

How I Made \$100,000 In Less Than 5 Years

As a real estate specialist. Learn the secret of my success. Follow my new money-making method. Build up an immensely profitable business of your own—right at home—in your spare time—without capital or experience. Mail coupon and learn how.

ONE HUNDRED THOUSAND dollars!

That's the net profit I made, in less than five years as a real estate specialist.

And the hard-to-believe part of it is that I started in my spare time—without any real estate experience whatever—and with less than \$5 capital.

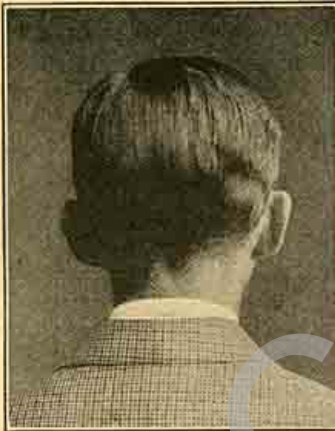
Of course, I don't expect you to take my word for this. You don't know me. So I don't blame you for saying, "I'm from Missouri."

But I do expect you—for your own good—for your own profit—to sign and mail the coupon and let me send you—without cost or obligation—an avalanche of the most convincing proof of success you ever saw.

—proof of my own success.
—proof of the success of other men and women—from 19 to 65—who are using my amazingly successful system.
—proof of how you—yourself—can successfully use my money-making method to build up a profitable business of your own—right at home—in your spare time—without capital or experience.

A Business Worth Having

Do you know the many advantages and opportunities offered by the real estate business? Here are 10 points worth thinking about: 1. It is as permanent as the earth itself. 2. It is growing bigger every day with the growth in population. 3. It is a dignified business that brings you in touch with the best people. 4. It does not require years of study like law, architecture, engineering, electricity, etc., etc. 5. It is more healthful than any indoor occupation. 6. It is practically unlimited in size. There



Mail the Coupon and Meet Me Face to Face

are about ten million properties on the market all the time. 7. Beginners get the same rate of compensation as old timers. 8. You can start with practically no capital, which is true of very few businesses. 9. There's great, big money in it. Deals paying \$1,000 to \$5,000 are recorded almost daily in the leading newspapers. 10. Age is no barrier. Old and young—men and women—are succeeding.

Do you know of any other business—of any kind—anywhere—that includes all these important advantages? Isn't it a good enough business to at least investigate? Mail the coupon now and learn how to make big money in this immense and profitable field.

Read These Letters

Enthusiastic letters pour in from those who are making money with my successful system. Read these words of praise:

"Your system is wonderful. Without giving up my job as a stationary engineer I made \$900 the first three months in my spare time."—F. E. Stokes, Pennsylvania.

"Have been helped a great deal by your system. I have now a new car, two new typewriters, a stenographer, and a dandy office and money in the bank, all through my own efforts and without any capital to start with."—Mrs. A. Moore, Connecticut.

"Increased my income \$8,000 in three months with your System." A. W. Fosgreen, New York.

"Made \$14,400 in less than one year with your System. Gladly recommend it."—H. G. Stewart, Florida.

"Before getting your System was a Ford salesman averaging \$300 a month. Have now increased my earnings 200%. Now own a Chrysler Sedan, up-to-date office equipment, and have increased my bank account."—A. J. Bennett, Michigan.

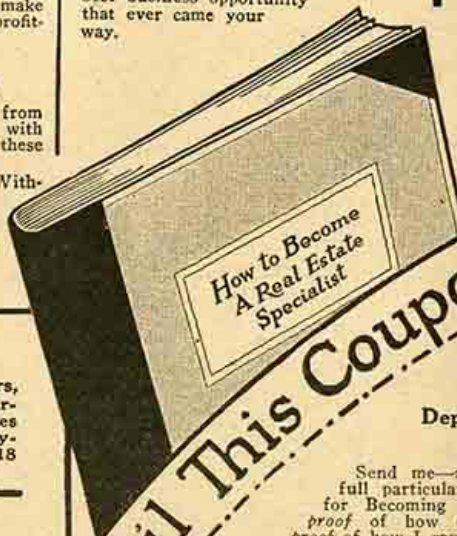
There's no room here for more such letters, but sign and mail the coupon and you will receive a bunch of the most enthusiastic letters of real estate success you ever read.

Get the Facts at Once

A minute's time and a postage stamp brings you full information about your big opportunity to make big money my way—build up a profitable business of your own—right at home—in your spare time—without capital or experience.

Tear out the coupon now—before you turn the page—and mail it to AMERICAN BUSINESS BUILDERS, INC., Dept. 24-F, 18 East 18 St., New York. Then you will have the satisfaction of knowing that you did not turn your back upon the biggest and best business opportunity that ever came your way.

In New Kind of Out-Door Job



Mail This Coupon

FREE EMPLOYMENT SERVICE

REAL estate corporations, sub-division operators, auctioneers, realty bond houses, building and loan associations, insurance companies and others requiring trained representatives (men or women) should register at once for our free employment service. Address—Business Development, Dept. 24-F, 18 East 18th St., New York.

BUY AND SELL REAL ESTATE

ANYONE wishing to buy any kind of real estate, anywhere, write at once (on postal card only) requesting Free Requirement Blank. Owners, wishing to sell, write at once (on postal card only) requesting Free Listing Blank, address National Real Estate Exchange, Dept. 24-F, 18 East 18th St., New York.

American Business Builders, Inc. (Authorized Capital \$500,000.00) Dept. 24-F, 18 East 18 St., New York

Send me—without cost or obligation—full particulars about your new System for Becoming a Real Estate Specialist—proof of how others are succeeding—and proof of how I can succeed.

Name

Address



Strength



JUNE, 1926

Vol. XI

No. 4

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They Called Me a "Human Clam" But I Changed Almost Overnight

AS I passed the President's office I could not help hearing my name. Instinctively I paused to listen. "That human clam," he was saying, "can't represent us. He's a hard worker, but he seems to have no ability to express himself. I had hoped to

make him a branch manager this fall, but he seems to withdraw farther and farther into his shell all the time. I've given up hopes of making anything out of him."

So that was it! That was the reason why I had been passed over time and again when promotions were being made! That was why I was just a plodder—a truck horse for our firm, capable of doing a lot of heavy work, but of no use where brilliant performance was required. I was a failure unless I could do what seemed impossible—learn to use words forcefully, effectively and convincingly.

In 15 Minutes a Day

And then suddenly I discovered a new easy method which made me a powerful speaker almost overnight. I learned how to bend others to my will, how to dominate one man or an audience of thousands. Soon I had won salary increases, promo-

tion, popularity, power. Today I always have a ready flow of speech at my command. I am able to rise to any occasion, to meet any emergency with just the right words. And I accomplished all this by developing the natural power of speech

possessed by everyone, but cultivated by so few—by simply spending 15 minutes a day in the privacy of my own home, on this most fascinating subject.

WHAT 15 MINUTES A DAY WILL SHOW YOU

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

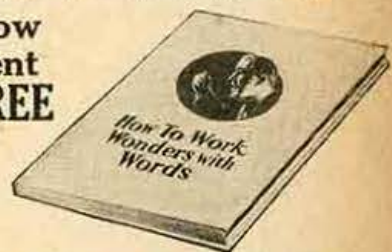
from a small, unimportant territory to a sales-manager's desk; another from the rank and file of political workers to a post of national importance; a timid, retiring, self-conscious man to change almost overnight into a popular and much applauded after-dinner speaker. Thousands have accomplished just such amazing things through this simple, easy, yet-effective training.

Send For This Amazing Book

This new method of training is fully described in a very interesting and informative booklet which is now being sent to everyone mailing the coupon below. This book is called, *How to Work*

Wonders with Words. In it you are shown how to conquer stage fright, self-consciousness, timidity, bashfulness and fear—those things that keep you silent while men of lesser ability get what they want by the sheer power of convincing speech. Not only men who have made millions but thousands of others have sent for this book—and are unstinting in their praise of it. You are told how to bring out and develop your priceless "hidden knack"—the natural gift within you—which will win for you advancement in position and salary, popularity, social standing, power and real success. You can obtain your copy absolutely free by sending the coupon.

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Please send me FREE and without obligation my copy of your famous book, *How to Work Wonders with Words*.

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\$100
for Single Drawings



See How Easy It Is To Learn Drawing This Quick Way

Through a remarkable shortcut method anyone can now quickly learn to draw—right at home in spare time. No Special talent needed! Become an Artist this quick easy way.

YOU have always longed for it—this fascinating ability to draw. Now it can easily be yours. Illustrating, Rapid Sketching, Decorative Designing, Advertising Art, Cartooning—you can easily learn all of this right in your own home. Hundreds of our students never had a drawing pencil in their hands before starting, yet are high salaried artists today.

Big Money in Commercial Art

Trained Artists earn \$50, \$75, \$100 and even over \$200 a week! Single drawings often bring over \$100. And now, with just a few hours' pleasant study each week, you can quickly learn to make drawings that have a real commercial value.

Hundreds of trained artists are needed today all over the country. Magazines, Department Stores, Advertising Agencies, Publishers, Manufacturers—these are just a few of the fields which are in urgent need of artists. Get into this attractive, big money field now.

It's Fun Learning Art This Simple Way

It's all just like a pleasant game when you learn to draw with this simple method. You study right at home, yet every bit of your work receives the individual attention and criticism of a *real artist*. It's almost as though you had a famous artist standing at your elbow while

you work. With this training you progress with amazing rapidity. Starting with straight lines and curves, you quickly learn action, perspective and all the more advanced secrets of drawing. Almost before you realize it you are making drawings that *sell*.

Send for FREE BOOK

You may be considering the study of art merely for the joy you can get from it; or you may want to turn your ability into the big money which is to be found in Commercial Art. In any case—if you feel that you want to learn to draw, send for our new Free Book on art, which tells all about the wonderful opportunities for happiness and profit in art and describes this startling simple method which makes it so easy for you to learn to draw. Mail coupon for this Free Book and for our Special Free Offer.

WASHINGTON SCHOOL OF ART

Room 676-D, 1115-15th St., N. W., Washington, D. C.



Washington School of Art

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Please send me your Free Book on art which tells about your easy method. Also details of your Special Free Offer.

Please Write Plainly

Name
Mrs., Miss or Mr.

Address

City State

Age, if under 16 years

"I Dare Anyone to Fail Now!"

Says the Man Who Has Startled America

With clear and pitiless logic David V. Bush now proves that it is easy for any average man to attain great heights of achievement if he applies certain proved principles.



DAVID V. BUSH
America's Foremost
Lecturer and Author
on Practical Psychology

MANY so-called teachers of success repeat formulas of achievement like so many parrots. "Have confidence," they say. "Believe in yourself and you will succeed." That is all very well. Such statements are quite true. But when they are repeated parrot-like they become meaningless.

No one realizes this fact more clearly than David V. Bush. No one understands better than he, the emptiness, the futility of mere words.

Why Dr. Bush Understands Human Nature

In his famous lecture tours over the United States and Canada, Dr. Bush has met thousands of people. He has lectured to millions. He has filled to overflowing, the greatest auditoriums in the greatest cities. He has come in direct contact with all classes of men and women—from the greatest thinkers and benefactors of mankind to the lowest, even criminal types.

It is for this reason that Dr. Bush knows people. He understands human nature to the core—its strength, its weaknesses. He realizes that people are flesh and blood—not mere machines to be fed with formulas or remade with parrot-like phrases.

His Great Teachings Revealed in a Single Book

In his great, new book called, "Pike's Peak or Bust," Dr. Bush speaks his clear, human message direct to YOU. He tells you specifically just what you want to know. He tells you in detail just how you can overcome timidity, fear and self-consciousness. He tells you how to develop will power, how to grow brains, how to find yourself

and your work. He tells you how to reach the subconscious mind, how to use suggestion and auto-suggestion, how to reach your goal no matter how far distant it may seem.

Dr. Bush gives you secrets that will enable you to forge ahead with amazing strides. No glittering generalities—he tells you exactly how to make the start, how to keep going, how to branch out. He puts success right within your grasp. Achievement actually seems easy to men and women who follow his wonderful teachings. He will inspire you, uplift you, give you a great new surge of self-confidence.

You will feel your powers doubled—trebled! You will feel giant forces awakening within you—new life—new hope—new strength. You will laugh at obstacles that once seemed insurmountable. You will toss aside such hindrances as worry and fear and timidity. The barriers that once barred your path will become stepping stones to your success!

And when Dr. Bush promises you success, he does not mean merely spiritual or ethereal success. He means material success—success in dollars and cents. He means wealth, power, fame—all the luxuries, all the rewards that your brains and ability entitle you to have.

You Can Be Sure of Success

Do not fear. Do not doubt. Do not hesitate. If you are an average man, in average health and of average intelligence, there is absolutely not one good reason why you cannot achieve your life's ambition, no matter what it may be. Once you know and apply these principles, Dr. Bush dares you to fail, and he means what he says.

You cannot read this ringing message to the American public without realizing for yourself these great truths—these fundamentals of success that Dr. Bush drives home with clear and pitiless logic. When you finish this splendid work you will be

amazed at your own blindness. New truths will dawn on you. Old truths will strike you with new force. You will say to yourself as thousands have said, "How simple it all is! Why didn't I see it all before?" You will say, as Dr. Bush said, "I dare anyone to fail after reading and being inspired by these splendid principles!"

Examine the Book Free

No description can begin to give you even an idea of the startling truths explained and proved in this wonderful book. The very first page will be a revelation to you, just as Dr. Bush's lectures have been a revelation to keen, thinking, analytical minds in every city.

You are the sole judge of this wonderful value. Mail the coupon. This remarkable book will be sent at once. Read it for five days. Think about it. Consider the wonderful teachings. At the end of that time if you find it the most inspiring, the most valuable means to obtain health, wealth and happiness, send us only \$3.50 which, as you will realize, pays only for the cost of printing, advertising and distributing the book. Otherwise, return the book itself within five days and you will not owe a penny. But begin to enjoy the benefit of this new force at once. Mail the coupon today. **DAVID V. BUSH, Dept. R-696, 225 N. Michigan Avenue, Chicago, Ill.**

Contents of This Book

- How to overcome failure, heredity and adverse environment
- How to grow brains
- How to find your work
- How to reach the subconscious mind
- How to be a "go-getter"
- How to use suggestion and auto suggestion
- How to develop Will Power
- How to hang on and succeed
- How to overcome timidity, fear and self-consciousness
- How to go to the top
- Pike's Peak or bust
- How to be a success as a salesman, artist, author or business man
- How to reach yourself
- How to buck the line, brace up, and win
- How to come back
- How to branch out
- How to strike your stride
- How to find yourself
- How to make the start
- How to finish
- Where there's a will, there's 20 ways

David V. Bush, Publisher, Dept. R-696,
225 N. Michigan Ave., Chicago, Ill.

Please send me a copy of "Pike's Peak or Bust" for approval. I agree to remit \$3.50—or return the book in five days.

Name.....

Address.....

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

(Remittance from foreign countries and U. S. Possessions must accompany all orders.)

These Men Say STRONGFORTISM Brought Back Their Health and Strength!

Will You Take Their Word For It?

Here are dozens of letters taken from thousands in Lionel Strongfort's files that are full of hope and encouragement for the weak, ailing and unfit. Whatever your weakness, whatever plunged you into a state bordering on despair, this evidence from those who have had their troubles and have been rescued by *Strongfortism* will prove to your satisfaction that Strongfortism points the way to happiness. *These letters are unsolicited.* The writers sent them because they were joyous over their escape from disease and death. What they say others will say if they are ailing and failing—once they take up *Strongfortism*, the basic science of health and strength.

You who are not physically fit should not fail to send for the wonderful book—"Promotion and Conservation of Health, Strength and Mental Energy." See coupon on next page—

Read These Unsolicited Words Of Praise:

I received the seventh lesson a few days ago and I sure do enjoy every new lesson. I have become much stronger and now weigh 168 pounds. Before I weighed only 135 pounds.—*W. B., Chicago Ill., September 11, 1925.*

I am proud of my development. Strongfortism is all that it is claimed to be. I hope to start on my career soon as a boxer. I know I will make good because I have Strongfortism in back of me and in front of me.—*E. W. S., Toronto, O., July 10, 1925.*

My muscles over my entire body are getting as hard as bricks. I have not had a cold for a long while and the skin on my face is getting clear and free from pimples.—*C. N., Kansas City, Kan., Sept. 28, 1925.*

I have reduced my waist line over 4 inches and am feeling fine. I hardly know I have a stomach. My bowels move regularly without the aid of any medicine and my catarrh is all gone.—*F. W. S., Denver, Col., Aug. 30, 1925.*

My muscles are getting larger and I am getting stronger. I am beginning to feel like a new man.—*E. P., Richmond, Va., Aug. 19, 1925.*

I find that my health is A-1. My muscles are developing rapidly and everyone wonders just how it is that my strength is increasing so rapidly when my work requires very little, if any, physical exercise.—*A. B. H., Toronto, Can., July 1, 1925.*

I enrolled for a Course in muscle building some months ago and the results are almost unbelievable. My backache is gone and the pimples on my face are gone and the people remark what a fine development I have.—*E. D., Lakeworth, Fla., Aug. 16, 1925.*

I want to say you are doing wonders for me. I haven't taken anything for constipation since I started the exercise.—*J. J. R., Detroit, Mich., Aug. 14, 1925.*

I am writing to you with tears in my eyes because I am so happy. While I'm not entirely well, my weakness is slowly giving up to the powers of your teachings. Strongfort, God bless you for the good work you are doing. There is no one man doing any more for the betterment of the world than you.—*R. W. C., Bellingham, Washington, Sept. 10, 1925.*

A year ago my ruptures bothered me so that when I was plowing I would have to stop and lay on my back. One is completely cured now and the other one almost so. I am well pleased with your Course and expect to take your Advance Course.—*B. L. F., Bovina Center, N. Y., Aug. 17, 1925.*

I have been taking your exercises every morning and they have helped me greatly. I now can go without my truss. Your Course has done more for me in the last two months than doctors have done for me in two years.—*V. M., Tiffin, O., June 21, 1925.*

I am well pleased with your Health Course. I feel better than I have for 20 years. I don't take medicine for anything anymore.—*F. A. S., Akron, O., June 20, 1925.*

I can feel a difference in health. I feel like jumping all the time as though I had springs in my feet.—*R. F., Ithaca, N. Y., Aug. 15, 1925.*

I feel better and stronger than I ever felt in my life, due to your Course. I was always frail from childhood up, but I have improved wonderfully.—*J. F., New York, August 12, 1925.*

I wish to thank you gratefully for the change you have brought about in my condition. I am sorry that I did not correspond with you years ago.—*G. W. G., St. Petersburg, Florida, Oct. 10, 1925.*

I am sending you photograph of myself in body trunks and you can see from the pictures that I am on the road to health and strength. And I owe it all to you.—*L. T., Richmond, Va., November 12, 1925.*

I know that I have received more real value from your Course than all the blood medicines I ever took, and I have taken lots of them.—*A. G. D., Kinnso, Alberta, July 5, 1925.*

Mr. Strongfort, you are a marvel. There is not a promise you have not kept. You ought to see me now. I'm a different lad, full of pep and vigor. My friends are open-mouthed with amazement at the wondrous change that has taken place during my three months holiday.—*F. da R. F., Bombay, India, August 8, 1925.*

I want to tell you that your wonderful exercises are saving my life. I have been taking them 3½ months and I have certainly been marvelously benefited. I was living on medicine and mineral water and could hardly keep going. I have taken one dose of medicine since September 15th. I can see a change every week.—*E. R. W., Hamlet, N. C., November 18, 1925.*

I am perfectly satisfied that you are doing for me what no doctors could do and that is, giving me perfect health. I am fifty per cent better today than I was one month ago and am gaining every day.—*W. A. M., Winnipeg, Can., July 15, 1925.*

I am feeling better than I have for five years. I feel as though a heavy load has been lifted from my body. I am not so stiff and do not have those aches about the body.—*W. A., Reading, Pa., June 1, 1925.*

I am finding your Course what you claim and more. I am climbing over these mountains daily. Not only have my steps become nimble, I feel as though a thick skim—a heavy pressure has been lifted off my brain, as stored away knowledge and memories come to me now that I am surprised at knowing and remembering.—*J. A. S., Cedar Gap, Mo., June 8, 1925.*

The complete letters from which these brief extracts are taken are on file in the office of Lionel Strongfort. Strongfort Institute, Newark, New Jersey, and are guaranteed genuine.

You can't "CRASH the GATE" to health —you've got to pay the price

If you are one who has trifled with your health; if you have violated the laws of nature and neglected and abused your physical powers; if you're dragging through life ailing, complaining, dejected and despairing of



STRONGFORT

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

ever being a real man again—you're just paying the price—YOU MUST PAY THE PENALTY—you can't "crash the gate" to health! 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—and if you have a spark of manhood left, you don't want anybody's pity and you don't want to be barred from association with other men and women.

STOP RIGHT WHERE YOU ARE. TURN BACK YOUR PHYSICAL AND MENTAL FOES AND REGAIN HEALTH AND STRENGTH. LET ME HELP YOU.

No matter how knocked-out you are, nor what has plunged you into your sorry plight—you have a fighting chance to come back—a mighty good chance. I have put thousands of other men on their feet who were horror-stricken at their miserable physical condition. Now they write me letters of thankfulness for what I did for them. They're happy. They have health and vigor and strength. You can be like them.

STRONGFORTISM Will Restore You

STRONGFORTISM is the Science of Health and Strength evolved by me through years of study, experiment and development of my own body until I became a physical specimen marveled at by scientific men all over the world, and through building up to health and strength thousands of other men who had drifted into habits and excesses and dissipations that robbed them of their stamina and pep.

STRONGFORTISM is more than an ordinary physical culture course. It is unique—no other course like it. It begins by building up the INTERNAL MUSCULAR SYSTEM so that it functions fully, enabling you to throw off diseases and weaknesses such as constipation, indigestion, rheumatism, high blood pressure, catarrh, nervousness and other disastrous ailments.

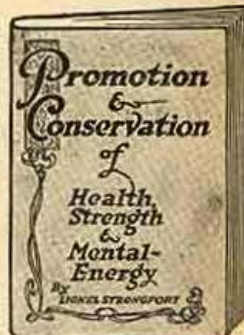
You'll Get Joy Out of Life

Once the internal organs are performing their duty and health and energy are restored, outward muscular development comes along in a way that will surprise you and your friends. A new outlook on life dawns for you when you become a Strongfort pupil. You'll find joy in your tasks, pleasure in mingling with men and women; you'll experience a desire for companionship and married life. It's wonderful how you'll grow into a happy, healthy, robust fellow—and it's all so easily accomplished if you'll just listen to my advice and instructions.

Read My Great Book —It's a Revelation

You'll find surprising facts about the human body in my wonderful illustrated book—"PROMOTION AND CONSERVATION OF HEALTH, STRENGTH AND MENTAL ENERGY"—the result of my lifetime study of the human organism and the relation of muscular development to health and strength. It shows how, through STRONGFORTISM, you banish most of the diseases and weaknesses you may be afflicted with—by natural methods of development, without the use of drugs, dope, electrical gee-gaws, or apparatus of any kind. It's a book of plain talk, crowded full of inside information, that you will find a priceless possession—a book that opens the way for you to get on the road to vigorous health and manly strength.

You can't afford to be without it. I'll be glad to send it to you if you'll just fill out the attached coupon and frankly tell me what troubles you. SEND FOR YOUR COPY of this valuable illustrated book today. Don't put it off.



CONSULTATION COUPON

CLIP AND SEND THIS COUPON

Absolutely Confidential

Mr. Lionel Strongfort, Strongfort Institute, Dept. 165, Newark, N. J. Please send me copy of your book, "PROMOTION AND CONSERVATION OF HEALTH, STRENGTH AND MENTAL ENERGY." I enclose a ten-cent piece (a dime) to help cover mailing expense, wrapping, etc., and have marked (X) before the subjects in which I am most interested.

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

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

STREET

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11 lbs. Pure Maple Syrup, \$3.75 per gal. Postpaid, Edgar Hunt, Barron, Wis.

Help Wanted—Male

Be a Detective. Work Home or Travel. Experience unnecessary. Write. George Wagner, former Government Detective, 1968 Broadway, N. Y.

Be a Detective—Earn Big Money; fine work; great demand; local, traveling; we show you; particulars free; write National Headquarters, 188 East 19th Street, New York.

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Strength in a juicy pipe takes the joy out of smoking. Scotch Clayschaum Pipes, made of special clay, absorbs nicotine, which conserves health. One dozen, a year's supply, one dollar, postpaid. Scotch Clayschaum Pipe Company, Dept S, Laurel, Maryland.

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Free Booklet Describes Over Fifty Plans for building a business of your own. If interested in making real money, write. Downs Company, 2331 University, St. Paul, Minn.

Representatives Wanted Everywhere. A broad claim for exercisers. This has been proven. Send for salesman proposition. Big money for character salesmen. Easy sales with model and moviegraph for demonstration.

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Big Money—fast sales; every owner buys gold initials for his auto. You make \$1.44 on \$1.50 sale. No skill needed. Samples free. World Monogram, Dept. 155, Newark, N. J.

Mirrors resilvered at home. Costs less 5 cents per square foot; you charge 75 cents. Immense profits; plating auto parts, reflectors, tableware, stoves. Refinishing metalware, etc. Outfits furnished. Write for information. Sprinkle, Plater, 213, Marion, Indiana.

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California Gold Tokens. Quarter size 27 cents; half dollar size 53 cents. Coin Catalogue and Greek Coin 10 cents. Alexis Mengelle, Colorado Springs, Colorado.

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Change Your Luck—to—SUCCESS—HAPPINESS—PROSPERITY—My Success Formula tells you how. One dollar, satisfaction guaranteed. M. L. Harris, Jefferson-Madison, Sullivan, Illinois.

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Dr. J. Lambert Disney, Philadelphia (1631 Chestnut St.). Licensed Drugless Physician. 25 years a physical culturist; 20 years in practice. Graduate of three drugless institutions, including Bernarr Macfadden Inst., New York, 1905. Formerly on faculties of Bernarr Macfadden Institute and Neuropathic College, Philadelphia. Personal consultation letter, \$1. Personal appointment by 'phone or letter.

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I Want Song Poems. Casper Nathan, H-3544 North Racine, Chicago.

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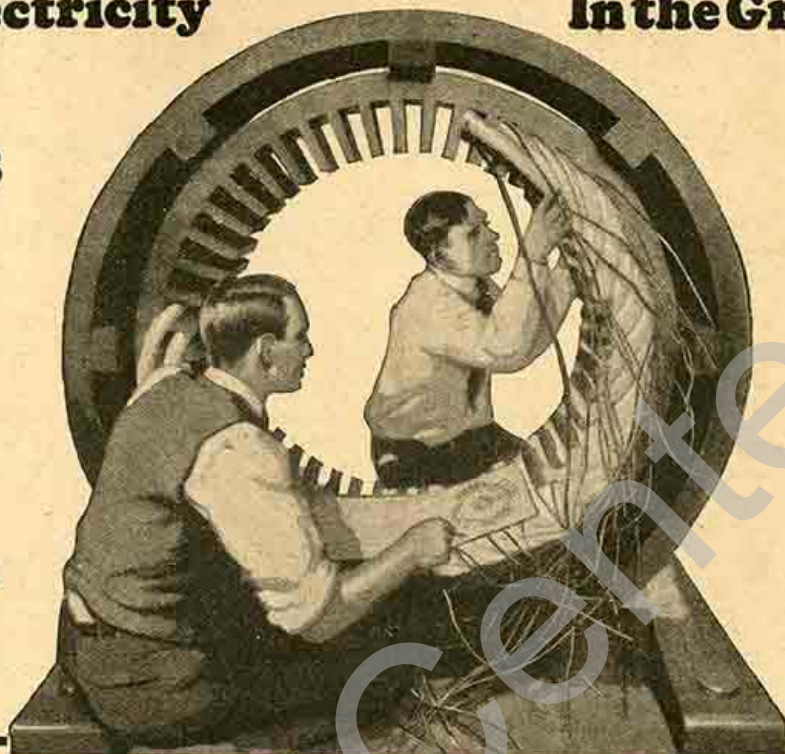
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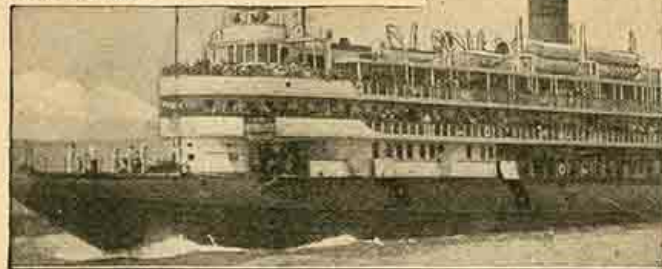
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There is a new stack of thrills awaiting you in this course. When yours has arrived, you start out with tumbling and hand-balancing feats that you can master after a few trials.

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Then into the sensational flips, forward and backward somersaults, twisters, spotters, one-hand stand, etc. The course is full of them for you to learn. Don't say you can't. Get into this thrilling pastime now. Then, in a few weeks, astonish your friends with a few real stunts and get the thrill yourself, too.

You Probably Can't Perform a Flip or Somersault— But You Would Like To

Imagine yourself taking a few running steps, going down into a snappy round-off, rebounding without hesitation into a series of very rapid flips, and then ending up with a high, thrilling lay-out somersault. There is nothing like it. You can do them with my help.

There are so many feats that you can easily learn, that it becomes fascinating from the very beginning. Each day you will add a new and more-advanced stunt to your collection.

Spring is here. You can get outdoors on a plot of grass and practice any or all tumbling and hand-balancing feats. There are no mats necessary when outdoor practice is adopted.

The coupon is your messenger. Dispatch it to me now!

My Safety Tumbling Belt



These belts are just the thing for those who are too timid to try tumbling feats. In fact, it is safer for every beginner to have one. You can get them from me at the price of \$5.00, which includes shipping charges.

See Coupon for Combination Offer

This specially made tumbling belt makes tumbling easily and rapidly learned, and best of all absolutely safe for the beginner. Tumbling can be learned without the aid of a belt; but many a good beginner has lost his nerve from a slight fall. So learn tumbling the safe way, without taking chances.

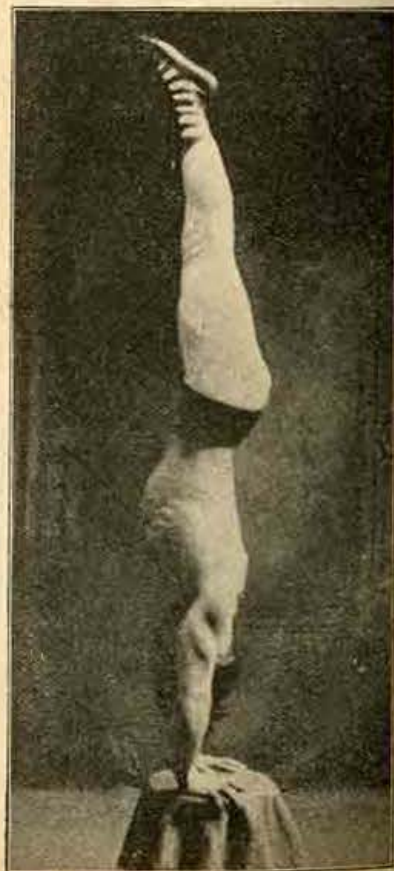
Besides, the very timid beginner can make rapid headway with this belt, whereas without it he would never have the nerve to attempt a somersault or flip.

These belts are complete and made to your size. When filling in your name and address, give your waist measurement also.

Order Yours Now!

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Not Experienced

Tumbling and Hand-balancing

You Thoroughly and Quickly

You Don't Realize What You Are Missing Without This Great Course and the Ability To Tumble

Hundreds have already purchased this course and, consequently, I am now getting letters from them telling me how they found it—how it has made really competent tumblers and hand-balancers from those who knew little or nothing of this fascinating and beneficial art—how it advanced those who were only fair at this sport to the most difficult and spectacular feats.

That is why I am telling you how wonderful the course is—not because I think so, but because others by the hundreds know it through actual experience.

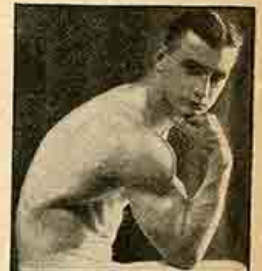


There Are Easy Stunts For the Beginner

And Why Is This Course So Good?

The consensus of opinions of those who have used this course is that it is good because it was written by one who has an excellent practical knowledge of the subject. No one, except one who is himself proficient, can give clearly all the tiny details that make a back somersault, flip, one-hand stand, and the many other feats comparatively easy to master.

Accept One of These Propositions Now by Filling in and Mailing This Coupon



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Tumbling Course
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City..... State.....

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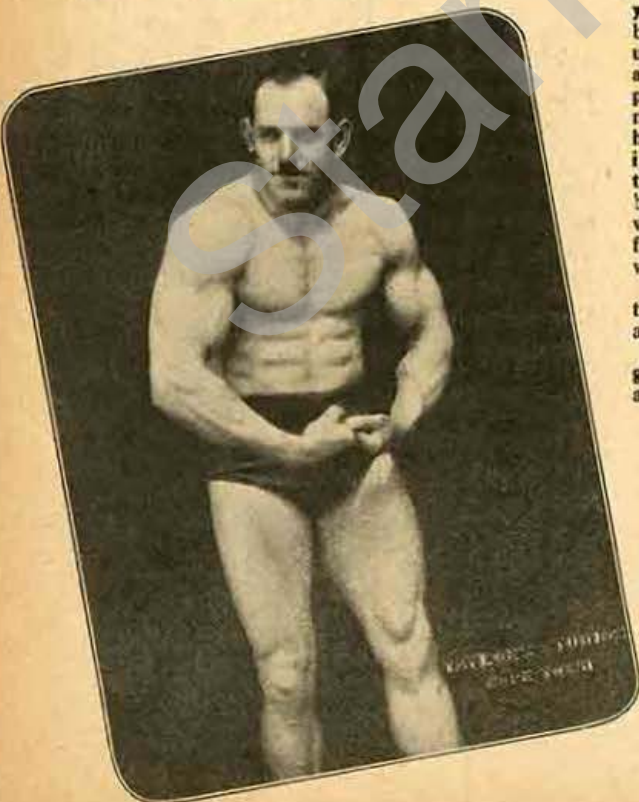
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New and Better Exercises
For Your Entire Body



In describing "The Key to Might and Muscle," we find it is almost impossible to do such a book justice in so small a space. We will do our best, however, beginning by telling you that every chapter, paragraph, sentence, word and picture, is new stuff. That is a great thing to be able to truthfully say about any book of this kind.

Furthermore, the many pictures within the pages of "The Key to Might and Muscle" are by far more interesting and instructive than any group of pictures in this line we have seen anywhere. And that is saying something, for we have seen many interesting exercise and strong man pictures in our time. All pictures in "The Key to Might and Muscle" are being therein published for the first time. This marvelous book is beautifully bound—a real treasure through and through.

Superior Physical Qualities After Reading "The Key to Might and Muscle"

This book is more than a book; it is a complete course on power and muscle building; an entire weight lifting program; and memoirs of strong men, past and present.

Put the practical teachings of Mr. Jowett's, as given you in "The Key to Might and Muscle," into practice and you will put seven to fourteen inches on your chest in four to six months' training. Mr. Jowett's exercises, which are given you in this book, are building necks that measure two inches larger after only several weeks' practice. He has had unmatched success with his host of pupils in increasing the size and power of their calves, thighs and building symmetrical waist lines. This book will

further show you how to get a powerful grip in the fingers and hands, thick wrists, bulging forearms, and a great upper arm development.

The chapter on how to develop stubborn muscles alone is more than worth the price we ask for the whole book. But there are 27 additional chapters, all of which are as valuable as the one on stubborn muscles.

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A Chapter on Mr. Jowett’s Interesting and Eventful Physical Training Life

Without a doubt, Mr. Jowett’s life has been more varied, wider, and more unusual than any other body and strength building instructor. But, no matter how varied his life, or widely his travels, or how unusual his experiences, great strength and bodily development have always been paramount. In other words, Mr. Jowett’s life has been one of continued association with great strong men, of marvelous feats of strength and body building.

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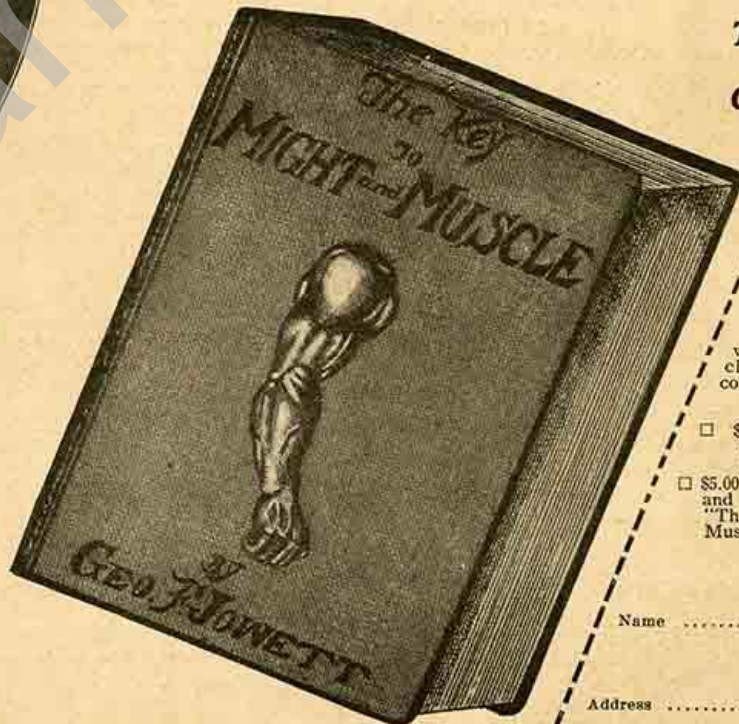


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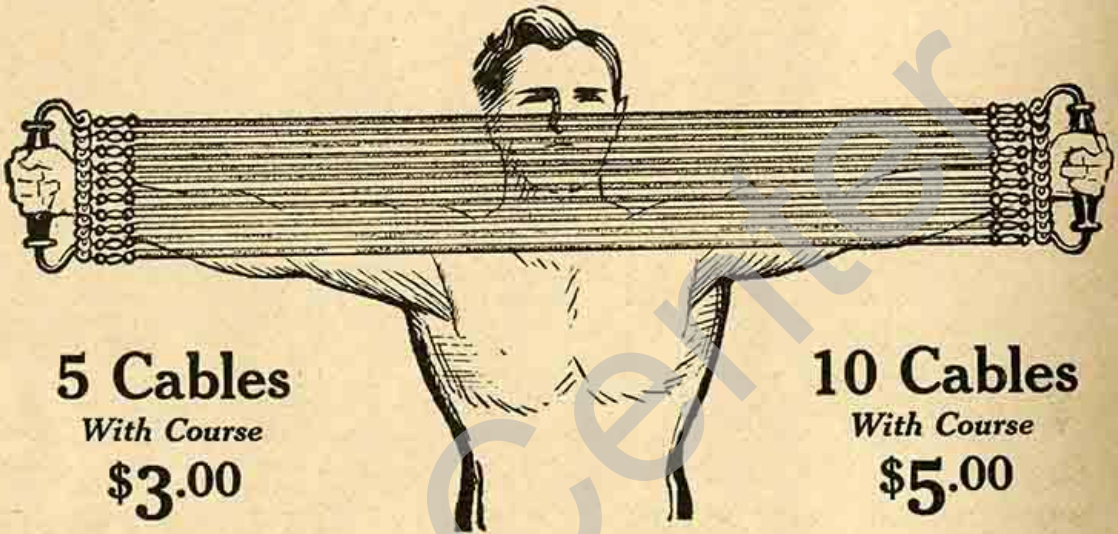
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With Course
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The Sandow Exerciser is positively made of the best steel and rubber strands. The heavy grips are highly enameled. The steel work is heavily nickel-plated. The cable clasps are strong and of the safety style which prevents them from pulling away.

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IF YOU HAVE KEPT MY PRICES IN MIND, YOU MUST
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Room S-6, Federal Life Building

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It is great fun mystifying your friends. Get the Magician's Cabinet, and you will be the greatest fellow in your district. It contains the apparatus for seven fantastic tricks, including The Disappearing Rose, that when placed on the lapel of your coat, vanishes from sight at will; the Magic Vase and Ball Trick in Wooden Ball is placed inside, and upon replacing the lid has disappeared and is found in someone else's pocket; the Magic Nail with which you can apparently cut your finger almost in two; the Wonderful Card Trick is a new one that has never been before. Many novel and entertaining feats may be performed with the Sex Indicator. For example, similar results can be obtained with animals, cats, dogs, puppies, over birds, chickens, canaries, etc. Also used to determine the sex of chickens and birds, etc. In fact it is sold as a patented sex tester in Europe. Price 25c, or 3 for 65c, postpaid.

STAGE MONEY

With a bunch of these bills, it is easy for each person of limited means to appear prosperous by flashing a roll of these bills at the proper time and peeling off a genuine bill or two from the outside of the roll, the effect created will be found to be all that can be desired. Prices: postpaid: 40 Bills 20c, 120 for 50c, or \$3.50 thousand postpaid.

Wonderful X-Ray Tube

A wonderful little instrument producing optical illusions both surprising and amusing. Very unique. Price 10c. 3 for 25c, 1 dozen 75c. Johnson Smith & Co.

Good Luck Ring

Quant and Novel Design

A VERY striking and uncommon ring. Silver finish, small and crossbones design, with two brilliant, faceted green sparkling stones in the eye. Said by many to bring Good Luck to the wearer, hence its name. The Good Luck Ring is very unique and that you will take a pride in wearing. ONLY 25 CENTS.

Exploding Cigarettes

JUST LIKE ORDINARY CIGARETTES. BUT SUCH REAL STARTLERS! The box contains ten genuine cigarettes of excellent quality. They appear so real, but when each cigarette is about one-third smoked, the victim gets a very great surprise as it goes off with a loud bang. The exploding process is yet entirely harmless. Price 25c per box.

Popular Watch Charms

ONLY 3 for 40c; \$1.35 doz.

Very pretty little curiosities and decidedly novel. Fitted with Magnifying Lens that enlarges the pictures to a very surprising degree; in fact, it is some almost incredible that a clear picture could be possible in such a small compass, and how sharp and distinct they show up when you look through. Come in assorted cases—Antiques, views of famous Coast, Lord's Prayer in type, etc.

CIGARETTE MAKER

Roll your own and save money. Makes ten better and quicker than saving more than half. Use your favorite brand of tobacco. Neat, useful and handy. Pocket size. Weight 1/2 lb. Made entirely of metal, nickel-plated. Price 25c postpaid.

MAGIC FLUTE

Wonderfully Sweet Toned and Musical

The Magic Flute, or Humantone, is a unique and novel musical instrument that is played with nose and mouth combined. There is just a little hole in the middle of the instrument which, when once so guided after a little practice, you will enable you to produce very sweet music that somewhat resembles a flute. There is no fingering, and once you have mastered it you can play all kinds of music with facility and ease. When played as an accompaniment to a piano or any other musical instrument, the effect is so charming that it is surprising.

Novelty Badges

Kissing Permit 10c. Garter Inspector 10c. Two very novel metal badges, nickel plated. You can wear one on all occasions of all proportion to their striking cost. 10c, each badge, 3 for 25c, or 75c per doz. postpaid.

BLANK CARTRIDGE PISTOL

Price \$1.00 Postpaid

This well made active PISTOL is modeled on the pattern of the latest type of Revolver, but the appearance of which is one enough to scare a burglar, whilst, when loaded, it will probably prove just as effective as a revolver with real bullets, without the danger to life. It takes the standard 22 Calibre Blank Cartridges, that are obtainable most everywhere. Even the most timid woman can use it with perfect safety and frighten a thief without risk to herself or anyone else. A Great Protection Against Burglars, Tramps and Dogs. You can have it lying about without the danger attached to other revolvers. We sell large numbers around the 4th of July. Well made of solid metal. PRICE ONLY \$1.00 (Postpaid). Blank Cartridges 22-cal., shipped by express only, 50c per 100. Johnson Smith & Co., Dept. 533, Racine, Wis.

Sneezing Powder

Place a very small amount of this powder in the back of your hand and blow it into the air, and everyone in the room of ear will begin to sneeze without knowing the reason why. It is most amusing to hear their remarks, as they never suspect the real source, but think they have caught it one from the other. Between the sneezing and sneezing you yourself will be having the time of your life. For parties, political meetings, car rides, or any place at all where there is a gathering of people, it is the greatest joke out. Price 10c per 2.

