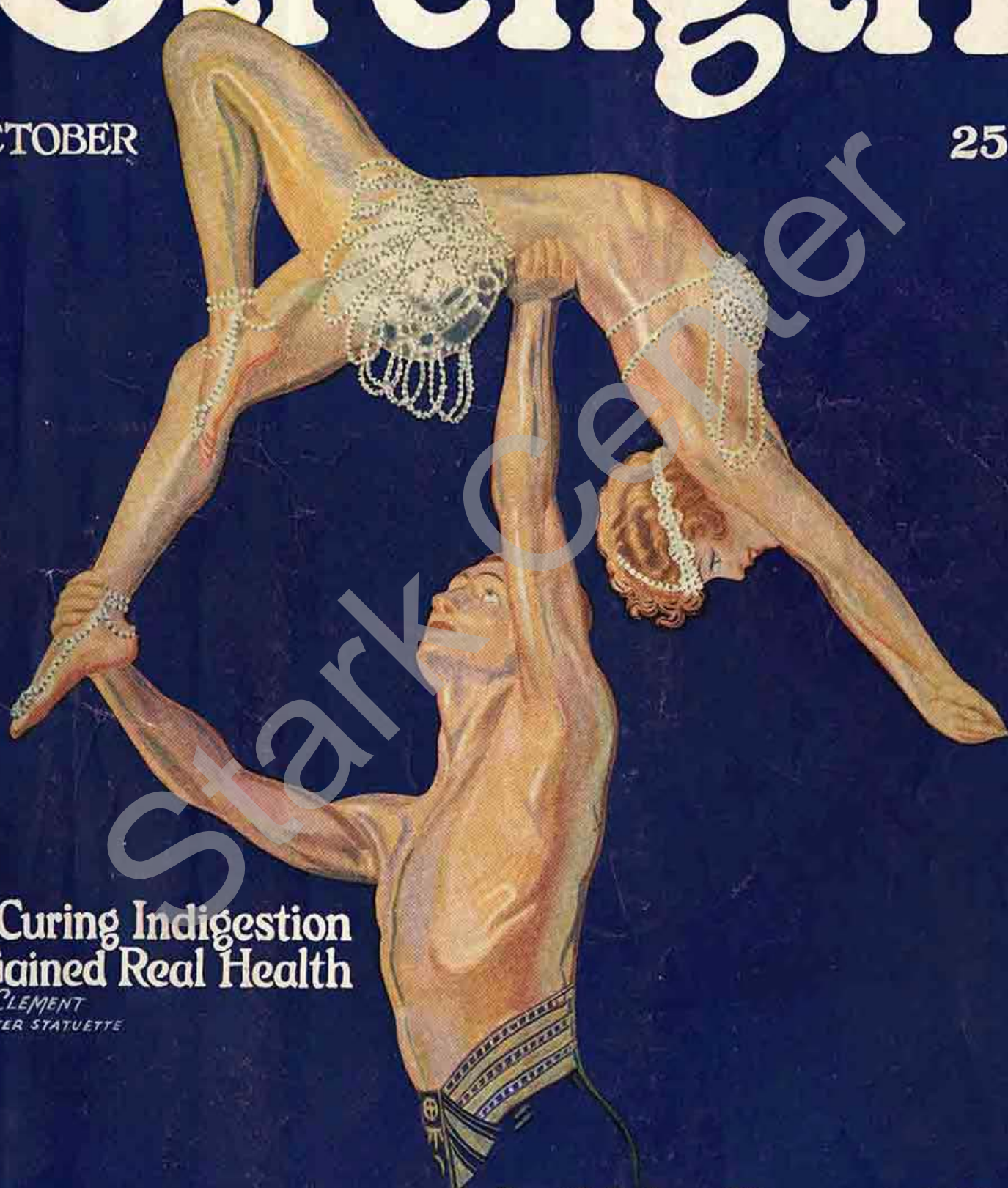


The Menace of Kidney Diseases

# Strength

OCTOBER

25¢



In Curing Indigestion  
I Gained Real Health

W. N. CLEMENT  
AFTER STATUETTE

What Makes Champion Athletes?  
Do Stage Beauties Exercise?



# Bar-Bells are Recognized as the Most Efficient Body Builders AND MILO MAKES THE BEST



W. BURNS

## THE MILO GUARANTEE IS MADE FOR YOU

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

## Send at Once for Our Free Catalogue of Bells and the Strong Men Milo Has Developed

"Health, Strength and Development and How to Obtain Them," is the title of this catalogue. It contains a complete list of prices, sizes of bells we manufacture, weights of each type of bell, and also shows what physical benefits can be obtained from their use.

### STRONG MAN SHOWS

will be held in New York City and Philadelphia in October. These shows, which have been such successes, are held jointly by the A. C. W. L. A. and The Milo Bar-Bell Company.

On Saturday evening, October 3rd, a show will be held in Bryant Hall, 723-27 Sixth Avenue, New York City, at 8 o'clock. This hall is between 41st and 42nd Streets, and is only five minutes' walk from Times Square.

On the following Saturday evening, the 10th, a show will be held in Philadelphia at the Milo Building, 2745 N. Palethorp Street, at 8 o'clock.

New talent will be on hand, which will include some of the strongest men in the world. All lifting will be genuine.

A. C. W. L. A. members will be admitted free by membership card only. The admission to non-members is 50 cents.

## THE MILO BAR-BELL CO.

2739 N. Palethorp Street

Dept. 112  
Philadelphia, Pa.

THE MILO  
BAR-BELL CO.  
Dept. 112, 2739 N.  
Palethorp St.,

Gentlemen: Please send me without obligation on my part your free catalogue: "Health, Strength and Development and How to Obtain Them."

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

**BECOME  
A MILO  
MAN**

We print the pictures below to make clear to you the great variety of styles the Milo Bar-Bell Co. manufactures. These sets represent only a few of our makes. You will easily see that the Milo Bells are perfectly made and expertly designed. All our sets are complete and the three separate courses that go with the Milo Sets are laid out by one of the greatest authorities on Bar-Bells as body and strength builders. This authority is none other than Geo. F. Jowett, president of the A. C. W. L. A., and himself a record holder. Mr. Jowett personally handles your training when you become a Milo Pupil.

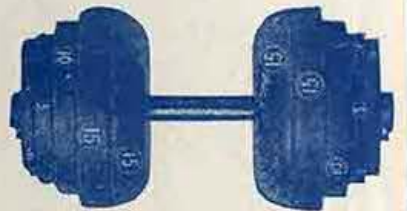
## WE SHOW YOU ON THE LEFT WHAT BAR-BELLS WILL DO FOR YOU

The Milo Bells and Courses have developed countless men like Mr. Burns. They are developing them every day. Mr. Burns is a record holder and his powerful, beautifully-proportioned body does not belie it.

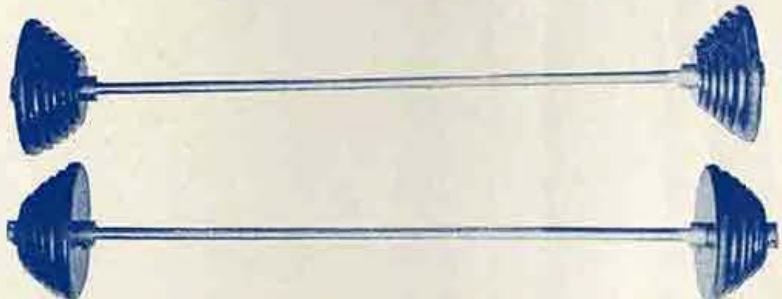
## ALL YOU NEED IS A MILO BAR-BELL AND COURSES

And soon you, too, can have the physique you hope for. You are not too weak nor too strong for a Milo Bar-Bell. They supply every physical training need and whim.

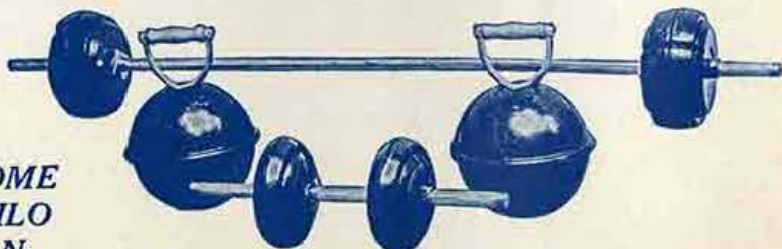
BELOW ARE 3 OF THE MANY DIFFERENT TYPES OF BELLS MADE BY THE MILO CO.



Our Regular 100-lb. Outfit—With This Set You Get 2 Kettle-Bell Handles. Only one is Shown Here.

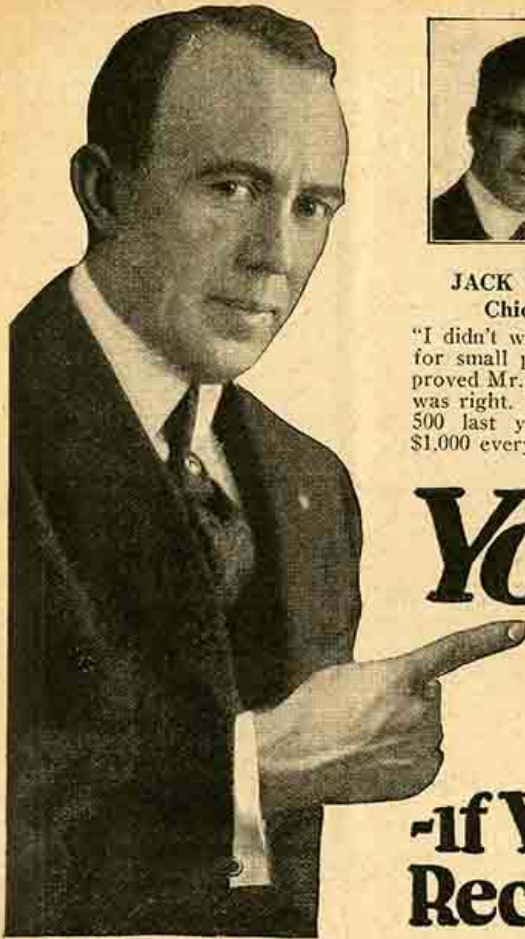


The Monarch Bell With Which You Get a Dumbbell and 2 Kettle Bell Handles. Designed for Us by Geo. F. Jowett.



This is Milo Duplex—the Best Looking Sets Made





J. E. GREENSLADE

JACK WARD  
Chicago

"I didn't want to work for small pay. Easily proved Mr. Greenslade was right. Made \$13,500 last year—over \$1,000 every month."

WARREN HARTLE  
Chicago

"After 10 years in the Railway mail service I decided to make a change. Earned more than \$1,000 the first 30 days."

F. WYNN  
Portland

"Last week my earnings amounted to \$554.37; this week will go over \$400. Thanks to the N. S. T. A."

GEO. W. KEARNS  
Oklahoma

"From \$60 a month working on a ranch, to \$524 in two weeks, is the step I took after this training."

# You're Fooling Yourself

## -if You Think These Big Pay Records Are Due to LUCK!

But don't take my word for it! When I tell you that you can quickly increase your earning power; I'll PROVE IT! FREE! I'll show you hundreds of men like yourself who have done it. And I'll show you how you can do it, too.

I'll come directly to the point. First you'll say, "I could never do it. These men were lucky." But remember, the men whose pictures are shown above are only four out of thousands and if you think it's luck that has suddenly raised thousands of men into the big pay class *you're fooling yourself!*

### Easy to Double Salary

But let's get down to your own case. You want more money. You want the good things in life, a comfortable home of your own where you can entertain, a snappy car, membership in a good club, good clothes, advantages for your loved ones, travel and a place of importance in your community. All this can be yours. And I'll prove it to you, FREE.

First of all get this one thing right: such achievement is not luck—it's KNOWING HOW! And KNOWING HOW in a field in which your opportunities and rewards are ten times greater than in other work. In short, I'll prove that I can make you a Master Salesman—and you know the incomes good salesmen make.

Every one of the four men shown above was sure that he could never SELL! They thought Salesmen were "born" and not "made"! When I said, "Enter the Selling Field where chances in your favor are ten to one" they said it couldn't be done. But I proved to them that this Association could take any man of average intelligence regardless of his lack of selling experience and in a short time make a MASTER SALESMAN of him—

make him capable of earning anywhere from \$5,000 to \$10,000 a year. And that's what I'm willing to prove to you, FREE.

### Simple as A B C

You may think my promise remarkable. Yet there is nothing remarkable about it. Salesmanship is governed by rules and laws. There are certain ways of saying and doing things, certain ways of approaching a prospect to get his undivided attention, certain ways to overcome objections, batter down prejudices and outwit competition.

Just as you learned the alphabet, so you can learn salesmanship. And through the NATIONAL DEMONSTRATION METHOD—an exclusive feature of the N. S. T. A. System of Salesmanship Training—you gain the equivalent of actual experience while studying.

### Years of Selling Experience in a Few Weeks

The N. S. T. A. System of Salesmanship Training and Employment Service will enable you to quickly step into the ranks of successful salesmen—will give you a big advantage over those who lack this training. It will enable you to jump from small pay to real man's income.

### Remarkable Book, "Modern Salesmanship," Sent FREE

With my compliments I want to send you a most remarkable book, "Modern Salesmanship."

It will show you how you can easily become a Master Salesman—a big money-

maker—how the N. S. T. A. System of Salesmanship Training will give you years of selling experience in a few weeks; how our FREE Employment Service will help select and secure a good selling position when you are qualified and ready. And it will give you success stories of former routine workers who are now earning amazing salaries as salesmen. Mail the coupon today. In every man's life there is one big moment when he makes the decision that robs him of success—or leads him on to fortune. This may be your turning point. You may be face to face with your BIG opportunity. Your decision right now is important. Send the attached coupon at once and you will have made the first long stride toward success.

### National Salesmen's Training Association

Dept. R-21, N. S. T. A. Bldg.  
CHICAGO, ILL.



National Salesmen's Training Association  
Dept. R-21, N. S. T. A. Bldg., Chicago, Ill.

Send me free your book, "Modern Salesmanship," and Proof that I can become a MASTER SALESMAN.

NAME .....  
ADDRESS .....  
CITY ..... STATE.....  
AGE ..... OCCUPATION.....





