

THE FOLLY OF IGNORANCE ^{by} Bernard Roloff

Health and Life

FEBRUARY, 1924

25 CENTS



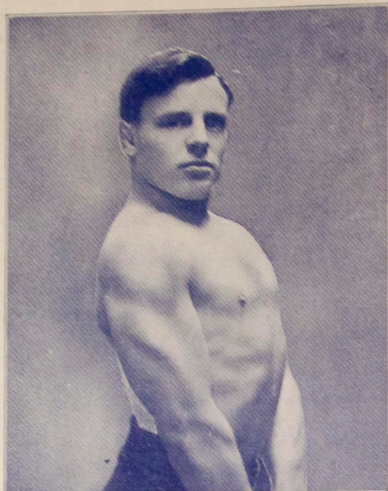
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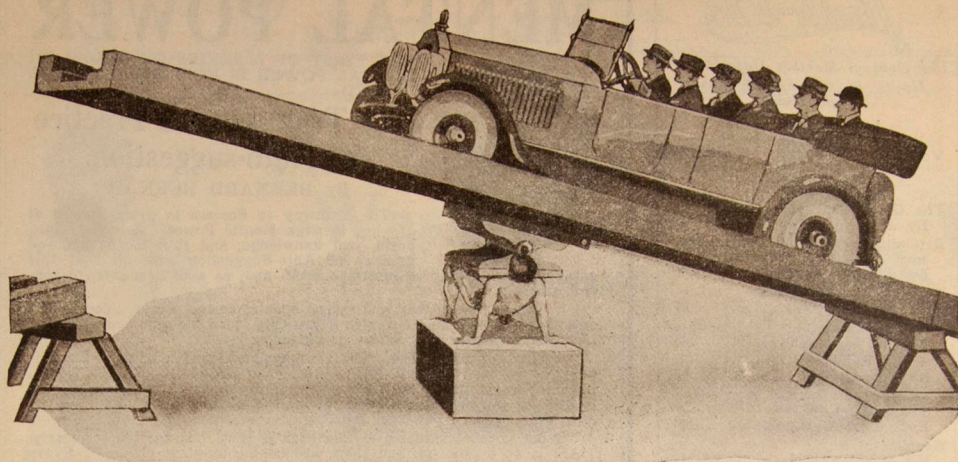
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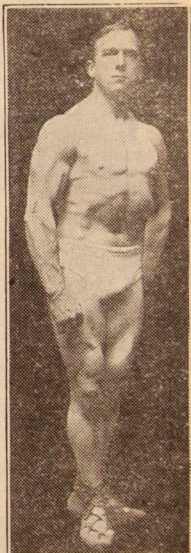
LIONEL STRONGFORT'S scientific secrets are PRICELESS—not to be confused with cheap, amateur physical culture instructions now flooding the market. STRONGFORT'S methods are complete, expert, personal—you can DEPEND upon them, and you can DEPEND upon LIONEL STRONGFORT to keep his promises; he is responsible and established.

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Health-Life

The National Monthly Magazine for
Health, Physical Education and
Right Living

FEBRUARY, 1924

Vol. III. Number 2

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HEALTH AND LIFE MAGAZINE

333 S. Dearborn St., Chicago, Ill.

20c a copy \$2.00 a year

In England 9d a copy, 7/6 a year

Printed by trade union labor

Entered as second class matter August 28, 1922, at the Post Office at Chicago, Illinois, under the Act of March 3, 1879.

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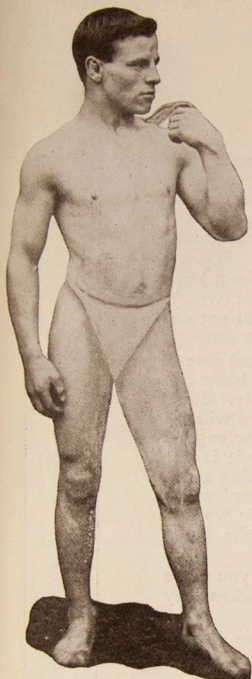
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The Glory That Was Greece

By Bernard Bernard



DAVID. By MICHAEL ANGELO. Bernard Bernard posed as Michael Angelo's famous masterpiece. This photograph of your Editor was taken twelve years ago. Michael Angelo was undoubtedly the greatest sculptor since the glorious Ancient Greeks.

that glorious Greece.

The situation of Greece made it naturally the most favorable place as a center of civilization, of commerce especially, and considering the circumstances, it was no wonder that Greece became so flourishing. But in art, science and literature the glorious contributions of Greece are far more wonderful, and have meant far more to the world's development than commercial enterprise can ever mean.

Greek art was based on a true, a real, a natural foundation. It was the creation of a brain essentially scientific, free from mystic superstition, inspired by a thirst for knowledge and an apprecia-

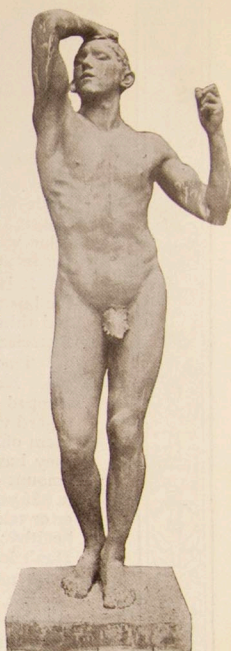
SITUATED in the center of the blue Mediterranean Sea is a group of islands upon which the sun shines in magnificent splendor around a mainland no less magnificent. This was the very center of the civilization which produced everything worth while which lives in our civilization today. Science, literature, poetry, sculpture, the like of which has never been produced since, were created in

tion of truth. The departure from the rules and precepts of Grecian art has meant a deterioration in art, while the masters who have used Greek principles of art have been the greatest artists of their time. One has but to think of Lord Byron, Shelley, Keats and other poets to know that they stand high above other poets of their time. They openly declared their indebtedness to ancient Greece. Michael Angelo and Auguste Rodin stand out as the two greatest sculptors since the ancient Greeks. They but imbibed the inspiration of their Greek betters, making a connecting link with the real and glorious art—that high standard which shall one day again be produced by mankind.

So we could go on and find that the glory that was Greece was greater than anything being produced by man today in the way of art. Let modernists, futurists, mystics of all kind talk ardently about psychological advance, the fact remains that what they please to call "art" is just transient, while the work of ancient Greek artists will live forever.

There is one great principle in ancient Greek art which, if accepted by people today, would enable them to appreciate the true mission of all art. We hear so much today from the modern artists that "art is produced for art's sake," and other nonsense of that description.

The same people look down upon ancient Greek art because it was produced as some essential thing in the life of the people. For instance, nearly any classical student of ancient Greek poetry will speak of Catullus and his associates as mere verse mongers, who sought to teach by making rhymes and rhythm. But the true poet will see in ancient Greek verse the essential principles to all true poetry; that is, the exposition of truth and beauty. If a work has not truth or beauty, it is not art, whether it be put forth as poetry or sculpture or painting.



"L'AGE D'AIRAIN." By AUGUSTE RODIN.

Auguste Rodin was undoubtedly the greatest sculptor since Michael Angelo. Compare his wonderful work of art with the actual photograph of Bernard Bernard opposite, and you will get an idea of Rodin's artistic achievement, and his wonderful and true expression of the human body. You will also get a good conception of Bernard Bernard's beautiful physical symmetry.

Likewise, in the magnificent works of sculpture we do find the principles of truth as well as beauty always apparent. What an inspiration for health, physical fitness, appreciation of the form of the body did those statues mean to the people of ancient Greece! They played an enormous part in teaching young men and women to develop their bodies and make them healthy, strong



DANAIDES. By Auguste Rodin.

The great Rodin has expressed powerful and wonderful ideas through his sculpture of the human female form. The above work is as powerful and grand as any human idea could possibly be. Rodin based his Art on Life, on the oneness and truth of Nature.

(Continued on page 77)

Retaining Health and Pep At Seventy

By Clifford L. Thorne
Athletic Coach, Detroit Board of Health

The saying that man is as old as he thinks, will not go any more. We know better. Every day or so, we read of some noted persons dropping dead while walking, or playing golf; or passing suddenly away while sleeping or resting. Their friends, and they themselves, thought they were in fine health; some were even noted for their strength or the long hours they could still put in at work.

It is well known that by far the most who pass suddenly this way, have the business man's waist line. Eating as hearty at fifty as you did at twenty, and thinking to make up for it by a few hours exercise a week, will not do. Exercise is a big help, but the place to start the fight is at the diet end.

The average business man likes his meat three times a day, and gets it too. He cannot, or will not, bring the fact to his mind that his body has stopped growing and no longer needs a large amount of calories daily. Some regard vegetables and fruits as giving nothing valuable to health, and will eat them only with or after a heavy meal of meat and pastry. This is wrong, as they have much of the necessary irons and salts; and after thirty it is the amount of calories that need to be cut down. There is no compromising about it. If you are a heavy eater after thirty-five, you must either be a hard worker or take lots of exercise. And don't let any one tell you hard brain work is healthy; it is, but only for the brain and not for the muscles of the body. Don't let them say, "Bill looked husky, but he went like a shot."

Hunt, fish, golf, go on long hikes, get out in the fresh air. If you have no time, take it anyway, as you will have time to spare (maybe?) when they put you away.

I started out to write a little story of a man who has watched his diet for most of his life, and who today, at the age of seventy enjoys the health and pep of a young athlete of twenty.

Mr. W. M. Finck, a wealthy business man of Detroit, who could easily have the finest and most costly meals, has for the past thirty-five years lived a strict vegetarian life. He has not eaten a piece of meat in this time, and even his thirst is quenched by fruit juices. He does this, not from sickness, but just from determination, to get all there is out of life.

His daily meals consist of: Some crushed grains of wheat with a little cream, for breakfast; for lunch he has fruit, whole wheat bread, no butter, salt, pepper or water, a little light coffee at times; and for dinner, crushed whole grains, no potatoes, once in a while a little fish, whole wheat bread spread with cream, and fruits.

For some time, such an enthusiast was he over proper eating, that he gave free, as gifts to help the cause, several thousand dollars worth of whole wheat and grinders.

He likes fresh air and exercise, and is a great walker. Indeed, it is hard to keep up with him in this, as he puts all his vim into it as in everything else.

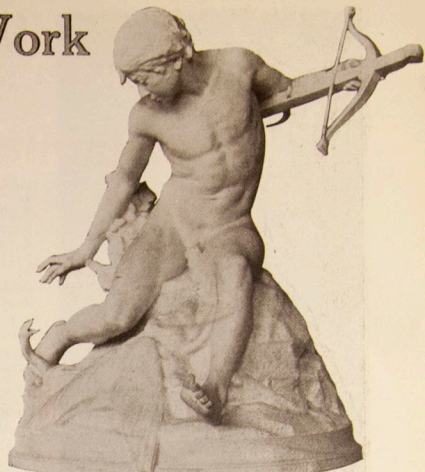
And the reward, you ask? Who could want more! Freedom from sickness, none of the usual colds, a clear brain, a fine memory, and a joy of life that shows in face and action.

Start in today and watch that diet!

Gagging a Great Work By the Editor



THE ECHO.
A beautiful work expressing purity of womanhood.



CHASSEUR SURPRISE.
A work by Heliodore Evrard, exhibited in the Palais des Beaux Arts, Paris, France. A work that might express, "Beware of the Serpent of Impurity."

ASSOCIATED with our magazine we have had several books, the object of which has been to expound a clean view of life, and an appreciation of the factors which make for happiness in marriage. We have endeavored to break down many old superstitions and much ignorance, and have tried to get a clean, sane outlook on matters regarding marital conduct.

Thousands of Congratulatory Letters

Our work has been received in a wonderful way by the public. Thousands of congratulatory letters have poured in. Doctors, ministers, judges, public men and private citizens have written us in the most glowing terms. Yet one or two people do not seem to like the work we are doing. The consequence is that we have been subjected to a persecution on account of the most important part of our campaign.

The first blow came when our educational work, entitled "A Complete Book of Sex Knowledge" was prohibited from the mails. Then, shortly afterward, in August, 1923, our "Sex Conduct in Marriage," a work that received the highest applause and the goodwill of clean-minded people, was treated in the same manner. Now news has come that both our works, "Beginning Marriage" and "Sexual Anatomy and Physiology" are prohibited from the mails.

Gagged Because We Are Educational

What chance does one stand to do real educational work? What chance is there to make this country pure and wholesome, to show the people the curse of ignorance, and the blessing of

knowledge and cleanliness? It may be that we have advocated too strenuously the advantage of the knowledge which would make parenthood voluntary. We are quite aware that such a movement in the past has been associated with a doubtful morality. But we tried to show the need for children to be born of clean-minded, healthy parents who desired such children right from the time of conception, believing that that is the only way to get a super race.

We know that ignorance of this causes untold havoc. Here is a letter which has just come to hand. Read it. My dear Sir:

I have been greatly interested in your little sex book, "Sex Conduct in Marriage," and I notice that you imply that there is a method which can be used to prevent conception which is not harmful, as many of them are.

Ours is the usual story of a family, three sisters married, one with two children, the other two with none, myself unmarried, teaching; but with a younger brother and wife, whose rapidly increasing family simply multiply our cares from year to year. They have had eight children in eight years, my sister-in-law not being able to nurse any of them, and have lost two little girls.

My brother is a good husband, a kind father, has a good garage business here in the village, and we would all be so happy if only they did not have to have any more unwanted babies. Of

ask your advice, and if whether in — or —, or a city near, she would be able to obtain the knowledge needed.

While a resident of —, I was fortunate in having a Danish gymnasium teacher who told me much of the birth control which is practiced in the old country, and to me it has seemed the only solution of one of the worst problems we have to face in this generation, and one which we can no longer ignore. Any advice which you would be able to give me that would help her would certainly be greatly appreciated by all of us; for their happiness is ours and it grieves us all to see our mother sorrow when she should be spending her last days in peace.

Thanking you in advance for your kind attention, I beg to remain,

Very truly yours,
M. C., Domestic Science
Dept., State School of
Agriculture.

Such tragedies will not cease until women have the right to control their own bodies, yet that is just what they are not allowed to do. Is it not atrocious?

Regarding the impressions given by these books, you could not be referred to a better letter than that which appears in the box on this page. That will give you an idea of the work we have been carrying on.

We Solicit Your Loyalty and Support

I do ask those of you who have been loyal friends and supporters to stand by us in no uncertain way. We feel that we have given the best we had in us, and we know that we have been appreciated, so we shall not give up

(Continued on page 77)

Read This

Dear Editor:

Dec. 14, 1923.

Some miraculous Providence guided me to an old number of your magazine a short time ago. I immediately subscribed to it, and sent for your books: "Beginning Marriage" and "Sex Development." I am entranced. For months I have hesitated about marrying a man who is devoted to me, and I to him.

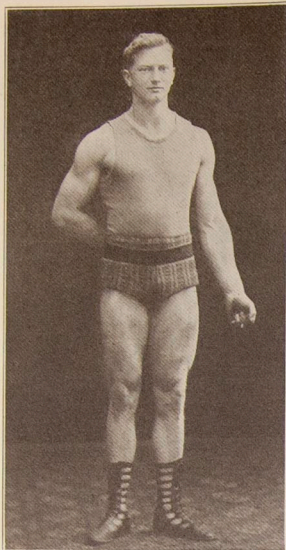
My hesitancy has been due to a morbid fear and dread of the experiences I knew would follow. Your book, "Beginning Marriage," has revealed a completely new and beautiful world to me.

I am enclosing a check for further books. 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.

Do hurry these books to me.

Sincerely yours, D. M. Ithaca, N. Y.

course, we love them and care for them after they are here, but they surely cannot do for them along the educational line, as they could were there fewer of them. My sister-in-law tells me that they have tried every means that they know of, to no avail. She has just had the eighth baby and suffered a great deal, and as I stayed with her and saw her misery and agony, I vowed if there was any way that I could help her I would certainly do so, and after reading your book I felt that it would do no harm, at least to



CHAMPION WEIGHTLIFTER OF
MICHIGAN

Joseph M. Johnson sends out a most sporting challenge to all Michigan weightlifters.

A Challenge From Champ Johnson

Dear Sir:

I would like to know through your admirable magazine if there are any good first-class lifters in Michigan. If so, let's get together, fellows and have some contests and find out who is the best weight lifter in Michigan. It would be a real help to the game.

Personally, I am ready to meet any lifter in this state or in Wisconsin. Each opponent to have the privilege of naming three overhead lifts each and one dead lift each.

I am willing to pay my own fares in case of my hearing from a first good, worthy opponent. Now if that isn't fair, what is?

I make this appeal because I want to see the lifters of Michigan get together and make the sport popular.

Yours for the iron,

JOE JOHNSON,

51 Thomas, Muskegon, Mich.

[That is a right sporting offer.—Ed.:r.]

Vacuum Massage

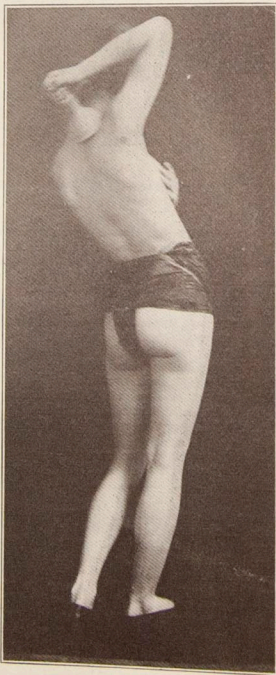
By Jos. Richmond

FOR A NUMBER of years I have been testing out the value of what I call vacuum massage, by means of a rubber pad arrangement. I found it particularly valuable in my own case. It gave my skin a clearness and smoothness so essential to the artists' model.

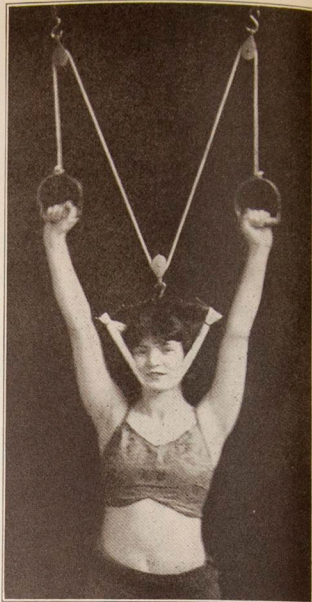
I have also tested it out for some considerable time in conjunction with Miss Dorothy Merriman, the beautiful artists' model of Chicago. The photograph illustrating this page shows her applying it. She has found it extremely useful, and especially for dispersing fat which may accumulate in small localities.

