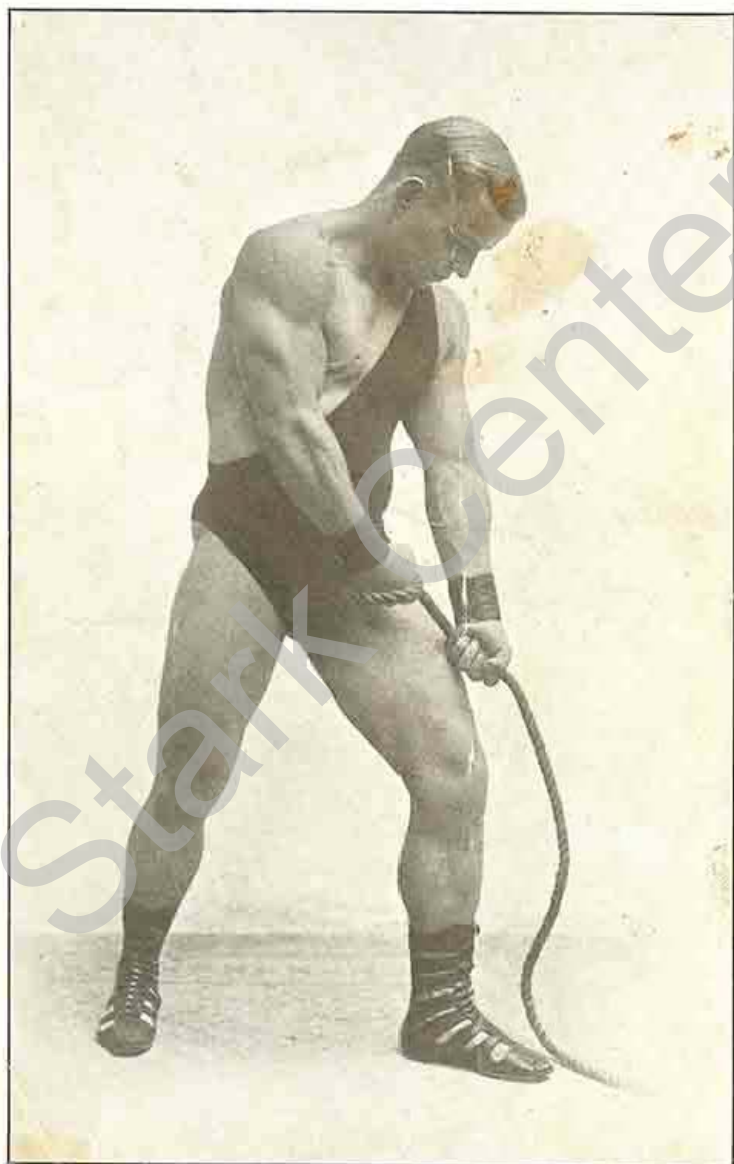


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# "STRENGTH"

SEPTEMBER, 1915

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**CHAS. W. DURNER**

(See pages 14, 15 and 16)

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Philadelphia, Pa.

# "STRENGTH"

SEPTEMBER, 1915

## How Much Can a Man Gain In Three or Four Months' Exercise?

BY ALAN CALVERT

Proprietor of  
THE MILO BAR-BELL COMPANY

About 1906 a young lifter wrote a letter to an English gymnastic magazine, and stated that in four months' training he had increased his chest nine inches in girth, and had increased his biceps three inches, his thighs four inches.

In the next issue of the same magazine almost all the leading trainers in England took exception to this man's letter, and claimed that it was impossible for anyone to make the gains that he claimed. He was able to prove that his statements were correct. One of the authorities who had been the greatest doubter subsequently took up a special developing course with weights, and made wonderful gains himself.

There are concerns that freely claim that any and every customer of theirs will gain 6 inches in chest girth, and correspondingly big gains in other parts of their body in a few weeks' work. Such statements and claims may satisfy the average man, but they do not satisfy or convince a physical culturist who has spent some weeks or months trying to develop himself.

No two men will increase in size at exactly the same rate of speed. As a general rule, the man who has never taken exercise will, on taking up heavy bar-bell exercise, gain at remarkable speed.

For instance, suppose the case of a man of 30 years who stands about 5 feet 8 inches and weighs about 125

pounds. Such a man would have a normal chest of about 33 inches, and waist of 29 or 30 inches, flexed upper arm 11 inches, thigh 19 inches, etc. Assume that the man was a bookkeeper or a clerk, and has never been interested in physical culture, and has never taken any systematic exercise. When a man of that kind starts to practice with the adjustable weights his progress is often amazing, and the reason is that there is a tremendous lot of room for improvement.

Cases have been known where men of this type have increased their normal chest measurements from 33 to 40 inches in three or four months' steady practice.

Now let us take another case—that of a man of 25 years who has always taken part in vigorous outdoor athletics—a man who has played football, baseball, and has done a lot of rowing and swimming; height the same as the first man, but weight about 165 pounds, chest 40 inches normal, upper arm 14 inches flexed, thigh 21½ inches, etc. Such a man will not gain one-half as much in four months' practice as the undeveloped clerk will. The outdoor man has a good physique to start with, and it is as hard for him to increase his chest from 40 to 44 inches normal as it is for the undeveloped man to develop his chest from 33 to 40 inches. The outdoor man has been used to very vigorous exer-

cise, as is shown by his well-developed frame. A 40-inch normal chest and 14-inch upper arm are both far above the average; therefore, a man who starts with such measurements must not expect to gain 8 inches around the chest in three months' practice with adjustable heavy weights, or any other kind of exercise whatever.

A 44-inch normal chest is very large. Sandow's chest was only 43 inches and a fraction, and Arthur Saxon's was a trifle over 45. Joe Nordquest's chest is  $44\frac{3}{8}$  inches normal. Matysek's chest is now about 44 inches. Some of the big 200-pounders have normal chests measuring 47 or 48 inches, but 44 inches is a tremendously large chest for a man who weighs 175 pounds or less.

While the outdoor man who started with a 40-inch normal chest may possibly increase to 44 inches in four months' training, his chest will not get much larger than 45 or 46 even if he trains for a year; whereas the book-keeper who started with a 33-inch chest, and increased to 40 inches in four months, may quite possibly increase to 43 inches or even 44 inches by the time he has spent a year training.

There is no man alive who can tell ahead of time just how much a pupil is going to gain. There is hardly a day that passes that I do not get a letter something like:

"I am 23 years old. How much can I gain if I practice your system?" **Just like that.** Even if the letter-writer had told me his age, height, weight and measurements, I could not have told him exactly how much he would gain in 12 weeks or 16 weeks. I could only tell him the **average** gain. But I feel safe in saying that the average gain made by those who practice body-building exercises with adjustable weights is many times greater than the gains made by the advocates of any other system.

I have records of amazing increases, but it would not be fair to try to make

people believe that **everybody** can gain at the same rate.

In the summer of 1914 I sold a barbell and laid out a course for a very slender youth of 21. He measured only 29 inches around the chest. This young man tells me that in the **first month** his normal chest measurement increased to 36 inches—a gain of **seven** inches—and that he made correspondingly big gains in his arms and legs. This young man offered to go before a notary public and swear to this statement if I desired it, but one glance at his figure was enough to show me that he was telling me the truth. On various occasions slender youths from Philadelphia and vicinity have stopped at my office and purchased an outfit. The same men called again after they had exercised for three or four months, and in the meanwhile had grown almost out of recognition.

It is a common thing to get a letter from a man who jocularly proposes to send me a bill for a suit of clothes which he has had to buy on account of his rapidly increasing size.

People speak lightly of increases of four to eight inches in chest measurements, but they don't seem to realize what a tremendous difference four inches extra chest girth makes in a man's appearance.

The average chest measurement is 36 inches. A man with a 40-inch chest is notably broad and well built; while a man with a 44-inch chest attracts a great deal of attention, especially if he has a small, trim waist.

When Sandow first appeared in London and Paris twenty-five years ago, the newspaper writers raved about his wonderful appearance, saying that he had the chest of a Hercules and the waist of a dapper young lieutenant. I have often noticed, when walking with my friend Zottman, that almost everyone will turn their heads to have a second look at him; his chest measures about 46 inches.

Most young men when taking a course of exercises to build up their bodies, spend most of their time on arm exercises. It is not hard to develop the biceps and the triceps, and most beginners at physical culture spend half their time measuring their biceps with a tape, and the other half of their time in compelling their friends to "Feel my biceps." A great upper arm development, while gratifying, does not add much to a man's weight, and, what is more important, it does not build up the muscles of the shoulders and chest, unless vigorous exercise is taken; and the ordinary light exercises for the arm muscles leave positively untouched the great muscle masses of the waist and legs.