# Strength



OCTOBER, 1925

Vol. X

No. 8

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Sculpture by Beatrice Fenton

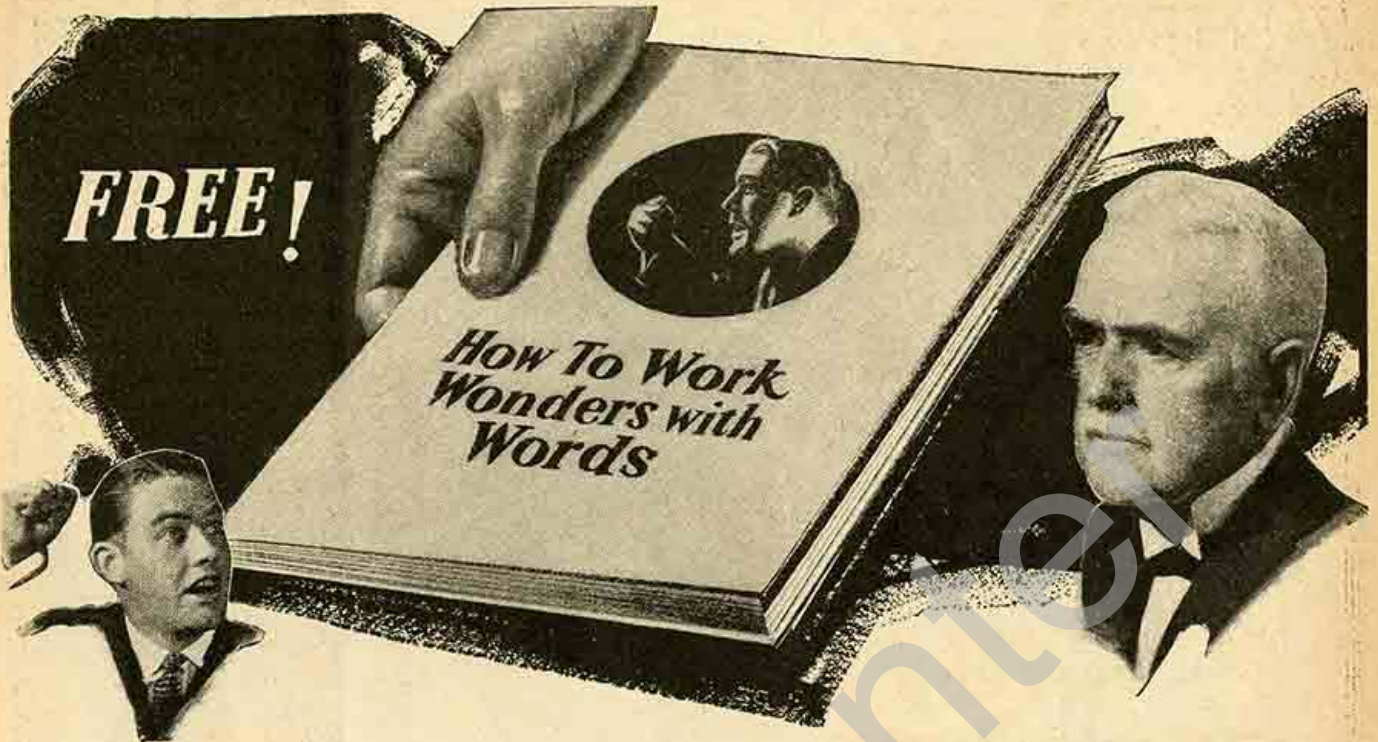
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## Not Only Men Who Have Made Millions Send for this Astonishing Book ~but Thousands of Others!

Many successful business men have sent for this amazing book NOW MAILED FREE. Such men as Walter C. Ford, of the Ford Manufacturing Company; C. F. Bourgeois, President of Robischon and Peckham Company; H. B. McNeal, President of the Telephony Publishing Company; Guy H. Shearer, Cashier Filer State Bank; and many other prominent, prosperous business executives are unstinting in their praise of it. But don't think it is only for big men. Thousands of young men have found in this book the key to advancement in salary and position, popularity standing, power and real success. You can now obtain your copy absolutely free by writing at once.

**T**ODAY business demands for the big, important, high-salaried jobs men who can dominate others—men who can make others do as they wish, whether it be one man or a thousand. It is the power of forceful, convincing speech that causes one man to jump from obscurity to the presidency of a great corporation. Another from a small, unimportant territory to the sales manager's desk. Another from the rank and file of political workers to a post of national prominence as a campaign speaker. A timid, retiring, self-conscious man to change almost overnight into a popular and much-applauded after-dinner speaker.

### WHAT 15 MINUTES A DAY WILL SHOW YOU

How to talk before your club or lodge.  
How to address board meetings.  
How to propose and respond to toasts.  
How to make a political speech.  
How to tell entertaining stories.  
How to make after-dinner speeches.  
How to converse interestingly.  
How to write better letters.  
How to sell more goods.  
How to train your memory.  
How to enlarge your vocabulary.  
How to develop self-confidence.  
How to acquire a winning personality.  
How to strengthen your will-power and ambition.  
How to become a clear, accurate thinker.  
How to develop your power of concentration.  
How to be the master of any situation.

### Either You Become a Powerful Speaker —or Your Training is Free

You are shown how to conquer stage fright, self-consciousness, timidity, bashfulness and fear—those things which keep

you silent when men of lesser ability get what they want by the sheer power of convincing speech. You are told how to bring out and develop your priceless "hidden knack"—the natural gift within you—which will win for you advancement in position and salary, popularity, standing, power and real success. This simple, easy, sure and quick training is guaranteed to do this. If it fails, your training will not cost you a single penny.

### Easy for Any One Only 15 Minutes a Day Required

There is no mystery about the power to work wonders with words. Practically anyone can do it. It makes no difference how embarrassed or self-conscious you now are when called upon to speak. Certain principles will show you how to rise head and shoulders above the mass and make yourself the dominating figure in any gathering. How to be a leader among

men. How to rise to any occasion and demand what you want with force, vigor and conviction. Give only fifteen minutes a day in the privacy of your own home and you can accomplish all this in a few short weeks.

### Make This FREE Test

If you will fill in and mail the coupon at once you will receive, besides, this remarkable new book, "How to Work Wonders with Words," an amazing five-minute test by which you can determine for yourself whether you are one of the seven men out of every nine who possess the "hidden knack" of powerful speech, but do not know it. Decide for yourself if you are going to allow fifteen minutes a day to stand between you and success. You, like thousands of others, can quickly and easily learn how to bring out and develop your "hidden knack" and gain for yourself high position, standing, money and power. Just send your name and address now—thousands have found this to be the biggest forward step of their lives. If it has played such an important part in the lives of many big men, may it not be yours?

**NORTH AMERICAN INSTITUTE**  
Dept. 2067, 3601 Michigan Ave., Chicago, Ill.

**NORTH AMERICAN INSTITUTE, Inc.**  
Dept. 2067, 3601 Michigan Ave., Chicago, Ill.

Please send me FREE and without obligation my copy of your famous book, "How to Work Wonders with Words." Also your FREE five-minute test by which I may make a self-examination.

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



# WANTED: Men to Keep Pace with R. B. Cook

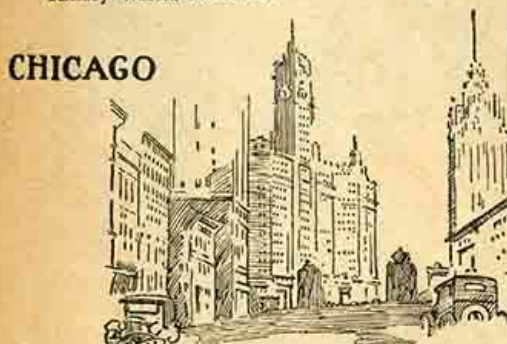
In 1919 R. B. Cook was a bookkeeper—holding down a one-track job. In 1923—four years later—he was sales manager of the B. A. Railton Company, Chicago; and ever since that time has successfully directed a sales force of more than seventy salesmen, many of them with twenty years' experience.

"To the casual observer," writes R. A. Railton, General Manager of the B. A. Railton Company, "his rise might seem unusually rapid, but we view it as the natural result of his being prepared for the big opportunity when it came."



When a young man can advance in four years from a routine job to the position of Sales Manager of one of the big wholesale houses of Chicago—without any pull except his own initiative—there must be a reason. There is a reason. It's summed up in the LaSalle salary-doubling plan. What that plan has done for R. B. Cook it can do for any man sincerely ambitious to increase his earnings.

## CHICAGO



### "Worth More Than \$10,000"

(—So writes R. B. Cook, the employee)

"The advancement I have made during the past five years to my present position as Sales Manager of the B. A. Railton Company was made possible thru your splendid training and the various services which I have used with much profit. Two years ago I wrote you saying that I would not part with the knowledge LaSalle training has brought me for \$10,000. Today I can say that I would not part with it for several times that amount."

(Signed) R. B. COOK, Chicago.

### "You Are Rendering Our Organization a Distinct Service"

(—So writes R. A. Railton, the employer)

"In training a half million men, your institution has made a valuable contribution to business. You have added millions to the wealth of the annual earnings of your student members. Their increased productive capacity in turn is adding many millions to the business of the institutions which they serve. I feel that in bringing to our attention a man with the training and capabilities of Mr. Cook, you are rendering our organization a distinct service."

(Signed) R. A. RAILTON, Chicago.

## Advance, by this Plan, to Bigger Pay!

Here is the story of a pace-maker—a man who refused to let handicaps obstruct his progress—a man who acts and makes money by this simple principle: *to capitalize his every resource.*

Handicapped by ill health—which kept him in a hospital during four years of his boyhood—R. B. Cook, a Chicago man, bridged the gap in his education by day and evening study, which gave him a sound foundation for LaSalle home-study business training.

Starting as a bookkeeper, in 1919, he enrolled for LaSalle training in Modern Business Correspondence and Practice.

"Before I was half way thru my training," writes Mr. Cook, "I was promoted to Collection Manager, with an increase of 50 per cent in salary. Later I became Credit Manager of another concern. This move was a very decided promotion."

"My next advancement was to the position of Office Manager. In each of these positions I was successful. This fact paved the way to my present position. Two years ago I was offered a post as Assistant Credit Manager with my present concern. Within two years I was made General Sales Manager, which position I now hold."

Five years of *consistent progress*—that is the record of Mr. Cook, who has recently enrolled for LaSalle training in Business Management.

Paragraph by paragraph, line by line, he takes up each assignment, asking himself how he can turn each business principle into profits for his company. A single idea—so he writes—which he got from his very first assignment—resulted in savings of many thousands of dollars for his firm.

### Send for Salary-Doubling Plan

You are eager for success. You wish to enjoy the rewards which come inevitably to the man who fits himself for responsibility.

But before you can reap those rewards, you must make yourself more profitable to the business which employs you. By no other method can you possibly succeed.

Cook's experience clearly shows the way—a way illuminated by the careers of thousands of LaSalle-trained men. During only six months' time, for example, as many as 1,248 LaSalle members reported definite salary-increases totalling \$1,399,507, an average increase per man of 89 per cent.

The details of the LaSalle *salary-doubling plan* will be sent you for the asking. Whether you adopt the plan or not, the basic information it will place in your hands, without cost, is of very real and definite value.

Balance the two minutes that it takes to fill out the coupon against the rewards of a successful career—then clip and mail the coupon NOW.

# LA SALLE EXTENSION UNIVERSITY

The World's Largest Business Training Institution

CLIP AND MAIL

LASALLE EXTENSION UNIVERSITY

Dept. 10389-R

Chicago

I shall be glad to have details of your salary-doubling plan, together with complete information regarding the opportunities in the business field I have checked below. Also a copy of "Ten Years' Promotion in One," all without obligation.

- Business Management:** Training for Official, Managerial, Sales and Departmental Executive positions.
- Modern Salesmanship:** Training for position as Sales Executive, Salesman, Sales Coach or Trainer, Sales Promotion Manager, Manufacturer's Agent, Solicitor, and all positions in retail, wholesale, or specialty selling.
- Higher Accountancy:** Training for position as Auditor, Comptroller, Certified Public Accountant, Cost Accountant, etc.
- Expert Bookkeeping:** Training for position as Head Bookkeeper.
- C. P. A. Coaching for Advanced Accountants.**

- Law:** Training for Bar; LL.B. Degree.
- Commercial Law:** Reading, Reference and Consultation Service for Business Men.
- Traffic Management—Foreign and Domestic:** Training for position as Railroad or Industrial Traffic Manager, Rate Expert, Freight Solicitor, etc.
- Railway Station Management:** Training for position of Station Accountant, Cashier and Agent, Division Agent, etc.
- Banking and Finance:** Training for executive positions in Banks and Financial Institutions.

- Industrial Management:** Training for positions in Works Management, Production Control, Industrial Engineering, etc.
- Modern Foremanship and Production Methods:** Training for positions in Shop Management, such as that of Superintendent, General Foreman, Foreman, Sub-Foreman, etc.
- Personnel and Employment Management:** Training in the position of Personnel Manager, Industrial Relations Manager, Employment Manager, and positions relating to Employee Service.

- Modern Business Correspondence and Practice:** Training for position as Sales or Collection Correspondent, Sales Promotion Manager, Mail Sales Manager, Secretary, etc.
- Business English:** Training for Business Correspondents and Copy Writers.
- Commercial Spanish:** Training for position as Foreign Correspondent with Spanish-speaking countries.
- Effective Speaking:** Training in the art of forceful, effective speech, for Ministers, Salesmen, Fraternal Leaders, Politicians, Clubmen, etc.



Name..... Present Position..... Address.....



Electrical Experts are in Big Demand! - L.L. Cooke!

I Will Train You at Home to fill a Big-Pay Job!



Look What These Cooke Trained Men Are Earning



Makes \$700 in 24 Days in Radio

"Thanks to your interesting Course I made over \$700 in 24 days in Radio. Of course, this is a little above the average but I run from \$10 to \$40 clear profit every day, so you can see what your training has done for me."

FRED G. McNABB, 848 Spring St., Atlanta, Georgia



\$70 to \$80 a week for Jacquot

"Now I am specializing in Auto Electricity and battery work and make from \$70 to \$80 a week and am just getting started. I don't believe there is another school in the world like yours. Your lessons are a real joy to study."

ROBERT JACQUOT, 2005 W. Colorado Ave., Colorado Springs, Colo.



\$20 a Day for Schreck

"Use my name as a reference and depend on me as a booster. The biggest thing I ever did was answer your advertisement. I am averaging better than \$500 a month from my own business now. I used to make \$18.00 a week."