I do not believe, nor does Miss Merriman, that it would be of any use in a case of abnormal obesity. Such would necessitate correct eating, but it is extremely useful in dispelling superficial fat, and in giving shapeliness to the limbs and muscles.

The process of massage is a delightful sensation which is exceedingly stim-



Miss Merriman also believes in massage and has used what Mr. Jos. Richmond calls a "vacuum massage" apparatus.



Dorothy Merriman, an artists' model, using Jos. Richmond's spinal exerciser. She attributes her beautiful figure, which has served as a model for some great works of sculpture, to regular exercising on the spinal exerciser.

ulating and soothing to the nervous system.

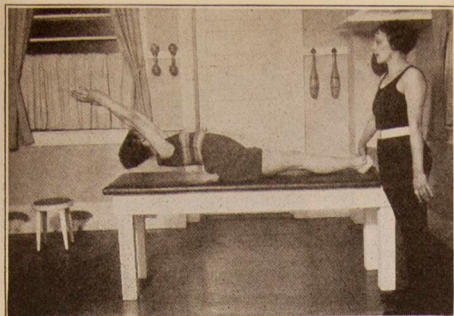
Many people neglect the skin and forget that it has to breathe and get rid of impurities. The daily bath is not a luxury; it is an absolute necessity. Blotchy skin, pimples, eruptions, and even eczema may be caused by neglecting the daily complete ablution. However, it is not merely sufficient to dip in the water; the pores of the skin should be cleansed, and this is where the vacuum massage proves exceedingly valuable. It pulls out the secretions of the skin and leaves it beautifully clear and wholesome.

EVENING REFLECTIONS

Sun so slowly creeping downwards to the West;
Skies in orange, gold and yellow splendour drest;
Waves with a myriad twinkling lights carress'd;
Sandbar greenly glowing on which the sea gulls rest—
All wondrous colours in a small space manifest.

Daylight dying still! The waters onward creep;
A boat comes rocking to and fro upon the deep;
From the houses by the quay, gentle voices leap.
The barges, with their tawny sails, sink down asleep.
While the moon, rising wanly, wonders if 'twill weep.

ROSEMARY PREECE.



SHE WILL NEVER GET FAT

This lady is determined to keep the doctor away by keeping her fat away. She is doing the famous sitting-up exercises at the Jerry Sachs Health Gymnasium.

WE HEAR so much nowadays as to the extreme danger of calling in a doctor, that many of us are scared; for if we are really sick, we feel we need expert attention. Having heard so much to frighten us regarding the average medical man, we are on the horns of a dilemma, and don't know what to do. I am going to tell you what I did, and what you can do, should you have the misfortune to be really sick; that is, find yourself one day with a high temperature, and a general feeling of malaise.

I have been particularly scared of the medical gentlemen recently. Ex-President Harding was suffering from a little stomach trouble, but was rubbing along all right, until he called in his medical advisers. After two weeks of their advice, they put him in his coffin. Now, there is the case of Billy Miske, the great boxer. It would have been difficult, a few months ago, to find a better specimen of physical manhood. Why, only

last year he knocked out Bill Brennan, one of the first class champion boxers of this country. He was even strong, though not exactly well, this last Christmas; yet he died strictly according to the promises made by the medical men he called in to keep him alive.

A very dear friend of mine—a lady to whom I was devotedly attached—

last year he knocked out Bill Brennan, one of the first class champion boxers of this country. He was even strong, though not exactly well, this last Christmas; yet

good food, but somebody advised her to see a good old-fashioned medical man and get his advice. He suggested a specialist, and, after burning her away with radium and X-ray, they told her they knew from the first they knew she was going to die. And, sure enough, she is in her grave already.

Undoubtedly, many of you could point to friends of yours who have had similar experiences, and you don't feel like making any similar mistakes if such can be avoided.

Some time ago, just as I had determined to live in the approved HEALTH AND LIFE style, I was unfortunate enough to find myself suddenly down with high temperature. Naturally, I was scared, but thought of what had happened to other people who had called in medical doctors, and this kept me from making the same mistake. I knew that what I was suffering from was the effects of overwork, combined with the efforts of my body to throw off poisons which had gathered in my system during years of constipation.

This is the way it attacked me. Having a long ride to make in a street car, and having the desire to relieve myself, I was obliged to wait much longer than I ought for the opportunity. When it came, urination was attended by much pain, and I noticed that the urine was tinged with blood. I knew there was need for immediate action.

The first thing I did was to go home and take an enema, with the water

(Continued on page 70)



THEY INTEND TO KEEP IN SHAPE

A scene in the Jerry Sachs Health Gymnasium, the only gymnasium in Cleveland, Ohio, exclusively for women. Here, under the direction of skilled instructors, and supervised by Mrs. Jerry Sachs, women undergo their exercises, and keep themselves in shape. Wise women!

Keeping in Shape

By Mrs. Jerry Sachs

MANY WOMEN make the mistake of giving all their attention to their faces instead of giving more care to their bodies. They forget that the body houses the organs that would keep them young. Women neglect taking exercise—the only antidote for health and beauty.

If women could be prevailed upon to continue their physical culture treatments with half the zeal with which they begin, we would soon have a race of super-women. But they want to accomplish everything at once. They desire to reduce or gain flesh more quickly than is possible. If they can't notice results in a few treatments they become discouraged and discontinue their exercise. They forget that it took them many years to accumulate all this excess flesh or their underweight condition.

Everything in this world that is worth having is worth working for. Don't wish for normal weight and a perfect figure—work for it. Every woman can obtain a symmetrical figure, or if she has one now, she can preserve it if she will only devote a little more time to a physical culture studio. Those who neglect themselves now are paving the way for sallow and wrinkled skin, flabby, sagging muscles, increase or loss of weight, and are letting their youth die.

was a little out of sorts in the Fall. She wanted a little rest and some

the urine was tinged with blood. I knew there was need for immediate action.

The first thing I did was to go home and take an enema, with the water



TAKING THEIR DAILY WORKOUT

After going through their free exercises, these ladies put in a little vigorous work, and they surely enjoy it too.



THE AUTHOR'S INSPIRATION.
Mrs. Hedlund, the charming wife of
the author of this article, telling the
world that she knows how to pose.

A GREAT MANY fellows seem to believe that an enormous muscular development is essential for the obtaining of good pictures. This is not always the case, for while the salient type of development may be of advantage in one position, the less prominent type may be found better in another. So after all, the manner in which a person takes a picture is the key to good posing.

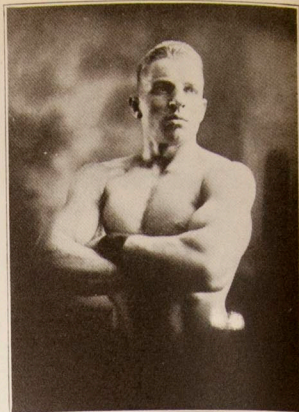
The points to be borne in

Hints on Picture Posing For Amateurs

By An Amateur

[I get a lot of pictures from you Enthusiasts which I cannot publish because there are little details omitted in posing which prevent your photographs showing up your body to the best advantage. Read this article by Mr. Hedlund, and you will then learn all the tricks which go to make up successful picture posing—Editor.]

mind in the taking of a good picture, I believe, are: A good frame; symmetry; control of muscle, and position. Background lighting as well as costume used, also play an important part. Let



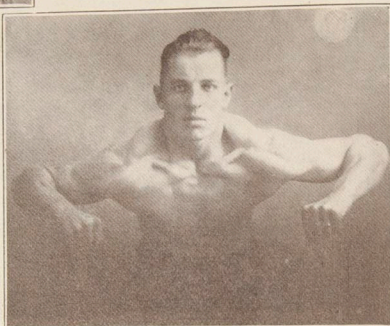
A. P. HEDLUND

The author of this article photographed in the popular arms-folded pose. To get the best effect, the arms are held a little in front of the body, not resting against the body.

posing which may be of aid to the beginner.

Full Length Pictures

In any full length pose, the position of the feet is very important. Be very careful not to appear stiff or awkward. Let me suggest some positions for the legs. Place feet about twelve inches apart, one foot pointed directly to the front, the other almost at right angles sideways. In this position your thigh as well as calf muscles will look their best. Beware of



THE WAY TO SHOW UP ALL YOUR SHOULDER MUSCLES.

Practice the control of the neck and shoulder muscles before a mirror, until you get the above effect; that is, if you have the muscles. If you haven't you've just got to set to and develop them. Posing by A. P. Hedlund.

us consider the points separately.

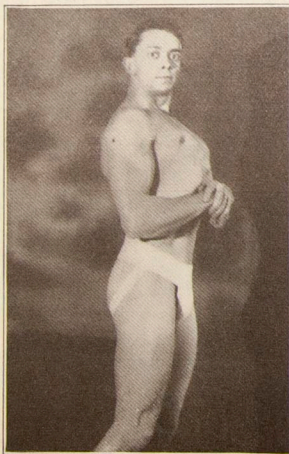
A symmetrical body is of primary importance, while size is a secondary consideration. If you are not evenly proportioned, you are somewhat handicapped, and then a half length picture will be more advantageous.

How to Show Good Muscles.

In order to show your muscles well you must know how to control them, how to throw them out to their limit. A few minutes' practice of muscle-control daily will soon make you efficient in this part of the game, and will pay you well.

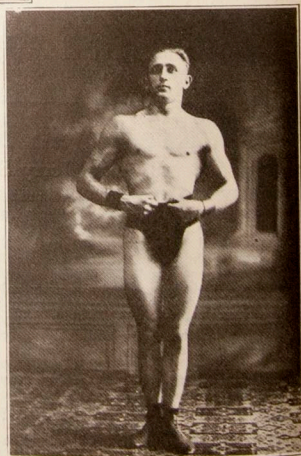
In regard to posing, some people seem to have a natural ability, while again you will find those whom it is almost impossible to teach the art. For instance, I have a brother who has an excellent physique, but with all my tips through correspondence he has a great difficulty in obtaining favorable poses. This is not at all unusual. I have known a great many really splendidly developed athletes whose pictures of muscular display did not near do them justice.

Allow me to offer a few hints on



A GOOD SIDE POSE SHOWING CHEST AND ARMS TO ADVANTAGE.

Paul Kridler, of Chicago, is the subject of the above picture. To get this pose, the abdomen is drawn in, and the chest raised upwards. The arm is pressed against the side of the body.



A GOOD FULL LENGTH POSE.

Harry Wudtkel, of Chicago, has a wonderful development which permits him to photograph well in the above pose. To get this, all you have to do is to stand erect, and feel your chest and shoulder muscles well under control.

any positions where your calves will show at quarter angles, for unless you have calves of tremendous size, they will appear very slender in the latter position.

To look best in a pose taken from the side, place the feet in such a position that the thighs as well as calves will show up directly from a side, not from a quarter angle. Rest your entire weight on one leg only. When the leg nearest the camera (presumably the right) is carrying your weight, you may rest your left foot a couple of inches behind the heel of the right foot, and in about the same line. Rest the left leg on the ball of the foot only, and bend the leg slightly.

You may reverse this position by resting your weight on left leg and placing the right foot a couple of inches to the rear, in the same manner as indicated for the left foot in the previous pose. You should also allow the leg carrying your weight to be very slightly bent, for this will enable you to tense the leg muscles much better, and will do away with any tendency of seeming stiffness.

Discover Your Best Position

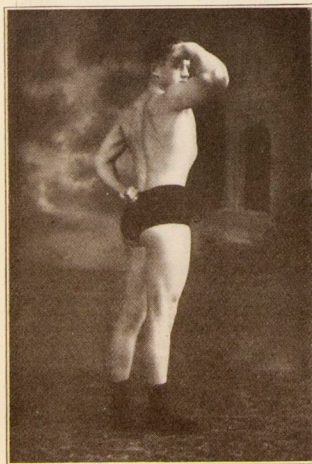
There are, of course, a good many other favorable positions to consider which space will not permit my dealing with, but the above mentioned poses will be found alterable, and of some help to the beginner.

Considering the many positions possible for the upper body, I believe that the only way for one to find the positions most adapted to one's makeup is through actual practice in front of a mirror, for after all what looks good in the mirror will nearly always look good on a picture, and it should not take one long to discover preferences.

When finally you have come to a selection of poses, get to work and perfect every detail. Do not make the usual mistake of thinking only of the arms or chest, for remember the arms or chest alone will not make the picture.

Studio Equipment

Now as to photographic accommo-



BACK AND ARM DEVELOPMENT.
G. Goetcha in a favorite pose.

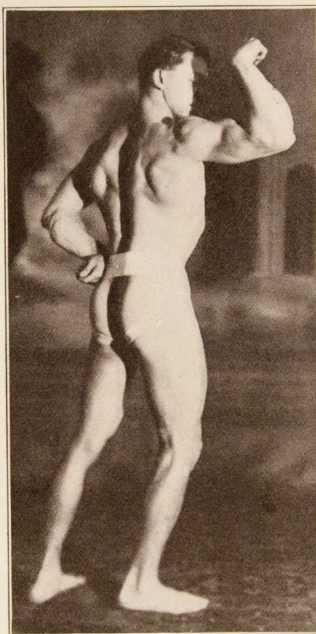
tions. Beginning with the background, a plain gray, or darker color, I have found most satisfactory. This, of course, is varied with the power of lighting at hand.

For ordinary pictures no artificial light is needed, that is, provided the picture is taken in an ordinary studio. But if you wish for a picture of very muscular display, then the lighting must be adjusted from above, and downward. A flashlight picture is then to be recommended.

In the summer months of July and August, some very good out-of-door pictures of muscular display can be produced. The time of day found best is between 11 a. m. and 3 p. m.

Costume

In reference to costume for picture-taking, an ordinary pair of boxing



PAUL KRIDLER, OF CHICAGO.

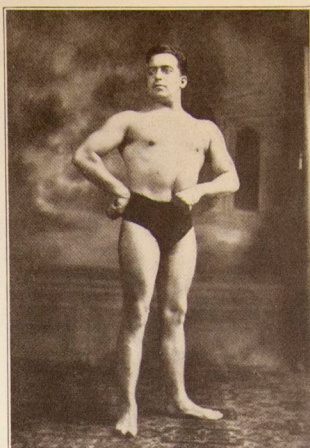
Another pose showing to great advantage arm and back development. Notice particularly the way the right fist is clenched with the palm of the hand pointing outwards. Notice also the slight bend of the right leg, which also gives power to the pose.

trunks cut high on thigh, will be found very satisfactory.

The so-called leotard is also used much, but really tends to hide the upper body, I believe. If you will wear a pair of sandals, high-top tumbling shoes, or socks, reaching half way up the lower leg, you will find that this will sort of break the long lines and be especially of advantage if you have long limbs.

Some Do Nots

Last, I will mention a few don'ts for you to remember.



J. JOHNSON, OF CHICAGO.
It requires a heavily built and well proportioned man for the above pose.

Do not have your pictures taken unprepared.

Do not be careless regarding costume worn.

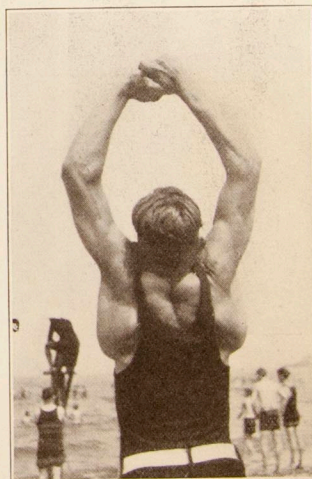
Do not allow the photographer to tell you how to stand or pose.

Do not stand stiff or awkward.

Do not smile while your picture is taken. Look natural.

Do not get discouraged if you fail to obtain good results the first time, but try it again until you acquire the knack in taking good pictures.

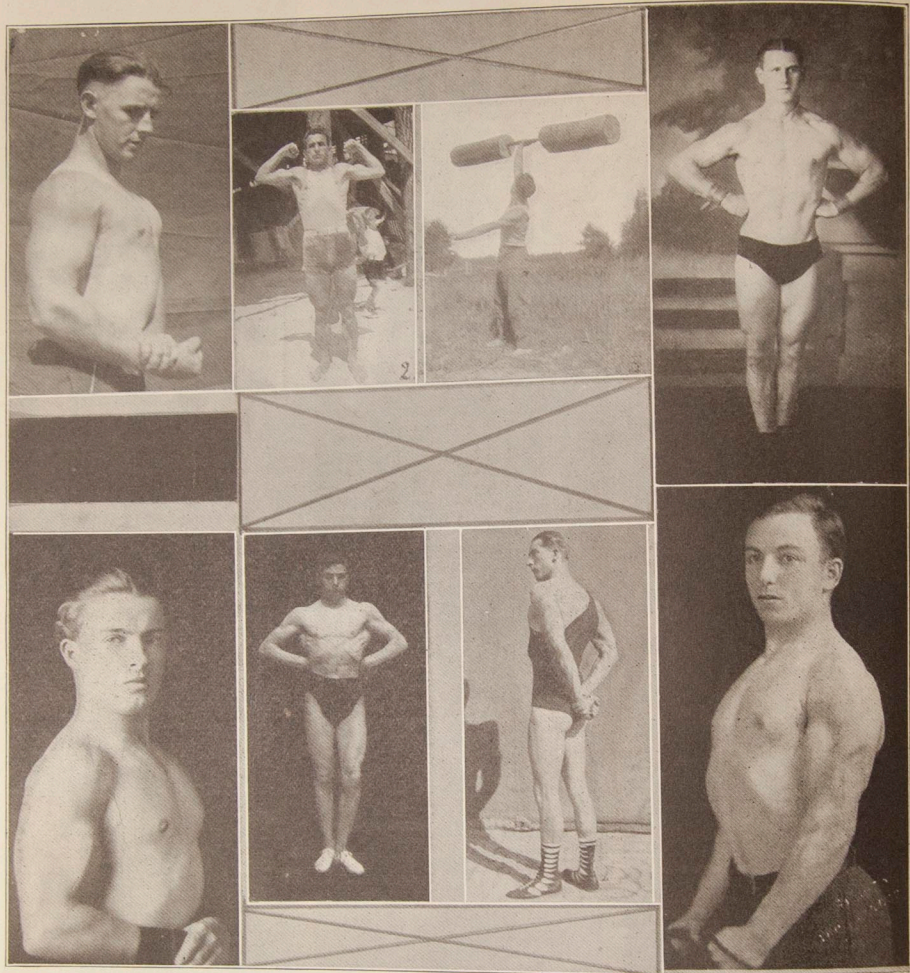
A. P. HEDLUND.