If you will stop and think about it, it certainly is the height of folly for a man who has poor digestion, or is way below the normal weight, to try and build up a powerful, shapely body (which includes the legs and waist) by doing with the arms calisthenic movements that would not seriously tax the strength of a schoolgirl.

I have spoken above about the rate of increase which may be expected in the size of the chest. In the March number of STRENGTH I wrote an article on chest development, and if my readers will refer to that article they can get an idea of the methods I advocate for rapidly increasing the size of the chest, and incidentally broadening the shoulders.

Really, the easiest parts of the body to develop are the upper arms and the thighs. I know of increases of 3 inches in upper-arm measurements in three months, and of increases of 4 to 4½ inches in the girth of the thighs in an equal period of time. If a man specializes entirely on upper-arm movements he will not increase his bodily weight very much, because the weight of the upper arms is only a very small percentage of the weight of the whole body. If a man increases his thigh 1½ inches in girth he will add more to his weight than if he increases his

upper arm 3 inches. Again, an increase in thigh measurement is almost invariably accompanied with a corresponding increase in development of the muscles of the abdomen and sides of the waist and the small of the back. The development of these last-named muscles tends to invigorate the digestive and assimilative organs, and if those organs are in good working order a man will have the "Good digestion that waits on appetite."

The ordinary methods of exercise leave the forearms and calves of the legs almost untouched. As I have said many, many times, if you want to develop the forearms you have to use the forearm muscles in conjunction with the upper-arm muscles. If you want to fully develop the calf of the leg you will have to do a whole lot more than simply raising up and down on the toes. Gains of 2 inches in the girth of the forearm and the calf of the leg are not uncommon among beginners at weight lifting.

In an article in the October, 1914, number of STRENGTH I explained how muscular development was governed, in a measure, by the size of the bones. As a general rule, the smaller the bone, the smaller the muscle it will support. Like all other rules, this one has its exceptions. An English lifter with a wrist less than 7 inches developed an upper arm measuring 18½ inches in girth, and incidentally made a lot of English lifting records.

There are thousands upon thousands of undeveloped, slender individuals who earnestly desire to become heavier. Mere weight in itself is not always to be desired. If a man's one idea is to become heavy, he can do so by loafing around and drinking beer; also, extra flesh can be put on by taking a lot of these food preparations which are so much advertised at present. By taking a malted food preparation, a thin person can sometimes gain 15 or 20 pounds in a few months; but one should bear in mind that 20 pounds of gain this way means 20 pounds more

of fat for you to carry around, instead of 20 pounds more of muscle to aid in carrying you around. There is a big difference here.

We are all seekers after perfection—consciously or unconsciously. A man who has a hobby will leave no stone unturned to make progress. The man who likes physical exercise, and who wants to be well developed, is the man who usually succeeds, because he knows that the only way to get a beautifully developed frame is to work for it.

I would rather have as a pupil one enthusiastic physical culturist than ten overfed business men who take exercise because the doctors order it. A man who takes exercise as a duty will not go very far—just as the boy who takes a job and works with one eye on the clock fails to see the right road to success.

In the summing up, the amount of improvement is a matter of the method employed. If you do endurance work—like long-distance running—you will deliberately make yourself thin. If you do light calisthenic work (by which I mean light dumbbells, pulley weights or Indian clubs) you can gain a little arm and shoulder development, but not much else.

If, however, you throw the bulk of your work on the great muscle groups of the shoulders, and back, chest and waist region, the hips and the thighs, you can increase your measurements and bodily weight at an amazing rate.

It is the quality of the work that counts. A moderate number of fairly heavy contractions build up quite a different kind of muscle from an endless number of light contractions. Compare the strength and shapeliness of a champion jumper's legs with the flat, stringy muscles of the Marathon runner or letter carrier. In gymnasiums, the boys who take a turn at the rings, the parallel bars, and do some rope climbing, high vaulting and ground tumbling, develop far better

bodies than the ambitionless individuals who go through kindergarten arm and leg movements.

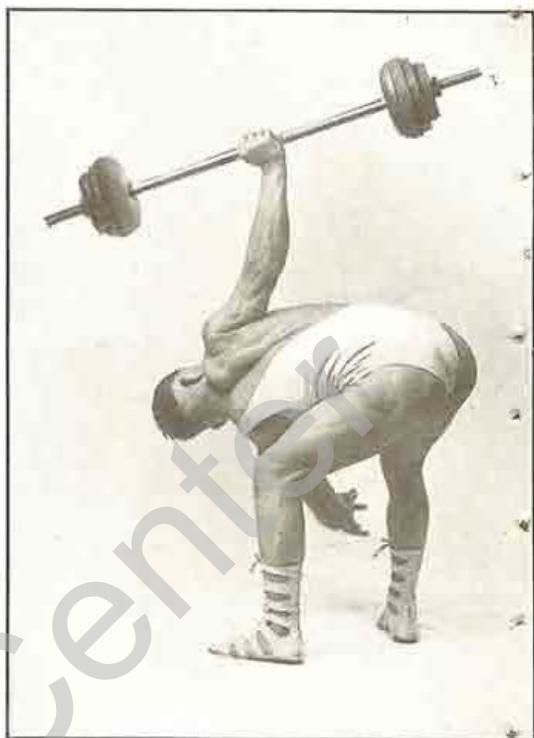
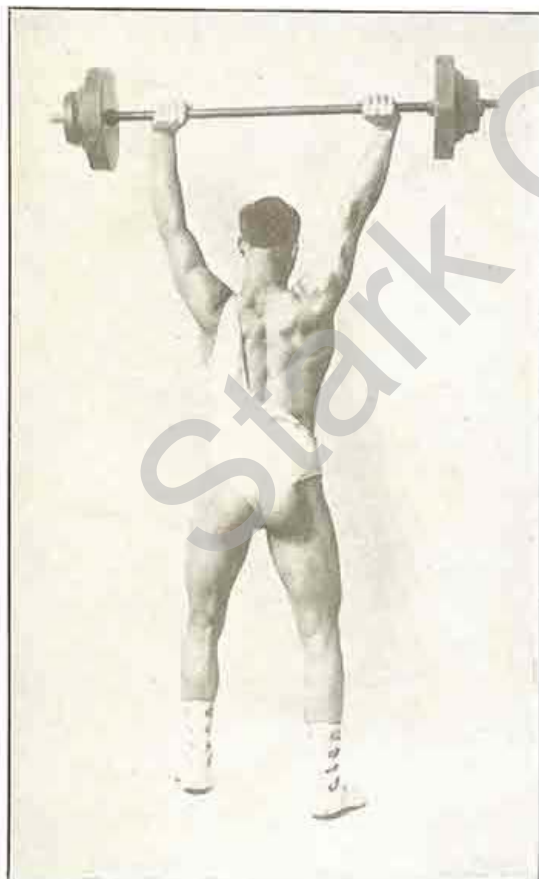
After considering all the factors which govern development, I have found that the novice will almost always increase his measurements and bodily weight 10% in four months' practice, while in a certain number of cases the gain will be as high as 20%.

In the case of the experienced athlete, the average gain will be 5% and the maximum gain about 10% in the same period of time.

