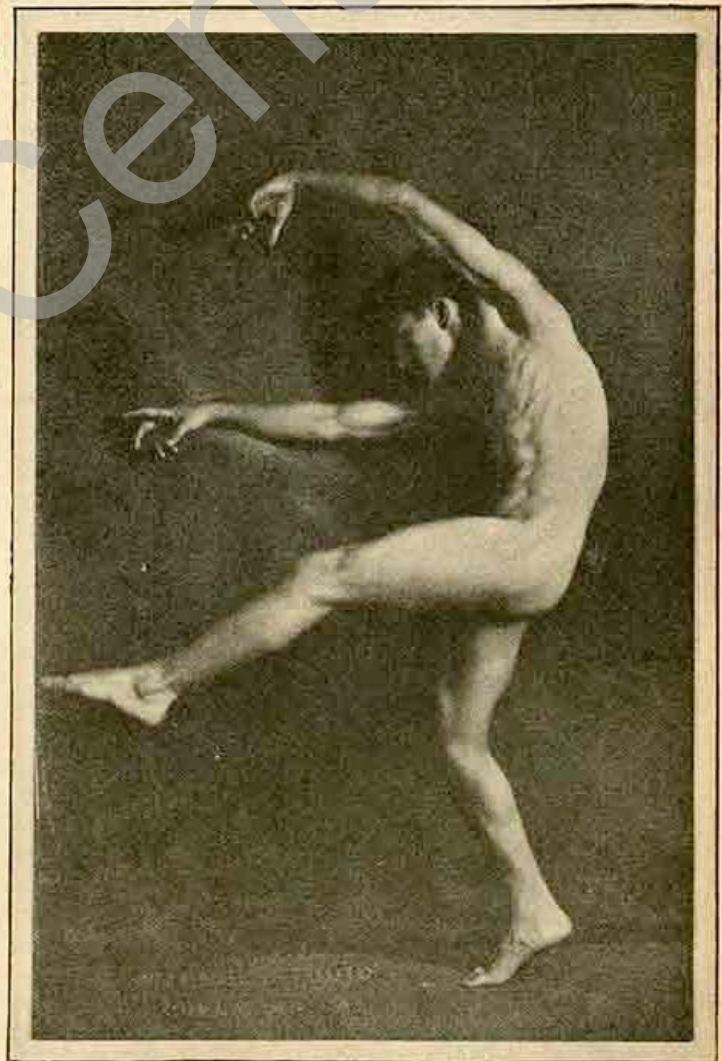


Robert L. Jones, of Pine Bluff, Arkansas, showing you how to do the floor dip, employing only the index finger of each hand. He is not a light man either,

at each side of the spine, leaving a very deep groove in the center where the spine lies buried. This is what you see on the surface, but it is not all by any means. You are obliged to become familiar with the formation of these muscles from origin to insertion to know exactly what else they do. They do not begin to end as a bunch of

into this topic you will be confronted with terms which may be foreign to you; but I will do my best to eliminate that. Two of my latest *Mat* correspondents got into a debate. One claimed that the latissimus dorsi muscles acted on the movement of the spine, and the other maintained that the trapezius muscles did as much as the latissimus dorsi in enabling the back to bend and twist, while the erector spinae muscles just held the spine up straight. Neither of these boys are wholly right. As a matter of fact there are a great number of muscles connected with the spine of which we seldom hear, and then there are muscles in the back that do considerably more than is realized; the most important muscles being the sacrospinalis, or the erector spinae muscles.

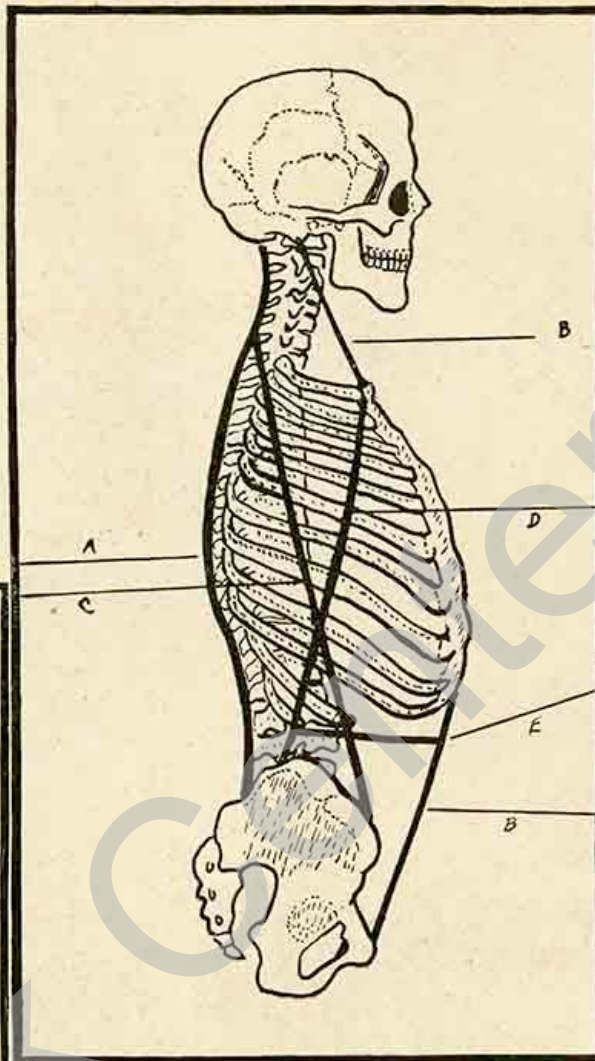
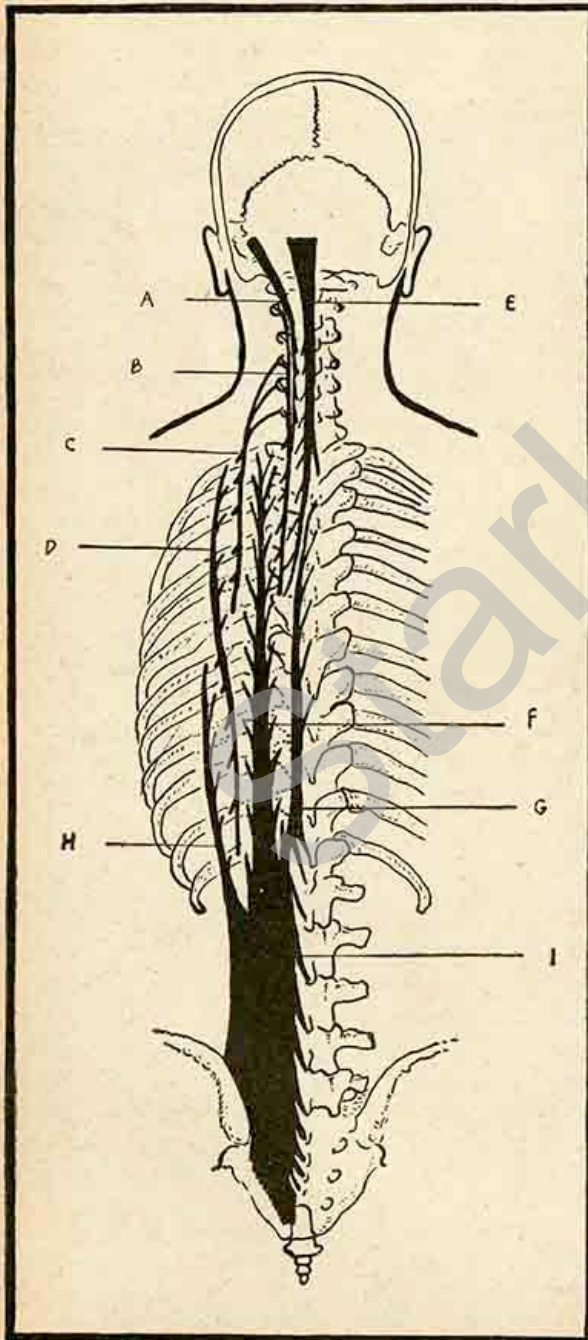
First let us get the right idea of what the movements of the vertebral column are: flexion, extension, and lateral or rotation. Now do not overlook the fact that these movements take place in all the back regions—the neck, thorax, and the loin. At the same time you must remember that these three movements are the most limited in the thorax region, the region of the chest. The rotation is most limited in the region of the loin or the hips, where the false or fixed spines are located, which leaves the back area, known as the small of the back, doing the most work. This is why the erector spinae muscles are so important. As you will have already noted, these muscles have two names; the sacrospinalis, meaning the muscles of the sacred part of the spine, and the erector spinae muscles, which erect the spine. They are also known as the spinal columns simply because they erect themselves on either side of the spine. You get a great idea of how these twin cables of muscles keep the spine erect against a pressure by supporting a fairly heavy bar bell at the shoulders held in both hands. As the weight is made heavier they assert their columnar power more vigorously, resisting the pressure like two granite pillars. At this stage they stand out very forcibly



W. L. Baird, of Columbus, Ga., in an interpretation of the dance of physical fitness.

muscle situated only in the small of the back. Simple though the origin is, this pair of muscles become more and more complex as they are traced upwards toward the head. They commence deep down at the base of the

spine in two heavy masses of elongated tissue that become separated into muscular strips, from about the fourth lumbar vertebrae, and branch out into other strips to their final insertion at the base of the skull. As these strips of muscles branch out they take other names. The first strikes away from the parent stem to the side of the ribs and becomes known as the Iliocostalis lumborum, which is inserted by six slender strips into the lower six ribs, but the largest element of the sacrospinalis is the longissimus dorsi. It lays closer to the spine than the first mentioned offshoot and continues up into the neck where it becomes known as the longissimus cervicis and longissimus capitis, where the latter part is inserted into the mastoid portion of the temporal bone. Then there are other por-



A—Posterior Longitudinal Muscle Pull
B—Anterior Longitudinal Muscle Pull
C—Oblique Descending Muscle Pull
D—Oblique Ascending Muscle Pull
E—Transverse Muscle Pull
Scheme of torso musculature showing the various muscle pulls that go to make up the muscles of posture.

tions named the spinalis dorsi and iliocostalis dorsi, iliocostalis cervicis and semi-spinalis capitus. As you understand how the sacrospinalis branches out you are able to secure a better idea why the erector spinae muscles are termed vertebra cranial (back and head), vertebra costal (back and chest) and vertebral (back muscles). Their three-fold method of insertion makes them more capable than is ordinarily understood, for the simple reason that they control the back, head, chest, and pelvis. They serve as an extensor of the vertebral column, and assist in lateral movement and rotation. The longissimus capitus and semi-spinalis capitus assist in extension, lateral movement and rotation of the head. The iliocostalis and longissimus accessory are muscles of inspiration, and the whole muscle as a unit acts in the extension and lateral movement of the pelvis in the act of walking.

Absorb all this information and you have much food for reflection. You realize that the exercises that govern these muscles are instrumental in assisting the chest growth and neck development in conjunction with the other muscles of control.

For an example have a friend stand (Continued on Page 60)

The schematic representation of the parts of the left Sacrospinalis muscle named as follows:

- | | |
|--------------------------|--------------------------|
| A—Longissimus Captius. | F—Longissimus Dorsi. |
| B—Longissimus Cervicis. | G—Spinalis Dorsi. |
| C—Iliocostalis Crevicis. | H—Iliocostalis Lumborum. |
| D—Iliocostalis Dorsi. | I—Sacrospinalis. |
| E—Semi-Spinalis Capitus | |

Kidney Disease

The Causes, Prevention, Symptoms and Treatment of Kidney Disease.

By Dr. B. M. Middleman

KIDNEY disease, otherwise known as acute Bright's Disease or acute nephritis, is defined as an acute inflammation of the kidneys, and it is more or less diffuse in nature. Kidney disease may be either of a mild, severe or grave character. The acute type of nephritis arises as a result of some type of injury to the renal portion of the kidney, which is usually caused by bacterial infection or chemical toxins. To the first of these belongs the condition of acute nephritis, which is due to the toxins or poisons from the effects of scarlet fever and other infections. The classical example of the infectious type of acute nephritis is that which follows acute tonsillitis. As an example of the chemical toxin type, we have the cases following extensive burns and poisoning with such substances as turpentine, carbolic acid, iodoform, mineral acids, arsenic, mercury and lead. The acute nephritis of pregnancy is probably also, in part, of toxic origin.

Alcoholism is of itself probably not a cause of nephritis, but the exposure that so often accompanies the excessive use of alcohol may give rise to an acute infection which is the cause of the kidney disease. Acute conditions of kidney disease may clear up, they may become chronic, or they may end fatally, due to uremia poisoning.

Acute nephritis may occur at any time of life, though it more often makes its appearance before, rather than after middle life. Males are more susceptible to this disease than are females, and particularly when they are engaged in occupations requiring exposure to cold and wet. The principal exciting cause of kidney disease is that which acts on the skin, such as cold, dampness, extensive burns and skin diseases. Scarlet fever is one of the primary affections that causes kidney disease. Nephritis is known to occur in the second or third week of the convalescent stage of scarlet fever. The other infectious diseases that may also cause nephritis are influenza, smallpox, tonsillitis, typhoid fever, diphtheria, rheumatism and tuberculosis. Among the causes found in the chemical toxic agents, foods that are highly acid or spiced or adulterated may, in certain individuals, cause an acute condition of the kidneys.

The onset of this disease varies with the cause of nephritis, though generally it is rather sudden. Frequent chills, nausea and vomiting, pains in the back, and within twenty-four hours the condition of dropsy are seen in most cases. In children the victim may be seized with convulsions, and adults are not less liable to them in severe attacks. Fever may be present, although it is neither constant nor high. The characteristic symptoms of nephritis are the early appearance of a

swelling of the eyelids and face, with pallor of the skin. Soon after this a swelling is noticed about the ankles and legs, and in marked cases the whole body becomes swollen, so that pitting on pressure may be observed pretty much all over the body surface.

In the local symptoms there is pain and tenderness in the lower portion of the back; there may also be a desire for frequent urination, during which burning may be present. The movements of the body are often difficult, painful and distressing. There may be intense headache and backache. The urine, when examined, will show an abnormal amount of albumen present and its color is usually darker. It is usually smoky red or reddish brown and an abundant sediment appears. The pulse in such a condition is usually hard and tense, and though slow at first, may become accelerated later. There may also be a condition of the heart, and high blood pressure may also predominate. Nose-bleeding is also an occasional symptom and a very constant symptom is a dry, anemic skin.

In the acute productive nephritis, which is the more serious type of kidney disease, there is a tendency to the formation of patches or wedges of fibrous tissue and it is usually characterized by high fever, by cerebral and circulatory disturbances of a typhoid nature, and by anemia, dropsy, and a highly albuminous urine. The dropsy or swelling is most apparent in the legs.

Milder cases, lasting from two to four weeks, apparently get well, but as a rule albumin and casts persist in the urine, and, after an interval of weeks or months, another attack will occur.

The chronic stage of kidney disease usually develops slowly and gradually, in a sub-acute manner. There may simply be a general impairment of health and strength. Then there is a loss of appetite, nausea and attacks of indigestion, as well as constant headaches, dullness and perhaps some pallor. Soon after there is a puffiness of the eyelids, or swelling of the feet or ankles and the complexion takes on a blanched appearance. The swelling gradually extends up the legs, and often becomes worse as the day grows, while on arising in the morning it may be found to have disappeared during the night's rest and recumbency. The quantity of urine is diminished in the majority of cases, though in the later stage of the disease it may be nearly or quite normal, and may even slightly increase in long standing instances or when absorption of the swelling is taking place.

In the chronic state of kidney disease the course of the disease may either continue from bad to worse and the average duration of the disease varies. The diagnosis of the disease itself is not difficult, but of the stage or

the variety it is almost impossible to tell correctly in some instances. The urinary examination, coupled with the symptoms of dropsy or swelling of the legs and an anemic condition, are sufficiently diagnostic of a chronic form of kidney disease. In the acute type of kidney disease the condition cannot be overlooked when the urine is carefully examined both chemically and microscopically. The dreaded "Eclampsia," which so often is the result of kidney diseases, can, however, be recognized only by repeated urinary examination, and this is true especially during the last months of pregnancy. Acute Bright's disease should always be suspected, and the urine should be examined in every case showing pallor of the skin and puffy eyelids, whether general prostration of the health is apparent or not.

Bland foods only should be taken in the acute stage of the disease, and the protein foods should be limited, and it is best to take such foods as thin gruels, fruit juices and sugars. Salt should not be taken and water or fluids should be taken moderately. The diet can be increased gradually by adding milk, a quart in twenty-four hours, junket, custard, vegetables, crackers and cocoa.

If the kidney disorder is in its acute stage and causes much trouble, it would then be advisable for the individual to take an absolute rest in bed, in a warm room. Woolen underwear should be worn, so as to promote a constant free action of the sweat glands. Diminution of the swelling and the elimination of urea and other urinary constituents that may be retained by acute nephritis are best obtained by exciting a profuse perspiration. The hot air or hot water bath and the hot wet pack may be used to accomplish these results, and in most cases the last named method suffices. It is easily applied by wringing a blanket out in hot water, wrapping the individual in it, and then applying a dry blanket and finally a rubber cloth cover over all. This furnishes a steam bath in which the individual may remain until copious sweating has lasted an hour or so, according to the patient's condition. The sweating can also be aided by the drinking of hot lemonade. These sweatings should be repeated until the swelling disappears and as often as the patient's strength will permit.

If the individual's stomach is disturbed, a short starvation period is advisable. Liberal quantities of hot water may be taken in order to relieve the vomiting. To promote the elimination of the toxins from the kidneys the body must be kept quite warm and warm applications may be applied to the kidney region. A purge should be taken to free the intestinal tract of any toxins or poisons that might be present, and in this instance I recommend the taking of Oxy-crystine in teaspoonful doses. Warm applications to the kidney region will aid in allaying the inflammation and hasten the stage of resolution. Under good treatment the albumin and casts usually found in the urine disappear in from five to six weeks. During the convalescent stage the diet is gradually increased and a little salt may be given from time to time. The individual at this stage may take bread, rice, more cereals, potatoes, less milk and no meat. Eggs, vegetables and fruits are gradually added to the diet, and after several months of a normal out-put of urine, meats, in small quantities, may be tried. A change of locality to a warmer, drier, and more equable climate, and careful habits of dress, diet and exercise are necessary in cases of recovery from very serious forms of

kidney disease. It must be admitted that quite frequently kidney disorders are accompanied by definite nervous symptoms. These follow as a result of worry, apprehension and the deteriorating effect of a disturbed mental condition upon metabolism. It is a known fact that toxins or poisons develop as a result of this mental state, which definitely aggravate the existing condition. Therefore, as with any other illness, a cheerful state of mind and a hopeful attitude are valuable in helping to restore health, strength and vitality.

In the chronic form of nephritis or Bright's Disease, the diet should be varied quite frequently. It is well for the individual to have nothing but skimmed milk one day in the week. This alone will tend to rest the alimentary tract, and in cases where there is also an old organic heart condition, this trouble must be treated primarily, and as the heart condition improves, so will the kidney condition improve by the different method of treatment. The elimination of poisons through the gastro-intestinal tract should be promoted by taking two teaspoonfuls of Oxy-crystine in a half glass of cold water before retiring. If the individual in a chronic stage of Bright's Disease shows signs of auto-intoxication, he then should take hot air sweats as this produces an elimination of the toxins through the skin or sweat glands.

The most important item in the treatment of chronic nephritis or Bright's Disease is the preservation of cardiac or heart compensation. The high blood pressure and the hypertrophy of the heart in the chronic form of nephritis constitute a compensating mechanism, enabling the kidneys to maintain adequate function. They consequently, are essential to the preservation of life and, therefore, should be protected by every hygienic and dietetic safeguard. The high blood pressure which occasionally is found in such conditions should not be made the object of direct therapeutic attack. The appearance of dropsy or swelling of the legs in this condition invariably signifies the advent of a heart condition. At this stage of the disease, it is advisable to take digitalis because it becomes the mainstay of the treatment and should not be withheld because the blood pressure is high, as the patients act just as well off or even better, with a high blood pressure as with a falling pressure.

Another form of chronic nephritis or Bright's Disease that must be considered is that which is usually caused by a general hardening of the arteries or a term known as arteriosclerosis. In this form of nephritis the treatment must necessarily be palliative, as the cause in such conditions cannot be removed. These cases are usually weak, anemic and poorly nourished, and therefore the sweat method of treatment cannot be used. If in a case of chronic nephritis or Bright's Disease there is also a condition of the heart and a high blood pressure, then these cases may be kept very comfortable and the blood pressure kept reasonably low, if they will diet carefully and exercise only moderately. In such conditions an individual should eat little meat of any kind. Coffee, tea, alcohol, rich spiced foods and tobacco should not be taken at all. The diet then should consist of fruits, cereals, vegetables, eggs, milk, cream, butter, and, in most cases, a little meat once a day. Shell-fish may be taken in moderation.

These individuals should take exercises moderately, and it is best for them to get a (*Continued on Page 62*)

Novelty Exercises Every Boy Should Know

Imitating Animals Develops Strength, Agility and Cultivates The Great Tonic, Laughter.

By Russell Viohl

MY FRIEND, it is very possible you have never heard of the great Charlie Laurie. But it is even more possible that you have heard of him and forgotten him." So spoke Professor P. H. Paulinetti, who scintillated in vaudeville for years and today is considered the foremost authority on acrobatics. He continued:

"Yester-years' celebrities are a vague and confusing lot. The waiting rooms of the vaudeville booking offices are full of them. However, this is neither here nor there, for I must tell about Charlie Laurie because the performance you just gave recalls him to my mind. He was the only man in vaudeville who performed a novelty act such as yours. His story might be interesting to you for his rise to fame was sensational, and I'm sure you'd like to hear it.

"Charlie Laurie imitated the anthropoid ape to perfection. I played with him on the same bill in London many years ago. Probably it was before you were born. He had a face you will find nowhere outside the prehistoric exhibits in the museum of Natural History. I watched his

act from the wings several nights before he noticed me. Had I met a glyptodon or a saurian crocodile, I doubt whether the thing would have startled me more. For this creature on the stage was as arresting a phenomenon as one could ever find. When he sat down at the conclusion of his wonderful act, he looked like a great bag of meal. His huge, almost unreal, hands lay at his sides, as if they did not belong to him. His massive chest rose and fell in great, slow breaths, like a thing floundering out of its element. My imagination seized on the figure of this man. 'A troglodyte if there ever was one,' I murmured to myself. He raised his head and greeted me and ever since we have been friends.

"Charlie Laurie's pantomime characterization of the anthropoid ape beggared description. From the moment he shuffled on the stage

till the curtain rang down, he held his audience spellbound with his wonderful portrayal.

"His act opened with a scene laid in South Africa. Seated in front of a hut a white man idly watched his wife rock her baby to sleep. A strange sound startled them and looking in the direction of the sound they perceived a huge ape advancing upon them. It picks up the baby and looks at it and nestles it in its huge arms. The man snatches up his gun but the woman frantically implores him not to shoot, for fear of killing the baby. The ape surprises them, as it commences to fondle the crying baby and tenderly rocks the little one to sleep. The realization that the beast is human dawns on them. Having hushed the baby's cry, it affectionately returns it to its mother.

"A band of desperadoes attack the hut. The ape leaps to defend the people and is mortally wounded. The dying scene that followed will never be forgotten. The audience was moved to compassion.



Special bar bell exercise helped Bobby and Jimmy Lowry to break records in swimming.



Imitating apes provoked gales of laughter during the "animal exercise" class.

Writhing with agony the ape manages to stagger across the stage to the frightened woman. It takes her baby in its arms once more and hugs it in fond embrace, as life commences to ebb. Then the ape sinks slowly. The dropping of a pin could be heard in the vast audience. The thud of the ape's body is heard with sickening distinctness as its life passes into the great beyond. Amid an oppressive silence the curtain descends slowly upon the sad scene. The audience tearfully applauded and applauded. Then their applause became frantic. It gathered like a mighty tumult and Charlie Laurie was forced to answer call after call. His act was indeed a sensation."

The Professor's story and kind words were very comforting. For years I have been ridiculed and censored severely for characterizing animals. I remember my passion for imitating them when I was a small boy. One day my Mother was horrified to see me hopping around the kitchen croaking like a bull frog. She switched me for such idiotic behavior and suffice it to say, I did no more croaking that day.

This did not stop it altogether. One night the whole neighborhood was startled out of their wits by a blood curdling wolf cry. Terrorized they rushed from their abodes to ascertain the meaning of it all. They found me sitting atop the back fence yapping at the moon for all I was worth. I had read Jack London's book "The Call of the Wild," and thought to imitate the

wolf cry. The tingling I felt in the spot which I never would present to friend or foe, squelched further desire to imitate wild animals.

The joyous years of boyhood glided into the haze of memory. One day my shipmates were astonished to see me swinging aloft in the rigging, performing the craziest antics. They thought me an imbecile when I screeched and did everything a monkey could do and then some.

