

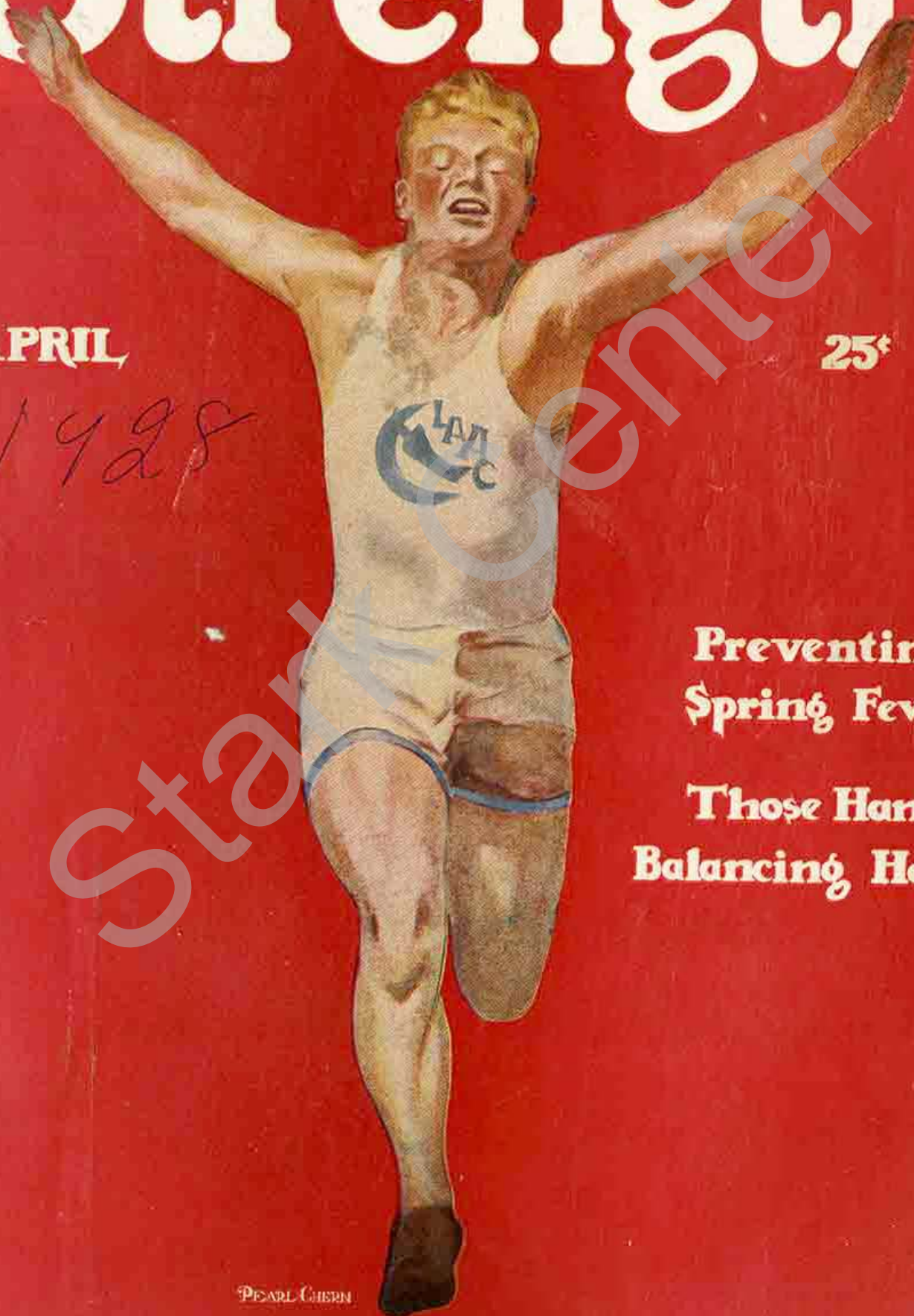
Curing Colds

Strength

APRIL

25¢

1928



Preventing
Spring Fever

Those Hand
Balancing Hands

PEARL CHERN

Oh, Boy, Some Arm!

HOW and WHERE DID HE GET IT?

How? Why he followed up his desire to be exceptionally strong and well-muscled by enrolling for the Milo Bar Bell Course, and then by using this course and the bar bell set faithfully. Faithfully in this case means once every other day or evening—not often, is it?

Where? Where did Mr. Brill get his present physique? Why right in his own home. He was not bothered by having to run to a gym which usually requires the whole evening. He could go out in the early evening—come in a little earlier than usual on his exercise nights—exercise and turn in. No undressing twice and dressing once as in the case of training at a gym. How much better it is to train at home in your own room where you can put your whole attention upon your training.

Mr. O. Brill

Is one of the army of men Milo has produced in recent months. New faces are ever pushing to the fore and commanding recognition for their newly acquired strength and superior physiques. Why aren't you one of them WHEN ALL YOU NEED IS THE DESIRE AND A MILO BELL.

A bar bell purchased NOW will make you one of these fellows before 1928 goes out. The longer you put off starting, the longer you will be without a fine physique and unusual strength.

NOT ONLY FOR STRONG MEN

If you are interested only in perfect health and keeping in shape Milo Bar Bells will easily help you acquire these indispensable physical qualities. A system of physical training that can and does build super-men certainly is the best bet when only perfect health and fitness are desired. And the reason is that it is much easier to acquire fitness and health than it is to develop great muscles and exceptional strength. Don't fool around—get the positive method and save time and be sure of the highest quality results.



Mr. Brill's Wonderful Arm and Upper Body

COMPLETE PRICE LIST OF MILO BELLS

500-lb. Plate Loading Bell, plain bars.....	60.00
400-lb. Plate Loading Bell.....	48.00
Large Size Duplex, with Plates and Spheres.....	40.00
300-lb. Plate Bell.....	36.00
Standard Size Milo Duplex, with Plates and Spheres.....	32.00
200-lb. Plate Bell.....	24.00
100-lb. Plate Bell.....	15.00

3 complete, illustrated courses are given with every one of the above bells, except the 100-lb. Bell, with which 2 courses are given.

ORDER BLANK

Date.....

The Milo Bar Bell Co.,
2739 N. Palethorp St., Dept. 200, Philadelphia, Pa.

Gentlemen:

Enclosed find \$..... in payment for Bar Bell set checked above. Please ship by

{ Express } to.....
{ Freight } County.....

State.....

My mail address:

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

MEASUREMENTS

Neck..... Weight.....

Normal Chest..... Age.....

Expanded Chest..... Occupation.....

Upper Arm..... How Many Times Can You Chin the Bar?.....

Forearm..... How Many Times Can You Dip on Parallel Bar?.....

Waist..... Check off your aims below:

Hips..... Improved Health—

Thigh..... Great Strength—

Calf..... Perfect Physique—

Wrist..... To Reduce Weight—

Ankle..... To Increase Weight—

Height.....

WE DO NOT PREPAY SHIPPING CHARGES

Use a Milo Bar Bell and Become a Superman Like Mr. Brill and Hundreds of Other Milo Pupils

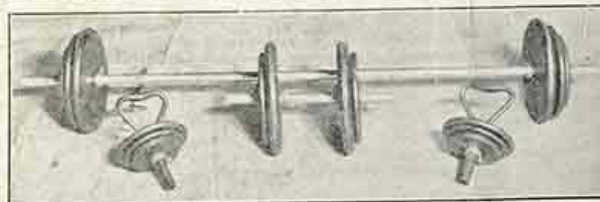
With every bar bell we sell we give courses in training to suit the individual purchaser. Our pupils vary in age from fourteen years to as old as sixty-four. We have seen slender young pupils gain as much as twenty pounds in weight, and six inches in chest measurement in the first six weeks they were under our training. We have taken stout middle-aged parties and shown them how to regain the fine proportions, the elasticity and the vigor of athletic youth. We get orders from hundreds of business men and office workers, and we show them how it is possible to get the greatest possible results in the shortest possible time. (Possibly forty per cent. of our patrons are indoor men.) One greatest delight is taking husky farmers, out-door workers and gymnasium devotees and showing them what real strength and development are like. Every case is individual with us and we have handled so many different kinds of health-seekers, shape-seekers and strength-seekers that it is hardly possible your case would present any new problems to us.

We Are Always At Our Pupils' Service

With us it is not a case of giving you so many "lessons" and then forgetting you. You are our pupil as long as you own the bar bell you buy from us. You may be in such condition that we can give you the kind of developing work that makes you gain at a rate so rapid that you will be amazed. Or it is possible that you are in such a run-down or absolutely undeveloped state that we will have to start you with the bell adjusted to very moderate weights, put you on a mild progressive schedule, and coax your body to its proper proportions and teach you how to accumulate a stock of reserve vigor and health. All of which is part of our job, and what you pay us for.

Our Guarantee Protects You

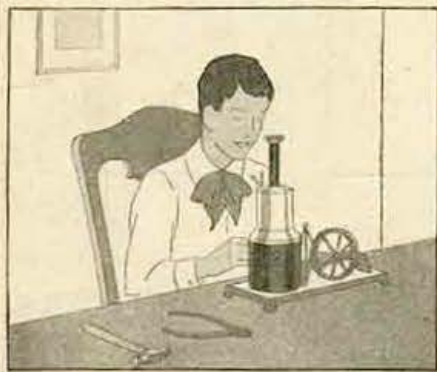
All our goods are sold on the same understanding. If within ninety days after enrolling you are not satisfied with the results, you can return your outfit and have your money refunded. For years we have kept a careful record and find the proportion of returns is 1-3 of 1 per cent. In other words, we satisfy 299 out of every 300 customers. (We never expect to be perfect.)



Assembled For Three Different Exercises

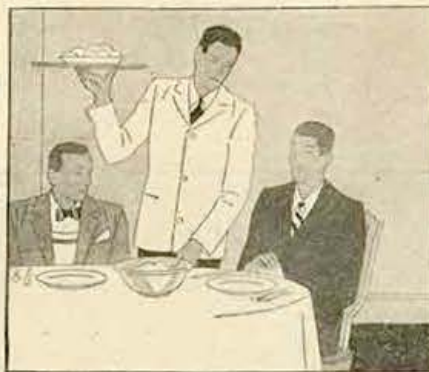
FILL IN THIS ORDER BLANK NOW!

"I was fired twice before I woke up"



Liked Mechanical Things Even as a Boy

As a boy it was always Edward T. Adams' great ambition to study engineering at a technical school. But the prospect wasn't very bright. It was difficult enough to make both ends meet in the Adams household without laying money aside to send a boy to college.



Worked as Waiter to Get Education

As Edward T. Adams grew older his desire for a good education became stronger, and by working in the afternoons and at nights he finally saved enough money to enter college. Once there he worked as a dish-washer, waiter and tutor to pay his way through.



Finds It Hard to Hold a Job

After graduation, he started out confidently to get a position and was somewhat surprised when employers did not seem any too eager to put him on the payroll. As a matter of fact, he lost two jobs in less than a year before he saw the need of special training.



Asks His Friends About I. C. S.

"Just about that time," writes Mr. Adams, "I heard about the International Correspondence Schools and I asked some of my friends about it. I was surprised to find how many college men had taken a course with this school to get practical training. So I decided to enroll too."



Finds Just the Help He Needed

"The minute I started on the course I could see that it was the very thing I needed. It gave me a practical knowledge of engineering that I could otherwise have obtained only by long and tedious years of shop work. It really marked the turning point in my life."



Now Mechanical Engineer With Big Concern

Today Edward T. Adams is the Mechanical Engineer in charge of mechanical supervision for the Fairbanks Company at Binghamton, N. Y., and a member of the American Society of Mechanical Engineers. He has also patented a number of inventions.

Every mail brings letters from students and graduates of the International Correspondence Schools telling of promotions and increases in salary due directly to spare-time study. We offer you today the same sincere service and the same specialized training that have meant so much to so many other men in the last thirty-six years. Just mark and mail this coupon and full particulars telling how you can prepare for success in the work of your choice will come to you by return mail.

Employees of this road will receive a Special Discount

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"The Universal University"

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Name..... Occupation.....

Employed by..... Street Address.....

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

Canadians may send this coupon to International Correspondence Schools Canadian, Limited, Montreal, Canada. © 1927



Strength



APRIL, 1928

Vol. XIII

No. 2

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Absolutely inexperienced in hotel work before taking the Lewis Course, Mrs. F. Gertrude Page, is now Housekeeper of New Britain

General Hospital and says, "I am very happy in my work. Your Course was the best investment I ever made." D. A. Robinson, Manager of the St. Clair Country Club, Tecumseh, Ont., doubled his salary since enrolling for the Lewis Course, and writes, "One of my deepest regrets in life is that I did not know about the Lewis Hotel Training Schools twenty years earlier." Vernon T. Ingram went from a drug store to an opportunity as Food Controller of National Park Hotel, Vicksburg, Miss., and is now Steward of a large hotel in Columbus, Miss. You can do as well!

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to anybody who can prove that these testimonials were solicited by us.

Inkograph has proven so satisfactory and has elicited considerable favorable comment an enclosing money order, please send me three more. T. J. Trow, Travelling Claim Agent, Joplin, Mo.

The Inkograph fully justifies all claims you make. I own a Waterman but Inkograph is far preferable. Frank R. Sargent, Oakland, Calif.

You have one of the best writing instruments I ever used regardless of price. I use the lowest grade stationery and there is never a blotch or scratch because of its round smooth point. It is a wonderful invention. H. L. Orley, Albano, Va.

Oh, boy, I am tickled skinny to have the Inkograph. It's a darling. I can now make carbon copies in taking orders and send originals in ink to factory instead of a penciled sheet. It surely flows over the paper as if it was grease instead of ink. No trouble at all and a thing I could not do before to trace straight lines very fine and clean. No smears, no muss of any kind. It's just great. E. A. Stimms, Jersey City, N. J.

Mr Inkograph is the smoothest writing instrument with which I have ever written. That is saying a lot. I am a teacher by profession. I have a \$7.00 pen and another that cost more than the Inkograph, but Inkograph is better than either. It is the greatest improvement in writing instruments since the Babylonians recorded their thoughts on clay tablets with a triangular pointed reed. John R. Atwell, Chadwick, N. C.

My Inkograph is the first and only writing utensil I ever owned that I can use with pleasure. To be without it for any time would upset my business. It has always worked perfectly. I have never had any difficulty with it. Arthur L. Fox, Centerville, Mich.

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AGENTS

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I have made powerful men out of mere weaklings. If you seek tremendous strength; If you want to become a professional strong man; *If you want good health and manly strength—every man wants that*; If you want energy and vitality; If you want a clear, unflinching eye and a steady nerve; If you want courage, "sand," and pep, you can get all of these by following in the paths in which I have directed thousands—you can be a *real man!* Above all, you can rid yourself of disheartening weaknesses and blighting ailments, such as constipation, indigestion, nervousness, lassitude, insomnia, catarrh, chronic cold, etc., if you are so afflicted.

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Many young men write me the most pathetic letters about their sorry plight and their hopeless state of mind. What I reveal to them—what I do for them, transforms their lives, makes them happy, joyous souls, with an entirely new outlook on life. My methods give to them speedily a bodily feeling so new, so different, so vigorous, that they are like men reborn—vibrant with life, bubbling with energy, eager for contact with others, full of ambition and pep! Results are truly marvelous. *Thousands testify to this fact.* They tell a story of rejuvenation, restoration and rebuilding of the human body that is beyond dispute.

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

In it are plain facts that will astonish you and help you out of your sorry plight.

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

Send this FREE Consultation Coupon

Absolutely Confidential

Mr. Lionel Strongfort, Strongfort Institute, Dept. 464, Newark, N. J.—Please send me absolutely free my copy of your book, "PROMOTION AND CONSERVATION OF HEALTH, STRENGTH AND MENTAL ENERGY." I have marked (x) before the subjects in which I am most interested.

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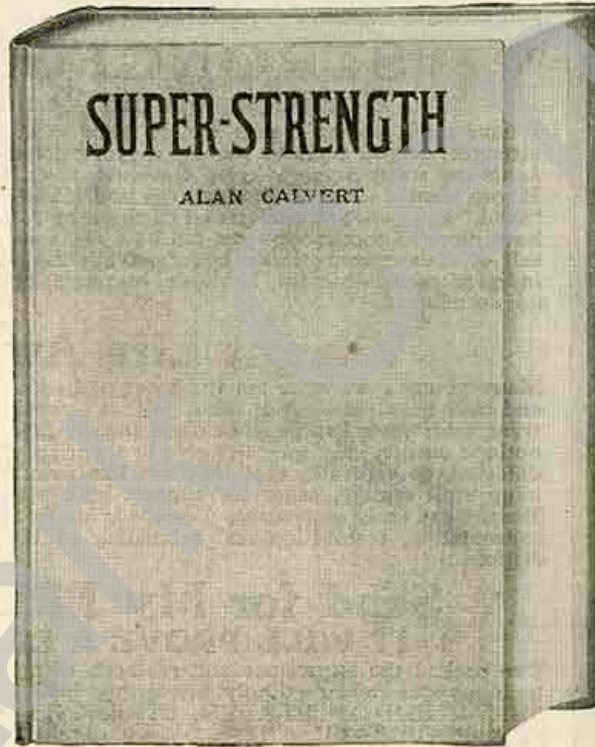
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You Won't Realize What a Big Dollar's Worth IS Until You See a Copy of “SUPER-STRENGTH”

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

The Milo Publishing Co.
2739 N. Palethorp St., Book Dept S-4-28 Philadelphia, Pa.

From "PUNY" to

PANTHER-MAN



Before

This lad looked pretty hopeless when he came to me. His arms looked like sparrow wings with the feathers removed. His ribs stood out and his bones tried to poke through his skin all over his body. His chest was hollow, his neck was scrawny. He had sluggish blood circulation and jumpy nerves. He couldn't sleep. Then he took a course.

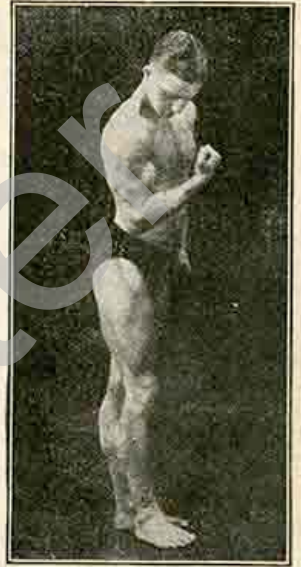
LOOK at these two pictures! LOOK at them! Then go peek in your mirror and see which one of them is more like you. Never mind blushing! Don't waste time being ashamed! There's no need of *staying* that way!

The chap in the picture got next to himself. They nicknamed him "Puny"—once. But the man who calls him "puny" now will have a battle on his hands. And the *best* part of it is that not only his appearance, but his whole LIFE has been changed! Instead of waking up in the morning with burning eyes and heavy head, instead of ducking all sports that require strength, *he eats 'em up!* He's full of pep, stamina, strength and vitality. He never knows when to quit—and it doesn't matter. His body can stand the gaff, whatever it is. Do YOU want a body like that?

Panther Muscles OR CLUMSY BEEF?

Which do YOU want? Do you want the long, rippling muscles of a panther—terrific in power, swift and sure in action? Those are the muscles that make CHAMPIONS—muscles that THINK! Muscles under perfect control. Not beef! Not fat! Not clumsy POUNDS!

I guarantee to make every muscle you own glow with new health and vigor! I'll cover your body with bands of steel! I'll give you the arms and legs and torso of a champion! There are muscles and sinews in your body that you never knew existed; but I know where they are and in a week they'll be bulging out so everyone can see them.



30 Days After

What a man! In thirty days I built the fellow you see above. I loaded his bones with muscles! I gave him a body that laughs at hardships and illness. He says, "No other apparatus and instruction can touch yours. When the human body will hold another muscle—Titus will put it there!"

I'll Give You a New Body in 30 Days!

Sure, you can develop a few clumsy hunks of muscle by swinging a pair of dumb-bells or pulling on an old-fashioned exerciser. But that's not my way. I train you *scientifically*. I've trained leading strong men all over the world—I've trained most of the trainers who are putting out their own courses today. My methods build up every nerve, every cell, every vital organ, every muscle in your body! There's nothing like Titus training—and there's nothing like the apparatus I give you—my own exclusive invention. Don't think you haven't a chance if you don't

happen to be a giant now. No sir! You're just the man I want. There's nothing I like better than to take hold of a man who's run down, weak and soft—the one that has been given up for lost. That's when I do my stuff.

Thirty days—that's all I ask! I'll make you over from head to foot. Your friends won't recognize you. Boy! You'll feel those big brawny muscles rippling up and down your back, over your arms, down your legs! Let me show you what it feels like to be a PANTHER!

WIN \$1000

My mammoth \$2000 Prize Contest for 1928 is now under way. First Prize \$1000. Other big cash prizes, too. You don't have to be a Hercules to win one of these prizes. Awards are made for the biggest gain—the biggest improvement. Everyone has the same chance to win. Full particulars included with my big FREE BOOK. Mail the coupon NOW.

WEAR THIS MEDAL

Every TITUS graduate gets this magnificent, solid, statuary-bronze medal of merit. To many strong men it was the beginning of a collection of medals, cups and prizes won by their feats of strength. Get yours and begin your career. One of the finest and most artistic medals ever designed for an athletic event. Free to all TITUS graduates.



Better Built Bodies,

MY NEW BIG BOOK IS A KNOCKOUT
AND IT'S YOURS FREE—

Also full particulars of my \$2000.00 Prize Contest for 1928

It contains *true* stories—stories of miracles worked in muscles. It's chock-full of actual photographs of myself and bodies I have rebuilt all over the world. Learn how Physical Culture Authorities keep in the "Pink" of condition. Read for yourself the story of Mr. I. R. Gaynor, a former invalid, who couldn't stand on his feet. See what a Physical Marvel and Athlete I made of him in 30 days. My record in muscle building will open your eyes.

Fellow, if that body of yours is worth 2c—invest it in a stamp and shoot the coupon along NOW for your copy of this wonderful book. Make this day the turning point in your life. Do it *now*—you may forget! No strings, no obligations—Better Built Bodies is yours—FREE!

Address Dept. X-125.

The One **TITUS** 105 E. 13th St.
and Only New York City



Don't
send
one
cent
—it's
FREE

A Post Card is good too!

TITUS (Dept. X-125)
105 East 13th Street, New York, N. Y.

Sure I want your book. Send me "Better Built Bodies," packed with muscle-building facts, health hints, and photographs of famous strong men you have trained. I don't pay a penny—I don't obligate myself to anything.

Name

Address

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

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Very Fascinating and How

The fair ones who posed for these studies have gained great renown on the stage, in the studio or in Beauty Contests.

All prints are size 6x10 inches which makes them suitable for decorating offices, dens or club-rooms. Every study portrays pulchritude to a high degree and such other admirable feminine qualities as poise, grace, beauty, health and extreme loveliness.

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I am enclosing \$1.00, for which please send me the 24 poses of beautiful women.

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The rate for classified advertising in STRENGTH MAGAZINE is 10c a word. Cash must be sent with order. The closing date for each issue is the 20th of the second preceding month, viz., March 20th, for the May issue. Address all orders or inquiries to Classified Advertising Manager, STRENGTH MAGAZINE, 104 Fifth Avenue, New York, N. Y.

Books on Health

"How to Cure Constipation and Stomach Troubles." A remarkable book. Only 75c post-paid. Walter S. Baer, Health Specialist, Route 4, Box 214C, Waynesboro, Penna.

Education and Instruction

Novelty Acrobatic Stunts—Tumbling, Bending, Balancing, Clowning, Show Material, etc. Professional instruction. Easy method learning. Best ever. Illustrated complete. \$2.00. Jingle Hammond, Adrian, Michigan.

Dogs

Beautiful Registered Bull Pups, \$15. Bulldogs, 501 Rockwood, Dallas, Texas.

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

Song Poem Writers. Address Ray Hibbler, D43X, 2104 N. Keystone Ave., Chicago.

Song Writers—Substantial Advance Royalties are paid on publishable work. Anyone having original ideas for songs may submit poems for examination and free advice. Walter Newcomer, 1674 Broadway, New York.

Health

Don't Starve, Feed. Improve Complexion, Ambition, nerve exhaustion, catarrh, constipation, indigestion, sex troubles, impotence, regulate weight. Booklet 10c. Vital Diet, 10, 811 N. Fourth St., Camden, New Jersey.

Schools and Colleges

You know that Herbal Remedies are valuable. Learn how to combine and use them. A Comprehensive Post Graduate Course (Correspondence) Teaching the Use of Herbs. Hundreds of formulas. Write and learn what those who have studied say. A Proven Practice Builder. Dominion Herbal College, 18 West Hastings Street, Vancouver, Canada.

Candy for Sale

Quality Peanut Brittle at 25 cents lb. Shipments 5-25 lbs. Costello, Box 89, Warrensburg, N. Y.

Watches for Sale

Watch Bargains. Tommy Ticker Octagon, Silver Dial; engraved nickel case; dependable time-keeper. \$1.25. Geo. Freas, \$20 Kimber Street, Camden, N. J.

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Used and New Correspondence Courses, all schools and subjects sold at 1/4 original price (also bought and exchanged). Bargain catalogue free. Educational Exchange, 18085B Mt. Elliott, Detroit, Michigan.

Breitbart, Liederman, Swoboda, Matyssek, Neubauer and MacMahon Course with apparatus, \$4.95 each. Super-strength, 95c. Robert Mayberry, Mechanic Falls, Maine.

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Special Offer. To introduce the famous "Arrow Brand" Gillette Style Blades, we are giving away absolutely free, a \$1.00 Silver Plated Gillette Razor with each order of 36 blades at the special introductory price of \$1 postpaid. You'll be delighted with the many, cool, refreshing shaves, made possible with these Super Blades. Order today. Gibraltar, Box 2101, Seattle, Washington.

Detectives

BE A DETECTIVE. Work home or travel. Experience unnecessary. Particulars free. Write American Detective System, 2190 Broadway, N.Y.

Help Wanted—Male

Men—Get Forest Ranger job; \$125-\$200 mo. and home furnished; hunt, fish, trap. For details, write Norton Institute, 267 Temple Court, Denver, Colo.

Agents

Make \$90 Weekly! Demonstrate new Self-Wringer, Mop and Dust Mop. \$5.00 outfit loaned you FREE, including two actual mops. No money required. Women buy eagerly. Your pay daily. We deliver. Get \$5.00 outfit quick. Delphos Mop Co., 3514A Washington, Delphos, Ohio.

Send Name, Address on Postcard. Free introductory copy Modern Salesology Magazine; 1000 money-making opportunities offered by big reliable firms; no obligation. Salesology Magazine, Desk B253, 500 No. Dearborn, Chicago.

Inventions Wanted

If you have a patented or unpatented invention for sale, write Hartley, 38 Court St., Bangor, Me.

Patents

Inventions Commercialized. Patented or Unpatented. Write Adam Fisher Mfg. Co., 554 Enright, St. Louis, Mo.

How to Entertain

Plays, Musical Comedies and Revues, Minstrel Music, Blackface Skits, Vaudeville Acts, Monologues, Dialogues, Recitations, Entertainments, Musical Readings, Stage Handbooks, Make-up Goods. Big catalogue free. T. S. Denison & Co., 623 So. Wabash, Dept. 88, Chicago.

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\$100 per month in your home, folding, mailing circulars. We furnish everything. Particulars and samples, 25c. Adams Mailing Service, Box 102, Frackville, Pa.

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Art Photos. Rare Books. Novelties. Catalog. Set pocket cards, 10c. Success, E-1232 Johnston Street, Philadelphia.

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Art Photos (Nudes), 4, \$1.00. Cartoon lesson, \$1.00. Str-Gpo, Box 471, N. Y.

Art Photos, perfect nude poses, beautiful models, glossy, lifelike; 8, \$1.00; 18, \$2.00. Art Studios, MeAdoo, Pa.

LEARN HOW TO PERFORM 200 Sensational Feats of Strength

FROM THIS NEW NOVEL SIZE BOOK

"Feats of Strength and Dexterity"

It is the only novel-sized book ever published on the subject of feats of strength and physical agility. Feats of all descriptions are to be found in it—feats that require great strength; feats that require a fair amount of strength; feats of endurance; feats of agility; feats of suppleness, etc.

A Most Unusually Interesting, Instructive and Different Book

You will find it largely contains feats that you never heard of. It will be surprising to you how many of these sensational feats you can easily learn to do. Every feat that is well known or little known is also to be found in this new book. Every feat is expertly explained and illustrated—so expertly, in fact, that you will be surprised at the numerous variations of a feat that are possible and which make the feat easier or more difficult. The many variations are not listed as separate feats, but as parts of feats.

You Will Be Surprised

further, to learn how the professional performer and strongman accomplish some of their feats that appear super-human to an audience who do not know the secrets that make such feats possible.

After reading this book you will be "wise" to all these secrets. Just think what it means to be able to spring nearly 200 feats of strength and dexterity on your friends—to be able to perform, at least, most of them right before their eyes. And then see them fail to perform all but a very few of the most simple ones. It's great fun as well as instructive for those who crave great strength and dexterity.



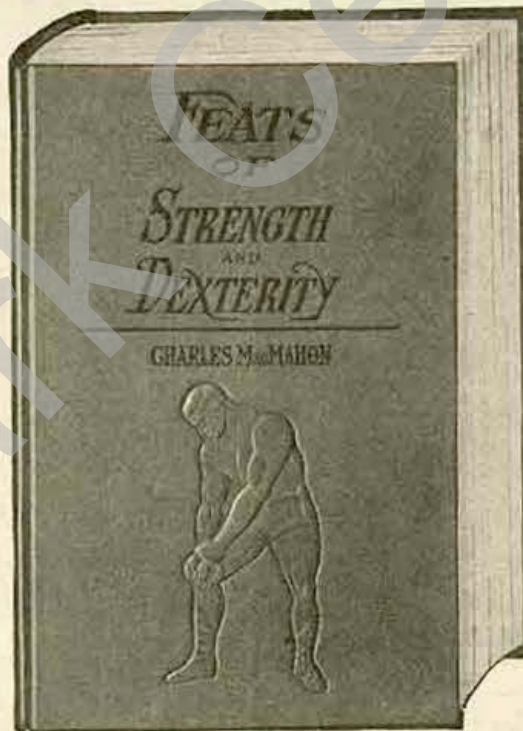
Will Increase Your Physical Efficiency

But this book has a serious side as well as light side. This seriousness is found in the good it will do you physically. You know that feats of strength tax the strength of the muscles; and taxing the muscular strength means muscular growth and increased muscular strength. So, besides the fun to be derived from competing in these feats with your friends, you unconsciously improve your health, strength and physical development. Furthermore, if you like to perform at amateur shows or have hope of becoming a professional strongman or stage performer you certainly need this book badly.

• 200 Feats 100 Illustrations

Think how many feats 200 are and then add the variations that are found in most of the 200 feats. What do you get? Why, the greatest list of strength feats ever published in one volume. Consider the large number of illustrations, fellows, that aid very greatly in clarifying the descriptions for you. Many of the hundred illustrations are actual photographs.

"Feats of Strength and Dexterity" is handsomely bound in olive-green cloth. The title is printed in black on the cloth covers and in gold



on the black limp leather covers. Both the cloth and leather covers are ornated by an impression print or embossed figure of a strongman in the act of breaking a horseshoe.

For Amateur and Professional Performers

It Is Just the Thing

Those who like to perform feats of strength (and what man doesn't) will find an abundant field in this new book. You can easily make up an act when you have 200 feats to select from. Furthermore, the book tells you about the apparatus needed for many feats and how to make them. On the other hand, most of the feats are done without paraphernalia or with a kitchen chair, a table and other household articles easy to procure.

Includes Many Parlor Feats of Strength

Besides, being a real strongman's and amateur performer's book of knowledge "Feats of Strength and Dexterity" contains many feats that you can do with your friends in your own home. Many of these feats produce great fun at parties and social gatherings, but are feats of strength and dexterity and not parlor games or tricks.

Strong Men Are Known By the Feats They Can Perform

So will you be known in your community by the number and greatness of the feats of strength you can perform. This book tells you how. **CLIP THE COUPON RIGHT NOW.**

WARNING!!

I am going to personally autograph a small number of copies of "Feats of Strength and Dexterity" and How to Perform Them, but it is not going to be an ordinary autograph. I want to give those of my friends and readers who desire it something more personal than a copy of this book signed with my name only. The words "To My Friend (.....) Your name here (.....) from Charles MacMahon will appear in my own handwriting (not by a rubber stamp) on each autographed copy purchased. Besides, these copies will be bound in limp leather. (Signed) CHARLES MacMAHON.

CHARLES MacMAHON, 180 W. Somerset St., Philadelphia, Pa. 4-28-S

Dear Sir:
I want one of your new books entitled "Feats of Strength and Dexterity" and How to Perform Them as soon as I can get it. Please find remittance to cover the cost of my selection.

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Win These Awards of Merit

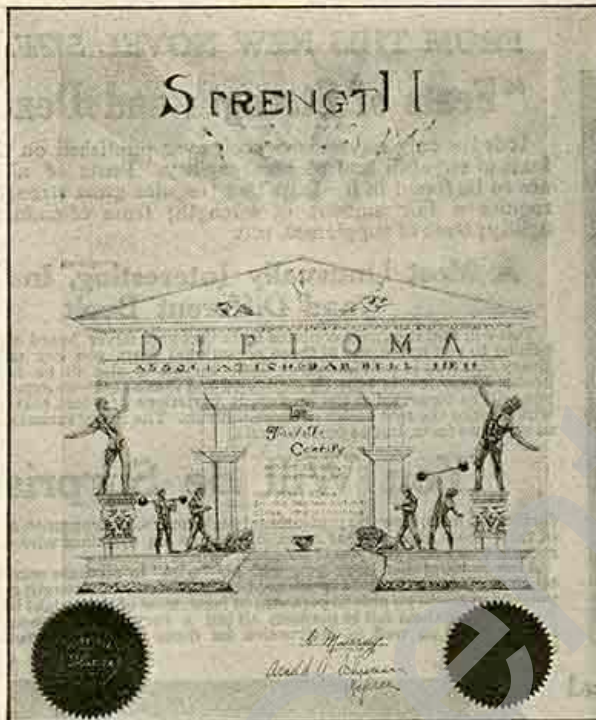
FOR
**PHYSIQUE POSES
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*Every Member Has
 a Chance*

Thousands Have Already Won
 Them



One of the Awards
 Which We Will Give From
 Time to Time



HERE ARE A FEW OF OUR OFFERS FOR MEMBERS OF THE A. B. B. M. TO WIN DIPLOMAS:

Any member making a total gain of 10 inches in three months' time on the following measurements will be entitled to a Diploma:

Neck, Normal Chest, Both Upper Arms Flexed, Both Forearms, Both Thighs and Both Calf Measurements.

The only requirements are that two witnesses sign to the correctness of these measurements both before and after the period of three months.

ANOTHER SCHEME FOR THOSE WHO ARE INTERESTED IN LIFTING IS TO MAKE A CERTAIN TOTAL ON THE FOLLOWING EIGHT STANDARD LIFTS:

One Hand Military Press, One Hand Side Press, One Hand Bent Press, One Hand Snatch, One Hand Clean and Jerk, Two Hands Military Press, Two Hands Snatch and Two Hands Clean and Jerk.

We will award three different grades of Certificates according to your ability on these lifts and the necessary totals are as follows:

All those weighing up to 168 pounds bodyweight must lift eight times their bodyweight for a First Class Diploma; six and one-half times their bodyweight for a Second Class

Diploma and five times their bodyweight for a Third Class Diploma; those who weigh from 169 to 200 must lift seven times the bodyweight for First Class Diploma; six times the bodyweight for Second Class Diploma and five times for a Third Class Diploma; those who weigh over 200 pounds must lift, respectively, six and one-half, five and one-half, and four and one-half times their bodyweight for a First, Second and Third Class Diploma. We promise to give publicity to all Diploma winners who wish such publicity. It will not be necessary to have an Official Referee witness these lifts, but we will require the signatures of at least two witnesses, one of whom should be a member of the Association.

TO ENCOURAGE THOSE WHO PRACTICE BACK AND HARNESS LIFTING, we will give first, second and third class diplomas for certain totals on a set of lifts composed of the Back Lift, Harness Lift, Hand and Thigh Lift, Two Hands Dead Lift, Two Finger Lift and Teeth Lift.

Every Month the A. B. B. M. Will Award Gold and Silver Medals for the Best Photographs Received

(Open Only to Amateurs Who Are Members of the A. B. B. M.)

RULES. YOU MUST BE A MEMBER OF THE A. B. B. M. WRITE YOUR NAME AND ADDRESS ON THE BACK OF EACH PHOTO; ALSO THE MONTH FOR WHICH IT IS ENTERED.

We Expect To Announce Liberal Medal Schemes Very Soon. Gold, Silver and Bronze Medals Will Be Within the Reach of Every Physical Culturist. Enroll Now and Qualify.



Our Lapel Button

**New Enrollment Fee
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 To Subscribers**
 Or In Combination with
 "STRENGTH"
\$2.75

EVERY MEMBER RECEIVES A LAPEL BUTTON AND A MEMBERSHIP CARD. HE IS ELIGIBLE TO COMPETE FOR ANY PRIZE OFFERED BY THE A. B. B. M. WE GUARANTEE THAT EVERY MEMBER CAN GET MORE THAN HIS MONEY'S WORTH OUT OF THE ASSOCIATION.



A. B. B. M., Care Strength Magazine, Dept. S-4-28,
 2739 N. Palethorp St., Philadelphia, Pa.
 Secretary: Please enroll me as a member of the Association, for which I enclose \$50c. (Note change in Price.)
 { \$2.75, including a year's subscription to STRENGTH.
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Name

Address

City State

Send Your Enrollment to
Association of Bar Bell Men
 Care of Strength Magazine
 Dept. S-4-28
 2739 North Palethorp Street Philadelphia, Pa.



They Laughed When I Sat Down At the Piano But When I Started to Play!—

ARTHUR had just played "The Rosary." The room rang with applause. I decided that this would be a dramatic moment for me to make my debut. To the amazement of all my friends I strode confidently over to the piano and sat down.

"Jack is up to his old tricks," somebody chuckled. The crowd laughed. They were all certain that I couldn't play a single note. "Can he really play?" I heard a girl whisper to Arthur.

"Heavens, no!" Arthur exclaimed. "He never played a note in all his life. . . . But just you watch him. This is going to be good."

I decided to make the most of the situation. With mock dignity I drew out a silk handkerchief and lightly dusted off the piano keys. Then I rose and gave the revolving piano stool a quarter of a turn, just as I had seen an imitator of Paderewski do in a vaudeville sketch.

"What do you think of his execution?" called a voice from the rear.

"We're in favor of it!" came back the answer, and the crowd rocked with laughter.

Then I Started to Play

Instantly a tense silence fell on the guests. The laughter died on their lips as if by magic. I played through the first bars of Liszt's immortal Liebestraume. I heard gasps of amazement. My friends sat breathless—spellbound.

I played on and as I played I forgot the people around me. I forgot the hour, the place, the breathless listeners. The little world I lived in seemed to fade—seemed to grow dim—unreal. Only the music was real. Only the music and the visions it brought me. Visions as beautiful and as changing as the wind-blown clouds and drifting moonlight, that long ago inspired the master composer. It seemed as if the master musician himself were speaking to me—speaking through the medium of music—not in words but in chords. Not in sentences but in exquisite melodies.

A Complete Triumph!

As the last notes of the

Liebestraume died away, the room resounded with a sudden roar of applause. I found myself surrounded by excited faces. How my friends carried on! Men shook my hand—wildly congratulated me—pounded me on the back in their enthusiasm! Everybody was exclaiming with delight—plying me with rapid questions. . . . "Jack! Why didn't you tell us you could play like that?" . . . "Where did you learn?"—How long have you studied?"—"Who was your teacher?"

"I have never even seen my teacher," I replied. "And just a short while ago I couldn't play a note."

"Quit your kidding," laughed Arthur, himself an accomplished pianist. "You've been studying for years. I can tell."

"I have been studying only a short while," I insisted. "I decided to keep it a secret so that I could surprise all you folks."

Then I told them the whole story. "Have you ever heard of the U. S. School of Music?" I asked.

A few of my friends nodded. "That's a correspondence school, isn't it?" they exclaimed.

"Exactly," I replied. "They have a new simplified method that can teach you to play any instrument by note in just a few months."

How I Learned to Play Without A Teacher

And then I explained how for years I had longed to play the piano.

"It seems just a short while ago," I continued, "that I saw an interesting ad of the U. S. School of Music mentioning a new method of learning to play which only cost a few cents a day! The ad told how a woman had mastered the piano in her spare time at home—and without a teacher! Best of all, the wonderful new method she used required no laborious scales—no heartless exercises—no tiresome practicing. It sounded so convincing that I filled out the coupon requesting the Free Demonstration Lesson. The free book arrived promptly and I started in that very night to study the

Demonstration Lesson. I was amazed to see how easy it was to play this new way. Then I sent for the course.

"When the course arrived I found it was just as the ad said—as easy as ABC! And as the lessons continued they got easier and easier. Before I knew it I was playing all the pieces I liked best. I could play ballads or classical numbers or jazz, all with equal ease. And I never did have any special talent for music."

Play Any Instrument

You, too, can now teach yourself to be an accomplished musician—right at home—in half the usual time. You can't go wrong with this simple new method which has already shown almost half a million people how to play their favorite instruments by note. Forget that old-fashioned idea that you need special "talent." Just read the list of instruments in the panel, decide which one you want to play, and the U. S. School will do the rest. And bear in mind no matter which instrument you choose, the cost in each case will be the same—just a few cents a day. No matter whether you are a mere beginner or already a good performer, you will be interested in learning about this new and wonderful method.

Send for Our Free Booklet and Demonstration Lesson

Thousands of successful students never dreamed they possessed musical ability until it was revealed to them by a remarkable "Musical Ability Test" which we send entirely without cost with our interesting free booklet.

If you are in earnest about wanting to play your favorite instrument—if you really want to gain happiness and increase your popularity—send at once for the free booklet and Demonstration Lesson. No cost—no obligation. Sign and send the convenient coupon now. Instruments supplied when needed, cash or credit. U. S. School of Music, 994 Brunswick Bldg., New York City.

U. S. School of Music,
994 Brunswick Bldg., New York City.

Please send me your free book, "Music Lessons in Your Own Home," with introduction by Dr. Frank Crane, Demonstration Lesson, and particulars of your offer. I am interested in the following course:

Have you above instrument?.....

Name
(Please write plainly)

Address

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

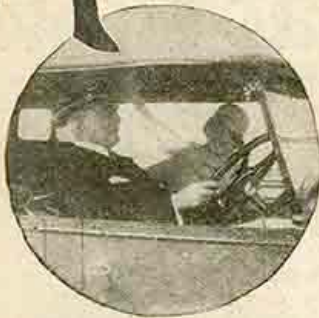
Pick Your Instrument

Piano	Harmony and Composition
Organ	Sight Singing
Violin	Ukulele
Drums and Traps	Guitar
Mandolin	Hawaiian Steel
Clarinet	Guitar
Flute	Harp
Saxophone	Cornet
Cello	Piccolo
	Trombone
	Voice and Speech Culture
	Automatic Finger Control
	Piano Accordion
	Banjo (5-String, Plectrum or Tenor)



Touring in California
Below is a scene taken 'neath one of California's giant oaks. This group has been touring in a Lincoln sedan. The owner writes: "Your vaporizer has added 8 miles to my former gasoline mileage."

Batting Nelson the Durable Dane
as he looked the day after he knocked out Joe Gans for the lightweight championship. Bat made 40 miles on a gallon of gas with a roadster and 33 1-2 miles a gallon with a touring car.
Bat writes: "Most of the public know me well enough to know that I never bunked them in my life. And when I say your vaporizer is all you say it is, I mean it."



Drives 1300 Miles Without Buying Gasoline
A remarkable test was recently made on the Stransky Vaporizer by J. R. Wood of St. Louis. On his Oldsmobile he had been getting only 17 miles a gallon of gas. After installing the Stransky, he drove 3,000 miles and averaged 30 miles a gallon. Thus he got in effect 1,300 miles of free gasoline.

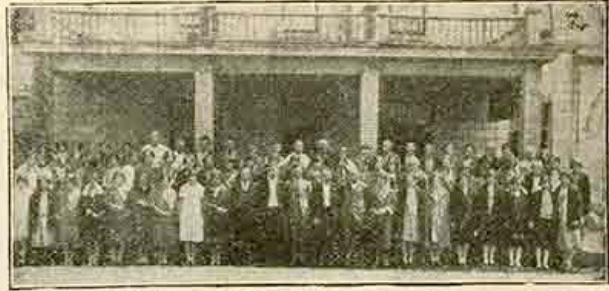


H. H. Cummings has saved 1,805 gallons of gasoline on 50,000 miles. "I have used one on my 1922 Ford which I have driven over 50,000 miles," he says, "I was getting 20 miles a gallon where before I got only 12 to 14 miles a gallon."