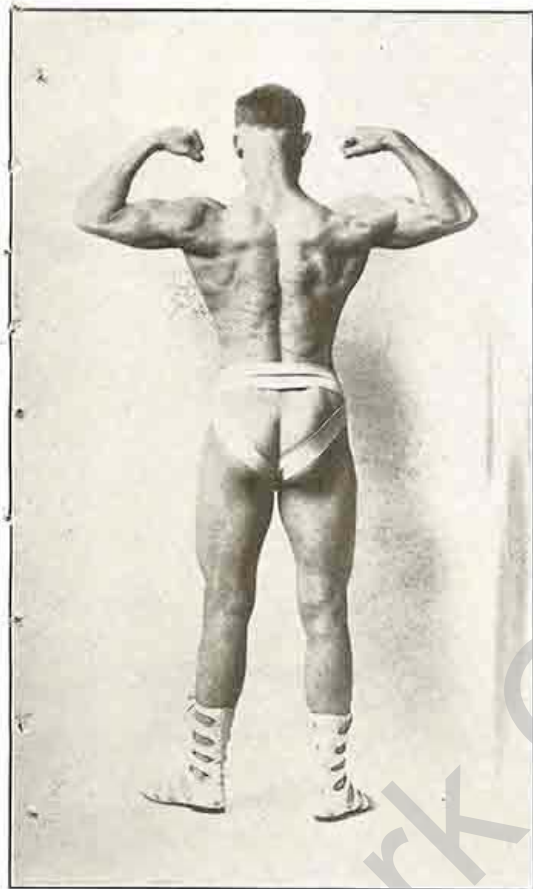
One must exercise regularly for a number of weeks before one can make any permanent change in the character of the physique. If a man practices long-distance running through a whole season, he will be as light and spare as Nature can make him. If for several months in succession a man will practice very vigorous exercises, then by the end of that time Nature will build up a set of big, powerful muscles capable of contracting against enormous resistance. Regular exercise in itself is a good thing, but mere regularity will not make a man strong any more than office-boy work will make a young fellow rich. The work must be made more and more vigorous. In practicing progressive dumbbell exercise there is a tremendous amount of interest in the work. A man always has something to look forward to, something to strive for, and results come so fast that he can almost see himself grow. There is something peculiarly fascinating about the gradual but steady acquisition of wealth or strength. The most interesting stories are those in which the hero, starting with nothing, moves step by step from one rung to another until he reaches the top of the ladder or the pinnacle of fame. In progressive exercise the same interest is always present. The man or boy, starting with the ordinary body, steadily adds to his strength and development until finally he reaches the Matysek, Carr, Nordquest class.

## HARRY PASCHALL

I am describing the case of Mr. Paschall in this part of the magazine because it furnishes an example of how much a man **CAN** develop. I think that any young man would be perfectly willing to practice for a year to obtain a build like Paschall's. It is not often that I give "before and after" measurements, but in this case I am going to. Mr. Paschall bought a bar-bell from me in August, 1914, and at that time his normal chest measured 32"; neck,  $14\frac{1}{4}$ "; biceps,  $11\frac{3}{4}$ "; forearm,  $10\frac{1}{2}$ "; and thigh,  $20\frac{1}{2}$ ". Today his normal chest measures 39", a clear gain of 7"; his thigh measures  $22\frac{1}{2}$ ", a gain of 2", and his



biceps have increased from  $11\frac{3}{4}$ " to  $14\frac{1}{4}$ ". His neck now measures  $15\frac{3}{4}$ ". Mr. Paschall is only 17. His present measurements are not extraordinary, but even now he has the appearance of the finished athlete. The pictures on pages 6 and 7 certainly make him appear a great deal stronger and better set up than the average 17-year-old boy. In fact, very few fully developed adult athletes have a build which would compare with Mr. Paschall's. In the next few months I expect to see Mr. Paschall make still further gains. I think before he stops he will acquire a  $42\frac{1}{2}$ " normal chest,  $15\frac{1}{2}$ " biceps and a 24" thigh. In studying Mr. Paschall's picture, please note that there is nothing about his figure that makes him look heavy or clumsy. While the muscular development is pronounced, the muscles are of a shape that makes for speed as well as for strength.

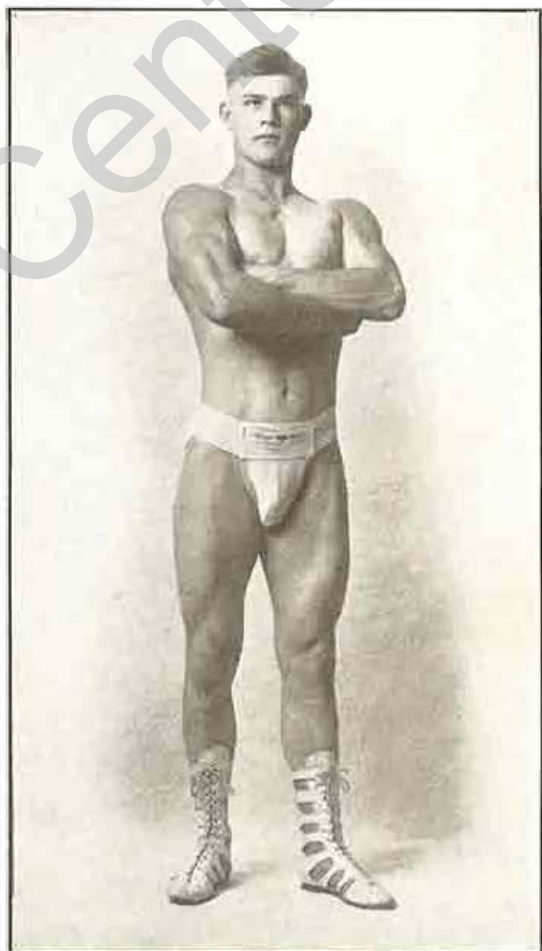


Marion, Ohio, Aug. 15, 1915

Mr. Alan Calvert, Propr.,  
The Milo Bar-Bell Co.,  
Philadelphia, Pa.

Dear Sir:

I am sending you a few photographs depicting my present physical condition and development. None of these pictures represent me in my record lifts; they are merely posed to show my physique. Considering the fact that I have had your bells only about a year, my development is more than gratifying to me. I can lift fully three times as much with one hand now as I could when I started. I can



press 150 pounds above the head with my right arm, and I can lift far more with one hand than any of my friends can with both hands. I have gained twenty pounds in weight and have increased my chest 7 inches. In the gymnasium my feats of strength are far beyond the power of my friends. I can easily chin myself with one hand.

I am only seventeen years old, and I intend to continue in your exercises for some time to come. I am convinced that heavy barbell exercise is the quickest way to acquire a muscular physique.

Yours gratefully,  
(Signed) Harry Paschall  
216 Mark Street

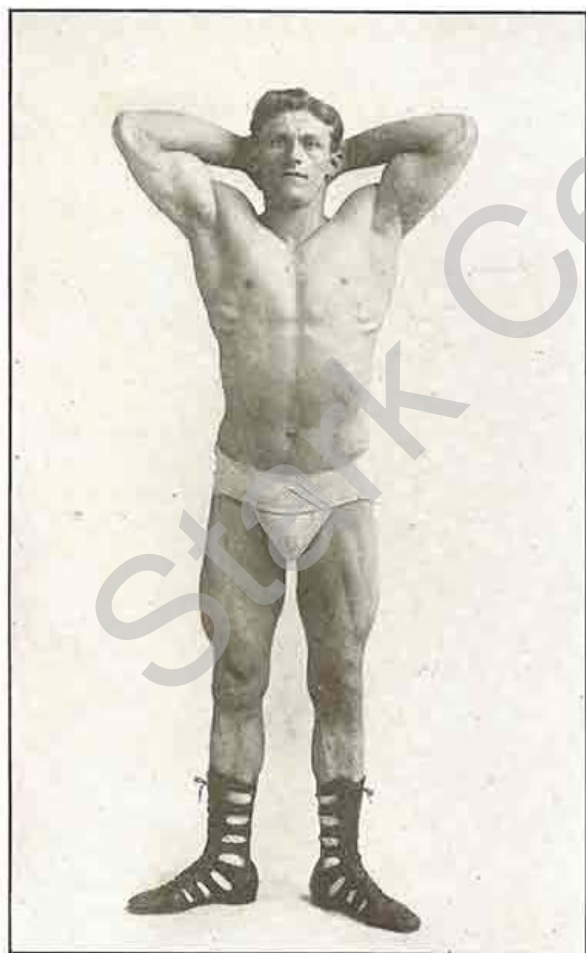
## MARTIN NELSON

The pictures on these pages are of a man who, desiring to excel at "Wrestling," took up the practice of heavy bar-bell exercises to increase his strength. How well he has succeeded will be told later. His pictures show the development he has acquired. There is one peculiar feature about this case, and that is, while Mr. Nelson is the average height (5 feet 7 inches), he appears very tall in the pictures. As I have stated elsewhere, when a man is powerfully developed it tends to make him look short, but

here is a man who has big measurements, and yet looks much taller than the average. Almost anyone studying the pictures would decide that Mr. Nelson is a 6-footer.

Mr. Owen Carr, who has seen Nelson lift, tells me that his strength is simply enormous, as is proved by his record of 105 pounds in "curling" a kettle-bell to the shoulder with one hand. Mr. Nelson's biceps strength must be extraordinary.