A. SCHRECK, Phoenix, Arizona



Plant Engineer—Pay raised 150%

"I was a dumbbell in electricity until I got in touch with you Mr. Cooke, but now I have charge of a big plant including 600 motors and direct a force of 34 men—electricians, helpers, etc. My salary has gone up more than 150%."

GEORGE ILLINGWORTH, 63 Calumet Road, Holyoke, Mass.

It's a shame for you to earn \$15 or \$20 or \$30 a week, when in the same six days as an Electrical Expert you could make \$70 to \$200—and do it easier—not work half so hard. Why then remain in the small-pay game, in a line of work that offers no chance, no big promotion, no big income? Fit yourself for a real job in the great electrical industry. I'll show you how.

Be an Electrical Expert Earn \$3,500 to \$10,000 a Year

Today even the ordinary Electrician—the "screw driver" kind—is making money—big money. But it's the trained man—the man who knows the whys and wherefores of Electricity—the Electrical Expert—who is picked out to "boss" the ordinary Electricians—to boss the Big Jobs—the jobs that pay \$3,500 to \$10,000 a Year. Get in line for one of these "Big Jobs." Start by enrolling now for my easily learned, quickly grasped, right-up-to-the-minute, Spare-Time Home-Study Course in Practical Electricity.

Age or Lack of Experience No Drawback

You don't have to be a College Man; you don't have to be a High School Graduate. As Chief Engineer of the Chicago Engineering Works, I know exactly the kind of training you need, and I will give you that training. My Course in Electricity is simple, thorough and complete and offers every man, regardless of age, education, or previous experience, the chance to become, in a very short time, an "Electrical Expert," able to make from \$70 to \$200 a week.

No Extra Charge for Electrical Working Outfit

With me, you do practical work—at home. You start right in after your first few lessons to work at your profession in the regular way and make extra money in your spare time. For this you need tools, and I give them to you—5 big complete working outfits, with tools, measuring instruments, and a real electric motor—5 outfits in all.

Your Satisfaction Guaranteed

So sure am I that you can learn Electricity—so sure am I that after studying with me, you, too, can get into the "big money" class in electrical work, that I will guarantee under bond to return every single penny paid me in tuition, if, when you have finished my Course, you are not satisfied it was the best investment you ever made. And back of me in my guarantee, stands the Chicago Engineering Works, Inc., a two million dollar institution, thus assuring to every student enrolled, not only a wonderful training in Electricity, but an unsurpassed Student Service as well.

Get Started Now—Mail Coupon

I want to send you my Electrical Book and Proof Lessons, both Free. Those cost you nothing and you'll enjoy them. Make the start today for a bright future in Electricity. Send in Coupon—NOW.

L. L. Cooke, Chief Engineer Chicago Engineering Works 2150 Lawrence Ave., Dept. 1197 Chicago



L. L. COOKE, The Man Who Makes "Big-Pay" Men Dept. 1197 2150 Lawrence Ave., Chicago

Send me at once without obligation your big illustrated book and complete details of your Home Study Course in Electricity, including your outfit and employment service offers.

5 big outfits given to you — no extra charge

MAIL COUPON FOR MY FREE BOOK

Name.....

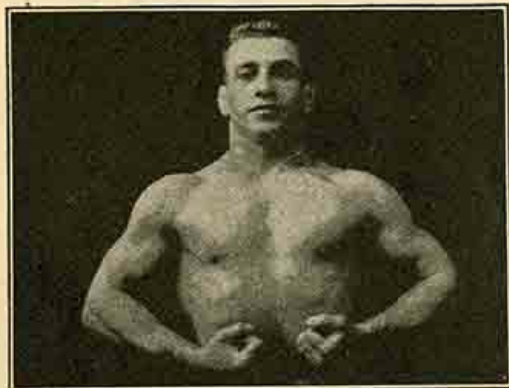
Address.....

Occupation.....

The "Cooke" Trained Man is the "Big Pay" Man



# What STRONGFORT Did For CLEM the Kansas Colossus

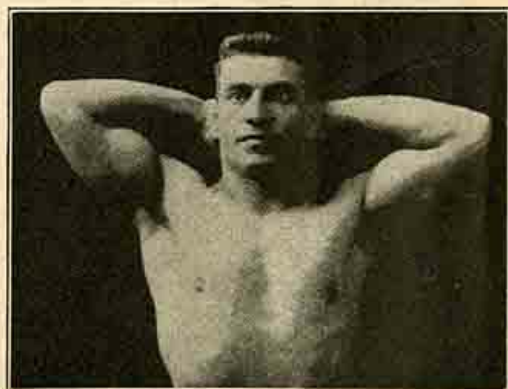
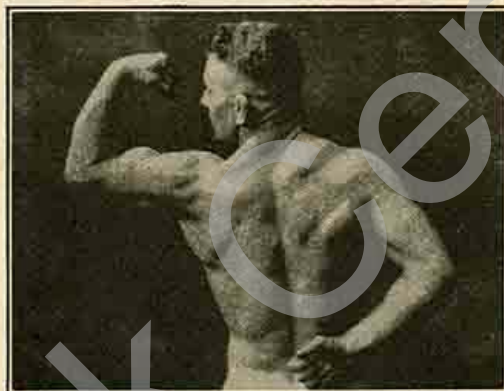


Gus Clem is one of many of the outstanding living examples—to be found in all parts of the world—of the surprising enormous benefits and physical development that comes through the science of Strongfortism as taught by Lionel Strongfort, pronounced the world's most perfect specimen of physical manhood.

Clem has become a noted physical director, boxer, wrestler and all-around athlete who, having learned, is now keeping others in condition.

Intelligence in Physical Development made Clem what he is today—the intelligence to appreciate and apply Strongfortism faithfully. "Clem was a so-called weakling," says the *Pittsburgh Sun*, "when STRONGFORT took charge of his physical welfare in Ishpeming, Michigan, when Clem was 16 years old. STRONGFORT developed Clem into excellent physical condition and started him in the wrestling and boxing game."

"The tie between the two men is particularly strong," says the *Pittsburgh Daily Headlight*, "for it was under the tutelage of Strongfort that Clem developed from a frail boy into the sturdy wrestler that he is today. No other man has shown more men the way from physical weakness to strength than has Mr. Strongfort, and his interest in the matter is much deeper than a selfish professional one. Mr. Strongfort is a conspicuous example of a leader practicing what he preaches. His physique has been pronounced perfect by the greatest artists and experts on anatomy. Perfect health and development are Mr. Strongfort's objectives and he has obtained them for himself and tens of thousands of others; but his feats of herculean strength have also won him world-wide fame."



## READ WHAT CHAMPION CLEM SAYS ABOUT STRONGFORTISM

Pittsburgh, Kansas.

DEAR MR. STRONGFORT:

I wonder if you realize what a generous gift I took from you when, through STRONGFORTISM, I attained my powerful, symmetrical and healthy physical condition, to say nothing of a keener, more alert and more capable mentality.

As a graduate of your Regular and Advanced Courses I think I am a living memorial to the infinite benefits offered by STRONGFORTISM to the human race. Any man seeking supreme manhood, strength, health and wholesomeness will look in vain for a worthy substitute for STRONGFORTISM.

Gratefully yours,

(Signed) GUS CLEM.

## PROOF POSITIVE

*The accompanying photographs of Gus Clem present startling evidence of the near-miracles of physical improvement that can be brought about in the most commonplace body—in yours!—if only judgment be used in the selection of the best physical director procurable. A wrong selection is invariably disastrous.*

## THERE IS NO DOUBT ABOUT STRONGFORTISM

—It's the Most Scientific System of Muscle Building in the World

Lionel Strongfort's methods are founded on his own long experience in developing himself and then increasing enormously the physical capacity of thousands of others and rehabilitating men who were run down and ready for the discard. His instructions are simple, yet scientific. Results are as certain as sunrise. Strong men can be made stronger and more symmetrical and supple. Weak men can be made strong.

Write for Free Book Described on Opposite Page

## LIONEL STRONGFORT

Physical and Health Specialist for Over 25 Years

Dept. 29

Newark, New Jersey, U. S. A.



# Boss Your Own Body

It's your job. You were given mentality that you might be master of your body. And right now you should decide to become "boss". Don't let your physical weaknesses, your deficiencies dominate you. Don't suffer from afflictions, debility, dyspepsia, rheumatism, constipation, "nerves" and vitality depleting ailments—no matter how brought on.

## Break the Shackles—NOW!

It's the only way you will get anything worth while out of the life before you. You might as well be put away in a pine box as going about only half alive. *Face the facts.* Don't drift along in the fool hope that sometime, somehow, you will be better. You won't, unless you make your Mind the Master of your Body. You are on a toboggan—and it's greased. You are slipping, sliding further down each day. And at the bottom is the ruck of helpless, hopeless, broken-down humanity—the rag-and-bottle heap of human life.



**STRONGFORT**  
"The Perfect Man"

Realize your precarious position. Try and see yourself as others see you—as you yourself look upon the weak, sickly, miserable creatures you meet in business and social life. Then take steps at once to *Build Up Your Body* and give your *Brain* a chance to bring you success instead of failure—popularity among the people you know—a welcome wherever you go—a share of Life's prizes, which are won only by red-blooded, virile, all-round men.

## I'll Help You Do It

I hold out to you the helping hand which has lifted thousands of others out of the quicksand closing about them—out of the mire of physical and mental weakness—and placed their feet securely on the solid ground of renewed health, strength and mental energy. *Write to me confidentially* (as frankly as you would to your dearest pal or bunkie) and tell me your particular trouble—or just fill out and mail me the coupon at the bottom of this page—and I'll show you how to break the bonds that bind you and make yourself a 100% MAN again.

Let me tell you about

## STRONGFORTISM

### The New Science of Health Promotion

The big, underlying truth on which Strongfortism is based is the unassailable Fact—which modern physicians of every school now acknowledge—that the well-being of the human body depends absolutely on a thorough, scientific all-around Development of the Muscular System.

Nobody knows what causes the contraction and expansion of muscular tissue—it is one of the Sphinx-like riddles of the Universe; but every scientific man now knows that the most important organs of the

body operate through this action, that life itself depends on it. Most of the miserable chronic ailments to which men are heir have their origin in the under-development or over-development of some one or more of the involuntary, internal muscles.

Strongfortism does not treat the symptoms of a trouble, as do most patent medicines and druggists' dope. It tackles the cause of it; puts the organ affected in shape to do its work; builds up the whole system, internal and external; causes all parts of it to work in harmony, as the Creator intended they should—and health, strength, vigor and new virility follow as surely as day follows night.

Write today for my confidential information on vital subjects listed in coupon at right.

## LIONEL STRONGFORT

Physical and Health Specialist for Over 25 Years

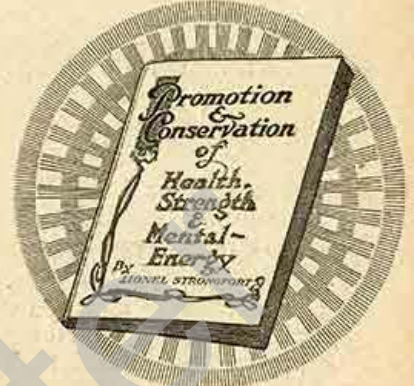
DEPT. 29

NEWARK, NEW JERSEY, U. S. A.

## A FREE BOOK

THAT BRINGS

HEALTH, STRENGTH,  
HAPPINESS TO YOU



This is one of the most valuable exposes of vital, inside secrets of the human body and the means of developing it ever published.

It is the result of a lifetime of experience in re-making men, of reclaiming human wreckage, of experimenting, proving and finally laying down easily understood principles that enable anyone to acquire muscular development, bodily vitality, increased capacity for the exercise of every bodily activity.

I've spent 25 years of my life learning HOW weak, ailing, hopeless humanity can Come Back; regain lost health, strength, vigor and vitality; and now I am ready to give my fellow-men the results of my quarter century study, research, investigation and experimentation.

I have collated and arranged all the facts I have dug up about the human body, all the secrets of Nature I have discovered, all the ways in which her tremendous powers of recuperation may be utilized—and constructed from them the basic science of Strongfortism, and this I have embodied in my amazing treatise which I send free—the "Promotion and Conservation of Health, Strength and Mental Energy."

It will show you how to eliminate from your system, in a very short time, the distressing disorders which have made you feel yourself a misfit in the scheme of humanity; how to build up your body, strengthen ALL your vital organs, turn your anaemic blood into a radiant red and feel the thrill of New Life coursing through your veins.

This wonderful book will teach you how to become FIT physically and mentally; fit for business, for society, for the home, a power among men, a pleasing personality to women. My pupils and graduates in all parts of the world will back up every word I say—you'll find photos and letters from some of them in the book. What I have done for them I can do for YOU. I GUARANTEE IT.

SEND FOR THIS BOOK NOW  
IT'S FREE!

Fill out the coupon. Don't delay. SEND IT TODAY.

### CONSULTATION COUPON Absolutely Confidential

Mr. Lionel Strongfort,  
Dept. 29, Newark, N. J.

Please send me absolutely free enlightenment on the "Promotion and Conservation of Health, Strength and Mental Energy." I enclose a ten cent piece (1 dime) to help cover postage and have marked (X) before the subjects in which I am most interested.

- |                       |                        |                        |
|-----------------------|------------------------|------------------------|
| ..... Colds           | ..... Increased Height | ..... Weak Heart       |
| ..... Catarrh         | ..... Pimples          | ..... Manhood          |
| ..... Asthma          | ..... Insomnia         | ..... Restored         |
| ..... Hay Fever       | ..... Impotency        | ..... Poor Circulation |
| ..... Headache        | ..... Short Wind       | ..... Vital Losses     |
| ..... Thinness        | ..... Constipation     | ..... Round Shoulders  |
| ..... Rupture         | ..... Indigestion      | ..... Lung Troubles    |
| ..... Lumbago         | ..... Nervousness      | ..... Muscular         |
| ..... Flat Chest      | ..... Rheumatism       | ..... Development      |
| ..... Youthful Errors | ..... Weak Eyes        | ..... Great Strength   |

NAME .....

AGE..... OCCUPATION.....

STREET .....

CITY..... STATE.....