Virgil Barnes, N. Y. Giant Pitcher, says, "Words cannot express my delight with the Stransky Vaporizer. I left New York City after the close of the baseball season with a vaporizer on my Chrysler 60. When I arrived in Holton, Kansas, I found I had averaged within a fraction of 47 miles per gallon of gas."



Finds a Gasoline Well in His Own Back Yard
Geo. South, of Kansas City, Mo., owns a Ford Coupe. "I am simply amazed," he writes "at the wonderful results with your vaporizer. It sure saves the gas. It's just like finding a gasoline well in my own back yard."



South Dakota, the site of Presidential vacations, tall corn and "black b'ar", now boasts of the world's largest gas vaporizer manufacturer. The picture above shows the present Stransky office organization of 73 people.

FORD
57 Miles on a Gallon

BUICK
36 Miles on a Gallon

OLDSMOBILE
1300 Miles of Free Gasoline

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43.8 Miles Per Gallon

STUDEBAKER
32 Miles on Gallon

SAVED \$340
in Gasoline

CHRYSLER
48 Miles Per Gallon

ENDS CARBON
Without Touching the Engine

Who Else Wants to Save Gasoline?

A SOUTH DAKOTA man has discovered an amazing gas-saving invention now installed on over two million cars of every make. Already over 10,000 car owners say it increases gas mileage 25 per cent. to 50 per cent. . . cleans out carbon without touching the engine . . . adds more speed and power . . . and saves an astonishing amount of money in gasoline and repair expense. There is a model for every car, truck, tractor or gasoline engine. Anybody can install it in a few minutes. This invention is based on newly-discovered facts about potential gasoline power . . . startling facts, that few car owners know about. For example, it is now found that the average man wastes at least 20 per cent. to 30 per cent. of his gasoline through improper combustion. And many more interesting discoveries, too detailed to mention here. Read on the right what other car owners say about it. Then accept the inventor's special introductory offer. He will send you samples to test without obligation to buy. If you find it doesn't do for you what it has done for other car owners, he will pay a cash forfeit for the few minutes you've spent in testing it. Don't send a penny now. Simply send your name in coupon below and get full description of this queer little device that is saving money for other car owners. No obligation, of course. But if you really want to cut down the high cost of running your car, this is your opportunity. Tear out the coupon below and mail it to J. A. Stransky Mfg. Co., D-1830 Stransky Block, Pukwana, S. D.

- FORD**
"I have used one on my Ford for near five years and have traveled over 35,000 miles. Never had any spark plug trouble. Have averaged 35 to 38 miles on one gallon of gas. I was getting close to 20 miles on one gallon before I installed the Stransky." J. H. Atrub, Iowa.
- CHEVROLET**
"You people claim a saving of 25 per cent to 50 per cent. I found I was obtaining 43.8 miles to a gallon on a Chevrolet, whereas formerly I had been getting only 19.5. So you see the actual test surpasses your claim." M. E. Miller, Kansas City.
- BUICK**
G. M. Rathburn, Charleston, W. Va., has a Buick Six. Having an old engine, it was getting only 8 or 9 miles a gallon. On a 207 mile trip he got 19 miles to the gallon. He says it has saved him \$40.00 on one trip.
- NASH**
"I had a large Nash Six, which I drove from Los Angeles to San Francisco on 29 gallons of gas, whereas I have usually taken from 50 to 55 gallons." H. T. McCallon, California.
- MARMON**
Beacon Holmes, gasman, owner, New York City, put a Stransky Vaporizer on a Marmon and says, "I increased Marmon's speed from 12 to 34 miles per hour—and a gain of 5 miles to the gallon of gas."
- PIERCE-ARROW**
Mr. Joseph Berger, New York City, writes, "I have one on my Pierce-Arrow and have practically doubled my mileage. I have never sprayed carbon since I put on your vaporizer ten months ago."
- OAKLAND**
"I am getting 30 miles on my Oakland and that's pretty good. I also drove an Oldsmobile 27,000 miles and never had my carbon removed, except with a Stransky Vaporizer." C. G. Betts.

J. A. STRANSKY MFG. CO.
D-1830 Stransky Block, Pukwana, S. D.

Yes, send me full description of this new way to save gasoline. This request does not obligate me in any way.

My Name is

Street

City

State

Check here if you want agent's proposition.



Little did I realize that I was to be made the "laughing stock" of the party

How a queer joke brought me popularity overnight

"Gosh!—I'd give most anything to dance with Dot Manning."

"I don't blame you, Tom—she is a marvelous partner. But how can she oblige you if you hide yourself in a corner all night?"

"Aw, he's afraid," put in one of the others.

"Afraid, nothing!" I replied, tremblingly.

"Don't mind him, Tom—there's Dot now picking out a record. Let's see you ask her for the next dance. The worst she can do is refuse."

But she didn't refuse. The fact is, she seemed pleased. "Certainly, Tom," was her reply to my request. "Which do you prefer—a fox trot, waltz, or tango?"

I was flabbergasted. "Something snappy," I said, trying to impress her.

In another instant the music had started. I swung into step, and at the very start I made a mistake. From then on everything went wrong. Each minute I became clumsier.

Then I saw one of the boys do a comparatively simple step. I tried to imitate him. But my feet became all tangled, and before I realized it my heel came down full force on Dot's slender foot.

She winced but said nothing. I tried to apologize—but her icy glare chilled me. Any minute I expected Dot to leave me standing in the middle of the floor. But suddenly she smiled and said, "I believe that fox-trot was a little too fast for you, Tom. Come on," she added, "while the others are finishing this dance I'll find one that has a slower tempo."

For the life of me I couldn't quite figure out why she was coming back for more torture. Little did I dream that she had

a queer joke up her sleeve . . . and that I was to be the goat.

"Ah," she exclaimed, after quite a search, "here's the very record. It's rather old, but I'm sure you'll like it."

My courage began to pick up. But my dancing didn't. As usual, my feet were just like two sailors lost at sea.

"You don't seem to care for this number," said Dot.

"It's wonderful," I lied.

"Wait till you hear the words, though—they're so cute. Listen! Here they are now . . ."

"Stumbling along—stumbling along

I stepped right on her toes;

She felt it, goodness knows;

Her indignation rose."

. . . I had heard all that I cared to. Everyone was having a great laugh at my expense. I tried to be a good sport and forced a laugh, too. But I was boiling mad.

On the way home I felt like a plugged nickel. One thing was sure—I would never make a fool of myself again.

And I didn't.

A Pleasant Surprise

The next day was my "lucky day." For I wrote to Arthur Murray, America's foremost dancing instructor. He had five lessons in dancing by correspondence that he offered free. I asked him to send these five lessons to me.

Believe me, they were a revelation! In one evening I learned a brand-new fox-trot step. Not only that, the lessons showed me how many mistakes I had been making in dancing. I had been holding my partner wrong—leading wrong—pivoting

wrong—doing the simplest steps incorrectly. And as for the modern style of dancing—I was utterly ignorant of it.

In no time I had learned all the wonderful modern dances that had always been a mystery to me—without music, partner, or teacher. Why, I, was so tickled that scarcely a month later, I attended a "prom" and I didn't miss one single dance the whole night. Now I know why good dancers are always popular.

Will YOU Accept 5 Free Lessons?

No matter how poorly you dance now—no matter if you've never even been on a dance floor in your life—Arthur Murray's method makes you a finished dancer in 10 days, or you don't have to pay a penny. To prove it he is willing to send you five lessons from his remarkable course absolutely free! Just mail coupon (with 10c to cover cost of printing and mailing) and these valuable lessons will be forwarded at once. Also a free copy of his book, "The Short Cut to Popularity." Mail coupon NOW! Arthur Murray, Studio 809, 7 East 43rd Street, New York City.

Arthur Murray, Studio 809,
7 East 43rd St., New York City.

To prove that I can learn to dance at home in ten days you may send the FIVE FREE LESSONS. I enclose 10c (stamps or coin) to pay for the postage, printing, etc. You are to include free "The Short Cut to Popularity."

Name

Address

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

Carlton Representatives Doubled Their Incomes in 1927

Company's Sales Showed 100% Gain

Carlton is Nationally Known

Make Big Money All Year

**TIE UP
WITH A
SUCCESSFUL
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No Experience Necessary—No Investment Required—Every minute right from the start, is to be profitable to you. Part time or Full time . . . Day time or Night time . . . An opportunity wherein your success is only dependent upon your "Willingness to Try!" . . .

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Through you, we go direct to the vast American market of 35 million responsive prospects—ever new . . . never exhaustible! . . .

All you have to do is show the sample book, quote the low prices and take order after order without effort.

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Carlton actually puts you in business for yourself—gives your ambitions full play, and makes every minute of your association profitable.

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You are paid daily—in cash. Each sale carries biggest commissions. Simplicity of plan makes Carlton proposition easy for you to grasp—and easy for you to start right out and show surprising results.

Carlton's Bonus Plan is the most successful earnings booster in the direct selling field—payable regularly and repeatedly, in units from \$25.00 to \$300.00. Explanation of Bonus Plan as well as details on Carlton's 40% Profit Sharing Plan furnished with outfit.

Profit Sharing is paid to Carlton representatives in addition to all other sources of Carlton incomes.

Complete Outfit FREE

Put it in Your Pocket and
Put \$100 a Week in with it.

Upon receipt by us of special coupon to the right, you will be promptly furnished with complete sample outfit—the most elaborate selling kit in the field, containing hundreds of beautifully mounted, large sized swatches of the actual merchandise. Order books, supplies and valuable selling helps included with outfit.

There is no time like "at once" when an opportunity such as this one presents itself to you. Fill in and mail the coupon—your outfit will go forward by return post—prepaid. In less than a week, you will shake hands thankfully with the hand that wrote the coupon.

**OUTFIT
FREE**

I'll supply complete selling equipment—and accept your ambition as my "receipt in full"

C. E. Mandel
Pres.



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MILLS!**

114 FIFTH AVENUE
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MAIL COUPON TODAY!

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Dear Mr. Mandel:

Send me the Free Carlton Outfit by return mail -- prepaid. I am ready to put The Carlton Line and your Big Money Earning guarantee to a test!

Name.....

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Start your success at once—Sparetime or full time!

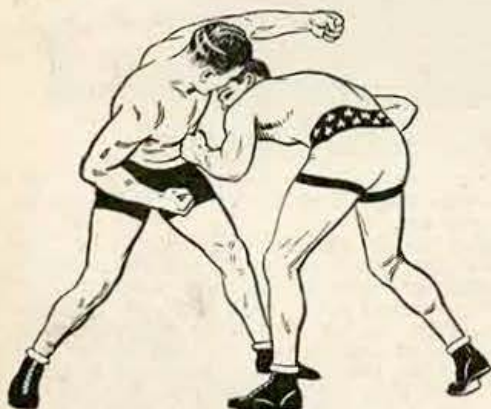
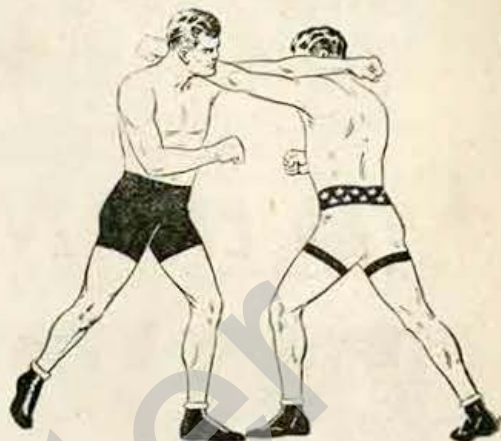
Sock Them to Sleep!!

Could you do that if the occasion arose?
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 would you go down in disgrace before her?

Are you the *Master* of most men you know and meet, or are they all your masters in physical combat?

Ask Yourself These Questions, and Then Decide to Learn to Handle Your Dukes Effectively

This course on the manly art of self-defense is fresh off the press. It is an expert instructor. It is correctly and liberally illustrated. You will soon become an expert at delivering the right blow at the correct time. Countering, blocking, feinting, side-stepping, guarding, clinching, jabbing, hooking, upper-cutting, breaking, ducking, swinging, etc., will become second nature to you.



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There is money in the game, too, as you well know, if taken up professionally.

Don't Be One of the Kind Who Throws Up the Sponge, Saying, "I Can't Do It"—YOU CAN!



14-Oz. INSTRUCTORS' GLOVES



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The Gloves

The MacMahon Boxing Gloves are all made of high-grade leather. Furthermore, they are strongly stitched and well padded.

Notice on the 14-oz. gloves the long double wrist that reaches almost halfway up the forearm, and the extra pads on the side of the



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You have the right stuff! All you need is the right kind of training! This course gives you that and then some. You'll step a fast bout when you've had my course awhile. The quicker you get it, the sooner you will become a clever boxer.

Any Manhood in You
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 Want to Be Able to Give
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Dear Sir: Enclosed find remittance for the offer checked below.

- 14-oz. Instructor's Gloves with Course... \$15.00
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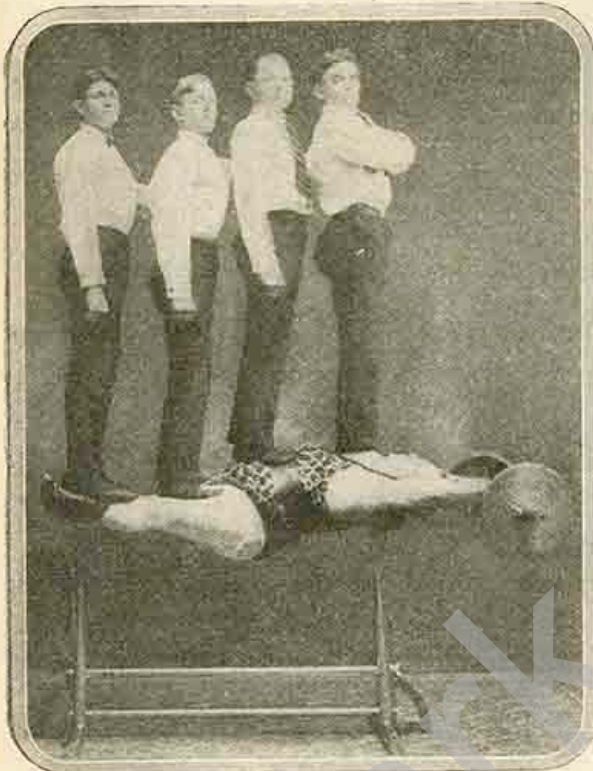
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The Wonder Book

For Physical Culturists, Strongmen, Weight Lifters and Health Seekers
 THE BEST SELLER OF THE MILO BOOKS—EVERY READER SPEAKS HIGHLY OF IT
 STRONGMEN THE WORLD OVER CALL IT THE BEST EVER WRITTEN

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"The Key to Might and Muscle" is entirely an instructive book. It is full of actual exercises that are largely the author's own personal exercises which he originated and used in building his own great strength and physique. Furthermore, these exercises are illustrated so that you cannot go wrong in practicing them.

The chapters on developing stubborn muscles are alone worth the price of this book to the beginner and to those whose bodies have not developed evenly.

In fact any one chapter of "The Key to Might and Muscle" is worth the price of the entire book to those who are trying to improve from a physical standpoint.

A Better Book and An Expert Course Combined

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 the author, 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. The Author'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 23 additional chapters, all of which are as valuable as the one on stubborn muscles.

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Greater Strength and Development

FROM A

GREATER COURSE and APPARATUS

Why will this new idea in cable exercisers produce greater physical results? Here are the reasons: first, a cable course and exerciser must be so designed that it will exercise and develop every muscular part of your body. If it does not do that, then it will not produce results that are worth much. A cable exerciser must not develop the arms and shoulders only; it must develop the legs (thighs and calves), the lower back, the sides, the abdominal muscles, also.

With this new idea that I call a Varied-Cable Exerciser, positively every muscle of your body is developed and strengthened. The course was laid out expressly for that purpose and the exerciser itself was designed for that purpose and for producing super-results.

The second reason why this new varied-cable exerciser produces greater development and strength for the user is that it is made up of cables that vary in strength—10 strong cables, 5 medium cables, and 5 weaker cables.

In This Respect There Are No Other Cable Exercisers Like It

If, when using this unusual exerciser you are pulling, say, 5 heavy cables in a certain exercise and you find you cannot advance in your training because you cannot pull six of these heavy cables, then you add a cable of medium strength or one of the weaker ones and continue on.

In other words, you must keep giving your muscles harder tasks to overcome or they will not continue to improve in strength. If you must continue with 5 cables indefinitely because you cannot pull 6 cables, your strength will never increase beyond the degree of strength necessary to exercise with 5 cables. But with this varied-cable apparatus you continue to improve without interruption.



The New 20-Varied-Cable Exerciser:—10 Extra Heavy, 5 Medium, 5 Light Cables

This Is the Exerciser That Will Put the Muscles On You

And this is the exerciser that will increase your strength surprisingly fast. It's the king of cable exercisers. Nothing else touches it for health, muscles and strength producing qualities.

It is made to develop your leg and waist muscles as well as shoulder, arm, chest and back muscles. Get it now and watch your muscles grow. I stand back of this new production.



CHARLES MacMAHON

Many Feats of Strength are Possible with This Exerciser

Another feature of the varied-cable exerciser is the fact that many strength feats can be performed with it. The cables (especially of the 20-cable exerciser) can be joined together for the overhead one- and two-hand presses while standing. Deep-knee bending can be performed against the great resistance of the 20-cable, as well as many other feats of strength. You'll like this course and exerciser.

Get the 20-Cable For You Will Soon Need Them To Keep Pace With Your Strength

In exercising the powerful thigh, calf, and back muscles, you will soon need the 20-cable, so save money and progress further by getting the 20-varied-cable exerciser first.

My Personal Attention Is Also Yours WITH THIS COURSE —USE THE ORDER BLANK

Mr. Charles MacMahon, Studio 4-28
180 W. Somerset St., Philadelphia, Pa.

Dear Sir:

I am enclosing \$..... for the cable exerciser I have checked off below.

20-Varied-Cables \$12.00 10-Varied-Cables \$6.00

15-Varied-Cables \$9.00

Name.....Address.....

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

Age.....Years Weight.....Pounds
(in street clothes)

Normal Chest.....Expanded Chest.....Inches

Forearm....."
(arm straight, tape 2 inches below elbow joint)

Upper Arm.....Inches Waist....."
(smallest part)

Wrist....." Ankle....."
(right next to base of hand) (smallest part)

Neck....." Hips....."
(largest part)

Knee....." Calf....."
(largest part) (largest part)

Thigh....."
(largest part)

Height.....Feet....."

Your occupation is?.....

How is your digestion?.....

How is your general health?.....

Are you strong or weak?.....

Are you married?.....

How many hours sleep do you get?.....

Are your eyes dull or bright?.....

What is the condition of your heart?.....

Do you feel rested on arising?.....

How many meals a day do you eat?.....

Do you use alcoholics or tobacco?.....

Do you want to lose or gain weight?.....

Have you ever taken any exercise?.....

Who was your instructor?.....

Will You Be One of the 800,000 Who Die?

OF the hundreds of thousands who die from respiratory diseases, bronchitis, pneumonia, kidney diseases, tuberculosis, influenza, and intestinal disorders, a large proportion would not have died if they had been able to recognize early symptoms and had known how to treat themselves.

Nature always warns of impending sickness. The occasional headache, that tired, exhausted feeling, loss of appetite, a casual cold and other slight disarrangements are Nature's warnings to you that your body isn't functioning properly or that you are not living and eating correctly.

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

EVERY year more than ten thousand people die of bronchitis, sixty-four thousand die of pneumonia, seventy-five thousand die of kidney trouble, fifty thousand die of respiratory disease, one hundred and six thousand die of tuber-

culosis, approximately eighty-five thousand die of influenza, and more than ten thousand die of intestinal trouble.

Barring accidents and suicides, only a small percentage of these thousands should die.

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

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

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

Why Pay Thousands of Dollars in Doctors' Bills

Those who do not know Nature's methods of preventing and curing sickness are ill an average of 21½ days each year. In fact, it is estimated that the average person in a lifetime spends \$4,100 on doctor and hospital bills, loss of time from business, medicine and other expenses due to illness. Thousands of people are living half-powered lives because they are ignorant of the Laws

of Nature. Many of these people will fill an easy grave, when they might easily have lived to enjoy a ripe old age.

What would it be worth to you to be able to instantly identify in its earliest stages any sickness or disease that might overtake you or any member of your family? To enjoy perfect health, almost complete freedom from sickness, doctor and hospital bills and no days of suffering and worry or salary lost through sickness?

The Encyclopedia of Physical Culture

(7th Edition Greater Than Ever Before)

This marvelous 5-volume work gives you the information you need to build up rugged strength, health and vitality. It is for every member of the family—it covers every phase of strength and body building for adults, children and babies. It gives invaluable information on fasting, dieting and exercise. A thorough and extensive treatment is given of the laws of sex, the attainment of virile manhood and womanhood, and happy, successful parenthood, together with details for diagnosis and treatment of all sexual diseases. Handsomely illustrated charts on anatomy and physiology are scattered throughout the book.

It is neither dull nor technical, but is simple, comprehensive and complete in every sense. It is the crowning effort of Bernard Macfadden's rich, full experience in the science of health and physical culture. He has had more than thirty years' experience in guiding thousands of physical wrecks to glorious health and vigor. Out of that experience he built his Encyclopedia of Physical Culture.

Six big editions of this popular work have been exhausted. And now the seventh edition—greatest of all—has just come off the press. This edition has been completely revised at great expense. Scores of new illustrations have been inserted. The binding has been changed to a beautiful all-Fabrikoid, more durable than leather. Altogether it is the finest edition of the Encyclopedia ever issued.

A Complete Education in Physical Culture

THIS set of five volumes contains a complete education on Physical Culture and Natural Curative Methods—the equivalent of twenty comprehensive books on the following phases of health and vitality building:

- (1) A complete work on Anatomy fully illustrated
- (2) A Physiology in plain language and embracing many illustrations
- (3) A reliable and comprehensive handbook on Diet.
- (4) A complete Cook Book.
- (5) A book on Exercise in its Relation to Health.
- (6) A handbook on Gymnastics, with full instructions on drills and apparatus work of every sort, with hundreds of illustrations.
- (7) A book illustrating and describing every form of Indoor and Outdoor Sports and Exercises—complete courses in Boxing, Wrestling, etc.
- (8) Handsome colored charts and instructions on Developing a Powerful Physique.
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- (17) Sexual Weakness and Disease, their Cause and Cure.
- (18) Rules for Happy Marriage and Parenthood.
- (19) A complete work on Childbirth—how to make it safe and comfortable.
- (20) A practical work on the Training of Children.

MACFADDEN'S
ENCYCLOPEDIA
OF
PHYSICAL
CULTURE

VOLUME I

MACFADDEN
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MACFADDEN'S
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You Can Add 15 Years To Your Life!

At least 60% of physical and mental misery is preventable and curable. In fact the life of the average person would be prolonged 15 years if people knew how to rule their health as they do their actions.

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

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

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 the Encyclopedia of Physical Culture.

New Edition Greatest of All

In this new up-to-the-minute edition Mr. Macfadden has achieved his greatest ambition by giving you the utmost in health knowledge obtainable anywhere.

Between the covers of these five volumes is to be found, exhaustively treated, information, data and instruction on every conceivable subject dealing with health—how to get it—how to keep it.

Free Examination—No Money Needed

This is the most liberal offer we have ever made on the Encyclopedia—10 days' examination of the entire set at no expense to you. There is no money needed—no deposit to pay. Just fill in the coupon and we will send the five volumes to you, all shipping charges prepaid, for your inspection.

Take ten days to examine the set. Then, if you decide to purchase, send us only \$2.00 as your first payment. Additional payments may be made at the rate of only \$3.00 a month until the total cost of \$35.00 has been paid.

If you care to pay cash you may do so by sending us only \$31.50. This represents a 10 per cent discount.

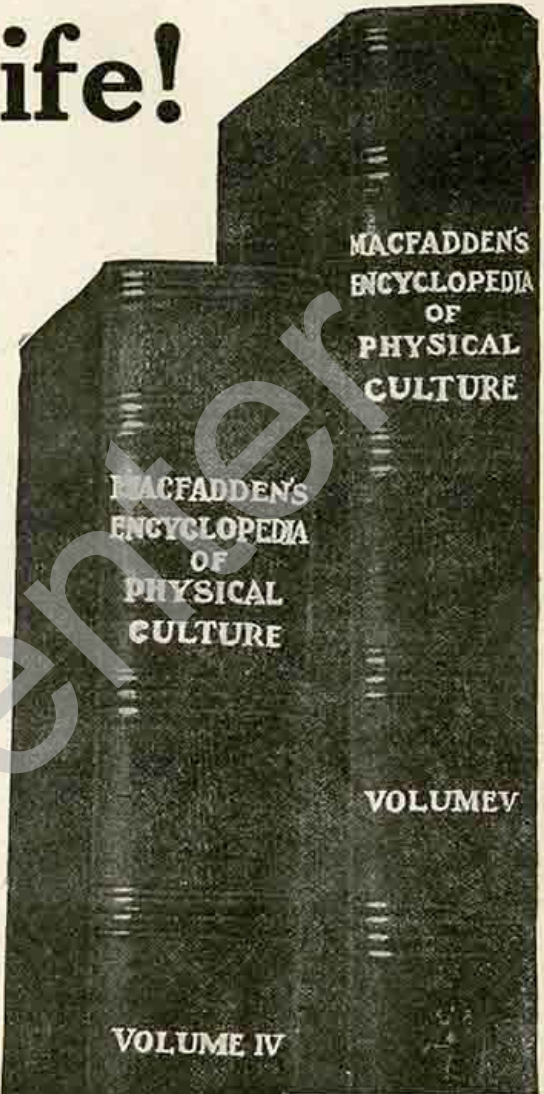
If you purchase the set at once we will include, without extra charge, a subscription to Physical Culture Magazine for one year.

Remember, no money now, and no obligation to purchase. You simply agree to return the books at the end of ten days in case you decide not to keep them.



10 Day
Examination
Entire Set

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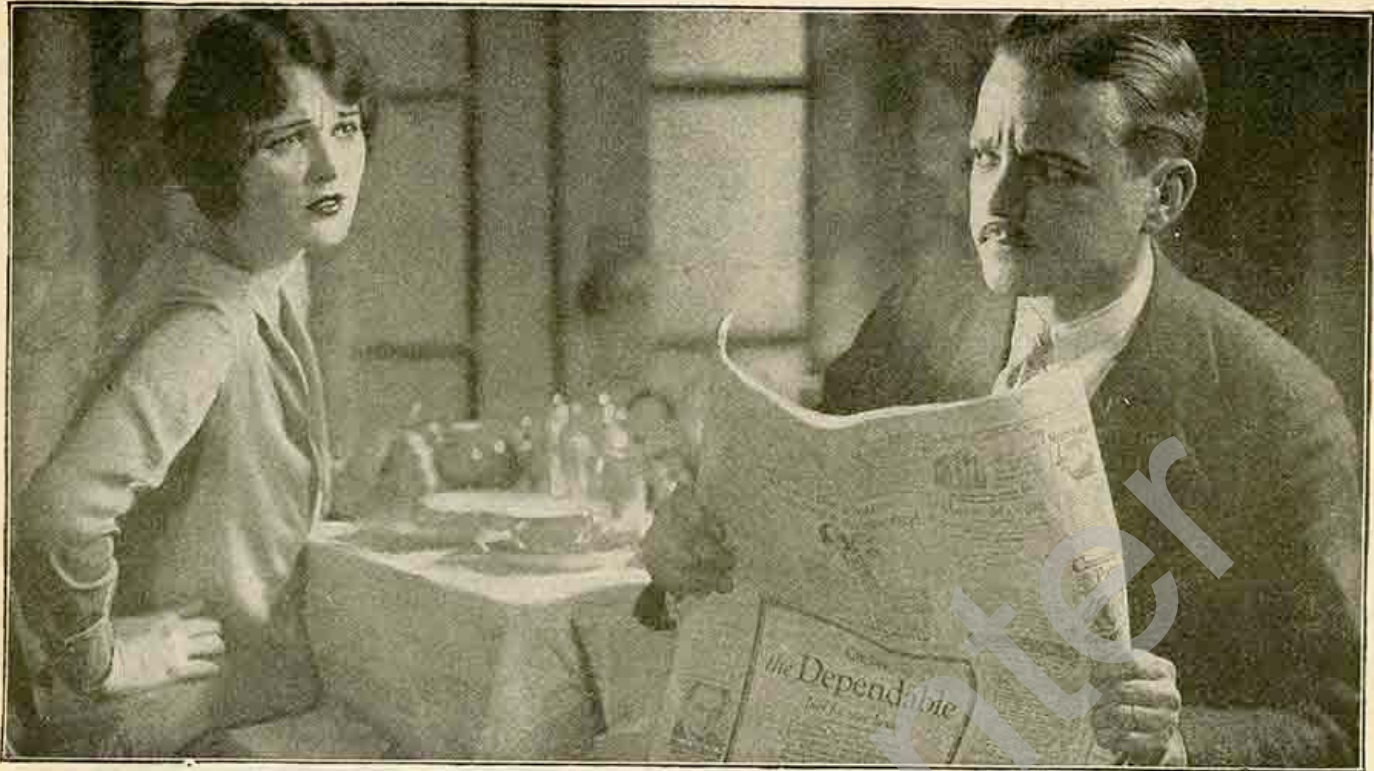
Occupation

Residence

Employed at

Business Address

I understand that this price includes a subscription to Physical Culture Magazine for one year.



"Now I Understand Why We Never Have Anything —it was your big chance and you never opened your mouth"

"FOR weeks you've been talking about 'getting up your nerve' to go in and tell Mr. Hutchins about your plan for marketing the new floor polish. And then last night between dances when he deliberately came over to you and said, 'Well, Barnard, I think we've got a winner in this new floor polish, you sort of wilted up and gulped. 'Yes, I think it's all right.'"

"I could have cried—I was so mad. It would have been so easy for you to answer, 'Mr. Hutchins, I've got an idea I'd like to tell you about—I've been giving a lot of study to this proposition and I think I've worked out a plan you'd be interested in.'"

"That was your big chance—your opportunity to show him you had brains—and you hardly opened your mouth! Now I understand why you never get promoted—why we never have anything! You're actually afraid of your own voice—you are the smartest man in that organization—but no one would ever know it. You can't put your ideas across—can't stand up for your rights—you just let them use you for a door mat. Here we are, still living in a dingy little four-room flat while all our old crowd have lovely homes out in the country."

"And last night after you had gone to sleep I laid awake for hours and figured it all out. The only trouble with you is that you have no ability to express yourself—to say the right thing at the right moment. Just the other day Alice Vaughn was tell-

ing me that Jack used to be troubled the same way—and then he began training with the North American Institute of Chicago—at home in his spare time. It took only about twenty minutes a day and in no time at all he was able to give little talks at club meetings. In the last year he's had three promotions—all due, he says, to his ability to talk with ease and vigor."

"Now don't you think you ought to look into this new training? I bet that if you'd get started right away you could be the biggest man in the office in another year—the opportunity is there, and you have the stuff in you—all you need is to bring it out. Once you learn how to talk—once you can carry on a decent conversation without becoming scared to death—I'll wager you'll just about set the world on fire—you'll be made for life. I'm going to send for your free booklet, *How to Work Wonders With Words*—

and we'll have lots of fun reading it together."

No matter what work you are doing now or what may be your station in life; no matter how timid and self-conscious you now are when called upon to speak, you can bring out quickly your natural ability and become a wonderful speaker. Now, through an amazing home study training, you can quickly shape yourself into an outstanding influential talker able to dominate one man or five thousand.

In 20 Minutes A Day

This new method is so delightfully simple and easy that you cannot fail to progress rapidly. Right from the start you will find that it is

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Editorial

Athletics

THE Olympic Games ought to bring back to our minds the original purpose of athletics in ancient Greece, namely to make better and healthier citizens and soldiers.

The athletes of all countries in time of war make more competent soldiers than the ordinary civilians, but the athletes do not look upon themselves as preparing for war and neither do we think that that is their primary purpose.

Amateur athletes, in theory at least, go in for the love of the game, and all of the good results that they get in health and training are by-products. It seems to us that the amateur fighters and the professional fighters are the only groups in which the amateurs are, on the whole, attempting to step over into the ranks of the pros. Theoretically, therefore, the amateur fighters ought to have less love for their game than most other amateurs, but no one who has ever seen an amateur fight believes this.

The unfortunate impression that the pros are all for money and the amateur all for glory and that, therefore, the amateur will take a chance, undoubtedly has a foundation in fact; but no one seriously believes that Ty Cobb, Babe Ruth, Jack Dempsey, Tom Sharkey, and old John L. Sullivan did not have as much love for their games as any amateurs.

However, the average pro has to be more careful of himself than the average amateur. No pro would have stood for the amount of competition which the A. A. U. foisted upon Nurni on his visit to this country. The result was that Nurni has never been himself since. And it is this amateur enthusiasm, whether it is possessed by Cobb or some unknown tennis player in a small suburban club, which is both the best and the worst thing in athletics.

No school boy should be allowed to burn himself out by competing in a host of events, and no college football player should take a chance in permanently injuring himself by playing when he is physically unable to take the field.

We know that accidents can happen in sport. A ball player may be hit in the head by a pitched ball and killed, and yet baseball may do a lot

more good than harm; but we do not believe that a ball player should attempt to play on a sprained ankle as some of the amateurs occasionally do. When a big league pitcher injures himself, every care is taken to get him well before he works again, and similar care should be taken of the amateurs by their coaches and by themselves.

We do not mean that anyone should slow up in competition. Let the athlete give all he has and all he can give, but do not allow him to compete unless he is physically fit.

To make good citizens or good soldiers, athletics make physically able men who have a sense of the relative importance of things. All athletes are occasionally hurt, and no athlete should look upon minor physical injuries as being of much consequence. In modern life this is probably an idea that is not easily obtained in any other field.

The loyalty of an athlete to his team and to his game is likely to teach him loyalty to his obligations all through life. The plain exercise involved in all games will give him a physical foundation on which he can build a healthy life.

Athletics give both mental and physical courage, loyalty, health, and strength, and these are all good qualities for any of us to cultivate. On top of that no way to cultivate them can improve upon games, because in games they are a by-product.

Often it is harder to do a job well when we are aware of the job we are doing. We believe many of the athletes would never be quite as real men if they had never been athletes.

The only drawback to our American sports comes from too great a development of the competitive spirit, particularly among amateurs. It is easier for the professional and for the professional's coach or trainer to realize that tomorrow is another day and have the injured man stay out, than it is for the amateur facing the Olympic Games knowing that his team needs the points he might win and feeling fairly sure that four years from now he will be beyond his prime to decide that he must compete only if he is physically able to do so.



Miss Claire Firman, winner of the Philadelphia Daily News Beauty Contest.

Beautiful Arms and Shoulders

Every Woman, Although She May Not Be Gifted by Nature with Beautiful Arms and Shoulders, Can Greatly Improve Her Defects by Exercise.

By Bernice Page

JUST recently I accidentally overheard two young men in my office engaging in a little tete-a-tete about things in general, and girls in particular. One of them had been with the company for some time, the other was a newcomer in the city. Said the latter, as the conversation progressed, "You know, I think Charlotte is some good-looking sister—" Charlotte, I might add, is good looking, very—five feet two, eyes of blue, and accessories, as one wit described a girl, describes her very well.

"Well," interrupted the second speaker, "Charlotte is not so bad, but my opinion is that Martha is better looking. You see—" The argument began, and as I was in need of material for an article I really did eaves drop on them a little, for I knew there was a wonderful chance to get the correct version of the opinion of modern young men regarding the physical attributes of modern young women.

The last speaker continued, "Just stand Charlotte and Martha together" (now, remember, this conversation took place while the weather was still cold) "and Charlotte may take the prize—she has features perhaps more beautiful than those of Martha, and their figures are seemingly about equal. But I was here last summer, and if you wait until next summer you will learn what I learned, for when I came to this office, I, too, thought Charlotte the more beautiful. Just you wait, though, until you see them in bathing suits, or even in low-necked, short-sleeved or sleeveless dresses, and you, too, will change your mind, and—"

That was all I needed for an inspiration, so I beat a hasty retreat, lest I should be discovered or suffer too much remorse for having played the eavesdropper, but I feel that this should be excused, inasmuch as by "tuning in" on their discussion for just a moment I obtained information that may be of immense value to you of my readers who are "Charlottes."

Girls are predisposed toward a sufficient amount of development in the lower body, or even too much development in that region, while their upper bodies, particularly the arms, neck and shoulders, tend correspondingly

to lack proper development. Again, the sports in which most girls take part—dancing, principally, both ballroom and æsthetic, etc., tend only to emphasize the points just brought out. Only swimming, when done regularly and consistently, tends to produce correct proportions. (I do not mean just splashing around a little; I mean sure-enough "swimming.") Tennis has some benefits, but it does not compare with swimming.

Very well. What are the results? Why, we find scores and scores of girls whom we like to call pretty or beautiful who are such only "part time." Are you one of them? If

Fig. 1

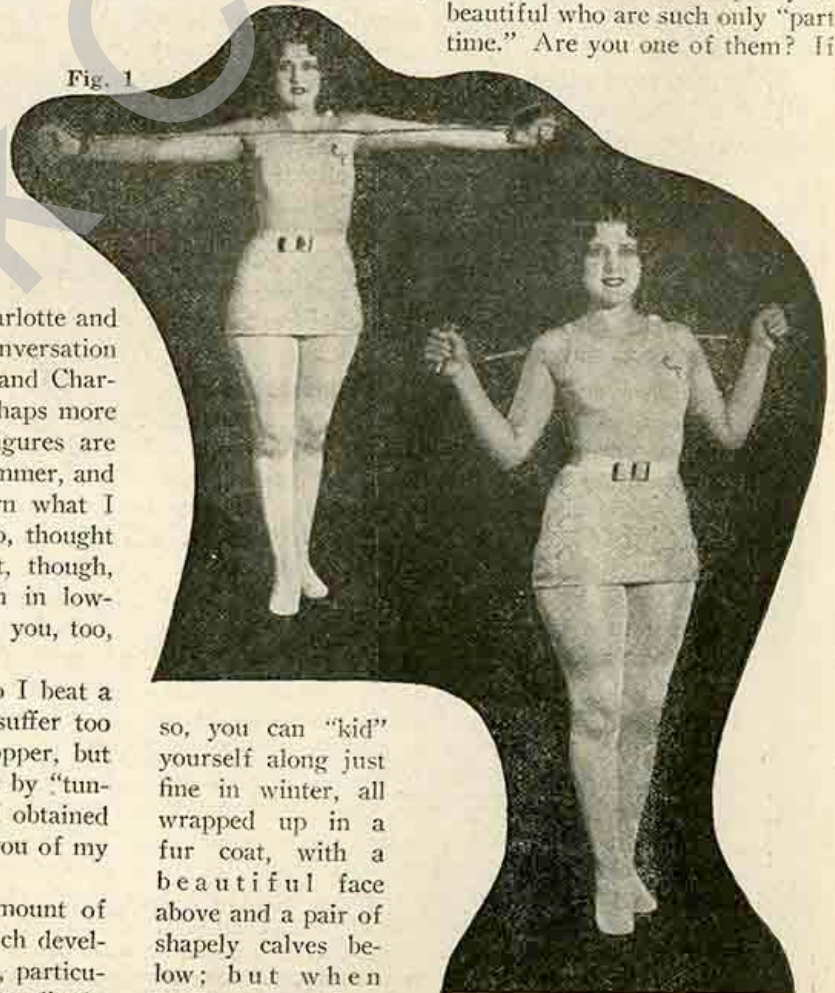


Fig. 2

so, you can "kid" yourself along just fine in winter, all wrapped up in a fur coat, with a beautiful face above and a pair of shapely calves below; but when warm weather

Exercise is the keynote of success in the lives of many great people, especially those who depend upon personality for their success. Take, for instance, the life of the moving picture actress. When she is not working on pictures, she is endeavoring to keep in trim by training. Once a movie actress commences to lose her form, her success immediately begins to diminish, and in a short time her name is almost forgotten. A moving picture actress cannot get by on her facial beauty alone. To be successful and popular, she must have beauty of face plus beauty of form.

Miss Claire Firman, who posed for this article, possesses both beauty of face and beauty of form. Miss Firman is the winner of a Philadelphia Bathing Beauty Contest, and also appeared in the 1924 and 1926 Atlantic City Beauty Pageants. She is an ardent physical culturist and keeps her body in trim



Fig. 3



Fig. 4

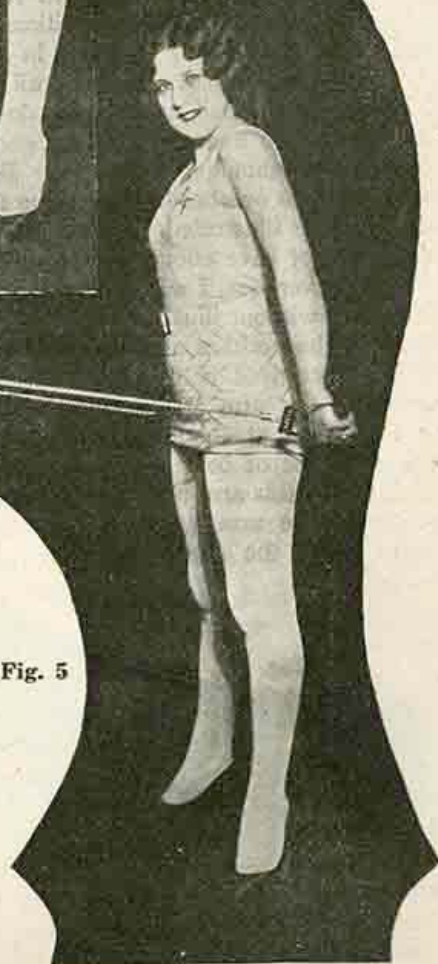


Fig. 5

comes, with its scantier clothing, your deception will be exposed, and those nice legs built up by dancing and that pretty face given by nature (and the druggist) will not suffice to cover up your scrawny arms and shoulders. You may be very, very angry because your cold weather boy friends run away with new girl friends at the beach, but just the same you can only bite your lips and admit that "the other girl" has it all over you when it comes to looking good in a bathing suit.

Well, what are you going to do about it? Now is the time to act—do not wait until summer is here. Survey yourself in your mirror and make a self-analysis of your good and bad characteristics. Most likely you will find that what I have written is true—you may have nice legs, but, oh, those arms and shoulders! Perhaps you think (as do most girls) that good arms and shoulders are gifts of nature, that some girls are "just born that way." Some are, but a great many who now possess such desirable features were not born that way. They have acquired their development through exercise. So, if you ask me whether exercise will benefit you in your attempt to beautify your arms and shoulders, I will answer in the sentiment of the one-time popular song, "Absolutely, Missus Gallagher, positively, Missus Shean."

by frequently training at one of our well known Philadelphia Physical Training Schools. The cable exercises illustrated herein are advocated by Miss Firman particularly for the arms, shoul-

ders and chest and also for the waist.

Figure No. 1 is an exercise for the arms, shoulders and chest, and also helps to fill out any hollow spots in the neck. Holding the cables as illustrated, stretch arms, chest and shoulders as far back as possible. Repeat about ten times.

Figure No. 2 shows the cables held in the back. Take the position as illustrated, elbows bent; now extend arms out to sides and then back again to position. Repeat the same number of times as the exercise in figure No. 1.

Figure No. 3 is done with two cables. The photo illustrating this exercise fails to show the other cable. Two cables are attached to a wall. This exercise is done the same as in Figure No. 1, the only difference being that two cables attached against a wall are used.

Figure No. 4 is also done with two cables attached to a wall. Stand with body erect, legs apart, holding a cable in each hand, as illustrated. Now bend the body and at the same time pull the cables as hard as you possibly can. Return to position and repeat about ten times. You will find this exercise calls into play the muscles of the waist, as well as the arms and shoulders.

Figure No. 5. You take the same starting position as explained in Figure No. 4. In this exercise you do not bend the body, but pull the arms back as far as you possibly can. This is an excellent exercise for shoulders and chest.

Figure No. 6. With the cables attached to a wall, raise the arms overhead. This exercise should be done strenuously.