Suddenly a booming voice halted me. Glancing down I espied the Captain gesticulating wildly. Amid a death like stillness, I slid down and came to attention on deck. The Captain demanded an explanation of my conduct. I told him I merely acted in such a manner in order to develop my body. Very sarcastically the Captain replied: "You certainly are succeeding in your endeavor. I think upon completion of your training I will recommend you

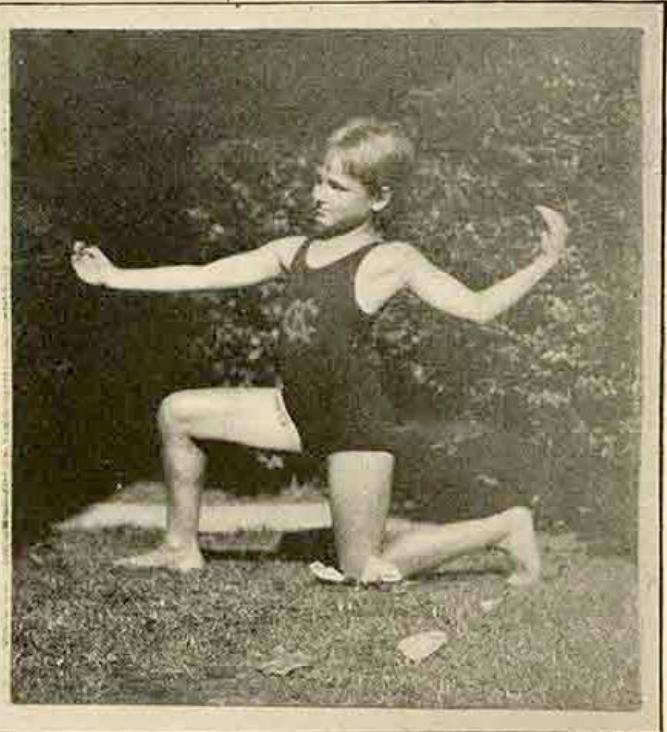
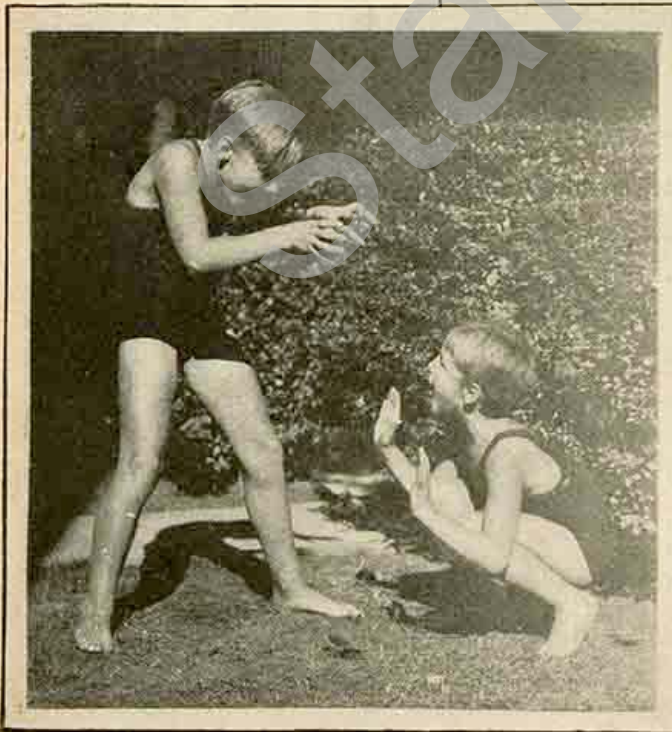
to the Zoological Gardens." This piqued me. Ever afterward I was sensitive about the ribald fun poked at my idiosyncrasy.

It was a hard fight to win recognition. I plugged away at my work. And now it is the supreme joke on all my former associates that after years of ridiculing me, I have put my wild animal characterization across. I really developed my body from it. Thus, when I went to a boys' camp last summer, the mirth-laughter of recent performances were still ringing in my ears.

Every morning at camp I led the boys through a series of exercises advocated by our school systems. The boys became disgruntled with the monotonous routine and they endeavored to have the (Continued on Page 82)



Progressive bar bell exercise was an important factor in the development of Jimmy Lowry at camp.



Imitating animals proved novel exercise as well as fun at camp.

Little Jimmy Lowry, the seven-year-old "strong man."

Winter Training Suggestions

Helping You Map Out a Program That Will Give You
Endurance and Pep, as Well as Strength.

By Mike Drummond

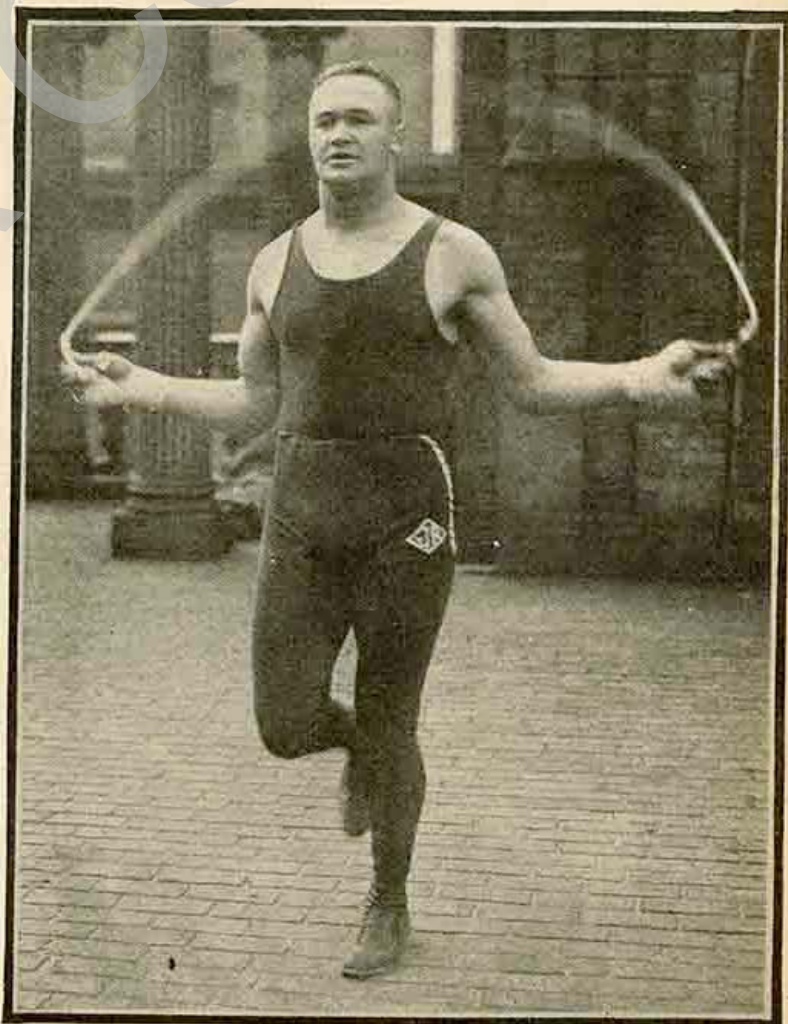
'ROUND about this time of the year, a great number of individuals seriously entertain the idea of going into training; not for a fight or contest for any championship or purse; but to better equip themselves for the stern realities of this mundane life, and to most of us who help swell the census figures, this life sure is a fight. I guess the majority of males at some time or other make up their minds to follow some physical training routine, but the number who really stick and attain any worth while degree of benefit can be very quickly added up. There may be several reasons for this lack of persistence on the part of our "pink-of-condition" aspirants, but we believe it must be chiefly due to the system they choose, lacking the necessary interest to hold them. Any particular system of exercises, stunts or feats, must possess some feature of fascination or novelty, plus a certain amount of variety if said system is to have an appeal to the enthusiasm and hold the interest of a fellow after he passes the novelty stage in his training program.

We believe that most males, regardless of their age, whether young, middle-aged, or three-score and more, would find time to exercise, if they could be shown a training program varied and novel enough to keep up their interest, especially when most of us must train at home alone. The average individual can readily enough understand the need of taking regular exercise, and living in a regular, rational way, but this life is getting to be so much of a hum-drum of repeating the same duties day in and day out, that you can't blame any one for not wanting to carry monotony into his hours of recreation. The success of patent physical culture and apparatus systems must be due in no small measure to the possession of this happy feature of holding interest over a long time.

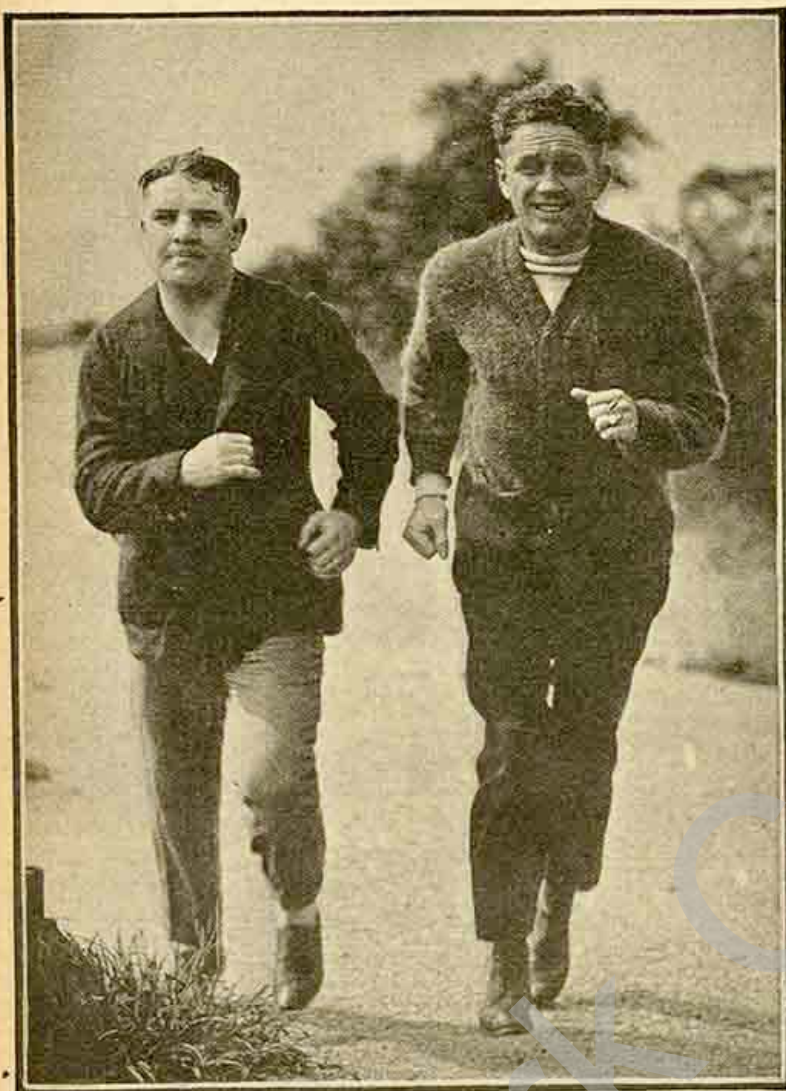
Having this end in mind, we have compiled a list of training stunts, all of which are practical and thoroughly tested, and will suggest certain ways of combining these into a pro-

gram that can be followed without becoming irksome, over a number of years. Chiefly, we suppose, you are interested in acquiring and retaining a high degree of all-round physical efficiency during the months from one summer till the next.

Concerning the value of exercise in the open air few will dispute its power to invigorate and rejuvenate. In



Rope skipping is generally used by pugilists in training, and can be of as great benefit to you as it is to Jack Renault, whose splendid physique is here shown.



For getting in "the pink," road work is the only thing. Add this to your program. Cal Delaney and Johnny Kilbane out for a jaunt.

the summertime there are few persons who stay indoors entirely, and most of us spend a good amount of time out-of-doors, but in the winter the average man is prone to seek the warmth and protection of buildings. So one of the first things to consider if planning a program for the winter is to allot a certain length of time daily to be spent in the outdoors, but do not foolishly assume you are tough as nails and make a practice of going out half dressed in zero weather because you think it will make you hard to do so. Unless you are very rugged and well accustomed to such exposure, it may work just the reverse on you and you may regret your fool-hardiness.

Now, for general conditioning, to keep in trim at all times, you can start in fairly easy and gradually accustom yourself to more and more work; by doing this you will add to your program without knowing you are working harder, till you are doing as much vigorous training as your inclination dictates and the time at your disposal permits.

No doubt you are interested in maintaining a high degree of efficiency over a length of time, so you will not want to go at it as hard as though you were training for a fight or contest of some kind. There is no reason why you should include all the stunts we mention, nor why

you should not add any others you may choose. The wisest plan, so far as that goes is to suit yourself, and find your own dose. With such an idea in mind we will outline some general principles and suggest a few variations from which you may choose your training stunts.

Having decided that a certain amount of time is to be spent in the open air every day, there is no better way to do it than by getting out and doing road work, or jogging along at a steady pace for some little distance out on a road, the street or through the park. This is the ideal way to improve the endurance, or "wind" as it is commonly referred to, and although it is a capital way to reduce or melt fat off, the road work may be made easier for those who cannot spare any weight, and by jogging along at a slow pace for a mile or so, the wind can be improved without loss of weight. In fact, it has been the experience of college athletic directors that many who are underweight have brought their weight up to normal by regularly following cross-country running through the fall and winter months. To do this, of course, you should refrain from racing or trying to see how fast you can go, simply running at any easy pace over a short distance. If you are out to improve the wind, and still want to keep from getting finely drawn or scrawny in appearance, you need only run short distances at an easy pace, then you will not burn up your energy and leave your strength on the road, as so many over ambitious boys do. If you figure on running every day, a mile at a steady jog will be plenty, while you can stretch it out to two or three miles if running every other day or twice a week. You will understand that this advice is given for the individual who wants to keep in trim and not

for an athlete who is out to achieve fame as a distance runner.

The road work is advised for all men under forty, but men over that age unaccustomed to the exertion should do some walking instead, averaging about three miles a day at a good steady clip. The younger man would do well to add three miles "on the hoof" to his running program.

As to dress, when out for your road work, it is not necessary nor altogether sensible to run around in public in running pants or swimming suit. You will benefit just as much by putting on some clothing and have less chance of chilling in cold weather. Wear some old pants and a sweater or old shirt and coat, and when it is cold and windy put on enough to keep comfortably warm. On your feet wear socks and old shoes, or good firmly fitting athletic shoes. Your shoes should fit snugly without pinching and keep the feet warm and dry.

As to form in jogging you will get along best by running on the whole foot, instead of trying to keep on the toes all the time; and carry the hands up near the chest with elbow bent and swinging freely in rhythm with the legs.

When walking, hold the body erect, chin in, arms swinging slightly but not notice- (Continued on Page 69)

American Continental Weight Lifters' Association Notes



By John Bradford

NEVER before was there a month in the sport of weight lifting so crammed with events and spectacular happenings as the four weeks that came and went between the time I wrote up this article and my article in the last issue.

August the twenty-first brought forth the first big event at the Sesqui-Centennial Exposition, where the Sesqui-Centennial Weight Lifting Championships on the Three Olympic Lifts were held within the bowl of the magnificent Municipal Stadium. The entries for these events totaled the largest number ever brought together in this country, where iron tossing was paramount. Not less than sixty-eight contested in the various body weight classes, and every man was full of enthusiasm over the task that lay ahead.

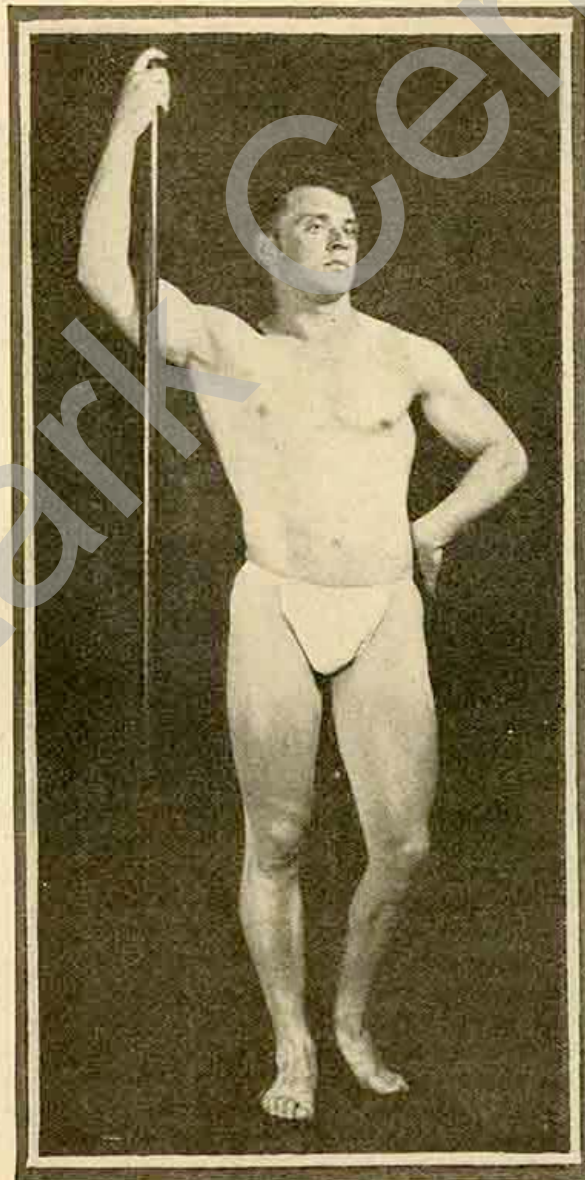
The day broke perfect and remained so until about noon, when it began to cloud up and commence to rain and continued to pour down all day long. So hard did it rain that all the other events were called off, but our president and Dr. D'Eliscu, Director of the Stadium, got together and decided that, rain or no rain, the weight lifting events were going to be contested. The bunch of iron men followed their leader, who worked like only a super-strong man can, and finally got the affair pulled off under cover.

We have to thank Dr. D'Eliscu, who worked like a brick to help the boys, for all he did that day. Under such adverse conditions it is only

to be expected that the lifting was not of a very high order, for, although under cover, we were exposed to the wind and dampness that swept through the portios like an arctic blast. The boys were cold, and it was hard for them to pep up, but just the same there were flashes of brilliant lifting that kept interest running high.

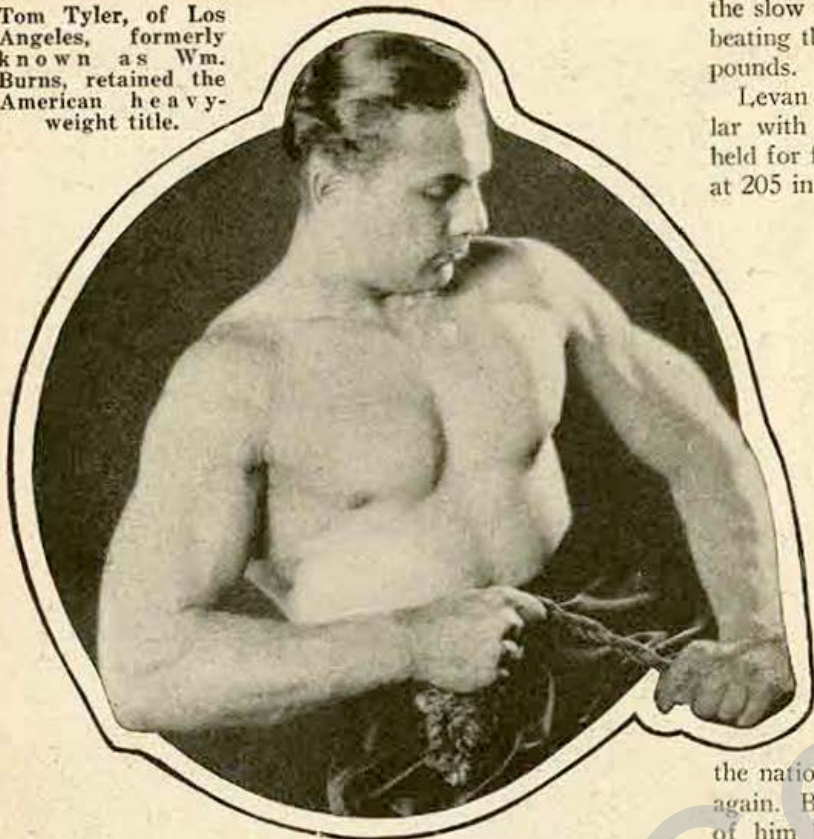
The most outstanding figures were: A. M. Losey, of Bay Shore, L. I., in the light-weights, and Harry B. Paschall, of Columbus, Ohio, in the middles, with Arthur Levan, of Reading, Pa., in the feathers. The lifting by Paschall was brilliant throughout, although he fell down on his press and jerk lifts, considering what he can be relied on to do under normal conditions. At that he hung up a new American record on the Two Hands Clean, with a heave of 230 pounds; however, we were looking for 245 pounds. His outstanding performance was a Two Hands Snatch. Not only did he set a new amateur mark, but he eclipsed the American professional record held by Siegmund Klein. In great style he snatched 195 pounds to arms' length. There was not a falter to his step, or any exerting sway of his body or indecision in his squat. Before you could say one, two, the lift was finished. It was a pity that he did not select 195 pounds for his second attempt, for we all realized that 200 pounds was well within his range that day. Paschall has improved his form wonderfully since last winter, when he shattered the championship total made by Dennis.

Some time ago, A. M.



Ernest Weber, a newcomer from the Sunny State, who won the third place for the national heavy middleweight title.

Tom Tyler, of Los Angeles, formerly known as Wm. Burns, retained the American heavy-weight title.



the slow press he set up a new mark, doing 178 pounds, beating the record set by Levan, of Reading, Pa., at 150 pounds.

Levan is only a featherweight, but he was very popular with the spectators. When he equaled the record held for four years by Geo. Dembinski, of Albany, N. Y., at 205 in the Two Hands Clean and Jerk, on the second attempt, interest ran pretty hot, and encouragement was shouted at the little fellow to go 5 pounds better. He cheerfully consented, and in rattling good style pulled in the 210 pounds and jerked overhead on his third attempt, raising the record by 5 pounds. The bunch of home rooters who came in with him were tickled skinny, but on September the 4th he was destined to give them greater cause for pride. These six new records kept the people on their seats, despite the nasty weather, and gave them something to talk about afterward.

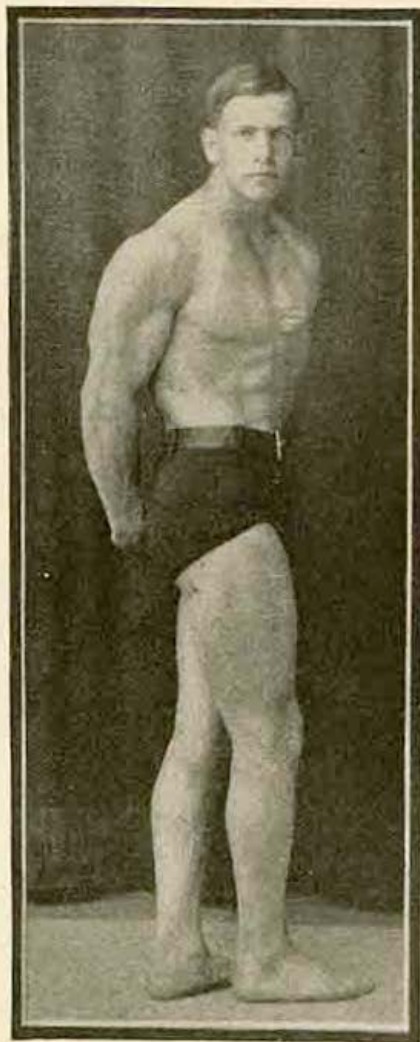
John Gauss did fine, considering that he competed in the two classes and won them both; but it was also his downfall under the weather conditions. He developed a cold that compelled him to lay off, and the two weeks between the Sesqui event and

the nationals were not sufficient for him to get in shape again. But more of him later on in the story.

In order to complete this event within the two hour limit allowed, two platforms were built, with the seven classes divided into two groups. The first four events were on platform No. 1, under the direction of the officers in charge: Siegmund Klein, referee; Otto Arco and Robert Hoffman, judges; S. Welsh and C. Collier, loaders. Platform No. 2 was under the direction of Mark Berry, referee; E. Allen and Charles Durner, judges; W. Kosyk and E. Millwig, loaders. Mr. George F. Jowett acted as Board of Appeal and Deci-

Losey, formerly of Jersey City, N. J., decided to turn professional. As a start he sought a match with Joe Lambert, of Coney Island, to dispute the professional title. About that time Joe went away and we were

unable to locate him, so no match was made. Losey saw there were no prospects in the pro ranks, so he made application for reinstatement. As he had done nothing to brand him a pro, he was granted his amateur status, which enabled him to compete at the Sesqui Games. The first thing he did was to give the American record, held by Levan, of New York, at 220 pounds, a black eye by sticking 6 pounds on top of it. At that he was disappointed, as he expected to do well over 230 pounds. Anyhow it is what is done in competition that counts. On



A. Sundberg, of Magyar, Ore., succeeded Robert Snyder to the American lightweight title.



A. Levan won first place in the Sesqui-Centennial Championship and second place to H. Freeman for the national featherweight title.

sion, and supervised the whole affair in general. The bantamweights and featherweights were merged into one in order to save time and keep pace with the three classes on platform No. 2. The winners, with their totals, were as follows:

Heavyweight, J. Gauss, Philadelphia, Pa., 610 pounds; L. Auguston, Philadelphia, Pa., 250 pounds. Auguston failed on most of his trials, trying to raise more weight than he could handle.

Light heavyweight: Dr. Raftery, Philadelphia, Pa., 520 pounds; S. Hart, Jersey City, 520 pounds. Both men lifted the same totals and were allowed three extra attempts to break the tie, which they did not do. The decision went to the man who employed the best style.

Heavy middleweight: J. Gauss, Philadelphia, Pa., 590 pounds; C. Wurtz, Philadelphia, Pa., 480 pounds; W. Stratton, Leetonia, Ohio, 400 pounds.

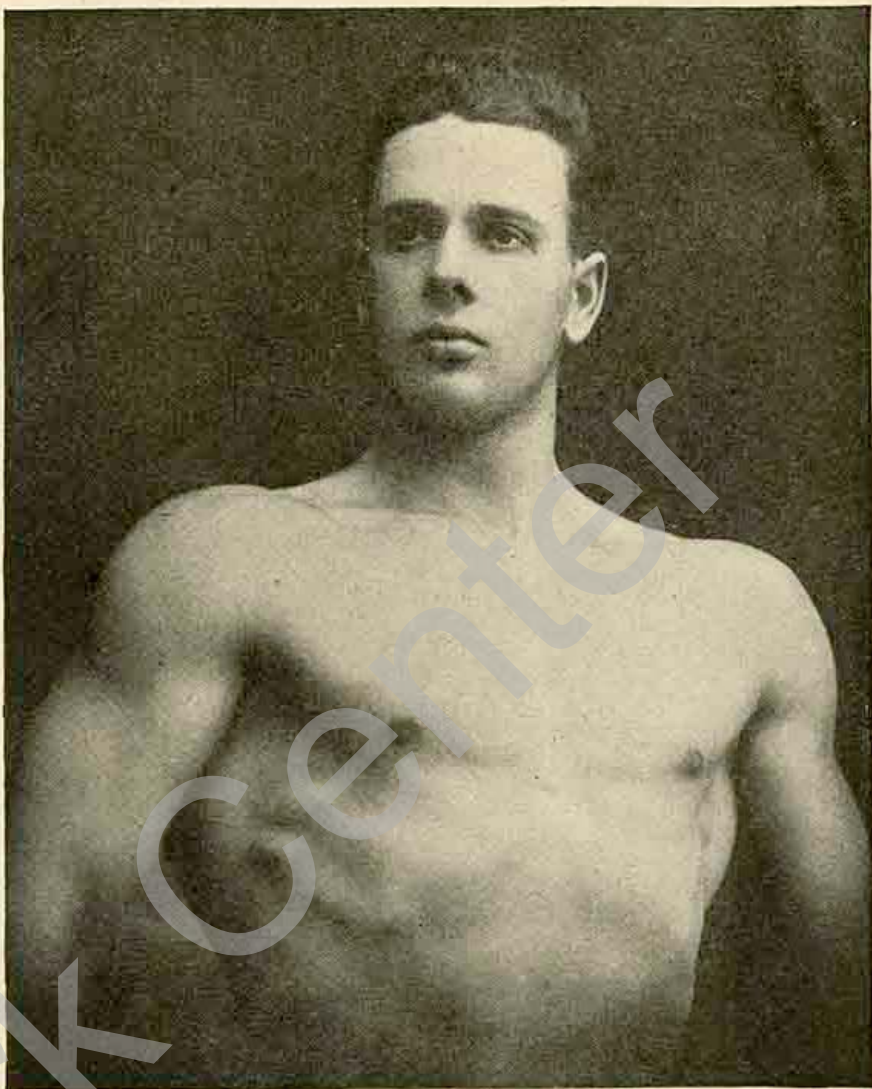
Middleweight class: H. B. Paschall, Columbus, Ohio, 595 pounds; Wm. Losey, Bay Shore, L. I., 531 pounds; A. Pellicotti, Birdsboro, Pa., 461 pounds.