# WOULD YOU GIVE A DOLLAR TO BE AN EXPERT WRESTLER?

**SURE YOU WOULD—AND HERE'S HOW YOU CAN BECOME ONE**

For one month only I am giving every one an opportunity of getting my Wrestling Course at this greatly reduced price. The regular price is \$3.00. This course is one of the most complete wrestling courses published. Every hold, counter or block is plainly illustrated and thoroughly taught you.

## Make Those Fellows Who Have it on You Now Acknowledge Your Superiority Over Them

Soon after you get this course you will be able to turn the tables on those fellows who could put you on your back whenever they wanted to. But now you have the chance to learn holds that will make them cry out with pain as you easily put them down. It is well worth a dollar to get revenge on these bullies or friends who consider you a no-account.

## Show Them Something They Won't Like

Get this great course now while it costs you almost nothing. I pay the

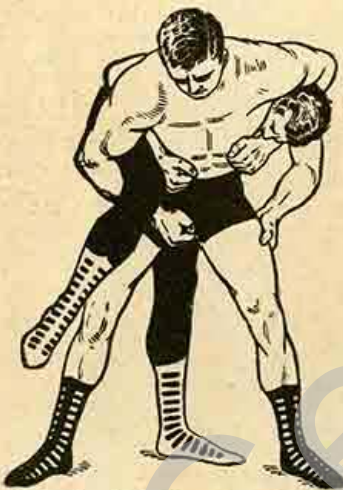


Fig. 83. Side Chancery and Leg Hold Combination

postal charges. Clip this coupon, fill it in with your name and address, and mail it with a dollar bill. Then you will be all set to show those fellows that you are not so easily conquered as they thought. Will they be surprised when you slap their shoulders to the ground before they know it? You know they will.

**Show Them Now—By Mailing This Coupon**

Name.....

Address.....

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

Please find \$1.00 for your Wrestling Course.

A-37

## You Probably Can't Perform a Flip or Somersault---But You'd Like To

And if you have the slightest desire, you can easily accomplish these and many other more sensational tumbling and hand-balancing feats by getting my course now. There is health and a thrill in every feat. You'll enjoy performing them and your friends will marvel at your ability.

## MAYBE IN A LITTLE WHILE YOU'LL BE DOING YOUR STUFF ON THE STAGE

Tumbling is great for putting on an act in the social affairs of your town or neighborhood. You and your partner will be in great demand. Then, after you get to be good at it, who knows but that you might go on the stage.

Then there is the health and agility you get from tumbling and hand balancing. They may not get you a strongman physique, but they do stimulate all your

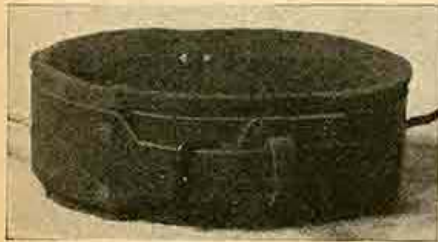
organs, make your spine supple and give you pep. Aren't these things worth three dollars?



**DO YOU THINK BECAUSE YOU ARE 30, 40 OR 50 YEARS OF AGE YOU ARE TOO OLD TO LEARN AND DERIVE BENEFITS FROM TUMBLING? IF SO, YOU ARE WRONG**

Every one can learn tumbling and hand balancing to a fair degree at least. No matter who or what you are, you can learn, also, with the help of this instructive course. There is a thrill to be obtained from all feats of tumbling and hand balancing that you never before experienced. With this course you start out with easy rollovers, cartwheels, etc., and gradually go into handsprings, flips, somersaults, spotters, twisters, and work with partners, which is doubly interesting.

Get into this pleasurable and beneficial exercise and pastime. You will be surprised how quickly you will learn from my course. Very soon you will be into the more advanced enjoyable feats, like the snapup, tinsica and forward somersault.



## SAFETY TUMBLING BELT

These belts are just the thing for those who are too timid to try tumbling feats. In fact, it is safer for every beginner to have one. You can get them from me at the prices of \$3.00 and \$5.00, which includes shipping charges.

See Coupon for Combination Offers

Use This COUPON Today

**Charles MacMahon**  
180 W. Somerset St.  
Philadelphia, Pa.

CHAS. MacMAHON,  
Studio A 37,  
180 W. Somerset St., Philadelphia, Pa.

Please find enclosed

- \$7.00 for \$5.00 Belt and Tumbling Course
- \$5.00 for \$3.00 Belt and Tumbling Course
- \$5.00 for Belt only
- \$3.00 for Belt only
- \$3.00 for Course only

Name.....

Address.....

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

Waist measurement.....



# "THEY USED TO CALL ME 'WEARY WINIFRED'"

*The personal story of a woman who never was really sick, yet always ailing, always too tired to enjoy life—and how she made herself into a virile, vital being of superhealth and strength.*



**I**n New York City there lives a woman who has such amazing vitality that she is the envy of all her friends. Yet not so long ago they used to call her "Weary Winifred." Winifred has asked us to publish her story for the benefit of the thousands of other women who may be helped by it. It is printed here in her own words, as an open letter to all women who are discouraged with the burdens that life has imposed upon them.

"The strangest thing," she says, "is that I never realized there was anything the matter with me. My life, I thought, was that of the ordinary wife and mother. I tried to be a good wife and mother, and at the same time to keep in touch with my social duties.

"But somehow, I never seemed to catch up with myself. If I stayed up late one night, I could hardly drag myself out of bed the next morning. I had to cancel engagements frequently, not because I was ever really sick, but simply because I was too weary to make the effort. I looked tired, acted tired, and was tired.

"My looks began to show the effect, too. My neck began to look stringy and hollow. My cheek muscles sagged, my complexion was 'pasty' and colorless. My figure began to look dumpty. My age—which was only thirty-five—began to feel like fifty. Life was becoming 'just too much for me'—and I didn't know why.

"Of course I did things about this state of affairs. I took headache powders. I tried various creams and lotions for my complexion. I tried, in various ways, to gain strength, and yet reduce my weight, changing from one thing to another. I 'fussed' with everything.

"Yet with all these little ailments I was not really sick. *There was nothing organic the matter with me.* And so it never occurred to me that I was not a normal woman. I just thought that I was the victim of ills that a great many unfortunate women were heir to.

"But one day, something happened that made me 'sit up and take notice.' I read an article, telling the story of Annette Kellermann's life—of how she, who is called the world's most perfectly formed woman, was once a puny ailing girl always in ill health. The story of how she dragged herself out of her misery and actually made of herself the lovely creature of glorious health and beauty that she is today was a revelation to me. Indeed, I was so lost in admiration for that wonderful woman that I wrote her. In response, I received not only a charming personal letter from Miss Kellermann, but, far more important, a copy of her book called 'The Body Beautiful'—a book which I can truthfully say led me to my present health and happiness.

"That little book opened my eyes to the fact that it is totally unnecessary for women to suffer as they do—totally unnecessary for them to be continually incapacitated by petty little ailments—totally unnecessary for them to look old and haggard and worn.

"I learned that every woman—unless she has a serious organic derangement—can live a life as vigorous and strong, and free from pain, as a man's. Every woman can live the life of youth and beauty that comes from health and vitality.

"I know that this is so because I have proved it. Today I am practically *never* tired. I am never nervous or irritable. I never have any of the petty ailments from which so many women suffer. I look fifteen years younger than



most other women of my age. My step is springy, my eyes are bright, my skin is firm and clear, and my body is slender and has the free, lithe grace of a young girl.

"And because I know that there are thousands of women who are now living as I did, miserable imitations of real women, and because I know that every one of them can actually be a new woman, with health and beauty such as they never knew existed, I cannot too strongly recommend that they take this simple way out of their troubles. *It is so easy!*"

## FREE—The Body Beautiful

Annette Kellermann, in this book—which she will send absolutely free, upon request to any woman—tells exactly how she transformed herself from a cripple and an invalid into a woman world-famous for her health and beauty. Any woman by devoting only fifteen minutes a day to her methods can obtain a perfect figure *neither too stout nor too thin*, mould each part of her body to graceful, youthful lines; can acquire a clear, healthy complexion; and can overcome weaknesses and physical troubles that so many women suffer from.

If you would like to have a copy of Annette Kellermann's new book write for it. There is no charge or obligation. Miss Kellermann is anxious to give every woman the benefit of her simple 15-minute-a-day system and invites you to write a letter or mail the coupon below. Do it this minute—it may be the beginning of a new kind of health and happiness for you.

ANNETTE KELLERMANN, Inc.  
225 W. 39th St., Suite 4410, N. Y. City

Annette Kellermann, Inc., Suite 4410,  
225 West 39th Street, New York City.

Dear Miss Kellermann:

Kindly send me entirely without cost, your new book, "The Body Beautiful." I am particularly interested in:

( ) Body Building

( ) Reducing Weight

Name.....

Address.....

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# Only a Few More Left

You Can Still Get a Copy of "SUPER-STRENGTH" At Half Price

If you missed getting Alan Calvert's Great Work when this offer was first made a month or two ago, you are lucky in having this opportunity offered you again.

We still have a number of soiled copies of "SUPER-STRENGTH" because since the last offer two months ago, more of them have been soiled in handling. These, as before, will be sold at half price, or \$1.75 a copy.

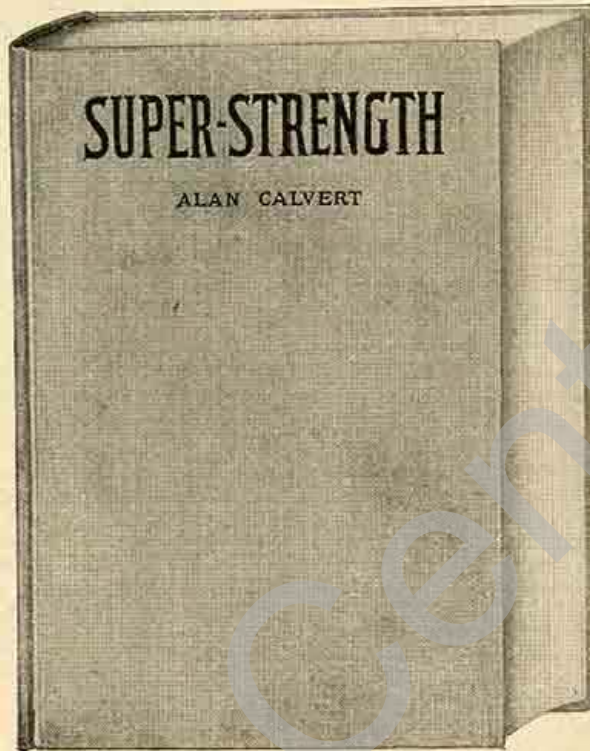
There are not as many soiled copies this time as there were before, but all orders will be filled. But, as this will finish up the soiled copies of this masterpiece of its class,

## It is Your Last Chance to Get it at Half Price

And thereafter the price will go back to \$3.50.

### "Super-Strength" Gives You the Inside Dope

on all things pertaining to Body Building, Muscle Developing, Bar-Bells as a means of exercise and for the purpose of pure lifting; it tells you about the great strong men and their achievements; it tells you many intimate and interesting anecdotes about these great strong men; and, above all, it shows how you, too, can become strong and perform many feats that will startle an audience.



220 Pages,  
80,000 Words,  
183 Separate Pictures

These figures will give you some idea of the volume of information "SUPER STRENGTH" contains; but only the book itself can impress you with the super-quality of its pages. None of the few present-day authorities on strength, development, exercise and weight-lifting are better fitted to write such a book as "SUPER STRENGTH" than Alan Calvert. He has spent practically his entire life among strong men, both amateur and professional. He has studied the science of lifting and muscle building as few men have. Therefore, he knows his subjects, and best of all he has written so clearly you cannot fail to get correctly the meaning of every phrase.

At the cost of only \$1.75, you will learn more about Body Culture, Lifting, Strong men and everything pertaining to

the afore-mentioned than you can pick up piecemeal in years. You have always wanted this Book, and now there is no reason why you cannot get it. To get one of these soiled copies, use the coupon on the left of this page. For those who would rather have a brand new copy, the other coupon is printed.

## Just Think What it Means to You to be Able to Get a Copy of This Great Book at Half Price

It means that you will become very familiar with all great strong men, past and present—familiar with their lifts and training methods. It means that you, too, will become a man of Strength. This Book will show you how to develop each and every part and muscle of your body. This Book gives you many lifting records and sets you right on many claims of lifting prowess that are untrue.

No man or boy who is interested in his own health and a perfect and strong body, should be without this Book another week. The price of \$3.50 may have been the reason you did not get it before; but by offering you a copy at the low figure of \$1.75, we feel sure we have moved this obstacle from your path.

USE THE COUPON NOW FOR THIS IS YOUR  
LAST CHANCE AT THIS PRICE

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to pay for the book, "Super-Strength." Send book to

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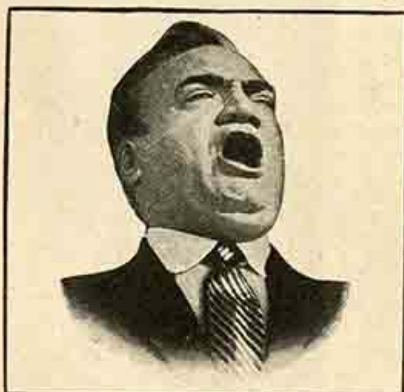
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# Discovered!

## The Secret of Caruso's Amazing Vocal Power



"The Songbird of the ages," Enrico Caruso. The richness, the fullness, the beauty and the astounding power of his voice was due to the exceptional development of his Hyo-Glossus muscle.



Eugene Feuchtinger, musician-scientist who discovered the function of Hyo-Glossus in voice production, and whose famous "Perfect Voice" system has developed thousands of voices.

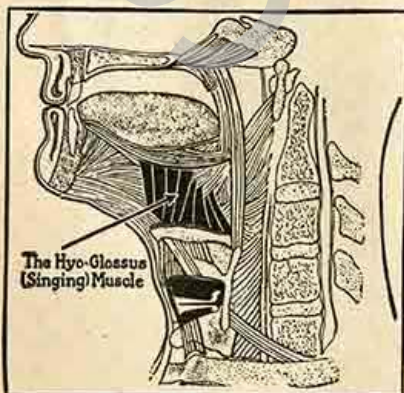


Diagram of the Normal Throat showing the Complete Vocal Mechanism. Your throat looks like this. So did the throat of the great Caruso. Professor Feuchtinger's system of silent, scientific exercises will develop your vocal organ to its full strength.

