

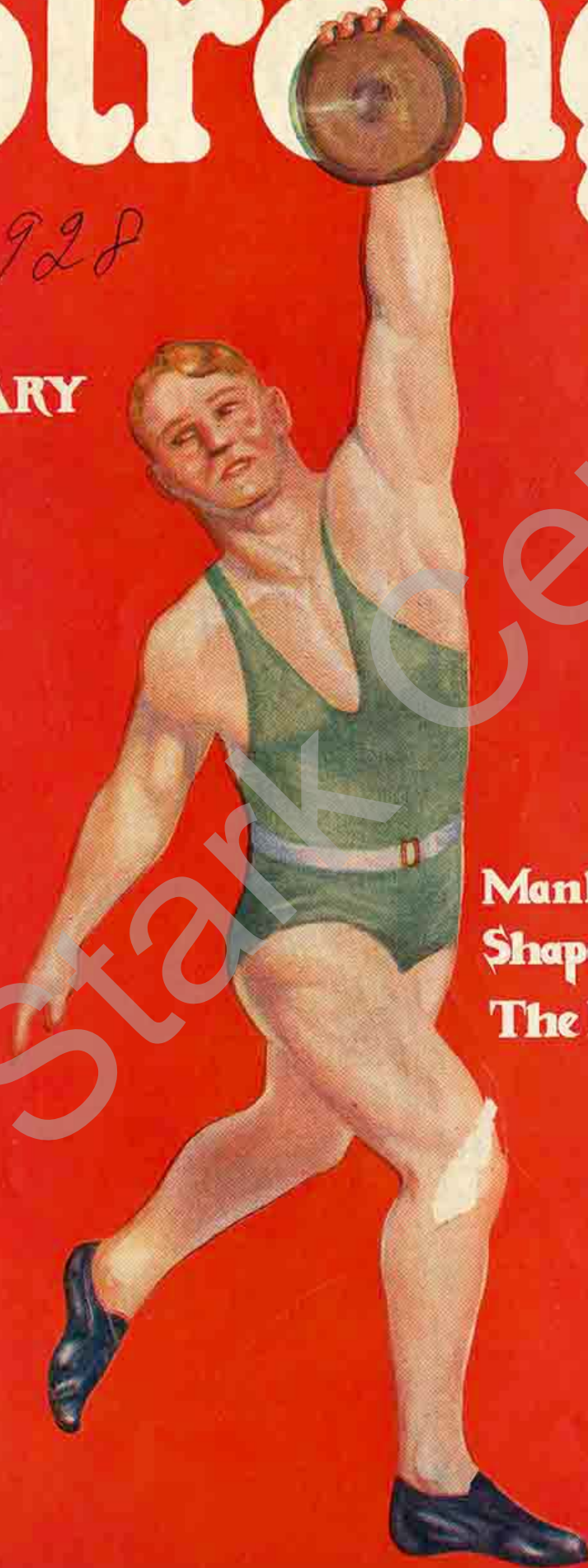
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★ Strength

1928

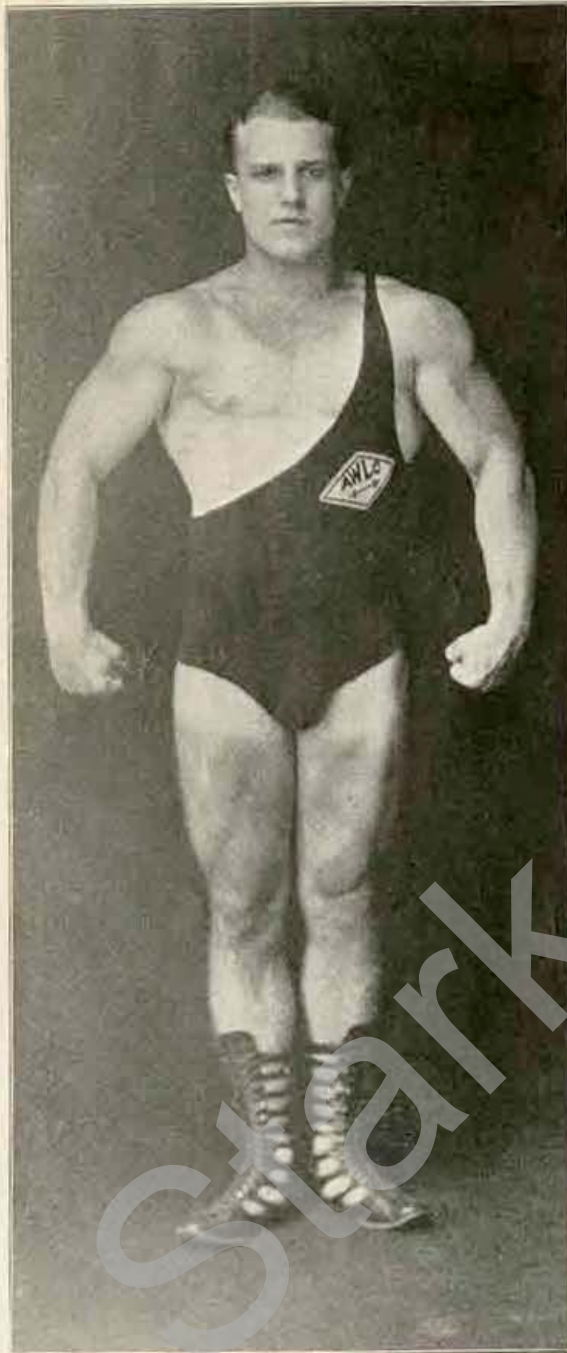
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You can't tell us you haven't dreamed more than once of being physically powerful and beautifully built. You can't tell us you don't believe physical strength and stamina are as important as brains in making a success of your life. But you could tell us, if you cared to, why in the world you haven't tried our Bar Bells as a means of making your ambitions of physical power come true. We can't understand this, for the Milo Bar Bells and the Milo Complete Course on how to use them compose the surest and most logical means of getting rapid and life-lasting results.

Don't take our word for this. Ask any one who knows; ask any one who has ever seen or used a Milo Bar Bell. Our long experience, the thousands of physically perfect men we have already produced, and the additional hundreds we are producing right along are a few of the reasons that make us positively sure of our methods and make you doubly sure of Enormous Strength and Superior Physical Proportion. Your results will equal your wildest dreams.

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Are you one of those who want great Strength? Are you so weak you despair of ever becoming normally strong? Then let the Milo Bar Bells go your hopes and desires one better by making you unusually strong.

Are you normally strong but seem to stick right there regardless of your efforts? Buy a Bar Bell and watch yourself surmount this difficulty from the very beginning.

On the other hand, do you happen to be one of those who crave a wonderfully-muscled body from head to foot—proportions that will make friends and even painters and sculptors rave over your physique?

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

Most likely you desire both great Strength and an Incomparable Physique, as well as Suppleness and Endurance. When your Bar Bell arrives so does your physical rejuvenation.

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

Our Guarantee Is the Broadest in the History of Body Culture

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

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

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

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The Milo Bar Bell Co.

Dept. 192

2739 N. Palethorp St.

Philadelphia, Pa.

"Don't make a monkey of yourself"

cried Bob as

I sat down at the piano

BOB was always putting his foot into things.

I was spending my vacation with him when I met his cousin, Helen. Instantly all other girls faded out of my life. It was love at first sight. But unfortunately she didn't seem to feel the same way about me.

Like all young lovers, I confided my troubles to the nearest willing ear. It happened to be Bob's.

"You've got nothing to worry about," he insisted when I finished my tale of woe. "Just leave it to me. All you need is a little publicity. . . ."

Right then and there I knew I should have kept my mouth shut.

The very next day he announced that he'd just had a long talk with Helen and, according to him, "put me over big!"

"Boy! What I didn't tell her about you is nobody's business!" he exulted. "When I got through with my little song and dance about what a whiz you are at the office, I pulled my trump card . . . and believe me, it boosted your stock sky-high!"

"What was it?"

"Well, you see, she's crazy about music. So I conveniently forgot that you can't play a note, and told her you are an accomplished pianist!"

"But, Bob . . ."

"Not another word! I've got you sitting pretty, now. If by any chance you're asked to play—just say that you've sprained your wrist playing tennis. I'm some little fixer, eh, what?"

That very night we were all invited to the Carew's party. On the way over, I sensed a big difference in Helen—a difference that made my heart beat fast with a new hope. Perhaps, after all, Bob was a good fixer.

A little later in the evening we were all gathered around the piano, listening to the rather indifferent performance of one of the guests.

I Am Asked to Play the Piano

"I'm just dying to hear you play!" cried Helen. "I've heard so much about your talent! Won't you play something for us?"

"Yes!" "Yes!" "Please!" came from all sides. With a smile I bowed low . . . and replied that it would be a pleasure!

Glancing up I saw Bob's grin change to amazement. This was not part of the plan! Calmly ignoring his frantic signals, I walked over to the piano.

Quick as a flash, Bob followed me. "For the love of Pete get away from that piano," he whispered excitedly, "don't make a monkey of yourself. If Helen ever hears you play she'll think everything else I told her is bunk, too!"

Turning to the guests in an effort to save his own skin, Bob announced, "Perhaps we should wait until some other time. You see, his wrist is slightly sprained in tennis this afternoon, and . . ."

"Oh, that's nothing!" I broke in, and as he looked at me dumbfounded, I sat down at the piano.

Without any further hesitation, and with a secret smile at the surprise I had up my sleeve, I began the first notes of Irvin Berlin's famous "Russian Lullaby!" The tantalizing irresistible



strains seemed to throw a spell over the guests. One by one they quietly moved nearer the piano, until soon I was completely surrounded by rapt listeners.

Bob was so stupefied that all he could do was to stand there in open-mouthed amazement.

On and on I played—losing myself in my music. I forgot Bob's astonishment—forgot the glow of admiration in Helen's eyes—forgot everything but the beautiful melodies that always opened a new world for my enchantment. Swept away by the sheer magic of Berlin's genius, I was unaware of the silent tribute that followed my playing, until thunderous applause shook the room.

That brought me to myself with a start. For the rest of the evening I was the lion of the party.

Bob could hardly restrain his curiosity until we were safely home.

"Boy! You sure stopped that party dead!" he exclaimed. "You could have knocked me over with a feather when I heard you actually

playing! Why didn't you tell me you knew how?"

"You never asked me whether I knew how to play," I countered.

"Of course not! Last summer you didn't know one note from another—how was I to guess you'd blossomed into an accomplished pianist overnight?"

"Not overnight, exactly!" I smiled. "Although it almost seemed that way! Remember that Free Demonstration Lesson in music I sent for?"

"You don't mean the one that was supposed to show you how to play without a teacher, do you?"

"The same! All the fellows said it was a fool stunt, and that I was crazy to send for it. Well, it happened to be the best bit of luck that ever came my way! I didn't say anything about it because I didn't want everyone laughing at me when I sent for the course. That course certainly is wonderful!"

"So you really are an 'accomplished' pianist! The joke's on me, alright!"

"Oh, I wouldn't say 'accomplished,'" I laughed. "But enough of a pianist to get a lot more fun out of life than I used to!"

You, too, can learn to play without a teacher

The above story is typical. You, too, can learn to play your favorite instrument by this remarkable "at home" method that has helped almost half a million people all over the world to increased pleasure and financial gain. You don't have to know the slightest thing about music. First you are told what to do—then a picture shows you how to do it—then you do it yourself and hear it. No private teacher could make it any clearer.

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Strength



FEBRUARY, 1928

Vol. XII

No. 12

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LIFE IS NOT WORTH LIVING— Without Sound Nerves

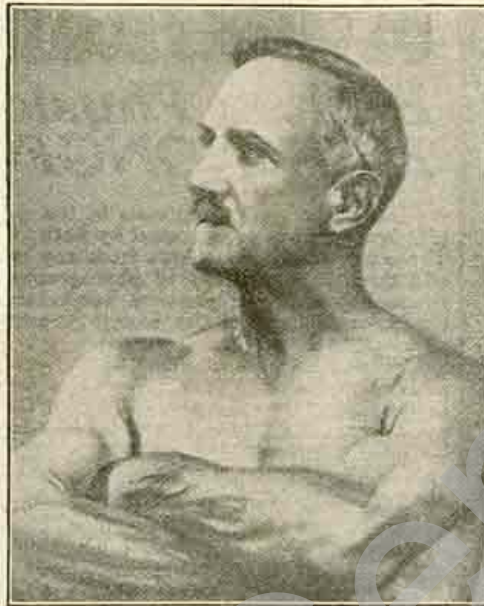
YOUR nerves govern your life—your efficiency, your happiness, your health. If your nerves are depleted, you cannot concentrate or think clearly; you have not the "pep" and spirit to enjoy your pleasures and sports; you have not the physical comfort and well-being without which happiness is impossible. Is life worth living under these conditions? No! You merely exist—you are not getting out of life everything that it has to offer!

We are living in an age of SPEED; we are leading a "mile-a-minute" life. We crowd two or even five years of life into a single year! We hurry, we worry, and often we dissipate our vital forces through ignorance.

Yet, we go on living our lives hard and fast, little realizing that we cannot go on for long, that there must come an end to our stock of Nerve Force, and that Nerve Exhaustion is staring us in the face!

Every victim of Nerve Exhaustion when he is stricken with this terrible malady, firmly believes that he has been stricken suddenly. This is not true. The fact is, that it has been years developing, and that he has had many, many warnings of what was coming—but he did not heed them! Though he passes through years of sub-normal nerve supply, he pays no attention, he believes it quite common—as many misled people do—to feel tired and worn out; to suffer sleepless nights in periods; to feel discomfort after meals; to feel depressed, irritable, melancholy, and often in a "mental fog." He believes his trouble will solve itself "somehow," "sometime," especially since his physician assures him that there was "nothing physically wrong," that all his "organs are perfect," that all he needs is a "rest" and he will be "all right." A little rest helps a little—for a while, and then he is right back where he started, leading the same old life. Finally, he becomes a bit discouraged, believes that every man must endure "a few discomforts," and keeps going while the going is still good. Little does he realize that every day he is undermining his constitution, paving the way to all sorts of physical and mental disorders, and going through life only HALF ALIVE!

The country is teeming with cases that



PAUL VON BOECKMANN
Author of "Nerve Force" and several other books on Health and kindred subjects
This photograph, taken very recently, shows him at the age of 57—the acme of Strength, Vitality, and Nerve Force.

fit this story like a glove (for we Americans are the most nervous nation under the sun, not barring even the hot-headed Latins). They may be called "near-neurosthenics." A near-neurosthenic is but a next-door-neighbor to a full-fledged neurosthenic, in the grip of actual, terrible, and complete Nerve Exhaustion—Nerve Bankruptcy!

There is but one malady more terrible than Nerve Exhaustion, and that is its kin, Insanity. Only those who have passed through a siege of Nerve Exhaustion can understand the true meaning of this statement. It is HELL; no other word can express it. At first the victim is afraid he will die, and as it grips him deeper he is afraid he will not die; so great is his mental torture. He becomes panic-stricken and irresolute. A sickening sensation of weakness and helplessness overcomes him. He becomes obsessed with the thought of self-destruction.

The symptoms vary according to individual characteristics, but the development is usually as follows:

First Stage: Nervousness, restlessness, sleeplessness, lack of energy, poor circulation, and other minor symptoms of low vitality.

Second Stage: Nervous indigestion, belching, sour stomach gas in bowels, shallow breathing, decline in power of the reproductive functions; high or low blood pressure, hot or cold flashes, heart palpitation, mental uneasiness, irritability, undue worry, despondency, self-consciousness, etc.

Third Stage: As nerve weakness advances, the symptoms mentioned before become more severe. It is then the more severe mental symptoms appear; namely, fears, melancholia, dizziness, loss of memory, hallucinations, suicidal thoughts, and finally INSANITY.

If only a few of the symptoms mentioned here apply to you especially those indicating mental uneasiness, you may be certain that your nerves are weak and deranged. Fight this weakness as you would fight for your life. Conquer it, or it will conquer you. There is nothing more terrible than Nerve Exhaustion.

Medicine Useless

Medical treatment for nerve weakness is worse than useless. Taking drugs to stimu-

late jaded nerves is like making a tired horse run by dragging him behind an automobile.

Physical Exercise May Be Harmful

Don't be deceived into believing that some magic system of exercise will restore lost Nerve force, as is so often claimed by physical culturists. More often it wastes the little that is left, for exercise demands expenditure of Nerve Force. Bear in mind that some of the worst nervous wrecks may be found right among our physical culturists, prize fighters, and noted athletes. Nerve abuse wrecks the strong as well as the weak.

Important Book on the Nerves

Many excellent books have been written on the care and strengthening of the nerves, but by far the most practical book ever written for the benefit of the general public is "Nerve Force," by Paul von Boeckmann, the noted authority on this subject, who has for thirty years made an intensive study of people with weak and deranged nerves. The book is illustrated and contains 64 pages of condensed facts and advice upon the subject of Nerve Culture. The cost, prepaid, is only 25¢ (coin or small denomination stamps).

Your Children's Nerves

This book is of inestimable value to parents. Proper care of a child's nerves is as important as his mental training, for education is of little value unless backed by sound nerves.

Nervous parents are likely to beget nervous children. The information contained in this book will give a parent a thorough understanding of the dangers that threaten a child's nerves and how to counteract them, so that the child can become immune to nerve strain and become strong and healthy.

Unconditional Guarantee

This book is guaranteed from cover to cover. If after applying the advice it contains, your nerves do not feel 100 per cent calmer and better, your money will be refunded. PLUS your outlay for postage. There is no time limit to this offer.

Over a million copies have been sold, a record never before reached by any other book on health. This book and several other books on health subjects by the author are now on file in many public libraries and at the National Medical Library at Washington, D. C. They are highly recommended by noted physicians, scientists, teachers, ministers, and students of health culture.

What Others Say

A prominent lawyer in Ansonia, Conn., says: "Your book saved me from a nervous collapse, such as I had three years ago. I now sleep soundly and am gaining weight. I can again do a real day's work!"

A physician says: "Your book shows you have a scientific and profound knowledge of the nerves and nervous people. I am recommending your book to my patients."

A mother writes: "I always had that dragged out feeling. I could not take any interest in my children's activities; they annoyed me. I could find no relief until I read your book. It taught me how to build up my nerves. Now I am a companion to my children, can play with them, and am interested in their doings."

A college student writes: "I studied so intensely to pass my 'exams' that I broke down completely and had to leave college. After following your teachings, I was able to return to school and complete my education, graduating with honors."

A young girl writes: "I had been suffering from depression for a long time. I tried many cures, but none succeeded. In changing my mental attitude to life, you saved me from this terrible melancholy."

An athlete says: "To look at me, you would have thought me to be 'the picture of health.' But my appearance was deceiving—I was strong physically, but internally my nerves were shaky and life was a burden to me. Now I understand that muscle isn't everything."

A business man writes: "Your book did more for me, for indigestion than two courses in dieting."

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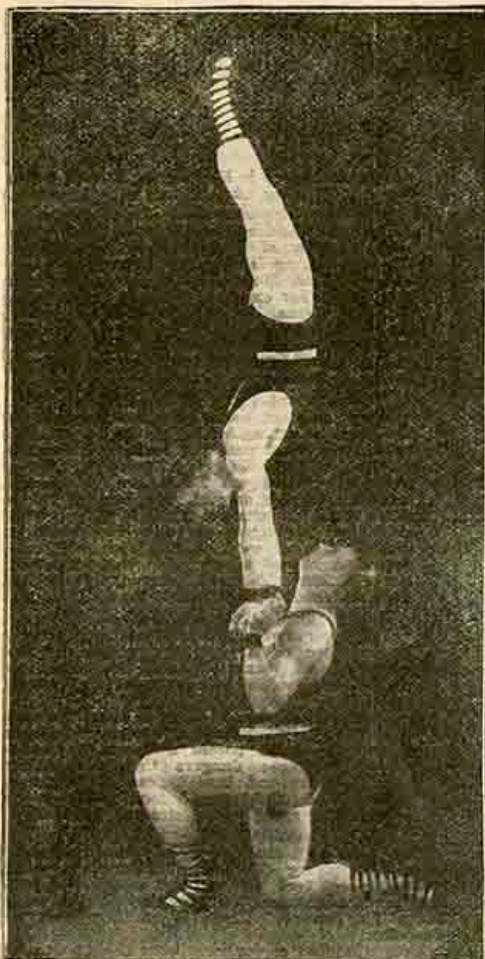
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successful life will get in touch with you and I should be glad to answer any questions a "doubter" may have if you care to refer him to me.

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Another Letter About the Strongfort Course

Mr. Lionel Strongfort,
Strongfort Institute, Newark, N. J.

Dear Teacher: I am glad to know you are going to publish our pictures as by so doing you will give other fellows an idea of what your Course can do for young men.

I never dreamt your Course was going to make us professional strong men, as in the beginning I was satisfied with ordinary health, but now I possess a fine physique and unlimited energy.

Mr. Ranger also feels the same as I do.

We are no better than anybody else. If we can get on the stage to give exhibitions, by taking up your Course, anybody else can. We will be glad to answer questions about your Course for anyone we meet in our travels around the country. Anyone interested can come back-stage wherever we are playing and we will be more than pleased to tell them all about it.

Since we owe you the whole credit for putting us where we are you may call upon us for any co-operation, as we are at all times glad to serve you. I remain always,

Your grateful pupil,

HENRY S. FABER, 516 E. Elizabeth St., Detroit, Michigan.

Me too—JOHN RANGER.

As these young men say, what they have accomplished through taking the Strongfort Course in physical and health development, can be accomplished by others. There is no other Course like the Strongfort Course—none based on such fundamental principles of health and strength building. The Strongfort Course begins with internal muscular development and lays the right foundation to health on which to build muscular strength. It then follows through by creating beautiful, symmetrical external muscles in body, arms, and legs, bringing the pupil to as near a state of physical perfection as is possible.

STRONGFORT INSTITUTE

LIONEL STRONGFORT, Director

Physical and Health Specialist for Over 25 Years

DEPT. 437

NEWARK, NEW JERSEY, U. S. A.

Two Fine Specimens of American Manhood Built to Physical Perfection By STRONGFORT Methods

There isn't a young man in the world who could not be proud of a physique such as is possessed by both of the splendid athletes here pictured. These are admirable fellows from any point of view—and I am delighted to add them to my galaxy of photographs of young men who have made of themselves superior physical beings through the methods which are the fundamental basis of the Lionel Strongfort Course in physical and health development.

Henry Faber and John Ranger are engaged in professional careers as athlete and strong men. Both are fine, living examples of what can be accomplished by means of STRONGFORTISM. Not only have they developed powerful muscles, but they have done it symmetrically so that they are beautifully balanced human beings, radiating health and physical vigor.

Both these young men give entire credit to LIONEL STRONGFORT and STRONGFORTISM for their perfect physical development. It is within the power of all normal young men to have vigorous, energetic, muscular, healthy bodies.

Read what John Ranger says:

Dear Mr. Strongfort:

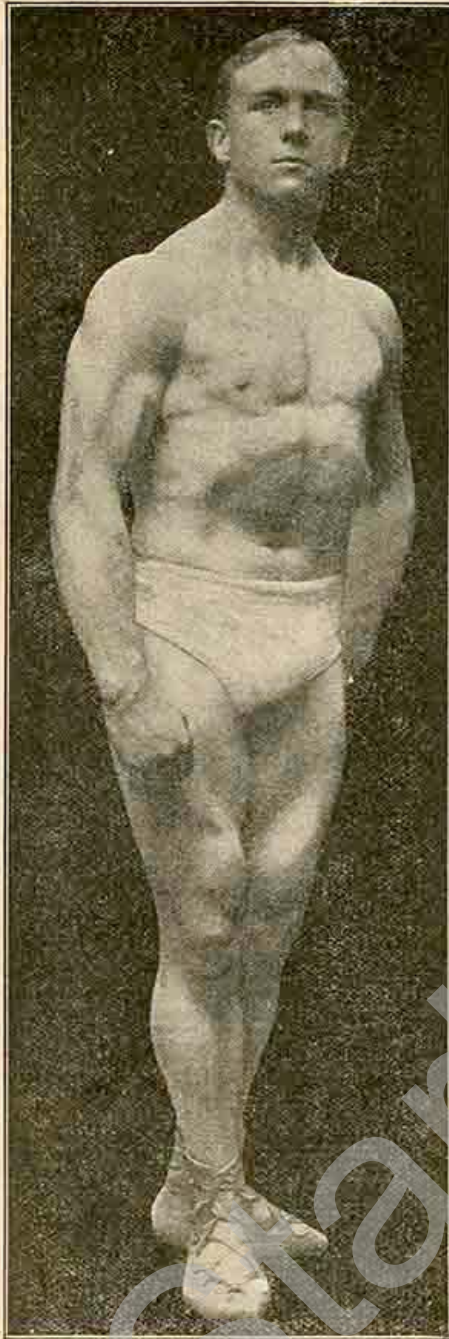
After graduating from your Course in Health and Strength Development, I owe it to you to say that I am pleased with the results obtained.

I consider it remarkable that I have accomplished such results. It is, of course, due to the superiority of your scientific methods of training and personal interest and guidance of your pupils. I hope that anyone in search of health, strength and a more



Faber and Ranger

If you are interested in Health and Strength—Use Coupon on Next Page



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

Heartedly and completely, accepting her kindly aid in restoring you to vigorous health and manly strength adopting

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STRONGFORT INSTITUTE
LIONEL STRONGFORT, DIRECTOR.
PHYSICAL AND HEALTH SPECIALIST
DEPT. 437 NEWARK, NEW JERSEY, U.S.A.

This Is The Man Who Has Made Thousands of Weak Men Strong

Lionel Strongfort has been conspicuous in the field of physical culture and muscular development for over 27 years. He is known on both hemispheres. He made his impress on the public mind by developing himself to marvelous symmetrical proportions—his bodily perfection being the subject of wide comment wherever he exhibited—and while performing, in Europe and America, incredible feats of strength. He had "the goods" and he delivered them.

Throughout the years he has devoted to upbuilding men and moulding them into fine, vigorous, muscular fellows. Strongfort has directed many in getting themselves into condition to become winners in whatever field of athletics they chose to enter. He has made other thousands powerful and developed them simply for the satisfaction that comes of being strong enough for defense in any emergency, or to command respect and admiration of both men and women wherever they went.

Look at Strongfort's Portrait

Look at those muscles standing out all over him! This portrait is not published for glory or as a boast of Strongfort's prowess, but as a concrete evidence that his body was developed into a perfect physical and health condition by the very methods he uses in up-building other men and restoring them to health and strength. He did not develop only the EXTERNAL MUSCLES, by physical culture, gymnasium or weight-lifting methods, but he began with INTERNAL development, which is the secret of health and manly vigor—the source of power that most instructors overlook.

Strongfort went a lot farther than ordinary physical culture. He evolved the STRONGFORT COURSE, which builds health, gives strength, and brightens the pupil mentally. It gives scientific direction to exercise and builds up reserve power and vigor. It helps Nature function in restoring weakened, broken-down bodies and in keeping them fine and fit—not as drugs and dope do, by stimulating, jazzing, and pepping up the system, only to have it fall back into the old rut again, with all its faults and weaknesses.

Let Strongfort Direct You

THE STRONGFORT COURSE shows you how to get started right, and it keeps you on the straight path to vigorous health and manly strength. There is no other training like it—no Course that is so thoroughly scientific and based on experience in making all sorts of ordinary and weak men strong fellows with a punch.

A BROOKLYN PUPIL SAYS: "Your Course is so different from other courses—it's like leaving kindergarten and going into college—and I know whereof I speak, because I've tried at least three others that are prominently advertised. You make these fellows look as though they did not know what a P. C. Course was."

You Can Have Manly Vigor

You may be one of those fellows—weak, sickly, ailing, depressed, gloomy; with no real zest in life, no desire for action or society—maybe a recluse—afraid of strong men; afraid, perhaps, to take the marriage vows; jealous of men who command admiration wherever they go because of their fine physique, their muscular prowess and manly vigor. If this is your picture, for heaven's sake, man, snap out of it! You can't afford to go on in such a deplorable state—not when joyous health and manly strength are readily within your power to possess.

STRONGFORTISM

Will Build Up Your Body

You can't get on your feet and become vigorous, alert, and peppy by any other method so certainly as through the methods Strongfort has evolved and perfected. Give Nature a chance and see how magically her restorative powers, her upbuilding processes, her health-giving abilities, will aid you in attaining a joyous physical condition. If you've slipped, embrace Nature wholeheartedly and completely, accepting her kindly aid in restoring you to this world-famous Course.

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Absolutely Confidential

Mr. Lionel Strongfort, Strongfort Institute, Dept. 437, Newark, N. J. Please send me absolutely free my copy of your book, "PROMOTION AND CONSERVATION OF HEALTH, STRENGTH AND MENTAL ENERGY." I have marked (x) before the subjects in which I am most interested.

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Colds	Constipation	Vital Losses
Asthma	Weak Back	Lung Troubles
Headache	Weak Eyes	Round Shoulders
Rupture	Rheumatism	Youthful Errors
Thinness	Nervousness	Manhood Restored
Pimples	Night Losses	Great Strength
Insomnia	Short Breath	Increased Height
Impotency	Weak Heart	Muscular Development
Private Ailments		

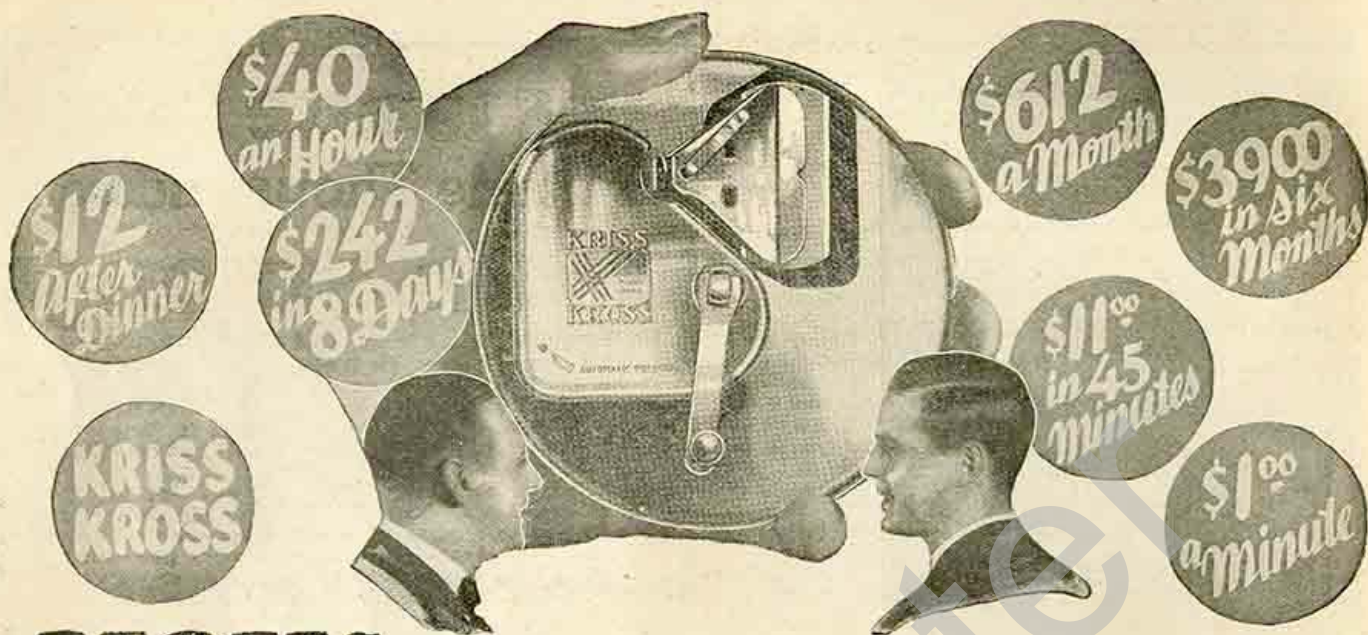
NAME

AGE OCCUPATION

STREET

CITY STATE





HOW I Discovered the Secret of Making \$7500 a Year and More!

Here Are Some Amazing Inside Facts About Success as Discovered by a Man Who Has TRIPLED His Former Earnings in 3 Short Months! Read This Interesting Message Without Fail!

By N. C. Paige—Star Salesman After 3 Months' Experience

\$104 in 3 days! \$80 an hour! \$7,500 to \$10,000 a year!

Those are figures I was only dreaming about a few months ago. Then they seemed as far out of reach as the moon! But today they are chalked up in black and white on my sales record, and what is more important, in my bank book! And yet, to be frank, only a small part of the credit is due me. I just figured out a few things about this business of making big money and applied them religiously. Anybody with average ability can do exactly the same—if they keep their eyes open!

That's the biggest thing of all—keeping your mind and your eyes open! I know it sounds like a very simple thing, but you would be surprised how many men just hammer along in the same old rut, wishing and striving for better things that are right under their noses all the time if they would only see them! The only reason some men are richer than others is that they have been able to see and recognize opportunity when it stared them in the face!

Where the Big Money Is

Take my own case for example. Before I "came to," I tried nine different ways of earning money. They all sounded good—solid, substantial, and difficult. The harder they looked, the bigger I thought the possibilities must be. None of my propositions panned out and I hardly made enough to keep going. Then I discovered KRISS-KROSS. The day I read about this amazing shaving device in *Liberty Magazine* was certainly a red-letter day for me! Here's what I saw:

I'll Guarantee to Keep You in Keen Razor Blades for Life

"Think of it! 365 keen, cool shaves a year from the same blade. That's what KRISS-KROSS is doing for American shavers everywhere!

"This amazing invention marks such a radical advance in shaving comfort and econ-

omy that it deserves to be called much more than a stropper. Rather, it is a blade rejuvenator. Makes hundreds of keen, quick shaves blossom where only one grew before.

"KRISS-KROSS stropps your blade (any make) on the diagonal just like a master barber. Pressure decreases automatically. Nickel jig files up to notify you when your blade is ready, with the keenest cutting edge that steel can take!

"And now for my smashing offer! To introduce KRISS-KROSS stropper, I will give you an amazing new kind of razor free. Ready 3 razors in one. Can be made straight or T-shaped in a jiffy. Comes with 5 special blades."

Naturally, I was vitally interested because cool, slick painless shaves are what every man tries to get and usually can't! And then at the bottom of the ad, I saw a little square:

"Agents: Make big money as a KRISS-KROSS representative—\$75 to \$225 a week. H. King made \$66 one day. J. C. Kellogg made \$200 in 7 days.

First Step to Success

At first I was skeptical about the money-making part of it! It looked too easy. But the stropper sounded so extraordinary that I sent for it. When it came, I saw it was even more astonishing than I had imagined. Really it was uncanny what it did to a blade in exactly 11 seconds. I took it over to show a friend and in less than 5 minutes he asked me to get him one. While we were talking, two more friends dropped in and made the same request. When I left, I had nearly \$5 cash profit in my pocket—money I had not made one single effort to get!

That opened my eyes, all right. I saw my chance and grabbed it! The KRISS-KROSS people gave me exclusive territory, a wonderful lot of sales helps, and a big illustrated salesmanship course book that contained selling secrets worth \$100 cold cash to me! My first week I made \$180! The next three days I made \$104.

Just think of it! It didn't seem to take any effort. I didn't have to "sell" at all. Every man was just naturally interested the minute he laid eyes on the stropper. Lots of them had read about it in the big magazines and were waiting for a chance to see it. The orders rolled in like water over a waterfall! It was real success at last!

Up the Ladder Fast!

Right now I figure my yearly earnings with KRISS-KROSS will be somewhere between \$7,500 and \$10,000! And it all comes from getting started with the right kind of a proposition. I'm not a bit smarter or different than I was when I was trying to sell suits, brushes, and ordinary kinds of things. My only "smartness" was in choosing an article that is so astonishing that it sells itself!

Mr. Paige's experience is typical of that of hundreds of KRISS-KROSS representatives. Practically every man who takes up this astonishing proposition, in full time or as a side-line, writes us that he is making money faster and easier than he ever dreamed possible. Right now, more KRISS-KROSS representatives and agents are wanted—to earn \$30 a day and up. The same opportunity that started Mr. Paige on the road to \$7,500 a year is open to you. Find out about it today! Clip the coupon and mail it at once! You'll never regret it. Paige didn't! So act at once!

Rhodes Manufacturing Co.

Makers of KRISS-KROSS

Dept. B-1072 1418 Pendleton Ave.
St. Louis, Mo.



Rhodes Mfg. Co., Dept. B-1072,
1418 Pendleton Ave., St. Louis, Mo.

Please send me full details of your amazing KRISS-KROSS Stropper with list of generous commissions, and tell me how I can make big profits with it in my full or spare time.

Name

Address

City

State

What Men Like and Dislike in Women—

A Plain Talk

Annette Kellermann



Too many women are so physically tired that they do not use all their mental faculties.

IN my work I have traveled all over the world and talked with thousands of women. And in all my experience the one question that women have hated to ask, yet wanted most to have answered, is "What do men like—and dislike—in women?"

Now, frankly, I do not know much about men. But I do know that they are human, and all human beings like certain things and dislike others. So what I say really applies to everybody—men and women both.

The one thing that is most disliked in women is nagging.

Then there is the matter of temper.

Still another is carelessness in appearance—not clothes, but **yourself**.

Finally, men dislike the grouchy woman.

Now, what do men like in women? Sympathy, Understanding, Health, Companionship.

Of these four, the most important is Health. Lack of it is the cause of nagging. If your back aches, Johnnie's little pranks are magnified a thousand times. It isn't YOU that scolds him—it's your backache.

Back of your explosions of temper may be a sick headache. Or extreme nervousness. Or auto-intoxication (food poisoning).

Take personal carelessness. The reason why so many women "let themselves go" after being married for a few years is again lack of health. That's why they slouch around as though their spines were made of gelatine . . . why they lose the fresh spring of youth from



their step . . . the brightness from their eyes . . . the bloom from their cheeks.

And a woman whose health is poor cannot help being grouchy. Of course, she has an excuse for being irritable, but men unfortunately do not give consideration to **reasons**—they judge only by **results**. No woman can be fair or just in any matter if she is always complaining about the state of her health.

However, there is no need for women to grow weak and ailing—no need for them to grow fat or thin or slouchy or wrinkled, pimpled, sallow. I have proved it in my own body.

I have proved it to the satisfaction of over 31,000 other women who have adopted my methods. I'll prove it to you, if you will give me only 15 minutes for a short period.

You want to be happy. But first you must be healthy. First you must mold your figure to its youthful lines. First you must iron out the wrinkles. First you must make your bust firm instead of heavy

and hanging. First you must restore your strength and energy. Then you will begin to live again—instead of merely existing.

My methods are guaranteed to do these things for you. They will rid you of constipation if that is troubling you. They will make your body firm, muscular, free from fat, free from scrawniness. They will brighten your eyes, bring the roses to your cheeks. I am not guessing—I know because my methods have done these things for others.

FREE—"The Body Beautiful"

Let me send you my new book, "The Body Beautiful," along with a personal letter. I will explain in detail what my Course is, what it has done for over 35,000 others, and what it is guaranteed to do for you. Do not be satisfied to suffer. Do not be content with an ill-shapen body. Do not be indifferent to the sort of super-health I can give you. Write me now—do not send me a penny—just the coupon or a letter. You will thank me a thousand times for urging you to do it. Address

ANNETTE KELLERMANN,
225 West 39th Street, Suite 442,
New York City.

ANNETTE KELLERMANN, Suite 442
225 West 39th St., New York City

Dear Miss Kellermann:

Please send me, entirely free of cost, your new book, "The Body Beautiful." I am particularly interested in Reducing Weight, Body Building.

Name
(Kindly print name and address)

Address

City State

Frank Williams, author of "Physical Fitness with Minimum Effort." Holder of strength tests for 19 years at the University of Washington. Athlete and physical instructor. Winner of many golf, tennis and bowling tournaments.



University of Washington crew, National Champions at Poughkeepsie Regatta for 3 years.

Let Me Give You a Body "Pleasant to Live With"

In a few short weeks I can work a transformation in your health, in your physical well-being. And I'll do it pleasantly with a minimum effort on your part.

Good Inside and Out

I'll give you a muscular development any athlete would be proud of—but muscular development is only part of my course. You'll look fine outside—but what is more important you'll be fine inside and out!

Makes You Alive

My course is scientifically designed to regulate your system so that you sparkle with superb health and vitality. Then I add to this foundation supple, active muscles. I broaden your shoulders and deepen your chest. I make every inch of you wake up and live.

Fit for Work or Play

The result is felt everyday in the routine of life. You go to your job with a clear head. You have a zest for work. If you like sports (golf, bowling, tennis, swimming, diving, etc.) you find yourself able to play immeasurably better. Every muscle in your body is alert—in perfect condition—ready to respond instantly to your slightest wish.

Acrobatics

One of the delights of Frank Williams' Course is how quickly you find yourself able to turn cart wheels, hand springs, head springs, etc. All this is carefully outlined in the book "Acrobatics Simplified."

The Scientific Breakfast

Frank Williams' breakfast alone is worth the price of the course. Here is a simple menu that will delight you with its deliciousness and simplicity. No fuss—nothing expensive—but oh, how it does start the day right! Completely outlined in the book "Dieting and Liking It."

True Personal Magnetism

You'll find that social success will come to you more easily. You'll be graceful, master of every situation, alert, physically attractive. You'll have the personal magnetism that only perfect health and boundless vitality can give.

Be Active and Strong

My exercises are simple but interesting. No apparatus of any kind is needed. You take them in your own home six minutes night and morning—12 minutes a day. You will be pleased and proud to see how quickly your body responds. In action you will be quick and strong. Your physique will be developed symmetrically and beautifully. You will have such vitality and resistance to disease that you will be free forever from colds, grippe and the common ailments of mankind.

Send No Money

All you have to do is to clip the coupon below and mail it. You can try my course, and if it does not do all that I claim I will gladly refund your money. If you do not recognize that here is the most effective course ever evolved for developing the body and keeping it fit, your money will be returned. Action counts. Make use of these winter months to be in perfect condition for the games and outdoor activities of spring and summer. Take the first step to perfect health right now.

Frank Williams
COURSE IN
Physical Fitness with Minimum Effort

Frank Williams—Course in Physical Fitness, Box 2091, Seattle, Wash.

Please send me your course in three books, profusely illustrated. I will pay the Postman \$2.00 plus a few cents' postage. If for any reason I am dissatisfied, it is agreed that I can return course within 5 days and receive money back.

Name
Address
City State

Classified Advertisements

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

Education and Instruction

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

How to Box. Complete, 25c. Ernest Paquin, 88 Franklin, Warren, R. I.

Dogs

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

Hunting Hounds. Cheap. Trial. Dixie Kennels, C-3, Herrick, Ill.

Songs

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

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

Drugless Physicians

Dr. Drew's Sanitarium, 4608-10 Wayne Ave., Philadelphia. Osteopathy, diet, electricity, lights, hydrotherapy, exercises. Fasting a specialty. Department for deformed children.

Health

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

Health and Strength

Complete "Energos Method" \$1. Rocie's, 147 East 27th Street, New York.

Physical Perfection

Improve Your Body Building. A complete course in Bar-Bell exercises. Send for this course right away. 20 illustrations of myself. You build up fast under these instructions. Don't delay. Send now. Only \$2.50. Prof. A. J. Erwin, 450 Craig Ave., Tottenville, S. L. N. Y.

Schools and Colleges

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

How to Entertain

Plays, Musical Comedies and Revues, Minstrel Music, Blackface Skits, Vaudeville Acts, Monologues, Dialogues, Recitations, Entertainments, Musical Readings, Stage Handbooks, Make-up Goods. Big catalogue free. T. S. Denison & Co., 625 So. Wabash, Dept. 88, Chicago.

Personals

The Fundamental Principles of Life. \$1.00. Joseph Levitt, Suite 1502, Knickerbocker Bldg., 42nd St. and Broadway, New York City.

Do you want Health, Happiness, Success? I have a system that will give you these things. Booklet, 50 cents. William Symmonds, 1370 California Street, San Francisco, Calif.

Courses For Sale

Complete Annette Kellerman Physical Culture Course at half price. Write A. Lyden, Apartment A4, 227 Sullivan Place, Brooklyn, N. Y.

For Sale: 225-lb. Milo Duplex Bar Bell, adjustable to any weight. Complete courses, \$18.00. Write W. C. Allen, Gurley, S. C.

Complete U. S. School of Music Course at half price. Unusual offer. Write Lyden, Apartment A4, 227 Sullivan Place, Brooklyn, N. Y.

Watches for Sale

WATCH BARGAINS. Tommy Ticker Octagon, Silver Dial, Engraved Nickel Case, \$1.25. Geo. Freas, 820 Kinber St., Camden, N. J.

Candy for Sale

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

Help Wanted—Male

MEN, get Forest Ranger job; \$195-\$200 mo. and home furnished; hunt, fish, trap, etc. For details, write Norton, 240 Temple Court, Denver, Colo.

Agents

Send name, address, on postcard. Free introductory copy Salesology Magazine; contains 1,000 money-making opportunities offered by big, reliable firms; no obligation. Salesology Magazine, Desk B253, 500 No. Dearborn, Chicago.

MAKE \$90 WEEKLY! Demonstrate new Self-Wrinking Mop and Dust Mop. \$5.00 outfit loaned you FREE, including two actual mops. No money required. Women buy eagerly. Your pay daily. We deliver. Get \$5.00 outfit quick. Delphos Mop Co., 3512A Washington, Delphos, Ohio.

Inventions Wanted

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

Patents

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

Detectives

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

How to Make Money

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

Investments

Invest for Profit. Our Guidance to Investors is free. You must state positively amount you might be willing to invest providing we refer you to reliable companies offering safe investment opportunities. Bennett, 425 E. Pico St., Los Angeles, Cal.

Now It's YOUR turn

GROWING—Growing—Growing! LOOK at those muscles grow! You almost need a moving picture camera to keep up with the *speed* of their development! You think it takes *years* to build up a powerful body? Boy, it only takes *DAYS*!

Just cast your eyes over those pictures at the right. Start at the top with No. 1. You see a lad who scarcely has pep enough to raise his arms. He doesn't seem very proud of them, does he? And no wonder! Those, soft, skinny chicken wings aren't much to brag about. But now for No. 2. Holy smokes! Is that the *same* boy? Sure enough, and see how he is changed! Why, his arms have *doubled* in size. He's got a pair of biceps that stand out like carved granite. His forearms are sheathed in great wads of muscle. And note how his chest and stomach muscles are developing! All in the short space of 30 days!

Wait! That's not all. Photo No. 3 is the next exhibit. Our friend is 60 days along now and those muscles are still growing. They're sticking out all over his body. Say! he never knew he had so many muscles. But I know where they are, and I know how to develop them.

Just Watch YOUR Muscles Grow!

You've seen what I've done for one man. That's just a sample of what I've done for thousands. Now I want to get to work on YOU. How would YOU like to add INCHES of tough, powerful muscles to your arms, your body, your legs? Not just chunks of clumsy beef, but magnificent PANTHER muscles—smooth, rippling, fast as lightning, strong as steel. Those are CHAMPION muscles—the kind of muscles that make Titus Trained men the most perfect fighting machines that science can develop.



SAXON

"Many people who have seen my feats of strength on the stage, have asked me what exercises I used to develop my body and how I keep it 'in the pink' now. My answer is always the same: I bought them all until I found the best. I bought every appliance, from dumb-bells up, but the one that gave me the panther-legs and arms is the one I got from TITUS. And today I keep it with the same one I bought ten years ago. There isn't another instructor like TITUS IN THE WORLD."

HERMAN SAXON,
(Brother of Arthur Saxon,
World's strongest man.)

Don't think I'm going to make you work like a slave. Say! All I want is 20 or 30 minutes a day. Just follow my personal directions and watch results! I work fast. My methods are scientific. They'll accomplish more in 30 days than ordinary exercise will do for you in a year! You see the proof in the pictures shown here. Now let me prove that I can do the same for YOU.

I don't care what your present condition may be. I've made over fellows who were actually cripples. And I've trained champion strong men of the world. Strong or weak, I'll give you just what you need to make you a perfect specimen of MAN POWER.

Amazing Book FREE MIRACLES IN MUSCLE

I want to send you a copy of the most remarkable muscle-building book you ever laid eyes on. It's packed full of astounding demonstrations of miracles worked in muscle, illustrated with actual photographs. It gives you page after page of vital facts about strength and health. It reveals Titus's marvelous scientific method of training you in your own home. No cost, no obligation. Just send your name and address on the coupon, a post-card or by letter, to Dept. X-123. But do it NOW. My supply of books is limited.

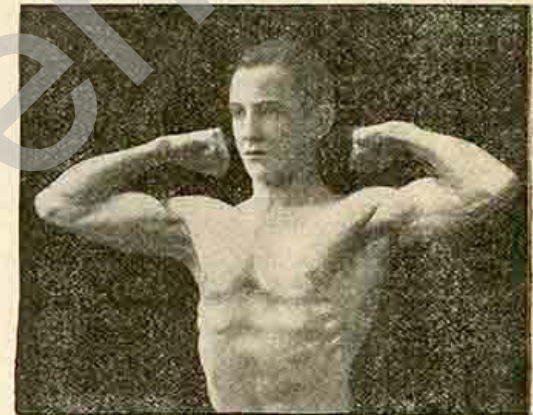
BEFORE

Here's the way this lad looked when he sent for Titus's FREE Book. He was pale, anemic, weak as a kitten. No arm development, flat-chested, soft as butter.



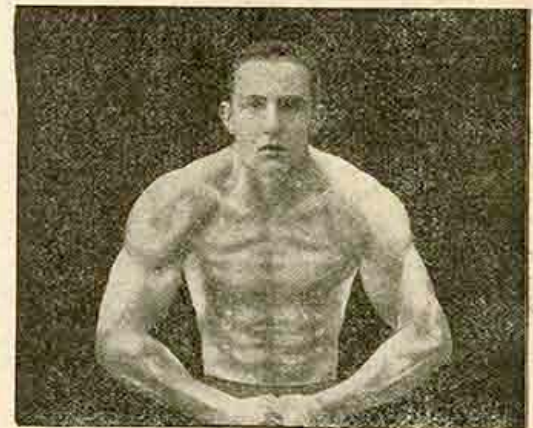
30 DAYS LATER

Yes sir, here's the same boy 30 days later. Look what Titus Training did for him! He's a new man, covered from head to foot with layers of muscle.



60 DAYS LATER

And now look! His muscles have grown to GIANT size. Any man would be proud of this magnificent development. Mail the coupon and find out how Titus does it.