Lightweight: A. M. Losey, Bay Shore, L. I., 561 pounds; A. Bachtell, Hagerstown, Md., 495 pounds; A. Gauss, Philadelphia, Pa., 495 pounds. Bachtell was awarded second place over Gauss on account of better style.

Featherweight: A. Levan, Reading, Pa., 510 pounds; E. Weinhold, Reading, Pa., 430 pounds; D. Canova, Allentown, Pa., 425 pounds.

Bantamweight: P. Piantone, Norristown, Pa.

It has been said that the ruling of decisions as handed out by the men who officiate in Philadelphia and New York are far more severe than elsewhere. This has been proven by the failures of men who came in from distant points, credited with big totals, and were disqualified by the eastern officials. Such being the case, we urge every referee to be careful and see that each lift is performed correctly, according to its ruling. Our president is very strict, and the men who referee and officiate in these sectors are of his school, and nothing goes by them. If the lifter desires to make an appeal, he finds Mr. Jowett fair and considerate, but final. He places great faith in Berry and Klein, and says that E. Allen, C. Durner and Teddy Mack are the three best judges in the country. On this occasion an appeal was made concerning the ties Referee Berry permitted. Mr. Jowett annulled the referee's decision with the statement that no ties are permissible in competitions of any kind. The man exhibiting the best style, or making the nearest efforts to success, must be given precedence. A tie between two men in a match contest is different and is judged according to previous agreement between the two contestants.



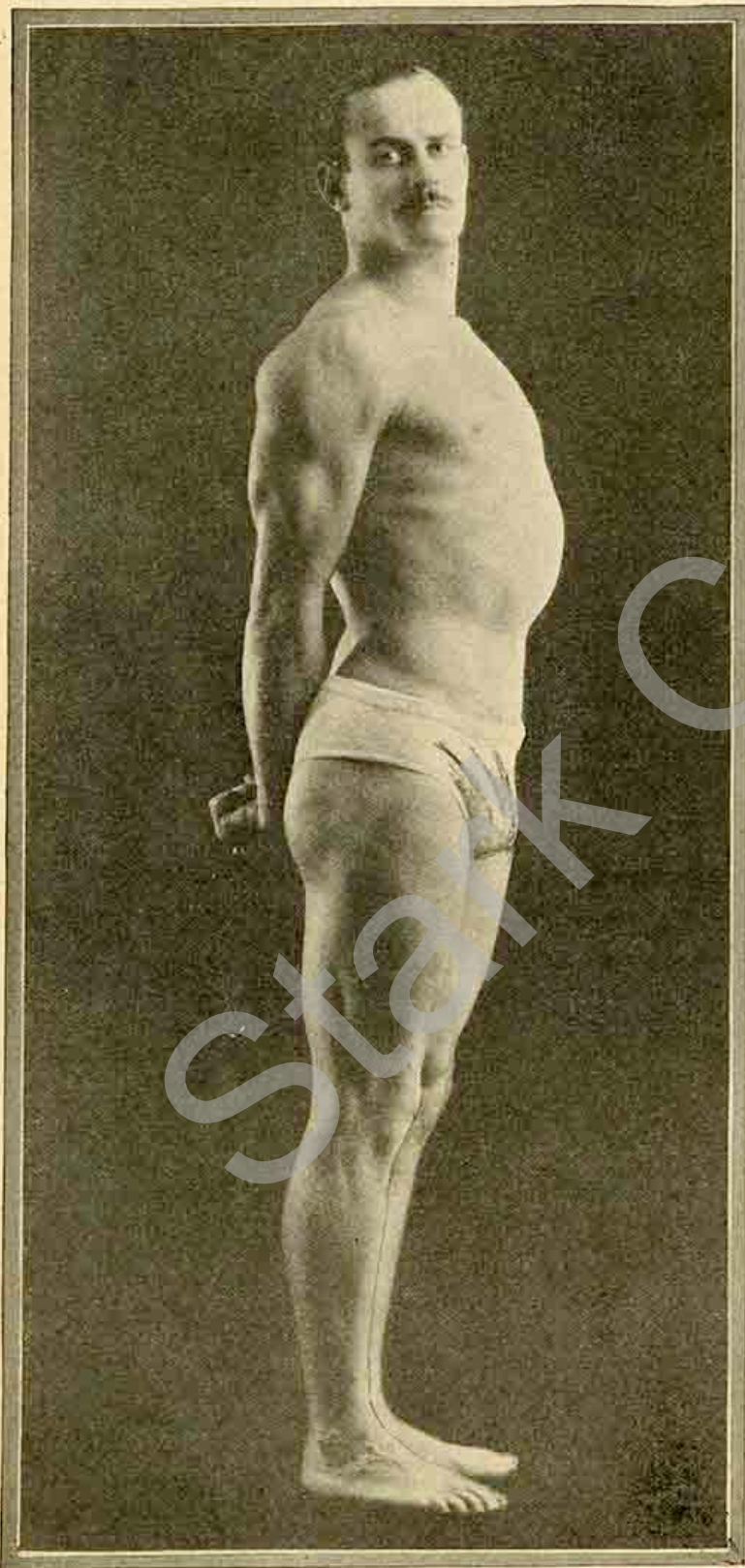
D. Mitchell, of Easthampton, Mass. His amazing performance made him the sensation of the year and heavy middleweight national champion.

Kindly bear this in mind, boys.

At the conclusion of the lifting, a beautiful loving cup was presented to President George F. Jowett, the gift of a group of his ardent admirers. The inscription engraved on the cup read: "A. C. W. L. A., 1926. Presented to our President, George F. Jowett, as a token of appreciation from 'the boys.'" Mr. Jowett was happily surprised at this, the first token of appreciation of his great efforts by any of our members. He responded with words of deep feeling, and we all believed the words he spoke, that "This trophy will always remain the most prized of my collection." It was a fine gift to a fine man who has always done his best, putting his heart and soul into the sport. The donors were: R. F. Kelley, Atlantic City, N. J.; Henry Furch, Jersey City, N. J.; Oitley R. Coulter, Pittsburgh, Pa.; D. P. Willoughby, Los Angeles, Calif.; Ray Smith, Jersey City, N. J.; J. Schaefer, Los Angeles, Calif.; R. Bond, Dunellen, N. J.; A. B. Clement, Bay Shore, L. I.; R. Hoffman, Philadelphia, Pa.; Roy L. Smith, New York City, N. Y.; John McGill, Jersey City, N. J.; S. Finale, New York City, N. Y. Through this medium Mr. Jowett extends his sincerest thanks to all of the kind donors who contributed.

The next event of great interest was the National

Tournament of 1926. There were a few changes of titles, as was expected, but we regretted to see such fine lifters as Paschall, Kingsbury, Allen, Snyder and Lefkowitz missing, being unable to compete for various reasons. Paschall would have won the middles, but Gilroy, of Sunrise, Wyo., and Lefkowitz, of New York, would have made him raise his Sesqui totals in order to do so.



M. Betty, the rapidly rising Los Angeles lifter, who was runner-up to Mitchell.

We looked for Gauss to do much better, but he was far from well when he lifted on the 4th, as was also Hall. Fate was against them. Still, it is the fortune of sport as well as war which, after all, makes the sport interesting.

Up to date we have received no report from Losey, whether or not he pulled off their meet. If not, then another besides Paschall, who proved his worth at the Sesqui, was unfortunate to be out of the Nationals. In next month's issue the titles will be verified or corrected in all class weights according to other reports that come in later. We have waited as long as possible for the reports, and are obliged to go to press, so watch next month's issue for final verification.

The results up to date of 1st, 2d and 3d are as follows:

Heavyweight: Tom Tyler, Los Angeles, Calif., 693½ pounds; W. Petry, Los Angeles, Calif., 591 pounds; H. Michaels, Akron, Ohio, 510 pounds.

Light heavyweights: A. Manger, Baltimore, Md., 680 pounds; D. P. Willoughby, Los Angeles, Calif., 612 pounds; F. Neuman, Chicago, Ill., 549 pounds.

Heavy middleweight: D. Mitchell, Easthampton, Mass., 660 pounds; M. Betty, Los Angeles, Calif., 584½ pounds; E. Weber, Los Angeles, Calif., 580 pounds.

Middleweight: R. Straight, Los Angeles, Calif., 515 pounds; M. G. Omeroid, Akron, Ohio, 499½ pounds.

Lightweight: A. Sundberg, Magyar, Ore., 532¾ pounds; G. M. Strain, Toledo, Ohio, 514 pounds; M. Pirofalo, Chicago, Ill., 513 pounds.

Featherweight: H. Freeman, Baltimore, Md., 561 pounds; A. Levan, Reading, Pa., 521 pounds; A. Gauss, Philadelphia, Pa., 505 pounds.

Bantamweight: P. Piantone, Norristown, Pa., 385 pounds.

As you will see some of the totals are exceptionally good, and with such lifting quite a few new records were set up. In the featherweight class, we find Freeman and Levan sharing honors on the Two Hands Snatch and the Two Hands Clean and Jerk, with 160 pounds on the first named, and 216 pounds on the second. A. Sundberg came through with an American Continental Record on the Two Hands Snatch, with 162½ pounds in the lightweight class. Piantone, as a bantamweight, gave us 110 pounds in the Two Hands Snatch, and the same for the Two Hands Slow Press, two new American records. Every lift by the heavy middleweight, Mitchell, was a new American Continental Record, being 261 pounds for the Two Hands Clean and Jerk, 202½ pounds for Two Hands Snatch, and 196½ pounds Two Hands Slow Press. Manger shoved up his records in the Two Hands Slow Press, to 215 pounds, and his Two Hands Clean and Jerk to 280 (Continued on page 71)

Boxing for Beginners

Learning the First Principles of the Manly Art of Self-Defence.

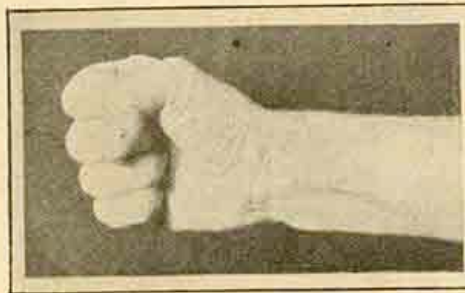
By William Boone

BOXING is one great sport; there are no two ways about it, and it is a pastime that nearly every boy takes to the same as a duck takes to water. I remember how proud I was after I had taken my first boxing lesson, and how eager I was to get home and demonstrate the straight left to my dear old pater. I swelled up like a balloon, and let me tell you it was not necessary for me to desire to change places with old Fitz, Gentleman Jim or Jefferies. I was a big enough guy among my pals when they stood around and listened to my fighting talk, trimmed with a "biff in the bread basket" or a "dick on the dot." (That's old mitt talk of over twenty years ago; they have different expressions for the same thing now, such as "a bump on the button," and "a sock to the solar plexus.")

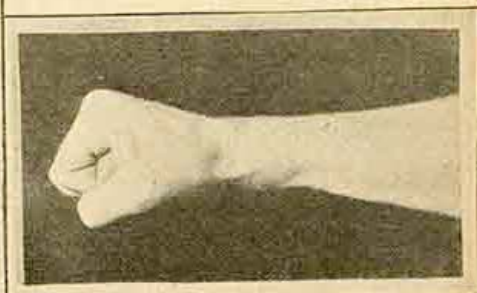
I envy the modern boy, for he has many advantages over the boys of my earlier days, such as magazines with fine boxing articles and boxing courses, besides gymnasiums where he can take private boxing lessons and learn to take care of himself. The sport has now become classy and there is a great deal of science to it, but the old slogan the old time boxing instructors sung twenty-five years ago to their novices, "lead with your left and not with your chin" is sung just as lustily today. A beginner generally swings with his right hand, head thrust forward, and the left fending somewhere or preparing another haymaker. What a peach of a target they make for the boy who knows only a little! A duck, and a right cross and down he goes. We all have to learn, and the few pointers that I will give in this article will be of some help to the beginner who is not so fortunate to pay for private lessons.

Take the instance I have just mentioned. All the novice knows is to swing with his arms like the sails on a windmill, and all the destruction he hopes to do is with the right hand, which is perfectly natural since most of us are all right handed. He stands up with the right hand advanced and the left imitating a defense. That, however, is not correct. The beginner is taught to stand with his left foot and left hand advanced so he can better use the right hand. If you stand with the right hand advanced and hit with the right hand, you will have to draw it back before you can start to deliver the blow. The moment you begin to pull your arm to the shoulder, you telegraph the blow. The least experienced boxer knows it is coming, and he immediately sets out to block it and take further advantage of the lead that is opened. Boxing with the left hand advanced, and using a straight left in either attack or defense keeps your opponent at arms' length, and in this manner he becomes "measured off," to use a boxing phrase; and the right, being in readiness, shoots out twice as quickly to its destination.

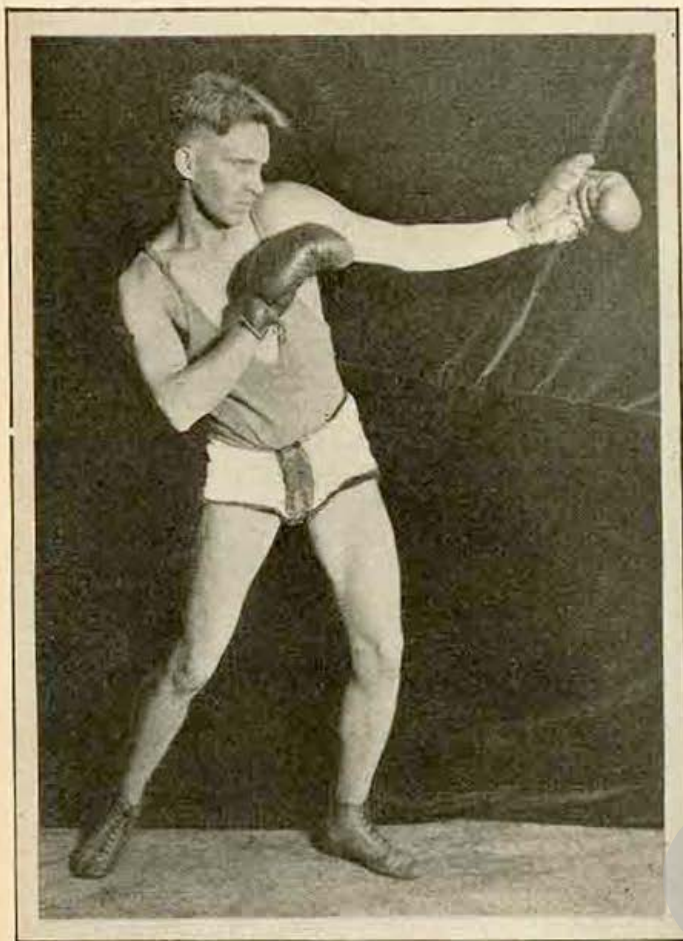
Boxing instructors are very particular in trying to perfect the boxing position of the pupil, as that is the position of readiness when standing up to spar. Everything depends on this as the boxer's foundation for success. The orthodox position is the best, since it has stood the test of time and provides the best means of defense as well as the best method to commence attack. The body should be well balanced upon the feet, with the left foot advanced. The left hand must lead, with the right arm bent at the elbow in such a position as to provide a protection for the side and body. This is done by keeping the elbow close to the side, and the fore-



Three positions which show how the hand and the wrist should be held for hitting.



The first position for hooking, the second for the upper cut, and the third for straight leads



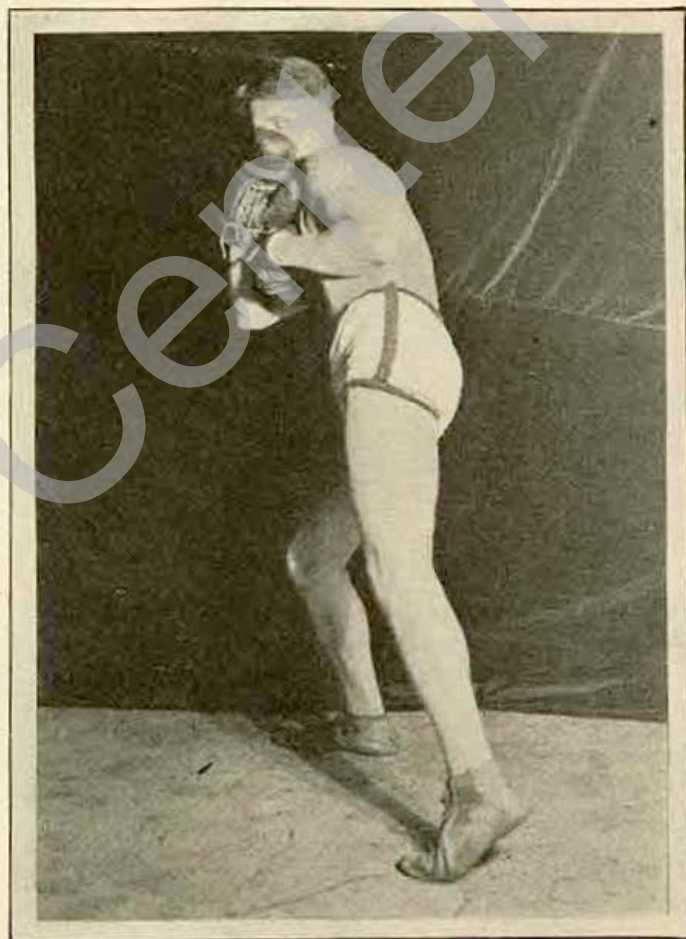
The boxing stance: the left arm out with the deltoid hunched to protect the jaw, and the right as a cover which is also ready to take advantage of what the left does.

arm and hand spreading over the body. The important features of this stance are to hold the arms loose, and keep the left deltoid high with the chin sunk behind it. Do not keep the left arm rigid, but slightly bend it at the elbow so that no unlocking of the arm is required for action. You will be in a position facing your opponent at an angle, rather than facing him squarely. Adopt a very slight crouch; look your man squarely in the eyes, and keep the body swaying slightly and also the arms moving freely. When all these little points are mastered you will be better able to appreciate their value. For instance, suppose your opponent jabs with his left and follows it up with a right hook. Your right glove should block his left lead, and your left should straighten out and pass over his right shoulder. This has the effect of shortening the blow as well as forcing it out of its dangerous direction. If the force of the blow is so strong that it carries, then the blow will be received mostly upon the deltoid off which it will harmlessly glance. Thus exposed your opponent is open to a delivery from your right, unless he is quick to cover up.

A very bad fault with beginners is the getaway they have after sending in a blow. Most novices immediately try to jump back to safety; thus they head into trouble, especially if their delivery went wide or was blocked. A skilled boxer will let the blow glance off his shoulder, or sway the head allowing the blow to pass harmlessly over the shoulder. At this time he retaliates with a "one, two" punch to the jaw, using both hands. The straight left

is your distancing guide, and proper use of it enables you to measure your man off, keeping him at arms' length.

After a blow has been delivered you should immediately cover up all vulnerable spots, which are the jaw, stomach and side. How this is best done depends largely upon what action your man takes in the exchange of blows. Sometimes you get away by ducking, and other times by blocking his blow; yet to cover up is always the safest plan for the beginner. A cover up that I have found very valuable was shown me many years ago by an old timer who had been a coach, second and trainer to all the best men of those days. It was a little different to what I have generally seen. The stance is the regular boxing position—you make your



A cover under attack. Note how the jaw, the side and stomach is protected.

lead and immediately snap back the left arm so that the elbow is hugged over the left side, and the hand over the stomach with the deltoid hunched high. The back of the right hand protects the jaw, but you do not jump back; you simply turn on your left foot, which presents only the left side fully protected to your opponent. For a fraction of time he hesitates and that is your chance. Besides being in the best protective position without jumping out of range, you are in the best position to lead, and by pivoting back on your left foot and hurling your bodyweight forward, a very forcible delivery can be made.

Some novices have the idea that they must be capable of evading all blows in order to become an expert boxer. Never believe that, for the (Continued on Page 79)

Ask the Doctor

Department for Solving Your Health Problems

By Dr. B. M. Middleman

QUESTION: Will you please see if you can help me in reference to my condition? I am a young man of 30, married and have two boys, 9 and 6 years of age, and have been suffering with intestinal trouble for over a year. My bowels never move without a laxative or enema, and then the food comes out sometimes undigested, just the same way as I swallow it, although I masticate it well into a creamy substance. At other times it comes out partially digested and foul smelling, then again for two or three days the bowels move seemingly normal, after which I may be constipated for months and have the same trouble as before.

My diet consists of salads, vegetable, tomatoes, fruits and whole wheat bread. The doctors advised me to eat the coarsest kinds of vegetable and fruits, including the skins and seeds, but this made the inflammation worse. About two months ago large quantities of mucous were discharged at irregular intervals in the form of large strings and flakes, some of which were coated with blood. Now sometimes black slimy stuff comes out, foul smelling, after I take an enema. I have an itching sensation in my rectum and after stool yellow pus comes out.

I am very weak, sleepless and restless and lost over 30 pounds in weight. I get a little pain in my upper left side, it is more of an itching pain and travels down the left side of the abdomen. Ten different X-rays taken showed a duodenal cap and inflammation of the small intestines, also a case of colitis. The doctors said it was a case of piles of the intestines, and they claim that the lining of my small intestines are gone. Would you please advise me what treatment I should take and give me a good diet which is easy to digest and which will build a new lining of the intestines. I will be grateful for any help you can give me.

F. H., N. J.

ANSWER: You are evidently suffering from a gastro-intestinal inflammatory condition, and since you have hemorrhoids, also spastic colitis. There are various forms of constipation and in the spastic type the treatment is different from the ordinary atonic. In the atonic, coarse foods such as

bran, whole wheat bread, celery, spinach and all foods rich in cellulose have a tendency to help by forming a bulky mass. In your case, however, treatment requires more of a bland diet. For an already inflamed spasmodic colon I would advise you to eat such foods as are soothing: olive oil, butter, cream, well cooked cereals and vegetables which are well puried or mashed, leaving no rough or coarse particles. Also eat cream of wheat, corn starch, mashed potatoes, toasted white bread, buttermilk and junket, and eliminate whole wheat bread. Fruits should be stewed or as jams, and free of seeds and skins. To regulate the bowels use mineral oil, or petrol-agar, agar-agar or milk of magnesia. You might also try yeast cake, starting with a half cake three times a day after meals, to change the intestinal flora. We also recommend the taking of bacillus acidophilus, two to three wine glasses full every morning.

Since you have lost thirty pounds you probably require a long bed rest, possibly two weeks, and no doubt the attention of a Gastro-Intero-logist, as this condition can become very chronic unless properly treated. You might also try sodium bromide, 15 grains three times a day. After convalescence have hemorrhoids removed to prevent further spasms.

QUESTION: Will you please give me your advice on my condition? I am twenty-one years of age and have been suffering from a nervous breakdown for two years. Have

been examined by fifteen different doctors in this time and all except two say there is nothing wrong organically, "just nerves," they say. However, the other two say I have an overactive thyroid gland. The metabolism test I had made at one of our leading hospitals lead the doctors at the hospital to conclude that I did not have thyroid trouble.

My heart beats at 96 regularly, but was 120 for more than a year and I am dizzy continually.

I have been on rest cures, diets, treatments, etc., for about 18 months, but as there was not much improvement I have given up my doctors and thought if it was just my nerves I could cure myself.

This is what I want to know. As complete rests, etc., seemed to do me no good, I would like to take

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

Sometimes it is only by interviewing personally a thoroughly competent physician that he can get the advice that will bring his condition back to a normal state of health. Write us about any of your ailments of any type and Dr. Mittleman will then advise you as to the proper treatments necessary. Every physical culturist should know his organic condition as thoroughly as his muscular system, and if possible we will aid you in accomplishing this.

We have been receiving many letters every month, and with the advice given by Dr. Mittleman the "Strength" readers have successfully obtained better health and strength. Dr. Mittleman will continue to answer such questions as he can, and will also publish a few letters each month, selecting from his correspondence those letters of the greatest general interest.

Inclose a stamped addressed return envelope with your health questions and we can assure you of a prompt reply.

up physical culture. Do you think the exertion of learning to swim and other exercises would be too much for me? I feel that it would do me much good. Do you think physical exercises would be too strenuous for me? Your advice will be appreciated.

Mrs. E., Washington, D. C.

ANSWER: If you are certain there is no organic trouble in your condition, you may be suffering from some unknown auto-intoxication, in which the usual procedure would be to have any foci of infection removed, such as bad teeth, diseased tonsils; and correction of any gall bladder, gastro-intestinal, or pelvic organ trouble. It may be possible that you are suffering from a nervous disorder called neuro-circulatory asthenia (or effort syndrome) in which slight exertion causes slight palpitation of the heart, dizziness and shortness of breath. Since you have tried the rest cures without result, it might be of benefit to take up swimming and gradually accustom yourself to longer periods of this exercise. I have known young soldiers to suffer from your affliction who were benefitted by the practice of swimming in shallow water, or near help in case of exhaustion. Water has a most soothing effect if not too cold, and swimming has been known to cure women and girls of various female disorders. At least no harm can come from the practice of swimming under hygienic conditions. Most exercises you might choose to practice should be taken in a recumbent position; all manner of freehand calisthenics could be followed in this manner.

QUESTION: I am a boy seventeen years of age. For the past year I have been troubled with nocturnal emissions, only occasionally at first, possibly once a month, but they are gradually becoming more frequent, and lately had been occurring about once every week and a half. Now, the last week, something has gone wrong and they have been occurring nightly. I admit my limited knowledge of such things, but I think if this is not checked my vital powers will be lost and therefore my future life will be ruined. I am truly becoming alarmed and would like to ask your advice on the following questions.