**THIS IS AN AGE OF MARVELS.** Wonderful scientific discoveries have changed our mode of living and our mode of thinking.

One discovery of tremendous benefit to all humanity is the discovery of the principle of voice control by Eugene Feuchtinger, A. M.

His resulting system of voice development revolutionized old methods, and changes voice development from a little understood art to an exact science.

More than that, it brings a Perfect Voice within the reach of every man and every woman who desires a stronger, richer voice for either singing or speaking.

Prof. Feuchtinger's method is founded on the discovery that the Hyo-Glossus muscle controls the voice; that a strong, beautiful voice, with great range, is due to a well developed Hyo-Glossus—while a weak or a rasping voice is due to underdevelopment of this vital vocal muscle. A post-mortem examination of Caruso's throat showed a superb development of his Hyo-Glossi muscles. But it required years of training under the old method to produce this development.

You can develop your Hyo-Glossus in a much shorter time by Prof. Feuchtinger's wonderful scientific method. You can take this training under the direction of the Professor himself, wherever you may live. And the cost is so low that it is within the reach of every ambitious man or woman.

## 100% Improvement in Your Voice—Guaranteed

Professor Feuchtinger's method is far simpler, far more rapid, far more certain in results than the tedious, hap hazard methods of ordinary vocal instructors. His unqualified success with thousands of pupils proves the infallibility of his method.

Under his direction, your voice will be made rich, full and vibrant. Its overtones will be greatly multiplied. You will add many notes to its range and have them clear, limpid and alluring. You will have a voice that is rolling and compelling and so strong and magnetic that it will be the marvel of your associates.

Professor Feuchtinger **ABSOLUTELY GUARANTEES** an improvement of 100 per cent—a **REDOUBLEMENT** of your voice! If you are not absolutely satisfied that your voice is doubled in volume and quality, your money will be refunded. You are the only judge.

### You Do Not Know Your Real Voice

Until you have tried the Feuchtinger system, you cannot know the possibilities of your vocal gifts. Physical Voice Culture **PRODUCES** as well as **DEVELOPS** the true voice. It corrects all strain and falsetto and makes clear the wonderful fact that any normal person can develop a fine voice if correctly trained. Thousands of delighted graduates

testify to this—many of them great vocal successes who, before coming to Professor Feuchtinger, sang very poorly or not at all. Among Professor Feuchtinger's pupils are grand opera stars, concert singers, speakers, preachers, actors and educators.

## FREE!

### The Wonderful New Book "Physical Voice Culture"

Send the coupon below and we will send you **FREE** this valuable work on voice culture. Do not hesitate to ask. Professor Feuchtinger is glad to have us give you this book, and you assume no obligation whatever by sending for it. You will do yourself a great and lasting good by studying this book. It may be the first step in your career. Do not delay. Send the coupon **TODAY!**

#### Perfect Voice Institute

1922 Sunnyside Ave., Studio 57-77, Chicago

#### Perfect Voice Institute

1922 Sunnyside Ave., Studio 57-77, Chicago, Ill.

Dear Prof. Feuchtinger: Will you please send me a copy of your new free book "Physical Voice Culture". I understand that this book is free and there is no obligation on my part. I am interested in

Singing  Speaking  Stammering  Weak Voice

Name.....

Address.....



# How You Can Break the World's Record

It is every strength athlete's passion to be able to create a world's record. And, the more difficult the feat, the more anxious is the athlete to succeed. For instance, it is considered a remarkable feat for a lifter to swing his own bodyweight with one hand. Very few have been able to do this, or to lift double their bodyweight overhead with two hands.

At the present time the swing is very popular due to that famous lifter, George F. Jowett, recently creating a new world's record. Mr. Jowett has perfected a new outfit that places the possibilities of this lift within the range of all. The outfit consists of a new type of dumb-bell handle with a sleeve grip. There is no collar on the inside of the plates to interfere with the hand at all. This makes the weight much easier to handle. It is mathematically built to co-operate with the "back hang" method of swinging.

## Free to All Who Join the A. C. W. L. A.

The outfit is completed with a special swing gauntlet to protect the arm. It is strongly built with a good wrist band, heavily lined with felt, which also lines the two aprons that fit on either side of the arm. These aprons have leather pads to further protect the arm from the plates, when the bell is changing in its flight from the ground overhead.

This outfit is known as the Jowett Swing Bar and Gauntlet and has a value of \$5.00. It is given FREE to all who enroll into the A. C. W. L. A. under the present offer, along with one year's subscription to the finest health and muscle culture magazine in existence, the "Strength" magazine.

These two offers are alone enough to encourage the most luke warm individuals to join this wonderful organization. We are actually giving each new member \$7.50 value for his enrollment. This offer is made because we want everybody who is interested in body culture and the sport of lifting weight to enjoy the fine material and fraternal advantages offered by this association.

**All A. C. W. L. A. Members, "Strength" Readers, and Milo pupils who are interested, can get the names of all other representatives not given below by writing to Mr. Jowett.**

**SIEGMUND KLEIN**  
207 W. 48th St.  
Times Square  
New York City, N. Y.

**D. P. WILLOUGHBY**  
Los Angeles Weight Lifting Club  
733 S. Burlington Ave  
Los Angeles, Calif.

**E. ALLEN**  
Girard Trust Co.  
Philadelphia, Pa.

**H. C. KURTZ**  
1151 N. Ninth St.  
Reading, Pa.

**P. H. Hielkema**  
Grand Rapids Weight Lifting Club  
337 Fulton St.  
Grand Rapids, Mich.

**A. A. Schiemann**  
2208 W. Lexington St.  
Baltimore, Md.

**M. N. Campbell**  
1005 Joseph St.  
New Orleans, La.

**L. SCHWARTZ**  
Health Studio  
250 W. 40th St.  
New York City, N. Y.



THE FREE GAUNTLET

## Join the A. C. W. L. A. and Get the Jowett Swing Bar and Gauntlet Free

It has proven itself to be the finest organization of its kind in the world. We do everything in our power for our members. If they get stuck on any problem that is apt to retard their progress, our entire staff is at their service to help. We have numerous prize offers whereby members can win medals, bar-bell outfits, books, autographed photographs, etc. These are offered as an inspiration to encourage body builders to train faithfully. Diplomas and certificates are given for merit, and we help all members to secure these prizes.

We also put you in touch with members and clubs wherever you go, who will always be glad to meet and help you. Let us help you. You will never regret it. All branches of sport have their societies and the various followers back it up. So step in line and back up the society that will back you up.

### STRONG MAN SHOWS

will be held in New York City and which have been such successes, are held Philadelphia in October. These shows, jointly by the A. C. W. L. A. and The Milo Bar-Bell Company.

On Saturday evening, October 3rd, a show will be held in Bryant Hall, 723-27 Sixth Avenue, New York City, at 8 o'clock. This hall is between 41st and 42nd Streets, and is only five minutes' walk from Times Square.

On the following Saturday evening, the 10th, a show will be held in Philadelphia at the Milo Building, 2741 N. Palethorp Street, at 8 o'clock.

New talent will be on hand, which will include some of the strongest men in the world. All lifting will be genuine.

A. C. W. L. A. members will be admitted free by membership card only. The admission to non-members is 50 cents.

## What the A. C. W. L. A. Membership Gets You

With each membership is given the Jowett Swing outfit, one year's subscription to "Strength" magazine, a year's membership into the A. C. W. L. A. With all its benefits, membership card and the beautiful new lapel button. A total of \$15.00, for half the price. Just \$7.50.

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2741 N. Palethorp St.

Philadelphia,

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S-10-25.

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President  
A. C. W. L. A.,  
2741 N.  
Palethorp Street,  
Philadelphia, Pa.

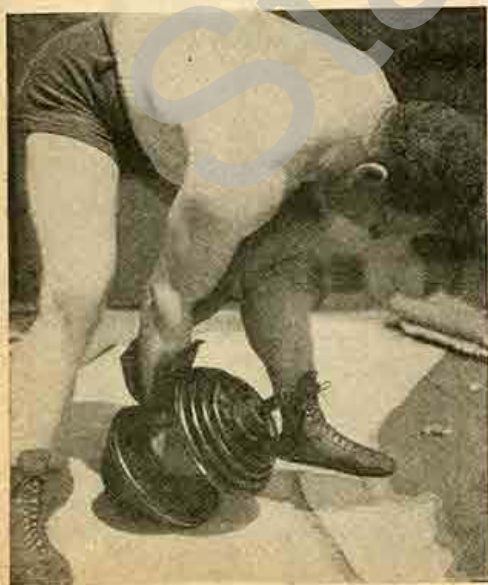
Dear Sir:

Please find enclosed the sum of \$7.50 for which I understand I am to receive the Jowett Swing Gauntlet and Swing Bar, one year's subscription to the "Strength" Magazine along with one year's membership into the A. C. W. L. A., with lapel button, membership card and the privilege of all other benefits. Kindly send at once.

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HOW THIS GAUNTLET PROTECTS  
YOUR FOREARM





# Joke All You Want About This New Way To Be Popular —

But Read What Albert Mead and Thousands of Former Wall Flowers Say About It!

By Albert Mead

"I USED to think a fellow was crazy to try a stunt like this. It seemed positively ridiculous to think that anyone could become popular by learning to dance. And what's more, I couldn't believe that learning to dance by mail was possible—especially in a case like mine, where I didn't know one step from another!

"So every time I saw an advertisement like this, I just laughed. And I took great delight in poking fun at some of my friends who were taking this new course.

"But it wasn't long before I saw that the joke was on me. Slowly my friends seemed to be drifting away from me. They were always 'going to a party'—always having 'barrels of fun.' I was left out of the fun. Even the girls with whom I used to be so chummy, began to pass me by.

"Well, I'm only human after all. So, the next time I saw an ad of Mr. Murray's, the famous dancing authority, in a magazine I gave it a chance. I read it through when I saw that I didn't have to buy anything—that I could learn all about the short-cut to popularity from a Free 32-page book, I mailed the coupon.

"And that started it. The illustrated free book that came by return mail was so convincing and the free test lesson was so simple that I felt sorry to have hesitated

all these months. I eagerly sent for Mr. Murray's complete course.

## A Great Surprise

"And I received the greatest surprise of my life the day the lessons arrived. I opened the first page—and right there—before I was really aware of what I was doing—I was actually doing one of the steps. In a few minutes I had mastered that step. It was so easy—so fascinating that I could hardly believe it. It was real fun to follow the simple diagrams and instructions.

"The following few evenings I was mastering the Waltz, the Fox Trot and other delightful new steps. It seemed so easy—so perfectly natural. And the remarkable thing about it is that I needed no music or partner. It seemed as if Mr. Murray himself were standing by my side gently directing, gently pointing out the right way or the wrong way to dance. And before I realized it, I was practically through with the course. I could hardly wait for a chance to dance at a real 'affair'!

"My big chance came the following Saturday night. It was the annual class re-union dance. All my former classmates and their 'best' girls were present. Jeanne was my partner.

"The music started. I rose with a thrill. Jeanne was wonderfully light and easy to lead. We glided across the floor like professional dancers.

"The band played. I led Jeanne gracefully around the room, interpreting the dance like an expert, keeping perfect harmony with the music.

"The 'old gang' stared at us in amazement. They couldn't believe their eyes! The trans-

formation was too sudden for them. I laughed to myself and Jeanne's smile of understanding thrilled me.

"When the music stopped we found ourselves in the midst of a group of smiling, friendly, admiring faces. It was a complete triumph. And to think that just a few weeks before I couldn't dance a step!"

## FREE! 32-Page Booklet and Test Lesson

But don't think of enrolling yet—not until you've read Mr. Murray's remarkable new 32-page booklet that is packed full of illustrations, not until you've been thrilled by the test lesson which also comes free. You'll enjoy Mr. Murray's book immensely, because it tells all about Mr. Murray himself, how he became private instructor to the "400," how he devised his easy home-study dances; how he taught over 250,000 people to dance by mail, and particularly how he can teach you to become a graceful, versatile, popular dancer in a few enjoyable evenings. And you'll enjoy reading his remarkable Test Lesson because it proves to you beyond a shadow of doubt that you, too, can easily learn to dance this new way.

Get this free book and Test Lesson and read them carefully. They can mean the difference between a life of happiness, of friends, of good times—or a life of misery, loneliness and monotony. Mail the coupon at once and enclose only 10c to cover postage and mailing. Arthur Murray, Studio 512, 801 Madison Avenue, New York City.

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801 Madison Avenue, New York City

Without obligating me in any way, please send me a copy of your Free Test Lesson and your beautifully illustrated 32-page book which tells all about Arthur Murray's remarkable course in dancing and explains how it can make me a graceful, versatile dancer, right in my own home, without music, partner or private teacher. I enclose 10 cents to cover postage and mailing.

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"The instructions were so plain and simple that I had no difficulty in learning at all. The pleasure I have had since taking your lessons is worth ten times the cost."—L. B., Springfield, Mass.

"I am delighted with your wonderful dancing lessons. Before I got your lessons I didn't know how to dance and was missing a lot of good times. When I got your lessons I was invited to a party and I had the most wonderful of wondrous times. Every one was so surprised. They asked me where I learned to dance so I told them about your wonderful lessons. Thanking you a million times."—Miss H. Z., Menasha, Wis.

"I have been more than pleased with the knowledge of dancing that I have gained from your course. From the fellow that could hardly take a step to the fellow that takes almost all the dance prizes that are ever offered here for the best dancer, that's what it has done for me, thanks to your wonderful and pleasant way of instructing by mail which made it possible for me to learn."—G. J. N., Houston, Texas.



