

All America Acclaims



KRONOS *the Strong* A Strongfort Graduate

HIS Tour of American Vaudeville Is a Victorious March. Wherever He Performs the Audience Shivers with Suspense and Shouts with Delight at His Superb Manhood and Stupendous Feats of Extra-Human Strength. Kronos Is Now Touring as a Headliner in Theatres of the Orpheum and other "Big-Time" Circuits. Don't you Dare to Miss Him!

Do You Wonder That I Am Proud Of Him?

Paul Kronos, shown in various photographic poses on this page, is the Champion Strong Man of Europe and one of the greatest sensations of recent years in "big-time" vaudeville in this country.

Kronos is a Strongfort Graduate, having completed both the Regular and the Advanced Course to develop and strengthen himself for his strenuous career in the leading theatres of the world. I am very proud of Kronos' record and urge every aspirant for great strength to use his brilliant career as a source of inspiration, courage, and determination to make the most of his own body in the most scientific way known to man—which is through **Strongfortism**.

Here's What the Papers Say of Kronos

The world still remembers Sandow, yet his feats of strength were child's play, compared with the amazing accomplishments of this modern Hercules. It does not seem possible that a human being could possess the strength of this European. He is not the bulging muscle variety of strong man but such sinew as comes to view when he is achieving his stunts makes you feel as if he were about to burst into a thousand pieces.—*Denver Rocky Mountain News*.

Kronos fairly hypnotized the opening audience . . . keeps you wondering and very much amazed. His physique is not that of the usual strong man, and instead of the usual bulging muscles, the sinews appear like great cords over the body.—*Denver Times*.

He snaps heavy steel bars with his naked hands; he drives four-inch spikes into oak planks with his naked fist; he lies on a board through which nails have been driven, and allows to be placed on his body an anvil which is then hammered with a 16-pound sledge.—*Denver Express*.

It is the best act of this sort that has been introduced through vaudeville in years. There is no hokum about Kronos' performances . . . when you have seen Kronos you will never forget him.—*Sioux City (Ia.) Journal*.

He has eclipsed even the heroes of old, such as Hercules and Samson. He performs innumerable feats requiring superhuman power.—*Sacramento (Cal.) Union*.

Kronos is a perfect specimen of manhood.—*Oakland (Cal.) Tribune*.

As a rule, "strong men" acts do not differ materially, yet not so with Kronos who puts it over effectively with his audience.—*Los Angeles Herald*.

Kronos, who out-Sandows Sandow, lifts automobiles filled with men, breaks iron and steel bars like tooth picks and drives 20 penny nails with his fists through two-inch oak planks.—*San Francisco News*.

Watch Out for These Dates

Kronos will perform in the following towns and theatres on the dates indicated: April 6, Houston, Texas, Majestic Theatre; April 13, San Antonio, Texas, Majestic Theatre; April 20, Fort Worth, Texas, Majestic Theatre; May 1, Wichita, Kansas, Princess Theatre; May 4, Oklahoma City, Okla., Majestic Theatre; May 8, Tulsa, Okla., Majestic Theatre; May 12, Little Rock, Arkansas, Majestic Theatre; May 18, Quincy, Illinois, Orpheum Theatre; May 22, Galesburg, Illinois, Orpheum Theatre; May 25, Joliet, Illinois, Orpheum Theatre; May 29, Elgin, Illinois, Rialto Theatre; June 5, Chicago, Illinois, State Roseland Theatre.

Kronos' present tour started in New York City last September and has taken in most of the large cities of the United States. If you missed this extraordinary act when it was last shown in your city, look for its reappearance and be sure to take it in.



Credit to Strongfortism

To Whom It May Concern:

To my knowledge **STRONGFORTISM**, as taught by my physical mentor, Lionel Strongfort, is far superior in every way to any other course in the world for developing great strength and body-symmetry. As a graduate of both the regular and the Advanced Course, I am strong for **STRONGFORTISM**. After comparison **WITH ALL** the other systems as taught in Europe and America I have no hesitation in giving **STRONGFORTISM** my enthusiastic and unqualified preference and endorsement.

Signed,

Paul Kronos

Let This Famous Yale Coach Keep You Physically Fit!