Figure No. 7 is also done with the cables attached to a wall. Take the position as illustrated; first extend one arm out in front of body and then the other. Repeat until tired.

Figure No. 8 shows an exercise done while lying flat on the floor. This is a good chest expander and shoulder developer. Begin by having the arms overhead. Now bring the arms as far front as illustrated. Repeat until tired.

As I do not have enough space to illustrate more cable exercises, I will endeavor to explain a few more without illustrations.

Assume the position as illustrated in Figure No. 1. Instead of holding both arms out at sides, bend one arm at the elbow. The bent arm should be at shoulder level also. Now keeping the fist of bent arm at shoulder level, straighten out this arm until it is in the same position as the arm which is extended straight out to the side, except that it

is on the other side of the body. Then bring the hand back to the chest again and repeat. Alternate with the other arm.

Another exercise which is excellent for the muscles of the shoulders is as follows: Holding the cable by both hands, extend the arms straight overhead, palms facing outward, keeping the body perfectly straight. Now stretch the cable by bringing the hands down and out to shoulder level and return to the first position. Keep the arms rigidly straight at the elbows and repeat this exercise until tired.

Now that spring is here, get out and enjoy sports, such as tennis, hiking, swimming, horseback riding, etc. Do not make the excuse that you do not have the time—find time. If you do not find it convenient to go horseback riding or hiking, take a good swim a few days out of the week, or enjoy a good game of tennis. Too much cannot be said about swimming as an arm and shoulder developer. Indeed swimming is an all-round beauty aid, tending to fill in hollows with solid tissue and at the same time serving to reduce superfluous flesh.



Fig. 6

Fig. 7

Fig. 8

The Common Cold

Prevention, Cause and Treatment

By Dr. D. E. Stombaugh

DO you know of anyone who is not familiar with colds in at least some of their many stages? I do not believe so. This is one condition which nearly every person at some time in their life has had to endure. When it is called the common cold it is very properly named, as this is one condition which the rich and poor may both entertain on an equal basis.

Definition of a cold is hardly necessary, but it may be defined as a catarrhal inflammation of the upper respiratory tract. The physician uses such terms as "acute rhinitis," "acute pharyngitis," "acute laryngitis," or "trachetis," to designate the region chiefly affected by the disease. The disease does not vary to any great extent or not at all, but the various terms describe the part or parts involved, such as the nose, throat, etc.

Colds are very contagious, but one would never think so by the way the average persons with a cold conduct themselves with respect to others. One may be in a church, theatre, street car or any public place and find the usual amount of individuals who are continually coughing, sneezing, and spreading micro-organisms of all kinds without respect to others. Too much cannot be said about the spreading of colds. We might go a step further and classify the carriers of colds as follows—those who do not think; those who do not know; and dare we say those who do not care. If the party who contracted the cold from the other individual stopped with the development of a common cold it would be ample, but the same germs passed to someone else can cause pneumonia or many other serious conditions.

Announcement of a new cold is usually made with a sneeze, chills, aches, and pains, more or less, all over the body. The next attention is usually given the nasal passages by a profuse, thin, colorless secretion from the mucous membrane. Often the chills subside and a slight fever is usually noted, and the patient may boast of a really full grown cold. The mucus secretion gradually gets thicker and more abundant until the disease starts to subside. There is usually some cough, the extent of which depends on the site of the inflammation and type of same. Without treatment a cold runs a more or less definite course, and if the victims do not give themselves care or consideration the condition may extend throughout an entire season or leave them with a chronic catarrh.

The causes of colds are many; the one main cause is lowered resistance or an already weakened condition. This, of course, in turn has many underlying reasons. Environmental factors, such as chilling of the body, sudden cooling after exercise, the wearing of wet shoes and clothing, fatigue, and irritants in the air often precipitate the onset of a cold. The factors just mentioned all bring about an impure circulation of blood to the parts involved. This brings us back to the findings and statement of Dr. A. T. Still, founder of osteopathy, "The rule of the artery is supreme," which is not only true in the causing of a cold but is a basic cause for nearly all disease. All of our body tissues are supplied with food, oxygen and all other necessary elements to sustain life by means of the blood stream. Everyone knows what happens to plant life when it does not get water or sunshine, or if some element is lacking in the soil. Most everyone knows what happens to a branch of a tree when the bark is peeled off of an area around it so the sap cannot go to and from its parts. The limb soon dies and so will an arm or leg if it is impossible to get any blood to and from it to the rest of the body. Now can we see what does happen when any part of our body does not get the proper amount of blood that it should have? Exposure brings on an impaired circulation to the nose, throat and the other parts involved in the common cold. Can we now more readily understand what will happen when we breathe into our air passages thousands of bacteria in their various forms? The already weakened membranes form a very fertile soil for these germs in which to grow. Perhaps this will answer the question for some as to why two individuals may come in contact with one suffering from a cold, one contracts the cold and the other will not. One has a much higher resistance than the other. One has an already sensitive or weakened mucous membrane in the air passages.

Some of the abnormal conditions of the nose and throat must also be considered in the many causes of colds. The nasal passages are subject to many types of obstructions of which adenoids are, perhaps, the most talked about and considered. Then may we try to explain something about the cavities around the nasal passages, which drain into the nose. If any of our readers have been told by their physician that they have sinusitis and experienced some of the extreme torture

which one does endure with the closing or partial closing of these small ducts, they know exactly what cold is when it reaches these parts. They term it at least more than "common." Colds that are permitted to gradually progress without treatment very often find their way up into these same passages; once they reach this location, they are very difficult to treat and cure. Organisms of all kinds may be harbored in these ducts and pockets for months, and at certain intervals start discharging and apparently start up a new cold.

Adenoids obstruct the air passages and do their part to invite both chronic and acute infections of these parts. When we mention tonsils we start a much talked of subject. Some patients seem to feel that the tonsils are glands placed in an accessible location in the throat for the benefit or support of the throat specialist. There, perhaps, are some tonsils removed without cause, but those that should be removed and are neglected or overlooked are by far the most numerous. The tonsil, as long as it is healthy and normal, should by all means not be disturbed. The diseased tonsil is a great enemy to the human race, and so far the only safe motto is "Get it before it gets you." The tonsillar substance is filled with many pockets or crypts which when diseased fill with pus, which partly is carried away by the blood and part is discharged into the throat. One can readily see when this pus is liberated into the throat, the amount of structures in which it comes in contact, and how readily these organisms can cause colds of all kinds if the resistance of the patient is not strong enough to care for them. May we state, too, that in this event the resistance is not high as a rule, due to the poison which is carried in the blood. The discharge of millions of germs directly into the throat seems terrible, but the organisms which enter the blood and must be combated by the body in this manner are more dangerous.

Another important constitutional cause of repeated colds is constipation. It is easy for one to neglect themselves and, therefore, permit the poisonous matter to remain in the intestines for days without proper evacuation. It is possible to have an evacuation of the bowels every day and yet suffer from a severe auto-intoxication. Those who have been treated for colds know that the first thing their physician does is give them some treatment to increase the action of the intestines. Therefore, one can readily see it would be much more advantageous to them to keep the intestinal tract clear at all times.

The treatment of colds in general, therefore, is good care and measures which will increase normal body elimination. The time treatment should be started for a cold is when the first symptom appears; in short, start at the first indication of the onset of a cold. Do not use the treatment, as expressed by the saying we hear so much, "I thought I could work it off." As previously stated, the first step in the treatment of a cold is the attention to the bowels. This can be accomplished effectively by the use of a high enema of a saline solution. Better results are usually obtained by using a warm solution first, having the temperature at about 105 degrees. This can be followed by a solution at about 80 degrees temperature. After a thorough cleansing of the intestines, the next step is a hot foot bath. Great care should be taken during this treatment to prevent chilling during or immediately after. The bed should be prepared with hot water bottles or electric pads to prevent chilling and

the patient put to bed immediately following the bath. During the bath and directly after, as much hot lemonade (without sugar) can be given as the patient can be forced to take. This not only aids in increasing the elimination through the skin, but also stimulates the kidneys and carries off much of the toxins in this manner.

Diet is not so important but should be light, and it is better if it consists of mostly liquids. The value of water taken in large amounts cannot receive too great importance. It can be taken either hot or cold, only take more of it. It has been said that if any patient, almost regardless of the condition, would drink enough water they could swim out of their troubles. This almost seems true at times, and it is a real good thing for the average person, sick or well, to eat less and drink more water.

The room of a patient suffering from a cold should be kept at an even temperature of about 65 degrees. Get plenty of fresh air, but care should be taken to avoid drafts. It is well to follow the same precautions as to isolation as one would in any other contagious disease. The patient's body should be kept warm and dry. Smoke, cold damp air and other irritants must not enter the respiratory tract. Argyrol (20 per cent solution) dropped into the eyes and nostrils seems to arrest the development of symptoms in some cases. Relief is sometimes afforded by inhalations from a vessel containing about a pint of hot water and a teaspoonful of compound tincture of benzoin or oil of pine. Local application of antiseptics to the nose and throat are usually valueless in the treatment of colds, as it is difficult to destroy the causative organisms beneath the mucous lining of the passages. Spraying and gargling with antiseptics are usually ineffectual, because it is impossible to free the mucous membranes of bacteria by this method. Vaccines have been found to be of little value, if any.

Osteopathy has established a well earned place for itself in the treatment of both acute and chronic colds. It has been stated that the effective treatment of colds consists in aiding nature to liberate and free the body of the poisons and toxins caused by the infection. This is exactly what osteopathy does by increasing the circulation of the blood, thereby aiding all the various organs to do their work in the process of elimination. Acute colds can often be avoided completely when taken at the onset. In the event the cold has progressed and is well on its course, the patient may expect marked relief and a much shortened course of the malady. When the patient has a slight fever and is very toxic from a cold, they may expect a further increased temperature a short time after osteopathic treatment. This, however, subsides just as quickly as it rises and also drops below the previous high mark, thus giving the patient comfort and relief in proportion.

It is our sincere hope that we can aid in the prevention of the common cold both in the care of ourselves and, above all, do all we can to keep from spreading the cold germs. Let us keep in mind that the so-called common cold is just one step behind Grippe and Influenza, and the next party to acquire the germs from us may not stop with just a cold. Never cough or sneeze without the handkerchief over the mouth and nose, as this will avoid broadcasting the millions of germs. Once more do we recommend and urge plenty of nature's medicine—"Pure Water"; you cannot take an overdose.

Before and After

Modern Methods of Physical Exercises Work Wonders with the Human Body,
As Proven by Several Examples.

By Mark H. Berry

BEFORE and After! In the life history of some persons, those few words convey a world of meaning. We are, of course, referring to a change for the better, though in your case "before" may recall days of happiness and bring recollections of a degree of perfect health when it seemed that sickness and weakness could never attack you. But neglect, laziness, indifference, worry and kindred vices can bring about many changes in the health and appearance of a person, robbing one of all the joys of life. In just the same way, attention to the laws of hygiene and physical activity can bring about truly wonderful changes in the health and appearance, giving health and strength to one who never before had experienced the thrill of being entirely alive.

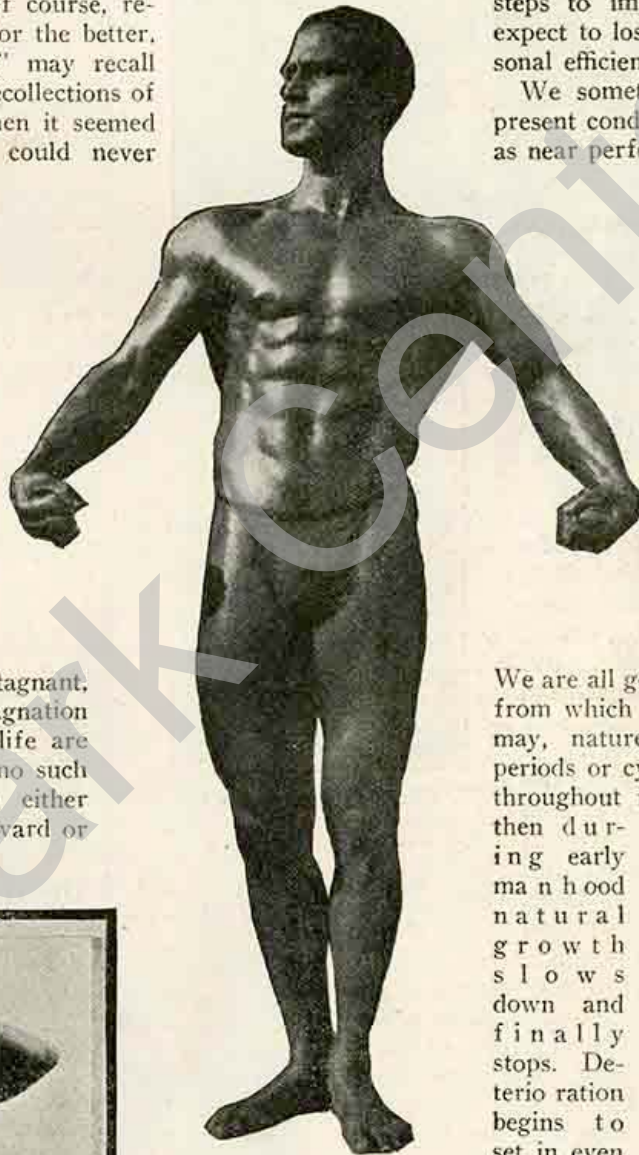
The lazy man or woman is stagnant, for physical inactivity spells stagnation just as truly as activity and life are synonymous. In life there is no such thing as standing still; you either progress or retrograde, go forward or

you slip backwards. The sooner you recognize this law of nature, the better for yourself. If you are taking no steps to improve yourself, you can only expect to lose a certain degree of your personal efficiency for every day of delay.

We sometimes speak of preserving our present condition, presuming this state to be as near perfect as we ever hope to approximate; but in reality there is nothing you can do to just preserve a certain degree of development, strength or health. You are either taking steps to improve, or you are slipping back by degrees. True, you may seemingly stay in one condition, without evidently losing any of your muscular contour, strength or vital powers, but this would be due to a natural physical balance, and you are really endeavoring to improve, though you grow no better.

We are all governed by certain natural laws, from which we cannot escape; do what we may, nature carries us through certain periods or cycles of life. We grow rapidly throughout infancy, childhood, and youth, then during early manhood natural growth slows down and finally stops. Deterioration begins to set in even before middle age is reached, and as old age approaches man commences to

dry up and show signs of decay. Even considering this law of life, it is pos-



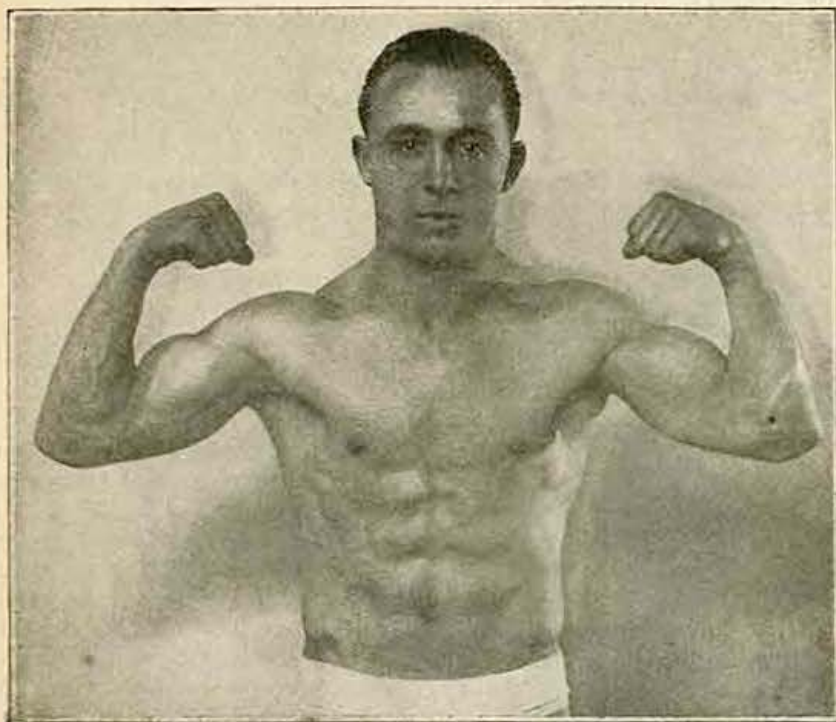
The Finished Product—
A splendid pose of Anthony Sansone, of New York City, a sterling example of the possibilities of scientific exercise principles. A tall man with perfect proportions.



Joseph Jezeski—AFTER. This remarkable change was accomplished in the relatively short period of ten months' time. In the first photo we see him as he was recovering from a severe attack of arthritis.



Joseph Jezeski, of Cleveland—BEFORE.



David Myshne—AFTER. Here we see him weighing 148 pounds, as he looks today. His normal chest gained nine inches, with other gains in proportion.

sible to improve during middle life, especially when the individual has been accustomed to a most unnatural life of inactivity and neglect; it is, of course, a common thing to completely rebuild a man during the later years of young manhood, namely, the years from 35 to 45.

The point at which we have been driving is that in order to keep at, or near, one standard over a long period of time, we must aim at continual improvement. By easing up in our efforts we will only be inviting a flabbiness and softening of the entire physical being. Ofttimes we hear the claim made that a man who has acquired a considerable degree of strength will continue to possess this strength even after years of inactivity. While it is true that a man who has acquired an unusual degree of strength by reason of proper training will be quite certain to preserve a large percentage of that strength after a long lay-off, it is not true that he will be as strong, or nearly as strong, as he was in hard training. The proper angle from which to consider this is that a really strong man is so much stronger than the average man, and he would have to "go back" a considerable extent to become as weak as the average man. So even with years of inactivity, as long as he is careful enough in his habits to preserve a fair degree of good health, he will remain very much stronger than the untrained individual.

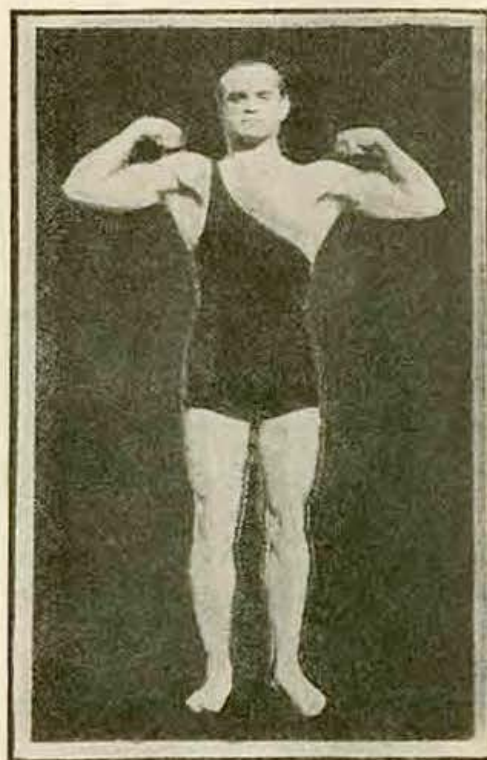
This is likewise true of athletes in every branch of sport. The ex-champion may "slip" and be nowhere near his old form but still be good enough to show up a third rater. This applies especially to boxers and ball players. The classy athlete has a long way to "go back" in order to drop into the average class. No one would expect a swimmer or runner to keep in condition without



David Myshne, of New York — BEFORE. At this time he weighed 92 pounds, at a height of 5 feet 8½ inches; at 21 years of age.

To the man, or youth, who merely has a personal reason for wishing to possess unusual health, strength, and shapeliness, the problem of acquiring these qualities is rather

constant training, which is the proper way to think of the strength athlete, or of the physical culturist who exercises to keep in a strong and healthy condition. We know very well that a man must continue to practice at least a few exercises if he wishes to preserve his athletic figure and keep in the shapely class. If a man will not grow lazy, he can very easily keep in a trim condition once he has developed a first class physique and exceptional strength. The average man who becomes interested in physical culture does not hope to become a professional strong man or a champion amateur athlete. He is simply interested in acquiring a vigorous condition of strength which will assure him of perfect health with all vital organs working in unison. A symmetrically proportioned physique accompanies this vigorous condition of strength and health. At the same time, the personal vanity of the man is satisfied by the possession of an admirable physique. Most men would take great pride in the knowledge that their body was so physically perfect as to be comparable to the best examples of physical perfection. What man is there, worthy of the name, whose ego would not be satisfied by the knowledge of his strength being far superior to the average?



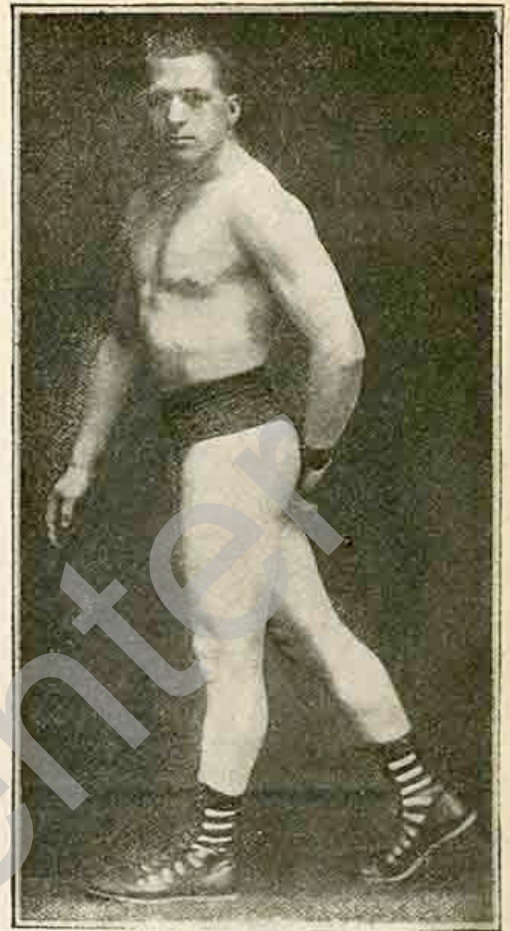
John Link, of Bridgeport, Conn., who became a better athlete after taking a bar bell course. When his athletic friends doubted his speed, he took them out on the cinder track and out-sprinted them.

easy of solution. Not wishing to become a super-athlete in any sense, he will have no need to train on extraordinary feats. Several months of diligent practice should put him in wonderful condition, and a fair amount of effort should be sufficient to keep him satisfied with that condition as long as he takes a personal pride in his claims to the full possession of manhood.

If you now belong in the "before" class, it will be a simple matter to change to the other class and remain there. Profit by the example of others, as hundreds of men in America are doing every week. Consider what the short but very descriptive sentence of three words "Before and After" means to the men who are the subjects of this article. Were you to meet any one of these five men today, without having known them previously, you would certainly doubt any story concerning their claims to having formerly been puny and weak.

The cases presented herein are by no means sensational. They are in fact, the average experience regularly reported to us; but in these particular instances we happen to have photos taken before as well as after results were obtained. In some truly sensational cases we are unable to get the "before" pictures. Often the pupil was in such an extreme condition of weakness and

sickness, utterly lacking any signs of muscular development, that he was ashamed to have any photos taken—or he may have seriously doubted the possibility that he would ever show any improvement. Kindly direct your

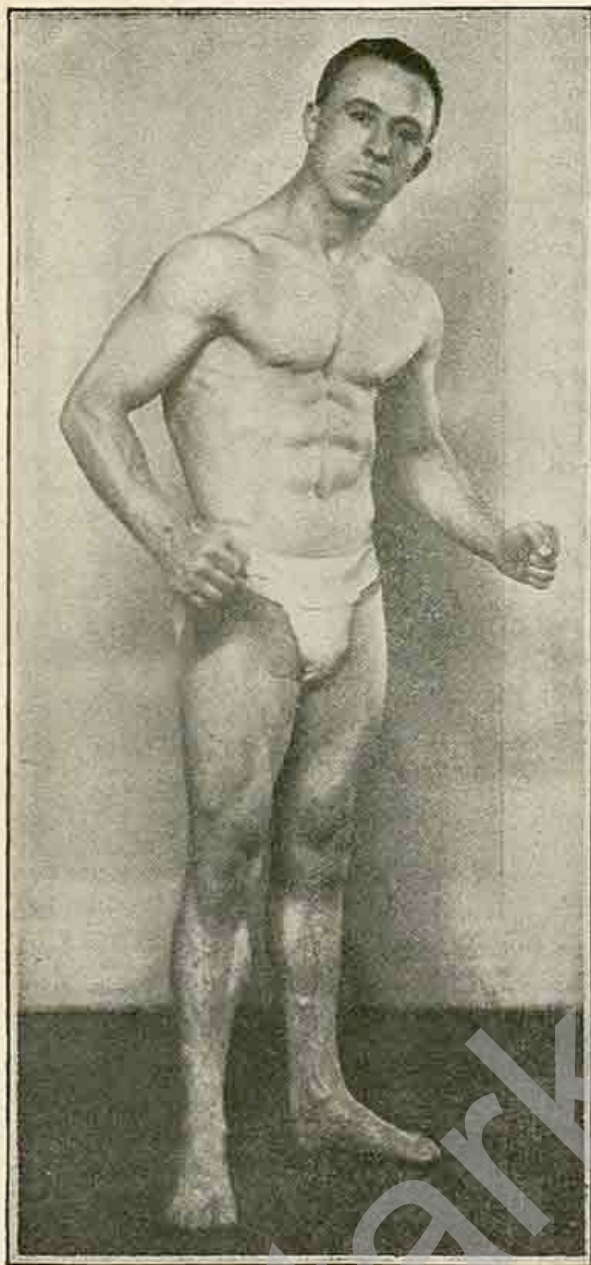


George Petroski, a pupil of Arthur F. Gay, of Rochester, N. Y. Correct exercise brought substantial gains in measurements and gave him strength and better health.



The finished product as exemplified by Albert Manger, of Baltimore. His great strength is evident even when posed at ease; and his great muscles do not need to be flexed to show their contours. Manger almost doubled his bodyweight in a few years and became a champion at field athletics, as well as weight lifting.

attention to the case of Mr. D. Myshne. The present day photos of him show a healthy specimen of athletic manhood, but look at his likeness taken four years ago, at the age of twenty-one, when he registered ninety-two pounds. Imagine that, a young man standing five feet, eight and a half inches and weighing eight pounds less than a hundred! Some of my readers may be in pretty bad condition, but I doubt if many of them present such a weak appearance as that. Today he is a solid built physical culturist, weighing one hundred and forty-eight pounds stripped, with measurements of which any man could well be proud. His normal chest alone is nine inches larger, his thighs are five inches bigger in circumference, his upper arm has gained four and a quarter inches, and his neck and forearms have each gained two and three-quarter inches. Note the "Before and After" comparisons of each part of his anatomy. Neck, $13\frac{1}{2}$ — $16\frac{1}{4}$; normal chest, $32\frac{3}{4}$ — $41\frac{3}{4}$; upper arm, $10\frac{1}{2}$ — $14\frac{3}{4}$; forearm, $9\frac{3}{4}$ — $12\frac{1}{2}$; waist, $27\frac{1}{2}$ — 31 ; hips, $33\frac{3}{4}$ — 37 ; thigh $17\frac{1}{2}$ — $22\frac{1}{2}$; calf, 13 — 15 ; wrist, $6\frac{3}{4}$ — $7\frac{1}{8}$; ankle $8\frac{3}{4}$. There can be no doubt concerning these increases, as the photographic records tell the story better than the tape measure.



A full length pose of David Myshne, whose "Before" picture appears on page 28. The improvement in his appearance should convince the most skeptical concerning the value of progressive exercise.

His greatest ambition now is to develop his young son into the world's greatest lifter. Junior is now $2\frac{1}{2}$ years of age and can perform a dozen deep knee bends with 15 pounds across his shoulders, an abdominal raise of 3 pounds, ten times in succession, and a dead lift with $52\frac{1}{2}$ pounds. Mr. Myshne takes his son to a physician every two weeks for a thorough physical examination.

Next please note the photographs of Mr. Joseph Jezeski. This remarkable change was accomplished in ten months. Standing five feet, seven inches in height, he weighed 145 pounds at the time the "after" photo was taken. When the "before" picture was taken he was just recovering from a long attack of arthritis, which started in his knees and quickly spread to all parts of his body. Read parts of his letter recently received. "I was paralyzed and had to be fed for a month. Six months passed and every joint in my body was affected

with inflammation; severe pains and aching accompanied the least possible movement. I was pitied by my friends, for I was underweight, pale and crippled, but I was a different man when I appeared on the beach this year. Due to bar bell training I have gained twenty-five pounds. I could barely lift the $1\frac{1}{4}$ pound plates overhead when I started exercising, but by gradually increasing the weight I was able to use more weight. By doing so my health returned, the severe pain and stiffness left me, and my strength increased, till at present I am able to handle my partner, who weighs 160 pounds, in hand to hand balancing."

Mr. J. H. Miller made a decided change in his appearance in the space of one year. At the time the first picture was snapped he had already spent considerable time in the practice of physical culture exercises and was not exactly in a weak condition at that time. Consistent exercise wrought the change shown in the other likeness of him, and changed his measurements as shown by the following comparative figures:



J. H. Miller — AFTER, or exactly one year later, his chest having gained approximately ten inches, and other parts proportionately. He stands 5 feet, $6\frac{1}{4}$ inches and weighs 160 pounds.

Before starting bar bell exercise he carried considerable fat on the lower abdomen which did not show in his measurements. At the time of starting his bar bell work he stated, "I have used 10 pound dumb-bells, and rubber strands for over two years and have gained little in strength. (Continued on Page 83)

J. H. Miller, of Salunga, Pa.—BEFORE.

normal chest $32\frac{1}{2}$ — $42\frac{1}{4}$, waist 32—same; hips 38 — $39\frac{1}{2}$, thigh $18\frac{1}{2}$ —22, calf $12\frac{1}{2}$ — $14\frac{3}{4}$, upper arm $12\frac{1}{2}$ — $14\frac{1}{4}$, forearm $9\frac{3}{4}$ — $12\frac{1}{4}$, wrist 7 — $7\frac{1}{4}$, ankle $8\frac{3}{4}$ — $8\frac{7}{8}$. Height 5 feet $6\frac{1}{4}$ inches, weight 160 pounds. His weight increased only twenty pounds, which can be explained by the fact that his waist is now the same in girth and his hips are relatively but slightly larger.



The 1928 Olympic Games

Will This be the Last of Them? And Will America Lose?

By Jim Barrett

IS professionalism going to be the ruination of the greatest of all athletic meets? There has been considerable talk about it, proving there are some who seem to think that the Olympic Games and, in fact, practically all amateur athletics, are doomed. While it is yet to be seen (and hardly probable from this writer's point of view), nevertheless, like all beliefs, there are reasons for it. On the other hand, things do point toward the death of amateur athletics, at least as far as the star athletes of the world are concerned.

The trouble is that there are several definitions, in the minds of the people and various athletic bodies throughout the world, of the word "amateur." No less a light than our own Charlie Paddock makes the sweeping statement that there are no true amateurs. He presumably means there are no strict amateurs among the select class of athletes of each branch of sports. Surely, Paddock is in a position to know a little about the situation.

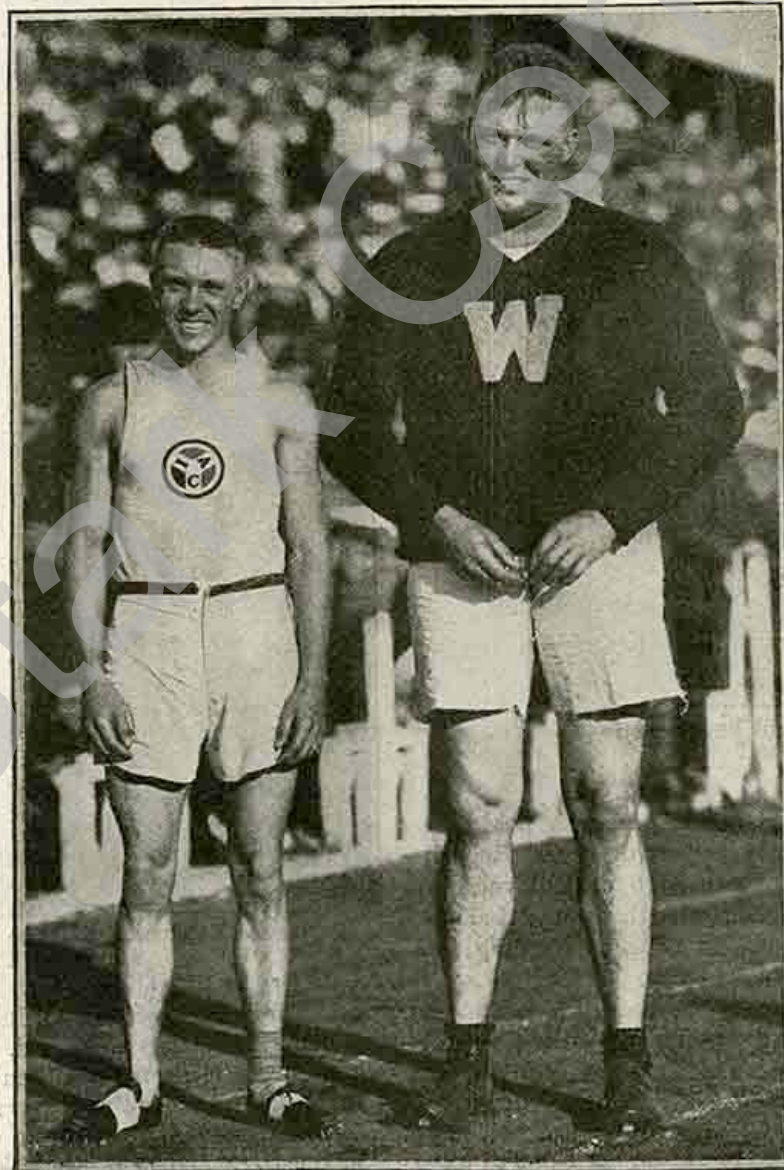
England, for one, interprets the word amateur in its strictest sense. Because their rugby team, I think it was, balked at the idea of not being reimbursed for the loss of time from

their daily occupations, those who are talking for England think that professionalism is gaining so alarmingly that it will soon put an end to amateur sports. Perhaps they believe America and some other countries are not on the up-and-up, speaking in an amateur sense. From the English point of view that may be true, for certainly

the American public cares little whether they are looking at amateur or professional performances, as long as they are viewing the best. "I don't blame them for getting theirs if they can," is the usual comment heard from American fans.

After all, the professional is no better than the best amateur, with the possible exception of the boxer; and the reason the pro boxer is better is not because he is a professional but because he turns professional if he is a good amateur.

We in America don't blame those English rugby players for wanting to be paid for their lost time. It is one thing to play or race for honor or nothing, and quite another thing to pay to play or race, for that is just what the fellow who has to work for a living would be doing. Besides, the promoters of amateur games and athletic meets don't let the public in free, do they?



Joie Ray and A. Mucks—Joie expects to stage a come-back for the Games in Holland.



Charlie Paddock—Will he repeat in Amsterdam?

If the Olympic Games attendance does not warrant reimbursing the rugby player, or if the English sport bodies think it is not strictly to amateur rules to pay them for lost time, all right; but those fellows shouldn't be called unpatriotic or professionally inclined if they see fit to refuse to play.

While the incident is not serious enough to put an end to the Olympic Games, it did nearly put an end to England's part in the Games. The fact that arrangements had been made that would have made it inconvenient and a disagreeable situation had England backed out, were the only reasons she decided to uphold her name of being a good sport by remaining in.

So much for that. What we Americans are mostly interested in, as much as we would like England to stick

in the future, is whether or not the United States will come out on top in this Olympiad as she has in the past, and if she does come out on top, will she find the winning of it as "soft" as in the past?

You probably know that the coming 1928 Olympiad will be held in Amsterdam, Holland, between July 28th and August 12th. Some few events will be contested earlier than the 28th, which is the official opening day. Field Hockey, Association Football, and the winter sports will probably be early events.

Germany will be back in the 1928 Games after an absence since the 1912 games, and if numbers mean anything they ought to give a good account of themselves. She has entered 276 athletes, which out-numbers the U. S. athletes by seventy. However, numbers don't mean a thing unless there are a good percentage of first-class athletes among them.

While America has won regularly with a comfortable number of points, we don't beat the world. The splitting up of the foreign points scored among some forty-odd foreign countries enables America to beat her nearest rival, whether it be Great Britain, France, Sweden, or any other country.

There are nations entered in the Olympic Games that are little heard of in a winning role, and yet they do score a few points. For instance, in 1924, Belgium, Uruguay, Denmark, and Argentina captured one first prize each and a few seconds and thirds



Hannes Kolehmainen—Once an Olympic Marathon winner for Finland.

between them. Switzerland, Italy, Hungary, and Finland captured two firsts each, and, of course, a few seconds and thirds. If France had been able to take most of those firsts, she would probably have beaten the U. S.

The United States will, no doubt, again top the field in the track and field events. In 1924 the U. S. track and field athletes did better, as far as winning first place is concerned, than they did in 1920. In 1924 we took twelve of the twenty-seven firsts as against ten in 1920.

It looks now as though Germany's new sensation, Dr. Peltzer, will clean up a good many points in the middle distances. As the U. S. has not had much success in these races, and pulled through without doing much in them, Peltzer's points for Germany will aid the U. S. instead of hurting her percentage. France, Great Britain, and Sweden, unless they manage to beat Peltzer, will feel the Germans' success more than we will.

In 1920 the U. S. won only the two short distance races (100 and 200 meters) and the 400, 800, 1500, and 5000 meters were split up between Great Britain, South Africa, Finland, and France.

There is no doubt that the United States is finding more competition of late than they did in the early days of the Olympic Games. In the 1896 Games, held in Athens, the 1900 Games in Paris, the 1904 Games in St. Louis, the 1906 Games in Athens, and the 1908 Games in London, the U. S. literally cleaned up, and I believe that the next time the Games are held in this country, our athletes will have it much easier than they do when competing in Europe. Any type of athlete is at a better advantage in his own country and athletic field than when on foreign soil. The long boat trip that our men and women are compelled to take, and



Another U. S. Specialty—the Pole Vault

which few, if any, other nations duplicate while the games are held in Europe, certainly doesn't improve their condition any. Then comes the change of climate, which also has some effect.

However, just because we have not done much in the way of winning the middle distance does not mean that we haven't a chance. Lloyd Hahn, of whom you have been reading much of late, will certainly not be easy to beat in the 800 and 1500 meter races at Amsterdam. In these two distances, Hahn will line up against Peltzer, of Germany; Lowe, of England; Wide, of Sweden; Nurmi, of Finland, and Martin, of France, and naturally hopes to win both races. Against such runners that is a big job, but someone has to win and let us hope Hahn can turn the trick. The U. S. certainly has a better chance of scoring with Hahn in the middle distances than she has in the longer runs.

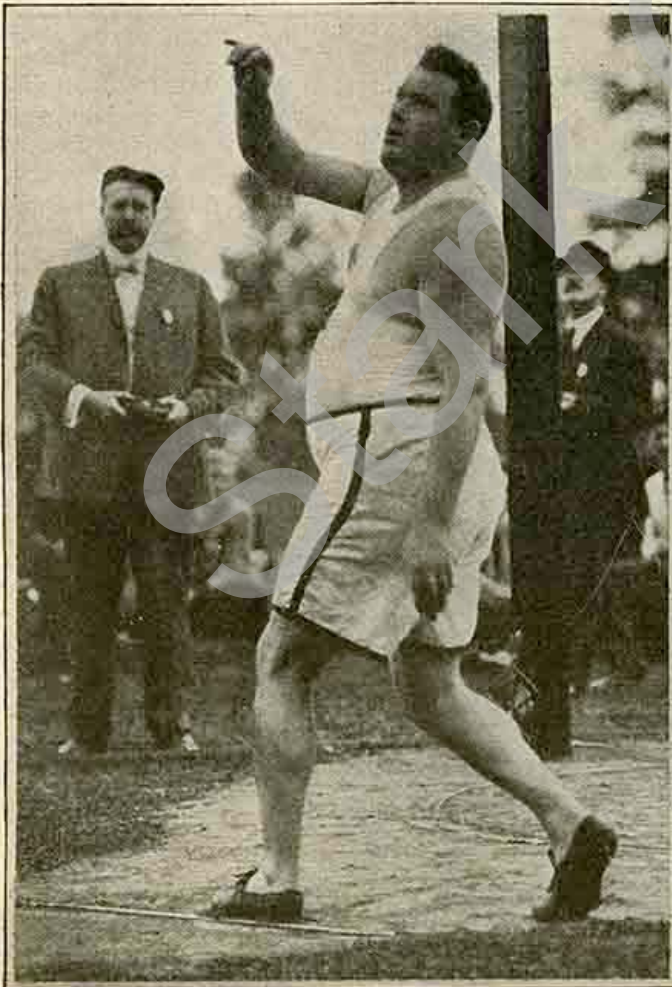
In the sprints we still have Paddock, Scholz, Bowman, Hussey, and several others who may remain good enough to place in the coming Olympiad, but there are several youngsters who are crowding them hard. Among these are Borah, Locke, Russell, Wildemuth, Scull, Alderman, and others. However, these newcomers will hardly supplant those veterans this year.

Clarence De Mar and Frank Zuna, both marathoners, will, no doubt, go over with the team, and while we don't expect either of them to come through with a first, you never can tell. As long as we have a man or two entered in an event, we have a chance to win.

Osborne will probably carry our hope again in the high jump (although Anton Burg is giving him a run), while Hubbard is almost sure to win either the running broad jump or the hop-step-and-jump, or both.

Clarence Hauser, Matt McGrath, and Merchant are weight men who will surely make the team again and can pretty nearly be expected to come out on top.

The swimming events have (Continued on Page 69)



Matt McGrath, veteran United States Weight Man of the Olympic Games.

Spring Fever

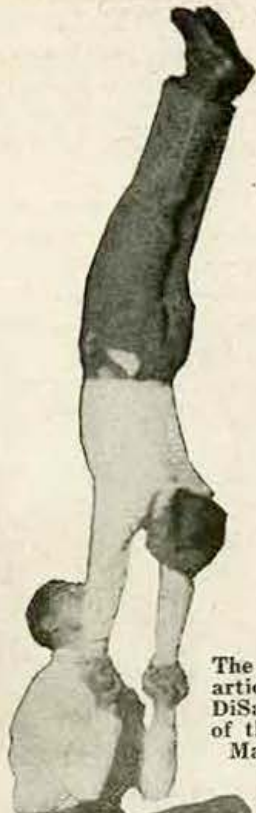
And How to Put the "Springs" Under It.

By James Lawton

Before dealing in detail with these phases of the subject, let me explain that intoxication of the body or its component systems cannot be caused only by alcohol. Many things can produce an effect similar to that brought about by too many consultations with the present-day progeny of the "little brown jug." Fatigue, impure air, physical inactivity, and faulty diet can produce quite the same effect on the human body as can alcohol. You have doubtless seen athletes who were literally "out on their feet" and fighters who were "punch-drunk." And you yourself have very likely experienced that lazy, drowsy sensation that comes on after eating a too heavy meal.

You have, perhaps, many times been afflicted with that "sleepy" feeling" caused by a stuffy, ill-ventilated room.

Very well. Now in considering the direct causes of Spring Fever, we must take into consideration certain definite factors concerning it—its time of attack, its effect, its duration, and the after effects. It generally shows up 'long about the time the cold days of Winter give way to the warmer, balmy days of Spring. It makes one literally "dead on his feet," and it lasts well into the Summer months. Fortunately, however, its after-effects, while not generally disposed of in a hurry, are, nevertheless, not at all tenacious and can be overcome in a very short time. The principal hangover from an attack of Spring Fever is a sluggish internal system, tending to a predisposition toward the ills of Summer. This tendency, however, is often overcome by the use of fresh vegetables in the diet and the partaking in the many popular exercises—swimming, tennis, golf, etc.—of the hot days. This almost explains the cause of our trouble, for just the opposite condition from that mentioned holds true of the Winter months—vegetables are scarce



The poses in this article are by "Andy" DiSario, understander of the popular team of Mazzola & DiSario.

JUST at this time of year we are beginning to hear on all sides the long-drawn-out sigh of "Ho-hum-m. Gee, I feel bum today—guess I've got another attack of Spring Fever this year." What is this Spring Fever business, anyway? Ask one who professes to be afflicted with it—he "can't tell you just what it is," but he "knows what it is, anyhow. Just doesn't know the words to describe it." The writer does not claim to be any second Solomon, but he has this opinion to advance: that the well-known malady, Spring Fever, is but a matter of intoxication of the mental, physical, and nervous systems of the human body, which in turn brings about a condition bordering on the semi-comatose, commonly classified by irate parents and well-meaning (?) "in-laws" as "lazy." Such being the case, we have three angles from which to attack the subject, to wit: the cause, the cure, and—most important of all—the prevention.