# You Can Be What You Want To Be STRONG, VIGOROUS AND WELL

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

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

Yet the cause of degenerative changes are preventable if taken in time. In fact, you can rule your health as surely as you rule your actions. Bernarr Macfadden, the world's outstanding exponent of phy-

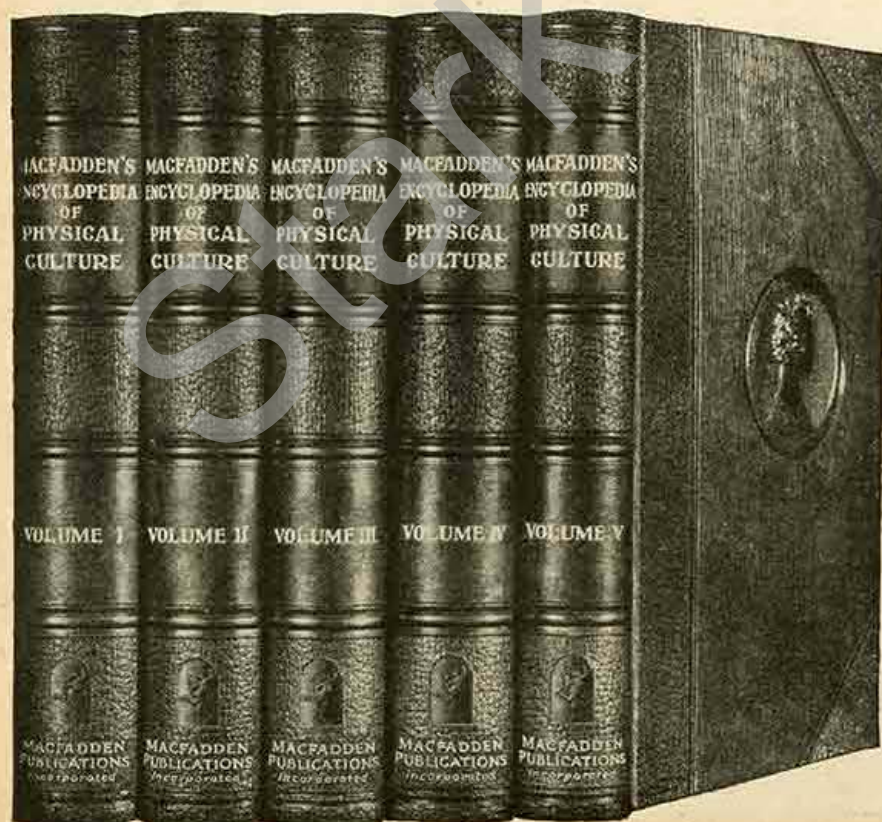
sical culture, has, perhaps, had more experience than any other one person in guiding thousands from physical weakness and ill health back to wonderful health and vigor. Out of this great experience he has built

### The Encyclopedia of Physical Culture.

This marvelous work gives invaluable information on fasting, diet, exercise, and hydrotherapy for both health and beauty building. It gives thorough and extensive treatment on the laws of sex, the attainment of virile manhood and womanhood, and happy successful parenthood, together with details for correct diagnosis and treatment of all sexual diseases. It contains many handsome charts on anatomy and physiology.

It is neither dull nor technical, but is comprehensive and complete in every sense. It is the crowning effort of Bernarr Macfadden's rich, full experience in the science of health and physical culture. You haven't any idea how valuable it will be to you, or how many dollars it will help you save each year. What, for instance, would it be worth in actual dollars 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's bills to meet, no hospital bills to pay, no days of suffering or worry, no salary lost through absence from business?

No price would be too great to pay for the benefits that can be obtained from this wonderful work.



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

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- (2) A Physiology in plain language, and embracing many illustrations.
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- (6) A handbook on Gymnastics, with full instructions on drills and apparatus work of every sort, with hundreds of illustrations.
- (7) A book illustrating and describing every form of Indoor and Outdoor Sports and Exercise—complete courses in Boxing, Wrestling, etc.
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Read the Details of Our FREE Examination Offer on Next Page



# See This Great Set of Books for 10 Days Free!

There is now no excuse for any man or woman to be ignorant of Nature's laws regarding health. Bernarr Macfadden has authorized us to send to anyone requesting it, on 10 days' free examination, all of the five beautiful volumes of his Encyclopedia of Physical Culture. And the request does not in any way carry an obligation to buy.

Mr. Macfadden believes this work is the crowning achievement of his lifetime of experience in guiding thousands to renewed health. He believes there is a need for this tremendously helpful work in every home.

If you want to enjoy glorious health—if you want to drop years from your age—if you want to radiate joy and happiness—if you want to have greater success-winning energy, power and vitality than ever before, you must live according to Nature's laws—which are clearly shown you in this wonderful work—The Encyclopedia of Physical Culture.

## The Average Person Pays Thousands of Dollars in Doctors' 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. 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.

## Calls the Encyclopedia His Best Doctor

Thousands of letters literally pour in on Mr. Macfadden from thankful owners of his marvelous work. The sick have been restored to health—the well have been able to retain their health—the mother has been able to protect her own health and the health of her children.

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If you are not enjoying the perfect health which is your birthright, you haven't employed the methods provided by Nature to keep you well. These methods and secrets of perfect health are now unfolded to you in these five marvelous books.

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possess exhilarating health every day in the year  
know your own body  
eat for health  
diet for the cure of disease  
know the art of food preparation  
build a powerful physique  
correct physical imperfections  
become a physical director  
avoid unhappy marriages  
avoid disease  
fast as a curative measure  
cure by hydropathy (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 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  
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So sure are we that after a brief examination of these books you will appreciate how wonderfully they will unfold to you invaluable methods and secrets of perfect health that we will gladly send the five volumes for your own personal FREE examination, for ten full days. The five volumes are:

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But, remember, the ten days' examination is free and if after your careful examination of the volumes you decide that you do not want the Encyclopedia, if you feel that you can afford to be without them, simply return the volumes and you will not owe us one cent nor be under any obligation.

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June twenty-fifth  
1926

Professor H. W. Titus,  
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Before you enroll for the TITUS Course in Muscular Development—before you pay a cent, you see everything you get—apparatus and all. You are not asked to "buy in the dark," and nothing is concealed from you. When you enroll for a Physical Culture Course you naturally want to know something about your Instructor's Methods before you pay down your money. Right on this page are photographs showing the TITUS PROGRESSIVE AND AUTOMATIC EXERCISER being used for bar-bell and dumb-bell exercises. In my big book, which I will gladly send you FREE, I show you many other exercises which you can perform with this amazing apparatus. Who else shows you in advance what they have to offer?

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Here is a book so full of inspiration that you cannot read it without renewed hope, regardless of how under-developed you are at the present time. If you are a hopeless weakling, it tells you how to become robust and strong. If you are already strong, it tells you how to become stronger. It contains 66 photos of myself and some of my pupils, many of whom are recognized as the world's greatest strong men. It describes my Course, apparatus, and Prize Contest in detail. It tells you many things you ought to know about your body and its development and care. Don't miss reading this marvelous book. It's absolutely FREE. Mail the coupon or a post card for your copy NOW!

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105 East 13th Street, Dept. 241,  
New York City

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Dear Sir:—Please send me, at once, without cost, your FREE book, "Building Better Bodies." It is understood that there is no obligation on my part whatsoever.

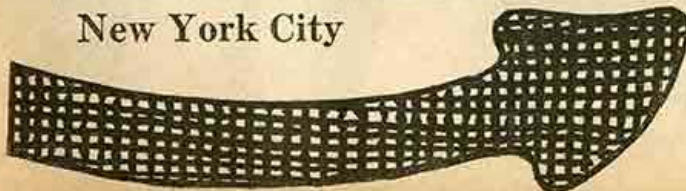
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NO doubt you have often heard of Pelmanism, but probably you have carelessly thought of it as "just another new fangled movement. Some more tommyrot! The usual mental-pep stuff!"

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

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## Editorial

## Is Strength Definite?

**A** MAN who has been familiar with STRENGTH for quite some time, stopped in to tell us that we were not wrapped up in ourselves. He thought that we were not definite and explicit to the degree that we should be. It was his idea that our editorial policy partook somewhat of pussy-footing. He felt we sometimes knew more than we were willing to tell, and sometimes did not claim everything we could claim for our articles and work.

Now, we are willing to admit that a great deal of his criticism is more or less just, but claim that there is a reason for it which can be given rather easily.

We have felt that because a single issue of a magazine has an official lifetime of only thirty days, there is a great temptation for the editors to let down the bars and permit many things which are really half-true to be held up as whole truths, because six months from now it will all be forgotten and may be forgotten in six weeks.

Now we know that exercise is good, or that whole grain wheat is good, or that outdoor sports are good, but we do not devote large sections of a single issue of our magazine in saying that all the ills that can come along can be cured by milk, or by bathing, or by exercise, regardless of anything we may have said in the past or may again feel called on to say in the future.

We are well aware of the fact that one man's meat is another man's poison, and we try to keep that fact in our minds all the time that we are making up an issue of our magazine.

#### Can a Health Magazine be Interesting?

Eugene Lyman Fiske, of the Life Extension Institute, once told the writer that he thought it was impossible to edit a magazine devoted to health building without either making gross misstatements which might do great harm, or putting out a magazine which would be of interest only to a rather limited audience, all of whom had some technical training in the health field.

Obviously, Dr. Fiske was protesting against the very thing that our visitor urged us to do. We believe that STRENGTH has started a course somewhere between the easiest one of going

along month after month with no consistency and no thoroughness and the opposite and almost equally easy to fall into error of so hedging in all we have to say that no one is left with a desire to do anything except regret the intricacy of health-building.

We do take certain fundamental health knowledge for granted among our readers. We do not expect a man who is suffering from heart trouble to take up tumbling, and we do run tumbling articles in spite of the fact that should a man with a bad heart go in for tumbling it might result very seriously.

We do not advocate running contrary to the advice of any reputable physician under any circumstances, but we do try to give a general knowledge of causes and effects of many common ailments in order that our readers may, by using preventative methods, save themselves much ill health and if possible all ill-health. In addition, we would always urge our readers to consult a specialist when in doubt about a diagnosis and not anyone else by mail.

Given a fairly normal healthy body and a desire for developing that body into the finest possible mechanism, we can work wonders. We can aid in avoiding common pitfalls and we can, by exercising programs, aid you in getting the maximum of results from such a body. We do not mean that exercise is only for the strong, but we do believe that exercise is only for the organically normal, or those who work in conjunction with a competent physician who has their case under hand.

We have fought shy of the cure-alls of health, such as a milk diet, fasting and bathing, because among other things they are mutually discordant. Certainly the proper thing to do can not in every case be to fast, to drink milk and to sun bathe yourself, or to internally bathe yourself. All these things are good in individual cases, and all of them are dangerous in other individual cases; and when we run articles on any of them, we try not to give the impression that any one method, in each case the method described in the article, is the whole of the story of how to gain health.

We want our readers (*Continued on page 70*)



# Are Beauties Born or Can Do Stage Beau

*Photos by De Mirjian*

**I**F beauty goes back to physical perfection, and I surely think it does, and if physical perfection goes back to action, and I know it does, it is certainly a shame that in this country a real passion for athletic success and athletic supremacy seems to be part of every boy's nature and no part of the nature of any girl.

Perhaps women are realists and men are idealists. Perhaps women have their feet on solid ground, and men have their heads in the clouds, when it comes to the question of health and, therefore, to the question of beauty. Or, perhaps women by culture, clothes and cosmetic manufacturers have been taught to depend too much on sources outside themselves for health and beauty.

When some of our friends interested in heredity suggest that we should take great care in picking our grandfathers if we want to attain eminence in music, they are making a suggestion that applies with greater or lesser force to what our actions should be if we are interested in gaining health, strength, and beauty. Certainly it is possible to be either blessed or cursed in the body which we inherit. Of course, sickly people can rarely, if ever, look their best; and, of course, some of us do not start out with a perfect physique. We can only look facts in the face and decide to make the best of what we have.

The first step, the most obvious one and the least painful, is to improve on what nature has done for us with the artificial aids mentioned above—clothes and cosmetics. This article is not written with the idea of stopping any interest in their aids, but rather with the idea of promoting an interest in other, and, I think, more effective, methods of accomplishing the same end.

I do not believe that there is anything wrong in the use of cosmetics either physically, morally or artistically. Sometimes the job is badly done, but that is obviously the fault of the individual practitioner, not of the art. For years there has been a constant cry that the use of cosmetics will ruin the skin. If there is anything in this cry, think what a skin the average girl of today should have. As a matter of fact, there are more clear, wholesome skins preserved beneath those much-maligned coats than were ever found among the women of a few generations back.

This, however, is due to generally better living conditions, a greater knowledge of what and how to eat, and a much greater interest in out-door sports and exercise in general, rather than to any or all of the various preparations designed to give their users "the skin you love to touch." If every girl who worries about her complexion should decide to play at least one set of tennis daily, or to walk at least one mile at a good, stiff pace in the morning and another in the evening, going to and coming from work if she is a worker, she would find the work that her cosmetics were doing would be greatly enhanced.

Of course, if she should decide to do anything so radical as to go in for a

Miss Buell, from the show "Gay Paree."



# They Be Made and If So How? ties Exercise?

*By Ralph Hale*

regular program of exercise and right living, she would find the results would be astounding; but, when all is said and done, there does not seem to be enough "kick" in the desire to be beautiful to make the average girl undertake a program which is, on the whole, distasteful to her. Wherefore the lament with which this article started. I do not believe that all the boys are handsome and all the girls are duds, but I think that a glance at the pictures of the girl swimmers will go a long way to convince any one that this distinctive group of feminine athletes are way above the average of feminine beauty.

If you are willing to admit that the swimmers as a class do stand out, but you think that their unusual beauty may be an accident, then consider the chorus girls and the dancers as a group. No matter what any one says, a chorus girl cannot get by unless she is active and a good dancer, and no one can really dance well without being something of an athlete. We know they pick them for their beauty, their ability to dance, and their ability to sing or to sing a little. Just how many beautiful girls are rejected because they can't dance or can't sing and just how those girls happened to be beautiful might, if we knew the true story and the actual figures, upset this theory.

However, I have a very strong hunch that they take on a beautiful girl and teach her how to dance if she doesn't know how already, and it is part of my idea that a really well-formed girl must have had some sort of exercise which would have left her with strength and agility so that it should be no unsurmountable problem to teach her the dancing she has to know. I also believe that a few weeks of the really strenuous work that the girls of the chorus are called on to do might go a long way toward improving the appearance of some of their sisters who do not quite make the grade.

Of course, all the beautiful girls do not gravitate to the stage, and, of course, there are beautiful girls, some one called them "The Beautiful and Dumb," who could not gravitate toward much of anything. Just how large a group they are is hard to say. Also, there are lots of girls who have made tremendous success on the stage without having any superlative physical charms, and some who have succeeded because of their very lack of good looks or anything that approached good looks. Of course, they are outside the scope of this article, which is not written with the idea of giving Mr. Ziegfield a lot of extra work taking on beauties, but rather with the idea of showing any girl who is not satisfied with her personal appearance that she has not done everything for herself that she can do when she has visited the nearest druggist or beauty parlor.