Titus, Dept. X-123

105 E. 13th St., New York, N. Y.

Yes! I'd like to have your book. Please mail it to me FREE.

Name

Address

Town

State

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

Scatter-brained!

No wonder he never accomplishes
anything worthwhile!

HIS mind is a hodge-podge of half-baked ideas. He thinks of a thousand "schemes" to make money quickly—but **DOES** nothing about **ANY** of them.

Thoughts flash into and out of his brain with the speed of lightning. New ideas rush in pell-mell, crowding out old ones before they have taken form or shape.

He is **SCATTER-BRAINED**.

His mind is like a powerful automobile running wild—destroying his hopes, his dreams, his **POSSIBILITIES!**

He wonders why he does not get ahead. He cannot understand why others, with less ability, pass him in the prosperity parade.

He pities himself, excuses himself, sympathizes with himself.

And the great tragedy is that he has every quality that leads to success—intelligence, originality, imagination, ambition.

His trouble is that he does not know how to **USE** his brain.

His mental make-up needs an overhauling.

There are millions like him—failures, half-successes—slaves to those with **BALANCED, ORDERED MINDS**.

It is a known fact that most of us use only one-tenth of our brain power. The other nine-tenths is dissipated into thousands of fragmentary thoughts, in day dreaming, in wishing.

We are paid for **ONE-TENTH** of what we possess because that is all we **USE**. We are hundred horse-power motors delivering only **TEN** horse power.

What can be done about it?

The reason most people fall miserably below what they dream of attaining in life is that certain mental faculties in them **BECOME ABSOLUTELY ATROPHIED THROUGH DISUSE**, just as a muscle often does.

If, for instance, you lay for a year in bed, you would sink to the ground when you arose; your leg muscles, **UNUSED FOR SO LONG**, could not support you.

It is no different with those rare mental faculties which you envy others for possessing. You actually **DO** possess them, but they are **ALMOST ATROPHIED**, like unused muscles, simply because they are faculties you seldom, if ever, **USE**.

Be honest with yourself. You know in your heart that you have failed, failed miserably, to attain what you once dreamed of.

Was that fine ambition unattainable? **OR WAS THERE JUST SOMETHING WRONG WITH YOU?** Analyze yourself, and you will see that at bottom **THERE WAS A WEAKNESS SOMEWHERE IN YOU**.

What **WAS** the matter with you?

Find out by means of Pelmanism; then develop the particular mental faculty that you lack. You **CAN** develop it easily; Pelmanism will show you just how; 650,000 Pelmanists, **MANY OF WHOM WERE HELD BACK BY YOUR VERY PROBLEM**, will tell you that this is true.

Among those who advocate Pelmanism are:

- | | |
|---|--|
| T. P. O'Connor, "Father of the House of Commons." | Frank P. Walsh, Former Chairman of National War Labor Board. |
| The late Sir H. Rider Haggard, Famous Novelist. | Jerome K. Jerome, Novelist |
| General Sir Robert Baden-Powell, Founder of the Boy Scout Movement. | Gen. Sir Frederick Maurice, Director of Military Operations, Imperial General Staff. |
| Judge Ben B. Lindsey, Founder of the Juvenile Court, Denver. | Admiral Lord Beresford, G.C.B., G.C.V.O. |



Sir Harry Lauder, Comedian.
W. L. George, Author.

Baroness Orczy, Author.
Prince Charles of Sweden.

—and others, of equal prominence, too numerous to mention here.

Pelmanism is the science of applied psychology, which has swept the world with the force of a religion. It has awakened powers in individuals, all over the world, they did not **DREAM** they possessed.

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

But if they use their **HEADS** they will realize that people cannot be **HELPED** by tommyrot and that there **MUST** be something in Pelmanism, when it has such a record behind it, and when it is endorsed by the kind of people listed here.

If you are made of the stuff that isn't content to remain a slave—if you have taken your last whipping from life,—if you have a spark of **INDEPENDENCE** left in your soul, write for this free book. It tells you what Pelmanism is, **WHAT IT HAS DONE FOR OTHERS**, and what it can do for you.

The first principle of **YOUR** success is to do something definite in your life. You cannot afford to remain undecided, vacillating, day-dreaming, for you will soon again sink into the mire of discouragement. Let Pelmanism help you **FIND YOURSELF**. Mail the coupon below now—while your resolve to **DO SOME THING ABOUT YOURSELF** is strong.

THE PELMAN INSTITUTE OF AMERICA

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

71 West 45th St. Suite 342 New York City

The Pelman Institute of America,
71 West 45th St., Suite 342
New York City.

I want you to show me what Pelmanism has actually done for over 650,000 people. Please send me your free book, "Scientific Mind Training." This places me under no obligation whatever.

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

Takes only a few short weeks to Learn

ELECTRICITY

The Easy, Practical Way

Learn to master the live "juice"—the power that can set a universe in motion. In my wonderful big new FREE book I tell you all about electricity and how YOU can master it—easily, thoroughly and surely, in just a FEW SHORT WEEKS. I teach you by the simple, practical, personal instruction method—right in my big electrical school shop, fitted with all kinds of electrical equipment—dynamos, motors, engines, bell-buzzer systems, telephone systems, telegraph systems, all kinds of batteries, farm lighting plant, electrical auto equipment, power sub-station and many other devices.

No Books—No Printed Lessons

Real experience with real tools on real equipment. You learn by DOING. You don't study books or printed lessons or listen to dry lectures. Not by a long shot! I don't attempt to half-teach electricity that way. Here you get on your overalls, roll up your sleeves and get right into the HEART OF electricity by WORKING WITH IT. I teach you every phase of electricity from A to Z—both alternating and direct current. My course covers house-wiring, power-wiring and installation, sub-station work, armature winding, motor and generator repairing, telephony, telegraph, etc.

Only a Few Short Weeks Required

Mastering electricity isn't a matter of years at McSweeney Schools—just a few short weeks, that's all. With my simple, practical, intensive methods, all of the nonsense and dry theories are done away with. You actually start working with electrical equipment the very first day you come to school.

Come With Me Now!

You'll enjoy your training here. You'll like it because you'll know that you are LEARNING in a PRACTICAL way. You will enjoy every minute because you will be WORKING with electricity—mastering the live "juice"—making it do what you want it to do. With my simple, practical methods of training you smash right through the mysteries of electricity in no time at all.

Send for Proof—Get My Remarkable Offer

There are not enough properly trained electricians. Big jobs are waiting for men who know electricity thoroughly. McSweeney trained men are earning \$50.00 to \$200.00 or more per week, and I'll show you how to do it, too. Send coupon at once for my big new book on electricity and my remarkable offer, which includes

R. R. Fare and Board

Don't be satisfied with small pay jobs. Don't accept the jobs that no one else wants. Become a TRAINED electrician and take your pick of the BIG-PAY jobs.

Mailing the coupon starts you on the road to success with electricity.

McSWEENEY ELECTRICAL SCHOOLS

Dept. 133-BF

Cincinnati, Oh'o

Cleveland, Ohio



Hundreds of Men I Have Trained Are
Earning \$50 to \$200 a Week



I have been training men for many years. I originated the shop-plan system of training which has since been adopted by others. This is not an idle boast. I can prove it. It is the training method that makes successful electrical experts. McSweeney-trained men are earning \$50.00 to \$200.00 a week, and I'll show you how to do it, too. Mail the coupon—that's the first step. It will bring you my remarkable offer. The low cost of learning electricity the McSweeney way will amaze you. Not only will I give you practical electrical training in a few short weeks, but I'll help you in every way I can. That's part of my service to "My boys." Investigate! Opportunity is calling you. Mail the coupon—get big book FREE—get all the facts—then decide.

"Mac"

(Mail to Nearest School)

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Dear "Mac": I am interested. Please send me your big new electrical book FREE, also details of your remarkable offer which includes R. R. fare and board.



Name

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Town

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If you can show America's finest line of dresses, coats and lineries, we will show you how to make \$25 to \$125 a week. Style book and details free. Write Harford Frocks, 215 Walnut Street, Indianapolis, Ind. A subsidiary of Reed Silk Hosiery Mills.

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I'll pay men \$100 a week for selling our tailored to measure all wool suits and overcoats at \$23.50 and \$31.50. Highest commissions. Extra Bonus for producers. Large watch samples free. W. Z. Gibson, Inc., 500 Throop St., Dept. P-672, Chicago.

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- Food Stuffs**
 - Canned Goods, Coffee and Tea
- Men's Specialties**
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- Household Specialties**
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- Kitchen Specialties**
 - Aluminum Cleaner, Can Openers, Cookers
- Women's Wear**
 - Aprons, Coats, Sanitary Belts
- Women's Specialties**
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Agents \$240 month and auto to travel. Bonus besides. Introduce new line guaranteed hosiery for men, women, children. 126 styles, colors. Beats store prices. Guaranteed to wear 7 months or new hose free. Finest line Silk Hosiery you ever saw. New sales plan. Credit given. Spare time satisfactory. Write for samples. Willcutt Hosiery Co., Dept. 835, Greenfield, Ohio.

Women Representatives Wanted. New invention prevents shoulder straps slipping. No more discomfort. Women adore it. Write for particulars and free offer. Lingerie "V" Company, 5 Lake St., North Windham, Conn.

New lines just out. Everything in hosiery, underwear and Rayon lingerie for men, women, children. Beautiful, irresistible Catalog and Samples now ready. New special big money plans. Cash bonus, service awards, rapid promotion. No capital needed. Choice territories. Prompt. Rush reply to World's Star Knitting Co., 112 Lake St., Bay City, Mich.

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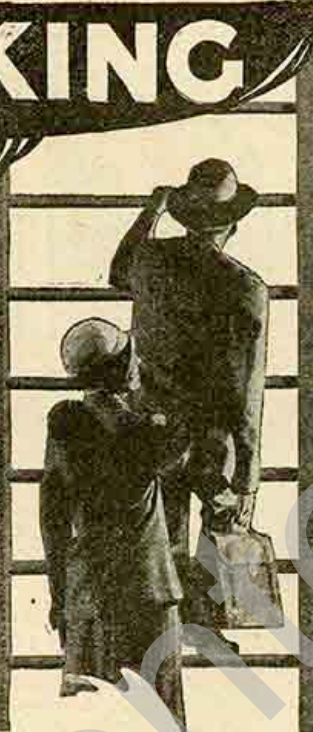
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Producing Managers who know good tailoring and genuine value, write or write for information. All wool and pure worsted suits and topcoats at \$18.75 with \$3.75 to salesman and 7% to manager. Outfits free. One of the largest companies in America. We back every garment. Canterbury Tailors, 22 West 22nd Street, New York.

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Earn \$25 Weekly. Spare Time. Writing for Newspapers, Magazines, ad. unnecessary. Copyright Book "How to Write for Pay" Free. 1307 Press Institute, St. Louis, Mo.

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Rupture Sufferers Made Well and Sound

New Discovery Heals Rupture Without Pain, Delay or Danger. Masters Human Scourge Which Defied Science for Ages. Thousands Tell of Complete Recovery; Safety and Comfort Guaranteed

Try This New Way FREE



Now you can run, jump, dance, swim, bend—in fact, once more be absolutely well and sound. With the little clinging oval—the newly perfected feature of the Brooks Rupture Appliance—constantly working to heal you, all manner of heavy work and even the most strenuous sports may be pursued without the slightest pain or danger. Thousands who have tried it say they no longer need any form of support. Their ruptures have been healed through the use of this marvelous Appliance.

AGE is not measured in years. You are old beyond your time if you wear any sort of cruel, gouging contrivance, forcing itself into your rupture, preventing growth and making impossible the healing of that tear in your side.

Rupture sufferers for years—men, women and even little children—have been subjected to the torments of the incision by science; they have suffered in silence because modern inventiveness had never been able to perfect anything to really end their torture. The crude makeshifts now worn by many retain the rupture—YES—but at the same time they prevent healing.

New Method Heals Rupture

The new Brooks Appliance—rebuilt and recreated—allows the wound to heal; at the same time it retains the rupture with ease and with safety. Circulation is free—these chafing straps—those steel bands—all are unnecessary.

Here is the secret of this new appliance, this light, gentle, velvet-like, clinging apparatus, which is doing so much to relieve sufferers. It lays—not pushes—on the rupture. Its soft air cushion of hygienic rubber gently brings those torn edges together. Every time you move, every time you breathe, the action of this small oval is to gradually close that wound. Then Nature does its part—the edges knit and your rupture is sealed. You are well and sound.

Trusses Retard Healing

These are facts, so why not face them?

You can not heal that rupture as long as the edges of the rupture are being kept apart by a hard, penetrating pad. Proper circulation is impossible, and the constant irritation by the bulging pad tends actually to lessen the chances of healing.

All this is avoided when you wear the new Brooks Appliance. That is what accounts for its tremendous popularity and for the thousands of glowing testimonials received by the inventor. The Brooks Appliance, by external methods, brings about a reunion of the torn sections of the abdominal wall. When this is accomplished, your rupture is well and gone forever.

Constantly Works to Heal

And it does the work—it fulfills its mission—whether you work or play, sleep or rest—constantly that air cushion, designed so that movement tends to close the wound rather than force it open, works to heal you. The appliance really heals—seals the rupture.

Thousands of people, people of prominence in their communities, write us of complete recovery—not only relief, but a complete healing of the rupture. They have done away with their appliances—they are whole once more.

The new appliance was 30 years in the making. Today, it is as perfect as human experience and inventiveness can make it. Buy only by experimenting with it yourself—by actually wearing it—can the logic of its construction be fully appreciated.

Test It Free

For that reason, the makers of this appliance will allow you to wear one free—to test it and watch its effect in your particular case. If it is found that this new departure in rupture treatment is suitable to your case, keep it, wear it conscientiously, and forget you are ruptured. If it fails to satisfy you after the test period, return it to us and you have spent no money whatever. Thousands of people are making this test and they are acclaiming this newly perfected appliance a godsend.

Nervous disorders, and a general slowing up of that resistance needed to battle for life, results from rupture. Insurance organizations, army,

officials, and corporations recognize the dangers of hernia or rupture. So you, too, must not disregard it. It can be sealed—those torn muscle fibres can be knitted together as strongly as before, but it must not be long neglected.

The practicality of the new Brooks Appliance will immediately convince you that it can effect the sealing of your rupture. It is light, clean, safe, and modern. So why not wear a Brooks Appliance and heal that rupture? Try it for ten days without cost. If it suits you, if it's comfortable, keep it; if it fails to meet your requirements, the test has cost you nothing.

Never Sold at Stores

Unscrupulous advertisers are endeavoring to sell the public a cheap substitute for the Brooks Appliance, claiming that it is genuine. Do not be misled by imitations and substitutions. The genuine Brooks Appliance is never sold through agents nor at stores of any kind. Every appliance is made at Marshall, Michigan, to your individual requirements. Look for trade-mark bearing portrait of C. E. Brooks, which appears on every appliance. None other genuine.

Write today for the free offer plan. Remember, to delay may prevent permanent recovery from your rupture. Mail coupon below—now.

FREE TRIAL OFFER

The Brooks Appliance Co.,
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Without cost to me or obligation on my part to buy, please send me by mail in plain sealed envelope, full information about your Appliance for Rupture, and your Free Trial Offer. Either print your name or write with pen if

Name

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That's what my friends said, when I told them about my idea for starting a real estate business "on the side."

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A well-known cartoonist's conception of my idea.

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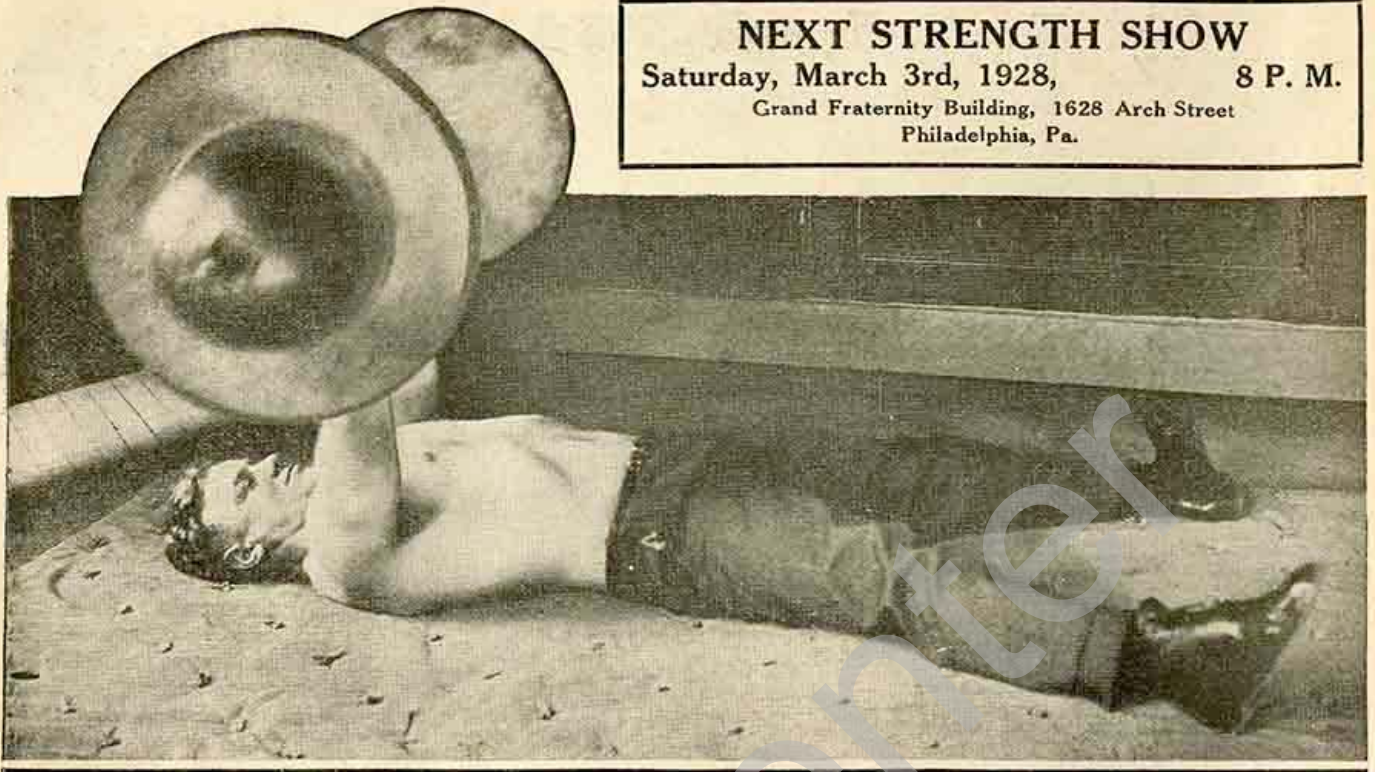
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8 P. M.

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What Do You Know?

Do you know anything about this lift? The conditions under which it was performed, and whether it is recognized as a world record? This lift exceeded the best previous performance, a case of an American boy beating a European record. But, America had no Association of Lifting to gain recognition for lifting performances, at the time this was performed.

The United States now has an official Bar Bell and Weight-Lifting organization—The Association of Bar Bell Men—which you should join to help gain official recognition for your native athletes. We also will award prizes to beginners, who are ambitious and want something to show for their efforts.



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

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

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

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

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

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

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

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

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

TO ENCOURAGE THOSE WHO PRACTICE BACK AND HARNESS LIFTING, we will give first, second and third class diplomas for certain totals on a set of lifts composed of the Back Lift, Harness Lift, Hand and Thigh Lift, Two Hands Dead Lift, Two Finger Lift and Teeth Lift. We are working out certain fair percentages on all the lifts so that ambitious members may win Gold, Silver and Bronze Medals. We intend to promote Lifting Contests and Championships and will award suitable medals to all place winners, providing they are members of the A. B. B. M.

We believe it will be to the advantage of every bar bell enthusiast to join this organization, whether or not he is interested in the Game of Lifting, as we can promise you that we are going to make it worthwhile to be a member. Every member will receive a Lapel Button, membership card, and the privilege of competing for any of our awards.

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Can you say, "Good morning," in Spanish? "Good night," in French?
Who said, "Give me liberty or give me death?"
Which freezes quickest—water, mercury, alcohol?
Do fish sleep?
What is a pentameter?
Who wrote *Virginibus Puerisque*?
What nation first divided time into months, weeks, hours, minutes and seconds?
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Why is glass transparent?

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

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

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know your own body
eat for health
diet for the cure of disease
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avoid disease
fast as a curative measure
cure by hydrotherapy (heal by the use of water)
apply all methods of drugless healing
give first aid in emergencies
apply home treatment for disease
recognize diseases by manifestations
build nervous energy
treat the common forms of disease
understand the process of reproduction
benefit by the laws of sex and marriage
treat diseases of women
diagnose diseases
have healthy and vigorous children
treat female disorders
treat male disorders
obtain virility and manhood
care for the complexion
manicure; care for the hair and feet
cultivate the mind
These are only a few of the matters explained in the Encyclopedia

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

Nature's Methods and Secrets of Perfect Health Revealed

Bernarr Macfadden is the world's outstanding exponent of physical culture. He has had more than thirty years' experience in guiding thousands of physical wrecks to glorious health and vigor. Out of that experience he built his Encyclopedia of Physical Culture.

This marvelous work tells you how to build rugged health, vitality and strength. It is for every member of the family. No matter how young the person may be or how old, the great "natural methods" which this Encyclopedia teaches will be of inestimable benefit. It gives invaluable information on fasting, diet, exercise and hydrotherapy for health and beauty building. A thorough and extensive treatment is given of the laws of sex, the attainment of virile manhood and womanhood, and happy, successful parenthood, together with details for the diagnosis and treatment of all sexual diseases. Handsomely illustrated charts on anatomy and physiology are scattered throughout the book.

At 70 He Brought Himself Back to 50

Sanford Bennett was seventy years old before he learned Nature's secrets, yet in spite of his advanced age, he was able by applying the principles laid down in Mr. Macfadden's great work to restore the energy, vitality and vigor of fifty. Recently he wrote, "For the first time in the history of the world, what I regard as a complete presentation of the true curative measures in relation to all kinds of disease is to be found in this set of five most remarkable books."

What would it be worth to you to be able to instantly identify in its earliest stages any sickness that might overtake you or any member of your family? What would it mean to you to have glorious health, almost complete freedom from sickness or disease, no doctor bills to meet, no hospital bills to pay, no days of suffering and worry, no lost salary? What would it mean to you to be able to give proper treatment while any illness is in its earliest and most easily controllable stage and so effect a prompt cure?

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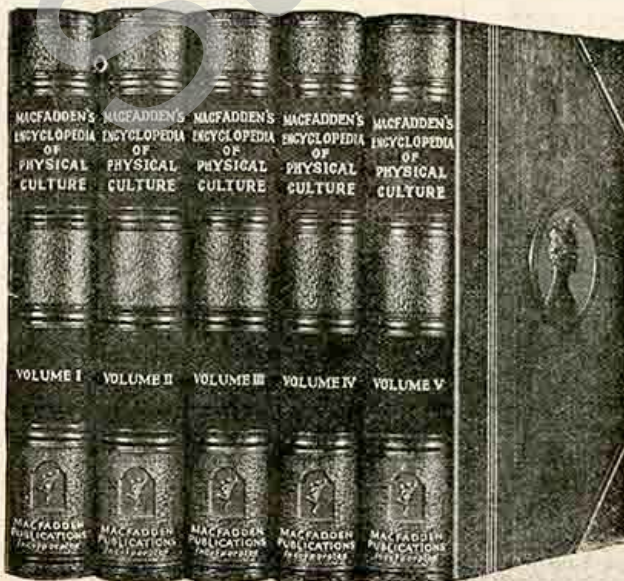
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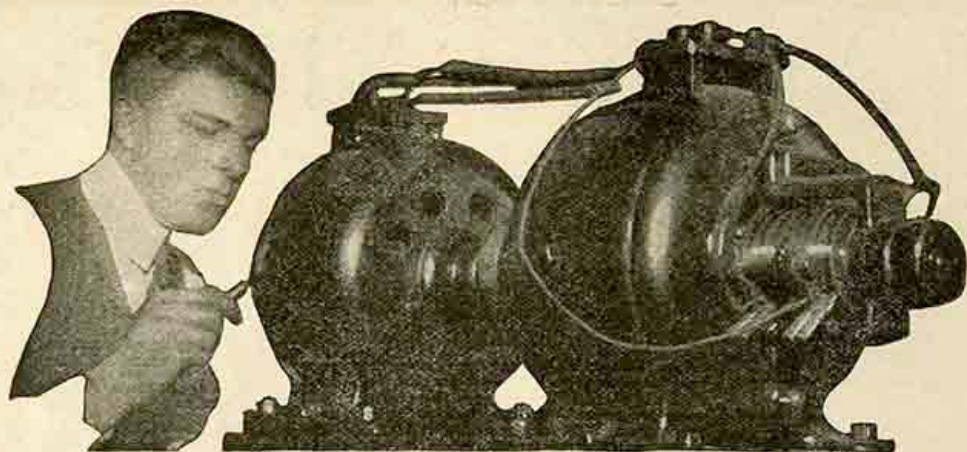
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Editorial

Good Losers

NOT so long ago Coach Zuppke, of Illinois, published an article in which he stated that what athletics demand is a winner. His idea was that a loser was to be pitied and that the concept of being a good loser as an end in itself was not desirable.

In many ways this seems to be true, not only in sports but also in life. Certainly in war no army wants to be a good loser; the penalties it has to pay are too heavy. It is the fashion now to write and talk about the war between the Ford Motor Car Co. and General Motors; and although both parties state that no war is on, we would guarantee that neither one is thinking of being a good loser.

Yet, last Thanksgiving Day on Franklin Field, in Philadelphia, an *out-classed* and beaten Cornell team put up a dogged, uphill fight in the second half of their annual game with Pennsylvania, which made some of the spectators at least feel that it was a fine thing to be a good loser.

In most of the losing battles of life, we do not find men making a definite, determined fight and giving everything they have to stave off disaster and defeat. So long as they have a chance they play the game, but when disaster comes they are too ready to walk away and start another game.

Zuppke, when he said he wanted winners, recognized the fact that the habit of winning is not only desirable but also partly a habit. If not half, at least some part of the battle belongs to the man who expects to win. If our first thought is how to gracefully accept defeat, in all probability we will have a chance to put our method into practice. A good loser is not only a man who can accept defeat gracefully, but he is, first of all, a man who has given all he has, then a man who can smile although beaten, and finally a man who can and will fight again.

The two military maxims, "Put your faith in God and keep your powder dry," and "God is on the side of the heaviest battalions," do not tell the whole story so far as life is concerned, although they may have a great deal to do with success in war and in games.

A war is over in a comparatively short period and it has a definite result. It was won and lost on more or less of a stalemate, and so with a football game or a track-meet. When a Notre Dame football team has the four horsemen for its back-field, it would seem that sheer force is too much for all opposition; and yet in the larger battles of a lifetime it is not sheer ability alone that wins.

They say that Roper used to hang Mike Murphy's old motto, "You can't lick a team that won't be licked" up in the Princeton training quarters. Whether or not that motto is really true so far as football is concerned is very doubtful, but so far as life is concerned it is unquestionably true.

We do not mean that every man can become a great scientist, a great educator, a great financier or figure in the public eye, but we do mean that every man can lick the particular set of circumstances that seem to have him in their control.

So far as health is concerned, and our health is one of the most fundamentally important of all our possessions, we know men who have overcome what were apparently hopeless obstacles. In most cases bad health is not a fundamentally impossible enemy to overcome, but even victims of incurable diseases have been so able to order their lives, that they have scored signal triumphs. We all know of cases so numerous that everyone confesses that such a result is possible. And yet only a man who has learned how to lose and how to come back fighting can possibly win such a fight.

When we find a man who can win "with the heaviest battalions" and he finds himself up against still heavier ones, then we have a situation which can only be won by a fighter, who is also a good loser, because he must lose not once but time and time again, and he must keep on coming back for more.

Not only in health building does the good loser eventually win, but also in most of the material pursuits of life. It is very seldom that we find a brilliant man (*Continued on Page 87*)

Getting a "Straight Eight" Figure

The Why and Why Not of the Present Popular Boyish Figure for Women and How to Obtain It.

By *Bobbie Trebor*

GIRLS, hello! This month mine is a brand new face greeting you, and you are all new faces to me, but let us just make believe we are old friends and proceed to talk about a little something very, very interesting to all of us. That "little something" is the matter of personal appearance which we call form, or shape, and it certainly covers a lot of territory. It's just like styles in bobs, too — always changing a little here or a little there, never remaining in one set pattern very long. Down through the ages one can trace the rise and decline of inches here and inches there, how in one age one shape of figure reigned, and how in the next few generations a different style of development held sway, replacing the old.

In the days of the glory of Greece, the human form was supreme among all the works of beauty, and what is, doubtless, the most famous and best known criterion of feminine beauty of body has come to us from that period — the Venus de Milo, whose classical lines and circumferences have long been held infallible and at the same time jealously envied by women of marriageable age (and the rest as well) who have regarded the Venus as the ultimate in feminine pul-



Miss Irene Russell possesses a figure that is lovely and truly ideal.

chritude. Of course, there have been many women in history who have been literally placed upon pedestals because of their beauty both of face and form—there are Helen of Troy, Cleopatra and Salome for a starter, and other names too numerous to mention follow on down the list.

Now if we take a peek in our books on the history of the ancient world, we find that our remote ancestors in those lands (presuming we had 'em there instead of in coconut groves) were possessors of bodies beautiful according to anyone's standards — their bodies were well developed and well cared for; they wore clothing for protection and not for style, and they made the business of keeping themselves in tip-top physical condition of prime importance. But later in the course of events when "style" became invented and covering the body more and more until only the face remained visible became all the rage, we find less and less attention being paid to the body — all effort was expended toward beautifying the only visible part—the face —and what-have-you sufficed for the remainder as long as it possessed sufficient strength to support said face. This monkey business continued for centuries until within our own memories (I am

speaking for the "wild, reckless, headed-for-the-devil generation" or the "frank, broad-minded, clear-thinking new race," depending on which side of the fence you are on) when our mothers and grandmothers began waking up and coming out for air. During all these years the idea developed of setting the face upon a pedestal of imposing dimensions covered with yards upon yards of goods, the idea seemingly being that the greater the pedestal, as it were, the more emphasis would be thrown upon the face, like putting a statue on a pyramid, or placing your just-won-at-bridge prize in the center of the dining table for all to behold. Inasmuch as just about all the physique below the chin was generally well protected from public inspection, it really didn't make much difference what was there. Of course, since fashion decreed small waists (still carrying out the pyramid-pedestal idea), they were in evidence, usually tightly laced, and as fashion further decreed (still dwelling on the theme of the pedestal) a sudden and expansive fullness between the waist and the floor, large hips were next in order; but if they weren't naturally so, little difference did it make—padding was so easy to use, you know. Listen, girls, some of our grandmothers had a task about equal to unpacking a steamer trunk each night before being able to take a deep breath and make tracks for "nappy's house."

Of course, though, since the well-dressed woman stayed well dressed and partook of nothing more active than a strenuous game of croquet, her physical condition was never clearly revealed to others, and none too well even to herself; ignorance reigned supreme until—

On the evening of September 28, 1868, the first troupe of English burlesque players appeared in this country, and in due course of time

the burlesque show became something of a rage in this country, as still it is. Then, as now, the stars possessed good examples of the prevailing type of feminine figure (that is, they wore the stylish clothes of the period and had the natural and not padded figure to support same) and when they stepped out in pink tights and corresponding costumes making for higher education of the masses regarding feminine figures, business began to pick up. Our grandfathers were wont to remain up late at night with sick friends, business conferences, etc., for the first time; and our grandmothers, getting wise, began practicing up in the art of imparting kinetic energy to crockery and the popular biscuit-making apparatus now so much dodged by Jiggs—and others.

Just cast your eyes on the pen-and-ink sketch from a photograph of a very popular burlesque star of the last century, and don't laugh any louder than she would have shrieked had she seen your figure, for your

waist of twenty-five or twenty-six inches would seem to her to be a veritable bale of cotton in comparison with her waist of some eighteen inches—and how skinny your legs and hips would seem! But time changes things, and since men seemed to like those early revelations and managed to get the decrees of fashion to collaborate with them, it was but natural that in course of human events things should transpire, and transpire they did—gradually the underpinnings of womankind were emancipated until today they face the world unflinchingly. Now let us follow the change down through the last few decades—the pen-and-ink sketch depicts the figure of some fifty years ago, and the other two photographs (yes, dearie, those *are* bathing suits) are of much later vintage. But how queer they seem! As a basis of comparison between the figures of their era and that of today they aren't much good, but just the same they reveal (?) as much of their contents as any at-all-modest-and-proper lady of the period cared—or should I say "dared"—to reveal to public inspection. One can see, however, that not much change had occurred during the twenty years or so separating the era of the lady of the chorus and her of the long tresses. But a decade or so

later, when the lower extremities of our immediate maternal ancestors became more accustomed to fresh air and the gaze of fresh heirs, we find more interest being taken therein, not only by the public but by the possessors thereof as well.

The photo of the bare-legged swimming champion (absolutely, she had so little modesty left that she swam in public with her legs bare) shows a more pleasing—and natural—development in the regions in which we are interested. Then came the war to knock the final props from under the old school of thinking and inactivity on the part of

our women and "old maid" men, so that today womankind stands free and unhindered by faulty clothing and retarded physical development; and we find the standard of feminine loveliness of form today very, very similar to that of the Greeks centuries ago, the principal difference being that we of today (in America particularly) favor a slightly more delicate figure, just a little less bulky than that of the Venus de Milo. This is, no doubt, due to the fact that centuries of inactivity on the part of our women have given them lighter bones and slenderer frames than those of the athletic Greeks, and accordingly a muscular development corresponding to that of the ancient Greeks would not be quite as bulky because of this lighter skeleton. Already scientists are declaring that as a result of athletics, etc., women are increasing the size of their feet, ankles and wrists and other joints, which merely means that in the course of the next few generations our women will (Continued on page 79)



And here are figures that were equally "ideal" at their times, from fifteen or twenty years to fifty years ago.

Rheumatism

What It Is and What It Isn't

By Dr. D. E. Stombaugh

RHEUMATISM is defined as a constitutional disease marked by inflammation of the connective-tissue structures of the body, especially the muscles and joints, and attended by pain in the joints and muscles. It is defined by the average person so as to include almost any known ache possible for the human structure to acquire.

The origin of rheumatism goes back to an unknown date. It is believed that many elderly people were put to death due to the disease drawing their muscles and body up in ugly deformities and, therefore, were condemned as witches, etc. They were blamed for most any plague that happened to befall the colony or clan, and on account of their gruesome appearance it would be decided they were filled with evil spirits and must be destroyed in order to banish the evil spirits.

In late years it has been found that rheumatism was caused by certain organisms or germs. These organisms seem to vary in their own activity, desires and ability. At times they attack muscles, and even here they make a selection at times and only choose the heart muscle, and at other times most any or all of the large muscles of the body. These germs seem to have their favorite ways of entering the body, such as the tonsils, the teeth or some other microbic trap-door. They then are usually very prompt to make their way to some other part of the body, such as the large joints which seem to serve as efficient incubators where the germs multiply very rapidly. Here also a poison is elaborated and passed into the circulation and thus conveyed to other joints and to the heart, which will be discussed later.

The causes of rheumatism are many, of which we can head the list with exposure to cold; may we describe this just a bit as a damp cold. Next in the order of causes there are several constitutional diseases of which I believe tonsillitis may very properly top the list. Pneumonia has as one of its bad habits, the act of leaving organisms of all kinds to vacate its path the best they can, and this method very often results in our old enemy rheumatism. In this case the joints are the favorite prey of the bugs, but I am pleased to say they are more often kind and only choose one joint. Gonorrhoea has in its already disastrous path a strong feeling for the knee joints. After this organism has been harbored in the body for perhaps many years, it is possible for it to gain admission to the blood stream, and due to some unknown cause finds its way to the knee joint, either one or both. Many think of this disease as a mere troublesome, uncomfortable condition that lasts for a week or two and then passes away with no effects whatever and feel that it is just

another experience in the short trail of life. We may also add chorea, or St. Vitus' Dance, to the diseases which predispose to rheumatism. Some authors seem to be of the opinion that rheumatism or rheumatic tendencies are a forerunner of chorea.

Now may we try and divide our broad term of rheumatism? As stated before, it is a term which is used to cover pain in the joints, muscles, skin and nerves of the body, of which the pathology of each tissue named may be divided into a group of diseases according to its own particular structure and formation. In our first division we may separate the pains into acute and chronic.

The Acute type of Rheumatism we can place quite properly under the term of rheumatic fever. As we endeavor to give you a slight description of this painful condition you, and especially those who have had personal experience with its tortures and habits, will readily agree that it is more than just company or something to occupy the mind. The germ which is supposed to be responsible for the malady is known as the diplococcus rheumaticus by name, and usually gets its start along with many others during an attack of some febrile condition, such as our old enemies tonsillitis or appendicitis.

Rheumatic fever seems to be partial to temperate climates, and the months of February, March and April are its most active times during the year, although most any time of the year or day is not without opportunity. Occupation is of importance, especially if it entails oft-repeated or prolonged exposure to the influence of wet or cold or to severe changes of temperature. Hence those who follow certain vocations are attacked with great frequency, such as coachmen, laborers, sailors and servant-girls. Age should also be considered, as primary attacks are most common from fifteen to thirty-five years of age. Cases are numerous between ten and fifteen years and have been known under the age of ten years. Nursing babies are practically free from the disease. Acute articular rheumatism is somewhat more common in men than in women, possibly owing to the fact that the former sex more often follow predisposing occupations. Conditions of ill health, particularly digestive and liver disturbances, seem to exert some effect. Chronic heart conditions render its victims prone to attacks of acute articular rheumatism, and some authors contend that the two conditions are etiologically one and the same. It has already been stated that choreic children are very prone to rheumatism.

An attack of rheumatic fever is not protective in character but increases the susceptibility. In this respect the disease resembles certain other (*Continued on page 81*)

Hello, Mr. Davis!

An Account of a Bar Bell Booster Who Has Found Weights Successful in Improving His Pet Recreation.

By Robert L. Jones

WAY back in October, 1920, Mr. John W. Davis, of Northfield, Vt., obtained from the Milo Bar Bell Co. one of their large size Milo Duplex Bells and a course of instructions. At the time he reported that he had had previous athletic experiences in football, baseball, basketball, tennis and cross-country running, and that for the preceding five years he and a friend had been using a 100-pound bar bell outfit. His desire, he wrote, was to improve his strength and physique, and perusal of the correspondence that passed between him and the Milo instructor from time to time discloses that he has succeeded very well. During the course of training he increased his weight eighteen pounds, neck $1\frac{1}{2}$ inches, chest 3 inches, upper arm $\frac{3}{4}$ inch, forearm 1 inch, hips 2 inches, thigh 2 inches, calf 1 inch, and waist 2 inches. He now weighs 178 pounds stripped at a height of 5 feet $8\frac{1}{4}$ inches and has the following measurements: neck, 16 inches; chest, 43; waist, 33; hips, 40; thigh, 23; calf, $15\frac{1}{2}$; ankle, 9; biceps, $13\frac{1}{4}$; forearm, $12\frac{1}{4}$; wrist, $7\frac{3}{8}$. In lifting he has made some very fair marks, among which is a one hand dead lift of 315 pounds. This is very good, when we consider that the bar used was not cambered. He also does the one hand chin, which for one of his weight is pretty good.

Figure 2 (above) and figures 1 and 3 below introduce Mr. John W. Davis, of Northfield, Vt., and some of his new wrinkles on ice.

But Mr. Davis is not a professional athlete—on the contrary

he is an office executive connected with a woolen goods manufacturing concern, and his particular hobby is ice skating as an amateur. Therefore, his testimony regarding favorable results from the use of bar bells is well

received by the makers of the apparatus, and is passed on to the general public with the hope that it will be another step toward overcoming the fast-disappearing prejudice against the use of weights in exercise on the grounds that they "make you muscle-bound, slow, etc." Here is a man who has been using weights for some twelve years without the slightest unfavorable result—on the contrary he has this to say about them, that the leg and calf exercises used cured a case of flat feet almost completely and to the point that they never pain any more, and that his bar bell exercise has given him increased ability in his skating act and greater control over the delicate balances and positions involved. To use his own words, quoting a recent letter, he says, "While I am not much of a lifter I find that the strength developed by bar bell work can be most successfully capitalized in my amateur

skating act. It enables me to exaggerate my partner's leaps and jumps to a surprising degree and also to do several attractive supporting feats. Practicing the edges



Figures 4 and (below) 5, 6 and 7 show Mr. Davis and his partner in some clever balancing feats on skates.



with a bar bell across the shoulders develops great strength in the skating muscles and makes for increased bouyancy and gracefulness as I have so much reserve power to back up my delicate balances when necessary."

Now if you think he is in any way hindered in his skating by stiffness or lack of flexibility of his body, just take a casual glance at the various illustrations accompanying this article—you find in each a graceful performer who has complete control over the position involved, and whose poses portray grace, strength and all-round ability in the art of skating.

The photos accompanying this article were made last March at the close of the skating season in Northfield, Vt., which is perhaps the coldest place in the country—anyway, it's plenty cold there for skating during a very considerable part of the year.

The illustrations 1, 2 and 3 show three of Mr. Davis' stunts—the wrestler's bridge, a balance on one skate on the handle of the bar bell, and a new "wrinkle" in team



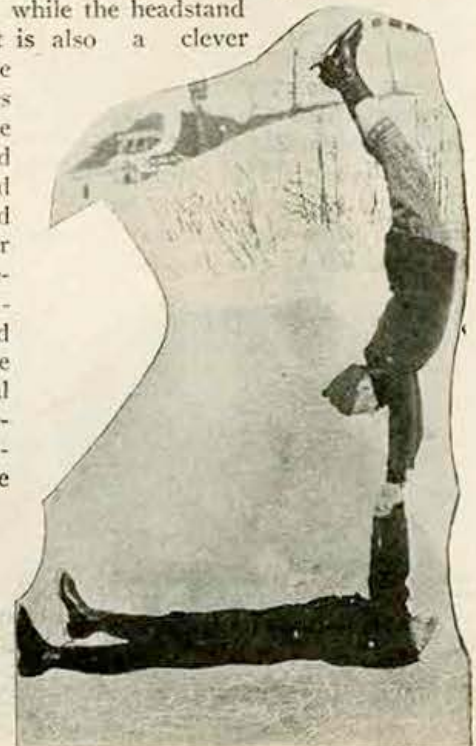
skating. The writer requested him to send in a photo of himself skating with the bar bell across the shoulders, but as he had none available and time was short he sent number three instead. It might be well to mention just here that in all the accompanying photos the bell used weighs one hundred pounds, and that handling the weight alone in some of the positions is something of a task for a fellow, but when he tries it on ice skates, good night! As regards number three, Mrs. Davis seems to weigh around a hundred and twenty pounds or so, so the exercise shown is really more difficult than when the one hundred pound bar bell is used; but regardless of the weight or position, your attention is called to the fact that there is absolutely no strain apparent anywhere—as he has written, bar bells have given him the reserve strength necessary to perform correctly and control perfectly these difficult feats of strength and balance.

Illustration number four introduces a new character to you. Mr. Hill is also a resident of Northfield. He and Mr. Davis are close friends, and they find in their pastimes things of mutual interest. They and their wives are among the very best skaters in New England, and Mr. Hill also enjoys a very enviable reputation as a hand balancer. He, too, is an office man, but through using bar bells he has built up a reserve of strength that enables him to perform the most difficult of skating routines, and balancing feats on his hands—he it is descending the stairs in the very modern style shown in the

illustration; and if some of you chaps who are hand balancers think this stunt easy, just park your hands in a pair of shoes (better save the boots till you learn more about it) and start down. It would be wise to select a low flight of steps with thick covering, and a mattress placed at the foot might come in handy in due course of time. He is also the top-mounter in the pose number seven, in which Mr. Davis is bottom man, and they also do considerable other hand-to-hand work of a difficult nature. The Russian Dance, on ice skates, as shown in number six, is a first-class

trick for anyone to do, especially in the position given—arms folded on chest, head up, and front foot clear of the surface. To perform this stunt on a floor is not easy, because considerable leg strength and a good sense of equilibrium are required, but on ice, boy, howdy! Number seven shows Mr. Davis holding a handstand in very nice form, while the headstand

in number eight is also a clever trick. The tip-toe balance on skates while holding the hundred pound weight overhead is another good one (number ten), and requires in addition to a good sense of balance and the usual upper body development, considerable



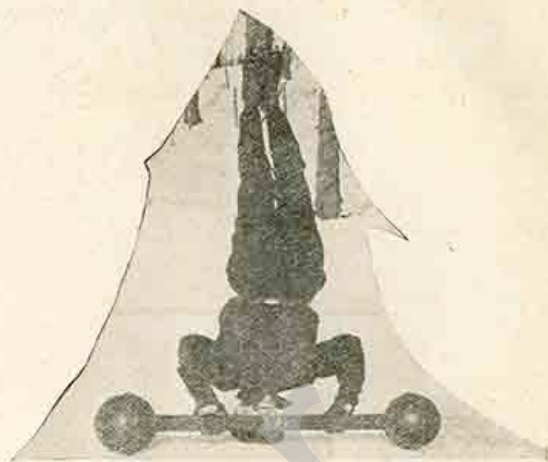
strength in the calves and ankles in order to prevent a nasty spill. The photo of Mr. and Mrs. Davis (number nine) serves to demonstrate to you something of their skill and poise on the slender steel runners, and incidentally portrays something of the beauty of their section of the country in cold weather.

The ten photos accompanying this article are only a small fraction of the large number of excellent positions and feats these gentlemen placed at the writer's disposal for use in this article—last Spring Mr. Davis submitted some six or eight just as others of our many pupils submit photos from time to time, and we were so favorably impressed by them that we requested him to send more from which the best might be selected for publication. His response was in the form of a small album containing several dozen excellent snapshots; and in selecting the limited number of space permitted to use in this article, the writer endeavored to use those of most general interest to the readers of *STRENGTH*. For instance, there were "shots" of Mr. Davis doing the popular leg exercise stunt of supporting the bar bell on his feet (or, rather, skates) while lying on his back, and pressing it up and down,

holding the weight overhead on one hand while on the skates, and another with the bell balanced on his head. Then there were several nice supporting feats—holding the bell aloft with two people on it while lying on his back, and another of him and Mr. Davis in a hand to hand

stand with the former in the wrestler's bridge position, and with four young ladies seated on his body from the

knees to the chest—the total weight making it a pretty good trick; but with the addition of the balancing business in maintaining the hand to hand balance with his partner overhead this trick becomes better than "pretty good." This photo was made in the summer time and the costumes (bathing suits)



would seem a little out of place in this number, but we will try to include it in a later issue.

In addition to the pose of Mr. Davis shown in number four there are several others showing him in his balancing act which he often presents at fairs and other celebrations. One of his best stunts goes like this, and is very spectacular: Atop a table, like that shown in the



Figures 8, 9 and (below) 10 show some more nice tricks on the ice.

illustration just mentioned, is placed a pedestal of the type of the popular restaurant stool, said pedestal being three feet or so in height and the diameter of the top being only about eighteen inches. Now, on this top is placed a small child's rocker, the pedestal being so small that the rockers project well beyond each side. And here's how—grasping the arms of the chair, Mr. Davis presses up into a perfect handstand, then while holding the position rocks the chair violently back and forth. The whole arrangement is none too steady, and this fact, coupled with the height and limited balancing area of the pedestal, gives the feat a very good appearance, and undoubtedly makes it "sell" well. Incidentally, it might be well to mention that the feat in itself is a very good test of strength, equilibrium and nerve, and one must be a good balancer to perform it.

These gentlemen have appeared in many exhibitions in their hand-balancing act, while as fancy skaters they are well known throughout their part of the country and up to Montreal, Canada, and other large centers! but most important of all is that wherever they go they carry with them the gospel of right living, fair play, healthy recreation, good fellowship and sportsmanship, and we of the staff of this magazine are proud to number them among our friends.



Human Yeast Cakes

Raising the Dough of Humanity for Good or Evil.

By Russell Viohl

IF we look about us with an attitude to discover the reason for the sad deficiency of energy often put forth in the best of causes, we are apt to find that it arises generally from some sort of narrowness. A person will not help you in this or that noble undertaking simply because he is not in league with your ideas, nor has any sympathy for them. There are a great many types of humans who remind one of lobsters; they live in hard shells formed out of some professional organization, church, political, or classical crust, and cautiously creep their way within certain beaten limits, beyond which they have no desire to venture. The meagre and unexpansive life of such people shows what we need in order to attain a wider and richer range of social vitality. What every young man should give if he wishes to save himself from the narrowing crust of professional organizations, is a regard for all human endeavor and sympathy with modern tendencies.

Girls will be girls and boys will be boys, and nowadays we can help the parade of humanity by making all reforms an educational rather than an oppressive measure. Every young man should strenuously avoid shutting himself up with a certain narrow pale of sympathy, and fostering unreasonable hatreds and prejudices against others. An honest hater is often a better fellow than a cool friend; but it is better not to hate at all. A good man with an humble and contrite heart will shake off the influences of Self and learn to secondary himself to others, learning to like the excellence of persons and parties to whom he is naturally opposed. Remember, among your friends, affection can withstand severe storms of vigor but not a long polar-frost of indifference. If you have any differences with anyone do not descend to their

level and strenuously oppose them, thus exasperating your own good nature; but bring them up to your level by doing good to them, and, as it says in the Good Book, "heap coals of fire on their head." I think "the dumbest a thing a kink kin do in dis here life is to git 'ard feelin's over anybody." If we help others we help ourselves, you can bet your "boots" on that, and a word to the wise is sufficient.

Never allow yourself to indulge in sneering condemnations of large classes and sections of your fellow beings; that sort of talk sounds big, but is, in fact, puerile. Never refuse to entertain a man in your heart because all the world is talking against him, or because he belongs to some sect or party that everybody despises; if he is universally talked against, as has happened to many of the best men in certain circumstances, there is only so much more need that he should receive friendly judgment from you. A limited acquaintance with the world must convince everyone that gentlemen never go on "hearsay," but investigate carefully before forming their opinion. Therefore, we should try always to pick our company and associate with gentlemen only, and to judge others, is a sure-fire way of condemning ourselves.