Are night losses in men a natural function? At what intervals should they occur? How can too frequent discharges be prevented? Thanking you in advance.

O. V., Nebr.

ANSWER: As a rule there is too much concern and worry about nocturnal emissions, fostered by advertising quack doctors, who frighten and victimize young men, causing them to believe there is something unnatural in the function, and then mulct their hard earned dollars.

However, it does seem that your sexual centers are overstimulated and the usual procedure in such cases is to watch the diet, and refrain from any sexual excitement. Eliminate spicy and highly seasoned foods, tea, coffee and liquor. Exercise the back muscles vigorously and cause yourself to get tired but not exhausted, so you will sleep soundly. Sleep on a hard bed, and keep off the back, sleeping on the sides. A good practice to keep from lying on the back, is to tie a bundle of cloth on the small of the back or make a large knot with a cloth belt, but be sure it stays at the small of the back; this will prevent lying on the back.

Possibly you have some inflammation of the genito-urinary tract, which could be determined by a competent physician and corrected if present.

Especially if a man is continent for a long time, night losses are a natural function, depending on the age and

make-up of the individual. As a young man approaches maturity and leads a continent life, nature takes care of excess energy in that manner.

Would say that night losses once a week are not a serious matter, or in some cases more often.

To prevent too frequent occurrences, proceed as advised above and in addition keep bowels open by eating plenty of fresh and stewed fruits, spinach and other coarse foods. Take mineral oil, agar-agar, or milk of magnesia to regulate the bowels.

The following preparation will tend to reduce the tendency:

Potassium bromid	20 grains
Extract of hyocymus.....	½ grain
Peppermint water.....	½ ounce

Take at night before going to bed, but do not make a regular habit of taking it; only occasionally.

QUESTION: I suffer from "pyorrhoea" and am writing with hopes that you can and will advise whether the ravage against my teeth can be stopped by a special diet or otherwise. Have been troubled for some time and have had dentist remove tartar and give my teeth a thorough cleaning, also have been using a special dentifrice and mouth wash. The condition does not seem to improve, so kindly advise me as to what steps I should take, at your earliest convenience.

D. E., Maryland.

ANSWER: Pyorrhoea is sometimes an intractable disease, and should be treated by a dentist. Naturally if your general condition could be improved, you would have a better chance to eliminate it. We presume you have had an X-ray taken to see if pus is present at the roots. A successful treatment of pyorrhoea is by "mercurochrome" two per cent or three per cent, applied by the dentist, getting in all diseased pockets of gums.

Eat more hard and fibrous foods and plenty of fruits, raw or stewed. Be extra careful in regards to keeping your teeth and mouth clean, and use a mouth wash after brushing your teeth immediately following each meal. Between meals eat nothing but fruits and refrain as much as possible from eating candies, sticky pastries and gelatines.

Also use a mouth wash frequently during the day, the following formula being excellent:

Hydrogen peroxide	2 ounces
Listerine	2 ounces
Saturated Sol. of Potassium Chlorate.....	2 ounces

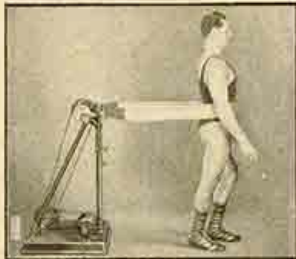
QUESTION: I am a constant reader of the "Ask the Doctor Department," and several questions have occurred to me upon which I should like your opinion.

I am about twenty pounds underweight for my height, 5 feet 10 inches. I try to drink a quart of milk per day. Is there any tendency of the lime to deposit in the arteries, resulting in their hardening? Is white bread more fattening than whole wheat bread? I have confined myself to the latter for several years. In the matter of sunlight and its beneficial effects on the body, is that only true when the body is naked, or can the sunlight pass through the clothing, as when one is walking in the sunshine in the street? Your opinion on these questions will be greatly appreciated.

M. F., N. Y. C.

ANSWER: Recent investigations in the fattening process have found that carbohydrates are more beneficial than the old time idea of fats and oils. White bread is more fattening than whole wheat bread. There is no such thing as lime from milk (Continued on Page 88)

"The World's Most Perfect Man" Endorses This Method



CHARLES ATLAS Says:
 "I insist that all members of my 'gym' classes use the Battle Creek Health Builder at least once during each session.
 "I have found it to be remarkably resultful in aiding muscular development and also in the treatment of various physical infirmities such as constipation, rheumatism, neuritis, coughs, colds, bronchial troubles and numerous other bodily ills.
 "The Health Builder is an important part of my physical development course. It stimulates blood circulation, materially aids elimination and increases 'pep.'"
 (Signed) CHARLES ATLAS.



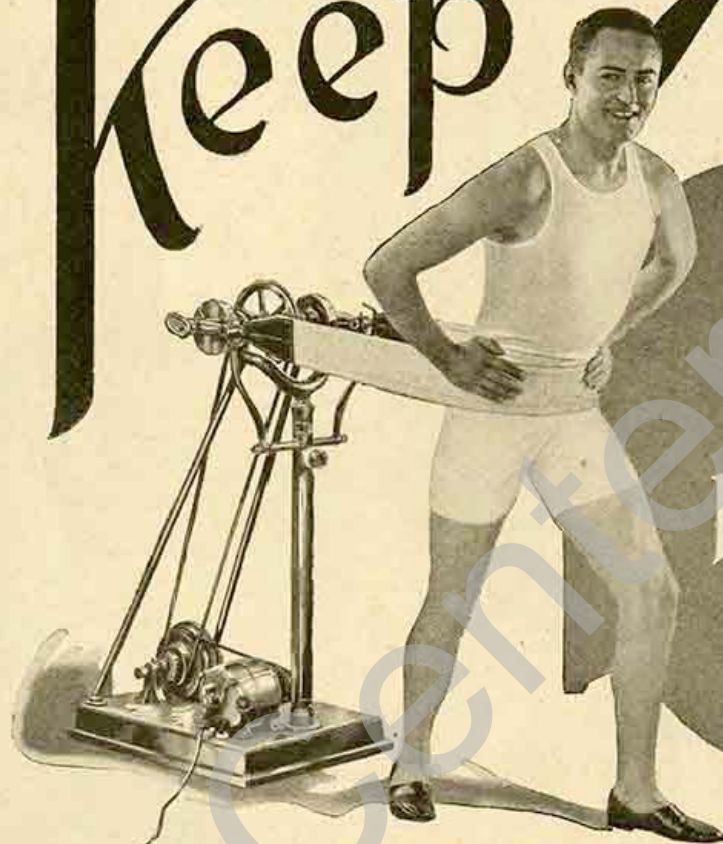
ties such as constipation, rheumatism, neuritis, coughs, colds, bronchial troubles and numerous other bodily ills.
 "The Health Builder is an important part of my physical development course. It stimulates blood circulation, materially aids elimination and increases 'pep.'"
 (Signed) CHARLES ATLAS.

"The World's Most Beautiful Girl" Endorses The HEALTH BUILDER



DOROTHY KNAPP, Star of Earl Carroll's Vanities, Says:
 "I unhesitatingly recommend the Health Builder to everyone who is interested in keeping radiantly healthy and in retaining a beautiful, well-proportioned figure. I have installed one in my own home and use it daily. I find that it is extremely useful in helping me to 'keep fit' and in the elimination of excess weight."
 (Signed) DOROTHY KNAPP.

Keep Fit!



THIS NEW ENJOYABLE WAY

Right in Your Own Home You Can Improve Your Health With This Method Recommended by Authorities. 50,000 Men and Women of All Ages Use This Method. Ideal For Busy People

VIGOROUS Health—it is your most precious asset. Nowadays, when the stress and strain of modern living put a terrific pressure on physical condition, the need of keeping fit was never more vital. Yet every man and woman desires to keep in the pink of condition without waste of time and effort. How can they do so?

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The rapidly oscillating girdles of the Health Builder give a combined massage-vibratory treatment better than a skilled masseur. No electric current touches you. The Health Builder vigorously massages the heaviest muscles, peps up sluggish circulation, aids digestion and elimination, strengthens muscle "tone" and improves the functions of the internal organs.

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For busy people the "Health Builder" solves the problem of winning and keeping proper physical condition. Right in your own home this scientifically designed apparatus gives all parts of your

body the needed exercise which most people are unable to obtain under the "artificial" conditions of modern life. 15 minutes a day devoted to the "Health Builder" will make you feel and look like a new person—put new life and energy into you—keep you in the pink of condition.

50,000 Have Found the Answer

Over 50,000 men and women of all ages have used the "Health Builder" for health improvement upon the recommendation of their physicians! Thousands of "Health Builders" are in daily use in the homes of America, in large medical centers, physicians' offices, athletic clubs, gymnasiums, recreation centers, hotels, trans-Atlantic steamships and in treatment rooms. The Athletic and Physical Director of the famous Chicago Athletic Club says: "Your 'Health Builder' has been very well received and a great many members have asked from whom it was purchased. It is all you claim for it."

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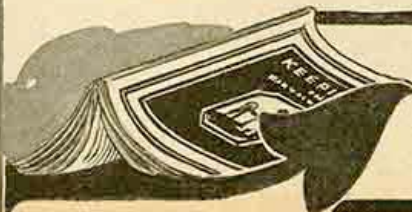
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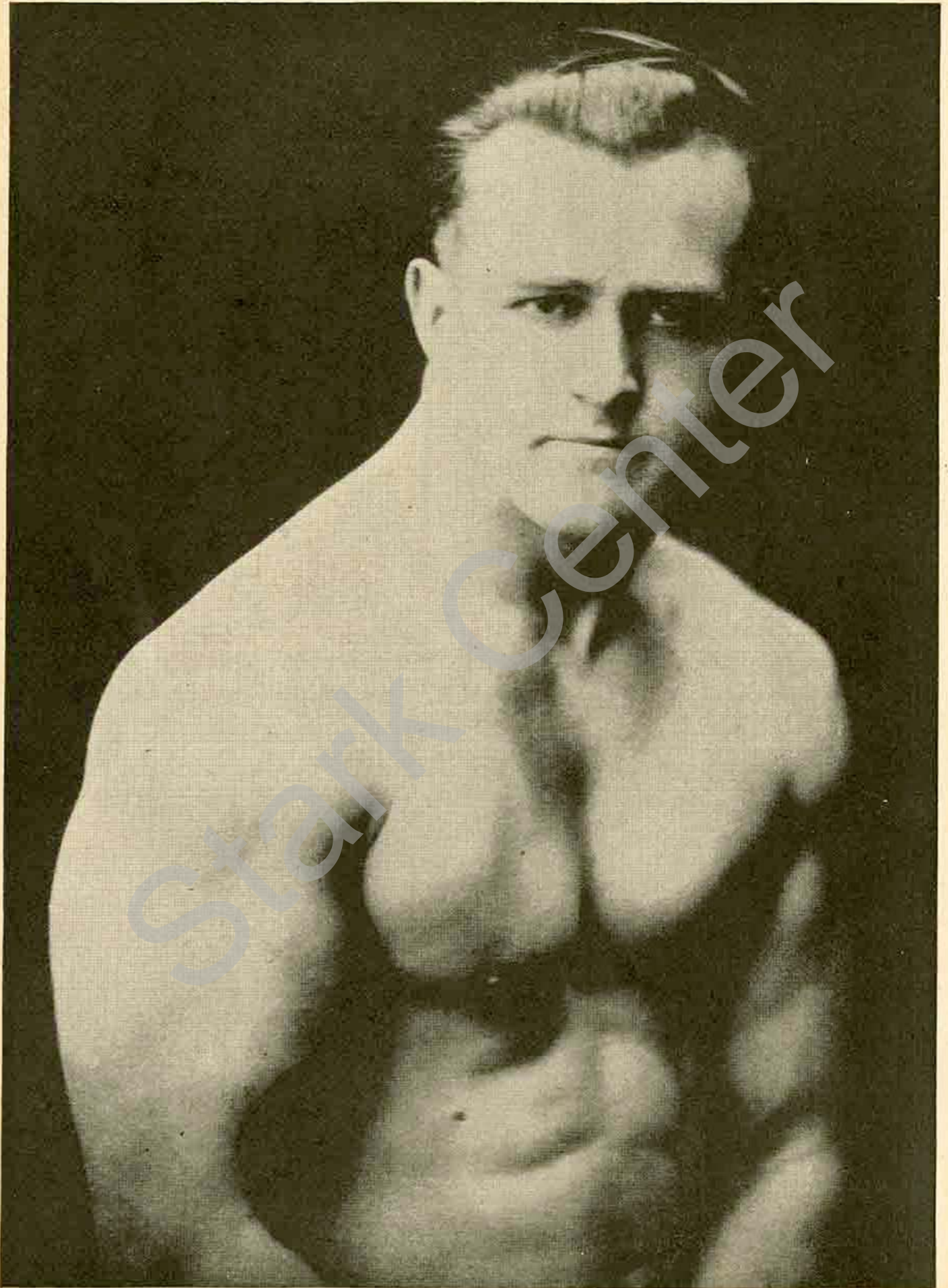
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 Room C-612, Battle Creek, Mich.

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EARLE E. LIEDERMAN

"The Muscle Builder"

Author of "Science of Wrestling and Fig. Lites" "Muscle Building" "Secrets of Strength" "Men's Health" "Endurance" etc.

KILL THIS MAN

There's a devil inside of you. He's trying to kill you. Look out for him! He tells you not to work so hard. What's the use—the boss only piles more work on you. He tells you not to bother with your body. If you're weak—you always will be weak. Exercise is just a lot of rot. Do you recognize him? Of course, you do. He's in us all. He's a murderer of ambition. He's a liar and a fool. *Kill him!* If you don't, he will kill you.

SAVED

Thank your lucky stars you have another man inside of you. He's the human dynamo. He fills you full of pep and ambition. He keeps you alive—on fire. He urges you on in your daily tasks. He makes you strive for bigger and better things to do. He makes you crave for life and strength. He teaches you that the weak fall by the wayside, but the strong succeed. He shows you that exercise builds live tissue—live tissue is muscle—muscle means strength—strength is power. Power brings success! That's what you want, and gosh darn your old hide, you're going to get it.

WHICH MAN WILL IT BE?

It's up to you—set your own future. You want to be the Human Dynamo? Fine!! Well, let's get busy. That's where I come in. That's my job. Here's what I'll do for you.

In just 30 days I'll increase your arm one full inch with real, live, animated muscle. Yes, and I'll add two inches to your chest in the same time. Pretty good, eh? That's nothing. Now comes the work. I'll build up your shoulders. I'll deepen your chest. I'll strengthen your whole body. I'll give you arms and legs like pillars. I'll literally pack muscle up your stomach and down your back. Meanwhile I'll work on those inner muscles surrounding your vital organs. You'll feel the thrill of life shooting up your old back bone and throughout your entire system. You'll feel so full of life you will shout to the world, "I'm a man and I can prove it."

Sounds good, what? But listen! That isn't all. I'm not just promising these things. I guarantee them! It's a sure bet. Oh boy! Let's ride.



Send For My New
64 Page Book —

"Muscular Development"

IT IS FREE

What do you think of that? I don't ask one cent. And it's the peppiest piece of reading you ever laid your eyes on. I swear you'll never blink an eyelash 'til you've turned the last cover. And there's over four dozen full-page photos of myself and some of my prize-winning pupils. This is the finest gallery of strong men ever assembled. And every last one of them shouting my praises. Look them over. If you don't get a kick out of this book, you had better roll over—you're dead. Come on then. Take out the old pen or pencil and sign your name and address to the coupon. Snap into it. Do it *now*. Tomorrow you may forget. Remember, it's something for nothing and no strings attached—no obligation. GRAB IT.

EARLE E. LIEDERMAN

Dept. 711, 305 Broadway, New York City

It Is FREE	DON'T SEND ONE PENNY	EARLE E. LIEDERMAN, Dept. 711, 305 Broadway, New York City.
	YOUR NAME AND ADDRESS ON A POSTAL WILL DO	Dear Sir: Without any obligation on my part whatever please send me a copy of your latest book, "Muscular Development."
		Name
		Address
		City..... State..... (Please write or print plainly.)

The Mat

(Continued from Page 42)



WILL YOU ACCEPT

this new Scientific Way
to gain or reduce quickly?

With every Health-O-Meter (the new scientific bathroom scale) you now receive free the most amazing and yet the simplest weight control course known. Inquire at any leading store carrying Health-O-Meter.

NO excuse now for being fat. There is a new way—and the only one approved by the medical profession—that brings back the beautiful and alluring body you had when a girl. And most surprising of all it takes only a few weeks. Thousands of women have proved it. So we ask that you, too, test this safe and pleasant way to reduce. If you are not amazed and delighted the test is free.

We are manufacturers of the Health-O-Meter Automatic Scale which is necessary in reducing or gaining scientifically. You weigh every day—at the same time—without clothes. Public scales are useless. With the purchase of each scale this new method of reducing is given free. If you do not lose 5 pounds the first 2 weeks return the scale and course and get your money back.

Complete 5-year guarantee
with every scale



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Tell me about your free test in reducing.

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Moles

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FLINT, MICHIGAN



erect and turn his body sideways from the hips, and you will see that the erector spinae on the side, toward which the body is turned, stands out prominently. Thus does it prove itself a muscle that can act individually, as well as in unison with its mate, as in postural movements of erection and as a support against depression. Turn the head only and you will see another effect upon these muscles, proving its co-ordination from such a remote point.

This pair of muscles cease to become surface muscles at a little below the commencement of the lower rib line. From there on they become deep muscles, covered up by the fascia of the latissimus dorsi in the first place, and in the second place they become the trapezius in the higher-up back regions. The muscle is very massive in the pelvis and lumbar region where the major part of the action is, and the development or non-development of this extraordinary complex column of muscle will always have more to do with your back troubles and health than you may believe.

They are the posterior protection of your vital organs as well as of the spine itself; therefore, special attention should be given to the promotion of growth and energy for this valuable muscle. Being so closely formulated against the spine, it is possessed of tremendous nerve vibration. While not nearly as large as the thigh muscles, they are vastly more powerful by reason of their reserve and source of nerve supply. You actually use them more than any other muscle in the body. While you walk they must keep you bodily erect and help locomotion. Sitting down they continue to keep you erect and turn the body in rotation while other muscles are resting. Even in your sleep they operate; otherwise, you could not turn in bed.

Now friends, I have gone more deeply into the discussion of these muscles than ever before, at your request and for your benefit. Do not overlook the lesson that our talk holds. Give your individual attention to spinal up-building a little more than you ever did before. Always bear in mind that this area contains your vital organs, and their protection is the muscle that surrounds them, and you will never have cause for regret.

I am not going to give you many exercises for the back as space forbids, but here is a simple effective exercise that catches this muscle in all of its varied parts. Just take a pair of kettle bells or dumb-bells, one in each hand, and have them well within your ability to handle in a "muscle out." First stand erect and push them to arms' length, bringing the shoulder blades together in order to get all the back muscular action possible. Keep the arms straight and very slowly lower them down sideways and inclined toward the back throughout the downward movement. When the arms have descended to a

level with the shoulders, stop. Then in a slow careless manner look from one weight to the other as though you were counting one, two. Then drop them to the side and push overhead again and repeat. These muscles acting in depression and inspiration receive little value when raising the weights from the sides with a straight arm to the overhead position. The movement would help the deltoids and supinators of the arms, but do not forget that your concentration is required for the erector spinae muscles and nowhere else during this exercise.

As the repetitions increase, a tendency to lean back will be fostered, but do not cater to it. If you have to do that in order to perform so many counts, you might as well quit and use the time for something else. Just perform the movement as many times as you can do so correctly. The tension will be the most severe when the weights are on a line with the shoulder, in the "muscle out" position, which is the reason why I advise you to be guided in the exercise by the amount of weight you can hold out.

EDITOR OF THE MAT:

Have there ever been any really good women weight lifters or wrestlers? Anxiously awaiting your reply in the *Mat* columns,

A Group of Girl *Mat* Fans.

Now do not get surprised fellows because you see a female inquiry for the first time in our columns. I have often received letters from the fair sex, and I believe that all *Mat* readers will be equally interested in this subject. While the sports of heavy athletics and wrestling have always been dominated by men of sterner calibre than found in most other sports, there has never been any reason to believe that women could not take an active interest in these games as well as in other sports. Of course there is no use in overlooking the fact that the appeal will never be anywhere near as strong for these games with women, for no other reason than that woman is rarely physically constructed to engage in such pastimes. Nevertheless, some are and I can recall women of extraordinary ability in both sports, particularly in lifting weights. For instance, there was Katie Sandwina, a German girl, who weighed around 200 pounds, and who was a picture of shapeliness and as beautiful as a screen actress. Ordinarily you would imagine a woman of that weight would be a colossus, but not in this case. As a matter of comparison my eldest sister weighed well over 200 pounds as a young woman, powerfully constructed and withal as fine a looking woman as I ever saw. Katie Sandwina was the daughter of Max Brumbach. For generations back, on both sides, father and mother had been famed for their circus strong acts, but Katie became the strongest of them all. It is claimed that she performed a two-arm clean and jerk of 286 pounds on various occasions, making the same lift in Chicago

before witnesses, that included sports reporters, when her act toured the United States. Her husband is a star topmouter, and after they were married she entered her husband's act as the understander. He is a pretty heavy man for top mounting, but his wife handles him like a child. There were one or two more girls in the family, and each gave a strong act.

I remember Vulcana (Miss Robertson), the daughter of a Welsh minister who was a fine 140 pound performer. Atlas, the British lightweight lifter, was her brother, and for years they appeared together in an act, sometimes with a troupe of performers. The Brada girls were tremendously strong. Then there were three French sisters who toured as the Three Athletes. I knew others such as Velva, Athleta, Athelda, Florence La Blanche, and Madame Cloutille—all fine women. Since strong acts have died out we naturally see less strong women than ever. Of wrestlers there have not been many; the most popular woman wrestler of the present time is Cora Livingstone, now the wife of Paul Bowser, former star heavyweight performer and now Boston wrestling promoter. As Miss Livingstone, Mrs. Bowser beat all the lady contenders for the world's female title. Apart from her unique grappling ability, Cora is a very attractive looking woman and was quite popular when active.

EDITOR OF THE MAT:

When I sleep over 8 hours I wake up with a headache that continues all day. Last night I slept over 10 hours.

S. C. Smith.

A healthy person will not sleep over seven hours at the most under ordinary circumstances. If he is unusually tired then he will. The hours of sleep are the hours of recuperation, during which time the blood stream purges the whole system of the impurities accumulated during the day. The little monones of fatigue toxin that secrete themselves within the smallest chamber become washed away, leaving the muscles refreshed and free to function. The brain as well as the organs and muscular cells receive the blood wash, and just as soon as this is thoroughly done the waking hours begin to dawn. Sleep after that time causes a depletion of the nerve reserves by reason of the suppression of forces that are seeking to become active. If sleep is brought on after, it is because bed tiredness is developed, which often becomes habitual. Six or seven hours is sufficient, and longer with a healthy man is apt to become reactionary as is the case of Mr. Smith. If you have worked extremely hard during the day, you are apt to sleep more, but as soon as you awake you should begin to think about arising. If a person sleeps unusually long, there is something wrong with him, and if a little exercise and a shower do not make him feel fit, he should begin to get busy and analyze himself.

People who are past middle life require more sleep, for tissue degeneration causes greater fatigue; thus longer recuperation is necessary.

WHAT IS VITALIC CULTURE?

By ARTHUR CROSEY



THOMAS ROBERT GAINES
Mr. Gaines will lecture in Washington, D. C. At the Playhouse the first week of November. Call and hear him free.

points to the thousands of men and women he has personally benefited in the past. For all these years, Mr. Gaines has been a prominent figure among men springing from all walks of life. He has been associated with Doctors of Medicine, Doctors of Naturopathy, Osteopaths, Physical Culturists, Psychologists, Teachers, Clergymen, Athletes. He has earned the commendation and endorsement of all.

To talk about Mr. Gaines' work in the past, would be to give a chronicle of good deeds, inspiring efforts, expert services and continual, ever-persistent, ever-fruitful work for humanity. As a lecturer, author and teacher, he has done much—but as the founder of VITALIC CULTURE—he has achieved his greatest work. For NOW he can reach countless millions.

WIN HEALTH, POWER AND SUCCESS

Be determined to achieve in life! People trained in Vitalic Culture get somewhere! The Vitalic System of correct living, correct eating and correct thinking, is the last word in health and success building.

Only actual, worth-while instructions, high powered secrets—that get quick and certain results. Every lesson will stir up your ambitions and speed you on towards your goal.

VITALIC BREATHING AND VITALIC CULTURE

Already Vitalic Culture has become a national institution. Vitalic Culture Clubs have been established in principal cities of the United States. Vitalic Culture is on the tongues of thousands and thousands. But its work is only starting. Its message, for the first time, is being broadcasted into every American home.

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The study of VITALIC CULTURE includes training in correct exercise, Vitalic Breathing, food Harmony, poise, success building, right thinking and practical psychology.

The principles of VITALIC CULTURE do not tend to make you set aside any definite time to practice these things. You do them all day long. They become part of your life! You live the VITALIC way as you go! And soon this right manner of living becomes involuntary upon your part—but you will readily realize the great good it is doing for you. And the wonder of this course in Natural Truths lies in the fact that it is astoundingly simple!

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OPPORTUNITY

You will find VITALIC CULTURE is the Miracle of today. People, tired, nervous, debilitated, will become refreshed,

READ ON—If you would reach the heights of Health, Power and Success.

READ ON—So that your problems—physical or mental, may be solved.

READ ON—So that you may learn of the amazing power of VITALIC CULTURE—the force that combats disease and need—and **CAN-NOT FAIL** to improve your life.

THE MIRACLE OF TODAY

CLOSE your eyes to the din, the noise, the tumult of the world! Forget its miseries, its unhappiness—the perpetual grind of life. Come into a new world—the land of VITALIC CULTURE!

It costs but little—but the value is great. It is no magic realm, wherein one may expect to find wishes instantly fulfilled—for common sense teaches us that we have to strive in order to attain our goals. But VITALIC CULTURE will lead you to a land where goals are won through efforts expended in a safe, sane, natural manner.

THE DISCOVERER

The founder of this manner of right living is Thomas Robert Gaines, a man who has lived the VITALIC way for many years—and who is a living example of what VITALIC CULTURE can do. But he is not satisfied in showing what VITALIC CULTURE has done for himself. With pride, he

tranquilized and strengthened by it. No matter how weary and bored you may be—by what appears to you as life's incessant monotony—you will learn to take heart and see things anew. Again you will live and enjoy being alive! VITALIC CULTURE will MAKE you feel that way.