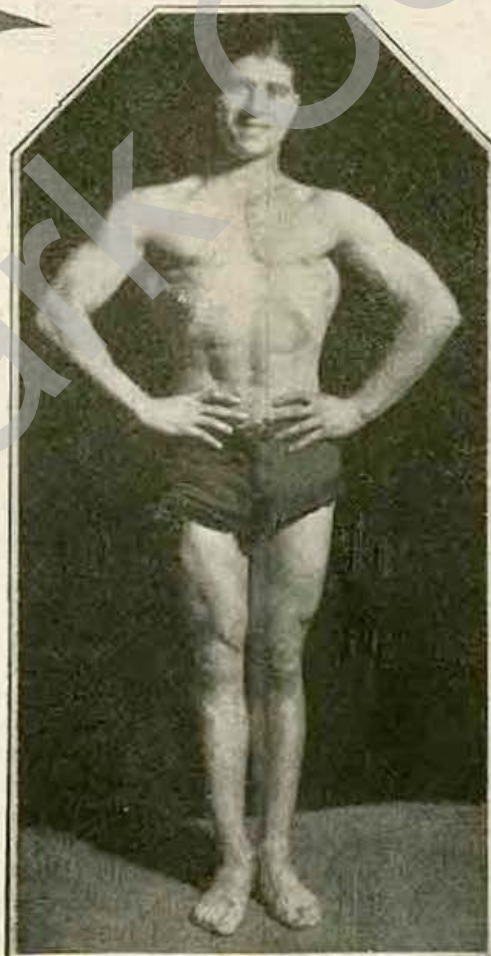


Fig. 1. Starting position of the very effective bending and twisting exercises for the sides, waist and abdomen.

and one lives principally on a diet of meat. This is not such a bad idea for cold weather, because the system requires the extra fat for protection against low temperatures, but the average individual, once in the habit of eating meat, continues the habit when the weather moderates and takes into his system more fat in that form than his body requires. The excess immediately becomes the equivalent of carbon in a car, and it becomes a burden that serves only to detract from the efficiency of the individual concerned. Another thing—the exercises of Summer and Fall have built the body up to a point that it can absorb a good amount of abuse in eating and lack of exercise; but this reserve of energy is about destroyed by the time Spring arrives, and with it is taken the supply of pep the individual possesses. During the Winter he has most likely taken no outdoor exercise (and likely none anywhere) of consequence. By this time his muscles have become soft and flabby; he has been breathing inside air of questionable character for some several months with no good results to his lungs, and has probably been losing some sleep because of business (or blondes). So at this time of the year he feels just about like a Ford chassis hooked up under a Cadillac body—no pep, no power, no pick-up, no ambition, “no nothing.” He possesses this attitude toward himself all during Spring and well into the Summer until the factors as explained—change of diet and resumption of exercise—serve to pull him “out of the dumps” once more, but only after three to five months of valuable time have been half wasted away. And that’s enough about the cause.

How to cure Spring Fever? Well, I’ve already told you a time or two, but here goes again: Presuming you have a well-developed attack of the said malady, you must first change your diet to include less heavy food—meat, eggs, rich, greasy and highly

Fig. 2



Fig. 3



seasoned stuff, etc., and use more fresh food, particularly vegetables and fruit. Prescription two: Keep the window up a little around the office to admit enough fresh air to smell, especially if your office happens to be infested with an army of smokers who keep the air blue all the time, and you “blue” a good part of it. At home let a little fresh air find its way into your bedroom during your sleeping hours, and, finally, do your liver and other “innards” the favor of turning them over once in a while by means of a little exercise. You don’t have to invest in a complete set of gymnasium equipment or buy a minority interest in an already established institution to take exercise in sufficient amount to put the “springs” under Spring Fever and a spring in your step. Push

Fig. 3-A



the bed two points over to starboard, set the rocker on the trunk, raise the window, and get busy. Here are some excellent movements that are guaranteed to kill and cure—kill Spring Fever and cure you.

1. Right off the reel we meet an old acquaintance in the exercise field—the bending, twisting, and stretching movements for the sides, waist, and abdomen. Stand erect, hands on hips, heels together, knees straight, and bend first to one side then to the other. Next bend as far back as possible, then forward, and finally twist far to the right, then to the left. “Good grief!” you exclaim. “I’ve been told to do those exercises so much I almost see them in nightmares!” Well, what about it? Perhaps you are like the satyr in Æsop’s Fables. He marveled that a man could blow a warm breath to comfort cold hands, but when he saw the same man

the ruler who sought of the Master a means of relieving himself of his disease. When told to bathe seven times in the waters of the river he was angry, because, while he wanted to overcome his trouble, he wanted to do it in a difficult manner. Nothing simple and easy would satisfy him. If you are like that, snap out of it. Let's go—heels together, hands on hips, knees straight, one, two, three, four—! (The starting position of all four movements is shown in Fig. 1.)

2. Take the position as for exercise number 5, only keep both legs together and straight, then continue lowering them until the feet touch the floor behind the head. You may have to bend the knees at first, but learn it as soon as possible with the knees straight. It will stretch the muscles and tendons of the legs, back, and neck and do a great deal toward giving you a real "peppy" feeling. See illustration No. 2.

3. Now be introduced to our old friend, the leg raising exercise for the benefit of the abdominal muscles and, incidentally, for the general "toning up" of the vital internal organs—liver, stomach, etc. Lie on your back on the floor; then while keeping the legs straight and together raise them up to a right angle with the floor, as in position No. 3. Hold the position a second, then lower, all the while keeping the knees straight. A good variation of this exercise is to allow the knees to bend, then pull over until they are against the chest. Straighten the knees out while keeping them as near the chest as possible, and lower slowly to the floor. The illustration No. 3A shows the second position of the variation. At this point the knees are straightened, and the legs lowered.

4. Take your position as in Figure 1; then with an alternate springing motion bring the knees to the chest, keeping the lower legs vertical, so that the heel almost touches the buttock as the knee approaches the chest. The back must be kept erect throughout the exercise, and the head held up. This exercise is called the stationary run, and is shown in Fig. 4.

5. Lie on your back on the floor, roll the body back over the chest and head until you are in position No. 5, the weight being (Continued on Page 60)

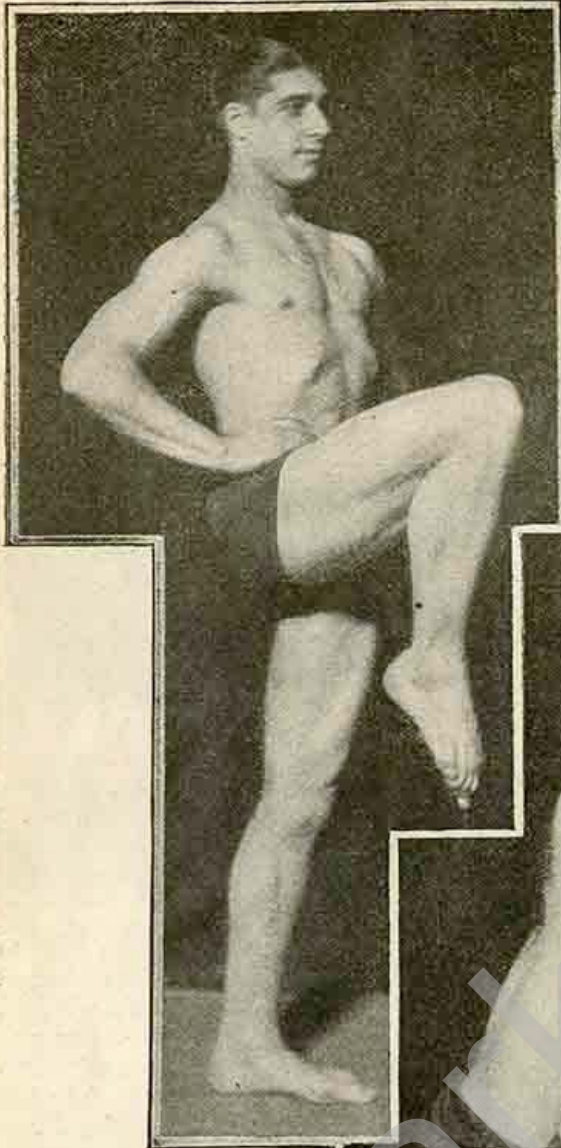


Fig. 4

blow a cool blast to reduce the temperature of soup, he became alarmed and drove the man away, lest he should turn about and harm the satyr or his property. You see these exercises given as a panacea for constipation, for stoutness about the hips, abdomen and sides, and for various other maladies,

and you think there is something "fishy" about them that they have so much power. Well, I have never heard anyone refuse money for such reasons, and these exercises are just like currency of the realm. From one form in the beginning they can be employed and depended upon to bring into existence and possession any of the many desirable conditions. So don't be afraid of them—give them a chance to give you the pep to make yourself feel fit. Or you may be like

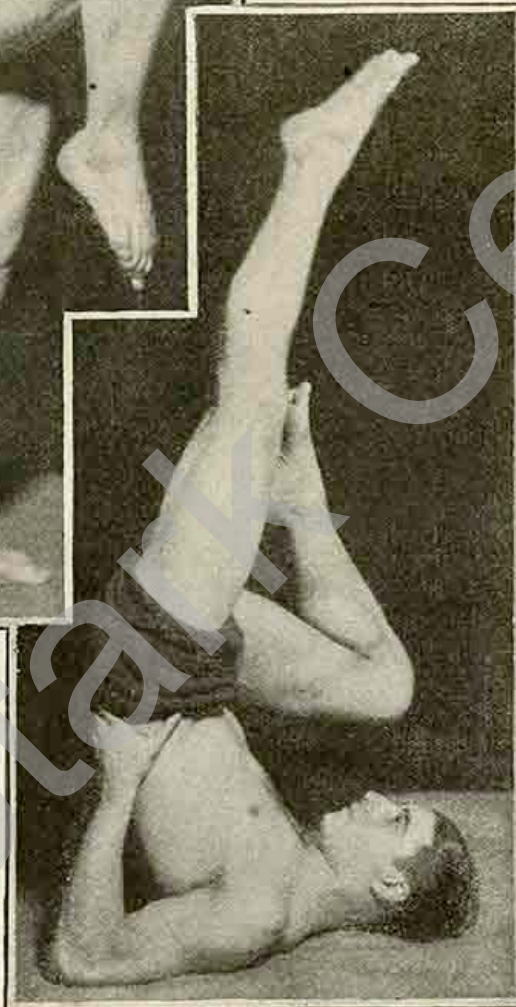


Fig. 5

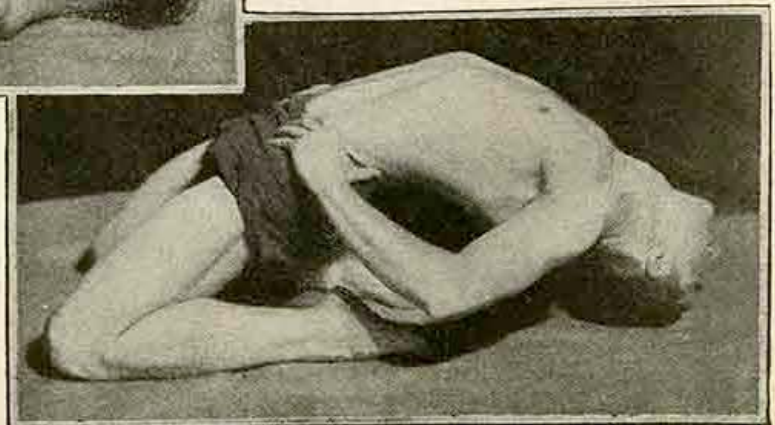


Fig. 6

Those Hand Balancing Hands

A Discussion of Various Exercises for Developing the Hands, and Some New Feats Involving Them.

By Robert L. Jones

THE subject of exercises and feats for the hands is one that has been well covered from time to time in the past, and in approaching it I realize that something of a problem is ahead; however, I shall endeavor to pass lightly over the various and much presented phases of the subject and spend more time in giving you a few things in the way of exercises and feats of strength, dexterity, and suppleness in the hands that are more or less "something new under the sun."

Let us first consider the handshake—one of the great institutions still left to us by our forefathers. Tradition has it that this method of greeting another was instituted ages ago as a means by which one might be enabled to "size up" the strength of his new acquaintance and, accordingly, his danger as a possible opponent. No longer does it serve in its original purpose, but, nevertheless, to the student of mankind it continues to be a betrayer of much of the physical and mental condition and nature of party behind the hand being grasped. We find fellows who give the

hand a gentle little squeeze (as if afraid of hurting it) and let go pronto, while, on the other hand, we find some who grab another's hand and "sit down on it" with everything they have, as if trying to reduce said hand to hamburger. Then one sometimes encounters a poor excuse

who pokes out his hand, mutters "Pleas ta meet cha," and lets you do all the work. He acts as if paralyzed from the shoulder down, and the far-away "wish-I-was-in-Dixie" look in his eyes does not detract from the illusion. One is glad to release the hand in such an introduction, for, honest to goodness, there's a "darn" sight more kick in shaking "hands" with Fido. Finally, we come to the ideal—the chap who, regardless of his strength, gives your hand a good, firm clasp—enthusiastic enough to make you realize his power, gentlemanly enough not to cause apprehension

or anguish—and lets it go at that. Right off the reel one is inclined to like that sort of man.

Among your acquaintances, you must know several men of each type, and, doubtless, among the men you



Fig. 1. Forearm development resulting from use of exercises as given in this article.

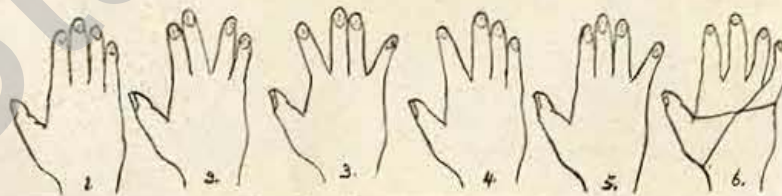


Fig. 2. Above positions 1-6.



Fig. 3. A-J.

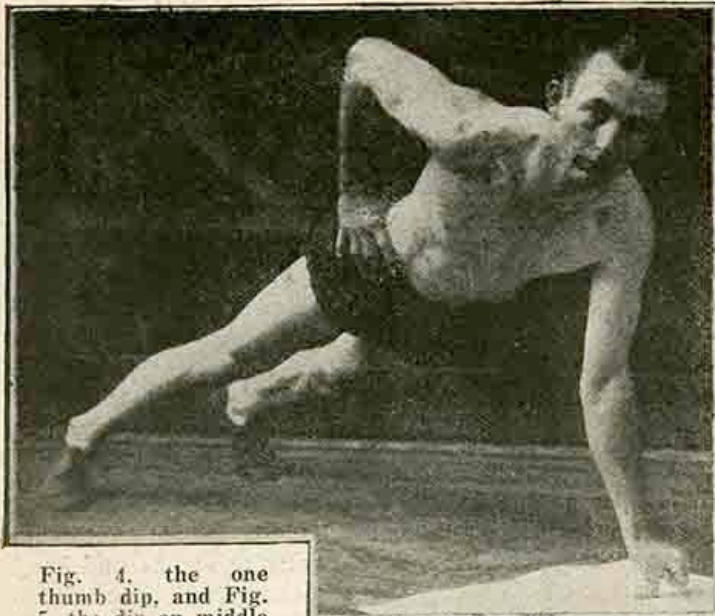


Fig. 4. the one thumb dip, and Fig. 5. the dip on middle fingers.

know who possess strong grips you know some from several walks of life. You may, perhaps, even wonder how it happens that some have strong hands apparently without reason—office men, for instance. But you must remember that of the entire muscular system the forearms are about the last to deteriorate, and many of the "white-collar" men who have good grips

apparently without reason have, in the past, done some form of work or have partaken of some type of athletics or exercise that gave them a wonderful forearm in addition to other development, and after years of inside life all that remains of their once good development is their forearm strength.

Some lines of work naturally develop wonderful hand strength, particularly the work of bricklayer, railroad brakeman, etc. We also find good hands on men who have followed some classes of athletics—rowing, weight-

lifting, bar workers, hand balancers, etc. Of course, some specialists in hand and finger work have done amazing stuff—coin bending, finger lifting, finger pulling, grip chinning, and so on—all of which has been discussed at length in previous issues of this magazine. So it will suffice to say that at coin bending John Marx and Cyclops led the field, with the latter ranking first. Warren L. Travis holds the world's record for two-finger lift, at 881¼ pounds, and Frank Olender (162 pounds) holds the one-finger record, at 602 pounds. Prof. Adrian Schmidt is the best at finger pulling, etc., and Charles Shaffer is one of the top-notchers at grip-chinning. Of course, the old reliable stunts of tearing a pack or more of cards or tearing catalogs with the hands no longer cause any comment, so often are the feats performed. This seems to be about enough talk for

an introduction, so let us presume that we have before us someone who desires to improve the strength and usefulness of his hands. Forthwith, he requests exercises for improving his grip, and they are legion. The most popular and best known are the old reliable winding up a weight attached to a string on a piece of broomstick, grasping a light dumb-bell by one end and working the other in a circular motion, holding a sheet of newspaper by one corner and,

while keeping the hand at arms' length from the shoulder and the elbow straight, pull the paper up with the fingers and crumple it into a tight ball, and the Zottman exercise of curling two dumb-bells in circles across the front, meanwhile bending the wrists in circles. One not so much promoted is that of making up a chinning bar of small diameter and chinning while holding the bar by the fingers instead of gripping it with the entire hand. After a little practice, one can work up to the point of chinning with one finger of each hand, with a consequent improve-

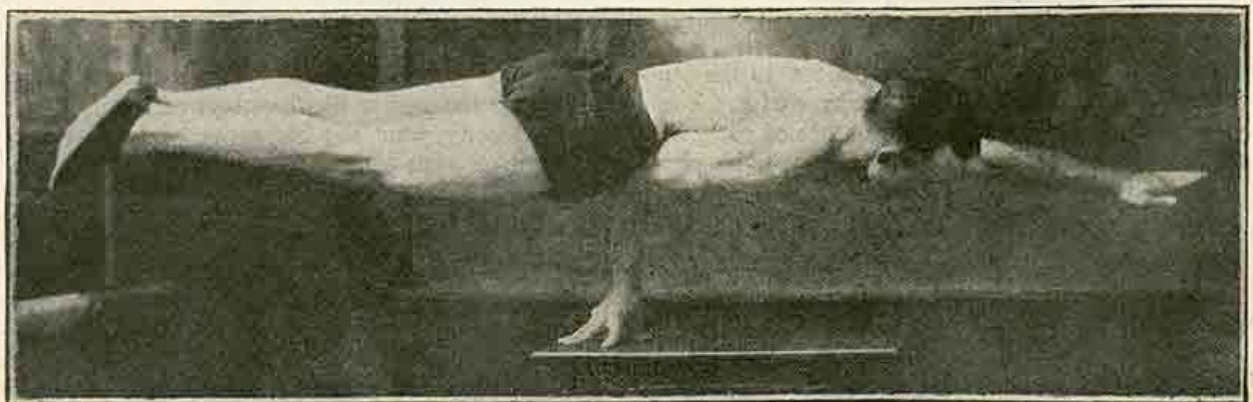


Fig. 6. The half-arm planche on thumb and finger-tips.

ment in his grip. Another, and one I used much in the past and liked very much, consists of hanging a weight from one end of a rope run through a pulley overhead; then the fingers are hooked one at a time in a loop in the other end of the rope and the weight pulled up and down. Allow the weight to lower until the arm is straight overhead, and pull it until the hand is below the shoulder. This exercise is similar to finger lifting, but I prefer it for the beginner, because it permits more working of the muscles. As the hand comes down below the shoulder, the wrist must be bent inward to keep the loop on the finger, and a corresponding amount of exertion is thrown on the muscles on the back of the forearm that are not ordinarily involved in finger lifting, or in bringing the hand no lower than the shoulder in this exercise.

All these exercises involve principally a matter of strength in the muscular and tendon make-up of the hands and fingers, and can be classed as gripping (or lifting) or contractile strength. We must consider that, just as in other parts of the body, the hands, too, have another type of strength involving more ability in the bone and ligament assembly. This might be called supporting, or resisting, strength. To make the point clear, let me illustrate by comparing the former class with the type of strength possessed by a man who can do deep knee bends across his shoulders, and the latter type with the chap who can support, but not lift, half a picnic on his feet while lying on his back. This brings us to another exercise of which I am very fond, and one I have used very considerably—increasing the support-



Figs. 7, 8 and 9—The handstands on thumbs and index fingers, on the thumbs alone, and on three fingers of each hand.

ing strength of the hands, particularly the fingers, by performing the floor dip on the fingertips rather than on the flat hand. Try it first with the tips of the thumbs as well as the fingers on the floor; then, as soon as the fingers feel capable, use only the four fingers, and still later use three fingers, or even two fingers, as shown in the series in Figure 3. It is possible to perform the exercise using the thumbs only, the middle fingers only (figure 5), the index fingers only (a photo of which has already been published), or one thumb of one hand (figure 4). These last three are very difficult, and are not to be learned over the week-end. They require not only considerable strength, but also something in the way of resistance to pain, plus some sense of balance—particularly the one-arm dip on one thumb.

Now if you are also interested in (Continued on Page 77)

The Mat

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

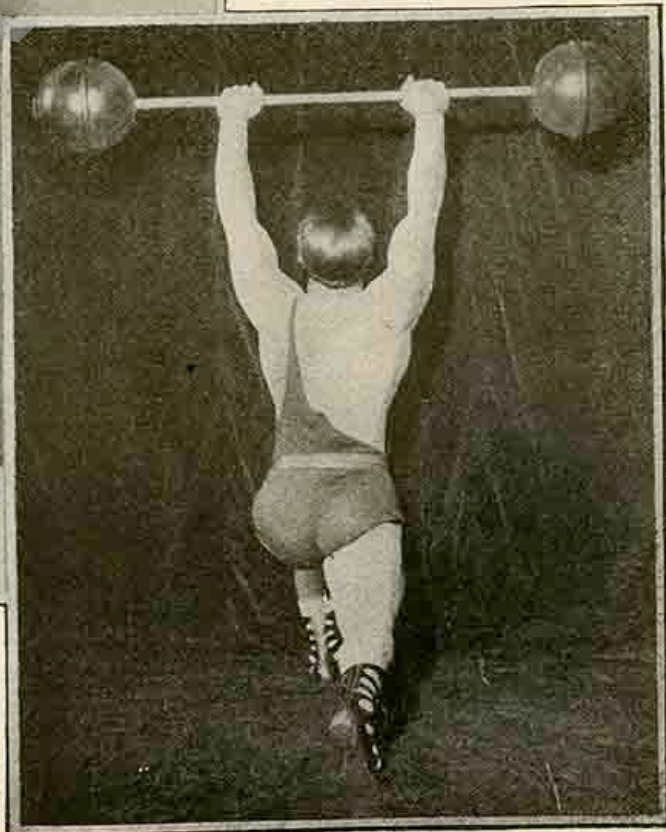
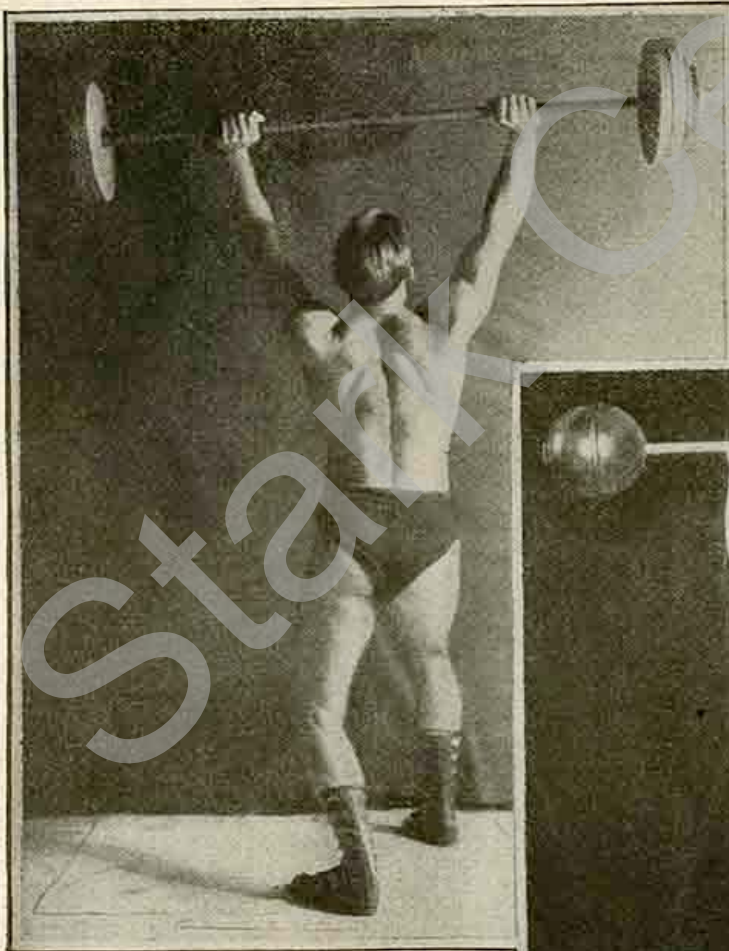
*Developing the Calf; the Two Hand Snatch; Questions of Interest; Danger of Overtraining and
Toughening the Body for Boxing.*

Conducted by Mark H. Berry

JUDGING from my correspondence and from experience in mixing among physical culturists, the hardest part of the body to develop and improve is the calf of the leg. This is, of course, speaking in a collective sense, as some exercise devotees will find the calf easy to increase, while some other part of the anatomy will prove a stubborn proposition. The

average culturist, though, will find the lower leg a tough bunch of muscles to enlarge. There must be some reason for this, but like everything else there is probably a slightly different reason in each case. It has frequently been claimed, in connection with this subject, that the muscles of the lower leg have become so accustomed to moving the body about, and consequently have become so toughened that no ordinary amount of exercise is sufficient to break the tissues down. This, I believe to be partly true.

Equally possible, too, is the probability that the calf muscles may be used so much in walking, running and exercising that they never have a chance to build up. We know, every one of us, that the man who works hard all day does not continue to develop muscle, nor does his strength continue to increase. His muscles toughen up to a certain degree, his tendons, liga-

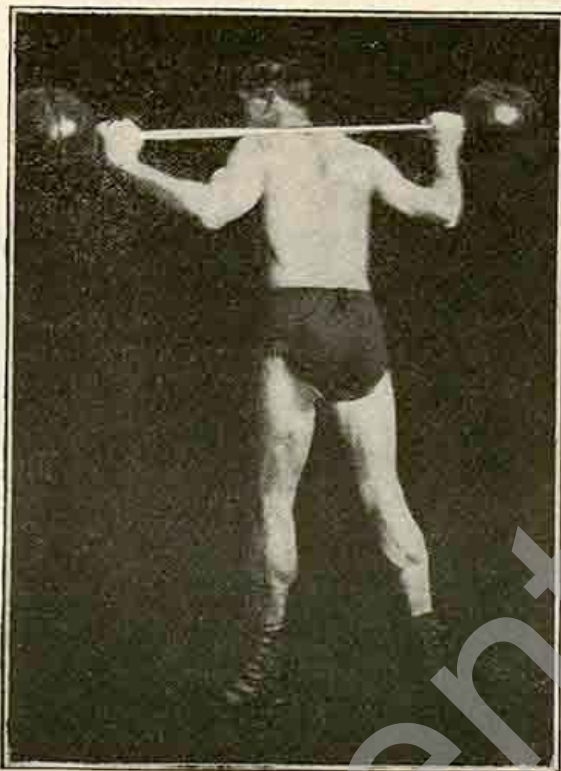


Two different ways of getting under the bell in a Two Hands Snatch. The athlete in the upper photo moves so quickly and tosses the weight aloft with such force, that it is unnecessary for him to dip very low. However, the preferred style is shown by the athlete in the lower photo. The method of lowering the body to the maximum is the most efficient.

ments and joints grow accustomed to the hard work, which becomes relatively easy for him to follow, day after day. In the same way, would it not be possible to overdo exercises for certain parts of the body? This is especially true of the tall, wiry individual, who is very likely to be unusually active. The fellow who is inclined to be fat and has some lazy ideas and habits concerning exertion is apt to show a fairly heavy calf. A very little exercise of the right sort will go a long way in his case, and new tissue is relatively easy to cultivate, as his love of ease keeps him from walking his legs thin.

Don't entirely misunderstand me on this question of walking, to which I have at other times alluded. I am a firm believer in walking and hiking and have done more than my share. I also believe in fast walking and in the heel and toe method of locomotion; but there is a limit to all good things, and when we are advising physical culturists how to improve their muscularity and greatly add to their physical measurements, we must keep in mind the fact that some individuals could keep healthy with a little less walking. After acquiring a degree of development to suit them, excessive walking can once again be indulged in. We know that walking is a healthy form of activity, and we also know that most people don't walk enough for their own good. However, the average physical culturist cannot be included in that class.

The same thing can be said of running. Here is another capital form of activity and training exercise, but the young enthusiast who is ambitious to add pounds of solid flesh to his frame, and daily indulges in a run to make sure of not becoming short winded, may be defeating his own purpose. His ideals may be good, but his ideas for attaining them may



A capital calf exercise, walking on the toes with stiff knees as described in *The Mat*.



Two feats performed by the Saxon Brothers. In the trio picture, Hermann is on the bottom, Kurt sitting and Arthur standing. In the other photo, Arthur is performing a neck stand, with Kurt on top.



be unsound. To be sure, some "naturally" husky fellows can run miles daily and engage in other forms of strenuous training and thrive on it, but not the average young man who wishes to become husky and, so he hopes, herculean. The last mentioned fellow needs to husband his physical resources and coax his system into added tissue development.

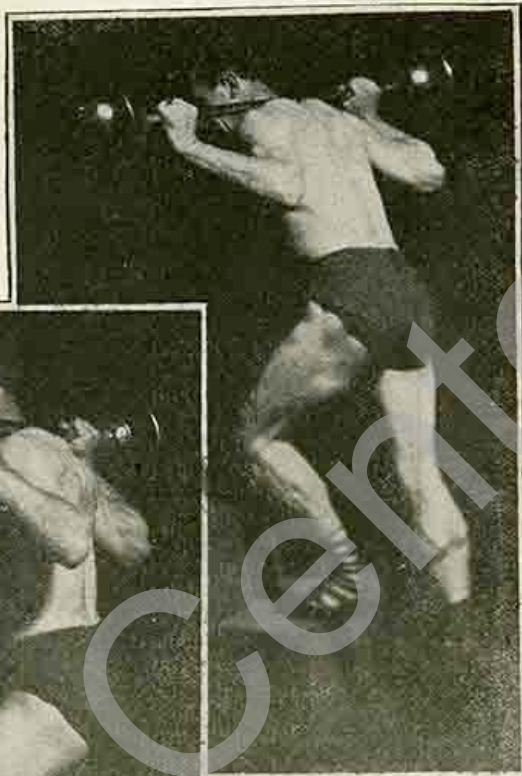
Another angle to be considered, and in all likelihood about the most important, concerns the range of movement. The muscular tissue and connecting tissues may be toughened to withstand almost any amount of exertion within a limited range of contraction. Performing the same movements, day in and out, it no longer is work for the particular muscles in question. The bones of the foot and lower leg form a lever at the ankle joint, which, in ordinary movements, places a strain of three times the bodyweight upon the calf muscles.

Unusual movements, such as running, jumping, fast walking, athletic games, and special exercises would, therefore, place an even greater strain upon these muscles, the mechanical proportion of bodyweight depending upon the severity of the exertion. Thus you can understand how a fairly active individual will have calf muscles well accustomed to tremendous mechanical resistance. Imagine the futility of trying to create new tissue by means of light or medium resistance exercises. The calves of a weight-lifter may seemingly refuse to show further increases, for the reason that the muscles become used to a very great leverage

while supporting heavy weights. Although the lifter may move about considerably, and at times step pretty lively, still it is possible to contract the calf muscles only within a certain range, while handling heavy weights in lifts. If you wish to make these muscles respond to your efforts to

further develop them, you must practice exercises calling for vigorous full range contractions.

By making the muscles work against sufficient resistance at both extremes of their contractile range, you will succeed in creating a demand for a greater bulk of muscular tissue to overcome the extra leverage resistance. With this idea in mind, I am giving a few advanced calf exercises this month. Beginners and novices are respectfully requested to leave these exercises alone until they have spent the proper length of time on movements of a less strenuous nature. The standard calf exercises consist of rising on the toes, of either one or both feet, while holding weights in the hands or on the shoulders; in some cases, these movements are practiced while standing with the toes on a block or other raised surface. In most cases, exercises of this nature are most effective, but others find something else is needed. Procure a piece of board or a wide block, at least two inches high; this should be wide enough to be certain of a firm support and freedom from rocking or tilting. Instead of practicing your deep knee



Three very efficient calf exercises, all described in *The Mat*. Try them for results, if you find the calf too tough for ordinary movements to affect. Poses by Rudolph Liska, of Pittsburgh.

bends while standing on the floor, do so while half standing on this two inch block. First—perform a number of squats or deep knee bends with the heels upon the block, the toes remaining in contact with the floor. Next—go through an equal number of squats while standing with the toes upon the block; keep the heels off the floor and at the same time make no effort to rise up high on the toes.

In addition to having value as a general leg developer,

this will also prove beneficial to the shin muscles, as will all squatting exercises performed with the feet flat on the floor. The two deep knee bending movements above enumerated will be referred to as Exercises number 1 and 2. Use as much weight as you can handle in about ten repetitions, working up to twenty before adding to the weight. Number 3 will be a jumping exercise. Holding

a bell upon the shoulders, practice jumping or hopping around the room while keeping on the toes; it is not necessary to keep the knees stiff, but keep as high on the toes as you can. This exercise can be varied by jumping or hopping around on one foot at a time, in which case it will be easier to hold the weights in your hands.

Unless you have a stairway at your command, you will have to pass up the 4th exercise, which consists of walking up and down stairs on your toes while carrying a weight, either on your shoulders or in your

hands. Make no attempt to keep the knees stiff when going up, but when descending keep the knees locked. If you are ambitious, and at the same time handy with tools, you can rig up a contrivance for this exercise. Make a set of stairs about four steps high, such as lead up to a small porch. You can then practice walking up and down stairs, without the necessity of leaving your gym or exercise room. A double stairway of this sort would be very handy, so you could go right up and "over the top" without

troubling to turn around between the ascent and descent. I would suggest about twenty repetitions or steps in each direction. In case you will be unable to use any sort of stairway, you may practice stepping up and down on a box. A simple form of stairs can be made by nailing one box on top of two boxes in such a manner that the upper box will be over the joint of the lower two.

Exercise number 5 merely calls for walking around the room on tiptoes, keeping the legs rigidly straight. It is best to carry a bar bell upon the shoulders, but you can carry weights in the hands.

By the time you have gone through these five movements, you will hardly be in need of further calf exercise. We might suggest others equally as effective, but the present group should suffice for the present. Instead of performing all of these at one part of your exercise period, it will be better to mix them up throughout your entire program. Should you (Continued on Page 62)

Vacations for Business Men

Are You Sacrificing Health for Wealth?

By Russell Viohl

WHAT profit does a man get if he gains the whole world at the risk of losing his life? This question is rarely given serious thought by a business man until it is *too late*. He is engaged in the hectic struggle for wealth, power, and position, to give the question an honest answer.

Life is not made of fat bank accounts, yachts, automobiles or a great name as a money genius. To throw one's life away for these things is the "dumbest" thing an intelligent man can do these days; yet, that is just what myriads are doing. The almighty dollar seems to be the only prize of life.

The sudden death of Jules Mastbaum, President of the Stanley Motion Picture Company of America, shocked the commercial world. He died in the midst of

a great era in motion pictures, when the future held much in store in the way of prosperity. His death was sudden and unexpected. He worked long hours and hard to acquire a great fortune, but what did it profit him? He died at a time when he should be doing his best work.

The public was plunged into grief over the passing of this kind, generous man who did much to succor the poor and needy. Had he bestowed as much care and attention upon his body as he did in advancing the interests of his great company, he would probably have lived for many years to come. He passed away leaving a great work unfinished; but what about you? Are you making the mistake of clamoring for money and power at the expense of your body? If you are, you might reflect a moment upon these things and then take a tip from me.



Get away from the hum-drum of business life for a few weeks or months of the year and enjoy the benefits of Nature.

A friend of mine, who is the manager of one of the biggest newspaper corporations in the world, told me recently that for ten years he has not been away from his office for any duration of time. That for ten years he was trying futilely to get time off to take a vacation in the mountains. When I heard this, I thought seriously of appealing to the editor and publisher in an endeavor to get the man a pardon from his solitary confinement. I do not know what crime he committed, but ten years at hard labor it seems to me would entitle him to a parole long enough to become acquainted with Nature and the great outdoors.

Nowadays this must be reckoned with if our business establishments are not to be turned into hospitals and sanitariums. Factories, offices, buildings, stores—these are prisons of humanity. From these, humanity must of necessity go to little roosting nests, called home, but which may be nothing more than a chicken coop. After a fitful respite, humanity trudges forth to do business the next day, and so on, day-in-and-day-out, in these prisons that confine them by circumstance. This confinement is sometimes the result of seeming necessity, but very often it is the result of inertia, or of a narrowest and most ignorant view as to what constitutes success, or misapprehension of the purpose of ambition. In a number of cases inertia is at fault—"too much trouble to take a vacation"—it's like prodding an elephant to do something he decides he will not do. As for the man who believes himself indispensable to an office, any profession, any business, who does not give his body a rest and a chance to recuperate in the great outdoors, I need not mention that while all sorts of praise have been inscribed on monuments, no one has ever written "Here lies Mr. Industry, he was indispensable to earth."

Therefore, I warn you to go away. Go somewhere—go where the mountains stab the blue heavens, or where the billows roll up on the beach in playful provocation. Go where your desk will be great rocks, the streets trails, the ceiling nothing but sky and the walls pine trees. Get away from the quick lunch counters, the telephone, and dazzling electric lights. Go away to some place where you can dispense with starch, both in your clothing and in your manners without occasioning criticism. You are heir to the broad expanse of the universe. The best things in life are free. When you work hard for money, you must pay for it. Pay for it in labor, time, sweat, and life itself. Really, the man is foolish who does not take a generous helping of the free things offered. He misses the biggest thing in life.

Get outdoors and sleep. If you are not too dulled by electric lights to lose the glory of a camp fire, build one and remember oil stoves do not belong in the wilderness. Put on the clothes that will make you feel most at home when you lean up "agin' a tree," and try drinking out of a spring instead of a bottle. Go away to the mountains. If Adam had been a cooped-up man like you, poring over incessant details and figures which are not instructive at all, even though interesting; if he had spent his life staring into a maze of pigeon-holes, and if his example had been followed by his progeny obedient to precedent, it's a pretty specimen of a genus homo you'd be today. Why, you couldn't go anywhere—you might be shipped in a refrigerator car to keep over night. So, get out. Get acquainted with nature. If you want to do a great favor for yourself, if you want to be efficient, if you want to

throb with the physical energy of a young lion, if you want to prolong your life, if you want to keep on working when other men die, go out among Nature's beauty, walk over hill and dale, and get their glad tidings. Nature's peace will flow into you as sunshine flows into trees. The winds will blow their own freshness into you, and the storms their energy, while cares will drop away from you like the leaves of autumn. Mr. Busy Business Man, take a vacation!

If three months of your year's time can be spent in the open air, very good; you do a year's work in the other nine, if you can get away for one month and even only one week, take it. Man alive! You can't realize the good and service you are rendering yourself. You cannot even go wrong if you go for one day; but please come out of your sarcophagus, Mister, and take a vacation. You certainly are entitled to it, and what is of more importance, the people who must put up with you are entitled to it. Take a vacation for their sake if not your own.

Camping in the open and living with rod and camera have their very desired compensations, which come to those who know and appreciate the lore of wood and stream. Such rambles inform men's understanding, inspire their sympathies, and enable them to appraise the beauty of forest, stream and sky. And then—when night casts a misty blanket over the land—you find a glowing hearth and a heartfelt welcome, in a brookside camp under a smiling moon, in the land of heart's desire.

The sharp appetite that a camper feels, the sleep he enjoys under a sky damasked with stars, and the thrill of fighting and competing against the elements of nature, and overcoming sheer obstacles, seemingly insurmountable, are the logical result of his life and environment.

Camping in the great outdoors, up in the Northwoods, is primarily for red-blooded he-men, inured to hardship, and its returns are great, not in the form of wealth or position in life directly, but in a far better form—that of building a vast reserve supply of energy and sinew and health. By gradually becoming accustomed to the rigorous outdoor life, a man soon develops the strength, energy, and endurance to cope with the activities of the day.

Every year, for quite a number of years, Henry Ford, Thomas Edison and Mr. Firestone go away somewhere on a camping trip. They leave the toils and turmoils of the city and commune in pleasant association with Nature. Their thoughts are quieted, their minds rested, and new enthusiasm for their great work is inspired. Once caught in the web of delight that camping affords, you, too, can make such a change in yourself that you are forever an enthralled victim of the outdoors, and your capacity for work when you return is increased fully one hundred per cent.

If I had to remain in a city, year after year, working from morn till night with nary a let-up, I'd become pretty tired of the works of man. There would be gnawing at the root of my peace, a discontent that would spread a gloom over my entire existence. I would soon come to trans-value all values, and see no good in any undertaking. In other words, I'd become prejudiced at everything. But every year I make it a point to go away for at least a month. When I come back I am all sun and air and sparkle, and, believe (*Continued on Page 69*)

Handy Strength Tests

Test your Strength by following the exercises as given in this article

By Charles MacMahon

THE purpose of this article is to give those who possess no weights, apparatus, or machines, a simple method of testing their strength. You must, however, bear in mind that the figures

used are, at best, only approximate. That is another way of saying, don't get excited if the figures of this method show that you have broken some one of the many strength records, until you have proven it to be a fact by using the proper means or weights.

To enlighten you a little more about this system, I will say that it makes use of leverage principles, giving you the approximate number of pounds in the variations of leverage pulls.

All you need in order to make these tests is a piece of pipe and a little ingenuity. My figures, which I will give you later, were arrived at by actual test. A $\frac{3}{4}$ -inch pipe, seven and a half feet long, was used as the leverage bar. First I made this test: I performed the one-arm muscling-out feat just as shown in Fig. 4. One end of the bar is placed under the forearm so that the test will be on the arm and shoulder muscles, as in muscling out a weight, instead of entirely on the wrist strength, as would

be the case if you tried to hold the pipe by the end.

Now I have muscled-out weights of around 65 pounds and can, without practice or training, do between 50 and 60 pounds. So when I tried this feat with the pipe as in Fig. 4, I found that when the end of the pipe extended to 9 or 10 inches above the hand, I was muscling-out about the equivalent of 45 or 50 pounds.

If you allow the $7\frac{1}{2}$ -foot pipe to extend twelve inches up the arm, you would then be muscling-out approximately 35 pounds. If the pipe extended eighteen inches above the hand, then the leverage would represent about 22 pounds. Fig. 4 shows the pipe in about the eighteen-inch position under the arm.

Now if you should want to make the muscling-out feat, or any of the others given in this article into an exercise, you simply use a pipe that is a foot or two shorter than $7\frac{1}{2}$ feet, which will reduce



Fig. 1



Fig. 2

the leverage to the equivalent of about 10 or 15 pounds. The only difference in an exercise and a feat of strength is the using of a light weight which allows repetitions or exercise, against using a heavy weight which prevents more than one or two repetitions. The sketch under Fig. 4 will give you a better idea of the number of pounds the leverage is equal to at given points.

Let's go back to Fig. 1, in which is illustrated the one-arm curl. The pipe, you will notice, runs about a foot up the under side of the forearm, and referring again to our sketch we will see that it represents a one-arm curl of about 35 pounds. Now if you find you can curl the pipe at the

35-pound point but cannot do it at the 60-pound (or 6-inch) point, find out what is your limit in inches. For instance, you might be able to move the pipe out until only 10 inches rests against your under-

down, which, in turn, allows a full movement of the arms.

If you must use a short piece of pipe because of the smallness of your training quarters, then you can fasten several pounds of iron on the far end of the shorter pipe. This will make the lifting of a three- or four-foot pipe very difficult, but the idea is not new, having been used in various apparatus in the past. When you fasten a weight to the far end of the pipe, however, the scale of weights and inches given you in the sketch does not hold good; but if you want to use this principle for exercising purposes only, there is no need of knowing the amount of leverage in pounds. All the exerciser is concerned with is that the muscles being exercised are getting sufficient work, regardless of whether it takes 10 pounds or 100 pounds to do it.