HOW TO GET A PICTURE OF GIGANTIC MUSCLES.

A. P. Hedlund, the author of this article, doing the well known back and shoulder pose. To get it, hold your hands high above your head, grasping the fingers of each hand, and then pull. This will throw out in relief the Latissimus Dorsi muscles, as well as protrude the Scapula, giving the above wonderful effect.

Health and Life Enthusiasts



TOP ROW: 1. Lloyd Purchase, of Holland. 2. Ernest Keriah, of Philadelphia, Pa. 3. James Webster, of Pawtucket, R. I. He is a neighbor of the Bastow brothers, and says that he can vouch for everything that has been published about them. Mr. Webster weighs 126 lbs., and can bent press 156 lbs. His photograph shows an impromptu barbell made up while on his vacation in Nova Scotia. He simply could not do without his beloved weightlifting. The bell you see weighs 142 lbs. All the husky farm boys round about had a shot at lifting it, but could not manage it. That is where the **HEALTH** and **LIFE** Enthusiasts have the laugh. 4. Kenneth Trendall. He weighs 165 lbs., and

can do the following lifts: One arm clean and bent press, 165 lbs.; two arms clean and jerk, 225 lbs.; two arms press, 190 lbs., and many other records. He is a wonderful hand balancer.

BOTTOM ROW: 5. Martin D. Malloy. He is only 18 years of age and weighs 115 lbs., but he can do a one hand pull-over of 40 lbs., 125 lbs. right hand bent press, 165 lbs. two arms clean and jerk, and 105 lbs. in the one arm jerk. 6. Eric Treugrove, Britain's strongest boy, at his age. He is only 15 years of age, but possesses a wonderful muscular development. Treugrove is being trained by Laurence E. Allen, of Manchester, England. Treugrove's measurements are: Height, 5 ft. 6½ in.; weight, 140 lbs.;

biceps, 13¾ in.; chest (exp.), 41 in.; thigh, 21 in.; calf, 14 in. His lifts are: Two hands dead lift, 349 lbs.; one hand swing, 92 lbs.; one hand snatch, 77 lbs.; one hand clean and jerk, 102 lbs. These are indeed great feats for a youth of his age. A. P. Mead, of London, England, Britain's finest exponent of muscle control, and W. A. Pullum, Britain's Wizard of the Weights, are both taking a great interest in Treugrove. 7. George Lee, Jr., of the Los Angeles Athletic Club. He finds **HEALTH** and **LIFE** a wonderful inspiration, and hopes we are going to keep up the good work. You bet your life we are! 8. Simon L. Schwartz, of Chicago, an enthusiastic reader of **HEALTH** and **LIFE** since the first number. We are very proud of him.



POSED FOR BY JOS. RICHMOND

The above is a bronze memorial tablet designated by Josephine M. Kern, erected in the Chicago Art Institute. Jos. Richmond was the model for the figures. It is a very wonderful piece of work.

IF YOU ARE one of the many who are seeking to make yourself a fine type of physical perfection, you would do better to strive to equal the proportions shown in the best modern statues, rather than to try and equal the development of any living athlete, or "perfect man."

It is very, very hard to find a man (athlete or non-athlete) whose body conforms to the very highest standards of proportion and beauty. Some of our athletes are magnificently muscled; others are finely proportioned; but none of them are perfect.

A sculptor, when making a statue of a nude human being, absolutely must produce a thing of beauty. The only way to do it is to make every detail perfect. In any of our best modern statues you will find a harmony of proportion, a symmetry and an elegance of line, which you will rarely, if ever, find in the living model. The sculptor by reason of his knowledge of anatomy, and his sense of beauty, is able to supply the perfection of proportion and development that is lacking in the model.

And that is why I say that if you are striving to make yourself physically perfect, it is far safer to try and equal the proportions of a good statue than merely to try and copy the development of some noted athlete. A man's figure cannot be beautiful unless every part of it is beautiful. Also these parts must be in true proportion to each other, else there is no symmetry.

Every one of us who looks at the picture of a great work of ancient art knows that this represents a man's body as it should be; and, most of us feel, as it can be. All men may have been like that when the world was young, and doubtless there are some few men alive today whose figures approach it in beauty. The point I wish to make clear is that a great artist can, at will, produce perfect figures, and he can do it because he knows the proportions of mass and line that go to make a beautiful figure.

Most of us worship physical beauty, but an artist, and particularly a sculptor, has the inestimable joy and privilege of being able to create beauty in an enduring form.

Watch a group of young men appraising the physique of a living ath-

lete, either a picture, or the man himself. You hear them say, "Yes! He has a great pair of arms, but—" or "He has a wonderful back and a fine chest, but—" Always there is that "But." Very, very rarely do you see a man without a weak point. I do not mean that any great athlete has a part, or

parts, of his body that are absolutely feeble, but that they are not up to the standard set by the best parts of his body; and that consequently the poorer parts look weak by comparison.

It is not necessary to have bulging muscles in order to look vigorous, or to be vigorous. A youth may be smooth and slender and yet give the impression of great power, provided his proportions are right.

Aim at Artistic Development

By Jos. Richmond

(Inventor of the Spinal Exerciser)

(Mr. Jos. Richmond, who invented the spinal exerciser, which has proved such a boon and a blessing to those who wish to develop strong muscles and to keep the spinal column in good condition, is an artists' model, and has posed for some of the best known artists and sculptors, so he knows what he's talking about in this article.—Editor.)

HEALTH and LIFE Fellowship Notes

By the Secretary

Dear Friends:

This month we are going to start a big Purity of Life Campaign, and I want all you members to join in heartily.

The object is to go into the highways and byways and preach the gospel of purity of life, to get young people who are down in the slough of despond, victims of habits due to ignorance, and show them the light of purity. We are going to try to get them to appreciate the beauties of their own bodies, so that cleanliness of thought will be easy to them. If we can get them to think cleanly it will be quite natural to them to act and speak decently. It is a great work, and I know that you will join wholeheartedly in the campaign.

If you will read Mr. Bernard Roloff's article, you will get some idea of the results of evil ways of living. If you ask practically any victim who is rotting away with any of these fell diseases, you would find he would say that in the beginning he was not told.

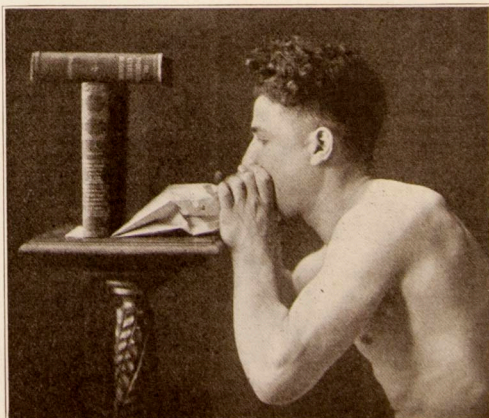
The object of our campaign will be to prevent the coming generation from saying any such thing, for we

shall endeavor to sound the note of warning that will keep them strong and wholesome in thought, word and deed.

If there is any way in which you think you can assist us, please let me know, or, if there is any idea which comes into your mind which would further our campaign, just drop a line to me. I shall be sure to answer you.

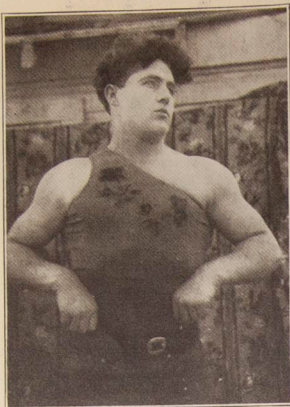
In union there is strength. Now let us all unite in this great effort to spread purity and health.

Yours for the healthy, the strong, and the beautiful, SECRETARY.



A TRICK TO TEST YOUR LUNG POWER

Get a paper bag, place it on a table, and put two books on the bottom of the bag, as shown above. Then proceed to blow off the books. If you get some good heavy books, you will find this quite a good exercise to develop your lung power. Try it. (Sent in by Jos. Richmond.)



CHARLES W. SHANGLE

Once he was a lanky stripling. Now look at his magnificent body. It was accomplished by three years of scientific training.

I WAS not always strong. Eight years ago, when I was 16, I was commonly called skinny, for I was as tall then as I am now.

At about that time I attended a vaudeville show at the Majestic theater in my home town, Boise, Idaho. The act that impressed me most consisted of two weight lifters with well-shaped muscles. I resolved then and there that I, too, some day would be a strong man on the stage. But when I looked at my small arms decided that strong men must be born that way.

Then came a day when I answered the call of that great trainer of men, Earle E. Liederman.

When I read his booklet on how he trained from a weakling to a strong man, I thought it was what we call "bunk." I didn't think it could be done, so faint-heartedly I started training under him. Just three years ago, on Jan. 20, 1920.

But recently I stepped on the stage as "Marco, the Man With the Iron Jaw." My act was said to be as good as any professional's. My ambition had been realized. From then on I was pointed out and considered the strong man of my town.

However, I did not follow up the footlights, as my partner was unsuitable, I thought. Instead, I am training my brother, who, in a few years, will be old enough to follow the "Iron" game. So some day I may take it up as a profession.

I'll describe some of my stage feats of strength.

I can tear a pack of cards in my teeth. I can bend 2-inch iron rods in my teeth. Can drive two 7-inch steel spikes half way in a saw horse. Place my hands behind my back, grasp the spikes with my teeth and break them in two. I place my partner in a chair and lift him in the chair above my head, and balance him there by my teeth only. I lift three men by my teeth, if they don't weigh over 140 or 150. I pull cars by my teeth also.

I have perfect teeth, except that I lost two molars on each side of my lower jaw. I am now a lumberjack,

From Weakling to Strong Man

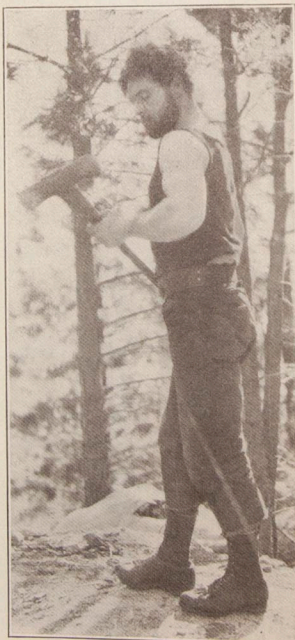
By Charles W. Shangle

(You will enjoy this article. It is a wonderful tribute to scientific exercise. Mr. Shangle was a puny, lanky fellow three years ago; now, as you can see by his pictures, he is a hefty strong man. He worked for it, so he deserves every muscle he has got.—Editor.)

and can say it's the healthiest work I know.

My system of training is quite simple. When I log I never train; the hard work is exercise enough, though I always do a few minutes' muscle stretching, and contract my muscles and make each set repel the other set.

I do not smoke, chew or use alcoholics. As to diet, I use chocolate when I can get it. Tea and coffee I seldom use. I eat anything common sense tells me is good, and all I want of it, too.



CHARLES W. SHANGLE AS LUMBERJACK
He believes that this is the healthiest occupation in existence. It is certainly one of the most strenuous, but it's glorious work when you've got the muscle and strength to do it.



A GORGEOUS ARM

Mr. Shangle is proof that, whatever your physique is now, you can become healthy, strong and fit if you do the necessary exercise.

My present measurements are:
Age 22 years
Height 5 ft. 2 in.
Weight 160 lbs.
Neck 17 1/4 in.
Biceps 15 1/4 in.
Chest (normal) 42 in.
Waist 31 in.

I like to wrestle though I have had no training. But I have thrown several so-called wrestlers, and have never been thrown by any but first-class men.

Mr. Shangle recently qualified for one of the coveted HEALTH AND LIFE diplomas for weightlifting. His lifts were as follows:

One Hand Snatch.....	137
One Hand Bent Press.....	175
One Hand Clean and Jerk.....	160
Two Hand Snatch.....	147
One Hand Dead Lift.....	349
Two Hand Dead Lift.....	410
Harness Lift (First time in harness).....	1,200
Tooth Lift.....	320

KEEP YOURSELF IN GOOD REPAIR

I have a body fine and strong. A heart that's full of hope and song. A mind that's free from anxious care. For I keep myself in good repair.

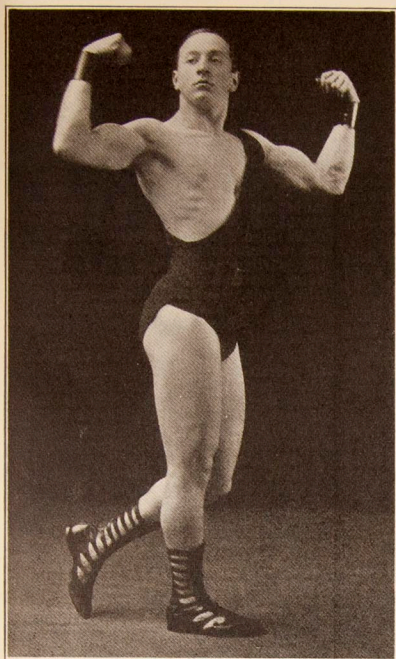
On cold, crisp days I go outside. And walk and run or skate and slide. Or take deep breaths of pure, cold air. Just to keep myself in good repair.

I'm full of boundless health and life. I have no room for sin and strife. Of all things good I have my share. For I keep myself in good repair.

I have not fame. I have not wealth. But what are these compared to health. Of all the gifts this is most rare. And I keep myself in good repair.

If you, my friend, are feeling blue. Then heed this word I give to you. The only way to beat despair. Is to keep yourself in good repair.

WILLIAM BASTOW,
Pawtucket, R. I.



A WONDERFUL POSE

George Dembinski in a remarkably fine pose. He recently broke records in the 126-lb. class, with a right hand military press of 70 lbs.; two hands dead lift with barbells, 355 lbs.; right hand swing, 110 lbs.; two hands clean and jerk, with barbells, 205 lbs. If he continues the progress he has been making, he ought to win honors at the Olympic games in Paris this year.

AMONG the strong men of Europe now showing the American public the wonders of human strength is Siegmund Breitbart, the Iron King. I have received a communication from an enthusiastic reader of this section asking me my opinion on the feats performed. Unfortunately, I have not yet been able to see Breitbart, but I know that Ottley R. Coulter, and, I believe, George F. Jowett, have a standing challenge out to duplicate Breitbart's act.

Breitbart bites clean through iron chains. He winds steel girders round his body with his bare hands. He breaks heavy steel bars between his fingers, and drives spikes into boards of wood with his unprotected fist. My correspondent appears to have seen the act, but cannot believe it possible for a man to bite through iron or steel because the teeth would crumble to pieces, being softer than iron.

I would not like to say that Breitbart is not doing anything but what he claims. I have seen too many wonderful things to give any dogmatic opinion as to any feat without making close investigation. There was a time when I did not believe it possible for a man to lift two people to arm's length above the head with two hands. Since then, I have seen Thomas Inch, the veteran British champion lifter, lift four people with one hand, from the shoulder to above the head by

With the Men of Iron

Breitbart's Strong Act.—Can a Man Bite Through Iron?—Some Strong Feat Fakes.—Echoes of Matysek.—Dennis Breaks Record.—Prepare for the Olympic Games.

means of a bent press. I have seen Edward Aston hold out six billiard cues horizontally suspended between his fingers, and so I might go on, telling you of the wonderful things that I can vouch have actually been performed. Only the other day I saw Kronos, that wonderful product of the famous Lionel Strongfort, lie on his back on the points of nails, while a horse and several men stood on a plank placed on his chest.

However, I have often told you of tricks that were used to gull the public by old-time strong men. It was quite a favorite trick to have coins treated with acid, and then to break them. A trick barbell once used to beat all the strong men who were offered \$500 to lift it above the head in the same way that

hang suspended from a trapeze, while she lifts a gun carriage weighing 120 pounds by means of her teeth. On this wagon a bar of iron weighing 225 pounds is placed, so the feat is one worthy and she deserves a place as a "Lady of Iron." Most of the ladies claiming to be strong have no feats that would compare with those done by men. That cannot be said of Claudin Alba.

Arthur F. Gay, who gained the title of Strongest Man in the American Army and Navy during the war, is busy training his pupils in Rochester, N. Y. He hasn't had time to break any of his old records lately, because of the time given to his pupils, so we can expect to hear more news of broken records by the latter before long.

A letter from Roy L. Smith, of New York, will interest those of you who have followed up the Matysek claims and challenges. Here it is:

(Continued on page 68)



A LADY OF IRON

Here is Claudin Alba, of Rome. She is astounding Europe with her wonderful dental feats. Here she is lifting a wagon 120 lbs. in weight, on which has been placed an iron bar weighing 225 lbs. Her feat compares favorably with the feats of men, and she deserves the title of "Lady of Iron."

Claudin Alba, an Italian lady, is touring Europe with several iron feats. One of her tricks is to

Curative Exercises

By Benedict Lust, M. D.

Here are some exercises that strengthen the muscles, expand the lungs, limber the joints, stimulate the circulation, enforce nutrition, increase elimination, purify the blood, invigorate the normal functions of the organs, and, in connection with massage, are of the greatest service in promoting the health of the patient. Remember that every correct movement is a step towards health, provided the organism possesses the power of reacting to the stimulus.

There are a number of preliminary exercises that can be executed without appliances of any kind, for the three-fold purpose of building up the muscular system, the furnishing of the ultimate cells of the body with a greater supply of oxygen through increased respiration, and the accelerating of the circulation of the blood in the arteries and veins, and the lymph in the lymphatics. There is an intimate and beneficial connection between muscular activity and the nutrition and purification of the blood, for the blood for lack of exercise, that is, for lack of opportunity to perform its special functions, fails not only to carry on its own progressive and recessive changes, but by its own deterioration deteriorates all other organs of the body. Through exercise it must be kept in a state whereby it is enabled to carry on its offices of nutrition and purification with the highest efficiency.

Exercises Without Appliances

Exercise 1.—Stand at attention, heels together, feet 70 degrees apart, chest thrown forward, head erect, chin drawn inward, arms hanging easily at sides. Raise arms to a level with the shoulders, fully stretched out on either side. Now revolve the arms in a circle-rolling motion, the hands describing a circle of about eighteen inches in diameter. Practice a backward rolling motion ten times, not too quickly, and then practice a forward rolling motion ten times also. Hand and finger rollings are more properly processes of massage. Leg-rolling, foot-rolling, head-rolling, and trunk-rolling create a strong suction of blood in the outstretched veins that facilitates its return to the heart.