Send Today For This FREE Instructive Book—"The Message of Life"

We know you will be interested in obtaining this novel, practical little book that Mr. Gaines has prepared. It contains a review of much of Mr. Gaines' great work—and testimonials and endorsements by all classes of people.

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HAVE YOU EVER SEEN

A Muscle Control Display

ON THE STAGE?

You must have seen strong men and acrobats give a display of their muscles in a posing cabinet as part of their acts. Remember how they could control the muscles of their entire physique—how they could make them ripple, jump and bulge up at will? Remember how you marveled at such displays and wondered how they could do it?

Here Is How

Didn't you wish you could control your muscles like those performers did? Here is how you can learn in a short time at almost no cost.

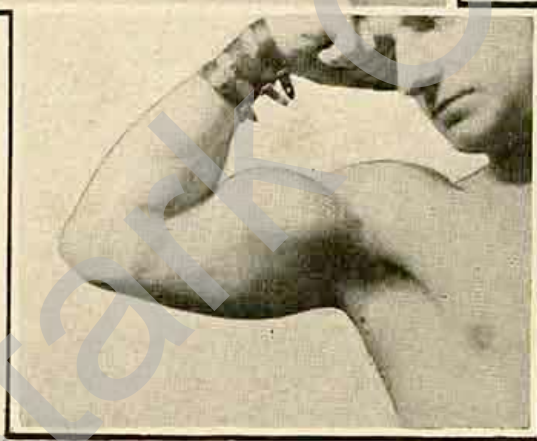
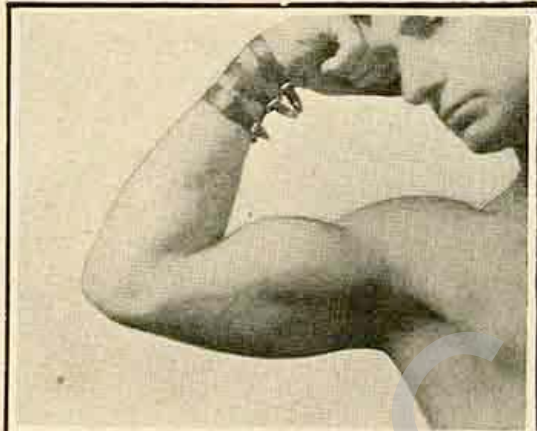
The SECRETS

OF

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are thoroughly given you in my Muscle Control Course. You will be surprised how quickly the abdominal isolation comes to you after a few trials under my supervision.

You learn the art of controlling your muscles from the very beginning. There are easy control feats at the start, which you can do right off the reel. How to control the calf, thigh, forearm, biceps, triceps and all the muscles of the upper body is taught you.



Figs. 3 and 4—Biceps Control.

Note the difference in the contracted Biceps (lower) without moving the arm.

Hints Upon Professional Posing

are also contained in this course. You are told how to pose properly and also how to go about getting posing engagements with professional artists.

Just Enclose a Dollar Bill with This Coupon.

CHARLES MacMAHON,
Studio A-50-X,
180 W. Somerset St., Philadelphia, Pa.

Dear Sir:
Please find enclosed \$1.00, for which send me immediately your new course, "Muscle Control and How to Become a Professional Artist's Model."

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Street.....

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

Charles MacMahon

Studio A-50-X

180 W. Somerset Street

Philadelphia, Pa.

Kidney Disease

(Continued from page 44)

definite amount of outdoor exercise. Walking is the best form and for some golf in moderation. Whatever form of exercise is taken, it should begin gradually and increase slowly. While exercise is being taken, it is always advisable for the individual to be frequently examined by a doctor, so as to make sure that he is not overdoing the exercises. Massage and baths are also beneficial in such cases, and when the massage and bath treatment in cases of chronic nephritis is regulated by a physician who is in close touch with the individual's general condition it then gives excellent results. However, unless controlled by a physician such treatment may do a great deal of harm. Massage is only a form of exercise, and, if overdone, it may do as much harm as too much exercise of another sort. Baths when taken are quite enervating and fatiguing even to a healthy individual who is not accustomed to them, and so to the nephritic individual, with his lowered vitality there may be a source of great danger.

The different types of climate are also beneficial in chronic nephritis and when it is possible the individuals who are suffering with this condition should spend as much time as possible in warm climates, as warm weather promotes elimination of the toxins or poisons through the skin.

Uremia is very often a condition found in kidney disease and when this condition is imminent, premonitory symptoms occur, such as headache, fullness of the head, vertigo or dizziness, blurring of vision, muscle twitching, muscle cramps, restlessness, insomnia or drowsiness and frequently nausea and vomiting with diarrhea occur. The blood pressure increases and the urine shows a decrease in the amount of solids excreted. Chilling, a high protein meal, extra muscular exercise, nervous or mental excitation, or anything which may suddenly increase metabolism and nitrogen waste may precipitate an attack of uremia. The diet in impending uremia should be the minimum diet, perhaps only as much as a pint of milk a day. The water intake should depend on the amount of water elimination and as the diet is increased a considerable amount of alkali foods and cereals may be given, so as to combat the acidosis condition. In those cases of uremia in kidney conditions in which the individual is extremely restless, and also in those cases where convulsions usually occur, then the eliminative treatment must be used, and in addition to this the individual must be kept very quiet at all times so as not to cause any exciting conditions. Results can best be obtained in such a condition by receiving treatments from a competent osteopathic physician, as in these cases there are nerve irritations originating from the spinal column.

How Much You Should Weigh and Measure

(Continued from page 37)

grades; but you must always remember that there is a defining point, the stage where additional structure becomes freight. This does not have to be fat to constitute such ballast, it can just as well be the accumulation of fruitless tissue, inflated tissue gotten from methods of exercise that can best be defined as quantity versus quality. Such structure is pure freight—useless. Of the hothouse variety, it weakens before the demand of vigorous physical effort. Bearing this in mind we will go back to the man who wants physical improvement and has his eyes set upon the measurements in the grade to which he belongs.

Let us take the man of 5 feet 8 inches, who only weighs 135 pounds and yet is normally healthy. He is far too light for his height and so needs no telling. This man is not so hard to handle as the one who once weighed 165 pounds and fell back to 135 pounds. The latter does not know why he lost so much, for he always felt well and still does. That is what puzzles him. If he had had pneumonia or something like that at some time he would lay the trouble to that cause. I have had numerous cases of this order, but I have found out in over 90% of the cases that these men were over 30—from 30 to 39, the years when most men have their feet on the threshold of success. They fight so hard to grab and hold success that they never give a thought to the amount of reserve that becomes expended in the fight. The stores of reserve energy which nature has stored up during the earlier years, for emergencies have been drawn upon to such an extent that the reservoirs have become dangerously depleted. Nothing will burn up the fleshy tissues of the body as rapidly as nerve strain. This mental exertion saps away what should be cared for to protect us during old age, and that is where the weight goes. As a matter of statistics the nervous type is always under weight.

The first question this type ask me is, "Can I put on more body weight?" and the second, "How much?" The first question is readily answered, but the next not at all. One thing I never do is to "pass the buck around" or kid people. Irrespective of what I may be outside of my profession, I am extremely serious whenever my body building work is concerned. I know that definite results can never be gauged verbally. The results are gauged more by your own personal efforts than any other thing. It is sufficient to know that I can help, and from my diagnosis I work on the subject, not with the object in mind to acquire for him a certain standard of proportions, as much as I concentrate to restore his depleted energies. While I give him all around body building work, yet the measurements I let take care of themselves, as long as I am successful in building up the little storehouses of energy that lie hidden in all parts of the body. Get these operating right; then the rest is



See What Happens From Nerve Exhaustion

Thousands of men and women who seem to be in excellent health are virtually heading for a breakdown—and don't know it! They have no organic trouble, yet they can't sleep, get gloomy, irritable and easily excited, have cold sweats, dizziness and sudden fatigue. They'd laugh if you told them their nerves are exhausted—but it's an actual fact.

tion of these laws that stubborn cases of Nerve Exhaustion can be overcome.

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Based upon many years of intensive experience and study, the famous Nerve Specialist, Richard Blackstone, has written a remarkable book entitled "New Nerves for Old." In plain language he gives certain easy-to-follow rules that have enabled thousands of men and women to regain their lost nervous energy and to acquire glowing health and youthful vitality. It enables you to correctly diagnose your own case and shows you how to bring back your lost nervous vitality.

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What Causes Sick Nerves?

In women this is largely due to overactive emotions, and to the constant turmoil in their domestic and marital relations. In men, these signs of nerve exhaustion are produced as a result of worries, intense concentration, excesses and vices. The mad pace at which we are traveling is wrecking the entire Nervous Organization.

Nerve Exhaustion is not a malady that comes on suddenly. In fact, it is a very gradual development that deceives scores of men and women who appear to be in the best of health. Yet all the time their nerves are in constant state of upheaval, slowly undermining their entire organism.

How To Strengthen Them

No tonic or magic system of exercises can ever restore the health and vigor to weak, sick unbalanced nerves. To regenerate lost nerve force, to build up strong, sound nerves requires an understanding of the action and abuses of nerves. It needs a knowledge of the natural laws of nerve fatigue, of mental and physical relaxation and nerve metabolism. And through the applica-

Have You These Symptoms?

Get excited easily? Become fatigued after slight exertion? Hands and feet cold? Suffer from constipation or stomach trouble? Is your sleep disturbed by troubled dreams? Have you spells of irritability, gloominess—pessimism? Suffer from heart palpitation, cold sweats, dizzy spells?

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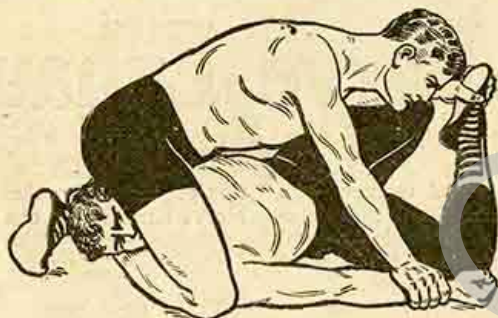
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Of course, I cannot afford to sell you one or two holds or any part of this course separately, for one or two holds would cost more to mail than I would get for them. But I am positively selling you this whole wrestling course for the very low price of one dollar.

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merely a matter of natural co-ordination. Once the body is toned to its natural state, the question of development can be settled by the exercises. If he desires to have unusually large measurements, his continued progressive course in training will acquire it. But speaking for myself, quality is what I prefer. During my own experience of body building, I acquired an unusually large body for my height. At 5 feet 6 inches I succeeded in acquiring a 47 normal chest and 18 inch biceps of power producing structure. I had no desire to become larger, and by a simple method of infrequent exercise I retained my size and balance and prevented further growth; but my abilities have proven that I have injected a greater quality into that structure than I ever possessed before. Consequently, I am more efficient, just as shapely, and yet retain a rugged physique. The greatest fault I have to find with most body builders is that they are too frequently switching around. First they are on this method and then on that method, and in fact every method they see, instead of finding the right method and concentrating on it for superb cultivation.

The Scottish people are known to be a very thrifty race, and they have acquired this habit from the cultivation of almost barren soil. In the course of their struggles they found the right system of cultivation and turned what was once almost barren soil into fertile crop-raising land. Adhering to the principle they developed the soil from every angle, sometimes plowing and cultivating a field no less than four times, but they became well repaid. Now if they had to be raising a bean crop one year, a potato crop the next, and then grain, and so on, they would never have gotten anywhere.

Our problem is to do likewise. Find out what is best suited to building the body and go ahead and make it produce. That is the same way your body should be considered. Find out its peculiarities and specialize upon the various parts to make the whole body balance and be fruitful. Use the only system of training that will make it produce and you will reap the good seed that you sow. Vary the principle of training from every angle, so the muscles do not become accustomed to operate in one groove. Now if you happen to be one who is very fat you will likely be much overweight. If you were not always fat you are in luck, as the fleshy tissue will not be so clinging to the muscles as in the case of one who has always been fleshy. This substance of the ivy clinging variety must be dealt with differently. In the first case, elimination is necessary because that fat is a foreign accumulation and must be gotten rid of; the second case must be a form of conversion and elimination. While the latter type of man rarely ever acquires muscular separation, he can acquire a shapeliness of body quite gratifying. At the same time he will eliminate a considerable amount of his surplus flesh. I have found that the naturally fleshy man retains consider-

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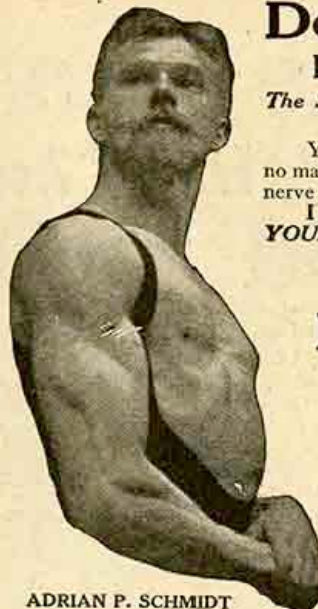
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able properties of value within the apparent mass of fat that can be converted into musculature of very high quality. He is apt to become very strong and acquire dimensions well over the standard for his height; but of them all the man who is naturally very skinny will always have the toughest struggle. Since the gland idea has been brought before the public the opinion has been formed that your physical destiny is controlled by certain glands. Personally I have never been satisfied on this point. I need to see more convincing proof from the glandular experts than I ever have seen. I find that many among the medical fraternity are of the same mind as myself. The reason for my skeptical attitude is simply because I have a more concrete basis to work upon—the evidence of men of the starved variety becoming well built men from exercise, although there is a great deal of difference between a skinny man and a small-boned man.

In order to get the skinny man over the hill there are several things to be considered and done, which are not required for the small-boned man; but it can be done. Did you ever study the limbs of some of those coursing greyhounds. Man! the massive thickness of those leg muscles with their sinewy cords standing out like the stalks of a grape vine are terrifying, and the deep chest and cylindrical neck go to make up some of the most Herculean looking canines specimens I have ever seen. They are naturally skinny, but expert handling makes them powerful. The same applies to the skinny man. He may fall short of the measurements given here, but they can be gotten. Anyhow let us argue that he could never secure those proportions. On the other hand, he accumulates such a fine quality of muscular tissue that he often outstrips the bigger measured man in feats of actual strength.

One thing I can assure you—rarely does a man of huge proportions ever prove himself to have an equal amount of power. The truth is you can rarely acquire huge size and quality together. What I mean by huge dimensions is a 160 pound man wearing a pair of 17½ inch biceps. He seldom has the strength to balance. But I know some men in their craze for large measurements have gotten such sized arms, but little good they did them.

Of course, I want you all to be interested in measurements, but only to a certain extent. Do not let them rule you. Start at the root of the tree and build up, and as you do so your measurements will increase; in the end you will become a finer specimen of manhood full of stored up energies, and with a physique of which you can be proud and one that will be labelled, "quality in proportion with all your other physical acquirements."



ADRIAN P. SCHMIDT



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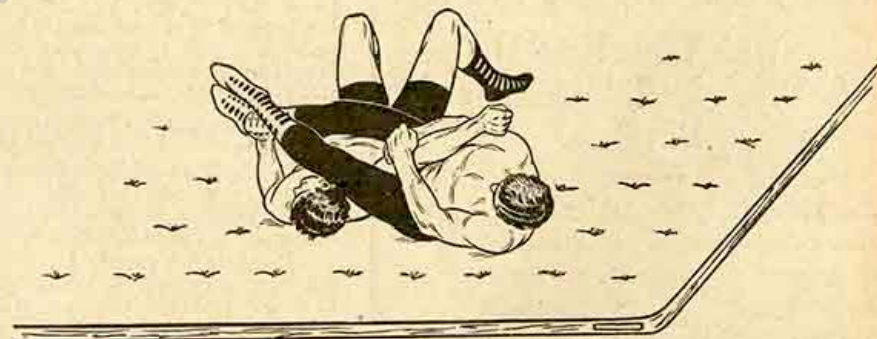
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Keep Limber with Indian Clubs

(Continued from page 30)

tinue to gyrate with little or no special attention, once momentum has been imparted to them.

Exercise No. 1. Standing with heels together, lean slightly forward with one club held loosely in tips of thumb and first two fingers; raise arm out slightly in front of body with club hanging pendulant. Now, by moving the arm ever so faintly, cause the club to describe a circle underneath the hand, allowing the club to rotate as much as possible of its own momentum and as fast as you can cause it to and still keep it from jerking. Practice this in either hand, till you are fairly certain the clubs will continue to rotate without any effort on your part.

Exercise No. 2. Hold both clubs out in front of body in like manner, with arms far enough apart to prevent the clubs striking. Cause them to swing simultaneously in the same direction, next reverse the direction of both clubs; continue till you get both clubs working smoothly together.

Exercise No. 3. Hold clubs in front of body on a level with the knees, arms crossed midway between forearm and wrist, so that clubs hang pendulant several inches apart. The trick here is to get the clubs swinging inward, one toward the other, without colliding. Start by swinging one club, and as it starts to swing out, start the other one swinging in. Do not hold clubs tightly, but just allow them to hang loosely in the thumb and first two fingers, imparting the motion by swaying the arms ever so faintly. After awhile you will get the two clubs moving in continuous even circles, and once you have mastered this little movement you will gain a great deal of confidence in yourself, and should be eager to proceed further.

Exercise No. 4. Hold the arms out at full length in front of body and cause clubs to rotate under hands, as in exercises one and two.

Exercise No. 5. With the right arm held at full length in front of body, hold club above hand at an angle over forearm; by jerking the arm slightly commence to describe a circle with the club over the hand and forearm, then as the club gathers momentum it will no longer be necessary to move the arm. Practice swinging the club in both directions. Then switch to the left side and thoroughly master this exercise with that arm.

Exercise No. 6. Both arms at full length in front of body, cause both clubs to swing simultaneously, as in the previous exercise. Make circles with both clubs swinging in the same direction, as well as in opposite directions.

Exercise No. 7. Right arm at full length in front of body, cause club to describe a perpendicular circle to the left side of hand. Practice this in both directions. Then do the same with left hand, only the club will be swinging to the right of left hand; or in either case on the inside of the arm.

Exercise No. 8. This is a double arm movement of the previous exercise,

both clubs swinging in the same direction on the inside of the arms. Next, reverse the direction, and then after you have thoroughly mastered control of the clubs while swinging in this position, make them rotate in opposite directions.

Exercise No. 9. In this movement the club is swung on the outside of the hand and forearm, instead of inside; otherwise it is the same as exercise seven, the circle being perpendicular. Master this movement with each hand, then swing both clubs together, as in exercise eight, the difference being that the clubs describe circles on the outside; that is, the club in the right hand swings in a circle at the right side of the right arm, while the club in the left hand swings in a circle at the left side of the left arm. Practice alternating the direction of the clubs.

Exercise No. 10. Swing clubs as in exercise four; that is, under hands with arms at full length to side.

Exercise No. 11. Swing clubs as in exercises five and six; that is, over hands, with arms at full length to side.

Exercise No. 12. With arms at full length to side, make clubs describe perpendicular circles to the front of forearms.

Exercise No. 13. Both arms at full length to side, make clubs describe perpendicular circles to the back of forearms.

(Note for exercises Numbers ten, eleven, twelve and thirteen): Thoroughly master these movements with clubs swinging in same direction, then vary movements by swinging in opposite directions. It is understood that heels are together during all of these exercises.

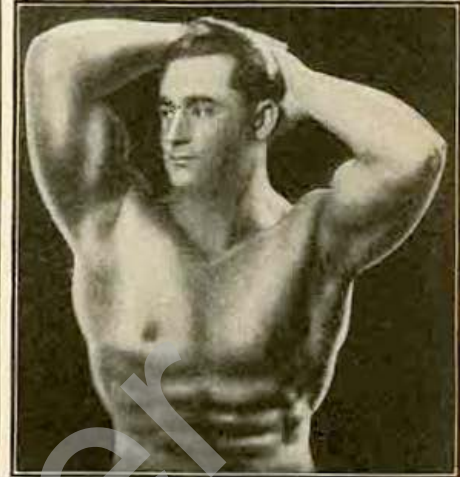
Exercise No. 14. With arms hanging at sides, make perpendicular circles with clubs at side of arms. Vary the direction of these movements.

Exercise No. 15. With arms hanging at full length in front of thighs, describe perpendicular circles in front of thighs, swinging clubs in same direction and then in opposite directions.

Exercise No. 16. We will now take up a few half arm circles, in which the knob of the club is held stationary, though loosely, in the fingers, using the same method of gripping as in the foregoing exercises, the axis of the circle changing from the hand to the elbow; that is, the movement comes from moving the forearm in a circle with the upper arm held stationary, or at least, as nearly immovable as you can hold it.

Holding the right elbow at the side and raised a little to the front, with forearm bent upward in a perpendicular line with the body and club pointing straight up in a continuous line; describe a circle in front of the chest, swinging the forearm in a circle with the upper arm immovable. Now, practice the same movement with the left arm; when well used to this exercise, practice swinging both clubs simultaneously, first in the same direction, then alternate the clubs.

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Exercise No. 17. Elbow held at side, describe a half arm circle with club at side of body. Practice with both right and left separately, then both arms together, varying the directions in which the clubs rotate.

Exercise No. 18. With elbow raised to side on level with shoulder, cause club to make a half arm perpendicular circle in back of arm. Master this with either hand, and then swing both clubs together.

Exercise No. 19. At this point you had better notice how high your ceiling is, and be sure the room in which you are working is wide enough for now we will rehearse a few full arm circles, that is, the axis has now moved from the elbow to the shoulder, with the clubs held stationary in the fingers as in the half arm movements.

Holding club firmly, so that it will not be liable to slip from the grip, we will take one arm first; describe full arm circle at side of body, swinging club in a free circle, and as fast as possible without losing your footing. Practice the same movement with the other arm.

Exercise No. 20. Swinging both arms at the same time, make circles at the sides, swinging both forward, then backward, and then alternate the directions of each arm circle.

Exercise No. 21. Starting first with the right arm, describe a full arm circle in front of the body, alternating the directions of your swings. Then practice the front full arm circle with the left arm.

Exercise No. 22. Combine the right and left front full arm circles, swinging both in the same directions, then alternate the circles.

(Note) Before proceeding further, and taking up the more advanced work of combining the various movements, you should concentrate on thoroughly mastering each separate exercise, as it is necessary to have each one working very smoothly in order to carry on from one to the other. When you feel somewhat certain that you can keep the clubs in motion, and in fairly good circles, then, only, should you begin the movements following. You will find it much easier in going through this nomenclature to memorize each movement and the number corresponding to it.

Exercise No. 23. Combine exercises four and six; making a couple of circles under the hand, then a couple over the hand, alternating from one to the other, and reversing the circles—one hand making circles under the hand and the other over.

Exercise No. 24. Combine exercises seven and nine; alternating circles inside and outside of forearms.

Exercise No. 25. Combine exercises ten and eleven.

Exercise No. 26. Combine exercises twelve and thirteen.

Exercise No. 27. Combine exercises sixteen and twenty-two, alternating one of each, that is, one half arm circle and one full arm circle. Then use both arms in the same way.

Exercise No. 28. Combine exercises eighteen and twenty, alternating one of each; then use both arms alternating.

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Once you have accomplished each of the foregoing combinations in pretty smooth order, you will have a fairly good idea of the possibilities of club swinging; it seems hardly necessary to add to the present list of exercises; so we will merely suggest a few possible combinations and leave any further accomplishment to your ingenuity, which, of course, will be limited according to the perseverance shown by yourself.

As suggestions: You can alternate in all manner of ways. Exercises twenty-four and twenty-five; likewise exercises twenty-six and twenty-seven; also mix up twelve, thirteen and nineteen; as you become more polished, you keep the clubs circling free in the fingers while going through all the half arm and full arm movements. If you follow this hobby with any spirit at all, you will be making up combinations as you go along.

So if you wish to become diversified in your training stunts, and at the same time master something interesting and entertaining, purchase a pair of Indian Clubs and memorize the foregoing exercises.

Winter Training Suggestions

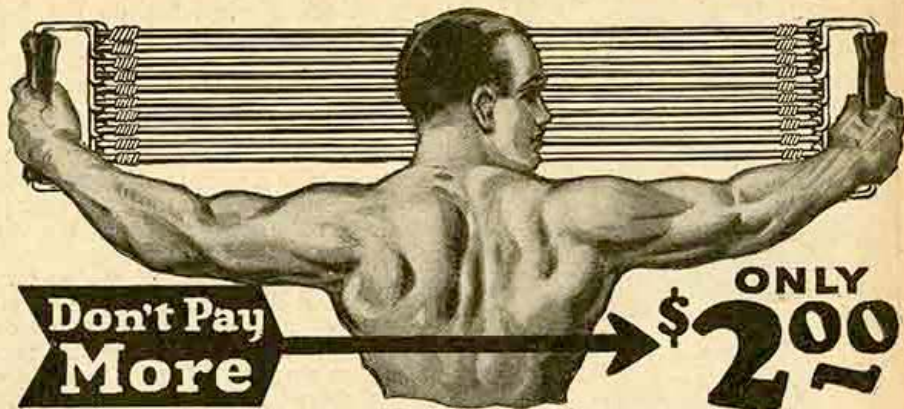
(Continued from page 48)

ably pronounced. Swing the legs forward from the hips, kneeling the knees locked, but not stiff. Let the heel come in contact with the ground first and push off with the toes of the other foot, the idea being that the toes of one foot leave the ground as the heel of the other grips the ground. Walk along at a pretty rapid pace and you will surely benefit from this method of walking. When you hold the chin in, the chest is sure to be in correct position. A little trick in walking, if you want to keep up a fast pace easily, is to keep the fists lightly clenched, and as the arm comes back, bend the fist up a little towards the rear; this will tend to add momentum to your step, but do not exaggerate it so people will notice the twist of the wrist.

Another valuable method of improving the wind and general condition is rope skipping, which will teach you to be quick on the feet and greatly strengthen the muscles of the calf and thigh. A few minutes spent daily at good fast skipping will repay you many times in increased leg power and lightness on the feet.

If your daily schedule permits, I should advise you to take your road work in the morning before breakfast, and, if you care to, the rope skipping. All other exercises are better performed later in the day, preferably in the later afternoon or evening. If all your training must be done in the evening, then it will be best to wind up the night with the road work.