Here is what Mr. Nelson has to say:





Anaconda, Montana  
September

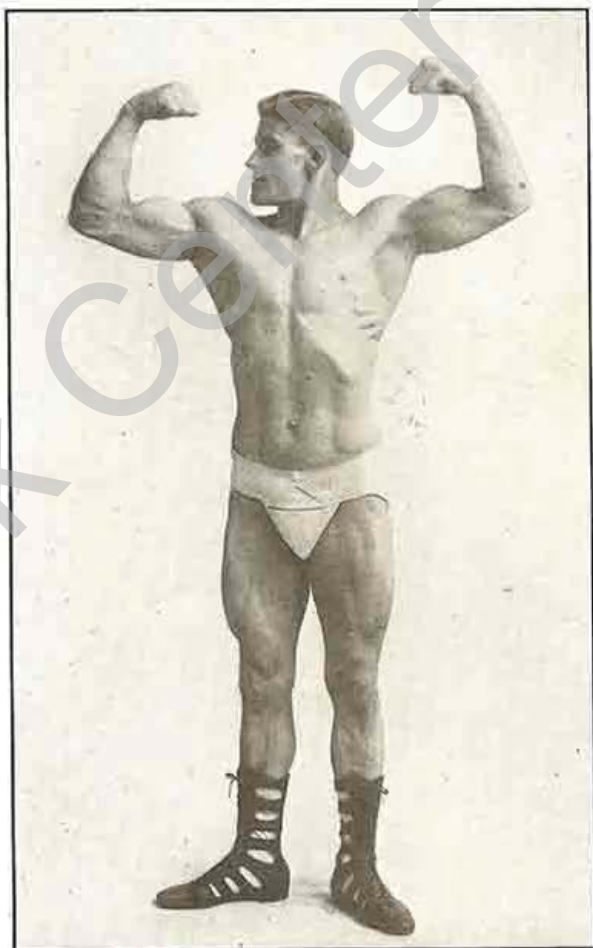
Mr. Alan Calvert, Propr.,  
The Milo Bar-Bell Co.,  
Philadelphia, Pa.

Dear Sir:

Some time ago I secured one of your Large Milo Triplex Bar-Bells; I was fortunate to be able to procure it from a friend. It can be weighted up to 220 pounds, and I would not sell it for \$220. When I started to train with the bell I was fairly strong. I have practiced a comparatively short time, but I have succeeded in increasing my normal chest measurement to 42", neck to 17", biceps to 15", and thighs to 22½".

Other wrestlers and lifters whom I have met tell me that I am getting to be awfully strong. I can see a great difference myself. I can now handle weights easily that I could not begin to lift when I started. I can snatch 150 pounds with one arm, and in the "wrestlers' bridge" position I can press 200 pounds. With my right arm I can slowly curl from the thigh to the shoulder a kettle-bell weighing 105 pounds, and none of the lifters that I know can equal me at that stunt.

Some of my friends are getting interested; a couple of them are going to start practicing with me right away.



Yours for still better results,

(Signed) Martin Nelson

505 East Park Street

## Arm Development

A pupil of mine recently wrote me, saying:

"The way you write, it seems as though all you think about is back and leg strength. You don't seem to consider that powerful arms are at all necessary. Now I have always believed that the principal strength of these Strong Men lay in their arms and shoulders. How about it?"



Figure A

As many hundreds of my pupils and readers may have gotten the same impression, I hasten to say that I do consider arm strength as necessary, but I don't consider that mere arm and shoulder development will make a man strong. This pupil who wrote me the letter has the old idea about Strong Men. For fifty years the sign and trademark of a Strong Man has been a bent arm with a bulging biceps. It is true that the arm of a weight lifter has the appearance of being about twice as large as the average.

Many workmen, laborers, mechanics and athletes, have fairly well-developed back and legs. Many of them have fine fore-arms, but not one in a thousand can show the marvelous upper

arm and shoulder development of the heavy-bar-bell artist. The professional whose reputation for strength was in proportion to the development of his mighty arms would, naturally, do everything to make his arms look as large as possible in comparison with the rest of his body. On the stage costumes were designed to emphasize the arm development. Before Sandow's time the professional Strong Men usually wore tight, sleeveless jerseys, cut high at the neck and cut close around the shoulders. The rest of the costume was a pair of full-length tights, and a pair of frilled trunks which covered the hips. Frequently the stage athlete would have a band of fringe decorating the trunks, and another band of fringe passing around the chest just below the arms. The dangling fringe and the puffy trunks around the hips tended to make the hips look larger, and by comparison made the legs look slender. The development of the chest and back was concealed by the high-necked jersey, and

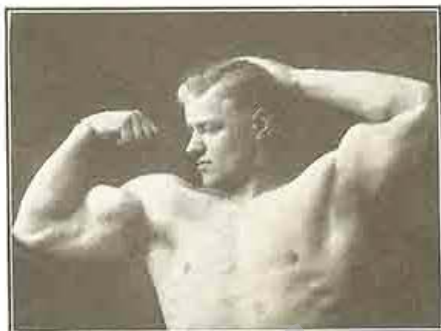
the only parts of the body which were really displayed were the lifter's mighty arms. (To be perfectly frank, many of these old-time lifters had ordinary legs and only fairly good chests, and that is why the modern lifter who develops all of his body can outlift the old-timer by hundreds of pounds.)

In the old days they had only short-handled dumbbells, and they were forever grasping a dumbbell in one hand, swinging it to the shoulder, and then laboriously pushing it aloft as many times as possible. The one idea in those times was to develop the arms.

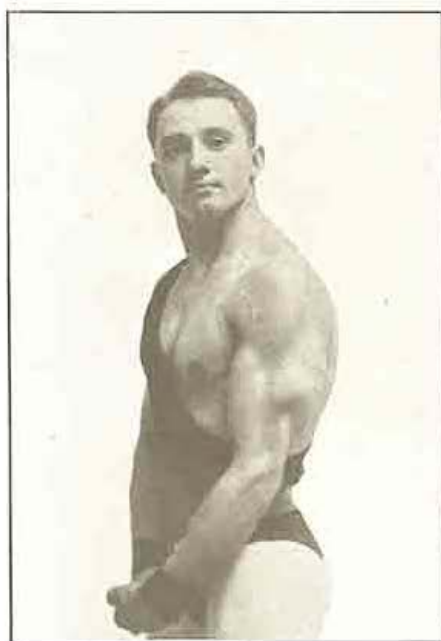
Modern lifters and Strong Men have arms which are just as big and just as powerful as the old-timers had, but the modern man's arms do not **APPEAR** as large, because, instead of being attached to an average-sized body, they are attached to a wonderful pair of shoulders, a deep chest and a broad, straight back. Again, the fact that all the good modern lifters have legs which are developed to the limit, detracts from the prominence formerly given to the arms. Formerly the arms appeared to be developed out of proportion to all the rest of the body; nowadays, while the lifter's arms are just as large as before, they appear as harmonious parts of a symmetrically developed frame.

The physical culturist who has practiced nothing except light exercises with pulley weights and Indian clubs, steel springs or rubber strands, has no idea at all what a well-developed pair of arms really is. In the course of a year many hundreds of measurement blanks come before me for inspection, and I have come to the conclusion that the average physical culturist has a forearm measuring about  $10\frac{3}{4}$  inches, and a flexed upper arm measuring  $12\frac{3}{4}$  inches. Mind you, I am speaking of trained physical culturists—men and boys who, when they enroll with me, have spent anywhere from one month to three or four years vainly striving to develop themselves by the ordinary light methods.

Take a hundred experienced weight-lifters—not professionals — amateurs who use heavy bar-bells and dumbbells for the sake of strength and development—and you will find that the average forearm is  $12\frac{3}{4}$  inches, average upper arm  $15\frac{1}{2}$  inches. The forearm measurement is taken with the arm held stiff and straight, with the fist clenched; and the upper-arm measure-



JOSEPH NORDQUEST



ANTON MATYSEK

ment is taken with the arm bent at right angles at the elbow and the upper-arm muscles tense.

There is a tremendous difference between a 15½-inch upper arm and a 12¾-inch upper arm. The 15½-inch arm looks almost twice as big as the 12¾-inch arm. In order to give you an idea of what a difference a few inches make, I refer you to Figure A, which shows the 15½-inch arm of a fine wrestler in comparison with a 20-inch upper arm of the giant lifter, Apollon. Note how much bigger Apollon's arm looks. If you were to take the wrestler's arm and put it alongside a 12¾-inch arm the difference would be just as great.