"Honor all men" is one of the many texts of combined sanctity and wisdom with which the New Testament abounds; but this you cannot do unless you try to know all men and you know no man till you have looked with the eye of a brother into the best that is in him. We are not mere willowy creatures of circumstance, unless we choose to be. We have the power to determine the influences we attract, the people we find for friends. Through our goodness of heart and genuineness we can either keep hold of the rudder and so determine exactly what course we take, what points we touch, or we can



Call Linwood Lilly muscle bound, slow and easily exhausted? Never! Anyway, read what the writer says about him.

fail utterly to do this; and failing, we drift and are blown willy-nilly by every passing breeze. Welcome to everybody should be our thought, for then we may draw to us the influence and the aid of the greatest, the noblest, and the best who have lived on earth, whatever the time, whatever the place.

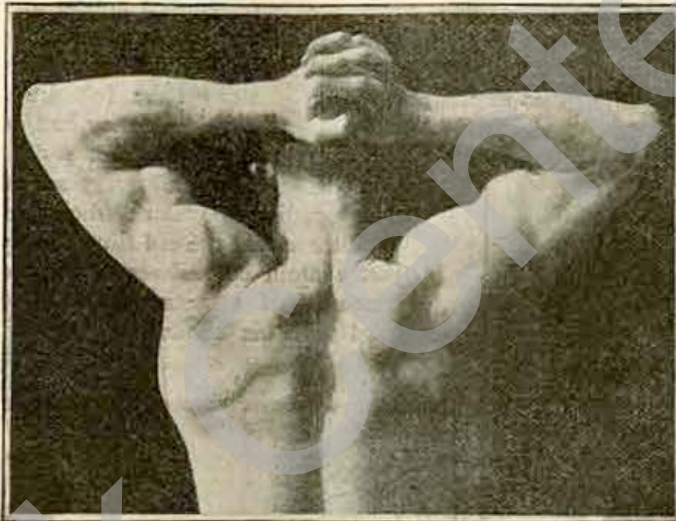
People are beginning to take in the more vital things of life, but it's mighty discouraging when individuals who know nothing about this or that, advance unfair criticisms. Listen. I am writing these lines in New York City just after the *Strength* show that was held there on December 3d. A man came up to me before the show commenced and claimed he could see no good in Physical Culture or bar bell exercises. He said every athlete in the show had over-developed muscles which were parasites on the vitality because a certain amount of energy was constantly required for their nourishment, and this in turn was sapped from the general reserve so that the freaks (he called them freaks) of physical culture never showed to an advantage except in vaudeville shows and were practically no use at all except to pose for pictures. He further claimed that these so-called strong men were slow, muscle bound, and easily exhausted, and had no training

demands of activity placed upon them, which proves at least they are not "bound." His carriage and general deportment on the stage was a great deal more graceful than any dancer I have ever seen. Right then and there Mr. Klein refuted the impression that he has unwieldy bundles of over-grown muscles and lacks agility.

Linwood Lilly and George Dembinski performed a series of amazing feats and demonstrated also the great neural control they have over their muscular system. Linwood Lilly is built somewhat like Siegmund Klein, though perhaps a trifle heavier; yet with all his wealth of muscle (muscle which according to our friend the critic, is no good at all) he performed a perfect split, executed a number of difficult back-bends and easily performed numerous other feats of agility and suppleness. Call him muscle-bound? Never! Not if you saw him perform.

There is not in the country today an athlete more versatile than this young man, Lilly, and the things he does in defense of bar bells and physical culture exercise would make the most prejudiced critic literally eat his words. As for George Dembinski, reams and reams have been written about him. He embodies all that is good in the way of physical training and his physique bears the same relation to the hypertrophied, over-developed, muscle-bound physique that a cucumber does to ice cream.

Something in human nature always resents the impact of new ideas or tendencies, but this should give no reason for constituting unfair and unfounded criticisms. I dare say if the "gentleman in the case" were not convinced that bar bells and physical culture exercise produce elastic and highly tuned muscles after witnessing Messrs. Klein, Lilly and Dembinski in action, he WAS converted when he saw Bob Jones perform. Sakes Alive! His usual opening stunt is the very simple one of holding a perfect one handstand some fifteen seconds, meanwhile playing a selection on a harmonica held in the free hand. Next, one becomes somewhat interested upon seeing him go into a perfect handstand with his weight supported on three fingers of each hand, but that isn't all. Seeing is hardly believing when one beholds him go into a perfect balance using the thumb and index finger of each hand, with each digit resting upon the end of an Indian club; then, while remaining balanced, he raises first one index finger, then the other, and remains balanced a few seconds on the thumbs alone on the two remaining clubs, those supporting the fingers having been pulled down when the fingers were raised. He has used bar bells regularly for nearly three years, and if bar bells make one slow, muscle-bound and so on, it would be hard to imagine what sort of stuff he could now do if he had never touch the said bar bells. (Continued on Page 87)



A rare South view of Bob Jones looking North. He is one of the best developed members of the small bone, narrow frame type of athlete.

in the more essential elements of good physical development, such as agility, skill, coordination and endurance.

Now listen! Siegmund Klein displayed, during the performance, unusual skill and coordination in his marvelous demonstration of "classical weight lifting" or weight juggling. He is the exemplar of the highest type of athletic manhood in the country. He has well-developed, strong muscles. Not in one instant did I notice them incapable of meeting the



The world is full of good hand-balancers, but they must go some to emulate Bob Jones, finger-balancing expert.

Arms and the Man

The Man with Strong Arms is Admired by Everyone. The Experience of the Iron Armed Athletes Given Herein Should Assist You in Following Their Example.

By Mark H. Berry.

“AND the muscles of his brawny arms are strong as iron bands.” With these words in his immortal poem, “The Village Blacksmith,” Longfellow gives expression to the

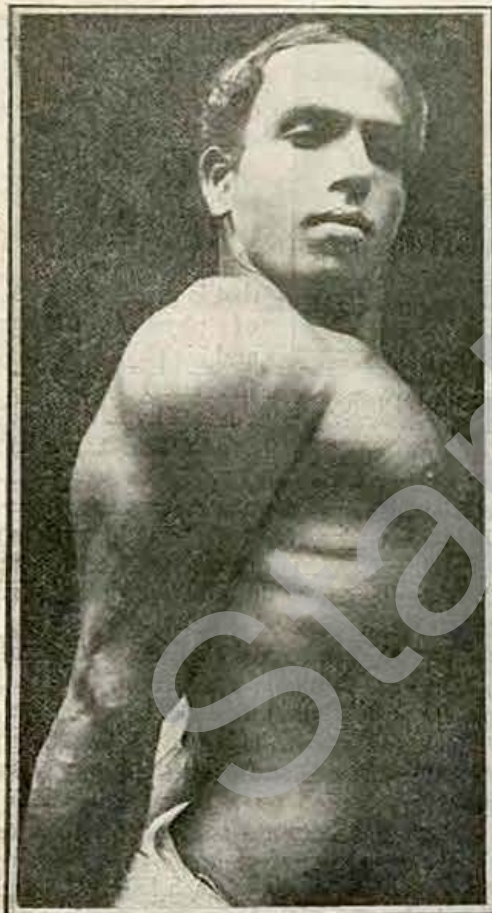
capable of almost anything in the way of strength. The arm of the smithy has long exemplified this particular quality so much that many writers of poem, song and story have felt duty bound to make reference to him whenever they had occasion to mention a man who was capable of unusual things in the way of strength. I

don't believe this can apply so much to the modern blacksmith, who does not live and work wholly or partly out of doors in all sorts of weather as did the old-time smithy. The modern blacksmith is either just a plain horseshoer or he operates machines, most likely in the basement of a factory or mill; whereas the old-time smith worked hard with his hands and needed muscle in his arms, back and legs,

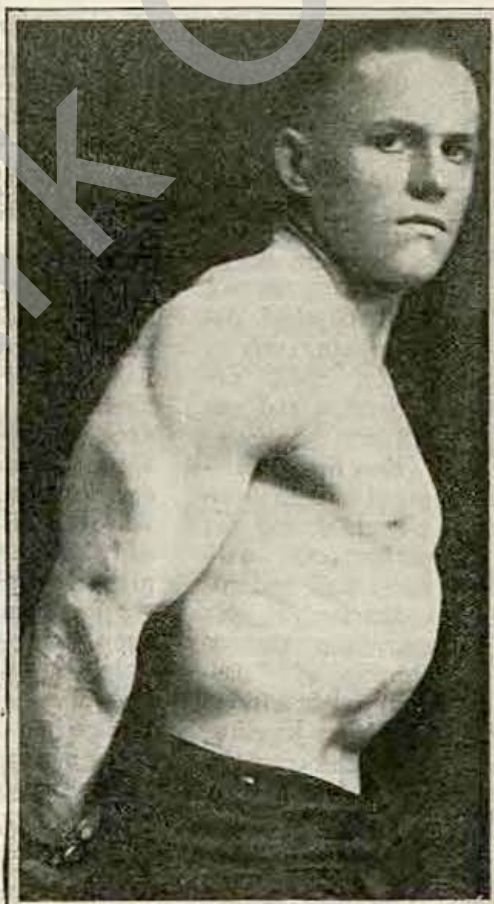
for he had to handle heavy things while forging and shaping them by hand.

Just a few years back when we had many real blacksmiths, statistics proved them to share the top of the list with gardeners for length of life. How similar was the work of these tradesmen there is no doubt but that the blacksmith lived long because of his strong muscles, hard work and active occupation of constantly handling pieces of iron and other heavy objects; he was always gripping something as he applied sledge and tongs and worked his bellows. To the average citizen, the possessor of large, well muscled arms simply cannot be otherwise than strong. It matters not what sort of legs or back the man may have, his arms have big muscles; therefore, they must be strong and likewise he must be strong all over.

We, who follow



Mr. K. V. Iyer, of Bangalore, India, possesses an arm which matches his other admirable physical proportions, to which we have previously called attention.



This athlete has developed an arm of the massive type, compared with his height and weight. Walter Stratton has a 16¼-inch neck, 43-inch (normal) chest and 15¼-inch arm.

popular impression concerning the possession of strength. The old-time village blacksmith, with his sinewy arms, was looked upon by one and all as the one man in the countryside who was

STRENGTH Magazine, know that well muscled strong arms are essential to the man of great strength but do not place them in the position of major importance, as we realize that strength in an extraordinary degree depends on the proper development and training of all parts of the body. It is relatively quite easy to acquire a pair of finely developed arms, so we may as well consider a few examples of perfect proportions in arm development, and at the same time suggest a few of the best known methods of bringing the arm muscles to the full state of development. Aside from the great importance of a good strong arm simply as a unit of the perfectly developed body, we must, of course, include the importance of first class arms as a means of gratifying the vanity of the possessor both in appearance and the ability to perform unusual feats. This may seem an unimportant reason to the physical idealist; nevertheless, it is the main reason among many of our readers for the desire to develop arm muscles.

Though the beginner may not be able to recognize the fact, there is a great deal of difference in the principle of applying your efforts to develop the arm muscles. This is excusable in the case of the novice, when we consider that hundreds of physical educators and professional vendors of "systems" cannot seem to



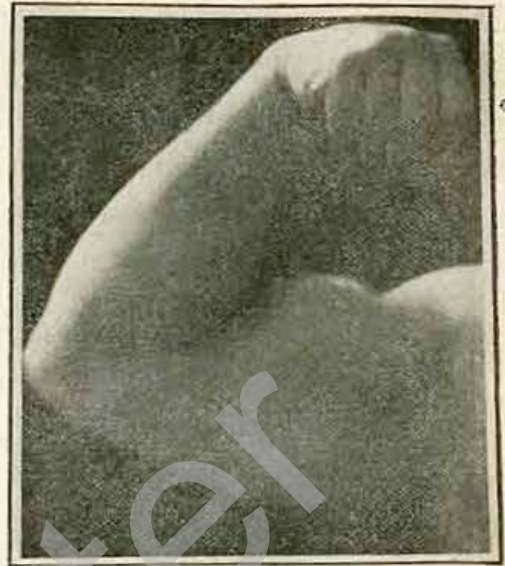
The capable, though not bulky, arm of Siegmund Klein.



The well-defined arm of Arthur Levan, a small man with short arm bones. The short athlete with such arms has a decided advantage over larger men in performing many feats of strength.

appreciate the possibility of the existence of right and wrong methods in exercise. In order to properly understand the science of muscular development, one should realize the difference between increasing muscular growth on the weak and unathletic fellow and bringing the experienced physical culturist to a high degree of physical perfection. We must also recognize the existence of varying degrees of strength in muscles of like size, and at the same time differentiate between the development of strength and strength specialization.

I hope the above paragraph does not seem too vague to enable you to quickly grasp my meaning. Further explanation should bring us to a better understanding,

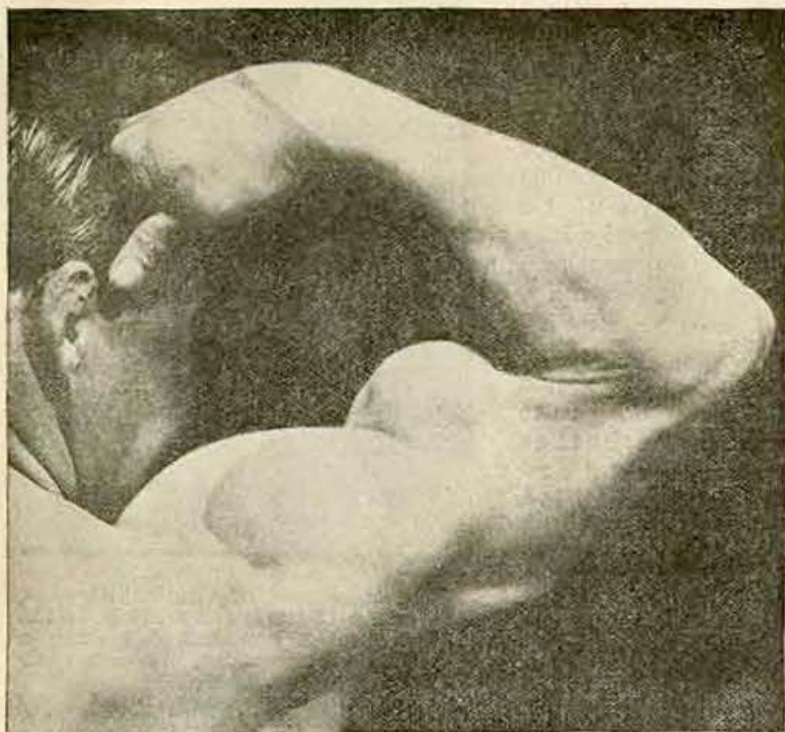


The huge arm of Charles Rigoulot, World's Champion Bar Bell Lifter. This type of arm, though lacking in muscular separation, is extremely powerful.

so please follow me for a little while and I am sure you will know what I am getting at. The first point brought up in the above paragraph mentioned a difference between increasing muscular growth on the undeveloped fellow, and improving the well built fellow to a state of perfection. A truly weak and undeveloped individual may derive a great deal of benefit from certain free hand movements, whereas the lad who is fairly strong and possessed of good muscles will be wasting his time on calisthenics. The beginner, regardless of how weak he may be, so long as he is not suffering from some chronic organic disease, need not bother with non-resistance

movements but should start with a degree of resistance within his limit of strength. The amount of resistance, though correct in his case, would be altogether too light for an experienced physical culturist. For instance, a thirty pound bar bell might be ideal for the former to start with, whereas the latter would derive practically no benefit from the use of such a weight; at least, he certainly would make no progress. Take the ambitious man who has been using bar bells for a few months and has grown from an average citizen with little or no strength to an athlete twice as strong as the average man. Providing his muscles had all expanded as much as should be expected within the length of time he had been exercising, he would be classed as an advanced student of physical training and should require advanced work of a more difficult nature.

The beginner should be given repetition exercises with fairly light weights; such movements should be executed while assuming positions which make their execution practically impossible unless light weights are used. So far as leverage and the mechanics of physical movements are concerned, developing exercises for the beginner should be performed in the hardest possible way. However, when the athlete has become pretty well developed and is seeking perfection, then he must



An arm of unmatched shape, muscular definition and athletic efficiency, illustrating the possibilities of intense training over a long period of years. The arm of Otto Arco.

include exercises which are performed by the assistance of leverage but place a greater amount of strain upon the muscles. To do this it is necessary to alter the positions and exercise the entire body, more or less, at one and the same time. In other words, the farther you progress, the larger the group of muscles involved.

The second point brought up a few paragraphs back made mention of the existence of varying degrees of strength in muscles of like size, and referred to separate methods of training to develop different degrees of strength. It is possible to practice developing exercises for an indefinite length of time, as a result of which the muscles of the entire body will continue to increase in both size and strength. From following such a program, the athlete may become exceptionally strong; still his muscles will not be quite good enough for record breaking feats of strength. One might succeed in developing muscles of huge size, as a result of patient effort in practicing the right sort of body building movements with graded weights, and, truthfully, it is possible to accomplish like results by the correct application of various other means of resistance. Huge as such muscles might be, unless the scheme of progression had been followed through to the advanced stage, wherein scientific principles of strength cultivation were employed, their efficiency would not be commensurate with their size. Once the muscles have been built up to a size and shapeliness corresponding to the structural mechanism of the individual, then the thoughts should be turned towards improving the quality of the muscles,

raising their efficiency to the natural limit by specialization in pure strength building exercises.

One should likewise differentiate between the degrees of exceptional strength. You can train for special strength and high quality muscles without ever testing yourself on feats which require the limit of your abilities. This is accomplished by performing movements identical to those practiced by the record attempting lifter, but instead of trying yourself on each attempt, several repetitions are performed while keeping well within the limit of your powers. Though, of course, the record attempting lifter acquires the acme of great strength, it is unwise to constantly try oneself to the limit; and greater success may be realized even in the case of the record hungry lifter, if the routine is split up between repetition work and record attempts.

In explanation of the term "structural mechanism" which was used in referring to the developing possibilities of different individuals, it should be understood that men of the same size, with the same girth of wrist and ankle, may vary in the mechanics of their bony framework. The



The arm of Owen Brill; note particularly the splendid deltoid development.

relative lengths of the bones of the upper arm and forearm may vary greatly in different men and, likewise, the relative lengths of arm bones and breadth of shoulder. This is probably better understood if we refer to the ankle joint and length of the heel. The individual with a rela-

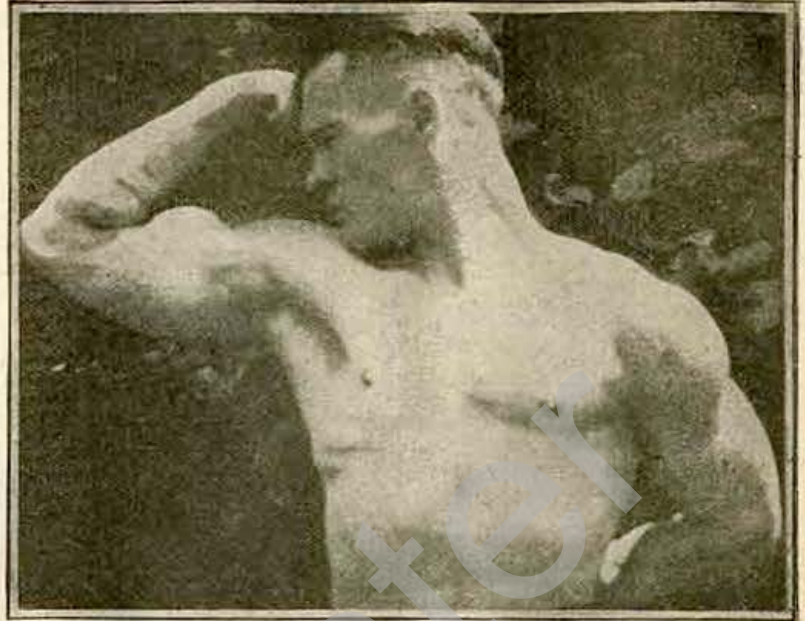


James Cameron, who has acquired unusual development of the muscles of his arms, shoulders and upper back.

tively short heel will find it easier to develop large calf muscles than the man with a long heel. The latter has good leverage, thus requiring less muscular bulk to move the heel. The same thing can be true of other joints, especially at the shoulder and elbow joints, where the relative positions of tendon attachments and length of bone may vary greatly in individuals.

Gymnasts who specialize on the rings, horizontal and parallel bars will be quite sure of developing good arms from the repeated chins, dips and push-ups. Hand balancing of the hand-to-hand variety, wherein one man lifts his partner about, will prove even a better method of bringing out a noticeable development, and among this type of heavy exercise devotees you will generally find some of the best arms in athletics. Most of these boys have, at some time or other in their exercise career, used weights for the purpose of gaining in strength and development.

Wrestlers, as a rule, develop big arms, but their development is apt to lack impressiveness, due to the peculiar smoothness of build which is acquired by most mat performers. Solid iron dumbbells, spring exercisers, rubber cable expanders and several other proprietary forms of exercising apparatus will all tend to increase the size and improve the shapeliness of the arms. I happen to know from experience that no matter how



A front pose of James Cameron, giving further evidence of his fine arms and deltoids.



A back pose of Owen Brill, giving you an idea of how the shoulders and upper back will develop in conjunction with arm exercises of the correct sort. The triceps bulge very clearly, even with arms bent.

developments in this respect; nevertheless, it is a fact that the further you advance with your exercises, the better you will be satisfied with the results obtained. Those advanced students of heavy exercise who combine hand balancing with their bar bell practice are likely to show the highest degree of complete arm development. Beginners and inexperienced physical culturists should not mistake this to mean that they should immediately include balancing in their training program. The novice must beware of doing too much and give his system a chance to build up. Only when

he is satisfied that his muscles have gained sufficiently in bulk and his frame has acquired enough weight in solid flesh, should he begin to include other forms of exercise and stunts in his routine of exercises.

For the first few months the student must concentrate on purely muscle building movements which have proven to be result producing. Such movements must necessarily cause an alternate full contraction and extension of all the muscles involved. Later on, after he progresses, certain exercises might be given which call for leverage but in which the range of movement is greatly limited. Here is where a grave mistake is liable to be made by the fellow who tries to lay out his own program, and reading of advanced work which should produce results, starts in on exercises intended only for one who has been practicing movements of a freer nature for some length of time. This class of exercises, if practiced at all, should be combined with quick movements allowing the muscles to contract over their complete range.

Curling exercises with a bar (Continued on Page 70)



The arm of Otto Arco. It would be impossible to find a more thorough and proportionate development of the upper arm.

well a man or youth may succeed in developing himself by such methods, greater results will be forthcoming after following graded movements with weights for a reasonable length of time. There is no denying that the finest arms are to be seen on weight lifters and bar bell users. It is not necessary to become interested in record making or competitive lifting to realize your am-

What Every Man Should Know

How to Safeguard One's Self from Assault and Banditry

By "Buck" McGuckin

I WAS walking towards the mooring docks one broiling hot afternoon in Faunchal, Madeira, when the soft strains of Oriental music floated to my ears. My thoughts went gayley west and further west, till the west became the Saffron East. Out of the shadows of pagodas a booming voice startled me out of my reverie and brought me back to the novelty and bustle of Madeira life. I whirled round and looked into the smiling countenance of Boots Bradley—big six-foot four Bradley,

who played fullback on my college team when I was the little quarterback the year my passing to Bradley for big gains was a sensation.

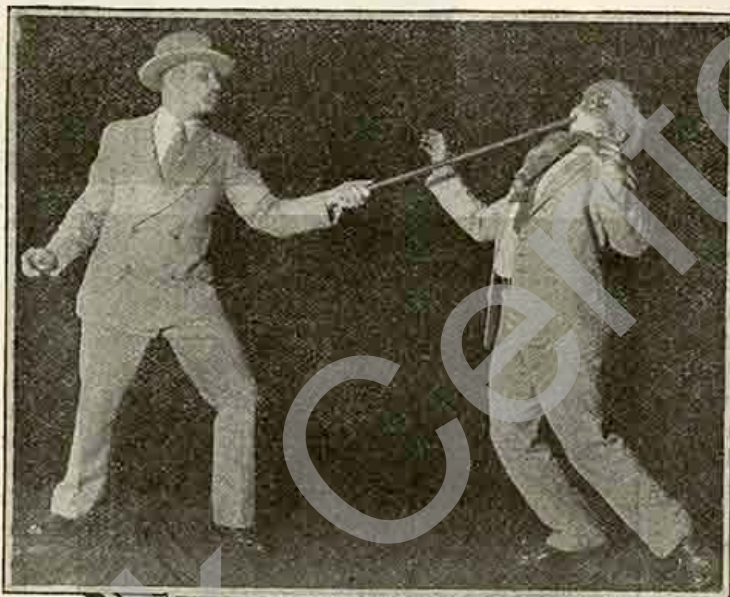
"Fer Pete's sakes! Where ya been all these years?" I managed to exclaim.

"Oh, jest roustin' round secin' the world a little, Buck. Gee! It's good to see ya, boy. How ya been? I ain't seen you for a 'harry of a time,'" was the rejoinder.

"Well, to tell the truth Boots, I'm the same as you if you're o. k. and judgin' by the looks of ya, ya must be in great condition. Bye the bye, have ya been in any fights of late?" I asked.

"I allus get plenty of action, you know that, Buck, without havin' to ask. The other night I biffed a whopper of a native here for interfering in my affairs and I was put into the jug. I managed to make a break and they're on my trail now. You're just in time to help me, old pal. I'm gonna beat it on the first boat that gets out of here."

"Well, Boots that's tough, but what d'ya say to some eats? You used to be pretty handy slinging the grub and while we're eatin' tell me all that has happened since I last saw you when you broke up that bootleggin' gang in



Chicago."

"Suits me, Bucko, I'm kinda gaunt in my bread basket and could stand some good chow."

We sauntered across the street to a cafe and seating ourselves in the farthest corner proceeded to order up a veritable "Christmas Dinner" for I was starved and Boots later admitted that he did not eat for several days. We drank several bottles of wine, and flushed



When a thug pulls a knife on you, practice until you can secure a wrist lock, and by using a little speed step in as to throw opponent back off balance.

A cane can be used like a fencing foil. Notice how the bandit has been disposed of by the quick lunge, the point of the cane finding a vulnerable target on the neck.



When an assailant tries to sock you on the "button" and you are inside his guard, bring up your knee into the crotch. This will soon put him out.

from the exhilaration it produced, Boots unlimbered his best English and told me this amazing story:

"I might as well begin from the very beginning, Buck, and tell you the story. Do you remember that night in Chicago when I cleaned up the Vulture's gang? Well, they've been camping on my trail ever since. The Vulture hired the worst gunmen and fighters in the country to get me and, he made it so hot for me, that I beat it from the country and became the vagabond you see me now. No matter! To get back to that night in 'Chi.' Amy Neilson came to me and begged me to escape; she said Bifty Lenard was looking for me, and she was afraid that he'd shoot me on the slightest provocation. I got kinda huffed and swore no dirty, sneakin', yellow gunman could make me run outa town. The gang was good and sore at me for railroadin' them, accusing me of being a snitcher. I was only doing my duty, Buck. Uncle Sam hired me to clean up this gang—to join them, find out who the leader was and smash them for all time. Well, I did my duty and now, like the bum sports they are, they're squawkin'!

"The whole gang was sent up for ten years, but no sooner was the trial over when a lot of mysterious things happened. I was shadowed and held-up times without number by unknown assailants. That was when dear old Amy Neilson told me about Bifty Lenard, who was hired by the Vulture's gang to get me.

"One night I fought Bifty to a standstill and then broke his head when he tried to jab a knife into me.

I made good my escape in the Packard car the government gave me and headed for 'Frisco. No sooner I hove into sight at 'Frisco, when a gang of hoodlums held me up. They were notified to be on the lookout for me. Being big and powerful I smashed into 'em and tried out a few jiu-jitsu tricks the little Jap back in college was showin' us boys. Remember 'at one where you grab the arms from behind. Well, one of the hold-ups grabbed me from behind (notice the illustration) and dropping to my knees, I hunched my shoulders forward and pitched him over my head.

He hit the dust so hard that he didn't get up for some time. It's a simple stunt, Buck, and most anyone can do it, if they possess a fair amount of confidence. The trouble with most people now-a-days is they get so scared when they're held up, they don't know what to do. If you should ever be held firmly in that position, all ya got to do Buck, is keep your wits, and when the first



If you have speed and a fair amount of strength, you can drop to your knees quickly when grasped from behind and throw opponent overhead.

If you desire to throw an assailant out of your house or store, just grasp his fingers and pull them wide apart. If he resists, tear them off his hand.

opportunity presents itself drop quickly, fall forward, and pitch your opponent overhead. It's simple, but doing it is the thing, and that takes a lot of practice.

"Well, to get back to my tale. I eluded the gang and sped like sixty into 'Frisco, where I was safe as

The way to get your watch from a pickpocket is to grasp his wrist tightly, swing your free arm under his arm pit, pushing the neck forward in a half-nelson and arching your chest so as to break his elbow on it. Then slide the hand from the wrist to the fingers. Plenty of pressure on the elbow will insure a release of the watch.

long as I kept close to the leathernecks (marines). Amy Neilson came to 'Frisco to look me up and the gang that tried to get me, spirited her away. Amy's a good kid, Buck, and I wouldn't for the world see her in trouble. In the meantime I made regular trips at night to Santa Monica to see Jeff Hersholt, who runs a pool room there.

"You perhaps, remember Jeff Hersholt, the big fellow who pulled stroke on the varsity crew the year you and me did the grandstand act (Continued on Page 60)

The Mat

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

Common Sense in Diet; Two-Arm Jerk; Cross-Country Running and Bar Bell Exercise.

Conducted by Mark H. Berry

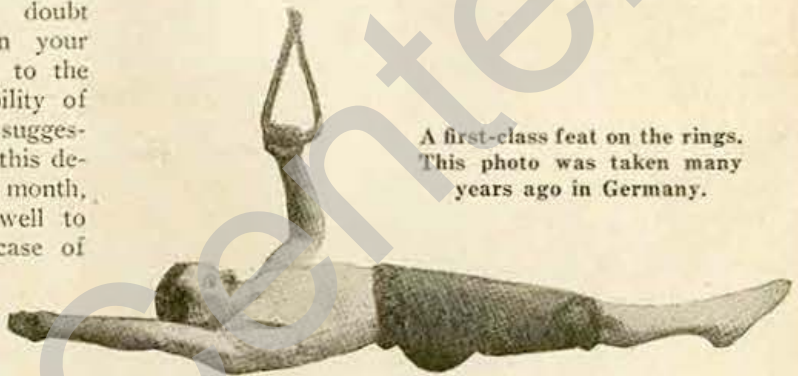


Walter Donald, showing his present splendid condition after many years of athletic and bar bell activities. Further comments concerning him will be found in *The Mat* columns.

IF ANY doubt exists in your mind as to the practicability of the advice and suggestions given in this department each month, you will do well to consider the case of Mr. Walter Donald, whose likeness is reproduced

in these pages. Mr. Donald is no stranger to the readers of *STRENGTH*, having appeared herein at various times during the past several years. At one time, special articles were written concerning him, styling him as a "muscular phenomenon." He was also used as the model for the majority of the photos in the book, "Super-Strength." You will probably find some photos of him on the page in this issue where that book is advertised. Mr. Donald has been interested in physical training and bar bell methods of exercise for some few years and really has a splendid physique.

During the summer months we discussed in the *Mat* the subject of physical culture follies, pertaining particularly to over-exer-



A first-class feat on the rings. This photo was taken many years ago in Germany.

cise and to diet. Mr. Donald had been quite a believer in some diet fads but for some reason or other, became interested in the *Mat* articles just referred to and decided to put the suggestions into practice. As a result of doing so, he succeeded in gaining twenty pounds of good solid tissue within a few months' time and expects to gain even more. He now claims to be in better condition than ever, and expects to prove publicly this fact in the very near future.

Here is the case of an active man who was accustomed to all forms of exertion and had thoroughly studied physical training methods; anyone would have been justified in stating him to be just about as well developed as training or anything else could make him; nevertheless, a change to more liberal diet principles has improved him. Take another look at his photo and see for yourself. Every time we see him, he has a few very interesting things to tell us. I believe my readers should be interested in some of the things Mr. Donald related. He is connected professionally with a well known Health Farm near New York City, where he has been for some time. After locating there, he played the game of hand ball for the first time in his life, and soon found that the training received from bar bell exercise enabled him to outplay easily men who had followed other forms of athletics. Then, quite recently he took to playing basketball, and again found the same thing to be true; instead of bar bells and weight lifting making him slower than other athletes who specialized in basketball, heavy exercise had given him the energy and speed to outplay them at their own game. Of course, we know from experience that many other fellows have found themselves greatly benefited for the playing of athletic games by reason of their training with weights.

The case of Mr. Donald brings to mind a letter recently received from a *Mat* reader:

QUESTION: I seem to have a rather difficult problem in an attempt to gain weight and make myself look muscular. I stand 6 feet, 4 inches, and strip about 175. I have a habit of finishing my after exercise showers with ice cold water. I enjoy it, react very quickly and feel warm immediately. As you will see by the enclosed snapshots, I have very long legs and arms, and worse yet, very short clavicles. Naturally, I want to put on a lot of weight and most of all broaden and deepen the chest, and spread the shoulders as much as possible.

I think the trouble is that I don't get sufficient energy from my food. I have another thing to contend with—having a rather bad case of acne, eruptions on my face, neck and shoulders. I am very careful not to eat sweets, starches, fatty and greasy foods, etc., so as not to aggravate that condition. I keep regular hours, and don't dissipate in any way; no smoking, drinking, and no sexual problem to contend with, being single. I am just twenty years of age, and hope I can plug along and fill out and get heavier.

ANSWER: I would say that the solution to your problem lies in a combination of a more strict attention to cleanliness and a more generous diet of foods which will tend to produce fat.

The average reader will agree with me, in that the major problem for this young man is that of gaining weight. It is true that he plainly states so in his letter, yet, more or less subconsciously, he



Fig. 1—"Cleaning" a bar bell for the Two Arm Jerk. Read *The Mat* for description.

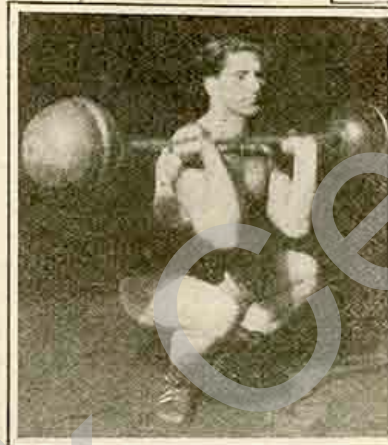


Fig. 2—An alternate method of "Cleaning"—the squatting method, used by many athletes in Europe.



Fig. 3—At the shoulders, ready for jerking. Note the stiff knees, thumbs under the bar, and bell resting on chest.

makes pimples his major problem. Being worried about the appearance of acne on his face and body, he has read of certain foods or food combinations producing this trouble (which in many cases is true, without doubt), so he went about eliminating all kinds of weight producing foods from his dietary—also foods which tend to produce energy. Replying directly to the question, he needs to include a large quantity of such foods in his diet; by the latter, I do not mean that you should have the desire to become fat or accumulate adipose tissue. It is my idea that you eliminate almost entirely from your diet foods which tend to increase your weight. It

has been recognized by physicians and dieticians that a certain amount of internal fat is necessary in order to support the internal organs in their proper place. Those who lack this in the proper bulk will be likely to suffer from some form of malnutrition. By robbing your system of all weight producing foods, you succeed in starving yourself both directly and indirectly.

I doubt very much if a faulty diet can be exactly blamed for the pimples of which you complain. Several things may be responsible for a small amount of pimples breaking out on your face and body. The principal one in my estimation being a lack of strict cleanliness, so I would advise that you wash and bathe more often with hot water and a good soap such as Life Buoy soap, and I believe you will not be overdoing it if you take a bath every day. I also think it would be advisable to apply alcohol to your skin after washing and bathing.

There is another reason for pimples which cannot be very well explained, but, nevertheless, considerable thought has been given to the possibility of a relationship between acne in young people and the developing sexual functions, by which I mean the several glands associated with these functions become very active when nearing their full strength and flood the system with a certain amount of excess secretions. In my opinion the best way to overcome this is through activity to use up the excess energies generated in the system at that time; such activities should induce

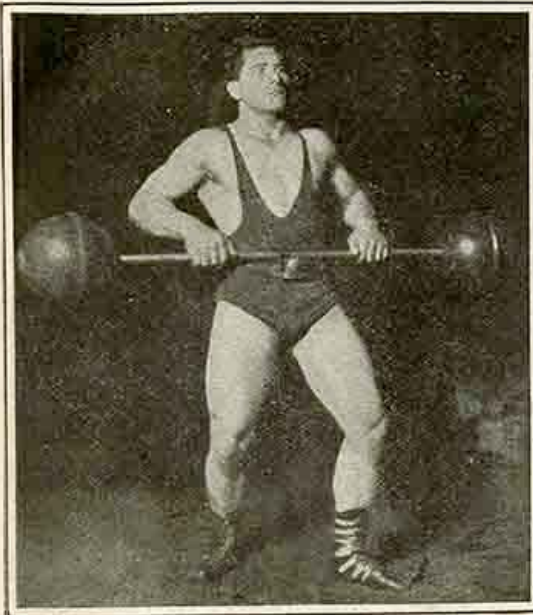


Fig. 5—Using a special belt for holding the bell at the waist in performing a Two Hands Continental Jerk.

copious perspiration, after which very strict attention to cleanliness is essential. Pimples are so common that we might say almost everyone is bothered with them at some time or other during his life, so they are hardly worth worrying about to the extent that you should deprive yourself of foods which should benefit you.

Possibly you need to cultivate the habit of being somewhat lazy in order to coax

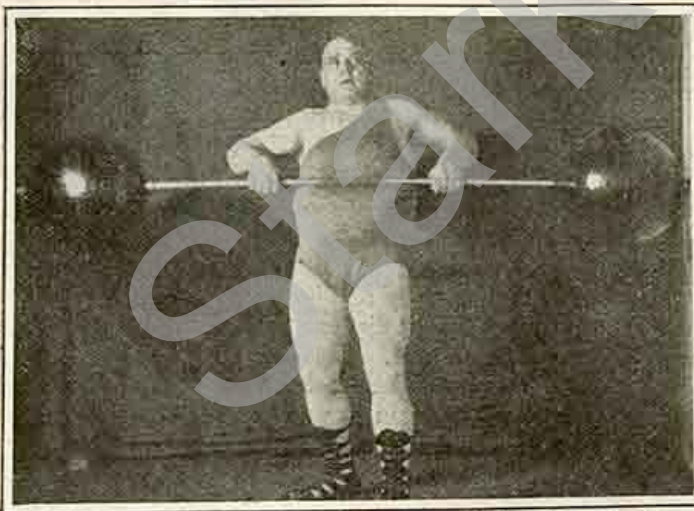


Figure 6—Arthur Giroux, Champion of Canada, "Continental" a bell.

your system to accumulate some weight. I would recommend three good sized meals daily including plenty of meat, thick soups, potatoes, macaroni, cereals and cream, bread and lots of butter, mayonnaise and other salad dressings, and an abundance of greens, vegetables and fruits of all kinds. You must try to change your diet habits entirely, eating a considerable quantity of heavy foods which you are now afraid to touch. As long as you are active and follow the suggestions given

above as to a well balanced diet, you can be assured this practice will not be harmful or bother you in the least.

If you are still bothered with pimples after a regime of daily bathing and thorough washing, you should consult either of our health advice departments as to the treatment. Continue your exercises as you have been doing, and coupled with a more generous diet you should soon find yourself making progress.

The Two-Arm Jerk

Description of Various Methods of Bringing a Bar Bell to the Chest.

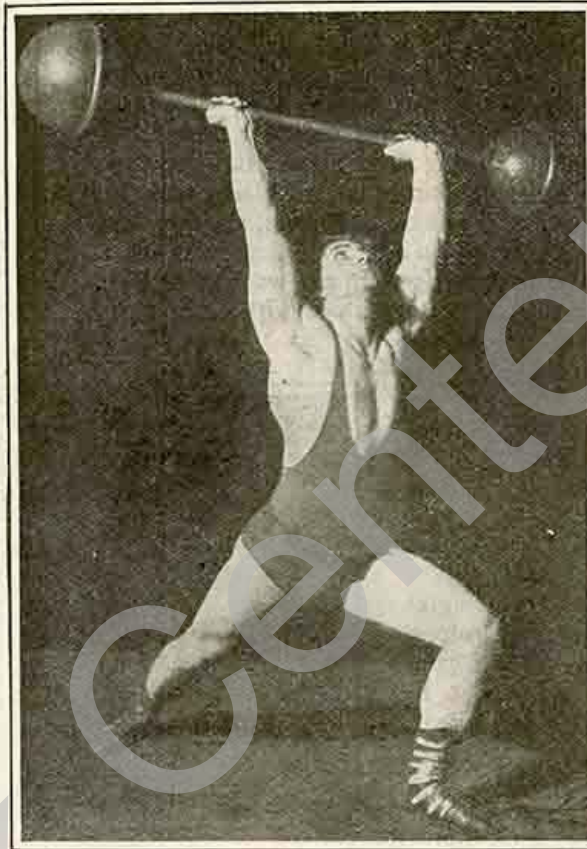
The Old Time Continental. The Modern Clean and Jerk.

The lift in which most lifters the world over take the greatest pride is, without doubt, the Two-Arm Jerk. The reason for this is obvious and excusable, when we consider that the

Fig. 4—The arms locked with bell overhead.

double handed Jerk gives the bar bell athlete a chance to raise overhead quite an imposing poundage. The lifter who does not learn to perform this lift is wasting his time; the serious minded follower of lifting should go to considerable trouble to master every detail connected with the correct, scientific performance of jerking a bar bell to arm's length overhead.

The Two-Arm Jerk teaches a lifter complete control of his physical powers when called upon to exert himself to the utmost; the lift calls for a great deal more than what might be called "brute strength," as in addition to sheer force, it is essential to incorporate into a successful Jerk of exceptional poundage, the maximum of quickness and a degree of skill which comes only from constant application of sound principles. Those who accomplish record poundages must be possessed of unusual strength in every part of the body. This lift develops the physical powers to the extreme of usefulness, if included wisely in the training program. We are showing you several positions of this lift, with Arthur Allaire as the model. As in some other lifts and strength feats, there are various methods of performance, all of which are equally good. Master any one of these styles and you will accomplish the same results. (Continued on Page 64)



Escaping Death

Playing With Death is the Game of Strictest Rules, Severest Penalties and Greatest Reward of All Games Played by Man.

By James Lawton

IN this modern age everyone is greatly interested in sports, in the games of the field, the indoor court, the ring, yes, in anything and everything that savors of action and chance. "Sporting blood" is in the veins of everyone, and "sporting chances" are the order of the day. But I suppose this is as it should be—at least, it is nothing new and original with us, for from time immemorial mankind has been a patron of sports and has responded with cheers to the thrills thereof. The ancient Greeks had their games, even as their predecessors before them, and down through the ages we find the Romans were wont to gather in huge throngs and thrill at the sight of the cruel events transpiring in their arenas. Later we find such events as jousting between knights quite satisfactory as regards drawing powers, and at still more recent times we find that the piece de resistance" has been shifted from the human to the animal, and bear baiting and its allied games became quite the rage. Even now we find this inclination still in existence in the form of bull fights in some countries, and bull-dozing and rodeo stuff in our own West; but it is gratifying to note that the majority of popular sports of today are not based on the principle of inflicting pain upon some helpless creature, but are rather a test of skill, training, endurance, strength and generalship between two evenly matched individuals, teams, or armies, each of which has a theoretically equal chance in the beginning of the conflict. And during the course of the encounter certain rules must be observed, rules which have been framed to guarantee fair play that the best man may win. This applies to all our sports, great and small, and even to warfare as well, for war is just a game like chess, played by men who use as pawns the various land, air and sea forces at their command. There are rules here, too, which have been agreed upon as binding to all parties concerned.

The football season has but recently closed amid a blaze of glory, and now the eyes of the land are turned upon basketball, boxing, wrestling, and other similar sports that can be promoted during the winter season. And already one can hear talk of this or that big league baseball team and its prospects for the approaching season. Yes, we almost live and breathe sports, sports, sports. Baseball draws its hosts, football its multitudes, and boxing, too, has its gate of a hundred thousand souls. The great figures of each of these sports have their hosts of worshipers—Ruth, Grange, Dempsey, Tunney, all draw the multitudes when they appear. They have taken a chance against another man, or other men,

and have won, and we accord them honor and glory. But none of these figures, nor any of the great figures of the past can compare in drawing power either as regards the number of people attracted or the length of time that power to attract has lasted with the man who took a chance—gambled—with death, and won. No military leader, no president, no king, has ever been as popular with the prince and the pauper alike as this man who gave the Grim Reaper chance after chance without recourse (as a business man would say), who verily saw the ultimate face to face and laughed, and lived, who played the lone game for thirty-three hours and came smiling through to victory and the plaudits of the world. Yes, Col. Charles A. Lindbergh is the most popular idol the world has ever known, and not unworthy is he of the honor, for he is the one popular idol who can well be taken as an example of what "playing the game" really means. He played fairly, abided by all the rules of Nature regarding it, and reached his goal. True, he took a chance, but back of that history making flight of his were years of preparation and training—when he took off from this side he knew where the whole world doubted that success would be his. And his it was.

Now we are not all Lindberghs, or Tunneys, or Granges, or even *Misters*—most of us are "jes" folks." But like these famous characters we, too, are playing the game, two games, in fact. One we play involves us as individuals competing with those about us; this game we call business. The other, and more vital, is between us and the thing about us; this thing is Death, and we call this game Life. This is the greatest game man can play, and it is at the same time the game that everyone must play. There are no substitutes, each man must play his part unflinchingly until in the end the game is won or lost. Lindbergh played it most dramatically of all mankind during those thirty-three hours just as we are playing it now, as we played it yesterday, and as we hope to play it tomorrow, though not as spectacular in style as was the playing of Lindbergh.

Football is about the most popular sport we have, so just for the sake of comparison we are going to draw the parallel between it and this game of Life. In this latter game, however, the player has but one try for score, he either makes a touchdown from the kickoff, or he fails entirely. There are no additional downs, no second chance for success. Truly, indeed, opportunity knocks but once, and he must take it or leave it.

In this game the "other side" has as stellar performers Ignorance, Carelessness, Disease, and Injury, and Death,

the captain, who directs them. The game for each man begins when that man is born, but we shall pass lightly over the first few years or "yards" he must gain, for many are so handicapped at the start that they lose before gaining an inch. Others, more satisfactorily equipped for play find themselves lasting into childhood, only to be overcome at that point because of poor interference and protection. Still others, however, have better luck, and find themselves at the ages of young manhood and young womanhood progressing merrily along in a seemingly fine way toward the goal—this goal, by the way, is not measured in terms of dollars and cents, it is not a million or a thousand dollars, but is rather a matter of personal success. It is the satisfaction of having lived as nearly as possible the allotted life of Man, and having lived it in peace and happiness, in health and in well rounded activity. It is the knowledge of having made the most in every way of the time the individual has spent here, of having utilized each minute of the period in such a way as to derive from it the most good for one's self, to benefit as much as possible those about him, and to reflect glory upon Him Who made the whole arrangement possible. Now to get back to these players. At this point of their run most of them find that their responsibility rests now entirely in their own hands; they must be captain and general whereas up to this time the responsibility has been mostly in the hands of the coach on the sidelines. They have been doing the playing, but fond parents have been selecting the proper course and directing them how best to escape being downed. Now, however, the responsibility is theirs both of determining the course down the field and following it. And so the fun begins.

The very first trouble our player in this little game of Life encounters is a bothersome chap named Ignorance. A great many important things dealing with correct living have not been taught him by his parents and the others from whom his information should have come, and consequently he is buffeted around and scarred up a bit by this player before he succeeds in learning for himself just what is what about some of the mighty important things of Life. But not always is the play so fortunate—it often happens that this Ignorance fellow succeeds in downing him so hard that he stays down.

This is the condition that has written "finis" on a good many careers. Perhaps, however, our player may sidestep Ignorance entirely or at least escape with only a temporary halt at the hands of that tackler, whereupon he proceeds down the field toward new opponents. Next in line is Carelessness, who may be found first on one side, then the other, but nevertheless he manages to put a good many fine players out of running, and still others he handicaps considerably. Carelessness may be on the player's side and get in the way of his own man, or he may be on the side of Death as he makes the attempt. At any rate the result is the same—the player, through his own carelessness or through that of another, is made to suffer. Our most popular play with Carelessness as chief actor is found in motoring—a driver takes a chance even unintentionally because he is not paying attention to his business of driving, and as a result he suffers, or those with him suffer, or still others who may be in another car or even pedestrians have to pay for his folly. So it is, Carelessness is a very good lineman in the team run by Death.

These two fellows, Ignorance and Carelessness, are

the two big tackles that smash through the interference and smear up lots of good players—stop them from even getting a good start, as it were. Still, good as they are, they cannot halt everyone, so we find a pretty good secondary defense backing them up. Disease and Injury are the names of the two stars of this group, and they are even more reliable "man-getters" than their linemen, for while the latter manage to stop not a small number of runners a much greater number elude them, a few entirely, while many others slip from their clutches when tackled and tear down the field or along the side line toward these tacklers now under discussion. These babies can tackle, too. And how! If Carelessness or Ignorance has succeeded in slowing down the runner ever so little he is almost invariably "easy pickin's" for one of these boys—a nice, long flying tackle connecting with the runner in the vicinity of his shoe-strings sends him down with a thud you can hear a mile or more (depending on how loud the church bell tolls). No, sir, not very many get by Messrs. Disease and Injury once they have had much of a brush with the linemen mentioned, and even if they do manage to squirm free and make another start down the field they are so weak and groggy that one of the men they have eluded overtakes and downs them, or Death himself has no trouble in rushing up and doing the job himself.

Right here I must add a few more remarks about this fellow Ignorance. Of all the players on Death's team he is responsible for more thrown runners than all the rest put together. He does not "get" so many all by himself, but he certainly slows them down to a standstill for the next man Disease, to "kill;" and while the latter generally gets the credit, Ignorance is really the responsible party. Ignorance of proper food, ignorance of proper exercise and care of the body, ignorance of proper treatment of disease, all these pave the way for an easy victory for Disease himself.