Swimming is a splendid sport and all-round exercise; besides it has a most soothing effect on the nerves. Furthermore, you never suffer stiffness from swimming, so if you possibly can it would be well to get in some swimming along with your other work, say two or

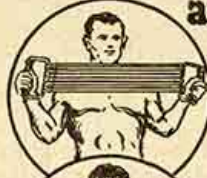


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three times a week, but do not fool around the water too long; make it snappy, five or ten minutes of swimming, or combined swimming and diving and then take your shower, dry off and get dressed. In cold weather it is unwise to immediately go out in the open air after a swim; you should hang around inside for upwards of an hour to really be safe from exposure. We will say more about this later.

Diving is great fun and teaches perfect control of the body, while in all manner of positions so one would do well to put in a winter becoming proficient at the art. When I limited the water sports' time to ten minutes, the supposition was that your swim would be in addition to other work, whereas if you intend putting in an evening at swimming and diving, keep busy and do not hang around more than about twenty minutes; that will be plenty if you are continually on the move.

Along with the road work, walking, rope-skipping, diving and swimming, you will want some exercises to build up and improve the muscular system. There are several things you might do in this line, hand-balancing and tumbling, wrestling, light dumb-bell drills, strand-pulling, gymnastic work, or progressive bar bell work, to be decided according to your aims and ambitions in this respect. Or you may want to learn the manly art of fisticuffs, and although boxing toughens you and puts you in splendid condition, it is not essentially a building-up exercise, and does not compare, for the purpose of muscle building, with the other stunts just enumerated.

Two or more friends can profit by training together, practicing at wrestling, boxing or hand-balancing and tumbling; or, in fact, a little of each. You know, they say variation "is the spice of life, and nothing will serve to keep up interest like varying your program and eliminating too much routine.

In addition to the heavier forms of training, add a small amount of something novel such as Indian club swinging, medicine-ball throwing, or bag-punching, or you can do a little of each, taking day about at each one of these novel stunts, etc.

So, we would say, you might line it up something like this: For the young, energetic fellow, roadwork walking, rope-skipping, some swimming, building-up exercise of some sort, some novel stunts, and, whenever you can, get in a game of an active sort, like handball, basketball, volleyball, indoor baseball, and, better still, get outdoors and play football, or soccer, or perhaps both, and the ice offers a chance for fun and valuable exercise, skating and playing hockey when you can. It should be understood that road work is unnecessary when you indulge in plenty of skating.

For the man around forty, who does not care to exert himself so much, or who is limited for time: Road work, walking, rope-skipping, building-up exercises, novel stunts, and some swimming when possible, limiting each period so that too much energy is not expended and that he does not get over-tired.

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Gentlemen: I am enclosing \$1.00, for which please send me immediately one of the children's courses.

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For the elder man: Walking, rope-skipping, some exercises to keep the muscles firm, some novel stunts and swimming.

You will have to be your own judge as to how much you will do and what you care to follow. It is healthy to get tired so you can sleep well, but you should not become exhausted or shaky from anything you do.

Now we come to the consideration of one of the most important points, bathing. Trainers are continually coming to realize that tepid water baths are the best for general conditions, ending up with a cold splash or shower. Occasionally a hot shower or tub with plenty of soap will be of benefit to thoroughly cleanse the skin.

You should always take a shower or bath after every exercise period; if you do road work in the morning, take a quick warm shower followed by a cold splash or quick cold shower, make it snappy; then after your evening workout take a longer shower.

Here we will issue a warning: Don't go out after a shower, tub-bath, or swim, but get thoroughly dry, then stay indoors a while before going out in cold or cool weather. Many athletes get severe colds and pneumonia from the foolish practice of running out and exposing themselves while the pores are open. Better no bath than to do that.

As we outlined when beginning this article, it is a few training suggestions and no attempt is made to dictate any sort of routine. By selecting several stunts you enjoy doing and varying your program by doing different things occasionally, we believe you will come to enjoy keeping "in the pink."

American Continental Weight Lifter Association

(Continued from page 52)

pounds. Altogether a pretty good line of new marks were made.

The new state champions named up to date are: for California, T. Tyler, heavyweight; D. P. Willoughby, light heavyweight; M. Betty, heavy middleweight; R. Straight, middleweight; L. Olascuga, lightweight.

For Maryland: A. Manger, heavy and light heavyweight; R. F. Bachtell, light heavyweight; H. Freeman, featherweight; R. F. Knodle, bantamweight.

For Ohio: H. Michaels, heavyweight; W. Stratton, heavy middleweight; M. G. Omeroid, middleweight; C. Barnholth, lightweight.

For Pennsylvania: Dr. L. Raftery, light heavyweight; J. Gauss, heavy middleweight; A. Gauss, lightweight; A. Levan, featherweight; P. Piantone, bantamweight.

For Missouri: J. Gilroy, middleweight; G. M. Strain, lightweight; Victor Frank, heavy middleweight; C. L. Thomas, middleweight; Roy Little, featherweight, won on the five lifts in each of their class.

For Massachusetts: D. Mitchell, heavy middleweight.

Illinois: F. Neuman, light heavyweight; M. Pirofalo, lightweight.

Oregon: A. Sundberg, lightweight.

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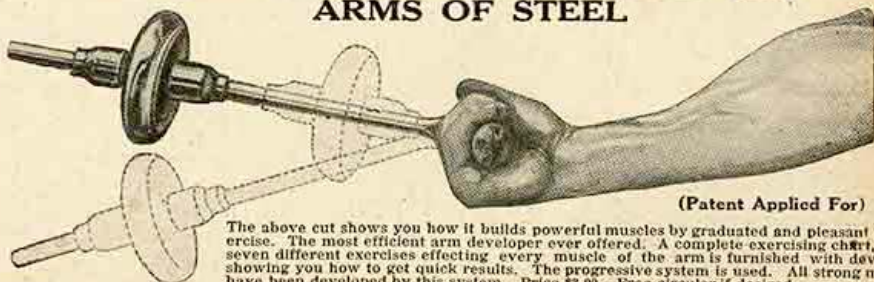
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Agents Wanted

Vermont: W. Davis, heavy middle-weight.

After the events had been contested on September 4th, Manger made two attempts on the Two Hands Snatch. First he succeeded with 201 pounds and failed at 206 pounds. He was unfortunate to be disqualified in the title series on the Snatch and had to be satisfied with 185 pounds.

The same night E. Pearson, of Boston, Mass., made an onslaught on the Two Hands Dead Weight Record held by Manger at 520 pounds, and succeeded with 525 pounds. He was followed by John Valentine, of Winston-Salem, Mass., who stuck up a Left Hand Bent Press Record with a dumb-bell from the shoulder of 170 pounds, duplicating the same poundage with a bar bell, which was also an American record. Valentine weighs 146 pounds and is a husky looking youngster.

George Blymire, of Harrisburg, Pa., made two new Curl records, beating the record in his class, and also the record made by F. Dennis in the next class (heavy middleweight), performing with 55 pounds in the right hand curl, and 60 pounds with the left hand.

E. Hart, of Akron, Ohio, at 160 pounds, made an Ohio state record of 88½ pounds in the abdominal raise, and a world's record in the hands and thigh lift, raising 1202 pounds.

L. Barnholth, 161 pounds, made two Ohio state records, doing a shoulder press without bridge of 210 pounds, and a Two Hands Dead Lift with 425 pounds. W. Stratton duplicated the poundage in the Two Hands Dead Lift at 160 pounds, and also made a right hand bent press with bar bell of 190 pounds, an Ohio state record. F. B. Rowe, at 168 pounds, created an Ohio state record in the Two Arm Slow Curl with 143 pounds. All these boys hail from the town of Akron, Ohio.

This covers all that has gone on in the way of weight lifting for titles and records during the last month. Before I go on to state the changes decided upon at the last convention, I want to draw my readers' attention to notices issued by various members interested in building up a club in their locality. M. N. Campbell, of New Orleans, La., J. L. Dill, of Portland, Ore.; Delwarte, of Seattle, Wash., and W. Stutzman, of Milo A. C., Williamsport, Pa., and H. Constant, of Redwood City, Calif., all invite correspondence backed with action for club work. If you are interested, kindly get in touch with these parties and enroll a friend.

The following is very important, and all members are asked to remember the motions adopted by the A. C. W. L. A. Board of Directors at the 1926 convention held in Philadelphia. The first move was the installation of new officials in the place of inactive officers. President Jowett in his opening talk stressed the point that only men who have the game at heart and are willing to work should be allowed to represent the A. C. W. L. A. He himself being a vigorous, active worker, it is only natural that he has no place for slackers. His belief is that no man should accept a post, no matter how much he likes

the game, unless he is willing to work for it. Then we have officers who realize that and resign, in order to make room for more active brothers. The first change was to take Mark Berry off the Board so that he would be better able to fulfill his duties as the president's representative. E. Pearson, of Boston, Mass., was nominated on the Board to take his place. Robert Hoffman was selected to fill the breach on the Board made by Dr. Campbell's resignation. E. Allen was taken off the Board of Directors to become the acting secretary of the association. H. Hall was nominated to take Mr. Allen's place on the Board. It was then decided that the western division was not represented enough; therefore, a motion was made to elect Mr. M. Betty, of Los Angeles, Calif., as Vice-President, and E. Coffin, of the same city, as the state representative. All other officers retained their former positions.

Owing to the confusion on the Two Hands Slow Press, it was decided to eliminate that lift from the list. As President Jowett pointed out, a man who can do a Two Hands Military Press can also do a Slow Press, but the reverse was not so. By adopting this resolution we strengthen our position on the Two Hands Slow Press when it comes for us to perform at the Olympics; moreover, American lifters prefer the military style for general competition. We further decided that no less than five lifts would be used to decide all national and state championships, and these five lifts must include the three Olympic lifts in order to develop talent for the 1928 Olympics. Therefore, the lifts for the next two years, without any changes, will be: The Two Hands Clean and Jerk, Two Hands Snatch, Two Hands Military Press, One Hand Snatch, and One Hand Clean and Jerk.

Then our president told us not to forget other members who felt that they were not capable to succeed on that set of lifts, or who preferred other lifts. A schedule should be prepared to cover all lifts so that all members will have the same chance to secure a medal. It was agreed that any lifter could select any set of lifts, no less than three, and no more than five in number, in the place of the Five A. C. W. L. A. Lifts if he felt that he cannot win a medal on the Five A. C. W. L. A. Lifts. It is left to our president to make up the schedules of what shall constitute a total to win either one of the three grades of medals: bronze, silver, and gold.

The eight lifts named for the open championships last month were accepted, with the ruling on the Two Dumb-bells Anyhow to allow a lifter to take two dumb-bells to the shoulder in any manner he cared to, unaided, and the bells to be raised overhead in any style, providing both bells are at the shoulder before the overhead stage is commenced. The regular rules will prevail on the other seven lifts.

The most important part of the meeting was the change in membership fees. Members are not renewing sufficiently, and we are not gaining other members fast enough to cover anything near our

expenses. It is only through the generosity of others that we have been able to keep our expenses paid up, but we cannot expect this to be done all the time. We have a few thousand members, but they forget that out of the \$4.00 the association only gets \$1.50, as the magazine has to be paid for. Then we have our advertising and medals, which alone ran into thousands of dollars last year. Cuts, circulars, shows, postage, certificates and many other things eat up the money, and the professional features that have appeared at our shows also run very high. None of the officers receive a cent for their services or expenses, but the cost of one clerk has to be maintained all the time for handling mailings. Everybody is doing his bit to put the Association across, but we feel that more has to be done if it is to be kept going. In order to make membership more attractive we have decided to make the annual fee \$2.00. For this the member will receive his membership card, lapel button, as well as a free copy of the "World's Weight Lifting Rules and Records," the regular price of which is \$1.50. Many claim that they prefer to buy the magazine on the news-stands, so by eliminating the magazine we hope the membership offer will have a greater appeal. In order to make it interesting to the member who feels that by lack of ability or development he is out in the cold, we offer a beautiful gold seal certificate to those who make a 15 per cent increase on any three lifts or in their development within 60 days, irrespective of ability. All he will be asked to pay will be the regular fee of 50 cents to cover charges for the diploma. Also \$1.00 entrance fee will be charged to all who desire to make the total qualifying them to receive a bronze, silver or gold medal. We are giving all the same chance now and are running a bigger chance to lose more money. What we have to rely upon now is a greater membership to give us a balance side, and we trust every member will help pull in more new members at \$2.00 each. These laws come into effect the 1st of January, 1927. Now, boys, please put your shoulder to the wheel and help make this Association what we all want it to be.

Apart from the belt that Mr. Jowett is presenting to the winner of the open championship on November 7th, our president is presenting a beautiful shield, emblematic of the most perfect physique in America. Amateurs and professionals can both compete, and the affair will likely be pulled off in New York at a date which will be announced later. It will be unbiased. No member of the Association will officiate; even our president refuses. We will select a board of eminent artists, sculptors, and physical culturists to decide who is the man, and we expect to make it the most epoch-creating affair of the "body beautiful" ever held in this country. You can enter now. There are no rules to observe, 12 poses will be selected, all men will strike the same pose, and the judges will select the best man.

Continued on Page 76



DANIEL O'SHEA
"If I had all the gold in the world I couldn't pay you enough for the body you have given me. The picture is the best recommendation I can possibly give your course. You have given me the muscles of a panther."

Come on, you fellows, get the spirit. Its all up to you. Half men never win. The coupon in the corner will bring you the pictures of men all over the world who found out in time that health and strength were important to them. They learned that beef wasn't strength and that the only way to feel fit and look fit was by actually putting their bodies in the pink.

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Get your copy of this big new book NOW. Fill in the coupon and mail at once. Its contents will astound you. It contains true stories more wonderful than fiction. Stories of miracles worked in muscle-miracles that can be worked by you. Don't wait! Don't even turn the page. Tear the coupon out and see for yourself. **BETTER BUILT BODIES** is FREE to you!



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No matter what your business is—good appearance is half the battle for Success! No matter where you go you want people—both men and women—to look at you and say: "There's a man!" You want to fill your clothes. You want to be admired for your health, strength and vitality. You want a body that brings respectful glances on the street, the praise of your employer and the men you work with—the confidence of your loved ones at home!

Do you fill the shoulders of your coat without padding and without bulging in the wrong places? Do you carry your head high because you feel good and have the assurance that comes with a fine body, developed in every inch? Is your eye good and clear? **Are you in shape?** Under the silky hide of the lions, tigers, leopards and panthers, long, rippling muscles and thews of spun-steel crawl and flex in eternal readiness. Their power is terrific. Their action swift and sure. Are your muscles like that? Are you a Panther-Man?

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How 63,400 People Found The Real Road to Health, Happiness and Success!

*An Amazing Story That Reveals to You
the Secret of Long Life, Vigor and Abounding Vitality*

WHAT was the matter with George Buttner of Bayonne, N. J.? Why was Edward Johnson of Fort Worth compelled to quit his job? Why was Mrs. Donald Long of Joplin, Mo. blue and despondent? What did Harold Packard of Lincoln, Nebr. do when he lacked what he wished most in life? When Mrs. C. T. Bundy of Alberta, Canada was told she would be an invalid for the rest of her life, did she submit? When Mrs. Violet Kennedy of New York was at her wits' end to know what to do for her kiddies and herself, how did she solve her perplexing problem?

Mr. Buttner was underweight—had no endurance—could not sleep—was constipated. That was twelve years ago. Since then he has been a marvelous athlete—champion cross-country runner of New Jersey—also record holder at one mile. From the time he got his set of the Encyclopedia of Physical Culture he says "I began to live as a human being should live."

Mr. Johnson, ten years ago, was discouraged when he had to quit work because of ill health—a friend told him about the Encyclopedia. "In 30 days I was back on the job—a new man, indeed. I am today a better man at 53 than I was at 25."

Mrs. Long. "My nerves which were worn to a thread have improved—I am full of ambition. The miracle has been wrought in me by the Encyclopedia."

Mr. Packard. "I bought the Encyclopedia some eight years ago—its pages have added years of enthusiasm, pep, vitality and happiness to my life."

You can rule your health just as surely as you can rule your actions. If you are not enjoying perfect health today it is because you haven't employed the method provided by Nature to keep you well. If you don't know what her requirements are, you are sure to blunder into some kind of sickness—perhaps fatal disease.

How to—

possess exhilarating health every day in the year
know your own body
eat for health
diet for the cure of disease
know the art of food preparation
build a powerful physique
correct physical imperfections
become a physical director
avoid unhappy marriages
avoid disease
fast as a curative measure
cure by hydropathy (heal by the use of water)
apply all methods of drugless healing
give first aid in emergencies
apply home treatment for disease
recognize diseases by manifestations
build nervous energy
treat the common form of disease
understand the process of reproduction
benefit by laws of sex and marriage
treat diseases of women
diagnose diseases
have healthy and vigorous children
treat female disorders
treat male disorders
obtain virility and manhood
care for the complexion
manicure; care for the hair and feet
cultivate the mind

These are only a few of the matters explained in the Encyclopedia

Mrs. Bundy. "Two severe sicknesses were pronounced chronic and no remedy offered. The Encyclopedia was sent for and the thought of being an invalid is now a joke. Was it worth while sending for these books? With all my heart, YES."

Mrs. Kennedy. "I can truthfully say I have never enjoyed the good health that I do now. My one regret is that I did not know of the Encyclopedia years ago."

It is a fact that only about one person out of three enjoys good health. And those who are physically a little "off" right now will more than likely be the ones to succumb to preventable diseases this year. And they are the ones who should not die.

Nature is constantly warning you of impending sickness. Seemingly trivial symptoms tell of serious trouble taking root in your body. And yet, ninety-nine people out of every hundred will absolutely ignore these danger signals. Why is it that as long as they are not flat on their backs, they will fool themselves into believing that they are all right?

Nature is merciless. If you do not understand her laws and her methods of preventing and curing sickness, you suffer. Nature knows no excuse—she accepts no apologies.

The Average Person Pays Thousands of Dollars in Doctor's Bills

Those who do not know Nature's methods of preventing and curing sickness are ill an average of 21½ days each year. In fact, it is estimated that the average person in a lifetime spends \$4,100 on doctor and hospital bills, loss of time from business, medicine and other expenses due to illness. Thousands of people are living half-powered lives because they are ignorant of the laws of Nature. Many of these people will fill an early grave, when they might easily have lived to enjoy a ripe old age.

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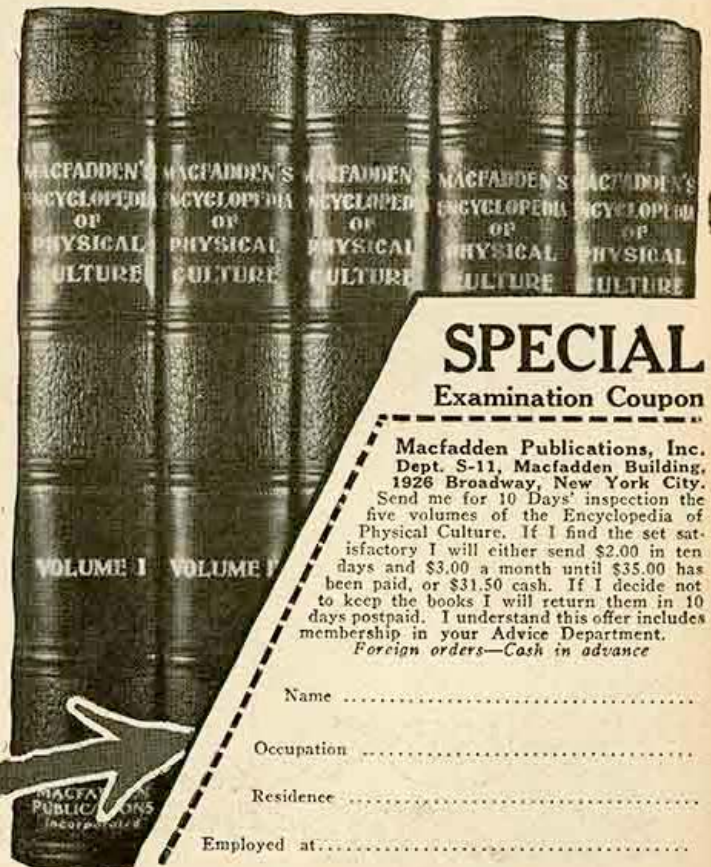
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(Continued from Page 73)

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In the meantime Mr. Jowett has accepted a challenge from M. D. Flourde, of Canada, who desires to match the Canadian light heavyweight champion with ours, and Manger has accepted. Also negotiations are on for a match between Oscar Marineau, of Canada, and S. Klein for the world's professional welterweight championship. As our president closes the deals, the time and place will be named well ahead, to allow you all to be there to back up your man, and also attend the posing contest when the question, "Who is America's most perfectly formed man?" will be settled.

Just now what is most important is for you to get in all new members as fast as you can.

Stage Girls and Artists' Models Posing

(Continued from Page 25)

a beautiful body can be developed is by avoiding excesses, keeping in perfect health and systematic exercise. Nature intended every body to be beautiful; it is our own fault if we do not develop our bodies to the highest point of beauty. We have no right to ridicule anyone who proudly displays their body that others may be inspired to attain beauty of form. In too many cases those who criticize others are the ones who, ashamed of their own bodily development, cover themselves to hide their ugliness. They should feel the sting of shame rather than the courageous girl who reveals her charms to an admiring world.

Symmetry and poise can be obtained by anyone who will devote a half hour a day to proper exercise. When once attained, a beautiful figure can be retained long past middle life by the avoidance of over-eating and other indulgences.

Many women who have no other claim to fame are being immortalized by having beautiful figures which artists are ever seeking to reproduce in marble and bronze. The beautiful women who posed for this article have inspired countless numbers of artists. Olive Ann Alcorn, to my mind, is one of the greatest living models in the world today and I'm thinking of a host of others when I say this. A model like Miss Alcorn who has brains as well as figure is of especial value to an artist, because she is not only able to grasp his idea, but is able to interpret it through her pose and facial expression. There are models who are dumb but beautiful, but the most sought after are those who have the brains and know how to use them. The model with brains has no false modesty. She knows there is nothing improper in exhibiting her form for the sake of art. When you run across a model who is prudish, you know she is not only a beginner but has no appreciation of the aesthetic.

If you have a beautiful body don't ever be ashamed to exhibit it. Pay no attention to the unwise criticism that the so-called reformers make. They are

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responsible largely for the suffering and unrest in the world today. Have courage and above all don't be prudish or priggish. I urge you to take up the cry of womankind and become emancipated from the devastating grip of this erroneous view that nudity is shameful. Freedom from oppression! That is the word. And when freedom is eventually attained, then happiness and peace will be insured. And remember, a beautiful body is a clean body. Free from filthy contamination. It is when we allow impure thoughts to associate with the body that we drag ourselves down into the mire. Let us be pure, unafraid and rational, and by these high ideals we will conquer.

Health—Strength—Beauty

(Continued from page 39)

After this wipe off all superfluous cream and apply a good skin tonic. Repeat this process over night until you see signs of improvement.

Your question might be unusual for a woman to ask, but ugly elbows are not unusual for women to have. It is surprising how many intelligent women neglect the care of their elbows. They should take every bit as much care of their elbows as they do any other part of their body.

PUBLISHER'S STATEMENT

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, 1926.

State of Pennsylvania, County of Philadelphia. Before me, a notary public in and for the State and county aforesaid, personally appeared D. G. Redmond, who, having been duly sworn according to law, deposes and says he is the owner of STRENGTH and that the following is, to the best of his knowledge and belief, a true statement of the ownership, management (and if a daily paper, the circulation), etc., of the aforesaid publication, for the date shown in the above caption required by the Act of August 24, 1912, embodied in Section 143, Postal Laws and Regulations, printed on the reverse of this form, to wit:

1. That the names and addresses of the publisher, editor, managing editor and business manager are: Publisher, D. G. Redmond, 2741 N. Palethorp St., Philadelphia, Pa. Editor, D. G. Redmond, 2741 N. Palethorp St., Philadelphia, Pa. Managing Editor, O. H. Kosyk, 2741 N. Palethorp St., Philadelphia, Pa. Business Manager, O. H. Kosyk, 2741 N. Palethorp St., Philadelphia, Pa.

2. That the owners are: (Give names and addresses of individual owners, or if a corporation, give its name and the names and addresses of stockholders owning or holding 1 per cent. or more of the total amount of stock.) D. G. Redmond, 2741 N. Palethorp St., Philadelphia, Pa.

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

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

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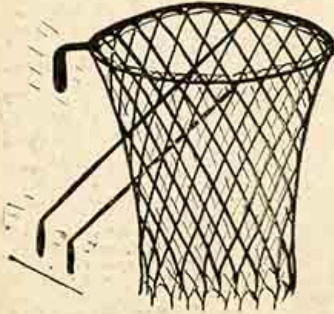
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Boxing for Beginners

(Continued from page 51)

the most expert boxers cannot evade all the blows of the poorest boxer. To be able to cover up well is equally as good as to be able to make a boxer miss often, and efficiency is reached more readily in this branch of defense than the other. A good fighter will rarely strike his man when he is skillfully covered, for he is aware of the fact that he is only wasting his strength in doing so.

Ducking is something you should never forget. A boxing trainer I know, who has been very successful, never fails to make the following remark as the bell rings to call the men out for the first round: "Lead with your left and do not forget to duck." Dempsey is strong on ducking and has made many a man miss badly by such action.

One point a beginner should never forget to practice is to keep his weight well balanced on the ball of his feet, and to keep moving all of the time.

The way the hand is held for the various blows is also very important. It is bad positions of the hand that causes the hand and often the arm to be broken and the fault of the thumb being knocked out of joint, which is common enough among wrongly instructed beginners. The back of the hand should always be on a level with the shoulder, and straight with the wrist for straight leads and jabbing. You can jab faster this way, and for a long lead the shoulder becomes a bulwark to back up the straight arm, which does not allow it to be so easily swept aside. Besides, the aim is always more accurate. A cross to the body or the jaw should be delivered with a round arm and the knuckles of the hand held in a perpendicular line with the floor when striking. The hand will be bent forwards on the wrist, but if the arm is round, the support of the hand on the arm will be solid. When delivering a hook or a cross, start the blow from the hip, and back it up with the weight of your body by stepping forward with the corresponding foot as the leading hand. Do not mistake this blow for a swing. It is entirely different. Most beginners swing, but they must get out of that habit, as it is full of pitfalls and tabooed by the boxing instructors. The upper cut is also started from the hip, to conclude the force of its impact either in the mid-section or under the jaw. In this blow, the position of the hand is entirely different. The palm of the hand is facing the body, and the hand is bent slightly upon the wrist. A point to be watched when making an uppercut is not to swing the elbow back too far. It is not necessary, and such a movement acts as a signal to your opponent, besides slowing up the blow. The uppercut was the most deadly of Bob Fitzsimmons' blows, and it is said by experts who followed him in most of his fights that his arm hardly seemed to travel from his side. Even when he crouched so low as to make it appear that he commenced the blow from the line of the knee, it was only the crouch that made it appear so. He had the knack of getting his body

behind the blow. The arm gathers more power from such co-operation.