Mystic Skeleton

A jointed figure of a skeleton in a basinet, will dance to music and perform various gyrations and movements while the operator may be some distance from it.

Serpent's Eggs

Box contains 12 eggs. When it is hatched, each one gradually hatches itself into a snake of several feet long, which curls and twists about in a most life-like manner. Price per box 10c postpaid.

BOYS! BOYS! BOYS! THROW YOUR VOICE

Into a trunk, under the bed or anywhere. Lots of fun fooling the teacher, policeman or friends.

THE VENTRILO

a little instrument, fits in the mouth out of sight, used with above for Bird Calls, etc. Anyone can use it.

Never Fails. A 32-page book on ventriloquism, and the Ventrilo, ALL FOR 10c postpaid.

ITCHING POWDER

This is another good practical joke; the intense discomfort of your victims to everyone but themselves is thoroughly enjoyable. All that is necessary to start the ball rolling is to deposit a little of the powder on a person's hand and the powder can be relied upon to do the rest. The result is a vigorous scratch, then some more scratch, and still some more.

DANCING BEAUTIES

Get a Kinemetograph and see the picture move. France's latest sensation. A great surprise. Is worth twice what they cost. Are made of solid brass highly nickelled and very durable. Satisfactory, or your money back. Price 50c

ANARCHIST BOMBS

One of these glass vials dropped in a room full of people will cause more consternation than a limburger cheese. The small entirely disappears in a short time. 10c a Box, 3 Boxes for 25c

LOOK 35c

Wonderful Instrument. Greatest thing yet. Nine separate articles in one. Everybody delighted with it. Odd, curious and interesting. Lots of pleasure as well as very useful. It is a double result. It is also an Opera Glass, a Telescope, a Compass, a Pocket Mirror, and a Laryngoscope. Microscope for examining the wonders of nature. It is also an Opera Glass, a Telescope, a Compass, a Pocket Mirror, and a Laryngoscope. It is worth all the cost to locate even one painful cinder in the eye. Don't miss it. Sent by mail, postpaid. Price, only 35c or 3 for \$1.00 postpaid.

RESURRECTION PLANT

One of the most wonderful plants known. Possesses the strange power of turning in a few minutes from an apparently lifeless, dry herb to a BEAUTIFUL LIVING FERN-LIKE PLANT of a dark green color. Simply place the plant in saucer of water, it will open up and start to grow in 20 minutes. When taken out it will dry up and go to sleep until placed in water again. Fine house plant—summer or winter. 10 cents each box of postpaid. Agents Wanted

Save Money On Your Bar Bell

Get a Milo Complete Plate Loading Set

MORE PLATES AND GREATER WEIGHTS AT LOWEST PRICES

OUR BIG BOOKLET *Showing All Our Styles Of Bar Bells and Their Prices, is*
FREE UPON REQUEST

The Plates Are Made With Curved Edges

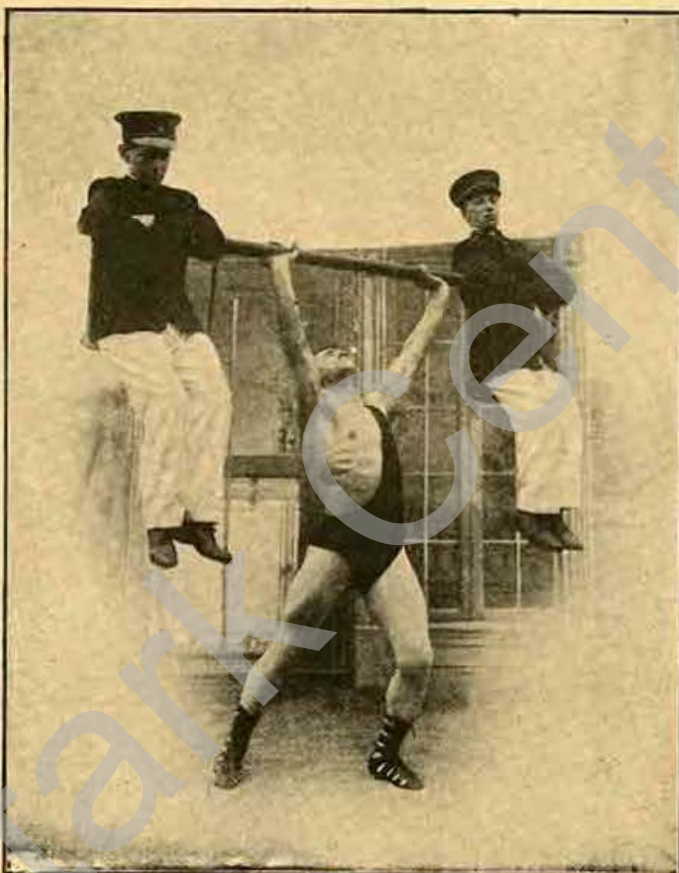
This feature does away with the uncomfortableness caused by sharp-edged plates resting against the arms or other parts of the body while using this outfit.

Buying a Bar Bell Without a Dumb Bell,

kettle bell handles and expert courses

Is Like Buying a Car With Only 2 Wheels

Be sure you get a complete outfit when purchasing a bar bell. All parts should be included in the original price.



A MILO PUPIL LIFTING A HUMAN BAR BELL

How They Are Assorted

200 Pound Bell

4.....	25	pound Plates
2.....	15	pound Plates
2.....	10	pound Plates
2.....	7½	pound Plates
2.....	5	pound Plates
2.....	2½	pound Plates
4.....	1¼	pound Plates
5 foot Bar.....	15	pounds

500 Pound Bell

2.....	75	pound Plates
2.....	50	pound Plates
2.....	25	pound Plates
4.....	15	pound Plates
6.....	10	pound Plates
2.....	7½	pound Plates
6.....	5	pound Plates
4.....	2½	pound Plates
8.....	1¼	pound Plates
5 foot Bar.....	15	pounds

These Outfits Include Everything That a Bar Bell Outfit Should Include

Namely: 1 bar bell bar; 1 dumb bell bar; 2 kettle bell handles; 4 adjustable collars; 1 wrench; 3 complete courses on how to use bar bells for exercise and weight-lifting ability. These 3 illustrated courses are given with all the above bells except the 100-pound outfit, with which 2 courses are given.

The assortment of plates that make up these bells are not short-weighted. You actually get the weight you bargain for. Furthermore, these outfits comply strictly with the weight-lifting rules in every way. This means that when you lift one of these special bells, you are lifting according to the rules of the game as far as bar bell requirements are concerned.

FILL IN THIS COUPON and MAIL IT NOW—IT TELLS YOU

The Milo Bar Bell Co.,
Dept. 134, 2739 N. Palethorp St.,
Philadelphia, Pa.

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

Name

Address

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

STRENGTH and PHYSIQUE SHOW

June 5th, 1926
8 P. M. Sharp

Milo Building
2745 N. Palethorp St.
Philadelphia, Pa.

how Milo Bar Bells of all styles will develop and strengthen your body. It contains full information concerning the use of Bar Bells and shows you proofs in the form of pupils developed by Milo methods. What muscular marvels these fellows are! And the beauty of it is that Milo Bar Bells are not respecters of persons. You can develop with a set as well as those fellows did.

The Milo Bar Bell Co.

2739 N. Palethorp St. Dept. 134 Philadelphia, Pa.

We Guarantee to Improve Your Voice 100%



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

Free Book!

Glad to Tell Everybody What Your Course Did

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

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

Florence Mendelson,
New York City.

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

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

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

Julio C. De Vosconcellos,
New Bedford, Mass.

Realizes the Dream of Her Life

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

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

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

Lost Voice Restored—Sings Better Than Ever

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

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

J. Ralph Bartlett,
Newton, N. H.

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

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

Just a few years ago, Bert Langtre's voice

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

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

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

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

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



Now
FREE

Mail This Coupon

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

Perfect Voice Institute

1922 Sunnyside Ave. Studio A-577 Chicago, Ill.

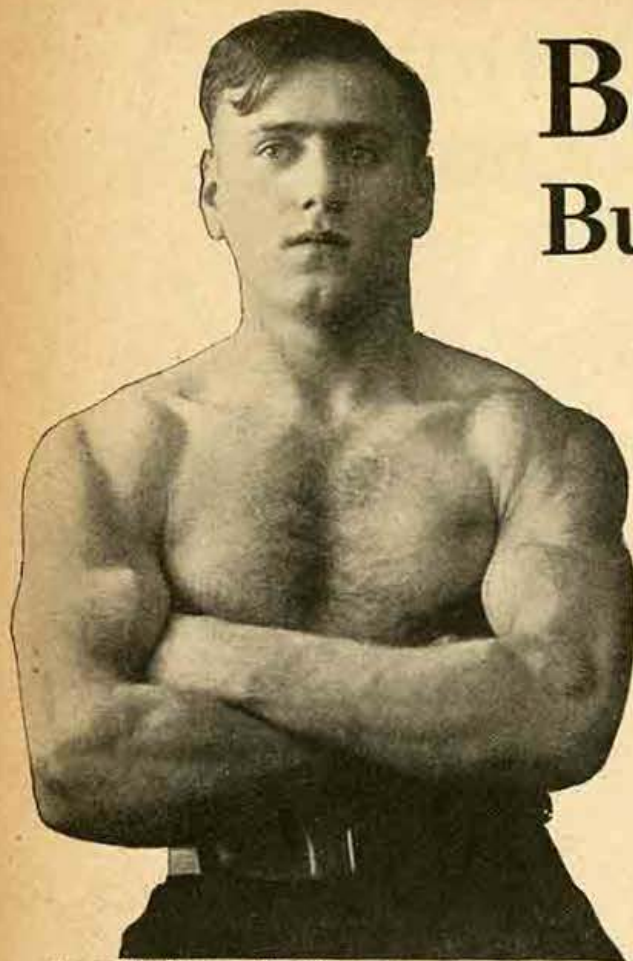
PERFECT VOICE INSTITUTE, Studio A-577
1922 Sunnyside Ave., Chicago, Ill.

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

Be Strong— Build Big Muscles



Gasper Di Giovanna, 153 Wilson Avenue, New York City.
A fine 21-year-old example of all around body-building. He writes:

"The knowledge I have obtained through your Encyclopedia has not only given me a body equally developed outside and inside, but has also made me gain in strength to such an extent as to enable me to perform some strength feats—iron bending, spike breaking, weight lifting, etc. All this I owe to you and want to thank you for what your Encyclopedia has taught me. Hope these few lines will inspire those who may have the chance to read them."

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

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

Yet the cause of degenerative changes are preventable if taken in time. In fact, you can rule your health as surely as you rule your actions. Bernarr Macfadden, the world's outstanding exponent of physical culture, has, perhaps, had more experience than any other one person in guiding thousands from physical weakness and ill health back to wonderful health and vigor. Out of this great experience he has built this most wonderful work.

The Encyclopedia of Physical Culture.

This marvelous work gives invaluable information on fasting, diet, exercise, and hydrotherapy for both healing and beauty building. It gives thorough and extensive treatment on the laws of sex, the attainment of virile manhood and womanhood, and happy, successful parenthood, together with details for correct diagnosis and treatment of all sexual diseases. It contains many handsome charts on anatomy and physiology.

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

No price would be too great to pay for the benefits that can be obtained from this wonderful work.

And back of the big muscles see to it that you have that rugged, sturdy foundation which means every organ in your body is tuned and every nerve in control—be 100% physically fit.

You can count scores of athletes with powerful physiques—build and development all that you might wish for—who have fallen far short of being able to compete with disease. Shevlin, Yale's greatest football star; Mathewson, of the New York Giants (probably the greatest pitcher of all time); both succumbed when in what should have been their prime of life. These are but two examples of hundreds that might be listed.

Why is it that so many, who should live, die? Why is it that thousands of others with big muscles, and outwardly splendid bodies, after a few years, look the same but are burned out, withered inwardly and finally live their days out mere shells of men? This is something to think about—something to worry about.

Be strong—yes. Build big muscles—yes. But don't stop there. You have only done half of it. See to it that you are fortified against disease. Your heart, your lungs, your liver, your kidneys, your stomach—what good are big muscles unless every organ in your body is sound and strong? It's the thing you can't see that should concern you most. And it is just as easy to take these precautions as it is to neglect them. Decide for yourself whether you are going to be half a man (with big muscles and no concern for the rest of your body) or 100% physically fit.

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 forms 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 of 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.

Amazing Stories From People Who Know

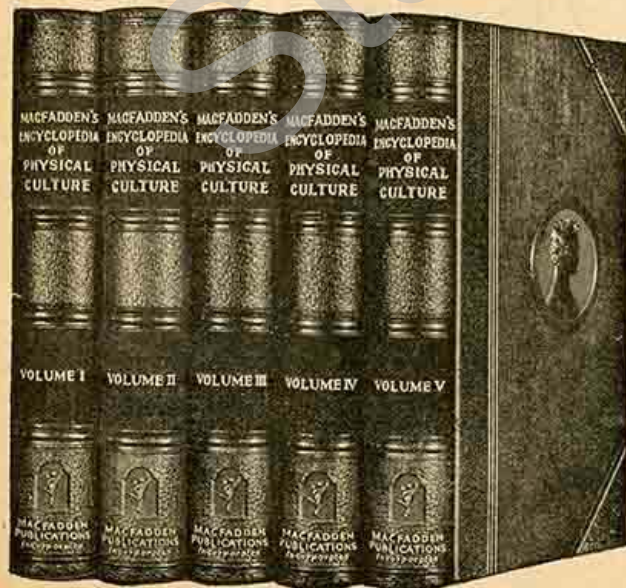
There is now no excuse for any man or woman to be ignorant of Nature's laws regarding health. Bernarr Macfadden has authorized us to send to anyone requesting it, on 10 days' free examination, all of the five beautiful volumes of his Encyclopedia of Physical Culture. And the request does not in any way carry an obligation to buy.

Mr. Macfadden believes this work is the crowning achievement of his lifetime of experience in guiding thousands to renewed health. He believes there is a need for this tremendously helpful work in every home.

If you want to enjoy glorious health—if you want to drop years from your age—if you want to radiate joy and happiness—if you want to have greater success—winning energy, power and vitality than ever before, you must live according to Nature's laws—which are clearly shown you in this wonderful work—The Encyclopedia of Physical Culture.

The Average Person Pays Thousands of Dollars in Doctors' Bills

Nature is merciless. If you do not understand her laws and her methods of preventing and curing sickness, you suffer. She knows no excuses—she accepts no apologies. Animals instinctively know what to eat and how to exercise to avoid sickness. And even if through close confinement or when wrongly fed they become ill, they quickly recover their health when allowed to eat and exercise as their intuition guides them. The person who does not understand Nature's method of preventing and curing sickness is 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.



George F. Buttner (picture at right), Bayonne, N. J., Jersey Harrier A. A. former one-mile and cross-country champion of New Jersey, writes:

"I suffered from headaches, could not sleep, I always was constipated. One day at a friend's house I became interested in the Encyclopedia of Physical Culture. From that day on I started to live as a human being should. I joined an athletic club, took up boxing and long distance running, my weight increased 15 pounds—all this while working 14 hours a day in my grocery business. I think Bernarr Macfadden a great benefactor of mankind."

Felix Walter Roehr, Physical Instructor, Mount Vernon, New York, Turn Verein, says:

"Taking the entire work as a whole, I cannot imagine where one can find a better treatise on anatomy, exercise, all kinds of ailments, and treatment appertaining to same, dietetics, advice to the married and unmarried, and last but not least and most important of all the care of our children to make them future Americans of the right type—red-blooded men and women. I personally recommend it to all."

Edward Johnson, Fort Worth, Texas:

"My story dates back 10 years, when I was 43 years of age. On account of my physical condition I was compelled to quit work—very discouraging. A friend from Chicago told me about the Encyclopedia. I at once procured the volumes. In 30 days I was back at my old job—a new man indeed. My trouble was in not knowing how to keep the inner self clean as well as the outer. I am today a better man at 53 than I was at 25."

Mrs. Donald S. Long, Joplin, Mo.:

"I was blue and despondent and wanted to die for months and months. But now I'm never blue—am full of ambition and I can hike as far as anyone. My nerves, which were worn to a thread, have improved. The miracle has been wrought in me through the Encyclopedia of Physical Culture."

Harold A. Packard, Lincoln, Nebr.:

"I bought a set of the Encyclopedia some 8 years ago and the education I have derived from the pages have added years of enthusiasm, pep, vitality, life and happiness to my life. They have brought me what I have sought for years—made a new man of me and a new world in which to live. I would tell any man to buy, and when it came to price I would state further—buy at any price and let Macfadden set it."

In the last week over 100 letters were received from owners of this wonderful set of books—every day more such letters come to us. These we give here are examples of what thousands of owners are ready to testify to. Can you afford to be without this greatest of all health works?

Send No Money

We don't want you to send one cent now—we do not want one single penny from you unless you feel positive that these five books will be of wonderful help to you in building and sustaining your health.

After you have made the ten days' free examination, if you decide that you want the Encyclopedia, just send us \$2.00 and then \$3.00 a month until you have paid the total cost of \$35 for the entire five volumes.

If you care to pay cash, then remit only \$31.50.

It is not necessary, however, to pay all cash—we gladly accept orders on the \$3.00 per month payment plan.

But, remember, the ten days' examination is free and if after your careful examination of the volumes you decide that you do not want the Encyclopedia, if you feel that you can afford to be without them, simply return the volumes and you will not owe us one cent nor be under any obligation.

To all who decide to purchase the Encyclopedia, we will include a full year's subscription to PHYSICAL CULTURE—whether the cash or deferred payment plan of purchase is chosen.



Free Examination of All Five Volumes

So sure are we that after a brief examination of these books you will appreciate how wonderfully they will unfold to you invaluable methods and secrets of perfect health that we will gladly send the five volumes for your own personal FREE examination, for ten full days. The five volumes are:

- Vol. 1—Anatomy, physiology, diet, food preparation.
- Vol. 2—Physical training, gymnastics, corrective exercises, physical culture exercises for women, sports, athletics, beauty culture.
- Vol. 3—Fasting, hydrotherapy, first aid, spinal manipulation, mechanical diet and regimens.
- Vol. 4—Diagnosis and detailed treatment for individual diseases alphabetically listed.
- Vol. 5—Sex hygiene, physiology, motherhood, pregnancy, maternity, baby care, disorders of men and women.

You may have all of these five volumes for your free ten days' personal examination right in your own home and without sending one cent in advance.

5 Massive Volumes,
Over 3000 Pages,
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ricoid Cover

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Send me for inspection the five Volumes of the Encyclopedia of Physical Culture. I agree to return the set in ten days or pay \$31.50 cash for the entire Encyclopedia or \$35 on the easy terms mentioned in this offer. My acceptance of this offer includes a year's subscription to Physical Culture Magazine.

Name

Occupation

Residence

Employed at

Business Address

Old at 28 Young at 42



What Annette Kellermann Did For Me.

By Mrs. G. Z. S.

WHEN I married I was a robust, healthy, active girl. The bloom of the rose was in my cheeks, the sparkle of the stars was in my eyes, and the spring of buoyant youth was in my step.

I enjoyed life to the fullest. My health was superb. Headaches, colds, indigestion, nervousness were unknown to me. Then gradually, so gradually that I did not notice it, my youth began to desert me. Children came, and left me weaker. As my cares grew greater, aches and pains began to bother me. Then came tiny wrinkles and extra weight. My figure became "dumpy." I became irritable with the children and my husband.

My entire physical condition, in a few years, became that of an aging woman. Though I was seldom really sick enough to call a physician, yet I was always so tired, so worn out. I had to give up nearly all my social activities, because I was too weary to exert myself.

My poor physical condition was reflected in my appearance. My face was haggard. My eyes became dull and sickly-looking. My complexion was "pasty," and colorless.

For 14 years—from 28 to 42—I had allowed myself to grow old. Then I discovered that it was only lack of knowledge which had robbed me of my youth, which had made me a crabbed, nagging, complaining, suffering, nervous, ailing woman. I read about Annette Kellermann, the "world's most perfectly formed woman." Few women know that as a child Miss Kellermann was puny, ailing, compelled to wear iron braces on her feet. Yet she transformed herself into the gloriously healthy and lovely woman she is today. I wanted to find out her secret, and wrote her. In response, I received a charming personal letter, and far more important, a copy of Miss Kellermann's book, "The Body Beautiful."

To that little book, I can truthfully say, I owe the wonderful health and the exuberance of spirit that is mine today. It opened my eyes to the fact that it is totally unnecessary for women to suffer as they do. I learned that every woman—unless she has a serious organic de-

rangement—can live a life as vigorous and strong and free from pain, as a man's.

Today, I am practically *never* tired. I am never nervous or irritable. I never have any of the petty ailments from which so many women suffer. I look fifteen years younger. My step is springy, my eyes are bright, my skin is firm and clear, my body is slender and graceful as a girl's. I dance again as I used to. I play tennis again as I used to. I am gloriously happy with my husband as I used to be.

And because I know that there are thousands of women who are now living as I did, because I know every one of them actually can be a *new* woman, with health and beauty such as they never knew existed, I am glad to tell them about this simple way out of their troubles.

* * * * *

Miss Kellermann is anxious to give every woman, as she did to Mrs. G. Z. S., the benefit of her simple 15-minute-a-day system and invites you to write a letter or mail the coupon below for her book, "The Body Beautiful." There is no charge or obligation. No salesman will bother you. The book will be sent free, if you will only write for it. And you can judge at your leisure whether or not you can afford to miss this opportunity to make a "new woman" of yourself, as 30,000 other grateful students of Annette Kellermann have done.

Send for Miss Kellermann's book at once—now, while your determination to do something about yourself is strong.

ANNETTE KELLERMANN, Inc.

225 West 39th Street, Dept. 446, New York City

Annette Kellermann, Inc., Dept. 446
225 West 39th Street, New York City.

Dear Miss Kellermann:

Kindly send me, entirely without cost, your new book, "The Body Beautiful." I am particularly interested in

Body Building Weight Reducing

Name

Address

City State

Editorial

Sports, Body Building and Weight Lifting

When you want to find out the truth about an idea you may happen to have you can sit down and think it over and decide that it sounds logical and that it must, therefore, be so; or you can go out and try to find a considerable number of examples which prove your theory, and, finding them, you decide the theory is true, or, failing to find them, decide that it is false.

These are two different methods of testing the truth of a statement, a claim, or an idea, and both are used every day; and, although everyone who stops to think realizes that the first method has, at its best, only one chance in two of bringing forth true results, and the second method has certainly better than nine chances out of ten of doing just that, nevertheless we are all prone to fall into the first and the easiest path.

Probably of no group is this quite so true as it is of editors and journalists in general. Recently there has been a considerable amount of criticism of what we might call formal exercises, particularly heavy gymnastics and weight lifting, on the grounds that they are not natural, and, therefore, do not produce natural strength. Probably the readers of this magazine have a clear-cut idea of strength and of the difference between strength and skill.

That a skilful man is always strong, or that a strong man is always skilful, or that strength makes for skill or skill for strength, or either for endurance, are not necessarily true. As a matter of fact, speed and endurance are often not found in the same man. Also there are more men who are strong than men who have great endurance.

Probably any one who has ever been interested in sports of any kind has wished for the combination of strength, skill, speed and endurance that would enable him to excel at his particular specialty. As sports go, it seems to us that sprinting, of course, puts a premium on strength and speed in the sense of nervous control of the muscles. Baseball puts a premium on skill and speed in the sense of quick muscular co-ordination; football asks for strength, endurance, speed and skill in more or less equal proportions, and weight lifting asks for strength, then skill and then speed in this order of importance.

Unfortunately, much of the criticism of lifting has been based on a confusion in the mind of the critics of the two distinct reasons for which we may engage in lifting. People exercise with bar bells to become strong. Other people lift weights as an athletic feat. These are two different things.

No one consciously plays baseball or football to gain speed or strength. They play to win, nine times out of ten.

On the other hand, nine out of ten of the men who are bar bell lifters use them to get strong, to improve their physiques and to secure health. On the other hand, there are many *weight lifting* enthusiasts, and they are fully as much interested in skill and speed as they are in strength and development. However, they know that neither strength nor skill nor speed itself is enough to assure them of success, and so they develop all three. As a result they can perform feats which, to the average man, seem stupendous.

Now, no one who has ever faithfully considered the matter and tested the results obtained by those bar bell users who devote themselves primarily to bar bell work as an exercise and body building process can deny that they meet with unqualified success.

Mr. Jowett, who has had years of experience, states that he has never really known a strong man who did not depend on bar bell work for his great development and strength. This is a large statement, but when we classify as really strong men the Nordquests, Louis Cyr, Horace Barr, Arthur Saxon, George Hackenschmidt and their like, it is a hard statement to get around.

This is not only true of the heavyweights. Who believes there is a man of his weight in America today whose strength compares with the strength of Sigmund Klein, unless we might so classify one or two French Canadian lifters. Mr. Jowett himself is still hard to match, no matter how big the possible opponent might be.

No fair-minded man can deny the great strength of these men. Most of them were great weight lifters, too. We have, however, had some great lifters, although they are really of the second class, who (*Continued on page 72*)

The Easiest Paths to Beauty

How to Successfully Gain that Health, Vitality and Poise that Make Real Beauty.

By Ralph Hale

THE search for beauty is one of the oldest quests in history. The past is full of quaint beauty formulas — once believed to hold beauty's magic secret and now long forgotten. Back in the fourteenth century, we are told, for example, an old recipe consisted of numerous lotions and artificial means for enhancing beauty. This lotion was based on the belief that the complexion was the very basis of beauty.

Curious, indeed, amazing that any one should ever have seriously believed in its effectiveness. Yet even today, beauty, which is as much desired and as precious as ever, is still often sought in ways that are strange and difficult. In their search for beauty, women naturally turn first to their complexions, even as in olden days. But they do not always realize that complexions are loveliest, not when they are made-up with cosmetics, but when they receive simple care, and the body is exercised a goodly part of the time in the fresh outdoor air.

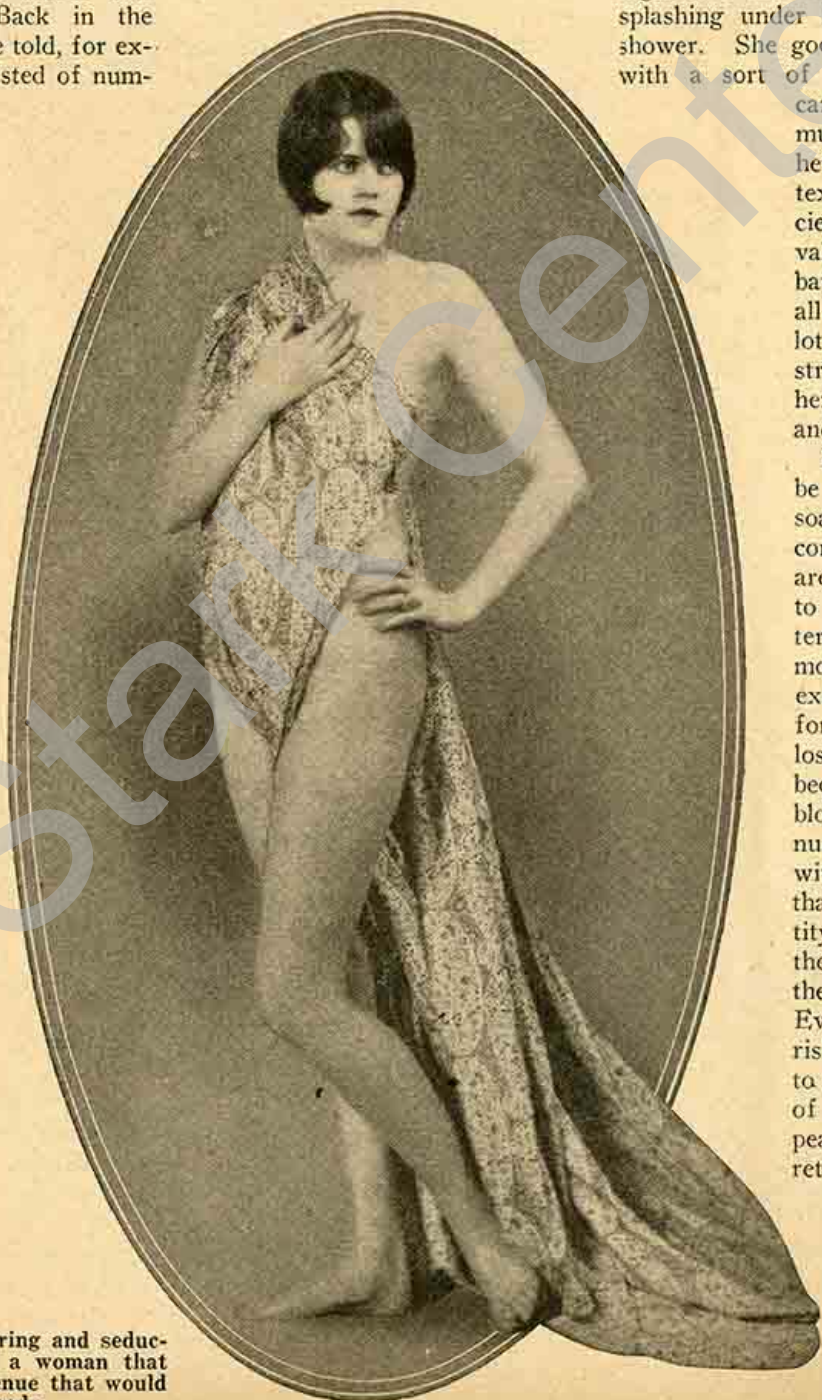
Given good health, practically all else your skin needs for beauty is perfect cleanliness. That is what physicians and skin specialists will

tell you. They say that soap-water cleansing is the most valuable and effective and safest kind of cleansing your skin can have. I know a beautiful girl, ladies, and every night and morning, one can find her splashing under the drenchings of a shower. She goes about her bathing with a sort of religious ceremonial

care. But it profits her much. A glimpse of her gossamer, finely textured skin is sufficient to realize the value of soap-water baths. And that is not all. She exercises a lot. This is greatly instrumental in making her body so beautiful and envied.

Let all this foreword be as it may, exercise, soap and water, though conducive to health, are not the only means to gain beauty. Internal cleanliness is far more important than external cleanliness, for without it the skin loses its pink hue and becomes blemished and blotched. I have made numerous experiments with myself and I find that a generous quantity of water flushes the kidneys and gives the skin a clear surface. Every morning upon rising I drink from two to a half dozen glasses of hot water, and repeat the same before retiring at night. This

has become so habitual with me, that it is now a necessity that I can ill dispense with. And I have profited



Naively naughty, daring and seductive, Miss Lloyd is a woman that blends imp and ingenue that would fool anybody.

by this habit, for my skin is very clear and has a velvety aspect, unblemished with the blotches that come from neglect of internal cleansing.

One day an effervescent and youthful girl danced merrily over the velvety lawn surrounding her home and as a meticulously polished limousine drew up to the door a well groomed figure was handed out. With a sudden flutter of interest disturbing the garb of physical exhilaration draping her, she allowed her gaze to wander over the pretentious figure of the handsome visitor. Suddenly he turned and her heart palpitated wildly as she gazed into his eyes. Eyes she had never looked into before. Beholding the girl staring so rudely at him, he rebuffed her and then coldly turned around and went inside the house to greet the girl's sister.

His rebuff made her very sad, and wearied of dancing, she went into her room in serious distress. She had felt the first pangs of love. At dinner that evening her older sister reprimanded her severely for her behavior. The man was very cold and impersonal to her throughout the dinner and when she was again alone in her room, she resolved to humble him and if possible take him away from her sister by making him love her, and then she would turn him down. For revenge on the two would be sweet, she thought.

Followed days of careful planning how to win this man. She used every ruse to make him envince interest in her. She would smile shyly whenever she chanced to see him and her coquetry became very alluring. The man noticed the sudden charm of the girl and he became impressed with the naivete of her. In fact he even remarked to his beloved one about the change that had come over her little sister. The transformation of the girl from disheveled unappealing sprite, into a lovely and alluring girl was marvelous. The older girl, noting the sudden interest of her beau, became exceedingly jealous, for her lover seemed less ardent now that he had taken up with that little vixen. Thus she planned to get the little girl out of the way. And how well she succeeded was evidenced soon afterward, for her little sister was going to be sent away to a boarding school.

Came the last day that she would be home for a long, long while. She was heartbroken, for she loved her home and loved to dance gayly over the broad and velvety lawns, which had made her body so healthy and strong. That night was the last that there would be a moon. So before she went away she thought she would have to dance once more. So back of the clump of trees surrounding the house where the lawn rolled upwards to the thick woodland in the distance, a quiet spot, was the place she selected.

The night was warm and balmy, the air was filled with a scent of wild flowers. She started dancing as though moved by some mysterious spirit while the wind seemed to hum a tune. For greater freedom she discarded her garments except a chiffon scarf which seemed to melt in the moonlight. Round and round she danced as she never danced before. She thought she was dancing on air. It seemed as though her feet only touched



Fay Reed is a riot, truly a revelation in the above pose.

the grass at intervals. The moonbeams wound themselves about her, then the man in the moon would laugh and suddenly jerk his moon beams away as she would spin in the air. Then the moon beams would try to imitate her dance. She only laughed and danced and danced faster so that the moonbeams could not catch up with her, but no matter how fast she danced, they were always as fast as she was. Round and round they

circled, if she danced faster, they danced faster, if she danced slower, they would do likewise. First she thought it might be her shadow, but it wasn't, for though it kept time with her, it did not dance with her. It always danced on the opposite side of the circle, with steps opposite to her as though it was her partner. It was a wonderful partner, never missing a step, never lagging behind, and never going too fast for her. As the mist cleared, she realized that it was not a moon-beam, but it was a human form, flitting merrily with her.

Then she heard the form whisper softly to her, and it seemed to say, "I love you." But she dared not turn her head, for fear that it was only a dream, a fancy, and not real. Together they leaped into the air and pirouetted higher than she had ever been able to do alone. Then the moon hid behind the clouds as though satisfied with the scene on earth below. The girl saw the form, tall and muscular, and very handsome, leap into the air and with a sigh, humbly kneel at her feet. Then she knew who it was, ah! she had won. With tender words he told her of his love and pleaded for her to be kind to him, to forgive him. And wistfully and very shyly she nodded. He leaped up, drew her to him with a sudden impulse, and kissed her. Then he was gone.

She was chilled, and lay huddled on the moist ground. Moist from the heavy dew that had fallen. She had lost her chiffon scarf in the dance. It was now very dark and she was alone. He, too, had had that poetic feeling and came into the moonlight for one last dance, and now he had gone. She hurriedly got into her clothing and left the fringe of woods and went home. It was morning when she got there. And he! He had been waiting for her.

Thus ended the story and I tell it with one thought in mind, to instill in you the spirit of the dance. For dancing is a means to health, and, furthermore, when two are dancing together they unconsciously reveal the quality of their nature to each other. The exhilaration and enjoyment derived tend to make the dancers express their best natural self. The sham and deportment of the drawing room is forgotten when the keen enjoyment of the dance is experienced. The dancers play a game in rhythmic motions. Once the play spirit possesses them they become natural. This gives the proper mood for self-expression. Dancing, then, must be one of those simple paths to beauty and personality.

To me dancing has always been a sacred privilege. It has lent me power to look into the very soul of my partners without their knowledge. It has helped me select friends. Through the medium of the dance one of the partners can instill the highest ideals into the other's mind. Through the medium of the dance the girl can sense the character of her friends. Through this same medium she would instinctively know whom to trust and whom to avoid, and most assuredly by the same means the girl of the future will choose her mate.

Thus I give to you, this month, the very simple paths that lead to beauty—first, soap and water; second, internal cleanliness, and third, dancing—an exercise that builds health, strength, beauty and gives proper expression and vent to the exuberance of the soul. Before I close let me add just one more paragraph.

I have had the pleasure of knowing a certain person for quite a number of years, in fact I lived with that person at one time. We had much in common I had thought, and we always derived much amusement from

musical comedies when we would go together. I had always been a student of art, and I was led to believe that this certain person was likewise. Both of us were prominent in community affairs, having a conspicuous position, and held up as examples for others to pattern after. As time wended its way, we changed our positions. The person in question assumed leadership of a particular line of work in a nearby community, and I, through fate, became a member of the staff of writers of this magazine. One day I asked this person's permission to use his name in connection with an article that I was writing and he readily consented.

I proudly sent him a copy of the magazine with his name in it, and for appreciation he gave me a severe "balling out." The cover design of the magazine showed a beautiful girl in an athletic pose wearing an abbreviated costume. And because of the fact that I had written an article about some poignantly beautiful women of the stage in the same copy he declared that I had a nerve to publish his name.

Since the first artist plied his improvised chisel on the wall of his cave home, man has tried, and with some success, to idealize nature. Some of the greatest minds in all history have devoted countless years to the glorification of the human body. And yet there are those who regard it as they would small pox—something to avoid! Frankly I have no patience with such folks, and personally I believe that the man who is compelled to go through life without an appreciation of the really finer things, would be better off had he never lived.

In closing I must say a word about the chorus girl. For some time I have had the pleasure of knowing a mighty fine girl who adorns a revue, and my opportunities to judge their characters have been many. So in view of the severe criticisms that they (chorus girls) have been subjected to, I must jump to defend them.

After all is said and done chorus girls are very human and very much like other people. Of course they love a good time. They hate hard work as much as the next person does. And they are absolutely ambitious. Then, too, like all other human beings, they vary according to circumstances and the weather. Sometimes they are good; very, very good, and sometimes—regrettably I say this—they are like the girl with the curl on her forehead, they are horrid. But not every one can be pleasant all the time. No one, I know, could have written anything more bromidic than this last sentence, but frowns and fatigue go with hard work, and if I revealed to you just how hard the chorus girl works, you will understand and forgive the frowns, too.

When a musical show is going to be produced the chorus girl has a tremendous amount of work to do in the weeks that precede the opening night. For this much is certain—the greater burden of the musical comedy production rests on the shoulders, or rather feet and legs of the chorus girl. She must, then, keep herself fit. She has become intrinsically such an important part of the musical comedy production that her abilities are the barometer of success. No more does she stand like a piece of scenery—lifeless and useless, making a colorful background for the principals. She works tirelessly and the more she can do, the more she has to do.

The principals in the production get a great deal of consideration from the director, but the director has little time to give individual attention to the chorus girls. Either they do the assignment (*Continued on Page 81*)

A Few Chapters from the Story of My Life

Two years ago we published in STRENGTH a few chapters from a book SUPER-STRENGTH which was the first best book ever published up to the present moment on the development of the body. Mr. Jowett's forthcoming book, THE KEY TO MIGHT AND MUSCLE, we believe, even surpasses SUPER-STRENGTH, and as Mr. Jowett did not have the time to prepare both his usual monthly article for STRENGTH and work on his book we are giving you as his contribution this month a chapter from the book itself. (Editor.)

By George F. Jowett

ON a broiling hot summer day, rolling in a cloud of dust in the middle of the road, like two angry pups, were two young lads. They were eventually dragged apart, hardly recognizable on account of the mingled dirt, sweat and torn clothing. One was a much smaller chap than the other, and his face was very pale. In fact, he had just resumed school after leaving the hospital a few weeks before. This little chap had been in the hospital for eight years, more or less, through the result of an injury when only a six months' old baby. Yet, he cried with mortification at being dragged away from his bigger opponent. He still wanted to lick the other chap even if it was a hopeless looking proposition. Somewhere in his mind was the belief that while the other chap got a belly full, he could at least get a mouth full. He did not think of the handicap of age, weight and strength. The poor little fair haired kid thought no one had the right to lick him anyway. From that moment he harbored a thirst for revenge, and devoted all his spare time to exercises that would make him bigger and stronger. Somehow it dawned in his youthful mind that the right kind of exercise would provide the means best suited to enable him to lick his tormentor. This settled in his mind, he pitched into his training with a vengeance, studying the methods and devices that would grow muscle. He played at every thing, wrestling with all the other boys he could get interested, and if he could not find enough kids interested, he started a fight. He was determined to get practice one way or another.

Well, the old proverb says that all comes to those who wait, and it came to little "curly head." He and his old tormentor met once more in a pitched battle, when curly licked the hide off the bigger boy.

The recital of this little story you have just read, is written here with a definite purpose in mind. As much as it is penned to gain your interest, the actual stimulus I want to create within you is *determination*, to inspire you to achieve, succeed. You must resolve within your heart and feel with a fixed determination that "what this man has done, so can I do."

This little story you have just read is taken from an

article that was written about my life and published in the columns of a sports magazine. I was told by the editor that the story inspired many young fellows with that "do or die" disposition which has never failed to bring success to the aspirant. It made me very happy, for if there is any one thing in which I am sincere, it is the desire to help others secure the fullness of health, strength and manliness.

I have often thought that I never saw anything written about myself in as few words that portrayed my life battle like that true little story. It has a strong appeal to me, because every line, yes, every word, throbs with a heartache, a joy, a longing to be, and back of it all, a determination to be some day a stronger man than the average. I want to inspire you with the same message of salvation and physical redemption, so that you will set your lips more tightly and step out with a fearless tread.

My early illness is something upon which I have seldom touched, because I am aware of the fact that such a claim was once a popular method of advertising, and I naturally resented any criticism that might have inferred that I was "just another." Many have asked me if my parents were strong, and truthfully I replied that they were very healthy people. When I was only six months of age, my mother let me fall from her lap in an effort to save my sister from being severely scalded. Unfortunately, or was it fortunately, I was the victim, and when they picked me up, I was bleeding.

In the fall I had injured my abdomen upon one of the iron ornaments that decorate open fireplaces. From then on it was a battle for life. Being so young nothing had matured, and certain internal organs were crippled and continued to remain in that injured condition. Nothing helped me. My life was a perpetual round of visits to physicians, who did the best they could. As I grew in bodily size, my condition became more serious. Operation after operation was suggested, and I survived three. To this day, my memory visualizes the agonies of a bed of pain. I laid as though crucified with my hands, head and feet strapped down, and a cage over my body so that no clothing could touch my tortured flesh. I

survived my last operation at the age of eight, and I can well remember how the tears filled my mother's eyes as the doctor told her that nothing more could be done for me, and it was only a matter of time. Mother must realize that it was impossible for me to ever attain the age of fifteen. How this predication failed of fulfillment is told in the fact that at the age of fifteen I commenced my professional athletic career, and two years before that I had won gymnastic honors. From then on it was a march over obstacles, even though I knew my path was still to be beset with many disappointments. I knew the answer. There remained no riddle in the sands for me. I knew that exercise was the great re-builder, and with my feet firmly set on the first step I began the climb. The fact that I knew my very life was at stake was the fundamental reason which led me so deeply into the field of physical research and investigation. Day by day I accumulated a practical knowledge that laid the foundation for my teachings, and that knowledge I have placed before the health-seeking public for years now.

The one great impression I want to create in your mind is the indelible fact that you are reading the results of the investigations of one who commenced life, probably in a worse state than many, and therefore had to expend great efforts to win a better built body. This being the case, you will realize that I know what obstacles you have to meet, and how to sympathize with you in your bitter hours. Besides that I want to inject into you some of the inspiration that I had and still retain, the kind that positively refuses to back down. *Make* your inspiration, and you will then be an inspiration to others.

You know it is all in the way you handle yourself and whether you are game enough to secure the fullness of life.

Continuing with our heart to heart talk, let me explain to you how inspiration works with me. For example, I am going to take you back a few years to my early days when I was just launching out as an athlete, and at the same time had been following the trails of the wanderlust for a period of years. I arrived in Rotterdam, Holland, where I starred under that famous Dutch athlete, Dirk Vander Berg, and in my spare moments I made various pilgrimages to the shrines of the great emancipators of liberty and thought. I visited the place where the great Russian leader, Peter the Great, served as a ship apprentice for the benefit of his country, and also the little garret where Erasmus, one of the early stars of the reformation, struggled with poverty and high ideals. The home of the DeWitts, the studio of Reubens, and the places that were haunted once by the Puritan Fathers, who, after their journey from England, waited and waited and waited around the quays for the ships that were to carry them to the land of promise.

Somehow those great men seemed to have left some of their greatness behind in those hallowed places to inspire hungry souls like mine, which were battling to achieve a life ambition. I would return to my companions saturated with renewed inspiration, and my impressive recitals, or ravings, would hold them enthralled as I retold the story of the great lives whose haunts I had daily visited.

They would actually scratch their heads and tell me that they never knew there were such places in Rotterdam and Amsterdam; and they had been around these places for many years.