In Fig. 3 we have a very fine exercise



Fig. 3

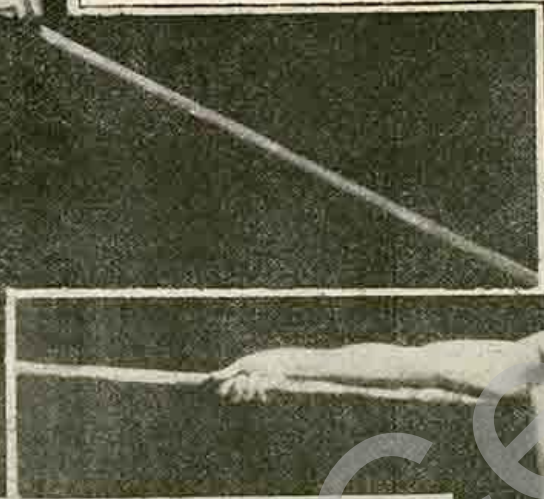


Fig. 4

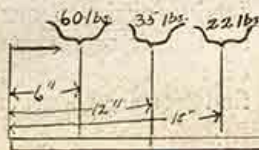
or feat of strength, as you prefer, for the deltoids and all muscles of the chest and upper back. The principle is the same as in the two arm curl, the only difference being that the arms are held rigidly straight and raised forward to the overhead position. Notice how it brings out the pectorals of the chest and back muscles around the shoulder blades. Even the muscles along the

forearm. As the 2 inches between 12 and 10 inches is one-third of the distance between 6 inches and 12 inches, an added leverage that would equal about 8 pounds would be developed. This 8 pounds added to the 35 pounds would make a one-arm curl of approximately 43 pounds. The pipe-end extending 8 inches up the arm would represent a 51-pound leverage and as the sketch shows, 6 inches represents 60 pounds.

Fig. 2 shows a two-hand curl with the pipe. Two-hand curling in this manner calls for two cross-pieces on the end of the pipe. One of the cross-pieces (or double hooks into which the arms fit) must be fastened to the end of the pipe and the other cross-piece fastened the required number of inches from the pipe end. Two sticks will serve for the cross-pieces, and they can be fastened to the pipe by two pieces of rope, as they are in the illustration.

In Fig. 2 you will see the two hands gripping the forward cross-piece and the second cross-piece under the forearms. The scale of inches and weights as shown in the sketch holds good in the two-hand feats as well as in the one-hand feats. Of course, two arms being stronger than one, you will have to shorten the leverage to throw more work on the two arms. This is done by bringing the cross-piece shown in the hands in Fig. 2 closer to the cross-piece near the end of the pipe, which, by the way, should be the stationary cross-piece.

Right here, I might add that most of these feats and exercises with a 7½-foot pipe are better performed standing on a chair so as to allow the far end of the pipe to go lower



¾" PIPE - 7½' LONG

lower back are greatly affected by this wonderful exercise, as you can see in Fig. 3, just below the bulge of the upper back. The black mark on the model's forearm near the elbow indicates where the stationary cross-piece is placed.

The next feat or exercise, shown in Fig. 5, is almost impossible

when the neck and upper body are kept rigidly straight and the pipe is brought up as shown from a reclining position on the floor. Even with a slight rounding of the back and neck, as is natural in this sitting-up feat, the feat is a "real" one when a 7½-foot pipe is used. While this one "gets" you in the abdominal muscles, as you will imagine, the places that feel it the most are the fronts of the thighs. Anyone looking for a front thigh exercise shouldn't omit this one. By shortening the pipe you can get it down to the point where it is comparatively easy to do five or ten times, and then you will have a fine all-around exercise.

Now take Fig. 6. Look how this one calls into strenuous play the muscles of the upper sides and the serratus muscles that resemble ribs. Again the entire upper body is wonderfully exercised by this leverage method.

You will notice that in this one the stationary cross-piece at the end of the pipe pushes against the backs of the forearms, and the hands grip the other cross-piece with the overhand grip. The arms are kept as straight as possible, and the pipe is raised from the floor above the head up over the face and downward toward the feet until the far end of the pipe rests on the floor beyond the feet.

In trying this one as a feat of strength you see how much you can raise from the floor to the straight-arm position over your face. When done as an exercise, you bring the pipe, representing a medium weight, over the

face and down, as explained in the previous paragraph, and repeat the movement back and forth until the muscles involved are fatigued.

There are other exercises in which this method of employing leverage as weight can be used. Lie on your back and hold two short pipes, one in each hand. Now put both arms out straight on the floor and on a line with the shoulders; keeping the arms straight at the elbows and the pipes extended far to the sides, raise the arms and pipes up to the vertical position above the chest. In doing this, keep the pipes as straight on a line with the arms as possible, so that when the hands touch in front of the chest the pipe-ends touch also. This is a very direct exercise for the pectorals, and the pipes take the place of 5- or 10-pound dumb bells.

A very fine waist exercise can be derived from the one shown in Fig. 3. In this case raise the pipe as shown, but stop when the arms and pipe arrive at the shoulder-high position. Hold the arms and pipe in this position, and without moving the hips or legs too much swing the pipe and arms to the left and back to the

right side. The swing must twist the body at the waist as the shoulders follow the arms from side to side. The momentum gained by the extended arms and pipe throws considerable work on the trunk muscles, when they must reverse the swing toward the opposite side.

Then there are the forearms, wrist, and hand strengthening movements that can be done with a short piece of pipe or a longer wooden wand (*Continued on Page 84*).

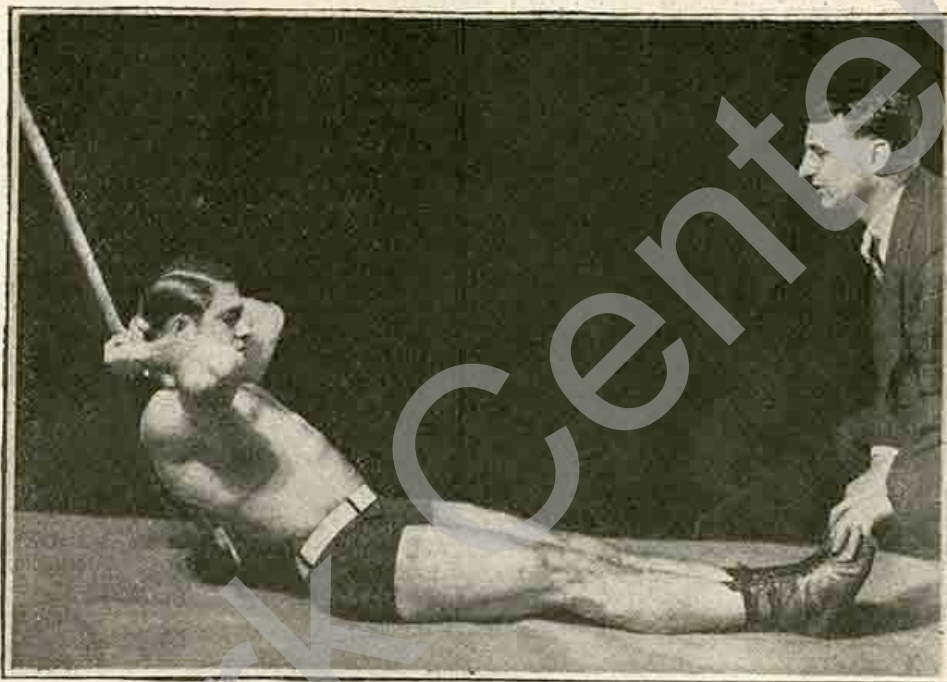
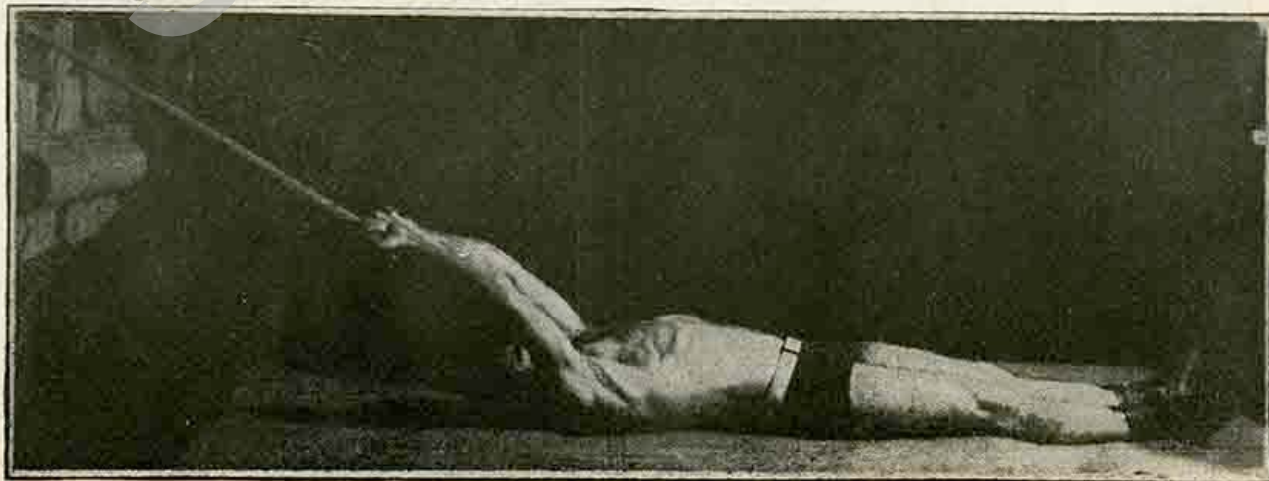


Fig. 5

Fig. 6



Health—Strength—Beauty

(Our Girls' Circle)

Conducted by Marjorie Heathcote

AS some of my readers will recall, back in February 1925 we began a contest for Well-Formed Women ranging in height from 4 feet 11 inches to 5 feet 10 inches.

I take great pleasure in announcing that beginning with the May 1928 issue we will begin another contest similar to the one which we ran in 1925.

In our last contest we awarded twelve prizes; each winner received a gold pin which read W. F. W., standing for Well-Formed Women. We have decided to award only two prizes in the coming contest. The first prize will be a silver loving cup, and the second prize will be a gold pin.

Just a little advice as to photographs—if possible, try to send in a full-length pose (in a bathing suit) suitable for reproducing. A full-length photograph will reproduce much better than a snapshot, and judging from the last contest we received just about as many snap-shots as photographs.

Now, girls, it is up to you to make this contest a

success. Do not wait for someone else to start—begin yourself. If it is not asking too much, I would greatly appreciate receiving a little write-up about yourself, as to what methods of physical training you follow. I am sure this would interest most of my readers.

DEAR MISS HEATHCOTE:

Although I am not a regular reader of *STRENGTH*, I have several copies, as I am very much interested in physical culture.

I am 5 feet 2 inches tall. Will you kindly tell me what my correct measurements and weight should be?

I would also like to have a few exercises for developing the wrists and upper arm, also the thigh.

Can bow-legs be corrected by exercises. If so, will you please give me some exercises for same.

What will remedy blackheads around the nose, also enlarged pores?

Thanking you in advance, I am,

L. C. C., Altoona, Penna.

Your measurements should run something like this: neck 12 inches, chest 28 in., waist $23\frac{3}{4}$ in., biceps 10 in., forearm $8\frac{1}{4}$ in., wrist $5\frac{3}{4}$ in., hips 34 in., thigh $20\frac{3}{4}$ in.,



A group of New York show girls taking their spring exercises in Central Park.

(P. & A. Photos.)

calf 13 in., weight 112 pounds.

Have you ever tried the floor dip as an exercise for the upper arms? If not, I would advise you to start in immediately and practice it daily.

Lie down upon the floor with the feet against something for support. Place the palms of the hands upon the floor about 18 inches apart. Slowly raise the body, allowing the hands and toes only to touch the floor, trying to keep the body in a straight line. Then slowly lower the body until the chin touches the floor. Repeat, but do not make the mistake of "flopping" down with your full weight. Of course, you will only be able to do it once, but you may as well start right.

For your wrists you might try practicing wrist twisting or turning movements. Try these exercises by holding a light dumbbell in each hand.

It is impossible to correct bow-legs after one has grown to maturity. You might try to develop the muscles on the inside of the calf so that they will more or less hide the bow-legged appearance. Rope-skipping is an excellent exercise for the calves, as is also rising on toes.

To remove blackheads from your face, try rubbing the following lotion into your skin:

- One and one-quarter ounces Green Soap.
- Two and one-half drams Alcohol.
- Two and one-half drams Glycerin.
- One and one-half drams Borax.

After rubbing it in, remove the blackheads with something not too sharp. Then close the pores with alcohol (your druggist will probably be able to give you an alcohol preparation which will not injure your skin). A very good idea for closing the pores and making the skin healthy, is to wash first in warm water (never hot) and

then rub ice over the surface. You will find this method also very invigorating.

DEAR MISS HEATHCOTE:

I am normal in every way, but my abdomen is large. I would like to have you give me some exercises to reduce said part.

I am 15 years old, weigh 117 pounds, and am 5 feet 4 inches tall.

G. T., Stroh, Ind.

To reduce your abdomen is not an easy undertaking. You will only acquire the desired results through persistent exercise. Begin by practicing waist bending and twisting movements. You will next find leg raising most beneficial for the abdominal muscles. Begin about the same time that you start waist bending movements.

Add the following exercises to your program:

Lie full length on the floor. Raise both feet slowly with knees straight and feet close together until they are directly above the stomach. Then slowly lower them, straining not to touch the floor until they are about one-half inch from the floor. It is the strain of raising and lowering the legs that does the work.

Raise the right leg into mid-air as far as possible, holding the left leg straight on the floor. Do this six times with the right, then repeat with the left, and alternate.

Combine these exercises with outdoor sports, such as tennis, swimming, and hiking, and I am sure you will get results. As you are only 15 years old, you have plenty of time to remodel your body. Begin today; don't put your exercises off for another day. If possible, attend a gymnasium two or three evenings a week, and specialize in some game. Exercise is the only means by which you can reduce your abdomen. Spend a half-hour each day practicing the exercises I have given you.



A member of the Alhambra Athletic Club, Alhambra, Calif. This club has under training at present a first class girls' basketball team that scorns the girls' rules and plays straight boys' rules.

nasium two or three evenings a week, and specialize in some game. Exercise is the only means by which you can reduce your abdomen. Spend a half-hour each day practicing the exercises I have given you.

Nature's Method

Consult the Osteopathic Physician
Health Queries Answered

By Dr. D. E. Stombaugh

QUESTION: Have you a remedy to cure varicose veins below the knees? The doctors at the hospital where I had a hernia operation say there is nothing to cure them but to have them cut out. That means a month off from work—two weeks in bed and two more to regain my strength. I have had three hernia operations and do not like to be cooped up in any hospital, so I will thank you for your advice toward overcoming this trouble without an operation.

I am 52 years old and feel fine otherwise. I work regularly in auto shops. My last place I worked ten hours per day seven days per week, and tried putting a cold wet towel on my legs every night, but that did not do any good. So I am coming to you for advice.

F. D., Mich.

ANSWER: There are about two treatments for your condition—surgery is the only means of curing varicose veins. Elastic stockings are also very beneficial, and if fitted properly will give you almost complete relief. Any druggist will be able to give you information as to where you can procure them.

QUESTION: I have had a dropped stomach for the last eight or nine years. I feel very well except for a heavy feeling in the stomach at all times. Also, I cannot put on any weight, and I sadly need several additional pounds.

Do you think I could be cured or helped by osteopathy? I am twenty-eight years old, and will appreciate any advice you may give me.

R. N. Y., N. Y.

ANSWER: You will not be able to increase in weight as long as you have a ptosis (fallen abdominal organs). You should wear an abdominal belt which will help lift up the sagging organs, and take exercises which tend to strengthen the abdominal muscles and thereby give you back the normal support for the internal organs. The following is good and should be taken night and morning: Place the knees on a chair or stool and the hands on the floor, breathe deeply, drawing the abdominal contents up into the thorax as much as possible.

I most certainly think osteopathy will help you, and recommend that you consult an osteopathic physician for advice in selecting the type of belt to be worn. You would also do well to refer to the article on your trouble as given in the November issue of **STRENGTH**.

QUESTION: I am sorely

troubled with pimples, the come and go kind, and also have a sort of fine scaling of the skin.

Will you please tell me what method of procedure to follow to overcome these troubles, and oblige?

L. B., N. Y.

ANSWER: I would advise you to change your diet to avoid fatty and starchy foods (meat, potatoes, white bread, sweets, etc.) and instead use principally coarse vegetables, greens, fruits, etc. Also drink only water or milk, and use as a laxative some of the various mineral oils mixed with agar agar.

Steam the face night and morning to remove the blackheads and apply a good toilet water.

QUESTION: I am nineteen years old, weigh 123 pounds in street clothes, and am five feet four and a quarter inches tall in shoes. Can you tell me what my measurements should be?

About four months ago I was operated on for appendicitis. Before the operation I had trouble with my stomach, and now my bowel movements are very irregular. Now I have been told that this irregularity should disappear after the removal of the appendix, but it is not doing so. I drink from six to eight glasses of water a day, eat sparingly of meat and get enough sleep. I have tried to diagnose my own case, but it seems that I have failed, so I am now writing you to get some professional advice. I will certainly appreciate anything you may do for me in this case.

G. P., Penna.

ANSWER: For your age and height you are about ten pounds underweight, but I cannot give you the measurements you should have without knowing more about your general build—whether broad or narrow, and whether light or heavy-boned type. For your constipation you should omit meats and sweet stuffs and eat principally vegetables, fruits (both fresh and stewed) and soups, etc. You might find a laxative such as Pysalla of benefit.

It is possible that you have some adhesions as a result of your operation, and the services of an osteopathic physician would materially benefit them as well as aid in overcoming your constipated condition.

QUESTION: For the past year I have been troubled with pains in the pit of my stomach and also on my right side and through to my back. My doctor says it is caused by gall stones. I have had three attacks and have suffered much pain, and am nearly always conscious of some pain. Have been taking oil and physics but without any results.

My doctor says my next attack may mean an operation, and as I believe in

(Continued on Page 60)

WE realize that many persons prefer to consult a non-medical physician when they are ill or have some problem of health to be solved.

In view of this fact, **Strength** is including a health column conducted by an Osteopath physician. It is the policy of **Strength** to be of as much service to readers as possible, so we invite you to write this department if you have a health question which you believe should be answered by a non-medical practitioner.



Association Notes

Posing Contest Winners; Harrisburg Show; Cincinnati Show; The Coming Olympics and Monthly Medal Scheme for Poses.

By Mike Drummond

THE Posing Contest of the Association of Bar Bell Men was finally decided upon in the early part of January. The contest was first announced in the August issue of *STRENGTH* and attracted a few hundred entries. A large number of ineligible photos were received; some of these were professionals, while others who sent in very good photos failed to qualify by joining the A. B. B. M. To

qualify, it was necessary to be an A. B. B. M. member and an amateur.

The first prize of a handsome silver loving cup is awarded to Robert RaNous, of New York City, for the pose shown on page 53.

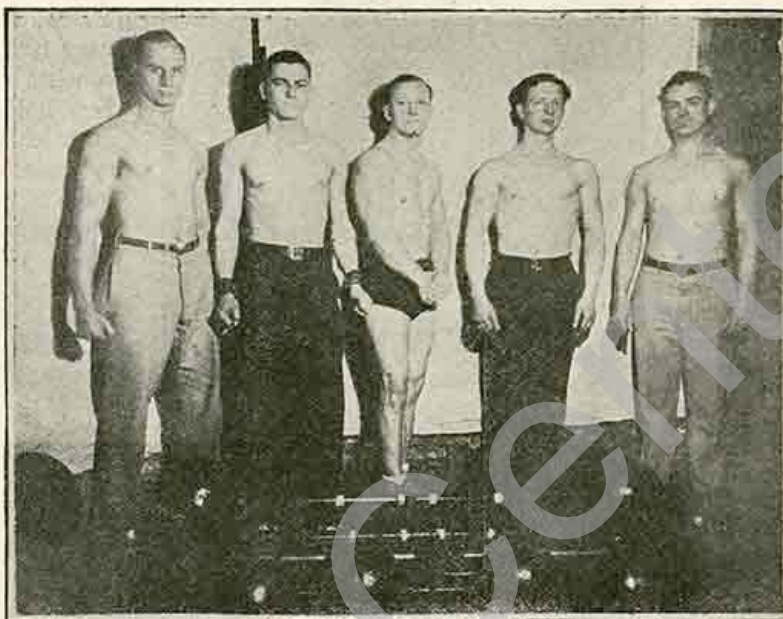
Second prize goes to Richard Bachtell, of Hagerstown, who received a gold medal for the pose shown on page 52.

Third prize was won by Stanley Smith, of Hamilton, Bermuda, receiving a silver medal for the photo on page 52.

The fourth prize went to Arnie Sundberg, of Mayger, Oregon, who received a bronze medal for the photo on page 52.

Honorable mention awards of gold seal diplomas were given for poses submitted by:

John Arekian, Troy, N. Y.; Jacob Baxt, St. Johns, N. B., Canada; Alfred Blaxall, Wellington, New Zealand; William Bowan, Ambridge, Pa.; John Braeken, Yonkers, N. Y.; James A. Cameron, Rockford, Ill.; Albertus W. DeBeer, Harrismith, O. F. S., S. Africa; Frank Dennis, Birdsboro, Pa.; Harry R. Eavey, Hagerstown, Md.; Emmett Faris, Cincinnati, Ohio; Nick Gologram, Leetonia, Ohio; Harry L. Good, Reams-town, Pa.; Robert F. Knodle, Hagerstown, Md.; R. L. Kretz, New Haven, Conn.; Anthony J. A. Kosir, Forest City, Pa.; E. Lachapelle, Lowell, Mass.; D. W. Landau, New York City; Charles L. Laskev, New Brighton, S. L. N. Y.; George Lee, Los



Angeles, California; Arthur Levan, Reading, Pa.; Charles E. Lincoln, Boston, Mass.; Louis J. Mazzarella, New York, N. Y.; Ray Meyer, Cleveland, Ohio; D. B. Mills, Cincinnati, Ohio; George Murray, Kokomo, Indiana; Walter Stratton, Leetonia, Ohio; Owen L. Thomas, Kansas City, Mo.; Frank Tucek, Bronx, New York City;

A few of the members of the Body Builders A. C., of Cincinnati, Ohio. From the reader's left to right, H. Siegel, B. Brown, Emmett Faris, B. Arnett, N. Reeves.

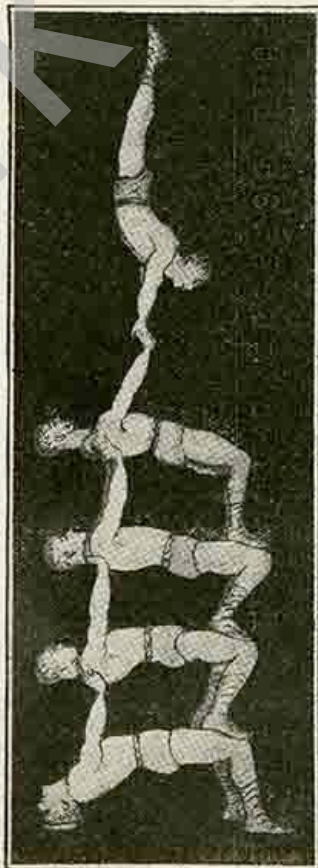
Joseph Wargo, McKeesport, Pa.; Robert B. Wilson, New York City.

The four prize-winners also received Gold Seal Diplomas.

You may be interested in the method used for judging the winners. It must be understood by the reader that only one of the judges, Mr. Berry, had any particular interest in the contest. The other judges hardly knew a contest was in progress, and until they were shown the collection of photos, they had no idea of the number of entries, or the quality of the poses. Whenever a photo would be received, Mr. Berry would look it over and give it to the Association Secretary for filing. The contest closed the first of the year but was not decided immediately, as the judges were too busy just then to give it any attention. When finally the day came for judging, all of the photos were given a separate number and the entire collection of entries was given to each of the judges in turn for individual inspection.

Each judge wrote on a slip of paper the numbers of what he considered to be the ten best poses. After

A feat of strength and balance, as performed by the Baranoff Troupe, Premier European Athletes.



every judge had made selections, the slips of paper were compared, and from the seven photos receiving the highest number of votes the four winners were chosen. The judges were Mr. D. G. Redmond, Editor of *STRENGTH*; Mr. Charles MacMahon, Mr. Robert L. Jones, and Mr. Mark H. Berry. We had intended to include Mr. Siegmund Klein among the judges, but as several of his pupils were entered, it might have given someone a chance to notice an appearance of favoritism; so we eliminated Klein as a judge. The prize-winner regularly trains at Klein's, and another of the seven to reach the finals was also a Klein pupil.

The four prize-winners each received three votes from the four judges; three poses received two votes each, while there were twenty-two photos with one vote. As each judge selected ten poses,

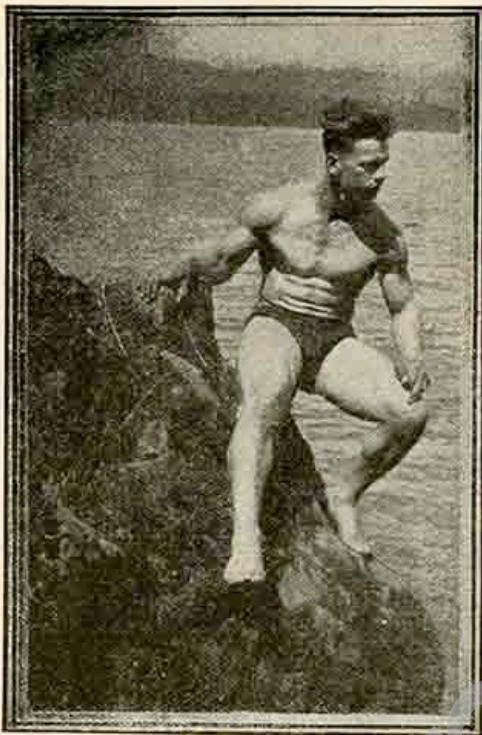


Photo 1, above—Arnie Sundberg, of Mayger, Oregon, winner of the fourth prize.

Photo 2, below, left—Stanley Smith, of Bermuda, winner of the third prize.

Photo 3, below, right—Richard Bachtell, of Hagerstown, Md., winner of the second prize.



there was a possibility of forty being selected; however, twenty-nine was the number surviving the first eliminations. We honestly believe this to be about the fairest possible method of selecting the winners. We also believe you will agree that the prize-winning poses are pretty good.

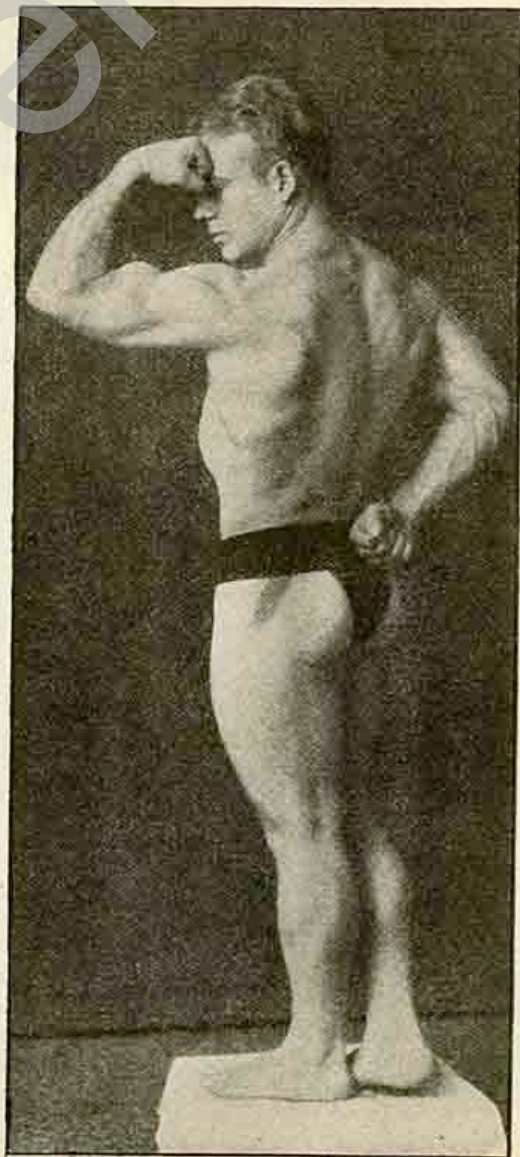
The contest was a big success in every way, and we hope to run another within the present year. We wish to thank everyone who took the trouble to enter, and even though you failed to receive as much as a diploma of honorable mention, there is a chance that you may see your photo used to illustrate one of the articles in *STRENGTH*.

We now wish to announce another photo contest. Each

month we will award gold and silver medals for the two best photos received and give diplomas to those deserving of honorable mention. This is open only to amateurs who are members of the A. B. B. M.

We received the following for our notes:

"The Warren Lincoln Travis Club of Harrisburg, Pennsylvania, held a show in the P. R. R. Y. M. C. A. Auditorium, January 10th, 1928. This club which consists of about twenty members, holds more records than any other club in the State of Pennsylvania, and they expect to add more to their list. The following are the ones who took part in the show: George Blymire, who is a veteran at this game, Zeek Meels and his partner C. Glenn Fisher, William Swartz and Max Wyle, Lawrence Horchler, Jake Bly-





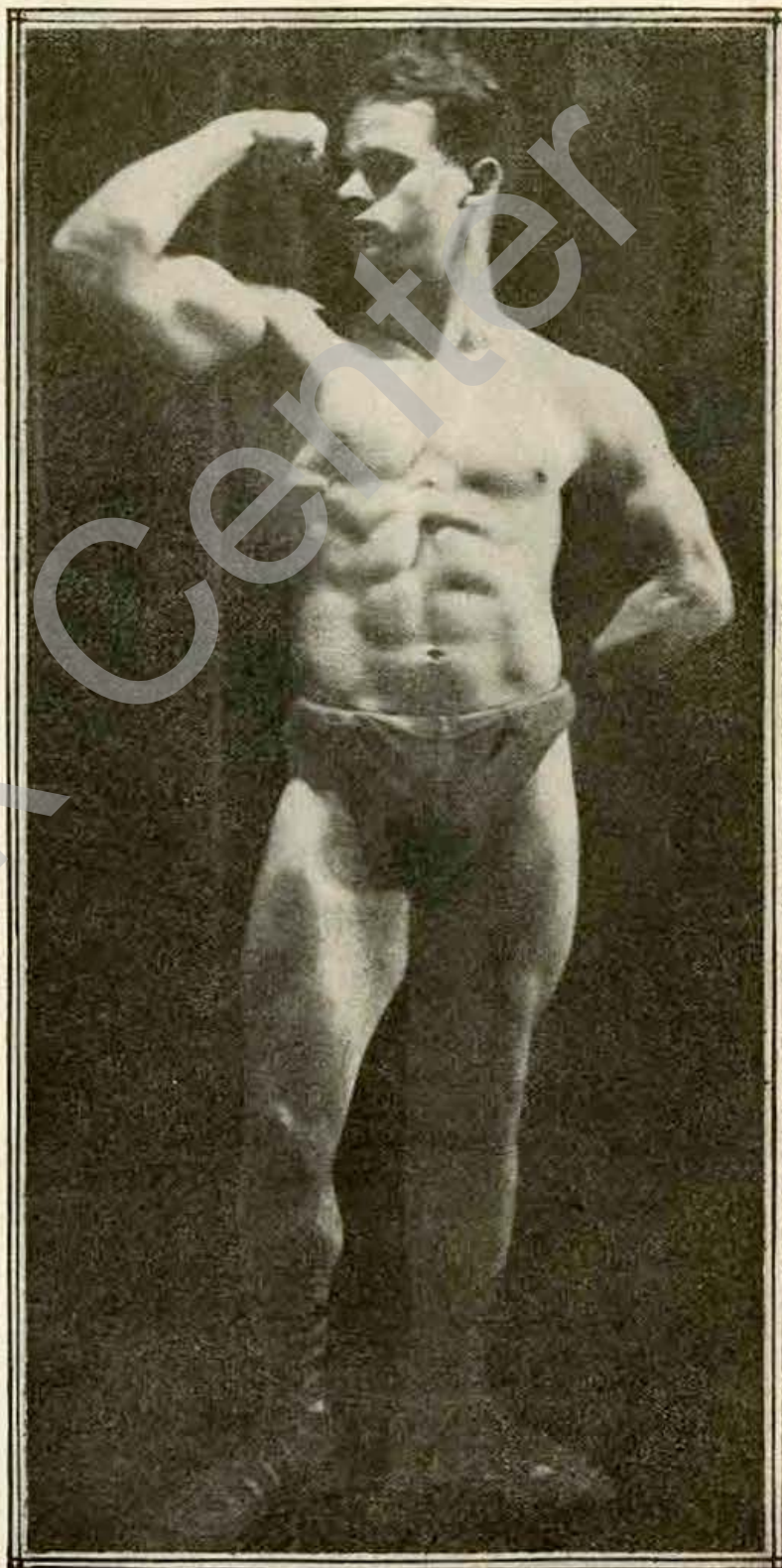
mire, Paul Miller, George Bemensderfer, and Lawrence Prior. These boys, with their leader, George Blymire, put this show through with great success.

The show started at eight o'clock, with an attendance of about 400 men, women and children. The opening act was put on by Zeek Meels and C. Glenn Fisher, hand balancers; the audience gave them a big hand for their work, which showed that they did well. Act 2 was put on by the well-known lifter, George Blymire, and his brother Jake Blymire. They did a little hand balancing, and a few other tricks which went over big with the crowd. The third act was hand balancing and acrobatics by William Swartz and Max Wyle. After the third act was over the weight-lifting began with Zeek Meels doing a Two Hand Military Press with 150 lbs. Then Max Wyle, middle-weight, did a Two Arm Jerk with 200 lbs. and a One Arm Jerk with 145 lbs. George Blymire got the crowd's approval by applause when he did the Hand and Thigh Lift with a total of 900 lbs. Then George Bemensderfer, middle-weight, did a Two Hand Snatch with 150 lbs. The show ended with George Blymire, William Swartz and C. Glenn Fisher doing hand springs and flips.

The show went over big with the crowd, and we hope that the next one will bring a still larger crowd and also more members for our Club. We were all sorry that we could not have our champion, Frank Dennis, with us at this performance, owing to the fact that he is showing his strength and ability to the people by traveling with an indoor circus.

Frank Dennis, whom we are very proud to have as a fellow-member of this club as well as its leader, has been away from us for a long time now and we are hoping for his return before many more weeks roll by. During his absence, George Blymire has filled his place very well. Every member of this club is out to get more members and more records, so watch us closely.

Lifters living in the vicinity of Cleveland, Ohio, should visit the Walter Schott Athletic Studio, 1764 E. 55th (Continued on Page 70)



Robert RaNous, of New York City, first prize winner of the silver loving cup, in the recent Posing Contest. Full details are given in the Association Notes.

Ask the Doctor

Department for Solving Your Health Problems

By Dr. B. M. Middleman

QUESTION: I am five feet nine inches tall, weigh 188 pounds. Am well developed and am considered pretty strong—work hard, doing some heavy lifting and driving large truck. However, on arising I never feel rested and am tired and miserable. About two hours before arising I awake with my hands and forearms numb or asleep, and my back and feet cold. I have been subject to colds for about six months, and feel very nervous at times. Also I have had a breaking out of several boils and large pimples on the back of my neck. Am never constipated, have good heart and good appetite, and live a clean life. I am 35 years old, and would be very thankful if you would help me out of this dilemma.

L. D., Penna.

ANSWER: The numbness and tingling sensation of which you complain are due, no doubt, to your faulty circulatory system, but in addition I feel that your general system needs building up, due to your breaking out with boils and pimples.

If you apply ammoniated mercury 10 per cent to affected part, it will aid in cleaning your skin.

Try to increase your diet, elimination and rest. Drink plenty of water and take a moderate amount of exercise daily. Massage the arms and legs, and avoid fatigue. This procedure will, I feel, tend to arrest your tired feeling and promote your health.

QUESTION: I am a boy of 17, five feet seven and a half inches tall, and weigh 152 pounds. I have been afflicted with heart trouble for two years. As for my personal history, my mother says I was even exceptionally healthy at birth and up until six years of age. Then, just when I started in school, my father died, and we were fed improperly, eating just what we could get ourselves, as mother worked most of the time. As a result I became sickly and nervous. At sixteen I quit school and started working in a bakery and later went to work on a ranch, where I now am. Have gained 17 pounds during the four and a half months I have been here and have improved very much all around, except for my heart trouble—it is

getting gradually worse, and I have dizzy spells and nearly faint, getting very nervous at times. My diet consists of mush, pancakes and coffee for breakfast, always meat and potatoes for dinner and supper, and coffee between meals. Could I do myself any good by changing diet?

These sensations I mention are horrible to experience, and if you can help me overcome them I will greatly appreciate it.
M. S., Calif.

ANSWER: I feel that your age and symptoms point not to heart trouble but to stomach disorder. All cases of dizziness and faintness do not come from the heart. I would suggest that you cut down on the amount of pancakes you eat at breakfast, also on the coffee you drink between meals and instead drink milk. Do not overeat at supper; eat no corn, as it is hard to digest, and make your diet mostly liquid and soft foods. Drink plenty of water and milk. Also avoid fried foods—the best things you can eat are vegetables, greens, fresh and stewed fruits, etc. Keep the bowels open by regulating the diet along the suggested lines, or by use of agar, mineral oil, enemas, etc., if necessary, but do not use harsh purgatives.

You will also find exercise of great assistance in overcoming this trouble and building you up into a good specimen physically.

QUESTION: I am suffering from paint poisoning which I suppose is due to the lead, as I have been a painter for six

or seven years. I gave it up two years ago, but did some painting a few weeks ago, which resulted with a rash breaking out on my neck, face, arms and legs that itched terribly. My face and eyes were swollen up so that I could not see out of one eye. My face is so dry that it cracks, and at times I have to keep it greased. I have been told that potassium iodide would drive this poison from my blood. Is this true? What do you advise me to take? What will kill the rash?

I am also troubled with lumbago and rheumatism in the hips and knee joints, the latter snaps all the time. What is good to cure this?

M. M. F., Maine.

ANSWER: You will find a very good remedy for rash in Lotio-alba, to be obtained fresh from your druggist.

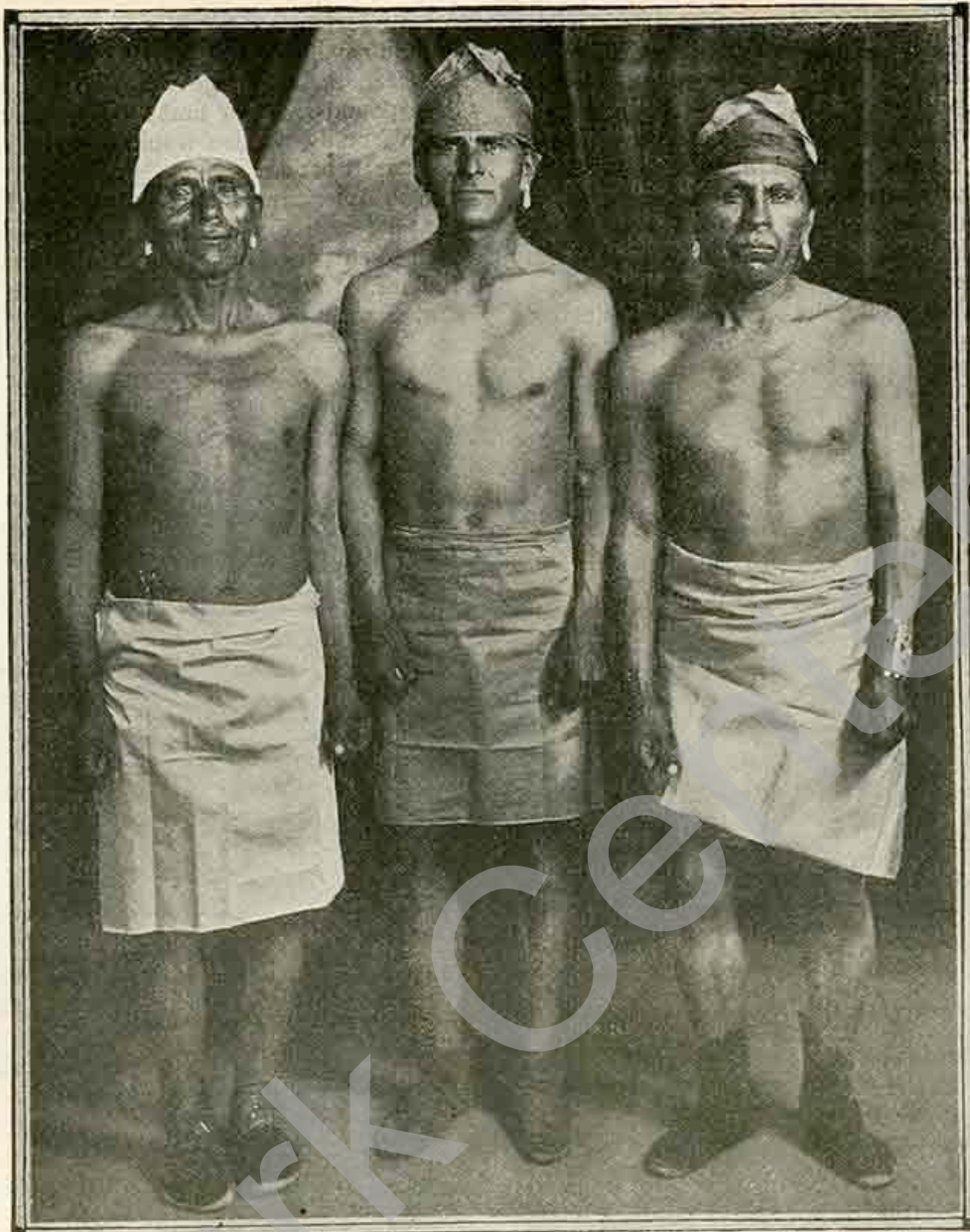
(Continued on page 81)

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. Middleman 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. Middleman the "Strength" readers have successfully obtained better health and strength. Dr. Middleman 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.



Melika, famous 55-year-old Zuni runner, who finished third in the San Francisco-Grant's Pass, Oregon Marathon Race. Melika is the figure on the left. The center is Jamon, Zuni runner, 32 years old. The other runner is Chochee, 48 years old. Jamon and Chochee were contestants in the long race but were forced out. Jamon tripped over a camera tripod when starting out and Chochee sprained an ankle when running second three hundred miles from the starting point.

The Secret of Indian Endurance

The Zuni and Hopi Indians of the Southwest Run Hundreds of Miles at an Advanced Age

By Charles B. Roth

MELIKA farms a little piece of ground down in New Mexico, farms it in his primitive Indian way, and supports his wife and those of his children who are yet unmarried from the land. In the evenings his older children come over to visit him, bringing with them Melika's

many grandchildren. Melika now is fifty-five years old. He is rather a small man, who weighs an even one hundred pounds, and is about five feet in height.

A few weeks ago, for the first time in his life, Melika had a taste of fame. He got his name and his picture in the newspapers all over the United States. Having

no higher station he is seeking and no goods to sell, his name in the papers did Melika no good and did not thrill him very much either.

Men and women, hundreds of men and women, acclaimed Melika a hero and tried to make him look and act as one. That bothered Melika, whose ways are simple, for he had done nothing to earn a hero's name. All that he had done was run four hundred and eighty miles in a day over a week.

Melika was one of the Southwest Indians who entered in the recent marathon race from San Francisco, Calif., to Grant's Pass, Oregon. Two younger men outstripped Melika and won first and second places, but Melika himself outstripped many young men at that race and came in third. Considering his age, Melika did not do half badly.

Melika is a typical long distance runner, and he stands for the type. He is small but wiry; he does not look as if he could run one mile, but can run tirelessly all day long and cover miles which are incredible. The running of these Indians has been the amazement of followers of athletics. No one suspected such ability in the harmless Indians seen everywhere through New Mexico and Arizona. The truth is that the Indians have been great long distance runners for hundreds of years. They needed discovery, that is all.

American trainers particularly were amazed at the showing of those little Indians. They are now studying them carefully and not without good reason, because the Indians have won practically every race in which they have entered against white runners and have done certain things no white runner on earth is able to do.