The main thing for the beginner to remember is to keep himself loose. When you feel a blow coming do not become rigid, as though you were hypnotized. If you cannot evade the blow, or only half block it, ride it. That is, sway your body in the same direction as the blow is going. Some boxers are very clever at this, particularly Greb. He rides more blows than what he blocks, but in order to do this the body must be swaying freely. I do not mean that you do not have to tense the body as a blow arrives—that would be foolish. The muscles will tense more rapidly for being loose, and you move more quickly. Some boys stand like a piece of stone and are unable to move fast enough. When a blow hits them, it hits them right. The arms should swing freely to encourage faster play, and keep moving on your feet.

Just a little advice on training before I wind up this article. Do plenty of skipping and shadow boxing for speed and footwork, and do a little shadow boxing, holding a light dumb-bell in either hand to give endurance and strength to the arm and shoulder muscles. Pay considerable attention to the condition of your arms, biceps, and triceps. The speed and power of your delivery depend largely on the condition of the triceps and your rapid intake to be prepared to deliver quickly another blow depends upon your biceps. You can very easily tell which lacks the most. If your delivery is slow it is your triceps; if your intake is slow it is your biceps. These muscles should be perfectly balanced then they have the power and action of an automatic. Take plenty of physical exercise so all the muscles in your body are in shape for what is expected of them. This is as important as the science of boxing which involves all the blocks, stops, blows, and shifts that make up the manly art of self-defense. Punching the bag is always good stuff, and so is the hitting bag, which formerly was called the sand bag. When you take your work-out on these two objects, hang them high so that you have to reach up a little. If you notice when a boxer is tiring you will observe how his arms lower as he becomes tired. The object of fighting the punching bag high and the hitting bag is to develop more strength and endurance into the shoulders so that the arms will not tire so easily. If it is possible for you to box in front of a large full-length mirror, you will be able to notice your defects the same as if you had an opponent in front of you for analysis, and you can do your shadow work greater justice. Such an outfit is very expensive, and not so easily procured, but every once in a while if you can spare a few minutes in front of a glass you will be all the better for it. Make the acquaintance of some tailor or clothier who follows the game and he will be quite willing to help you out that much. A weakness many beginners have is to

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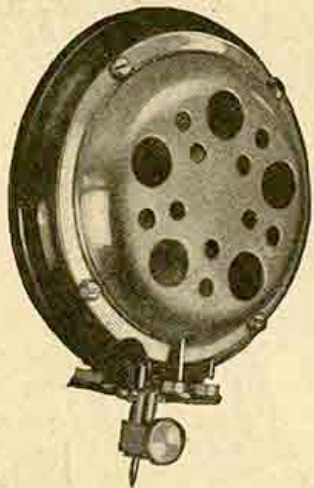
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try and imitate the style of some star fighter. Study your own style, for no two men box alike; they all vary a little. Do a little road work for your wind, and have a good rub-down and massage after every tryout, so the muscles do not get stiff. Never hang around after your work-out, particularly if you are perspiring, for nothing will make you stiffen up any faster than that. Take a sponge bath or a shower right away; then your rub-down and hop into your clothes and you will feel more fit for it after.

**Are Girl Athletes
 Masculine?**

(Continued from Page 33)

about all society women and their daughters play at the game. And who is going to say they are masculine because of it? Why, the golf links is one of the finest beauty reviews on this earth, and the female champions are as beautiful a bevy of glorious womanhood you would care to imagine.

For consistent activity, tennis about heads the list among sports for women, and places great demands on endurance and stamina, but what a lovely collection of stars the foremost players are.

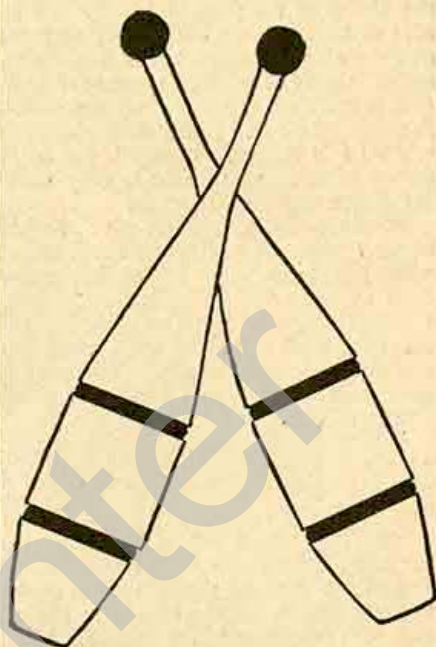
The outstanding female star in athletics is Suzanne Lenglen, queen of tennis, than which there is no game calling for a greater amount of high-power action. The great Suzanne stands further above the rank and file than any athletic champion; in all branches of sport, male and female, there is no champion who is so pre-eminently the undisputed king or queen. Still, excelling, as she does, all other members of her sex, she does not rank with the men in her game, as the Mademoiselle can be beaten by numerous men. Perhaps the question may arise as to the reason for Mlle. Lenglen so far surpassing her sex in ability, and considering her extra abilities as an athlete, she seems to have certain qualities in her physical make-up, such as endurance, quickness, muscular strength and skill, usually possessed by the masculine sex. Still, this does not make her masculine, as can be proven by some quite evident characteristics in her make-up, these being decidedly feminine; to wit—her high-strung nerves and ever-present aptitude for breaking into tears.

With all her years of intensive athletic training and evident muscular powers, Suzanne still preserves the feminine qualities of smoothness and roundness of muscles and limbs. This can also be truthfully said of female participants in all branches of sport.

What girl could be more decidedly feminine than our own Helen Wills? Likewise we can mention any of the top-notch players in the tennis world. Probably the best examples of women who follow gymnastics and acrobatics are the professionals in the circus and on the vaudeville stage. Those dainty creatures are certainly not masculine, and as exhibits of perfectly formed womanhood they can hardly be excelled.

Having cited the cases of outstanding stars to prove our assertion that it is as

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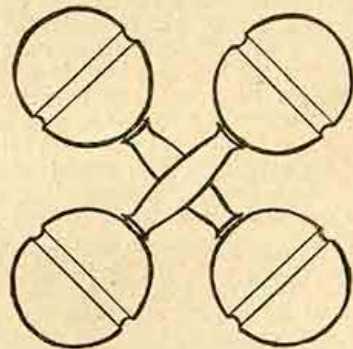
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feminine for a woman to be athletic as it is masculine for a man to be athletic, it being our contention that red-blooded activities promote and denote the highest possession of sex attributes; nevertheless, some readers may be skeptical concerning the effect of competitive athletic sports and games on the average Mabel, Jane or Sally, who happens to be your sister, daughter or sweetheart. There can be no doubt that the world champions and high-class experts possess a higher degree of nerve and organic force than the average girl who enters sport play, still the latter miss meets girls of her own type in competition, consequently the stress of exertion is comparatively very slight and relatively much less strenuous.

Furthermore, the average girl does not specialize to such an extent as the expert, nor does she play with the same vigor, and probably does not benefit her nerves and muscles as much as does the more whole-hearted endeavors of the expert.

In the pursuit of athletic supremacy, the feminine devotee finds a normal outlet for the excess energy which is so natural in all robust specimens of youth, and by making a hobby of active pastimes, the athletic miss gives spontaneous expression to an exuberance of vitality that might just as easily be turned into unhealthy channels of devitalizing or perverted habits. This is the chief reason for the encouragement of healthy athletic sports and games among our young people, male or female. By fostering a liking for games and competitive feats, the play spirit is appealed to and the overwhelming forces of natural energy are turned into wholesome lanes where the physical being, as well as the mental and moral qualities, are strengthened, instead of weakened.

In support of my contention that it is decidedly feminine for a girl or woman to be athletic, let me ask you to carefully peruse the example of athletic womanhood we have chosen for the purpose of illustrating these few pages, and see if in them you find a single exception to the possession of those sweet dainty qualities that make the female of the species so lovable to red-blooded manhood.

In each case you will find pulchritude, shapeliness and the natural smoothness which are distinctly feminine. The stars who are known the world over we have chosen not to use as examples, as they are very much written up and photographed, their womanly forms being quite familiar to the average reader of this and other magazines, as well as the sporting pages of daily newspapers.

So we have chosen at more or less random, from our collection of female athlete photos, a few examples of competing sportswomen and active athletes, and assure you that we could have selected dozens of such sets of pictures, all of which would be the equal of the array printed herein.

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bulging masculine-looking muscles or protruding veins; instead her figure is ideally feminine.

The little girl lightly taking the hurdles is one of the foremost women performers in her favorite athletic pastime, and has won many points for the association she represents, in track meets, both outdoors and indoors. Her "form" at hurdling is comparable to that of the best men, but her physical "form" is far from being masculine.

You would have to do some hunting to pick out a more pleasing looking little girl than the one shown in photo number three, the winsome lass with long hair, who has a fair reputation as a sprinter. To us she is positively as much of a winner for shapeliness and personality as she is at running. Although the ground is covered with a thick carpet of snow, her sunny smile and general appearance of warmth would lead you to believe the picture was taken in the summertime.

Illustration number four introduces you to a young woman who excels in varied athletic endeavors and has spent several years at gymnasium apparatus work, besides taking part in broad jumping and sprinting events, her ability at jumping being very exceptional, and especially so for a little girl. A consistent point winner when competing in the gym or on the track, she also swims and dances for divertimento. Despite the steady training at apparatus and track work, her limbs are smooth and rounded; she possesses no "tomboy" or boisterous characteristics, but, on the contrary, she is overshy as compared to the average "flapper" of today.

The girl in the swing, illustration number five, exemplifies the professional lady gymnast and all-round athlete, radiating an abundance of magnetism. Her captivating smile and evenly balanced proportions possess an irresistible appeal, undiminished by daily performances at very exacting work on the vaudeville stage. Certainly there is no loss of charm in her case, from making a profession of athletics.

The group, photo number six, pictures a college field hockey team, and is shown

here as an example of the girl who prefers active athletic games. There is no danger of you contracting eye-strain from looking them over; on that point I believe you will agree. Just a normal, healthy group of girls, bubbling over with vitality and full enjoyment of the play spirit.

Not so long ago the girl athlete received very little mention in the daily sporting page, but today the girls crowd the men for publicity space, and it is getting so that some of the leading female stars are known to a greater number of people the world over than most of the first-class male exponents of sport. Witness Mlle. Lenglen and Gertrude Ederle.

There isn't a remote chance of the girls bettering any male records, as the best female performances are eclipsed completely by male performers. Regardless of this fact, that the men are far more capable in the matter of ability, there is a considerable enjoyment in witnessing the ladies, due to their pretty style and neatness of execution in their chosen sport.

Believing as we do in competitive athletics for women, at the same time we believe the sanest policy is not to encourage the attitude that championships must be won at any cost, as there are times when girls are unfit to take part in vigorous exertion, due to physiological reasons. This accounts for the fact that it often happens the best female performers do not win championships and other important contests. For the same reason girls' athletics should not be promoted in the commercialized way that men's athletics are, whether "pro" or amateur, as the necessity of winning may be too strongly emphasized, to the detriment of the health of the individual.

When properly regulated and supervised, there can be no harm to the girl or woman who chooses to make a hobby of athletics, and, as we have gone to some length to prove, the girl athlete is in no way masculine by reason of her activities, but, on the contrary, it is as feminine for a woman to be athletic as it is masculine for a man to be athletic.

Novelty Exercises Every Boy Should Know

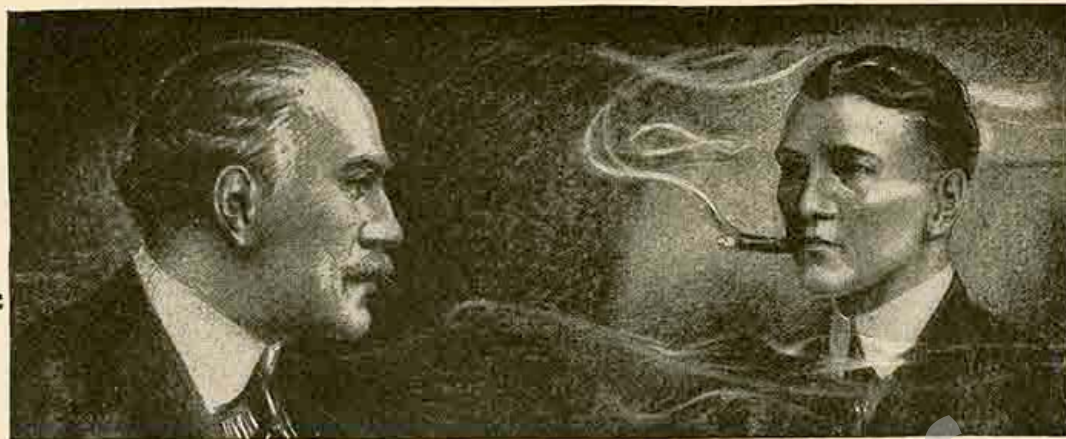
(Continued from page 46)

exercise class discontinued. This could not be effected, since the class was an important part of the camp problem. It therefore behooved me to devise a system of exercise whereby interest could be maintained. An idea lighted my brain. Why couldn't I apply a little psychology to the situation? Get them to imitate animals for instance. It surely would be interesting. And it would be exercise. I thought it over at length and decided to give it a try. I lined them up one morning in the customary formation. Their pouting and dissension were to no avail. I firmly stood by my orders, and prepared to give them the exercises.

My time had come. I dreaded this moment, morbidly certain I would dis-

solve into an impotent amateur fool. But I resolved to go through with it. Leaping into the air, I made the most horrible guttural sounds imaginable. I twisted my body into the form of a huge anthropoid ape and screwed up my features till you'd think I really was one. The imitation was perfect.

The incongruous spectacle hit the imagination of the boys and seemed to stun them. The ranks swayed and gave way. They leaned forward as if pulled by identical strings. I watched their faces eagerly from the corner of my eye. They were riveted in surprise and even awe at my antics. Behind this grimace I sensed something. There was laughter waiting, laughter uncertain and afraid of itself. It needed a



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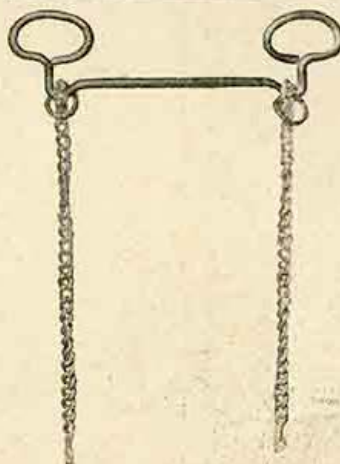
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touch to set it off.

I laughed, carefully, shrewdly. A snicker audible for only a few feet. Snickers rose around me. I raised my voice—and then the thing started. A gathering roar of laughter, an uncontrollable spasms of laughter leaped from the ranks of boys. It rolled out toward the place where I was performing. Like a mighty tumult it swept over me. My psychology had worked! I was still whirling like a huge ape, when calls and screeches and strange, guttural sounds volleyed from them. It was the boys now who had gone primitive. And in the midst of this gratifying scene I straightened up.

The laughter, like some unbelievable horror, had hit them. I would savor it to the full. So again I twisted into the shape of an ape and commenced to carry on high. This time I was even more real than before. I began to run amuck and started to climb and swing from a limb of a tree. I hurled myself, lashing out with fingers distended as if on murderous intent. A howl arose from the boys—a bellow of mirth—laughter, startling and frantic. They laughed so hard that tears splashed down their cheeks and several doubled up from the agony of it.

It was indeed a revelation. When the laughter died down sufficiently to restore order they were eager to imitate all the wild animals I was pleased to show them. Afterward I led them through a series of "animal exercise," every morning. Instead of a drudgery it actually became fun to perform them. The novelty of it all hit them and suffice to say, they received many profitable returns from the movements the exercise fostered. I shall spend the next few minutes and describe these exercises to you. Then, in the event you care to be a normally strong and healthy boy, you can reap lasting benefit by practicing them.

The first of the "animal exercise" is an imitation of the anthropoid ape. Man is the only animal in the world who can straighten his body and stand perfectly erect. An anthropoid ape, when standing on its feet, assumes an oblique position. It is moving in this position that affords excellent exercise for a man, which is greatly beneficent to him. To imitate the anthropoid ape you must bend over at the waist and hunch up your shoulders. Now turn your toes in and walk on the sides of the feet. When you walk, allow the hands to touch the surface of the floor, similar to manner which the ape does. His arms being overly long naturally permit the knuckles of the fingers to scrape along the surface. You can come close to this imitation by bending more at the waist. It is surprising, the sport your mimicry furnishes. Try to make a face like an ape by screwing up your features, and then run swiftly around the room. If any friends should happen to see you in this position, they will be "guffawing" loudly before they realize it. You will also laugh heartily, especially if you screech and make guttural sounds like an ape. That is what the exercise is

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intended for. To induce laughter and the spirit of good cheer that goes with it. Aside from the benefit derived you will acquire surprising agility, and if there is a bar handy, swinging on it like an ape will develop great arm strength.

Now for the second exercise, let's imitate the crocodile, that large lizard like African and Asiatic carnivorous, amphibious reptile, which has terrible long jaws, armored skin and webbed feet. You'd better be careful you don't scare anybody when you imitate him, for he's a ferocious fellow. Lie flat on your stomach and worm your way along the floor by pushing the feet under the body and pulling the body forward by reaching with the arms. When you move forward in this position, you must be careful to keep the body flat at all times, on the floor. The faster you move the better the exercise. Another point to bear in mind is that the head should be held up and as far forward as possible. If you perform this correctly you will feel nearly every muscle in the body contract. This is a splendid exercise for the arms and hips, providing the feet are brought well under the body while moving with the stomach pressed against the floor.

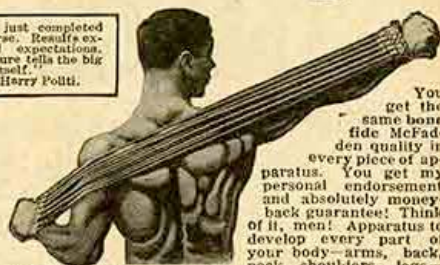
Easter time brings the rabbit into prominence. He's another creature worth while imitating to develop agility. The rabbit hops about on all fours when he wishes to go anywhere. You can imitate him very easily, by getting down on all fours, squatting a trifle on the legs. Now hop off the feet and quickly lift the hands as the legs come forward. You reach forward with the hands to a new position to support the body and hop off the legs again when the hands alight. The whole forward movement is a series of jerky movements, first hopping off the feet onto the hands and hopping again when the hands alight in position.

The kangaroo provides much exercise. You find this animal mostly in Australia and Tasmania. It has characteristically short, weak fore limbs and very powerful hind legs, with a stout tail and makes progress by flying bounds. To imitate this animal stand up straight and hold the arms in front of the chest and bent at the elbows. Now leap into the air, raise the knees up high as you do so, and when you alight on the feet, touch the palms of the hands on the floor. Bound quickly into the air immediately as the hands touch and so on till you become a trifle fatigued. This is a dandy exercise for the legs and when the bounds are performed on the tips of the toes the calves can be developed.

If you've never seen that large marine seal-like mammal having those flexible hind limbs, strong fins and fierce long tusk-like canines protruding from the upper jaw, you really missed a treat. It is amusing indeed to watch a walrus wobble around. Lay prone on the floor to imitate him, and support the body with the arms with the hands turned out as far as possible. These will serve as fins. Then cross the feet together and proceed to move across the floor holding the feet per-

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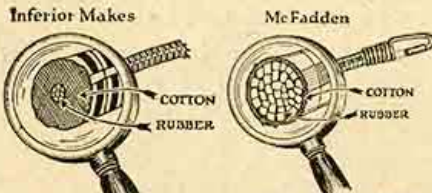
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More big pages have been added that mean more interesting feats for you to accomplish. Illustrations have also been added and the binding is beautiful. This great course is now greater than ever and it is just off the press.

The course is the most complete of its kind, and is really two separate and complete courses in one. The feats are classed and given according to their rank. They start with the most simple stunt, the **Roll-Over**, and proceed on to **Gainers, Twisters and Spotters**, as well as difficult routine and exhibition work.

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or the "understander" of a troupe of three or four members. Imagine the thrill of supporting the other two or three members of your troupe in going three or four high, each tumbler standing on the shoulders of the man or boy under him. Think of the greater thrill of being the "top mounter" in this interesting feat.

With my clear instructions, feats like these will be easy for you to learn. And there are action illustrations galore, which help you greatly in learning the most difficult feats.

I know you would like to be able

To Scoot Along In a Series of Rapid and Graceful Flips

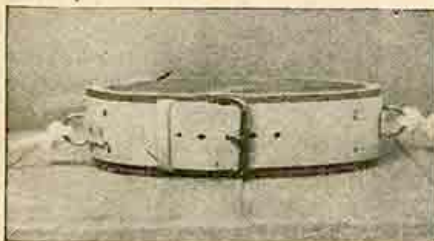
When these so called series or repetitions of single feats in rapid succession are mastered so that you do not hesitate between each individual feat, there is nothing more beautiful to look at or nothing more thrilling to perform.



Illustrations Showing the Stages of a Back Somersault

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tumbling and hand balancing affords, there is no better form of exercise for the purpose of stimulating your internal organs and causing them to function normally. Furthermore, there are no better movements than these for increasing your pep and suppleness. Tumbling and hand balancing are like swimming—once learned never forgotten.



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Name

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

Waist measurement

(Continued from Page 85)

fectly rigid and wobbling the body from side to side as you do so. This is a peach of an exercise for the triceps muscle on the upper arm and is especially valuable to the upper back muscles. Try to keep the stomach on the floor at all times when moving.

There are a host of other animals that you could learn to imitate and derive splendid exercise by performing their motions. The cat in particular offers a splendid form of exercise if you imitate the manner in which it humps up its back, stretches and claws the floor. Climbing trees like a monkey, opossum or raccoon and hanging from the limbs with one hand will do much to strengthen the arm and body muscles. I enjoyed this form of exercise when I was aboard ship. Always loved to climb up in the rigging and imagine that I was an animal and play and chase other imaginary animals. Such seemingly idiotic practice not only developed my muscles but once in a crisis at sea enabled me to acquit myself where others failed miserably.

Last of all, boys, I must tell you one other thing. The saying, "Laugh and the world laughs with you; weep and you weep alone," is one of the truest things that ever has been said. For a laugh that is spontaneous and heartfelt is truly contagious, and in your little world, the circle of your friends, laughing brings a rich reward in increasing your own happiness as well as theirs.

The bodily expression and mechanical efforts that go with happiness will often induce the feelings and emotions associated with it. To prove this statement, some morning when you are feeling especially gloomy and unpleasant, before you perform the foregoing "animal exercise," it is advisable to look into your mirror and go through the process of trying to make yourself smile. Screw up your features in such a manner as to force the required contractions of the facial muscles. If you continue your efforts at length you will be rewarded with a genuine smile and with all the sense of good cheer that a smile will bring. You will make the surprising discovery that it is no longer an effort, for you will smile spontaneously.

A New Heavyweight Champion

(Continued from Page 21)

in Philadelphia, while the Cleveland Indians were playing the Philadelphia Athletics, Speaker took a hand at bulldogging a steer one night and made about as good a showing as any of the professionals.

In football Eddie Mahan was certainly one of the smoothest performers of all time and as a back Jim Thorpe ran him a close second. Incidentally both Mahan and Thorpe could do anything in the athletic line and do it well.

Mahan was a pitcher of considerable ability and a ten second man as well as an all-American back.

Thorpe's all-round record is too well known to have to be repeated.

To go even further, try the laughing exercise in the following manner. Assume a laughing position, in order to laugh properly and secure the best results. Stand with the feet far apart, and with the knees slightly bent. Now bring the palms of both hands down and "slap" them with a resounding whack on the legs just above the knees, and then swing your bent arms overhead, making a noise as nearly as possible like laughing. At first it will sound like a cold stage laugh and you will have to force it, but as you go on with the experiment it will gradually become natural. Continue this long enough and I defy anyone to differentiate the emotions aroused from those associated with a real, genuine laugh.

In fact, if you have company while you are going through this process, I will guarantee that they will soon be "guffawing" loudly and violently. This experiment and the "animal exercise" are excellent to try on a company that is especially dull and in need of something unusual to awaken the spirit of good cheer.

Before I close I must ask you to bear these important details in mind. Following your exercise a dry friction bath should be taken, if desired; also a cold bath. Hot water drinking during the exercise will tone up the system, clear the skin by aiding in eliminating waste matter from the body. And above all, make sure you indulge in a good laugh before breakfast. If the exercises fail to give the spontaneous effect of laughter, then perform the laughing exercise until you can laugh freely and naturally. But, be sure this happens before breakfast. Throughout the day, while following your daily duties, remember to sit and stand erect. Make a continuous and never-ending fight to keep a straight spine. Hold the chin in, down and backward with the spine erect as possible. Be hopeful, be cheerful, but cultivate the fighting spirit. And when you sing that song: "I'm Just Wild About Animal Crackers," change the words around to "I'm Just Wild About Animal Exercise," and you surely will get wild over them and reap a harvest of health, strength, fun and agility.

If co-ordination is such a useful quality, you might ask how can it be most easily obtained? Like a lot of other useful things we can certainly improve ourselves and add to any set amount of co-ordination which we may have to start with. Also it is true that some people have more to begin with and find it more easily developed than others.

This is true of speed and strength, those other qualities so desirable in the make-up of an athlete, but it is true that many men with the smallest natural abilities to start with have made great athletes of themselves.

Anyone can develop strength by a



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By DAVID V. BUSH

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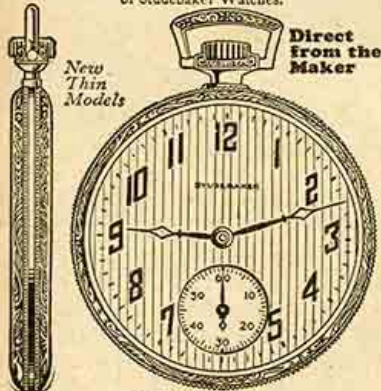
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determined effort. You may not become the strongest man in the world but you can certainly become strong enough for all general athletic purposes provided you do not have some serious organic ailment to contend with.

Developing speed like strength means work, means trying to do everything you do a little faster than you used to do. Shadow boxing is one of the fighter's methods of building speed, and shadow-boxing, provided it is done at as fast a clip as you can use, will help anyone to build speed and general muscular co-ordination.