The moral to this can be told in just a few words. The majority of those people were drones. Heedlessly they allowed inspired lessons that were right within their sight to pass by, like bread upon the waters. Many health seekers are the same. Only far away pastures seem green. To me those sights were sermons of flaming fire, that created within me an absorbing determination to live, to succeed, and not to die young. Back again, I would plunge into my studies of exercise, with a resolution that never recognized the word *No*.

When trials were hard to bear I would think of the great men who had succeeded, and visualize how much harder their lot had been than mine. It was like wine to a drooping man.

It was at this time that the famous building at the Hague was completed; set up by Andrew Carnegie, a highly successful common man, for the diplomats of the world to meet in and establish a broader principle of right ruling rather than might. I journeyed with some comrades on bicycles to view this mass of stone, little thinking that within ten years the world would be deciding the questions asked by the donor of this monument with a sacrifice of many thousands of lives.

Years afterwards, when I stripped in the recruiting office in Ottawa, Canada, to enlist as a soldier to fight for that great principle, the examining physician, a man who examined thousands upon thousands of specimens of manhood, stood back with an amazed look on his face as I stepped in line before him, and exclaimed, "My God, what a man."

Although I had won my battles years before this incident took place, a statement like that was like pinning a medal on a soldier's breast. It kept alive my resolution made years before.

If my battle will be in any way an inspiration to you, especially you who have fallen by the way, I shall be very happy. It is a passion with me to help others secure that wonderful feeling of physical fitness, which I have enjoyed for many years.

I am just as enthusiastic today and get the same inspiration out of life as I did twenty-five years ago. I have the same thirst to learn and investigate, which in my boyhood days was so unslacking. You must remember that the many years of sickness had naturally impaired my education, and I worked night and day to develop myself, mentally and physically.

The little story you read at the beginning of this chapter, happened not long after I started school. Because I was weak, I was an easy prey to the other boys, who took delight in licking their smaller classmates in order to show their superiority. It must have been the blood of my fathers, that had lain dormant within my veins, that revolted against this treatment, and kept me coming back until I finally wiped the slate clean of all the old scores.

My ancestors have all been adventurers one way or another, and no doubt it was their blood that called me to follow the trails of adventure. On my maternal side some were pioneers of the American wilderness. Another fought through the Peninsular campaign under Sir Thomas Moore, of Corunna fame, and later under Wellington, until he finally laid down his life on the field of Waterloo. The Crimea saw another who went through the slaughter of Alma, and the horrors of the night surprise at Inkerman. The Indian Mutiny, the Soudanese campaign under Kitchener, saw others of my

people helping to carve history. In the more peaceful capacity of a missionary, a relative in China, with his wife and children, were included in the massacre of the Christians during the Boxer rebellion. Yet another was to be one of the successful who struggled against the elements of nature, that had conquered so many expeditions, and taken their members' lives, or made maniacs of the survivors, when they sought to lay the wires of communication across the great Australian desert. For myself, the great northwest claimed me, with its blinding snows and freezing wastes, that resounded to the mashing of huskies and the tingle of sleigh bells, the sound of the axe and the song of the saw, and the running of the logs in spring . . . where man's right arm is his best weapon, and his word his bond of honor.

I have seen many strange places, and have been through many strange experiences. I have known what it is to starve and be athirst, to freeze and sleep without a roof. But maybe Jack London was right when he said, "For all that, it helps to make a man."

I don't regret any of it, but I recognize the fact that if it had not been for the many hours I devoted to exercise, I would not have been alive today. It built for me a sturdy body filled with vigorous stamina that overcame all physical trials, where other men fell and died.

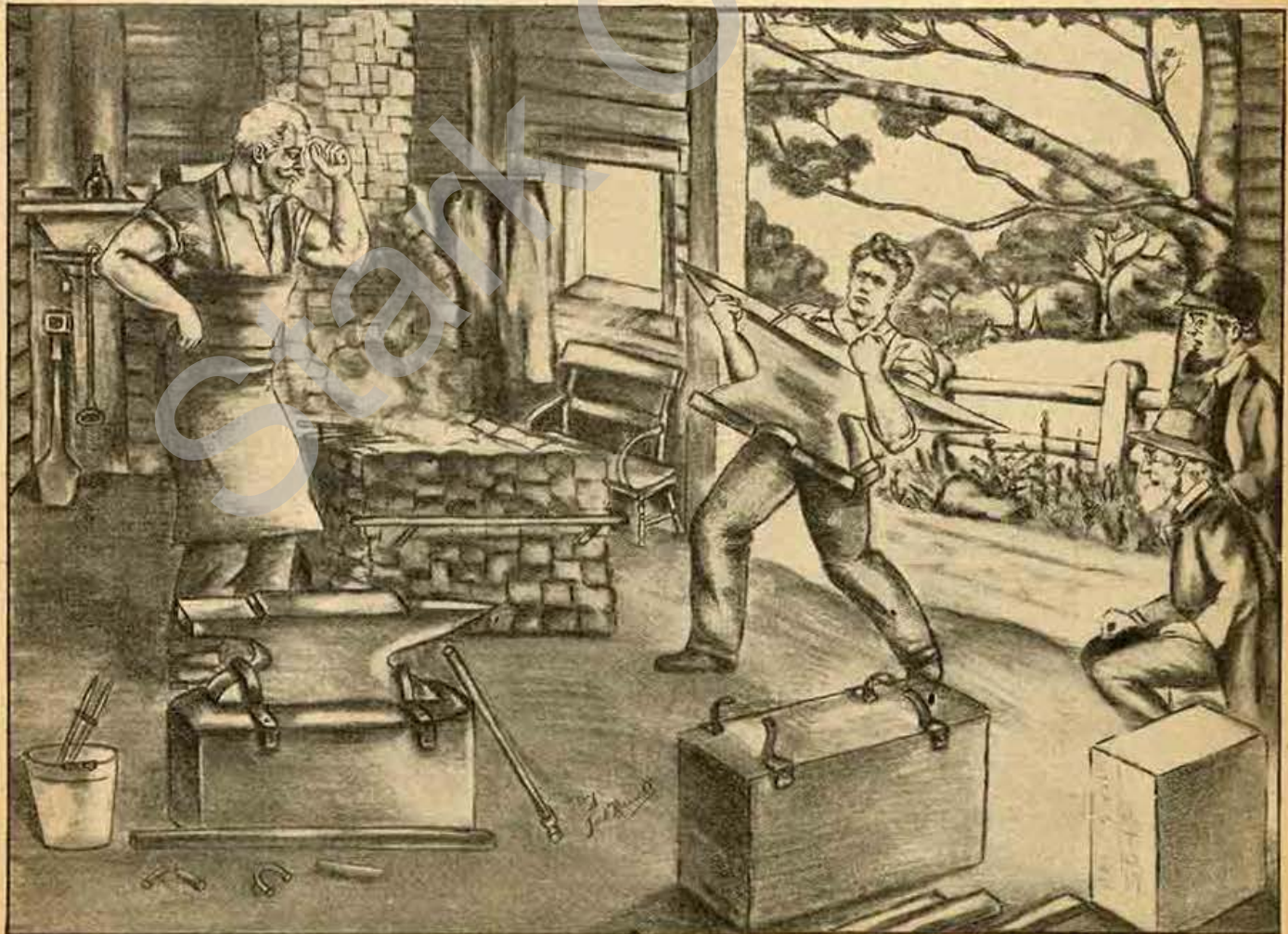
Exercise gave me life. If I had followed the lines of least resistance, like so many do, I would have died as the doctors predicted, at fifteen years of age or before, eeking out each day in physical misery. Personally, I

would have no kick if I died tomorrow, because I have lived more than twice the time predicted to me by our doctors and all of it in health and usefulness.

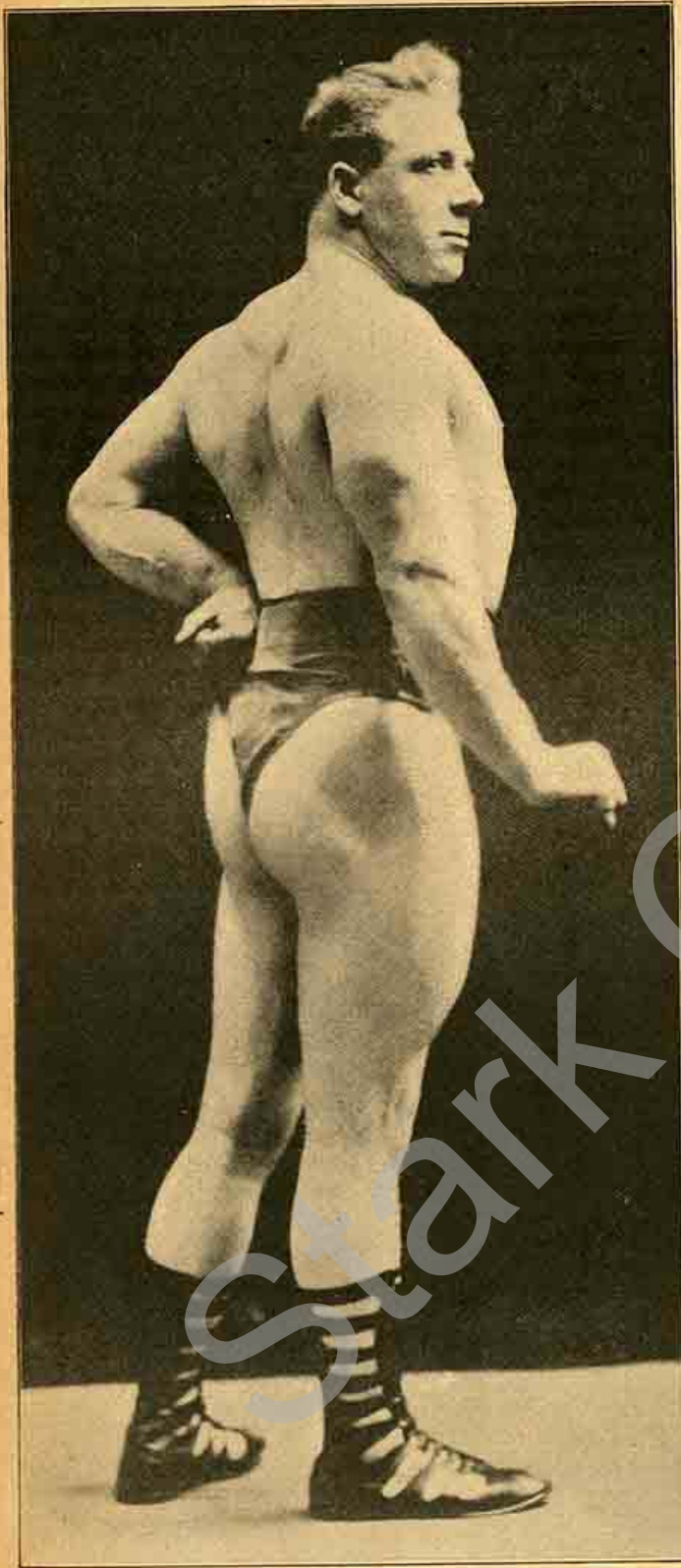
For the first time I have told of my early struggles, which will prove to you that every cloud has a silver lining; and I want to help any one and every one turn their particular cloud inside out, so that each can become all he wants to be physically.

No doubt some of my experiences will be of great interest to you, so I am going to recite a few, not with the desire to make believe that I am some heroic being, or Hercules come back to life, but because so many have requested it. Anyhow trials of strength are always interesting no matter how, or where, they are performed. I have not the slightest intention to tell you here of any of my athletic achievements on the platform or in the arena, but rather of feats of strength that were performed on the spur of the moment, for I believe that a strongman must be a strongman on all occasions. These stunts will have the effect of proving to you more conclusively, that the right kind of exercise creates the right kind of strength, the kind that will enable you to lift the side of an automobile at a moment's notice as easily as you can lift a heavy bar bell or dumb-bell over three or four weeks of special training.

There is one particular incident I love to remember, by reason of the great bond of friendship it established between the other party and myself a friendship that has continued over the years. It happened when I was in



Lifting that anvil was a terrific test, but I knew I could do it.



George F. Jowett, the famous author of the new volume which is described as being the finest contribution to the cause of body-building.

England, when my weakness to meet strongmen and look upon strange implements made difficult to handle by reason of their awkward construction was at its strongest pitch. Somewhere or somehow, I just cannot recall exactly, I heard some men talking about how strong they were. In the course of the conversation one of them mentioned the fact that he was willing to wager any

amount that there was not one among them who could lift the "big anvil." What surprised me was the lack of interest shown. At once, I began to figure that lifting the "big anvil," as they termed it, was some test of strength very familiar to the locality. Not one of them would consider the wager. Instead, they began to "razz" the man who started the argument, saying that he was no sport, or he would have introduced a feat where a man had at least a sporting chance to win. Naturally I became all ears, and listening in on the talk, it seemed that there was a certain blacksmith who occupied a smithy not very far from there in a small village. His great strength was proverbial. In his possession was a huge anvil that weighed, according to their talk, over thirty stone. This blacksmith stood alone in this particular feat of raising the anvil off the resting block, and no one else had ever duplicated his feat. Now as there are fourteen pounds to a stone, I figured that this anvil must weigh over four hundred and twenty pounds. It certainly had me guessing, and my anxiety to see this terrific piece of metal was tremendous. I determined that on the first opportunity I would pay the mighty smith a visit. The chance soon presented itself. One bright, beautiful spring morning, I set out to locate this remarkable son of Vulcan. I had to walk a distance of eight miles, automobiles not being so plentiful in those days; but I enjoyed every foot of the way, as the air was filled with the fragrant breath of glorious spring time. At the foot of a hill that ran into a long valley, I espied a quaint little village which I knew was my destination. However, I stopped on the outskirts of this rural hamlet to examine the beautiful structure of an old Norman church that was erected in the reign of King John, of Magna Charta Fame. Then to my ears came the tuneful ring of a hammer beating iron upon an anvil, which caused my pace to quicken. Arriving at the village forge, I made pretense of lingering at the door to watch the smith forge the gleaming iron upon the anvil. As I did so my eyes rested upon one of the most magnificent specimens of manhood that I have ever seen. In appearance the smith bore a striking resemblance to how our Saxon forefathers must have looked. His head seemed perfectly moulded to wear the winged Viking helmet, which we visualize with our forebears, and he immediately impressed me with such an idea—tall and as straight as an arrow, with his shirt open at the throat, and sleeves rolled up he was a noble sight. He was blithely whistling a merry tune to the time of his hammer, and I thought what a carefree, happy character he was. He was powerfully constructed, and his chest seemed to swell from the throat like the crest of a wave. The neck was columnar, and he carried his head beautifully poised upon the shoulders. Arms like Longfellow's village blacksmith's—bands of steel. His light brown hair swept a noble brow, from underneath which gleamed the clearest pair of blue eyes imaginable. The moment they threw their piercing gaze upon me, my soul seemed to throb with admiration. They said their cheerful day greetings to me, before the lips could repeat them. The man appealed to me tremendously, and intuition told me we were going to be friends. His cheerfulness made acquaintance easy and we talked about various things. (Continued on Page 74.)

Developing Shapely Muscles

Exercises that Will Develop a Body that Will Be Admired in a Bathing Suit.

By Charles MacMahon

MOST of those who take up physical training do so for the main purpose of developing an admirable shape. A lot of them may not care to admit it, but this does not alter the fact that most people want to have a body that will look well and be admired in a bathing suit, athletic costume, or in street clothes. Health and strength is desired, too, of course, but a clean-cut, muscular figure is the most craved of all physical assets.

Now, there is a way to train for shapely individual muscles and for uniform development over your entire body. The trouble with some who try physical training is that they exercise in an aimless manner, which really means without much deep thought as to their physical needs.

On the other hand, I get many letters daily stating that the writers are getting very satisfactory results in the way of development, but that they feel their upper arms should be developed more, or their hips broadened or reduced, the shoulders broadened, and so on.

These fellows have begun to think and have found that they need this or that muscle further developed in order to thoroughly finish the job of building their physique as shapely as possible.

I want to try to encourage this thoughtfulness in your training, and help you carry it even further by making a few suggestions. The idea is to not only build a splendid physique, but also shapely individual muscles.

We will assume you have selected a first-class course to follow. My idea of a first-class course is



Fig. 7



Fig. 6

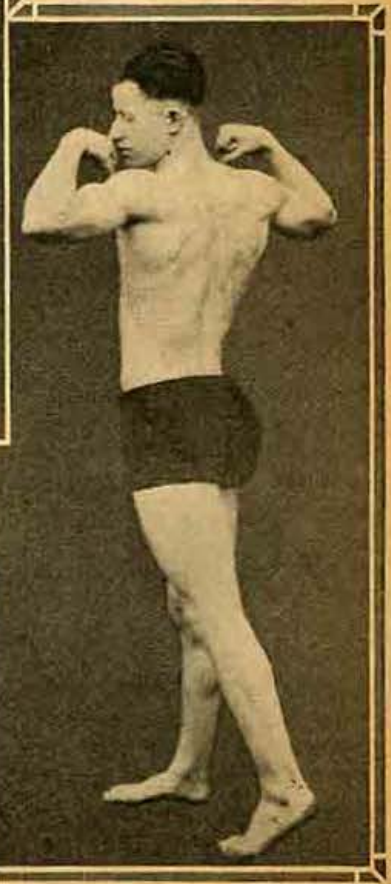


Fig. 5

one that will not neglect any one or more parts of your body. One that is laid out to suit your bodily needs and will, as near as possible, tend to build you uniformly and develop your muscles as shapely as possible.

Taking for granted that you *have* a course of this kind, we will first take up the matter of developing a well-balanced *entire* physique. Later we will deliberate on how to shape up the muscles themselves.

You start in and, to the best of your ability, follow the instructions given you. Soon you will notice a more or less developing of your entire body; but, as you progress, some one, two, or three parts of your anatomy will become conspicuous because of their sluggishness in developing as compared with their neighboring muscles or groups of muscles.

Now the thing to do, which, by the way, is the only thing that can be done for the lagging muscles, is to specialize upon them.

This
spe-

cialization means to exercise certain parts more strenuously (much more strenuously, if necessary) in your exercising periods and rest them more in between.

The idea is not to exercise them more often than once a day, but put heavier work upon them when you do exercise. Exercising too often is liable to have the same effect that long-distance running or walking has on the legs—which you know makes them thin.

This is one of the many proofs that you need expert help from the beginning, on through the first month or more. After that period, you will know how to handle your developing program in order to produce a beautifully-balanced and beautifully-muscled body.

I am giving you a few illustrations which will present more clearly the points I wish to impress upon you in building a shapely body. These illustrations, you must bear in mind, are not by any means all the unshapeliness you should look for when scrutinizing your physical make-up. There are numerous other slight deformities (as I will call them, in view of the fact that we are trying to build perfect bodies) that you may possess and which must not escape your eye.

Then, too, take note of the criticisms of others, for often they will mention some part of your anatomy that is not up to the standard set by your better parts. However, use your own judgment as to outside criticisms, especially when they come from one who is not an authority on the proportions of the human body. If you can see where a criticism of this kind is correct, then add it to your own. If you cannot see it after broad-minded deliberation, then do not consider it further.

In Fig. 1, we have a picture of general, all-round shapeliness. But you will see, by studying this picture, that the sides between the lower ribs and the hip (or pelvis) bones are greatly caved in.

Now, if these parts do not (and they probably won't) develop rapidly enough to catch up with the rest of your body's development, then special attention must be given to these very deficient parts.

There are many exercises for these parts of the waist. Some are elementary and some are very advanced. You should not get the idea that you must jump into the advanced ones when you are told to specialize. Slightly more strenuous exercises than you have been using are the correct ones in these cases. A whole lot depends, of course, on how generally strong you are.

But not only should you use exercises that are a little more

strenuous than these muscles have been accustomed to. You must put a little more time and thought upon developing them.

Be sure you are doing exercises that hit the deficient muscles directly. Don't perform exercises that affect muscles *all around* the ones you want affected, and imagine you are developing, or doing your best to develop, said muscles.

How can you tell when you are exercising the particular muscles or group you want developed? Simply by the feel of them. If you are hitting the spot desired, those muscles will begin to feel tired, and the surrounding muscles or any others on the body will be affected less severely, or not at all. And vice versa will be the effect when you are not hitting the muscles you want to develop or strengthen.

For the side muscles in question, the most direct exercise is a bending movement from side to side. There are, of course, many variations of this movement that affect the side muscles directly. A bending movement backward and forward at the waist affects these muscles also, but not as directly as the side movements.

The muscles (if you can call them that in this condition) which are almost entirely responsible for these dents in your sides, if you happen to be one who possesses them, are the external oblique muscles.

If you have no training program, or have little experience in developing your body, try the simple side-bending exercise. Do it either with the hands on the hips or at the sides. After a few days or a week of this, continue the exercises but clasp the hands behind or on top of the head. This, you will notice, will make it more strenuous. If you do not feel it distinctly in the side muscles, then you are not doing the exercise correctly.

In Fig. 2, we have a condition wherein the width of the chest from armpit to armpit is no broader than the width of the waist, and not as broad as the width of the hips.

The causes of this are a small, flat rib-cage, small lung capacity, undeveloped latissimus muscles, and often an oversize waist. Deep breathing exercises for trimming up the entire waist-line and the developing of the latissimus dorsi are the most effective things to do for this slight deformity.

You know, of course, that the latissimus muscles are those that cover the lower back from under the arms down and back toward the base of the spine. These muscles, especially their outside

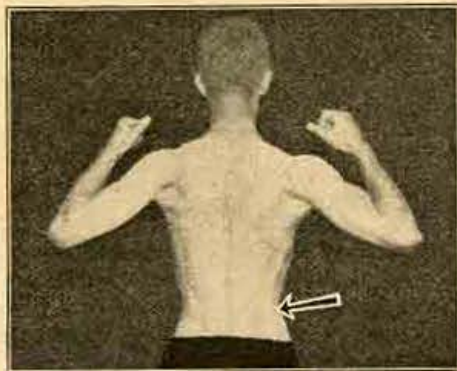


Fig. 1

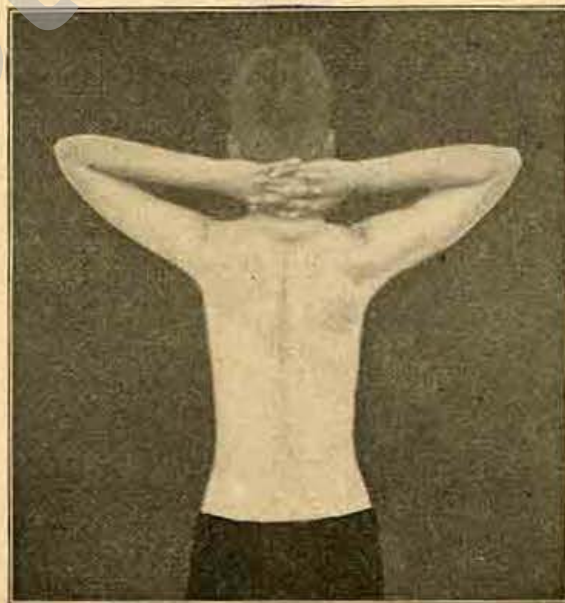


Fig. 2

edges, have a lot to do with the shape of your upper back. When they are well developed with a trim waist, they give that tapering hour-glass shape to the back.

For increasing the capacity of the lungs, which allows much more purifying oxygen into them, try this preliminary exercise: Stand erect and raise hands in front of you to shoulder level. Now bring them back as vigorously as you possibly can, keeping them on shoulder level. Repeat

this movement many times at a fairly rapid pace. You will note as your hands come back the front of your chest will be stretched; and if you will breathe deeply and regularly while performing this you will also increase your lung capacity. You can

make this exercise more strenuous by using some weight in each hand.

Chinning the bar with palms toward you is a very good latissimus developer. By increasing the size of the chest and the latissimus muscles, you have a double advantage over the straight torso deformity. In other words, you can spread your chest rapidly under your arms by getting after the chest and latissimus muscles. Whereas, in the case of developing the biceps of your arm, for instance, you have only muscular tissue to work upon.

Fig. 3 shows a conspicuous indentation at the base of the neck. This is caused by underdevelopment of the trapezius at this particular spot. There will be a slight depression at this point, even on the most highly-developed physique, as there is all along the spine, but nothing like shown in Fig. 3.

Shrugging the shoulders with the head thrown back at each raise of the shoulders is a very good exercise for the upper trapezius muscles. You must, however, shrug the shoulders not only up but back if you hope to get at this big dent in your neck. When shrugging the shoulders straight upward, you will notice that the tops of the trapezius muscles (between the sides of the neck and shoulder points) are only contracted. Consequently, you must shrug the shoulders upward and backward. Try to feel the effects of this and other exercises in and around the base of the neck and across the upper back between the shoulder joints.

Fig. 4 shows the beginning of a very symmetrical development. This young man still needs further development, of course, but every part of his

anatomy is in pretty fair accord with all other parts. The possible exceptions are his thighs, which need specializing upon to bring them up with the rest of the body.

Figs. 5, 6 and 7 show the improvements that can be made by proper training. This young man had some training of his own design which kept his muscles hard, as Fig. 5 will show. Look at Figs. 6 and 7, however,

and note how he has developed his legs (which are parts that are generally conceded to be fairly difficult to develop rapidly) as well as all other parts. You can develop your physique as well as this fellow and the thousands of others have. Maybe your

physique, when properly developed, will be even more shapely. Try it some time soon.

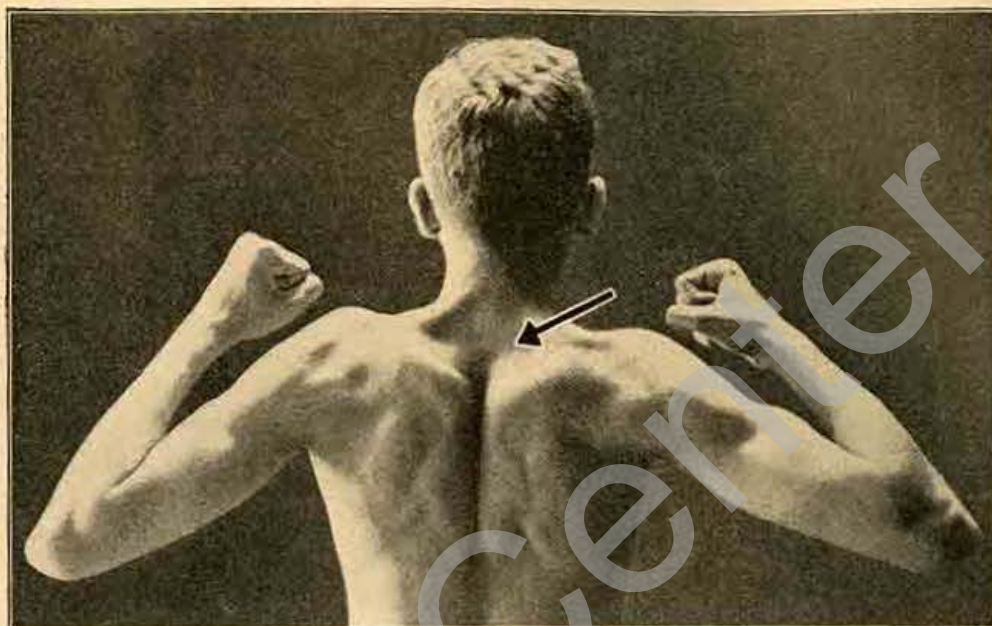


Fig. 3



Fig. 4

Now we will take up the matter of shaping individual muscles. This is a little more difficult to grasp than are the points of building a well-balanced entire physique.

For example, you have no doubt noticed biceps (fronts of upper arms) that were beautiful for shape and others which, while as big as the beautiful ones, were not shapely. This unshapeliness is usually due to a knotty biceps and the long tendon that goes with this type of muscle.

Now, some men are (Continued on Page 92)

Beauty Exercises Every Woman Should Know

Do Clothes Make the Woman?

Written and Illustrated by Marie Willard Mock, the Dancer

WOMAN'S beauty is in her body and personality, and there are very few women who do not realize this. To be graceful, lithe, and charming is the ambition or desire of every woman. Venus de Milo, the most beautiful model of woman on earth, is our guide, and we must strive to be as nearly like her as possible.

To begin with, "clothes do not make the woman." She may wear ever so pretty clothes, but how do they

should say millions, of women, all ages, get considerable exercise with their broom every day of their lives, or else they are in constant activity at their place of employment. That is what the majority of women offer as their excuse for not doing actual physical exercise. Yet what do they have to show? Nine tenths of them are too bulky or too thin. Therefore, the question is—is that the right kind of exercise—and my answer is positively, no!

Now the exercise they claim they get is only work, the kind that bends their back, rounds their shoulders and cramps their chest. After they are through they do not feel fresh and invigorated, but on the other hand, they are all tired out and drooping. There is a vast difference between work and exercise. Work plays on the mental and nervous system, and when carried too far it becomes exhausting and consumes an enormous amount of energy and vitality.

Exercise is far more effective because it is especially designed for the purpose and is refreshing and invigorating instead of exhausting. It tones one up and gives increased energy instead of consuming the energy we have.

Then, too, do not depend on artificial means of improving your figure. For instance, such means as bust confiners and corsets. These are absolutely detrimental to the health, as well as aiding in breaking down tissues and flesh that otherwise should be firm. Build yourself a muscular corset! Not only will you beautify your figure, but you will also improve your health and strengthen your internal organs.

Therefore, every woman, no matter what her occupation in life may be, should have some form of physical exercise, not *work*, by which she can keep her health and form. The kind of exercise that will rest and soothe the muscles which have been tired out by work, and that



Fig. 1

look on her and does she know how to wear them gracefully? The figure is the foundation and basis for the covering, and a fleshy or bony person cannot hide her weight under pretty clothes. Therefore, hard exercise is the only outlet for overly stout or under-developed people.

Thousands, or I Fig. 2



will bring into play these muscles that have not been used. In this way she will acquire uniform development.

I would advise that you follow a few of my exercises for about one month regularly, good and hard, and notice the wonderful change that will come to you.

Here is a simple routine to follow:

Stand erect, both feet together and arms raised above your head in a diving position. From the hips bend down until your hands are as near the floor as your muscles will permit, as in illustration one; being sure your knees are

straight. While your arms are near and yet so far from the floor you will find if you draw about half way up and then spring up and down each time trying to get nearer to the floor that this will help you immensely. Now hug your knees with your arms and draw your head down to the knees and hold the position a few minutes. Keep the knees perfectly straight.

Stand erect, directly in front of a straight chair and about one to one and one-half feet from it. Place your hands on the back of the chair with all your weight on your right foot, then swing your left over in front of the right, as in illustration two. Now swing back to the left, with the left foot with all your might, as in illustration three. Then back to the right and left in a clock-like movement, being careful not to upset or injure yourself. Count one, two, three and four and one and etc., each time trying to swing your limb a little higher. Follow the same routine with the right limb, placing your weight on the left foot. By this method considerable fat is removed from the hips, or on the other hand, the muscles around the hips will be developed to a considerable extent. Do this movement until you are good and tired, rest and then continue again. Try to put in one-half hour if you can stand it.

To reduce the fat on the back of the hips or to develop the buttock muscles, practice the following movement: Stand erect with a straight chair on your left side, placing weight on the right foot and the left hand on the back of the chair. With your left limb kick forward, then back as high as possible as in illustration four. Do this backward and forward movement in a clock-like motion. When kicking backward throw the trunk of the body back; that is, your head and chest. Then change your position by placing the chair on your right side and the right hand on the back of the chair with the weight on the left limb, and follow the same exercise as for the



Fig. 3



Fig. 4

left foot. Counting will help you.

Now a word about diet. If you wish to keep a slim, beautiful figure, do not eat too much meat, fatty or starchy foods, or sweets. Eat plenty of vegetables, raw fruits and live in the outdoors as much as possible. If you want to gain weight drink plenty of milk with raw eggs. Whenever possible eat whole wheat bread.

I would like to add a word about outdoor athletics and their value to the health and beauty of figure. Tennis is an ideal pastime and exercise. You will derive untold benefit from its practice. Whenever possible get yourself a partner and work-out for an hour or two.

Swimming is another form of exercise

that you will find very beneficial. The over-hand style, back stroke, side and other forms and styles of swimming are useful in developing your muscles as well as aiding the outline of your form.

I know that you have heard beauty specialists say many times that salt water ruins the complexion, but I find that instead it is very helpful and heals and strengthens the cells of the body. Especially is it beneficial in cases of skin eruption. Why do run-down people go to the beach to recuperate? Because the doctor prescribes nature's medicine—the sun and fresh air—the outdoor life away from worry and everyday business.

Whenever it is possible I take exercises on the beach. Besides having more room and freedom to perform, at the same time I breathe the pure and invigorating salt air and receive the healing benefits of the sun's rays.

I cannot say enough about dancing. I only urge that if it is at all possible every girl should take up dancing, and this wonderful means of recreation and exercise will give to her everything she desires—namely top notch health and a beautiful girlish figure.

If you wish a well developed form, I have done my best to show you the easiest way to obtain it if you will only keep your practice up diligently.

Boxing 50 Rounds at 50

After They Leave the Ring,
Fighters, like other Athletes,
Find their Past Physical
Training is the Basis for a
Successful Life.

By *T. Von Ziekursch*



Dr. J. A. Oebbecke,
known to old-timers
as Johnny Leonard.

THE world at large is all too prone to be a bit cynical when the topic under consideration is the future career of the professional fighting man, after his days in the limelight have passed. The world at large is much given to pointing to those who are always most conspicuous, the human derelicts, the flotsam in the backwash. Perhaps that is true of any game, and the world too frequently forgets that it is the individual, not the game. In the realm of the ring the Terry McGovern, the Stanley Ketchells, and others who come to an untimely or pathetic end after slipping from the heights are the most conspicuous.

But there is another side to the story, a side too often unknown because those whom it concerns, knowing their day at the crest has ebbed, step out quietly into other lines, bending the effort that brought them fame in the ring to less spectacular endeavor.

In the halls of Congress are several men who once wore the padded mitts professionally. In New York, in Cincinnati and Chicago there are several noted doctors, surgeons and lawyers who knew the rough paths of the ring in younger days when the going was harder and the remuneration far less than it is today.

Few people know that Clark Noble, the famous Washington sculptor, three of whose masterpieces are in the Vatican, was once a prize fighter. Sturdy, white-haired, strong-jawed, a man of remarkable presence and intellect, Mr. Noble earned enough in the hard school of the ring so that when his boxing days were over he was enabled to study sculpting. Years ago, many of them, he toured the country, meeting all comers. Today he possesses the distinction of having won twenty-nine out of thirty-three competitions of international scope in which his bronzes and marbles were entered.

The great Soldiers and Sailors Monument at Newport is his work; the famous Challenge statue on the battlefield of Antietam he carved, and his Mad Anthony Wayne is considered



The man who fought in
the days of bare
knuckles is still a fast
one with the gloves and
he can hit.

a masterpiece. He designed the five million dollar memorial to American womanhood and motherhood for Washington, and dozens of examples of his work are known throughout the world.

He is merely one of many sons of the prize ring who have gone on into other roles. Not all of them become human derelicts or physical wrecks, by any means. It is all too seldom the world has any chance to see this other side of it, however.

But in the near future the world will have an opportunity, for one of them has come out of the past, merely for the pleasure that it will give him, to prove that his old game is not a maker of physical and mental driftwood, that it is the man, not the game.

To a large extent the eyes of the sports world at present are turned toward Philadelphia, where probably the most elaborate sports program ever carried out in this country will be a part of the Sesqui-Centennial celebration of American Independence.

In connection with that program, in a quiet, unostentatious manner, not aimed at commercialization, one of these old warriors of the ring is going to come back.

Old time ring fans may recall him as Johnny Leonard. He is more correctly known today as Dr. John A. Oebbecke.

The feat that he is going to perform is a story in itself, but the story of the man is needed to complete it. His is a story to prove that the ring does not necessarily make derelicts. Dr. Oebbecke was born on June 18, 1876. That makes him fifty years old on June 18, this year. He has been out of the ring for twenty years. His hair is nearly all white, but he has plenty of it and a rugged physique. His eyes are of the keenest blue.

On June 18, this year, his fiftieth birthday, he will box fifty rounds with fifty different boxers, all of them young, modern ringmen.

It was in 1892 that he first stepped into the ring, a stripling kid of sixteen years. At that age he fought two bare knuckle bouts. They made 'em hard and paid 'em little in those days.

He fought first at the old Schuylkill Navy Athletic Club, when that organization was a center of amateur boxing. As an amateur, fighting first with bare knuckles and later with skin tight gloves, he won the featherweight and lightweight championships.

Then, at the ripe age of eighteen years he turned professional. The professional ring was full of opportunity for a young fellow who wanted a bit of financial help toward getting a better education, and it didn't seriously interfere with a fellow who wanted to compete in other sports as an amateur. In those days the lines were not so tightly drawn around the amateurs and pros as they are today.

In the professional prize ring he was Johnny Leonard.

At college he was John Oebbecke. For four years he was a collegiate football star, captaining his team. He played baseball, ran on the track team, put the shot and high jumped. With his degrees as A.B. and M.A. under his arm at the completion of his collegiate career he stuck to the professional ring.

Veteran followers of the game will remember some of his battles. He was almost a champion. From the lightweights he graduated to welterweight ranks and fought the great Honey Melody when the Bostonian held the world's welter crown.

Weight didn't mean as much then as it does today. Dr. Oebbecke was a light welterweight. Today he would be classed as a lightweight at the poundage he entered the ring for some of his big bouts. He was not much above the lightweight limit when he fought the great Kid Carter, who had just previously been beaten by Jack Root for the world's light heavyweight championship, which Root later lost to Bob Fitzsimmons.

Carter broke his nose, and that is the only indication today that Dr. Oebbecke was ever in the ring. The bridge of his nose is a little broadened.

His hardest bout was with old Charlie White, not he of the famed left hook, but the original Charlie White. That was a gruelling twenty-round bout with tight gloves. Dr. Oebbecke won, but he spent the next three days in bed getting over the effects of that victory.

In three hundred and twenty-five fights he was never knocked out, though he fought the best of them from Frankie Neil, when the great little Californian held the world's bantam crown, up to heavyweights.

For five years he fought through the northwest and in British Columbia, then went abroad and fought in Germany, France and England where he met Spike Robson, when that great little ringman held the English



Dr. Oebbecke is as clever with the gun as he was with the gloves. Picture to left shows him as he was in his early days.

featherweight crown.

After that he retired from actual fighting and returned to his studies; but his interest in boxing and other forms of athletics continued. He became an expert swordsman and took up fencing as an extra diversion. During the late war the (Continued on Page 81)



The Most Popular Gymnastic Apparatus—The Flying Rings

How Strength, Agility and Courage Can Be Developed Through Simple Exercise On the Rings.

By Russell Viohl

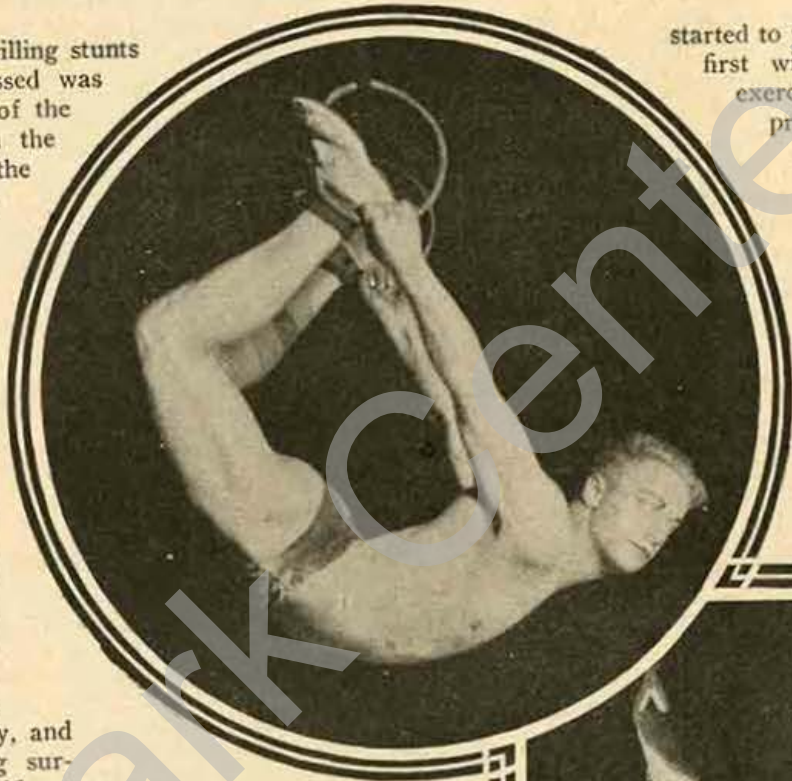
ONE of the most thrilling stunts that I ever witnessed was performed in one of the largest theatres in the East. I have forgotten the names of the intrepid artists who risked their lives for the pleasure and entertainment of a great audience present that night, but I shall not forget the thrill the daring performers gave me for many a long day.

The bill that eventful night featured a galaxy of stars who rendered a most sumptuous and captivating performance, and when the house had quieted for the last act, the curtain rose slowly to the accompaniment of exquisite music. The scene unfolded before our eyes a glittering canopy, and posed amid the entrancing surrounding were four magnificent specimens of humanity; two exceedingly beautiful women, and two perfectly built men.

All about them was the artistically designed apparatus on which they performed. First they presented a series of intricate movements and gyrations on the apparatus in booming harmony with the wonderful numbers played by the orchestra. This was received with unusual enthusiasm. Then their offering of stunts gradually became more difficult, and when one of the men allowed the others to blind-fold him and then whirled into space on the flying rings, executing giddy loop the loops without the aid of vision, the audience gasped with amazement at the marvelous feat.

In a soaring and thrilling climax the exhibition on the flying rings was brought to a close. The audience arose and accorded the performers a rousing demonstration of appreciation, the like of which I have never seen. Suffice to say, it was a well deserved tribute to both performer and performance—a stunt seldom seen.

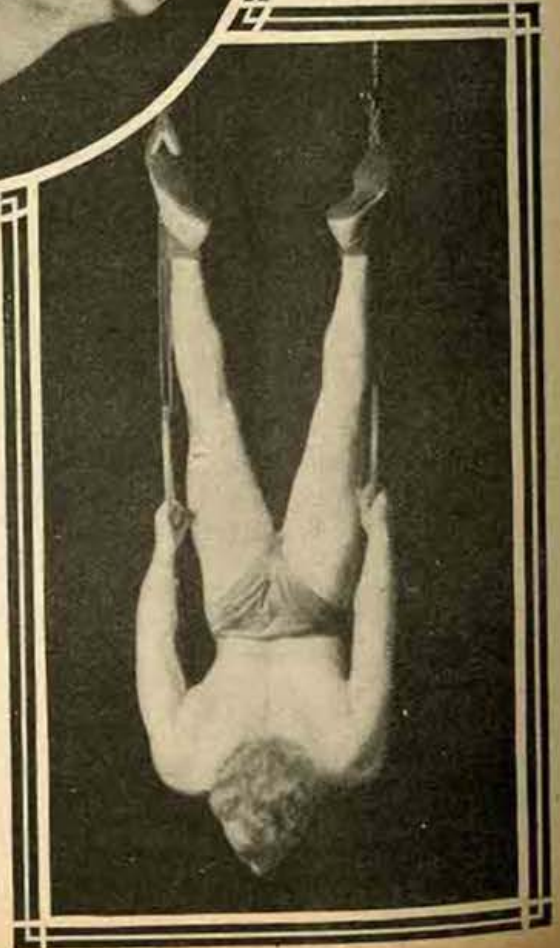
The thrilling aerial acrobats inspired me to pursue a course on the flying rings, with the prospect of some day emulating the feats that I witnessed at the theatre. Almost immediately afterward I



William Lilly demonstrating the so-called "spreading the eagle" exercise on the rings.

started to practice. Beginning first with the elementary exercises, I regulated my progress according to my skill, strength, and courage.

However, in my increasing desire to emulate the intrepid performers, I dislocated my shoulder joint so severely that I was forced to forego all fur-



Flying through space upside down on the rings requires skill, strength and courage. To acquire these attributes, practice is very necessary.



There is nothing more pleasing to the spectators and the performer than the graceful sweep of the body whirling through space.

ther training. But one day I was inveigled to perform at a gymnastic exhibition. I responded with a demonstration on all the various gymnastic apparatus. Just when I essayed to execute a difficult movement while flying high on the rings, something went bad. Anyhow, when I came to my senses, I was lying on the gymnasium floor violently ill and hurt. And my poor shoulder—that was twisted into a hideous shape, and my arm dangled loosely by my side with all the power gone from it.