To return for a minute to the idea with which this article started, it seems to us that the most hopeful indication of a general awakening of interest in their own physical well-being among women is clearly indicated by the gradual change in the type of show girls that are becoming more and more popular year by year.

Certainly the four girls whose pictures adorn this article might well serve as a source of inspiration to their sisters



Katherine Burke, of the Ziegfield Follies





Karlo, from "Aloma of the South Seas."

which would be as good an influence on the said sisters as that of the great John L. Sullivan was upon the boys growing up in his hey-day. This idea may seem a little far-fetched, or you may not believe that John L. was a good influence, but the fact remains that he interested thousands of boys in physical prowess as such, and he was the cause of their determination to equal or surpass his own records, a determination which at least resulted in exercise which was fun as well as work, and which, furthermore, resulted in these boys becoming better, healthier men than they would ever have become without this particular example.

No girl in her sane mind can believe that all she has to do to look like one of these girls, or better, and then get a job with Mr. Ziegfeld or one of his competitors,

is to wish for a beautiful body; any more than an aspirant for Dempsey's crown can just sit down and wish for a powerful right arm.

There are just as many girls who want to go on the stage as there are boys who want to become athletes, and the big difference between the two groups is that the girls have not yet begun to realize how much the fulfillment of their wishes depends upon themselves. There have been just as many girls who wanted to go on the stage as there have been boys who wanted to become successors of John L. Sullivan, and the big difference between the two groups has been that the boys have realized how much their bodily strength and efficiency had to do with their attaining any such place of eminence. The desire to be an athletic success in some line—boxing or any other sport—has been an enormous factor in building up the physical ability of the average American boy.

To gain the grace and beauty of the four girls whose pictures accompany this article is as worthy an object and as difficult an end for a girl as it is to attain a sixteen-inch arm and a body in proportion for a boy. Furthermore, the only way to accomplish either end is through exercise. No one who does not have perfect physical control of their body can be really graceful. No one who is muscularly underdeveloped can acquire the necessary co-ordination to secure true grace and agility. Just a look at the professional dancers will bear this statement out.

The first secret of the type of beauty that can succeed on the stage today is a well-developed body and a well-co-ordinated body. Not only must you be good to look at in repose, you have to be graceful in action, and grace in action is dependent on bodily co-ordination. Not all well-developed girls are graceful, but no really weak girl can be graceful. If you feel that you cannot do with your body many things that you would like to do, except at the expense of being awkward, you are obviously in need of exercise. No one ever gains muscular co-ordination except by the use of their body, and the easiest and best way to gain it is through systematic, intelligent effort.

Any girl who wants to go on the stage should, and most girls who are on the stage do, undergo a training regimen which they make up for themselves in addition to that which they have to undergo to hold their jobs. It is the object of their training to fit them for the next job, and, whether or not it always succeeds, it is the training which should go over from the stage to the girls who hope to get on the stage and the girls who have no idea of ever becoming professionals. Of course, in many instances this program includes voice culture, and, in many other instances, dancing, and both of these are forms of physical betterment, but the work which we are mainly interested in is the work the girls do at home or in gymnasiums to perfect their physique.

Every girl must try to make the most of her good points and overcome her weak ones. In the body-building work of women two classes stand out—those whose upper body is heavier in proportion to their legs, and those who have a lower body much better developed than their upper body. Of course, this leaves out of account the lean and the fat, two groups who must first overcome their initial handicap before beginning to worry about their proportions. In girls who are constantly



dancing, there is a very good chance for their lower limbs to be developed at the expense of the upper body, and this result is plainly noticeable in many professional dancers. Incidentally, Lillian Leitzel, probably the greatest woman gymnast, whose work would seem to be mainly upper-body work, has succeeded in keeping a well-balanced physique in spite of this fact, because she has trained and still trains constantly.

Some dancers do not overcome this and do not wish to have a perfectly balanced physique, as they think it is detrimental to them. In such cases, some proportion has to be kept, or otherwise their figures are likely to become displeasing enough so that any advantage they may gain in skill is more than offset by the loss they sustain in their personal appearance.

We are convinced that the foundation of success on the stage even more than the foundation of success in most of our activities is dependent upon health and, whenever possible, a superb physique. With such a foundation how far any girl can go rests in herself. Without it she must first strive to acquire such a foundation, and, once secured, she must strive to retain and improve it. Many of the foremost actresses today started in the chorus, a great number of them in the chorus of the Follies, and their success is due to the bodies which they had, plus the intelligence with which they made the most of themselves.

Any one who wishes to follow in their footsteps, either right on to the stage or simply in building a better physique for themselves, should, first of all, frankly recognize their weak points. When this step is taken half the battle is won, and, until it is taken, no intelligent efforts to improve themselves can be made. If you are not thoroughly satisfied with your appearance, this magazine can show you how to change it. Before you try to lay out a system of exercises for yourself, first determine what you want to accomplish, and then apply the knowledge you may have plus any information you may pick up in promoting your ends.

Do not be satisfied with half-way measures and half-way results. Make up your mind to gain real lasting benefits, and do enough work so that you will be entitled to gain them.

Do not accept the idea that beauties are born. Nine times out of ten they are made. Do not be content to feel that you were not a born beauty. Make it your desire to do for yourself what so many other girls have done for themselves.

Recognize the fact that grace is one of the biggest aids to beauty. Recognize the fact that health works wonders in improving the general appearance. Realize how much better a well-proportioned body is to look at than an ill-proportioned one. Then realize how easy it is after all to have a healthy, graceful and a well-proportioned body.

This really goes back to exercise and ordinary common sense in your daily living and a little knowledge of what your own weak points are and how to overcome them, plus enough faith in your program to keep you at it. It is just as easy for a girl to acquire the sort of a body she wants and enough muscular strength and co-ordination so that it is a pleasure to watch her in action, as it is for a boy to build his body to meet his specifications.



Neva Lane, "Chicago Artists and Models"

No one really knows how easily they can improve themselves until they try and no one who is in poor physical shape can begin to realize how much of the joy of living they are missing. Have you ever seen a chorus after they have had a big hand give an encore of a difficult dance and realized that they were having a better time than anybody in the audience?

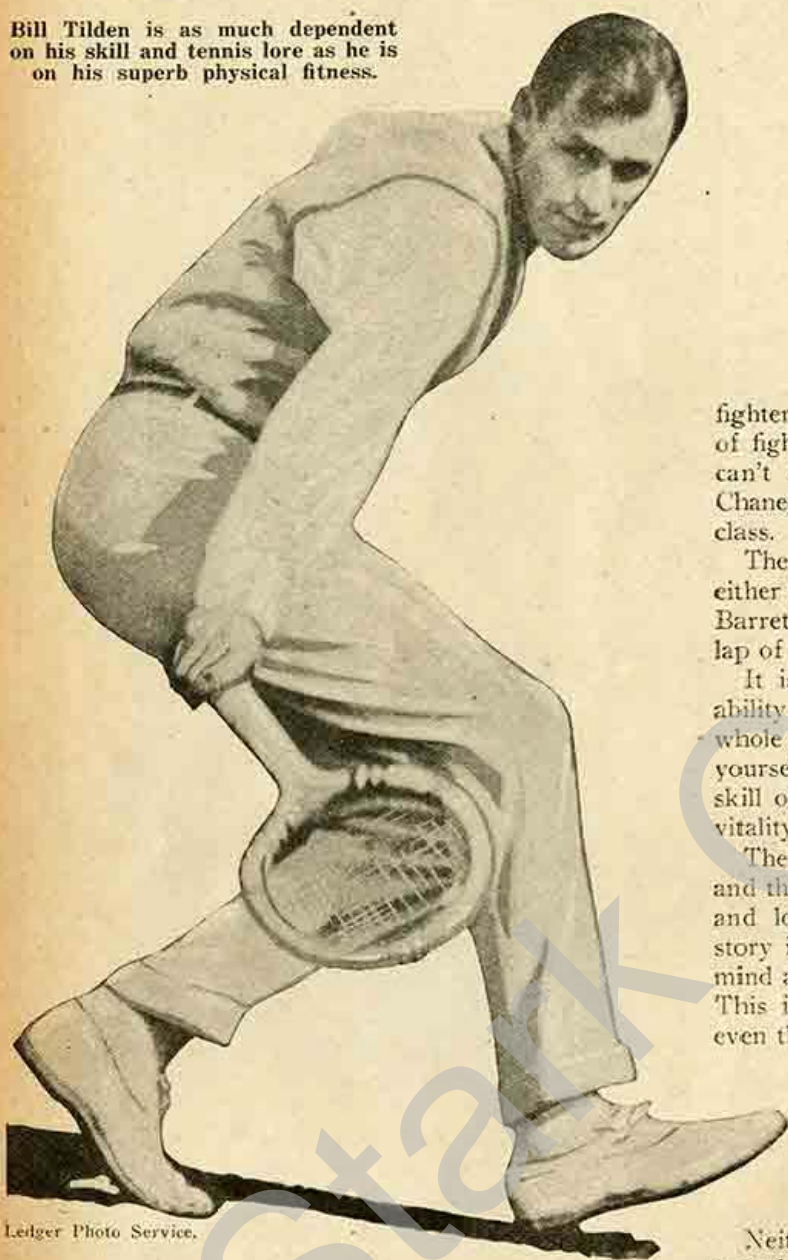
Certainly they enjoy the applause, but they get a real kick out of the work they are doing and the ease with which they are doing it. The better you are physically the better you become. Hard work becomes easy and hard work gives you a real thrill when it is accomplished easily and an added thrill if either your friends or your audience realize how hard it would be for them and how easy it is for you.

Learning to care for yourself and learning to enjoy exercise, whether it may be tennis, swimming, dancing or the much maligned calisthenics, are the two things which will assure you of big returns in health and beauty building, whether you are on the stage or never have any idea of being in a show. Whether or not any girl makes the most of herself rests in herself only.



# What Makes a itive

Bill Tilden is as much dependent on his skill and tennis lore as he is on his superb physical fitness.



Ledger Photo Service.

**S**OME great fighters have staked everything on their ability to hand out punishment and others have depended on their ability to take it and then come back for more. Any great athlete must be able to take it no matter what sort of a wallop he possesses.

I'll never forget reading Fitzsimmons' impression when he hit Jeff and hit him with everything he had, and Jeff simply kept on boring in. Right then Fitz knew it was only a question of how long that fight was going to last. His chance had come and gone.

Fitz could take it himself and Jeff could hand out punishment, but when Fitz found a man who could take his best and laugh it off, and when he realized that that man had an offensive of his own, he knew he was up against it. Once in a while a man comes along who can take no end of punishment and do no appreciable damage himself. Joe Grimm was probably the outstanding

What Must a Man  
Real Athletic

*By David Wayne*

fighter in this class. There have been and there are lots of fighters who can sock with the best of them, but they can't take it themselves. Bobby Barrett and George Chaney are certainly two noteworthy members of this class.

The odds are all in favor of some one going out when either of these men fight, but whether that man will be Barrett or Chaney or the man they are fighting is on the lap of the gods.

It is easy to sit at a ring-side and realize that the ability to hand it out and the ability to take it are the whole story. Knowing the game helps a lot. Knowing yourself helps even more, but in the final analysis the skill of the veteran always goes down before the sheer vitality of the youth coming up.

The will to win plays an enormous part in any victory and the psychologists claim that there is a perfectly clear and logical explanation of what that part is. Their story is something like this: Man has developed in his mind an idea of what he can do and what he cannot do. This idea acts as an actual check on his performance even though it is a false idea.

Through experience our mind has learned to allow a factor of safety, just as through experience engineers have learned they must make an automobile truck stronger than the greatest load it will ever carry really demands that it should be made.

Neither iron and steel, nor bone and sinews can be stretched to the limit day after day without something giving way. Every now and then a truck driver or a shipper comes along and overloads his truck. Nothing happens because the truck was made to stand the gaff. Let him try to overload it day after day though and he will soon see what will happen.

Just so in the height of competition some men have the ability to do better than they know how and this results in no bad physical effect because of their mental factor of safety. I once knew a football player who was popularly supposed to be able to run faster with a football under his arm and in a full football uniform than he could in a track suit. Certainly men who could trim him on the track could not catch him on the gridiron and he was a comparatively small man at that, weighing under 165 pounds.

Just why some men can over-ride inhibitions in a moment of necessity and others cannot is a question that, so far as I know, the psychologists have not answered. Maybe they never will answer it, but any one interested



# Great Compet-Athlete

## Possess to Attain Eminence?

in athletics knows that some men can and do and that some men not only cannot and do not, but actually perform worse in competition than they do in practice.

It is not all physical condition, although when two men are evenly matched or nearly evenly matched their physical condition can make all the difference in the world in spite of any competitive spirit either man may have. When John Paul Jones, the great Cornell ruler, was beaten, and badly beaten, in the Olympics by A. N. S. Jackson, the Oxford champion, no one could attribute his defeat to anything but change of climate and lack of condition. The writer believes that Jones was the greatest mile ruler of all time; even greater than Nurmi; and that in spite of the fact that not only Nurmi, but also Norman Tabor have surpassed his mile records. Jones was essentially a competitor and a team man and ran for points rather than a record at all times during his career. Tabor never defeated him in a race.

Incidentally the year that Tabor, then a Rhodes scholar, and Jackson both came over to the Penn relays as No. 3 and No. 4 of a great Oxford-Cambridge four-mile relay team, they furnished, in conjunction with Wallace McCurdy, the Penn captain, just about the biggest thrill the writer ever got out of a track meet. Although the No. 1 and No. 2 men of the British team hardly classed with Tabor and Jackson, they were well able to take care of themselves. Penn, the only American college which seemed to have any chance of stopping the English team, was just about a 100 to 1 shot before the day of the race.

No. 3 on Penn's team was Louis Madiera, a man who had placed in the American inter-collegiate and had run several good races, but certainly not in the same class with either of the British stars. Wallace McCurdy was the two-mile American inter-collegiate champion and champion because of his indomitable courage, much more than because of his real ability. McCurdy time after time killed off men who should have out-run him. Passing him was an almost hopeless task, but McCurdy, running a mile against Jackson, sounded almost like a joke.

As I remember the Penn relays that year, they were run off on a rather gloomy, drizzly Saturday afternoon and the big four-mile International Relay was hardly a big enough attraction to hold the crowd till the end of the meet. How many walked out on it I don't know, but I do know I never expect to see another such race.