It is only the player who has completely avoided being tackled by Ignorance and Carelessness who is able to elude Disease and Injury successfully and find himself facing the goal over a field clear except for the one sinister figure of Death holding down the last line of defense. Death is the only obstacle standing between him and the goal he strives to reach, and Death it is he must escape now if he is to win the game and be enabled to await in peace and happiness the call of Father Time to pass over into the Great Beyond where there awaits him the ultimate reward of the good and faithful.

Behold! The runner is rushing headlong down the field—the goal is almost his, the game's almost won. Only one tackler must be passed by, and surely after having eluded so many thus far this one should be no impassable barrier. But look! The runner looks aside—there beside the field he sees the timekeeper preparing to give a signal, and during the brief moment his attention is removed from the game, he loses all the advantage he has gained—someone unseen gets him from the side or rear, or he even runs straight into the waiting arms of the figure of Death himself. Yes, it's a fact that a great many of us become so interested in watching old Father Time that we lose sight of the real dangers and run headlong into them or as a result let them overtake us when we have actually passed them by. We have the wrong conception of Father Time's attitude toward us—he is not trying to destroy us, oh, no. Instead he is doing his best to see that we get (*Continued on Page 56*)

Shape from Shapelessness

Decide What You Want—Then Go Get It.

By Charles MacMahon

LAST month we discussed the problem of improving your physical proportions so that each and every muscle would be not only improved in size, but improved in relative proportions as well. We did not get very far on this almost inexhaustible subject—merely a few general hints and points on improving the shape of the neck and size of the chest were considered. We will attempt to carry on from there.

A trim waist has long been a sign of shapeliness and of strength, too. A trim waist, as strength fans know it, is the height of waist development and shape. Such a waist, of this super-type, possesses the hour-glass appearance when viewed from the front, but the "hour-glass" effect is not produced by the high development of the waist muscles alone. When developed, the latissimus muscles of the upper back and sides are largely responsible for the "hour-glass" shape as you will see by consulting illustration No. 1.

The hips (often neglected) when fully developed, form the lower bulge of this figurative "hour-glass." Of course, man's figure at its best is not exactly "hour-glass" shaped because his upper body, due to the great size of his latissimus muscles, shows more spread than the hips do. The female figure is usually just the opposite in this respect—the hips are larger than the width of the chest under the arms. Although a well formed woman possesses a breadth of chest that is wider than the breadth of her waist, she does lack the latissimus development that would enable her upper body to approach the exact "hour-glass" shape more nearly.

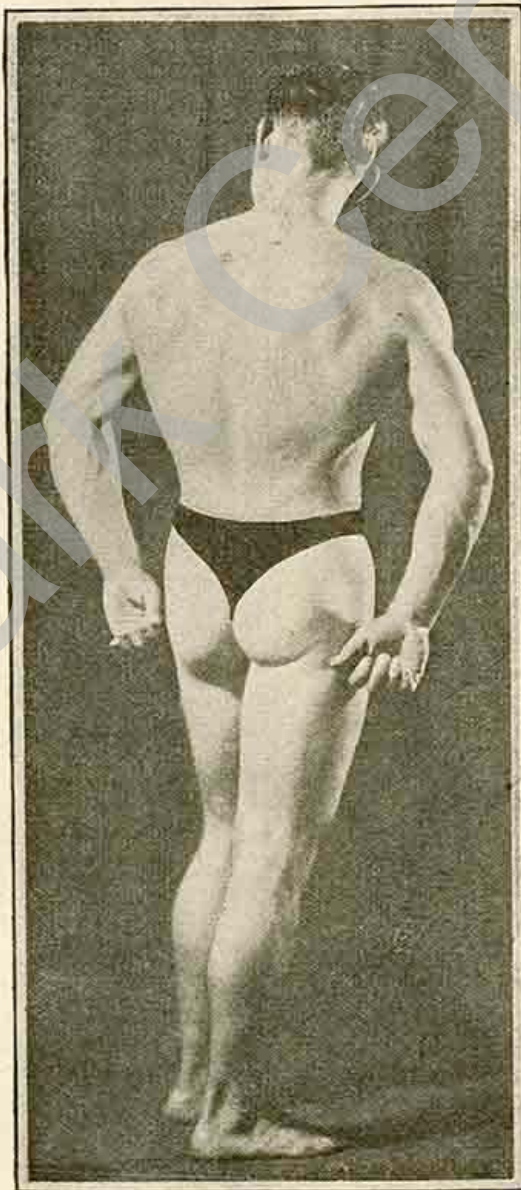
Although well developed hips

and latissimus muscles add materially to the "hour-glass" semblance of the waist, they are not developed by the same exercises that develop the waist muscles proper, namely: The Rectus Abdominus (frontal muscles) and External Oblique (that muscle at the extreme side just above the groin.)

The abdominal muscles, proper, or the two last named, are best developed by various bending movements of the waistline—sideways, forward and backward, as well as in directions between. But not so with the latissimus—they are developed by certain arm and shoulder movements, while the hips are developed by upper leg movements.

In building for yourself a trim waist do not forget the muscles of the small of the back. The Serratus muscles (those small lumps just below the lower edges of the latissimus muscles that resemble ribs) do not add to the trimness of the waist, but they do help to beautify it when highly developed. These muscles, being fastened to the nine upper ribs at the sides and the other ends run back to the inside edge of the shoulder blades. That causes those muscles to form a fan, as it were.

The buttocks are probably the strongest muscles of the human body. First, less has been written on these muscles and their development than any other muscle or group of the rest of the body. Furthermore, these large muscles are nearer alike on every well developed human body than any other muscles. Probably you have not noticed that last fact, but if you will bring to mind the physiques of all the finest developed men you have seen in per-



MR. S. UTZMAN, of Florida
Note the hour-glass effect caused by the development of the latissimus muscles and the hip muscles.



Here are shown wonderfully shaped and muscled legs.

son or in illustration I believe you will agree with me.

Although the buttocks do not require as much attention when developing the entire body as most other parts do, you should not, however, ignore them entirely.

Those with little experience in exercise should remember that the inside and back thigh muscles require direct exercising as well as do the front and outside muscles. Most beginners and too many experienced men exercise the front and outside muscles of the thighs directly by deep-knee bending and think they have done all for their thighs they can and should; but such exercising does not produce the most shapely thighs because the backs or biceps of the thighs, for instance, cannot be developed to fine lines and shape by such indirect exercise. Deep-knee bending exercises the biceps only in a very mild manner, whereas, on the other hand, deep knee bending exercises the fronts of the thighs very strenuously.

When I refer to the biceps of the thigh I mean the whole back of the leg from the buttocks to the knees. This part of the legs is made up of several muscles, one of which only is technically named Biceps. However, that makes no difference to you for what you are after is a fine looking back of the leg regardless of how many muscles are there and what their names are.

The fact that these muscles of the back of the leg are fastened to the top end of the thigh bone and the lower ends separate to be fastened on either side of the lower leg bone just below the knee, proves that the only way these muscles can be strenuously (which means directly) exercised is by lifting the foot and lower leg up by bend-

ing the leg at the knee. Certainly, the legs are bent at the knees when performing a deep-knee bend, but in this case or position the strain is thrown on front thigh muscles. If you lie on your abdomen and raise the lower legs and feet from the floor, then no strain is put on the front muscles, and the only feeling that will be found in those front muscles will be from the stretching effect of such a movement.

When bending the legs while in the above position, especially with a weight upon the lower legs or heels, the biceps or backs of the thighs will be thoroughly exercised. You only have to try the deep-knee bend and the exercise while lying on the floor to prove to yourself the difference between the two methods of exercising the thigh muscles.

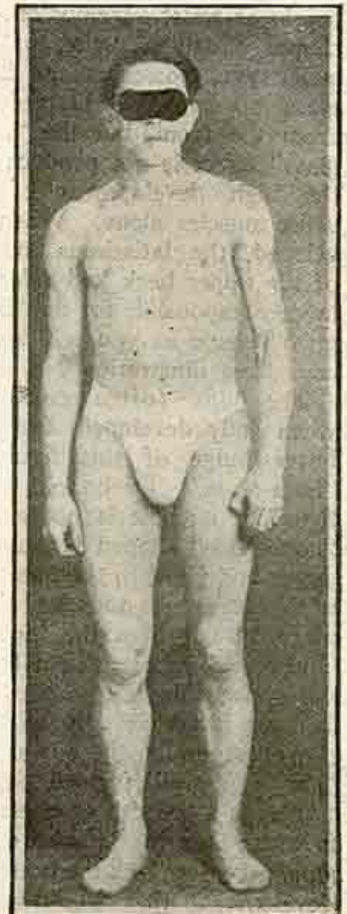
The muscles on the inside of the thighs are not bulky compared with the muscles of the rest of the thighs. Consequently, you need not exercise them as diligently as you will the larger and more important muscles.

Lifting one leg out and up sideways while standing on the other does not exercise the inside thigh muscles anywhere near like it does the outside thigh muscles and hip muscles. This movement of the leg merely stretches these inside leg muscles. To develop these muscles directly one leg must be raised, while the other is held straight up toward the opposite leg. That is to say, the right leg must be



Look at the under side of the left upper leg and see the great biceps development.

raised up toward the left side or leg while you are lying on your right side. The best way to do this is to lie on your right side on a bed in such a way that your right hip is at the bed side or edge and your legs are extended out in the air. When in this position let the right leg drop sideways until the right foot touches the floor. Then raise the right leg up as high as you can and repeat. It is the contraction of the inside thigh muscles that brings the



The protruding shoulder bones referred to in this article are shown in this illustration.

leg up when in this position.

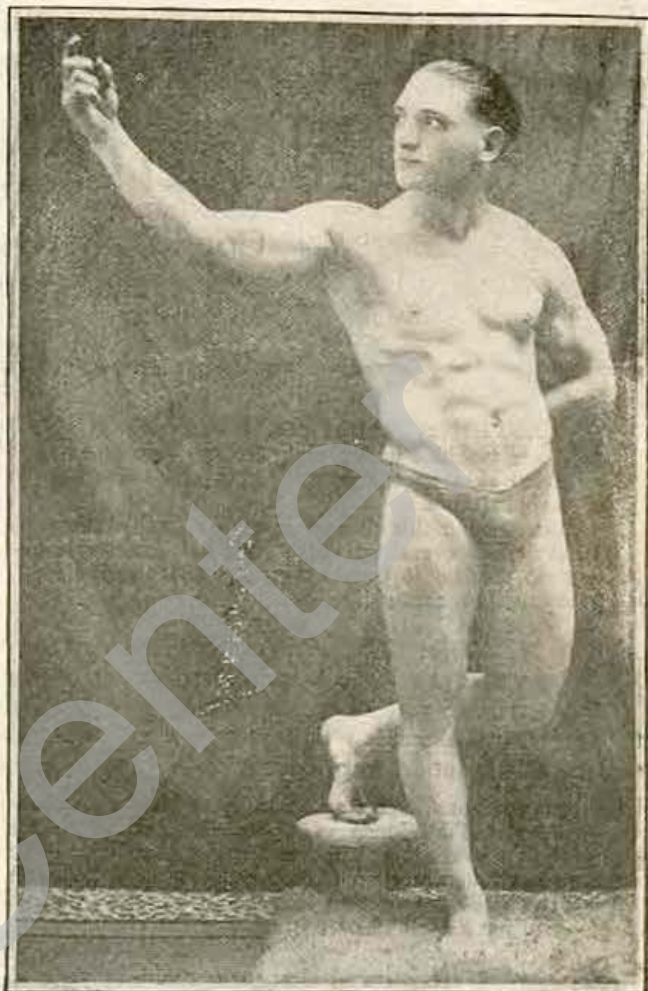
The cavities we discussed in a previous issue; therefore, we will jump to the shoulders, arms and back.

Exercises that move the shoulder blades call into play a good many of the upper back muscles. There are muscles that are fastened to the spinal column and run to the shoulder blades to be fastened there also. There are other muscles that fasten to the shoulder blades and run to the upper end of the upper arm bones where they are again fastened. There are muscles fastened to the underside of the shoulder blades, too. So when trying to develop the upper back remember your shoulder blades. You must move your arms, of course, in developing the upper back, but at the same time try to move your shoulder blades also, and more than is natural to a certain movement.

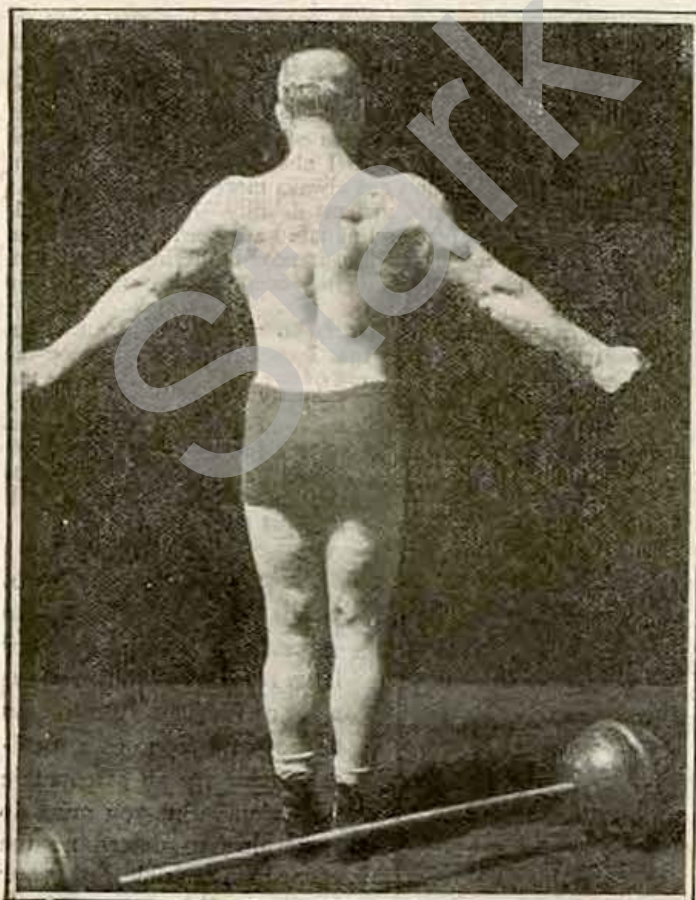
That is why certain muscle control feats, in which the shoulder blades are moved independently, develop and define the upper back muscles so highly—these blade control feats exercise some of the back muscles more thoroughly than arm movements do.

The deltoids (the muscles on the points of the shoulders) are best exercised and shaped by movements that move the arms at the elbows. Raising the arms, while held straight, over the head to the sides, front or any angle in between are very direct exercises for the deltoids.

Many men complain about unsightly bones that protrude on top of their shoulders just at the end of the deltoids. These bones are unsightly, there is no mistake about that. They are easily submerged, as it were, in



Here we see a fine example of oblique muscles (those just above the hips).



Deltoid development like the above will hide the protruding shoulder bones shown in illustration No. 4

the surrounding muscles if one will work to develop his deltoids, trapezius muscles and the upper parts of the pectorals. In that respect this protruding point of bone, which I will not name because of its length and because naming it will not help you get rid of the lump, is like the protruding Adam's Apple—discussed in January's issue of *STRENGTH*—you must develop the muscles surrounding these two protruding bones or any others if you want to be rid of their unsightliness. Nothing can be done with the bones themselves. They cannot be shrunk or massaged away. So the only way left is to hide them by building a wall of muscles around them. You will not notice these protruding bone points on well developed men, but they have them just as you do. Ofttimes theirs are as large or larger than yours. You might be able to see these bones if you look close enough, but the great development of the muscles around them makes them inconspicuous.

I hope you are keeping in mind, as we proceed, what I told you when I started this article two months ago, about looking your physique over carefully and trying to build up the inferior parts until they are on a plane with the better parts. If you don't do that when you exercise you cannot get the best shape you are capable of possessing. Remember it.

From the deltoids we go to the triceps of the arms, for we must not miss any part or parts if we want to develop your body as perfectly as is possible.

The triceps (the muscles. *(Continued on page 69)*)

Nature's Method

Consult the Osteopathic Physician
Health Queries Answered

By Dr. D. E. Stombaugh

QUESTION: For the past few months I have been troubled with a scalp disease. Small scales of dried skin appear on the scalp and cause considerable trouble.

I contracted this disease last July, and although I have tried several well advertised hair lotions have had no success in overcoming it. Please give me your opinion, and oblige.

M. B., Mass.

ANSWER: Without personal examination it would be difficult to determine your exact trouble and its consequent remedy, but I am of the opinion that you will find Listerine, used as a hair lotion, very beneficial in your case.

QUESTION: For the past six years have been afflicted with acne—have tried all kinds of treatments, but to no avail. Alpine light treatment was the only thing that helped at all, but have not taken any such treatment lately. I believe my diet is principally responsible, and would like very much for you to give me a method of overcoming the trouble.

S. E., Minn.

ANSWER: I recommend that you avoid in your diet fat meats, fried foods, hot breads, etc., and use as little sweets as possible, also cut down on potatoes. Use instead mostly coarse vegetables and fruits. Try hot baths on retiring at night, and continue treatment with the alpine light.

QUESTION: What is the best way to reduce?

Do you know of any kind of diet that will not excite the prostate gland to undue activity?

Any information you may give me will be more than appreciated.

C. G., Texas.

ANSWER: If you want to reduce, the only sensible and effective method is that of diet and exercise. A person gets heavy by eating too much and exercising too little—he has to take it off by eating less and exercising more.

As for a diet that would not excite the prostate gland try cutting down on meat and stimulants, rich food, etc. Avoid all spices, alcoholic beverages, etc.

QUESTION: I am 42 years old, and have trouble something like rheumatism in my joints and spine. Live active outdoor life, but have poor endurance, and exercise with weights only seems to tire me, so have had to abandon same for the time being. A doctor told me the vertebrae are misplaced—anyway, the bones cracked something awful when he adjusted them.

My height is 5 feet 9½ inches, weight 128 pounds, and

the doctor told me my digestive and eliminative organs are not functioning properly.

I will greatly appreciate any information you may give me toward overcoming this trouble, and remain.

K. A., Ga.

ANSWER: First, I would advise you to have your spine X-rayed, for this might bring to light some conditions not yet discovered as to the cause of your trouble. Then have a urinalysis made. Also regulate your diet by cutting down on meat, coffee, etc., and using instead plenty of vegetables and fruit, the latter both fresh and stewed. Also be sure to drink plenty of water during the day.

I would also recommend that you consult an osteopathic physician about your spinal trouble, for I believe he could give you better and more satisfactory treatment than you are now receiving.

Then, after you have overcome your internal and spinal troubles, you will find your work both pleasant and beneficial.

QUESTION: I am twenty years of age and in good condition save one thing—my face constantly has the color of fiery red and as a result causes me endless embarrassment and self-consciousness that keeps me from enjoying anything—eating, reading, or anything else. I can't think about anything or concentrate on any subject because of my mind always dwelling on this redness of the face, and it is about to drive me distracted. Also I always have a throbbing in my head, and in addition am always more or less dizzy. As a result have fallen into general debility—have a tired feeling all the time, no pep, and of late have been suffering from insomnia. And my heart, too, is now bothering me. From my seventeenth year on it has been beating like a trip hammer.

Now, doctor, I am willing to do anything under the sun to overcome this defect so that I may get out and enjoy the company and society of others of my age, so please give me your opinion of what should be done. Personally, I do not like the idea of going to a doctor and having him pour a lot of concoctions down me, because I hardly think such stuff would be of benefit, but whatever you advise me to do I'll try just the same.

W. N. H., Conn.

ANSWER: My advice to you is to consult a physician—because you go to a doctor is no reason you have to take a lot of medicine, and if you do not care to go to a medical doctor try an osteopathic physician. But you must do something to determine the cause, if possible, of your heart condition, for this is the (Concluded on Page 56)

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

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

Health—Strength—Beauty

(Our Girls' Circle)

Conducted by *Marjorie Heathcote*

DEAR MISS HEATHCOTE: I am very much underweight and would like to know some exercises which would enable me to gain weight and especially develop the upper part of my body and my arms.

I am twenty-three years old, weigh 101 pounds, and am 5 feet 5 inches tall. I have taken some other measurements which I thought might aid you in determining what exercises I need. Neck 11½ inches, bust 27 inches, waist 25 inches, hips 32 inches, upper arm 7½ inches, forearm 7½ inches, wrist 5½ inches, thigh 18½ inches, calf 12 inches, ankle 8 inches.

I am not asking about foods, as the doctor told me what diet to follow. Thanking you in advance for any advice you can give me, I am

D. D. S.,
York, Penna.

ANSWER: Your measurements should run something like this: Neck 12¾ inches, chest 30½ inches, waist 26 inches, biceps 11 inches, forearm 9 inches, wrist 6¼ inches, hips 37 inches, thigh 23 inches, calf 14 inches, weight 132 pounds.

I am going to give you a few exercises to develop your upper body. The following exercise is very beneficial for building up the neck, shoulders, chest and also helps to fill out any hollow spots in the upper chest.

Place a pillow on the floor, and take the same position as you would in the floor dip, except that you rest your head on the pillow. Then with the support of your arms, move the head from side to side, also backward and forward. As you progress on this exercise, depend less on the support from your arms and place more weight on your head.

Another exercise for the chest is: clasp hands behind back, pull the shoulders backwards and downward, at the same time raising and expanding the chest.

Arms hanging free from shoulders, place hands side by side, thumbs interlaced in front of you. Then raise the arms straight up over your head, at the same time inhaling deeply. Hold the arms in that position until you count five; then lower them slowly, at the same time exhaling.

A good exercise for the bust is: hold a light dumb-bell in your right arm; raise it above the head, palm out and swing it five times in as wide a backward circle as you can. Then execute the movement forward five times. Alternate the movement with the left arm.

Any exercises that call for the swinging of the arms or that bring the chest muscles into play will develop the arms and shoulders. You will find Indian club exercises, chinning the bar, basketball and tennis very beneficial.

DEAR MISS HEATHCOTE:

I have been reading the magazine *STRENGTH* for quite a long time, and I am very much interested in your Circle.

Could you tell me if it would be possible to improve a small bust by doing exercises? I am 26 years old, five feet seven inches tall and weigh 147 pounds. What should be my proper weight and measurements? My bust is much too small for the rest of my body, otherwise I am well built.

For five months I have done some of the different exercises you gave in *STRENGTH* regularly for half an hour every morning. They have done me a lot of good, also improved my figure, but my bust does not show any improvement.

Perhaps you would be kind enough to give me some special exercises. I would be ever so grateful for your advice.

I shall look forward to your answer in *STRENGTH*.



Flora Bachofen, another fine exponent of beauty plus physical culture.

ANSWER: I am indeed glad to note that you have derived some benefit by following the exercises I give each month. I am always anxious to hear how my readers are improving and always welcome such news.

Now I am going to give you some special exercises to develop the bust. Stand with body perfectly straight and arms extended at shoulders, palms facing front. Bring arms to meet in front of the chest with a quick slap; then swing back as far as you possibly can, striving to touch the backs of the hands and holding arms as high as possible. The swinging of the arms should be done with force. In time you will be able to make the palms of the hands meet in back of you.

You will find the exercise which calls for a light dumbbell given above to D. D. S., York, Penna., also very beneficial for developing the bust.

The bust is the most stubborn part of the body to develop. The muscles are so delicate that they will not respond as quickly to exercise as the muscles in your body. I would suggest that you keep up with your bust exercises, and also, if possible, go in for swimming. You probably have noticed that swimmers are very well built around the upper body. Of course, I do not mean to take a dip once a week, but swim hard two or three times a week.

DEAR MISS HEATHCOTE:

I have read only a few back numbers of STRENGTH and they have encouraged me to get busy and write to you now. (No time like the present). I might add that it was "Our Girls' Circle" that gave me the most encouragement.

I am 15 years old and am 5 feet tall. My measurements are as follows: Weight 89 pounds, neck $11\frac{3}{4}$, chest $28\frac{3}{4}$, bust 29, waist $22\frac{1}{2}$, hips $31\frac{1}{2}$, thighs 17, calf 12, ankle 9, upper arm $7\frac{3}{8}$, forearm $6\frac{3}{4}$, wrist $5\frac{3}{4}$. Will you tell me my correct measurements? How much underweight am I?

I would like you to publish some exercises for the development of any or all parts of my body that you think, from the above measurements, need development.

Would you also please tell me how I can rid myself of pimples? I have been advised to eat Fleischmann's yeast as a cure for pimples, but it was so distasteful to me that I only ate one cake! My face at times is almost covered with pimples. My forehead always has a number of them on it.

Is it true that one should not go in swimming during menstruation?

Any advice or information you can give me will make me your "friend for life." Thanking you in advance, I am
A. R. B., Penna.

ANSWER: I am very pleased to note that "Our Girls' Circle" gave you the most encouragement.

The correct measurements for a girl 5 feet are as follows: Neck $11\frac{1}{2}$, chest 27, waist $22\frac{3}{4}$, biceps $9\frac{1}{2}$, forearm $7\frac{3}{4}$, wrist $5\frac{1}{2}$, hips $32\frac{1}{4}$, thigh $19\frac{1}{2}$, calf $12\frac{1}{4}$, weight 100 pounds.

You are about eleven pounds underweight, but as you are only 15 years of age you have plenty of time for improvement. A girl does not reach the height of her development until she is 19 or 20 years of age. I would suggest that you practice the exercises given in STRENGTH each month for at least 20 minutes each day. Also take up some form of outdoor sport such as hiking, tennis or horseback riding, and pay strict attention to your diet.

If you are troubled with constipation I would advise you to try Fleischmann's yeast. It has also been found in many cases to put on weight. However, it would not be a bad plan to try it for a few months.

One of the main troubles causing pimples is constipation. If you are troubled with this condition I would also advise you to eat plenty of fruits, vegetables and salads; also plenty of cereals, such as bran, oatmeal and shredded wheat.

(Continued on
Page 70)



We again see Virginia Lee Corbin executing the "crab," a splendid means of producing flexibility and lithe-ness.

The Magic Wand of Health

Why We Need Frequent Trips to Happy-Go-Lucky Land

By Jack Russell

LADIES and gentlemen of the radio audience, this is ME, broadcasting from Port Smile, Happy-Go-Lucky Land, through the courtesy of Station H-E-A-L-T-H.

The S. S. Vigorous came to an anchorage off Port Smile after a joyous, exciting voyage. One day at sea we described a shapeless object drifting at a distance. This attracted our attention so we altered our course and found it was a mast of a ship that had evidently been wrecked; for there were the remains of ropes, by which the crew probably

fastened themselves to this great spar, to keep from being washed off by the lashing waves. There was no trace by which the ship could be identified, and the wreck probably had drifted about for days, as there were clusters of sea weed flaunting its sides. I thought of the poor crew who went down amidst the roar of the tempest and never lived to tell the tale of their tragic fate.

No memento shall ever return, perhaps, for the loved ones to cherish. All that shall ever be known is, that the ship sailed from her port, "and was never heard of more." Do you know, folks, humans are that way. Often many go forth to seek their fortune and are very sanguine of success. They are heard from for a time and some cross the frontier line of prosperity; but others there are who go away and are "never heard of more," like the tragic ship I spoke about.

On this trip to Health, those who are making the voyage may or may not return. It depends upon the individual, but if he never returns, that is, to his former life, this is indeed to his advantage. Health once attained is not readily lost, provided it is properly safeguarded; but, for instance, if you go into a railroad car and should happen to sit down by the side of your valise, (or the manuscript mentioned in the article "ALL ABOARD THE HEALTH SPECIAL" in last December's issue of STRENGTH) in an hour your valuables will probably be there all right. If you leave the valise (or the MS) in a seat and go into another car, when you come back the goods may be there or they may not. That is the only way to keep money—fasten your eye right on it. If you leave



B—From position A raise wand arms' length overhead, lower behind back, return to position B. Repeat this exercise many times, until comfortably tired. Each repetition is more vigorous than the former.

A—This is the starting position of the wand exercises. Stand erect, elevate chest, hold head high, lock knees stiff, and grasp the wand on either end.

it in the hands of others and go away to delve into books, when you get back the probabilities are that certain obese attorneys have divided your substance among them. However, there is good in

every exigency of life, and to know that your fortune is gone—gone past recall—is a great relief. You are free from all responsibility in the matter. But health—health—that is entirely different. One positively cannot get along successfully without it.

To get back to our advent into Port Smile, Happy-Go-Lucky Land; everybody on board ship with the exception of myself were in high spirits. All the trouble and bad habits were "dumped" overboard during the voyage, as it were, and with the prospect of seeing land again everyone naturally gave vent to their pent-up enthusiasm but I had my hands full. All sorts of governmental officials boarded the S. S. Vigorous, examined my ship's papers, passports, luggage and scrutinized each individual as though he were some dangerous convict. I was forced to explain the history of each and give an extraordinary account of the object of the trip under my auspices. Upon completion of this thorough inspec-

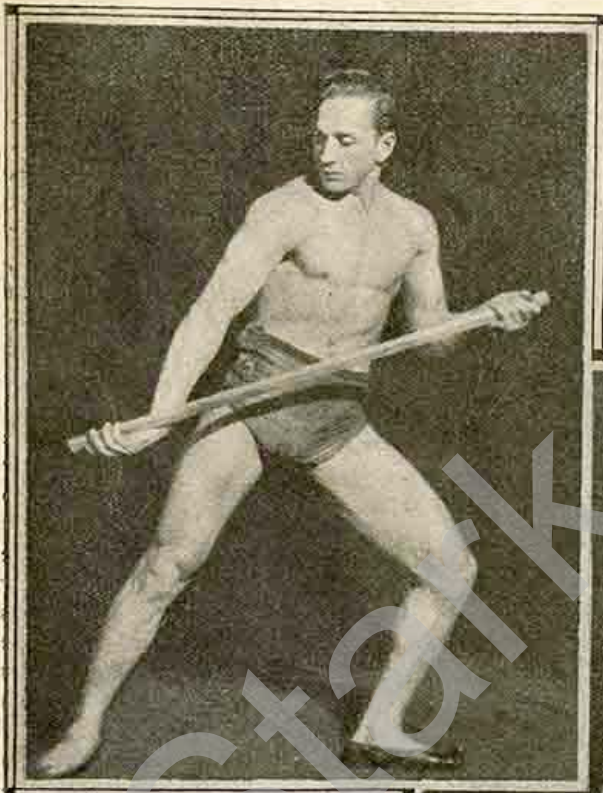
pared for this sort of reception. Not one trouble or bad habit was in existence, so finely did I comb each individual seeking the Promised Land of Health. Of course bedlam reigned for a time, but thanks to a wonderful voyage, fresh air, good food, exercise, and musical entertainments, there was little difficulty in cleaning house, or rather should I say, the mind. When all my followers were declared eligible to enter the kingdom of Happy-Go-Lucky Land, from the sheer joy of it, I knelt and gave thanks for having accomplished something on the trip.

It was between 3 and 4 o'clock on the afternoon of the day succeeding our inspection upon our arrival in Port Smile, when it behooved me to take all my patients to the Hotel Jolly. The hotel was everything to be desired and on presentation of my official papers, we were welcomed by the Maitre d'Hotel with a cordial effusiveness that amounted almost to enthusiasm.

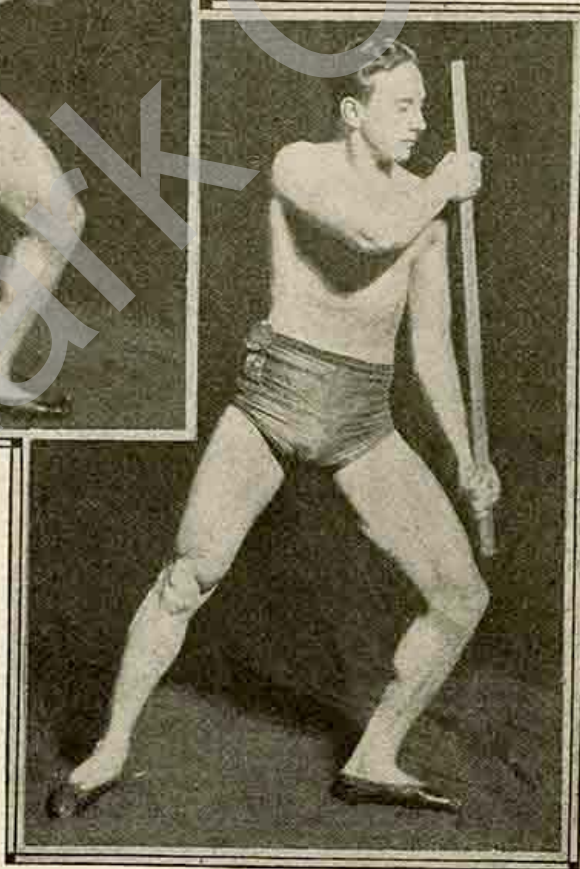
As soon as we had settled the various little details respecting our rooms and attendance, and had changed into fresh dress, I made arrangements for an audience with the King of Happy-Go-Lucky Land. I was notified that the King would receive us at the palace within an hour and it was with suppressed excitement that all my followers awaited the appointed moment.

At last we were conducted to the palace and as I ascended the steps ahead of my followers a conviction came over me that I had crossed the threshold of this imposing building before. Where and when it was, I could not think at the time; but as I led my followers through the wide portals and into a spacious hall, light and lofty, surrounded with fluted pillars of

white marble, it came back to me all of a sudden. This was the palace of King Happy, the majestic ruler of Happy-Go-Lucky Land, whom I had dreamed about during the voyage of the Vigorous when I was perplexed with the problem of eliminating trouble among the passengers. Somehow it weighed upon my mind that I had some connection with this great monarch and the thought of it vaguely impeded my respiration. In the center of the spacious hall a beautiful fountain bubbled melodiously, and tossed up every now and then a high jet of sparkling spray, while round its basin grew the rarest ferns and exotics, which gave a subtle and delicate aroma to the place. How well I remembered this gurgling fountain that had murmured its song in my dreams, but this was the first I had ever seen it in real wake-a-day life. Somehow as I stood contemplating it, I became aware of other times and places, of other worlds. I recalled dimly the



C—From Position A, stride left, rotating the wrist in such a manner as to assume Position C. Next lower the right arm, bending forward so as to touch end of wand on point of left toe. Return to A and alternate. The faster the movement the better.



D—Stride left from A, rotating wrist and hands as to assume Position D. Now bend towards the right side, raising the left arm to vertical position overhead. This exercise gives results when repeated five times.

tion, the port officer informed me that the prime law of Happy-Go-Lucky Land is to exclude all suspicious characters and to prohibit the safe conduct of grouchers, mongers and chronic trouble makers, and for this reason an investigation was constituted.

However, we came well pre-

hazy vistas of another time when my eyes furtively peered into the sparkling waters of this fountain and I danced to the strains of exotic music in the great, commodious hall.

At this moment a court page came forward and bowed to me with deferential grace, and saluting me said respectfully: "My master is ready to receive you and your followers, Sir Duke." O ho! I remember now. Somewhere, sometime I was the Duke of Strength; King Happy was my lord and master. Well, well, well! What do you know about that?

The great hall was soon traversed, and the Page paused before a magnificent curtain of deep crimson velvet, bordered with the ideational blue and gold. Pulling a twisted cord that hung beside it, the heavy, regal folds parted in twain with noiseless regularity, and displayed the most sumptuous room we ever gazed upon. On the instant there leaped up in my mind memories of dreams wherein I had idled many hours during the court sessions in this very room. It was the throne room of King Happy. While my followers gazed enraptured at the wonders of the room, methought I heard an organ playing a mighty anthem. An anthem such as now I always hear in dreams. It was distinctly familiar. I listened. What was that? The sound of trumpets? A hurrying to and fro commenced which gave the feeling of a multitudinous movement. Methought I heard shrieks, wails, groans and lamentation coming from a broad plain. Heavens! Was I dreaming? I pinched myself to see if I were alive. Yes. There could be no mistake. I throbbed with life. A kind of nervous dread came over me. Was I leading my followers into some gross delusion? This King Happy—was he really the one who issued a proclamation commanding me in a dream I had on board the S. S. Vigorous last month to give up my estates for a means of dumping the calamities of humanity? I felt like leading my followers from this tantalizing place. These and other disjointed thoughts crossed my mind; and yielding to the unreasoning impulse of fear that possessed me, I actually turned to go, when of a sudden I saw the crimson velvet portiere dividing again in its regular and graceful folds, and King Happy himself entered.

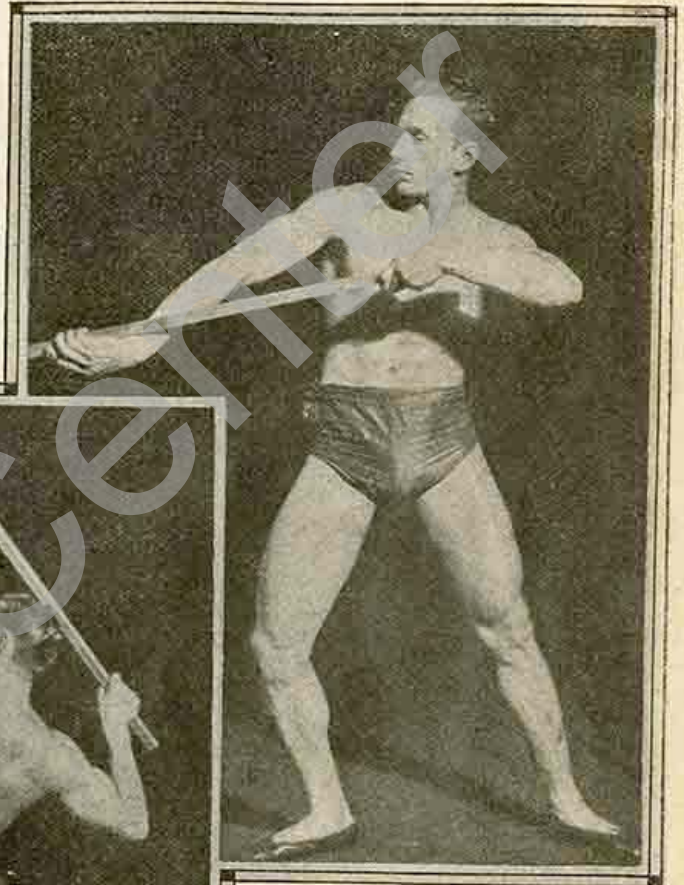
I stood mute and motionless. I knew him well; he was the very man I had seen in my uncanny dream on board ship; the same keen, clear eyes, and the same commanding, compelling look. His appearance electrified followers; his stately bearing and handsome smiling countenance was wonderful to see. He advanced and bowed courteously; then, with a friendly gesture, he held out his hand. I gave him mine at once.

"So, my gracious Duke, you have come back," he said, in those warm, mellifluous accents that I heard before and that I so well remembered. I pinched myself again to see if I were yet dreaming. My followers looked at me with awe. "I am glad you brought more people to our fair land. I shall do all in my power to insure them a happy, joyous time. My faithful Duke, your reward will be great!"

He spoke as any host might do who welcomes a guest to his house. I was surprised and relieved. I had prepared myself for something darkly mystical, almost cabalistic; but there was nothing unusual in the mien of



E—Stride forward with the right leg, raise the wand overhead, and pull vigorously and steadily against the resistance of the wand while leaning backward a trifle to insure more pressure. This is a good one if hands are pulled strenuously on wand



F—From A stride towards the right, rotate the wrist and hand in a semi-circle to Position F. Then bend in direction of the right foot, describing an arc with the arm and touching the left toe with the end of the wand.

this pleasant and handsome gentleman who, bidding me introduce my followers, shook hands warmly with each one. The effect was like magic. All my followers became at once gay and light spirited, and the brilliant repartee that passed back and forth did my heart good. I described the case of each, and King Happy listened with the utmost patience. When I had finished, he addressed himself to us and said:

"My friends, since the good Duke (Continued on Page 56)



Association Notes

New York Show; Allentown Show; Many Records Established Here and Abroad; Further Reports on Championships.

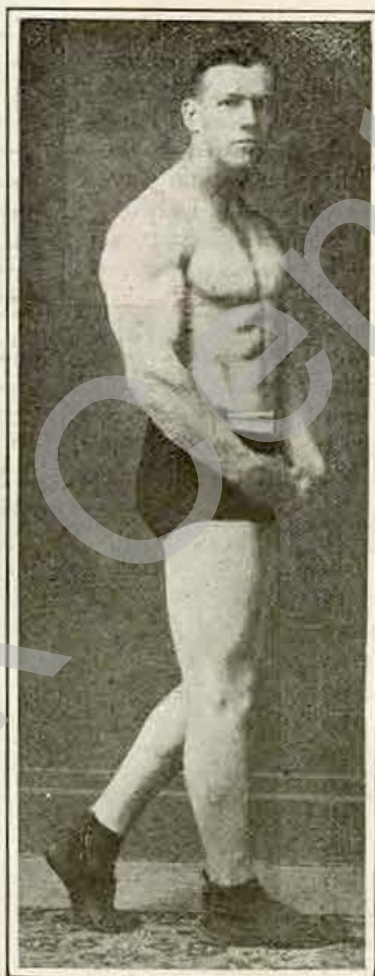
By Mike Drummond

THE latest news on the championships gives the light-heavyweight title to Albert Manger, of Baltimore and the heavy middleweight title to Joe Pelty, of DuBois, Pa. Further details will be found in the pages following.

The follower of events in the Physical Culture World would have been repaid for making a journey from any distance to be among those present at Bryant Hall, New York City, on the evening of Saturday, December 3rd. The lover of strength and physical perfection had a chance to witness the leading exponents of his branch of the game, regardless of from



Arthur Levan, of Reading, Pa., winner of the Featherweight Title, and two of his training partners. Those in the group are Levan, Russell Baldwin, and Ralph Heist.



Arnie Sundberg, of Mayger, Oregon, American Light-weight Champion, who has lately established some wonderful records.

what angle he was mainly interested. Those splendid athletes who were on the bill certainly did a man sized job of the thing, and to the last man they worked hard to show their wares. We only wish we were good enough to get on the stage at a show of that class, if not to perform at least to have a job loading or keeping score. The only good we were in that hall was to keep our eyes open so we could give a first hand report concerning events.

The gentleman who so capably acted as Master of Ceremonies was Mr. Howard McDonald, a noted world traveler and lecturer, who greatly interested the audience with his personal views on bull fighting. Mr. Warren Lincoln Travis, world's strongest man, was introduced from the stage. The fact was mentioned by Mr. McDonald that Mr. Travis has been actively engaged in professional lifting for thirty-five years and at the age of fifty-two looks good for as many more years. Mr. Robert Ripley, the famous cartoonist whose "Believe It Or Not" appears

every day in newspapers everywhere, said a few words to the audience. Some of his words were to the effect that although he is not a strong man himself, he is very strong for strong men. In case my readers should not be familiar with the fact, "Rip" has been very partial to strong men in his daily cartoons. Though no mention was made of the fact, "Rip" is quite an athlete himself, being a former New York State champion at handball.

The show proper opened with Sigmund Klein in an exposition of the art of posing and muscular display such as he alone can give. For artistic effect and showmanship in presenting his art to the public, Klein can put the thing over in a manner

beyond compare. "Sig" then gave a marvelous exhibition of juggling with bar bell, dumb-bell and kettle bell. He was roundly applauded throughout his entire presentation of posing and juggling. By reason of long and diligent practice, Klein has this stuff down pat. To him, weight lifting is truly an art.

Robert L. Jones was making his New York debut and judging by the way he was received, everyone present seemed glad "Bob" decided to leave Arkansas some few months back. You may recall that a few years ago, a couple of "rubes" went

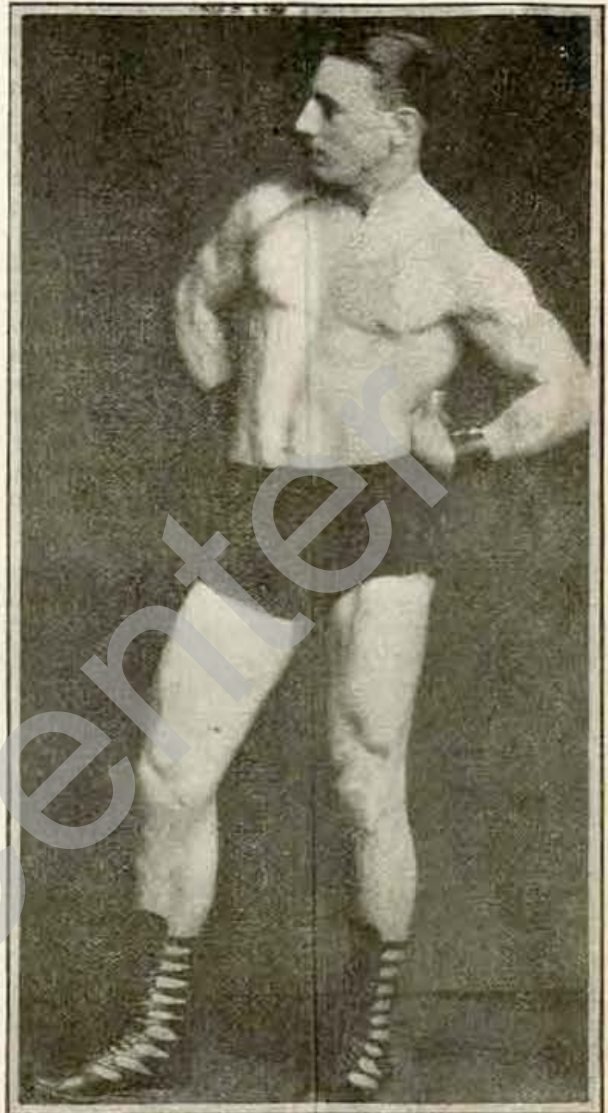
New York from Arkansas and introduced the possibilities of the common carpenter's saw as an instrument of music. They made a great hit and musical saws became very popular. We wonder if balancing on the thumb tips will become as popular, now that Jones has traveled east from Ark-ansaw. I guess there isn't such a chance though, as we believe it easier to get music out of a saw than to stand on the tips of our thumbs. "Bob" is full of cute little tricks, his latest being four Indian clubs fastened to a platform with a contraption to cause two of the clubs to fall. He balances on the thumb and index fingers of each hand, then releasing the index fingers, the two front Indian clubs fall, leaving him balanced on his thumbs on top of the two remaining clubs. Kind of nifty, isn't it?

Next on the stage were Jack Russell, Billy Lilly and George Dembinski, presenting their own ideas of a novel act. The chief idea being to disprove the fallacy concerning weight lifters being slow and "muscle-bound." Jack deftly

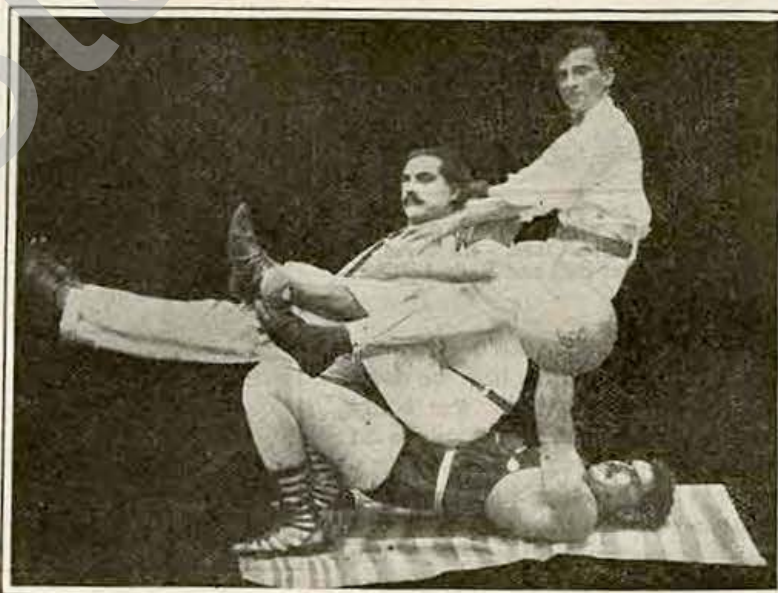


Frank Olender, of Brooklyn, winner of the Heavy Middle-weight title at back and harness lifting.

moved about the stage by leaps and bounds, winding up by dancing the latest dance steps on his hands. Bill Lilly presented his idea of suppleness and agility. For a man who trains at nothing but slow lifts, Bill is sure some India rubber man. If he is "muscle-bound," it would do us all some good to make an effort to get in that condition. Bill also obliged us with



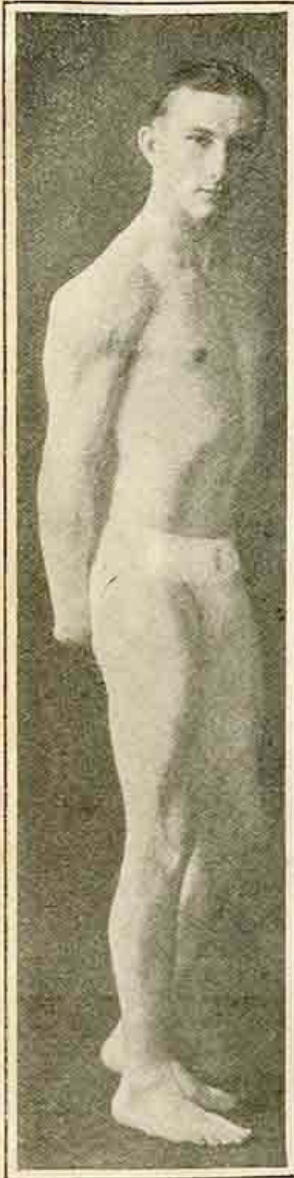
J. M. Hendley, assistant physical director of the Atlanta, Georgia, Y. M. C. A., who has followed bar bell work as a means of attaining strength and development.



A novel feat performed by Dinshaw Dosabhoj Mistry, strong man of Bombay, India.

his masterful specialty of muscle control and muscle juggling.

Siegmund Klein now jumped on the scales to register 147 pounds for a record trial on the Right Hand Clean and Jerk. Using a thin cambered bar, he warmed up with 143¼, jumped up to 174, next 182½, then after an unsuccessful attempt succeeded with 190½. A further trial with 195 was too much for him on this evening. This lift of



Robert F. Knodle, of Hagerstown, Md., American Bantamweight Champion. He has unusual ability at chinning with one hand.

cent remarkable lifts: One Hand Snatch of 160, Two Hands Clean and Jerk of 270, Two Arm Military Press of 204½, Two Arm Continental Press of 233½.

We are still expecting him to come out in public with a Two Arm Continental Jerk of 300. What else he has in his bag, we don't know. The referee, Mark Berry, told us that Sig was badly disappointed at failing with the 195, and blamed his failure on the cool temperature back stage.