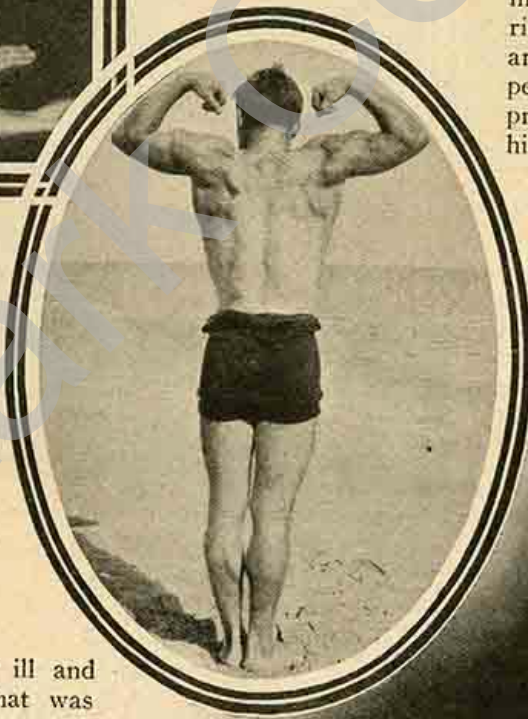
Several years were tolled off by father time before that shoulder mended. With the passing of time my ambition to be a flying ring performer died. My nerve fled me. I would never again experience the thrill of performing dare-devil stunts while flying into the atmosphere.

Thus, let me caution you. Do not be over-zealous, else you may come to grief as I did. Systematize your training. Do not

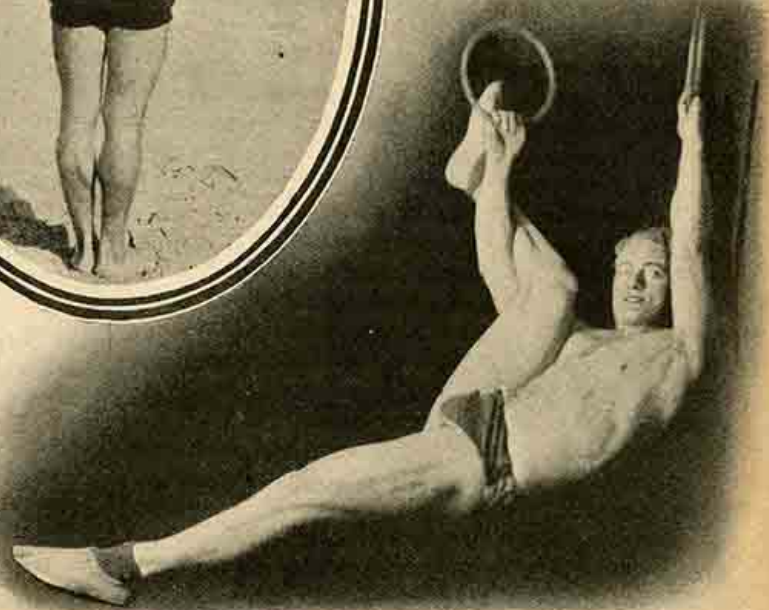
try to perform feats without having ready assistance at hand to break your fall. In my earnest desire to become a flying ring performer, without first undergoing the proper preparation, I crimped my chances to win honors on the flying rings. I have graded a few exercises and pleasurable stunts on the rings, so that you will be in no danger when performing them.

It is the great temptation of the novice to attempt swinging the first time he gets on the rings. This is a natural inclination, and I would advise much practice of this form of movement, as it tends to strengthen the hands, grip and give one a sense of security throughout its motion. When you become fairly accustomed to handling yourself while swinging, and exhibit no signs of dizziness, the first preparatory stunt is the single "cut off." To eventually execute this while flying on the rings, you had better practice it first while the rings are hanging still. In order to get the movement "down pat" bring the right leg up and place it on the right forearm. Steady now. Next let go of the ring with the right hand. As the leg drops down, quickly reach up again and grasp the ring. Repeat this on the left side. You are now ready for the double "cut off." Bring both legs to a position over the right arm. Let go the ring with that hand. Grasp it again quickly as the legs drop down. Repeat same on the left side. This time we shall try this stunt while swinging. Ready? *Swing!* Swing till you get to a fair height and then, each time that you come back at the point where the ring will swing forward again, execute the stunts in the like manner described above.

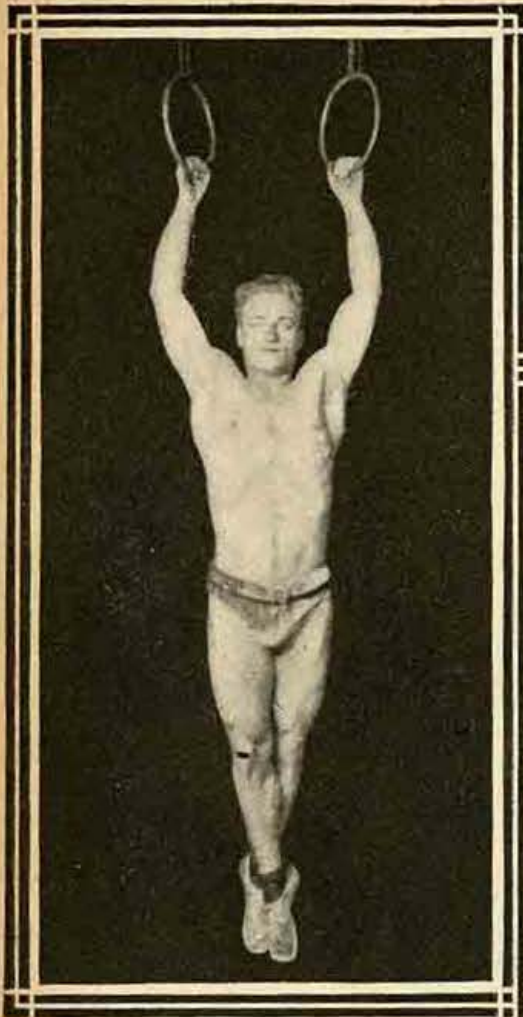
One of the most daring and intrepid performers on the flying rings that I have ever met, and they are many, was a lad who virtually perfected his body through steady practice on the flying rings. I met him while I was in the South. His



Jerry Fisher, one of the finest flying ring artists, owes his splendid development to the constant practice on the rings.



William Lilly illustrating the single leg "cut off," a stunt that requires agility and speed.



It is obvious that the rings provide unusual exercise for the muscles. Notice the muscular display of William Lilly.

physique, which is exhibited here in the illustration, impressed me very much, and to call him an extraordinary gymnast is putting it mildly. For Jerry Fisher's performances were excellent and thrilling to the nth degree, invariably arousing his audience to the highest degree of enthusiasm. As a boy he loved to soar in the air, on improvised ropes and rings. Later he had an opportunity to train at a gymnasium. After becoming proficient in the preparatory exercises, Jerry was coached, or rather he coached himself, in advanced trapeze and ring work. Later he took to the flying rings exclusively, and many of his competitor's efforts in this line have been puny in comparison to his own.

Taking up some of the feats performed by this finely built chap, the following is one which he considers ridiculously easy. You take hold of the rings, and as the school boy says, "skin the cat"; that is, draw your feet up in front, pass them over the head, and hang down at full arm's length. Then draw the body up with the arms until your back touches the rings. This is accomplished by the same process as pulling up to the chin, only your arms are in back of the body instead of in front. There seem to be muscles used in performing

this feat that are not used in any other form of exercise.

"Spread the eagle" while flying swiftly on the rings is quite a stunt to do, though Jerry does this numerous times to warm up. Bring the legs up while flying, and insert the foot firmly through the rings with the arch of the foot pressed against the ring. Now push up with the body, arch the back, pivot on the shoulders, and press into the position shown in the illustration.

Jerry has a passion for the "one arm planches or levers" and he remains in these positions for considerable lengths of time. This feat is accomplished by holding the rings with both hands, drawing

the feet up in front, passing them over head and straightening the body and legs full length from the shoulders in a horizontal position. From this position, Jerry releases one hand, and "still" retains the horizontal position. To get an idea to aid you to perform it better, stretch out on the floor face downward; have some one stand over you and take hold of one hand, your arm straight from the shoulder as high as you can reach over the back. Then let that person lift while you try to support the weight of your body horizontally. Another feat performed by Jerry is the feat called the "throw in." First he hangs at arm's length by one arm, then draws the feet up backwards, shoots them forward quickly, forming a harmonious movement with the lower limbs, the free arm and head. With a quick twist of the body upwards toward the arm holding the ring, he catches the body in a lying position, resting with the back on the arm, holding



A back view of the above illustration, "the hang."

the ring, in a semi-horizontal pose.

Still another feat, I think Jerry can perform, (although I have never seen him do it or don't remember him doing it since) is the forward planche. This is performed by hanging at arm's length, drawing the body up until the chin is on a level with the hands, and then laying the body and legs out full length horizontally, face up, the arms straight from the shoulders to the hands. This feat is seldom performed correctly, even by the greatest gymnasts in the world; however, to use the vernacular, make a "stab" at it any way.

The crucifix or cross, is another of the most difficult positions to hold on the rings. This feat is performed by starting from a vertical position, the arms at the sides, holding the rings against the hips, the body up-right, now lower the body (Continued on page 93)

Good Foods

Maintain Good Health

Stomach Disorders May Be Remedied By
the Correction of Your Diet

By Dr. A. N. Mittleman

FOOD is required to replace the dying parts and to furnish heat and energy to the body. The weight of a young man after taking part in a baseball game, or other vigorous exercise, during which no food or water has been taken will, as a result, be several ounces less than before he started to play; but in the same period of time the weight of the young man who sat quietly and watched the baseball game will show almost no decrease in weight. This shows that the muscles of the body wear out with use. Some of the worn out parts pass off in the sweat and breath. The temperature of the body is, as a rule, the same in warm and cold weather, and this shows that the material is being burned inside of the body to produce heat. Foods must, therefore, be supplied to replace what is burned up in the body so as to keep the body warm.

Kinds of Foods

The term *food* includes everything that is consumed for the purpose of nourishing the body, or supplying the body with the necessary heat and energy. The five chief food principles are: mineral salts, water, proteids, fats and carbohydrates. All these substances, except either carbohydrates or fats, are absolutely necessary to maintain the body in health. The proteid foods serve to replace the dying particles of the tissues, and the carbohydrates and fats are used largely for furnishing the heat and energy to the body. Either one may be dispensed with, provided an extra supply of the other is used. The mineral salts and water are necessary for the proper nourishment of the body. A little common salt, as a rule, is present in all meats, but to make it palatable, more salt is usually added. The salts of potash, lime and iron are present in many of the vegetable foods and also in fruits. Dr. Foster fed dogs with food from which all the salt was extracted and, as a result, they died in about a month. An adult consumes with his food about as much table salt as can be held in a large tablespoon, daily. Lime salts are especially necessary to the young in order to help build the bones of the body. The iron salts are constantly necessary so as to form an important part of the red blood corpuscles in the blood. Water is a carrier of the foods through the body, and is also an aid to the organs in performing their function. It is known that more than one-half of the foods consist of water. The white of an egg is composed of water and albumin, and is one of the commonest

forms of proteid foods. Lean beef is composed almost entirely of proteid foods and water. Skim milk cheese consists of nearly one-third proteids and two-thirds water. The proteid foods form a part of every cell in all plants and animals.

Heating a proteid food, or adding to it either alcohol or nitric acid, usually causes it to coagulate; that is, form a tough jelly-like mass similar to the boiled white of an egg. The proteid part of food keeps the tissues of the body in repair. If more protein is eaten than is necessary to rebuild the worn-out part of the machine, it may be transformed into fat, and may also provide heat and energy to the body by becoming oxidized.

Sugars and starches are nearly pure carbohydrates, and starch, which occurs abundantly in most vegetable foods, is the source from which the body derives nearly all its carbohydrate materials. More than one-half of wheat bread, dried peas, beans and corn consists of carbohydrates, and more than three-fourths of wheat flour and rice is made of carbohydrates. Meats contain almost no carbohydrate material, and eggs none whatsoever. The carbohydrate foods furnish most of the energy to the body and also furnish some heat. When the carbohydrate foods are eaten in large quantities they tend to make a person fat.

Fat occurs mostly in animal foods. For instance, butter is the kind of fat present in milk. Cream cheese is composed of nearly one-third fat, and eggs about one-eighth fat. The fats extracted from plants are as a rule called oils, such as cotton seed oil, linseed and castor oil. Very little fat is present in vegetable foods and, therefore, a vegetable diet is of little value to the body in case of gaining weight, but is of value where it is necessary in a diet for reducing purposes. Fatty foods, after being eaten, are made to unite with oxygen, which is received into the blood from the lungs, and by this union the heat of the body is produced. The consumption of more fat than the body needs may cause one to become fat.

The condiments and flavors usually used in foods are: pepper, salt, vanilla, cinnamon, nutmeg, vinegar and mustard. They are generally added for the purpose of making the food more appetizing. The pleasant odors and spicy flavors tend to increase the flow of the digestive juices, and in that way tend to aid digestion and so increase the real value of the foods eaten. Too much of the condiments, and especially pepper, vinegar and

mustard, may have an unwholesome effect on the glands of the stomach and also some of the other organs.

The stimulant foods consist of tea, coffee, cocoa, chocolate, beef tea and alcoholic drinks, as these stimulants sometimes hasten the action of the different organs of the body.

Food Values

The real value of food does not depend upon the amount eaten, but upon how much is digested and carried from the alimentary canal into the tissues of the body. It is known that foods have two kinds of value; a tissue value and a food value. The proteid foods, such as lean meat and skimmed milk, have largely a tissue value, because they can be used in building up the parts of the cells and tissues that are worn out in the body. Sugars, fats, and starches have a large fuel value to the body to produce heat, muscular movement and activity of the different organs of the body. The food value is reckoned by means of heat units. Experiments show that foods burned outside of the body give off the same quantity of heat as when they are oxidized, or burned, by the living cells in the body.

Most people, as a rule, eat too much of one kind of food, such as meats or sweets. No one can live on sugar and fats alone longer than a few weeks, because these substances have no tissue value and cannot rebuild the worn-out cells. They have only a fuel value, that which gives heat and energy. A man at hard labor needs much more fats and starches as fuel with which to furnish energy, than one who is idle. Experiments on hundreds of persons show that the average man should have food daily containing one-eighth of a pound of pure proteid foods for the tissues, and there should also be fats and starches to furnish a fuel value of 3,000 heat units. A woman needs about one-fifth less. To select food with the proper fuel and tissue value, one must know of what certain meats and vegetables are composed.

A knowledge of diet is important, not only because it enables one with a small amount of money to select the most suitable food, but because a proper diet does much in preventing sickness and in helping sick persons to get well. Recent studies have shown that if the proper attention was given to the tissue and fuel value of food, the people of this country could purchase the same amount of nourishment as they now do for \$500,000,000 less annually than the present cost.

In sickness, diet is of more importance than medicine. Recovery from dyspepsia, typhoid fever, tuberculosis, dysentery and all bowel troubles depends largely upon the diet of the patient. Constipation, or the clogging of the large intestines, and appendicitis sometimes results from it and may be avoided in many cases by choosing a diet from such foods as cornmeal mush, bread from whole wheat, dried and fresh fruits, rhubarb, onions, tomatoes, peas, beets, spinach, liver and wild game. Much water should also be taken. Hot bread, pastries, cakes, dried and smoked meats, cheese, boiled milk, tea, potatoes and rice should seldom be eaten by one troubled with a stomach disorder or constipation.

It is said that Germany owed her success in the Franco-Prussian War to diet. Scurvy, so prevalent among the sailors and explorers years ago, now seldom occurs, because more vegetables and less dried and salt meats are used.

Fruits contain a large percentage of water and only a small amount of the food elements. However, they form a very important part of the diet because of their flavor, which increases the flow of the digestive juices and which also helps in the digestion of other foods. They aid much in stimulating in a healthy way the activity of the digestive organs, which otherwise may become sluggish and then be harmed by the careless use of pills or other drugs. Ripe fruits also furnish some of the mineral foods. Over-ripe fruits and unripe fruits should never be used.

Food is said to be adulterated when a cheaper material is mixed with it or some form of chemical is employed to preserve it. Alum is sometimes added to wheat flour, so as to increase the whiteness. Wheat flour, gypsum clay and radish seeds are often present in prepared mustard. Ground corn, rice, buckwheat hulls, cocoanut shells, crushed olive stones and sawdust are frequently adulterants of pepper. Coffee is occasionally adulterated with the ground-up root of the chicory plant. Olive oil sometimes contains large quantities of cottonseed and peanut oils. Milk is frequently diluted with water.

The breakfast foods which are sold cooked and ready for the table are pure and wholesome, as most of them are made from steamed and crushed wheat, oats or corn. For nourishment, well cooked oatmeal is equal to them, and is much cheaper, and is quite palatable when mixed with a few chopped dates, figs or bananas.

Renovated butter, made by purifying a rancid or poor quality of butter, is sold at a lower price than genuine butter, but it contains about the same food value. Fruits, vegetables, and meats put in cans are usually wholesome, but it is preferable to use fresh articles when they can be obtained.

Foods are cooked for three purposes: 1, to render the food more easily digestible; 2, to develop the flavors; 3, to kill the germs of disease which occasionally may be present.

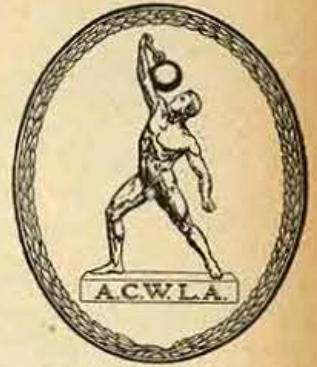
Meats are most healthful when baked, roasted, boiled or broiled. To boil meats and vegetables they should at first be immersed in boiling water to coagulate the surface layer, thus preventing the escape of the nourishment. In making stews and soups, the meat and vegetables should be put into cold water and slowly heated to near the boiling point. In this way the water draws out the flavors and nourishment and forms a delicious soup. Old bread and toasted bread is much more easily digested than that newly baked. Fried foods have been proven to cause indigestion and other stomach disorders.

Hard boiled eggs are not so easily digested as those partially cooked. A good method of preparing eggs for the table, is to put them in a pan off the stove and pour on sufficient boiling water to cover them one inch deep. In fifteen or twenty minutes the white will be in a creamy state and easy to digest, and the yolk will also be well cooked, but not hard.

To cook food so that it shall be highly nutritious and delicious is an art which every woman should know. Poorly cooked foods cause ill-temper, ill-health and unhappiness. The dry and insipid bread bought at the store or bakery should not replace the appetizing home made article.

Correct eating is the basis of our physical salvation, and to a great extent our mental and spiritual welfare; for the reason that all foods (Continued on Page 71)

American Continental Weight Lifters' Association Notes



By John Bradford

THE coming of spring, with its prodigal spirit of abandon; Eastertide, which makes such a dent in that poor money sock for Easter clothes, and Easter candies—all go to make a

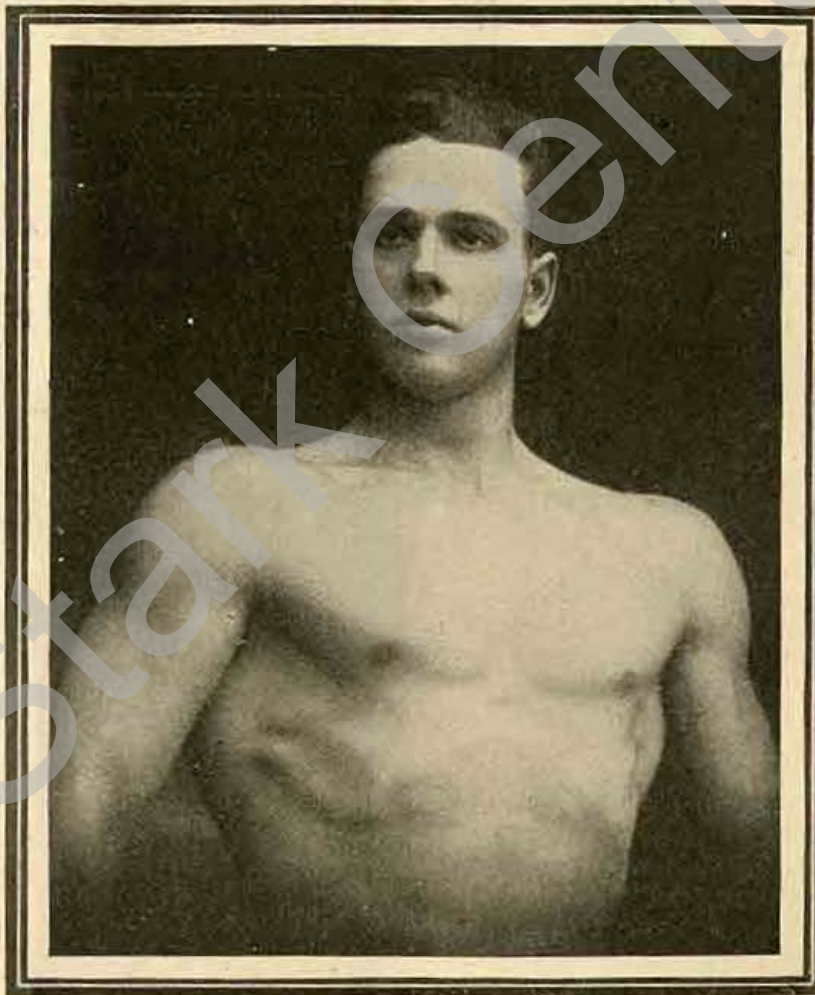
fellow a little poorer, but none of these conditions lessened the enthusiastic spirit which attends the A. C. W. L. A. strength exhibitions in Philadelphia. About two hours prior to the commencement of our show on the night of April 3rd, a terrific storm swept the city, and things looked bad, but the crowd turned out just the same. When the time came for the performance to begin, the chairs were pretty well occupied.

At the last moment we made quite a change in our program, in order to help a brother member who had been unfortunate. This brother was no other than the well-known Henry Steinborn. Henry was making a trial of a feat of

strength that required an enormous amount of leg power. Lying on his back he supported a platform on his feet over which a loaded automobile was driven. Something went wrong with the works, and Henry was the unfortunate victim. His left leg was broken in two or three places, and he was rushed to the hospital. Despite his injuries, he never lost consciousness, or even complained

of pain. He was on the operating table for two hours under ether. A famed German bone specialist performed the operation. He and the assistant doctors paid a great tribute to the remarkable constitution and physical

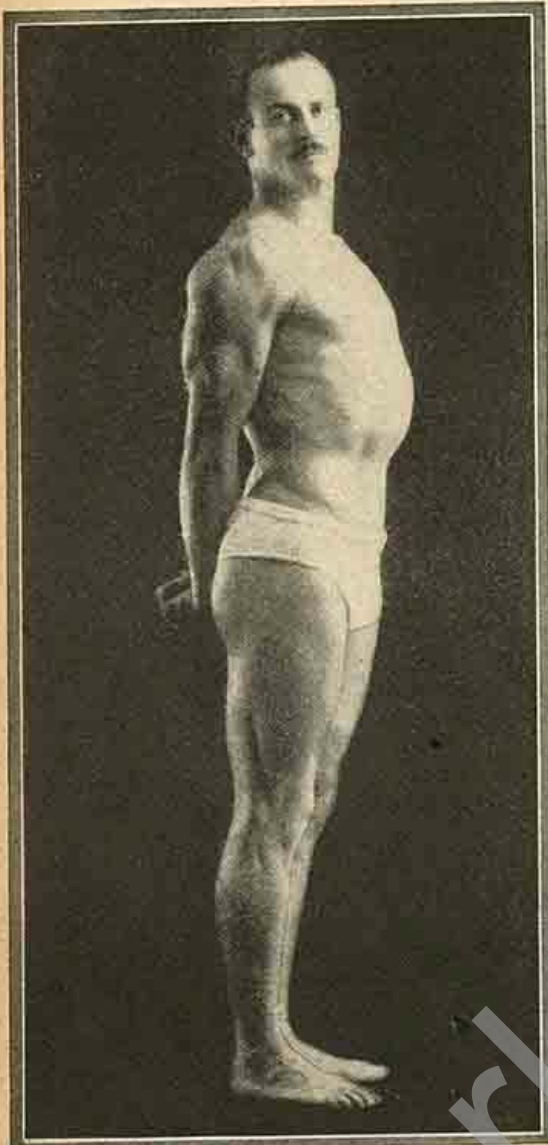
condition of Henry, and while they agreed that the accident would have killed six ordinary men, Henry is out of danger. They have done their best to save him from becoming a cripple, and we all hope he will be saved from such a calamity. Immediately our President suggested we turn this show into a benefit for our injured comrade, making the admission subject to a voluntary contribution. We would have liked to have seen the receipts ten times what they were, but we thank all those who helped, and we know Henry appreciates the little aid from his Eastern admirers. We are glad to say that Mr. Ernest Coffin, who is keeping us informed of Henry's condition,



Donald Mitchell, our new state representative for Mass., who is developing into a dangerous contender for heavy middleweight honors. He claims a Two Hands Clean and Jerk of 265 pounds.

reports that "Milo" is coming along nicely and is going through a series of bed exercises as well as he is able, in order to stage a come-back. So much for our lion-hearted brother, Henry Steinborn.

The show opened with a muscular posing display by E. Lilly. This young enthusiast only recently took up this classic art, but his interpretations are very good.



Marion Betty, national heavy middleweight champion, lawyer and athlete. A man who is a credit to anything to which he belongs.

With his short experience he already outrivals most of our other local poseurs.

The next turn brought forward two new iron manipulators in the persons of Messrs. Vilano and Boehmer, Birdsboro, Pennsylvania. Both are quite young and had only been training a few weeks. They lifted together on the three Olympic lifts, making a score of three hundred and fifty-five pounds in favor of Vilano, and three hundred pounds for Boehmer.

Our next contribution was supplied by our old friend Professor Paulinetti, the dean of acrobats. He gave a talk along with his act, explaining how certain positions should be mastered in order to be able to perform certain balances. He performed some remarkable planches that drew forth a continual flow of applause. The act was greatly appreciated. When you consider that this remarkable man is in his sixty-fifth year, and can still perform feats that require such delicate technique and considerable strength, that acrobats of the younger generation cannot equal them, we begin to realize the true value of exercise.

Then came the second appearance of Arthur Levan, a very promising young lifter from Reading, Pennsylvania; the Pennsylvania town that is famed for the

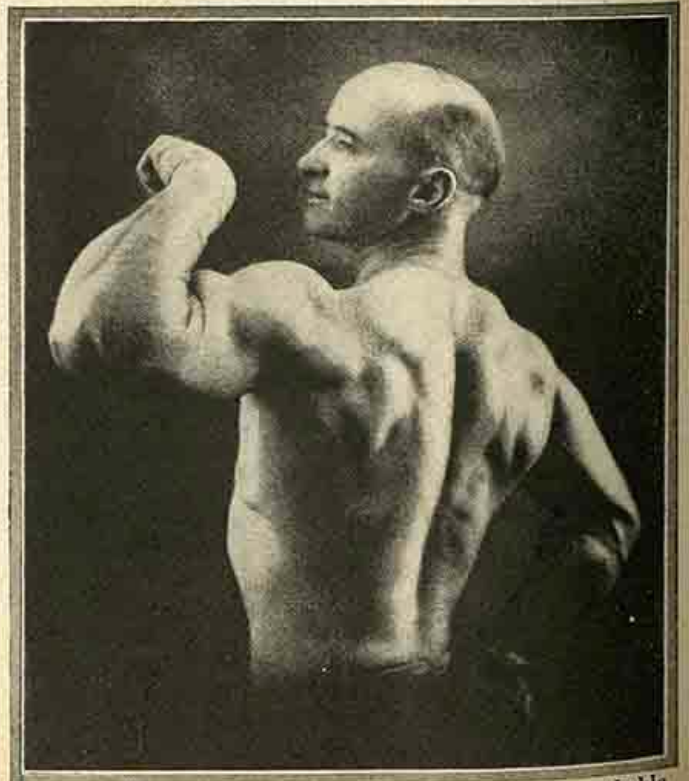
remarkable athletic talent it has always produced. Levan figures he can make the featherweight class, although he was a little heavy on this occasion, weighing one hundred and thirty pounds in lifting costume. He went through the three lifts in his vigorous style, lifting as follows: Two Hands Slow Press 140 pounds, Two Hands Snatch 145 pounds, Two Hands Clean and Jerk 200 pounds; total 495 pounds.

Frank Dennis followed making a total of 580 pounds. His figures will no doubt prove interesting so here they are: Two Hands Slow Press 170 pounds, Two Hands Snatch 180 pounds, Two Hands Clean and Jerk 230 pounds. In the Two Hands Continental he jerked 240 pounds. Later on in the night's program he succeeded with 315 pounds in a Shoulder Bridge. He had bad luck with 325 pounds. Maybe he would have succeeded if he had had another try, but his three attempts were already absorbed.

A whirlwind wrestling bout that went fifteen minutes to a draw, gave the crowd their next thrill. The melee was between Jack Russell, A. C. W. L. A. member and George Crowder, wrestling coach of the Germantown Y. M. C. A. They did everything the unlimited laws of wrestling allowed them; that is, everything but murder each other. If they had been allowed to keep it up much longer, we would have required a vacuum sweeper to gather them together.

Harry Hall came to the platform and began to make war on the weights. He managed to make an American record in the press from behind the neck of 167½ pounds before the laws of gravity prevailed at 175 pounds. He should have succeeded with 175 pounds. He was near it, twice, but fickle Vulcan said, "Not this time!"

The feature act was supplied by the president, George F. Jowett, in a demonstration of strength entirely new to us. Not long ago, an Englishman came to see us, and told us all about the stuff that is being performed in England by one Alexander Zass, who is proving his strength bending irons a la Breitbart. Our overseas



B. Shearer, of Portland, who recently created a remarkable world's record in the back lift. He looks quite capable of anything.

cousin was very much interested in how good Zass was, and he had mixed with the Pole on several occasions. He told of the size iron he coiled and the stuff he bent, and like Breitbart he claimed to be the strongest man in the world. Mr. Jowett said that Zass may be good, but he could not see a man of one hundred fifty-four pounds being the world's strongest man, and he believed that he could bend heavier stock than Zass was doing. I suggested that Mr. Jowett do some of this stuff at Steinborn's benefit show, and he did!

Opening his turn by a little talk, he paid a fine sportsman's tribute to Breitbart and Zass, but stated he was going to use much heavier stock than either man had handled. At the same time, he said, he did not want the spectators to get the idea that he was the strongest man in the world, or that he wanted to impress them as such. His object was to prove that once a man was strong, he was always strong, and his strength was capable of asserting itself efficiently, anywhere. The way our president wrapped the iron around his neck and coiled a long bar of heavy flat iron in circles until only the hand hold was left, was remarkable. He took a very heavy spike which no man present could budge, and by bending it slightly, and straightening, a number of times, he broke it in two pieces. The spike he broke was twice as large as that which Breitbart used. He next took a spike much larger than the last and proceeded to bend it in his hands. He released his hold when he had bent it just so far, that when he spread out the finger of one hand, one prong was caught against the ham of his thumb, and by crooking the first joint of his fingers, he caught the other prong. To our amazement he proceeded to crush the prongs together with the grip of one hand, until they almost met. Our English friend informed us that Zass bent a short piece of one half inch iron across his knee. Mr. Jowett took the same length, but two sizes larger, three-quarter inches thick, and bent it. The audience was extremely delighted with the turn and showed their great appreciation with tumultuous applause.

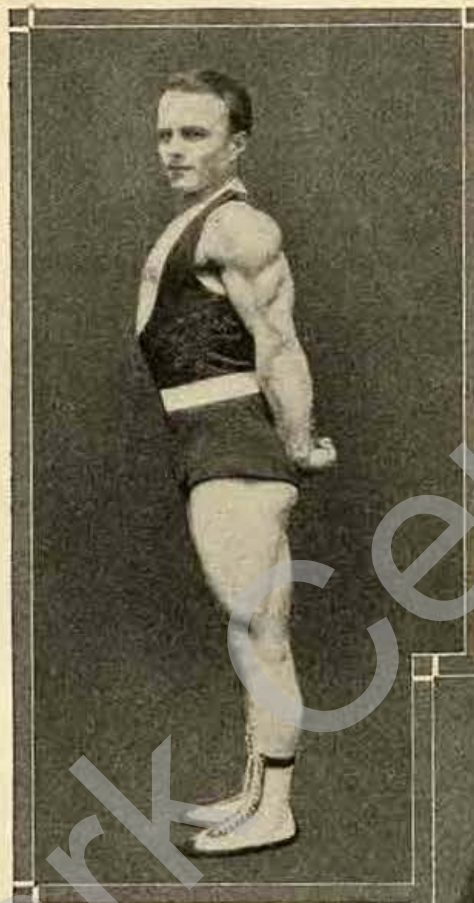
Many of the spectators, after the show, sought to secure the iron and spikes as souvenirs, which Mr. Jowett gladly gave them. It was fun watching some of the huskies wrestling with the souvenirs, but to no purpose. In hand gripping, wrist turning, and all feats that require grip and arm strength, Mr. Jowett is beyond a doubt one of the greatest ever. I have spoken to many famous old-timers, and they all believe that he is the best, but when you approach him on that fact he candidly tells you that where there is one good man there

is always another, and although they may be so far apart, as to be seldom met, yet there are others as good as he.

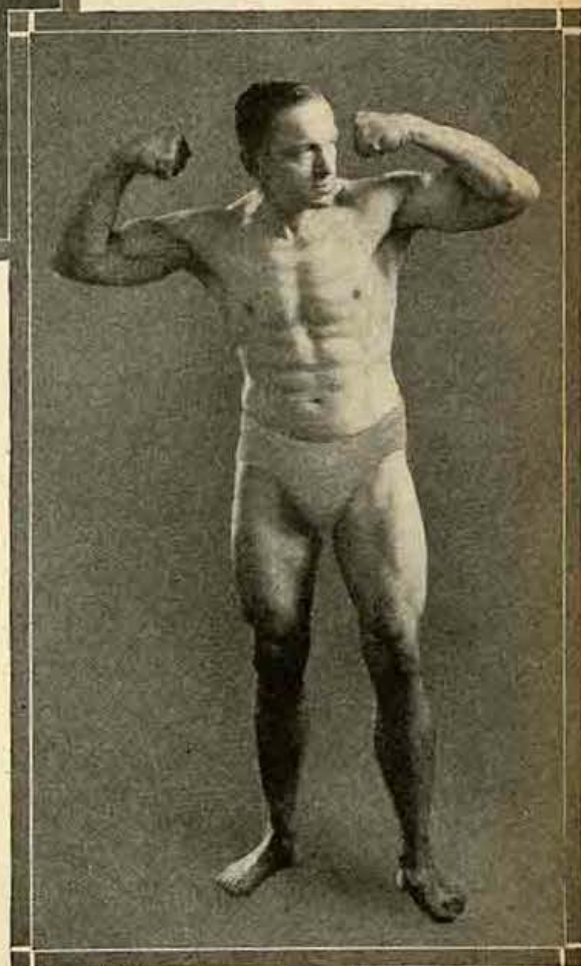
The officials for the night were George F. Jowett, M. C. and referee. Mark Berry and Charles Durner, Judges. C. Collier and J. Ayars, loaders, and R. E. Mack, inspector of scales.

The wind-up was a bar bell drill performed by the De Caro Brothers and A. Parrotto, to a harmonica accompaniment by Jack Russell. It was cleverly carried out and well-received.

The same night saw the second Baltimore exhibition promoted by state representative Arnold A. Schiemann. It was successfully carried out before a very appreciative audience. Many interesting new figures were set up on the various lifts. Otto Kuhnke at 165 pounds won the A. C. W. L. A. bronze medal on the three lifts, totaling 465½ pounds; and Arnold Hoffman at 122 pounds made 339 pounds for the bronze award. William Schaefer at 136 pounds created two American lightweight records. In the Hold Out In Front Raised From Below he succeeded with 57 pounds, and 63 pounds in the Hold Out In Front Lowered



Arthur Levan, of Reading. A promising young featherweight, who looks as though he is going to make trouble for others in the clash for Mark Berry's title.



Dr. A. Bertschinger, an enthusiastic member, who has reached his fifties, but retains his beautiful physique.

From Above. Wilhelm Prehn, 162 pounds, raised 89 pounds in the Rectangular Fix for an American heavy middleweight amateur record, although Steinmetz, in the lightweight class, has raised 105 pounds officially. Fraugott E. Wargenau, at 124½ pounds made three featherweight records. Two Hands Slow Curl 93½ pounds; Hold Out In Front Raised From Below 45½ pounds; Hold Out In Front Lowered From Above, 47½ pounds. His Pull Over and Press in Shoulder Bridge of 170 pounds is not a record. State Representative James Webster, of Pawtucket, Rhode Island, at the same bodyweight raised 232 pounds in the same lift, a few days previously. All these Baltimore boys are very enthusiastic and are making rapid progress. They are always glad to have brother lifters who visit the aristocratic city, give them a call. Their hospitality is proverbial.

The star attraction was supplied by Arnold A. Schiemann. He opened his act with rubber cables and a spring exerciser. The first had ten cables attached, but Herr Arnold had no trouble stretching it out with straight arms across his chest. The spring exerciser had eighteen spring attachments, on which six men were permitted to do their best, but not with the results Schiemann had. He went through a drill with the same exerciser to the surprise of all, as Schiemann is only a lightweight. Next, he placed a three-quarter piece of iron on the top of his head which he forcibly bent with his hands. This stunt was followed by pressing

an 100-pound kettle bell overhead with one hand, and while holding it at arms' length, he laid full length upon the floor, and then stood erect. Bent pressing a man, he waltzed around the stage to the strains of the music, a stunt which took very well. In the Wrestler's Bridge, one man went up to a handstand on his hands, while two others stood upon him on a plank. The plank was then placed upon his feet and two men sat upon it. The whole weight of about three hundred pounds he then pressed up and down twelve times. Without a pause,

a third man sat on the plank increasing the load to about five hundred pounds, which he pressed six times to the great delight of everybody.

The officials were A. A. Schiemann, official referee, J. J. Miller, inspector of scales. Roman Nagel and J. R. Bethel, judges, with D. Zenter and G. B. Ely as witnesses.

On April ninth, the Wilmington members gave a fine exhibition that found great praise in the local papers. Among the events of the night, John T. Vanneman at 127 pounds won the bronze award on the three lifts by scoring 394 pounds. Harry Z. Wright, at 176 pounds, totaled 486 pounds for the bronze medal. Jack J. Ayars refereed while C. Shockley and F. C. Andrews judged, with Adam Gorney as inspector of scales.

Jack J. Ayars also secured the bronze award on the three lifts. At 162 pounds he lifted 475 pounds. Mr. H. Z. Wright refereed for him with the other officers acting in their original capacity.

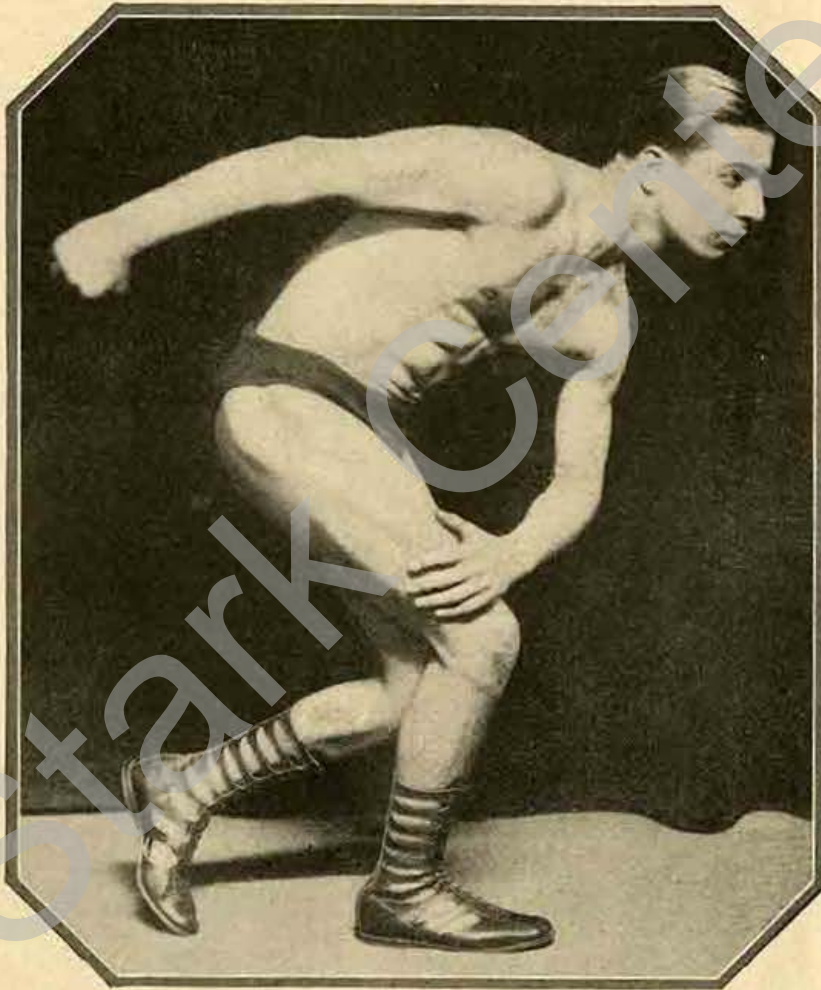
On March ninth, at Newville, Pennsylvania, the local strongman talent gave a show that went off finely. No records were broken although Frank Dennis, J. Dettor and A. Pellicotti, all performed with the iron. The Blymire brothers, from Harrisburg, helped along with Mr. Shadel of the same city. Jolly good fellows these are, always ready to help the game along by doing their bit.

Before Mark Berry, Siegmund Klein and J. G. Bracken, as officials in New York

City, Herman Cohn, 137 pounds, won the bronze award with a total of 385 pounds on the three Olympic lifts.

On April fourth, in Toledo, Ohio, state representative A. E. Sell, created a new world's record at a bodyweight of 153 pounds on the Two Arm Pull Over, succeeding with 137½ pounds, which clipped the record set up by Al Roon, of Yonkers, N. Y., at 127½ pounds, and also the British record of 129¾ pounds. Good boy, Sell!

April eighth saw our old friend E. Faris, of Cincinnati, Ohio, before Referee A. P. (Continued on Page 82)



E. De Carro, a Philadelphia Boy, who looks like a sure thing for the title left so long in abeyance through the professionalism of George Shaffer.

Shapeliness, Personality and Charm Thru Exercise

There is still a chance for you to gain a shapely figure this summer.

By Margaret A. Sargent

NOW that summer is here and every one is happy and gay and enjoying life, the girl who neglected her body—who did not exercise last winter—will be very, very sorry that she did not keep in good physical condition throughout the winter months. During the summer, on the beach, the human form, and especially the feminine form, is exposed to the world for criticism. And I would not like to be the girl about whom the following comment will be passed, not once but thousands of time, "Oh! just look at the tub rolling down the beach!"

The girl who gave up her exercising period for the easier pastimes, such as playing cards, attending parties and teas, or lounging around reading a book and munching her favorite brand of chocolate at the same time, will find it very embarrassing indeed when she steps on the scales this summer and finds that she has taken on quite a few unwelcome and unbecoming pounds. And how much more embarrassed she will be when she makes her appearance on the beach!

She will then realize her mistake in



not adopting some means of keeping in good physical form and she will have to stay in the background to avoid ridicule. So right then and there her chances for an enjoyable summer will have passed.

But it is not too late to start. At least you can get into shape before the last of summer passes and you will be overjoyed even at that late date over your victory. For if you do get back into form in such a short time you will have used a lot of perseverance and hard work—and that will be a victory.

Now let us look into the life of a typical physical culture girl. She arises at possibly seven or seven-thirty. She does not linger and hesitate about getting up. She hops out of bed, takes a few stretching exercises—

Fig. 1 possibly a

shower or a good wash and dashes for the outdoors. Before breakfast she takes a long or short brisk walk, breathing deeply. This stimulates the blood circulation which has become sluggish during her hours of rest. The brisk walk prevents any fat from accumulating. Sometimes it is not convenient for her to take a walk. In that case she will go through a routine of vigorous exercise. Then



Fig. 2



Fig. 3

instead of taking her shower upon arising she takes it after her exercise period.