Exercise 2.—Roll head and neck upon the shoulders in a circular motion, describing as large a circle as possible with an imaginary line rising upward from the center of the head. Roll ten times in one direction and ten times in the opposite direction at the beginning of the exercises, increasing the number of rollings five per day until fifty times is reached.

Exercise 3.—Lie down on a couch, or on a rug on the floor, with legs stretched out and arms spread out on the floor to steady the trunk. First raise the right leg from the couch,

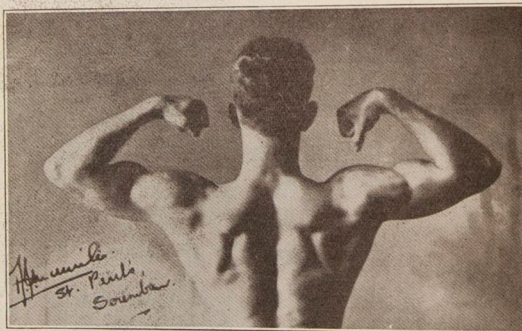
or floor, and roll the leg outwardly ten times at first. Then roll left leg outwardly. Next roll right leg inwardly ten times, following this with ten inward rollings of the left leg. Increase the number of rollings of each outward and inward movement of both legs daily until fifty rollings are performed. Let this be the daily limit.

Exercise 4.—Stretched on the floor as before, the right leg performs a leg flexion-and-extension movement, by drawing the knee up toward the body, and then fully extending the leg, holding it within two inches of the floor and repeating the movement ten times. Repeat this movement with the left leg. Add two extra movements a day until twenty movements for each leg are executed.

Exercise 5.—Lying on the floor as before, raise each leg alternately from the horizontal to a perpendicular position. Make ten such movements with each leg. Then raise both legs at the same time five times. Then raise both legs with knees flexed and imitate a running movement with the legs, making twenty movements with each leg. This is a splendid exercise for the abdominal muscles; the peristaltic motion of the abdominal viscera is greatly energized and constipation relieved.

Exercise 6.—A flexible backbone is the very foundation of health, and the present exercise is intended to put its possessor in possession of the energy that results from complete spinal flexibility. The object sought for is to aid

the flow of nervous energy between



WONDERFUL BACK DEVELOPMENT

Alfred J. Mauricio, one of Earle Liederman's correspondence pupils, way down in Seramban, F. M. S.

the spinal column and the organs immediately supplied by such energy by means of the connecting nerve filaments that radiate between the bony segments of the spinal column. This is the fundamental movement in curative gymnastics, it is the one exercise that keeps free the most vital lines of communication of nerves and blood vessels.

Stand firmly on the ground with the feet about eighteen inches apart. Interlace the fingers of both hands and place hands on head. Now begin to

revolve the body on the lumbar vertebrae, first leaning forward as far as possible, then swing the trunk towards the right, keeping it bent over as far as possible. Then lean backwards as far as possible while moving the trunk towards the left. Bend over to the left as sharply as you bend to the right and go on until you have arrived with bent trunk at the position you started from. Do not pause here, but continue swinging the bent trunk in a cone-shaped movement until five circles have been completed, when five circles are to be made in a contrary direction, that is, the movements travel to the left from the starting point. Do not be in a hurry, but co-ordinate your movements with your respiration—inhalation when making the backward movement and exhaling when making the forward movement.

The Oertel terrain cure is a program of pedestrian exercise, beginning with short excursions morning and afternoon on level ground. Rest is imperative as soon as breathlessness and palpitation supervene, and when rested the walking is renewed. After exercise is performed for a week on level ground, walks are taken during the second week on roads slightly rising in grade, and during the third week on roads moderately steep. It will be found that after a time, on any level of ground, walks can be taken with comparative ease. Breathlessness will be very much abated and the action of the heart will be rapidly re-established. The symptoms of debility of the heart are often removable either by a regulated course of gymnastics or by pedestrian exercise, if either methods be carefully kept within the limits of the patient's powers of reaction.

Exercise 8.—Should the reader be unable to afford the time to perform the Oertel cure, he may indulge in a variation of Exercise 6, known as the "Lizard Exercises." There are two of such exercises. The first consists of getting down on the floor on hands and toes in a half-dressed condition. This is the first of the three positions to be assumed. The second position is attained by raising the body as high as possible while still supported on hands and toes only. The third position is to allow the body to sink down to the floor, with the thighs almost, but not quite, touching the floor.

Exercise 9.—The second exercise has three different positions also. The first position is the same as position 1 of the first exercise. The second position consists in swinging shoulders and hips to the right as far as possible. The third position is achieved by swinging shoulders and hips to the left. The results of daily practice will be that every bone in the spinal column will be moved. The circulation of the blood and lymph will be greatly improved, the body will be freed of accumulated poisons and tissue debris, and a fresh flow of nerve force will be directed to every part of the body.

(Continued on page 77)

Among the Grapplers

The Olympic Games Rules.—Barred Holds.—Are Wrestlers Muscular?—Lewis Beats Jiu Jitsu Myaki.

ALL the amateurs are busy trying to qualify for representation in the Olympic games in Paris this year. Last time there were many misunderstandings with regard to style, so, on the suggestion of Clifford Thorne, who is now athletic coach for the Detroit Board of Health, I am making this note regarding the style that will probably govern this year's Olympic games.

It is perfectly certain that the Scissors Hold and the Strangle Hold will both be barred. No hold will be allowed which has for its object the injury of an opponent in any way. So don't get perfecting any Toe Holds, or Strangle Holds, or Scissors Holds at the expense of the other more effective holds.

However, the Head Hold will be allowed undoubtedly. Below is a picture of Strangler Lewis doing his famous Head Hold. It is the best picture of this hold I have ever seen in which Lewis is pictured. You will notice that he obtains a hold around the neck of his opponent, bringing his forearm be-

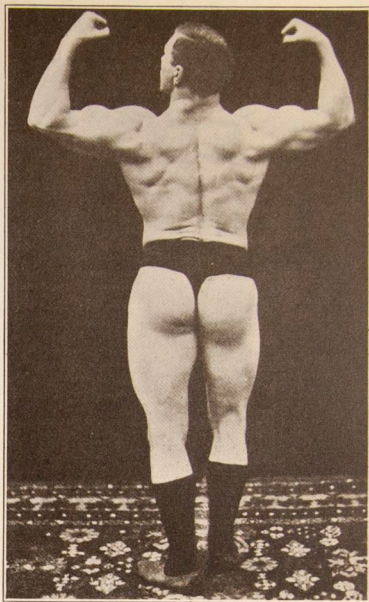
low the chin, so as to cause all the pressure to be on the neck alone. In the ordinary Head or Chancery Hold, which will undoubtedly be allowable at the Olympic games, it will not be permissible to bring the forearm across the throat.

The other point regarding the rules for the forthcoming games which is of extreme importance, is the time limit. Last time this was the absurd length of ten minutes. The American team members did not attempt to obtain falls because of this short time limit, believing that no good man could be thrown in ten minutes. Nat Pendleton and the rest of them simply held their opponents to the mat, winning very nearly all their bouts on points. In fact, I know of no particular American wrestler at the Olympic games who gained a fall. I think that I

was the only man in the games to gain two direct falls. At any rate, I know

that mine were the quickest. In the first I defeated the champion of France in six minutes, and in the second the champion of India in twenty-one seconds. This shows that wrestling matches can be won in ten minutes. However, it is very probable that the time limit will be fifteen minutes, although it may be extended to thirty minutes. As soon as I know, it will be published in the columns of HEALTH AND LIFE.

Clifford Thorne expected some strong letters with regard to his article on The Gang. He says that what made the old Champion Frank Gotch so well liked was that he "shot" all his matches, and



HOW MANY WRESTLERS ARE THERE AS MUSCULAR TODAY?

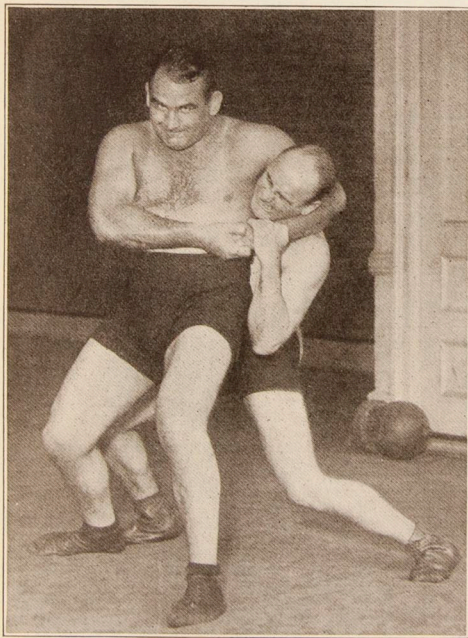
George Hackenschmidt, the man who slowed up Frank Gotch. Note his wonderfully muscular physique. How many wrestlers are there today who could show such a good muscular photo? Not many.

ran them absolutely on the square. He went at his man with all his might all the time. The only time he went slow was in his match with Hackenschmidt.

On this page is a photograph of the wonderful muscular development of George Hackenschmidt, who swept the heavyweight board for several years before Frank Gotch was king. Compare his magnificent development with that of the majority of the wrestlers of today. There is not one who can compare with him. Hackenschmidt was a marvel of strength and had a wonderful muscular development. Very few know it, but he still has that wonderful physique, and is fit enough to enter the game should he so desire. However, he does not desire. He has made a fortune out of wrestling, but he is not spending it. In fact, he never thinks about money. He lives down by the seaside in England in a little bungalow, and his expenses, including those of his wife, do not exceed \$5 a week. Yet he lives well; he lives almost strictly according to the principles we expound in HEALTH AND LIFE with regard to eating. He gets plenty of fresh fruit and fresh vegetables, his only protein foods consisting of nuts and cheese.

About the time when Hackenschmidt was most famous, Taro Myaki was astounding the world with his ju-jitsu tricks. He was then only a middle-weight. He has now put on some

(Continued on page 74)



Keystone

A PHOTO WHICH SHOWS EXACTLY HOW LEWIS STRANGLES THEM

This is the best photograph yet published illustrating correctly the Strangle Hold as done by Ed Lewis. Notice that his arm encircles the neck quite low down, and his forearm comes so low as to cause a throttling of his opponent. From here, he twists them to the left, and falls with his whole weight upon them. They are then finished for the evening.

The Athlete Detective

By Richard Bonner

(This thrilling serial story started last month. It introduced Errol Fieldlow, inventor of an anti-gravity substance; James J. Fennol, wealthy patron of Fieldlow; Jessie Fennol, Fennol's daughter; and John Blount, athlete detective. Fieldlow's only mathematical formula has been stolen, together with numerous plans for the salvage and ownership of many treasure ship wrecks. The case is known as the Acme Case, and ownership of many treasure ship wrecks, has something to do with it. Last month we read how Blount was interviewing Mr. Fennol and his daughter, when the floor of the room in which they were standing, lowered them into darkness, and they knew not what—Editor.)

"STAND still," commanded Blount.

He then proceeded to walk around the room, testing the walls to ascertain if there might be a passage leading from the vault into which they had been sunk. Never a sign of anything did he find.

Two hours passed uneventfully; then they heard footsteps along a corridor which must have connected the vault.

"I did not know of this," said Mr. Fennol; "I have lived in this house for many years, and have been all over it many times, yet I never conceived that there could be secret passages, and automatically lowering floors."

"Look here," said Blount. "I want you two to remain perfectly calm. Do not resist anything that may be done to you. I will pull you through safely."

"If you ever get us safely out of this, I shall thank you for the rest of my life, Mr. Blount," sobbed Jessie Fennol.

There was a noise at the side of the wall, and a door opened, revealing the figures of two masked men with loaded revolvers pointed at the occupants of the vault.

"Hands up," they shouted, and then proceeded to relieve Blount of his revolver. One of the ruffians was an extraordinarily big man with huge shoulders, and must have weighed at least 220 pounds. He wore a mask, so Blount could not tell what his features were like. The other was a short, wiry fellow, but he became the spokesman.

"Look here, you folks," he began; "we don't want to trouble you. All we want is for you to leave us alone. Mr. Fennol, you've lost your salvage papers, but you've got plenty of money without that. You don't need them. Somebody else does; and that anti-gravity mathematical formula is valuable, not to you nor to Errol Fieldlow, but for a certain purpose which we need not discuss. I'm going to let you people go, if you will swear solemnly that you will take no further notice of this case. If you don't"—he edged himself nearer, pointing his revolver at each separately—"the penalty is death."

Miss Fennol was the first to speak. She turned to her father. "Father, after all, it's true. We have plenty of money. We do not need any more. Let us be safe. It is not worth endangering your life."

"My dear child," replied her father. "It is not a matter that we can possibly drop. I would be perfectly willing for myself, and for you, I am anxious, but should we not have that anti-gravity formula returned, there are interests concerned with that, of which you know nothing, that are of more importance than my life; aye, and perhaps even than yours. But," he re-

flected, "for my own part, I cannot stop inquiry into this case."

Then Blount began to speak. "There is no question of stopping this case. That formula is going to be returned to Fieldlow, so that it can be worked out for the benefit of humanity, instead of for the benefit of a clique of political opportunists. The salvage plans are to be returned to their rightful owner. That's all I have to say."

"That's all you have to say," repeated the shorter of the two. "We'll see about that. You know what it means, Blount."

"Yes, I know what it means. It means that you are going to spend a considerable part of your life in the penitentiary."

Both ruffians returned a growl. "We'll see," they said. Procuring a rope, the big fellow began to bind the limbs of John Blount. He then proceeded to tie Mr. Fennol's hands behind his back, and commanded him and his daughter to follow the two, leaving Blount behind, bound and gagged, in the dark vault.

Binding a man like Blount was not like binding an ordinary person. While he was being bound, he had contracted his huge Latissimus Dorsi muscles, and his shoulders. He had swelled up his biceps to their fullest dimensions, so that when he released his muscles the ropes were somewhat loose.

Now that he was alone, he was able, with his huge strength, to wrench himself free.

He began at once to search the room, especially that part from which the ruffians had arrived. There seemed to be absolutely nothing that would indicate a passage or a door. He put his shoulder against the wall, and heaved, but with no results. Then he sat down to think.

In his search he had overlooked an iron bar that was lying embedded in the floor, just beneath the carpet; but as he sat down on it, it thrust itself upon his attention. It was fastened down with huge staples, and seemed impossible to remove.

But Blount's fingers were of iron; he had not created his weight lifting records for nothing. He had trained every inch of his strength, and so, putting his fingers to as severe a test as they had ever had, he began to wrench away at the staples which were holding down the iron bar.

It took a whole hour to wrench the bar free. All this time he was wondering as to what had become of Mr. and Miss Fennol. He could think of no place to which they could have been taken, and, even if he could get free, he could not see for the time, how he could obtain the release of his clients.

However, the main thing was to get away. At last he had the bar of iron in his hands. With it he proceeded to make holes in the wall in the corner

of the vault, so as to form stepping places and permit him to get at the ceiling. Then he thrust the bar through the plaster, tore away a hole, and, after a heroic struggle, was able to tear away some of the boards until sufficient room had been made for him to extricate himself.

He was now free. The house was apparently undisturbed; but he slipped away unobtrusively, and made his way to Roy Jackson, the sports promoter of the International Auditorium, as quickly as he could make the taxi driver take him.

Jackson, fortunately, was in his office. Immediately he sighted Blount, he stood up, saying, "What can I do for you?"

"I want to know all about this Unknown, whom I am meeting on the thirteenth," began Blount.

"I assure you that I know absolutely nothing about him. All I know is that I received a telephone message, asking me to fix it up with you. The idea seemed a good publicity stunt, so I gave you a call and fixed it."

"But surely you have some particulars, some contract?"

"No," said Jackson; "I have absolutely nothing. All I know is that I was assured positively that the Unknown would be there, and that there wouldn't be the slightest doubt about it."

"Well, then; say, Jackson, has ever anybody proposed such an idea to you at any time before? Can you remember?"

"Why, no. The only thing I can think of is a little fellow who was standing near me at that last match you had with 'Young Goliath,' but he was only just one of the crowd."

"Ah!" said Blount, "now we're coming to it. You're perfectly sure you had never seen the man before?"

"Perfectly," said Jackson.

"Did you recognize anybody who was standing near this fellow? Just think carefully," added Blount.

"Now, let me see. Yeah! I believe now there were a couple of fellows from the Heligo Club."

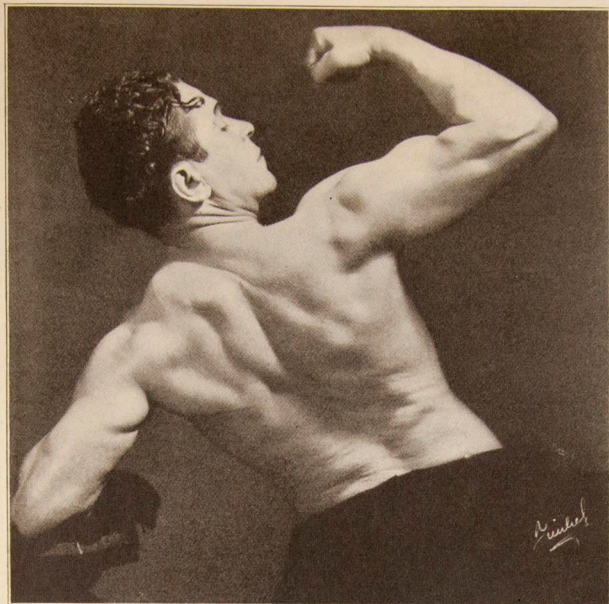
"That's all I want to know," shouted Blount, and ran clean out of the office.

He had no sooner rushed out than he rushed back again.

"You've got to come with me, Jackson. Get your keys. I want your auto," and he simply dragged Jackson out of the room.

"To the Heligo Club, and you can go like Heligo," commanded Blount. "Now, look here. I don't want you to get scared at anything you may see. I just want you to pull up a block away from the club, and I will be with you within fifteen minutes. If you don't hear of me within exactly fifteen minutes—"

(Continued on page 77)



A WONDER MAN OF THE MOVIES

Luciano Albertini, the "wonder man" from Europe, who is over here to appear in Universal films. He is a physical marvel, so look out for him.



Underwood & Underwood

THE CALIFORNIA SUNSHINE DOES IT
Miss Kathryn Roach of Venice, California, challenges the shapely bathing beauties of the country when it comes to forms—she claims the land of sunshine does it.