One thing that perplexes the American trainers and athletes is the fact that the Indians do not look like runners. They look like anything but athletes. They

are too small to begin with—their average height is only five feet, their average weight just a bit over one hundred pounds. Their limbs are small, almost emaciated, and certainly no one would suspect iron endurance in their frail bodies.

One American competitor in a race held in New York City a few weeks ago told me afterward he had never been so surprised in his life as at the running of the little Indians. "Why, when I looked down at the start and saw those little fellows getting ready," he exclaimed, "I

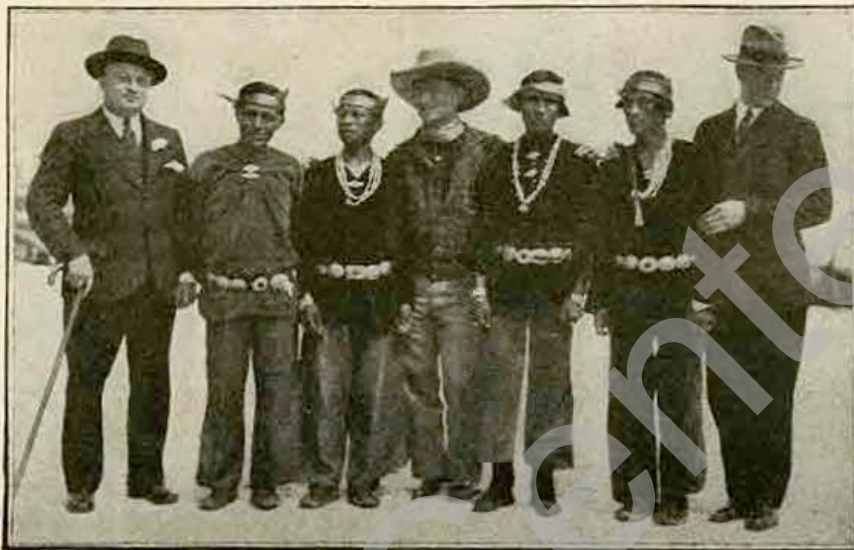
felt sorry for them. After we had run about an hour I began feeling sorry for myself. There was not an Indian in sight. They were all on up ahead."

The white trainers now studying the Indians will learn very little about them. They are a secretive race and only those white men who live with them and gain their confidence, a very hard thing to do, ever learn their ways.

One white man knows all about Indian running, however, as much as any white man ever learns. His name is Mike Kirk, and it's all right to call him just Mike. He operates a trading post at Manuelito, New Mexico, and lives among the Hopi and Zuni Indians all the time. A few years ago he was given the office of manager of Indian racing affairs, given it by the Indians themselves which is an honor, for they have never trusted a white man that far before. Whenever you read of a race being held part of the competitors in which are Zuni or Hopi Indians, be sure that Mike Kirk is somewhere about and had

something to do with the race being held.

For sixteen years Mike Kirk has lived among those Indians. When he first went to New Mexico, a Yankee tenderfoot, he became interested in the runners. Some of the feats he saw them do he didn't believe possible. He is the most expert white (Continued on Page 73)



Left to Right—Judge Chas. Weg, Long Beach, Cal.; Lino, Acoma Indian; Shack, Zuni; Mike Kirk, trainer and manager; Pohoquatewa, Hopi; Zuanowahu, Hopi, and James J. Farrell, Long Beach. Mr. Farrell was formerly Olympic champion runner. He and Judge Weg were instrumental in sending the Indian running team back to New York City, where they won every race.



Left to Right—Quanowahu, Hopi; Pohoquaptewa, Hopi; Shack, Zuni; Mike Kirk. This is the team Mr. Kirk took to New York City. Zuanowahu won the New York City to Long Beach Marathon, 26 miles, 385 yards, and broke the American record with the time of 2:47:43 1-5.

Muscles 5¢ apiece!

WOULDN'T it be great if we could buy muscles by the bag—take them home and paste them on our shoulders? Then our rich friends with money to buy them, sure would be socking us all over the lots.

But they don't come that easy, fellows. If you want muscle you have to work for it. That's the reason why the lazy fellow never can hope to be strong. So if you're lazy and don't want to work—you had better quit right here. This talk was never meant for you.

I Want Live Ones

I've been making big men out of little ones for over fifteen years. I've made pretty near as many strong men as Heinz has made pickles. My system never fails. That's why I guarantee my works to do the trick. That's why they gave me the name of "The Muscle Builder."

I have the surest bet that you ever heard of. Eugen Sandow himself said that my system is the shortest and surest that America ever had to offer.

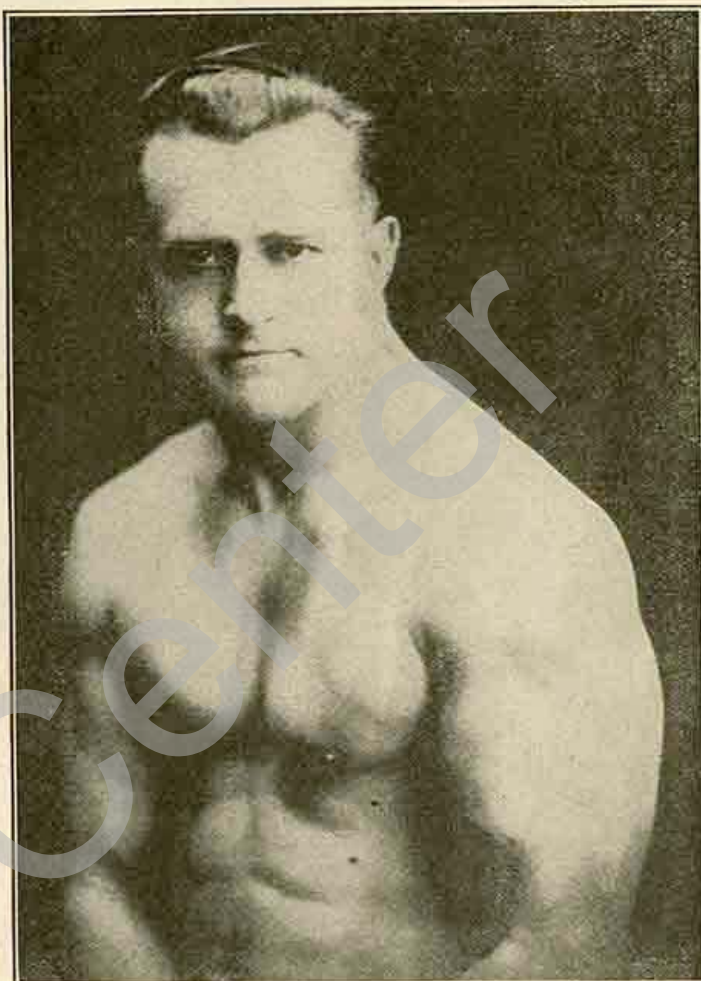
Follow me closely now and I'll tell you a few things I'm going to do for you.

Here's What I Guarantee to Do For You

In just 30 days I'm going to increase your arm one full inch. Yes, and add two inches to your chest in the same length of time. But that's nothing. I've only started; get this—I'm going to put knobs of muscles on your shoulders like baseballs. I'm going to deepen your chest so that you will double your lung capacity. Each breath you take will flood every crevice of your pulmonary cavity with oxygen. This will load your blood with red corpuscles, shooting life and vitality throughout your entire system. I'm going to give you arms and legs like pillars. I'm going to work on every inner muscle as well, toning up your liver, your heart, etc. You'll have a snap to your step and a flash to your eye. You'll feel the real pep shooting up and down your old backbone.

You'll stretch out your big brawny arms and crave for a chance to crush everything before you. You'll just bubble over with vim and animation.

Sounds pretty good, what? You can bet your old ukulele it's good. It's wonderful. And don't forget, fellow—I'm not just promising all this—I guarantee it. Well, let's get busy. I want some action—So do you.



EARLE E. LIEDERMAN, the Muscle Builder
Author of "Muscle Building", "Science of Wrestling and Jiu Jitsu",
"Secrets of Strength", "Here's Health", "Endurance", Etc.

Send For My New
64 Page Book

"Muscular Development"

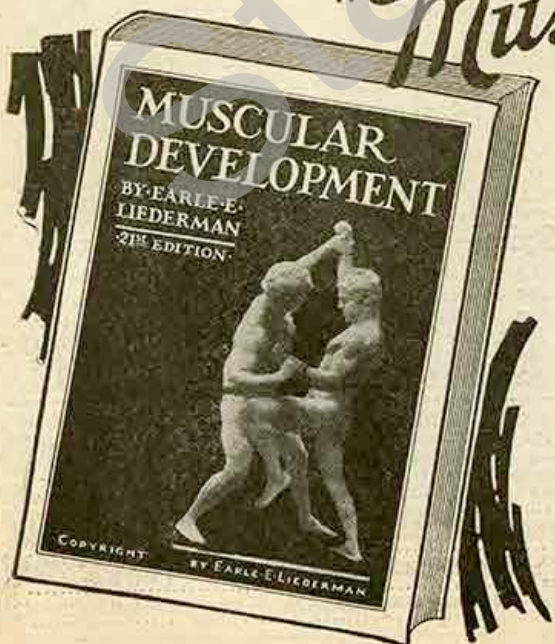
IT IS FREE

Do you get that? It's free. I don't ask a cent. It's yours with my compliments. Take it and read it. It's the peppiest piece of literature you ever flashed your glimmers on. And 48 full-page photos of myself and some of my numerous prize-winning pupils. This is the finest collection of strong men ever assembled into one book—look them over—doctors, lawyers, merchants, mechanics, and every line of trade you can think of. I swear you'll never let this book get out of your mitts again. And just think—you're getting it for nothing. Don't hesitate—no strings attached to it. Grab it. Take your pen or pencil and fill out the coupon, or even your name and address on a postal will do—do it now before you turn this page.

EARLE E. LIEDERMAN

Dept. 704,

305 Broadway, New York City



EARLE E. LIEDERMAN

Dept. 704, 305 Broadway, New York City

Dear Sir:—Please send me absolutely free and without any obligation on my part whatsoever, a copy of your latest book, "Muscular Development." (Please write or print plainly.)

Name

Address

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

IT IS
FREE

WHAT IS A BAR BELL?

A BAR BELL is simply a long-handled dumb-bell. It has many advantages over a pair of dumb-bells. For instance, it is far easier to handle a 50-pound bar bell than two 25-pound dumb-bells. Again, with a bar bell you can do certain back and leg exercises where it would be awkward to handle a pair of dumb-bells. The bar bell became

The Greatest of All Body Builders

when the adjustable feature was added—for then it became possible to employ the progressive method of exercise which has proven to be the only way in which a man of below average physique can gradually but steadily improve his build, his muscular development and his stock of organic vitality until he becomes a physical superman—the very pattern of health, strength and manly beauty.

By Using a Bar Bell You Can Become a Physical Superman



HARRY HALL

With every bar bell we sell we give courses in training to suit the individual purchaser. Our pupils vary in age from fourteen years to as old as sixty-four. We have seen slender young pupils gain as much as *twenty pounds* in weight, and *six inches* in chest measurement in the first six weeks they were under our training. We have taken stout middle-aged parties and show them how to regain the fine proportions, the elasticity and the vigor of athletic youth. We get orders from hundreds of business men and office workers, and we show them how it is possible to get the greatest possible results in the shortest possible time. (Possibly forty per cent of our patrons are indoor men.) One of our greatest delights is taking husky farmers, out-door workers and gymnasium devotees and showing them what *real* strength and development are like. Every case is individual with us and we have handled so many different kinds of health-seekers, shape-seekers, and strength-seekers that it is hardly possible your case would present any new problems for us.

We Give Unlimited Service

With us it is not a case of giving you so many "lessons" and then forgetting you. You are our pupil as long as you own the bar bell you buy from us. You may be in such condition that we can give you the kind of developing work that makes you gain at a rate so rapid that you will be amazed. Or it is possible that you are in such a run-down or absolutely undeveloped state that we will have to start you with the bell adjusted to very moderate weights, put you on a mild progressive schedule, and coax your body to its proper proportions and teach you how to accumulate a stock of reserve vigor and health. All of which is part of our job, and what you pay us for.

We Give An Absolute Guarantee

All our goods are sold on the same understanding. If within ninety days after enrolling you are not satisfied with the results, you can return your outfit and have your money refunded. For years we have kept a careful record and find the proportion of returns is 1/3 of 1 per cent. In other words, we satisfy 299 out of every 300 customers. (We never expect to be perfect.)

We Make Adjustable Bar Bells of All Varieties

Every outfit we make is a combination affair, which can be used as a bar bell or as a pair of kettle-bells. Every part of each outfit is adjustable in weight. Some types have hollow spheres which can be loaded with iron plates of assorted sizes. Others have no covering spheres, but consist just of an assemblage of iron plates and the different handle bars. We make bar bells of

Different Styles—Different Sizes—Different Prices

but every outfit we make can be adjusted to such a moderate weight that it can be easily handled by the weakest and smallest man, and yet can be almost instantly adjusted to a weight that would tax the strength of Samson.

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Gentlemen:

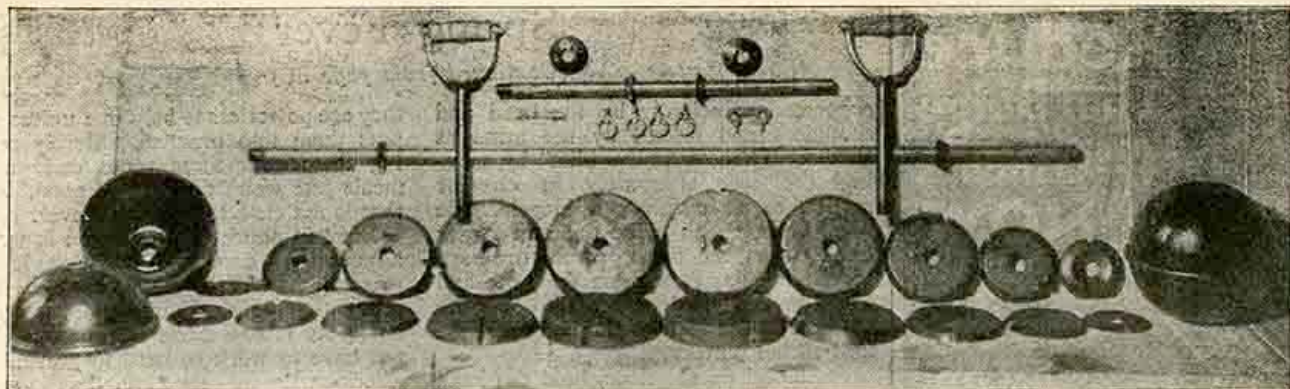
Please mail me, without charge or obligation on my part, your free booklet, "Health, Strength and Development and How to Obtain Them."

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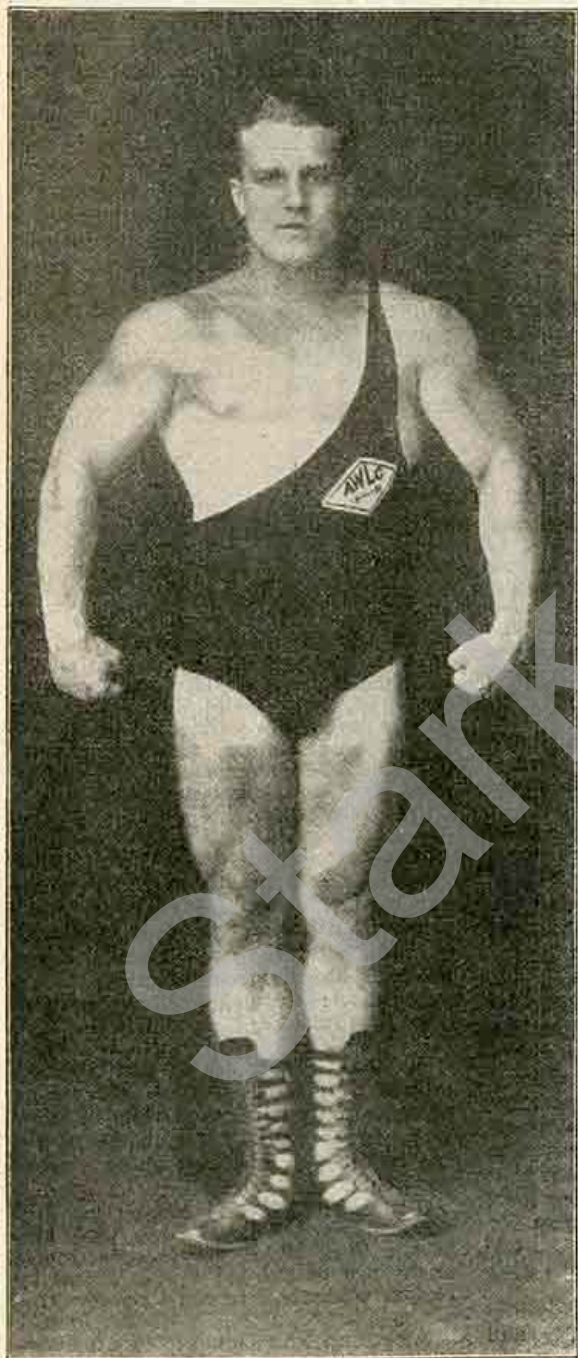
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Ask any one who knows; ask any one who has ever seen or used a Milo Bar Bell. Our long experience, the thousands of physically perfect men we have already produced, and the additional hundreds we are producing right along are a few of the reasons that make us positively sure of our methods, and make you doubly sure of Enormous Strength and Superior Physical Proportion. Your results will equal your wildest dreams.

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If you are in any one of these classes, fill in the coupon below and send it in to us immediately. It costs you nothing to possess this Large Booklet of ours, and a better built group of men than those shown therein cannot be produced.

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It is true that our Bells do run into the hundreds of pounds. This is so because you will eventually need greater weight to cope with your ever-increasing strength. But the Milo Bells are adjustable also. This means that no matter how puny you are now, a weight well within your present strength can be had. Furthermore, your physical condition is taken into consideration and you are started off on the correct weight and exercises by one of, if not the best authority on physical training with a Bar Bell. This expert personally assigns you your exercises, weights to start with, and any other special information that pertains to your individual case, which he is exceedingly capable of giving you.

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If our Bells, Course and our expert's personal service to you are not what we say they should be, your money will be refunded within ninety days of purchase.

We make Bells of various sizes and shapes and our prices do not overtax your wallet. While the Bar Bell is the main part of the set, it is not by any means the complete set in itself. There are in addition, two kettle bells for single hand use and a short-handled dumb-bell for certain exercises. Besides these, there are numerous plates of graduated weights which fit easily and snugly into the spheres. Can't you imagine your elation at seeing the expressman carry in your bell and the great thrill as you unpack this beautiful and result-producing peer of all body developers? But if you do nothing more, at least **GET THIS FREE BOOKLET**. There are sixty-four large pages of real strong men—men whom Bar Bells have made. There is also to be found a more thorough description of our course and many pages showing the numerous types of bells we manufacture. This booklet is the "real stuff" and you'll be proud to possess it and pleased with its contents.

We are giving this booklet free, for whether you buy a Milo Bar Bell or not we want you to know what they have accomplished for others and what one will do for you. Fill out this Coupon this instant, and your booklet will be on its way immediately.

MAIL THIS COUPON NOW!

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Gentlemen: Send me, without obligation, your free booklet on Bar Bells and Strong Men.

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Spring Fever

(Continued from page 36)

supported principally by the head and shoulders and braced by the arms as shown. Then "ride the bike" by moving the feet alternately in circular motion as if pedaling a bicycle. Be sure, however, to move them in larger circles than the throw of an ordinary bicycle pedal. Straighten the knee and hip completely, then on the opposite stroke pull the knee to the chest and the heel to the buttock.

6. Kneel on the floor, hold the head back and arch the back, then continue leaning back until you touch the floor with the head. If you cannot return to the starting position with the back arched, lean forward at the hips, then come up erect, but it should be done with no bending anywhere except the knees for best effect. First try it by reaching down or back with the hands to help, but the correct form is shown in Fig. 6, with the hands held on the hips or across the chest.

These few simple and easily performed exercises, coupled with sensible regulation of diet, will put the "springs" under a well pampered case of Spring Fever in less than ten days, provided you help them. It's a funny thing, but regardless of the power of these instructions regarding exercise and diet,

they are powerless to help one unless one puts them into practice. Merely reading them over three times daily after meals just won't do a bit of good. And that is the cure for Spring Fever.

But "an ounce of prevention is worth a pound of cure." Now what is the prevention? Well, that is simple. The prevention is the same thing as the cure; but if one starts in time one does not have to work so hard to prevent an attack of the malady as one has to work to cure it, once it succeeds in getting a foothold in the system. The prevention, in other words, is the above discussed regulation of diet and system of exercises. "Will it work?" you may ask. Most assuredly, for speaking from my own experience, I had an attack of Spring Fever as regularly as Spring arrived until 1924. In February of that year I joined a gymnasium and began exercising in earnest, and since then I have never known what Spring Fever is like. Therefore, I can assure you that if you will follow the advice given you will find relief from this pest we call Spring Fever, and you will find yourself in "mid-season form" your very first day on the links, or tennis court, or in the pool. Go to it, friends, and luck to you!

Nature's Method

(Continued from page 50)

Nature's Method I believe you could give me good advice. I am five feet four inches tall and 195 pounds and would like to reduce. Would a fast help me? Or would you suggest a diet? My menstruation periods are from three to six months apart, and this condition has existed for at least five years.

Lately I have been bothered with gas attacks. They are very severe and seem to bloat me, and bother me a good bit around the heart.

I am 28 years old, have been married five years, and have no children.

(Mrs.) M. N. F., N. Y.

ANSWER: First, I would advise you to have an X-ray made in order to make certain your diagnosis is correct.

If gall stones are really present you should have an operation at once and not wait for an acute attack. As for your irregular periods, I am sure they are due to your general ill-health. I would not advise a fast to overcome your troubles and lose weight, but would rather recommend that you endeavor to reduce weight by correcting your diet and taking exercise. Consult your local osteopathic physician for treatment for your run down condition.

As to diet, you would do well to eat less of meats, white bread, potatoes, sweets, etc., in fact, of all fatty and starchy foods, and to live principally on vegetables of the leafy variety, also fruits, etc., and brown or whole wheat bread. Eat sparingly and drink only water. You should also take the various

exercises for women as given in STRENGTH from time to time.

QUESTION: I have a neighbor boy friend who recently suffered an attack of infantile paralysis and now is paralyzed from the hips down. He doesn't seem to eat at all, and none of the medicine the doctors have tried does him any good.

Will you please give me some information as to the proper method of treating him? He has a gaseous stomach and is always constipated.

M. C. L., Ill.

ANSWER: Hundreds of cases of this type have been greatly aided by osteopathic methods. Manipulation and plenty of it is about the only treatment of value after the acute attack. Electricity is also used considerably.

QUESTION: Can goitre be cured any way other than medically? Is so, how?

K. C., Ore.

ANSWER: There are several types of goitres. In some of them surgery is about the only treatment, while in other types osteopathy has given material aid and at times even brings about a complete cure.

QUESTION: What is causing my frequent urination? Could it be weak kidneys, a weak bladder, or prostate trouble at my age of 29? If this is caused by bladder weakness, how can I remedy it?

S. A., Iowa.

ANSWER: You should have a urinalysis made and perhaps some other laboratory tests made to determine your exact condition. As you describe your trouble it appears to be the prostate gland. In that case massage of the gland would help considerably.



“You Didn’t Say a Single Word All Evening”

“HOW could I? I didn’t even know what they were talking about.”

“Well, Ralph, I wouldn’t brag about that.”

“But how was I supposed to know that they were going to talk literature and art? If they had discussed real estate, I could have chatted with them easily—all evening . . .”

“Business, always business! If you were a big enough real estate man you’d know how to forget business and talk of other things in company!”

“I never felt so uncomfortable in my life,” he said ruefully. “Couldn’t even follow the drift of things. What was all that discussion about some poet who was killed in the war?”

“Really, Ralph—you should keep more abreast of things. I was surprised that you didn’t contribute at least one idea or opinion to the whole evening’s discussion.”

He turned to her, curiosity and admiration mingling in his smile. “You were certainly a shining light tonight, Peg! You made up for me, all right. Where did you ever find out all those interesting things?”

Many Wives are Keeping Pace with Successful Husbands—This Pleasant Way

Peg was grateful for her husband’s praise.

But, instead of answering his question, she smiled enigmatically.

He moved closer, glad to have diverted attention from himself. “You were the prettiest and cleverest woman at that dinner, dear!” he said.

“Just for that,” she beamed, “I’m going to tell you why I was able to join in the conversation tonight—and you were not.”

“Oh, that’s easy,” he said, man-like. “You get more time to read than I do.”

“Is that so!” she retorted. “I don’t get the chance to read a good book from one month to the next. But I’ve solved that problem. I have a copy of Elbert Hubbard’s Scrap Book.”

“What’s that?”

“It’s a whole library condensed into one fascinating scrap book. It contains only the best thoughts of the best minds of the last four thousand years—the ‘high lights,’ you know.”

“That sounds interesting. Tell me more about it.”

The Famous Elbert Hubbard Scrap Book

By the time they reached home, she had told him all about the unique Scrap Book. How Elbert Hubbard, many-sided genius, began it in youth and kept it throughout life. How he added only the choicest bits of inspiration and wisdom—the ideas that helped him most—the greatest thoughts of the greatest men of all ages. How the Scrap Book grew and became Hubbard’s chief source of ideas—how it became a priceless collection of little masterpieces—how, at the time of his death, it represented a whole lifetime of discriminating reading.

Imagine it! This Scrap Book has now been published and anyone can have a copy. Do you know what that means? You can get in a few minutes’ pleasant reading each evening what it took Elbert Hubbard a whole lifetime to collect! You can get at a glance what Hubbard had to read days and days to find. You can have the finest thoughts of the last four thousand years in one wonderful volume. If you read in the Scrap Book occasionally, you’ll never be uncomfortable in company again. You’ll be able to talk as intelligently as any one.

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We urge you to act now. We want you to see the Scrap Book, to judge it for yourself. Mail this coupon TODAY to Wm. H. Wise & Co., Roycroft Distributors, Dept. 584, 50 West 47th Street, New York City.

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You may send me for five days’ free examination a copy of Elbert Hubbard’s Scrap Book in cloth-lined, butcher paper binding. Within the five-day period I will either return the Scrap Book without obligation, or keep it for my own and send only \$2.90, plus few cents postage, in full payment.

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Dr. Bush has made his mission in life helping others. His chief happiness is that he has shown thousands how to have success, power, money. "Ten Thousand Dollars would not pay for the benefits I have received," James C. Smith, of Somerville,

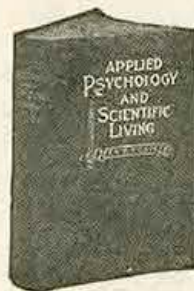
Mass., writes him. Another says, "I was making no money, my health was bad and I was heavily in debt. Now I have a store of my own and am doing a good business. My family and myself enjoy the best of health." A man who learned of this power in Pittsburgh—he had never earned more than \$25 per week—stepped out the first month and made over \$1,000. Another: "I was always told that I had no memory. I have never been able to memorize a piano composition to play it all the way through. Through Dr. Bush I started to work on my memory,

and lo, I memorized four pieces since then. I have composed a big overture, then wrote the orchestra parts myself and found myself doing things I never thought I could." Dr. Bush has thousands of letters like those. They are his proudest possessions.

This great psychologist has tried to carry the secret of this success to people everywhere. In the large cities, this wonderful power has brought success to failures, health to the sick, courage to the nervous and despondent, money to the poor, and greater wealth for the average worker. But there are countless people who cannot attend his lectures. So he now has put the full story of this amazing power into a fascinating book called "APPLIED PSYCHOLOGY AND SCIENTIFIC LIVING." The startling facts told and proved in this remarkable 540-page book will be a revelation to you—a short cut to happiness and success. There in simple language is the whole secret and clear explanation of exactly how you—in your home—can apply it quickly and easily to your own life. Luther Burbank, plant wizard, said: "This book appears to me the most practical and useful work which has been published on this subject."

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The Mat

(Continued from Page 42)

wish to make corrective measures of these exercises, you may do so by turning the toes either in or out during the performance of the movements. If the inner side of your lower leg lacks fullness, keep the toes turned well in while going through the five exercises. If it is the outer side which is lacking in development, the toes should be turned well out. For general purposes you will hardly need pay any attention to the way in which the toes are turned.

For making the calf deep and well-rounded, the dead lift with stiff knee is invaluable. Stand with the feet close together, and while keeping the knees locked raise a bar bell from the floor till you are standing erect, then lower to the floor, and repeat. The leg curl exercise is also a capital one for the calf muscles. The leg curl may be performed in two ways; the best way is to lie face downward on the floor, and with a bar bell or other weights tied to your feet, bend the legs so as to raise the weight from the floor to a bent legged position over the hips. The alternate method consists of standing erect on one foot, and with a weight tied to the other foot, bend it up back of you, raising the weight from the floor to your hip. The knee should be restrained from moving forward during the curl, if you expect the best results. You are not advised to practice both forms of leg curling in addition to all the other movements. Without going into greater detail, I believe the several calf exercises just explained will prove of immense value in the attainment of a superb development of the lower leg muscles.

The Two Arm Snatch is, by far, the fastest lift of any and just about the neatest at which to look. Some quick and clever athletes can complete a double handed snatch so smartly that one hardly has an opportunity to observe the progress of the bar bell. Only the experienced lifter can fully understand the exact action of a snatch as performed by one of these exceptionally fast athletes. After the would-be lifting champion has put in a sufficient length of time on body developing exercises, and is in fit condition to seriously tackle the game of limit lifting attempts, about the first of the scientific lifts to be mastered should be the Two Hands Snatch. Having thoroughly mastered the neat details of correct and efficient "snatching," you are more likely to be drilled in "timing" and "splitting," two essentials to complete mastery of all quick lifts. The Single Handed Snatch will be easier to accomplish after a Double Handed Snatch has become second nature to you. All "cleaning" movements are a cinch to the good "snatcher." The jerk lifts, both with one and two hands are, in action, but a step beyond the "snatches."

A thin bar is imperative, one of about an inch in diameter being ideal, though the range in size of bar can be from $\frac{7}{8}$ " to $1\frac{1}{4}$ ", without losing any of your efficiency. The size of your hand, of course, governs the size of the bar. A

Partial List of Contents

Psycho—Analysis and the Subconscious.
How to Have Amazing Memory.
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little experimenting will help you to determine the proper length of bar and space between plates to give you the best results. We will consider a choice of styles but will recommend one method as being the best for the average lifter. Having mastered that particular way of snatching, you can later experiment till you find a variation suitable to your physique and temperament.

Stand with the bar passing over your insteps, heels together and body erect. Quickly bend down to the bell by bending at the hips and knees; without pausing, grip the bell tightly and pull it upwards with the idea of getting it overhead to arms' length as quickly as possible in one movement. As you pull on the bell, the arms should be straight but not tensed. Allow the arms to bend as the bell moves upwards, and as it approaches the height of the face, quickly "dip" or squat, by splitting the feet and bending the knees, sinking as low as possible under the bell, in order to get it to arms' length overhead. A true snatch must be accomplished by raising the bell from the floor to full length of arms overhead in one continuous movement, and no sign of a push or pressing effort must be noticed. Having locked the elbows, you immediately assume the erect position and bring the heels together for the "count."

If you are out to become really efficient as a snatch lifter, you must get the "knack" of "throwing the body" with the upward motion of the lift. As you pull upward on the bell, learn to throw the head and shoulders back and snap the arms to the locked position. This will help a great deal in getting the bell past the sticking point; also learn to split the feet in a snappy manner. In other words, put as much energy and snap behind the effort as you possibly can. I am showing you two photos of athletes "splitting" to get under the bell. One has almost touched his right knee on the floor, and the other has hardly bent his knees. The latter athlete moves so quickly and throws the bell with such force, that it is not necessary for him to dip very far under the bell. He is Harry B. Paschall, who performed a Two Hand Snatch of 195 pounds at a bodyweight of 148 pounds, and accomplished this splendid lift in the twinkling of an eye. The first-mentioned athlete moved rather slowly and had to get down low in order to get his arms locked. However, most lifters should practice with the idea in mind of mastering the low dip. It is one of the developments of modern scientific lifting. Try this little stunt out for yourself, to firmly impress the fact in your mind. Stand with your knees rigidly stiff, then bend over and take a grip with both hands on a bar bell; now snatch it to arms' length overhead without bending the knees. Find out how much you can handle in that manner. Next, add some weight to the bell and see how much easier it is to snatch it when you bend the knees. If you master a very low dip, you will find it possible to get under a really heavy weight, as you will not have to lift the bell so high; whereas in the first men-

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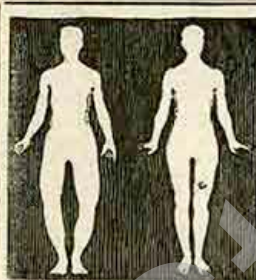
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tioned style, you had to pull it the whole distance overhead. The stiff legged snatch is also a splendid exercise, both for development purposes and for cultivating a strong snatching motion from the ground.

Although I mentioned a few paragraphs back that in order to master the knack of snapping the head and shoulders back as you throw the bell overhead, you should also keep the eyes looking forward as the bell goes overhead. This would mean that you should put plenty of life into the upward snap of the bell, but keep the head erect and eyes front. This makes it easier to lock the arms. Another point is this: in bringing the bell up in front of the body, pull it as close to the body as you can and concentrate on getting it back overhead. As it thus ascends, split the feet and finish with the bell pulled pretty well back. If you pull the bell up in front of the head, you will find it rather difficult to lock the arms and will have to run forward under the bell.

In splitting the feet, lifters follow different movements; some move one foot farther than the other, while others slide the front foot forward, moving the rear foot very little. This is a very good plan, but in the case of the average fellow I believe it best to split both feet an equal distance, possibly jumping from the floor to some extent. In following either of these methods there will be a tendency for the bell to travel backwards to insure a secure locking of the arms.

To perfect the snatching motion, you should practice repetitions with a weight you can handle a half dozen times in succession. As your arms and shoulders become tired, you will instinctively dip lower with the legs in order to get both arms straight under the bell. Practice your snatches when you are fresh, so you can put every ounce of energy at your command into the movements. Try to master the thumbless grip in snatching; that is, do not encircle the bar with the thumbs.

Here, Mat Fans, is a rare one but not as unusual as you might think. It gives you an idea of the sort of things we are supposed to be able to answer satisfactorily.

QUESTION: "My cousin is a husky young farmer, 19 years of age, but has one physical defect, namely—small ears. His ears are so small that they look funny. Will you please tell me what causes this; also what can he do to change the size of his ears?"

Some people can wiggle their ears, but we never heard of anyone developing the ears in that way. Possibly someone can suggest a set of exercises. Well, I don't suppose you can blame the fellow for writing for any possible advice, considering the ads one sees nowadays. I mentioned this case to one of my colleagues, who suggested telling the correspondent his cousin was lucky not to be afraid of being mistaken for a mule out on the farm.

The above letter is guaranteed to be genuine. The name and address will be given, upon application, to no one. We do not wish to be considered in the light of bringing ridicule upon one of

our readers, but we published the above to give you an idea of just what we are sometimes called upon to handle.

QUESTION: Kindly give instructions in the "Mat" regarding the proper way to breathe when making these lifts: The Bent Press, Two Hands Dead Lift and the Two Hands Clean and Jerk.

L. P., England.

ANSWER: While performing the Bent Press you should breathe continuously. The safest way to make certain of this is to open the mouth and breathe in a puffing manner. To attempt to breathe through the nose will likely cause you to hold the breath. The same rules should apply to the Two Hands Dead Lift, where it is necessary to hold the mouth partly open to prevent temporary cessation of breathing.

For the Two Hands Clean and Jerk, the rule to be observed is to make sure to inhale with the major muscular efforts. Exhale just before "cleaning," then as you pull the bell to the shoulders inhale. Hold the bell a few seconds at the shoulders, meanwhile breathing quickly through the mouth, and just before jerking, exhale. As you jerk the bell overhead inhale.

This reminds me that nothing was mentioned concerning breathing in connection with the instructions on the Two Hands Snatch. Exhale quickly just before pulling the bell upwards, and as you "snatch" the bell inhale vigorously.

The following problem should prove of great interest to all of you, containing, as it does, plenty of human interest. The inquiries and replies are given in two stages, covering some length of time. The first letter was received a year ago.

You mention in the "Mat" that you will answer any questions, so would you be so kind as to answer mine. I have been practicing bar bell exercises for three years, but do not seem to get results in any part of my body. My work is driving a truck and lifting heavy stuff all day. I am also an amateur bike rider and train three times a week, besides an hour three times weekly with the bells. I wonder if my bike riding has anything to do with it? I am 5 feet 10½ inches tall and weigh 154 pounds.

S. A., New Jersey.

At that time we replied as follows:

"So far as I can see, your trouble seems to be too much work and physical exertion. It is hardly possible to build up when a person exerts himself as much as you claim to do. Your work gives you plenty of exertion all day long, so I think by being both an amateur bike rider and training on bar bell exercises is going a little too far. I am fairly well acquainted with the training program of the bike rider, which you may judge by some of my articles in STRENGTH. If you want to be a bike rider while following your strenuous occupation during the day time, you will have a difficult time trying to increase your measurements. If you are really out after results in development from bar bell exercise, and still have the ambition to ride countless miles every week, then I would advise you to find some easier kind of work."

Remember that was a year ago. The following letter now comes to hand.

"Would you please tell me if I am injur-



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ing myself by doing this. I am an amateur bike rider and have been exercising for four years with bar bells. I have been following the plan of doing a half hour of bar bell exercise, then going out on the road and plug for about ten miles, whenever the weather permits.

"Although I have never felt any harm from this amount of work, and have developed my body a great deal, my coach says bar bell work will make me slow, especially while doing the leg exercises. Last year was my first year at actual racing, and I did pretty well. My work is driving a truck and handling pieces of woolen all day long, weighing from 50 to 180 pounds each. I like the way I am going along and feel good, but my buddies all say I will burn out. I smoke a pipe and lead a pretty clean life and am trying to do better. At present I can do pretty good strength feats, such as lift a Ford car off the ground by the front axle, bend half-inch iron bars, etc. I know this is a pretty boring letter, but I believe you will answer it."

I did not quote his measurements, but it is worth stating that he gained, during the past year, but a half inch on his upper arm and on his thighs, which now measure, respectively, 13½ in. and 20½ in., and an inch on his chest, which now measures 41 in. expanded. His neck is 16 in., the same as a year ago. This is a pretty complicated case, as this fellow has plenty of ambition. One thing certain—he isn't lazy. He wants to be a good bike rider, and he wants to be a strong man with big measurements. After all, he is satisfied with his health, physical condition, and athletic abilities, though, of course, you know he is not satisfied with his measurements.

As I said before, there is no doubt he is doing too much for his own good. It is doubtful if his health will be affected, but he will be a long time getting big measurements on such a program—and he undoubtedly would be a better bike rider with specialization on that event. The heavy exercise won't slow him up, but such a great amount of work uses up a lot of energy. Personally, I would be afraid of burning myself out on such a program. However, it will be interesting to follow this fellow for another year, or more, to see how he makes out.

QUESTION: As a reader of the "Mat," I am much interested in body building and would like to have you answer a number of questions on development.

First—I have 15 inch calves that are well shaped from front to back, but the inside muscles are flat and do not seem to respond to exercise. How can I give them a well-rounded appearance?

Second—How can I strengthen the solar-plexus so as to withstand stiff punches? Also the kidneys and ribs?

Third—Will you tell me how to strengthen the jaws so that I can "take it" without bad results? Can the face be toughened some way to prevent splitting from blows in boxing, especially the skin around the eyes? How can I toughen my nose to stand blows so that it will not bleed easy, or become flat?

Thanking you in advance for your replies.

L. H., Washington.

ANSWER: Such questions may seem out of place in this department, and possibly some of our devoted bar bell fans will consider that we should pay no attention to this subject. But, in my way of thinking, a great many physical

culturists and athletes have a secret notion back in their cranium, that they have the makings in them of an exceptional fighter. Many fellows, even after a practical demonstration of their unfitness for fighting, will still believe in their own minds that they can fight. I would even go so far as to say that almost every fellow interested in athletics or physical training, considers himself a prospective pugilistic champion; and, for that matter, a lot of "bozos" who never trained in their life believe they can fight.

To get back to the original subject, we would reply to the above letter as follows: Your question, concerning the calf muscles, is covered in the first section of this department. You wish to harden yourself to withstand boxing punishment, but I wish to caution you in this respect. I believe that really tough men are born that way, when it comes to being able to take a hard wallop on a vital spot. A man whose nervous system is rather delicately adjusted, may not be able to stand up after receiving a hard blow on the jaw, or in some other sensitive section of his anatomy. A man must truly be more or less of a "cave man" to withstand sledge hammer blows. His nerve centers cannot be very sensitive, and he must be almost invulnerable to pain. In fact, no human being is so constructed that he can indefinitely withstand hard blows, without losing some of his reason, or suffering from mental unbalance in some way. It is known that many pugilists who have spent considerable time in the ring and have taken a great deal of punishment, are a little "cuckoo" in the head.

Every time a man is hit very hard on the jaw, to the extent that he is dazed, the brain and nerve centers are affected to some extent. A knock-out on the jaw causes a slight concussion of the brain. It is possible to toughen the body by developing and strengthening the muscles covering the body; still the degree of nerve sensitiveness counts for a great deal so far as concerns his reaction to body blows. Even the strongest man, with thick abdominal muscles covering his solar-plexus nerve center, will be powerless if his head is tilted back sufficiently. The chin must be kept down and in, if you wish to keep the solar-plexus set for a blow.

The face may be toughened somewhat by rubbing with salt brine, which will also tend to pickle the hands. Old time pugilists used to follow this practice, but I doubt if it is followed very much by the present day boxers. The man in first-class condition, used to roughing it, will be able to stand considerable in every way. I am not trying to discourage anyone who desires to learn to box. I believe boxing (and wrestling) to be important adjuncts to the physical culture experiences of every man; besides, the knowledge of self-defense is highly useful and practical.

However, it should be understood that every strong and muscular fellow cannot be a pugilist. It is my belief that a man must be naturally fitted with a certain quality of nerves, thickness of bones, and physical co-ordination to suc-

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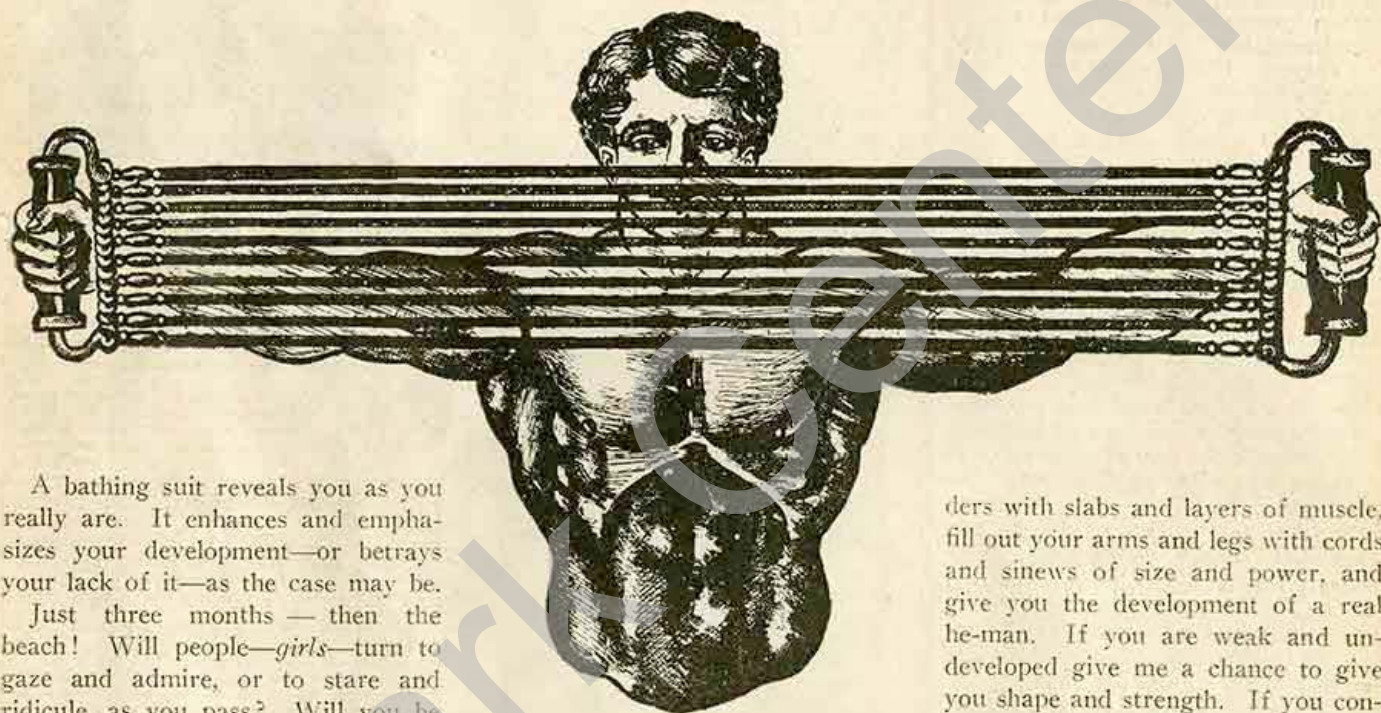
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ceed as a pugilist. Some fellows may have a "glass jaw" and not be able to take a punch; while other fellows may have heavy jaw bones and a thick skull and be able, for a time, to ward off the toughest sort of blows. If you get hit

hard enough and often enough on the nose, you can't prevent it flattening. Some men, of course, bleed easier than others, but everyone can be made to bleed if hit hard enough.