The physical culture girl eats only a light and wholesome breakfast. She does not stuff herself with fried steak, or ham and eggs and fried potatoes. In fact she avoids such things at all times. A glass of orange juice, a dish of good wholesome cereal, a glass of milk and whole wheat bread and butter consists of her breakfast. Try it yourself and see how much better you will feel during the day.

Let us say she is through her work, whatever it may be, about five o'clock. She does not sit around reading a book or taking a nap, as will her non-athletic sister, but she will spend that hour or two before dinner either playing tennis, golf, or swimming. In the years gone by it was quite out of the question to indulge in tennis or golf, but now, thanks to the numerous public golf courses and tennis courts, it has become a simple matter and very inexpensive to indulge in these games.

After an hour or two of this pleasant recreative exercise she is ready for her dinner, which also is well cooked and wholesome.



Fig. 4

Before retiring at an early hour (in the evening, not morning) she again goes through her schedule of exercises and probably follows it with another shower.



Fig. 5

If more girls would follow out the above program there would be more healthy and shapely women, and that would mean a much healthier and happier nation.

One of the greatest menaces to the health and beauty of the American woman is her tendency to take on fat. In no other countries, except possibly Germany, Sweden and Denmark, are there as many fat women as in our own America. Make a careful study of your own friends and I will wager that at least seventy-five percent of them will be over-weight. Especially will you find this true when a woman reaches twenty-five and over.

Whenever she is reminded of her plight she puts forth a lament similar to this: "I know I am getting stouter but I cannot help it. I have cut out candy and ice cream but that does not seem to help me a bit. What can I do?"

Or you may hear something like this: "Yes, I know I am taking on a little weight, but rather than starve myself and injure my health or do back breaking exercises, I would rather be like I am. Why doesn't some one invent something that would reduce you without having to starve and work yourself to death?" This

person little realizes how much she really is injuring her health by not overcoming her condition.

A third and most common lament is like this. "I am getting fat, but what of it? They say that fat people are usually jolly and I would rather be a little plump and be good natured than be a skinny, cranky scare-crow. Besides Henry still loves me, so why should I worry?" All through that statement I can see the shadow of a little green demon. Men, as a rule, do not like fat women, because they suggest carelessness and laziness. Now, girls, a word to the wise is sufficient.

The first statement usually comes from a woman who realizes that she is getting fat and it worries her. Still she has made no effort to prevent it and no one has shown her the correct method to do so. She is willing to do almost anything to stop it. She finally thinks that all she has to do is to alter her diet a little. But when she finally hits upon the correct process she will, without a doubt, develop herself into a physically perfect woman, because she has the determination.

Now the woman who makes the second statement knows that it is both unhealthy and unbecoming to be fat—yet she is lazy, yes, actually lazy. Sooner or later she will wake up to the fact that exercise is one of the most pleasant pastimes and one that pays huge dividends in health and physical charms. At first the exercises will seem like very hard work to her but once she has a taste of the rich rewards she will always practice them. She will learn that physical action is absolutely necessary to health and beauty.

The third statement is made by the woman who is in a very unfortunate and foolish frame of mind. She realizes that she is getting too fat, but in her optimistic mind she would rather tell herself she doesn't care than expend a little effort along the right lines to prevent it. Of course it is just as unbecoming to be thin, but comparing the percentage of women who are thin to those that are fat,

we find the fat ones easily include the large majority.

Henry might still love the optimistic individual, but how long will he continue to do so after she has become a veritable tub?

The time is sure to come when she will be snapped out of her optimistic attitude either by losing Henry's love or by realizing the fact that to be fat is to be unhealthy and to be unhealthy is almost sure to take away her jolly attitude, which is, after all, the only asset she now possesses. The sooner she realizes the importance of a healthy graceful body both to her domestic and social life, the better off she will be. The longer she lets herself slip, the harder it will be for her to get back into shape.

It is true that it is almost as bad to be thin as it is to be fat, but what we are working for is a happy medium. A slim graceful body is the goal toward which every woman looks with longing eyes, and it is at this goal that almost every woman would arrive if she could only be taught what a pleasant matter physical exercise can be made, and also what an important part exercise plays in every one of our lives.

To be really healthy you must be active. There can be no health without action. The cells of the body are being constantly torn down and must be built up to be kept in good condition, and in order to undergo this change you must use your muscles.

No woman wants to build large bulky muscles. What she wants is a graceful, well-rounded, lithe body, and to attain this state of physical perfection she must constantly keep in good trim. Adopt some means of keeping fit. It makes little difference whether it is walking, swimming, tennis or best of all some form of physical exercise. Practice regularly, for it is only with perseverance that one can expect to arrive at the goal of physical perfection.

After you have once given exercise a trial, I am sure you will always continue with it. The good you will derive will be felt immediately. It is a known fact that every movie star, stage beauty, or bathing beauty has some regular set of exercises that she follows to retain her beauty. This alone is sufficient evidence that to build and keep beauty you must exercise.

The following is a good routine of exercises for the summer months. These exercises should be followed by a warm shower and then a cold one (or a cooler one) after which you should take a good rub-down with a turkish towel, until you feel yourself glowing all over. Do these exercises by an open window, or in the outdoors, and breathe deeply while doing them.

Stand erect, hands clasped behind the neck as in Fig. 1. Now rise high up on the toes at the same time inhaling deeply; then lower the body and exhale forcibly.



Fig. 6

Keep the knees stiff and bend forward as far as you can, coming up to the erect position.

Fig. 4 is another variation to the side. Here, also, keep the knees stiff and bend from the waist only. You will feel a pull on the muscles surrounding the hips. These

three exercises have proved to be of great value in reducing one around the waist, hips and buttocks.

Lie on back, feet extended, legs held quite rigid, hands at sides. Raise the legs and hips upward and backward and over head in a circular motion, making an effort to touch the tips of your toes to the floor in back of your head as in Fig. 5.

Lie flat on back, place the feet under some heavy object so as to support yourself. Now raise the body with the hands clasped in back of the neck to a sitting position. Endeavor to hold the knees stiff. Fig. 6.

Stand erect, heels together, hands on hips and shoulder blades together. Rise on the balls of your feet to the limit, at the same time raising the arms forward and upward. Now drop down on your heels bringing the arms back to the hips, as in Fig. 7. You will find it a little hard at first to hold your balance but after you have tried the movement several times it will seem much easier.

There will be times during the hot summer days that you will feel like giving up your exercises, but by all means stick to them. As I said in the beginning, you will be more than overjoyed with the results before the summer is all gone and exercise will become a habit.

Repeat this exercise from ten to fifteen times.

Feet together, hands on hips, bend backward from the waist as far as you can without losing your balance; Fig. 2. Now come up to the straight position again. Tense the muscles.

Fig. 3 is a variation of the above exercise.



Fig. 7

Self Defense Bet

An Instructive Article Explaining
Protect Themselves by a Method

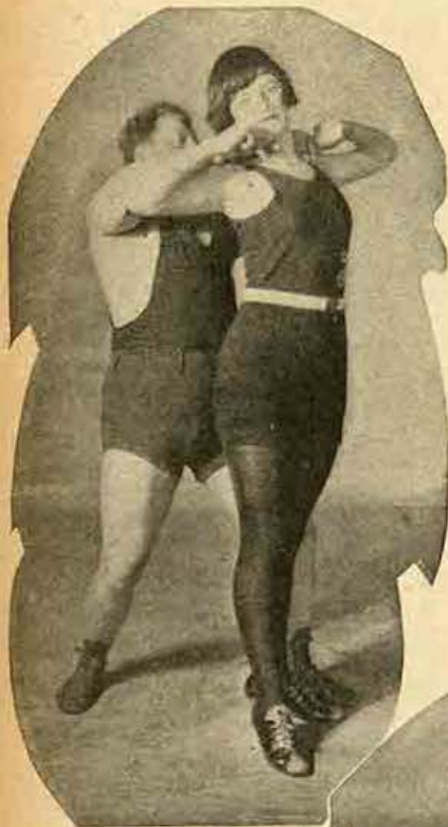
By Dean

No white man ever mastered the game, and I do not think he ever will. It is one of the arts that belong to the Orient, and will remain with it.

Jiu Jitsu is not what it is cracked up to be. People, nowadays, cannot afford to waste their time trying to master a few locks that are so intricate that a person is compelled to be always practicing in order to keep proficient.

The general idea was that Jiu Jitsu could overcome any opponent, but that is not so. As a matter of fact, a Jiu Jitsu expert has no chance with the opponent who knows "catch as catch can." George Bothner, the old lightweight "catch as catch can" champion, made short work of his Japanese opponent, who was described as a deadly master of the skillful game. Many other famous "catch as catch can" grapplers have also proven their superiority over the best Orientals in contest.

What the layman requires is a method of self-defense that he can grasp intuitively. The methods must be such that they will work with the instinctive law of self-preservation. To gather a better idea of this, I will say that it is instinctive for any one to throw up an arm in



The choke hold cannot resist this trick.



Dislocating the arm from a ground hold.

IT IS about twenty years since the world was first told about the marvelous methods that the Japanese had of defending themselves. The new art was described as a mysterious knowledge of anatomy, only known to a select following of the Japanese higher class. There is no doubt that the yellow-skinned exponents of this new style of self-defense demonstrated their knowledge with efficiency when they invaded our shores; but, they never succeeded in making their Jiu Jitsu a popular sport with the white man. Schools and classes were founded to teach this science, and city administrations thought the knowledge would be valuable in the hands of the police. Jiu Jitsu became very popular, and the young people, including thousands of young women, flocked to the classes to learn the mysteries of this Japanese art. Strange as it may seem, the white man never became adept. The holds, locks and breaks were too technical, and involved too much study for the average person. Even the few who studied consistently, never became anything like equal to the august Jap.

I know of an English soldier by the name of Jack Mellor, who became exceptionally good for a white man. He challenged the world. Yukio Tani, the famous little Jap, accepted his challenge, and made short work of the Eriton.



An effective way to break the hand.

ter Than Jiu Jitsu

How the Weakest Persons Can
More Practical than Jiu Jitsu.

Carrol

self-defense, if a person is striking at the head; and to grab his arm if he has a weapon in his hand. Such movements are our instinctive means of protection, therefore, it is much more practical to present to the ordinary person some disabling holds that will work with the natural means of self-protection.

"Catch as catch can" wrestling is a better mode of self-defense than boxing; but, even this method requires too much practice, and demands a certain amount of strength, greater than the average man possesses. So, we must discard Jiu Jitsu, wrestling and boxing, as the best needs to supply the means of self-protection.

We have something much more practical to offer than is afforded by any of the three-named methods. A



An easy way to break the arm of a thug, using either knife or gun.



Putting the kicker out of commission.



The coat trick, the easiest and most popular trick in self-defense.

means of protection that can be learned without any effort. Every move is practical, and completely devoid of technique. The methods of application are natural, and the strongest tough is powerless in the grasp of a very ordinary person.

This sounds as though we might be getting somewhere. As far as that goes, we have arrived. The following series of holds are the same that are taught to the members of the police force,

and others who feel they would like to be acquainted with some means that will protect them from the maulings of other antagonistic superior physical beings.

There was a time when every man was his own policeman, and those days are not gone forever. Because you work behind a desk, it does not mean that you have to run up a tree from a steel worker. Science has made it possible for you to meet him with the balance of safety being on your side.

One thing you can rest assured of is that when a man holds you up or starts a fight, he is not looking for any resistance from you—least of all, the kind offered here. Being ignorant of your knowledge, and confident that he has the drop on you, he actually helps to disarm himself.

Take, for instance, the coat trick. It is so simple, but very effective. Just for fun, grab your friend's coat lapels, one in each hand, and with a quick movement throw the coat back over his shoulder into the bend of the elbows. He will be in one of those peculiar positions in which a person feels tied up and utterly powerless.

(Continued on Page 68)

Beach Athletics

A Health Giving Pastime that is Thrilling, Fascinating, Entertaining, and that Stores Up Abundant Health for the Winter.

By Jack Russell

A MENAGERIE of women filled every nook and corner of the day coach, hooked to the special train, that made daily runs to the seashore. Among the gossiping women a tight buttoned figure insinuated itself. A military figure. A plummet dropped from the crown of the thick dark hair would have tickled the heels in perfect alignment.

To any one interested in human nature, they could readily see that the man (the only young one in the coach) had a distinct personality. A man, broad of shoulder, and meticulous in the care of his clothes and person. He certainly portrayed the "man of the world" with his air of professionalism. He seated himself in a lone seat and commenced to inspect his surroundings as the seashore flyer slid out of the huge train shed.

Women, women, there certainly was a mob of them. Funny, he thought, that he should be the only young man among so many. Nary a one of them paid him the slightest attention. Even the pretty girl across from him seemed engrossed in the harangue of the gossipers. Soon she tired of the idle gossip, and chewing her gum languidly, she began to look out of the window with no flutter of interest disturbing the garment of ennui that draped her. Thus unobtrusively, unheralded among the crowd of femininity, the rather conspicuous

figure stared moodily out at the passing landscape.

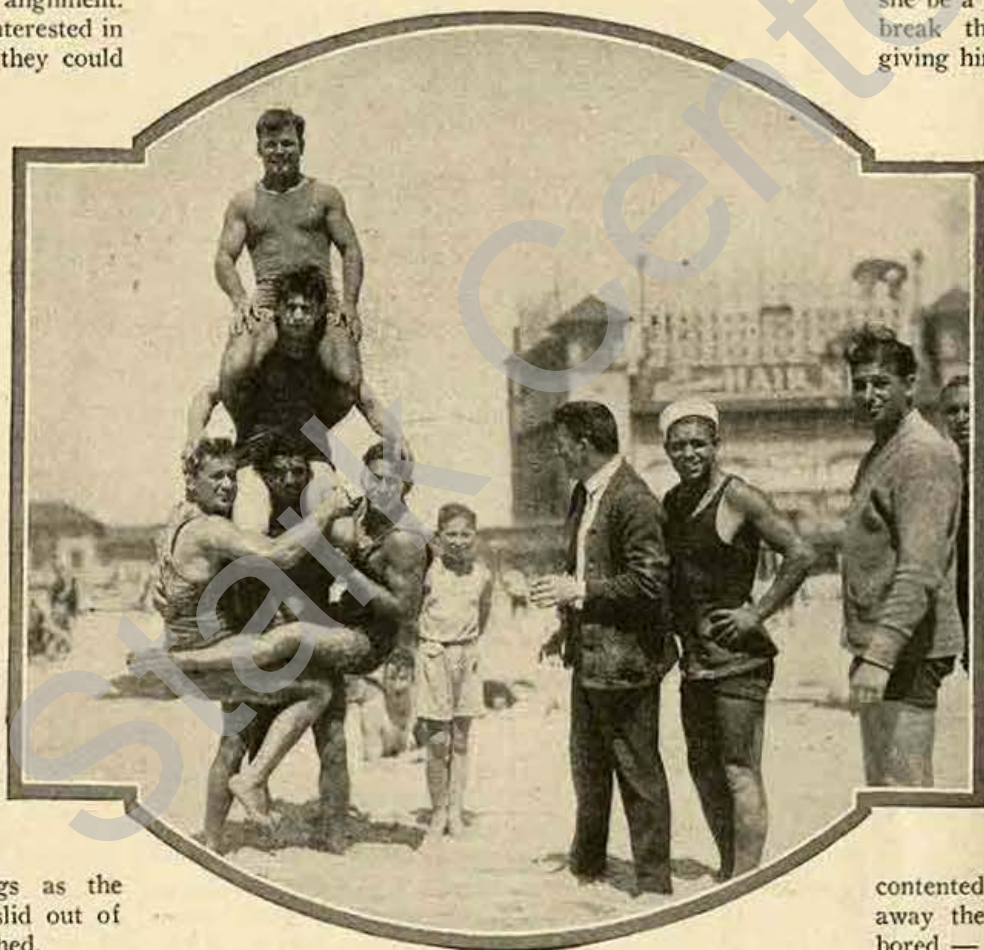
With a deep sigh, the young man turned from the window and beheld the sweet looking creature engaged in a book, apparently oblivious of the surroundings. He was exceedingly lonesome. He craved company, and the pretty girl across the way certainly was wonderful, he thought. Why couldn't she be a little sociable and break the monotony by giving him a lead for conversation?

She looked up very suddenly and caught him gazing steadfastly at her. Without the flutter of an eyelash, she gazed at him intently, then almost deliberately, turned to the pages of her book. The young man gnashed his teeth.

Perturbed at the girl's indifference, he shrugged his shoulders and

contented himself to idle away the time. He was bored — obviously, unashamedly bored, as the train rushed madly on to its destination. Occasionally he withdrew to

look at his wrist watch. When he did, his lips would tighten impatiently, as he fervently wished the journey was over. Once in a while, he would cast an anxious and hopeful look in the direction of the indifferent young lady who caused him so much uneasiness. Receiving no response and seemingly at loss with the world in general, he was carried to the journey's end, gazing moodily out of the window and she—deeply interested



"Mike" Thomas, curly-headed wrestler, of Atlantic City, supporting four huskies in a feat that requires unusual strength.

in a book, obviously unaware of his presence.

At last after a length the train slid to a stop amid the screech of wheels and clanking of bells, in the station of the great resort. Every one rose to leave the coach, all but the young man, who lingered disconsolately. At last he too arose and left the coach, but it was long after the others had gone and the girl—she had left without even a look in his direction. Her demeanor made him sad, for he knew that he had come to like her immensely. Now she was gone. Perhaps forever. He suddenly felt very friendless and the thought that he would never see her again, galled him.

He did not tarry long at the hotel where he was stopping, but changed quickly into his beach togs and set forth to seek the company of his friends who romped gayly with him over the wind swept sand dunes. He found them shortly at their customary rendezvous on the beach, and performed for the entertainment of the hordes of people who generally swarmed around them like a human thicket.

The disconsolate young man soon became engrossed in the lively stunts performed by his friends and momentarily forgot the incident of the train. Thus with his usual "sang froid" he threw himself into the thick of the sport.

His body, while possessing massive muscles and prodigious strength, was very supple and had the pleasing lines of antique statuary. For this reason he had often posed for artists and sculptors of repute, and his figure was to be found in many of their products. Thus it is small wonder why he instantly became the cynosure of all eyes, when he majestically strode down the beach, like a Titan from the days of ancient mythology; unmindful of the admiring glances of the populace.

When he performed his intricate stunts, the variety of which was quite different from those of his contemporaries, he performed them with such superb grace and ease, that the huge audience gathered around the group of perform-

A most beautiful pose of Eddie Mason standing statuesquely atop the sturdy head of Al Berkowitz, Miami's favorite beach entertainers.

ers marveled at him and tendered him a tremendous innovation at the conclusion of each feat.

Now, dear reader, I must distract your attention from my story for a few moments, while I proceed to explain more explicitly the stunts that I have seen performed on the beach, and describe a few for you to practice.

I have always been fond of beach athletics, because they are the most healthful exercise, and because they serve the purpose well in giving the performers and the crowd a real kick. No one can doubt the genuineness of the feats which are performed on the beach. For every one sees that there are no stage settings, either to actually aid the performers or to mystify the audience. The department of the stage or even the gym is absent

on the broad expanse of the beach. Although the crowds have frequently seen similar stunts performed on the stage, they become intensely interested when they behold a performance on the beach, without the veneer of the stage and its glittering panoply. There can be no deception in the stunts performed on the beach. They must be genuine. And, furthermore, the effect is very pleasing on the audience who witnesses the unusual spirit of fun and exurbance of youth, and the message of health that is imparted to them by the beach athletes.

Of course, beach athletes do

not run off their acts as smoothly as the stage or gymnastic professionals, but that fact is expected and the crowd derives keen delight in watching the amateurish attempts of the beach artists, even though there is a lack of finesse. The stunts seen on the beach have long been standardized, but when performed in the open with the ocean as a background they have a zip of novelty that proves highly entertaining.

Down on the shores of Miami, one day last November, I was thrilled beyond words to see two exceptional athletes perform a rather difficult feat. The understander, a young man by the name of Al Berkowitz, lifted his topmounter, Eddie Mason, to his shoulders, and then much to the surprise of the thousands gathered about the two, young Mason stood atop Berkowitz's head on one foot and performed some amusing



The absence of weights on the beach compels "Mike" Thomas, Atlantic City wrestler, to lift his buddies for exercise.





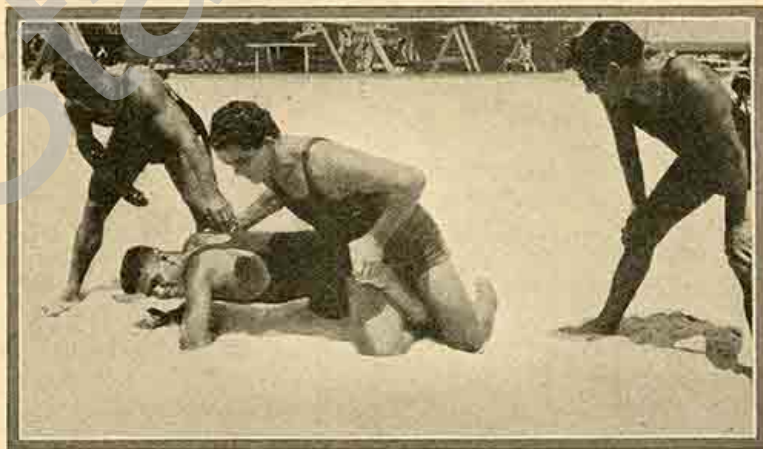
The bathers always derive thrills when watching a group of athletic entertainers build pyramids on the beach.

stunts and antics for the crowd, while Berkowitz walked about as if nothing but a mere fly was pressing down on his cranium. Take a look at the photo of the two. Beautiful, is it not? A man must have superb neck development to stand the pressure of such a weight resting on his head. Yet Berkowitz confided to me that it was a simple feat. For him—yes, but for the average strong man—nothing doing.

I have witnessed Berkowitz lifting dozens of fellows (who were nervy enough to stand on top his head) ranging from the weight of one hundred and twenty pounds all the way to a hundred and sixty, and all in the course of an afternoon on the beach. One look at Berkowitz's sterno-mastoid muscles, situated along the sides of the neck, showed me why it was an easy feat for him to handle so much weight in an afternoon. Yet those muscles were not the

only ones responsible for his great feat, for the abdominal muscles as well, play an important part in the performance. Both he and Mason realize the necessity of keeping fit, and both are a credit to themselves as you may see by their photographs.

Daily they perform their feats of strength before thousands upon thousands of people, and suffice to say,



The greatest form of exercise on the beach, aside from running, is wrestling. It builds massive muscles.

we became when we trotted out and were greeted by hundreds of people lined up on the boardwalk. Murmurs of surprise were heard on every side at our daring to brave nature, for the crowds were bundled in furs and overcoats to keep warm. And we had very little on.

However, we very quickly got warm with the variety of stunts that we presented, and our audience became so interested that they too soon forgot the biting wind. It would take reams and reams of paper to describe the

stunts that we performed that Easter Sunday afternoon, but when we had executed enough stunts to weary the average individual, as a fitting climax we saluted the audience with this following stunt:

Bill Lilly twisted his body into the crab, and when he was set firmly the three De Carro brothers arranged themselves on top of him. One stood on his knees, the other on his chest, while they supported

the third brother lengthwise between them on their shoulders. Following this up I executed a perfect handstand on the back of the supported brother and held it for a number of seconds. The applause we received for this feat was generous, indeed, yet it was simple, even if it was an impromptu stunt. For we mastered it on the initial attempt.

(Continued on page 89)

the crowd always derives great interest in watching them. For their work teaches a great lesson to those who are fortunate enough to see them perform, and their mission on the beach is to inspire the public to such a degree that they will renounce their destructive mode of living and tend to pattern their lives along the lines of health and strength, and uplift themselves physically and mentally. Surely, the beach offers much to those who seek health in an unusual form as well as to those who look for rest and entertainment.

Last Easter Sunday I happened to be in the world's most famous resort, Atlantic City. Of course there were a few strong men along with me, and when the atmosphere had warmed considerably it behooved us to officially open the bathing season. You can well imagine how eager and excited

What Causes Headaches?

The Health Digest

Brief Outline of Health Conservation
and Health Building Methods.

IN a series of migraine or headache cases, symptoms of abdominal conditions which dominated the clinical picture were reported. Great care was used to exclude all organic diseases of the nervous and other systems by physical examination and other tests, and by prolonged observation in many instances for a number of years.

The scarcity of literature describing the form of migraine under discussion is probably one of the reasons why the condition is not recognized more frequently, and why migraine with pronounced abdominal symptoms has been mistaken for attacks of gall stones, gastric ulcer, and various other conditions for which operations have sometimes been needlessly performed.

The following cases may be of interest to one suffering from headache, because they might throw some light on their own condition.

A woman, aged forty-five, whose father, brother and sister had attacks of migraine (headache) had had typical migraine since the age of fourteen. The attacks occurred once in three or four months and lasted several days, and were always relieved by sleep. The headaches became less noticeable when the patient had reached the age of twenty-two, a few months after marriage; but the nausea and vomiting became more severe and more frequent, and were associated with abdominal pains which lasted for several days. When the patient was between the ages of twenty-two and thirty-five the abdominal pains became even more severe, so that a diagnosis of gall stones was made, and as a result of this diagnosis an operation was advised and adhered to. On examination of the gall bladder there was nothing abnormal found, and the attacks continued with the same severity until the age of forty-three, at which time she had her menopause. The attacks are now less severe and occur at longer intervals, and this condition shows that the cause of migraine was really a disturbance of the female generative organs, which had caused a nervous irritability to these parts.

In another case, a man, aged forty-two, whose mother had painful attacks similar to those complained of by the patient, began at the age of twenty to have severe abdominal pains with nausea and vomiting, lasting from one to one and a half days. Foods had apparently no effect on the pains, but relief was obtained at night. A slight dull headache with blurring of vision occasionally accompanied the abdominal pains. The attacks occurred

about once in four months at first; but when the patient reached the age of forty, the headaches became very severe and occurred every two or four weeks. Examination of the patient revealed nothing abnormal except a diminution of the hydrochloric acid in the stomach contents. A diagnosis of gall stones was made and an operation was performed at which nothing abnormal was found, but the gall bladder was removed. The attacks continued after the operation, but with the proper treatments advised, the patient partially recovered and had but slight attacks of headaches thereafter.

In still a third case, a woman, aged twenty-seven, whose father and grandmother had typical attacks of migraine, the latter with severe abdominal symptoms, began to have attacks of painful frontal headaches, with blurring of vision and severe nausea, but with no vomiting. At the age of eight until she was thirteen the attacks occurred once in from four to six weeks with more or less regularity. With the onset of her menstrual period, at the age of fourteen, the attacks became more frequent, and when the patient reached the age of eighteen, the attacks of headache occurred almost every two weeks. The headaches at this time were less severe, but were accompanied by marked abdominal pains, and tenderness and vomiting lasting nearly three days. The severity of the head pain was diminished after sleep, but the other symptoms persisted until the attack was over. A physical examination revealed nothing abnormal, and with the proper method of treatment advised, the patient had fully recovered from migraine.

A study of the foregoing cases brings several interesting features to our attention. There was a family history of migraine in each case; the attacks usually began abruptly, lasted from one to four days, and ended as abruptly as they began. The typical attack consisted of a severe, boring or cutting abdominal pain, without relation to food and without relief by alkalis. The physical examination showed nothing abnormal, except slight abdominal tenderness, and an important negative sign was the absence of fever during an attack. In considering the diagnosis of an abdominal crisis in migraine, great care must be used to exclude all organic diseases of a different nature. The reflex pains, principally from disease of various organs, must also be considered.

The outstanding features of the condition described and the periodic attacks of severe abdominal pain, with

normal intervals, in a person who has a personal or family history of typical migraine and practically all associated symptoms of migraine occurred with the abdominal pains in the three cases given. The fact that two cases described were operated on and nothing was found to explain the attacks, strengthens our belief that these two cases were cases of a typical migraine.

Journal A. M. A., March, 1926.

Seasonal Hay Fever or the Hay Fever Found in the Month of June

There are two principal varieties of seasonal hay fever in this section of the country: the early or the "spring type," and the late or the "fall type."

The early variety (March to July) is usually due to the pollens of the grasses, such as green grass, orchard grass and the tree pollens are sometimes factors at this time of the year. Trees, however, pollinate for a short period, two or three weeks, and fortunately affect only a small number of persons.

Seasonal hay fever affects about one per cent of the white population of the United States. The sexes are about equally affected, with a slight preponderance among females. It may occur at any age, but is most frequent between the ages of twenty and forty. It lasts for years, often being so mild as to escape attention for a long time.

Seasonal hay fever requires first a predisposition and inherited tendency; secondly an exciting cause—the pollens.

The inherited tendency of hay fever was demonstrated by Drs. Cooke and Vander Veer. This tendency is inherited most probably as a mendelian dominant and may appear in a number of clinical forms, such as asthma, hay fever, etc. These authors have also brought out the fact that the stronger the hereditary factor, the earlier is the age of the onset of symptoms.

The pollen is the fertilizing agent of the plants and is analogous to the spermatozoa in the animals. Perfect flowers produce their own pollen, but most flowers are imperfect and pollen must be carried for considerable distances to reach the pistils of the plants. The pollen grains vary in size, color and shape. The pollen is usually yellow but may be any color. It is most often spherical in shape.

Practically speaking, only pollens that are air borne are factors in the causation of seasonal hay fever. Insect pollinated plants only affect by direct contact and, therefore, are of very little importance.

The annual attack of seasonal hay fever occurs in accordance with susceptibility and exposure to the pollens. There is tickling in the eyes and nose, with

tearing and sneezing. The nasal mucous membranes become swollen, resulting in a copious discharge of serous fluid. A symptom often present and bitterly complained of is the tickling sensation in the soft palate and in the nasal cavities. Often there is an attack of asthma. These symptoms may be mild at first and confined to a particular mucous membrane, eyes, nose, throat or lungs. If the symptoms are severe, there is a general irritability and also digestive disturbances. These symptoms continue with various degrees of severity, depending upon weather conditions during the season, with aggravation of symptoms on rainy, hot, dry and windy days, and marked relief on rainy days. All symptoms stop when pollen ceases to form. Hay fever is, of course, neither contagious nor infectious.

The present day treatment of seasonal hay fever is based on the principle of desensitization of the animals, introduced by Dr. Besridka. He found that sensitive animals could always be rendered specifically and completely insensitive by a suitable and gradual neutralization of antibodies, which are responsible for the hypersensitiveness. In 1911, Drs. Freeman and Noon, in England, and Dr. Robert A. Cooke, of this country, made successful use of this concept in the treatment of hay fever.

It is immaterial to the patient whether the process involved is that of actual desensitization or not. He is concerned only with the results obtained. As a matter of fact, the process is not that of desensitization, for we must distinguish between anaphyloxia or animal hypersensitiveness, and atopy or inherited hypersensitiveness in human beings. The diagnosis of seasonal hay fever is made by: 1. The history, abrupt onset, annual recurrence, abrupt cessation. 2. Tests with extracts of the suspected pollens into the skin of the body and also into the eyes.

N. Y. Medical Journal, March, 1926.

The Sun's Rays—Their Relation to Life and Health

I wonder how many of you have ever given any consideration to the sun's rays in their relation to life and health? For a good many years we have recognized the value of pure fresh air and have advised it in the treatment of diseases, and recommended it as important in the matter of good health; but it is only of recent years that the importance of the sun's rays in the treatment of certain diseases or in building health and maintaining it has been recognized.

All forms of life, both animal and vegetable, depend upon the rays of the sun for growth and development. If we are ever to banish disease from the earth, this result will have to come about by using

(Continued on Page 87)

THE HEALTH DIGEST

EACH month in the Strength Magazine we will print a brief summary of interesting and important Health articles which have appeared in the different Medical Text Books and Medical Journals.

Of course the author and the publication will be given full credit and any reader interested in any particular topic or subject will be able to get the complete article by going to the files of the Health Publication in which the article appears at any Public Library.

We hope that in this way the many readers of the Strength Magazine will be kept aware of the later developments in the health field and we also hope that many readers will in this way be introduced to the very valuable information given in the different Medical Journals, and apply the information to their own individual cases.

Very few people in this up-to-date, last minute day, with facilities for keeping in touch with all of the conditions of public welfare, realize the prevalence of ill-health and the enormous inroads it is making upon the vitality of our great civilization, and most people do not know the easiest and best ways of maintaining their own health. This department hopes to show them these methods.

Health—Strength—Beauty

(Our Girls' Circle)

Conducted by Marjorie Heathcote

CORRECTING A CURVED SPINE.

A CONDITION which has become prevalent among women, and which is giving them much cause to worry, is that known as scoliosis—or a curve of the spine. And just what is the cause of this condition? Nothing but faulty posture.

An advanced condition of scoliosis, that takes a long time to overcome, usually began in early childhood and was probably the fault of the child's parents or teachers.

Many conditions, however, begin after the child has grown up to young manhood or womanhood. Take a look around you—out of every ten girls you will find eight who walk with their heads hanging, their shoulders rounded and their abdomens thrust forward. Notice them when they are sitting down. You will find that they slide way down in their chairs and hump their backs and shoulders. Or when in a standing position they

thrust the body from the waist down forward, and from the waist up backward; or they stand with their weight on one foot and the body slouched to one side.

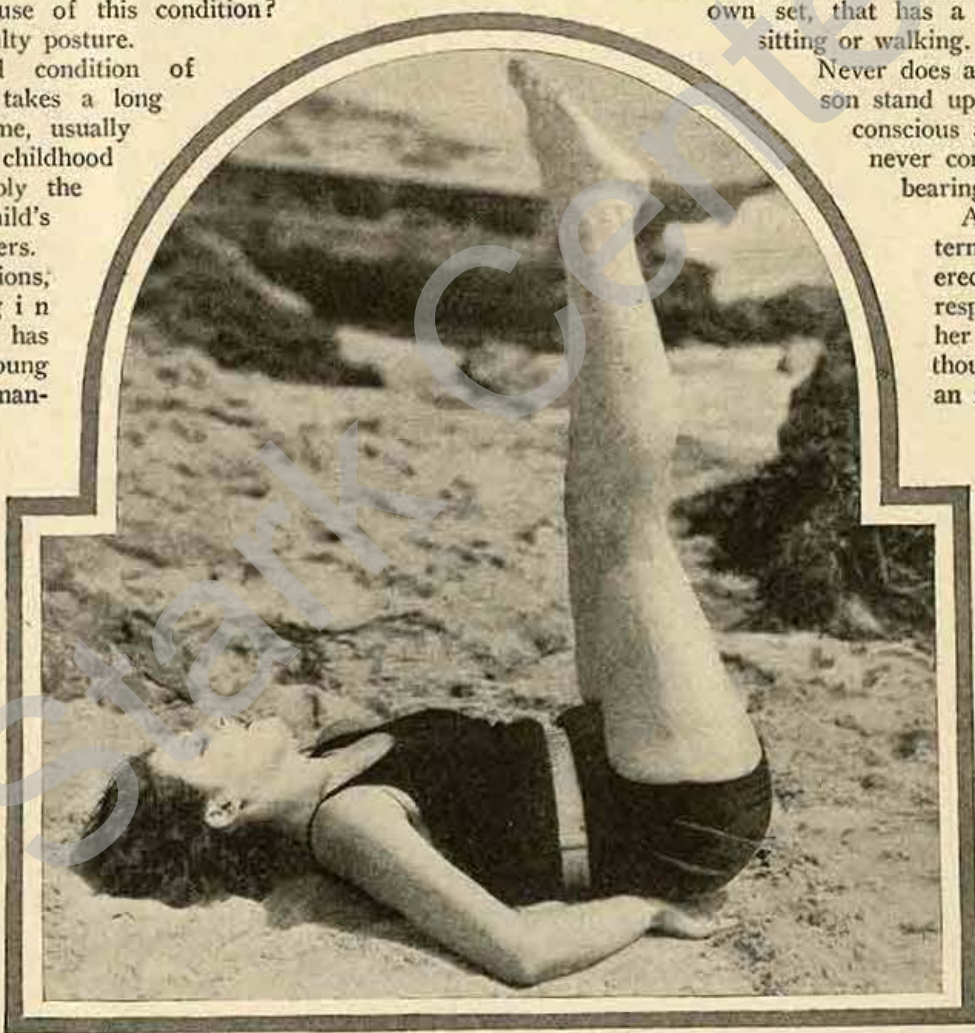
Posture is an index to personality. A poised and upright bearing usually denotes a strong mentality, health, self-command and leadership. Never will you find a woman who is a leader of any society or of her own set, that has a slouchy posture, sitting or walking.

Never does an unhealthy person stand upright. The self-conscious and timid girl is never commanding in her bearing.

A woman who determinedly walks erect gains in self-respect, improves her health and thoughts and receives an impetus to live a better life.

It must then be that faulty posture is a means of causing scoliosis. You must, therefore, assume a good posture. Good posture indicates mental and physical poise. The body should be well balanced, in a position of ease, with the weight borne equally on both feet, the knees and hips extended—not too much—the body should

be held as tall (or upright) as possible, without strain; the head erect, with no tension in the neck; chest elevated, abdomen retracted, shoulders square and arms



Two years ago Dorothy Smith, a 17-year-old Philadelphia girl, graduated from Miss Hill's School, across from Rittenhouse Square, and announced her intention of going to Hollywood to enter the movies. She did so and became Dorothy Dwan. Now she is married to Larry Semon and is a famous star herself. Not yet out of her "teens," Miss Dwan attributes much of her success in picture work to her beautiful figure and healthy body. All the year around she is seen on the California beaches, swimming and exercising to keep herself "fit" for work.

hanging easily from the shoulders. When sitting the body from the hips up should be held upright with the spine resting against the back of the chair. The shoulders should always be well back.

The next step then is corrective exercise. I will give here a few which I think will be of great benefit in mild cases of scoliosis. These are especially given for the benefit of those readers who have written to me asking for "exercises to correct the pronounced curve in my back."

In a case of severe scoliosis I would advise that a reputable physical director be consulted.

The following relaxing exercise has been proved to be of definite value: Standing upright, relax the muscles of the neck, allowing the head to fall forward. Relax the spine slowly until trunk swings forward from the hips. With knees extended swing trunk freely in all directions allowing the arms to hang loosely. Then rise slowly to upright position extending lower back, upper back and finally neck and head.

Another is: Lie on the back, arms at sides of body, legs extended. Now fling both arms forward, upward, over head, until extended on floor. At the same time, fling one leg forward from the hip, until at right angles to the body. Return to first position. Repeat the same movement with both arms and the other leg. Repeat rhythmically 20 to 30 times, or more.

In a sitting position, with feet on floor, grasp an iron bar (two pounds or more) and hold it behind the shoulders, at level of upper borders of scapulae. Now push the bar slowly upward until the arms are fully extended. Then pull the bar downward slowly and forcefully, contracting the muscles of the back strongly. Repeat this until you begin to tire.

Stand with hands at sides. Raise the right arm forward and upward over the head. Inhale deeply and stretch the entire body upward as though reaching for something with raised right hand. Lower right arm and left leg sideways until you have returned to normal position.

Interlock fingers back of you at small of back. Roll shoulders backward and extend arms backward, turning the hands backward as far as possible so that the palms of the hands are away from the body and down.

From erect standing position lunge forward with left foot, keeping hips as firm as possible. Raise right arm sideways and inhale deeply while in bent position, caused by lunging forward, until right hand touches floor in front of left foot. Stretch upward again and exhale as you resume normal standing position.

CORRECT MEASUREMENTS

Dear Miss Heathcote:

I have been reading your articles in the *STRENGTH MAGAZINE* and I am very interested in physical exercise.

Will you please give me the correct measurements for a girl 5 ft. in height. My weight is 99 pounds.

Oklahoma

W. J.

The correct measurements and weight for a girl 5 ft. in height are as follows: Weight 100 pounds, neck 11½ in., chest 27 in., bust 31 in., waist 22¾ in., biceps 9½ in., forearm 7¾ in., wrist 5½ in., hips 32¾ in., thigh 19½ in., calf 12¾ in.

Dear Miss Heathcote:

I am twenty-five years old and take exercises regularly and would like to know the correct measurements for my height, 5 ft. 3 in.

Denver Colo.

M. M.

The correct measurements for a girl 5 ft. 3 in. in height are as follows: Weight 118 pounds, neck 12¼ in., chest 28¾ in., bust 32¾ in., waist 24½ in., biceps 10½ in., forearm 8½ in., wrist 6 in., hips 35 in., thigh 21½ in., calf 13¼ in.

DEVELOPING THE BUST, SHOULDERS, ARMS AND THIGHS

Dear Miss Heathcote:

I am a reader of *STRENGTH* and never miss reading *Our Girls' Circle* department.

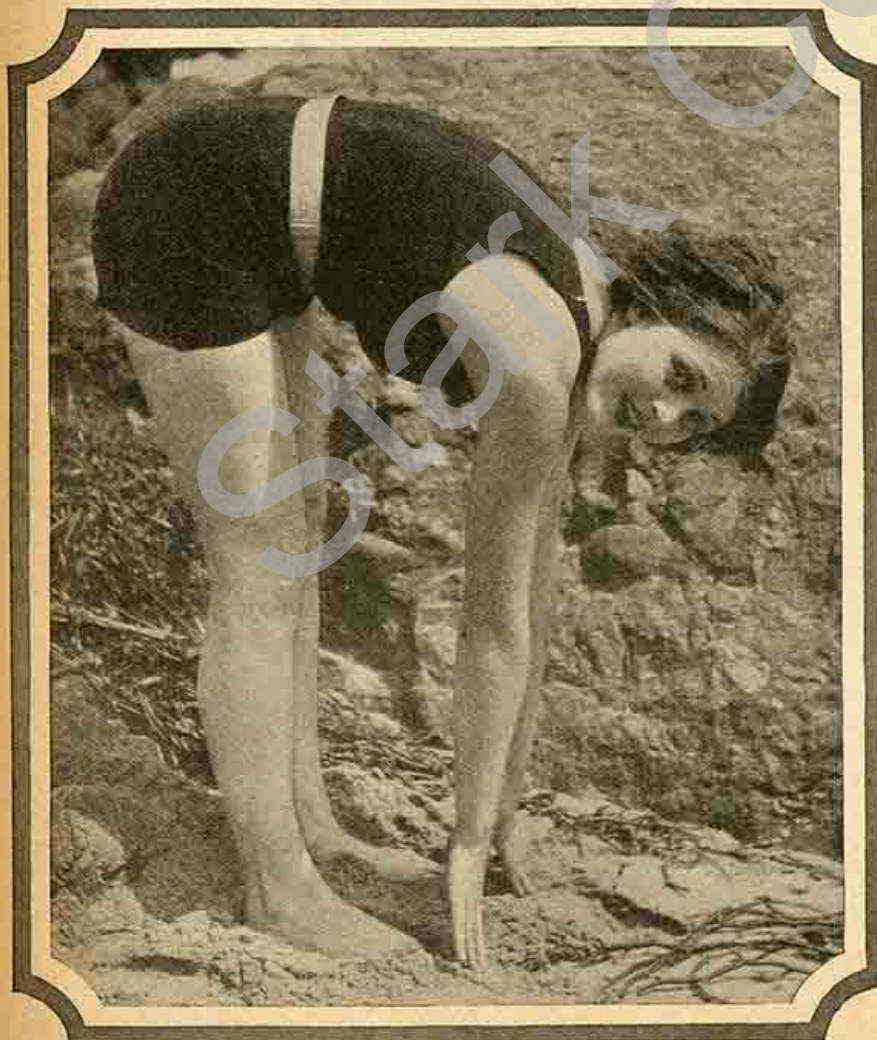
I wish you would publish an exercise to develop the inside of the thigh. When I stand with my knees together I have a very large space between the thighs.

I would also like to know some exercises which would develop the neck and breast, also the arms.

Baltimore, Md.

H. M. D.

(Continued on page 94)



Try this exercise Miss Dwan seems to be enjoying the next time you go to the seashore.

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.



Dr. A. N. Mittleman

Ask the Doctor

Department for Solving Your Health Problems

By Dr. A. N. Mittleman

QUESTION: Will you kindly send me instructions, telling me how I can help the trouble I am afflicted with. My stomach has fallen and has caused me considerable agony and feels quite a weight to me. I have been wearing a brace but have received very little relief. This stomach condition has also caused me to be nervous and irritable.

I hope that you will give me some information to help me to remove this condition.

Mrs. A. G., Brooklyn, N. Y.