The act DeLuxe was next introduced to the audience—The Arco Brothers, featuring Otto Arco—wonder man of muscle culturists. It is useless for us to try to enumerate their feats. We quit taking down shorthand during this act, so we could glue our eyes upon the marvelous muscles being displayed under the stage spotlight. Suffice it to say that had a vote been taken, it would

190½ surpasses the American record by quite a number of pounds. Here is evidence that the American boy can work up to the standard of the amazing European performances. Two years ago, we'll bet that Klein would have stated such a lift to be impossible. We were told by certain lifters who used to work out with him that 165 would stop Klein two years ago, still he considered himself to be at about his best at that time. The same is true of his other re-

have been unanimous to the effect that this one act alone made the show worth a high price; we say this with due respects to all of the other splendid athletes who made up the bill. Otto Arco was the originator of the abdominal isolation, and took this opportunity of showing us how the thing really should be done. Otto shows you the art of muscular display in a manner that is inimitable. The young boys in the game at the present day are good, in fact exceptionally clever, but you have to see Arco to realize the true possibilities of muscle control. He doesn't pose; no fancy frills about him; but he does take each muscle separately and make it jump out into plain relief. More power to this boy of forty-eight.

Robert RaNous, one of Klein's pupils, weighed in at 138 pounds, and started out to set a new standard on the Two Arm Military Press, but couldn't satisfy the referee concerning the definition of a Military Press, so he had

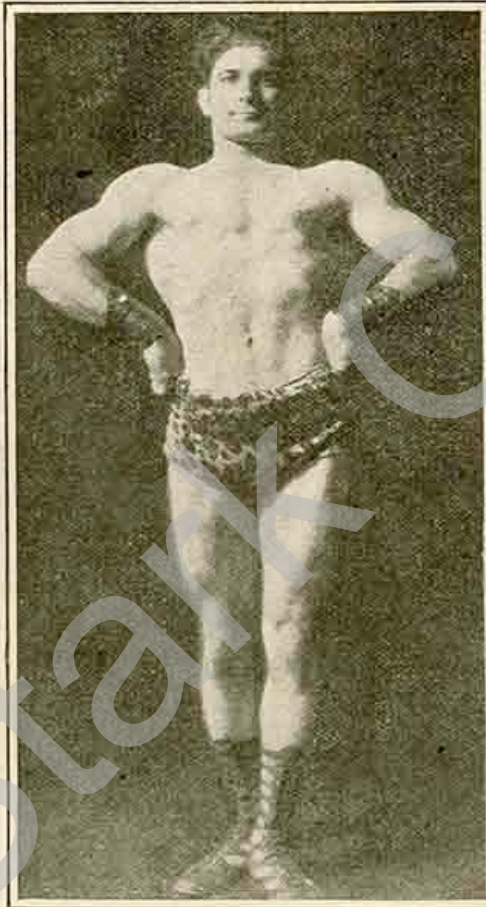
to call it quits with 159 pounds. Then he gave an exhibition floor press of 197¼. The Mighty Atom, Joe Green, came on the platform in full fledged strong man attire to give a regular strong man act—breaking horse shoes, etc. He allowed a bar to be bent over the bridge of his nose, another to be bent across his upper lip; combs were fastened in his hair to which was fastened a bar and that was bent by two men. The horse shoe broken by The Mighty Atom was of a rather thin variety, to the ends of which he adjusted wooden grips to assist in the effort.

Henry Nocchi, 153 pounds bodyweight and George Dembinski, 132 pounds, each made a Two Hands Continental Press of 188¼ pounds (the record for the lightweight class is 200 pounds, held by Robert Snyder). Nocchi made One Hand Slow Curls of 70¼ right, and 68½ left. Max Marlin and Dave

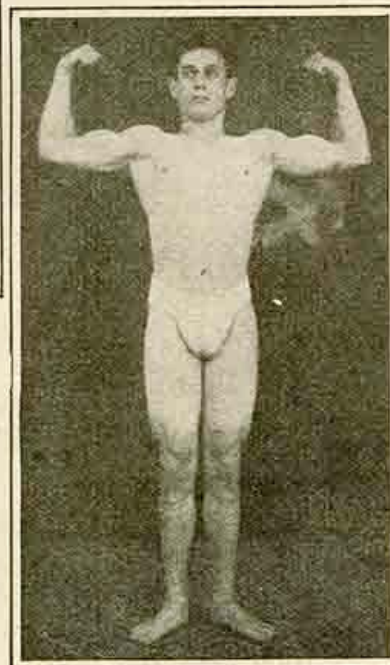
Greenstein, each 171 pounds, contested on three lifts, the results being: Two Hands Snatch, Marlin 167, Greenstein 160; Two Hands Clean and Jerk, Marlin 240½, Greenstein, 220; Two Hands Dead Lift, Marlin 450, Greenstein 430;

(Continued on Page

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Frank Dennis, winner of two titles in the Middleweight Class. He came in first at both Bar Bell and Body Lifting.



Gordon M. Strain, of Sedalia, Mo., who took third place in the Lightweight Class.

Ask the Doctor

Department for Solving Your Health Problems

By Dr. B. M. Middleman

QUESTION: In cold weather I get a red nose—some fellows think it is a “rummy’s” nose, but it isn’t. A doctor told me it was due to poor circulation and recommended exercise, but so far that has done no good, although I have tried it almost a year.

Will you please give me some method of relieving my trouble?

B. F. R., Mass.

ANSWER: Avoid hot dusty work, adopt regular habits, get plenty of fresh outdoor air, avoid rich, greasy foods and those that are highly seasoned, also pastries, hard fried meats, cheese, pork, rich gravies, etc. Live principally on baked or boiled foods, and avoid stimulants such as tea, coffee, etc. Also avoid hot water, witch hazel, bay rum, and other like stimulants to the skin. Instead apply the following every few hours:

Sulphur precipitate	1 dram
Pulv. camphor	10 grains
Pulv. tragaconthae	20 grains
Liquir calcis	2 ounces
Aquae rosae	2 ounces

QUESTION: I am a fifteen year old boy, five feet eight inches in height, and weigh 124 pounds. Please give me my correct measurements.

Also please advise me whether cold showers do any harm, taking them every morning, and please tell me what causes blood to rush to the face while exercising and hand balancing.

P. T., N. J.

ANSWER: As for a complete table of measurements for your age, weight and height I cannot do so, however, I believe you are a little underweight at present. If, however, you feel full of pep and energy I would advise you not to worry about it just now, for you seem to be growing rapidly and should fill out satisfactorily in the course of the next few years. Just eat plenty of good food, particularly vegetables and fruits, keep up your exercise, and you will make it all right.

About cold showers—they are fine, and would certainly do you no harm. If, however, you take them after exercising you should first use warm water, then gradually change to cold in order not to chill the body immediately after exertion. It is not unnatural for the blood to rush to your face somewhat in hand balancing, particularly if you are new at the game, but it should not be conspicuous in ordinary exercise. It may be that you are holding your breath as you exercise instead of breathing naturally—this would bring about the condition you mention.

QUESTION: Last February I had a very acute attack of indigestion due to eating a mixture of meat, onions and bread immediately before going to bed. My physician relieved me, but did not tell me what to eat or anything of additional benefit to me. Ever since that time I have been bothered with indigestion. Now, for the past two weeks I have been on a diet as follows:

Breakfast—1 egg, 1 pint buttermilk, 2 slices toasted bread.

Dinner—Salmon or bread and gravy.

Supper—Tomato soup and a pint of butter milk.

Do you think this diet will cure me? I have been told to eat yeast for indigestion—do you think it a good idea?

Some time ago you helped me very much in another matter, and I assure you that your assistance in this case will again be appreciated.

B. I., Ind.

ANSWER: Doubtless after eating such a mixture you suffered with a stomach disorder which was very acute and which left you suffering from one of the various forms of gastritis. The following diet should give you relief:

Eat four moderate meals per day, food to consist of liquid and semi-liquid substances, such as milk, barley, oatmeal, rice, soup, chicken soup, soft cooked eggs, mashed potatoes, scraped meat, toasted bread, white bread not too fresh, butter, tea and cocoa. Stay on this diet for two weeks and gradually work up to full diet. Avoid spiced or peppery foods, fried stuff, coffee, hot bread, cakes, syrups, etc., and

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

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

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

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

use as little salt as possible.

Pay particular attention to the bowels, being sure to keep them open, drink plenty of water, sleep eight hours or longer each night, and avoid fatigue.

QUESTION: Can you suggest an apparatus, appliance or treatment that is strictly for strengthening the legs and muscles thereof?

I am a man, 75 years old, with perfect health, but within a year or so my legs have become very weak, and when walking I appear like one about three-quarters intoxicated. I do not seem able to lift my feet or throw them forward naturally; the legs seem sort of drawn in, so that I walk with a shuffling.

Of course I am not looking forward to renewed youth, but I am hoping that in some way I may become able to walk as others of my age. I walk back and forth to the office, and while there, or anywhere where I may sit, am all right, as my condition is bothersome only when standing or walking. There is no pain or numbness.

Have tried various physicians including osteopaths, but am convinced that the trouble is the legs and not the body, and am coming to you trusting you can give me a remedy for my condition.

L. B., Conn.

ANSWER: The first part of your question is easily answered in the nature of braces, casts, or massage. But in further study of your case it appears from your description of existing conditions that you are suffering from a disease which has its origin in the cerebrospinal nervous system associated with hardening of arteries.

I do not agree with your idea that the trouble is primarily in the legs, and I would advise you to consult a neurologist in conjunction with a thorough medical examination. Would also suggest massage to the affected parts, rest as much as possible, and make sure you have proper elimination of kidneys and bowels.

QUESTION: I am a boy seventeen years old and in good health, except I am worried over the condition of my blood—when exposed to cold or dampness my hands become purple with pink blotches, my nose always gets red, and in winter my hands become practically numb.

Is this due to too much or too little acid in the blood? I eat plenty of apples and pears, and drink a lot of tea. My teeth are in fairly good condition, but my tonsils were removed some time ago. My bowels do not move very regularly, either.

C. G., Mass.

ANSWER: It is impossible to determine from the meagre information you give just what is the exact nature of your trouble, but I am sure the condition is not one of blood disease, as the reaction of blood remains remarkably uniform. I would advise you to consult your family physician and have him check up on the action of your heart and lungs, and test the function of your glands, particularly the adrenals.

As for your constipation I would recommend that you cut down on the amount of tea you drink, and also reduce the amount of meat eaten. Eat instead principally vegetables and fruit, and drink plenty of water. Also, eat whole wheat or brown bread instead of the white variety.

QUESTION: Briefly this is my case:

Some two years ago while at boarding school I fell on the tile floor of the bathroom and was knocked out by the shock of my head hitting the floor. I seemed to recover all right, but shortly after a while in the dining room suffered an epileptic attack, and have since been afflicted with same. They occur in the day time, about two to three times monthly, and seem to be very severe. I become unconscious and have a pretty hard spell on each occasion. They seem to come on mostly when I am under nervous strain.

My height is five feet six inches, weight 170 pounds (dressed), and age 20 years. Do you think there is any cure

for epilepsy in those that are not born with it? Here is some advertising copy of a cure that was recommended to me—what do you think of it? (He encloses literature sent him by an epilepsy specialist of the mail order variety).

Please give me your honest opinion at your very earliest opportunity.

A. J., Miss.

ANSWER: A positive cure for epilepsy should never be promised by any physician. Much can be done to lengthen the interval between spells by proper (and moderate) exercise both mental and physical, especially in the open air, but keep on level ground to avoid danger of injury in case of a fall.

The diet would best be simple and mostly vegetable, using no meat. Do not overload the stomach, and you should use sparingly, or better still cut out entirely, tea, coffee, alcohol, tobacco, etc. Also cut down on the use of salt with your food. If constipated use mild laxatives such as mineral oil, agar, cascara, etc. Also bathe frequently and follow with a good brisk rubdown with a coarse towel.

If feeling an attack coming on you should have in the hand or pocket some pearls of amyl nitrate to crush in a handkerchief and inhale to prevent the attack.

QUESTION: I am a girl 18 years of age, five feet one inch tall, and weigh 95 pounds. How much should I weigh?

Another thing: After I'm through eating, a half hour or more, I get such a funny pain in my stomach and it lasts for about five minutes, sometimes less. What can this be? It causes me a lot of worry, and I would like to know what I can do about it. Is it indigestion?

I drink at least 6 glasses of water daily; therefore, I'm not constipated. What causes indigestion? Would this condition have anything to do with decayed teeth? I am attending the dentist at present.

What foods contain iodine? Can goitre be cured. And how?

Also please tell me how to gain weight, whether exercise will help, and whether milk is fattening; also what is your opinion of malted milk?

This is an awful long list of questions, but I will greatly appreciate your kindness in answering them and helping me find the road to health.

(Miss) S. M., Wis.

ANSWER: Standard weight tables as compiled by the Metropolitan Life Insurance Co. for a girl your height, and between 15 and 19 years of age show correct weight at 114 pounds.

The pains you get after eating may come from ingestion of air—rapid eating, improper mastication of food, etc. At any rate, it is of no serious pathological significance, and should cause you no worry.

Indigestion is a symptom and not a disease itself. It is caused by direct or indirect reflex stimulation on the alimentary tract producing pain and discomfort in the epigastric region and is commonly called indigestion.

Decayed teeth are due to possible predigested food-stuffs, deficiency of calcium salts, recession of gums, or improper technique in dental hygiene, and not by indigestion.

Iodine is no normal food content. Goitre may be cured medically; that is, its growth can be arrested, or it can be removed surgically.

Weight can be added by proper food—plenty of thick soups, vegetables, fruits, white bread, a fair amount of meat, milk, etc.—and exercise. Get plenty of fresh air while exercising, too.

You will find milk fattening and a very excellent food. Malted milk, too, is especially good for under-nourished individuals.

Are You a Colonic?

I was! And 90% of You Are!

By M. Philip Stephenson

THERE are nine chances out of ten your case is just like mine. That tired feeling, the lack of ability to think quickly and clearly, your headaches, bad taste in the mouth, susceptibility to colds and other ills—I suffered them all and many worse. But today I am more healthy, vigorous and really *alive* than I have ever been in my life! And if you, too, want to re-power your mind, rejuvenate your energetic force, restore your health and sturdy resistance—in short, to put new abundant life into yourself—you will read this message through to the very last period!

I was a colonic—a poison drunkard; drunk with the poisons my own body was generating. And, like you, I didn't know it. The thing which brought me understanding and introduced me to the wonderful system of treatment which has made me the healthy, happy person I am today, was a marvelous book, "Why We Should Bathe Internally," given me by a physician.

What Few People Know

Who, of you thousands of people who are reading this message of mine, would believe that a human system which daily acts in a seemingly normal manner, is actually inefficient, broken down and doomed to self-destruction? What one of you whose intestines seem perfectly regular would credit that they are veritable well-springs of poison which is undermining, weakening and destroying your bodily health and vitality? Neither would I—until I was shown the startling truth by the convincing facts in this book; shown that 9/10th of us, as evidenced by hundreds of autopsies, are *colonics* suffering from an internal uncleanness which is attacking the whole present human race!

Yet there is a relief for this condition, easy and simple. I found it in this book. It is the natural, healthy way of Internal Bathing with the wonderful J. B. L. Cascade.

What is an Internal Bath?

"What is an internal bath, anyway?" you may ask. "Is it an enema, or some new fangled kind of laxative?" Decidedly not. A real genuine internal bath with the Cascade is as different from an enema as a house is from a tent. True, both use pure warm water. But the weak, partial effect of the usual enema is in no way to be compared with the thorough, complete cleansing of the Cascade Bath. And I have learned that the less said about purging, weakening laxatives, the better!

True, internal bathing is accomplished with a scientific device called the "J. B. L. Cascade." Pure warm water, treated with a marvelous cleansing tonic is introduced into the colon or lower intestine through the entire length of which it courses, loosening and carrying away all the encrusted waste matter and making the colon again clean and normal. The source of body poisoning is ended. Surprisingly quickly your headaches end. New life, energy, pep and stamina seem to pour into you in a glorious flood. Your mind quickens, interest revives, you feel a new glowing confidence.

Why You Should Bathe Internally

Here is why you need an internal bath. The colon or lower intestine is the body's waste canal. In the healthy, rugged life of the savage, who exercises constantly, eats rough bulky food and answers nature's call promptly, the colon acts normally, eliminating the wastes within a few hours. But in our modern high civilized life of little exercise and rich, soft foods, 90% of us become victims of partial constipation. The waste passes through too slowly. Some of it clings to the sides of the colon and hardens. This encrusted matter generates poisons which are taken through the system by the blood. Result: broken down corpuscles and tissues, lowered vitality, mental sluggishness and eventually all manner of ills. These poisons are a generic cause of premature old age, rheumatism, high blood pressure and numerous serious ailments.

A Vital Difference

The colon is shaped like an inverted U, thus ∩. That is why an enema is ineffective. It only reaches up to the first bend. The internal bath with the Cascade, however, floods the entire canal, cleansing, freshening, purifying. There is no pain or discomfort. It is pleasant and easy. And it will make a new person of you.

The J. B. L. Cascade, which is the only device with which the bona fide Internal Bath can be taken, is the invention of Dr. Charles A. Tyrrell, who perfected it to save his own life. It has been introduced to the public by the Tyrrell Hygienic Institute, who have already treated over 900,000 grateful sufferers by this method.

Write for This Book

That glorious book, "Why We Should Bathe Internally," which has meant so much to me is published and issued FREE by the Institute. It will only take you fifteen minutes to read it, yet it can mean years of life, years of new health, power and joy to you! Years of freedom from ills; years of forceful accomplishment! Isn't that a worth-while fifteen minutes of reading?

Write for that book, now. Don't put it off. Don't say it doesn't apply to you, when nine out of ten can't afford to miss it! Send for it now, either using this coupon or addressing a letter to the Tyrrell Hygienic Institute, Dept. 432, 152 West 65th St., New York City.

Tyrrell's Hygienic Institute,
152 West 65th Street, Dept. 432,
New York, N. Y.

Send me, without cost or obligation, your illustrated booklet on intestinal ills and the proper use of the famous Internal Bath—"Why We Should Bathe Internally."

Name

Street

City State



"How I Licked Wretched Old Age at 63"

"I Quit Getting up Nights—Banished Foot and Leg Pains . . . Got Rid of Rheumatic Pains and Constipation . . . Improved Embarrassing Health Faults . . . Found Renewed Vitality."

"At 61, I thought I was through. I blamed old age, but it never occurred to me to actually fight back. I was only half-living, getting up nights . . . embarrassed in my own home . . . constipated . . . constantly tormented by aches and pains. At 62 my condition became almost intolerable. I had about given up hope when a doctor recommended your treatment. Then at 63, it seemed that I shook off 20 years almost overnight."

Forty—The Danger Age

These are the facts, just as I learned them. In 65% of all men, the vital prostate gland slows up soon after 40. No pain is experienced, but as this distressing condition continues, sciatica, backache, severe bladder weakness, constipation, etc., often develop.

Prostate Trouble

These are frequently the signs of prostate trouble. Now thousands suffer these handicaps needlessly! For a prominent American Scientist after seven years of research, discovered a new, safe way to stimulate the prostate gland to normal health and activity in many cases. This new hygiene is worthy to be called a notable achievement of the age.

A National Institution for Men Past 40

Its success has been startling, its growth rapid. This new hygiene is rapidly gaining in national prominence. The institution in Steubenville has now reached large proportions. Scores and even hundreds of letters pour in every day, and in many cases reported results have been little short of amazing. In case after case, men have reported that they have felt ten years younger in six days. Now physicians in every part of the country are using and recommending this treatment.

Quick as is the response to this new hygiene, it is actually a pleasant, natural relaxation, involving no drugs, medicine, or electric rays whatever. The scientist explains this discovery and tells why many men are old at forty in a new book now sent free, in 24-page, illustrated form. Send for it. Every man past forty should know the true meaning of those frank facts. No cost or obligation is incurred. But act at once before this free edition is exhausted. Simply fill in your name below, tear off and mail.



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303 Van Nuys Building, Dept. 64-B
LOS ANGELES, CALIF.

THE ELECTRO THERMAL CO.
6402 Morris Ave., Steubenville, Ohio.

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

Nature's Method

(Continued from page 44)

cause of the redness of your face and treatment to remedy it will automatically overcome the redness you mention.

You may have bad teeth or tonsils, or some other similar trouble that can be fairly easily overcome, but not until you determine the source of the trouble can you remedy it.

QUESTION: Please give me your opinion of this urinalysis, and tell me what you think could be done about the red blood cells and mucus shown. Casts, none; blood, several; leucocytes, few; puss cells, none; crystals, none; spermatozoa, none; cylindroids, none; bacteria, none; mucus, slight excess; epithelial cells, few squamous; other products, none.

Let me assure you your reply will be sincerely appreciated. K. C., Ohio.

ANSWER: The report is fair except for blood in urine, which is known as hematuria. The treatment in your case cannot be readily outlined since there are so many possible causes of the trouble. I think your case is not very bad, but would suggest you have further examination made to determine definitely the cause of the presence of the red cells, then you can fix upon a remedy.

QUESTION: Am a married woman, 29 years of age, five feet four inches tall and weigh 100 pounds. I have been told I

have a dropped kidney—is that the same as a floating kidney? On arising in the morning I have an aching pain in the section of the right kidney, which pain comes at intervals of once or twice per month. Also at times I have a heavy dragging down sensation at the same time.

Please tell me whether gaining weight would overcome this trouble, also how I could gain about twenty pounds of firm flesh. Mrs. B. A., N. Y.

ANSWER: A dropped kidney and a floating kidney are very much the same. Before you are too satisfied with your condition, however, I would advise you to have an X-ray made to determine whether there is general ptosis or other viscera. If your kidney is down the other organs are not apt to be in perfect position, and the X-ray will give you positive evidence of this condition.

If general ptosis is present a support might be advisable, and you will also find beneficial the various exercises that increase the action of the abdominal muscles. You should follow a good nutritious diet in order to gain weight. Such a diet would include thick soups, plenty of vegetables and fruits, some meat, milk, plenty of water between meals, and a minimum amount of coffee, tea, etc., and highly seasoned foods.

Escaping Death

(Continued from page 40)

a square deal, that we have plenty of time in which to play our game and win or lose it, and he wants us to win. He does not represent Death, he represents Life and Reward—he gives to those who know him first of all life itself, then childhood, manhood, middle age, and old age. Each is different from the other, but if we are wise and play the game according to the rules of Nature, Father Time gives us in each period something better than the last afforded. And finally when in the period of old age he calls us to go it is but to take the faithful to a still greater reward, for Father Time represents life and happiness—Death it is that represents failure and punishment, failure of having left uncompleted a task assigned, punishment for having failed intentionally or otherwise.

Yes, it is a great game. Only those fortified by proper knowledge and training have anything like a fair chance at the start, and of them only the ones who abide conscientiously in accordance with the laws of Nature can expect to make good progress. He who breaks a rule must pay with a moment's delay during which Disease or Injury are most apt to get him. It is a game allowing for the most in the way of strategy and generalship, and in turn giving the most

in return for the amount of effort correctly expended in playing it. Upon it depends everything, the primary goal, of course, being good health and long years, but upon these in turn depend all that can be included in the terms of business and social success; for without good health it is impossible to "carry on" at the fastest pace in the affairs of the world about us, and without the advantage of the long years of a complete life one is handicapped in the extent and scope of the enterprises he undertakes. Then, too, the life of man should be spent in work until past middle age, then he should be in position to ease up and enjoy the fruits of his labors. But for most who are not playing the game of Life fairly the period of work is not sufficiently fruitful to afford later relaxation (if they last that long), and even if they should have the means to afford a let-up, it's ten-to-one they would not have the physical condition that would let them enjoy their "rest."

Again I say it is a great game, but everything is stacked against the fellow who won't play fair, so let's just decide here and now to determine our errors, correct them and start today living a life that shall be long in years, rich in health and happiness, and successful always as the future unfolds itself to us.

Magic Wand of Health

(Continued from page 49)

(pointing to me) has guided you thus far in your quest for the land of Health. I shall aid you on the rest of the journey if you agree to trust yourselves in my

care. I am going in the first place to give you what I am sure is satisfactory information. You will be in the land of Health where all are perfect in Body

What Do Women Want Most?

Women want he-men for their husbands and sweethearts. None of this chorus-man stuff for the real girl. She wants to be proud of his physical make-up; proud of his figure in a bathing suit. She knows that it's the fellow that is full of pep and vitality that gets ahead in this world. He's got the physical backbone to back-up the mental decisions he makes. He'll win out every time.

Look Yourself Over!

How do you shape up? Are you giving yourself a square deal. Have you got those big rolling muscles that mean health and strength inside and out? The vitality that gives you the ambition to win out at everything you start? Make that girl admire you first and foremost for a real he-man and the hardest part in winning her is over.

I Can Give It To You In 30 Days

In 30 days I can do you over so that she will hardly know you. I'll put a whole inch of solid muscle on each arm in 30 days, and two whole inches of rippling strength across your chest. I've done it for over a hundred thousand others, and I can do it for you. I don't care how weak and puny you are. I like to get them weak and puny, because it's the hopeless cases that I work with best. It gives me a lot of real joy just to see them develop and the surprised look in their eyes when they step before the mirror at the end of 30 days and see what a miracle I have worked for them.

You'll Be a He-Man From Now On!

And it's no temporary layer of muscle I put on you. It's there to stay! With those newly broadened shoulders; that perfect neck and great, manly chest, you can maintain your self respect in any society. Every woman will know that you are what every man should be—a forceful, red-blooded he-man.

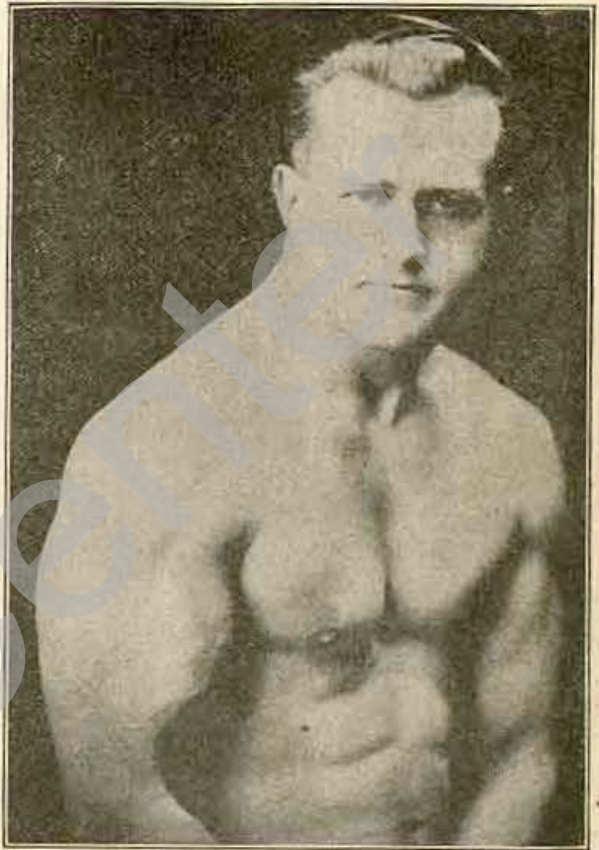
I Want You For 90 Days

If at the end of 30 days you think you have improved, wait till you see yourself at the end of 90 days. Then the friends you thought were strong will seem like children by comparison. I'm not called the Muscle Builder for nothing. My system scientifically builds real muscle faster than you ever imagined.

Watch Them Turn Around

Notice how every woman prefers the fellow who carries himself with head up. Notice how the broad-shouldered man always gets their eye. They want a dependable he-man when they make their choice. One who can protect them, and you can be that man. Remember, I not only promise it, I GUARANTEE IT.

Now don't put it off a minute. Get going to new happiness and real manhood today.



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

Send For My New
64 Page Book

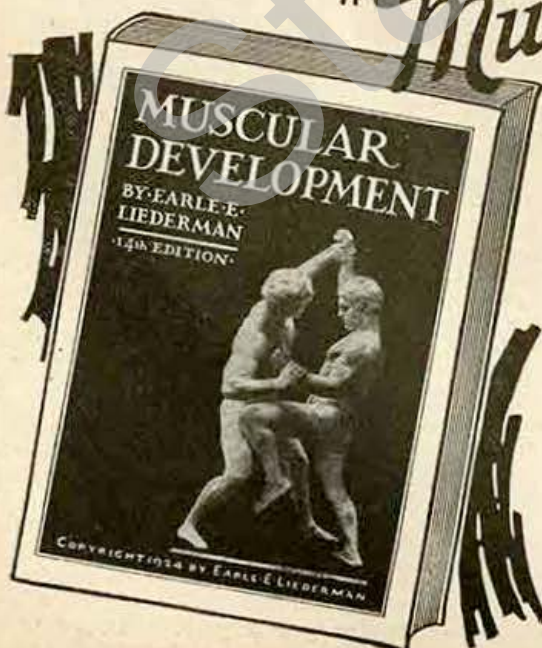
"Muscular Development"

IT IS FREE

It contains forty-eight full-page photographs of myself and some of the many prize-winning pupils I have trained. Some of these came to me as pitiful weaklings, imploring me to help them. Look them over now and you will marvel at their present physiques. This book will prove an impetus and a real inspiration to you. It will thrill you through and through. I want you to have it absolutely free. No strings attached to it. This will not obligate you at all, but for the sake of your future health and happiness do not put it off. Send today—right now before you turn this page.

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Three-point contact gives correct posture. Semiflexible shanks give proper support and natural massage of arch. A shoe that makes exercise a real pleasure. Endorsed by leading physicians and orthopedic authorities.



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It shows how to be comfortable and train your feet to do their work uncomplainingly. Full instructions on proper care and exercises for the feet. Also illustrates PEDIFORME shoes for men, women and children for every purpose. Ask for book S.

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Without dieting, or drugs, or exercise, you can take off pounds of fat, reducing abdomen 4 to 6 inches in a few weeks.

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shows results almost immediately, and relieves that tired feeling generally—excess fat is burdensome and wears down the whole system.

Made of best quality Para rubber and Egyptian thread especially woven for this purpose; can be boiled to cleanse without injury to the rubber.

No lacing, no fastening; simply step into the Mizpah pull it into place where it stays, without rolling or slipping, conforming to every movement of body.

Made and guaranteed by one of the largest, oldest and best-known makers of surgical belts.

Two Weeks' Trial mailed on receipt of price, \$5.00. State waist measurement at "A".
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ELIMINATE POISONS!

Read amazing results Secured with Vit-O-Net Electro-Magnetic Blanket

J. E. E., Peoria, reduced blood pressure 40 points in 3 weeks. Invalid for 22 years says: "It has been means of saving my life." "My skin is soft as a girl's," writes sufferer from Eczema. Others say: "Would not take \$500 for it or do without it for nerves." "I feel like I have come back from the grave."

Decayed waste kills life forces and causes untold human misery. Vit-O-Net Electro-Magnetic Blanket produces gentle perspiration, eliminating poisonous waste thru pores and other channels. Aids bowels and kidneys. Dissolves congestions responsible for scores of ailments. Creates new life—new power. Soothing magnetic warmth relaxes nerves and muscles. Promotes rest and sleep. Relieves pain.

Many of the country's best hospitals and physicians use Vit-O-Net for Rheumatism, Neuritis, Nervousness, Catarrh, Eczema, Blood Pressure, Kidney troubles, etc. Frequently successful after all other methods fail. Helps to restore health. Pays for itself over and over again.

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Representatives Wanted

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in less than a fortnight—but you must follow my rules exactly. I will relieve your friend and counsellor from all responsibility in the matter and personally conduct you on a tour through my kingdom. It is essential that you comply rigidly to the laws of each of the states that comprise Happy-Go-Lucky Land. By doing so you will become eligible to enter the kingdom of Health, and happiness will be yours evermore.

"I will study each of you for your own good. I know there were some among you who have been nothing but lumps of lymph and fatty matter—others with no gumption whatever whose existence was one long doze between dinner and supper. Then there was the microscopically unimportant excessivist among you who continually makes his brain wooly to satisfy his inner cravings. All of this has disappeared and now you shall have no cause to regret this tour through the various states of Happy-Go-Lucky Land. I can be a valuable factor in curing you and restoring the great prize of health to you. In the land from whence you came, you were led astray by the conflicting and vain opinions of mankind. You, like many others in the world, delighted to question, to speculate, to weigh this, to measure that, with little or no profit to yourself or your fellow creatures. And you have come freshly from a land where Self seems to be the prime object of worship. A land where the high fed ministers of the nation slowly argue away the lives of better men than themselves in some instances, but here in this fair land, everyone is equal, everyone is continually happy, everyone finds an added zest and joy in living. There is no favoritism, nor back-stair influence to win the way here. According to the way you live your today determines exactly what your tomorrow will be. When you look back and vision the poor wretches of your country who eke out a pitiful existence, who totter like aged men looking on all things with disappointed, churlish, purblind eyes, it is no wonder they see nothing new under the sun. My friends, the world is wide—faith is yet extant—and the teachings of health and happiness are true. 'Believe and live; but doubt and you die.'"

My followers listened to these words in silence, but now they eagerly spoke, "If we have been misguided by modern opinions—if we have unconsciously absorbed the doctrines of fashionable tendencies—lead us right. Teach us what you know, O King of Happy-Go-Lucky Land. We are willing to learn. Let us find out the real purpose of life and how we may find eternal youth and come to know the joys that are our legacy."

King Happy was very pleased with this unanimous agreement on the part of my followers and he at once made plans for an extensive tour of his kingdom. He prescribed medicine for each one and told them to follow his directions implicitly and there would be no fear of not reviving youthfulness again. They went to bed that night and for once in their lives slept peacefully,

whilst King Happy and I stayed up until the wee hours of morn poring over plans for the great tour.

Being an incurable travel fiend, I have seen the whole world and sailed up and down and—being an experienced one—have seen more of nature's beauty and grandeur and of man's art and work than most of my fellow-men—with only too few exceptions. I have traveled in the most highly civilized countries and in those which few white men ever have seen; I have climbed over towering mountains, been blinded by furious snowstorms and have even experienced the slow death of drowning when my small boat was wrecked in the South Atlantic. But curiously enough, one would think "doing" a country had lost its thrills for me. Never! When King Happy conducted us on a tour of "Happy-Go-Lucky" Land I was the most enthusiastic member of the party; and yet King Happy claims I have been over the beaten path before, and that I own vast estates in his kingdom. This is certainly new to me. However, if the King insists—well! what's a fellow going to do about it? Play up to it, eh?

Anyway, let me anticipate two observations which I made, because they must be of deciding importance for anyone who considers visiting "Happy-Go-Lucky Land." There are very few places in the universe where so many beautiful, great and varied changes of scenery are concentrated on a comparatively small area and so easily accessible as in "Happy-Go-Lucky Land" for it is, I should say, very small. There are still fewer places that have learned so well to treat and comfort the visitor; or where travel and good accommodations are so well adapted to the tastes of each individual. In fact, "Happy-Go-Lucky Land" is a great haven for tourists; it is great because nature has made it so and because it is the most desirable land to dwell in where happiness is everywhere about.

Now wander with me through one state of the various states into which we were conducted by King Happy. We ride out over the bastioned hills of the State of Joy. The air is wine. The people go about their work cheerily. It rains, but no one cares. In the State of Joy everyone realizes that it costs cheaper, and is just as easy to rejoice, as it is to grumble and complain. The afternoon sun has slipped its tether and smoulders in the drowsy sky. As twilight approaches, the habiliments of joy are manifested in us and we find our spirit gentler and we are eager to do our meed of service for the good of mankind.

We move on to the state of merriment where the genial Duke De Ha Ha and the Countess Giggles welcome us cordially. The visit is a revelation. We are possessed with the pomps of being, and find merry inspirations. We are kings in the kingdom of sense and we tread the uncomplaining dust joyously; we are alive in every fibre of our being. Every thought and every action of ours is vitalized, organic. We move about and have the power of movement; we radiate a maturer power, and each human entity expresses itself in its full-

Great Chicago Health Institution Lauds Flaxolyn Discovery for Constipation

**Liver, Kidney and Stomach
Sufferers Now Have Keen
Appetites, Sound, Restful
Sleep, Regular Bowel
Action Through Nat-
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Noted Specialist Tells Exact Formula of Flaxolyn

Dr. Victor Hugo Lindlahr and his associates who operate the remarkable Lindlahr Sanitarium, and the Lindlahr College of Natural Therapeutics in Chicago, have given to Dr. Luntz' Herbal Flaxolyn the highest possible approval by recommending and endorsing it throughout their famous health organization.

In the Lindlahr Magazine, "Radiant Health," many remarkable statements by doctors have appeared, showing what Flaxolyn, which is only nature's roots and herbs compounded with sun-baked flaxseed, has done in all sorts of cases.

Sleep Without Drugs Dr. George Starr White (M.D., Ph.D., LL.D., F.R.S.A., London), author of "Health," "Youth" and other books, states that the Flaxolyn Compound of herbs, roots and barks "helps to eliminate the irritants from the intestinal and urinary tracts, and by so doing makes possible quick, sound, restful sleep." Constipation, auto-intoxication, high blood pressure, dizzy spells and other disorders which are so

often caused by the presence of these irritants, are usually corrected by the use of Flaxolyn. Hundreds of doctors all over the world recommend Flaxolyn, which may now be obtained by Extension Readers who mail the coupon below.

Dr. A. W. Herr, formerly physician at the Battle Creek Sanitarium, has personally prescribed Herbal Flaxolyn to thousands. The London Health Centre, The Olympia Sanitarium Baths, the Academy of Physical Reconstruction of Los Angeles are but a few health institutions where Flaxolyn is highly recommended.

A box containing many treatments costs but \$1, and may be the means of starting you on the joyous road to health.

Don't wait. Start taking Flaxolyn. It does not gripe because it is natural. You will feel the tonic change at once. You will enjoy renewed vigor, a new grip on life. Full treatment sent postpaid on receipt of \$1.

Following Health Teachings of Great Rev. Sebastian Kneipp

The following letter has been sent by Dr. Benedict Lust, president of American Naturopathic Association:

"I have been using Flaxolyn in my treatment of a number of my patients at the Butler Sanitarium. I consider it a most modern and natural adjunct, and find it a great help in assisting the process of elimination of irritants from the system. It helps bring the body back to its normal stage. It is certainly a natural remedy and complies with the teachings and tenets of such as the great Father Kneipp and other authorities of natural healing."

The coupon is for your use—Send it now and become your normal self!

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Health advice given free with all purchases. Make your questions plain and brief. Dr. Luntz will try to help you without charge.

Please send me.....cartons of Flaxolyn, postage prepaid. I am enclosing \$..... (81 per carton) to cover all costs. Also include FREE—"14 RULES OF HEALTH."

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Flaxolyn "Open" Formula

Not a Secret — Nothing to Hide Says Dr. Harris H. Luntz (M.D., D.O.).

1. Baked Flaxseed—Relaxes congestion and acts as an astringent.
2. Vegetable Charcoal—Aids digestion, sweetens the stomach, overcomes acid and gas, purifies undigested, fermenting food.
3. Juniper Berries — Cleanse, purify and stimulate the kidneys and bladder.
4. African Ginger Roots — Quicken the flow of the vital digestive juices.
5. Dandelion Roots—Purify the liver and blood.
6. Cardamon Seeds—Act on the stomach lining as an aromatic cleansing tonic.
7. Chinese Rhubarb—Invigorates the stomach and the liver.
8. Spanish Licorice Roots—Remove any foreign mucus that may be clogging and poisoning the digestive organs.
9. Culver's Roots—Stimulate the natural flow of bile and so purify the liver.
10. Gentian Roots — Create a healthy, normal appetite.
11. Greek Valerian Roots—Tone the nerves and induce the restful sleep of health.
12. California Bark — Cleanses the colon and removes foreign matter from the intestines.

THE GREEK GOD



if he could come to earth would be more than jealous of the magnificent proportions of this modern Greek God. He combines the beauty of Apollo with the strength of Hercules and is beyond doubt one of the finest endorsements that the **Breitbart** system of training has. If Jim Londos says this system is the best, **IT IS THE BEST** and for further proof send for the book, "**MUSCULAR POWER**" **FREE**—tells you how and why—the secrets of marvelous physique—wonderful muscles—unlimited vitality and endurance—showing such champions as

Dempsey, Stocher, Delaney, Corbett, Steinke, Calza, Carpenter, Borlenbach, Sid Terris, Gardini, all use the Breitbart system and apparatus.

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FREE New 84-page Book. Over 150 photographs. The Secrets of Champions on every page—a punch in every paragraph—Just mail the coupon today—**DO IT NOW!** Get your copy while the supply lasts.

MUSCULAR POWER has revolutionized the physical culture world and will make a new man of YOU. It's a gold mine of priceless information and inspiration. If you send for it at once you will also get a

MUSCLE METER FREE

This exclusive Breitbart device tells you how strong you are and whether your muscles are properly developed. Send for the book and get a **Muscle Meter FREE!**

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Please send without obligation, your new 84-page book "**MUSCULAR POWER**" and a "**MUSCLE METER**" absolutely **FREE**. I enclose 10 cents for postage and wrapping.

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Please write plainly

est possible terms. The jovial jokers Count De Ha Ha, and Countess Giggles teach us the lesson of efficiency and enthusiasm. We brim with life and the merry twinkle in our eyes gives no knowledge of sorrow, or pain, or depression. We have no time for these things. We learn how to romp merrily through veritable fields of happiness. We are gay-gaitered.

And so through the States of Mirth and Fun we traveled. Ever learning, ever seeing life at its best. In the extremity of our ecstasy we look back and visualize our old puny selves. What tragic figures we were. We let unimportant little things creep under our skin and disturb the even tenor of life. We were just absurd little creatures making our lives a lamentation. Now all this has passed. We laugh and give thanks for being alive.

In the State of Cheer I demonstrated a number of movements with the magic wand that played an all important part in the rehabilitation of every member. I will give you the list of exercises that were performed daily by the health seekers in the captions under the photographs and though I have condensed them, still there are unlimitable variations that can be worked out with great benefit to the body.

However, to get back to the story of the health seeker's trip through the realm of Happy-Go-Lucky Land, I must mention that in the meantime their cure went on rapidly. Every night on retiring to rest King Happy prepared his medicinal doses for each individual; the qualities of which were a conglomeration of cheery smiles, a dose of sweet-mirth and jocose attitudes. Every morning a different little dose was given each, and every hour they grew better, brighter, and stronger, and I could not help but murmur thanks to God for guiding me to this wonderful King. The natural vivacity of their temperament returned to them; they suffered no pain, no anxiety, no depression, and they slept as soundly as a child, unvisited by a single dream. The mere fact of being alive became a joy to them; they felt grateful for everything—for their eyesight, speech, hearing, touch—because all their senses seemed to be sharpened and invigorated and braced up to the keenest delight. This happy condition

of their system did not come suddenly—oh, no—sudden cures mean sudden relapses; it was a gradual, steady, ever-increasing reliable recovery.

The trip through every state in "Happy-Go-Lucky Land" did its meed of service in rendering my followers fit to push on to their immediate goal, the land of Health. They became all sun and air and sparkle, and thus every creature comfort was theirs. The good old flesh-machines ran smoothly and no one would ever dream that they were once unfit to take their place among real men. Their lives indeed fell into the most pleasant place when they came to "Happy-Go-Lucky Land" with me. Not one in a million were as lucky as they. Not once did they slip back into their old Slough of Depression. King Happy, The Duke De Ha! Ha! and myself saw to that.

At last came the eve of our departure from King Happy's domain. The King presented everyone with a magic wand and gave emphatic orders that they follow the instructions I showed them, and thus they would be insured of perfect Health.

That evening before retiring I addressed the Health seekers, saying: "Good night, my faithful followers. Tomorrow at high noon we push on toward our goal. You have wrought and done admirably and I am very proud of you."

They saluted me courteously and turned away. I hurried to my quarters and arriving there, gave thanks for their safe conduct. Quickly disrobing I was soon in my bed. I meditated for a few minutes on the various odd occurrences that happened on our trip through the realm of King Happy, but my thoughts soon grew misty and confused, and I traveled quickly off into the Land of Nod, and thence into the region of sleep, where I remained undisturbed by so much as the shadow of a dream.

Thus our visit to "Happy-Go-Lucky Land" was brought to an end and as we depart on the last leg of the journey to Health, permit me to extend the best wishes of all to you. Dear Everybody, we hope you have enjoyed yourselves just as much as we, and in signing off it is our fervent wish that the broad-casting news will be of lasting benefit to you. This is Station H-E-A-L-T-H signing off. Good-night all!

What Every Man Should Know

(Continued from Page 35)

in football. Well, Jeff's white and clean as they make 'em, so he promised to advance me funds as I needed dough bad, and also help me break up this gang that spirited Amy Neilson away. I drove out to see him one night and had a long talk with him. When I told him I worked for the government he promised to do all in his power to aid me, and handing me several one thousand dollar bills told me to buy myself a couple cigars.

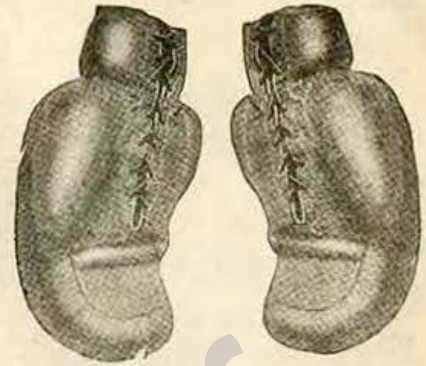
"So accordingly I left Jeff Hersholt's place, went in search of my car, and started off for Frisco. Generally, I take the lower road, but that evening, remembering that it was light night at

the club, and warned by incessant lights flashing ahead of me on the curving road, I decided to take another road which led out into the country, which at that time was practically deserted. Arriving at the highest point in the road which led over a ridge, I paused a moment to admire the view that the ghostly moon cast over an enchanted world. After musing for some minutes upon the splendor stretched forth beyond me, I started my motor and proceeded on my way. I had scarcely gone about two miles down the road when I met with adventure. There were a number of cars drawn up across the roadway and at the sight of my lights a

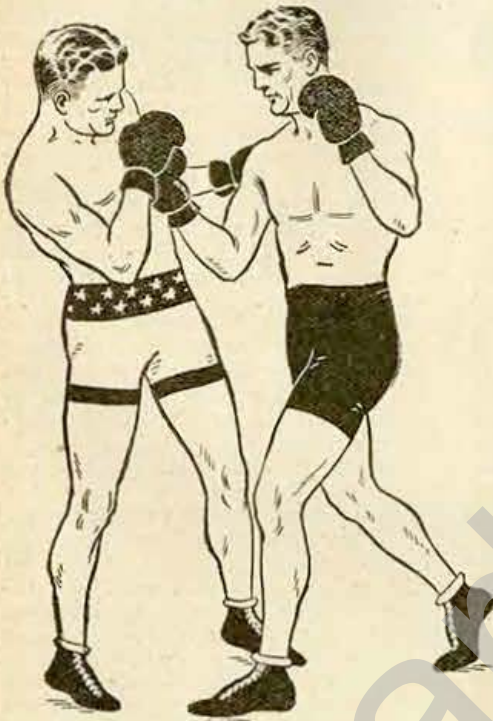


A Knockout!

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BY YOU?



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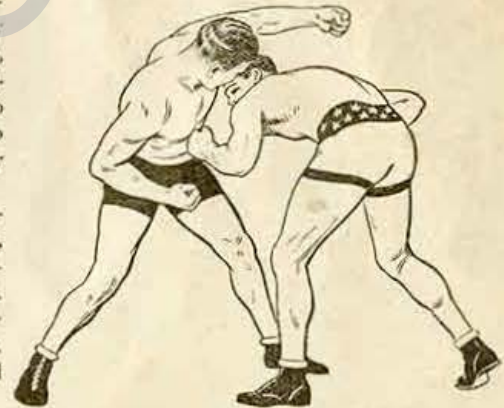


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When you learn by the MacMahon Course it matters not how they come at you—boxing masterly, swinging wild hay-makers, rough-and-tumble style. It is all the same to you. You have learned just how to meet every type of fighter and every type of punch.

This course teaches and illustrates all the punches, counters, blocks, ducks, dodges, slips, footwork, how to train what to eat, etc. Nothing is omitted, fellows. Notice the low price on the coupon below. Also the lower price when coupled with the gloves.

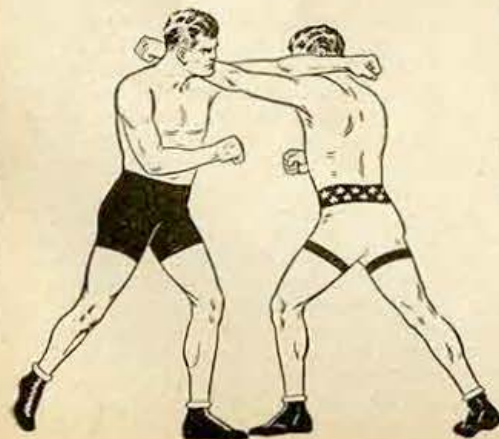


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Just think! A set of four 14-oz. large instructor's gloves with the \$3.00 course for \$15.00. Look at the cut of a pair of these 14-oz. gloves in the upper left-hand corner. See how they are extra padded at the heel of the palm? Notice, also, the long, double wrist that extends well up the forearm. These gloves are just the thing for those who want to box and at the same time lower the chances of being hurt much.

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When a hold-up man thrust his gun into the face of D. E. Cox, on a lonely Alabama road, he got the surprise of his life. The next moment found him on the ground, and the gun in the hand of Mr. Cox.

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The boy who gave the Alabama highwayman such a rough surprise was not a superman—nor was he a coward or a bully himself. He simply knew the secrets of scientific wrestling. He had learned them at home (as thousands of other young men and boys are learning them) through a course in wrestling prepared by two of the greatest wrestlers who ever lived—Frank Gotch, the world's champion, and his trainer, Farmer Burns. He writes:

"..... I successfully took the gun away from him with the trick shown in your sixth book of lessons, although he was 50 pounds heavier than myself. Your course was undoubtedly the means of saving my life."

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by Frank Gotch and Farmer Burns

You may learn the trick which saved the life of D. E. Cox and hundreds of other marvelous blocks, breaks, falls, and holds—you may become an expert in wrestling, the world's finest, cleanest sport (encouraged by churches, Y. M. C. A.'s and the Government)—and you may develop a magnificent physique—all taught to you by mail without you leaving your home. The instructions of Frank Gotch and Farmer Burns are a revelation to men and boys. Wrestling makes strong men stronger and weak men strong. It is the healthiest exercise in the world besides a fascinating sport and the finest kind of self defense. Start today to be an expert wrestler! You Can.