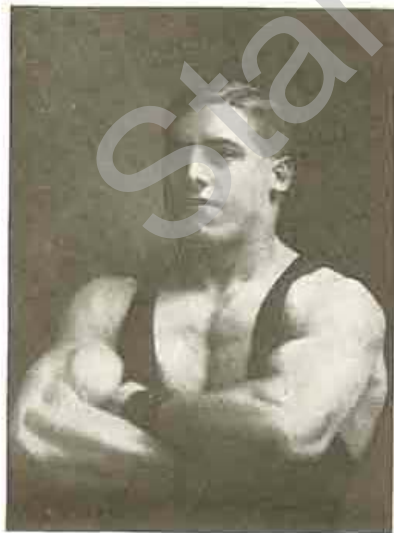
The development of the professional Strong Man is not abnormal in any way. If the average man practices a couple of hours a week at developing exercises with bar-bells, he can develop a tremendously muscled pair of arms.

I am fortunate in being able to point to examples of arm development among the athletes whose pictures appear in this number and in previous numbers of STRENGTH. In the first place, let us consider the arm of Mr. Waldon R. Adams, whose picture appeared on the cover of the last January number. Here is a marvelous arm, and if we take it part by part, we can determine what makes the wonderful effect.

First let us consider the forearm. You will note that it appears to be almost as large as the upper arm. The part of the forearm which in the picture is nearest the biceps, appears simply tremendous; that is because Adams has tensed that muscle (which is one of the flexors of the arm); it is a muscle that is called into extremely vigorous action every time the lifter swings a bar-bell or dumbbell from the floor to his shoulder. The effect of this tremendous forearm development is to make the upper arm itself appear very short and thick, and the effect is helped along by the tremendous deltoid muscle on the point of the shoulder. Some very careless observers, seeing arms like Sandow's, Adams' and Matysek's, have made the error of thinking that their upper-arm muscles are very short. The fact is that the upper-arm muscles of a lifter are just as long as the muscles of the Indian-club devotee, but in the lifter's case the ends of the upper-arm muscles are concealed by the tremendous shoulder and forearm development.

The length of an upper-arm muscle is governed by the length of the upper-arm bone. You can make your upper-arm muscles tremendously thick and powerful by using heavy weights, but you cannot make them any shorter.

As most physical culturists know, there are two large muscles in the upper arm: the biceps muscle, which bends the arm, and the triceps muscle, which straightens it. The triceps muscle is 50 per cent. larger and stronger than the biceps muscle. The triceps muscle is rarely developed to any extent except in those who have exercised with heavy bar-bells.



ROBERT RUCKSTOOL

To give you an idea of the relative size of the biceps and triceps muscles, refer again to the picture of Adams on the front cover of the January issue, and the picture of Nordquest on page 11. If you will study the upper arms carefully in these two pictures you will see the biceps muscle (which is the lump on top of the arm) is not nearly as big as the triceps muscle, which makes up all that great bulk on the under side of the arm in these pictures.

To give you a still better idea of the size of the triceps muscle, refer to the picture of Matysek on page 11, and also to the picture of Nordquest on the front cover of the March STRENGTH. In these pictures you will see the triceps in a state of flexion. In both cases the triceps is fully developed and assumes what Strong Men call the "horseshoe shape." The picture of Durner on page 16 (the one where he is leaning against the column) will give you a good idea of the comparative size of the triceps and biceps muscles. On the upraised arm there is a certain shadow running from the elbow joint to the armpit. Above the shadow is the biceps muscle; below it is the triceps muscle.

If you want to display the muscles of your upper arm to the best advantage you should hold the arm at right angles and then flex the muscles. If you bring your hand close to the shoulder you flex the biceps, but what you gain by bunching up the biceps you lose by releasing the tension on the triceps. If you hold the forearm at right angles to the upper arm, and then hold the upper arm out horizontally from the shoulder, you can, by simultaneously flexing all the arm muscles, get the greatest possible size and muscular display. In a future article I will describe the muscles of the arm and endeavor to tell you the way they work.

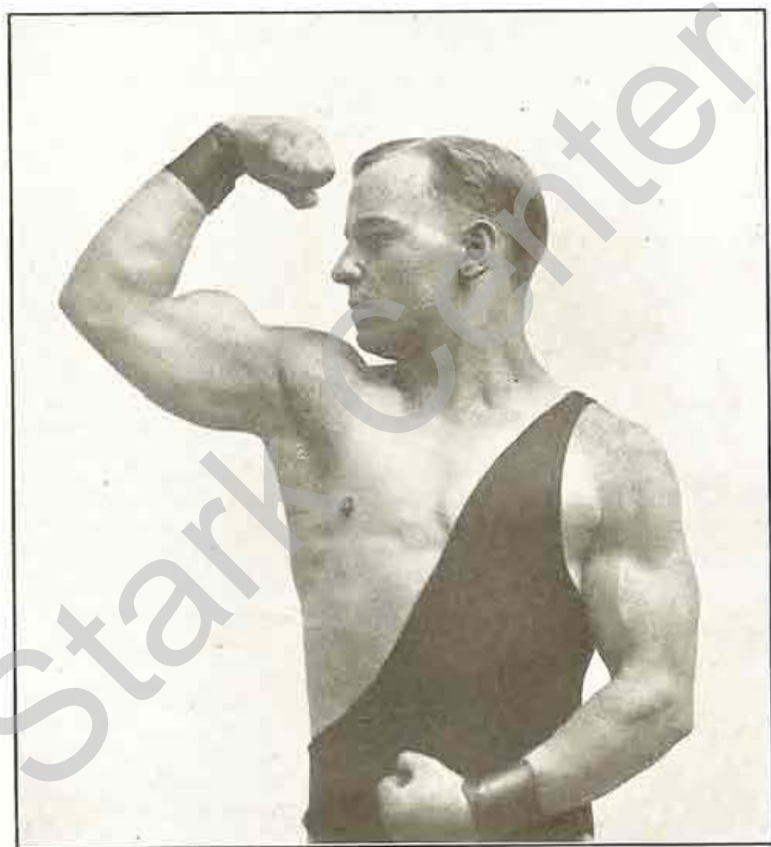
There is another thing about arm development which is usually overlooked by physical culturists, and that is that the shape of a muscle often denotes its quality. Measurements of muscles denote only size; they can give you no idea of shape or power. If you will again examine the pictures of my pupils you will notice that their upper arms are beautifully molded and look tremendously strong. A fat man may have a 16-inch arm and yet his arm will look flabby and weak. A muscular arm 16 inches in girth is two or three times as strong as a flabby arm of the same size. You cannot determine who is the best built man by merely comparing measurements. Many an athlete has had arms and legs and chest as big as Sandow, but not one in a thousand ever equaled Sandow in beauty of form.

As an example of unusual arm development, I am showing on page 12 the picture of a former pupil. This photograph is of Robert Ruckstool, of Philadelphia. It was taken when he was about nineteen years old and the champion lifter of Pennsylvania in his class. Ruckstool weighed about 150 pounds, and made some remarkable lifting records. He was one of the few lifters who can raise as much above the head with the left arm as he can with the right arm. I think you will admit that Ruckstool's forearms and upper arms are wonderful, but they are not a bit more extraordinary than his shoulder, chest and upper-back muscles which control the movements of the arms.

*(To be continued)*

**CHAS. W. DURNER**

I am glad to be able to show my readers pictures of my pupil, Mr. Durner, in this number, because it helps me to make more clear the points in my article on "Arm Development." In that article I referred to the picture of Mr. Durner which appears on page 16, calling attention to the comparative size of the biceps and triceps muscles. The other pictures give me an opportunity to prove some of the other assertions in the article about

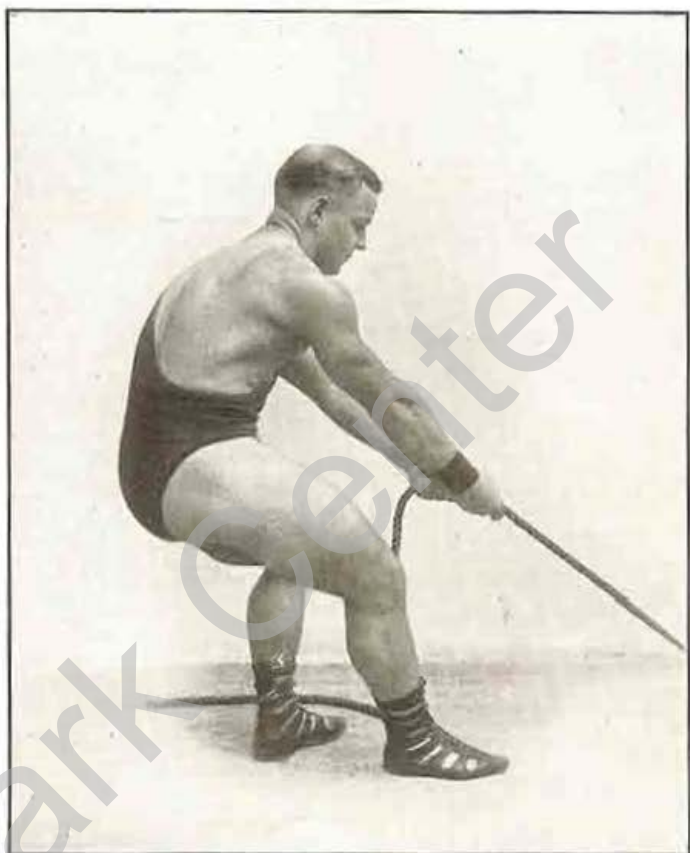


the arms. The picture on page 14 was posed especially to show the development of the arms. Mr. Durner's right arm is wonderfully proportioned. The great size of the biceps is balanced by the equally large triceps and deltoid muscles; the forearm is in proportion to the upper arm, and this gives the whole arm an appearance of tremendous power.