Walter Camp, with His Celebrated "Daily Dozen" Set to Music, Shows You How Buoyant Health Can Be Yours Through 10 Minutes' Daily Fun—Right in Your Own Home. Prove It for Yourself. Five Days' Free Trial.



WHAT is more priceless than buoyant health? Success? Money? Leisure to enjoy life? Without health, those possessions are empty indeed. The people who get the most fun out of living are active, energetic, bubbling over with youthful vitality. Physical and mental fitness attract all the other good things.

Thousands of happy men and women who are in perfect physical trim today have found their greatest delight in the sheer fun of getting and staying that way. No strenuous, tiresome exercises for them. No running a half mile before breakfast, or laboring with clubs, pulleys and rings in a gymnasium. They get all the exercise they need and want with Walter Camp's famous "Daily Dozen." Set to music, this simple system of exercise is as enjoyable and fascinating as dancing. It really amounts to keeping one's self gloriously fit with ten minutes' fun a day.

Exercises That Build Up Instead of Tear Down

Whether used by men or women, these fascinating exercises bring the most extraordinary benefits. Stout persons find their excess fat rapidly melting away until presently their youthful, slender figures are restored. Thin persons build up; bony hollows become rounded and firm muscles harden; chests expand; the whole system becomes charged with a splendid vitality.

People who suffered from "nerves," who were easily fatigued, who felt listless and run down, have found strength and energy renewed almost like magic. Brain fog and bodily weariness disappear; appetite comes back keen and strong; sound, natural sleep gets to be a regular habit. They find a joy in living that they had never known before.

Our files are crowded with hundreds of enthusiastic letters from users telling how the "Daily Dozen" exercises have brought glorious vitality and health. A few of these letters are reprinted on this page. What the "Daily Dozen" has done for others, it can do for you.

How the "Daily Dozen" Came to Be

This now famous system of pleasant exercise was a direct outgrowth of the war. A navy officer in charge of new recruits noticed that the regular setting-up exercises left his men tired and worn out. So he wrote to Walter Camp, the celebrated Yale coach, for advice. In response, Mr. Camp at once set about devising a special set of exercises based on his long years of experience. The result was the "Daily Dozen" as we know it today. So great was its success that it was promptly adopted in training camps, as well as in many of the official and executive departments of the Government—extending even to members of the President's cabinet.

The example thus set was quickly followed by prominent men and women—some of them elderly—in every walk of life, who, with the aid of the "Daily Dozen" have kept themselves in perfect health under the strain of business and social life. Mr. Camp himself, though over sixty years of age, is in finer physical condition today than many men of half his years. This splendid health and vitality he owes to the "Daily Dozen," which he himself uses every day.

The marvelous success of his system is easily explained. This greatest living authorities on physical training says that long, tiresome, strenuous exercise is not only unnecessary—but may work actual harm. The gentle, pleasant exercises he prescribes are based on sound scientific principles, which take into account the effect of exertion on those who lead more or less sedentary lives.

Mr. Camp says that we should look particularly to our trunk and body muscles. Civilization re-

stricts and confines us much as a cage confines a tiger. Yet the caged tiger instinctively keeps itself in perfect physical condition—not by running and jumping and exerting itself violently—but by continually stretching and turning and twisting its trunk muscles. That's all the secret there is to the "Daily Dozen" exercises.

What You Can Do in Ten Minutes a Day

Since the war, the demand for the "Daily Dozen" has been so great that with Mr. Camp's permission the entire 12 sets of exercises have been set to rousing music and recorded for the phonograph. It has been made so simple and clear that a child can understand and use it perfectly. A voice speaking on the record gives the commands, and a chart is furnished for each exercise illustrating by actual photographs the exact movements to make. Appropriate music sets the time and adds greatly to the genuine pleasure everyone gets out of it.

And the beauty of it is that you don't have to keep it up for an hour or even a half-hour in order to insure to yourself the fullest benefits. Ten minutes is enough to make you thrill and glow with new life and energy—ten minutes of pure, glorious fun. No matter who you are—how old or young you are—or whether you are stout or thin—this delightful new system will prove the one thing you need to put you in tip-top physical trim.