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burly individual in full-dress clothes started at once to meet me, holding out his arm. I slowed down, imagining an accident, and came to a standstill at his gesture. A moment later I regretted it, for underneath his black hat that was pulled low over the eyes, the man who had accosted me wore a mask that was indiscernible at a distance, and a few feet from my head I found myself looking into the ugly muzzle of an automatic pistol.

"Stop your engine!" the burly man gruffly ordered. I lost no time obeying his orders. There have been times in my life when I have been forced into adventure, and I have never unduly shrunk from it. I fully realized after sizing up my hold-up friend, that this was an occasion when discretion was called for.

"What's on your mind, friend?" I inquired, thinking with a chilly heart of the money in my wallet.

"None of yer d—n business," was the curt reply. "Get out of that tin can and start reaching for the sky. Hands up! and make it pronto!"

"Mechanically I obeyed, my brain suddenly becoming woozy, and glancing down the road as I got out I noticed a group of men silently watching me. My hands somehow quickly raised overhead and I shivered while I stood wondering what would happen to me.

"I didn't have long to wait. The group down the roadway advanced cautiously and I recognized one or two of the whelps from the gang of hoodlums that held me up when I first came into 'Frisco. 'So this was the Vulture's dirty work again, eh?' I said to myself. 'Well, by Jimminy I'll get them this time; get them proper for laying hands on poor Amy.'"

"What method of attack I should employ was entirely out of the question at that moment for several guns were leveled at me, but back of my mind there was hope—hope for an opening to use my self-defense tactics. It's a good thing, Buck, when I come to think of it, how fortunate for me to study faithfully the jiu-jitsu tricks the little Jap showed me back in college. Do you know, they have been mighty handy to me in my work for the government and in the various fights circumstances got me into. If the average man had the gumption to study and practice a few self-defense tactics there wouldn't be so many hold-ups gotten away with. I tell you, now-a-days a fellow needs to know how to take care of himself. Back in the old days the gunmen ruled. The fellow who was quickest on the draw survived, but today with the revival of the old-time gunman, we must use a little different method of defense. Of course there isn't much chance to do anything when a gun is bored into your ribs. But if you know a fair amount of self-defense holds, and are quick enough to execute them properly, nine times out of ten you can frustrate the most clever of bandits. What you gotta have is, plenty of nerve, Buck; and how!

"Well, to make a long story short, I was pretty cool in spite of the 'hardware' leveled at me and I was figuring

graphically in my mind just how to take them unawares and how to handle each man. They had a healthy respect for me anyway, 'cause they remembered the last run in with me too well to take any chances. I was bigger and stronger than any of them, but don't get the idea this is the reason why I can pull my jiu-jitsu stunts and get away with them. No! I say, anyone, with a fair amount of skill, agility, and strength, plus plenty of nerve can lick, or scare the best of gunmen. Now this might sound silly, but you practice the stunts I'm going to tell you about, and someday when you're held up—try them out. I'll bet you a turkey dinner you'll not only 'fritz' your gunman, but have 'im eatin' out of your hand.

"As the big chumps stood around me deciding what to do with me, I got a bright idea. Ever since the little Jap back in school told me about the time he 'kayoed' a big bully who was taking it out on him, I always carried an iron marble tied on the end of my handkerchief. For years I practiced flipping the marble at small objects till I developed uncanny speed like the Jap. Now this is where I staked my all on the stunt the Jap showed me. I asked the bandits a couple questions and thus by talking to them I threw them off their guard. At last I lowered my hands, pulled out my handkerchief and blew my nose. They didn't care what I did with my hands as they knew I had no weapons and held at bay. I was perfectly harmless.

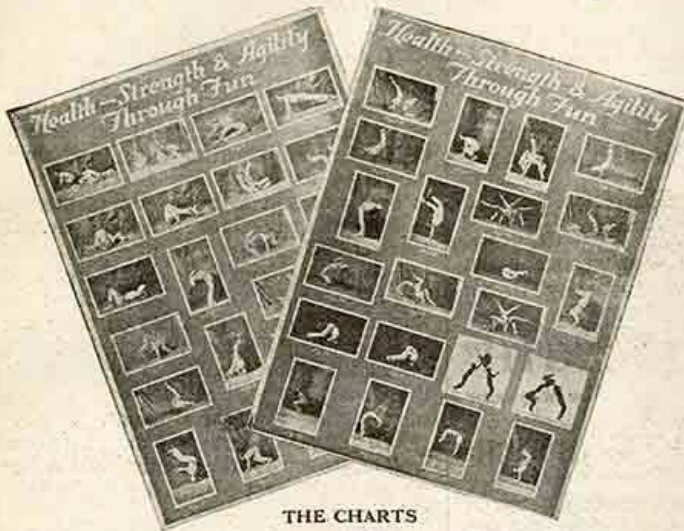
"In less time than it takes to say Jack Robinson, I lashed out. Straight as a dye, the marble found its target and the big burly individual in the evening dress suit dropped his 'gat,' and let out a howl weird enough to waken the dead. Instantly bedlam broke loose. I dodged behind my car in the nick of time as a volley of shots rang out. My next problem was to keep the gang from winging me, but to my delight this was comparatively easy. Being nimble as a panther and lightning quick, I drew two of the gang away from the rest of the group and before they could collect their scattered wits, jiu-jitsued both and then banged their heads together before aid could come to them. Picking up one of the helpless victims, I used him as a shield, managed to get into my car and the next moment was burning the highway for 'Frisco. I had gone about a mile when I felt a numbing sensation in my left arm. Looking down I saw blood streaming from a flesh wound, but as it was slight, I sped on at the rate of eighty-five miles an hour.

"I arrived in 'Frisco and went immediately to the marine barracks. A detachment was ordered out and in less than ten hours the whole gang was rounded up. Amy Neilson was found and taken back to her mother and I, having enough of gangsters and gunmen, decided to take a trip for my health. I left 'Frisco one beautiful day on a steamer bound for Rio de Janeiro and have grown so used to wandering about the world that I have become a confirmed vagabond.

"This is the only explanation I can give right now why I happen to be here

The Great Weyer Tumbling Course

IS AGAIN AVAILABLE TO THOSE WHO LIKE TUMBLING



THE CHARTS

DOUBLE AND TRIPLE EXPOSURE ILLUSTRATIONS

These illustrations show the complicated feats in a much plainer way because of the double and triple exposures, which show several positions of the feats, taken from actual performances. They are far superior to the single exposure snapshot for teaching purposes.

THE AUTHOR AN EXPERT TUMBLER

Mr. Weyer not only knows the tumbling game from beginning to end, but he is a practical teacher who can perform all the feats outlined in this course in perfect form. He has been tumbling for years and what he doesn't know about it does not exist. It will pay any one who likes this game to get this course and it will pay them highly, while they are at it, to get all three propositions.

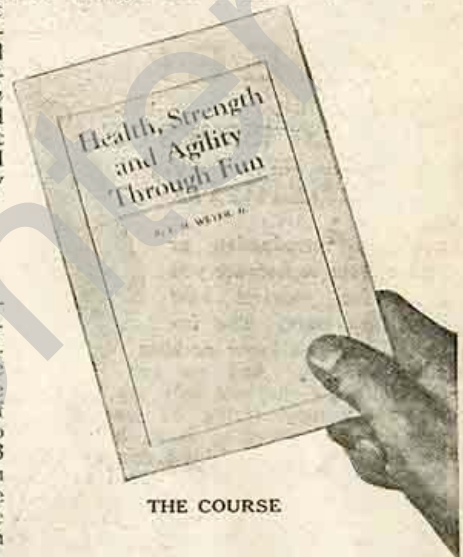
The Weyer course in tumbling entitled "Health, Strength and Agility Through Fun" is not new to the readers of *Strength* Magazine. This course when last advertised was spectacularly popular. There's a reason. All lovers of tumbling feats, whether beginners or experts, cannot afford to be without this one.

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in Fauchal. I'll tell you the rest of my story later, but I want you to pay particular note to what I said about self-defense, as this plays a big part in my next story.

"I don't care who the person might be; why, a girl for instance, can handle a bandit just as well as a trained athlete. If there is a knowledge of self-defense holds, skill in executing them, and plenty of nerve, as I mentioned before, there is every reason to believe, that one can safeguard themselves from danger. Do you remember how the little Jap at college used to pound the sides of his hands against a rough wall? He claimed that this strengthened the sides of the palms so when he delivered a quick death slap, his hands were capable of withstanding the impact, as well as serve the purpose of inflicting dire punishment.

We strolled out of the cafe and walked towards the waterfront where we spent the rest of the day exchanging old times.

And now, dear reader, I have taken Boots Bradley's tip. Each month I will write a series of self-defense exercises, training hints and stunts, hoping these will be of great benefit to you in case of a crisis which might arise anytime. If you study the photos carefully in this article and follow the direction under them, you ought to be able to handle an opponent very easily in a short time. But, remember, practice makes perfect!

The Mat

(Continued from Page 38)

though certain styles are better for different individuals. In the case of the average lifter, I am sure the best results will come from following the suggestions which I am about to give.

Style A—The first thing to be mastered is the "stance" or preliminary standing position. It is recommended that you stand erect with the heels together, with the bar passing directly over the insteps. Have the gripping places on the bar plainly marked, so that you will not have to fool around to balance the bell properly in your hands. Two methods of starting the "Clean" movement to the shoulder will be described; we will suggest the correct method for your use after describing them. In the first one we will consider you get down to the bell by bending at the knees and hips, keeping the back quite straight, though not too stiffly so; do not squat any lower than necessary to grip the bar, keeping the arms straight. Take a good firm grip on the bar, then simultaneously straighten the legs and back, pulling with great force on the bell. If your bell weighs as much as it should for a Two-Arm Jerk, that is somewhere near your limit, then the initial heave will bring the bell to about the height of your chest, but will require a little more effort to bring it all the way to the chest. At this point, you must "dip" by bending the knees and "splitting" the feet; and simultaneously with the dipping movement of the body, you must whip the elbows forward, so as to bring the bell over to the chest. A most important point to be thoroughly mastered is the splitting of the feet. As

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Does a petting party stop with a kiss or does it go further? Is spooning dangerous? At last the question is answered. See "Safe Counsel" Page 139.

Are You Afraid To Love?

Has true love come into your life—or didn't you recognize it when it came? Are you afraid now of the baffling, perplexing mysteries of sex relationship? Are you discontented with the stupid lies and furtive ashamed answers the world gives you in place of the naked, sane, unsham'd advice on sex questions? Do you hesitate asking your doctor certain questions? Clip coupon below, send it today without any money and in a few days you will receive the most startling surprise of your life.

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the bell reaches the sticking point when pulling it to the chest, quickly bend the knees, sliding the left foot slightly forward, at the same time sliding the right foot well to the rear. Simultaneously with these foot movements, you pull the bar over to the chest by whipping the elbows forward. Shown in Fig. 1.

Style B—The style of "cleaning" which I believe to be best for most lifters is known as "diving" for the bell. Standing with the heels together, the bar passing directly over the insteps, set your mind on bringing the bell up to the chest as quickly as possible, pounce upon the bell, and without pausing, pull the bell towards your chest with all the force at your command. Follow the instructions just given for dipping and splitting the feet. In order to be successful at this diving style, the gripping places on the bar must be plainly marked, so as to facilitate the quick gripping which is necessary.

Before giving any other variations of the "cleaning" movement, we will consider the essentials of tossing the bell to arms' length overhead. The following style is recommended for you to start with, and is one from which you may later evolve variations. Stand erect with the bar resting easily on the upper part of your chest as shown in Figure No. 3; the feet should be fairly close together, with the left slightly advanced and the knees locked. Quickly bend the knees and put every ounce of your force behind one great effort, jumping slightly from the floor and tossing the bell upwards off the chest. The right foot must be slid backwards, the left must be thrust forward, the greatest movement being forward, so as to get forward and under the bell, thus locking the arms with greater ease. When the arms are straight, assume the erect position by bringing the left leg back alongside of the right. A severe strain may be placed upon the back, if you reverse this procedure by bringing the right forward. The initial toss may be insufficient to send the bell to full arms' length overhead, so you may have to resort to pushing to finish the lift. The athlete with an extremely flexible spine, thoroughly accustomed to the Two-Arm Continental Press, will have a great advantage at this stage, if very heavy poundages are to be jerked overhead.

Style C—An alternate method of performing the Two-Arm Clean movement to the chest is as follows: Standing with the feet parallel and from twelve to eighteen inches apart, depending on your height, you bend down and take a firm grip on the bar. Get set and concentrate your mind on one strong upward pull; then putting all of your strength into the effort, pull the bell towards your chest, split your feet as previously explained, and assume the position preparatory to jerking.

Style D—A still different style is shown in illustration No. 2, and is very successfully used by many of the best European iron men. Instead of splitting the feet to lower the body, the athlete "dips" by squatting. When correctly mastered, this method makes it unnecessary to raise the bell very far

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NORTON 2670 Temple Court
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Foot Pains Stop in 10 minutes



—or you pay nothing

JUNG'S
The Original
ARCH BRACES

Burning, aching feet — foot calluses, pains in toes, instep, ball or heel — dull ache in ankle, calf or knee — shooting pains, flattening and spreading of the feet, sagging arches — all now quickly ended.

SLIP on a new and S amazing band. Within 10 minutes every trace of pain

has vanished. Displaced bones are corrected — weakened muscles are supported whose weakened condition causes 94% of all foot troubles, medical authorities say. Wear stylish shoes again, walk and dance without a twinge.

No stiff props to further weaken the foot. This amazingly light band strengthens muscles naturally. Soon do without it — feet are well.

Test it 10 days. If not amazed and delighted your money returned. Go to druggist shoe store or chiropodist. If they can't supply you use coupon below and pay postman. Send for free book on foot and leg troubles.

FREE if it fails

Jung Arch Brace Co., 722 Jung Bldg., Cincinnati, Ohio
Send one pair of braces marked below:
(Persons over 115 lbs. require long braces)

FOR SEVERE CASES	FOR MILD CASES
— with cushion lift	— without cushion lift
<input type="checkbox"/> BANNER (medium) \$2	<input type="checkbox"/> WONDER (medium) \$1
<input type="checkbox"/> VICTOR (long) \$2.50	<input type="checkbox"/> MIRACLE (long) \$1.50

Money enclosed. Send C. O. D. plus postage.

Shoe Size..... Shoe Width.....

Name.....

Address.....

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

Canada: M. L. C. Bldg., Montreal. Add 25c to above prices.

FILL THEM YOURSELF AND SAVE AS MUCH AS \$50.00

Here is your chance to get a fine tumbling, wrestling, boxing or exercise mat at a price well within your reach. When you purchase one of the empty MacMahon Mats you can fill it yourself with straw, excelsior, waste, rags or any other material that is at hand or cheap to purchase. You can easily tuft the mat, too, if you care to and I will be glad to tell you how to go about it. There is really nothing to it. Everyone who is active in weight lifting, wrestling, boxing, tumbling, hand balancing or exercise needs a mat. Get one of these Mats today.



Gymnasiums, Acrobatic Dancing Schools and Individuals

throughout the country are using these mats with complete satisfaction. Order yours now and be using it in a short time.

My mats for home filling purposes are made with a laced opening at one end through which they can be filled with sawdust, sand, excelsior, straw, cotton-waste, etc., at little expense and trouble. They are so constructed that no matter what filling you use it will be held in place throughout the mat.

ORDER NOW

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Dear Sir: Please send me the size mat I have checked off below, for which find enclosed \$.....

	Filled	Empty		Filled	Empty
3 x 6 ft.	\$11.00	\$ 6.00	6 x 9 ft.	\$35.00	\$22.00
3 x 9 ft.	16.00	9.00	6 x 12 ft.	40.00	25.00
3 x 12 ft.	23.00	14.00	6 x 15 ft.	45.00	30.00
3 x 15 ft.	28.00	19.00	16 x 16 ft.	110.00	60.00
3 x 10 ft.	50.00	40.00	20 x 20 ft.	125.00	75.00
6 x 6 ft.	23.00	14.00			

(I can supply you with any other size mat you desire.)

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CITY STATE



GROW TALLER IT CAN BE DONE—READ HERE

"I have gained 5 1/2 inches since taking your Course (two months ago). I am a real man now and can't recommend your course too highly. It is just wonderful. My age is 22 years. I am today one of the greatest ball players in the country, but the lack of size held me down in past years, but your Course helped me greatly. I can hardly give you enough praise." —D. J., St. Louis, Mo.

Science has found the way to add inches to your height. No need to envy and look up to the big fellows. No need to have the disadvantages of the little man. This course makes it possible for you to be on a level with your fellow men. Course is easy, inexpensive and results sure. Mail coupon for free information today!

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..... Dept. A74
L. Glover, 70 Bulkeley Ave., Sausalito, Cal.
Without any obligation to me, send me full information on how to grow taller.
Name.....
Street.....
City.....

500 MEN WANTED

to sell \$9.00 Worth of Shirts for \$6.25 and MAKE \$90 A WEEK

How would you like to make \$90 or \$100 every week in your spare or full time? Sell this wonderful line of high grade broadcloth shirts and build up a big income for yourself. BOSTONIAN nationally known shirts sell 3 for \$8.95 (postage paid). Formerly sold to the public through stores at \$3 and \$3.50 each. Amazing new low price brings quick sales. \$1.50 commission for you on every sale. We start you with no investment or experience. Just write for astounding new selling outfit which fits neatly into coat pocket, samples of fine broadcloth and full details of our proposition. Everything free. Start on the money-making road to \$90 a week. Send name and address to

Postonian Mfg. Company
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Stop FOOT PAINS in 5 Minutes!

No more sore, tired, tender feet—no more aches and pains. Amazing new method ends foot troubles, and builds strong, sturdy feet. No arch supports—nothing to wear on foot or in shoe—no tedious exercises—no special shoes. Full particulars and book "Foot Health" FREE. Send for it TODAY.

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No talent or experience necessary. Fascinating work. Pays big money. Complete instruction book TELLS ABOUT: Alphabets, Colors, HOW TO MIX PAINTS, Snow Cards, Window Boards and Wall Surfs, Ready made letters, Glines, TRICKS OF THE TRADE, also Alphabets and Designs. Book bound in flexible int. leather, gold edges, and four ball bearing Show Cards. Book and Pens sent postpaid for \$3.00. C. O. D. 10c extra. Ogilvie Pub. Co., 57 Roosevelt St., Dept. 43, New York

EARN MONEY IMMEDIATELY—WE FURNISH EQUIPMENT TO START

from the floor. Preparatory to starting the upward pull, the athlete bends over and grips the bar, keeping the feet a comfortable distance apart, from twelve to eighteen inches, depending on the size of the lifter. Pulling vigorously on the bar, he raises it about waist high; as the bell is traveling upwards, he squats as low as possible, whipping the elbows forward and arresting the bell at his chest. As soon as the balance is assured, he assumes the upright position and is prepared to jerk. This style is followed by a large number of Continental lifters, and for a lifter of the stocky or squat built type this is also very good. The chief disadvantage in employing this style is the uncertainty of the balance, with the subsequent danger of injuring the knees by falling forward, or of severely bruising the body by a backward fall.

The above style of squatting is used for jerking and snatching a bell overhead by lifters in several sections of Europe. A few variations are employed in each section where the squatting method of jerking and snatching is used. We would not recommend squatting in this style as it is too risky unless properly understood.

Some rather misleading advice has been given to American lifters in the past; at one time they were told the bell could not be jerked off the chest. Many lifters are still under the impression that the lifting rules do not permit pressing or pushing to finish the Two-Arm Jerk. There is no lifting body or association on earth with rules of such nature. It is recognized by lifters everywhere that it is not always possible to toss the limit of one's lifting ability to arms' length in one movement. By resting the bar upon the upper part of your chest, it is possible to put the whole power of the body behind the thrusting movement of the arms, whereas to hold the bar off the body calls for an unusual degree of strength in the arms and shoulders. Consequently the lifting poundage will be somewhat limited. The lifting rules everywhere permit of repeated attempts from the shoulders overhead till the man is successful, so long as the bar is not dropped below the line of the nipples. It is not necessary to jerk a bell overhead in one thrust of the arms, but pushing may be resorted to in order to complete the lift. A very good method of holding a bell at the shoulders, preparatory to jerking, is to rest the bar upon the deltoids and raise the elbows till they stick straight out in front, with the forearms parallel with the floor. Some fellows will be unable to do this due to the shortness of the humerus or upper arm bones. As mentioned in the *Mat* a few months back, a method of gripping the bar which should be mastered consists of encircling the bar with the fingers only; you will see Arthur Allaire is using that method.

Years ago in Europe lifters followed the practice of resting the bell at their waist before bringing it to the chest. Some of those who were very stout and quite clumsy and slow in their movements would raise the bell from their belt to the lower part of the chest and

then roll it up to the shoulders; others would even find it necessary to rest the bell upon their thighs before raising it to the waist.

A heavy belt with a large buckle should be worn, upon which the bar can be rested at the waist. The buckle should be well padded to prevent cutting into the abdomen. Pull the bell up to the waist and rest it on the belt buckle. If the weight is heavy, it will be necessary to use the limit of your powers to raise it that high. Assume a position as shown in photos Nos. 5 and 6, with feet separated the required distance to assure a good solid footing. Take a firm grip on the bar, but do not attempt to lift the bell with the arms. Quickly bend the knees and by straightening them with great force, throw the bell upwards off your waist; dip by bending the knees and splitting the feet, whip the elbows under the bell and secure it at the shoulders. Although we mentioned that you should not attempt to lift the bell with the arms, it is to be understood that a certain amount of help is required of the arms to bring the bell to the shoulders.

You may be somewhat confused by the different styles of "Cleaning" which are described herein. The beginner is advised first to thoroughly master Style A; then later on he should practice Style B, to determine if he can improve himself by the diving method. The short, rather thick set fellow will probably find Style C to be best in the long run. Many tall fellows and short slender fellows may also prefer that style; however, you are requested to attempt to master the quicker method to see if you cannot improve your abilities.

The Two-Arm Jerk, to be completely mastered, requires practice and then more practice. Repetitions with a weight you can just manage several times in succession will bring out the best that is in you. Practice for form, and stick till you get your style down to almost perfection.

A few remarks as to breathing should be helpful, but do not worry about your breathing. The one thing to be remembered is to never hold the breath. It is best to exhale just before you exert yourself and then inhale with the combined muscular contractions. That would mean to breathe in as you pull a weight to the shoulders. When jerking overhead, inhale just as you start the jerk. You may be inclined to exhale at that time but must master the correct breathing till it becomes automatic. When diving for a bell, exhale with the downward movement, and inhale as you pull the bell upwards. In performing a slow lift, you should learn to breathe rapidly during the exertion.

QUESTION: I am writing to get your opinion on cross-country running of distances from four to six miles. Do you think that running such distances would be beneficial? And would it be possible for one to combine cross-country running with weight lifting, and if so, how would you arrange a program to include both activities?

L. K., Kansas City, Mo.

ANSWER: Such things depend on your physical aims and ambitions. I believe



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1 Regular 25c Vial

(of which more than 1,000,000 have been sold)

So positive are we that you will find Merke Derma Vials of wonderful help in ending dandruff and falling hair that we offer you **PROOF** without obligation. Simply mail coupon for one regular 25c Vial **ABSOLUTELY FREE**

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DANDRUFF? FALLING HAIR?

New Kind of Liquid in Vials

Kills Germs that Cause Them!

NOW thousands can say good-bye to worrisome hair troubles—to dandruff, thin, falling hair, approaching baldness. For modern science has developed a remarkable remedy—a new kind of liquid, *hermetically sealed in glass vials*, that is positively guaranteed to end dandruff and stop falling hair—or costs nothing.

This new treatment is the result of countless experiments by the famous Allied Merke Institutes, Inc., Fifth Avenue, New York. These experiments prove that most cases of hair troubles are caused by tiny parasitical germs.

By burrowing their way down into the scalp, these germs which are unseen by the naked eye, finally infect the hair roots, causing them to become dormant—inactive. Result? With the roots no longer able to supply their vital nourishment, dandruff soon forms, and the hair becomes dry, brittle and falls out.

Ordinary tonics and dandruff remedies fail to bring results because these merely treat the surface of the scalp, and have little or no effect on the harmful bacteria embedded below the surface.

But this new treatment, called Merke Derma Vials, is a highly concentrated liquid which actually penetrates *beneath* the surface to the roots themselves. It **KILLS** the infecting bacteria, carries off the unhealthy scaly substances which

cause dandruff and falling hair, and at the same time acts to promote a healthy circulation which supplies the dormant hair roots with the vital hair-growing nourishment they need.

Extensive laboratory tests by one of the world's foremost research laboratories concluded with a report from which we quote: "The results indicate that the tonic killed the test organism (bacteria) in less than three minutes. The results also indicate that the tonic is capable of penetrating and preventing the growth of the test organism (bacteria)."

FREE—One Regular 25-Cent Vial

Now—at our expense—you can prove how quickly the Merke Derma Vial Treatment ends dandruff and stops falling hair. Simply read the Free Offer explained in the panel above. Mail coupon TODAY for your Free Vial. Allied Merke Institutes, Inc., Dept. D-552, 512 Fifth Avenue, N. Y. C.

Allied Merke Institutes, Inc., Dept. D-552, 512 Fifth Avenue, New York City.

Please send me, without obligation, one of the regular 25c Merke Derma Vials absolutely FREE, and tell me how to use it.

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to beautiful proportions—while you sleep!

ANITA NOSE ADJUSTER is SAFE, painless, comfortable. Speedy, permanent results guaranteed. Doctors praise it. No metal to harm you. Small cost.

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If you have Piles

Try This Wonderful New Treatment for Piles—FREE!

Our internal method of treatment is the correct one, and is sanctioned by the best authorities. Strikes directly at the cause of piles and ends all pain and suffering.

If you have piles in any form—Itching, Bleeding, Blind or Protruding—write for a FREE sample of the **Page Internal Combination Treatment** and you will bless the day that you read this. Absolutely no obligation. Write Today.

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The Most Important Thing To Do, Is To
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On the Road to Physical Perfection
 And the **STRENGTH OF REAL RED BLOODED MANHOOD**

The Correct Way to Make Your Start, Is To Choose
The Sandow Method

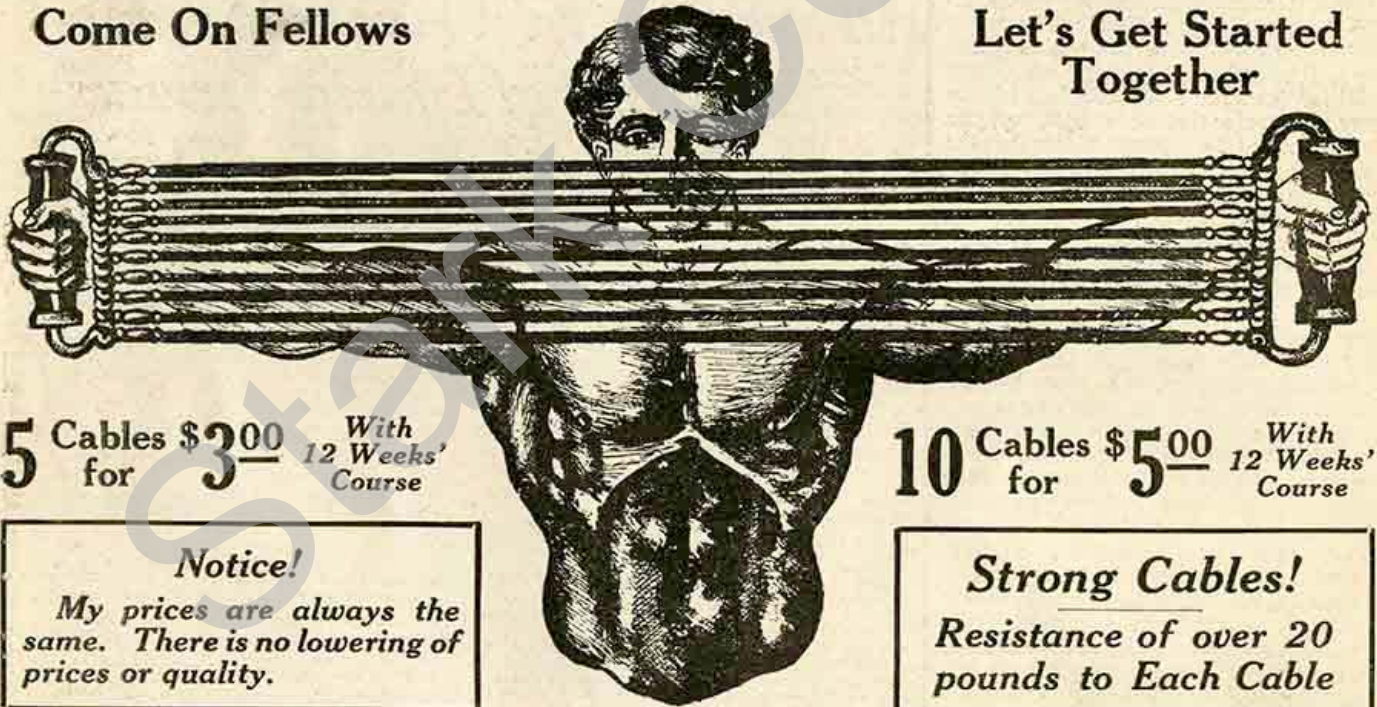
Why Fool Away Your Time and Spend Your Money For a Roomfull of Junk
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A Small Investment In My System Will Prove That You Can

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5 Cables \$3⁰⁰ for ^{With} 12 Weeks' Course

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My prices are always the same. There is no lowering of prices or quality.

Strong Cables!

Resistance of over 20 pounds to Each Cable

JACK SANDOW,
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 Chicago, Ill.

Dear Sir: Please find enclosed
 \$3.00 for your 5-Cable Exerciser and 12 Weeks' Course.
 \$5.00 for your 10-Cable Exerciser and 12 Weeks' Course.
 \$8.00 for your 15-Cable Exerciser and 12 Weeks' Course.

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15 Cables \$8⁰⁰ for ^{With} 12 Weeks' Course

This Large Size Is Specially Designed For
 Strong Men and Athletes. **NO KIDDING—**
 You're Strong When You Can Pull 15 Cables
 of the **Jack Sandow Exerciser**

in cross-country running and think it is one of the best forms of physical training activity. Many physical directors report gains in bodyweight as a result of the hill and dale running during the fall and winter. Take the case of a young college fellow who has been pent up for a few years in class rooms and studying at home preparing himself for entrance requirements. He is likely to be thin, undeveloped and in rather poor health. Get him out with his classmates, chasing through parks or over the countryside and you are doing him a world of good; he is changed into a living, deep breathing, red blooded example of young manhood. His chest expands and the oxygen breathed into his lungs helps to rid his system of disease breeding impurities. His appetite improves and his system utilizes the food material to build firm flesh. If the young man is directed properly and not permitted to overdo the thing, he should improve physically and gain weight.

However, I would say that a daily distance of two or three miles should be sufficient in such a case as I just mentioned, or probably better still, a jaunt of that distance three or four times weekly. Distance runners are a healthy bunch, but very few of them could be called husky looking, and as a rule they are extremely thin. The young fellow who has always been active and is in pretty good health and condition may not improve so well on a training program which includes cross-country running. Especially is this true if he is inclined to be thin and finds it hard to gain weight, no matter what exercise he follows. If you are ambitious to gain in your physical measurements as rapidly as possible, if you are pretty well built, but want to improve your physical proportions, if you are training to gain additional strength, if you want to gain a number of pounds in body-

weight, if any of these "ifs" suit your case, then I would say leave cross-country running alone till you are satisfied with your condition. When you have developed about as much as you care to, then you may get out and try running such distances as four to six miles.

The fellow who wants to reduce and has the time to spare to get out and run a few miles daily or a few times weekly, could hardly do better than to get out and trot over the hills. It takes a little time to regularly engage in distance running and is more or less inconvenient. Of course, if you are attending college the question of time may not enter into the matter if a certain period is allotted for the purpose. If your purpose in taking up exercise embraces more than just keeping healthy, you will be assured of greater results in the way of physical improvement by following body building exercises of a progressive nature.

To recommend a training routine which combines both distance running and lifting! Unless you are much overweight, the results will not be up to expectations. At least, not so far as strength and development are concerned. If you merely wish to harden yourself and keep in good all around condition, then such a program may accomplish the results expected of it. It will be well for you to rest from training on at least one day in the week; on the other days you may run whatever distance you have chosen. Practice lifting three times during the week, never exerting yourself to the limit. Better results may be expected, if you do not run on the days you lift, but if you intend to practice both forms of exercise on the same days, the lifting should precede the running, as to reverse the procedure will mean that you will not be very fresh for heavy exercise. Follow each training period with a shower and rub-down, using alcohol, liniment, or oil of wintergreen.

Shape from Shapelessness

(Continued from page 45)

on the back of the upper arm) are made up of several muscles which carry different names, but body builders call this entire bunch the triceps for "simplicity's" sake. It is impossible to exercise each muscle of this group separately, which is another reason for speaking of it and exercising it as a whole.

The triceps straighten the arm or raise it backwards; consequently any exercise that does that, no matter what position it is in, will strengthen and develop the triceps. Most beginners are interested in acquiring well shaped and developed biceps and put little or no attention on the triceps. The above is only permissible when your triceps are larger, in proportion, than your biceps. If these two groups are about equal then you should exercise both evenly. If you go about it in the right way the upper arm is easy to improve in size and shape.

The muscles of the forearm are, to

my mind, one of the most wonderful groups of the human body—the way the numerous cord-like muscles continue from the elbow down toward the wrist where they change from muscles to tendons and go on down to spread out one or two to each finger. This happens on the palm of the hand as well as on the back of it, but on the palm it is a little differently constructed. When you open or close your hand these tendons are pulled or extended by the muscles at the elbow end. You can see these muscles on top and underneath the forearm contract and relax as you open and close your hand. So opening and closing the hands against a resistance is a forearm exercise as well as finger and hand exercise, but movements of the wrist affect these muscles more than movements of the fingers do. Consequently you must use wrist bending exercises also in developing the forearm. These movements should not be merely backward and forward, but side to side also.

The Most Sensational Offer Ever Made

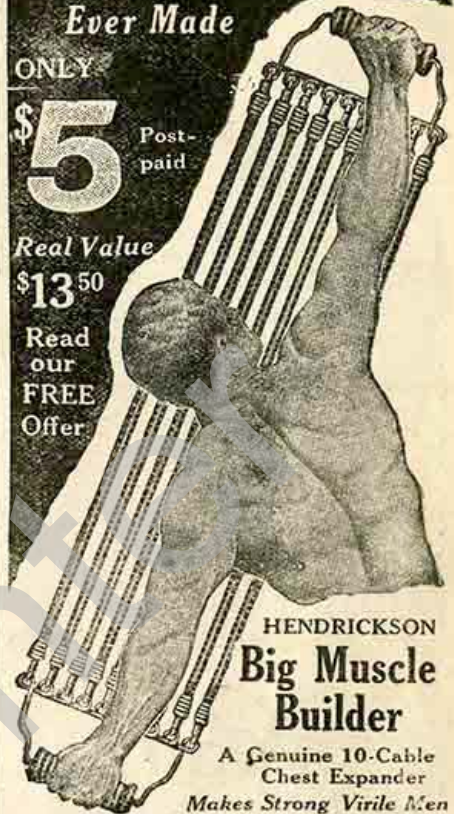
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A Genuine 10-Cable Chest Expander
Makes Strong Virile Men

Fascinating, muscle building exerciser that gives real enjoyment and development. As strength increases cables may be added from one to ten; each one added proves your increase in marvelous building up of health and "pep." You can increase the size of your neck, fore-arm, and bicep ONE full inch in a MONTH. Double the strength of your back and shoulders. Recommended by Professors and Athletes as the fastest builder of Strong, Muscular Men.

FREE Read What We Give With Each 10-Cable Chest Expander.

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Strengthens the spine, prevents stiffness; increases **\$2.50** size and power of neck. FREE. Value

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For development of speedy foot-work and leg muscles. **\$1.00** FREE. Value



WALL EXERCISER PARTS

Interchangeable parts transforming the Big Muscle Builder into a perfect Wall Exerciser, with additional course of Physical Exercises "How to Develop the **\$5.00** Entire Body." FREE. Value

Business and Professional Men

and the great strong men, keep physically and mentally fit, with Hendrickson Scientific Method of Exercises. In a few short weeks you will note greater health, strength and vitality. Nature gave you a frame and muscles—develop them to the fullest capacity—be prepared for the big test. No matter when it comes—YOU are ready! Order this outfit NOW!

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I enclose \$5.00. Please send me the "10-Strand Big Muscle Builder" and include FREE, the Head Harness, Foot Strap and Wall Exerciser Parts. Send Postpaid as offered.

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A MULE KICK IN EITHER HAND



That's what the heavy fighting bag pictured on the right will give you. Those bags are strongly made, being of strong duck, double stitched and re-enforced at the vital places.

You can get them filled or empty. The filled bags are stuffed with a wool and cotton packing and cost \$12.00. The empty fighting bags are the same as the filled ones except that you fill them yourself with sawdust, waste, excelsior, rags or any other available material. The price of these empty bags is \$6.00 postpaid.

Try to buy a bag of this kind elsewhere at these prices. It can't be done.

Striking Bags For Speed

While the heavy fighting bags develop a mule kick in either hand the striking bags develop speed of the hands, head and eyes as well as making fine exercise. Learning to punch the bag is an

enjoyable pastime.

These striking bags are also made of strong leather and re-enforced by an inside sectional fabric lining. The seams are sewed with very strong thread, which with strong leather and the fabric produce unbreakable seams. The bladders supplied with these bags are of heavy rubber, that will last indefinitely.

Price with bladder \$6.00 postpaid.

Striking Bag Gloves \$2.00

You will need a pair of striking bag gloves for the protection of your knuckles when punching either of the above bags. They are well made and slightly felt lined under the backs. There is just enough felt to make striking either bag comfortable and at the same time not enough to deaden your blow.

The price is \$2.00, but note the combination price of all three. It will pay you to get that proposition.



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Dear Sir: Please send me the proposition, or propositions, checked off below, as soon as possible. I am enclosing a remittance to cover same.

- FILLED Fighting Bag, Striking Bag and Gloves \$17.00
- EMPTY Fighting Bag, Striking Bag and Gloves 12.00
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Learn How to BOX

Jimmy DeForest BOXING COURSE

DEVELOPS CHAMPIONS BY MAIL

DeForest Boys are On the Road to Fame

and Fortune! The World's Most Famous Trainer Will MAKE YOU A FINISHED BOXER



Another Jimmy DeForest Trained Boy Hailed By the Newspapers as a "Sensation." The Champion, new welterweight champion scored another quick and impressive round knock-out at the Commonwealth A. C. in New York. Jean Mabon, watch-making director of the club said, "I'll have a rematch back here next Saturday night if I can find an opponent willing to meet him. But it's a tough job, the leading welterweights here turned down our offer." That's what DeForest training does.

or dead, ever created. Every trick, blow, defense, movement—every new angle in ring strategy that DeForest taught Dempsey, Firpo, Gans, McCoy and a host of others is explained and illustrated in this one and only Complete Course in Boxing. And it's as simple as A. B. C.

20 Weeks—and You're Ready!

In twenty weeks you will be able to step into the ring—a finished boxer—and have it over any opponent of equal experience like a text! Almost invariably the DeForest-trained lad has his self-trained opponent at his mercy after the first round.

Opportunities Without End!

You are literally surrounded, no matter where you live, with opportunity to cash in magnificently on your ability as a DeForest-trained man. The demand for good talent

It makes no difference if you never wore a pair of boxing gloves in your life; whether you know a left jab from a right hook or not. In fact the less you know about boxing, the fewer ideas of your own you may have about Boxing Science, the better.

Jimmy DeForest, the World's Leading Trainer and Developer of Champions and Master Ring General, will round you out right in your own home into a finished boxer and teach you the priceless knowledge which has made many champions and started hundreds of boys on the road to fame and fortune.

In this marvelous System of Instructions is embodied all that Jimmy DeForest knows about boxing—the identical methods which made more champions and top-notch contenders than any other trainer, either living or dead, ever created. Every trick, blow, defense, movement—every new angle in ring strategy that DeForest taught Dempsey, Firpo, Gans, McCoy and a host of others is explained and illustrated in this one and only Complete Course in Boxing. And it's as simple as A. B. C.

is out of all proportion to the supply. Boxing Promoters from coast to coast are constantly soliciting us to recommend DeForest-trained boys to them.

Most Remarkable Physical Training System in the World
The DeForest Course has demonstrated it has no equal as a physical training system. Weaklings have been made strong and men physically rebuilt, energy, strength and courage developed. Prominent men and leaders in all walks of life, including Prof. T. W. Serley, famous Physical Culturist, box regularly to keep themselves fit. It will be a revelation to you.

SEND FOR THIS GRIPPING BOOK
Send today for this new famous book "The Golden Age of Boxing," the most remarkable volume of its kind ever written, full of valuable information, photos of great boxers and pupils who became successes over night. It contains a complete outline of the DeForest Course, week by week, with special picture charts used in most of the lessons. This book will thrill you and open your eyes to the marvelous opportunity that lies before you. Enclose 10c to cover cost of mailing, etc. Do it NOW and mail it AT ONCE to

The Golden Age of Boxing

By Jimmy DeForest

JIMMY DEFOREST BOXING COURSE

347 Madison Ave. Box 225
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Jimmy DeForest Boxing Course
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enclosed find 10 cents to cover cost of mailing, etc., of your book "The Golden Age of Boxing."

Name

Address

Town State

Now don't forget while training that the main idea of this series of articles is to impress upon you the importance of exercising with your defects and inferior parts firmly in mind so that you will favor them rather than neglect them for your better parts.

Health—Strength—Beauty

(Continued from page 46)

You will find it of considerable assistance to try either of the following applications:

Locally you may use either of the following: Lotic-alba (which must be fresh) to be obtained from your local druggist and applied at night after washing the face in cold water. Or have your druggist prepare this preparation:

- Sulphur precipitate 1 dram
- Starch and Zinc Oxide 2 drams
- Petrolatum 4 drams
- Rub in at night. Also take internally the following:
- Ferrous sulphate 2 drams
- Acid sulphuric dilute 6 drams
- Magnesium sulphate 6 drams
- Syrup of ginger 4 drams
- Water 9 drams

This is very bitter. Take teaspoonful in half a glass of water through a straw to avoid contact with teeth, three times daily after meals. If you find this moves the bowels too much, cut down on the dose for awhile.

I would not advise you to go in swimming during menstruation. If one catches cold during this period, as a result of swimming, it does, in many cases, lead to consumption.

Arms and the Man

(Continued from Page 33)

bell (in which the bell is raised from the thighs to the chest by bending the arms) can hardly be beaten for increasing the size and strength of the biceps; two variations should be practiced, the regular way with palms turned up, also the "reverse curl" with knuckles up. Later on, other variations can be followed, such as alternate single arm curls, with a kettle bell or dumb-bell in each hand. These bells may be used for both the regular and reverse curls. Other parts of the body, of course, are affected when performing these exercises, with the forearms coming in for a big share of benefit. The arm extensors offer a more complicated problem than the flexors, when considering their thorough and complete development, whereas the biceps can be brought up to their limit by the use of the few exercises just mentioned. It requires quite a variety of movements, involving all manner of leverage principles to strengthen and stimulate to growth the several muscular attachments composing the bulk on the back and under side of the arms.

If our student should practice nothing but slow curling for his arms, there would be a possibility of a condition resulting which would approximate what is known as "muscle-bound." The biceps would become so strong as to permanently pull the arm into a partly bent position. However, there is no chance of the bar bell user doing a thing of

this kind, as he will be sure to give the triceps on the back of his arms plenty of exercise. It is worth noting that there is no possibility of creating such a condition by over exercising the triceps at the expense of the biceps. The latter muscles will get quite a little cise in just handling weights, without paying any particular attention to exercising them. By this I do not mean that you should disregard exercises for the biceps, but wish to call your attention to the difference in the exercise possibilities of each muscle.

Any movement which requires the arm to straighten with force against sufficient resistance will tend to develop the triceps. One and two arm pressing of all kinds, using bar bell, dumb-bell and kettle bells will bring results in the shortest possible time.

In order to accomplish something worth while in strengthening and increasing the size of your arm muscles, you must use sufficient resistance to bring the other major muscles of the body into play. Thus, the triceps will be deriving the greatest benefit when you use enough weight to make necessary the use of the back and legs in raising a bell to arms' length. This principle may be involved in the use of such exercises and lifts as the Two Arm Press, the Continental Press, the Two Arm Snatch and Jerk Lifts, the One Arm Bent Press, the Side Press, as well as the single handed Snatches and Jerks. The floor lifts or pressing exercises performed while lying on the back, especially the Shoulder Bridge movement, can be counted on for results. The same effect will be present in the action of the Two Arm Military Press, when a fairly heavy weight is used.

In pressing with both arms you are enabled to apply a greater amount of force by bringing the legs and back into action, thus permitting the use of the full limit of arm strength. Exercises which incorporate the principles of leverage and which are performed in positions to make their execution difficult also have an important place in the program, but are far from being the most important.

The principle behind this idea probably requires some little explanation. We will say that you use a small amount of resistance which the arm muscles can easily handle. At first, providing you are weak, the muscles involved will be slightly strengthened, but it will not be long till the resistance will amount to nothing, when the benefit will cease entirely. On the other hand, we will suppose you gradually work up, adding to the resistance in a gradual and progressive manner, till you are handling weights which require you to bring the back and legs into play in order to complete the full arm movements. The One Arm Press movement may better serve to illustrate the point. In the single hand Military Press you stand erect and slowly press the weight to arms' length; going to the other extreme, we will suppose you perform a Bent Press, in which it is necessary to bend the body and legs to a great extent in order to straighten the arm. You may have heard that the Bent Press is accom-

plished by leverage entirely, making it unnecessary to actually press with the arm, but if you will take up the practice of this lift you may learn something to the contrary, that a great amount of effort is really required of the triceps.

The Bent Press movement is probably the most valuable of all for bringing out the full development of the triceps and adjoining muscles. This is due to the full flexion called for in flexing these muscles to the limit of their powers, in combination with the deltoids and latissimus muscles. Here again we witness the principle of working the muscles in groups, as noted in determining the most efficient exercises for the deltoids, latissimus, and muscles of the legs. By the combined use of the legs, body and arms, it is possible to get the arm into position where a tremendous amount of force can be applied by the triceps, practically throughout the entire range of contraction. The muscles are, of course, exercised in groups, which is the application of another important principle. The idea of forcing the triceps to contract to the very limit has been applied by different exercises wherein the arm is raised behind the body, while keeping the elbows held rigid, and while holding a weight in the hand. You affect the muscles in the same way, but in a more beneficial way, by the use of the Bent Press and Shoulder Bridge Lifts.

I presume some form of explanation should be in order concerning the nature of this article, for although the title refers to arms, the arm as a whole is really not considered in the present discussion. Anyway the forearm is hardly noticed when a good upper arm is displayed prominently. There are some pretty good forearms among the photos used this month, but as the upper arms are posed for effect, the forearms hardly attract any attention. Most of us think only of the upper part when the arm is mentioned.

The application of power, in most feats of strength, and in numerous sports and athletics, comes directly from the muscles of the arms. The hands are the connecting links, the security of the connection depending upon the strength of the forearms; but the direct application of the lift, blow, hold, throw, etc., is limited by the efficiency of the upper arms. The feats performed may, in fact, be accomplished by reason of the strength and quickness of other larger and stronger muscles of the body and legs; nevertheless, weak arms would greatly curtail the efforts of an athlete, regardless of how strong his legs, back or shoulders might be.

Just note a few arms as shown by the illustrations used in this present article. First the huge arm of Charles Rigoulot, champion bar bell lifter of the world, which reminds us so much of the arm of Joe Nordquest. The arm of this type may lack impressiveness, except for its massiveness, but there can be no denying the strength possessed by such muscles, even though a certain amount of fat is mixed in the bulk. Compare his arm with the bent arm poses of Arco, Levan and Cameron, all three of

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The extended arm of Walter Stratton suggests the possession of an immense amount of power, which is evidenced by his Bent Press ability. His arm is purely massive, and at the same time quite free of fat, although he presents a fairly smooth appearance. Then closely study the arm of Arco, in the same position. The latter is wonderful for muscular separation and it is doubtful if a finer photo of this arm position were ever taken. The same pose of K. V. Iyer leaves little to be desired for beauty of muscular contour and shapeliness. The two poses of Owen Brill will give you an idea of arm muscles which fairly bulge through the skin. The back view is included herein to show how his triceps bulge in an extraordinary way with the arms bent. The arm, shoulder and upper back muscles of James Cameron are extremely well defined and here we have the case of a young man who is inclined to exercise a great deal, thus keeping trained down to pure muscular tissue. His active inclinations keep him from gaining additional bodyweight, which I am sure he undoubtedly is desirous of acquiring. It is interesting to note his proportions: Neck 16, biceps 15, calf 14, thigh 21, normal chest 41, waist 29, forearm 12½, wrist 7½, ankle 8½ at a height of 5 feet 6 inches and bodyweight of 143. By comparing his wrist and ankle girths you can understand that it is hardly a fault of his that his arms are correspondingly so large.

Although I am using Mr. Cameron as an example of an athlete with shapely arms, you may notice that his shoulders are really entitled to the greatest amount of comment. This is true, likewise, of Owen Brill, as you may have perceived; later on it is my intention to use both of these men in a talk on unusual deltoid development. A fully developed deltoid certainly improves the appearance of the upper arm. To verify this, observe the arms used on these pages. Every man has splendid deltoids and well sized forearms, both of which details tend to set the upper arms off to better advantage. The front pose of Cameron will give you a good idea of how the appearance of the upper arm is improved by a well curved, swelling deltoid. The arm at his side is the one to which I refer. The arm of Arthur Levan shows the same thing to decided advantage.