Vacations for Business Men

(Continued from Page 44)

me, I get an immense thrill in returning to view the handicraft of man, and taking my place once more as one of the little cogs in the machinery of Industry. I think we all should go away for a time. It gives us a chance to scrape off the rust that has accumulated during the year, and when we return we are oiled and polished anew and we run smoothly on, grinding out a bigger and better day's work.

Oh, and so does the reader become tired of sharing a spirit of mass reverence and awe for shrines, temples, and monuments. This does not mean that we grow superior to the appreciation of these things; but it seems to me that in the face of the breath-taking beauty of the many trees in the grand outdoors far removed from the limits of the city, the works of man dwindle into small importance. Yes, I exhort you to go out where the trees that have stood for centuries are more satisfying than our own temples, however magnificent they may be.

Go out into the world. Get away from the hum-drum of business, if you want to continue working when others lay down the gauntlet. Visit the beauty spots of this country, or go on an ocean trip. It will do you a world of good. Sail out into the south seas, sail out to the West Indies, or go to Europe. Anything—do anything; but get away. The trip on the ocean is a holiday in itself. The balmy-cool tropics, warmed by the blue Gulf Stream—where palm trees flutter flirtatiously in the breeze—where the funny herds of the deep frolic in their uncouth gambols and the flying fishes dart across the ship's bow. Gad, sir! Don't tell me you wouldn't care to visit such heavenly splendor.

Just think! Everyday a delight. At sunrise, for instance, a dash through the surf on Palm Beach, or Bermuda, or—oh, any place where the surf will put an edge on your appetite and you can re-yamp your old tired body and make it efficient. Then play golf, and tennis, and exercise—I mean the kind of exercise you see in the pages of this magazine. Golly, man, think of the opportunity to cut down the "bay window," or build the poor, emaciated frame. Think of the happy hours wisely wasted, hours that will pay you big dividends in the long run. So many, many, things to do, when you go away to play, that I hardly know how to tell you all about them. But, come, now! Haven't I raved enough? Surely, you

know what is best. Go ahead and quit work for a week or more, and see for yourself what the result is. If you want a thing bad enough to go out and fight for it, work day and night for it, give up your time and your peace for it . . . you'll get it! But you must go out. Health and efficiency were never wooed in a stuffy office. Nobody likes the thought of appearing at his work at the same old hour every morning for the rest of his life. Wouldn't you like to get away sometime? Of course, you would.

Life is a road we all must travel. The road is strewn with rocks that bar the way and make progress difficult. We come into the world crying and lamenting and helpless, without our consent. But we're here and we grow to love life dearly and must leave against our will. During our stay on earth our time is spent in continual scrimmages and misunderstandings with our fellow men.

In infancy they called us angels. In boyhood we were "divils." In manhood we are sometimes everything from lizards up. In our dotage we are fools. If we raise a large family we become "chumps." If, for some good reason, we become poor through the vicissitude of fortune, we are bad managers and have no sense. If we grow rich, they say we are dishonest but considered smart. If we are in politics we can't be placed, and we are very undesirable citizens. If we go to church we are hypocrites, and if we should happen to stay away from church, then we are called sinners and "what not." If we donate to this or that organization, we do it for show and if we do not donate, then we're stingy.

When we first come into the world everybody wants to kiss us. Before we go out of it, they all want to take a "crack" at us. If we die young there was a great future before us left undone. If we live to a ripened age, we mostly get in the way and live only to save funeral expenses.

Yes, this is a hard, hard road, but we all like to travel it just the same. It's a lot of fun at that. We can all make the best of it, and, Mr. Busy Business man, you can make life more worth while and better by dropping the reins (business), climbing out of the wagon—(office)—and taking a walk along the old dusty road—(outdoors).

So take this tip from one who knows the benefits of Nature. Get out while the gettin's good!

The 1928 Olympic Games

(Continued from page 33)

in the past been a source of a great sport we are strengthened by the number of points for the U. S. In this Hawaiians, who are great swimmers, as



— it's a
knockout!
Scientific Boxing
wins every time

"The bigger they are, the harder they fall," said crafty Bob Fitzsimmons—he knew that science beats mere brute strength every time.

You can go up against much bigger and stronger men and beat them to a frazzle if you know the science of boxing.

And it's not hard to learn. In fact, it's easier to learn boxing by the scientific Marshall Stillman System than by old-fashioned hit-or-miss methods.

The Marshall Stillman System of teaching is based upon the principles of boxing employed by the world's best fighters. You will marvel at how easy it is to strike punishing blows, to guard, feint, duck, block or side-step when you know these principles.

All the lessons are illustrated—each step is posed for by two expert boxers.

When you have learned the principles of hitting, guarding, etc., you are taught SHADOW BOXING. Each round combines the best blows and guards used in the ring—the Jack Dempsey Triple, the Benny Leonard Triple, the Fitzsimmons Shift, the Mike Donovan Double Blow, etc. You are taught valuable hints on in-fighting, boxing a taller opponent, ring generalship, and the secret tricks used by famous professionals.

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From 4 to 6 inches of flabby fat usually vanish in just a few weeks. Only solid, normal tissue remains. The Weil Reducing Belt is endorsed by physicians because it not only takes off fat, but helps correct stomach disorders, constipation, backache, shortness of breath and puts sagging internal organs back into place.

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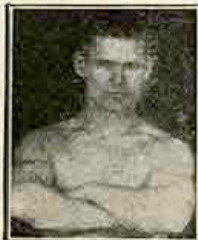
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you know. Probably we will repeat in swimming in the coming Olympiad.

Tennis, like swimming, in 1924 turned out to be a clean sweep for the U. S., but in 1928 tennis will, no doubt, turn out to be a different story for us.

In the shooting events we have cleaned up in fine style, and I know of no reason why we shouldn't repeat this time.

In the rowing events, boxing, and wrestling we haven't done so poorly in the past, but there is room for improvement, especially in boxing and wrestling.

We haven't fared so well in the winter sports. Skis, skating, and ice hockey are events in this line, and while the U. S. winter sports athletes didn't do so well when compared with the other lines of sports in which we excel, at the same time they were in the running with a second in ice hockey, the same in figure skating, and a third in speed skating. Let's hope Joe Moore can come through to win in the speed skat-

ing events, for they say that he can beat most any of them on a straight way course. The Olympic course is usually not a straight way, and Joe doesn't seem to do so well on the turns.

In the hurdle races, U. S. can be counted on to come through strong, but in the walks we are weak, or rather, slow. In the relays, too, our athletes usually come in ahead of the field.

In the few hours that elapsed between the writing of the previous paragraph and the one about the theory that if you have a runner in there you have a chance to win, was again proven by the fact that the great Peltzer suffered his first defeat in this country. Ray Conger, as you have no doubt read in the papers, defeated him by a margin of ten yards. The main point about it is that Conger has not been considered as good a runner as Lloyd Hahn, so you see things don't look so awfully blue for the U. S. in the middle distance as they could look.

Association Notes

(Continued from page 53)

Street. Ask for either Mr. Schott or Mr. James Bronstrup, both of whom will be pleased to meet bar bell enthusiasts.

Charles Rigoulot, of France, bar bell lifting champion of the World, recently established a new record for the Right Hand Snatch, by succeeding with 237 pounds.

The Cincinnati Strength Show of January 29th went over fine and a good crowd attended. Emmett Faris opened the show with a muscle control act. He got a big laugh with his control of the thigh muscles. Then the main attraction came. Walter Stratton, of Leetonia, Ohio, weighed 167 lbs., stripped. Two Arm Slow Press (Olympic Style) Stratton called for 179, then 189, and finished with 199 lbs. in perfect form, a new American record. His next lift was Two Arm Clean and Jerk from behind Neck—224, 234, 244 pounds, a new American Record. Two Arm Continental Jerk came next, with 246 lbs. at the start, then he wanted 260 lbs., but the bar kinked a little and spoiled it for him; if the bar would have held it, he could have done 270 lbs. After a little rest he went after the One Arm Bent Press (two hands to shoulder) and did 204 lbs. with both right and left arms, the left hand lift being a new American record. He then did a Two Arm Pull Over of 113 lbs., and thought that was enough for one day.

Bill Brown, of Ludlow, Ky., then tried his luck on the Two Arm Clean and Jerk, doing 190 lbs. at 150 lbs. stripped. Emmett Faris then took a crack at the Left Arm Swing, doing 107½ lbs. on his first attempt, and just failed at doing 112½ lbs. He then Left Arm Bent Pressed (two hands to shoulder) 155 lbs. Then he Cleaned and Jerked 120 lbs., and while holding the weight aloft lay down and got up still holding the weight aloft. Next Faris Pulled Over and Pressed on Back 130 lbs., rolled up to a Turkish squat,

stood up with the weight, and Military Pressed same. His weight was 150 lbs. stripped.

Referee Siegel then did a Two Hand Dead Lift of 300 lbs., at a bodyweight of 135 stripped. They asked Stratton if he would show the boys a Two Hand Dead Lift, and not feeling very fresh he did 400 lbs., then 450 lbs., and that ended the show.

Stratton looks great and has wonderful strength. Anyone who hasn't seen this Ohio Heavy Middleweight in action has missed a lot. The Olympic Games lifting is drawing near, and once again the Red, White, and Blue will not be represented. The Amateur Authorities of this country have to be convinced concerning the quality of the lifting material who would represent the Stars and Stripes against the best from all other corners of the Earth. So far, no one has been able to convince the proper parties that a team could be sent over with any chance of making the trip worth-while. There would be considerable expense involved in sending a team over. Let us be frank about the matter and see where our best boys might place. We are, of course, referring to amateurs.

There are five classes in Olympic lifting, the bodyweight poundages being roughly 133 lbs., 149 lbs., 165 lbs., 182 lbs., and heavyweight. Three lifts will be recognized in the coming Games, all of them being performed with two hands—The Snatch, Slow Press, and Clean and Jerk. Who are our best boys in these bodyweight classes, and what would be their probable chances? In the last Olympics, in 1924, the best performances on these lifts were: Featherweight Class—Two Hands Slow Press, 176; Two Hands Snatch, 181½; Two Hands Clean and Jerk, 231. It must be understood that there were five lifts in the last Games, the One Hand Snatch and One Hand Clean and Jerk being added to the above three. Therefore,

this year greater poundages must be expected. Consider also that the present records are considerably higher.

The three highest totals made in 1924 on the three lifts for this year were as follows: 572 lbs., 566½ lbs., and 561 lbs. Our Lightweights would have to train down to make the 133 lbs. bodyweight limit. There are evidently but two lightweights who would have a chance at the above totals, providing they could train down five or more pounds and still hold their strength. We refer to Arnie Sundberg, of Oregon, and Richard Bachtell, of Hagerstown. There is hardly any reason to mention the representatives of any other bodyweight classes outside of the Featherweight and Light Heavyweight Classes. We are, of course, referring to amateurs. In our recent Championships, Sundberg made a total of 562½ lbs., and Bachtell a total of 535 lbs. on the three lifts. It is understood that they also lifted on two other lifts at the same time, but so did the Olympic lifters referred to above. We must also consider that our boys had to perform a Two Hands Military, while the Olympic lift is a Two Hands Slow Press.

In the 182 pound class we have Albert Manger, of Baltimore, who could make the poundage without sacrificing his strength. Charles Rigoulot, of France, took first honors in the last Games; on the three present lifts he made a total of 709½ lbs., compared to a total of 708¼ lbs. made by Manger in the Championships of 1927. Rigoulot is now a professional and up in the heavyweight class, and it is hard to tell whether a man as good as he was in 1924 will turn up this year. According to our calculations, Manger is the only man among our amateurs who would have a look-in, so far as the point counting places are concerned. There would, therefore, hardly be a reason for sending a team over with chances of placing but one man out of the fifteen or so who would compose the team.

We anticipate someone challenging our figures, so we are announcing a chance for any ambitious boys to win medals. We will award a gold medal and diploma to every amateur member of the A. B. M. who equals the total of the third place winner at the Olympic Games. The lifting must be performed no later than July 15th, and we insist on appointing the referee in each instance. Anyone interested may apply for permission to try. If we are wrong in our calculations, we will apologize in these columns. It must be considered that European Lifting has improved every bit as much as ours during the past four years, so while our figures on paper may make it look as though the boys would have a chance, the present lifting abilities of the Europeans would be likely to prove a tremendous surprise. Why does the lifting of our boys not compare with the European performances? Many times asked, and many replies thereto attempted.

First: Where we have one active lifter interested in records and championships, Continental Europe has anywhere from five hundred upwards.

Second: For the above reason and



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Ordinary treatments fail because they merely treat the surface skin and have little or no effect on the harmful bacteria embedded below the surface. But this new treatment, called Merke Derma Vials, penetrates beneath the surface—kills the infecting germs—carries off the unhealthy scaly substances which cause dandruff and falling hair—at the same time promoting a healthy circulation which supplies the dor-

mant hair roots with the live-giving nourishment they so sorely need.

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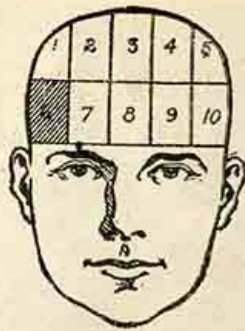
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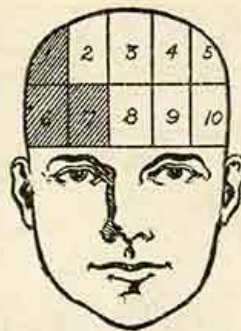
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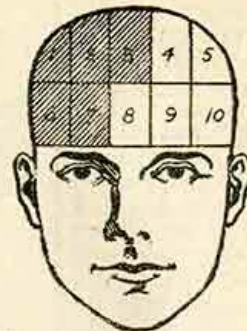
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Once you learn the secret of talking convincingly you can make people listen to you. You can get special attention from anyone, from a hotel clerk to a millionaire. You can swing others around to your point of view, make them think as you do, and get from them what you are after.

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for various other reasons competition is bound to be keener.

Third: Lifters are in close contact with each other, making it possible to observe the fine points of performance and profit from the success and failure of others.

One may ask why it is that more lifters are not brought out in this country, and this question alone may be answered in a great many ways. We would say that probably as many men per capita use bar bells in the United States as in Europe, but where lifting evidently is the primary object over there, the majority of bar bell users in this country are not interested in record attempts. The average follower of heavy exercise among our population is first of all interested in bar bells as a system of physical culture; next he is interested in acquiring shapeliness, and a certain degree of manly strength. It must also be considered that many of our naturally husky athletes become proficient baseball players. We wonder if you realize how many wonderful athletes are tied to the American National Game—men who could make good in many other branches of athletics. Then there is another angle to be considered in America. A husky young fellow in High School and College will be sent out on the football field, or the baseball diamond, not mentioning the crew, track and field sports, etc. The glory of the school is considered of greater importance than personal ambitions. The young athlete will have all of his time and energies taken up following such sports, and even though he might be inclined to follow the strength game, he never has the opportunity.

If we may be charged with unpatriotic feelings or sentiments, please remember that we would like to see the American boy on top of the heap; but when facts are considered we must be frank and state a practical conclusion. We believe the 1932 Olympics will find a team entered from the United States with a fair chance of contesting for premier honors with the European cracks.

The Secret of Indian Endurance

(Continued from page 56)

man on Indian running today, but some of the feats he sees them do now he doesn't believe possible.

"No one knows the endurance of an Indian," he said. "That four hundred and eighty mile race is a test of a man's endurance. I don't think anyone but an Indian could run such a race, surely no American could. Yet to the Indians it wasn't such a test. Old Melika hadn't run his last mile when he finished. Some of the others were fresh also. They seem to have no limit of endurance and are the most amazing people on earth physically—yes, in other ways, too.

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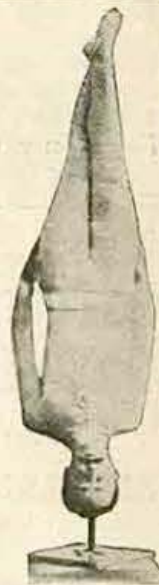
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bration at Albuquerque, New Mexico, and I had taken a bunch of runners over from Gallup in my automobile. Part of the program that day was a race of five miles, and was won by one of my Indians.

"I told the Indians we'd stay over in Albuquerque that night to see the fun and go home next morning; but no, that did not please them, for they wanted to go right away, that night. They had no excuse for wanting this, they just wanted to go home that night. The Indian mind is a peculiar organization, and no white man ever can tell what is going on inside of it.

"The Indians were obdurate and so was I. I told them to go home if they wanted to, knowing that is what they would do anyway.

"The distance from Albuquerque to Gallup by highway is one hundred and seventy-five miles. As the Indians run, that is, as an airplane would fly, it probably is not over one hundred and twenty miles, and this distance the Indians were bound to cover afoot just because they wanted to get home!

"Of course I knew they would reach home some time, but I set it at two days. Next morning I drove back to Gallup, thinking all the way of what fools those Indians were for not riding comfortably with me. How I would chaff them when they came dragging in! I kept a look-out for them along the way.

"When I reached Gallup there were some of my Indians. They came over to the car and greeted me when I stopped.

"How long you been home?" I inquired.

"Long time," they replied and that is all I have ever been able to get out of them.

"They had run overland through darkness across those hard rocky rough miles and had reached home before I did. I have never gotten over marveling at that feat."

The Southwestern Indians are such great runners because they are born to running. This is the reason for their success as Mr. Kirk sees it. He said:

"For hundreds of years Indians have been running. It is a part of every Indian boy's life to run, and running is one of the first things he is taught. They all become adepts at it through a training that is life-long, to which is added hereditary fitness.

"The Indians do not treat running as a fine sport. It is a part of their religious ritual. The Indian is an intensely religious person. Though some of his forms may seem strange to us and even funny, we cannot but admire his sincerity.

"The Indians have a religious rite which calls for playing a game with a carved stick. This game is called 'Kick the Stick.'

"It is the basis of all their long distance running training, this game. The Indians in playing it line up at a starting-point, a large group of them with a stick out in front. On signal one of the Indians takes the stick, places it atop his foot, gives it a kick, then the game is on.

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"All the Indians run after the stick and whichever Indian reaches it first kicks it onward and so continues this chase. That is all there is to the game, to chase the stick in order to kick it.

"Often a game will last half a day, even a whole day. Often the players will pursue that stick thirty, forty miles, and those are hard miles, too. The Indians play regardless of terrain. Let that stick go where it will, there also will those Indians go."

You might suppose that bodies capable of such feats of endurance as running nearly five hundred miles in a week would be gigantic and powerful, but that would be an entirely wrong supposition. The Southwestern Indians are all small men, and some of the best of them are no larger than an American boy twelve years old. One little fellow, named Amelio Patasoni, who holds the American record for running five miles, weighs only ninety pounds and is not five feet tall.

Look at a group of the Indian runners. They all look very much alike and on the size and shape of their bodies only might be taken for brothers. All have the same general characteristics, the same slender limbs with long slim muscles, the same full chests.

Indian boys start running as babies and run as long as life is left in them. They last for a good many years, for an Indian does not grow old and deteriorate at middle age as many of the white races. Some of the best runners have passed middle life. Look at old Melika, entering a race of that length when he should have been home with his grandchildren. There are Indians sixty, seventy, even eighty years old who still are running.

The Indians, Mr. Kirk told me, have their heroes of tradition just as did the ancient Greeks with their Olympic victors. The ambition of every Indian boy is to become a famous runner. The rewards to the famous are very great.

There is keen rivalry among the tribes of the Southwest. This rivalry turns to bitterness whenever there is an inter-tribal race. The Hopis and the Zunis, age-long nextdoor neighbors, are especially rivals, as those who live so near to each other usually are.

For years the Zunis had a famous runner named Lah-a-tay, who held sway undisputed as champion of all runners. He had plenty of competitors but always managed in some way to win. His success, of course, caused great jealousy to exist among runners of the Hopi tribe. These vowed they would defeat him.

There came a time when one of the Hopis actually made good this vow, actually defeated the famous Lah-a-tay. Poor old Lah-a-tay, he was downcast now. Not for thirty years had he seen heels in front of him at the end of a race. He was so broken up about it his kin feared he would die; so they sent for Mr. Kirk, who was supposed to have some influence over the old man.

This is the way Mr. Kirk reported to me what took place when they conversed upon the race:

"The old fellow was utterly dejected but with his dejection was a certain amount of defiance. It was not that

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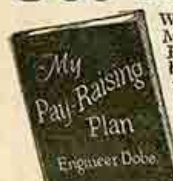
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Hopi who had beaten him. No Hopi could beat him; no Hopi ever lived who could do that. The trouble was the evil spirits. It was they who beat poor old Lah-a-tay, so he said, not the Hopi runner.

"Every Indian is religious and finds a religious reason for everything that happens to him. If hunting is poor he lays this to religion, if the weather is unfavorable the spirits are displeased with the Indian and send him bad weather to make him suffer. Always it is the spirits. So I was not surprised when old Lah-a-tay told me the evil spirits held him back.

"Very soberly he explained to me that the evil spirits got into his legs and that they could not go. He said: 'Heart run but legs no mind,' meaning his spirit was in the race but his body would not obey. Seriously he told me he had seen the Hopi medicine man at the start of the race invoking the evil spirits to go with the legs of Lah-a-tay and keep him from winning.

"I didn't share the old man's credulity about this evil spirit stuff and knew something physically was wrong with him. Later I had a physician examine him. He found Lah-a-tay suffering from inflammatory rheumatism, probably caused by his advanced age. It was the rackings of this disease which caused him to lose the race and not the evil spirits which he supposed."

The Indian runners live in their primitive villages. Their way of living has not changed much during the past several hundred years. They cook over open fires, as did their ancestors, they eat the same kind of food, and do the same kind of work.

Their vocation is farming and manufacturing Indian goods, such as you buy from the curio stores no matter where you may be—bracelets, rings, baskets, pottery, and so on. Most of them farm with crude primitive equipment and all are also shepherds and goatherds. None of them run by profession. This is only a side issue.

Since they have been so successful, here of late physicians and trainers have been visiting them to try to learn their secret of endurance. These students have decided it comes from two things: First, the simple lives they live; second, the long training in the high, dry altitude. Mr. Kirk agrees with these findings. He said:

"Undoubtedly their simple lives and the simple foods they have always eaten have much to do with their endurance. They are abstemious eaters because they have to be. They live in a desert country where to have plenty is strange. Food is hard to obtain, and it is never plentiful. They have no chance to cultivate a taste for luxuries, since gaining a bare living is hard labor.

"They like the meat of goats and sheep best of anything. They eat this kind of food twice a day at least. Usually they prepare it in the form of a thick rice stew into which they dip corn bread, that other staple of their lives. They also eat potatoes, turnips, beets and such other vegetables as they can grow where they live.

"The bread they use is the famous

Tortilla of the Southwest—corn cakes baked over rock slabs in clay ovens."

In one way the Indians violate the teachings of white athletes: they are incessant smokers in training. Their smoking is of cigarettes with corn husk wrappings. Often while waiting for a race to begin you will see them gathered around puffing away at cigarettes. Then the signal to line up will sound, and each will throw away his stub and then run ten to fifty miles without the slightest discomfort.

The recuperative powers of their hearts and respiratory organs are remarkable. Last summer Mr. Kirk had a group of his Indians running a mountain race up Cheyenne Mountain, in Colorado. This is a six and one-half mile race, a climb all the way at an altitude of around 9,000 feet—a long, stiff, mean race.

There were runners of all kinds entered, not just Indians, but the Indians won every place. Every Indian who started, finished. A very small percentage of the white men finished.

After the race, physicians were there, eager to examine the Indians and the white runners who finished, to compare them. Each was examined immediately he finished and at ten minute intervals thereafter for two hours. The pulse and heart action and breathing were examined.

The Indians, every one of them, were found to have returned to normal in just ten minutes, but some of the white runners required an hour, some two hours, one man four hours, to recover from the strain of the race.

The Indians run in a style all their own. They are completely relaxed when they run, seeming to swing over the ground rather than to run over it.

Those Hand Balancing Hands

(Continued from Page 39)

balancing, the next number on the program is to try a hand stand on the thumb and finger tips, just as you began the dipping exercise. Try first supporting yourself between two tables in order to determine whether the fingers will support your weight, then kick up into balance against a wall. The trouble with most who try this is that they spread the fingers too much and as a result crumple. The thumb and fingers should be in about the same relation as the thumb and index finger in figure 7. The weight is carried principally on the thumbs, with just enough overbalance forward on the fingers to make the balance steady. As soon as you find balancing in this position not too difficult, attempt to take a few steps—it isn't so extremely difficult once you learn to balance. Nor is it so hard to balance on the thumb, first and second fingers of each hand after learning this first position, because these three members really do almost all the work anyway. The balance in these positions and the dip on two fingers (first and second) of each hand are seen occasionally, but the dips on index or middle fingers or one thumb are rarely seen, as are the balances now to be taken up.



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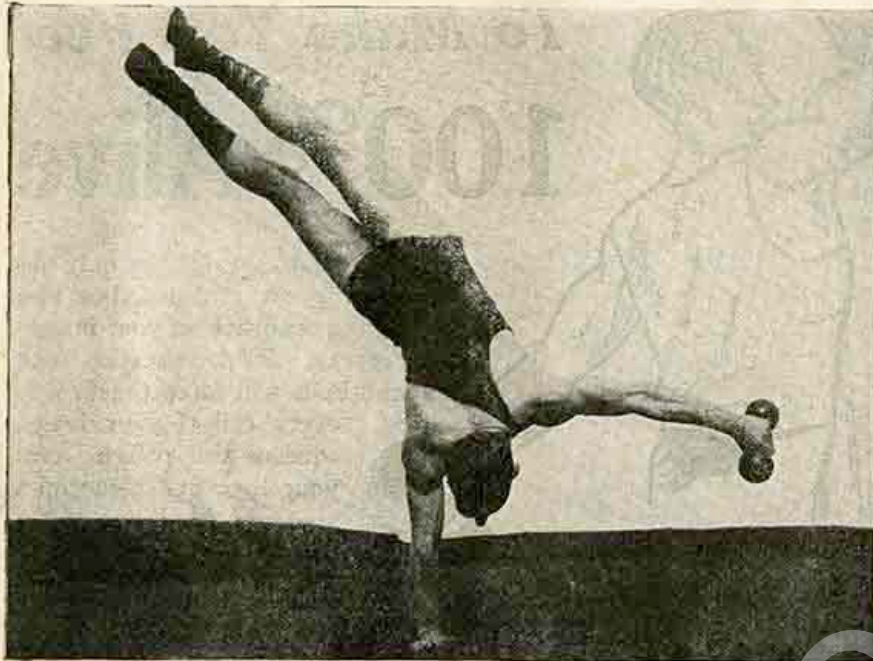
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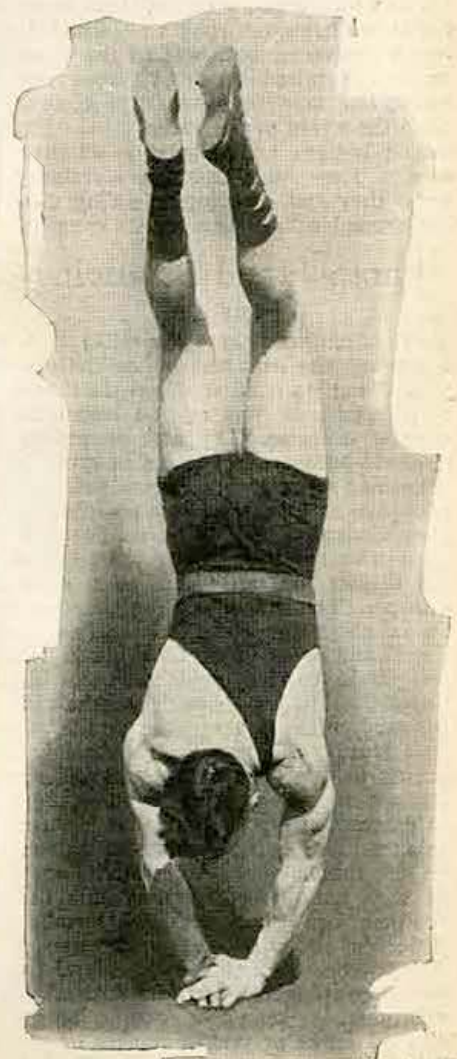
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A DIFFICULT TWO-HAND STAND

Refer to figure 7 and note that the balance is held upon four points—two fingers and two thumbs. This position is rated as extremely difficult, which it is. There are two methods of getting into it: getting a balance on all fingers and raising the second, third, and fourth fingers of each hand, and going directly into the balance by kicking up on the four points mentioned. The position can be held indefinitely.

Another balance not frequently seen is that shown in figure 9—three fingers of each hand. This position must be approached directly—just place the tips of the required fingers on the floor and start kicking. Of late I have been successful in performing the slow push into balance in this position, but it is too difficult to do offhand, because of the delicate sense of balance required in addition to the finger strength. At first glance one would rate this balance less difficult than that on the thumbs and index fingers, but such is not the case. In this position the balancing area is fully an inch shorter from front to back than in the latter position, and the weight is also carried higher from the floor, because the fingers are longer than the thumb. Also, in the thumb and finger position the balance is natural; that is, the weight is carried well back with just enough forward to make the balance firm, while in the three fingers balance the opposite is true, the weight being carried well forward on the first and second fingers, with just enough back on the third fingers to balance. Again we must consider that even these two strong fingers just mentioned do not have the supporting power of the shorter, stockier thumb. Now just a little hint if you want to try this stunt—do not place the fingers down with the third finger directly behind the first and the second straight out at the side. Place the first two almost in line (the middle finger being not more than an inch behind the index) and the third finger as far back as is comfortable. This makes the position much more easily held because the weight can be balanced as just explained.

Two more good hand positions are shown in figures 3-H-J. You ought to be able to do the dip satisfactorily, especially in the latter position, while a handstand is possible in each, but very difficult in the former.

If you are something of an adept at the balancing game by this time, you might find it interesting to try the half-arm planche on the thumb and fingertips of one hand, as in figure 6; but you will most likely have to practice a little bit before perfecting the stunt.

Speaking of balancing on the fingers only without the aid of the thumbs reminds me of a letter a friend wrote me some time ago. He reported seeing in a small Southern theatre a Japanese performer attempt a hand stand using only the first and second fingers of each hand. He wrote that the fellow didn't make any howling success of holding it, but let me tell you, if that chap even managed to get into the position only to descend at once, he was doing a good one, because all the difficulties explained

in reference to the three fingers balance apply to this position in a much intensified manner.

Let's now return to the balance shown in figure 7, using both thumbs and both index fingers, four points in all. Remember in geometry that three points determine a plane? Well, let's just remain balanced and take up one index finger, remaining balanced on both thumbs and one finger. This position, while hard on the underpinnings and very delicate as to balance, can be held indefinitely, but it is not as difficult as the balance using both index fingers and one thumb. This latter is a three-point position also, but is more difficult due to the weight on one hand being carried by the finger instead of the stronger thumb, and cannot be held very long.

The best balance of the list is that shown in figure 8; using just the thumb of each hand. It is performed by taking position 7, then raising one forefinger as just explained. Finally, after obtaining a good balance on the three remaining points, raise the remaining index finger. Of course, as only two points are in contact with the floor, it is not possible to remain in position indefinitely. About two or three seconds is the average time the position is held, although at times I have been able to find a dead balance and remain balanced a few seconds longer.

As for the benefits and development to be derived from the exercises given, and particularly the fingers bridging in dipping and balancing, I refer you to the three poses in figure 1, showing the development acquired by the writer during the course of considerable time spent along the lines mentioned. Note that the exercises followed have made their effect noticeable not only in the muscles but also in the tendons of the arm, both on the front and back of the wrist. Nor has any stiffness or loss of control of the hand resulted—on the contrary, the opposite is the case, and I find using a typewriter, etc., and performing the little tricks now to be explained even easier, because of this type of exercise.

So here are a few tests of suppleness, dexterity, and control for you to try while resting from the foregoing strenuous exercises. Try this: relax the wrist, then with the other hand force the little finger down until the end touches the wrist, next the third finger, and follow with the middle finger. Almost everyone can make it this far, but when one tries to make the forefinger touch the wrist, business picks up. It is also difficult (but not so much so) to pull the thumb down until it touches the wrist. Some very few persons can force the thumb or fingers down backwards until they touch the back of the wrist, but they are not often met with, and generally are of even less than average strength of hands and wrists.

Here is a nifty little trick for use anywhere: Hold the hand back up and place an ordinary rubber band over the little finger. Give it one complete turn and place the other end over the thumb and well down toward the wrist, the band, of course, lying over the back of

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"The ideal marriage is one in which two lovers come together and dissolve all differences, becoming one in body, mind, and soul."—Bernard Bernard.

If only those married or contemplating marriage faced the realities of marriage, there would be fewer marital tragedies. Knowledge of the facts regarding proper conduct is absolutely essential to the maintenance of happiness and the experience of the fullest joy obtainable. Yet, how few ever trouble to inform themselves fully on this most important subject!

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"Your wonderfully sweet and pure idealism as expressed in your magazine and books has made life all over for me. And I know the new life will be beautiful and happy. Sincerely yours, D. N., Ithaca, N. Y."

It is every married person's right to have the knowledge that will express love freely and beautifully; and it is also every child's right to be born of love.

Therefore, it is essential that the laws governing conception be known thoroughly, so that love in marriage may continue and children be forthcoming as the voluntary fruition thereof.

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the hand as in figure 2, position 6. Problem: remove the band without using the other hand, the teeth, or rubbing the hand against anything; in other words, remove it without the assistance of anything other than the hand itself. Shaking, jerking, and twisting the hand (and making faces—just watch 'em) are fair, but not necessary or even helpful. The system is to pull the band up to the first joint of the thumb with the middle finger, over that with the index finger, and then with the middle finger pull it up the thumb until the tip of the index finger can be hooked under enough to lift the band up and allow the thumb to be withdrawn. Be careful not to lift too high or else the band will slide down the finger and be in as bad a "fix" as when on the thumb. Once the thumb is extracted, the finger is dropped until the band slips off the end of it and remains only on the little finger. It is possible (but much harder) to roll the band completely off the end of the thumb, alternately rolling, holding, and reaching back for a new hold with the index and middle fingers. This is a nifty stunt to test your dexterity, and once you learn it you can have much fun with your friends who try to shake the band off.

Finally, just in case you want a rest from the strenuous work so far discussed, the little routine shown in figure 2 is recommended to your attention. It is purely a test of dexterity, and goes like this: hold the hand in the normal open position, fingers together and the thumb at its usual position at the side. Then forget about the thumb, for it plays no part in the program. Your fingers should now be in position 1 (all positions refer to figure 2). Now separate them between the second and third fingers, coming to position 2, and alternate from one position to the other several times. Next try shifting from position 1 to position 3, leaving the second and third fingers stationary and pulling the index and little fingers away. Almost anyone can do these two exercises, but this next one is a Jonah—take position 4 with the index finger held away from the others, which are together. Then, without moving either it or the third or little fingers, move the middle finger back and forth from this position, 4, to position 2, against the index finger. The next position is the same exercise, only with the third finger, and is still more interesting. Take position 5, and by moving only the third finger alternate between it and position 2. Again, leaving the second and third fingers stationary and moving the first and little fingers in the same direction together, alternate positions 4 and 5. Finally (and here's where you get a diploma) take position 3, and without moving the outside fingers at all alternate between that position and position 2 by action of the second and third fingers. These exercises require no particular strength or suppleness, but as for dexterity, oh, boy! They are, however, worth learning because of the fun of watching one who can't do them making a "stab" at trying.

You may not care to learn the advanced finger exercises shown, but

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nevertheless, you will find it well worth your time and effort to give the exercises mentioned a little of your attention, for the increase in your hand, wrist, and forearm strength will more than repay you for your effort; and should you progress to the point of perfecting any of these balances or dips illustrated, you would have a feat performed by very few and would be in a class with but little competition.

Ask the Doctor
(Continued from Page 54)

For lead poisoning use potassium iodide, ten to fifteen drops in water or milk after meals.

For rheumatism take ten to fifteen grains of strontium salicylate four times daily.

I would advise, however, that you treat but one of the above conditions at a time.

QUESTION: A short time ago I wrote you for a remedy for pimples and boils on the face—you sent me one (sulphur precipitate 1 dram, starch and zinc oxide 2 drams, petrolatum 4 drams, to be used as a salve) that did the trick all right, but it left a blue mark after the boil disappeared, and when my face got cold the mark turned black. Now what causes this, and how can I remedy it? Also, when I go out in cold weather my face seems dirty, regardless of whether I just washed it. What seems to be the trouble, and what cure would you suggest?

B. F. R., Mass.

ANSWER: The marks on your face will clear up shortly. Due to the fact that the blood supply to the part affected has been cut off, a new supply must be formed, and when this takes place the marks will disappear. Do not be alarmed—all boils on the face, where the skin is tight, leave such marks, and they will clear up for themselves.

I might add, however, that from your statements it seems that your circulatory system is not so good, so I would recommend that you drink plenty of water, eat good food (not so much meat, but plenty of vegetables and fruits), get plenty of sleep, and take some exercise, and you should find your facial trouble greatly improved.

QUESTION: I am a young man, 18 years old, five feet ten and three-quarter inches tall, and weigh 167 pounds—have a rather broad frame. Three years ago I had inflammatory rheumatism, which left me with a slight heart murmur; hence I was kept in bed for ten months as a cure. My recovery more than surprised the doctor.

Since I returned to school the doctor has forbidden me to indulge in athletics of any description, fearing that my heart condition might return. Naturally, that was a great disappointment to me—do you agree with him?


Since November I have been following a list of exercises given in that issue of STRENGTH. I've gotten wonderful results; that is, lost a surplus of flesh that had collected around my abdomen, giving me the appearance of a middle-aged man. Since then I have also strengthened the muscles of my arms, back, and thighs. In addition, I feel better in every way, am a lot more vigorous and energetic, but am still nervous, though not as much as I was. If I go to a party of social gathering, my face will flush up for a few minutes. This makes me feel embarrassed, especially when

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I see the other fellows at their ease. Is there any cure for this condition?

Now that I have given you my case, would you advise me to continue with the exercises? Also, how long do you think this weakness of my heart will exist?

I might add that I have never used tobacco in any form.

J. T., Canada.

ANSWER: Refrain from athletics if your heart has been damaged by rheumatism.

Your blushing is just a reflex stimulation of the blood vessels caused by nervous excitement, embarrassment, or worry, and the best cure for it is not medicine but the frequent meeting of people and the exercise of self-control. Also, you might try not looking the person in the eye, but rather concentrate on the bridge of his nose.

Once rheumatism damages the heart it is practically damaged for a long time, so it would behoove you to pay strict attention to your medical advice and refrain from *violent* athletics.

QUESTION: I am 23½ years old, and a lightweight weight lifter—so I get plenty of exercise. Diet consists mostly of cereals, whole wheat bread, fruit, vegetables, and very little meat. My bowels move daily, and I eat a cake of yeast before each meal, and the juice of half a lemon in hot water each morning before breakfast. Will you please answer these questions:

1. There is a pain in, or around, my heart. If I move my chest and shoulders quickly, the pain leaves, but afterwards I feel a little nervous and my heart begins to beat rapidly.

2. When I lie on my left side my heart beats hard, and the effort of breathing seems to be stretching something inside. When I turn over on the other side, however, the trouble disappears.

3. Sometimes when I yawn I experience the same sensation.

4. Sometimes while sitting in the choir I feel fine, then suddenly something gives my heart a jab and then leaves it—I feel no pain at the time.

5. A pain also appears at times in the middle of my left side.

6. My pulse is around 92.

Please give me your opinion and advice.

K. M., Minn.

ANSWER: 1. No pain about the heart is normal, but whether your pain is in that region or is from the stomach, diaphragm, or other nearby organs would depend upon an examination. If, however, it comes and goes quickly I am of the opinion that it is nothing serious and dangerous. I would recommend that you lie down and rest a moment at the time these pains appear.

2. This is but a reflex neurotic condition that usually clears up when the general physical condition is improved. This is true of your question No. 3, also.

Nos. 4, 5 and 6. These conditions are only functional in character and should cause you no worry or anxiety. They, along with the others, should clear up shortly under a program of proper rest, exercise and diet of good nutritious foods, principally vegetables and fruits.

QUESTION: Please tell me what to do for thinning hair. I am 33 years old, and my hair first started to become thin about five years ago—I have since tried scalp massage, and although I have kept it up constantly have gained no results. I keep the scalp clean and no dandruff exists.

Please advise me what to do about this.
G. Y., N. Y.

ANSWER: There is no absolute formula to comply with your request, as is evidenced by baldness of elderly men today. However, you may find the following of considerable assistance:

- Tinct. cantharides 2 drams
- Quininae hydrochloridi 1 dram
- Aqua rosae, q. s. 8 ounces

Apply to scalp night and morning. Also avoid use of hats or caps, and overuse of water. You might try, however, the application of ultraviolet rays or vibrators.

QUESTION: My niece is told by doctors that she does not have a sufficient supply of blood, but none of them tell her how to remedy her trouble. At times she is bothered with her heart, which doctors say is due to her lack of adequate blood supply. She is 44 years old, and the mother of six children. She is able to do her housework, and, in fact, a great deal of work.

Also please give me a remedy for relieving a bad odor on the feet.

Y. G., Nebr.

ANSWER: There is only one logically correct method of treating the case, and that is to have a complete blood examination made, and the results studied, after which treatment according to the needs could be outlined. Here are factors to be considered in this case: Is the cause primary or secondary? Is it of long or short duration? Does the patient look anemic? Has she fallen off in weight, etc.? You see, there are many factors that must be determined before a definite method of treatment can be decided upon, and proper results can be had only upon personal examination and acute conjunctivitis, and is due to the attention.

For the foot trouble try the following:

- Boric acid 2 drams
 - Salicylic acid 1 dram
- Mix and use as a dusting powder for the feet.

QUESTION: I am a physical culturist and quite healthy and strong. In order to further increase my strength, I went to the lumber camps one winter, having heard of the vigorous life led out there. I was given a job as swamper; that is, chopping the branches off trees and burning same. The resulting smoke made my eyes smart and burn, and later styes began to develop. I have since consulted numerous doctors, and while the styes have disappeared my eyelids are always red and swollen, and scales form at the roots of the eyelashes.

Will you please give me your opinion as to cause and remedy of this trouble?

D. R., Canada.

ANSWER: The eye trouble of which you complain is an acute disease called acute conjunctivitis, and is due to the

fact that your eyes have been rubbed so much, causing the hair follicles to become infected, hence the resultant styes. The most acceptable and speedy treatment for this condition is daily application of two or three drops of 10 per cent argyrol solution to affected eye or eyes. On retiring at night apply a small portion of 1 per cent yellow oxide of mercury or mercurochrome ointment. Protect the eyes with dark glasses. Cloths wrung out of cold water and applied for five minutes every half hour over a period of three hours (six applications) would help.

Follow the above treatment until the desired results are obtained.

QUESTION: I am five feet eleven inches tall, 20 years old, and weigh 135 pounds. Have tried to take very good care of myself in every way, but do not seem able to gain above the mentioned weight—sleep eight hours or more each night, eat lots of vegetables, and no meat except once a day.

About two years ago I had the tonsils removed and gained ten or fifteen pounds the next year, but nothing since that time.

My exercise consists of a two mile walk every day and more almost every Sunday, with setting up exercises, stressing particularly on exercises for the stomach. I seem to be in good condition in every way, except for rheumatism in my shoulders that has caused me to have to give up practically all exercises of the arms and shoulders. I can hardly use my arms in any way without being bothered by the trouble. It seems that as long as I do not use the arms the pain does not appear. Is it possible that this trouble is keeping my weight down, or would this be due to something else?