Try the "Daily Dozen" Five Days Free

You'll never fully appreciate what the "Daily Dozen" will mean in your life until you have seen, heard and tried them for yourself. You can do all three without putting yourself under the slightest obligation to buy. We will gladly send you, for five days' free trial, the complete course—consisting of five large double-disc records, the charts with 60 actual photographs, illustrating the movements, and a beautiful album to keep the records in.

You don't need to send a cent of money. Simply fill in and mail the coupon below and the complete course will be sent to you at once. As soon as it arrives, try the records for yourself for five days. Enjoy them to the limit—see how fascinating they are—and how good you feel each time after using them.

Then if, for any reason, you are not satisfied, return them to us and you will owe nothing. If you decide to keep them—you can pay for them at the easy rate of only \$2.50 down and \$2.00 a month for four months until \$10.50 is paid.

Thousands of people have paid \$15.00 for the same system, but you can get it at the special price if you act at once. So don't put it off. Clip and mail the coupon *Right Away*. Address Health Builders, Inc., Dept. 24, 334 Fifth Avenue, New York City.

Use This Five-Day Trial Coupon if Ordering the "Daily Dozen" Only

Health Builders, Inc., Dept. 24
334 Fifth Avenue, N. Y. City

Please send me for five days' free trial at your expense the complete Health Builders Series containing Walter Camp's entire "Daily Dozen" on five double-disc ten-inch records; the 60 actual photographs, and the beautiful record album. If for any reason I am not satisfied with the system, I may return it to you within 5 days and will owe you nothing. If I decide to keep it, I will send you \$2.50 in five days (as first payment) and \$2 a month for four months until the total of \$10.50 is paid.

Name.....
(Please write plainly)

Address.....
If you prefer to pay cash in advance, send only \$10.00. Orders from outside the U. S. payable cash in full with order.

EVIDENCE

Gives "Daily Dozen" the Credit
"I attribute my keeping in good health and feeling so fit entirely to the fact that I never miss doing my 'Daily Dozen.'"
—Frances Aida.

Unlimited Pleasure
"It may interest you to know that my family, consisting of parents, brother, four sisters and several in-laws as well as myself, are deriving unlimited pleasure, as well as improved physical condition through the daily use of the Health Builder records."—E. Benatar, Passaic, N. J.

Bert Lytell's "Best Bet"
"Walter Camp's 'Daily Dozen' exercises on the phonograph records are my best bet to keep in condition. While working my time is so taken up at the studio that the 'Daily Dozen' has become my health creed."—Bert Lytell.

"Wonderful"
"We now have the 'Daily Dozen' in every school room. They are wonderful."—J. I. Martin, Watontown High School, Watontown, Pa.

Reduced to Normal Weight
"The 'Daily Dozen' has worked wonders in my case. A sedentary life had brought its customary accompaniment of flabby muscles and extra flesh. My weight was well over 200 pounds. Now, thanks to you, my fat has gone, muscles firm, weight normal, and I am prepared to give a hard tussle in physical stamina to any of the younger fellows."—William H. Crawford, N. Y. City.

Filled Long-Felt Want
"I just want to add my word of enthusiasm to the many others regarding your wonderful records. They have filled a long-felt want. For the first time in months—I might say in years—I can relax at night and sleep. God bless Walter Camp and the Health Builders, say I."—Mabel Corlew Smith, New York.

The New Camp-Fone



THERE is nothing like the "Camp-Fone" to accompany the "Daily Dozen." It is the model phonograph—so light that it can be easily and quickly moved about the home, or from place to place; so small that it can be tucked away almost anywhere. It has all the important features of the large expensive phonographs including noiseless motor, mellow-toned sound-box, speed adjuster and the other usual devices—all contained in a smart-looking, mahogany finished hardwood case. Plays any make record. Not a toy, but a beautiful, high-grade, perfectly con-

structed instrument which meets every demand for music in the home, at dances and parties, on camping trips, etc., and is especially adapted to the "Daily Dozen" exercises.

If you want free details of our special offer and bargain price, mail this coupon.

Use This Coupon if You Want Details On "Camp-Fone" Offer Only

Health Builders, Inc., Dept. 24,
334 Fifth Ave., N. Y. City

Please send free details about the Camp-Fone, with your special offer. This is not to obligate me in any way.

Name.....
(Please write plainly)

Address.....

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