Now pay a few seconds' attention to the raised arm of Otto Arco. The deltoid surely has a lot to do with the impressiveness of his arm. One who is acquainted with Otto Arco might call attention to his remarkable upper arm development, and mention the possibility

of the Bent Press never having been used by Arco in his entire training experience. We grant you that, but just pay a little attention to the feats performed by Otto in his act. He lifts his partner about in all sorts of ways; his routine requires that at certain times he must handle his brother on a straight arm while drawing the triceps and latissimus muscles close together, which principle is identical to the combined muscular movements in such lifting exercises as the Bent Press, the Shoulder Bridge and the Continental Press. Although his development has resulted from hard work at lifting, wrestling and hand balancing, for some years his exercise has consisted almost wholly of acting as underman in his act. Their routine calls for Otto to lift his brother about in several very difficult positions. Daily exhibitions of muscle control probably have a great lot to do with his present pronounced muscular prominence and separation at the age of 48.

The most attractive and impressive way of displaying the arm consists of what is known as the "horse-shoe" effect; Arco, Stratton and Iyer are herein shown in variations of that pose. Different lighting brings out a different effect, but you will also notice each one of these men has a noticeably different muscular construction of the arm. The Brachialis muscle has a lot to do with heightening the desired effect. This muscle bulges out right under the lower extremity of the deltoid and runs down under the biceps to the inner part of the elbow.

Some of the muscles which properly belong to the forearm and which bulge up around the elbow when fully developed help greatly to add to the appearance of the upper arm.

A good arm will go a long way towards creating the impression of extraordinary strength. Likewise, exceptionally good arms will prove of immense value in a practical way if you are interested in proving your strength. Considering the relative ease with which they can be developed to unusual size and strength, there is no reason why mankind, as a whole, should not have arms such as a man should possess. Strong and well developed arms are masculine in every respect; they belong on a man, and the real man should be sufficiently interested in taking the part of a man, to assure himself that his arms are as capable as hard work can make them. Hard work—that is the price you must pay to have the arms of a man.

We have shown you some capital examples of Arms and the Man; we have also suggested the tried and true methods of realizing your ambitions. The rest is up to you.

Association Notes

(Continued from page 52)

totals—Marlin 857½; Greenstein 820.

Mr. Walter Donald was presented, but due to the late hour could only give a few poses. Charles Phelan, world's professional lightweight champion Back and Harness Lifter, gave an exhibition

of tearing cards. Then he had an anvil placed on his chest, and had two fellows pound upon the anvil with sledges. Kenneth (Tarzan) Miller amazed the audience with his lightning ability at tearing phone books and bending iron.

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Tarzan works so quickly and smoothly as to make such feats look like nothing, and coupled with his rather slender physique, you are excused for wondering where it all comes from. He snaps phone books like most of us break dry macaroni. This brought to a close a wonderful show, in fact one of the best ever put on in America. Many stars were introduced as exhibitors, but a great many more were looking on from the wings of the stage. Mr. Klein, who promoted the show, is to be congratulated for the brilliancy of his array of performers and for the neat manner in which he conducted the entire affair.

We are still reporting the championships in this issue, as it takes considerable time for news to filter in from the several sections of the country. Also, the magazine goes to press a month ahead of the newsstand date, and we must hand in our write-ups pretty well in advance. A very peculiar situation turned up in the title affairs; although a number of lifters were entered in the heavy-middle and light-heavy classes, no totals were reported, the reason for which we cannot explain. As we must go through with the establishing of champions, it has been necessary to hold these two classes open for a short time longer, and many of the boys have promised to try for places.

The lightweight title was captured by Arnie E. Sundberg, of Mayger, Oregon. At a bodyweight of 137¼, he made some very remarkable lifts. Just note the results of his efforts.

Left Hand Snatch	143
Right Hand Clean and Jerk	168¼*
Two Hands Snatch	185
Two Hands Clean and Jerk	242½*
Two Hands Clean and Military Press	135

Total

873¼

*American Record.

We are not going to be surprised if some of you are skeptical concerning these wonderful performances. We have already heard utterances to that effect from certain quarters, from whence one should least expect to hear such skeptical statements. Whether or not you realize the fact, a condition exists in weight-lifting wherein the lifters in one city will not believe that which transpires in another city; the Westerners mistrust the lifters in the East, and vice versa. In the case of Sundberg, the scales were tested by the municipal official whose duty it is to check up on all scales and measures in the city of Portland, Oregon. We have his scale test slip on file at this office. The lifter was weighed in at 8.40 P. M. and found to be 137¼; at 10.08 P. M. he scaled at 136. All weights were weighed as lifted, the officials being J. L. Dill, referee; judges—Owen Carr, Vernon Forrest, Ted McKeon, Boyd Shearer, Dr. C. M. Wheeler, John Bergen, H. W. Moss, C. H. Gerlach, Richard Duran. And an affidavit was sworn to, covering the entire performance. What more could you expect in order to be assured of authentic performances? Surely conditions at present are 100 per cent. better than previous to the forming of the A. B. B. M.

We must trust one another as long as affidavits are made out, and we know the calibre of the referees. So far as we at the STRENGTH Offices were concerned, there is no doubt existing in our minds as to the reliability of any referee or judge whom we recognize, and we are prepared to stand back of every lifter and official who conforms to official requirements on record performances.

Another lifting contest was held in Allentown on October 28th, with some records being established. Archie Leigh, weighing 110 pounds, made a Two Hands Dead Lift of 327 pounds to beat the former record of 300 held by Cippolini. Darwin Canova, weighing 122 1/4, made a Two Arm Clean and Jerk Behind Neck of 203 1/2, beating his previous record. Earl Feather, 148 3/4, set a new record for the Abdominal Raise by getting up with 102 1/4. Joe Pely, of DuBois, Pa., at bodyweight of 160 pounds, made a total in the championships of 819 pounds, which to date is the best in the heavy middle class.

His lifts were:

One Hand Snatch	126
One Hand Clean and Jerk	158
Two Hands Military Press	150
Two Hands Snatch	150
Two Hands Clean and Jerk	235

Harry Eavey, of Hagerstown, Md., weighing 178 1/2, made a total in the light heavy class. His lifts were:

One Hand Snatch	143
One Hand Clean and Jerk	150 1/2
Two hands Snatch	180 1/4
Two Hands Military Press	166
Two Hands Clean and Jerk	209 3/4

Total 849 1/2

Robert F. Knodle, weighing 110 in winning the bantam title, made a total of 704 1/2, with the following lifts:

Right Hand Snatch	115
Right Hand Clean and Jerk	130 1/2
Two Hands Snatch	135
Two Hands Military Press	142
Two Hands Clean and Jerk	182

*American Records.

Richard Bachtell, also of Hagerstown, who finished second in the light-weight class at a bodyweight of 137, made a total of 839, by lifting:


Left Hand Snatch	140 1/2
Left Hand Clean and Jerk	163 1/2
Two Hands Snatch	163
Two Hands Military Press	155 1/2
Two Hands Clean and Jerk	216 1/2

On November 26th, Arnie Sundberg added to his list of records, by making a Right Hand Snatch of 150 pounds; Two Hands Clean and Jerk Behind Neck 229 pounds; and Two Dumb-Bells Clean and Jerk of 180. His bodyweight was 140 pounds. The referee was J. L. Dill, with several reliable witnesses.


On the evening of Saturday, November 19th, a STRENGTH show was held in the Y. M. C. A. Building at Allentown, Pa., with a crowd of over four hundred people attending. Al Gernert was first on the bill with an act of statuary posing. Following this, Gernert and K. Uhler, both weighing 152 pounds, wrestled ten minutes to a draw. Then followed a three-man contest on three lifts, the Two Hands Slow Press, Two Hands Continental Jerk, One Arm Military Press. This was won by R.

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Street and No.....

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

Newell Pharmacal Co.
Dept. 974
Clayton Station,
St. Louis, Mo.

How Far Did 'LINDY' Fly?

FROM NEW YORK TO PARIS

Solve this Puzzle

The letters on the wing of this plane show the number of miles Lindbergh flew from New York to Paris. The letters in the alphabet are numbered—A is 1, B is 2, etc. Put down the number represented by each letter (C F A I) in the order they appear and you will have the number of miles Lindbergh flew from New York to Paris. Can you work it out? Send your answer today—no obligation or cost to you now, later, or ever. Be wise.



AND WIN BUICK or

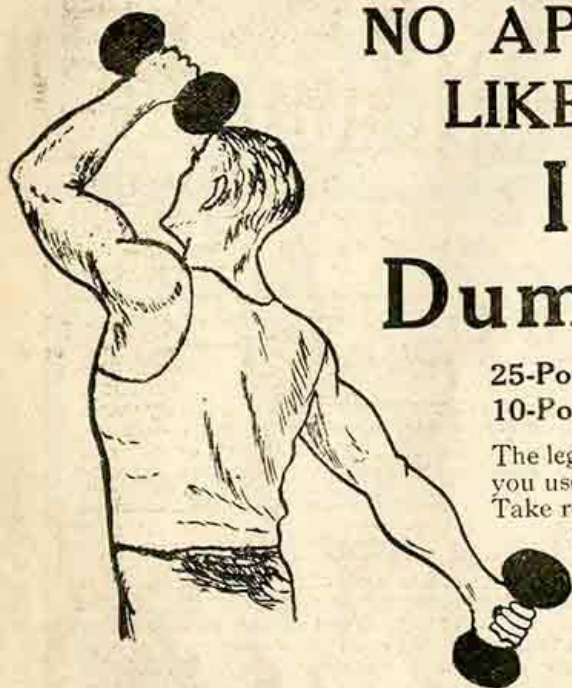
I am going to give this beautiful new 1928 four door Buick Sedan, also a 1928 Nash Sedan also a 1928 Essex Sedan, also a 1928 Chevrolet Sedan—four cars and a large list of additional costly prizes—over \$5000.00. Cars will be delivered free to winners by nearest auto dealers. I have already given over fifty new automobiles to advertise our business and now YOU can get this new Buick Sedan or cash if you wish. You can win it. It costs nothing to try. First prize winner can have Buick or cash value of car (\$1295.00) and

\$505.00 EXTRA For Promptness!

Be prompt—just figure out what number each letter on the wing of the plane represents. Put them down in order shown. Mail me your answer with your name and address. That's all. Send no money. No obligation. All who answer can share in cash and prizes. In case of ties duplicate prizes given. Everybody rewarded. Hurry! \$505.00 cash extra for promptness.

T. W. Kelly, Mgr., Dept. 245 500 No. Dearborn St., Chicago, Ill.





NO APPARATUS LIKE THESE Iron Dumb-Bells

25-Pounds 15-Pounds
10-Pounds 5-Pounds

The legs get plenty of work when you use a pair of 25-pound bells. Take regular daily exercise with a pair of iron dumb-bells. For the man with a limited amount of time, there is nothing like iron dumb-bells for keeping in trim.

Every Physical Culturist Needs Them

The Milo Bar Bell Co. Dept. S-2-28
2739 N. Palethorp St., Philadelphia, Pa.

Gentlemen:

Enclosed please find { cash
check
money order } for

\$5.00 for the 25-lb. dumb-bells—Pair 50 lbs.
3.00 for the 15-lb. dumb-bells—Pair 30 lbs.
2.00 for the 10-lb. dumb-bells—Pair 20 lbs.
1.00 for the 5-lb. dumb-bells—Pair 10 lbs.

Name

Address

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

Shipping Charges Collect.

Let Us Send You a Pair of
DUMB-BELLS NOW

The Milo Bar Bell Co.

Dept. S-2-28

2739 North Palethorp Street

Philadelphia, Pa.

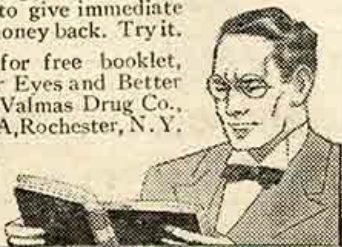
Strengthen Your Eyes

Bathe your tired, weak, work-strained eyes twice daily with Bon-Opto, and note the amazing relief and benefit you feel. Note the soothed, refreshed and strengthened feeling in your eyes, the absence of burning and itching, the wonderful glorious feeling of perfect eye comfort.

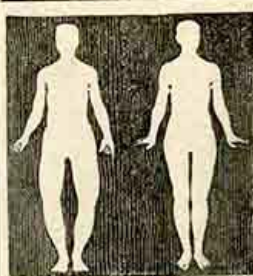
Doctors have used Bon-Opto for 30 years and thousands of others use it every day.

Your druggist has it, recommends it, guarantees it to give immediate relief or money back. Try it.

Write for free booklet, "Stronger Eyes and Better Sight." Valmas Drug Co., Dept. 14 A, Rochester, N. Y.



BON-OPTO



PERSONAL Appearance

is now more than ever the key note of success, both in social and business life. Bow-legged men and women, both young and old, will be glad to hear that my new appliance will successfully straighten, within a short time, bow-leg, gaitness and knock-kneed legs, safely, quickly and permanently, without pain, operation or discomfort. Worn at night. My new "Lim-Straitner," Model 18, U.S. Patent, is easy to adjust; its results will soon save you from further humiliation, and improve your personal appearance 100 per cent. Model 18 is not like old-fashioned splints or braces, with bothersome straps, hard to adjust, but a scientific, modern device of proven merit, used and recommended for the last 5 years by physicians everywhere.

Write today for particulars, testimonials and my free copyrighted physiological and anatomical book which tells you how to correct bow and knock-kneed legs without any obligation. Enclose a dime for postage.

M. TRILETY, SPECIALIST

1540 L. W. U. Building, Binghamton, N. Y.

PIMPLES FREE TREATISE
Amazing Home Treatment Gives New Clear, Soft Skin—Free from Pimples, Blackheads. A New Method, Safe! Sure! Send only name and address for Free plan. **MARVON, 1708 Broadway, Dept. 309C New York**

Schrader, Kasperski, second; and R. Glose, third, with respective totals of 455, 410 and 400.

Earl Feather, 149 pounds, and W. Diehl, weighing 182 pounds, contested on two lifts, the Shoulder Bridge and the Floor Press. Diehl succeeded with 300 in the Shoulder Bridge and 275 in the Press on Back Without Bridge, while Feather made respective totals of 250 and 230. Feather also did a Two Hands Dead Lift of 450 pounds. Bill Lilly entertained with his masterful act of muscle posing, and then performed a number of stunts, assisted by Arthur Levan and Darwin Canova.

Bill Lilly showed his capabilities on the Shoulder Bridge by lifting 352½ pounds at a bodyweight of 150½; however as the bell was not pulled over the face, this cannot be applied as a record. The rules state that the bell must be brought across the face.

A contest was held between Art Levan and D. Canova, featherweights, and Archie Leigh, a bantam, Canova winning with a total of 589 against 584 for Levan and 444 for Leigh. The lifts contested on were the One Arm Snatch, One Arm Clean and Jerk, Two Hands Continental Jerk and Two Hands Continental Press.

In the British Olympic trials, Harold Wood, heavyweight champion, succeeded with 216½ pounds in the Two Hands Clean and Military Press, a new British record. He did 195 in the Two Hands Snatch, and 252¼ in the Two Hands Clean and Jerk. Wood next set a new world amateur record of 372¾ for the Pull Over and Push on Back with Bridge (Shoulder Bridge)—also a Two Dumb-Bells Clean and Push of 213¾, and Two Dumb-Bells Clean and Military Press of 190½, both British records, all of these in view of the fact he was suffering with an infected hand.

J. Wright set a new British amateur record in the 140 pound class for the Right Hand Clean and Jerk of 160 pounds.

The lifting championships of Wales were decided on the following set of lifts: One Hand Swing, One Hand Clean and Bent Press, Two Hands Clean and Push, Two Hands Dead Lift; the poundages of the winners will be given in that order.

112 lb. Class—Stan Thomas
90½; 110½; 140¾; 361¼—Total 703
126 lb. Class—W. Evans
97¼; 122¾; 154¾; 354½—Total 729¼
140 lb. Class—Richard Wydenbach
102½; 150½; 160½; 404—Total 817½
154 lb. Class—S. G. Davies
113¾; 159¼; 177½; 434—Total 884½
168 lb. Class—W. Randall
121¼; 160½; 181¾; 423—Total 886½
Heavyweight Class—Tom Evans
119¾; 153½; 190¼; 424—Total 877½

Is American Physique Slipping?

By James E. Rogers

Director, National Physical Education Service

Seventy-five per cent of American school children have physical defects which are actually detrimental to their health and school work. This startling fact has been revealed by recent sur-

veys, according to Dr. Thomas D. Wood, of Columbia University. However, most of these defects are remedial.

When the United States called its man power to the colors, on entering the World War, it found that 33 1/2% of its young men had physical defects that completely barred them from service. Many more would have been excluded had the examination been more rigorous.

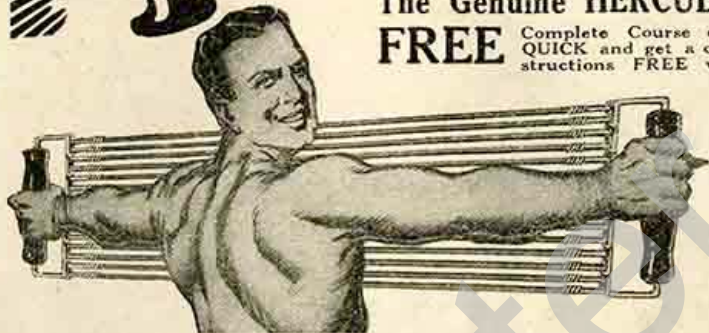
Consider the national waste and loss involved in such physical unfitness. Over thirty per cent of all school children are retarded in their advancement each year on account of some disability. It costs considerable money, varying in the different states, to send a child to school. The cost for each child amounts in proportion to studies. In the industrial field, the economic loss is even more obvious. Dr. J. H. McCurdy, secretary of the American Physical Education Association, once stated: "We have thirty million workers in the United States and the average loss of nine working days per year. Value each working day at \$2.50 and the workers of this country lose \$675,000,000 annually."

It is one of the strange paradoxes of human nature that that which we preach most about we practice least. This is particularly true of physical education. Leading educators and statesmen have named physical well-being and health as the first and primary function of a modern educational system. Teachers' committees have placed physical fitness among the first of their objectives. The late Charles W. Eliot, president emeritus of Harvard University, said: "The first step in the improvement of the American Schools is the introduction of universal physical training for all boys and girls."

Let us continue to preach the benefits of physical education, but by all means let us make its benefits a reality among the school children and the general population by well planned and widespread training for physical fitness. Industrial waste from inefficiency and illness may be substantially reduced. The physically fit are more likely to be useful and happy. The nation will be better prepared to meet any emergency from within or without. Physical education is safety first in the best sense. It is social insurance. It is a premium paid for better citizenship.

It has been found that a scientific physical education course makes for discipline and good behavior. L. D. Coffman, president of the University of Minnesota, stated: "A school without play is always more difficult to govern than a school with play. If I had no other argument to use in advocating a wholesome program of physical education at the University than that it would improve the discipline of the institution, I would feel that the argument was sufficient to justify the introduction of such a program." In a report on education in England, Sir George Newman wrote: "It shall never again be said that it is not until they are needed for the terrible uses of war that any care is taken of the mass of the youth of the country." (Continued on page 79)

Now only \$1.87 SMASH! Goes the Price!



The Genuine **HERCULES BUILDER** FREE Complete Course of instructions. Act QUICK and get a complete course of instructions FREE with this marvelous Progressive Exerciser. Tells you how to use the **HERCULES BUILDER**, to develop every muscle in your body.

5 Cables (develops over 200 lbs. resistance) for \$1.87
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Note: The quality is the same with any number of cables. Free instructions included with each.

HERE'S the offer that startled the whole physical culture world—and no wonder! This overwhelming **BARGAIN** will make you rub your eyes. Think of it! Only \$1.87 for the marvelous Hercules Builder, the champion muscle making Exerciser! The Hercules Builder is the real stuff all the way through. It develops tremendous resistance—that's the secret of **BIG** muscles. You can use as many cables as you please, the Hercules Builder is *Progressive*. Made to stand the gall-carefully selected materials, strong, durable construction. And you don't

risk a cent. Our iron-clad **GUARANTEE** makes **YOU** the judge and jury. This sensational offer will bring a flood of orders. Don't wait or you'll lose out. Shoot the coupon along NOW. State whether you want the Hercules Builder, with 5, 10 or 15 cables. Your **FREE INSTRUCTIONS** will come to you with your Exerciser.

RUSH COUPON

Just write your name and address on the coupon—that's all. Pay the postman when he delivers your outfit. And remember, **YOUR MONEY** RIGHT BACK if you don't agree that this is the greatest bargain ever offered the physical culture world. Tear off the coupon before you turn the page. And don't forget to mail TODAY.

Hercules Co., (Dept. S-123)
103 E. 13th St., New York, N. Y.

Please send 5 Cable Hercules Builder at \$1.87
 10 Cable Hercules Builder at \$3.98
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I am sending no money and will pay postage the low bargain price plus postage on delivery. If not satisfied with my Hercules Builder, I will return it within a week and you agree to refund my money. Also send **FREE INSTRUCTIONS**.

Name
Address
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If you prefer send price with coupon and we pay postage.

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Sigmund Klein, undefeated middleweight weight-lifting champion, has written another book of wonders! Like his already famous volumes "Super Physique" and "Posing for Muscular Display", his newest work—"Classical Weight Lifting" reveals the secrets of stage strong men—shows in profusely illustrated instructions (79 photos) how you can perform the marvelous feats heretofore carefully guarded by professional strong men. Nothing like it has ever before been published. Every weight lifter—every physical culturist—every man with a particle of strength and pep should own this book and learn its secrets. A companion volume to Klein's other books in his Body Beautiful Library.

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Containing 100 miniature poses of the World's most perfect men and America's foremost celebrated Artists' Models. Every Artist and Physical Culturist should have a copy. Price \$1.00.

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Professor Maurice Scholder

TO MEN with DYING HAIR:

I can save you from baldness!

MODERN science has definitely determined that there is no excuse for baldness if you will treat your scalp properly before the mother roots of your hair have starved and died. Nature has ways of warning when certain parts of our body are sick or undernourished. In the case of our hair the *danger signals* are *falling hair, dandruff and itching scalp*. If neglected, these conditions will result in thin, lifeless hair—and eventual baldness. You must act *now*—in time to save the mother roots.

Home Treatment In a few minutes a day

The newspapers in this country and abroad have proclaimed Professor Scholder as the marvel of his profession. Now, in his advancing years, Professor Scholder is not content to call a halt to the accomplishments of a long and honorable career. He is retiring gradually from treating patients at his Clinic, but is devoting three days a week to treating patients by his *Home Treatment System*. His successful cures are numbered in the thousands, and among his grateful patients are men and women of highest prominence.

Write Prof. Scholder about Your Scalp Trouble

Professor Scholder will accept no case that is incurable. To enable him to determine the condition of your hair

and scalp, write Prof. Scholder a brief description of your case, giving him all important details such as whether you are now losing your hair, how long it has been falling out, and whether you are afflicted with dandruff or itching scalp, etc. You will then receive a personal letter stating his opinion and telling you what can be done for you.

**For Proof of Results—
Read these testimonials!**

Professor Maurice Scholder,
The Professor Scholder Institute, Inc.,
101 West 42nd St., New York City

Dear Professor Scholder:

The dandruff has disappeared entirely! The scalp is loose, and my hair is no longer dry. My hair is now growing back again. At first a light fuzz appeared, but it is now getting dark and I can almost see it growing longer every day.

I cannot begin to say how wonderful your treatments are. They certainly have saved my hair for me and I am more than thankful.

(Signed) A. L. S., Jersey City, N. J.



Prof. Roosevelt
One of Prof. Scholder's many famous patients.

"I am very much pleased with your treatment. Only the first month is ending, and my hair is getting better and better every day. The falling of my hair has become less and I can see some new hair growing in!"
G. O., New York City.

"My hair is much improved in every respect, is growing better, and there is no itching or dandruff."
M. S., Winnipeg, Canada.

"I have not applied the last month's treatment as I should have done, regularly, although my hair is in excellent condition and my head is covered with new hair."
T. S. S., New Rochelle, N. Y.

"I am going to ask a favor of you—to continue my treatment. There is nothing I have tried that would do any good except your first treatment."
J. A. W., Columbia, S. C.

"I most profoundly thank the man that made me write on your hair, and it is not maybe 1—2—3—4—5—6—7—8—9—10—11—12—13—14—15—16—17—18—19—20—21—22—23—24—25—26—27—28—29—30—31—32—33—34—35—36—37—38—39—40—41—42—43—44—45—46—47—48—49—50—51—52—53—54—55—56—57—58—59—60—61—62—63—64—65—66—67—68—69—70—71—72—73—74—75—76—77—78—79—80—81—82—83—84—85—86—87—88—89—90—91—92—93—94—95—96—97—98—99—100—101—102—103—104—105—106—107—108—109—110—111—112—113—114—115—116—117—118—119—120—121—122—123—124—125—126—127—128—129—130—131—132—133—134—135—136—137—138—139—140—141—142—143—144—145—146—147—148—149—150—151—152—153—154—155—156—157—158—159—160—161—162—163—164—165—166—167—168—169—170—171—172—173—174—175—176—177—178—179—180—181—182—183—184—185—186—187—188—189—190—191—192—193—194—195—196—197—198—199—200—201—202—203—204—205—206—207—208—209—210—211—212—213—214—215—216—217—218—219—220—221—222—223—224—225—226—227—228—229—230—231—232—233—234—235—236—237—238—239—240—241—242—243—244—245—246—247—248—249—250—251—252—253—254—255—256—257—258—259—260—261—262—263—264—265—266—267—268—269—270—271—272—273—274—275—276—277—278—279—280—281—282—283—284—285—286—287—288—289—290—291—292—293—294—295—296—297—298—299—300—301—302—303—304—305—306—307—308—309—310—311—312—313—314—315—316—317—318—319—320—321—322—323—324—325—326—327—328—329—330—331—332—333—334—335—336—337—338—339—340—341—342—343—344—345—346—347—348—349—350—351—352—353—354—355—356—357—358—359—360—361—362—363—364—365—366—367—368—369—370—371—372—373—374—375—376—377—378—379—380—381—382—383—384—385—386—387—388—389—390—391—392—393—394—395—396—397—398—399—400—401—402—403—404—405—406—407—408—409—410—411—412—413—414—415—416—417—418—419—420—421—422—423—424—425—426—427—428—429—430—431—432—433—434—435—436—437—438—439—440—441—442—443—444—445—446—447—448—449—450—451—452—453—454—455—456—457—458—459—460—461—462—463—464—465—466—467—468—469—470—471—472—473—474—475—476—477—478—479—480—481—482—483—484—485—486—487—488—489—490—491—492—493—494—495—496—497—498—499—500—501—502—503—504—505—506—507—508—509—510—511—512—513—514—515—516—517—518—519—520—521—522—523—524—525—526—527—528—529—530—531—532—533—534—535—536—537—538—539—540—541—542—543—544—545—546—547—548—549—550—551—552—553—554—555—556—557—558—559—560—561—562—563—564—565—566—567—568—569—570—571—572—573—574—575—576—577—578—579—580—581—582—583—584—585—586—587—588—589—590—591—592—593—594—595—596—597—598—599—600—601—602—603—604—605—606—607—608—609—610—611—612—613—614—615—616—617—618—619—620—621—622—623—624—625—626—627—628—629—630—631—632—633—634—635—636—637—638—639—640—641—642—643—644—645—646—647—648—649—650—651—652—653—654—655—656—657—658—659—660—661—662—663—664—665—666—667—668—669—670—671—672—673—674—675—676—677—678—679—680—681—682—683—684—685—686—687—688—689—690—691—692—693—694—695—696—697—698—699—700—701—702—703—704—705—706—707—708—709—710—711—712—713—714—715—716—717—718—719—720—721—722—723—724—725—726—727—728—729—730—731—732—733—734—735—736—737—738—739—740—741—742—743—744—745—746—747—748—749—750—751—752—753—754—755—756—757—758—759—760—761—762—763—764—765—766—767—768—769—770—771—772—773—774—775—776—777—778—779—780—781—782—783—784—785—786—787—788—789—790—791—792—793—794—795—796—797—798—799—800—801—802—803—804—805—806—807—808—809—810—811—812—813—814—815—816—817—818—819—820—821—822—823—824—825—826—827—828—829—830—831—832—833—834—835—836—837—838—839—840—841—842—843—844—845—846—847—848—849—850—851—852—853—854—855—856—857—858—859—860—861—862—863—864—865—866—867—868—869—870—871—872—873—874—875—876—877—878—879—880—881—882—883—884—885—886—887—888—889—890—891—892—893—894—895—896—897—898—899—900—901—902—903—904—905—906—907—908—909—910—911—912—913—914—915—916—917—918—919—920—921—922—923—924—925—926—927—928—929—930—931—932—933—934—935—936—937—938—939—940—941—942—943—944—945—946—947—948—949—950—951—952—953—954—955—956—957—958—959—960—961—962—963—964—965—966—967—968—969—970—971—972—973—974—975—976—977—978—979—980—981—982—983—984—985—986—987—988—989—990—991—992—993—994—995—996—997—998—999—1000—1001—1002—1003—1004—1005—1006—1007—1008—1009—1010—1011—1012—1013—1014—1015—1016—1017—1018—1019—1020—1021—1022—1023—1024—1025—1026—1027—1028—1029—1030—1031—1032—1033—1034—1035—1036—1037—1038—1039—1040—1041—1042—1043—1044—1045—1046—1047—1048—1049—1050—1051—1052—1053—1054—1055—1056—1057—1058—1059—1060—1061—1062—1063—1064—1065—1066—1067—1068—1069—1070—1071—1072—1073—1074—1075—1076—1077—1078—1079—1080—1081—1082—1083—1084—1085—1086—1087—1088—1089—1090—1091—1092—1093—1094—1095—1096—1097—1098—1099—1100—1101—1102—1103—1104—1105—1106—1107—1108—1109—1110—1111—1112—1113—1114—1115—1116—1117—1118—1119—1120—1121—1122—1123—1124—1125—1126—1127—1128—1129—1130—1131—1132—1133—1134—1135—1136—1137—1138—1139—1140—1141—1142—1143—1144—1145—1146—1147—1148—1149—1150—1151—1152—1153—1154—1155—1156—1157—1158—1159—1160—1161—1162—1163—1164—1165—1166—1167—1168—1169—1170—1171—1172—1173—1174—1175—1176—1177—1178—1179—1180—1181—1182—1183—1184—1185—1186—1187—1188—1189—1190—1191—1192—1193—1194—1195—1196—1197—1198—1199—1200—1201—1202—1203—1204—1205—1206—1207—1208—1209—1210—1211—1212—1213—1214—1215—1216—1217—1218—1219—1220—1221—12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In all of our war camps, the government provided a most elaborate physical education and fitness program to prepare the citizens for war purposes. We must prepare in the same way for the tasks of peace.

A well-rounded physical education program includes games, athletics, gymnastics, corrective and remedial exercises, and general recreation. Its activities are conducted outdoors as well as indoors; on the playground as well as in the gymnasium. To get the best results from facilities and programs, the best kind of trained leadership must be provided. For the results sought are not only physical but educational. One builds not only for health but also for character. In no field of educational endeavor has the teacher a better opportunity to get in such close contact with the student and to teach moral values than in the program of physical educa-

tion. The child is taught to play fair and square; to control his temper; to be a good sportsman. Harness the play interest to a health education program and you obtain active co-operation of the child. You can teach the boy on the football team more ethics and sound citizenship by getting him to obey the rules and to work as a member of a team than by preaching the gospel from the pulpit.

If the American people will set their minds to it, they can reduce to a minimum the appalling amount of physical defects among the school children and among adults. When this is accomplished, we will be able to boast of the American physique as second to none in the world and we will have taken a big step toward the attainment of the ancient Athenian ideal of a richly endowed mind in a sound body.

Getting a "Straight Eight" Figure

(Continued from page 23)

"fill out" ever so little to become ideals to inspire the creation of a "Venus d'America" from the chisel of an artist, and this Venus would be a twin of the lovely Venus we have from the old days of Greece, and ever so little heavier than our present standard of development.

"But what is our present standard of development?" you ask. One sees so many tables here and there, and no two of them are alike, that she is completely at sea when she seeks to determine her position. We have various insurance and government tables, all of which are fairly close duplicates of the measurements of the Venus de Milo, but as regards the popular, or public, or *stylish* idea we have two great institutions—our bathing beauty contests, chief among which is that at Atlantic City, to determine "Miss America," and the movies—Hollywood, a name with which to conjure. Not so very long ago a contest was held in Hollywood to determine the most beautiful star to take the leading part in the play, "The Private Life of Helen of Troy," and you may rest assured that the cream of Movieland's pulchritude turned out en masse. Whereupon this fact became evident: that the average movie beauty is slightly taller than the Venus de Milo, but is also slightly slenderer, and that their principal difference in proportions is that the Hollywood miss has hips smaller in proportion to her other measurements than has the Venus. For the sake of comparison here are the measurements of the Venus de Milo, the average Hollywood star, Miss America (1927), and one of the foremost health ideal tables:

	Venus de Milo	Hollywood Average	Miss America	Health Ideal
Height	5-4	5-4 1/4	5-4 1/2	5-4
Weight	116	120	125	116
Bust	34 3/4	33	31 1/2	35
Waist	28 1/2	25	25 1/2	25 1/4
Hips	36	32	36	36
Thigh	19 1/2	20	20	22 1/4
Knee	13 1/2	13 1/2	13 1/2	13 1/2
Calf	13 1/2	13 1/2	12 3/4	13 3/4
Ankle	8 1/2	8	8	8 1/2
Neck	12 7/8	12 1/2	12 3/4	12 3/4
Wrist	5 1/2	5 1/2	6	6

A brief perusal of the above table discloses that the principal difference between the Venus de Milo, which has so long been considered the ideal, and the Hollywood averages, which can well be taken as our popular ideal today, is the extra inches around the waist and hips of the Venus. You will also notice that only the Hollywood table provides the hips must be smaller than the bust—authorities are practically unanimous that these two measurements should be equal, or they even allow the hips to exceed by not more than an inch. You may rest assured, however, that if your measurements correspond to any one of the above table, your appearance in bathing suit or anything else will be satisfactory both to you and the spectators, for there is so little difference between these various standards that it can be disregarded.

The trouble, however, is this: in carrying out this program of emancipation of the lower feminine body the pendulum has swung from one extreme to the other—from the far too heavy development the craze has come to decree a far too light development under the guise of the "boyish figure," and plenty of women and girls are making fools and sick women of themselves trying to acquire the impossible. Whether you can possess a slim figure, an average (or the ideal) figure, or a broad or somewhat heavy figure is determined not by Poiret or some other fashion expert, but by Nature, who has given to some slender frames, to others broad frames, and to the great majority average frames, neither slender nor broad. When one possesses a firm development of the body, with no prominent bones here or rolls of fat there, with the hips not more than an inch larger than the bust, and with the waist about ten inches smaller than the bust she can say she has a nice figure, and can proceed to wear any style or type of clothing she desires with the assurance that she can "wear it well."

Where all the trouble comes in is that women, as a whole, take no cognizance of these facts about natural framework

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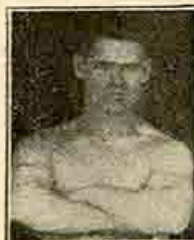
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—they merely make a grab for anything they think will reduce them to lines less than their frame demands for health and good looks, and more often succeed in seriously impairing their health than in acquiring that boyish figure. Just look at the photos of the men athletes in *Strength*, and note how some are slender, some broad, and some "just medium"; yet all are well and properly developed, and the same conditions and rules of Nature governing their development apply to us.

It is a fact, however, that most women and girls are too heavy in the hips, even taking into consideration their honey framework as explained; and it is to them that the following remarks apply. If your hips are more than an inch larger than your bust (and providing the latter is normally developed), then you *should* endeavor to remove some of the excess useless poundage that is keeping your figure from being not only stylish but also proper. Which merely means that reducing measures are now in order. First, slow down on the amount of sweets and fatty and starchy foods eaten; next take up exercise. And remember—when it comes to removing fat from the hips, waving the arms around while standing erect is absolutely useless—to reduce the hips you must exercise the hips. As the muscles in this section are the largest in the entire body, more and harder exercise will be required to obtain the desired results than if lesser muscles were involved. So you must prepare to do some real work if you are to obtain real results. Go into it with the idea of doing a little old-fashioned "sweating," determine to keep the exercise up, and presto! Watch the inches melt away! But for goodness sake when you get down to the correct size (as has already been set forth) STOP. Don't try to take away flesh and weight until you cross the danger line of health.

Very well. Here are some very good movements involving the muscles of the thighs, hips and buttocks—give them a trial, because I know from experience that they bring results.

1. Stand erect, place the hands behind the head, and do the deep knee bend, squatting until you are sitting on the heels (it will be necessary to rise on the toes and carry your weight well forward, spreading the knees wide apart as you go down), then stand erect and repeat until you feel tired.

2. Take the same position, keep the knees straight, and bend forward as far as possible as if to put the head to the knees, and return. Repeat several times; then from the same position bend well to the rear, then first to one side and the other. Don't be content with just a little leaning, but *bend* down and stretch until you feel it.

3. Stand erect, then kick as high as possible with first one foot and then the other. Kick forward, to the rear, and to the side. You will find it best to hold to some support while performing this exercise, as you can balance better and put more attention on the exercise. It is necessary to kick as high as possible and fairly rapidly, but this is a

very good exercise and produces excellent results.

4. Here is another, and it is hard to beat. Do the Russian dance (look at the skater in Figure 6, page 26) and dance your cares (pounds) away. First, try it between two chairs, preserving your balance and assisting the legs by holding with the hands on the seats of the chairs, but soon you should be able to do the exercise unassisted.

These four exercises will give the desired results, but you must do the work.

Finally, in closing, I have this to say—as regards the modern too-slender figure called "boyish" by fashion and "bean-pole" by common sense, just forget it. It is somewhat the rage now, but so were hoop-skirts once upon a time, and, like them, the boyish figure will soon become history, and the good, sensible feminine figure for women will be with us to stay. So just do this—"overhaul" your form to make it compare closely with one of the tables of measurements given, then rest in peace, for ere long style will come to you and find you prepared, while the poor, foolish ones who have sought or who even now seek to cast away too much tissue will find themselves possessed of figures not slender but plain "skinny," and without sufficient health remaining to enable them to regain the pounds of vitality and beauty they foolishly discarded.

Rheumatism

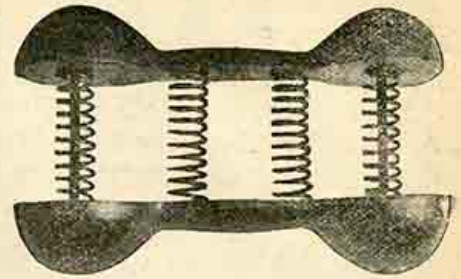
(Continued from page 24)

infections such as pneumonia and erysipelas.

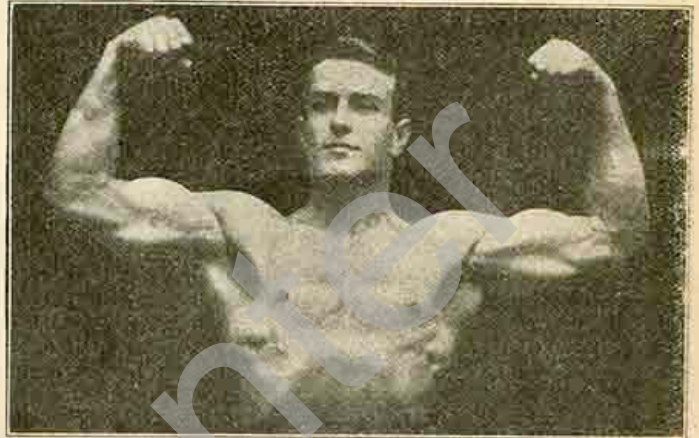
Nothing much is known as to the relative time from the exposure until the disease sets in its proper course. There may be malaise, slight fever, pain about the heart, sore throat and a general exhaustive feeling lasting from a few hours to two or three days before the disease takes on its regular war-like spirit, as the onset is usually abrupt, with fever and pain and inflammation of the joints. A chill or series of chills may either precede or follow the fever at the onset. The involved joint or joints, as usually more than one are infected, are tender and red, and swollen, and show local signs of a rapidly developed inflammation. Pain is a most predominant symptom. The medium-sized or larger joints (knee, ankle and wrist) are first involved, and especially those of the inferior extremities; next the shoulder, elbow and hip joints and lastly the fingers, toes and joints of the spinal column are involved. One of the chief peculiarities of the disease is the fact that the joints affected are not all at war at the same time, but that the process migrates from one joint to another from day to day and often crosses from one side of the body to the other. Sometimes this occurs at larger intervals. Hence the number of joints involved at one and the same time may be either few or many.

In case of average severity, the general features are subordinate to the local symptoms. The fever is usually moderate, the temperature not exceeding

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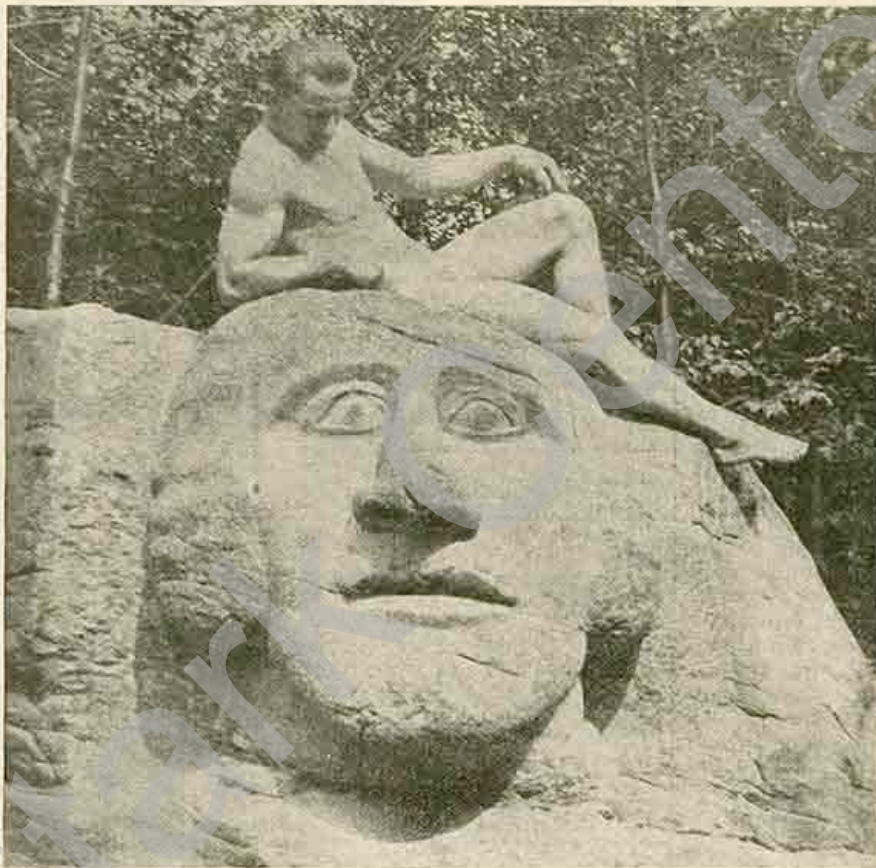
Not only Mr. Kosier, but all bar bell users who follow the instructions carefully, develop deltsoids like that.

WHAT AN UPPER ARM

What a beautifully formed and balanced upper arm Mr. Kosier has produced for himself by the aid of his bar bell set. Notice how the biceps, triceps and forearm muscles balance in size and shape. There is nothing over or under developed on that arm. Look at the way the rest of his body harmonizes with those hefty arms.

NOTICE THE MUSCULAR STRUCTURE OF THE LEFT HAND

If you look very closely you will see the powerful appearance of the hands, especially the left hand which happens to be in a better position for muscular display. See the thickness of the thumb muscles at its base. A hand like that can't be squeezed even unexpectedly.



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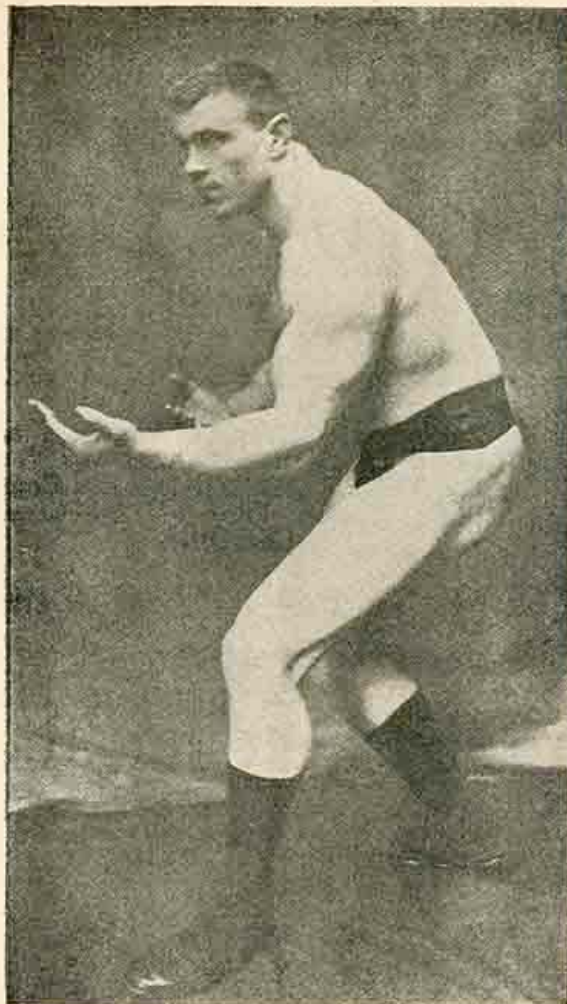
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one hundred three, the temperature curve being of the irregularly remittant type, corresponding in severity with the degree of joint symptoms. May we add just a word of explanation, as the character of the fever varies almost constantly and without regard to the time of day. It continues in this manner until improvement is noted, and then it will be observed that the low mark of the temperature reaches a slightly lower point than the preceding low point. The skin is bathed in a copious perspiration which is unlike other conditions, as it is not dependent on a previous fall of temperature. Nervous symptoms are rarely observed.

This general course of the disease exhibits wide variations, both as to duration and intensity of symptoms, especially in children. It may not outlast several days, appearing with mild symptoms; on the other hand, cases persist sometimes for six or eight weeks. The latter cases are apt to show mild periods with little or no fever and then repeat a similar cycle. When the symptoms are distinct from the start, the course may be more brief than when the features are of marked character. As will be seen hereafter, the disease frequently manifests complications, especially of the heart.

As has been stated, pain is much complained of and is greatly augmented by motion and pressure of any sort. It may be out of all proportion to the actual amount of damage or changes in the joint. The joints affected are gen-

erally swollen (most markedly in the knees) and the swelling is due partly to effusion into the joint, and partly to inflammatory swelling of the particular structures. It is quite usual to see an extension of the swelling for a variable distance from the joint, the backs of the hands often showing this to a marked extent. The skin may present a pink or rose-colored blush over circumscribed areas, or taking the form of streaks.

In even mild cases there are usually two, three or more joints involved, though it often happens that one bears the brunt of the disease, little pain being noted in other parts less severely implicated. It is possible, however, to have only one joint involved and for this one to linger with great obstinacy. Some of the less common joints involved are the jaw, the ribs and the sterno clavicular articulation. Under these circumstances, the patient assumes a fixed position and suffers intense pain on the slightest attempt at a change of position.

Now we arrive at the most dreaded part of the disease, the involvement of the heart. The complication of heart symptoms is, I believe, the most dangerous to the patient and very much dreaded by the physician. The pulse becomes quickened, but is soft and full; and when further complications arise, it shows further characteristic. In rare instances it becomes very rapid and feeble and irregular. Cases of this type at times show an anemia or a lack of

red blood cells in the blood and usually an increased number of white blood cells. Diplococci (the germ which appears to be mostly responsible for rheumatic fever) are also found in the blood in severe cases. Great importance attaches to the cardiac affections that so frequently accompany this disease. They may arise in any case, even the mildest, or at any stage of the disease and hence the physician in charge should spare no effort in repeated examination of the heart. At first, the patient may note only a palpitation or fluttering of the heart, sometimes difficult breathing or a soreness about the heart area. The most frequent cardiac manifestation is known as acute endocarditis, which is present in twenty-five to thirty per cent of the cases. Endocarditis takes its abode in the valves of the heart. While this condition rarely endangers life, and may leave no trace in the majority of instances, the acute endocarditis does not undergo complete resolution but leads to the sclerotic changes and terminates in incurable chronic valvular disease. Other heart conditions which should be mentioned are pericarditis and myocarditis, but we, perhaps, should not let our readers know of so many possible bad actions our heart can acquire.

Rheumatism also has its effect on the skin, as it has already been stated the disease produces a copious perspiration. The sweat emits a sour odor and at first is highly acid and later may become neutral but is rarely alkaline in reaction. The skin also suffers from small hem-

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orrhages of the smaller blood vessels which present quite a characteristic appearance. Among other skin changes we find at times nodules which are attached to tendons and fascia and are more common in children and young adults. These small nodules are rather firm, movable and rather painless. The skin over them is simply elevated with no traces of inflammatory action. Some nodules may reach the size of an almond; real large ones are supposed to signify persistent and uncontrollable cardiac disease.

May we consider the muscular and nervous symptoms a little more deeply. The adjacent muscles and fascia may exhibit inflammatory changes. They may also show more or less swelling and are often very tender to the touch, while in long-continued cases muscular atrophy ensues. The cause of the atrophy is not exactly known, but it is supposed to be due to the disease of the muscles, or due to the actual disease in nearby parts. Mention has been made of the grave nervous symptoms that are attendant upon certain stages. There may be restlessness and sleeplessness (due to pain), but active delirium is exceptional in uncomplicated cases and is usually associated with temperature of 104° F. or higher. At times low muttering delirium merging into stupor, and even coma may be observed. Active mental conditions are sometimes due to cerebral embolism secondary to acute endocarditis. The individual who has acquired the habit of using strong drinks usually suffers more in every way than one who does not, and may frequently develop delirium tremens. Chorea has already been mentioned as associated with rheumatism.

The considerations as to outcome and results of rheumatic fever can be stated as fair. Recovery is the general rule. As in other infectious disease, the chief danger springs from the great intensity of the type of infection or the type and activity of the germ causing the disease. Certain complications, such as pericarditis, endopericarditis (especially common in childhood), pneumonia, etc., may render rheumatism grave or even hopeless. Blood clot in the lungs may occur and cause death.

The influence of personal factors may impede recovery, such as intemperate habits, great obesity, the existence of previous organic disease of the heart or Bright's disease, etc.