I am at a complete loss as to what method of procedure to follow and will greatly appreciate your opinion and advice.

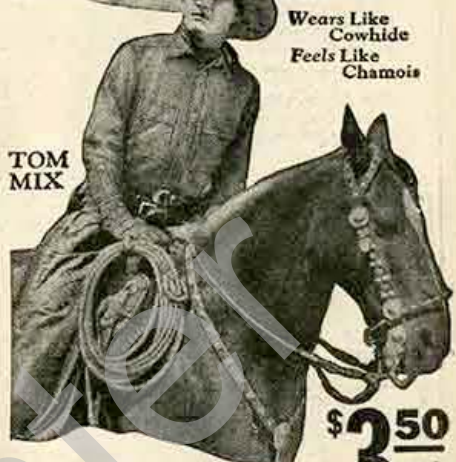
M. B., Okla.

ANSWER: If, as your letter states, you are a victim of rheumatism or at least of an arthritic condition of your shoulders, you have a condition that is aggravated by motion, dampness, or overwork. You may greatly relieve the trouble by following these suggestions:

Diet: Thorough elimination through the bowels, copious water drinking, avoidance of fried foods, meat (especially beef, mutton, pork—chicken is all right), acid fruits, tomatoes, and food containing or prepared with vinegar.

Medicine: Ten to fifteen grains of sodium salicylate every three hours. Stop taking it if you become nauseated or vomit—some people cannot take large doses of this drug.

Adjustment therapy: Apply electric pad, hot water bottle, or wrap affected parts in cotton while at rest.



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Handy Strength Tests

(Continued from page 47)

or stick. In these exercises the end of the pipe is held in the hand and not placed up the arm as in the foregoing feats and exercises. Wrist and forearm exercises can be done by grasping the pipe by the end and then raising the arm out to the side or front. Next, while keeping the arm straight, wave the

far end of the pipe in the air in various movements by motions of the hand and bendings of the wrist. Don't merely make short movements. Bend the wrist in every way possible as far as it will bend, and if done correctly you will soon notice how strenuously the forearm muscles are exercised.

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Dr. BERNARD BERNARD
D. Sc. (Phys.), M. S.
P., M. P. C., Chief,
Physical Culture
Consultants.

New Glands For Old

By BERNARD BERNARD

Among the most important of recent physiological discoveries are those relating to the ductless glands of the body.

The first to be understood were the supra-renals, situated just above the kidneys. The functions of these were found to be associated with the stimulation of fear or alertness at the approach of danger, and with the coagulation of the blood on contact with air, as would take place at a wound.

The pituitary gland, at the base of the brain, was found to be associated with growth.

The prostate gland, situated at the neck of the bladder, has been found to be most closely associated with age—or, more correctly, with the continuance balance of metabolism.

Some of the first signs of approaching old age are the urinary irritations—in addition, of course, to the peevishness or moroseness which may be associated. On examination, the prostate gland is usually found to be enlarged, sometimes inflamed.

The prostate gland secretes the prostatic fluid which serves a lubricative purpose for the spermatozoa. In those who suffer any of the prostatic troubles, it is usually found that this fluid has at some time been lost—involuntarily or voluntarily. This constant drain inevitably deteriorates the glands, with the result of the manifestations of approaching age: urinary irritations being a symptom in particular.

All this shows the extreme importance of such education as will prevent young people from falling into those habits which cause, as an aftermath, the draining away—consciously or unconsciously—of these precious secretions.

When, however, the prostate trouble has already begun, it is time to look to matters. Drugs cannot cure it; they can only disguise it—the reaction being to make matters worse.

But scientific physical culture is the remedy. We have demonstrated time and again that the stopping of the leakages and the utilization of the hitherto wasted vital forces is, by our physiological methods, positively successful, as witness the following case. In place of the old, irritating gland, nature gives new tissue, and life is prolonged in a state of perfect health, happiness, and efficiency.

Case No. 118. Age 43. Married. Suffering from auto intoxication, fear, nervousness, constipation, prostate trouble, poor digestion, overweight. He says, "I was very healthy and strong when I got married. So are my children, three of them; they never have been sick. But I am sick—not really sick, but I never feel good, only once in a while. Three years ago my urine was not flowing as it should, so I went to an M. D., and he told me that I have a stricture. So he opened it some way, and the urine is flowing very free now, except in the morning the stream is not so heavy. The meatus is always swollen and red in the morning; when straining at stool heavy, there would be a discharge from prostate gland. Beside that I have a constant fear and worry. I have absolutely nothing to worry about. I am living alone now for the past three years, but I do not see very much improvement in my health."

First Report. "I am pleased to state that I feel better one day, but worse another. My head cleared up, and my eyes are not so heavy as before, but something went wrong with my stomach. After the seventh day it went on strike, and would not digest my potato. There was gas and pain in the stomach, even from fruit, but not eggs. Bowels are very bad yet. Would not move at all without enema. When straining a little, I noticed a worse discharge from prostate gland than before. I feel very fine after a cool bath and exercise. I lost eight pounds since I went on diet."

Second Report. "I lost again eight pounds in weight. My weight is now 152. Gas and pain are disappearing slowly, and stomach is better now. Bowels do not move in natural way yet. I am following your instructions regarding exercise very close, and I like them. My muscles are very weak now and flabby."

Third Report. "I feel very fine. I have been wearing glasses; I can read now without them, and think I will not need them any more. That is worth one hundred dollars to me. Pain in the stomach is gone. Bowels are better now. I get one or two natural movements a day."

Fourth Report. "My health is very good. My bowels move two or three times a day. My appetite is very good, and stomach is in very good shape. No more trouble with digestion. I am stronger now than I was two years ago. I gained in weight a few pounds. To know how to live is a great knowledge. I did not notice any discharge from the prostate gland. Of course, I do not have to strain myself any more now."

Fifth Report. "This is my final report. I wish only to state that you helped me with your instructions, more than I expected. My health is 100% better than it was three months ago. My stomach and bowels work very good now. I lost that dopey feeling and my eyes are good now. I do not need any glasses at all. I feel like a different man. I learned how to eat properly and how to exercise and to think differently. I think a person can kill himself with wrong thinking. A week ago I went to an insurance doctor to be examined for insurance policy, and he told me that my health is very good. You helped me very much, for which I thank you with all my heart."

"I am getting stronger every day. My thinking is better now than it ever was. Worry is gone. I sleep very sound now, and feel fresh in the morning, not dopey like before. I thank you very much for all that you have done for me in my case."

"I remain, 'Yours,' N. W., Calif."

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Before and After

(Continued from page 30)

I also belong to a gym." The value of correct instruction along the proper lines is easily proven in his case. This young man has become rather strong from his program of training, as evidenced by a Two Arm Slow Curl of 125 pounds, Deep Knee Bend of 300 pounds, Two Arm Press 175 pounds, Press on Back 210 pounds. Judging from these feats and the way in which he is shaping up at present, this young fellow gives promise of going a long way in the strength game.

Next meet Mr. John J. Link, of Bridgeport, Conn. We are not showing a "before" picture of him, as we have none but want to give you an idea of what a fellow can do in the way of improving himself in an athletic way after building himself up on a bar bell training program. His own words tell the story in the best possible way, so we will quote from one of his letters. "I am very much satisfied with the results of my exercises. I never dreamed of a day when I would have a 44 inch chest. I was almost convinced that one had to be born strong. My friends claimed that it made me muscle-bound, so we had a race for 100 yards. One of the contestants was a professional pugilist. I beat them all. Then I was given a try-out on the city's amateur football champion team, and I made it."

Mr. Link belongs to a well-known athletic club of his city and is the strongest man in the club. He is of the rather tall and slender type with light bones; his wrist measures only seven inches and his ankle nine and a quarter, both of which are quite small for a man standing five feet, ten inches in height. He weighs 168 stripped and has a 44 inch chest, 15½ inch neck, 23¼ inch thigh, and 15 inch calf. Although he now seems to be satisfied with the results of his efforts, another year or so should see this man take on considerable solid muscle and should acquire a wonderfully shapely physique.

Another interesting example of improvement is seen in the case of George Petroski, of Rochester, N. Y., who increased his normal chest from 35 to 40¼; expanded chest from 36½ to 43; neck from 14 to 16; biceps from 10 to 14; thigh from 17 to 21; calf from 12 to 14¼; forearm 10 to 12¼. It is interesting to note that his waist was reduced from 31 inches to 29 inches, which helps to account for the fact that he increased only eighteen pounds in weight from 132 pounds to 150 pounds. He did not give us a record of his hip measurement, but it is evident that he must have previously carried a little extra flesh on the lower abdomen or hips, as in the case of Mr. Miller.

Practically everyone who becomes interested in attaining a first class physique has an ideal before them. They have admired the shapeliness and manly strength of some example of physical perfection; or, perhaps, as in the majority of cases, they have set eyes upon the photograph of some muscular marvel. In their mind, this particular

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athlete exemplifies the ideal for which they should strive.

Among our illustrations this month we are presenting Mr. Anthony Sansone, a young athlete, whose marvelous physique has inspired hundreds of men and boys to devote themselves to the culture of the human body and strive for physical perfection. There can be no doubt concerning the fact that Mr. Sansone worked hard for his development, likewise there can be no doubt that his efforts have been richly rewarded. One reason for many choosing him as the ideal of physical perfection, is his height of practically six feet, a fact which gives him a most commanding figure. Mr. Sansone has, by no means, specialized on any one form of exercise; on the contrary, he has followed quite a varied sort of training regime, being more of an all around man without making any particular effort to specialize in any way. His first two years in physical culture were spent mainly at the practice of horizontal and parallel bar exercises. His experiences then led him to take up progressive bar bell work at the age of eighteen. Four years later, which to be exact was rather recently, he commented as follows on his conclusions:

"I have tried since then to vary my training as much as I can—my chief aim being 'control of my own body.' Please do not think that I am prejudiced against weight lifting. I believe it is a priceless means for developing the body for those who are inclined toward this form of exercise."

Hand balancing, tumbling, swimming and gymnasium exercises have all played a part in rounding out the shapeliness of every portion of the anatomy of this splendid specimen of symmetrical development.

A better slogan than "The control of my own body" would be hard to find. A thought worthy of no small amount of consideration and something for which every one of us would do well to strive. Although Mr. Sansone has not chosen to master the science of handling heavy weights, his aims are hardly different than those of the physical culturist or strength enthusiast who devotes himself to the scientific application of his strength in handling heavy bells in the several recognized styles. Thorough control of the body is essential, if this happens to be your hobby, just as the trained vaudeville athlete must be complete master of his own body, or his extraordinary feats would be impossible.

I believe most of the readers of STRENGTH are acquainted with Mr. Albert Manger, of Baltimore. He should be known as the strongest amateur in America at the present time. In case you may not be familiar with the fact, Mr. Manger was not always so husky. Several years ago he was a young man, tall and scrawny in appearance, a mere stripling of less than a hundred pounds. Within a few years' time he almost doubled his bodyweight, steadily building up to the solid muscular size of 182 pounds, as shown by the present photo of him. We have but one "before" picture of Mr. Manger, which there could



FREE To Men Past 40

A WELL-KNOWN scientist's new book about old age reveals facts which, to many men, will be amazing. Did you know that two-thirds of all men past middle age are said to have a certain seldom mentioned disorder? Do you know the frequent cause of this decline in vitality?

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Medical men know this condition as hypertrophy of the prostate gland. Science now reveals that this swollen gland—painless in itself—not only often cheats men of vitality, but also bears on the bladder and is often directly responsible for sciatica, backache, pains in the legs and feet, frequent nightly risings, and dizziness denoting high blood pressure. When allowed to run on it is frequently the cause of the dreaded disease cystitis, a very severe bladder inflammation.

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pearance of chronic constipation. Usually the entire body is toned up, as much of your youthful vigor is restored. These results are guaranteed. Either you feel ten years younger in six days or the treatment costs nothing.

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If you have this gland trouble or if you have any of the symptoms mentioned above, you should not lose a day in writing for the scientist's free Book, "Why Many Men Are Old At 40." It will enable you to ask yourself certain frank questions that reveal your true condition. Every man past 40 should make this test, as insidious prostate disorder often leads to surgery. This book is absolutely free, but mail coupon immediately, as the edition is limited. Address:

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hardly be any object in using, as it has been published a great many times. Albert Manger represents the finished product of physical culture, who has chosen to use his great strength in demonstrations of weight lifting and athletic competition. Manger has become interested in weight throwing within the past couple of years and is now recognized as a champion in this branch of sport, having won South Atlantic States A. A. U. titles at putting the shot, throwing the 56 pound weight, and throwing the discus. Considering that he has never specialized in training for these events, his performances are splendid. He may put in a little practice before an important contest, but this could not be called training for the events. His best records are: 16 pound shot put—44 ft. 1/2 in. 56 pound weight throw—27 ft. 6 in. Throwing the discus—119 ft.

This coming summer he intends to devote his energies to these events; serious specialization should make him a serious contender for National honors.

Although our present discussion of "Before and After" includes no examples of extreme reduction of adipose tissue, probably, on the whole, a greater number of persons are interested in this phase of the subject than in the angle from which we are considering it at present. The majority of those who are overburdened with excess flesh, or, as it is commonly known, fat, are not inclined towards any form of exertion. Without some form of exertion or activity, it is practically impossible to accomplish anything worthwhile in removing and curtailing the formation of excess fat. Providing the efforts are wisely directed, one should find it relatively easy to control the bodyweight when it is up to standard. By far, the greatest problem is to show a scrawny individual how to bring his bodyweight up to at least accepted standards of normalcy. When we can take the average man or youth of this type, whose condition of being underweight is apparently beyond hope of improvement, and within a relatively short time change him into an entirely different being, then we prove our accomplishments to be greater than if we were merely to control a tendency toward overweight.

In the one case you have only to burn fuel stored up by a vigorous digestive system. In the other case it is necessary to create a tendency to accumulate additional healthy tissue, when such a tendency has not previously existed. There is no great mystery connected with the solution of this problem. Thousands have learned, through the medium of STRENGTH Magazine, the secret of promoting muscular growth. No magic formula must be learned. A most natural principle only is involved; the human body is physiologically and anatomically prepared and constructed to stand a great amount of exertion, and the human economy functions most normally during the strenuous life. This fact has been proven time and again in the lives of great statesmen,

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executives, and others whose efforts are confined to mental spheres.

Urge the great human muscular system to progressively increase activity, always keeping just within the limit of one's powers. The vital economies will steadily increase in power, which means in plainer words that the nutritive functions become more efficient, including the organs of digestion, assimilation, and distribution. As a result, the muscular bulk increases to be better able to manage the regular work of exercising; the nerves being better stimulated and invigorated are capable of adding greater stimulus to the physical and mental actions.

There is no dark secret connected with the method of exercise which produces such remarkable results. One must not be under constant observation to see that everything is done in just this or that manner. A certain amount of hard work is necessary, but the hours you must spend working hard are very few and far between. Greater success will come with consistent hard work continued over a long period of time, but satisfactory results will and do come within an amazingly short time. The big principle behind all of this is to regularly exercise the entire muscular system, using a fair degree of resistance and to be sure to stop always before tiring the muscles. By using a scientific principle of progression, the resistance must be regularly and steadily increased. One thing only can happen; the man grows accustomed to the effort, becomes capable of greater exertion, adds more resistance and once again the added work grows easy for him; his blood circulation becomes more active, the nutritive functions become more efficient, and the inevitable happens—his muscles increase in size and strength. The process can be continued almost indefinitely. Determination plus a certain amount of hard work will produce the desired results. All you need is some means of giving the necessary resistance to your muscles, and the bar bell offers the quickest, easiest, and surest way of progressively increasing the resistance to your efforts.

A special diet will not get you there. Cutting out so-called bad habits will not get you there. If results could be obtained so easily, everyone would soon be in the class of perfection. Some effort is necessary, which is the reason so many persons prefer to remain in the "before" class. Possibly when it is too late, they may realize their mistakes, but it may then be impossible to correct the errors of their life. The time to change yourself into the man you were meant to be is right now, before it is too late. There is a pretty good theory which says "What a man has done, another can do." The men in this article became better men, and it is up to you to do likewise, for regardless of your present condition, good or bad, you can improve it.



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Nervous Indigestion

Physical Therapy, Exercise, and Massage

Many of the weak and partly bed-ridden patients can be put on their feet, literally and figuratively, only with the help of an intelligent, cheerful and masterful physical therapist who can build their strength until they can stay up all day. Each day the invalid is given something to do, something to think about, something to hope for, and someone with whom to talk. Not all persons, however, are helped by massage. Only those "pussy-cats" who love to be stroked will thrive on it; those who are ticklish or who hate to be touched by strangers will be made worse. Stoutly built men who were once athletic but who have since become flabby and fat can often be helped by a course with a trainer. Ultraviolet radiation, in my experience, helps in raising resistance, improving appetite and putting on weight.

These physical therapeutic measures are invaluable in many cases if only because they keep the patient busy and hopeful and bring him back repeatedly under the influence and guidance of the physical therapist and the physician. They keep him out of mischief and out of the hands of the quacks. One of our biggest mistakes in medicine today is that we have allowed others to monopolize these modes of treatment. One of the great advantages of having the work done under our supervision is that we can be watching the patient, learning more about his troubles, and seeing him on occasions when he has something definite and telltale to show us, like a fever, a point of tenderness, or a tinge of jaundice.

Diet

Often the main thing we have to do is to encourage the patient to eat. Dyspeptic patients tend to cut out first one article of food and then another until little is left. When we are satisfied that the trouble is a pure neurosis it may be best not to prescribe any diet; let the patient see as clearly as possible that his help must come through rest and mental discipline and not from drugs and special foods.

Nowadays one of the simplest ways of helping dyspeptic persons is to take away their bran mush and their muffins. The enthusiast on bran forgets that he is prescribing the substance simply because it is one of the most indigestible to be found in nature; it was especially designed to carry seeds unchanged through the digestive tracts of the herbivores. And yet they call it a health food! Those who, except for constipation, have a perfect digestion may be greatly helped by the addition of roughage to the diet, but others who have short, inefficient and irritable bowels get into trouble; they fill with gas, they are distressed, and some go rapidly down hill. I remember one woman in particular who for ten years had kept herself in fair health only by sticking to the smoothest diet, the details

of which she had worked out for herself by the method of trial and error. A physician then talked her into taking bran for her constipation and in a few weeks she had to be operated on for the relief of intestinal obstruction. A section of ileum was found twisted, bound to the stump of a partly removed uterus, greatly narrowed, and nicely packed with bran. It should be obvious that roughage cannot be prescribed for everyone, and at times the factor of digestibility in a diet must come first.

When prescribing a diet for a man or a woman with a functional disturbance of digestion it seems to me that our first thought should be to give the tract a rest. We cannot give it a complete rest because that would weaken the patient; generally he has to keep at work; he often needs strengthening, and sometimes he needs fattening. Under the circumstances we must think more of what we are to give him than what we are to take away. Furthermore, many dyspeptic persons are so handicapped either congenitally or by serious abdominal disease in childhood or youth that they will probably always have to be careful about what they eat. Hence it is that we must not prescribe too restricted or monotonous a diet; we must give enough food of all kinds so that if the diet proves helpful it may be followed for years.

Long ago, when I first began the study of dietetics, the subject seemed to me hopelessly complicated. I could find diets for almost every disease, but authorities did not always agree, and I could seldom learn why they approved one food and forbade another. Sometimes a patient would show me several diet slips given him by as many physicians, and as I read the widely different instructions I wondered how he still could retain confidence in the profession. In my perplexity I began to examine hundreds of stools to see for myself what substances commonly escape digestion, and I found that many of the patients who were complaining of flatulence and abdominal discomfort were bringing stools full of coarse, undigested material, consisting mainly of cellulose. I then asked these persons either to stop eating the offending substances or else to have them puréed, and as soon as they began to bring me stools which were smooth and pasty in consistency, some of them began to report relief from flatulence and distress. Many had already discovered that they could not digest vegetables and raw fruits but thought this was due to the acids contained.

On searching through the literature, I found that the virtues of a smooth diet had been known in the past to many physicians, including the Father of Medicine. I thought at first that they were to be ascribed to the fact that cellulose is so indigestible, and its presence so likely to interfere with the action of the ferments on starches and other foods; but later, when I learned that food goes down the bowel follow-

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ing a gradient of muscular irritability and rhythmicity, that in the sick this gradient is in places leveled or reversed, and that liquids will flow through reversed places while solids will not, I saw that there was still another way in which the smooth diet might be helpful. This is shown most strikingly in the experiment in which a section of bowel is cut out, reversed end for end, and the continuity of the tube restored with two anastomoses. As has been shown repeatedly, such a reversed loop will transport fluids but never solids. Evidently the original gradient of muscular force remains unchanged in the reversed segment, so it is like an uphill stretch in a pipe line that will transmit water but not stones. Animals with such reversed loops live comfortably only so long as indigestible articles can be kept from them, and when they die the necropsy always shows that a mass of straw and wood and bone has accumulated and that it has produced obstruction at the site of the upper anastomosis.

We can, therefore, say to a man with a flabby tract or a tract with irritated, narrowed or reversed stretches that he should avoid eating cellulose-containing foods for much the same reason that he avoids putting paper, bits of wood, and cotton down a drain which has a poor drop or, somewhere in its course, an uphill stretch.

But even if we disagree as to the mechanisms involved, the fact remains that since the time of Hippocrates a smooth diet has been found to help many sufferers from indigestion. It is a good diet to prescribe while one is studying a patient and whenever one is in doubt about the diagnosis. I hope the day will come when something like it will be made the basic or routine diet in hospitals. At present the full diet with salads, fruits and vegetables is basic and is put on the trays until the physician orders something else. As a result I have seen the roughest and most indigestible of foods on the trays of persons just beginning to eat again after severe operations on the stomach and bowel. This sort of thing might occur less frequently if the full diet were to be supplied only on special order. Some hospitals go to the opposite extreme and supply a soft diet until something else is ordered; but that works badly when the physician forgets and some meek fellow with a big appetite and, let us say, a smashed foot is left for days on milk toast and gruel.

The average physician who has not had much training in dietetics is inclined too often to fall back on the use of a milk diet. I think this is unfortunate because in my experience the invalid who can digest milk will do just as well on moderate amounts of food chosen from the smooth diet list. Besides, milk does not agree well with many persons. It makes them "bilious" and constipated; it is too bulky, and it leaves a large residue in the lower small intestine.

Following is a list of instructions and foods such as I often give to patients, when recommending the smooth diet:

This diet is based not only on prac-

tical experience but on a number of scientific principles. We have no ferments in the digestive tract which will dissolve cellulose, that is, the fibrous part of vegetables and fruits. Most of this material is quite indigestible, and if we eat much of it we throw a heavy burden on the bowel. This fiber interferes with the digestion of starches and predisposes to flatulence.

If there happen to be narrow or irritated places in the bowel, or kinks with adhesions, the fiber may cause clogging and back pressure. The ideal diet in such conditions is one which leaves only a small liquid residue which can trickle past the obstructions; in this way it will often give prompt relief. This smooth diet is indicated also when the bowel is irritated, overly active and responsive to every stimulus.

It should be tried out faithfully at first, and then if it works well other foods may be experimented with, one at a time. You may have learned by experience that some of the foods allowed on this list are hurtful to you; in that case leave them alone.

If you are to give this diet a fair trial, eat no coarse foods with fiber, skins, seeds or gristle. Avoid particularly salads with celery, tomatoes, cucumbers and pineapple, many of the green vegetables, raisins, berries, jams full of seeds, nuts, and many of the raw fruits. Beans, cabbage, onions, green or red peppers, melons, cucumbers and peanuts are notoriously gassy. If you are living in a boarding house you can stick to this diet by simply avoiding the forbidden foods and eating more of the digestible ones which are put before you.

Avoid sugar in concentrated form and take no candy or other food between meals. Hot cakes and waffles might not be bad if they were not eaten with so much syrup. Fried foods are not bad if they are properly fried, that is, totally immersed in fat at the right temperature. Avoid eating when in a rush and when mentally upset. Family rows should be held away from the table. Chewing gum may cause distress, as much air is swallowed with the saliva. Digestion is greatly helped by a good chewing surface. If there are any gaps in your teeth have your dentist fill them with bridges. Purgatives often cause flatulence and distress in the abdomen.

The following are suggestions for breakfast: orange juice, grapefruit (avoid the fiber in the compartments); cantaloupe and melons are inadvisable. Coffee, if desired, is allowed in moderation; it sometimes causes flatulence. If you are sensitive to caffeine try kaffee hag or instant postum. Chocolate, cocoa or tea, one or two eggs with ham or bacon (avoid the tougher part of the bacon), white bread, toast or zwieback with butter, any smooth mush such as farina, germea, cream of wheat, cornmeal or rolled oats, puffed cereals and cornflakes are also allowed. Shredded wheat biscuits and other coarse breakfast foods are not allowed. Bran is particularly harmful. Graham bread is

permitted but not the coarser whole wheat bread.

Suggestions for lunch and dinner: In fruit cocktails avoid the pieces of orange and pineapple. Broths, bouillon, cream soups and chowder are allowed, also meat, fish or chicken, squab or game, excepting duck (avoid the fibrous parts and gristle). Veal may be tried; it is not digested well by many persons. Eat no smoked fish or pork. Crab and lobster had better be left alone. Oysters and sausage may be tried later.

Bread and butter are allowed, and hot biscuits if they are made small so as to consist mainly of crust. Rice, potatoes, baked, mashed, hashed brown or French fried, are allowed; and later may be added sweet potatoes, hominy, tomatoes stewed, strained and thickened with cracker or bread crumbs, well cooked cauliflower tops with cream sauce, asparagus tips, Brussels sprouts, squash, beets, turnips, creamed spinach, Italian pastes, noodles, macaroni and spaghetti cooked soft, purées of peas, beans, lentils, lima beans or artichoke hearts. All skins or fiber should be removed by passing the food through a ricer. Sweet corn may be used if passed through a colander. There are practically no other vegetables that can be puréed advantage. String beans are allowed if they are young and tender.

No salad should be taken at first. Later you may try a little tender lettuce with apples or bananas, tomato jelly or boiled eggs. Mayonnaise and French dressing are allowed. Potato salad without much onion may be tried.

Suggestions for dessert are: simple puddings, custards, ice cream, jello, plain cake and canned or stewed fruits, particularly pears and peaches. Cottage cheese is permissible; other cheeses often cause trouble. Apple, peach, apricot, custard and lemon cream pie may be tried if only the filling is eaten.

In case of constipation, stewed fruit may be taken once or twice a day. In winter the dried pared fruit may be used for stewing. Prunes are probably the most laxative of fruits and if eaten every other morning they will relieve the average case of constipation. They should be cooked slowly until they almost go to pieces. If the skins are still tough they should be discarded. Apple sauce is much more palatable if made from unpared and uncored apples. The sauce is strained later. It may be mixed with a little tapioca or sago. The apples may be baked. Apples even when cooked, often cause distress. Blackberries and loganberries can be stewed and strained and the sweetened juice thickened with cornstarch. This makes a delicious dish with the full flavor of the berries. Later you may try fully ripe pears and peaches.

Make no effort to drink water. Be guided by your thirst. Avoid excessive use of salt or other seasoning. If you wish to gain in weight eat as much cream, butter, fat and starch as you can. If you wish to lose or to stay thin, live largely on vegetables, fruits and salads, with a moderate amount of lean meat.

As will be seen, the essential point is that the patient does not eat coarse

foods, with fiber, skins, seeds or gristle. He must not eat salads, celery, tomatoes, cucumbers or pineapple, and must avoid many of the green vegetables and raw fruits, and such things as raisins, nuts and jams full of seeds. It is also wise to cut down on the amount of sugar, and to interdict all sweets between meals. The diet should be tried faithfully for a time and if it works well it can be adhered to; if it does not give relief within a few weeks, the trouble is probably not one that is going to be relieved by any form of dietetic restriction.

If the patient is underweight, it may be helpful to add plenty of cream and butter to the diet. If constipation is present, it is essential that it be regulated with the help of the mildest measures, such as enemas of physiologic sodium chloride solution or small doses of magnesium oxide. Until this is done one cannot tell how much of the distress complained of is due to constipation or to the abuse of purgatives. The most tasty and perhaps the best bulk producer for the constipated person is the prune. In my experience some sufferers from constipation can be completely cured by a good proctologist who will heal fissures and infected crypts and will remove irritable hemorrhoids.

In order that I be not accused, as I often am, of being a crank with one idea, I want to say here that I am well acquainted with the virtues of a rough diet, and I often prescribe it for the constipated and the obese patient. Some day I may write an article on the use of roughage in the diseases in which it is helpful, but just at present I happen to be talking about the cure of those with weak and defective digestion.

One of the most valuable features about a short course of careful dieting is that if the patient does not respond, or if while in the best of condition he or she comes down with an acute attack of pain and indigestion, the physician can be sure that there is something organically wrong. When dealing with the type of woman who takes a purgative and several enemas a day, one must have the help of a good nurse to see that orders are being carried out. These persons love their enema bag as a morphine fiend loves his hypodermic, and it takes some time and effort to break them of a troublesome habit.

Drugs

The use of hypnotics and sedatives has already been discussed. Most of those patients who are greatly helped by alkalis such as sodium bicarbonate or magnesium oxide will, I think, be found to be suffering from ulcer or some other organic disease. We still need better carminatives. The one I have found most useful is peppermint. The most pleasant preparation to take is crème de menthe, but that is now inaccessible except in the nonalcoholic form. One can, however, duplicate the true cordial fairly well by diluting with simple syrup the French preparation alcohol de menthe. There are many carminative tablets on the market, most of them

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containing aromatics of various kinds with some sodium bicarbonate, and occasionally some charcoal. It is doubtful whether the latter ingredient, when wet, can absorb any gas. In most cases the gas is probably in the descending colon and splenic flexures, and then the best carminative is an enema.

I have little faith in tonics and bitters and seldom prescribe them unless I see that the patient is otherwise going to feel neglected. I think their value is largely psychic, and for that reason when I do prescribe one I like it to have an impressive name like "beef, iron and wine." Under the influence of those magic words a man surely ought to eat more than if he thinks he is getting only the prosaic iron, quinine and strychnine. Intramuscular injections of cacodylates may do some good directly, but I think often their main use is to bring the patient back at frequent intervals for observation and encouragement.

Incidentally, it seems to me that strychnine should be the last drug on earth to give to a nervous person. The poor soul is already on edge, with re-

flexes exaggerated, senses hyperacute, and the doorways in brain and cord open to every incoming stimulus. What is wanted is some derivative of bromine or barbituric acid which will close the doors and quiet the reflexes, and not a drug like strychnine, which is preeminently a sensitizer and a connector of nervous pathways.

I doubt whether there are many gastro-enterologists today who ever use pepsin or pancreatin unless it is in cases of definite gastric or pancreatic achylia. As Fermi showed years ago, they have no influence on gastric digestion unless given in enormous amounts. Carlson and his associates were unable also to demonstrate any effect from the various bitters. Bismuth is another drug which the specialist now seldom uses except in cases of diarrhea, and then he gives it in tablespoonful doses. Belladonna in physiologic doses is so annoying to many patients that I rarely use it.

The drug that we really need most in gastro-enterologic practice today is one that will restore the downward current in the digestive tract and will put a stop to nausea, belching and acid re-

gurgitation. Unfortunately, we have many drugs that will reverse the current, but with the possible exception of calomel, I do not know of any that can be counted on to restore its downward trend. Minor degrees of nausea can sometimes be relieved by lowering the irritability of the vomiting center with small doses of carbromal or phenobarbital.

Summary

Before treating a patient for nervous indigestion the physician must be sure that this is the correct diagnosis. Many persons are suffering from organic disease which later becomes apparent; hence it is unfair and unwise to call them unpleasant names. A complete examination must be made before the physician is justified in reassuring his patient. Such an examination is one of the best vehicles for psychotherapy.

The history must be gone over repeatedly until the physician has gained a thorough understanding of all the factors likely to produce a neurosis. When the condition has been diagnosed, such measures as rest, physical therapy, diet and drugs should be considered in its treatment.

Prize Contest

With the January issue of STRENGTH we began to award each month two prizes of Five Dollars (\$5.00) each for the best criticisms, under two hundred words:

1. Of the article in this issue which you believe to be the best and most worth-while.

2. Of the article in this issue which you find least interesting and informative.

THE BEST AND THE WORST

The kind of articles you would like to see more of, and the kind you would like eliminated, and why. There are no conditions and no requirements. Simply write your criticism and send it to us.

The contest will close on the 20th of each month. The prizes will be awarded on the 25th, and the winning criticisms will be published in the second month following; that is, the contest for the May issue will close on May 20th; the prizes will be awarded on May 25th, and the prize-winning criticisms will appear in the July issue.

It is not necessary to be a writer in order to win one of these prizes. Literary merit is not the first essential. The reasons why you like or do not like a certain article are of more importance than the way you express your likes or dislikes.

Everyone wins in this contest; there are no losers. Even if you should not win one of the many cash prizes, you will be amply repaid by seeing in STRENGTH the articles you want and feel the need of.

Let's hear why you like or dislike the articles and the reason for your preference.

The contest will be held each month, but remember, the April contest will close on April 20th, 1928. Address Contest Editor, 2741 N. Palethorp Street, Philadelphia, Pa.

PRIZE CONTEST ANNOUNCEMENTS

By all odds, the most popular article in the February issue of STRENGTH was "Arms and the Man," by Mark Berry. We do not know whether the letters of criticism which we receive are of as much interest to our readers as they are to us. We do know that they ought to teach us even more about the articles that will please you most than do the letters dealing mainly in praise of the magazine.

Instead of giving the prize for the letter of criticism to a man who "knocks" one particular article, we are giving that prize to J. Colbert, 1338-A Semple Avenue, St. Louis, Mo., because we think that his general attack on the policy of the magazine has a whole lot that can be said in its favor as well as a considerable amount to be said against it. The letter follows:

Contest Editor:

Let us have more articles for the experienced muscle-builder. Why devote an entire edition to the beginner? I hate to buy the magazine to merely

read the Association Notes, but that is about all I find interesting.

Last month's publication was good—for the beginner, but worthless to the fellow who has been reading such stuff for two years. Don't you think we old heads are entitled to our money's worth? However, I enjoyed the article on "Rheumatism," as it was the only educational one. Also liked "Hello, Mr. Davis," because the author stated Mr. Davis has been training for 12 years instead of the usual few months.

Why not tell us more about the men whose photos you publish—how long they have been training, age when started, present age, and anything of interest that would help a student of muscle culture. Imagine reading about Otto Arco for two years before learning he was forty-eight years old.

An article on "Muscle Chemistry" sure would go good in my opinion. Also explain why your writers claim that exercise will increase the muscular fibres, when physiology teaches that exercise can NEVER increase the number of fibres in a muscle but can make them larger and stronger.

Tell the editor of *The Mat* to get away from the "muscle-bound argument." Cut the Acne answers—what does a strong man care for a few pimples on his face?

What chance has a man who has been operated on for appendicitis stand to build up a "washboard stomach"? With such tremendous questions, I cannot imagine any lack of material for the advanced student.

Truly yours,

J. COLBERT.

1338-A Semple Ave.,
St. Louis, Mo.

By way of rebuttal to Mr. Colbert's letter, we offer a few quotations: "The articles which I like best in STRENGTH, and from which I gain the most benefit, are (naturally, because I am a woman) the 'Girls' Circle,' by Miss Heathcote, and the other articles which are written especially for women."

Mr. W. S. Fry, whose letter of commendation, in which he selects "Arms and the Man" as the best article in the February issue, wins the prize for the letter about the most satisfactory article. He also handles the magazine as a whole and his viewpoint is more nearly our own than is that of Mr. Colbert.

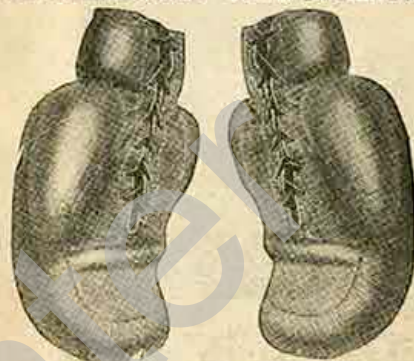
Contest Editor:

"Arms and the Man" is, in my opinion, the best article in the February issue. The kind of article best suited to the purpose of STRENGTH is the practical one—one dealing either with a definite system of development or with the experiences of someone who has undertaken such a system. Mr. Berry's article is an example of the first; "Hello, Mr. Davis" is partly an example of the second.

Articles on the theory of muscular development have their place and should

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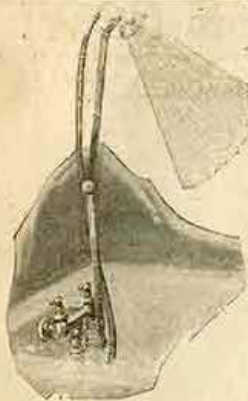
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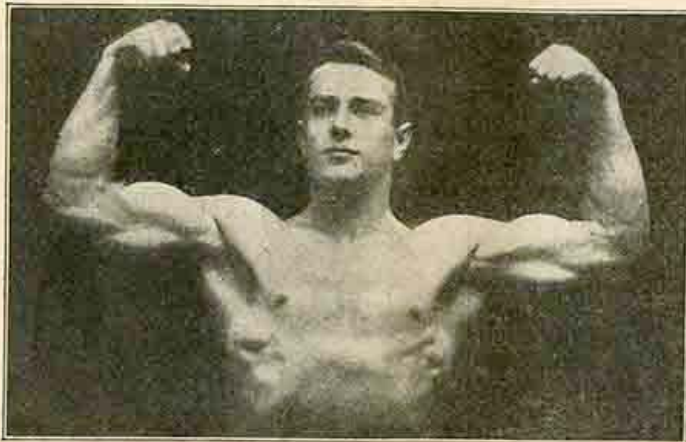
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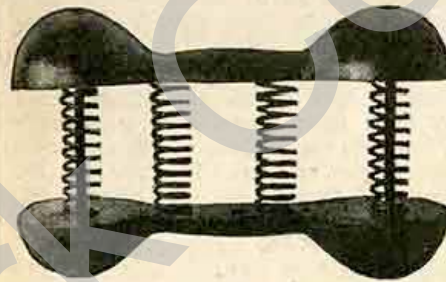
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not be eliminated, for a general knowledge of muscular action and location is essential to a study of systems of development; but they should remain in the background.

Similarly, articles dealing with the advanced side of body-building should be restricted. Though a great many of your readers may be superbly developed, the feature articles in STRENGTH should be those devoted to the requirements of the man who is systematically building up his body from a very average condition and whose prime need is not theoretical dissertations but the encouragement to be had from a knowledge of the success of others, or practical instruction to aid him in the fulfillment of his ambition.

* * *

Whether STRENGTH should devote all of its space to beginners, or none of its space to beginners, is only a question in the mind of the man who is no longer a beginner himself. As a matter of fact, and of editorial policy, the beginner is always more or less interested in the advanced work, and the "old heads" are usually annoyed by the articles addressed to beginners.

Neither the beginner, advanced or experienced man can say much for women's articles, and yet we have thousands of readers in each class. It has always been our intention that the man interested in advanced work gets just as much information that is primarily addressed to him in STRENGTH today as he ever got. STRENGTH is larger and publishes more words and comes out every month, and the time was when this was not the case.

We feel that the beginners' department, the women's department, and the medical department have all been added to STRENGTH without deducting anything from the magazine.

* * *

"There are thousands of ambitious young men and boys, and I am one of them," says still another reader, "who wish stronger muscles and a better physique, but who have no knowledge of developing muscles." This is true, and every issue of STRENGTH should have something which will be of help to such men.

"Why not some more pictures and articles about famous strong men," says still another reader, a suggestion that we try to follow as well as space permits from month to month.

In fact, reading the letters of our various readers would lead us to believe that we should publish at least three magazines per month instead of one magazine for health seekers and beginners of both sexes—one magazine for advanced strength seekers and still another magazine devoted to sports, athletics, and training in the athletic sense of the word.

In fact, we have considered starting another magazine several times in the past few years, but we have always decided that two magazines might not permit us to satisfy our readers even at that, and getting another magazine under headway is a considerable undertaking from every side.

With STRENGTH we are trying to do a definite job. That job is to show our readers how to improve their present physical condition. No two of our readers are exactly alike, and so, in all probability, no article will be of the same interest and the same value to even two of you, let alone to the whole group.

However, we realize that there are beginners, and we aim certain articles at them. We realize that some of our readers need medical information and advice and so far as we can do so, we try to give it to them. Women's problems in an exercise way are quite different from the problems of men. We have to recognize that. Diet is important; anatomy is important; physiology is important, and yet we have never felt that we should publish a text book instead of a magazine.

After all, a first-class body is something we should use and not an end in itself. So many of our readers ask us why we do not stress the financial benefit of a powerful physique. "It is my experience that most of the heads of big businesses are big men physically." "Physical force and mental force are usually found in the same men."

We meet with their generalization time after time. The truth would be rather hard to determine. Certainly no man of genius in any line every suffered because he was possessed of great strength.

Undoubtedly, physical strength was one of George Washington's great assets, and equally undoubtedly the failure of his physical strength contributed to Napoleon's downfall.

No one can say that the development of physical strength and mental strength go hand-in-hand, for although some men have both, others have one without the other. Our point is that every man's usefulness and ability is increased by increased physical ability. However, we do not believe that STRENGTH or any other magazine should be devoted to pointing out so obvious a fact.

In general we believe that our readers are convinced of the worth of both health and strength and are interested in how to become healthier and stronger rather than in why they should become healthier and stronger. If this is not the case, it would be a simple matter to remedy the lack of such features.

One more word about the contest. We are getting too many letters for it to be practical for us to acknowledge each letter separately, but we do want to take this opportunity to thank our readers for the interest they have displayed not only in the contest but also in the magazine itself.

We feel that we can get a better idea of what is in your minds from this contest than in any other single way, and we are grateful not only for the praise but also for the criticism which has come our way. In any case we are trying to make the magazine do a definite job, and we realize that most of you are in sympathy with that purpose, however misguided you may think the selection of your occasional article may be.

GAMA DEFEATS ZBYSZKO

PATIALA CONTEST

(Reprint from the Statesman, a newspaper of India)

Patiala, January 29.

The world wrestling championship was annexed by Gama, who defeated Zbyszko, the Polish wrestler, within a minute.

Long before 4 o'clock in the afternoon, when the fight was to start, crowds of spectators continually poured into the four enclosures of the stadium, and by the time the match began the huge arena, accommodating 40,000 spectators, was packed. Two searchlights and about a dozen high-power electric lamps had been installed as a precaution against the continuance of the struggle after nightfall.

The spectators included the Maharaja of Patiala, Sir Harcourt Butler and members of the Butler Commission, the Maharaja of Kapurthala, the Jam Sahab of Wawanagar, the Nawab of Bhopal, the Maharajas of Jind and Dholpur, the Nawab of Malerkotla, the Maharaja of Bharatpur, Sir Leslie Scott, Sir Daya Kishen Kaul and several other Ruling Princes, Simla Hill, chief, and Mr. Fitzpatrick, agent to the Governor-General, Punjab States.

Sixteen wrestling matches between Indian wrestlers were decided between 2 and 4 P. M.

Zbyszko, it may be recalled, tried conclusions with Gama in London in 1912, but their three-hour struggle resulted in a draw and the match was postponed for the next day. When the time for the resumption of the struggle arrived Zbyszko, it is understood, was not present and the world championship belt was awarded to Gama, who has retained the distinction ever since.

When the two wrestlers appeared at 4.15 this afternoon, Zbyszko showed a strong build of body and muscles, but Gama looked much thinner than usual. Hardly had they begun the contest when Gama pulled Zbyszko down and completely overpowered him. They struggled for only 30 seconds on the ground before Gama, with lightning rapidity, turned the Polish wrestler on his back and seated himself on Zbyszko's chest. It took some time for the public to realize that the world contest was over.

Gama then ran to the Maharaja of Patiala and knelt before him, and the Nawab of Bhopal awarded the championship medal to him. Zbyszko retired deeply dejected and declared that Gama was a tiger and a sportsman. He could not speak further, and found himself unable to acknowledge the sympathies showered upon him by a number of State officials.

(A photo of Gama will appear in the May issue of STRENGTH.)

NOTE—We cannot, of course, seriously consider the claims made in behalf of Gama as the present holder of the World Wrestling Title for the reason that Zbyszko has been defeated in this country, losing his claim to the title.

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