ANSWER: The best way to receive results in a prolapsed stomach condition is for you to spread a quilt or rug upon the floor, lie prone on it, then flex the knees so as to thoroughly relax the abdomen. Then at the lowest part of the abdomen grasp as much of the muscle as you can firmly hold in your hands; exert strong rotary pressure so as to roll the tissues deeply, always forcing the abdominal organs in an upward position. Then gradually sink your hands deeper into the structure of the abdomen, carrying the pressure higher and higher toward the cavity of the chest. Five minutes at a time is about all you will have strength for without tiring yourself, and you can repeat this manipulation four times a day.

The best time for you to practice this exercise is on awakening in the morning, just before lunch, before dinner, and again before retiring at night. At these

times the stomach is nearly empty. After several minutes of this manipulation drink two glasses of cool water, and then continue to massage the tissues until the gurgling sounds of the water show that the fluid has passed into the intestines. The Storm Binder and Abdominal Supporter made by Dr. Katherine L. Storm, of Philadelphia, Pa., if properly worn, will also aid you in your condition.

QUESTION: I have been a reader of STRENGTH MAGAZINE for quite a long time, and the most interesting articles to me are your answers to questions. I have often thought I would write and ask you about my own condition, so I have made up my mind to try and explain my condition and ask for some advice. First of all I am fifty-eight years of age and I have always enjoyed very good health. I never did have any really bad sickness that put me in bed for any length of time. Up to six years ago I have been a constant sufferer from a stomach condition, and in February, 1919, I was operated on for gall stones; but my doctor told me that he did not find any stones in the bladder. The bladder was inflamed, and he did not remove it but had it drained.

I had some relief for about one year, but later the same symptoms and pains returned, and I felt worse. I went on suffering this way until January, 1924, when I was rushed to the hospital over night and operated on for my appendix, which was in very bad shape and gangrenous. I had relief for

(Continued on page 64)

The Mat

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

Conducted by George F. Jowett

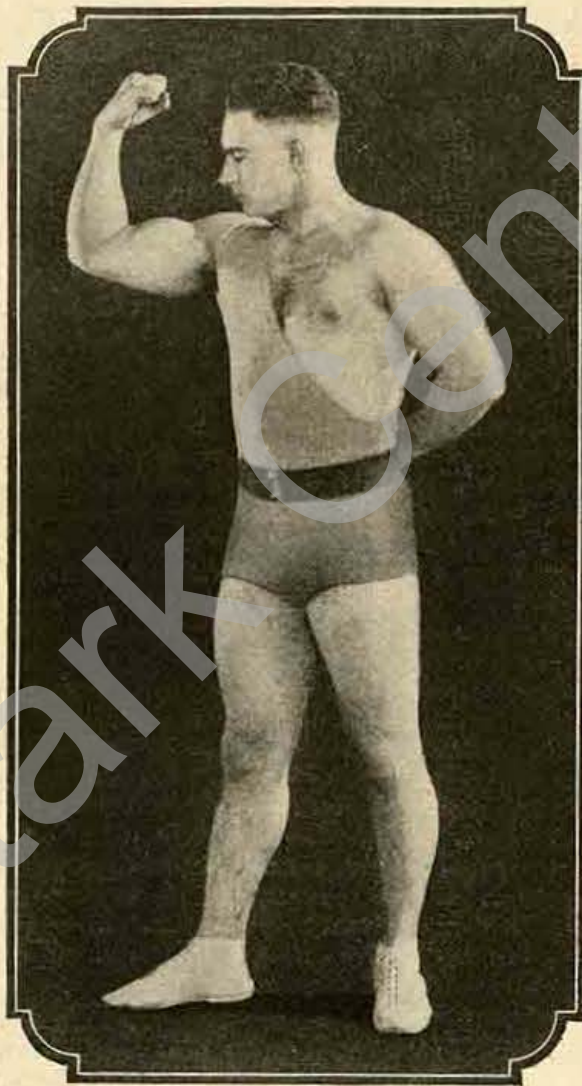
How Long Should You Exercise?

EACH month, as I sit down to write in the columns of the *Mat*, I am faced with quite a proposition in reading over the mass of material that comes from the ever-growing army of *Mat* fans. Hundreds of these letters I answer personally, and others, by reason of the special interest they contain, I reserve for discussion in these columns.

Every letter is filled with human interest, and between the lines I read the cravings and the aspirations of the writers. Yes, and also their disappointments. The rosy path is not so easy for us all to tread. One great sage said that the path of roses is strewn with thorns. But I am considerably more optimistic than that; for at the same time I believe anything that is worth while is really worth working for. Without a few obstacles we would never really appreciate our victories. Unfortunately, too, many follow the lines of least resistance and remain in a rut, even though they are never satisfied, and yet strange enough they are not willing to accept an effective way to their goal—always waiting for results to come to them, instead of going out after the results.

A man has to be a go-getter no matter what line of endeavor he pursues.

For well over a year the army of *Mat* fans has increased enormously. Whether it is because the average young man has a better appreciation of the value of exercise, or because he finds what he wants in these columns, I cannot say, but I like to believe it is a little of both. Anyway, I am satisfied to know that during



Dr. H. W. Lanford displays his form.
Who wouldn't love to own such a
sturdy body?

the last year the interest in this department has grown tremendously. Each month sees it grow larger. It is entirely up to you to keep it growing, and I do not want you to forget that this department is entirely for *YOU*. It is *THE MAT*, the auditorium, the arena, the place where we all get together and thrash out all subjects on body building, exercise and health.

Well, enough of all this for now, since I have unloaded that barrage I'll get down to business and open the topic on hand for our first consideration. I have selected the following letter because it holds a great deal of interest for us all, and because I quite agree with the *Matite*, that its subject has never been taken up in the manner to which it is entitled.

Editor of the *Mat*:

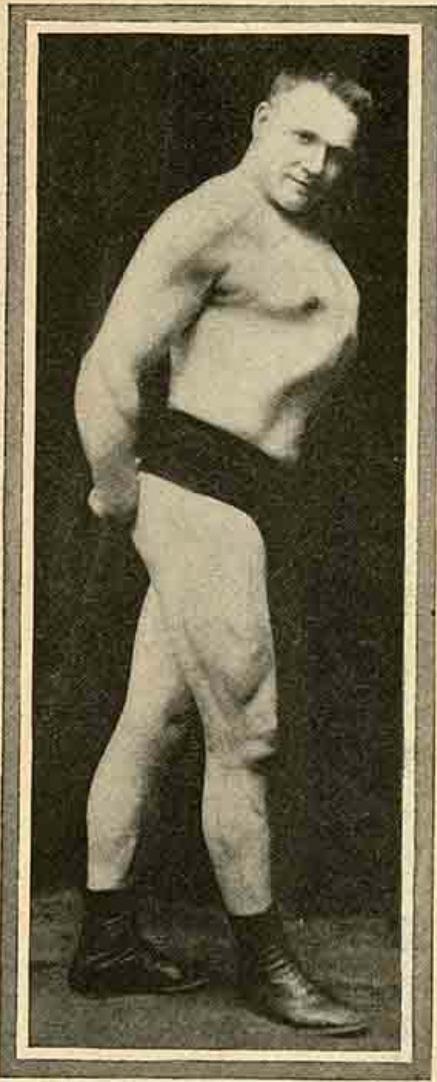
I am deeply interested in body development and have been exercising for about eighteen months, but my progress is so slow that I am afraid the trouble is in my method of exercising.

The question of how long to exercise is, to my mind, very important, yet I never see it mentioned. I have been told that light boned men should take short but virgorous exercise daily, as long continued exercise wears off the flesh as fast as it is put on. Yet, professional athletes spend a great part of the day exercising. Will you explain this in the *Mat* columns?

Sincerely yours,

J. S. G., Mt. Washington, Md.

The first paragraph of our friend's letter does not appear at first reading to have much, if anything, to do with our subject. For in the majority of cases I find that the devoted body builder is not following a system of exercise exactly suitable to his physical condition.



Andy Kandrat indeed owns a mighty chest, the great depth of which is very pronounced.

the bending and stretching order, and very little real muscular action takes place during this period. Five or ten minutes exercising of this nature is enough at one time, as a body builder. By this I mean, as a method of materially increasing the size of the muscles and acquiring strength the movements are useless. Anyhow movements that constantly call into action too much nervous energy are apt to react upon the nerves. The nervous system should be touched upon as little as possible. Its nourishment should be supplied by the results gained from purely physical exercise, to which I will come in its respective order.

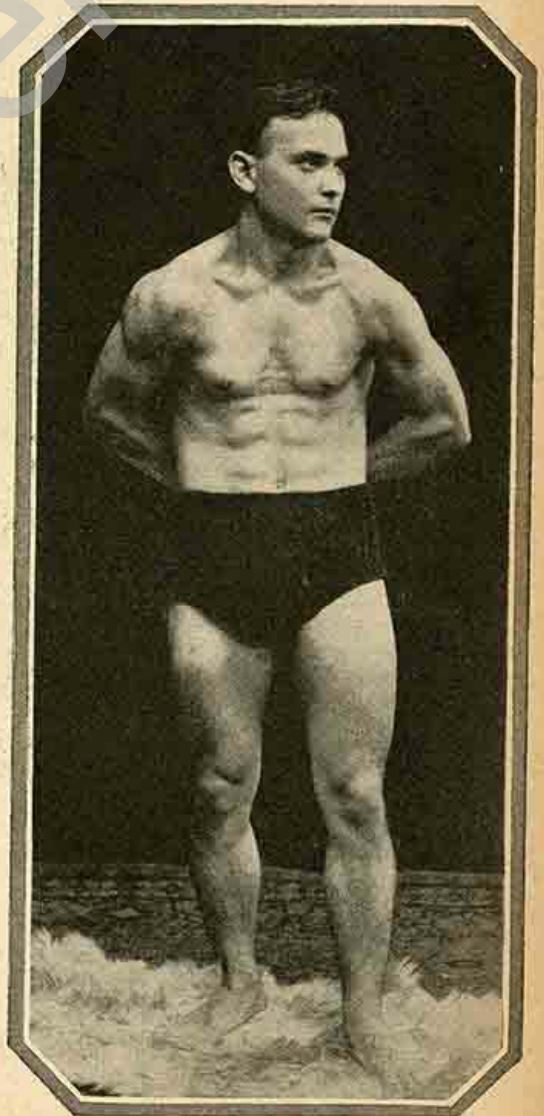
The many other methods which call for concentrated exercise and the use of mechanical devices, other than the dead resistance as supplied by bar bells, enables an exercise fan to put in longer periods of time daily, because they do not call for so much nervous strain as calisthenics. These methods develop a physique entirely peculiar to the form of exercise employed. To a certain extent, development can be secured, but it is not all-round, because the movements are limited to certain parts of the body only, due to the apparatus used. The proportion of strength is not acquired in proportion to size. The action is about 60% physical and 40% nervous. It is absolutely necessary to practice daily in order to hold what is gained; otherwise the development will lose both its contour and size. About three-quarters of an hour can be adopted daily in safety with these methods, but when a person goes out to secure a vast increase over his former measurements, he is going to labor in vain. The movements become

This is a very important part of muscle culture, and in most cases the knowledge of an expert who is practically grounded in the subject is necessary to lay out the correct schedule.

A few days ago one of our enthusiasts wrote me, enclosing his method of practice, soliciting my opinion and approval of his routine. Each exercise had marked what it was specifically ordained to develop. In most exercises he was entirely wrong, as some of them had nothing at all to do with the muscles for which he believed the exercises were. Other exercises had no value, because too many groups were employed for the resistance he was using. In other words, all his effort was lost motion. On the other hand, it is possible to employ too many exercises, which brings us face to face with the question of how long should we exercise?

It is a problem that has various answers, but I am quite satisfied that each answer can be given satisfactorily. The whole subject revolves around what system of exercise is being practiced. There is a world of difference between calisthenics and bar bells, springs or cables, as against concentration movements. Each call for a different time because of the different effect that is brought to play upon the muscular system. It is right here that we find our answer to the question of exercising for health, muscular growth, or muscular growth with strength.

There are a number of people who exercise for health only. In this case a few minutes night and morning is practical and quite sufficient, because all that is required are a few exercises that will stimulate the circulatory action, and keep the organs in a normal healthy condition. It is also necessary to train night and morning, as the beneficial effect soon wears off. As far as that goes nothing more could be expected from such a light routine, but I know many enthusiasts who are not satisfied with a few minutes—they employ hours. This is very bad, because all exercises that border on calisthenics are naturally performed by the expenditure of nervous energy. That is, they are done quickly and more on



Alex Root in a pose that speaks louder than words, showing the stored-up energy in such a physique.

forced, and a muscular tissue is created with a coarse structure, which is termed *inflated* because it has very little substance to hold it up over any extended lay-off.

Before I go any further I am going back to the statement to which our friend refers in his letter, where the claim is made that light boned men should have a short but vigorous work-out daily. We all know that a light boned man is generally one whose physical make-up is what we would term nervous. Therefore, it stands to reason that the less his movements infringe upon his nervous system, the better off he will be.

Strength is just another term for resistance, and great strength is only acquired by giving the muscles sufficient resistance. These movements cannot be very fast at any time. The greater resistance employed, the slower will the movement be. Naturally such movements break down a lot of old tissue, and it takes time to follow out the natural law of reconstruction. Muscularly speaking, the tissues reorganize on the multiple system; that is, as the tissues are broken down they increase in their reclamation and grow over their former size. This condition exists just the same with the small boned man as it does with the heavy boned man, with the nervous type or the stolid type. Nature, with muscle, works just the same on us all. Then, why should one person have to work out differently from another? No reason at all, so why do it? My investigation with bar bell exercise has taught me the value of exercising only once every other day. This form of apparatus is such that the muscles are given all the resistance they need, and by

properly laying out the schedule of exercise, the best effect is thrown upon the muscles over the shortest period of time. This means that a person can get better results by training thirty minutes every other day, than by spending an hour every day on any other method.

The only difference lies in the fact that a man of the nervous type draws upon his nervous resources more quickly than his phlegmatic brother, but by steady exercise he can overcome that condition. About thirty minutes every other day is sufficient. Of course, this all depends upon what you are going after. If it is a physique way above the average, or super-strength, then that is different. More time will be involved, and greater attention to training will be required. A very strong man can do a certain amount of training every day because he is naturally equipped to recuperate more quickly. But we are just discussing the average individual who takes up this work, and not the actual strong man.

It is entirely different with the professional strong man. His daily practices are like our daily work. In his daily work-out, which generally covers an hour or two, he expends proportionally as much energy as we

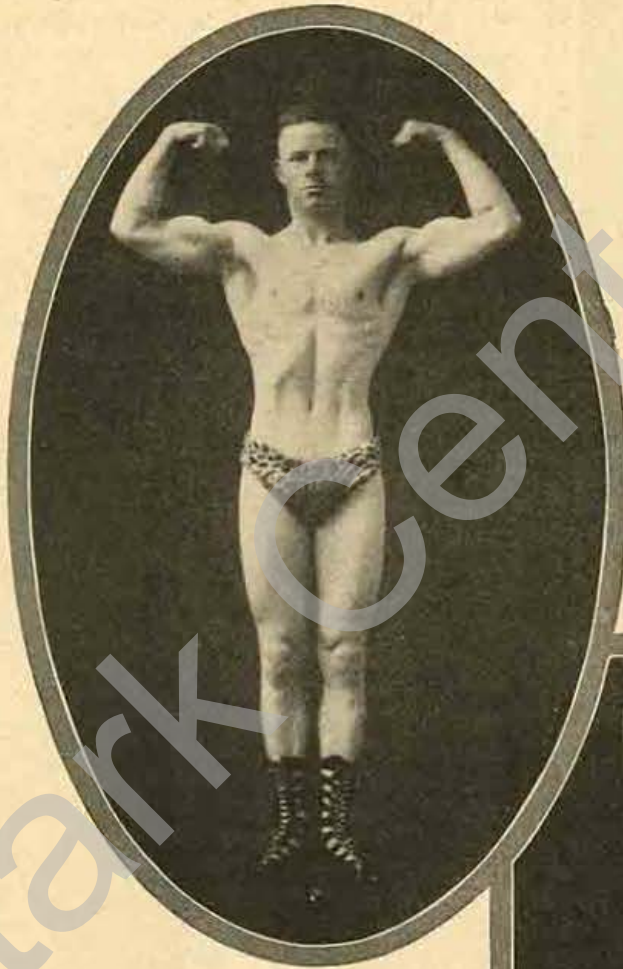
do in our daily vocation, sometimes more. However, he is adapted to the condition, consequently he cannot be considered at all in our discussion.

Summed up, five or ten minutes with calisthenics daily is sufficient. Three-quarters of an hour daily on other mechanical methods is enough, and half an hour every other day with bar bells is enough to give you the combination of size and strength, with all its lasting qualities.

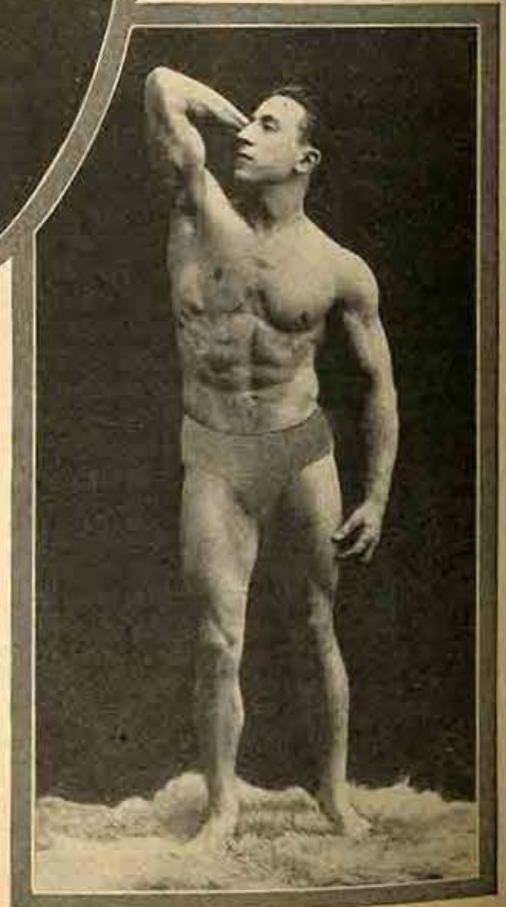
Now don't misunderstand me. I do not say the former-mentioned methods are all wrong or no good. I have explained their values and points of limitation.

As far as that goes, there is a limit to everything. Most any system of exercise is good, but as I have already said, it depends on what you are after. Facts and figures prove that graded weights supply the best results, but it is up to the student to do as he likes and use judgment with what he does.

Personally, I never believed in long work-outs at anything. It is the resistance that counts, and not so much the number of repetitions or the length of time consumed. (Continued on Page 84)



Grace and symmetry are the qualifications of Andre Reverdy.



Julius H. Antonsen possesses a pleasing form that has a remarkable torso.



Happy Travelers on the Road to Health

Gastric Ulcers
Colitis
Heart Diseases
Neurasthenia

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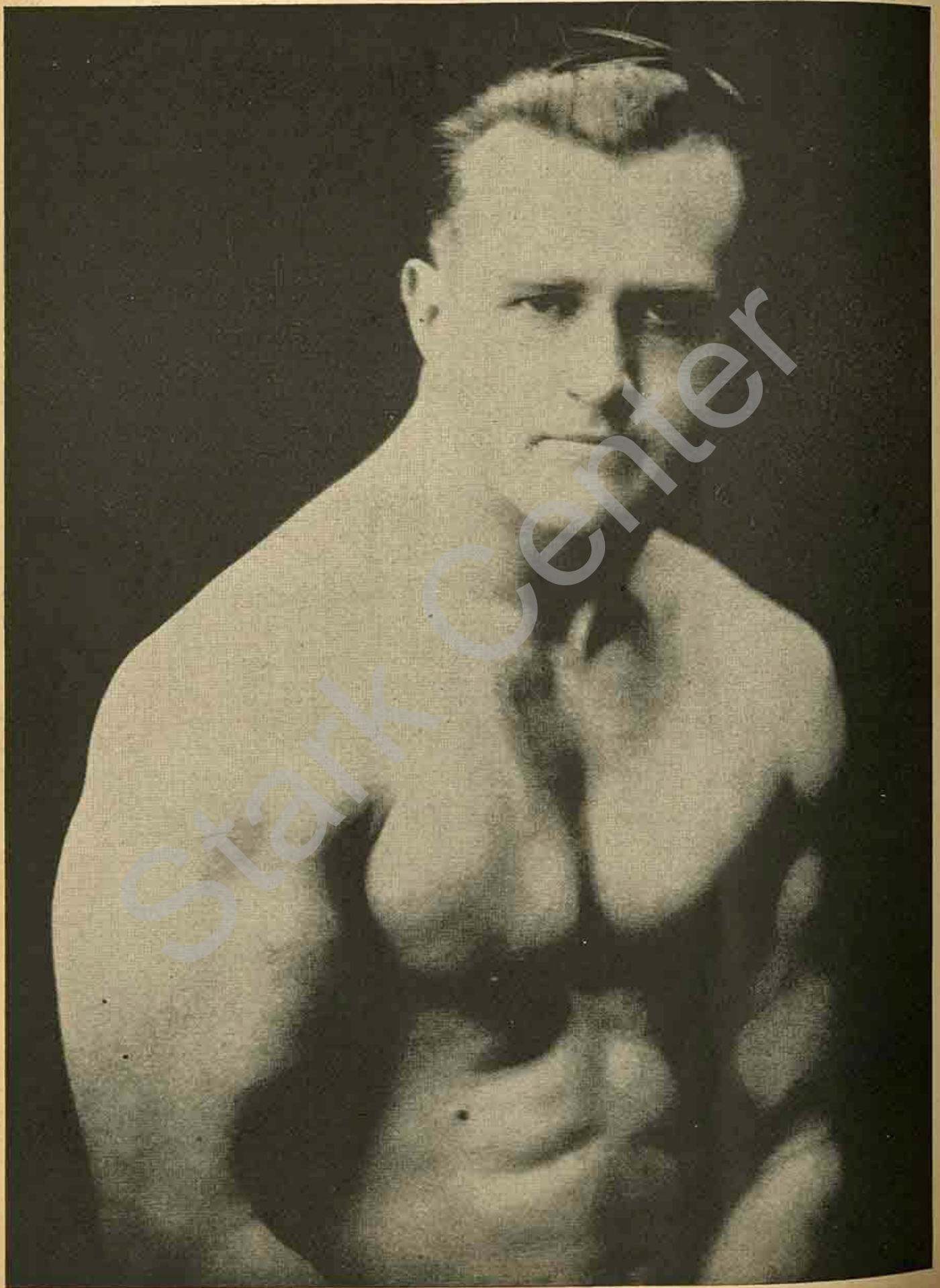
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EARLE E. LIEDERMAN
"The Muscle Builder"

Will The Law Get You?

Every day you read of some poor down-and-outer being sent to the pen. He committed a crime against some innocent. Ever hear of anyone being sent up for committing that inexcusable crime upon himself—the crime of neglecting his body? There is a law that will “get” you if you don’t watch out! It’s one you can’t escape—the law of nature! It’s so easy to have the physique of a Hercules that it’s a sin so many of our American boys go from day to day without the strength and muscle and glowing, radiant health I am giving to so many thousands of others.

How Are Your Bones?

If you have bones, that is all I need for a foundation. Quicker than you can imagine will I put real, honest-to-goodness solid muscle around them. I don’t just promise—I do it!

Oh, boy, won’t you be surprised! Won’t you be delighted to be known as a strong, healthy, “he-man?” Get busy. Let’s start now. I’ll give you the kick of a mule. I’ll put it into your arms and legs and make you know you are *there*, and I’ll keep you there. Step lively! Join my army of strong birds and fast steppers. I’ll put pep in every vein and muscle in your body. You’ll soon have the springy step the rubber heel ads tell you about. I’ll take the lead out of your heels and toes. I’ll make you over and do such a wonderful job that you’ll stay put.

Put On Muscle As Easy As You Do Clothes

Sounds simple, doesn’t it? And almost too good to be true. But it *is* true. I make good for every fellow who comes to me and means business. I prove that muscles can be yours, too. After you have placed yourself under my wing you’ll boast of two inches more chest expansion and an arm increase of one inch the first 30 days.

You can’t lose. It’s betting on a sure thing. And I don’t just develop show-off muscles. When I get through with you, you’ll know you’ve been born over again—you’ll be a new man. Your body will just tingle with health—you will radiate and sparkle. I will fill you full of pep and energy. You will know what it means to be fit. You’ll feel rested when you wake up in the morning. You’ll know you have slept. You won’t go through the day yawning and missing fire.

Yes, I guarantee that you will hit on all cylinders and become a human Rolls Royce when your strength and endurance are put to the test. I will make you into a fine piece of human machinery. Now that’s a big promise but you take no chance, so send for my free book. Read for yourself what I promise and guarantee. And it’s all for you.

Don’t Be An Admirer—Be the Admired Yourself

Don’t stand on the side lines and look on. Let me put you in the limelight. Be the center of attraction. Be the fellow envied and admired. Everyone likes to see a superman. I’ll make you the marvel of your set or town. I’ll do it quickly, too. Only three short months—that’s all and you will be the idol. You’ll be made over. You’ll look back at yourself. Take your picture now and save it for a laugh. After I get through with you—you’ll be a new man. Your chest will stick out like a balloon. You’ll have arm and legs with muscles like steel. You will almost walk on air. You’ll be springy all over. Get busy! Read about my free book offer—then send for it

Send For My New
64 Page Book—

“Muscular Development”

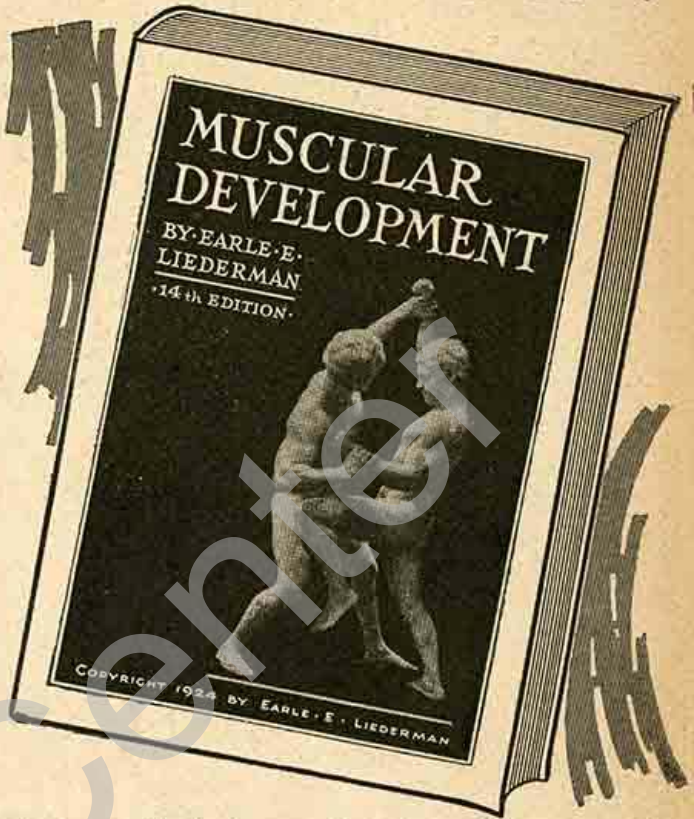
IT IS FREE

It contains forty-eight full-page photographs of myself and some of the many prize-winning pupils I have trained. Many of these are leaders in their business professions today. I have not only given them a body to be proud of, but made them better doctors, lawyers, merchants, etc. Some of these came to me as pitiful weaklings, imploring me to help them. Look them over now and you will marvel at their present physiques. This book will prove an impetus and a real inspiration to you. It will thrill you through and through. The book is yours. I want you to have it with my compliments. Keep it. This will not obligate you at all, but for the sake of your future happiness and health, do not put it off. Send today—right now before you turn this page.

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ever, a copy of your latest book, "Muscular
Development."

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

(Please write or print plainly.)

Ask the Doctor

(Continued from Page 57)

about six months. I consulted my doctor once more, and he wanted to operate again but I refused.

I went on a diet for twenty-six days. I take a pint of olive oil and the juice of two oranges a day, and an enema every day. As a result of this I have received some relief, but the same old trouble returned in a short time. I am now in the same condition and have same pains I had in the year of 1919 when the first operation was performed. The most tender spot seems to be right under my ribs on the right side.

All my life I have been troubled with constipation. I have a good appetite, in fact too good, and I have to fight all the time to keep from eating too much. I have been very careful in the last year as to what I eat. For my breakfast I have cooked or dry cereal, with one-half orange juice and cream, one-half peach, toast and coffee, some times soft boiled eggs. For lunch I have an egg malted milk. For dinner I usually have beef soup, heavy with vegetables, spinach and lettuce. I eat very little meats, and I do not drink plain milk at all, only at times in my cereals. If I eat a hearty meal, the pains bother me from four to six hours, and the only relief that I can get is by taking a teaspoonful of soda in hot water. Just as soon as I can throw off a lot of gas I am relieved. I have tried to make myself as clear as possible, and I will be thankful to you if you will answer my letter and tell me what you think the trouble is.

E. L. T., Oakland, Calif.

ANSWER: After reading your symptoms and history of the case I have come to the conclusion that you are suffering with the disease known as gastralgia, together with other complications which, no doubt, are of long standing.

The hemorrhoids are, no doubt, due to chronic constipation, and perhaps you might also be suffering with a kidney condition. Therefore, I would advise that you have an x-ray examination made of the stomach and intestines. A meal test will also help to aid in the diagnosis of your case.

The treatment of your case must include the correction of your diet. Do not eat any fatty or fried foods, and exclude also all highly seasoned foods. Drink plenty of water and avoid all acids in your diet. The meals must be well cooked and masticated and should also be taken at regular intervals. I might also advise that you take Tri-Basic Citro Carbonate to relieve the pains. This will also act on the acids of the stomach. For your hemorrhoidal condition I would advise that you employ the Anusol Hemorrhoidal Suppositories, and in this way you will receive some results.

For your chronic constipation I would advise that you take the Milk of Bacillus Acidophilus, and in this way I feel quite sure that you will help your constipated condition. In conclusion I would also advise that you see a good stomach specialist, and in this way you will correct the condition of your health.

QUESTION: I have been suffering for some time with chronic bronchitis. Do you think there is any cure for this condition? Any information you can give me on this subject will be greatly appreciated, as it seems to me that nothing can help me.

H. H. B., Montgomery, Ala.

ANSWER: Chronic bronchitis is a condition in which there is a catarrhal inflammation of a part or the whole of the mucous membranes of the bronchial tubes.

The treatment of a chronic condition of bronchitis falls naturally under two main heads: 1. Hygienic 2. Medicinal. In the hygienic type of treatment I would advise that you wear flannels next to your skin during all seasons of the year. The changing of climate will also aid you in your condition. Diet, if properly adhered to, will also help to correct your condition and I, therefore, advise that the diet be generous, and articles easy for digestion should be selected. Wines and liquors should be avoided.

The medicinal treatment should consist of taking potassium iodide, 10 grains each in capsule form, and should be taken with water four times a day. I might also advise the following formula:

Balsam Copaiba	2 drams
Ammonium Chloride	2 drams
Extr. Glycyrrh, Pulv.....	1 dram
Water	enough to make 4 ounces

Directions: Take two teaspoonfuls in water every four hours.

This treatment together with the correction of your diet, and also the correction of your constipation, will, no doubt, help to relieve you of your condition. Together with this information I would advise that you move to a climate which would be more beneficial to you. I would also advise that you see a good doctor and have an examination of the lungs made, so as to be sure that no tubercular condition is developing.

QUESTION: I would be greatly indebted to you if you will reply to this letter. At frequent intervals during the past few weeks I have had sharp pains in the region of my heart. The pains are similar to those felt in the lower intestines when air or gas gathers there. They usually appear a short time after eating a hearty meal, and the intake of a large amount of air into the lungs at this time heightens the pains, although immediately afterwards there is a slight relief. I admit that I am a hearty eater and frequently overeat. In the evening, after work, I walk home about two miles. Most of the distance is a steady climb, and it is during this walk that I am able to work the pains off. I deliberately breathe deeply, and at the end of this brisk walk or shortly afterwards the pains will leave.

Frequently, immediately before the pain leaves there seems to be a muscular twitching which lasts for a second or two. I am a devotee of strenuous exercise. I spend one or two evenings in a gymnasium doing a great deal of running and jumping. No matter how much of this I do, however, I feel nothing around my heart. Now, Dr. Mittleman, I would like you to analyze my case, and let me know what this condition is as I do not know how to overcome it.

H. T. S., Pittsburgh, Pa.

ANSWER: There is no doubt in my mind but what you are suffering with a condition known as hyperacidity, and this is due to a faulty diet and also to the improper mastication of food.

The treatment of hyperacidity consists of correcting the diet and employing the proper types of exercise, for, perhaps, you may have exercised yourself too strenuously. Your diet should principally consist of vegetable foods. All highly seasoned foods should be eradicated from the diet. Drink water freely and eat your meals at regular intervals.

I might also advise that you take Tri-Basic Citro Carbonate so as to relieve the acid condition. I might also lay stress on the importance of your going to a good doctor and having your heart examined.

QUESTION: I would be very much obliged to you if you would please advise me on my condition about which I have been very much worried. At times I do a little wrestling. Some time ago I noticed my hair began to fall out, and at the present time it is becoming noticeable. I would like to know if there is any way that I can stop my hair from falling out.

H. S., Montreal, Canada.

ANSWER: Many things may be the cause of your condition, but I would advise that you have a blood test taken, as probably the blood stream is affected, and this condition may be the cause of your falling hair.

I might also advise that you employ the following solution to your head:

Resorcin—4 drams.

Quinine Sulphate—3 drams.

Glycerin—5 drams.

Alcohol—3 ounces.

Rose water—enough to make 8 ounces.

Apply this solution to your head twice daily, but the head must first be cleaned thoroughly with castile soap and then allowed to dry. Then apply the solution to your head. In my experience I have seen great results in restoring hair to the head by receiving a course of Salvarsan and Mercury treatments which I would also advise you to take from a specialist who treats genito-urinary diseases.

QUESTION: I am a reader of STRENGTH MAGAZINE and would like the following questions answered: 1. How can the amount of blood be increased in the blood stream? 2. Does smoking cause a disturbance of the blood? 3. Can nervousness be eradicated by a proper method of exercise? 4. Are glasses necessary for a weakened condition of the eyes? 5. Can sleepiness be cured? 6. What is a good cure for gas in the stomach? 7. What is the cure of rheumatism?

J. A., Cleveland, Ohio.

ANSWER: The amount of blood can be increased in the blood stream by correcting your diet, which should be nutritious in character, and by plenty of outdoor exercises and good habits. The foods taken should consist principally of iron products, and I might also advise that you take Blaud's Pills, and in this way you will help to restore the blood in the blood stream.

Smoking, if indulged in excessively, will, no doubt, hinder your health and strength, and will also affect the blood in the blood stream. Therefore, I would advise that you cut down gradually on smoking. The nicotine in tobacco is very harmful to the body, and by reducing the smoking habit you will also help cure your condition.

Nervousness, as a rule, cannot be cured by exercise alone, but with the aid of medical treatment I am sure will help in overcoming a nervous condition. A proper diet, proper habits, exercise, and treatments advised by a good nerve specialist will, no doubt, help in curing this condition.

Glasses are necessary if the eyes are impaired, as they are of benefit in many eye conditions, and the eyes become strengthened if proper glasses are worn.

NERVE STRAIN

The Cause of Nervous Indigestion, Auto-Intoxication, Blood Poisoning

OF all the things that injure health, straining the nerves is more dangerous than all others combined. It weakens the nerves, paralyzes the organic forces, plays havoc with the mind, and is the cause of innumerable dangerous ailments.

Nervous Indigestion

Nerve strain is especially harmful to the stomach and bowels, causing nervous indigestion, sluggish bowels, and kindred disorders. This, in turn, fills the blood with dangerous poisons. Why and how this occurs can be easily understood. Undigested foods in the stomach and bowels ferment and decay. This putrefaction develops gases and certain toxic poisons, just as does any putrefying matter, be it inside or outside of the body. These poisons are absorbed by the blood, which transmits them to every part of the body. This self-poisoning is termed *Toxemia* or *auto-intoxication*.

Toxemia

Toxemia impairs the blood circulation, causing high or low blood pressure, dizziness, kidney trouble, mental and physical restlessness, sleeplessness, and uneasiness of the mind. It lowers the disease-resisting powers and leads to many diseases, especially colds, pneumonia, and tuberculosis.

Toxic poison has the same effect internally as would a drop of acid placed on the skin. It burns and irritates, that is, it causes pain. All bodily pains, not due to local injury or infection, are due to toxic poisons. This includes headaches, neuralgia, neuritis, rheumatism, backaches, pains in the region of the heart, in the chest, etc., etc.

Stomach Ulceration—Cancer

As stated, putrefaction of undigested food develops gases which is indicated by belching and bloating of the bowels. These gases expand the stomach like a toy balloon, causing severe pressure on the heart and lungs, which, in itself, is often fatal. Frequent dilation of the stomach in time develops a pocket at the bottom where food remains for days to decay and develop irritating poisons. This leads to local ulcers, and in many cases leads to cancer, a disease that is killing many thousands annually.

Dieting Ineffective

Millions of people try to avoid *Toxemia* by abstaining from foods that readily ferment and decay. While dieting is helpful, it is at best, but a "dodge," and not a cure. The *only cure* lies in avoiding Nervous Indigestion, and that cure must begin *through the nerves*.

I write authoritatively on this subject, as I have made a life study of nervous people and their ailments and weaknesses. During the last 30 years I have had far over 100,000



PAUL von BOECKMANN

Author-Lecturer-Scientist, whose various books on the Nerves, Breathing, Psychology and Health have reached the highest plane during the last 30 years. His books have been translated in several foreign languages by scientists of various countries.

such cases under my observation and care, of which hundreds were treated in collaboration with leading medical scientists. No other man has had so great an experience as I in this specialty, nor has had the opportunity to test so widely the efficiency of any advance made in this science.

An Important Book

I have written a book, entitled "NERVE FORCE," which discusses this vital subject in detail and explains in simple language how we strain our nerves, paralyze the vital organs and what we must do to restore them to normal condition. The cost of the book, prepaid, is only 25c coin or stamps. Address me, Paul von Boeckmann, Studio 465, 110 West 40th St., New York City.

This book is not a catch-penny pamphlet. It is a dignified treatise, free from exaggerations and "bunk." It is on file in many Public Libraries, Sanatorium Libraries, and at the National Medical Library at Washington, D. C. The book "Nerve Force" contains 64 pages of important information and practical advice. Over 1,000,000 copies have been sold in past years. Whether or not you have trouble with your nerves and stomach, you should read this book, which you may do at my risk. If it does not meet your fullest expectations, your money will be refunded, plus your outlay for postage. Or, you may pay for the book after you read it.

So send for the book today. Strengthen your nerves and be immune to Nerve Strain and its trail of dangerous consequences.

Do You Know—

That it is Nerve Force that gives you Mental Power and Character?

That your Nerves govern your entire body, in fact, your whole life?

That when your Nerves become weak, every muscle and organ become correspondingly weak?

That mental strains, especially worry, fear, and self-consciousness, paralyze the Nerves that control the stomach and bowels?

That Nerve Strain will wreck your health more rapidly than any other abuse?

Do You Know—

How to develop your Nerve Force? How to RELAX and CALM your Nerves?

How to counteract Worry, Fear, Anger, Jealousy and similar nerve-killing emotions?

How to avoid Nerve Tension, Nervousness and loss of Nerve Force?

Read Nerve Force, where all these important points are fully explained.

Robinson's Urinalysis

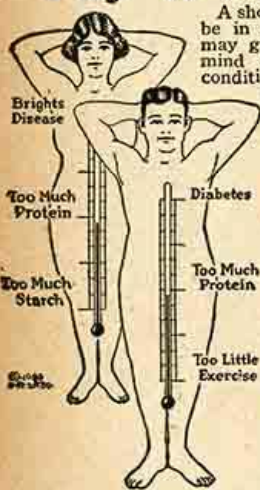
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A shocking revelation may be in store for you; or it may give you a peace of mind about your internal condition such as you have never enjoyed heretofore! Obey good impulses. Obey this good impulse and

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I will send money when I receive report.

Name

Address

City State

Age Weight



Insomnia, known as the inability to sleep, is usually due to nervousness, and this condition can easily be overcome if you will take more outdoor exercise and also tend to correct your diet.

Gas in the stomach is known as hyperacidity, and is usually due to a faulty diet and improper habits. With the correction of your diet, and by taking the drug Bi-Sodol, I feel quite sure that you will derive some benefit.

The cure for rheumatism depends first of all on the type of rheumatism that you have; but I will assume that your case is that of the acute type. In such cases I advise a correction of the diet and the elimination of all acid foods from diet. Drink plenty of water, and also take the drug Cinchophen and receive treatments from a reputable Osteopathic physician. In this way you will obtain some results.

QUESTION: I have been troubled for some time with my lungs. When I exercise very much I feel that my heart beats too fast. I have been in bed most of the time for the past four years. The doctors state that my lungs are affected. I feel very weak and am stoop shouldered. I cough quite a bit, and at times I am short of breath. I am 28 years old, 5 feet 7 inches tall and weigh 117 pounds.

Mrs. G. A., Continental, Ariz.

ANSWER: This lung condition which you complain of must be of long standing, and in such cases tuberculosis of the lungs results. I would, therefore, advise that you have an X-Ray examination made to determine the extent of the disease.

I might also suggest that you see a good doctor and receive treatments from him as he advises, as tuberculosis of the lungs is of a serious nature.

QUESTION: I am nineteen years old, and for the past six weeks I have been getting up mornings in a stiffened condition, so stiff that I could barely walk. For the first month it would wear off during the course of the day, but lately it seems to have become chronic. If I should sit down for ten or fifteen minutes and then try to walk, I find myself all crippled. My knees seem to get a lot of it and also the backs of the knees.

A few mornings on arising my feet had swollen so much that I had considerable trouble in putting my shoes on, and of late my hands have been sore and slightly swollen. I have pains in my back along the muscles just below the hips and also in my elbows. In fact, all the joints in my body ache me. I wish you could tell me, or give me some idea, of what my trouble is and how I can in some way remedy it.

A. H., Mt. Vernon, N. Y.

ANSWER: From your symptoms as advised, I have come to the conclusion that possibly you are suffering with the disease known as gout, and this condition is a form of rheumatism which affects principally the joints of the body.

The treatment of this disease consists of correcting the diet, excluding all acid foods from your menu, and allowing the affected parts to rest. I would also advise that you see a good doctor and receive treatments from him as he advises.

I have seen great results in gouty conditions from receiving the Neisser Serobacterian injections given intramus-

cularly. I might also advise that you take Atophan Tablets, which have also proven themselves of some value to patients afflicted with this form of rheumatism.

QUESTION: Will you please tell me through STRENGTH how to remedy a case of chronic catarrh of the nose. I have been troubled with catarrh for several years and had my nose operated on for a polypus growth. This has given me some relief, but I still have the discharge which is very annoying, and I have to clear my throat every time I start to talk.

ANSWER: In your condition I would advise that you seek a suitable climate and a residence in a locality that possesses a mild, equable, comparatively dry and pure atmosphere.

The best method of cleansing the nasal passages is by means of the coarse spray. An excellent combination for use in this spray consists of the following ingredients:

Phenol—10 drops.

Sodium Borate—1 dram.

Sodium Bicarb—1 dram.

Listerine—1 ounce.

Water—enough to make 4 ounces.

Use this solution in the spray three times a day.

QUESTION: Will you please answer the following questions: 1. I often have a pain in my left side under my chest. Is this stomach trouble? 2. If I exercise much and get sweating, my body then has a disagreeable odor. Is this caused by some disorder of the body or what? How can I get rid of this odor?

ANSWER: The pains which you complain of on the left side may indicate a stomach disorder or a heart condition, but distending gas is often the cause of radiating pains to the heart region.

The odor which you complain of is the action of the sweat glands, and also the action of the kidneys throwing off waste material from the body. This odor, no doubt, is normal in nature as sweat, as a rule, has a characteristic odor.

This sweating condition is due to the exercises you have done, thereby causing the sweat glands to function. To relieve you of the sweating I would advise that you take a bath four times a week, and apply a 25 per cent solution of aluminum chloride in distilled water gently on the surface of the body and allow it to dry.

If with this treatment advised you do not obtain results, I would then advise that you resort to X-Ray treatments which I feel quite sure will also help your condition.

However, I would also advise that you see some good doctor so as to ascertain the condition of your heart, as you might also be suffering from a condition of the heart.

QUESTION: As a constant reader of the STRENGTH MAGAZINE I am taking the liberty of asking you a few questions.