Keystone

100-YARD SWIM CHAMPION

Miss Gertrude Seyden, who won the Pacific Association 100-yard free style swim at the Del Monte Roman Plunge, Del Monte, Calif. Her time was 1 minute 15 3/4 seconds. She is a very consistent swimmer and may be expected East soon to show us some pointers in fast swimming.



THE GLORIOUS BODY OF CHARLES ATLAS

Here is a beautiful photograph of Charles Atlas. It is indeed glorious, and just shows how really beautiful is the human body when it is cared for properly.

Health and Life

*The National Monthly Magazine for Health,
Physical Education and Right Living*

EDITORIAL

(Written by the Editor)

PREPARE FOR THE OLYMPIC GAMES.

THIS year is Olympic Games year. Athletic Champions from every nation in the world will battle for supremacy at the great Olympic Games, which will take place in Paris this year. To win the Olympic Games is a great honor for any nation. For an athlete to come out as a victor stamps him as the greatest amateur of his class, and his name is entered in the book of athletic heroes for all time.

The Olympic Games represents a triumph of the cause of physical fitness. It is world recognition of the importance of our cause, for to stimulate athletics is to stimulate an interest in the care of the body.

TRYING TO GAG US.

I would like you to make a special point this month of reading the article: "Gagging a Good Cause." HEALTH AND LIFE has made a big effort to establish a new and clean understanding of sex educational matters, but there is evidently no liberty of expression. No less than four of our books, which have received highest praise and commendation from thousands of people, have been prohibited from the mails. However, there is nothing like persecution to ensure the success of any work, and there is no doubt that the ideas we have sown will bear a rich harvest, and the cause will thrive in spite of all reverses. Centuries ago, they tried to stop Galileo from telling people that the earth was round, and that it went round the sun. They did not stop the course of education, for nobody now believes in the flat earth theory that was insisted upon by the bigoted of that time. In years to come, the sex education we have been endeavoring to give, will be the common property of all the people, and the superstition and ignorance of today will seem as foolish as the flat earth ideas of the Middle Ages. There is only one way to make progress, and that is through education. It is no more possible to stop education than it is to stop progress. It is education in matters pertaining to the sex functions which can drive away misery, superstition, and the havoc of unhappiness which exists today.

PHYSICAL CONTROL DENOTES MENTAL CONTROL.

Physical control denotes mental control. Dr. Cyril Burt, the eminent psychologist, at a meeting of scientists, proved it by making innumerable experimental tests. The way to test your self-control is as follows: "Poise yourself on the ball of one foot, standing thus, and balancing. If you are steady, and can keep equilibrium like that for an appreciable time by the measurement of a watch, then you are a firm master or mistress of your own desires and impulses." There you are. There's a little test of self-control you can work out for yourself any moment.

ART ALBUM APPRECIATION.

The Art Album is being appreciated. Letters are rolling in from purchasers to say that it is just what they have been looking for for a long time, and full of congratulations

on the idea. Ottley R. Coulter, one of the greatest exponents of muscle control in American writes: My Dear Mr. Bernard:

"I have just received your Art Album, and must say it is a classic. I hope that it has a big sale, and that you will edit future volumes. I am exceedingly interested in anything pertaining to the artistic conception of the human body.

"Yours sincerely,

"OTTLEY R. COULTER.

"Secretary, American Continental Weight Lifters' Association."

STRIVE TO BE IN THE NEXT VOLUME.

I am already gathering together photographs of some of the best known athletes and physical culturists in the country. Here is an ambition to strive for. If you can develop your body sufficiently, your photograph may take a place of honor in the next volume of the Art Album.

Arthur F. Gay, who, during the war, won the title of Strongest Man in the Army and Navy, and has since coached and trained many record holders writes:

"I think this Art Album idea of yours is splendid. All athletes and all physical culturists will want one. Best wishes for your success.

"ARTHUR F. GAY."

Bob Bensinger, of whom we are very proud, because he is a booster and loyal supporter of HEALTH AND LIFE since the first issue, writes:

"The Art Album is beautiful, and I'll keep it for my own, instead of giving it away for a Christmas present as I intended. We'll just keep on boosting HEALTH AND LIFE as always.

"Most sincerely,

"BOB BENSINGER,
"Easton, Pa."

So you see the Art Album is worth having.

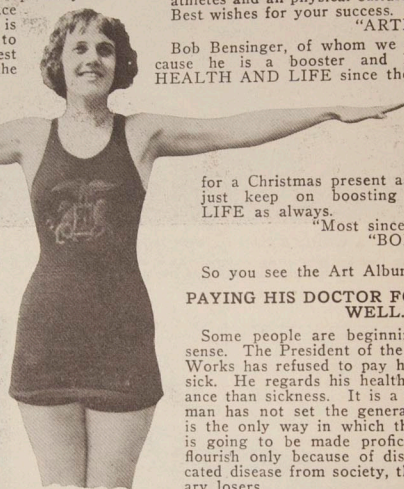
PAYING HIS DOCTOR FOR KEEPING HIM WELL.

Some people are beginning to develop horse sense. The President of the Baldwin Locomotive Works has refused to pay his doctor when he is sick. He regards his health as of more importance than sickness. It is a pity that this gentleman has not set the general fashion, because it is the only way in which the healing profession is going to be made proficient. Doctors today flourish only because of disease. If they eradicated disease from society, they would be pecuniary losers.

A PHYSICAL CULTURE COURSE IS THE BEST DOCTOR.

A leader writer in the "Herald and Examiner," of Chicago, says that paying a Doctor to keep one well is the same as buying a system of exercises, because, by doing your exercises, eating correctly, breathing fresh air, and by right living generally, you will keep yourself well, and not sick. She fills the doctor's pocket book because of your sickness. This is as good as admitting that there will be a time when the only doctors practicing will be Physical Education Directors. There is absolutely no use, in a sensible condition of society, for the man whose bread and butter depends upon the existence of sickness, as does the doctor of today. Yet he is supposed to be a healer!

However, the leader writer thinks that we enjoy things only by contrasts, and that, if we were never sick, we should never truly enjoy health. That is bunk. A man who is not really healthy all the time never knows what it is really to live. To feel the pulse of bounding health in your veins, to feel ready at any time to take part in a vigorous game or feat of endurance, to throb with vitality at the beginning of the day, and to be alert to all that goes on around—that is the supreme health that can be enjoyed only by those who live rightly. And you don't need to be sick once in a way to appreciate it. Even if the leader writer were right, it would still be a crime to be sick. People who know they



International.

CALIFORNIA'S MOST BEAUTIFUL BATHING GIRL.

Los Angeles — Above is shown Miss Janet Ford, who was selected as the most beautiful bathing girl at the swimming and diving carnival held at the Hotel Ambassador pool recently. She is but 22 years of age and has won several awards for her aquatic prowess.

The Folly of Ignorance

By Bernard C. Roloff

(Superintendent, Illinois Social Hygiene League)

(This article is taken from a leaflet issued by the Illinois Social Hygiene League, 952 North Clark street, Chicago, Ill.—Editor.)

"If father or mother had only warned me this never would have happened." The boy who said this was only one of a hundred patients who come every few days to a busy venereal clinic. This boy, only 17, was as clean looking a chap as you've ever seen. Yet he was sorely afflicted with both Gonorrhea and Syphilis. It was partly his father's fault, for no parent can escape the wrong if he failed to inform and warn his children.

This boy was never taken into his father's confidence, and when he got into trouble his father was the last one he would turn to. He actually feared to tell the truth at home. We know many cases where lovely girls became infected through the criminal neglect or prudishness of their fathers and mothers and then when they confessed their downfall, their parents completed the ruin their own folly had wrought and turned their daughters from their doors!

Would you be one of these? Oh, fathers and mothers, never forget that the fault is largely yours! Give your children a chance. Tell them about themselves.

Positively heart-breaking are the terrible results seen in our clinic, of sex indiscretions. And very many of the cases were innocently infected. At least 85% of the married women who come for treatment were innocently infected by their husbands. These same husbands often did not know they were diseased. They had entirely forgotten an error of their youth or thought the little treatment they had taken years before had cured them.

Before Marriage.

Take the solemn advice of an organization which attempts to salvage the ruin wrought by these diseases and demand of the boy who desires to marry your daughter that he go to a physician of your choosing for a blood test and a complete physical examination before marriage. Have your doctor also look over your daughter. Only then can you be assured your grandchildren will be clean. You owe that much to your good name.

Leads to Insanity

The other day a fine, strong-appearing husband of one of our women patients attempted, with a heavy wrench, to kill an innocent automobilist passing by. This man had always acted sanely until then. He was taken to the Psychopathic Hospital and died two weeks later of Paresis, so-called "Softening of the Brain," due to Syphilis.

A pretty, red-cheeked country girl of 16 who believed the flowery speeches of a well-dressed city lad, married him and a few weeks later found herself alone, deserted, and badly infected with Gonorrhea, the result of the "wild oats" he had sown. Before she came to this League she was ready to commit suicide. By means of our

help a place was found for her in a hospital where it was necessary to remove her Fallopian tubes and ovaries, so badly was she infected.

As Common As Measles.

Venereal Diseases, that is Gonorrhea, Syphilis and Chancroid together, are said to be more common than any other disease except measles.

Possibly half of the grown men you meet on the street and many women have had Gonorrhea. Many were never properly cured. Some are still diseased and in a communicable state. These infections often remain dormant for many years and then develop suddenly and seriously. While Syphilis is not so common, its effects often are more terrible. Many authorities say that at least 8 out of every hundred of our population have Syphilis. If that is true, then over 200,000 Syphilis live in Chicago!

For unknown ages Syphilis and Gonorrhea have plagued the earth. Even today these diseases are thought to be growing in prevalence because nearly every case is capable of breeding from 1 to 5 more. Recently in a factory six men acquired Syphilis innocently from one badly infected fellow-workman in the use of a common drinking cup. Husbands give the disease to their wives, mothers to their children.

Stop This Human Waste!

To stop this waste of human life and prevent further suffering, a group of well-known medical and business men organized

The Illinois Social Hygiene League.

It is an educational and medical charity, organized under Illinois Laws not for profit.

It aims to prevent venereal diseases by Lectures in Shops and Factories.

Film exhibitions.

Distributing informational literature. Giving talks to boys and girls, mothers and fathers, in schools, churches, clubs and lodges.

Giving personal advice.

It does all this without charge.

For persons to whom this help and advice comes too late, it has provided a well-equipped medical dispensary with separate clinics for men, women and children. Here, persons already infected may secure treatment for their disease.

What Infected Persons Should Do.

If you know some one probably infected with venereal disease who can pay for treatment, send them quickly to a good physician who understands these diseases. Make sure the infected person goes to a reliable medical man who has the proper equipment to make a diagnosis, as the use of a microscope and the taking of blood specimens is usually necessary. An advertising quack or the old advertised

(Continued on page 78)

How To Diagnose Your Own Physical Condition

Fasting, and Man's Correct Diet. By R. B. Pearson. 146 pp. 8 vo. Cloth.

Some of the most interesting data yet compiled are to be found in "Fasting and Man's Correct Diet," by R. B. Pearson. Mr. Pearson gives his own experience with regard to fasting, and how he eradicated his catarrh.

If a fast is not undertaken properly, it may have detrimental effects. Medical men who religiously restrain themselves from reading works by the laity, or by Nature Cure practitioners, often get a smattering of the value of fasting, and make experiments on their patients. Only the other day, I heard of such a case. The doctor put his patient on a fast, and without attending to her in any way, told her to wait for a natural movement of the bowels. No effort was made to set the eliminating organs into action. The patient rapidly got worse, and was in serious danger of being poisoned. She managed to survive, and now is telling the whole world about the foolishness of fasting.

If this doctor had read Mr. Pearson's book, the patient would have been a keen advocate of fasting. Mr. Pearson shows how necessary it is to keep the bowels clean by regular douching, and also shows how, if a fast is cut short, it may even then do more harm than good.

An important part of the work is given to discussion of the right length of the fast. This, according to Mr. Pearson, is at the point where the body temperature begins to lower, and is indicated finally by the absolute freedom from anobnoxious smells when the bowels are evacuated, and the natural desire on the part of the patient to resume eating.

With regard to man's correct diet, Mr. Pearson gives some excellent hints, although he would do well to incorporate the scientific principles of Bernard Bernard in "Correct and Corrective Eating." However, Mr. Pearson gives his readers full value for their money in telling them how to diagnose their own physical condition.

The way to tell whether you are eating correctly, and whether your body is in clean condition is by the odor of the bowel contents. When the diet is correct, and the body is perfectly clean, there is no obnoxious odor. Immediately any objectionable odor is detected it is a sign that the body needs cleaning up. The reason for this is that food should either be utilized in the body, and products pass right through the alimentary canal still in a wholesome condition. If they putrefy on the way through, part of the putrid mass must be absorbed by the blood, and the life stream of the body contaminated in this way, disease must ensue sooner or later as a consequence.

The way to ensure freedom from odorous faeces is to eat clean food. Whole meal starchy products, cereals, nuts, milk, all fresh vegetables, and fruit may be eaten. Meat, however, always causes putrefaction, and consequently a stench. Man's correct diet is certainly not animal flesh.

can keep well by exercise, correct eating, and right living, are committing a crime if they allow themselves to get ill. Perhaps, in a future state of society, sickness will be recognized as a crime, and, although human beings will be far too humane to torture criminals with punishment, there will be restrictive education that will make sick people feel outlaws among their healthy fellows.

HAVE YOU HEARD OF "ALLERGEN"?

Some years ago doctors popularized the term "Vitamin," discovering that fresh food had in it a quality not possessed by stale or canned food. The next term that may probably receive similar popularity is "Allergen." Dr. Charles Richet, a renowned European physician, has been telling all his colleagues. These Allergens are supposed to be something to which the personal equation takes exception. For instance, some people cannot stand contact with silk. It causes a rash; the silk to such persons is an Allergen. Some people cannot take milk; it makes them sick. Milk is their Allergen. There Allergens are supposed to be detected by the "sixth" sense, and to be proof of the latter's existence.

DESTROY ALLEGRENS BY RIGHT LIVING.

People who suffer from asthma will be ready to believe in Allergens, because they find that certain odors bring on an attack. These odors Dr. Richet and his colleagues will call Allergens. However, this is where the flaw in the reasoning is most easily detected. People suffer from asthma because they eat an abundance of devitalized and demineralized starchy foods, and have no idea of scientific food combination. Asthma is one of the easiest things to eradicate. It simply means eating correctly. But, if you have asthma, it is quite likely that particular odors, or even particles of pollen, may irritate the mucus membrane, already set in an abnormal condition by an impure blood stream.

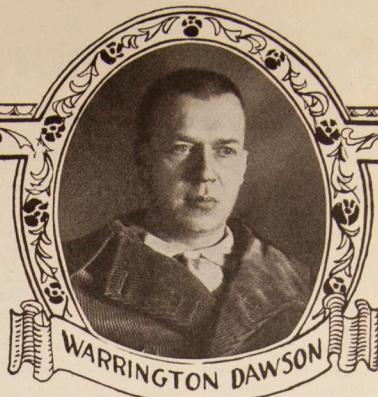
Is An Allergen a Hysteria?

With regard to the Allergens of other people, silk, for instance, there may be quite a commonsense reason for their existence. Any form of skin ailment is set up by the nervous system, and most speedily through an insufficiency of mineral elements in the blood, so that both skin and nervous system are in an abnormal condition, and the old time physician would not be far out when he classed such a case as "hysteria." It just shows that mind and body are correlative. If you want a sound and healthy mind, you must care for your body. There is no need to postulate any Allergen, detected by the "sixth" sense. The trouble is that doctors are constantly studying Pathology, and the details of the symptom of ill health. It would be far more profitable if they were to give their study to the normal, healthy, and fit individual. He doesn't suffer with any Allergen, or with a sixth sense "hysteria." He keeps his body fit and well by exercise and rational living, and he keeps his mental faculties alert and balanced, and in control of his well-functioning body.

MOST PEOPLE ONLY THINK THEY THINK.

Enormous physical power is useless without mental strength. HEALTH AND LIFE has always stood for "a sound mind in a sound body." The

(Continued on page 72)



Latitudes

By Warrington Dawson

Author of

"Opportunity and Theodore Roosevelt"

XX.—ON ACCIDENTAL LYING.

A man who has reached the top in a technical profession once told me that as a boy he'd been surprised into lying because he wasn't allowed time to think. It seemed to me there was a lot in the idea, and I asked for the story.

When he went off to boarding school, he told me, an old aunt gave him a Bible and made him promise he'd read a chapter every day. He promised—and he didn't. He was to spend his Christmas holidays with her, and she met him at the door with an abrupt, "Bobbie, did you read your chapter every day?" He'd meant to explain why; "because of the other boys," etc.; but he was caught off his guard, lost his head, and answered "Yes." Then his aunt opened his suitcase, and took out the Bible, and there between the pages of the 9th and 10th chapters of Exodus, was the twenty-dollar bill she'd put in as a surprise for him.

She was a sport, and let him have the twenty dollars after all. But it took him some twenty years to recover her good opinion.

That's the worst of accidental lying. It may happen to almost anybody, but it may take a very cool head and much experience of people to get out of it gracefully. You may have been talking to an aggressive person who's got your back up; or else with the jeering, nagging sort of individual who will never let you hear the end of it if you admit a mistake. So out of false pride or poor judgment or moral cowardice you back up your inaccuracy and make it into a lie; and then you risk doing it again because you've let it pass before; and you may get into the lying habit before you know you have it and without being really corrupt morally.

It's better to own up at once—and it's safer never to have anything more to do with anybody who doesn't respect you for your honesty.

How I Saved My Baby

"But My Child Will Starve!"

By Helen S. Waterhouse

So many mothers are probably going through the experiences which I have been through, that I am writing this to help them out, for I would have given anything to have been helped in this same way five years ago when my Judith was a baby. I was so young and unsophisticated in baby lore when she came, for I had never been remotely connected with an infant or its care in any way.

Fortunately I had all the enthusiasm of youth and plunged headlong into a study of infant feeding, emerging triumphant at the end of the first year, with a fat, healthy, breast-fed child—a perfect specimen in every way.

From then on her meals were well-planned, with nothing between meals and the consequence was that her appetite was enormous and her meals immense. A quart of milk and an egg a day was a rule to which I strictly adhered, and if Judith did not get her finely chopped rare steak twice a week I really believe I thought she would die of malnutrition.

Bilious and Sickening

The results of this over-zealousness on my part were sad and puzzling to me. Judith commenced at about the age of two years, to have "bilious attacks." She would throw up her dinner and everything thereafter for several days, and could not lift her head from the pillow without becoming dizzy and nauseated. She had no fever, but her eyes were heavy and her breath sickeningly sweet.