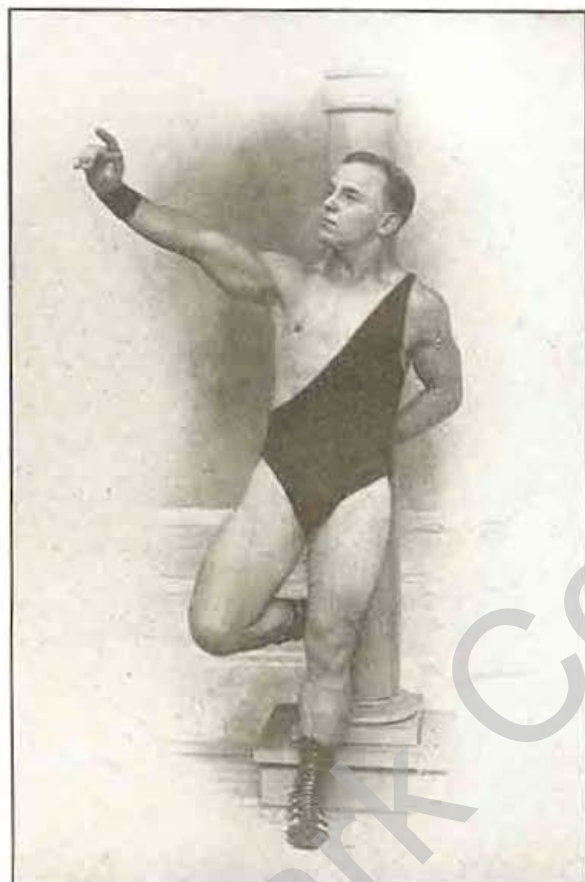
Now examining the picture where Mr. Durner is hauling at the rope, this pose brings into high relief the great muscles of the broad of the back, and also shows the leg to great advantage. On account of the angle from

which the picture was taken, the forearm appears wide and the upper arm comparatively small, but the reason that the upper arm appears so small is because it is overshadowed by the enormous muscle mass of the back.

Looking at the half-length picture, one might consider that the upper-arm muscles were overdeveloped; looking at the picture where Durner is hauling the rope, the upper arm seems to be in exact proportion to the rest of the body, which proves that a 15" arm does not appear out of proportion on a body that is developed throughout. Turning to the picture on the front cover, you get another view of Mr. Durner's right arm and shoulder. If you will cover the legs and the left arm, it makes the right arm look huge; but when you take in the whole picture at a glance, the right arm appears to be in correct proportion to the rest of the body.



Mr. Durner purchased a Standard Size Milo Triplex Bell in 1912, and has done all his training with that apparatus. I doubt if I would have heard of Mr. Durner if it had not been for one of his friends. This young man, who is also a pupil of mine, told me about Mr. Durner's wonderful development, and I succeeded in persuading Mr. Durner to have some pictures taken, and you see the results on these pages. He is very fond of wrestling and hand-balancing, and he says that on account of the strength he gained from practicing with the Milo Triplex Bell he has never been thrown. His compact build and extraordinary leg development give him all-round strength and enable him to lift and carry huge weights, while he has endurance enough to wrestle sixty minutes at a stretch, or to exercise steadily for thirty minutes with his bar-bell without pausing for breath.



So. Allentown, Pa.,  
September 22, 1915

Mr. Alan Calvert, Propr.,  
The Milo Bar-Bell Co.,  
Philadelphia, Pa.

Dear Sir:

As your records will show, it is about three years since I purchased my Milo Triplex Bell from you. At that time I was an undeveloped and also a very fat young man, notwithstanding the fact that for some time previous I had been practicing wrestling, boxing and hand-balancing, in the endeavor to obtain a MUSCULAR figure.

As soon as I commenced to work with the bar-bell the surplus flesh began to turn into solid muscle, and from being merely fleshy I steadily became more and more muscular in appearance. Before I purchased a bell from you I was unable to push 60 pounds above my head with one hand. At present I have

the Milo Triplex loaded to 155 pounds, and I can push it aloft with comparative ease. I have nothing heavier, so I do not know how much more I could do if I tried. I can snatch 120 pounds with one hand, and jerk 140 pounds. I weigh 140 pounds myself, and I am only 5 feet 2 inches in height. The following measurements were taken by the director of the Allentown Y. M. C. A.:

Normal chest .....	38 "
Upper arm .....	15 $\frac{1}{8}$ "
Waist .....	29 $\frac{1}{2}$ "
Thigh .....	23 $\frac{1}{2}$ "
Calf .....	16 "
Neck .....	16 $\frac{1}{4}$ "

At present I use the bell three times a week, but it has been two years since I tried any record-making work.

Yours very truly,

(Signed) Chas. W. Durner

614 Greenleaf Street



## The Lifting Contest at the Panama-Pacific Fair

When the Olympic Games were revived about fifteen years ago, the program included two lifting events: the first was a One-Hand Lift above the head with a short-handle dumb-bell, and the second was a Two-Hand Lift above the head with a bar-bell. At the first meet in Athens both lifts were won by Elliott, the giant English amateur. When the games were held in St. Louis, I believe both events were won by Fred Winter, of New York, there being no foreign contestants. At the third meet in Athens, I cannot recall the winners, but I have an impression that the Two-Hand event was won by Tofolas, the Greek champion, and the One-Hand event by Schneidereit, the German amateur.

Since then the weight-lifting contests were, I believe, omitted from the program. This spring someone called my attention to the fact that there was a program of ten lifting events included in the program of the games to be held at the Panama-Pacific Fair. I secured a list of the events, and after studying them over I came to the conclusion that there would be few entries, because several of the lifts scheduled were extremely unusual—lifts that had not been practiced by the present generation of lifters; so I dismissed the subject from my mind.

In the early summer I received word from Mr. Treloar, the trainer of the Los Angeles Club, stating that the lifting events had been canceled and



OWEN CARR

asking me to work with him to have them replaced on the program. On making an united appeal to the committee, we received the most prompt and courteous answer from Mr. Hauser (the chairman), stating that the events would be run off as originally scheduled.

Meanwhile I had heard from two or three of my pupils, who had written me stating they were very anxious to compete at San Francisco, but that they did not know what the lifts were to be. On getting Mr. Hauser's decision I notified several of my pupils that they could go ahead and train, and I sent them a list of the lifts. Mr. Carr, of Portland, who got notice only ten days before the event, immediately packed up and started for San Francisco; and Mr. Karasick, who lives in San Francisco,

promptly entered, although at the time he was so lame that he could hardly walk, having broken a toe. Mr. Littrell, also of San Francisco, had sprained his shoulder while wrestling, and so was unable to compete, but the committee appointed him referee, and he sent a number of his bar-bells to the meet for the use of the competitors.

Mr. Treloar came from Los Angeles, bringing with him Noah Young, Jr., and A. L. Martin. I am sorry not to be able to show you a picture of Mr. Young. I sold Mr. Young a heavy Plate Bell in 1910, and a few months after he bought it he wrote me that he was able to make the following lifts:

One-Arm Press, 180 pounds.