A good part of all athletic practices really practice in co-ordination because a good part of all athletics is the proper use of your body at exactly the right place and time in exactly the right way.

Co-ordination practice is really what the ball player is doing when he does either batting or fielding practice and it is certainly what the golf or tennis player is doing when he practices strokes.

All through athletics successful performance depends on successful co-ordination and all through athletics practice is the only way to improve your co-ordination.

Ask the Doctor

(Continued from page 56)

depositing in the arteries, though there is a slight danger of minerals in hard drinking water accumulating in that manner.

For breakfast eat plenty of stewed prunes and other sweet fruits, stewed, preferable to raw, and four slices of toasted white bread, or make it half and half, two of each kind of bread toasted. Also eat cream of wheat, wheatena and cornmeal, using plenty of sugar and cream on your cereal and in your coffee, if you drink it. For other meals eat lots of mashed potatoes and macaroni with liberal plates of vegetable soups. Remember to eat a good supply of fresh greens and vegetables well cooked in their juices for vitamin content.

It might help for a while to take Pancreatin Compound, made by Park Davis Co., one tablespoonful after meals to help digestive processes. This contains natural enzymes, pancreatin and takadiastase, which digests fats and starches and in fact helps generally in the process of digestion.

By wearing light colored porous clothing, you will receive much benefit from the sun's rays. The gradual accustoming of the skin to sunlight has a wonderful effect on the system, but care must be taken not to over-do this at the start.

QUESTION: I am afflicted with pimples, blackheads and enlarged pores. I have followed a diet, refraining from sweet stuffs for about two years and ate two cakes of yeast daily for three months, but finally gave up in disgust. Have also used several proprietary preparations to no avail, as I continue to be plagued with this embarrassing scourge. I am a boy of sixteen and am anxious to make a good impression, but it always seems people are staring at my face. Perhaps mine is a special case, but I am writing in hopes you can help me.

L. M., Kans.

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ANSWER: You are suffering from a disease of the skin common in adolescence or young manhood, in which strict cleanliness and proper dietary should prove helpful. Eat plenty of fruits, fresh cooked vegetables and cereals; eliminate all animal foods except milk and buttermilk, of which you may drink plenty, say a quart or two daily. Also drink copiously of water.

Remove blackheads with pressure of fingers or cosmedo expressor. Locally you may use either of the following: Lotio-alba (which must be fresh) to be procured from your local druggist and apply at night after washing the face in cold water.

Or have the following salve made up:
Sulphur precipitate1 dram
Starch and Zinc Oxide.....2 drams
Petrolatum4 drams

Rub in at night. Also take internally the following preparation:

Ferrous Sulphate2 drams
Acid Sulphuric dilute.....6 drams
Magnesium sulphate6 drams
Syrup of ginger4 drams
Water9 drams

This is very bitter. Take teaspoonful in half glass of water through straw or glass tube three times a day after meals, to avoid contact with teeth. If you find this moves bowels too much cut down on the dose for a while. This is a splendid boil and pimple remedy.

QUESTION: I am a girl 25 years of age and seem to have some trouble with my kidneys. I often have to get up, five or six times in the night, although I am not troubled in the day time. This trouble usually starts about one week after menstruation and then stops when menstruation starts again, although once the trouble was quite absent until my period and then started again. My urine is usually clear. This trouble spoils my rest and gives me headaches and makes me feel generally rotten. Also I have gas in my stomach all the time and this gets particularly bad towards my period, and my nose often gets very hot and red, particularly in the winter or cool weather. This very often happens immediately after I arrive home from the office, although it sometimes happens at other times during the day.

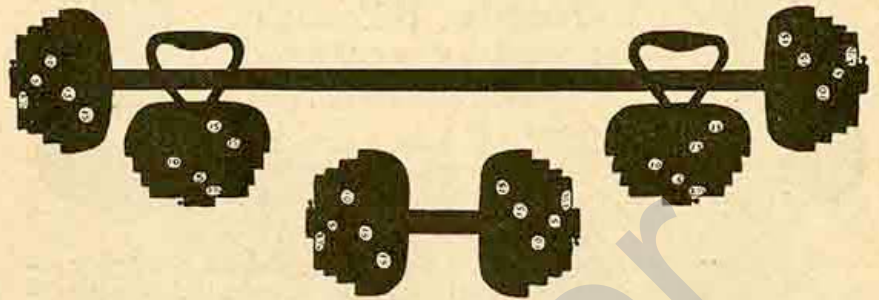
I eat brown bread, bran flakes, milk and raw eggs, vegetables, fruit, and very little meat or tea or coffee. Have only started this diet last week, but before that it was pretty much the same, except that I drank more tea and coffee and ate more white bread. I am not troubled with constipation. Working in an office and not taking part in any sports I don't get much exercise, but intend to exercise every night henceforth, following the exercises given in "Strength." I think this diet and the exercises should help the gas trouble quite a lot, should it not?

H. V., Alta, Can.

ANSWER: Try the following and if not successful have urine examined as to any abnormality. Drink no water after supper and have bed tilted so that the foot of bed is six or more inches higher than head, to keep the urine away from the neck of the bladder. Be sure you are always warmly clothed, night and day, so there will be no congestion of the kidneys. Skin could be made more active and kidneys relieved by taking hot baths twice a week, with water at a temperature of ninety or ninety-five degrees; being

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certain not to get chilled after the hot bath.

You might also try one-half to one teaspoonful of Rhus Aromatica, once or twice a day. If any chemical changes in urine are found after examination abide by advice of physician.

For a while, at least, it will be best to eliminate tea, coffee, meat and fish from your diet, also spiced and highly seasoned foods. Your decision to exercise regularly should prove of great benefit, especially in causing the skin to become more active, thereby relieving the kidneys of a great amount of work.

Physical and Mental Balance

By Arthur F. Gay

WHAT class are you in? There are practically two different types of human beings—the physically developed or the mentally developed. Where there is a lack of balance between the physical and the mental man, two things are likely to occur. The purely physical may over-balance the mental, or vice versa. In one instance we would have a race of men possessing brains all out of proportion to their bodies. In the other case it would be the muscular giant with no brains.

If such men as the late Woodrow Wilson and others of equal note had been trained in physical culture from childhood, their wonderful gifts and talents might have been exploited to greater advantage still, and their life work done with less anxiety and effort, for they would have had a better physique to support their strong and active brains to bring out the very best that was in them.

What needs to be established throughout the universe is a better system of physical education. Our present system of mental education, no doubt, can stand improvement to a certain degree, but the physical end is the one that needs the attention of our great leaders. We don't want to see a man of great intelligence possessing the body and strength of a school boy, or maybe not even as much as that. Neither do we want the herculean type of man with no mental development or education. But what we do want to see more of is the man with both brains and brawn evenly balanced!

I will thoroughly agree with you that it is no easy task to bring about a perfect physical and mental balance of the human organism. It requires skill, knowledge and experience. Such a duty should be undertaken seriously. A perfectly balanced bodily system, mentally and physically, implies the harmonious development and symmetrical equality of every part of the body and the brain, and of every cell of both. Mind and muscle must be in complete coordination.

When a child is born into this world it should be the duty of parents to see that it receives both physical and mental education. And if this were the case what kind of a race do you think we

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would have in years to come? Think this obligation over seriously, parents, and see that your children are taught the laws of a healthy, clean life as well as mathematics and history, etc.

How often have you known or heard of men with exceptional intellectual development possessing a weak and puny body. It is a common thing for a man to spend all his life improving himself intellectually without one thought of exercising his muscles and increasing their strength and endurance. And yet they are so highly developed mentally.

In every cemetery in the world you will find monuments sacred to youths cut off before they had even tasted of the sweets of life. They were hurled to an early death through lack of that muscular and organic balance without which the brain becomes little better than a vampire sucking the life-blood from the body it inhabits until the exhausted body at last fails to support either itself or its dependent brain any longer.

I do not claim that balanced physical movement will develop all the cells of the brain—as mental exercise and practice only can develop the muscular action of all the brain—but I know that it will certainly provide all the cells with better living conditions and with better nourishment, while the cells in the motor area controlling the muscular movement will directly be developed in power by their use and exercise. Balanced physical movement enables all the brain cells to live in a hygienic and sanitary dwelling, and to do their work under the most favorable conditions possible, certainly under conditions that are lacking in a brain deprived of necessary supplies, or congested through the accumulation of waste products arising from mental overwork and insufficiency of physical movement.

If you use your brain power any length of time, the brain cells, through their activity, will cause an accumulation of waste matter. The blood is contaminated and the brain becomes congested, in consequence, because the blood is too impure and moves too slowly either to cleanse the brain of this waste matter, or to bring up fresh supplies in sufficient quantity to nourish and sustain it in its work.

Nature instinctively prompts the student to physical movement, for instance, in the form of a gentle walk, and soon the heart begins to pump the blood faster, and the waste matter is swept out of brain and body, while greater supplies of nourishment are also brought to the organ of mind, and it immediately reasserts its power through this re-invigoration brought about by the movement of the student's muscles.

If such light exercise as walking will benefit the brain, it is easy to realize how much more mentally efficient would such a student be if his brain and body were developed in perfect balance.

There can, indeed, be no sound, sane and stable mentality that is not based on a perfectly balanced physical and organic foundation, and the mental can

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Catarrh, Etc.

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In its passage through the body mucus is secreted in various organs, causing disease. The effects or symptoms are then named variously according to location, but the source of the trouble is the same—fermentation, chiefly from butter, cheese, cream, fat, oil, salt, etc., in excess.

100 Names for 1 Disease
Mucus causes catarrh of the eyes (conjunctivitis), of the nose (rhinitis), of the ears (otitis, deafness), of the bronchial tubes (bronchitis, asthma), of the lungs (tuberculosis), of the stomach (gastritis), of the appendix (appendicitis), of gall bladder (gall stones), of gums (pyorrhea), etc.

Eat for Efficiency
"BRAIN NERVES"
Juice from grapefruit, without sugar, also tomato juice, berries, some oranges, apples, etc., when used as freely as water, combined with suitable brain-and-nerve foods, laxative vegetables, prepare your blood to dissolve mucus, and remove acidity.
A clerk wrote: "No mucus, voice stronger, head clear as a bell, gained 20 lbs., now earn 4 times as much." Educational booklet 10 cents. **BRINKLER SCHOOL OF EATING, Dept. 20-L 138 W. 72nd St., New York. ©**
(See Suicides p. 85. Ashes p. 93).

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There are perhaps a dozen men in this country who have studied this business of body building. One of these men is Mr. J. Leonard Mason, Instructor of Physical Education at the University of Pennsylvania. Results count, and Mr. Mason's record covering the past fifteen years proves him to be one of the greatest physical directors in the country.

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Beginning with the second lesson, Mr. Mason takes up exercises specially designed to reach every muscle and nerve in the body, and to the average man who keeps himself in fairly good shape, will be a revelation in disclosing unused and unfit muscles. With the third lesson these exercises become more difficult, surplus and subcutaneous fat are removed, the muscles become clearly defined throughout the body and springy in character, ready for the real business of development.

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only be, to a very considerable degree, the mirror of the physical. Genius may flame for a time in a weak, or even a deformed, body, but it burns out quickly, as we have seen in the ill-starred, erratic and short-lived careers of many men of brilliant mental parts.

It is a fact that many of the greatest authors found their best writing desk in bed, because they found it difficult, if not impossible, to continue writing while sitting or standing in the erect position. Many of the great literary men of yesterday and today have found that by writing in a semi-recumbent position they were able to continue their work, as in this position the flow of blood to the brain is more easily accomplished. How much more brilliantly might many great men have shone if they had been developed in perfect physical and mental balance!

Their minds were delicate and susceptible exotics which flourished luxuriantly and brilliantly for a brief period but in an unnatural and quickly degenerative environment and atmosphere. Such unbalanced genius is almost inevitably neurasthenic, neurotic, etc.

It may be said that most of these flashing meteors, etc., of the intellectual firmament—have been neuropathic to an extreme degree, because some cells have been over-developed and others under-nourished, through the neglected balanced movement of that physical body which is the commissariat of the brain.

There is no doubt in my mind that many of them accomplished their great work in spite of their weak bodies, their ill-nourished nervous system and their utter disproportion of mental and physical development by habitual recourse to artificial aids and stimulants, which would explain the popular but erroneous idea that a disorderly or discorded life was essential to inspiration.

The absolute lack of self-control and self-mastery displayed by many men of genius and by the insane in some abnormality or eccentricity, is the result of the lack of physical balance, or at least, of harmonious balance between body and brain, and is due most frequently to the excessive concentration of thought on one fixed idea or in one particular direction, with the result that certain cerebral cells are nourished, developed and strengthened at the expense of even more vital physical cells. In other words, the brain becomes in them the pampered and spoiled child of the body. Certain cells of the brain not being employed or kept actively in use become weaker and weaker until they are a ready prey for disease, while the cells of the body itself, upon the labors of which the brain is dependent for nourishment, air and all essentials of life, are themselves deprived of these vital supplies through lack of use and movement, and so we find a brain altogether too strong and active, for the physical body is not equally developed in balance.

If the cells are starved and poorly nourished the blood will soon become thin and pale. This impoverished blood, too, lacking even the necessary supplies

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to feed and support the cells of the brain, is not pumped vigorously enough to distribute even these diminished supplies fairly to every brain cell equally, because the heart muscle, through lack of sufficient movement becomes too weak to do its work efficiently, causing cerebral anæmia, and so the physical and mental man is still further unbalanced. The frailty of so many men of genius, physical, moral and spiritual, can often be traced to the too exclusive schooling and developing of certain mental and nervous cells out of all proportion to the other cellular inhabitants of the body.

Gifted with such a powerful mental machine as man is, it was, perhaps, not unnatural in a comparatively unscientific age that every care should be lavished by man upon that organ, which has justly been called "the real incarnation of the soul" until its cells waxed and grew prosperous at the expense of what have long and wrongly been regarded as the "lower order" of the bodily cell population, those very cells, unfortunately, upon the health, strength, number, and efficiency of which depends entirely bodily and mental well-being, just as society, in the last analysis, depends upon its individual workers.

The mistake of attempting to split the human body into mental, moral, spiritual and physical chambers, and the foolish belief that the culture of the spiritual and moral man demand the mortification and the humiliation of the body they inhabit, are false conceptions that have been exploded by comparatively recent progress in the science of the mind. When we know, as we now do, that a man's conscious actions (for every conscious human act, right or wrong, good or evil, is only the translation and manifestation of a thought previously existent in the material cells of the brain) are determined and directed largely by the mere pressure of the blood in the cerebral arteries, that the force of this blood pressure, to a great extent, regulates all his thoughts, ideas, passions, impulses and emotions and through them his acts and through repetition of these thoughts and acts his habits, that the force of the cerebral blood pressure again can be modified by physical movement, and that all human physical movement is performed by the muscular system, is it not at once overwhelmingly apparent that through the muscular man we can direct, regulate and control the mental, the moral and the spiritual man?

A system of scientific bodily reconstruction must begin by recognizing the unification of the body and the absolute dependence of mental health and moral rectitude upon physical causes and activities. In science truth alone can reign supreme and science today boldly admits and proclaims that much of all that is moral or immoral in man, including passion and its control, is the result of measurable and discernible physical conditions.

The active carrying out of certain specific and harmonized physical movements, moderately and progressively, can be so guided and directed as to

-don't "ashes"! eat

Avoid ordinary COOKED foods, they are "ashes." Most "goodies" have been evaporated and oxidized by wasteful cooking processes, (over 50% wasted).
Choose mostly RAW foods that SUIT YOUR OCCUPATION, put life into you, real "kick." When UNSUITED to your activities, food becomes "ASHES", i. e. WASTE products in blood and tissues, the basis of all disease.

Waterless Brain-Nerve Meals

(1) Eat fresh fruits, vegetables, meats, dairy foods so as to produce UNDILUTED nourishment real "kick," overflowing vitality. (2) Eat UNDILUTED nerve, or muscle or solvent, or laxative meals as needed for EFFICIENCY.

We do NOT treat disease. No diagnosis needed. Write us for particulars of Government Bulletins describing experiments on convicts, hens, cows, etc. Deficient feeding produced disease, whereas FULL NUTRITION corrected:—paralysis, blindness in hens, rats, etc., beriberi, skin affections, etc. in men. . . . Can the OLD become active? Can OLD furnaces give heat? Yes, immediately when "ASHES" are avoided. **TUMORS DISSOLVED—SIGHT AND HEARING RESTORED.** Pupil 3610. Age 50. "For twenty years I suffered from rheumatism. My feet and legs swelled until I could scarcely stand on them. I had difficulty with both sight and hearing, being compelled to wear glasses. I was troubled with my kidneys and bladder, lime deposits; also goitre, and suffered from hemorrhages each month. My physician discovered that I had two tumors.

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(See Suicides p. 85, Catarrh p. 91).

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develop all the natural resources of energy in the individual, and undoubtedly influence the moral, as well as the mental, constitution of an individual and of the people as a whole in process of time. The rhythmic bodily harmony of health which evidences the smooth and perfect coordination of mind and muscle, or organ and function of sense and nerve, is but the sweet music of the muscles brought forth by the touch of a master hand, exquisitely sensitive and in a sympathetic affinity with the Divine instrument at its disposal in the wonderful fabric of the body.

Where there is no actual organic disease or lesion of the brain, a diseased or degenerate mental tendency or condition may be corrected, prevented and cured by scientific physical training that restores balance to the joint mental and physical relationship. This can be achieved, as I have personally proven during my experience as a teacher of Physical Culture, by educating the neurotic and the neurasthenic to acquire gradual control over each and all of the voluntary muscles by carefully selected, rightly directed, balanced and progressive physical movements.

By this means, the power of mental concentration and will power, with greater self-mastery and control, are both developed, two of the faculties in which the neurasthenic, the neuropathic and the insane are lacking, because of their want of mental equipoise and physical and mental coordination.

The majority of mental and nervous troubles have a history of overwork (consciously or unconsciously), of malnutrition, and over-expenditure of nervous energy. Certain cells are forced to work at over-pressure while others are starved and undeveloped through lack of movement and disuse (because supplies are unevenly consumed), and there is, therefore, overdevelopment of some cells while other cells are neglected and undeveloped or become so weak through lack of use and movement that they are simply paupers of a badly balanced body and brain. Inevitably such an unbalanced state must end in bodily and mental anarchy.

Until some such system of scientific physical education and reconstruction is adopted by those responsible for the education of the rising generation, other methods of grappling with the problems of rescuing child-life and building up healthy and disease-immune adolescents and adults can, at the best, be but partially successful. All must begin with the physical education of the body itself, through its making the brain stronger and more receptive. Well-intended and helpful as all such valuable movements are, they overlook the radical and real source of evil, a weak, ill-developed body and stunted brain lacking the balance and coordination of vigorous health which should make it the conqueror, and not the victim, of disease.

A balanced and developed human body will thrive even in an unhygienic environment, but the healthiest environment will never make the weak child

strong if its body is robbed of the physical and mental balance that is necessary for the vigorous functional activity which is the only guarantee of robust life and constitution. Strength of mind and body can only come from within by self-knowledge, self-respect, self-development, and self-control.

It is evident, therefore, that such scientific physical education from childhood must make one feel better, think better, work better, look better, and be better, in every way, for balanced strength through balanced movement will enable the body and brain to defy weakness and disease.

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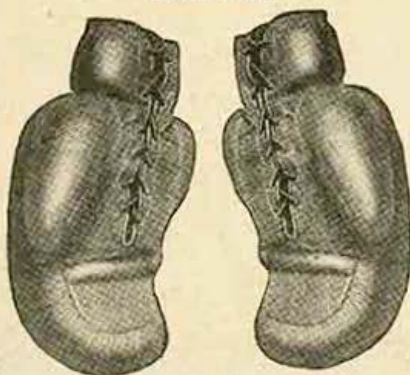
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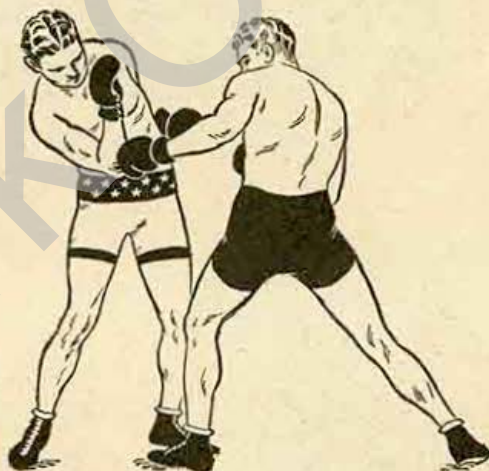
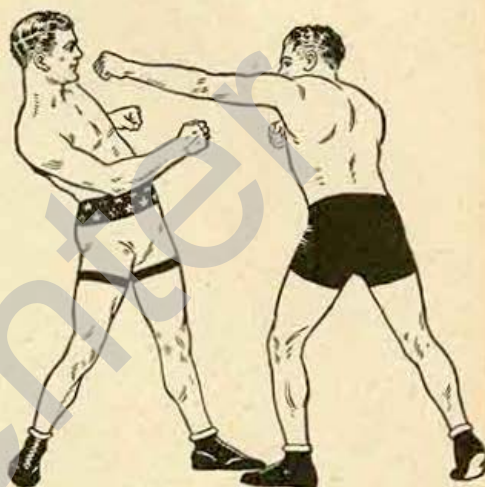
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WHAT IS A BAR BELL?

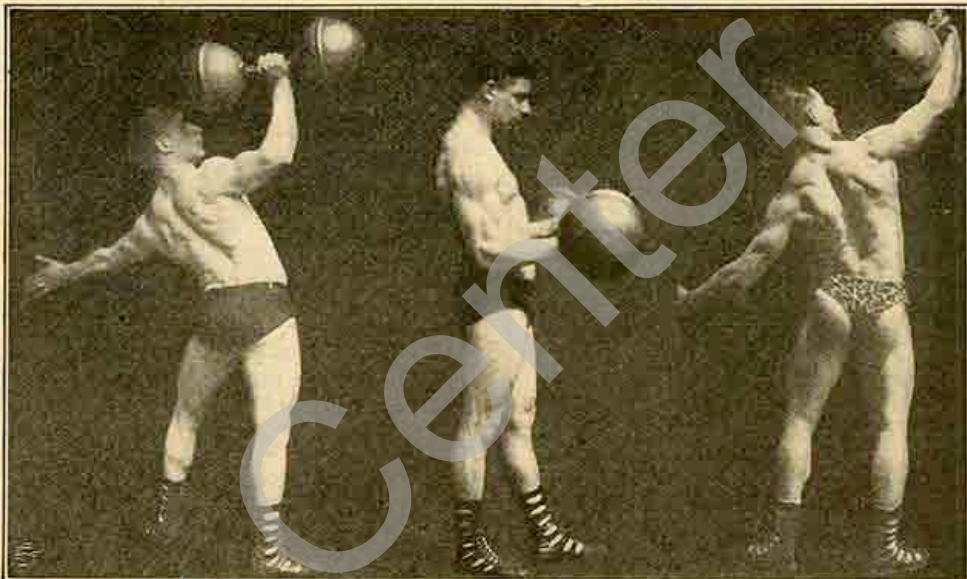
A BAR BELL is simply a long handled dumb-bell. It has many advantages over a pair of dumb-bells. For instance, it is far easier to handle a 50 pound bar bell than two 25 pound dumb-bells. Again, with a bar bell you can do certain back and leg exercises where it would be awkward to handle a pair of dumb-bells. The bar bell became

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when the adjustable feature was added—for then it became possible to employ the **progressive method** of exercise which has proven to be the only way in which a man of below-average physique can gradually but steadily improve his build, his muscular development and his stock of organic vitality until he becomes a physical superman—the very pattern of health, strength and manly beauty.

By Using a Bar Bell You Can Become a Physical Superman

With every bar bell we sell we give courses in training to suit the individual purchaser. Our pupils vary in age from fourteen years to as old as sixty-four. We have seen slender young pupils gain as much as **twenty pounds** in weight, and **six inches** in chest measurement in the first six weeks they were under our training. We have taken stout middle-aged parties and shown them how to regain the fine proportions, the elasticity and the vigor of athletic youth. We get orders from hundreds of business men and office workers, and we show them how it is possible to get the greatest possible results in the shortest possible time. (Possibly forty per cent of our patrons are indoor men.) One of our greatest delights is taking husky farmers, out-door workers and gymnasium devotees and show them what **real strength and development** are like. Every case in individual with us and we have handled so many different kinds of health-seekers, shape-seekers, and strength-seekers that it is hardly possible your case would present any new problems for us.



In these pictures Mr. Klein is posed with a "Milo Duplex" Combination Bar Bell; one of the many types of bar bells we manufacture.



A Bent Press Lift

We Give Unlimited Service

With us it is not a case of giving you so many "lessons" and then forgetting you. You are our pupil as long as you own the bar bell you buy from us. You may be in such condition that we can give you the kind of developing work that makes you gain at a rate so rapid that you will be amazed. Or it is possible that you are in such a run-down or absolutely undeveloped state that we will have to start you with the bell adjusted to very moderate weights, put you on a mild progressive schedule, and coax your body to its proper proportions and teach you how to accumulate a stock of reserve vigor and health. All of which is part of our job, and what you pay us for.

We Give An Absolute Guarantee

All our goods are sold on the same understanding. If within ninety days after enrolling you are not satisfied with the results, you can return your outfit and have your money refunded. For years we have kept a careful record and find the proportion of returns is $\frac{1}{2}$ of 1 per cent. In other words, we satisfy 299 out of every 300 customers. (We never expect to be perfect.)

We Make Adjustable Bar Bells of All Varieties

Every outfit we make is a combination affair, which can be used as a bar bell or as a pair of kettle-bells. Every part of each outfit is adjustable in weight. Some types have hollow spheres which can be loaded with iron plates of assorted sizes. Others have no covering spheres but consist just of an assemblage of iron plates and the different handle bars. We make bar bells of

Different Styles—Different Sizes—Different Prices

but every outfit we make can be adjusted to such a moderate weight that it can be easily handled by the weakest and smallest man, and yet can be almost instantly adjusted to a weight that would tax the strength of Samson.

Our Literature Will Interest You

Send at once for our booklet,

"Health, Strength and Development and How to Obtain Them"

The Milo Bar Bell Co.

Dept. 149

2739 N. Palethorp St.

Philadelphia, Pa.

The Milo Bar Bell Co.,
Dept. 149, 2739 N. Palethorp St.,
Philadelphia, Pa.

Gentlemen:

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

Name

City

State

Address