What cure is there to keep my face clear from pimples? Am I allowed to use a cold cream? If so, which is the best cream on the market? Is massage good for my face? What kind of soap shall I use, and can powder hurt the complexion?

S. K., Winnipeg, Manitoba.

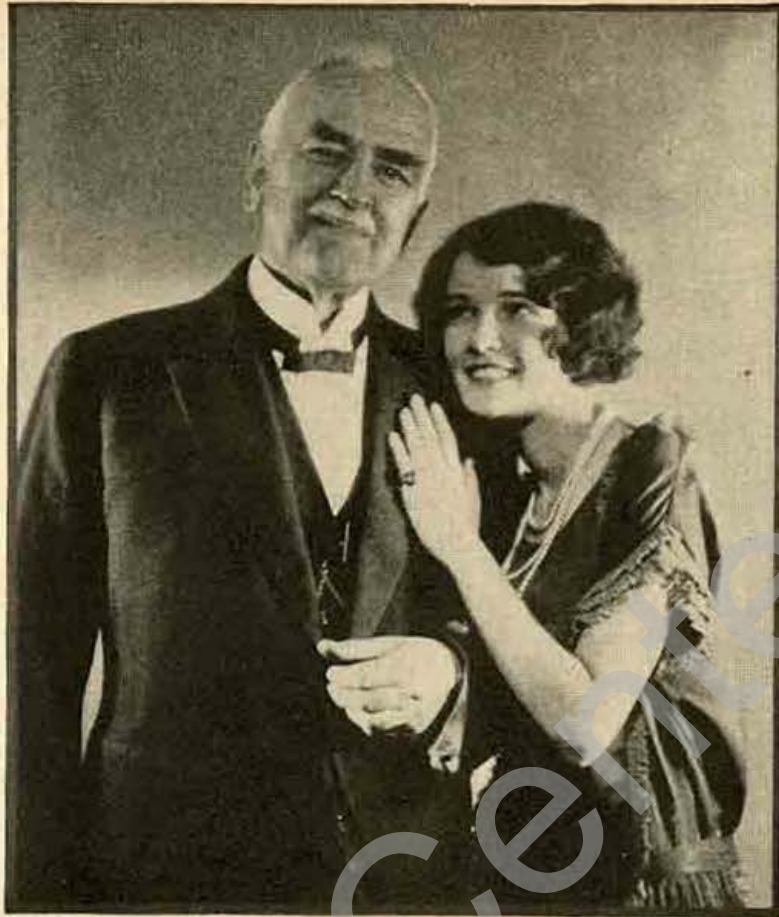
(Continued on page 68)

* * *

A man who is almost youthful at 58 because he keeps his Spine a half-inch longer than it would Ordinarily Measure!

* * *

Photo by
Pondelick



* * *

Achievement of what has been the Aim of virtually all workers in the field of Osteopathy, Chiropractic, Naprapathy and similar physical adjustment

* * *

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Hobart Bradstreet

"The Colonel may look his age, but by all that's remarkable he doesn't act it—nor feel it, if his enthusiasm is any indication"

Bride and Groom!

DECEMBER and May! Once I would have condemned any mating of age with youth. Yet a month ago I was best man for my old friend Col. Bemis—and "old" friend he is, for the colonel is in his fifty-eighth year—and his petite bride who then lacked a few days of being twenty!

There isn't a happier couple in the state; their happiness is apparent to all observers. But I wonder what others would think if they had seen Col. Bemis as I saw him less than a year ago—before he had taken the big brace that two physicians said a man of his age could never take!

Bemis had let-up and slowed-down; he had become a mere spectator in life's race—when something happened.

The remarkable means by which this man regained an almost youthful energy should interest any man who has lost even part of his normal capacity for work and play. This is the story:

Did you ever hear of SPINE MOTION? Neither did I until two years ago. Neither did Col. Bemis until less than a year ago. But within a month SPINE MOTION moved him up several notches, physically, and his energies have been on the rise ever since. This simple but unusual principle of revitalization has to do, as the name implies, with the spine. It seems that settling of the spine accounts for many of the nervous disorders that age the body; and the slightest elongation of a "settled" spine is often all that's needed to restore abounding energies and endurance. When Hobart Bradstreet discovered SPINE MOTION he gave us men past the forty mark a ten or twenty year renewal on our

lease of active life! Here's how it works:

Let's assume you start SPINE MOTION today; you take one motion only, it takes but five minutes. Your spine is s-t-r-e-t-c-h-e-d like an accordion. It may elongate but a quarter or half inch, but you feel the difference in an hour—you sense a subtle change for the rest of the day. For SPINE MOTION spreads the tiny bones that make up the spinal column which have been pressing on every tiny nerve of the body. The whole nervous system is connected with the spine. In youth, the cartilage between the spinal vertebrae is a springy, cushiony protection for the nerves. As we age, these pads or "insulators" wear down—the sensitive nerves come in contact with the bones—you know the result! Loss of nervous energy—sluggish vital organs; indigestion; constipation, headaches.

With the flexing and "shaking out" of the spine the impinged nerves are freed—the nervous forces are no longer "short-circuited" but flow freely to every extremity—you feel new power and "pep."

SPINE MOTION is absolutely all that Col. Bemis used to recover the energies Nature had provided so liberally. He made it a fixed daily habit for a time. After several weeks he found the cartilage stimulated to new growth and resiliency, and dropped to twice or thrice weekly with the motions. Nature has now reasserted herself so that he tells me it is only occasionally he employs the unique stretching process. The spine does not so readily "settle down" once the five movements in SPINE MOTION have been introduced. They are most unique motions; hard to describe but easy to do; they give the

system an indescribable thrill even at that time. I haven't had a backache since I learned them; nor had a day without a healthful evacuation. As for the colonel, he is doing more work than ever, is up till all hours, eats what he likes, smokes incessantly—and he doesn't seem to have any nerves.

Bradstreet no longer offers his personal services in conditioning men, but you can have SPINE MOTION in the same form it was given Col. Bemis. The motions have been made clear in five photographs that Bradstreet posed himself. He gives you simple, unmistakable instructions with them. There is no "apparatus." You just do those movements in a few minutes, and in a few days you experience the most marvelous "pick-up"—you look better—feel better—and function better in every way. Oh, that everyone knew of this rejuvenator—young men prematurely old—men whose years have dulled normal interests and desires—all men physically below par!

Those wanting a speedy and surprising demonstration of SPINE MOTION may have the complete method for a week's trial that is free in every sense. Send nothing but your name and address. Then, if it proves plainly that it will work wonders for you—pay Hobart Bradstreet the tremendous sum of three dollars for everything! For those willing to be shown there is a coupon below.

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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.

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Because no unusual manual skill is required and no supervised clinical practice is needed, Physio-Therapy can be readily taught by correspondence. If you can read and write and understand English, and have a determination to get ahead, you can easily and quickly qualify to earn a big income in this uncrowded calling. Heretofore, but few have been privileged to acquire the proper training because of the lack of opportunity to secure an authoritative, scientific, complete and comprehensive course of instruction in Physio-Therapy, but now the oldest and largest correspondence school of drugless healing in the world offers a thoroughly practical and easy-to-master correspondence course prepared by eminent authorities and conducted by qualified teachers. Our course in Physio-Therapy includes instructions in all of the more valuable measures and methods commonly included under the terms Electrotherapy, Mechano-Therapy, Nature Cure and Spinal Adjustment, all combined and correlated into one complete system.

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Millions of men and women need this wonderful new science. Many physicians frequently send their patients to Physiotherapists. The public has also become educated to the value of this modern drugless method. In other words, there is waiting for you a dignified profession, a large clientele and amazing big incomes.

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Ask the Doctor

(Continued from Page 66)

ANSWER: In order to keep the condition of your skin in a healthy state I would advise that you first correct your diet. A faulty diet is the principal cause of skin eruptions. Your diet should consist of foods that are not too fat. Also exclude all sweets from the diet and all fried foods. Constipation must be removed, as this is a disturbing factor and, therefore, I would advise that you take Oxy-Crystine so as to rid yourself of the toxins that are present in the system. I would also advise that you employ an acne lotion to the skin, and in this way you will relieve yourself of the pimples.

The use of cold cream will help your skin condition, and I would advise that you use Ingram's Milkweed Cream. Facial massage will also help your condition, as this will tend to correct the porous portion of the skin.

The most reliable soap that I could advise to use would be Resinol Soap, which is especially used for skin conditions. Powders of good make will not harm your complexion.

QUESTION: I would like to ask you what the cause of my condition is. At times I get black and white zig zag stripes

before one of my eyes, and I cannot see very well. This condition stays for a while. It also causes a headache. I also get a feeling as though something is in the back of my throat and nose, and it makes me spit every now and then, mostly in the morning. Is this condition a habit or is there anything that I can do for it as I have had it for over a year now?

F. R., New York City.

ANSWER: In the case of your eyes I can safely state that this condition is due to the nerve irritation of the eye which, as a rule, causes a disturbance of sight.

So far as your throat is concerned I am of the opinion that you have a catarrhal condition of the nose and throat, and as a result of this, the mucous membranes of the nose and throat are irritated. This, therefore, causes a congestion of the parts affected, and in turn causes a hypersecretion of the throat. Your condition I feel sure is not a habit but a lesion, and should be corrected.

However, I would also advise that you see a good eye specialist and also a specialist of ear, nose and throat diseases, and in this way you will be sure to obtain the best results.

Self Defense Better than Jiu Jitsu

(Continued from page 49)

No matter if he has a knife or a gun, he is just as readily disarmed. Some put the finishing touch to this hold by quickly driving the knee upward into the pit of the stomach. By quickly spinning him around, the hold can be transferred to the back, and the assailant can be led to the nearest district station.

This trick has always been a favorite of mine, together with the following one which is the finest one out for handling a thug who is striking with either his fist, a club, or a knife. He walks right into the trap, and is quickly thrown upon his back, with a badly disabled arm in the bargain.

As the attacker strikes with the right hand, you will automatically throw up your right arm to fend off the blow. In this position, your arm will be under his. Quickly throw your other arm over the top of his, and grasp your own wrist just as the picture shows. When you have made this connection with your left hand, throw all your weight forward and pry against his arm. Be careful that you do not dislocate the elbow of the person on whom you are practicing. It is easily done. Of course it is not necessary to be so considerate when you are fighting for your pocket-book, or more.

Where two persons are fighting with their bare hands, it seems to be the first natural thing to try and throttle each other. Even animals, with the exception of horned cattle and elephants, leap for the throat to extinguish life. Man, having lost his ripping fangs, resorts to the power of his arms and the cunning of his brain; but when one gets

the strangle hold on the other, it is about all over, unless, the under dog is considerably stronger than his opponent. Even at that, he becomes greatly weakened before he struggles out. However, if you know how, the hold can be easily broken in a manner that will completely incapacitate the attacker.

If you take the strangle hold with the hands around another's throat, you will see that the little fingers are not included in the choking grip. The main force of this murderous grip is borne by the thumb and the first two fingers. Not so much by the third, and none at all by the little finger. Then the first thing to do when a person grabs you by the throat, is to reach for each little finger with your hands, and promptly break them. No matter whether the strangle hold is applied from behind or in front, the break works just the same. This is a sure break and never fails.

Pretty near the same thing happens when you are wrestling with a man who grasps a knife, the third finger has less grip on the handle than the rest. By concentrating on this finger only, it can be forced backwards and broken more readily than the whole hand.

Here is another nice little hand breaking trick that can be pulled off on an individual who will insist on pushing you away with his hand. Grasp his pushing hand by the wrist with one hand, and with the other hand grasp the elbow. Hold his hand tightly to your body, and at the same time lean forward, suddenly throwing all your weight against his hand. His hand will be forced backward against his arm, which will bring him down to his knees.

and either break or severely strain his wrist, placing him "hors de combat."

I have often noticed when two fellows were standing close together in an argument, the first to lead would push the other away in order to get a better swing at him. I have had several encounters this way, and found this simple trick a splendid ally. It got so that whenever I thought I was going to be embroiled my first move would be to get close to my aggressor and lead him into this trap, so I could score the first trick.

A real effective throw, is the wrestler's flying mare. It is particularly good as it carries out the old slogan, "The bigger they are the harder they fall." The heavier a man is, the more crushing is his downfall when treated to this wingless flight.

As the man strikes with his right hand, grab his wrist with your left hand, and immediately turn in so that your shoulder is under his arm pit. At the same time, place the palm of your right hand under the upper arm just above the elbow joint. Quickly lean forward and sink upon one knee, pulling your antagonist over your head. It is a simple trick. Easily pulled off, it generally ends in a cracked head and damaged arm for the unfortunate opponent. Of course, you must act quickly as in all the other movements, or else he will get you.

There is a chance that when you have thrown a man down he may have escaped serious injury, and if you are out in a lonely place where there is little chance for help coming on the scene quickly, or afraid the other will out-run you, you are faced with the problem of how to handle him when you get him down. That's easy. Don't jump on him right away and try to choke him; and don't bruise your fist on his ivory, or waste shoe leather in kicking off his jaw. Wait until he tries to get up. He will always raise up from the face down position, on his hands and knees. The moment he arrives at this position, rush in, grab his right arm by the wrist with your right hand, and thrust your left knee on his upper arm. Pull his arm towards you and twist it over as shown in illustration number two. From this position, his arm can be quickly dislocated at the elbow.

If you miss this catch, try to wind your legs around his throat in the scissor hold. He will not be able to remove his head or your legs, and in an incredibly short space of time, he will have lapsed into unconsciousness.

When dealing with a kicker, you have something different on your hands, but he can be handled just as effectively. As he kicks at you, catch the toe and heel with each hand, and twist the foot with all your might. You will find that this will pivot him around so that he will go face downwards to the ground. As he falls to the ground, throw your leg around his leg and with your hands and body force the foot up on the outside of his thigh. If you don't dislocate both his knee and ankle, you will deserve the trimming he hands out to you.

This stunt can be pulled off while a

(Continued on page 71)

Read What ALAN CALVERT Writes About This Extraordinary Announcement

ALAN CALVERT
Philadelphia, Pa.

March 11, 1926.

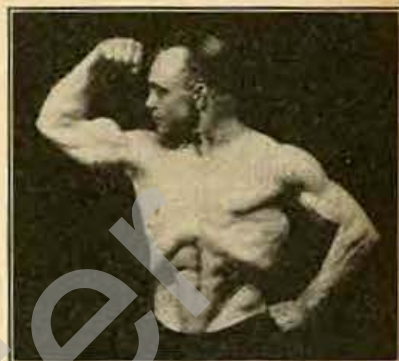
To whom It may Concern:

I am informed that Otto Arco is going to associate himself with the Zbyszko course of instruction in physical exercise. I would congratulate any concern that had the good fortune to secure the services of Arco as a director or executive.

Arco is unquestionably one of the best developed men in the history of athletics—has had a vast experience, and his knowledge of exercise and proper body building methods is almost unlimited. I admire him as an athlete and have always been impressed with his ability to teach, and above all, I respect his reliability and high personal character.

I do no personal teaching myself, but if a man or boy told me that individual instruction was what he wanted, I would recommend Arco as being way ahead of any other instructor in his line of work.

(Signed) ALAN CALVERT.



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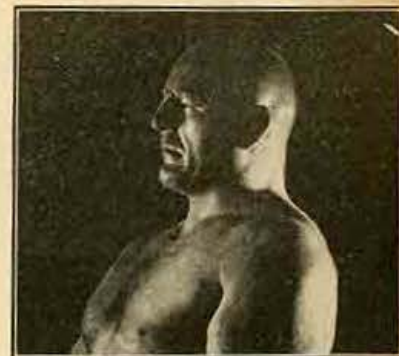
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A YEAR ago we ran a special membership campaign in which we cut the regular association fee, making an offering of \$4.00 per membership. In other words, the new member saved \$3.50, as the regular fee is \$7.50. We are continuing that offer.

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Of course, the question may come up in your mind as to what it all means. It means just this: There are numerous societies in the country, both protective and fraternal. Everybody has their particular society to which they belong. The A. C. W. L. A. is the society for body builders, health seekers and followers of weight lifting as a sport. It is vastly superior to all other organizations because our interests are not constricted entirely within our circle. By our representations we become a national institution for good, because our principles are altruistic and progressive. Our aim is to develop America into a nation of physically fit humans. To develop strength athletes so that they can successfully compete against, and wrest the world's honors from the rest of the competitive nations at the Olympic Games.

We help all our members to succeed by educational instructions. By promoting various contests which enable everyone to win a prize. We give medals and diplomas to successful members. They do not have to pay a single cent to enter, or for the medals or diplomas afterwards. Everything is free to them.

Enter Our Free Competitions For Physical Development and Weight Lifting You Can All Win a Trophy!

We have a schedule on various lifts in every bodyweight class. In each class there are three grades. Any member making one of the three grades in his class receives a medal. We have two grades in physical development which entitle the entrants to diplomas and medals, for the improvement they make within three months. In addition to this your membership card admits you free to all our strength shows, and your lapel button proclaims you on the street to your brother member.

In the organization we have an order of degrees. These orders cover mental and physical tests, and as each test is taken, a jeweled lapel button is issued so that each member is known by the color of the jewel in his lapel insignia. These are but a few of the many fascinating propositions belonging to the Association. If you are interested in body culture, health or the sport of weight-lifting you will be interested in our offer. Once you are a member you will always be a member. In the last year we have improved 100%, and in consequence are able to offer more and do more for our members.

DO YOURSELF AND YOUR COUNTRY A SERVICE

By enrolling into this institution, you will be doing yourself and your country the finest possible service. There is something fine in knowing you are instrumental by your ideals and enthusiasm in forwarding a movement that is acclaimed by the greatest in the land as the most laudable movement in the history of this nation on national welfare.

Your membership makes us that much stronger. Builds unity and strength. So come on in with us, friend. Every famous athlete and instructor in America belongs to it. Many famous foreign notables have applied for membership, as they say they would be proud to belong to such an Association as ours.

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Self Defense Better than Jiu Jitsu

(Continued from page 69)

fellow is lying on the floor kicking. Just follow the same routine as described for handling a standing kicker.

A fine foot twist that is easily secured on a person thrown to the ground, is the real ankle twist. To get this right you should see that your position is taken up at his feet. Grab his toes with the right hand and force the foot towards his buttock bending the leg at the knee. At the same time wind your left arm round the inside of his ankle, and grab your right wrist with your left hand. Your left hand acts as a lever on your right, which enables you to twist his foot in such a manner as to bring a quick dislocation. To make it more effective, kneel upon his leg with your knee over his knee joint.

This hold is the same as applied upon the arm which was first explained in

this article. The only difference is that the lock is applied upon the foot instead of the arm.

These few tricks are very easily mastered, and easily carried in the mind. The fact that your material instincts work in the same direction, makes these holds more positive. In their execution, they are just as deadly as a weapon, inasmuch as they will disable any assailant. For the person who is just looking for something positively practical without technique, these holds cannot be beaten. A woman can apply them just as efficiently as a man. Strength has little to do with them, as the leverages obtained from the angle at which these holds are applied, holds the strongest man at a disadvantage. He is powerless.

There are many more tricks of self-defense I can show you, just as practical as these, but these are sufficient to make any person confident and self-reliant, if practiced correctly and not forgotten.

Good Foods Maintain Good Health

(Continued from page 40)

have an individual and unerring effect on the body and mind. Just as alcohol and other poisons have their peculiar effects, so do all the natural foods, each and every one, have their own identical effect and influence on the life and well being of man. Therefore, it behooves us to study *Food Science* and learn how to select those foods that work for our highest welfare, mentally and physically.

Ignorance about foods has lost the lives of millions before their time, and has caused other millions to suffer the greater part of their lives in untold agonies. Not knowing from where the suffering comes, they, as a rule, blame it on their diet, and every conceivable cause except the right cause, which is *foods wrongly used*, and also the use of wholly unnatural foods.

Health and happiness can be acquired by those who have learned to keep the laws pertaining to the different diets prescribed. By doing so those wonderful divine faculties of the mind will boom like the flowers in the field, and untold happiness will take refuge in the inner consciousness of the regenerated human being. But remember this cannot be accomplished in a day. We must first cleanse the body with clean, natural food, fresh air, water and sunshine and think clean, constructive thoughts with high ideals. Keep this up regardless of all obstacles, no matter how long it takes to gain that natural heritage of man, health of body and peace of mind. If you fall by the wayside get up again and again till you reach the goal, and as a result you will gain strength as you go along. Never expect results too quickly. This is the greatest stumbling block of all. Nature did not make you sick in a day, and it will not make you well so quickly. It is well that this is so because your getting well depends on eliminating all the toxins or poisons from every cell of your body.

Your trouble started with wrong food, not only in your life, but also in the life of your forefathers. You can remedy the condition again in yourself, and the future generations by learning what, how and when to eat, and then do it and keep it up as long as you live. You can bank on it that your diligence will be richly rewarded here and now in the life you are living.

Fruits, nuts, green salads and whole wheat foods and water should be man's ideal diet, and when partaken of according to natural hunger, will maintain a normal state of health as far as the diet is concerned. The above are man's natural foods, and if he will be satisfied to confine himself to this diet, he will enjoy nature's priceless gift, *good health*, from beginning of life, and will not be compelled to depend on drugs for momentary benefit.

Natural foods, not pills and poisons, are the cure that should be looked to for efficiency, as they will not drive one to do quick and erratic things that constantly bring him suffering. The mind will be more serene and he will have time to use good judgment in all matters of great importance. Stomach disorders are relieved or partially relieved when the proper diet is established and followed, and I will take into consideration at this time a well-known stomach disorder, such as hyperacidity, which is defined as an increased secretion of gastric juice, or more correctly as an excess of hydrochloric acid during the period of digestion. It may also be defined as excessive amount of acid found in the stomach. The symptoms in hyperacidity rarely appear suddenly, but usually develop gradually. They always come on after eating and never on an empty stomach, after the time for digestion has elapsed. At first the patient complains of a disagreeable sensation, or an uneasy feeling, about one to three hours after a meal. It may be

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Insomnia

a feeling of pressure or fullness, or of heat, or a tingling sensation. This increases to a feeling of distress in the upper region of the stomach, or a burning sensation is felt in the stomach after each meal. In the mild cases of hyperacidity there is no pain.

In severe cases the pains may be marked with acid belching and heartburn, and the patient suffers severely and in some cases almost suffers a collapse. Headaches, as a rule, accompany the pains and vomiting may also occur. In most cases the appetite is good and the thirst is at times increased during the active attack, and constipation is, as a rule, present, although diarrhea may alternate with constipation. The patient becomes nervous and the headaches are persistent. The causes of hyperacidity (or an increased amount of acid in the stomach) are due to a faulty diet which in turn causes an irritation of the mucous membranes of the stomach. Large quantities of hot or cold drinks, alcoholic excess, pickles, rich condiments and insufficient mastication of foods are also a cause. Excessive smoking and chewing are also a cause of an increased amount of acid in the stomach.

The treatment, principally, comprises first the removal of the causes of the excessive acid found in the stomach, and second the cure of the condition itself. In the removal of the cause, interdict tobacco chewing and smoking. If a cigar or cigarette holder is employed, smoking once or twice a day, I believe, may be harmless, as it prevents swallowing saliva impregnated with tobacco juice, the chief source of irri-

tation in my opinion. Alcohol, in every form, including beers and wines, should be prohibited and also the excess use of salt and acid food from the diet should be avoided. Condiments such as pepper, ginger, horseradish, pickles, mustard and grapefruit should also be prohibited from the diet, as these foods tend to increase the amount of acid in the stomach. Normally hydrochloric acid is found in the stomach and if other foods containing a great amount of acids are taken, then there is a condition of hyperacidity. A thorough mastication of the foods should be enjoined, and the hygienic surroundings should also be corrected.

Diet is one of the principal factors in the treatment of this disease and, therefore, the foods should be rich in albumin, such as chops, steaks, roast beef, mutton, game, eggs, milk and fish. Water should be taken moderately between meals and all alcohols and starchy foods avoided and with the correction of the diet, and proper habits, the disease no doubt will be easily overcome and remedied by the use of the proper foods.

The diet of an individual is of vast importance in establishing and maintaining health. The old maxim, *What is food for one is poison for another* is quite true. Do not depend upon your neighbor's diet, but consult a physician and secure one intended to correct your particular condition. The eating of the wrong combinations, highly spiced, concentrated, and above all, poorly prepared foods, are especially injurious to your health.

Sports, Body Building and Weight Lifting

(Continued from page 21)

have depended too much on their skill. Furthermore, we have had and we still have a great many men who are interested both in body building and in lifting—who have not reached the second flight.

However, we believe that as a group these men surpass the miscellaneous competitors in any other field judged on strength alone.

Probably the greatest football players have not been the strongest men who played football, and certainly many strong men have been mediocre football players. Yet no one will deny that football players are, as a group, stronger than the devotees of most of the other sports, simply because football puts more of a premium on strength.

The point we are trying to make is that weight lifting puts even more of a premium on strength, and, therefore, builds even greater strength, and we believe that this is apparent on the face of it to any one who has ever attended a weight lifting contest.

We further want to emphasize the fact that no one has to believe anything except the evidence of their own eyes to be convinced of the truth of this statement.

Now it is more or less the thing to do to condemn skill in weight lifting.

How anyone can advocate competitive athletics and condemn skill is beyond us. Where would Dempsey, Tilden, "Red" Grange and Ty Cobb be without their skill? To be a champion fighter you must know how to fight. To be a champion lifter you must know how to lift.

Who believes that Charley Hoff can vault anywhere between 13 and 14 feet on almost any occasion because of anything except skill? Certainly no one who has ever seen or been a pole vaulter, good, bad, or indifferent.

There are a thousand good pole vaulters in America and thousands of good fighters, football and baseball players, and yet no one gets excited because every ball player is not as good as Ty Cobb, or every pole vaulter as good as "Hoff." Yet weight lifting has been criticized because all its products are not champions.

It would be fair to criticize bar bell exercises if a considerable number of bar bell users did not make really remarkable gains in strength; but we know it is true that the average user of a bar bell not only does gain in strength and development, but it is also true that the big majority of bar bell users make an appreciable gain in anywhere from two weeks' to two months' time, and this gain is not problematic. It is real

(Continued on page 74)

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These leaders overlook no method of keeping themselves in form. They cannot afford to, and it is a significant fact that almost without exception they are all regular readers of Physical Culture magazine. In their homes, their training camps, in gymnasiums, wherever men are engaged in developing their bodies and in keeping themselves physically fit, you will find Physical Culture.

Physical Culture has helped many men onto the road to success through teaching them the way to perfect health and it is helping many others to maintain their positions of leadership. What further recommendation is needed than the fact that the most famous athletes in the world look forward each month to the coming of Physical Culture magazine? What Physical Culture has done for them it can do for you.

Splendid Articles by Athletes and Great Health Authorities

Each month this internationally known magazine will come to you literally crammed from cover to cover with articles by the world's foremost health experts. In addition you will find in this magazine features by champions in practically every branch of sport.

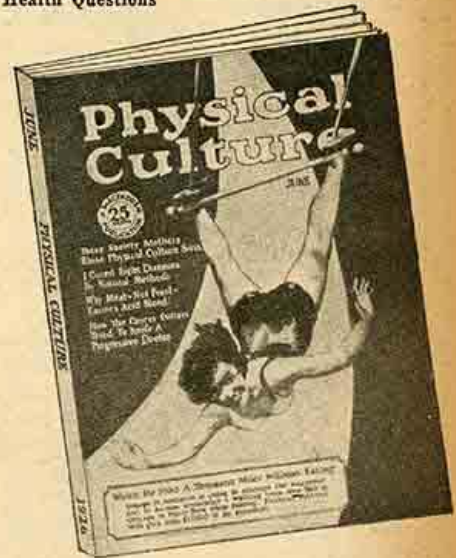
Food articles, exercise articles profusely illustrated with poses, weight control, bathing, personal health problems, a superb rotogravure section showing physically perfect men and women, powerful editorials, short stories and serials. Everything that has to do with health is covered in Physical Culture magazine. The policy and the idea behind this magazine may be summed up in one short sentence: *Physical Culture teaches you how to take care of your body.*

Physical Culture

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Health Questions



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Sports, Body Building and Weight Lifting

(Continued from Page 72)

and every owner of a bar bell knows that it is real. In the words of "Packard," "Ask the man who owns one!"

We are constantly in receipt of mail in which the writers state their intentions to make more and greater gains, and we know that a truly enormous percentage of these ambitions are realized.

However, we feel that we have digressed too long in a defense of weight lifting and that to an audience which needs very little defense on this score, because of their own knowledge and experience with this form of exercise.

OUR DEPARTMENT

We are very much interested in building the health side of the STRENGTH MAGAZINE as well as the strength side, and for that reason have decided to devote more space to strictly health material than we have given it in some time. Our "Ask the Doctor Department" is

still more than ready to respond to any of the queries of our readers on health subjects, just as Mr. Jowett, Mr. Russell and Miss Heathcote all stand ready in their respective fields to come to the aid of any reader who feels the need of assistance.

STRENGTH has a real editorial problem in that we must try to give the best and soundest health and exercise information available and still give it in an entertaining and convincing way. Every one believes in taking care of their health, and in a great many cases that is almost as far as the whole matter gets. We want to get all our readers interested in their own health and strength to the point that they are willing to do something about promoting the attainment of health and an increase of strength, and we want to show any one who is interested in either or both ends how they can best be accomplished. For this reason the conductors of the departments are more than pleased to hear from you. So do not hesitate to write in and rest assured you will be answered fully and promptly.

A Few Chapters from the Story of My Life

(Continued from page 28)

Almost as soon as I had entered the forge, I had espied the huge double horned anvil set upon a large metal resting block, not far from the anvil upon which the smith was working. He noticed the way my eyes were continually being drawn in that direction, and I know he was not surprised when I walked over to look it over. I had never seen such a large anvil, and I told him so. In reply, he told me they only used it for heavy forgings and with a pleasant smile, asked me how much I thought it weighed. My reply was evasive, exclaiming that it was very hard to say, but I knew it was monstrously heavy. He looked me over, and perhaps he recognized within me much of my latent strength, as he asked if I thought I could lift the anvil. I told him that I would have to be shown first, how any one else could move such an object, before I considered such an attempt. To tell the truth, I was curious to know just how he would go about it, for heavens, it seemed a terribly unwieldy affair to handle. Laughingly he complied. Stepping forward, he caught each horn in the hollow of his arms, and with one great effort he lifted the mass off the resting block, and replaced it. With pride he said, "I am the only man who has ever lifted it clear off the block, like that." But I shocked him when I replied, "I believe I can lift it." "You can?" he questioned. "Well, I am going to try if you have no objections." I came back and as I began to take off my coat and collar he was all willingness, and cried out in admiration as he saw my well muscled arms.

The moment I had seen him lift the anvil, I knew I could lift it, as I had proven myself capable on many occasions to sustain enormous weights in the hollow of my arms. I also knew if I could get the anvil upon my chest, I could beat him in the test. Approach-

ing the anvil, I began to apply myself to the task. Placing my feet firmly on the floor, I sought a perfect balance as I circled each horn within the fold of the elbows. I began to lift steadily, but found the anvil a little more awkward than I had anticipated. The floor of the anvil was much wider than the face, and each of the two corners nearest to my body, pressed very uncomfortably in my abdomen. However, I raised the anvil and got it resting partly upon the chest, so that it lay at a slanting angle with the floor. Leaning slightly back, I managed to support the major part of the burden upon the body. Hugging the huge piece of metal to me, I began to walk. It was a very difficult feat, as the base of the anvil was borne low enough on the hips to make any hip movement difficult. It was a terrific test, and every muscle in my body was taxed to its limit. I walked round the forge floor and then replaced the anvil on its support while I almost panted from the test. The smith looked on speechless, but coming out of his stupor with a rush, he grasped my hand and said, "You are only a boy, but you're a marvel." Well, I was only eighteen. However, he was not satisfied, for he told me "Sonny, I have never been equalled for my strength, and I am not going to say I'm beaten until it is proven in an all-round test." Right there, we pitted our strength against each other. We twisted iron and bent horse shoes. One which may have been a little more brittle in texture than another, I broke in two. On every test I beat him, but he was a foeman worthy of any man's steel. Finally we turned wrists, in which I proved victor more easily than on any other of our previous tests. As his arm went down for the third time, he broke out into laughter. There was nothing selfish in his soul.

(Continued on page 76)



Why Dance in the Old Fashioned Way When It's So Easy To —Be Up-to-Date?

Want to be truly popular? Want to be invited everywhere? Want to enjoy parties and get real joy out of dancing? Here's how! Learn to dance the new peppy way and see how you begin to be in demand as a partner.

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A Few Chapters from the Story of My Life

(Continued from page 74)

he admired me for what I had proven myself to be that morning, and right there commenced a friendship that has endured the test of time.

Before I left that day, I gave him a photo of myself. This he nailed up on the door of a tool case that hung on the wall, and around it he nailed the two parts of the horse shoe, while over the head of the photo he nailed the stiffest piece of iron I had bent. I used to visit him often while I was in England, but fifteen summers have passed since I last saw him. Yet, two or three times a year a letter creeps overseas through the mails to remind me of our pact. His children have long since grown to manhood and womanhood, but their father has taught them to remember with pride the man they can scarcely remember seeing. Last fall I received a letter, and in it the old smith said, "Your photo still hangs upon the door, with the old pieces of horseshoe and the iron you handled. Of course the picture has faded, but not your memory. When any one comes in the shop and talks about strength, the children just point to the wall and tell them that nobody could beat you."

Such faithfulness and admiration I feel keenly, because we seldom find it. The poet knew of what he was talking when he wrote the line, "True friendship is a rare jewel, and as priceless as eternity." You would be surprised if you knew some of the great strongmen I took to lift that anvil and who failed. It was a mighty test of strength.

A very amusing incident happened at one time when I lived in Canada. I happened to be in a new piece of country, where they were erecting telephone poles for wiring. The telephone operatives were a lively bunch of boys, all full of life. On this particular occasion I was lying sprawled out on the grass, watching four men coming toward me, carrying a new post for erection. As they passed the foreman called out jokingly to me that if I had any excess strength that morning I could use it by helping them out, if I wished. I called back a laughing answer that the poles were too light for me, adding that if I could not raise one of them overhead with one arm, I'd eat my shirt. Like a flash they took me up, and swore I would have to eat my shirt. To their amazement I took up the bet. I began the test by centering the pole, and then I got it to the shoulder by a semi-rocking and curling process. From this stage I had no trouble at all, raising it to arms' length by using the method of the bent press. It went up beautifully. To say they were astounded, would express the situation mildly. From then on I heard the most remarkable accounts of that feat. Some said it weighed 400 pounds, and others said 500 pounds. Others with a more vivid imagination began to calculate the weight on the score that four men could easily carry 250 pounds each, so it must

Does a petting party stop with a kiss or does it go further? Is spooning dangerous? At last the question is answered. See "Safe Counsel" Page 199.



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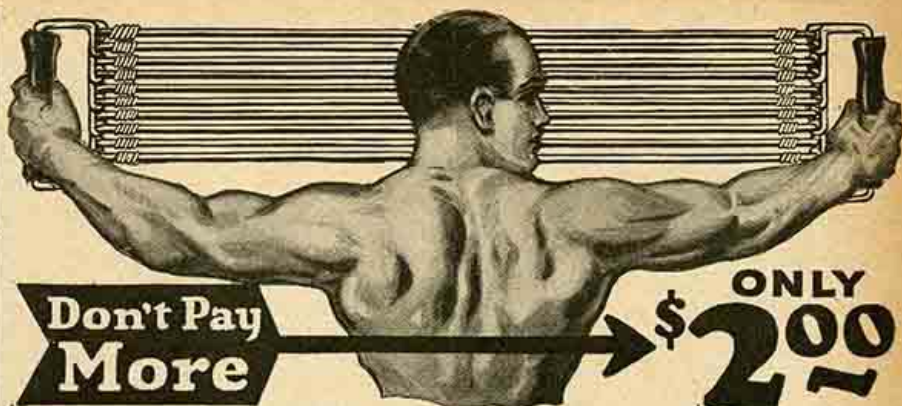
have weighed 1000 pounds. My estimate of the weight was about 200 pounds. I had previously weighed one and found it to weigh 185 pounds. I had performed the stunt before, and knew beforehand what I was attempting. For all that it is a very difficult feat, as the surface is so large that the pole is apt to roll off the hand. I thoroughly enjoyed the situation, and got many a laugh from the terribly exaggerated stories that grew out of that stunt.

I have often wondered to myself if the many who hesitate to take up physical training, ever stop to realize how the various sense of fear and cowardliness gives place to fortitude and confidence in the process of reconstructing the body. This was one of the first assets I recognized to spring from my training. Before, I would cringe with fear, and even go around a block rather than pass one of my tormentors, even though he would be on the opposite side of the street. So much pampering in consideration of sickness had created within me that revolting weakness of self-pity. As I began to feel my feet on the ground, as it were, I refused to pass by any one. I grew confident, and with it came a degree of fairness which is so compatible with the true sportsman. I believed in being courteous and frank, and all the time grew stronger. My heart held within it a call that ever urged me, and told me I would never again know fear or be the coward I once was. I threw all those enslaving shackles off, and many have been the times when my confidence, fortitude and mental strength were demanded to a greater extent than my muscular strength. It has saved my life many times and often the lives of others.

I am so earnest in my desire to impress upon you the many values, both seen and unseen, that are obtained from a well-trained physically fit body, that I want you to go with me through one of my many adventures, when confidence in oneself decided the issue of life or death.

Now please don't get into your head the idea that I always was an extraordinarily brave man. That is not so. I do not esteem bravery, in most cases, as being what hero worshippers try to convey. It is only one of our natural gifts which we all possess, but like our undeveloped muscles, these senses need cultivation and stimulus. In another chapter, I will prove it again when I introduce to you Albert Shakesby, the great, but not famous, athlete evangelist; the man who was a match for Hackenschmidt, the man who outlived—now I am digressing in my enthusiasm, so let me get back and take you through the adventure that chills me to the bone whenever I think of it.

Just previous to this little adventure I had made the acquaintance of a husky seaman, who had the same passions as myself to see things. He had heard that eighteen miles from where we had docked, lay the remains of a once prosperous fishing town. It appeared that during the days of the buccaneers, this town was an ideal resort for them, on



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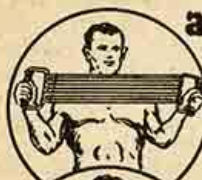
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account of its natural harbor, point of prominence, and general inaccessibility. According to history its people had always been engaged in free-booting. I remember on our visit seeing the remains of an old lighthouse, that was a couple of miles inland from where it should have been, and many harrowing stories are told about ships that were lured to destruction by the wreckers. Morgan, and the notorious Captain Kidd, had used this place of refuge at one time or another; but the place of interest was the natural cavern, which was jealously kept a secret for generations and named after Robin Lythe, a very early free-booter. We set off on foot together, early in the day, arriving at our destination some time about high noon. We were rather dismayed when we saw the great difficulties that faced us, and which had to be overcome if we wanted to see the object of our desire. The harbor was a natural cleft cut into the cliffs like a big bight. It was strewn with rocks, and the cave entrance was way out on the face of the cliff that fronted the sea. Nobody would let us have a boat, but after coming so far, we were determined that we were not going back without making some attempt to see this cave. We decided to climb our way out on the side of the cliff, after being informed that the tide was never low enough to allow walking to the site of this notorious place. Taking off our shoes and socks, we tied the laces, and slung them over our shoulders. It was some climb, believe me. One misstep would have plunged us to our death upon the jagged rocks beneath, around which continually swirled the hungry eddies. Climbing thus for almost an hour, we came to the entrance. By walking on the various ledges that gave us foothold we entered. It was a beautiful sight. The walls seemed to be all colors, constantly changing, and the water was calm but had a swift current. In many places we were obliged to almost double up, and the further we went in, the darker it became. Many were the bumps we sustained against the low roof. We finally traversed the cavern, which I would describe as more of a passage, and with great relief we stepped out upon the sands. Lying down to rest from our laborious, dangerous climb, our eyes began to rove around our surroundings. We had come to a hollow of the cliff that reminded me of an amphitheatre. Circular, the cliffs rose high and straight. On observation it was easy to see what an impregnable retreat this had been. We looked around, but were unable to find a point in the cliff that was scalable. The cliffs rose to a height of over 200 feet. We quickly tired of our searching, which disclosed nothing more interesting than the remains of a dead monkey, an old high boot, some old cooking utensils and broken boxes. These were in other caves that were naturally cut into the cliff, and no doubt used by the pirates as eating and sleeping quarters. Our ambitions satisfied, and well-pleased with our adventure we started to find our way out. To our consternation,

when we approached the passage we found the tide had risen. In our eagerness we had never thought of this condition. It was impossible to negotiate, as it was almost closed with the rising water. Previously we had found the walls unscalable, and we realized that we were trapped. What other method of egress the former occupants had, had been demolished, or naturally closed up by the sifting sands. We had to do some quick thinking before the floor of the amphitheatre was covered. I figured that a place so alive with cavities might possibly have some that went right through the cliff and penetrate into the harbor. I explained to my companion that the pirates would never have overlooked such an asset, the only trouble was whether the passage was entirely negotiable or not. For such a place, we looked. In our search we came to a small passage at the foot of the cliff that would just permit the body of a man, lying flat, to enter. I explained that here was our only chance, but my friend could not see it. He argued that it took me all my time to squeeze in when investigating and once we were in we might never get out. I argued that was the chance we had to take, and I was going to make the attempt no matter what he did. I began the passage. Lying flat upon my body I wriggled in, with arms stretched out in front of my head. It was terribly dark, and some parts were so narrow that my body was cut in many places. The air was suffocating, and I was quickly bathed in perspiration. I began to feel that I was choking from the stifling air and tried to back out, but as I did, my pull-over sweater was caught by the jagged rock roof of the passage. I realized I was trapped. Like a flash, the fear of dying like a drowned rat, or of suffocation shot through my mind, and a cold sweat gathered across my brow. It created panicky thoughts, but immediately I suppressed them and began to tell myself that if I had a chance to win, it could only be won by keeping cool. So my only chance lay in going ahead. I began to congratulate myself on not having neglected deep breathing and chest development. I certainly felt the value of good lungs in that congested space.

Inch by inch, I wormed onward. Some places were so narrow I had a terrible time squeezing by. Then other parts lacked depth, and I was obliged to paw the sand away. It was as black as pitch and terribly noisome. The sound of my labored breathing seemed to beat in the drums of my ears. I struggled onward with set lips. Then like a God-send, I felt the current of cool air. It raised my hopes. Then I saw a tiny light. How I struggled toward it, I can never describe. Every inch of the way was a battle until I came to the outlet and felt the salt spray beat against my face. I lay panting for breath, happily allowing the fresh air and salt water to saturate my being. Then I thought of my friend, I saw no time was to be lost as the incoming tide would soon close this only hope. Again

(Continued on Page 81)

The Most Important Thing In the World

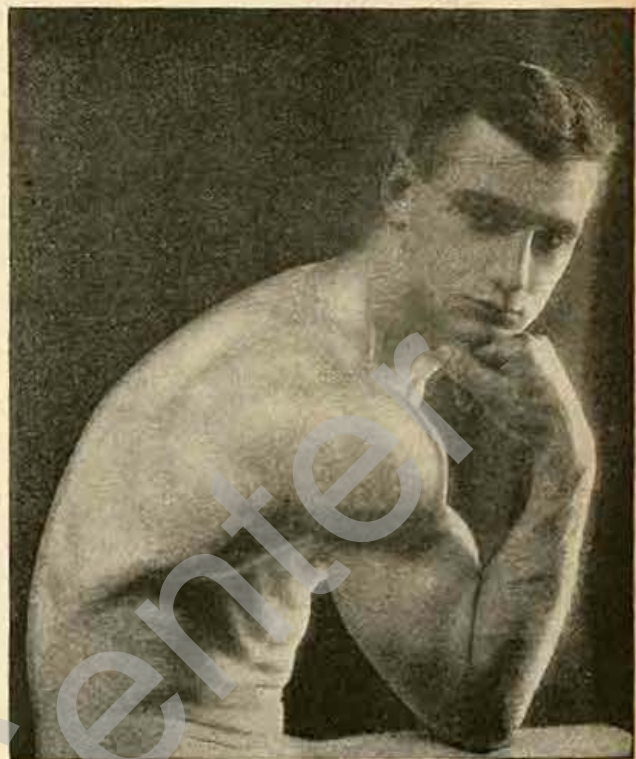
IS THE WAY YOU FEEL. Health means more than having just enough energy to get through your daily work. Real health means the possession of considerable muscular strength combined with great powers of endurance. It means that your internal organs are in first-class working order. It means that you are immune from temporary sickness and chronic disease which shortens life.