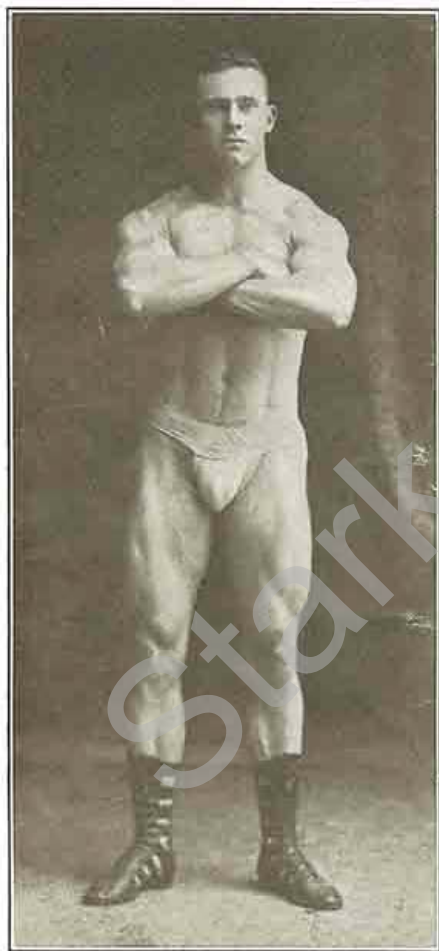
One-Arm Jerk, 140 pounds.

In April, 1913, Mr. Young further reported that he had jerked with one arm 175 pounds, and that he could lift 210 pounds in the "wrestlers' bridge" position. Mr. Young's 1913 record in the One-Arm Jerk is greater than his record in the same lift the first night of the contest. I have explained on page 20 how this is perfectly possible.

At that time Mr. Young lived in Wyoming. About the first of this year he moved to Los Angeles, and since then has had the benefit of the special coaching of Mr. Treloar, and I think we can agree that Mr. Treloar is to be congratulated on the success of his protégé. Mr. Young weighed 210 pounds, and they say he is an impressive figure. I am able to show a picture of Mr. Martin.

Mr. Martin is the owner of a Large Size Milo Triplex. He sent me this picture several months ago, and I have been waiting for a chance to show it.

The lifting events were held on the nights of August 6th and 7th. Mr. Karasick competed in only three events, two of which he won, creating



OWEN CARR

a new official American record in one of the events. The contest narrowed down to Young and Carr. Carr, who had not been able to train at all after reaching San Francisco, and who had never practiced some of the lifts, was unable to show his best. Carr weighed only 168 pounds, which was 42 pounds less than his rival weighed. He stuck gamely to the work and was awarded second prize. Young won the contest with 41 points, securing 8 firsts and 1 third; Carr was second with 27 points, scoring 9 seconds; Karasick was third with 17 points; Martin was fourth with 5 points. The following is a list of the events of the lifts made by each competitor:

### FIRST NIGHT

**Holding out kettle-bell in each hand:**—Karasick 1st, with 72½ lbs. in each hand; Carr 2d, with 70 lbs. in each hand; Young 3d, with 65 lbs. in each hand.

**Curling one dumbbell in one hand:**—Young 1st, with 74 lbs. in one hand; Karasick 2d, with 69½ lbs. in one hand; Martin 3d, with 65 lbs. in one hand.

**One-Arm Snatch:**—Young 1st, with 150 lbs.; Carr 2d, with 142 lbs.; Karasick 3d, with 135 lbs.

**One-Arm Jerk:**—Young 1st, with 169 lbs.; Carr 2d, with 167½ lbs.; Karasick 3d, with 155 lbs.

**Two-Arm Press:**—Karasick 1st, with 191¾ lbs.; Carr 2d, with 185 lbs.; Martin 3d.

### SECOND NIGHT

**Two-Arm Curl:**—Young 1st, with 209½ lbs.; Carr 2d, with 200 lbs.; Martin 3d, with 190 lbs.

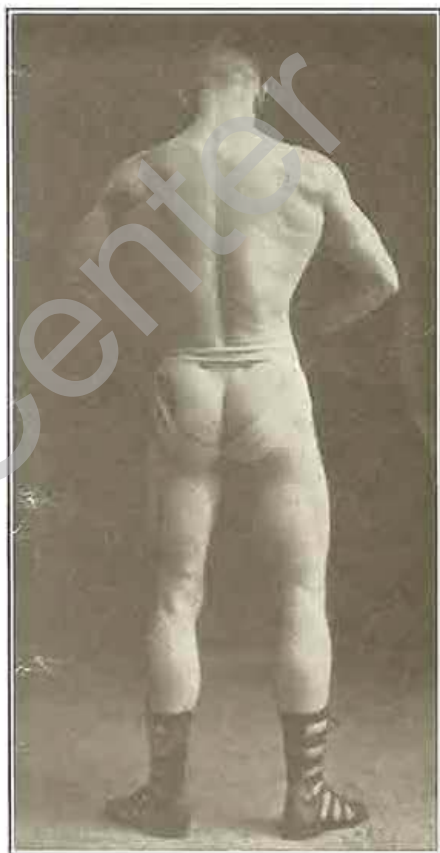
**Tossing a bar-bell to shoulder from ground with one hand:**—Young 1st, with 187 lbs.; Carr 2d, with 173 lbs.

**One-Arm Side Press with Stiff Legs:**—Young 1st, with 154½ lbs.; Carr 2d, with 150 lbs.

**Tossing a dumbbell in each hand above the head:**—Young 1st, with 210 lbs.; Carr 2d, with 207 lbs.

**Two-Arm Jerk with Bar-Bell:**—Young 1st, with 217 lbs.; Carr 2d, with 207 lbs.

Although Mr. Carr said very little about it, I know that he was very much chagrined by the result. He felt that if he had known which lifts were to be made about a month before the contest, he could have practiced them and shown much better results on the day of the contest. As it was, he came to the contest almost totally unprepared. He was the lightest man of the lot, and the battle between him and Young was like a fight between a middle-weight and a heavy-weight. On these pages you will find three poses of Mr. Carr which I consider the finest I have ever seen. Comment is unnecessary. Mr. Carr writes me that he is going to train and endeavor



OWEN CARR



L. M. LITTRELL (who refereed)

but if the high jumper entered an all-round track contest where there were ten events, including throwing weights, short and long-distance running and different kinds of jumping, he might be fortunate to clear 5 feet 7 inches, if the high jump came near the end of the program. The number of events explains why the records were not higher. Another factor in keeping the records down was that the competitors were, in my opinion, compelled to make too many trials. I suppose you have all witnessed a high-jumping contest, and you know that the jumper is allowed three jumps at each height; for instance, if the bar is at 5 feet 6 inches, he is given three trials to clear it. The same thing applies when the bar is at 5 feet 7 inches or 5 feet 8 inches. In putting the shot the competitor is allowed three puts, and he has to stand by his best put. I believe that this principle is the one that should have been applied to lifting. I am not positive, but I believe that in the San Francisco meet the competitors were allowed three trials at each weight, and I think much better lifting would have resulted if they had been allowed three trials at each event; that is, instead of being allowed to have three trials to raise 150 and then 160 (if the event were a "Two-Arm Press"),

to make new records in these lifts. In the third event on the second night, the "One-Arm Press," the officials on protest by Mr. Treloar barred the "Bent-Press." Mr. Carr has a record of about 240 pounds in the "Bent-Press," but was obliged to abandon his favorite style and lift with straight legs, with which style he was unfamiliar.

Lifting enthusiasts missed a great treat by reason of the accidents to Mr. Karasick and Mr. Littrell. Mr. Karasick kept on competing until pain forced him to quit. If he had been able to continue there would have been a three-cornered contest. Mr. Littrell, when he found he would be unable to take part, offered his services and helped a great deal in making the contest successful. The lifts were held in the Zone Plaza and were witnessed by thousands of people.