We lived in the country then, with old-fashioned doctors who gave calomel and more calomel with varying and sometimes not successful results. Judith would pull out of one attack only to be plunged into another in two or three months.

During these attacks I hung anxiously over her bed, trying to appeal to her appetite with various foods, all of which she repulsed, or if she took them, they soon came up. With tears in my eyes I told the doctors that I knew she would starve. (Great husky child that she was I already had visions of her in an emaciated famine-sufferer condition.) Probably more to soothe me than acting according to their best judgment the doctors prescribed everything from malted milk whisks to a "strengthening" all of which stayed in her stomach only long enough to be discouraging.

Meeting a Sensible Doctor

Then we moved westward into a large city. The very first week in Ohio, Judith, then three years old, had another bilious attack. Tired and nervous I sought a doctor and told him the history of her case, expecting him to shake his head and dubiously prescribe calomel.

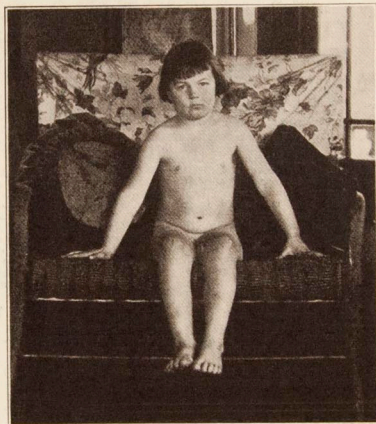
I shall never forget how she smiled and said, "These attacks are harder on you than on her. It's just nature's way of showing that the little stomach has been overloaded. Let her lie there and rest, give her nothing but water. If

she throws it up, well and good. It will wash out her stomach. If she keeps it down—so much the better. No medicine needed—only a warm bath once or twice a day to help the kidneys." (That was in case she could not keep water down). "Absolutely no food for several days."

Rapid Recuperation

Rather doubtfully, I admit, I followed his very simple rules. To my amazement my child did not become thin and emaciated. I could hardly see that she lost flesh at all. Three days she lay quietly and restfully in her bed. (The attacks had always lasted a full week before). Then the vomiting gradually ceased and with its ceasing her hunger gradually returned. Nature had taken care of her overloaded stomach in its own way.

Afterwards I went and had a talk with the doctor as to the cause and



JUDITH WATERHOUSE
This is what proper care and eating has done. Isn't It Great?

prevention of these attacks and learned that I must reconstruct many of my rules. "Evidently," he said, "your child cannot stand so much milk and eggs. Try her on lactic buttermilk. Give her an egg only once in a while. It is not necessary that she have much meat during the summer months especially."

How I Feed Her Now

Judith has a glass or more of the buttermilk every day now. Eggs and meat appear on her diet list much less often than of yore. The old bilious attacks with all of their worrying, frightening aspects are things of the past, and I am no longer afraid when my second child fails to drink quite all of his quart of milk a day. Both children live on vegetables and cereals for the most part and are big and fat—solidly fat.

I think a little too much is being said and written these days about "the un-

derfed child," and not quite enough about "the overfed child." Every child is, of course, a different feeding problem, but take heed other young mothers that you do not overdo things as I did. When the little stomachs want a day's vacation, your children will not starve. I'm very sure of that!

A Shirt With a Brain

You would not believe it, but I have discovered a shirt with a brain, and it is just what I've been looking for for about twenty years now.

I expect you have experienced all that I have with regard to shirts and collars, especially if you are fond of bending about. With the ordinary shirt, as soon as you look around to see who is coming up behind you, bang goes the neck or stud, or button, or else the linen cuts into your flesh. Mr. Gustave F. Williams, of 415-419 Wesley Block, 101 North High street, Columbus, Ohio, has invented a shirt which automatically adjusts itself to the movements of the neck. If you have a 15½ neck, you can get a 15½ shirt and be assured that it will fit you, no matter how you may be compelled to move your head about.

It takes a man with a brain to invent such a brainy shirt, and Mr. Williams is to be congratulated. His shirt will certainly be a boon and a blessing to all physical culturists and athletes who need neck comfort more than the average person.

The automatic adjustment is assured by a sliding buttonhole in the back of the shirt, and leverage is obtained by a special clever arrangement just below the neck.

The shirts sent to me for my inspection were of very good material. The price is \$4. I am going to replace all my old shirts with this adjustable Williams shirt, and I am very glad I discovered it.—B. B.

THE OLDEST AND THE GREATEST EXERCISE

"Walking for Health." By Alvah H. Doty, M.D., 44 pp., crown 8 vo., cloth. Appleton & Co., New York

The average person gets so very little walking, and does as little of it as he can, now that he has the chance to use his automobile wherever he goes.

But this average man is losing more than he knows; that is, unless he makes up for it in solid exercise in another form. Why look for another exercise? Dr. Doty, in his book, "Walking for Health," assures us that there is no better exercise for the middle-aged than walking, and he is right, too. Walking exercises the body in the most natural way possible. As the doctor points out, after a heavy day at the office, walking will take the blood to the limbs, relieve the congestion of the brain and give it the real rest that it needs.

A great many people think that when they play tennis or golf, they are getting their walking exercise. It is not the same thing. There is the mental rest given to the middle-aged walker which is so necessary to him.

Dr. Doty gives many hints on walking which make his book both interesting and valuable.

Enquiries will be answered through these columns free. Readers should give a nom-de-plume; where this not done, the initials will be used. Those desiring an answer by return of post must enclose 25c to cover cost of postage, paper, etc.

C. M. W., NEW LEXINGTON.—You have gone pretty far, but if you take your case in your own hands, with the help of the advice you obtained from our books and HEALTH AND LIFE

consideration and mutual cooperation. "Correct and Corrective Eating" has been sent to you, and I know that you will find it extremely useful. Live strictly in accordance with its principles; you will find there the rules for the proper combination of foods, and the reasons why it is that that care is needed in planning a vegetarian diet, but your wife will find it really very simple once she grasps the idea. If you have any more questions, please, would you write to me, and I will try to answer them. You go on to the all fruit and all vegetable diet outlined. You could do this for a month or so, and then resume normal and correct eating. That is, you should have at least two actions a day. If you have any difficulty with the morning action, take an enema until your bowels will act themselves. Then, after the enema, do the morning exercise. This is of great importance in getting rid of your trouble. Unless you are definitely following some system, you should strongly advise your wife to take a course of "Fruit and Fitness," and do the exercises there given.

[illegible]

Name _____

Address _____

Married or Single. _____

Age. _____

Height. _____ Weight. _____

Complaint _____

Duration of Complaint. _____

What exercise do you do? _____

What do you eat for Breakfast? _____

Lunch? _____

Dinner? _____

"HEALTH AND LIFE"
333 S. Dearborn Street, Chicago

Technique of Electronic System of Diagnosis and Treatment

By Thomas J. Allen, M.A., M.D.

(This is one of the simplest and most explicit short articles on the Abrams Electronic System of Diagnosis that I have yet read. Dr. Allen's view is well worth reading carefully, for he is considered by the general medical press to be one of the best informed, fairest, and most tolerant of critics, as well as being a practical physician of high standing.—Editor.)

The discovery that the electron, not the atom, is the ultimate of matter, the connecting link between the material and the immaterial, has required the revision of our views of the constitution of matter. We now understand that the only difference between, for instance, a piece of lead and a ray of sunshine, is the different rates of their vibration. Everything is vibration.

The application of this new knowledge to the science of medicine has effected—or, rather, is now effecting—the greatest revolution since the days of Hippocrates. Disease is abnormal vibration. Each disease is a different rate of abnormal vibration.

We have always known that disease is in the blood, since we had any scientific knowledge at all of its nature, and that healing is effected through the blood.

But, Dr. Albert Abrams, of San Francisco, went a little further in the investigation of the relation that exists between disordered blood, and disease. He devised a machine, similar to the radio receiving machine, which measures the vibratory rates of diseased blood and another to change the abnormal, or diseased rates to the normal rate of health.

A drop of blood is received on a piece of sterile blotting paper and placed in a receptacle in the diagnosing machine. Its vibration is communicated over a wire to a subject as nearly normal as possible. In him it causes an irritation in certain nerve trunks, which is detected in certain areas, in the abdomen of the subject, corresponding to the diseases existing in the blood specimen. We set the rate 50 on the machine and test the cancer area on the surface of the abdomen. If cancer is present in the subject from which the blood was taken, it is detected by drawing a glass rod slowly over the cancer area, the rod sticking slightly if the disease is present. By carefully observing the degree or "ohmage" at which the rod no longer is impeded, as we stroke carefully over the cancer area, we determine the rate of cancer, whether incipient or in an advanced stage. We then determine where the cancer is located and its degree in each location, if it has spread. In the same manner, we diagnose tuberculosis, and other diseases and the locations of certain infections which have an important bearing on many diseases.

If the electronic system were confined to diagnosis, it would be of infinite value, since it diagnoses cancer, tuberculosis and other serious diseases long before they could be detected by other means; but the system is equally valuable for treatment.

The abnormal rate of vibration is changed to normal by transmitting into the body the same rate of vibration,

from the treating machine, as the disease, which gradually subsides.

The electronic system is now being used by about six thousand qualified physicians, and is fast gaining in popularity, despite the efforts of some to impede its progress, through ignorance, in most cases.

A frightful monster stalked the land,
Breathing pain and death on every hand;

Nor doctors' drugs nor surgeons' lance,
Nor doctored check his dread advance.
Then came a vision, deep and grand,
A glimpse in nature's wonderland;
To an earnest searcher for relief,
From this largest cause of grief.

The basic nature of disease
Was made as simple as you please;
With magic wand each taint is found,
With electronic wave is drowned.

No terror now is struck by Bright's
No T B cough nor groan affrights;
E'en dreaded cancer fades away,
When treated the 'lectronic way.

A lofty place in the hall of fame
Shall be reserved for Abrams' name,
While they with malice who deride,
In vain shall try their shame to hide.

T. J. A.

SOCIAL HYGIENE CLINIC ENTERTAINS CHILDREN AND ANNOUNCES 1924 PLANS

Sixty-five children, progeny of unfortunate victims of a social disease, and their mothers attended a party given by the Illinois Social Hygiene Clinic, 952 North Clark street, Friday afternoon.

A Christmas tree, movies, music and the distribution of gifts brightened the occasion. Money for the purpose was subscribed by doctors of the staff and friends of the clinic.

Over ten thousand patients have been treated, according to a report presented by the superintendent, Bernard C. Roloff, at a meeting of the staff which occurred at the same time, presided over by Dr. Louis E. Schmidt, chief of staff. The enlarged quarters of the league, according to this report, now care for an average of one hundred patients daily, forty of these being women and children.

New projects which have been carried into effect, according to Superintendent Roloff, include:

Publication of a miniature social hygiene newspaper entitled "Everybody's Business."

Establishment of a permanent wax figure exhibit for post-graduate instruction of physicians, imported from a German scientific laboratory.

Development of a special laboratory at the clinic.

Beginning of a special clinic for examinations of individuals contemplating marriage.

Announcement of new publications of the league entitled:

- "Getting Married."
- "The Leper's Bell."
- "Nail These Sex Lies."
- "Civilization vs. Syphilization."
- "The Folly of Ignorance."

Purchase of three dimension exhibit, "How Life Begins."

Plans for the 1923 campaign of the league were disclosed. These include:

1. To induce every child-caring institution in the county to make a venereal survey of its inmates and secure adequate treatment for them.

2. To induce every large industry to make a venereal survey of its employees and to secure adequate treatment for the infected.

3. To induce every institution caring for adult offenders or dependents to make similar surveys and institute similar treatment.

4. To develop and distribute suitable social hygiene literature for every special class of individual needing such instruction, living or working in Cook County.

5. To offer the medical and educational facilities of this league to further foregoing efforts and to demonstrate their efficacy until such time as the institutions themselves, or the state, city or county will undertake to carry on where the league's demonstrations left off.

6. To conduct a demonstration clinic for the purpose of caring for patients who cannot afford to pay private doctors and of training physicians, nurses and social workers in the art of controlling the venereal diseases in the manner outlined.

7. To correlate the efforts of all constructive ethical agencies toward these ends.

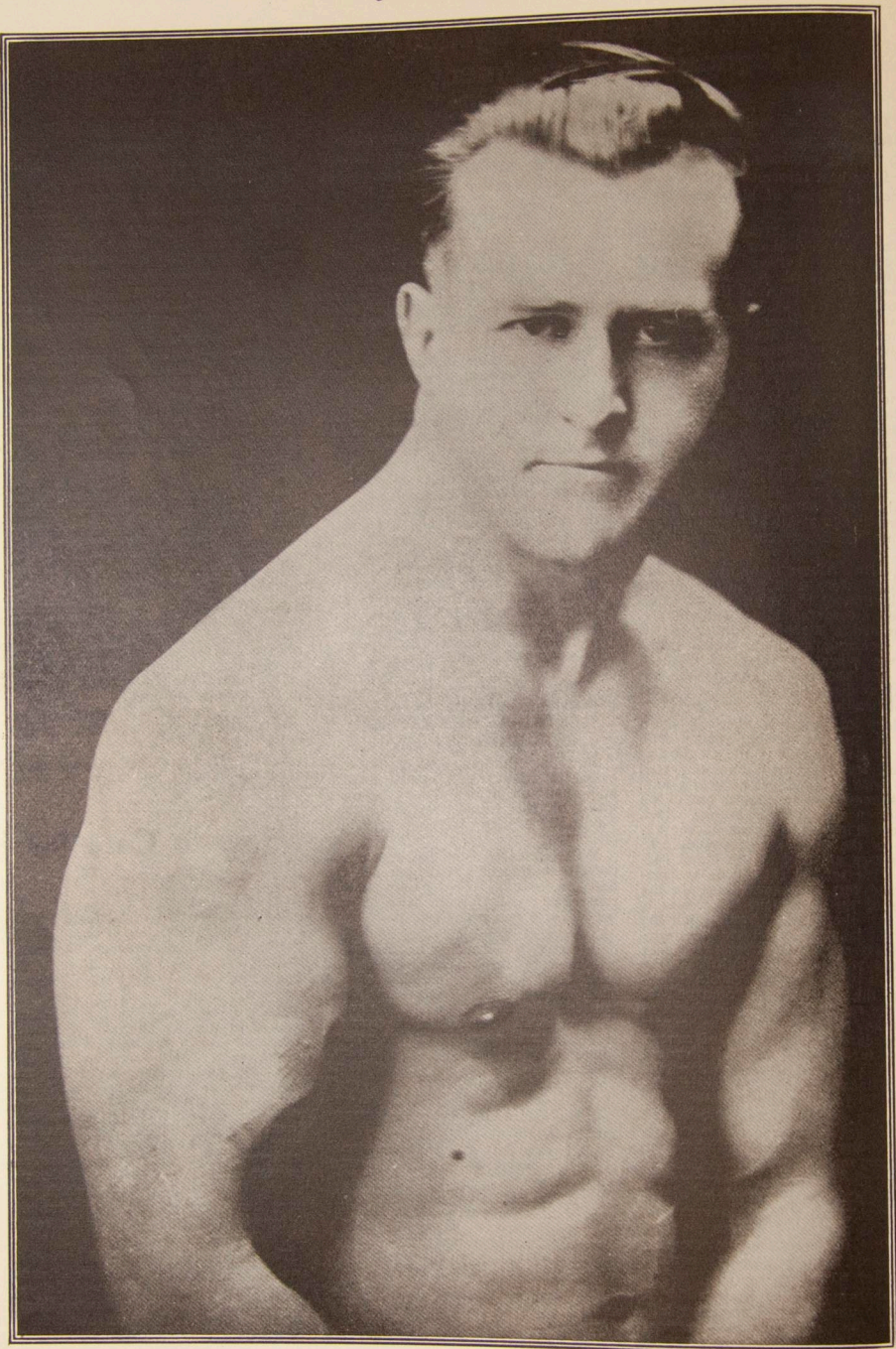
8. To attempt to secure sufficiently adequate support to carry on these efforts.

How to Care for Baby

"Lessons on the Care of Infants." (For use in schools.) By Mrs. Watson. With Preface and Introduction by Benjamin Broadbent, C. D. E., LL. D., M. A., J. P. Longmans, Green & Co. 19 pp. Paper. Crown 8...

Mrs. Watson presents an excellent method of teaching the care of infants to girls between the ages of ten and thirteen years. She considers this the best time, and she is right. Girls are most interested at this age, and there are lots of little problems that can easily be dispelled if the lessons are given properly. These problems are dispelled, not by any direct teaching, but merely because the girl gains an interest in the infant welfare and learns a lot of things about baby which occupy her mind. Thus she is trained by good impressions, leaving no room for bad ones.

The lessons are very simply stated, and teachers who seek to give lessons on the care of infants would do exceedingly well to familiarize themselves with Mrs. Watson's method.



EARLE E. LIEDERMAN
America's Leading Director of Physical Education

If a Jelly Fish Could Slap a Rat in the Face

he would do it. But he can't. He has no arms. Neither does he have a backbone. How much worse off is a man who was given a good backbone and a pair of arms—and won't use them.

No Excuse

We excuse the jelly fish. He never had anything to work on. But there is no excuse for a flabby, round shouldered and flat chested specimen of a man. You were given a perfect framework for a body. You were meant to rule the world, but there is hardly an animal alive which does not show better sense than you do.

Cut It Out, Fellows

Brace up and be the man you were meant to be. Don't try to imitate a jelly fish. Get some pep into you and make a real *He* man out of yourself. Come on and let me help you. I'll shoot a thrill into you that will make your old spine quiver with excitement. I'll build up that chest, broaden those shoulders and give you the huge, muscular arms of an athlete. And that's not all. Your lungs will start pumping real oxygen into your blood, purifying your entire system. Those old cobwebs in your brain will disappear. Your eyes will radiate the life within you. You will have a spring to your step, and every move you make will show new life and energy.

It's Not Too Late

I don't care what your present condition is. The weaker you are, the more noticeable the results. All you need is a framework and enough ambition left to say "I'm ready. Let's go!" I'm going to put one full inch on your arcs in just 30 days. Yes, and two inches on your chest. But that's only a starter. Then watch 'em grow. I'll put pep into your old backbone and build up every muscle on your body so that your own friends won't know you. This is no idle talk, fellows. I don't promise these things—I guarantee them. Come on then and make me prove it. That's what I like.