The Next Most Important Thing

IS THE WAY YOU LOOK. Your personal appearance counts for a lot in these times. It is nice to look well in a bathing suit; but it is far more important to be able to create an impression when in your street clothes. To have people exclaim, "My, what a finely built chap!" after one glance at the broad shoulders, deep chest, trim waist, and beautiful proportions which are noticeable even when you are fully dressed.

Your aim in training should be **NOT HEALTH ALONE, NOT APPEARANCE ALONE, NOT STRENGTH ALONE**, but that combination of all three which is the surest sign of real vigor.

I am looking for the man who wants to save time. The man who knows that he needs to improve his physical make-up, who has very little time to exercise, and who must have results.



CHARLES MacMAHON

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which contains a time-saving element found in no other course of training. The principal muscles are exercised in groups. There are but few exercises in each lesson and after you have mastered these exercises, you drop them and substitute the more advanced exercises in the next lesson. Under my tuition, you never have to practice more than a few minutes a day. The effect is so sure and rapid that:

- 1st. Weak beginners who can't even chin themselves with both arms soon find that they can easily chin the bar with one arm.
- 2nd. The stout beginners who cannot even reach their ankles can soon learn to bend over and put the palms of their hands on the ground without bending their knees (and incidentally reducing their waist girth by eight to ten inches).
- 3rd. That scrawny beginners soon find themselves gaining weight and shapeliness as a result of their increased digestive powers.
- 4th. The undeveloped beginners soon find themselves taking pride in their unusually large and clean-cut muscles.
- 5th. That non-athletic beginners soon find that they are in possession of the speed and strength that makes them winners in sports and games.



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- How to Rescue the Drowning.
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A Few Chapters from the Story of My Life

(Continued from Page 78)

I had to negotiate that awful trip, but I did it with a song in my heart. I found my friend terribly distressed; but even when I showed him the only way out, he flatly refused to make the passage. My clothes were torn and I was bleeding, and my eyes were bloodshot from the sifting sand. Finally I told him if he would not go with me, I would leave him, as I had no notion of dying unnecessarily. When he saw I was determined to leave him, he began to follow. Well, if my other two passages were trials, this last trip was worse. He almost went crazy. It is all right for some people to laugh when they hear of such a trial, and say what they would do, and all that, but they were never in such a place. Talk is cheap. I have run the gauntlet of steel and bullets more than once and one time, with a companion, we fought for four hours in a boat to break loose from the grip of a dangerous whirlpool. But then, we could see what we were doing, and we had more excitement to spur us on. Here it was like entering blindly a tomb in the bowels of the earth.

I had to keep talking to encourage my friend, and all the time he hung onto one of my feet. Once or twice it slipped from his grasp, and he almost went frantic, screaming for me not to leave him. The sound of his voice in that space was head-splitting, but finally we got out. I don't know how long it took us, but it seemed to be an eternity. The next thing for which we were to be thankful was that we had been seen making our climb out around the cliff side. The fishermen knew the conditions and had become alarmed for our safety and were out looking for us. They were amazed to see us crawl out of the hole in the side of the cliff, bleeding and exhausted, and glad we were to be dragged into the boat and be taken ashore.

My companion was physically a better man than the average. He had proven himself so on various occasions, but he fell down here. Of course, any one might have done the same, but what I am getting at is the fact that he recognized that it meant a lot to know your own capabilities. He recognized that training of mind and of the body was a natural co-ordination, and increased the efficiency of a man.

Some of you who read this may say that you will never have to face such a circumstance. Well I sincerely hope you will not, yet you never know what you may have to face. It was not long ago that thousands of men were drawn from peaceful walks of life, to be thrown into the maelstrom and horrors of war. It was the man who knew himself who made out the best; and the psychologists, and others who had charge of our national destiny, knew that physical training was the one thing that best equipped the soldier to meet all emergencies.

If a man is capable of meeting the extreme test with fortitude, he certainly will be more efficient to meet minor tests. Most weaklings are cowards, because they lack the material with which to back up their will.

Just sit down a few moments and question yourself honestly. Search your heart thoroughly, and I am sure you will agree with me that there is much to be improved in yourself. Even if you are athletic, you can never keep up the standard of fitness unless you stick to a few minutes of practice. It amply repays you for the time spent.

I never regret the many hours devoted to this practice. It meant a new lease of life to me, and as I draw this chapter to a close let me say that such splendid specimens of humanity as Sandow, Maxick and Pullum all traversed the same road to secure what they got. They were not miracles, although it may appear so. Just remember them, and let their lives inspire you, as I was inspired. Everybody has the same chance, and the man who is normally healthy, really, has no obstacles to face.

Perseverance, patience and determination will be repaid in untold wealth, health, strength, self-reliance and fortitude.

The Easiest Paths to Beauty

(Continued from Page 24)

given to them and do it quickly or they leave. Thus the chorus girl must work, work, work. Keep everlastingly at it, else it is curtains for her. What a wonderful lesson the rest of you girls can learn from them. So in the future please don't condemn them.

Boxing 50 Rounds at 50

(Continued from Page 35)

chance for a young fellow like him seemed too good to pass by. Even before the United States entered the conflict, he grasped opportunity by the forelock and enlisted in the Navy, certain that action was coming. Then he transferred to the army and was detailed to serve with the First Field Artillery as athletic instructor.

That, in brief, is the career of one of those ring veterans of whom the world rarely hears, one who has stepped out of the limelight long since and now comes back to refute any claims that the ring is a spoiler of men. He is a hardy man today, a man of mental quality, holding three college degrees, a man whose hobby is historical research, a man of fine physical attainments.

His recipe is a simple one. He is a great believer in simplicity in all things and in exercise. Each week he boxes at least ten rounds in a gymnasium. Each day he goes through a few minutes of shadow boxing. That makes for agility, spryness, keeps him limbered up. And he never rides when he can walk. In five years he was in trolley cars twice, and he avoids the automobile except for long trips.

Twenty-five years ago he stepped into

What Size Kimono Do You Wear?

The trouble with half the men you see is they THINK they are real MEN—but when it comes to a show-down they just wear pants—but that doesn't make them men.

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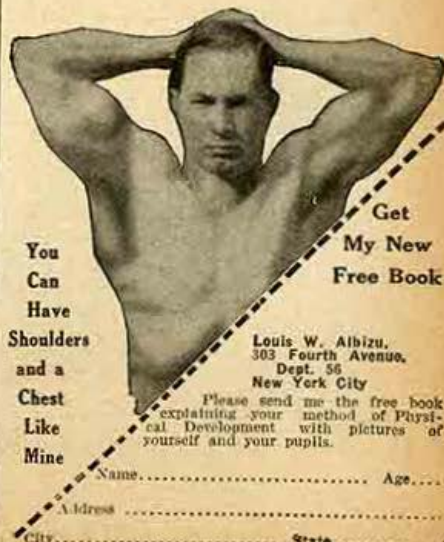
There's many a fellow who might as well wear skirts for all the man-power in him. It takes more than clothing or the need of a daily shave to be a genuine man. Just look around you and see the pasty-faced, flat chested, round shouldered, weary looking half dead fellows—poor imitations of what they ought to be. Look at yourself. You can't be proud of your body as it is now. You can't be satisfied to break out into colds every time a little breeze comes along, or to wheeze like a broken down machine if you run a few hundred feet. I'll show you the easiest, quickest way to add inches to your muscles and your chest, to bring your body up to its best form, to fill your system with energy, stamina, and superb health.

Kicked Out of the Army

My own story proves that I can help make you everything you want to be. When the Army was taking in almost anything that wore pants, I was kicked out for physical unfitness. I was such a poor, anemic substitute of a man that I was given up as hopeless. I was so ashamed of myself that I tried every kind of physical culture method known. I got so sick and disgusted with them that I decided to find my own way out. In less than six months I discovered an amazing new method that made me over from head to foot. I was a new man, strong, sturly, vigorous. From that day to this I have never known a sick day. And I have been teaching my system so successfully to other men that Thornton Fisher, the famous sporting authority, says my method is the best MAN-MAKING course he knows.

Get the Facts—Not Bunk

There isn't enough room here to tell you all about my system. But get my free book. It gives you the real facts. It shows proof that I was kicked out of the Army as unfit. You will see me as I am today, with muscles and chest that any man would be proud to have. You'll see latest pictures of a few of my students. You can learn all the facts about my remarkable new system. There is no other body building method like it. It works on a brand new principle. No springs, no rubber exercisers, no weights. My apparatus is so light that even a child can pick it up with one finger. But it automatically adjusts itself to anyone who uses it, automatically makes you use your full strength on it. Get my book now. It's full of facts that will open your eyes. It gives you full details about my method which is so far above everything else that at the 1925 Paris Exposition it was awarded the GRAND PRIZE AND MEDAL. The book is yours—free. Send for it. Just mail the coupon. LOUIS W. ALBIZU, Dept. 56, 303 Fourth Avenue, New York City.



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the ring to fight heavyweights when he weighed around one hundred and forty-five pounds. Today he weighs one hundred and fifty-four pounds, and when he enters the ring again to box those fifty men fifty rounds on his fiftieth birthday, he expects to weigh one hundred and fifty pounds. For experimental purposes his pulse, respiration and blood pressure will be taken as he enters the ring and after the fifty rounds of boxing are over. It is his aim to prove that a man at fifty should be able to undergo the most strenuous of tests without unduly taxing his body, if he has kept in condition by sane living and constant exercise.

Dr. Oebbecke has a son, a strapping young fellow of twenty, who is a living tribute to his father's belief in exercise. When the boy was born prematurely he weighed three pounds, lacked toe nails, finger nails and hair and was apparently destined to a sickly life as a weakling, if he lived at all.

As he grew, even while still a tiny tot, his dad began a systematic course of exercising him. Each day he tugged and wrestled with the little fellow, made him grapple and struggle, lift and push, and also made him walk a great deal. Now the boy is a fine young giant. According to Dr. Oebbecke nothing but that wrestling and tugging, which developed his muscles, created an appetite and made him breathe deeply, and the walking thrown in for good measure, could have made the youngster the fine physical specimen he became.

But even today the son can't compare to the father with the padded mitts. The whitish gray-haired man who fought in the days of bare knuckles and skin tight gloves and who fought them as they came, hundreds of them, is still a fast 'un with the gloves, and he can hit. Kindly, a student, a man whose language is precisely correct, he speaks for many when he says the ring does not wreck the man unless the man is quite willing to be wrecked.

American Continental Weight Lifters' Association Notes

(Continued from Page 44)

Hedlund, make the silver award in the middleweight class on the five A. C. W. L. A. lifts, totaling 799 pounds.

State representative, Dill, of Oregon, reports that A. Gildroy, of Sunrise, Wyoming, at 134 pounds raised 449 pounds in the Two Hands Dead Lift. Some lift for so light a man, but this is not claimed as a record as the feat was performed impromptu, which is to be regretted.

Our new representative for Massachusetts, Donald E. Mitchell, of Easthampton, is one who is going to make things lively for the heavy middleweight division. He is showing remarkable ability. A few of his lifts will prove interesting to members and readers alike, although so far he has made no official attempts on records. In the Two Hands Clean and Jerk he claims a lift of 265 pounds. Two

Hands Slow Press 189 pounds, and 216½ pounds in the Two Dumb-Bells Clean and Jerk. Fine promise, boys. You old heavy middleweights will have to step out, for we are hearing of others like Mitchell and Gauss, who are breaking into the top notch class.

An interesting incident happened on Saturday evening April tenth. Mr. R. E. Mack put on a show for securing funds for a gymnasium at St. Joacomes' Church and K. of C. Club. Mr. Mack gave his first exhibition for a number of years, tearing decks of cards into fractions and bending nails and biting them in two, to the joy of his many friends. Mr. Jowett performed, and on the stage was a huge old-fashioned globe bar bell that belonged to Mr. Mack; the weight is claimed to be 240 pounds. The handle was terribly thick, and its object was to stump the strong men, which it did, but at the close of his turn, Mr. Jowett without ever having touched it before, pulled it in clean, and military pressed it three times in succession before everyone. Our president does not desire to claim it as a record, because the necessary officials were not officiating at that time although all swear to the perfect manner of the lift and the weight. Anyhow, it looks as though our leader is going to be successful in his proposed Two Arm Military Press of 250 pounds.

President Jowett is working hard to pull off a world's amateur Sesqui-Weight Lifting series, at the Sesqui-Centennial Games in Philadelphia. If he is successful, the dates will be the nights of June twenty-fifth and twenty-sixth. Col. Dieges and Dr. G. Orton, directors of the Sesqui games, are doing their best to make it possible. So let us wish him luck boys, and if you do not see any notice of it, write in to me for the information. However, all state representatives will be informed as soon as we are certain of the results.

Oh! listen, boys, I have a real story to tell you. A few weeks ago a strong man, by the name of Alex. Fox, invaded the camping grounds of Coney Island, which our great brother member, Warren L. Travis, considers only his. This boy was giving an act that was composed of stunts like lifting on the back, and in harness. Regular Travis stuff. Warren heard of it. He didn't even wait to put on his collar. He raced right down to the theatre where this fellow showed who was stealing his stuff. The newest "strongest man on earth" was right in the midst of his mighty feats when our brother member burst in. He charged down the aisle like the bull of Basaan, shouting defiance and hurling dollars to back up his claims. But, when Alex saw who it was, he became true to his name of Fox and hunted his lair, leaving Warren L. smiling and happy in his sudden victory. This is not hokum. It's a fact that the police had to be called in to restore order. Nobody is going to kid the public around Coney Island, that they are the "strongest" while our own W. L. Travis is in the weight-heaving profession. We only wish there were a few more like him.



Frazzled Nerves Mean SLOW SUICIDE!

I've Found a Way to End NERVE Troubles—Forever! Here's the Secret!

THOUSANDS of men and women are actually committing slow suicide—without knowing it. Although seemingly in perfect health, their sick nerves are gradually weakening them—making them a prey to Nervous Exhaustion—leading them slowly but surely to the very brink of complete breakdown and collapse!

Yet day after day my method is rescuing great numbers from Nerve Exhaustion and bringing them quickly back to health.

It is ending nerve troubles once and for all.

It is stopping the nerve leaks that waste vitality.

It is banishing the nervous irritations that make life miserable.

It is ending stomach troubles, constipation, dizziness, self-consciousness, troubled dreams, gloomy spells, and many other symptoms of nerve weakness.

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And I now offer you my same, simple, natural rules—through which you, too, can gain amazing relief from nerve worries.

The Cause of Sick Nerves

Over-active emotions, worries, intense concentration, domestic and

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Tonics or magic systems of exercise can never restore sick nerves. To regenerate lost nerve force you must understand the action and abuse of nerves—the natural laws of nerve fatigue, of mental and physical relaxation.

Read This Book

Based upon many years of study, I have written a book, "New Nerves for Old," in which I give easy to-follow rules that have already enabled thousands of people to regain lost nerve power. It shows clearly and simply just how to bring back the glowing, vigorous health of youth.

"New Nerves for Old" is invaluable to you—a treasure of knowledge and health—yet costs only 25c, coin or stamps. Mail coupon for your copy NOW. Address Richard Blackstone, 26 Flatiron Bldg., New York City.

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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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Among the many wearers of the A. C. W. L. A. buttons who have won athletic glory in various sports, besides weight lifting, comes another who is hailed as the Adonis of the Pacific Coast. Walter La Berge secured first prize over eighty-one contestants in a recent Apollo Belvedere contest in San Francisco, as having the most ideal male figure. We certainly congratulate our western brother on carrying the gospel of the A. C. W. L. A. to the front by his recent victory.

At the time these lines are printed, another weight lifting match will have become history. The Klein-Matyssek clash is staged for the night of May first in Philadelphia, to contest for the heavy middleweight championship of America. We hope there will be no more postponements, as our president has worked hard to clinch the match, and middleweight champion Klein has been always eager for the fray. May the best man win.

The Philadelphia show on June fifth is to be veteran's night. Only old-timers will participate. So far we have booked up John Y. Smith, of Boston; Oscar Matthes, of Lawrence, Massachusetts; "The Miniature Sandow"—Dr. Raftery, R. E. Mack, Rufus Taska and last but not least our famous president, George F. Jowett.

Even the loaders are going to be old-timers. It is going to be some night when the men of the old brigade turn out. Every first Saturday in each month this year will see a show held in Philadelphia at our regular address. All members are admitted free on showing their membership card, non-members will be charged a door admission of fifty cents. Make up your mind to see some of them and bring your friends.

In closing my notes for this month, let me tell you that the remarkable volume our president has just written is the most wonderful of its kind. Of all books ever written on strength, exercise and muscle culture, this is the epic. It will be your greatest treasure. Don't miss your copy, he wrote it for you and me, and dedicated it to us all, proving in his big sportsman's heart that he is what he always has been and always will be, our friend as well as our guide. We owe it to him to appreciate this valuable volume, and my copy cannot be bought from me at any price.

The Mat

(Continued from Page 60)

Editor of the Mat:

I have left you alone without bothering you for some months back now, but here I am at it again.

First of all: Charles Moerki, the Deutschman, is some guy!!! 5' 2" and 220 pounds!! You were right, Mr. Jowett, some two years ago when you told me that there were in this world of too-much-radio-and-too-much Einstein theories and all that bunk, still some left like those shown in Des Bonnet's *Kings of Wrestling and Kings of Strength*; yes, indeed, you, Travis, Moerki, Swobada, Steinbach, "Hack" (who is still alive, I reckon), are the gentlemen of strength in this radio-



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mad 1926, 1927, 1928, and all the years to roll by.

But (there is always a big *If* in everything), the world needs another John Grun, of Luxemburg, who would break one, two, three, four, five, and keep on at it, twisting those horseshoes! Vansittart, who would take those spikes and bend them! and burst tennis balls with a blow of the hand!

We have you now, and a good many others that even you do not know about in India, or for that matter, in the Martinique Island French Colony (where Anglio Anastacio, the negro Des Bonnet tells us about in *Kings of Wrestling*, was born, according to him). Please recall again Abdullah Jeffery, another of the colored fellows, and that picture of him, with his forearm, but I hear you right now, "they are no good."

As you yourself said in one of your articles on *Wrestling Tactics*, the game of the mat is an endless story. Sure it is, but Abdullah Jeffery, or Anglio Anastacio, or any of those negroes would surely end it for their opponents in a match, I mean to say an honest-to-goodness match.

However, in 1926, just for this or that reason, we do not find any colored wrestlers in the United States at least. Mr. Jowett, would you please write a good article about the colored wrestlers you know. Perhaps you will tell us right away that most of them were no good.

Trusting that I have said enough, and apologizing for taking so much of your time with my letters, and assuring you that I expect to read something good in the magazine of your collaboration, I am,

Very truly yours,

J. I. G. R., Monterrey, N. L., Mexico.

Can the Orient Produce Men as Good as the Occident?

Before the reader attempts to analyze the above letter I must ask him to accept the statements as constructive criticism. Mr. R—— does not have any desire to conjure up any destructive elements. I know from past correspondence that his letters convey just a different method of seeking information. When the reader has concluded his perusal, he will no doubt believe that our friend from Mexico believes I am a set-minded occidental.

I am sure that all my readers, along with Mr. R——, are satisfied that I am fair-minded enough to discuss any subject upon its merits, and argue upon the constructive side and accept the conclusion irrespective of any prejudiced idea that popular opinion may have. So far I have been able to satisfy Mr. R——, but he has a firm belief that I would not consider for a moment the oriental as a fitting contestant for strength honors. That is not so. A sportsman is only a true sport when he is willing to consider his opponents fairly, irrespective of creed or color. I hope I am a true sportsman, for never in my life have I been accused of lacking consideration for my brother athlete because he did not happen to be born of my country, race, or creed. I admire a man for what he is, be he black or white. But our controversy here lies in the belief of our friend that the dark-skinned race is superior to the white, and my positive knowledge that they have never proved it. Yet, that does not mean the oriental races never pro-

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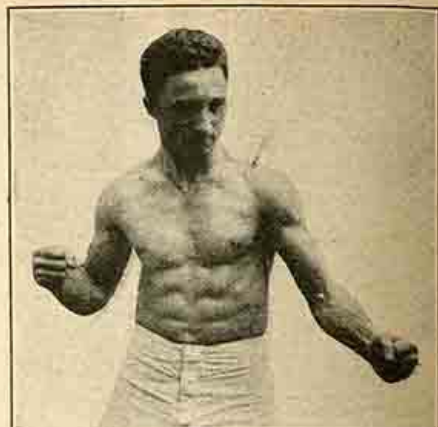
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duced any good men. They did, and I have had the pleasure of knowing many of them.

I cannot say that the negro has been as prominent in asserting his strength or wrestling abilities as other members of the dark-skinned races, but I know that Jack Johnson was very strong, as was Sam Langford, and I know of stronger negroes than either, but on the whole they are very scarce. Whether it is that the sport of lifting weights and wrestling does not appeal to them like boxing, (which is the one sport in which they seem to excel) is very hard to say. This being the case, there is no method of proving that they are physically as good as the white man. We just have to suppose, which is always a very unsatisfactory method of decision.

My personal observation of the negro is that the average is much below the white man's standard in either strength or energy. As a matter of fact, they do not come anywhere up to the standard of the natives of India or Turkey. These two countries truly have produced some wonderful men. I can mention quite a few with whom I was familiar years ago. I like to remember two or three Hindoos particularly. Among them was the wonderful Buttan Singh. This native of India was only a middleweight. His body weight never went over 161 pounds, which, in the old days, was the middleweight limit. Now it is a much lighter poundage. Singh was as slippery as an eel, but he never equalled the best middleweights of that period. Yet we would not call him a second rater, as he was always dangerous. He had some very interesting feats of strength that he used to perform, principally an act in which he used a pair of huge indian clubs. He liked to invite athletes to try and swing them, and offered a monetary reward to any who were successful. Incidentally, I never knew of any man being successful. The clubs weighed 100 pounds each, but, believe me, that Hindoo knew how to swing, twist and whirl them. I used to be considered pretty proficient with the giant club, which is a single club of any weight over 100 pounds, generally made suitable to the athlete's strength. I could swing a pretty heavy one, but could not handle the working end of my dark-skinned friend's pair of 100 pound clubs, but in all other tests of strength I was his master. Yet, he was like a steel band, just as snappy and just as strong.

Then there were the big Turks. Madrali and Yussif Mahomout. They were both prodigiously strong. Although Hackenschmidt twice defeated Madrali, he claimed that Madrali was one of the most powerful men he ever handled. But there is no doubt in my mind that Mahomout was much stronger than Madrali. Everybody seemed to be afraid of him, which left us in the dark as to his real merits. I have heard some remarkable tales of what he could do, from reliable sources at that. It was claimed that he could sweep 300 pounds off the ground to arms' length overhead with no apparent exertion at all. I personally wit-



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BEFORE AFTER

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nessed some of his wrestling workouts and it was no uncommon sight to see him handle two men at once. With one arm around each he could hold them powerless, but so could Cyr for that matter, but he was not so fast owing to his huge body weight, and such fast workers of that time as Hackenschmidt, Gotch and the Bux brothers, might have beaten him. I believe that Gotch did throw him, and I know that Mahomout was in Gotch's camp when he was training for his last match with Georges. However, for all-round ability the Bux brothers took my eye. Ahmd was the elder and the best of that troupe that came over from India. He stripped a little over 200 pounds and was both fast and strong, and did some good work. I saw his brother, Iman, quickly polish off some good heavyweights, and he weighed only about 182 pounds. Wrestling was on the wane at the time of their appearance, and with all due respect to these splendid athletes, I could not see them being such world-beaters. I believe Ahmd would have given Hackenschmidt and Gotch the battle of their lives, but I believe the white men would have won.

On the same team was another wrestler by the name of Gama who was at that time showing great possibilities. Then he was not the master of the Bux brothers. Whether he has defeated them since, in actual contest, I cannot

definitely say, but I see that Gama is now the recognized champion of India.

I remember Frank Crozier, the Jamaican black, when he threw the wonderful Joe Carroll (both middle-weights), but there was little honor attached to this, as Carroll at that time was around fifty years of age. Crozier was later defeated by an English wrestler.

The thing in my mind is this: if there were any men with any exceptional ability along these lines, they would have been introduced to the American public long before this. Promoters have men out all the time looking for such prodigies, but none yet have been brought forward. Undoubtedly there are some unusual strongmen among the orientals, but any I have ever seen never impressed me as having the versatile abilities of the white man.

Years ago when I was wandering around the world, I had the opportunity to study these men at first hand. My knowledge on physical race questions is built upon those observations. I learned much from the various races, and some time I intend to talk to you, through the medium of my pen, of some unusual evidences that will be of great interest to you all. But the negro and the oriental, as a race, are not in the picture where the occidental is concerned in seeking prodigies in strength matters.

What Causes Headaches?

(Continued from Page 54)

nature's own forces.

Good health, as you know, is a state of the human body in which every organ or part of the body is functioning normally, just so long as this state of structure exists. Good health is necessarily the result. No disease can or will exist until some of nature's forces have been disturbed in some way. Disease then may be termed as any deviation from the normal. I take the position that there is but one primary cause in any disease; of course, there may be many, many secondary or existing causes which may result in what we term disease, but no disease can develop without the first or primary cause—**toxemia and cancer are no exception to the rule.**

Birthmarks

Suppose we now take the condition of birthmarks, which appear in two forms: one the pigmented and the other the vascular form. Either kind may or may not be raised. Pigmented marks are seldom raised, and if at all, very slightly above the surrounding skin. The vascular or capillary marks may or may not be raised, and they sometimes appear as nodules of varying sizes, from a small pinhead size to a large nodular mass.

Since there is no cause known for these marks, all that we can do is to remove the disfiguring or unsightly growths.

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Hygeia, March, 1926.

Acute Tonsilitis

Acute tonsilitis, as you know, is a diseased condition of the tonsils and is usually due to colds and irritations, and if we know no more about the cause of tonsillar diseases and how to treat them other than to recommend surgery, we certainly do not understand the laws of life. To say the least, we are not applying the basic principles of the treatments required.

Taking out tonsils, in my opinion, is done too frequently, and removing them is only removing a symptom and leaving the cause of the diseased tonsil untouched. It would be just as scientific and reasonable in the case of inflammation of the small intestines of



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the stomach to remove the colon, or in a case of laryngitis to remove the larynx.

When we look into a throat and find diseased tonsils, we should ask ourselves this question: why is the tonsil in this condition? If the tonsil is filled with pus, again ask yourself a question: why this pus? And, again, if you examine the germs of the diseased tonsil through a microscope, ask yourself the same question. You know that it is generally agreed and understood that germs cannot multiply in healthy tissues, and that before germs can develop there must first be a suitable soil. This being true, then we must look for the primary cause and remove it. All diseases have as their primary origin toxins or accumulations within the tissues of the body, and whatever may be the condition of the diseased tonsils, that condition is the result of toxemia or poisons in the body.

Did you ever see a case of acute tonsillitis which did not have an extreme toxic condition, with a very foul breath, a badly coated tongue and even a general body odor as a result of the toxins or poisons within the body? One may say or reason that these toxins are due to or are coming from the germs, but this is not true. All germs live on filth, so why reason backwards. Why not reason from the base up or from the cause to the effect, and then apply treatment accordingly?

The truth about all tonsillar diseases is that the condition of the tonsils is brought about by the wrong habits of living, and if nothing more is done for the patient than removing the tonsils, it is only a question of time until something else will develop in some other part of the body. However, this is not true in all diseased tonsillar conditions, as sometimes the removal of diseased tonsils has a tendency to correct other ailments found in the body. No doubt, rheumatism and other conditions have proven to be the result of diseased tonsils, and only in rare cases has any disease developed after the removal of diseased tonsils.

Reference Dr. A. N. Mittleman,
STRENGTH MAGAZINE.

Atrophic Rhinitis

Atrophic Rhinitis is a rare, chronic disease found in the nose, and it usually begins in childhood and as a rule lasts throughout life. This condition varies much in severity as it becomes milder as the years go on. Complete recovery probably never occurs in any of the definite established cases. The cause of this disease is not known.

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Urinalysis

Your

U—ric Acid
R—heumatism
I—nsomnia
N—ephritis
A—lbumin
L—aziness
Y—outh Destroyed
S—ugar
I—ndican
S—luggishness

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thick crust to the inner surface of the nose. The odor is often foul, although the patient himself may not perceive it. The nose may feel irritated and uncomfortable. Complications of this condition may occur. The most common complication is the extension of the disease into the throat, back of the nose, and even into the larynx and also into the throat, therefore causing a hacking throat cough, due to the irritation of the sticky secretions, and at times hoarseness is common. The general health is impaired by the disease, sometimes little and sometimes considerably. The disease, as a rule, is not contagious, but swimming aggravates the condition and as a result may lead to severe complications involving the ears and the sinuses.

The non-surgical treatment consists of cleansing the nose, followed by the use of mild antiseptics which tend to correct the general intensity of the disease, and the danger of complications will be much reduced. The methods of douching the nose with mild antiseptics that require the head to be thrown in a backward position are dangerous to the ears and, therefore, should never be used.

The surgical means of treatment in such a condition is much less commonly called for. Surgical treatment is mostly carried out in order to treat complications affecting the nasal sinuses, and such treatment may be of the first importance. Another principle of surgical treatment consists in methods aimed at filling up partly the abnormally large breathing space. Such methods are sometimes helpful, but they are not as yet commonly employed.

Journal Hygeia, March, 1926.

Beach Athletics

(Continued from Page 52)

I could go on and on and narrate innumerable stunts that I have seen performed on the beaches of this country, but my time is limited now and you will want to hear just how our hero made out. But before I go back to my story I must tell you how, you too, can give a performance on the beach and thus win the admiration of the throngs.

You have seen flip-flaps and hand-spring performed on the stage and in the gymnasium, but a series of them performed elegantly on the beach is a rarity, simply because the sand gives way too much. This has a tendency to throw the performer off his balance and frustrate his attempts at a feat. It takes much practice to master this obstacle if you are desirous of inspiring an audience, for the sand impairs the speed necessary to the performance of the stunt. Thus when you see a difficult stunt performed cleverly on the wind-swept sand, you should be doubly appreciative, for the athletes are severely handicapped by the absence of a firm surface to aid in the spring.

There is a wide and definite difference between handsprings, a few of which usually draw a cheer from a vaudeville audience, and flip-flaps.

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Next, two more fellows kneel on top of them with their knees placed conveniently on the broad of the backs of the understanders. On top of the last two squats the top-mounter, who may perform a head stand to vary his position. Flanking the group, the most able head balancers in the crowd should do a headstand with their heads facing outward from the respective sides, or in other words, with their backs inward. There should also be a head balancer in front of the group, facing inward in a like manner of the two on the outward flanks. Now when every one is set, give your favorite college yell, and at the end squash down into a heap. This can be done by the understanders dropping from the kneeling position to a flat position out on the ground. This brings those on top down and the headstanders topple over inward on the sprawling bodies. It is an exceedingly funny stunt for the crowd to see, and since no one can hurt themselves, much of the kick is derived by the performers.

Now I must get back to my immediate story. Oh, yes! Our hero was engaged in a performance with his boon companion on the beach.

After our hero's friends had finished with their performances, consisting of tumbling, hand balancing, running, jumping and one foot pitches, and finally pyramids, they settled back to watch him demonstrate his prowess. As I mentioned before, the variety of stunts that he presented was entirely different from those of his friends. He commenced with several artistic movements with the gliding grace and poise of a dancer. His superb command of balanced awed the one-lookers and his strength was marvelous. He lifted his friends aloft with ridiculous ease and performed graceful and sinuous motions with them while supporting them.

During the course of his extraordinary demonstration as he lifted one of his friends in an exceedingly difficult feat, and was about to execute a number of sweeping motions with him, his attention suddenly became diverted by a dazzling figure in white, standing among the audience on the boardwalk. His eyes gazed into the depths of two sparkling brown eyes. Eyes that seemed so different than any other brown eyes in the world. He halted in his stride, as if petrified. His friends, noting the sudden change that came over him, looked in the direction of the disturbance and to their amazement, they beheld the dazzling figure in white, that transfixed the performer.

Before any one realized the situation, the body of the man supported aloft, was propelled through the atmosphere as if shot from a cannon. He landed with a thud in the sand, and sprawled there in bewilderment. The crowd laughed. In one mighty bound the young man cleared the intervening space between the boardwalk and the beach and stood confronting the exceedingly pretty girl in white. It was the girl whom he had come to care so much for, on the train. She had

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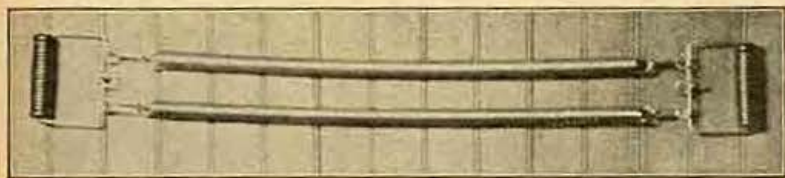
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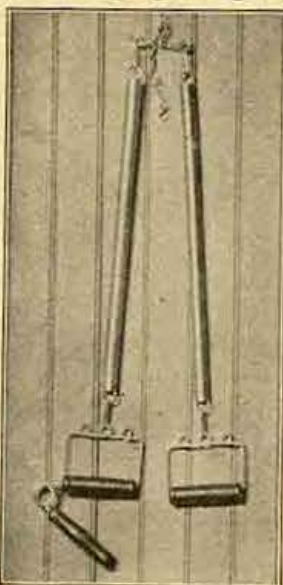
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come back into his life. Fate was kind and now he meant to hold her.

For the sheer delight of her he could not speak. And she? She laughed with a little catch in her throat. Her indifference was gone now, as she chatted amiably with him.

So taking her by the arm, he left the crowd to wonder at his peculiar behavior. It was long afterward before the throng of people grasped the significance of it all, and when they did, their ribald fun and mirth over the unforeseen denouement was spontaneous.

Thus my little story ends and aside from the romance of it, you will find it well worth your while to become proficient in your athletic line of endeavor. Avail your self of the expanse of the beach. You will not only build up your body in every way, but you will come to be the idol of the thousands who come to the seashore for rest and entertainment.

Developing Shapely Muscles

(Continued from Page 31)

naturally long-tendoned and others are not. But correct exercise can at least partly offset long tendons and knotty muscles.

Take the well-known curling exercise. In this exercise you stand erect with the arms straight down at the sides. Then, by bending the arms at the elbow, bring the fists up as close to the shoulders as you can and lower again, repeating this until the biceps feel fatigued.

I have found that if one curls with the palms up every time he does this exercise, it is likely to knot the biceps and lengthen the tendon. But if you make part of your curling repetitions with the thumbs up or with the fingers down, you lengthen the biceps and shorten the tendon.

Of course, the tendon becomes invisible in the latter variations because the forearm bones are twisted around, bringing the tendons with them. But the biceps will be contracted in its longest state and not its shortest, as when the fingers are up.

Furthermore, long movements of this curling exercise should be made in order to stretch the biceps as well as contract it. To do this, you straighten the arms as much as possible when the hands come down.

And this stretching is one thing that will keep all your muscles from knotting too much and becoming ugly. Put it into every exercise.

Often it is a fellow's neck that is underdeveloped. Your neck is an easily readable sign to those you meet every day. Does yours spell weakness, average strength, or real power? You certainly don't want every one to set you down as a weak person. It is too much of a hold-back in the matter of getting ahead. Or why be satisfied with just being average in power? You've got to get above the average. Why not have a neck that indicates power, but develop the rest of your physique also, of course?

Some have necks that look fair from the fronts but thin from the sides. Others have necks that look good from the sides but not so good from the fronts.

Most men, however, have necks that look little more impressive than a chicken's. These necks may be round, but have the appearance that they must bend with the strong breeze.

Now, if your neck looks bad from the front, you must develop the muscles of the sides of the neck, which, naturally, will increase its width. If your neck looks poor from the side views, then exercises for the front and back must be specialized upon. Finally, if your neck is just thin, which it is most likely to be, then you need exercise for all the muscles.

Here is a very good exercise for the neck which I, myself, have used and found very beneficial. Lie across the bed so that the head, neck and upper part of the shoulders extend over the side. Then move the head up and down, from side to side, and also use the twisting motion. While lying on the back, this will develop the front of the neck; if on either side, it will develop the sides of the neck; and if you lie on your chest, you will develop the back of the neck. To make this more strenuous, tie a strap or towel into a loop and hang it over the forehead. To the end which is towards the floor, fasten ten or fifteen pounds and then go through the same movements as before. If it is too difficult, you can assist the neck by lifting the weight as much as you care to with the hands. If you will do this until you tire the neck thoroughly, I know you will find it a very rapid developer.

Now look yourself over. Pick out one or two weak spots in your muscular armor and make up your mind to improve them greatly.

The Most Popular Gymnastic Apparatus—The Flying Rings

(Continued from Page 38)

slowly with the arms straight, until the hands and shoulders are on a level, and then retain this position. The effort in trying this feat has discouraged many, but as you might say, there is a "knack" to it. Well, I don't know, if there is, but certainly it will be worth your while to practice the feat.

When a ring performer does a handstand on the rings, he is accomplishing something; for to do a handstand on the flying rings is just about fifty times more difficult, and then some more, when doing it on the ground. Jerry was a pretty nifty boy, and he certainly was not afraid to attempt anything. One of his best stunts was the dislocation performed when he came to the end of a terrific swing. He would swing his legs up with the momentum of the rings, over head they would travel, and simultaneously he would arch his back, twist horribly around on his shoulders, which would revolve sickly out of their

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sockets for a moment, allowing his body to make a complete revolution around the joints.

After a close examination of the development of Jerry I am convinced that training on the rings is worth while, and I heartily endorse training on them. Not only are his muscles developed to a superlative degree, but his skill and courage as well are wonderful. It was always a pleasing entertainment when he would demonstrate his intrepid feats of skill and dexterity. The flying rings offer much to one who persists in mastering their complications, and if it were not for my "glass" shoulder, I'd be cavorting through the air today; for if there is anything that pleases me more, it is the performing of dare devil feats while on the flying rings. I wish I were an eccentric performer on them. Then I could add to my bag of tricks when rendering a performance. I admire the fellow who has the "guts" and the "nerve" to perform the giddy gyros of the loops, and I dare say you do too. Every one sometime or other wishes that he could thrill a multitude with a nonchalant performance of dangerous and giddy feats, and sometimes when I see an aviator doing the loop the loop with his plane, I wonder whether I would have the nerve to do the same. The best that I can do for you today, friend, is give you some advice. Your shoulder and the rest of your anatomy probably is "okay," why not start in training on the rings now? Muscular development, strength, skill, courage, all these are yours. Then why not train? But, "boy" you have to persevere, else you will never, in this wide, wide, world get anywhere.

I wish my shoulder were all right—I'd start over again. Bet your life! However, I must nurse it along, and perform other stunts. There are some stunts I still can do, but they are not on the rings. For anything that puts the "old" shoulder in an uncomfortable position, I studiously avoid doing. Anyway take a "tip" from me, it will pay you a hundred times over to try your "hand" on the flying rings.

Health—Strength—Beauty

(Continued from page 56)

The one leg squat, if done correctly, is very effective for developing the inside of the thigh. When I say "if done correctly" I mean with the foot flat on the ground. Do not squat on the toes. When you squat down with the foot flat you bring an extra tension of the muscles on the inside of the thigh. Also make sure that your toes are pointed straight forward and not out to the sides. It will be very difficult to do the one leg squat in this way, but if you persist at it you will be more than repaid for your efforts.

The following exercises will aid you in building up your neck and breast and arms: Stand erect; head up; chin, chest and toes held in a vertical line, arms outstretched and feet together. Raise arms up sideways, palms out, and rise slowly on toes at the same time, inhaling deeply, then bring the arms slowly down

and lower the body at the same time, exhaling forcibly.

Stand with the body perfectly straight and arms extended at shoulders, palms facing front. Bring arms to meet in front of the chest with a quick slap, then swing back as far as you possibly can, striving to touch the backs of the hands and holding the arms as high as possible. The swinging of the arms should be done with force. In time you will be able to make the palms of the hands meet in back of you. This is especially good for the bust, shoulders and arms.

A good one for the shoulders is this: Bend arms over shoulders, hands clenched, then slowly turn and bring the arms forward, still holding fists over shoulders, and try to make the elbows meet in front of you. At first you will only get the elbows half way, but with practice you will soon get the elbows to meet.

For your arms practice the floor dip, or if this is too difficult, begin with the chair dip.

Do these exercises every evening, spending from twenty minutes to one-half hour on them. Remember that to have health and beauty you must work. So persevere with these exercises, pay attention to your personal hygiene and diet, and you will gain in personal charm, health and happiness.

The Abdominal and Side Muscles

By Prof. B. H. B. Lange
(Continued from March Issue)

For purely exercising purposes, use a light weight. Twenty pounds will do. The practitioner should stand at "attention"—heels together, toes out a little. The right hand holds the bell at shoulder height, but more towards the front than the side press exercise. The left arm should be held straight along the left side of the body. Then, holding this position, body perfectly erect, the performer should slowly press the weight upward to full arm's length; then, still keeping the military position, he should slowly lower the bell till it is at the shoulder height position and repeat. At first, three repetitions are sufficient for four exercise days. Then he should increase by one repetition until able eventually to reach the maximum of ten repetitions. By this time the performer's strength should have increased enough to warrant the addition of five more pounds' weight, and then he should begin again at the minimum number of repetitions. This same method of procedure should be done with the left arm. A faithful, careful and proper execution of this exercise above will not only remove all superfluous fat over the abdominal region, but will reward the performer with remarkably strong side muscles and a beautiful pair of shoulder and triceps muscles as well.

After an individual has practiced the foregoing exercises for about a year, he is able or should be able to attempt and soon perform the "shoulder-stand." This is an exercise and also a great lift. It calls into play the entire set of back

muscles as well as very vigorously taxing the abdominal and side muscles and also the leg muscles. Even the man who has been faithfully practicing the foregoing exercises had better begin the "shoulder-stand" with a rather light weight; one hundred pounds is none too light. A bar bell should be used because of its long handle. The performer lies down on his back, the bell back of his head. He then reaches for it, being careful that he has grasped it so as to obtain a well-balanced grip. Then he draws it over his face and pushes it to arms' length above his chest. Next he draws his legs up, bending both from the hips and also from the knees until he can place his feet under the bar-bell handle. In order to have the bell rest securely the performer must wear shoes, as the inner edge of the heel acts as a retainer, preventing the bell from rolling off the feet. Here is the most difficult part of this lift—the bringing of the body up until the shoulders, the back of the head and neck and the arms alone support the rest of the body, the legs and the weight. Obviously, the "upside-down-erect" position takes patience, practice and carefulness, but it repays the performer for the efforts made. The man who practices this lift will never be troubled with any digestive or eliminatory afflictions, because of the thorough massage-like, kneading effect it has upon his internal organs—all of them! Two or four attempts or completions of this lift every other day are sufficient. After about a month's practice the performer may add ten pounds and continue accordingly. It is a lift in which the progress in the perfection of its performance depends upon the ability and judgment of the one doing it, but its results are well worth the efforts used in learning it.

Such are the writer's favorite abdominal exercises. The individual who practices them faithfully and correctly will always possess the abdominal muscles and the classical outline of a Grecian sculptural masterpiece. The individual whose injudicious appetite has penalized him with forty or fifty or more pounds of blubber, all centered about his middle will find in the practice of these exercises the only safe and profitable method of ridding himself of his encumbrance; and the individual who has invested in and has tried every drug, pill, powder and liquid ever advertised, in order to cure himself of constipation, indigestion, dyspepsia, gas-pains, gastric, intestinal, cardiac, kidney, bladder, liver, pancreatic and a host of other troubles, without permanent relief, will find that a few moments devoted to the intelligent practice of a few common-sense exercises will almost immediately banish all his troubles of that nature. The abdominal muscles of the average man never get the exercise they should. Men whose work is such that they are repeatedly called upon to stoop over, to bend over, to lift objects above their heads, to twist or to turn this way and that, are very seldom afflicted with those ailments which so harass their more sedentary brothers. Men whose work or whose business is largely mental not only should but must exercise.

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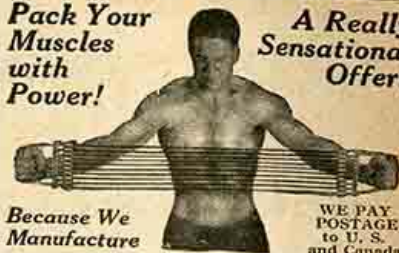
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