My readers who have kept track of the records made by my pupils may very sensibly ask why it was that the records made in this contest were so much lower than the best records. The explanation lies in the fact that this was an all-round lifting event, and in some of the events the competitors lifted for a couple of hours. To give you a parallel case, a high jumper might easily clear 6 feet 2 inches in his specialty, if that were the only event in which he competed,



A. L. MARTIN

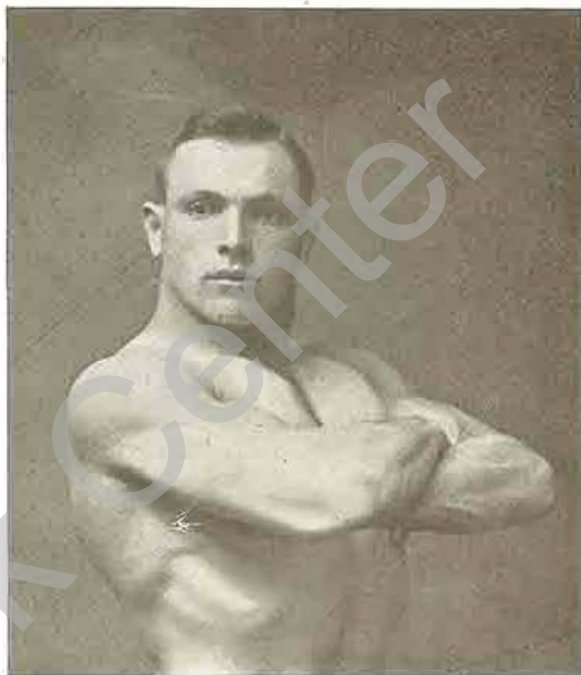
they should have been allowed to make three presses, the best one to stand as their record in that event. However, this is only my opinion, and you can take it for what it is worth.

Considering the lack of time they had to prepare for the contest, I think it was very successful. The competitors tell me that they received every courtesy and consideration from Mr. Hauser and the committee, while on his part Mr. Hauser wrote me that he considered the event a great success, and I believe that he is glad he replaced it in the program.

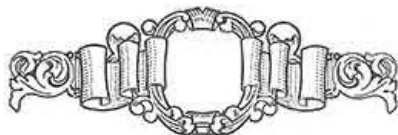
The list of the events on page 19 does not quite correspond with the official list published by the committee. The list I have published was furnished me by Mr. Littrell. The weights vary by a fraction of a pound in some of the lifts, and by several pound in others. Mr. Littrell is a trained lifter and is perfectly familiar with all the different terms used to describe lifting.

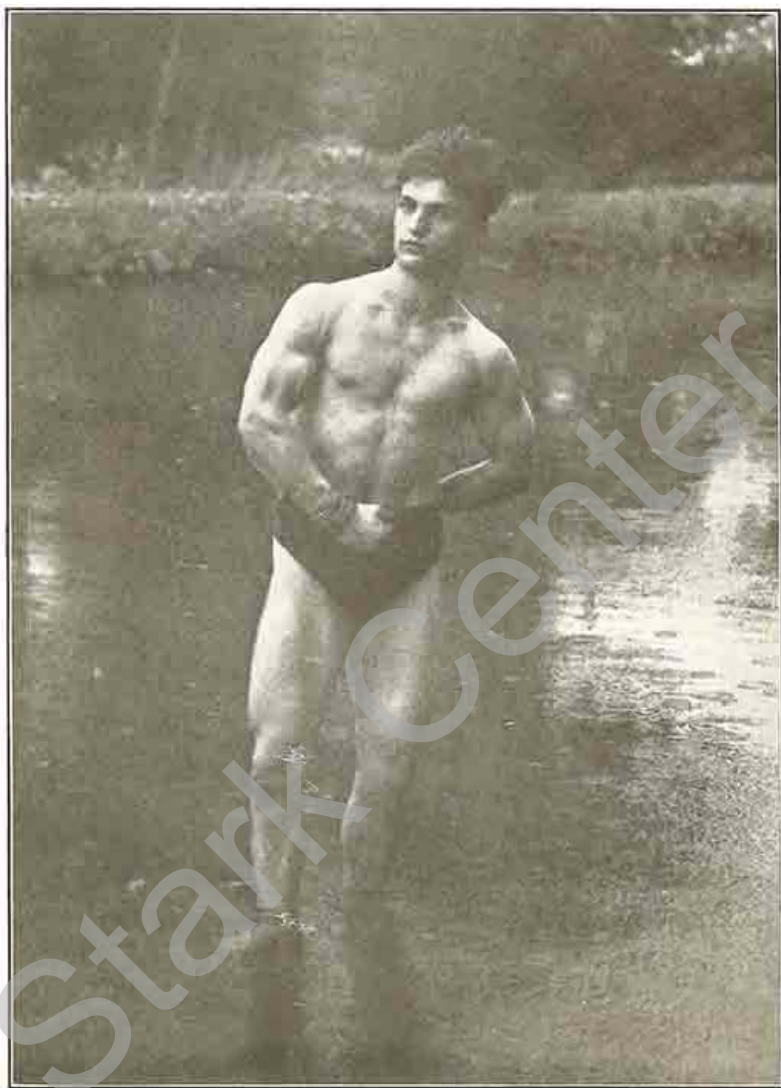
The committee in charge was not familiar with lifting terms, and I am inclined to believe that several stenographic errors crept into the official account.

Mr. Young has never sent me any photographs, so I am unable to show his pictures here. I have not had any recent pictures of Mr. Karasick. In the October, 1914, number of STRENGTH I published an account of Mr. Karasick's feats of strength and showed two or three pictures of him. I reproduce one of these pictures on this page.



ALEXANDER KARASICK





**ROBERT SNYDER**

Some of my old readers may remember pictures of young Robert Snyder which I published in my magazine over a year ago. Those who have copies of the booklet "General Strength" would do well to compare the old pictures of Snyder with the picture on this page. Mr. Snyder has grown much more powerful in the last twelve months. Snyder weighs only 125 pounds, yet he can push above his head with the right hand a bar-bell weighing over 190 pounds. Some time this autumn he expects to make a record of 200 pounds, and if he does that he will undoubtedly be the strongest man of his weight in America.

The picture above is an enlargement from a small Kodak snapshot. If they call Miss Annette Kellerman the "Diving Venus," I suppose we might call Mr. Snyder the "Bathing Hercules."

## SPECIAL NOTICE

In the first place, this little magazine STRENGTH is entirely a complimentary affair. I do not sell it; I give it away. If you will examine the cover you will see that there is no price named. I mention this because several hundred people have written in to me and asked for the subscription price, and I wish to repeat that there is no subscription price. This magazine is just part of the service I give to my pupils and correspondents.

STRENGTH is not a monthly publication. Heretofore it has been issued irregularly, but from now on I expect to publish a copy once every sixty days; that is, six times a year.

I hope to make the magazine better and better as I go along. My aim will be to make each number finer than the ones that precede it. I intend to continue my articles on "Bodily Development," and I will be able to show you some attractive pictures of wonderfully developed athletes. In the next number (November) I will continue my article on "Arm Development," and I expect to be able to report the results of numerous lifting contests held in various parts of the country by clubs formed of Milo enthusiasts.

Perhaps you have a friend who is interested in building up a powerful, beautifully-developed body; if so, I will be glad to put his name on my mailing list and send him copies of STRENGTH regularly. You can send in your friend's name, using the coupon on the bottom of this page; or you can give the coupon to your friend and let him mail it in. The place at the center of the coupon is for the name of the new reader, and your name should appear at the bottom of the coupon. Do not put your name on the top line, because that would mean that you would get a duplicate lot of magazines. The fact that you have received this copy is proof that your name is already on my mailing list.

Naturally, there is no obligation attached to the signing of this coupon. It merely gives some friend a chance to obtain the STRENGTH magazine free of charge. I will depend on you to give this coupon to someone whom you positively know is interested in physical culture.

ALAN CALVERT

### COUPON

Mr. Alan Calvert,

c/o The Milo Bar-Bell Co., Philadelphia, Pa.

Please put my name on your mailing list and send me a free copy of STRENGTH each time it is issued.

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This is the latest photograph  
of  
**ANTON MATYSEK**

Lately a friend of mine showed me a photograph of a famous statue of Achilles. I ventured the assertion that my pupil, Matysek, had a better figure than the sculptor's representation of the Greek hero. I took Anton to my photographer's, fixed him up with spear, shield and helmet, and you have the result on this page. I consider this picture absolutely unequaled as an example of combined strength, grace and bodily beauty. In other words, I think it is the finest picture of its kind ever taken in this country.

I have been asked hundreds of times if I sell pictures of "Strong Men." Up to now I have never sold a picture—it is out of my line—but this particular photograph is so surpassingly fine that I have decided to allow my readers to obtain copies of it.

You can get a copy of this photograph for 25 cents—size 6 x 8 inches—printed from the original photographic plate on heavy paper and suitable for framing. The cut on this page gives you only a faint idea of the beauty of the original photograph.



Anton Matysek posed as  
**ACHILLES**

(Picture Copyright by The Milo Bar-Bell Co.)



Issued by  
**THE MILO BAR-BELL CO.**  
1011 Chestnut Street  
Philadelphia, Pa.