Sanitary environment is very important in the treatment of rheumatism. The sick room should be well ventilated, and its temperature maintained at 65° to 70°, but draughts should be avoided. The patient should lie lightly dressed in flannels and covered with a sheet of the same material. The diet should be liquid and nourishing, milk being the best soft food article. Farinaceous foods, milk, seltzer water, buttermilk and egg white may be employed if milk cannot be taken in adequate amount. It is well to begin the use of easily digested proteins soon after defervescence has occurred, but have immediate recourse to the earlier liquid or soft diet upon the return of pain and fever. An ordinary dieting is to be gradually

resumed. Stimulants may be employed if indications for their use are present. The prompt treatment of tonsillitis among children and young adults is important prophylactically. Daily attention should be given the bowels; enemas are very efficient, and calomel and salines are used very regularly. Salicylates are used as internal medication.

Local measures occupy a subordinate place in the management, but add greatly to the comfort of the patient. In mild cases, the joints should be wrapped in cotton batting or in flannel. If the pain is severe, fomentations as hot as can be borne, or hot cloths lightly wrung out of Fuller's lotion, which consists of sodium carbonate, laudanum, glycerin and water are beneficial. Methyl salicylate, by local application, is of service. It is put on the skin over the affected joints drop by drop, and the joint then enveloped in gutta-percha tissue and a flannel bandage applied to it. Cold compresses and the ice bag to the joints have been strongly advised, particularly by German authors. The affected joints should be kept at rest, which can be accomplished by padded splints and a roller bandage.

Chronic forms of rheumatism are very much dreaded conditions. They may be summed up into the following conditions: Muscular rheumatism (myalgia), chronic articular rheumatism, and the various forms of arthritis of which we will mention gonorrheal arthritis in particular. These chronic forms we may safely say are harbored germs from some of the corresponding acute types. They respond to treatment more slowly than the acute types.

Treatment of the chronic types is very much the same as of the acute varieties. Some of the many types of stock vaccines seem to be of value. Osteopathy has proven itself in these acute and chronic rheumatic ailments the same as it has in hundreds of other conditions. The osteopathic physician can, by manipulation of the body, stimulate the spleen to form the body's own vaccines. This is proven by a microscopic examination of the blood before treatment. And repeating this examination after treatment, an increased number of antibodies are found in the blood stream. Most of the heart complications can be greatly controlled by osteopathic methods. By way of explanation, we will mention the lymphatic circulation of the body. Most people know they have arteries which carry pure blood to all parts of the body, and veins which carry impure blood back to be purified, but perhaps there are few who know of the lymphatic circulation, or the body's sewage pipes, which they may properly be termed. These lymphatic tubes carry away the many types of germs that enter our body and cause disease and can be greatly stimulated by osteopathic methods and, therefore, aid nature in cleaning the body of many of these dangerous organisms.

It is our hope and sincere wish that this bit of information will aid some of the many sufferers of rheumatic conditions to gain health and relief from their pains and aches.

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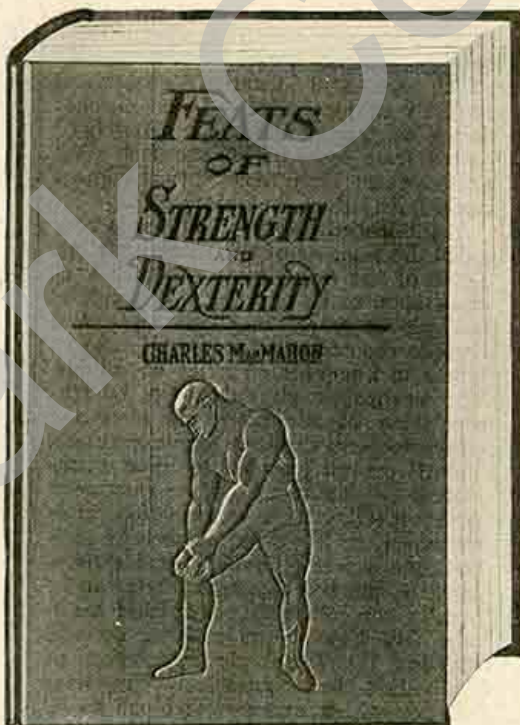
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But this book has a serious side as well as a light side. This seriousness is found in the good it will do you physically. You know that feats of strength tax the strength of the muscles; and taxing the muscular strength means muscular growth and increased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

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



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

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(Signed) CHARLES MacMAHON.

Human Yeast Cakes

(Continued from page 29)

There is good in every course on physical development today. Some are better than others, but in the main the whole trend of them produces nothing but the most desired results. It is most unjust for anyone to make a criticism about physical culture or bar bells without investigating thoroughly to form their own opinion. What the world in general needs these days is a genuine kindness towards human nature. A lot of this muscle-bound "hokum" floating about is nothing more than ignorance on the part of some individuals who cannot persist in their efforts to follow faithfully a course laid out exclusively for their benefit; and when something goes wrong because of their own wilful negligence, they let out a howl and cry all sorts of denunciations on the very thing they staked their life on.

So, my reader, if you and I must be "yeast cakes," let us join the legion that

raises the dough of humanity for good, and we can start in right now by spreading the gospel of bar bellism and physical culture, thus forever stamping out the absurd idea that there is evil in either of these phases of physical training. Life is too short to be spent in animosity; we can do a world of good by investigating for ourselves and if we really and truly like a thing, let's tell others; if we don't like it, let's be honest and fair and give intelligent reasons why we don't. For heaven's sakes don't be haphazard and repeat something that you heard and know nothing about. Just because Dicky puts his finger in the boiling tea kettle to find out whether it is hot, gives no reason for us doing the same thing. We're liable to get burnt. Therefore, the best thing we can do is take the lid off, look into the pot and see for ourselves, and I think that's the best way to do with everything.

Good Losers

(Continued from Page 21)

a success in any line of endeavor in which we cannot find more brilliant men who do not succeed at all and who never will succeed, because they cannot take a beating and learn how to come back to win.

Natural ability in any line is a great help, but nothing can beat the ability to put your head down and keep on coming in. Everybody must lose sometime. To lose with a smile is important because

the man who can smile has already partially prepared himself for the next fight.

The first thing required of a good loser is to know that "tomorrow is another day." No part of this training is that today's defeat means defeat again. On the contrary today's defeat must teach a lesson that will make tomorrow's chance of victory much greater.

ARTHUR ALLAIRE

Passed from this earthly existence on Christmas Day, 1927.

He was accidentally asphyxiated in his apartment in Philadelphia.

We, of the Weight-Lifting World are greatly shocked to learn of his untimely death at the age of twenty-three.

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Beginning with the January issue we award each month two prizes of Five Dollars (\$5.00) each for the best criticisms, in under two hundred words:

1. Of the article in this issue which you believe to be the best and most worth while.

2. Of the article in this issue which you find least interesting and informative.

THE BEST AND THE WORST

The kind of articles you would like to see more of, and the kind you would like eliminated, and why. There are no conditions and no requirements. Simply write your criticism and send it to us.

The contest will close on the 20th of each month. The prizes will be awarded on the 25th, and the winning criticisms will be published in the second month following: That is, the contest for the

May issue will close on May 20th; the prizes will be awarded on May 25th, and the prize-winning criticisms will appear in the July issue.

It is not necessary to be a writer to win one of these prizes. Literary merit is not first essential. The reasons why you like or do not like a certain article are of more importance than the way you express your likes or dislikes.

Everyone wins in this contest, there are no losers. Even if you should not win one of the cash prizes, you will be amply repaid by seeing in *STRENGTH* the articles you want and feel the need of.

Let's hear why you like or dislike the articles, and the reason for your preference.

The contest will be held each month, but remember, the February contest will close on February 20th, 1928. Address Contest Editor, 2741 North Palethorp Street, Philadelphia, Pa.

Weight Lifting Rules of the Association of Bar Bell Men.

These rules were adapted, more or less, from the Official Rules of the British Amateur Weight Lifting Association. However, the British Association recognizes but forty-two lifts, while we have sixty. Attention might be called to the fact that although the wording of the A. B. B. M. and B. A. W. L. A. may be slightly different in the description of some of the rules, the practical interpretation is the same with one exception. The American ruling on the abdominal raise is not so strict as the British.

The numerals appearing before the names of the various lifts refer to the official numbers of the lifts.

There are no restrictions regarding the length of bar bell handles.

Dumb-bell handles should not exceed twenty-four inches in length.

Kettle bells should not be higher than fifteen inches over all.

For overhead lifts, the discs (or globes) must not exceed eleven inches in diameter. This also applies to other lifts with the following exceptions, in which fifteen inch discs (or globes) are permissible: Lifts number 53, 54, 55; and the Dead Lifts, number 19, 20, 37. Of course, there can be no such restrictions regarding lifts number 21, 22, 38, 39, 40, 41, 42, 58, 59, 60.

1 and 2. Right (and Left) Hand Military Press.

The dumb-bell shall be taken to the shoulder, and after a pause of two seconds, pressed to arm's length overhead. At the commencement of the lift, the bar shall not be held higher than the line of the chin. During the press from the shoulder the trunk must not be inclined backwards, forwards, or sideways, the shoulders must be kept quite level; the legs straight, and the heels together, the slightest deviation from the erect position being counted cause for disqualification. After the dumb-bell

has been taken to the shoulder it may be held either at right angles to, or parallel with, the lifter's front; but in either style the bell must be taken to the shoulder single-handed. In the performance of this lift the use of a bar bell or kettle weight is not permitted.

3 and 4. Right (and Left) Hand Snatch.

The bar bell shall be taken from the ground to arms' length overhead in one clean movement. In "fixing" the bell, the trunk may be bent to the side and the legs to any extent, but to lock the arms by "pushing" the bell shall be counted cause for disqualification. At the conclusion of the lift the trunk shall be erect, the lifting arm and legs straight, and the heels together.

5 and 6. Right (and Left) Hand Swing.

The dumb-bell, which at the commencement of the lift must lie at right angles to the lifter's front, shall be "swung" in a semi-circular movement from the ground to arm's length overhead, keeping the lifting arm straight throughout the lift. The lift may be performed in one movement, or in a series of movements; but in the latter instance there shall be no pause between any of these movements, nor shall any part of the bell be brought into contact with the ground after it has once been lifted therefrom. In "fixing" the bell the trunk and legs may be bent to any extent, and the bell may be brought into contact with the forearm, but to lock the arm by "pushing" shall be counted cause for disqualification. At the conclusion of the lift the trunk shall be erect, the lifting arm and legs straight, and the heels together.

7 and 8. Right (and Left) Hand Continental Press.

The bar bell (or dumb-bell) shall be taken to the shoulder with two hands

(Continued on page 91)

THERE IS A WAY OUT



DR. BERNARD BERNARD
D. Sc. (Phys), M. S. P., M. P. C.
Chief, Physical Culture Consultants

The most heart-rending result of unwise behavior in youth and young manhood is what is often expressively called "loss of manhood." Pep and energy have disappeared, and the result is a practical impotence, very frequently an inflammation of the prostate gland, commonly called prostatitis, and a generally run-down nervous condition.

Such a victim frequently flies to drugs, but finds therein no help. He tries all the artificial methods suggested both by quacks and orthodox physicians.

He has to pay the price. The only way out is to stop the waste that he has brought on by his own behavior, a waste now unconscious, perhaps, but surely taking place. Even if this waste does not happen during sleep, it does so at other times, with the result that his whole nervous system is depleted, his functions lack efficiency and he is robbed of the energy and life so much craved.

The additional irritation of the prostate gland makes desire a tormenting accompaniment, and this puts the finishing touches upon a lamentable condition.

There is a way out, and we have proved it. The restoration of manhood along natural lines, by exercise, exercise of a scientific nature to restore nervous co-ordination, replenish the depleted nerve centers, and bring about balanced

functioning of the body, which will be able to rid itself of aggravations and irritations and conserve for right and legitimate use the forces of life.

Case quoted below, illustrates the above very appropriately:

Case 520. Suffering from loss of manhood; severe pressure at temples; very frequent losses at stool (early solitary habits).

"I believe my trouble is impotence. I realize my condition is due to habits practiced since I was fourteen until about 5 years ago, when I took up exercise and mastered the habit. The drain on my system still continues, although I have tried to live as clean as possible. I have improved myself physically, but can see no improvement in my sexual weakness. For the last month I have had severe pressure at my temples as if they were ready to burst and the blood vessels stand out in knots and bunches on my temples, and I can feel my pulse throb all over. I will certainly do my part to get on the way to full-fledged manhood."

After two weeks. "I am now ready for the second lesson of my course. The bearing at my temples has stopped, and the headaches have entirely disappeared. I feel much better and enjoy my meals more than I ever did before. I have already a more cheerful outlook, and feel sure you can help me to conquer my weakness."

After four weeks. "My urine is as clear as water. I enjoy the exercises very much, and feel their effects night and morning."

After six weeks. "My bowels are more active than ever before in my life. I have from two to four full movements daily. I have noticed no losses at stool in the last ten days. I am much stronger, and have worked quite hard during the last ten days. The faces are light brown color, and have practically no odor, and I do not have to strain in order to get a good movement."

After eight weeks. "I have had one night loss this period, just 14 days from the last, and noticed one slight loss at stool ten days ago, but none since. I have made such a wonderful improvement in this respect, for when I began your course I had losses at stool every time. I am working quite hard now, but seem to stand it fine. I had given up all hope of ever being fit to marry, but the improvement I have made so far has given me new hope, and I now believe that I will be a normal, healthy man, fit to be a husband and father. My face has made quite an improvement, as I do not have such a dissipated look, and the dark circles under the eyes as I had. I am anxious to receive my next lesson and am ready to follow your instructions to the letter."

After ten weeks. "I have not noticed any losses at stool. I am in good physical condition, and am able to do stunts in tumbling and hand-balancing that I could not accomplish before. I enjoy the diet prescribed by you. I am grateful for what you have done for me. I had given up hope of anything helping me."

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Your Pupil,

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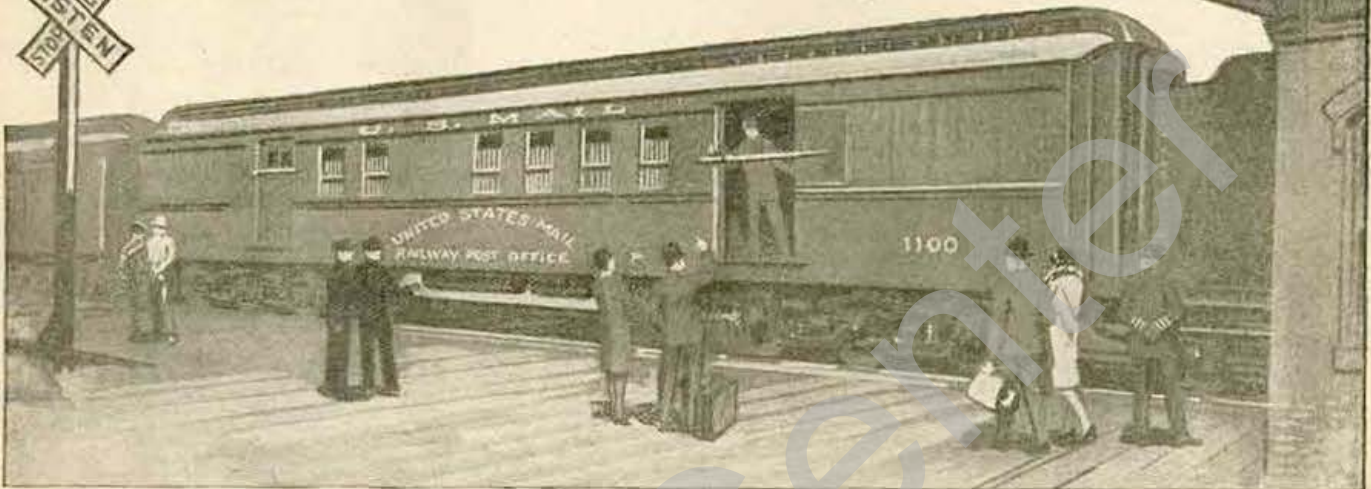
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without restriction as to method, and, having been transferred into one hand, shall be pressed to arm's length overhead after the observance of a two seconds' pause at the shoulder. At the commencement of the "press" the bar shall not be held higher than the line of the chin, and the legs must be straight. During the press from the shoulder any amount of body "heave" may be used in giving momentum to the weight, providing no actual "jerking" of the legs takes place. The legs and trunk may also be bent to any extent while the bar is being pressed to arms' length. At the conclusion of the lift the trunk shall be erect, the lifting arm and legs straight, and the heels together.

9 and 10. Right (and Left) Hand Clean and Jerk.

The bar bell shall be taken to the shoulder in one clean movement, and thence "jerked" to arm's length overhead. In the "pull in" to the shoulder the trunk may be bent sideways, and the elbow may rest upon the thigh prior to standing erect, but should the bar be brought into contact with the body below the line of the nipples, it shall be counted cause for disqualification. To rest the elbow on the body prior to jerking the bell overhead is also permitted. At the conclusion of the lift the trunk shall be erect, the lifting arm and legs straight, and the heels together.

11 and 12. Right (and Left) Hand Clean and Bent Press.

The bar bell shall be taken to the shoulder in one clean movement and thence elevated to arm's length overhead as described in Lifts No. 17 and 18. In the "pull in" to the shoulder, the trunk may be bent sideways, and the elbow may rest upon the thigh prior to standing erect, but should the bar be brought into contact with the body below the line of the nipples it shall be counted cause for disqualification. The bar bell shall be elevated to arm's length by means of lateral pressure. At the conclusion of the lift the trunk shall be erect, the lifting arm and legs straight, and the heels together.

13 and 14. Right (and Left) Hand Bent Press from Shoulder with Dumb-Bell.

The dumb-bell shall be taken to the shoulder with two hands without restriction as to method, and having been transferred into one hand shall be elevated to arm's length overhead by means of lateral pressure. During the press from the shoulder it shall be counted cause for disqualification, should any part of the bell be brought into contact with the hip. At the conclusion of the lift the trunk shall be erect, the lifting arm and legs straight, and the heels together.

15 and 16. Right (and Left) Hand Anyhow and Bent Press.

The bar bell shall be taken to the shoulder "anyhow" (providing one hand only be used), from whence it shall be elevated to arm's length overhead as described in Lifts No. 17 and 18. In lifting the bell to the shoulder it shall not be counted cause for disqualification if the lifter's head, or neck, be brought into contact with the bar, but the use of

a belt, or sling, to support the elbow of the lifting arm, is not permitted. At the conclusion of the lift the trunk shall be erect, the lifting arm and legs straight, and the heels together.

17 and 18. Right (and Left) Hand Bent Press from Shoulder with Bar Bell.

The bar bell shall be taken to the shoulder with two hands without restriction as to method, and having been transferred into one hand, shall, grasped in the center, be elevated to arm's length overhead by means of lateral pressure. During the press from the shoulder it shall be counted cause for disqualification should any part of the bell be brought into contact with the hip. At the conclusion of the lift the trunk shall be erect, the lifting arm and legs straight, and the heels together.

19 and 20. Right (and Left) Hand Dead Lift.

The bar bell which at the commencement of the lift may lie either at right angles to, or parallel with, the lifter's front shall be lifted from the ground until the lifter stands quite erect. Should the bar be brought into contact with the legs during the lift, it shall not be counted cause for disqualification, providing the bar is not actually rested upon, or against the legs as a means of temporary support. At the conclusion of the lift the legs shall be straight and braced at the knees, the feet remaining astride throughout.

21 and 22. Right (and Left) Hand Dead Lift—Platform Style.

The weight, to be lifted clear of its support, shall have no contact except with its support and its connection to the special "grip," to be grasped by the lifter's hand. The lifter shall stand astride of the weight, the "grip" of which may be adjusted to a height which will best suit the lifter's requirements. The "grip" by which the weight is raised must not be attached in any manner to the lifter's arm or wrist, but must be grasped by the hand only. It shall not be counted cause for disqualification should the disengaged hand press against the leg or body as a means of assistance. At the conclusion of the lift the trunk shall be quite erect, the legs straight and all the weight clear of its support.

23 and 24. Right (and Left) Hand Clean and Side Press.

The bar bell shall be taken to the shoulder in one clean movement, and after a pause of two seconds, "pressed" to arm's length overhead. At the commencement of the "press" the bar may be held either at right angles to, or parallel with the lifter's front; but the bar must not be higher than the line of the chin. Throughout the lift, the elbow and upper arm must not rest on the body and the legs must remain straight, although the trunk may be bent forwards or sideways to any extent while the bell is being pressed overhead. Using the disengaged arm as a means of support shall be counted cause for disqualification. At the conclusion of the lift the trunk shall be erect, the lifting arm and legs straight, and the heels together.



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See Page 88

of this issue for rules of the Prize Contest.

Greater Strength and Development

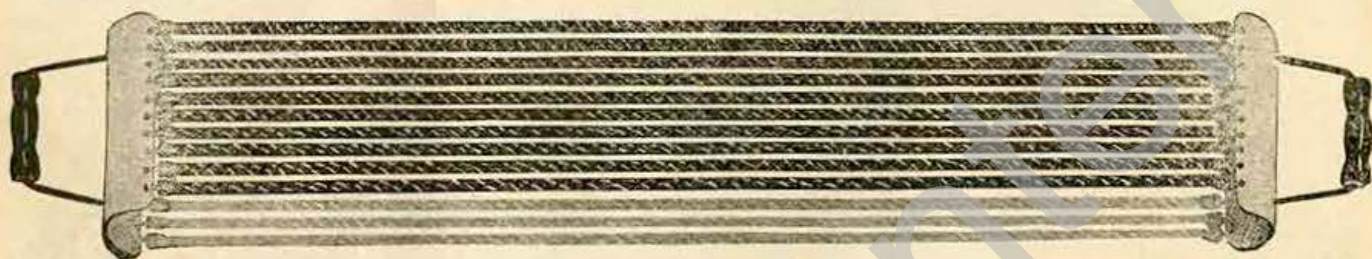
FROM A

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In This Respect There Are No Other Cable Exercisers Like It

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Dear Sir:

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

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

15-Varied-Cables..... \$9.00

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

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

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

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

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

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

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

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

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

Thigh....."
(largest part)

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

Your occupation is?.....

How is your digestion?.....

How is your general health?.....

Are you strong or weak?.....

Are you married?.....

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

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

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

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

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

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

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

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

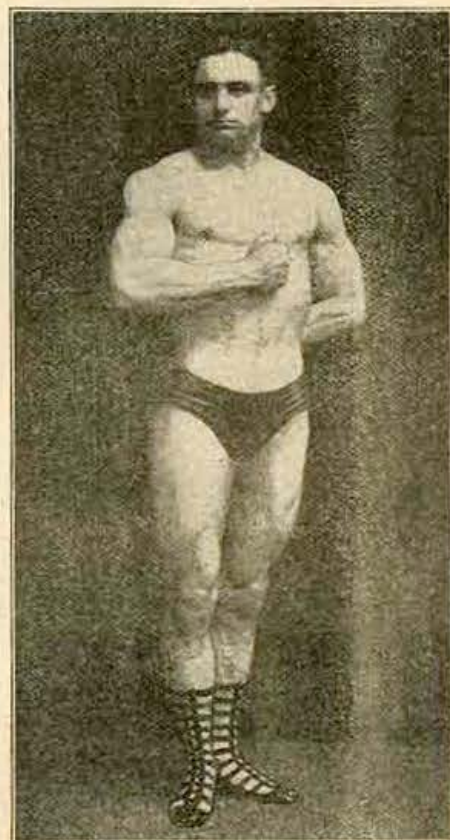
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Feats of Strength
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With This Exerciser

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

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CHARLES MacMAHON

25. Two Hands Clean and Military Press with Dumb-Bells.

The dumb-bells shall be taken clean to the shoulders, and after a pause pressed to arms' length overhead. At the commencement of the lift the bars shall not be held higher than the line of the chin. During the press from the shoulders the trunk must not be inclined backwards, forwards, or sideways, the shoulders must be kept quite level, the legs straight, and the heels together, the slightest deviation from the erect position being counted cause for disqualification.

26. Two Hands Clean and Jerk with Dumb-Bells.

The dumb-bells shall be taken to the shoulders in one clean movement, and then jerked to arms' length overhead. Prior to "jerking" the bells overhead, the elbows may rest on the body, or the bells may be turned vertically on end and supported on the shoulders. At the conclusion of the lift the trunk shall be erect, the arms and legs straight, and the heels together.

27. Two Hands Clean and Continental Press with Dumb-bells.

The dumb-bells shall be taken clean to the shoulders, and after a pause of two seconds, pressed to arms' length overhead. At the commencement of the lift the bars shall not be held higher than the line of the chin, and the legs must be straight, although the feet may be placed in any position desired, and the trunk inclined forwards. During the press from the shoulders, the trunk and legs may be bent to any extent and the body may be lowered vertically beneath the bells. At the conclusion of the lift the trunk shall be erect, the arms and legs straight, and the heels together.

28. Two Hands Clean and Military Press with Bar Bell.

The bar bell shall be taken clean to the shoulders, and after a pause of two seconds, pressed to arms' length overhead. At the commencement of the lift the bar shall not be held higher than the line of the chin. During the press from the shoulders the trunk must not be inclined backwards, forwards, or sideways, the shoulders must be kept quite level, the legs straight, and the heels together, the slightest deviation from the erect position being counted cause for disqualification.

29. Two Hands Clean and Continental Press with Bar Bell.

The bar bell shall be taken clean to the shoulders, and after a pause of two seconds, pressed to arms' length overhead. At the commencement of the lift the bar shall not be held higher than the line of the chin, and the legs must be straight, although the feet may be placed in any position desired, and the trunk inclined forward. During the press from the shoulders the trunk and legs may be bent to any extent, and the body may be lowered vertically beneath the bell. At the conclusion of the lift the trunk shall be erect, the arms and legs straight, and the heels together.

30. Two Hands Clean and Slow Press.

The bar bell shall be taken to the shoulders in one clean movement, and

after a pause slowly pressed to arms' length overhead. Before pressing from the shoulders, the body may be bent backwards to a slight extent, but during the press overhead no bending or moving shall be allowed. It is not permissible to start the lift by any forward bending nor by tossing the bell from the chest to shoulders. Previous to pressing overhead the bell must be held no higher than the line of the chin, the knees must remain rigid throughout the lift and the heels must be kept together.

31. Two Hands Snatch.

The bar bell shall be taken from the ground to parallel arms' length overhead in one clean movement. In "fixing" the bell the legs may be bent to any extent, but to lock the arms by "pushing" the bell shall be counted cause for disqualification. At the conclusion of the lift the trunk shall be erect, the arms and legs straight, and the heels together.

32. Two Hands Clean and Jerk from Behind Neck.

The bar bell, having been lifted clean to the shoulders, raised overhead, then lowered behind the neck to rest across the shoulders, shall, from that position, be jerked to arms' length overhead. At the conclusion of the lift, the trunk shall be erect, the arms and legs straight, and the heels together.

33. Two Hands Clean and Press from Behind Neck.

The bar bell, having been lifted clean to the shoulders, shall be raised overhead, then lowered behind the neck until the bar rests across the shoulders. The heels shall then be brought together. From this position the bell must be pressed to arms' length overhead. At the commencement of the lift the body must be erect, and kept so throughout the entire lift. The heels must not be separated nor any bending of the legs or body. Any such deviation will be just cause for disqualification.

34. Two Hands Clean and Jerk with Bar Bell.

The bar bell shall be taken to the shoulders in one clean movement, and then jerked to arms' length overhead. In the "pull in" to the shoulders it shall be counted cause for disqualification should the bar be brought into contact with the body below the line of nipples. To rest the elbows, or the bar, on the body prior to jerking the bell overhead is permitted. At the conclusion of the lift the trunk shall be erect, the arms and legs straight, and the heels together.

35. Two Hands Continental Jerk with Bar Bell.

The bar bell may be taken to the shoulders in a series of movements and may be rested upon, or against, any part of the legs or trunk in so doing. A belt may also be worn to support the bell prior to turning it to the shoulders, from which position it shall be jerked to arms' length overhead. At the conclusion of the lift the trunk shall be erect, the arms and legs straight, and the heels together.

36. Two Hands Anyhow with Bar Bell and Kettle Weight.

The bar bell and kettle-weight shall be lifted to arms' length overhead "any-

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how." For example, the bar bell may be taken to the shoulder with two hands, then "jerked," or "bent pressed," overhead, after which the kettle weight shall be raised to full stretch of arm overhead. Again, the bar bell may be taken overhead with two hands, then transferred into one hand, after which the kettle weight shall be taken overhead to arms' length. At the conclusion of the lift the trunk shall be erect, both arms straight and parallel with one another, the legs straight, and the heels together.

37. Two Hands Dead Lift.

The bar bell shall be lifted from the ground until the lifter stands erect. Should the bar be brought into contact with the legs during the lift, it shall not be counted cause for disqualification, providing the bar is not actually rested upon, or against, the legs as a means of temporary support. The manner in which the bar shall be grasped is a matter for the lifter's discretion. At the conclusion of the lift the trunk must be erect, with the shoulders taken back, the legs straight and braced at the knees, and the heels must be kept together throughout the lift.

38. Kennedy Lift.

The weight shall be lifted clear of its support, until the lifter stands erect. At the commencement of the lift the lifter shall stand over the weight in an astride position, with the handle bar passing between his legs. The handle bar may be any height, so as to best suit the lifter's requirements. The weight to be lifted shall have no contact except with its support, and its connection to the bar to be grasped by the lifter's hands. At the conclusion of the lift the trunk shall be erect, the legs straight, and all parts of the weight clear of its support.

39. Jefferson Lift.

The weight, to be lifted clear of its support, shall have no contact except with its support, and its connection to the bar to be grasped by the lifter's hands. The handle bar shall be held in front of the body, and regulated in height to the lifter's requirements. Should the handle bar or weight touch any part of the lifter's body, it shall be counted cause for disqualification. At the conclusion of the lift it is not necessary that the trunk shall be perfectly erect, or the legs straight, but all parts of the weight being lifted must be clear of its support.

40. Back Lift.

The weight, supported on a platform, shall be lifted clear of the stands or trestles upon which the platform is resting. The lifter shall stoop beneath the platform and lift the weight on his back by straightening his legs and arms, the latter of which may push on a lower stand. Both the larger trestles and the smaller stand may be adjusted to a height which will best suit the lifter's requirements. At the conclusion of the lift the lifter's legs and arms need not be straight, but all parts of the platform must be lifted clear of the supporting trestles.

41. Harness Lift.

The weight, to be lifted, clear of its

support, shall have no contact except with its support and its connection to the harness, which is shaped and adjusted to the lifter's requirements. The lifter shall stand over the weight with his hands on supports, and, in a nearly erect position, shall lift the weight clear of its support by straightening the legs, arms, and back. At the conclusion of the lift all parts of the weight being lifted must be clear of its support.

42. Hand and Thigh Lift.

The weight, to be lifted clear of its support, shall have no connection except with its support, and its connection to the bar to be grasped by the lifter's hands. The handle bar shall be held in front of the body, and regulated in height to the lifter's requirements. The bar may be held against any part of the lifter's thighs and grasped in any manner desired. At the conclusion of the lift the legs need not be straight nor the trunk erect, but all parts of the weight being lifted must be clear of its support.

43. Abdominal Raise.

Lying on the ground with the back of the neck resting on the center of the bar, the lifter, grasping the bar with both hands, shall raise himself into a sitting position. Throughout the lift the heels shall remain together, the legs straight, and the bar in contact with the body, and upon conclusion the trunk shall be at right angles to the legs. During the performance of this lift the use of a dumb-bell is not permitted, nor is a bar bell allowed in which the bar is more than 5 inches from the ground, but the bar may be held on any portion of the neck or shoulders' and the feet held down in any manner desired by any object other than by the help of an individual.

44. Crucifix.

The dumb-bells or kettle weights, having been taken clean to arms' length overhead, shall be lowered sideways with the palms of the hands uppermost, until the arms are level with the shoulders. When commencing to lower the weights, the arms and legs must be kept straight throughout the entire lift with the heels together. If kettle weights are used, they will not be allowed to rest upon the forearms, but must hang suspended by the rings only.

45. Rectangular Fix.

The bar bell grasped with both hands (knuckles to the front) shall hang at arms' length across the lifter's front, from which position it shall be raised forward steadily until the forearms are at right angles to the upper arms. Throughout the lift the trunk must not be inclined backwards, forwards, or sideways, the shoulders must be kept quite level, the arms and legs straight, and the heels together. The slightest deviation from this position shall be counted cause for disqualification.

Due to lack of space we are unable to publish the remaining fifteen rules. However, we will complete these rules in the March issue.

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Female SEX INDICATOR

Hold the MAGIC INDICATOR in a straight line, backward and forward. Hold it over a woman's hand and it describes a complete and continuous circle. The same action can be obtained over a letter written by a man or woman, etc. It is fascinating baffling. We have never been able to figure out how it's done, but we've never seen it fail. Many novel and entertaining tests may be performed with the Sex Indicator. It can be used with animals, cats, dogs, rabbits, over birds, chickens, canaries, etc. Also used to predetermine the sex of chickens and birds, etc., in fact it is sold as a patented sex tester in Europe. Price 25c. Or 3 for 65c, postpaid.

MAGICIAN'S OUTFIT

Apparatus and Directions for a Number of Mysterious Tricks Enough for an Entire Evening's Entertainment. ANYONE CAN DO THEM 75c

It is great fun mystifying your friends. Get this Conqueror's Cabinet, and you will be the foremost fellow in your district. It contains 100 apparatus for seven different tricks, including The Disappearing Rose, that when placed on the top of your coat, vanishes from sight at will; the Magic Yoke and Ball Trick (a Wooden Ball is placed inside, and upon releasing the lid has disappeared and is found in someone else's pocket); The Snake (a ball which you can apparently cut your finger almost in two; the Wonderful Card Trick (a card is placed in an envelope, and when upon an envelope is placed in the little wooden barrel, and when removed, it is found vanished entirely, or can be made to change into a coin of another denomination); The Famous Disappearing Penny Trick (a coin is dropped into a glass of water, and when the water is poured out, the coin is vanished); With the tricks described above we send full printed instructions for performing each trick, so that anyone can readily perform all the tricks to the great amusement of their friends or the public. Any boy of ordinary intelligence, with a little common sense in his possession, can give a better entertainment not inferior to some regular magicians. The instructions for each trick, there are many other facts and illusions fully explained with full printed instructions, for which you really must or procure the necessary apparatus. This unexcelled Cabinet of Tricks for ONLY 75 CENTS POSTPAID TO ANY ADDRESS.

STAGE MONEY

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

Wonderful X-Ray Tube

A wonderful little instrument producing optical illusions both surprising and startling. With it you can see what is apparently the top of your fingers, the lead in a lead pencil, the inside of a glass, etc. A mystery that no one has been able to satisfactorily explain. Price 10c, 3 for 25c, 1 dozen 75c. Johnson Smith & Co.

Good Luck Ring

Quaint and Novel Design. A VERY striking and uncommon ring. Silver finish, skull and crossbones design, with two brilliant, flashing gems sparkling out of the water. Said by many to bring Good Luck to the wearer, hence its name. Good Luck Ring. Very unique ring that you will take a pride in wearing. ONLY 25 CENTS.

Exploding Cigarettes

JUST LIKE ORDINARY CIGARETTES, BUT SUCH FUN! STARTLES! The box contains ten genuine cigarettes of excellent quality. They appear so real, but when each cigarette is smoked, the cigarette gets a very great surprise as it goes off with a loud BANG! A great mirth provoker yet entirely harmless. Price 25c per box.

Popular Watch Charms

ONLY 15c 3 for 40c; \$1.35 doz.

Very pretty little curiosities and decidedly novel. Filled with Magnifying Lenses that increase the picture to a very surprising degree; in fact, it seems almost incredible that a clear picture could be possible in such a small compass, and how sharp and distinct they show up when you look through. Come in assorted sizes—Antares, view of Panama Canal, Lord's Prayer in type, etc.

CIGARETTE MAKER

Roll your own and save money. Makes them better and quicker besides saving more than half. Use your favorite brand of tobacco. Neat, useful and handy. Pocket size, weighs 3 1/2 oz. Made entirely of metal, nickel-plated. Price 25c postpaid.

MAGIC FLUTE

Wonderfully Sweet Toned and Musical. The Magic Flute, or Human Harp, is a unique and novel musical instrument that is played with nose and mouth combined. There is just a little knack in playing it which, when once acquired, after a little practice will enable you to produce very sweet music that somewhat resembles a flute. It is no flimsy, and once you have mastered it you can play all kinds of music with facility and ease. When played as an accompaniment to a piano or any other musical instrument, the effect is as charming as it is surprising.

Novelty Badges

Inspector Garter. Two very novel metal badges, nickel-plated, that you can wear, giving you fun out of all proportion to the trifling cost. 10c, each badge, 3 for 25c, or 75c per doz. p.p.d.

BLANK CARTRIDGE PISTOL

Special Offer. 1 Blank Cartridge Pistol. 100 Blank Cartridges. 100 Blank Cartridges. Catalogue and Order Form ONLY \$1.50. The Lot Shipped by Express. Cash Only. Order Only.

Well made and effective, modelled on latest type of Revolver, appearance alone is enough to scare a burglar. When loaded it may be as effective as a real revolver without danger to life. It takes standard .38 S&W caliber—obtainable everywhere. Special cash with order offers 1 Superior quality Blank Cartridge Pistol, 100 Blank Cartridges, and our new 550 page Catalogue of latest novelties; all for ONLY \$1.50. Shipped by Express only. Cannot go by parcel post. Extra Blank Cartridges 50c per 100. Special Order (show by type) for pistol 50c. No C.O.D. shipments. JOHNSON SMITH & COMPANY, Dept. 533 RACINE, WIS.

Sneezing Powder

Place a very small amount of this powder on the back of your hand and wave it in the air, and everyone in the room or car will begin to sneeze without knowing the reason why. It is most amusing to hear their respiration, but think they have caught it one from the other. Between the sneezing and waving your hand you will be having the time of your life. For parties, political meetings, car rides, or any place at all where there is a gathering of people, it is the greatest joke out. Price 10c or 3 for 25c.

Mystic Skeleton

A jointed figure of a skeleton 12 in. in height, will dance to music and perform various gyrations and movements while the operator may be some distance from it.

Serpent's Eggs

Box contains 12 eggs. When lit with a match, each egg will hatch a snake. Each snake is about 12 inches long, with 12 curls and twists about in a most life-like manner. Price per box 10c postpaid.

BOYS! THROW YOUR VOICE

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

THE VENTRILO

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

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

ITCHING POWDER

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

10c box, 3 boxes for 25c or 75c per doz boxes postpaid.

DANCING BEAUTIES

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

ANARCHIST BOMBS

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

INVISIBLE INK

The most confidential messages can be written with this ink. For the writing of the MARK. Cannot be seen unless you know the secret. Invaluable for many reasons. Keep your postals and other private messages away from prying eyes. Great fun for playing practical jokes. Only 15c Bottle.

LOOK 35c LOOK

Wonderful Instrument. Greatest thing yet. Nine separate articles in one. Everybody delighted with it. Odd, curious and interesting. Lots of pleasure as well as very useful. It is a double microscope for examining the wonders of nature. It is also an Opera Glass, a Stereoscope, a Burning Lens, a Reading Glass, a Telescope, a Compass, a Pocket Mirror, and a Laryngoscope. —for examining eye, ear, nose and throat. It is worth all the cost to locate even one pain in the eye. Folds flat and fits the pocket. Something great—you need one. Don't miss it. Sent by mail, postpaid. Price, only 35c or 3 for \$1.00 postpaid.

RESURRECTION PLANT

One of the most wonderful plants known. Possesses the strange power of turning in a few minutes from an apparently lifeless, dry herb to a BEAUTIFUL LIVING FERN-LIKE PLANT of a dark green color. Simply place the plant in saucer of water, it will open up and start to grow in 20 minutes. When taken out it will dry up and go to sleep until placed in water again. In a vine house plant—summer or winter. 10 cents, each or 3 for 25c, Agents Wanted postpaid.

ADDRESS ORDERS FOR ALL GOODS ON THIS PAGE TO
JOHNSON SMITH & CO. DEPT. 533 RACINE, WIS.

Postage Stamps Accepted

There is Great Satisfaction In Knowing

You Are Stronger Than the Average Man

And There Is Satisfaction In Knowing That

When You Purchase a Milo Bar Bell It Will Do At Least That For You

The Milo Bar Bells and courses are complete and thorough. Our 200 lbs. plate loading bell (which is the bell we recommend to the beginner who wants the plate bell type) consists of: One 5-foot solid steel nickel-plated bar, $1\frac{1}{16}$ inches in diameter, weighing 15 lbs. One solid steel nickel-plated dumb-bell handle weighing 8 lbs. Two kettle-bell handles with revolving grips— $2\frac{1}{4}$ lbs. each.

There are: Four 25-lb., two 15-lb., two 10-lb., two $7\frac{1}{2}$ -lb., two 5-lb., two $2\frac{1}{2}$ -lb., four $1\frac{1}{2}$ -lb. plates. These make 185 lbs. of plates and the 15-lb. bar makes a 200-lb. bar bell. The short bar, two kettle-bell handles and collars are extra weight.

Besides the above there are four sliding collars and a wrench. All plates have rounded edges.

Next we have the three Milo courses. The first course is on exercise with the bar bell. The second is on advanced training methods with a bar bell and the third on lifting bar bells for records.

COMPLETE PRICE LIST OF MILO BELLS

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

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

ORDER BLANK

Date

The Milo Bar Bell Co.,
2739 N. Palethorp St., Dept. 194,
Philadelphia, Pa.

Gentlemen:

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

{ Freight } to

{ Express } County

State

My mail address:

Name

Address

City

State

MEASUREMENTS

Neck Age

Normal Chest Weight

Expanded Chest Occupation

Upper Arm How Many Times Can You

Chin the Bar?

Forearm How Many Times Can You Dip

on Parallel Bar?

Waist Check off your aims below:

Hips Improved Health—

Thigh Great Strength—

Calf Perfect Physique—

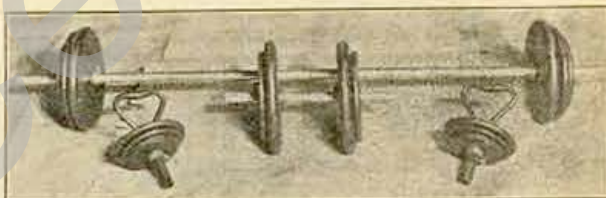
Wrist To Reduce Weight—

Ankle To Increase Weight—

Height

WE DO NOT PREPAY SHIPPING CHARGES

The Price of This Bell Complete Is
\$24.00



Assembled For Three Different Exercises

But Better Than Average Strength
Is Only One of the Many
Benefits Obtained With Bar Bells

Besides enormous strength in a large majority of cases and better than average strength in all cases you obtain perfect health—oftimes eliminating indigestion, headaches, that tired feeling and many other ailments that prevent perfect health.

Besides strength and perfect health there are also beautifully developed muscles and symmetrical bodily proportions thrown in for good measure.

There Is No "Maybe" About It

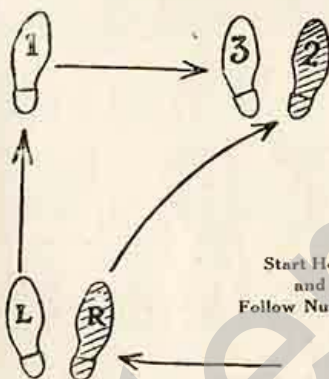
That's the beauty of bar bells when used correctly, especially Milo Bar Bells—development, strength and health are a surety. We have been proving this for over 30 years by continually developing men who are stronger by far than the average man. A great many Milo pupils have gone farther than this, creating records and names for themselves in the strongman world. Thousands have obtained fine results from the Milo System and what thousands can do, you can do.

**CUT OUT THIS ORDER BLANK, FILL IN,
TO THE BEST OF YOUR ABILITY AND
MAIL TO US WITH YOUR REMITTANCE
NOW.**

It will be the turning point in your life. You will acquire pep and endurance that will give you a much brighter outlook on life. You will be bubbling over with energy, with more than enough for your daily labors.



If you can do this step
I'll make you a finished
dancer in 10 days



This Waltz Step is one of the five fundamental steps upon which all modern dancing is based. The other four steps are just as simple! Once you have mastered these five basic steps, you can do any dance—no matter how complicated—with ease and assurance!

I challenge you to try my FREE DANCING LESSONS



ARTHUR MURRAY
World-Famous
Dancing Authority

NO matter how poorly you dance now—even if you've never been on a dance floor in your life—I am so sure that my new method of teaching will make you a brilliant, finished dancer in ten days that I challenge you to try five of my dancing lessons—FREE!

Just think! In ten days' time you will be able to do all the smartest new steps with the long, free, graceful swing that is the vogue—or I'll return every penny you've paid me!

That's a fair offer, isn't it? There's no excuse now for playing wallflower—no excuse now for passing up good times because you can't dance! My new method of teaching is so simple and easy to understand that you can learn any of the latest steps in one evening, right in your own room, without music or partner!

Good Dancers Are Always Popular

You'll never regret being an accomplished dancer! Learning to dance well does far more than simply teach you to go through a few steps correctly. It enables you to make friends easily—to become more popular—and it often opens the door to important business and social contacts.

When you are a good dancer, the real charm of your personality is apparent. As a desirable dance partner, people find you interesting—seek your company. Wallflower days are over. Instead—the joy of popularity, the thrill of social leadership!

New Method of Teaching

And it's so easy to become a good dancer—sought after, popular!

I have discovered that all modern dancing is based upon *five simple movements*. The Waltz Step, pictured above, is one of these basic movements. You can see for yourself how easy it is. *The other four key steps are just as easy!* Once you have mastered them you can learn to lead or follow *any* new dance—no matter how complicated it may appear—in almost no time!

You will be amazed to see how quickly your dancing improves under this new method—how soon you gain confidence, poise—how rapidly stiffness and self-consciousness vanish and you learn to lead forcefully, to follow easily, to vary your style from time to time, to add "pep" and interest to your dancing.

You will learn to move gracefully, not merely on the dance floor, but in every step you take. You will acquire that unmistakable style and finish that

mark the Arthur Murray pupil and make him a *desirable* partner.

Five FREE Lessons

Remember, I am not asking you to risk one penny. I'm willing to send you five lessons from my remarkable course, *absolutely free*, to prove I can make you an accomplished dancer in ten days.

If you are passing up social invitations and missing the fun and good times that should rightfully be yours, send for these valuable free lessons at once! Just mail the coupon (with 10c to cover cost of printing and mailing), and the free lessons will be forwarded at once. Also a copy of my new free book, "The Short Cut to Popularity."

Don't wait—you owe it to yourself to clip and mail this coupon NOW. Arthur Murray, Studio 784, 7 East 43rd Street, New York City.

Arthur Murray, Studio 784,
7 East 43rd Street, New York City.

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

Name

Address

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

Stop That Pain!

With the Wonderful Natural Powers Produced by this

GREAT New Invention

In this new invention, the Elco Health Generator, the four wonderful and marvelous natural powers of Violet Ray—Mechanical Vibration—Medical Electricity and Ozone are combined in one outfit at the price of a single instrument. You can get combination treatments all at once or separate, just as you wish. These treatments go direct to the cause and the seat of the trouble. You will be astonished at the wonderful results. It is as if by magic that the pain or a few days will disappear. The results are accomplished in a natural way by encouraging and aiding Nature, through the wonderful healing properties of these remarkable natural forces. Take advantage of this new way discovered by science to help bring you vigor and vim, health and beauty. Begin taking these amazing, invigorating treatments now. Write for the free book offered here which tells you the whole story.



Life—Strength—Youth



Seek them—gain them—through these wonderful natural forces. Electricity, Vibration, Violet Ray and Ozone are among the outstanding medical discoveries of recent years. They help drive away the years like magic. Every fibre and every nerve in your whole system throbs with the force of your own renewed power. Stagnation cannot exist. The pleasures of youth fairly thrill within you. Your blood is sent rushing through every vein, artery and capillary. The poisonous matters in your system are carried away. Every organ is put in perfect tune. These four forces are now within the reach of everybody. You can enjoy the wonderful benefits of the Elco Health Generators right in the privacy of your own room. You can give yourself the same identical treatments which you would receive in the offices of the famous medical specialists in this country or Europe and all without extra charge.

Sent on 10 Days' FREE TRIAL

So that you may personally see and try this great new invention—we've arranged to send you the complete outfit on a 10 days' Free Trial! That's fair enough, isn't it? And imagine! This great new invention generates Violet Ray, Vibration, Medical Electricity and Ozone—combined or separate. Operates from the electric light in your own home or on its own motive power at less than 50 cents a year. Positively the only instrument that gives you these four outstanding curative agents in one outfit. The FREE BOOK tells you all the FACTS about the Free Trial and what the Elco Health Generator will do for you. Send coupon today!

Mail Coupon Now for FREE BOOK!

Don't drag through life—enjoy life! Every man and woman deserves to have the surging vitality—boundless health—and new beauty. Find out about the Elco Health Generator today! Forget medicines and drugs! Use this amazing scientific discovery instead. Revitalize and energize yourself. The FREE BOOK tells you how! At least get the book—then decide. But do it now. Write Today! Use the Coupon!

LINDSTROM & COMPANY
30 West Lake St. Dept. 57-72 Chicago, Ill.

ELCO TREATMENTS

Elco treatments are Nature's greatest aids. In fact, they are Nature's Own Powers, mechanically and electrically produced. They get right down to the cause of the ailment, without doping the system, or forming dangerous habits. Remember, when the cause of disease is eliminated, pain ceases. Learn the truth and profit by it. You will bless the day that you started these Safe, Sure and Harmless treatments.



What ELCO Users Say:

- "Wouldn't take \$1,000.00 for my Elco."
- "Has done me more good in two weeks than Doctors in three years."
- "Cured my stomach trouble."
- "Cured my rheumatism of years standing."
- "My eczema is gone."
- "In six weeks my blood pressure was reduced 40 points."
- "I sleep like a child."
- "Thanks to Elco my strength and vigor are back."
- "No more pain."
- "The Ozone treatments surely relieved my catarrh."
- "Cured my weakness."
- "Chronic constipation of years standing entirely relieved."
- "I have no fear of hay fever times any more."
- "I have a nice head of hair now."
- "Saved at least \$75.00 by treating myself with [the Elco Generator]."
- "You certainly deserve credit for placing on the market such a complete and low priced instrument."
- "Everyone that values their health should have an Elco Generator."

SEND COUPON!

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Address.....

Health
Power
Beauty