Send For My New
64 Page Book—

"Muscular Development"

IT IS FREE

It contains forty-three full page photographs of myself and some of the many prize-winning pupils I have trained. Many of these are leaders in their business professions today. I have not only given them a body to be proud of, but made them better doctors, lawyers, merchants, etc. Some of these came to me as pitiful weaklings, imploring me to help them. Look them over now and you will marvel at their present physiques.

EARLE E. LIEDERMAN

Dept. 902 305 Broadway

NEW YORK CITY

EARLE E. LIEDERMAN,

Dept. 902, 305 Broadway, New York City

Dear Sir: I enclose herewith 10c, for which you are to send me, without any obligation on my part whatever, a copy of your latest book, "Muscular Development." (Please write or print plainly.)

Name

Street

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

SICK? TIRED? WORN-OUT?



Throw Away Your Medicines!

Don't continue undermining and weakening your system with harmful, poisonous drugs. Let nature cure you of your ills.

The New Blood Washing Method

Nature's own system—removes cause of disease—health and robust vigor restored. Chronic ailments washed away as if by magic. System freed of all congestion, accumulation of dead matter, etc. Brings back strength and vital power.

After considerable experimenting I have perfected a Bio Water Treatment Apparatus that can be quickly attached to any bath. You can now take the Blood Washing Treatments yourself in the privacy of your own bath.

This complete outfit together with the full course of instructions completely illustrated sent complete for \$26.50 post paid. This is the famous blood washing method written about in recent issues of *Physical Culture Magazine*. The blood washing treatment is not a new fangled idea or cure-all—it has the highest endorsement of the druggists profession. I personally as a physician have had the most astonishing results on a great many of my patients. It is only for that reason I have decided to present this form of treatment to the American Public.

Write me to-day. Let me send you full description literature, learn all about this new form of **EXTERNAL NATURAL** method of relieving aches, pains and diseases.

DRUGLESS DOCTORS, INSTITUTIONS, TURKISH BATHS.

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"Youngborn", Butler, New Jersey;
Tangerine, Florida; Bio Institute,
7 W. 76th St., New York City.

With the Men of Iron

(Continued from page 55)

Dear Sir:

I have just finished reading the very interesting number of the magazine. I must congratulate you on your efforts to spread the gospel of free thinking in regard to the sex question. It is too bad that we have not more men like you in this country.

I was also very much interested in Antone Matysek's letter to you regarding the weight lifting contest at Madison Square Garden. The contest (if you could call it one) was such a failure that the Physical Culture people did not even mention it in their review of the show in a subsequent number of *Physical Culture*. I know Matysek personally and have for some years, and I am surprised that he would make the claims he does in his letter to you. I was at the Garden each night during the show. Mr. Coulter and myself were both in the posing contest and I was right on the job when the lifting job was done.

For your information, he did not jerk 250 pounds. He did 224 and 234 and stopped. In the two hand press he did 200 pounds, but not in military form. He almost bent double to get it up. In the one hand clean, he brought the weight to the shoulder in good form, but did not have anything to spare when bent pressing it from there. In the one hand swing he did about 130 pounds and stopped. To my knowledge he did not even attempt a press with two dumbbells, let alone do 120 each, which I doubt very much if he could ever do. The best two hand press he ever claimed with a barbell was about 220, and any man that can do 240 with two dumbbells would do a lot more with a bar. I was not interested in his attempts at the back lift and so do not know what he accomplished. I notice he says he hopes he loses the Strong Man contest. Don't worry, if a contest can be arranged to attract the right man, he will lose it all right.

Yours for success,

ROY L. SMITH.

Ottley R. Coulter, secretary to the A. C. W. L. A., gives the following news:

Frank Dennis of Birdsboro, Pa., created a new record for the A. C. W. L. A. on Dec. 29. Mr. Dennis made a special trip to Pittsburgh that he might perform his lifts before some of the officials of the Association. He preferred to ride all night and lift before them rather than perform before Association referee and witnesses selected from his own vicinity. He desired to perform his lifts so that there would be no question regarding the style of lifting, and took the best possible course of procedure by making his lifts before George F. Jowett, the technical advisor of the Association.

Dennis has desired to create a record in the Pull Over and Press in the wrestler's bridge position for some time; and on Dec. 29 he performed 182 pounds in this lift, in full compliance with A. C. W. L. A. rule No. 29, which governs this lift. Dennis' body weight was 147 pounds, and an American continental record for the 154 pound class has been granted for this lift. Dennis performed this record before Charles Shaffer, as the official referee, William H. DePew as inspector of the scales, and Hubert B. Bar-

zen, Anthony Pellicciotti and George F. Jowett signed as witnesses. The lift was also witnessed by others and the weight was open to inspection at all times. Dennis tried higher poundages and pulled 197 pounds over his face with a fair amount of ease, but was unfortunate in carrying it out of alignment so that he could not get it properly balanced for the press. Dennis has only been lifting a short time and will certainly improve. There is no real comparison between what he has actually accomplished and the mere claims of some of the others who do all their lifts in private and make the record claims for them as public as possible.

Yours sincerely,

OTLEY R. COULTER,
Secretary, A. C. W. L. A.

Dennis is a pupil of George F. Jowett. Bravo Dennis, and bravo Jowett, too.

I hope next month to be able to say something definite with regard to the Olympic games. Don't forget that representatives from each weight will be sent across. Lifters who think of attempting to qualify to represent this country should be getting into form on the lifts, remembering all the points of style. I hope next month, or at an early date, to deal with the rules for lifting. They will be very strict; of that you can rest perfectly assured. The names of the lifts will probably be: Left Hand Snatch, Right Hand Snatch, Two Hands Clean and Jerk, so polish up on these lifts.

Health and Life Congress

[Readers' views and comments are invited but the editor does not hold himself responsible for opinions expressed here.]

REGENERATE THE RACE

Dear Mr. Bernard:

Mr. Kraning is right. I would suggest an examination of young men and young women prior to marriage. But what is the use of just telling young people they are unfit for marriage, and yet not explain how they can make themselves fit for it. It is like putting a man into jail, and not telling him why he is put there. Suppose a young couple want to marry, and after going through the examination, the young man should turn out to be consumptive. He would be barred from marriage. Now, Love is supposed to be a great thing. If the young man and young woman are madly in love and cannot marry, the physician may give him some dope to swallow, but the young couple will be broken-hearted. What will happen is that the young man will either die of worry, or commit suicide, for the simple reason that he does not know how to cure himself, nor does the physician know how to cure him, but only give him useless medicine.

What I am driving at is, that if a young couple who marry are ailing, they will not only suffer themselves, but will bring into the world children who will be ailing also. It is up to us, and to *HEALTH & LIFE Magazine* to teach the people the right care of the body through exercise and right

(Continued on page 70)

Pelmanism Awakes the Giant Within You

From England, France, Australia, Scandinavia, Africa, India, Holland, and now from America comes the Indisputable Testimony of a living Avalanche of a Half Million Pelmanists

BY GEORGE CREEL

AWAKE to your powers, be the man or woman you ought to be. Beneath your every-day self lies a giant—an unsuspected self of infinite possibilities.

It is this unrealized self that sometimes awakes at a critical point in your life, and makes you outdo yourself. Sometimes when you were at the point of despair it has made you grit your teeth and go in and win. And often after the victory is won your every-day self wonders and says, "How strange, I didn't think I had it in me."

But you *do* have it in you. All men and women who can read or write have the giant of reserve-power within them. But very few discover how to scientifically train this master, bigger, inner self—and use it to their own advantage. 650,000 Pelmanists have discovered that way. Resolve to be one of them. Resolve now to discover your unsuspected self.

Pelmanism Discovers and Trains for Action

Pelmanism can and does develop and strengthen such qualities as will power, concentration, ambition, self-reliance, judgment and memory. Pelmanism can and does substitute "I will" for "I wish." I know that Pelmanism will do these things, because I have seen men and women turn from despondency to hope—from hope to accomplishment—all through the discovery and training of the master-self by Pelmanism.

I have seen the influence of Pelmanism turn poor jobs into good jobs; small salaries into large salaries; make home owners out of the homeless. I have seen it work miracles in character growth.

Increases Incomes

Talk of quick and large salary raises suggests quackery, but with my own eyes I have seen bundles of letters telling how Pelmanism has increased salaries from 20 to 200 per cent. With my own ears I have heard the testimony of employers to this effect. Why not? Increased efficiency is worth more money. But Pelmanism is bigger than that. It also makes for a richer and more wholesome and more interesting life. The advantages of Pelmanism touch life and living at every point.

It was because I had seen how Pelmanism had reached down into the very roots of individual beings and made over the lives of men and women of England and France; it was because I knew the whole glowing story of the successful accomplishments through Pelmanism, starting in England, breaking through national boundaries, sweeping over Europe to

India and Australia, that in 1919 I brought Pelmanism to America.

America's Answer

Pelmanism, brought to America by Americans, for Americans, captured the imagination of men and women in every walk of life. As in England its follow-



ers included Statesmen, Generals, Authors, Lords, Ladies, down to the humblest laborer who wished to better himself, so in America all classes, from statesmen, captains of industry, executives, jurists, down to street cleaners, are training themselves in Pelmanism. Pelmanists like General Sir Robert Baden-Powell and Sir Rider Haggard, are matched by Judge Ben Lindsey and other leaders in America. For all big men—all ambitious men, realized that Pelmanism was what America needed—in political, industrial and farm life.

All Trades and Professions

Successful men who felt themselves growing stale, ambitious men eager to get the best out of their minds, men and women who have "lost their nerve" cure their faults and are attaining their ambition. Thousands and thousands of letters, telling of individual self-mastery, full of glowing, enthusiastic appreciation of success, are proof of the power that Pelmanism is exerting in remaking and developing lives.

A secretary and treasurer of a famous corporation became a Pelmanist. The results were so definite that his five sons are now enthusiastic Pelmanists.

Pelmanism is practical. Its results are not intangible, vague—but positive—definite. It takes the negative qualities—purposelessness, indecision, timidity, mental lethargy, changing them into positives—purpose, decision, courage, mental activity and keenness. It puts interest and joy into living and working—it gives the true key to successful accomplishment—right thinking and right acting.

Pelmanism has values for women as well as for men, for the woman who works in the office, and for the women who work in the home. It develops close reasoning, quick thinking, intelligent decision and executive facility. It has social as well as material values, opening the door to a richer, more interesting life.

Drive—Don't Drift

What are you doing today? What will you be doing twelve months from today? Are you in the hands of fate, or do you direct your own fate? Are you drifting or driving?

Remember thought is fire. Thought is your best friend or worst enemy. Undirected or misdirected thought burns up purpose, character, hope. Directed, mastered thought is the fire that creates the steam to drive the wheels of progress. Know this hidden sleeping giant—train it—develop it—master it. Make it save you, don't let it destroy you.

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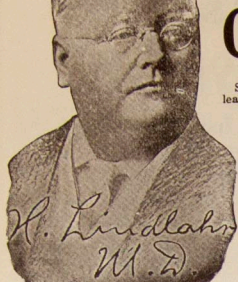
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Health and Life Congress

(Continued from page 68)

living. We cannot pass a law such as Mr. Kraning suggests unless all physicians also make it a point of showing how Nature can cure most of the diseases which make people unfit. The best we can do is to encourage young people about to marry to pass an examination, but it is also up to HEALTH & LIFE and to us to teach them how to cure themselves through natural living and exercise. When young people learn the truth about these matters, there will not be any unfit to restrain from marriage.

Mr. Kraning has initiated a big and most important discussion I should like to see other readers' views on the same subject. I am an enthusiastic reader of HEALTH & LIFE, and think it is a wonderful magazine.

FRANK DENNIS,
Birdsboro, Pa.

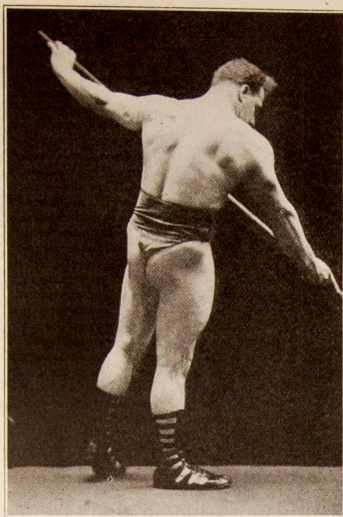
SENSE OR HAIR

A strange rumor has been started that bobbing hair turns it gray. Why? Because scissors are used, it appears. Is the cold steel of scissors, then, more harmful than the hot steel of curling tongs? Does the access of air to the scalp then do damage to this part of the body alone, when air is known to be beneficial to all the rest of the body? or is the problem the far simpler one that bobbed hair is less remunerative to professional hair-carers than long hair elaborately shampooed and artificially dried (so that process is healthy, is it?) and expensively lotioned? If many crimes are done in the name of liberty, what multiplicity of nonsense is talked in the name of health!

The plain truth is that the tight bell-shaped hats which have come into fashion for women are unhealthy by excluding air from the entire head and by shutting out all light, and very often interfering with the circulation. The Roman ladies were famous for their abundance of gold-tinted hair, though the Italians are a dark-skinned, dark-haired race; their secret lay simply in leaving their heads to the sun as they lay or sat on the terraces of their flat-roofed houses. A bobbed hair girl who compresses her head in a bell-shaped felt hat, pressing on the forehead and ears and the nape of the neck will get gray hair and headaches before losing her hair—but the fault lies in the hat. If she tried jamming such a hat on top of long coiled hair she would have just the same sort of trouble but much more of it.

People who object to allowing their boys' hair to be clipped because they aren't used to seeing it so and they object to any change or perhaps to any ideas as ideas, sometimes say that it "spoils the hair." These people are exactly on a par, intellectually and hygienically, with people who claim that are bathing spoils the skin (and there are people who claim that). A boy with clipped hair who never brushes or washes or massages it will see his hair get harsh and ugly in texture. But the boy with long hair who never brushes or washes or massages it becomes such a filthy object that we do him in the street and try not to be too close to him when hanging on the strap of a street car. Health is health, care is care, cleanliness is cleanliness. The

(Continued on page 73)



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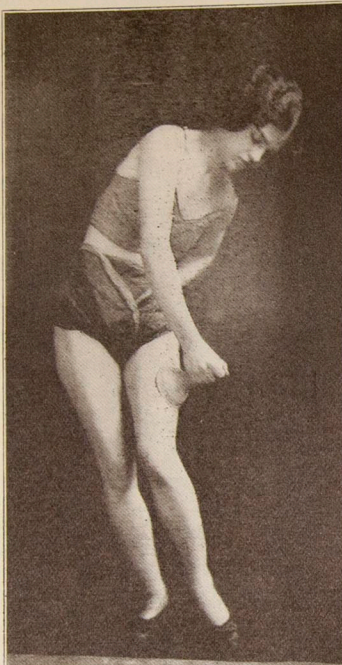
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Editorial

(Continued from page 61)

successful men you see around you, that is, the truly successful, are those who apply the law of development to their minds as well as to their bodies. The strongest man in the world (whoever he is) would not raise 10,000 lbs. from the floor without apparatus; but the weakest child can lift it with its little finger if it knows the law of leverage, and uses it. Most people congratulate themselves that they think, but, if you made a close examination, you would find that about one person in a hundred actually commits himself to an intellectual process of thinking. The remainder let their habits take them willy-nilly. It is a good idea to be alone sometimes, and begin thinking out a few problems that matter. You can start the habit of thinking, which is the best habit you could possibly form, by running through all the things you intend to do during the day before the day begins, and, at the close of the day, reflecting on the things you have actually done.

FIND YOUR REAL LIFE'S WORK.

Some years ago, I was in very close touch with several of the psychologists and scientists responsible for Pelmanism, something which has done more, I believe, to make the average ambitious person think than anything else I know. They were going deeply into the study of the personal equation, I might almost call it, and were working out a series of tests to find out the necessary qualities for certain types of occupation. The trouble today is that very few people get into the profession for which they are best suited. To get into a profession in which you are truly interested, so that you can give your whole energy and attention to the mastery of all the details of that profession, is to be assured of success. If you don't feel an intense interest in what you are doing, the very best advice you can have is to get right out of it, and to take up something to which you can apply your whole heart and soul. "*Ars longa, vita brevis est.*" You have been allotted twenty-four hours a day, for one hundred years—if you are a **HEALTH AND LIFE** enthusiast—for forty-one years—if you neglect your body. If you dislike what you are doing now for a living, you are wasting everything that you have in the world, that is, your life. But it is a grand feeling to get up in the morning, and feel that you are going to occupy yourself during the day with something which is a joy to do. Don't rest until you find your real life work.

DON'T MISS YOUR MAGAZINE.

Some of you have been finding a difficulty in getting your magazine from the newsstands. The newsdealers have been exceedingly generous, and have given **HEALTH AND LIFE** a good display. However, there are still a huge number who do not stock it. If you should have any difficulty, your best plan is to give your order to your newsdealer in advance, and insist that he order your copy; for he can get it from most of the big wholesalers. Of course, the better plan is to send in a subscription, and have the Magazine sent to you. But please do not go



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without it just because the first news-dealer you come across tells you he doesn't stock it. I don't want you to miss any issues. I've got some good bumper ones coming, with some splendid features, which I know you will enjoy even better than the issues already put out. THE EDITOR.

SENSE OR HAIR

(Continued from page 70)

clipped hair boy has the golden opportunity to be not only cleaner and healthier, but brainier, pleasanternatured, and better looking, too, than his hairy-headed fellows. But it's up to him to use his opportunity.

WARRINGTON DAWSON.

WEIGHTLIFTING CHAMPION PLEASED

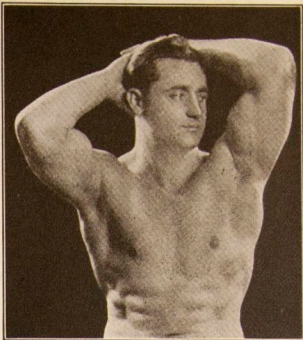
"May I compliment you on your wonderful idea of publishing such an album of athletes and perfect women. I am sure it will appeal to every lover of the body beautiful, and especially to the undeveloped, for it will inspire some to start in working for a physique, and others to work harder.

I am very much interested in your health movement, and will join your HEALTH AND LIFE fellowship in the near future.

Sincerely,

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You Cannot Be a Weakling and Win Did you ever see a weakling leading a crowd? Of course not. The weak, timid man is afraid, he lacks the courage, the strength, the daring. He has no poise, no self-confidence. His nerves are unsteady and he cannot be relied upon. Everyone detects the weakness. There is no need for YOU to remain a human cypher when by a few weeks' scientific training under my expert guidance YOU can change your weakness for strength, your diseases for health, your timidity for dauntless courage and daring—so that you can qualify for Life's Greatest Prize.

Only a Few Hours' Difference Between Success and Failure

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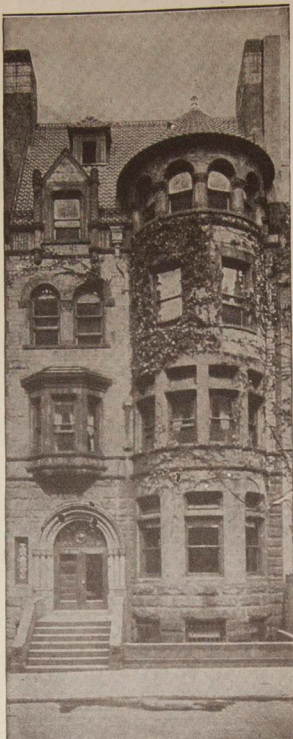
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Among the Grapplers

(Continued from page 57)

flesh, mostly fat, and scales about 190 pounds, and he is by no means the Taro Myaki of twenty years ago. However, he showed the gigantic Abyssinian heavyweight wrestler, Reginald Siki, a few tricks in Chicago recently, and had the colored man shouting "enough" in 15 minutes 15 seconds in the first bout, and 8 minutes 30 seconds in the second.

But when Myaki met Strangler Lewis a few days later, he found the Strangler's weight and strength much too severe for him. However, before he called time he showed 4,000 mat fans how he would have thrown Lewis all over the show had they met twenty years ago. But when the champion got to putting on his strangle holds and dropped his weight on Myaki, the Jap was finished, finding two of his left ribs injured and himself unable to rise. Naturally, he could only keep the Strangler away for 2 minutes 17 seconds in the next round.

Johnny Meyers still keeps his title, in spite of his prediction of losing it. He flopped Chris Jordan, of Cleveland, with his stopper hold in 1 hour, 15 minutes 27 seconds, injuring the Greek's leg so badly that the latter was compelled to forfeit the match. However, Jordan put up a wonderful show and several times had Meyers guessing as to what might be the result.

Johnny Meyers often gets a workout with Jack Dempsey. Dempsey, as you know, is very fond of the mat game and puts in a little training with the middleweight champion occasionally.

Jack Reynolds, of Cedar Rapids, Iowa, maintains his right to call himself welterweight king, but at the present time he is out of action with an injured knee.

It looks as if Joe Stecher is going to turn baseball star. He and his brother, Anton, often played with the Dodge, Neb., team, and the mat artist always distinguished himself. He is getting a tryout with the Omaha Western League team as first baseman.

Harry Berkman, of Chicago, has awarded a shield for the highest number of points in the local Central A. A. U. and the Cook County A. A. F. competition. It was won by the Jewish People's Institute, who defeated the University of Chicago team for it.

COMMENDATION

Dear Sir:

I have been reading **HEALTH AND LIFE** for about six months and I want to congratulate you on the fine service you are rendering the coming generation.

I am director of religious education in church work. A number of young people have asked me what I thought of your magazine and books, and I commended the magazine to them. Best wishes.

Sincerely yours,
J. E. J., New York State.



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A Beautiful Art Album of PERFECT MEN AND WOMEN for Lovers of the Body Beautiful

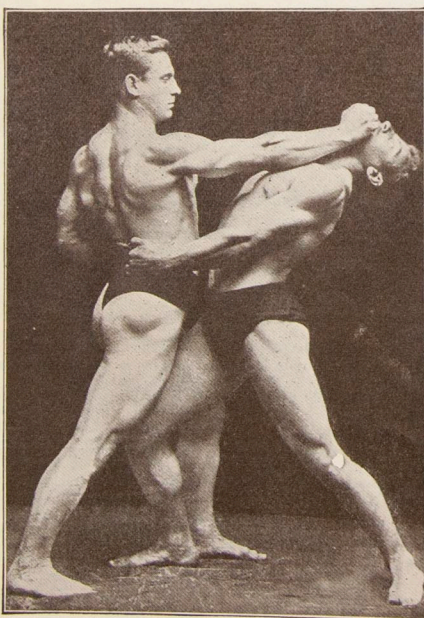
All lovers of the body beautiful will be delighted with this beautiful ART ALBUM, containing 120 glorious pictures of perfect men and women physical culturists. All the beauties of muscular development in men and all the glory and grace of the perfect contours of the best known women physical culturists are illustrated in this Album. It is indeed an art masterpiece, and no lover of the glories of the human body will want to be without it.

The greatest men and women athletes and physical culturists have been chosen as subjects for this Album, so not only does it constitute a beautiful work of art, but also a gallery of athletic physical culture heroes and heroines.

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If you have been making a collection of athletes and physical culturists, you will have all the favored ones here, all ready for you. You will be able to show it to your friends, and they will envy you the possession of it. Only a few copies are in existence, and they will only last a short time, so if you wish to have a copy of this wonderful and beautiful Album for yourself, send in your remittance for only \$2.75.

The following is a list of the athletes, physical culturists, and artists' models who posed for the pictures:



ATHLETIC CHAMPIONS

Ethelda Bleibrey (several poses).
Charlotte Boyle.
Ida Schmall (several poses).
George F. Jowett.
Bernard Bernard (several poses).
Charlie Postl.
Ray Johnson.
Marie Curtis.
Edward Aston.
George Dimbinaki.
Laura Bennett.
Mary Jane Love.
Carlie Keeler.
Marion Fletcher.
Nursie King.
John G. Palma.
Charles Shafter.
Al Treloar.
Maurice Deriaz.
Hilda Curtis.
Strangler Lewis.
David Willoughby.
Al Beran.
Sam Clapham.
Marick.
Walter Klee.
Stanislaus Zhymko.
Captain Johns (several poses).
Otley E. Coulter.
Antone Matysak.
Sibyl Bauer.

Jole Ray.
George Calza (several poses).
Arthur Saxon.
S. V. Bacon.
E. H. Bacon.
Sergeant Swimmer.
Joe Stecher.
Jack Dempsey.
Mark Jones.
Arthur F. Gay.
Marin Piestina.

PHYSICAL CULTURISTS

Mrs. Earle Liederman—(Miss Alaska) (several poses).
J. Richmond (several poses).
Earle Liederman.
Charles Atlas (several poses).
Dorothy Knapp (several poses).
Kathleen O'Connor.
Olive Ann Alcorn.
Lionel Strongfort.
Jovita Dardon.
Helen Chadwick.
Joe Bonomo.
Madge Merritt.
Marjorie Barker.
Rev. R. E. Brown.
Gladys Walton.
Priscilla Dean.
Dr. C. B. Severn.
John M. Hermit.
A. P. Hedlund.

Mrs. Hedlund (several poses).
Rose Kinder.
Polly Walker.
Doris Wilson.
The Vanities.
Ann Hyatt.

ARTISTIC

Strength and Beauty.
Lee Symes.
Salambo and Maitho.
A Study of the Nude.
The Slave.
The Vine.
The Sundial.
Ecstasy.
Consolation.
Le Balser.
The Tempest.
Rising Woman.
Braccio Nuoro.
L'Aurore et Cephalée.
Apollo.
Energy in Repose.
Psyche Receives the First Kiss of Love.
The March of Love.
Beauty and Development.
Climbing up the Cliff.
Hall to Life.
Bacchante.
Pygmalion and Galathea.
Devant La Mer.

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(No money need be sent. A postal card giving your order will bring the beautiful album to you C. O. D.)



Athlete Detective

(Continued from page 58)

utes, I want you to ring up Inspector Saygoyne, and ask him to search the Club. Tell him I am there. But, mind you, not a second under fifteen minutes."

The Heligo Club was a building which was old and dilapidated, but it had never been associated with any of Blount's cases before, so he had not suspected it.

Blount walked in at the front door and bluffed his way past the door porter. He went into the waiting room, and, at a favorable opportunity made his way down into the basement. He walked past the kitchen and was beginning to congratulate himself on getting away with it so well when he heard a scuffle behind him. He turned and found a man rushing at him with an upraised baton.

As quick as a flash, Blount seized his arm and threw him over his head with a Flying Mare.

This made considerable noise, and two men came rushing towards him.

"Yes, I've found the place," said Blount to himself, immediately recognizing the two ruffians who had come to the vault.

He leaped at the bigger man, and, seizing him in a terrific strangle hold, threw him to the ground, falling with his full weight on top of him. But he did not continue to struggle. He got up to bound along the passage, but found the little fellow clinging for all he was worth. A simple wrist lock sent the fellow yelping away.

At the end of the corridor was another room, and in this Blount found Mr. Fennel and his daughter.

"What is that paper?" demanded Blount of Mr. Fennel.

The old man began to tremble. "That," he said, "is what they were making me sign when you interrupted."

Blount read the paper. It was an undertaking by Mr. Fennel to hand over all rights to the Acme plans for salvage of the treasure ships to the bearer.

"You can just tear that up. Come here and I'll do it for you," and he did so.

"Now to get out," said Blount. With that he put his shoulder to the window of the basement and heaved until it gave way beneath his strength. He hoisted Miss Fennel to the railings above, and did the same with Mr. Fennel. He then clambered up to the sidewalk himself and pulled them up finally to freedom.

"We have no time to lose," said Blount. "Come right along here," and he led them as quickly as he could to the spot at which he had commanded Roy Jackson to wait for him.

But when he got there Jackson and the automobile had both gone. He looked at his watch. Fourteen minutes! "I told Jackson fifteen, and he would have waited here if nothing unusual had happened."

"Well, that settles Jackson," said Blount.

(To be continued next month.)

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The Glory That Was Greece

(Continued from page 45)

and beautiful; and after all the greatest asset of a nation is its strong and healthy men and women.

I believe that we are going to have a return to the ancient Greek principles in art, and this art will not merely concern the drawingroom loungers, but every man, woman and child in daily life. It would be a great mission if every Greek now living could devote himself to this end—to the saturation of modern life with ancient Greek ideals. Ancient Greeks desired their people to know the truth about Nature and the universe, they desired them to be familiar with the workings of their own bodies. Ignorance was wickedness, mysticism was debauchery, truth and beauty the universal good. All art and all civilization since ancient Greece may be said to be decadent, and no real progress can be expected until modern civilization is based on the same principles as ancient Greece. Our art and literature must give knowledge and inspire enlightenment. When this is done more art of the sterling nature which ancient Greece produced will be forthcoming in modern civilization.

Perhaps it has been necessary to wait for the Greeks, descendants of the greatest people of all time, to bring about that Renaissance. Perhaps they alone can bring it about. If so, let us hope and trust that they will come here where the earth is new, where old world hatreds do not exist, and build into modern civilization the glory that was Greece.

Gagging a Great Work

(Continued from page 47)

the fight. If we have to refrain from giving this particular message, we shall, in any case, endeavor to begin a new great campaign for purity of life. We are going to continue to endeavor to inspire young men and women with the desire for clean, healthy and well developed bodies. Besides the work in our magazine, we are going to lecture and distribute pamphlets in the endeavor to make this land a land of real purity, understanding the real motive of purity, and enjoying life in the way it should be enjoyed, free from all morbid thought, and rejoicing in the healthy, the strong, and the beautiful.

Curative Movement

(Continued from page 56)

It is best to perform each exercise two or three times daily, increasing the number by one daily until twenty exercises of three movements each are made. Habitual practice will make the movements easy, rapid and vigorous.

Exercise 10.—Lie down on the floor of your bedroom with your feet underneath the bottom of a bureau. Now raise yourself, with the hands clasped behind the head, to a sitting position

by means of the abdominal muscles. Perform this exercise as often as you conveniently can, but not more than twenty times at one session.

These ten exercises are of the utmost importance in beginning the movement cure and should be practiced twice daily—on rising in the morning and just before going to bed at night.

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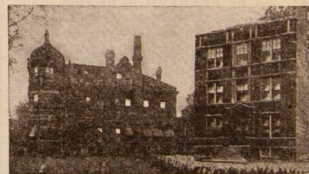
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MANHOOD

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(Love, Birth and Development)

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Phys. B., M. S. P., M. P. C., London

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I Kept the Doctor Away

(Continued from page 49)

about 80° F., and got the best results I could. I followed this immediately with a hot bath, as hot as I could bear it, and in this I lay for about twenty minutes or more. I dried myself and went to bed, covering myself with plenty of warm, light coverings, and perspired freely.

I ate nothing. I simply drank pure water. In the evening I took another enema and another hot bath. The following morning my temperature was still high and I felt very ill indeed. But what else could I expect after all the years I had been preparing for my illness. After all, as I have frequently read in HEALTH AND LIFE, the fever I was suffering was my body's natural effort to burn up the poisons and restore by blood to its normal, clean and healthy condition. In fact, my experience has been that if you want to eliminate poisons quickly, you can't do better than take a hot bath, and so raise the body temperature. The Marathon Bath, recently popularized, actually does this, and those who have been experimenting in it, can testify to the rapid elimination of poisons taking place while the temperature is above normal.

The first thing I did when I woke up was to take another full enema and followed it with a hot bath. Then I drank a full tumbler of hot water and went to bed again. During the day I drank plenty more water and in the evening I again had another enema and hot bath.

The following day my temperature was still high, so I repeated the treatment of the day before. After a few days, when my temperature had gone down to normal, I had prepared for me some soup, made from fresh vegetables alone. I had onions and spinach, celery tops and ordinary cabbage. All these vegetables were fresh, not canned. They were boiled, and the tissues thrown in the waste bin, and I drank the soup, about a tumbler full, twice a day. The vegetables were varied from day to day.

I know that most people would have given up after a week and would have imagined that a medical man would be able to come along with a bottle and a drug which would drive out the devil which was putting up my temperature. However, they didn't get me. My name wasn't Harding or Miske. I just kept right on, having faith in the power of Nature to restore my health.

I am a big, strong woman; therefore, possibly I could stand a lot, and I went on for five weeks before I was finally able to get up and feel free to eat anything substantial. Don't tell me that I gave myself the wrong treatment and that it was my strength and fitness which pulled me through. Harding and Miske were both big and strong, but they could not beat Nature, and I am stronger than both of them put together now.

It is my experience that immediately anything goes wrong with the body, a high temperature is set up. The best thing to do is to encourage this temperature, thus naturally assisting Nature to throw off the poisons by keep-

ing all the eliminating organs at the highest pitch of functioning possible. It has done this in every case I know in which it has been tried.

I am not going to have any doctors around me. If I do have one, he will at any rate be a druggless physician, and he is going to work under my directions, and only act as my adviser. But I am not going to be ill any more. I believe that I have now finally learned the way to keep my body healthy and strong, and clean and free from all the poisons that saturate it if the functions are not kept in good order by natural living.

I have learned the way to eat correctly. I know how to combine my foods scientifically. My textbook is "Correct and Corrective Eating," by Bernard Bernard. It cost me \$1.25, but already it has saved me \$1,000 worth of trouble.

Now to sum up what I did, remembering it may be very useful to you. Immediately upon feeling unwell, I took an enema and a hot bath; went to bed and perspired. I took two enemas each day, followed by hot baths. I ate nothing. When I felt I must have something, I had just pure vegetable soup. When I was beginning to feel right, I had fresh vegetables and fresh fruit only, exactly as explained in Mr. Bernard's "Correct and Corrective Eating." Most important of all, I think, I kept the medicine man away, so I'm alive to tell the story.

The Folly of Ignorance

(Continued from page 62)

medical "institute" which formerly flourished are dangerous.

The clinics of this League are not seeking the kind of patients who are able to pay the fees charged by reputable specialists. The League, however, will act as a "clearing house" and will direct pay patients who desire this service to reputable specialists. It will also diagnose cases for doctors and return patients to them for treatment, if desired.

It Accepts Two Classes of Patients.

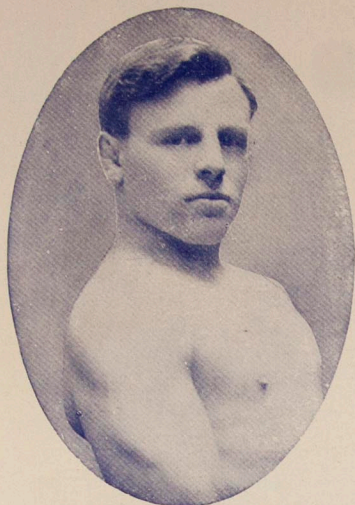
If you know persons who are able to pay only for the bare cost of their treatment, or who are too poor to pay anything at all, the League will accept such patients for treatment or direct them to other similar clinics nearer their homes. The League has no need to solicit patients. It simply provides good care by competent medical men and women to those who need it and cannot secure it elsewhere. Friendly, interested treatment and care is given everyone, including those who cannot pay even the bare cost of treatment.

WHY HE SUFFERED

Received the treatise on "Correct and Corrective Eating." The information contained tells me clearly why my digestive tract has been in such horrible condition for the past ten years.

It seems to be the only sensible work of its kind.

Yours truly,
HENRY J. HENZEL,
Albany, N. Y.



BERNARD BERNARD
(Editor of "Health and Life")

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If you are just a little below par in regard to your health, this book will show you why it is, and how and where you are eating wrongly, and how to eat rightly.

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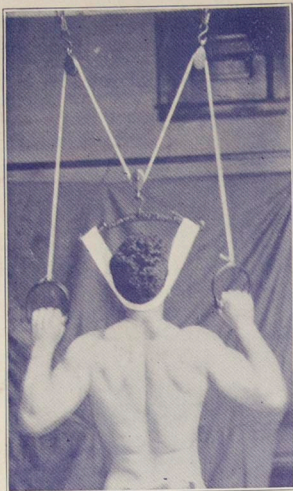
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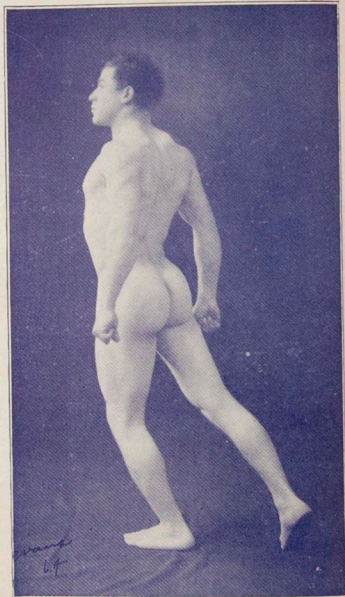
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