In the first two miles nothing of sufficient note happened to stand out in my mind and when Madiera

Both Tabor and John Paul Jones possessed indomitable courage, physical endurance and ability.



Ledger Photo Service.

started against Tabor, instead of having, as he had hoped, a comfortable lead, the two men were off almost neck

and neck. Madiera, running the race of his life, shot ahead and Tabor never really threatened him, after the first lap. He gradually opened a gap of twenty to twenty-five yards before he passed the baton to McCurdy. The crowd was wild,

but they lost all hope when Jackson started after the Penn captain. It seemed as though he was on McCurdy's heels inside of 200 yards. But McCurdy, although he had lost 20 yards before he started down the straight away which brought him to the end of his first quarter, opened up and tore ahead with Jackson giving everything he had to pass him. Jackson didn't pass and when they got to the second curve he fell back and left McCurdy set the pace to the straight away. McCurdy slowed and gathered his strength and when he reached the stretch, for every notch that Jackson let out McCurdy notched him. Side by side and stride for stride they ran to the curve again and again. McCurdy slowed down as Jackson fell back and the crowd went crazy.

Seven times Jackson challenged McCurdy and seven times McCurdy staved him off. After each sprint McCurdy slowed down and Jackson followed him around the curve. At last they came to the final test. As McCurdy faced the home stretch, Jackson uncorked the most powerful sprint he had yet shown and drew up on even terms with the Penn captain. Then the race began. Both men gave all they had. Both men collapsed at the finish. No one in the stands could tell who had won and the judges, after a disagreement, gave the race to the Oxford-Cambridge team.

That mile was a long way from the fastest mile that Jackson ever ran, but it was not a long way from the



hardest one. For McCurdy it was a heart-breaker. To give everything you have and then lose is just about the hardest experience a man can have. The victors usually get enough thrill out of any race to come back quickly, but the man who just barely loses has nothing to console him except the knowledge of a day's work well done, and to a man who has just been beaten that is mighty small consolation.

Anyone can lose when they haven't a chance and not mind it, but no one can lose, after coming within a hair's breadth of victory without feeling that defeat mentally and physically. On the other hand no one who saw that race could help feeling that McCurdy's superb fighting spirit was as great a possession as any man could want to have. His physical equipment just was not there. He had been beaten by a man who had more to give than McCurdy could take and still come back for more.

Whether a man can actually make a great runner of himself by intelligent training is open to question. He has to have certain physical and nervous ability to start with. Whether a man ever actually makes himself a great athlete in any sport without a real physical advantage such as Jeffries had is questionable. There can be no doubt though that many men do not get the full benefit of the advantages that they have to start with. Everyone can improve his own condition by intelligent effort. One of the biggest functions of this magazine is to show its readers how they can make the most of their bodies.

Everyone can by patience and effort perfect himself in the technique of any sport, and there are sports in which skill plays as high a part as physical ability. Perhaps "Bill" Tilden is the best example of a champion

who is dependent at least as much on his skill and tennis lore for winning and holding his crown as he is dependent on his superb physical fitness

for his game.

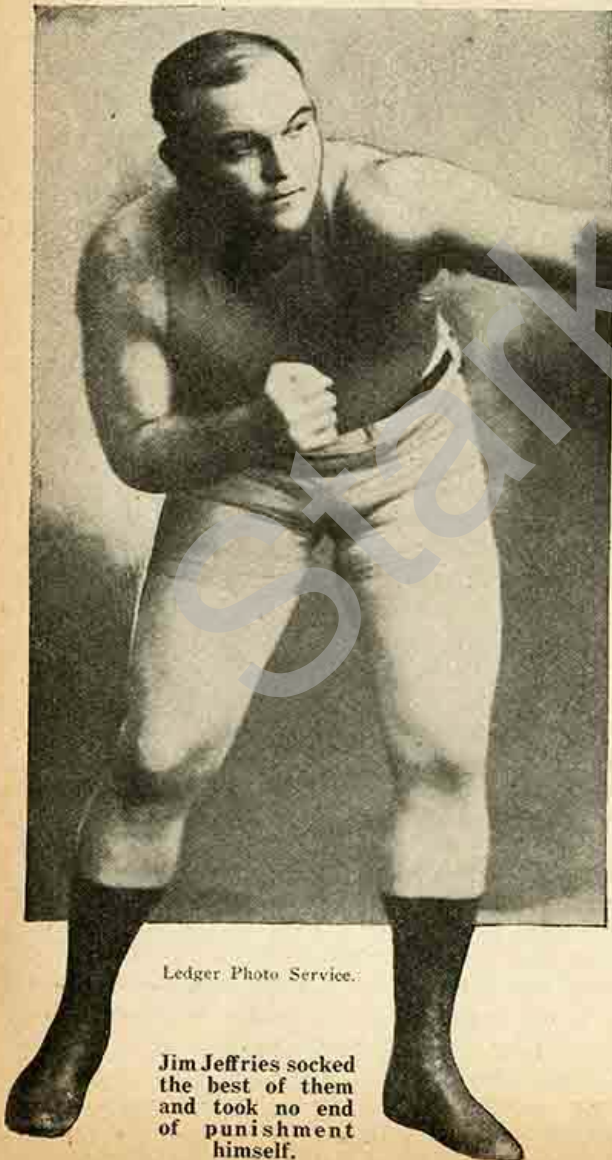
Tilden as a comparatively young man did not show any unusual promise as a tennis player. Although captain of his college team he never was inter-collegiate champion. The story goes that Tilden finally woke up to the fact that his biggest drawback was the raggedness of his form. He had been better than the average man because of his height and reach and speed, but when he was pitted against real top-notchers, men who also possessed these assets, his lack of real tennis knowledge made him an easy victim.

He set out to break himself of his worst faults and to learn the game thoroughly. How well he has succeeded is shown by his position today. Of all the champions in the really popular sports he is the champion most secure upon his throne. No one coming up now looks to have the slightest chance to worry him for years to come. None of his competitors have any better physical equipment and none of them have as much sheer skill. Of course the sort of skill that Tildren commands cannot be gained over night. He took years to learn how to play his game and he is getting better each year. The man who is going to dethrone him will have to spend a lot of time at the job of learning all there is to know about tennis. He will have to keep himself in good physical condition all the time. He will have to have an unusual physique to start with. He will have to have a real competitive heart and (Continued on Page 80)

McCurdy's superb fighting spirit was as great a possession as anyone could want.



Ledger Photo Service.



Ledger Photo Service.

Jim Jeffries socked the best of them and took no end of punishment himself.



# Kidney Disease

## —Prevention and Cure

Why There are so Many Cases of Kidney Disease  
—Wrong Theories—Food and Exercise as a Cure

By Dr. Edwin F. Bowers

**P**ERHAPS the most common and serious of all the varied diseases that arise to bedevil Americans is the so-called "kidney disease." Diabetes is quite as frequently referred to in this connection as is Bright's disease—although it is, in reality, a disease of the pancreas, and not a degenerative disorder of the kidney.

However, there is common acceptance of the belief that the kidney function is abnormal in either case, and also the fact that the two disorders we so frequently associate would warrant us in considering both under the heading "kidney disease."

Diabetes and Bright's disease are among the Captains of the Men of Death, for the mortality is appalling—and the number of cases seem to be continually on the increase.

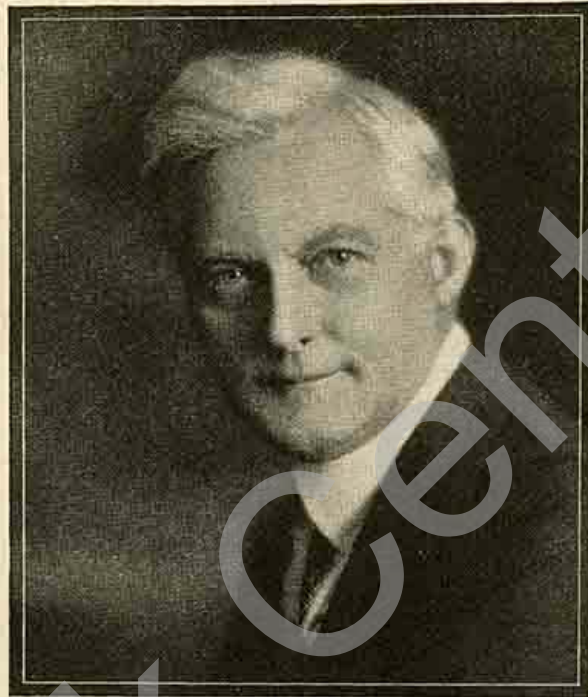
A recent report showed that there were 16.9 deaths from Diabetes per 100,000 population; while 107.4 out of 100,000 died of Bright's disease. It is estimated that there are, at the present time, at least a million diabetics in this country. The number of nephritis is even greater.

Dr. Eugene Lyman Fisk, of the Life Extension Institute, in discussing this matter, says that he has no morbidity statistics for the whole country, and can only estimate the morbidity from these troubles. It is easier to fix figures for diabetes than for so-called Bright's disease, which varies in degree from slight, low-grade, chronic kidney changes to the acute forms.

However, from his records, he can say that about 20 per cent of the active working population shows signs of kidney irritation, such as albumin, casts, blood or low efficiency test. To these would have to be added those who are on the sick list, and who do not come under observation. The fact of the matter is, the kidneys participate in the deterioration which affects all the tissues of the body as age advances.

### The Reasons for This Increase

There are certain well-defined reasons for this ominous increase in the number of cases of "kidney disease" in



Dr. Edwin F. Bowers

America, principal among which is the "stepping up" in our speed of living. Economic conditions, the desire to push up into the next higher business or social strata, the perpetual grind, the hustle and bustle and worry of trying to get a million and one things that are of no special value after they are achieved and secured—all these combine to put the organism upon a tremendous tension.

As with any other machine that is overworked and over-speeded, sooner or later something cracks. This something may be the nerves; or it may be the digestion. Possibly degenerative changes in the blood vessels, the heart, the kidneys, or the pancreas will develop. But the chief cause for the trouble lies in

the depletion that results from physical and mental strain.

Then there is the menace of "focal infection." Poisons absorbed into the system from the roots of infected teeth and from septic, pyorrhoeic gums; pus soaked into the tissues from diseased tonsils or from abscesses in the sinuses or cavities in the bones of the face and head; septic conditions originating in venereal diseases—in fact, any condition anywhere within the body that permits decomposition or putrefaction, or the formation of pus or poisons, are definite sources of danger. For they break down the wall of resistance that protects the organism against Bright's disease, diabetes, hardening the arteries, rheumatism, and the decrease in vital resistance that invites the development of almost any disease resulting from improper metabolism—or the improper conversion of food into tissue, heat or energy.

### Breaking Into a Coffin With Our Jawbones

Then there is the factor of overeating or of eating too much of the wrong kind of food—particularly of eating foods deficient in mineral salts.

It seems to be almost a natural thing with most humans who "have the price" to gratify an instinct for gorging. An increased earning power is almost automatically translated into an invitation to gourmandize.

Strange, palate-tickling foods are indulged in at all hours of the day and quite a few hours of the night.



Every effort is made to prod a jaded appetite into extra activity. So whether the stomach wants more food or not, it gets it anyhow.

This is particularly true of "luxury foods"—candy, desserts and pastries—perhaps the most frequent of all causes for the development of diabetes. On the matter of sugar consumption alone the figures are most illuminating. For instance, our grandfathers and grandmothers, between 1800 and 1810, consumed but 11 pounds of sugar a year. Between 1910 and 1917 we had increased the consumption of sugar 73 pounds! At the present time it is nearly 90 pounds. And heaven only knows how much farther it will go—with a candy shop on every corner in the country, taking the place of the two saloons that formerly occupied these coigns of vantage.

Of course, it may well be contended that the lessened consumption of alcohol in these piping days of prohibition contributes somewhat to curtail the grand total of the number of diabetic cases. For your alcohol is a sure provoker of much more than "nose-painting, lechery and urine," as Shakespeare well says. The underoxidation of the protein molecule, for which it was and is frequently responsible, must necessarily produce highly irritating toxins. It is the irritating effects of these toxins upon the protoplasm of the pancreatic cells that occasions the high incidence of diabetes among drinkers—especially among those who drink beer to excess.

It is the lack of oxidation, or burning up of the "end products" of meat, eggs, fish, and the albuminous portions of milk and cereals, that is possibly the most blame-worthy of all causes for kidney trouble.

In other words, the incomplete conversion and abnormal retention of products formed by putrefactive fermentation in the intestinal canal is most frequently the direct or predisposing cause of "under-oxidation disorders"—which is what diabetes and Bright's disease most generally are.

In discussing this question in his book, "Eating to Live Long," Dr. William H. Porter, Emeritus Professor of Pathology and Clinical Medicine in the Postgraduate Medical School and Hospital, New York, says:

"The problem is to prevent the excessive formation of uric acid and such putrefactive toxic products as cause chronic irritation of the kidney structure.

"Incomplete oxidation of the proteins frequently results in either the uric acid or the diabetic conditions, largely because of an excess of sugars, starches or fats in the diet. Much more oxygen is utilized to oxidize, or convert the protein molecule into its end-products. On the other hand, the molecule of starch, sugar or fat, requires far less oxygen for its complete reduction and the formation of end-products, but it is oxidized so rapidly and in such large numbers that there is not enough oxygen available to satisfy a molecule of protein percentage.

"Perhaps a slightly greater restriction in the use of starches may be required in the initial stages of the treatment of diabetes; but, in a general way, what is effective in reducing the underoxidation in nephritis is equally effective in diabetes, gout, rheumatism, high blood-pressure, arteriosclerosis, intestinal indigestion, senility, and even in anemia, tuberculosis and other degenerative disorders."

Again, Dr. Porter says: "Because glycogen occasionally has been found in the liver, it has been looked upon

as a 'stored-up' product. Much, if not all, of the glycogen produced in the system, however, is derived from oxidation reduction of the nitrogenous products—from the albumin. When oxidation is incomplete, it passes as glycogen, or some other form of antecedent product, to the kidneys, where it is seized by the kidney cells and discharged in the urine, giving rise to the condition known as glycosuria, or diabetes."

### Barking Up the Wrong Tree

If it be true that the real factor in the development of diabetes is the underoxidation of the protein molecule, and that if there are degenerative changes in the liver or the pancreas, these usually develop as a result of poisoning by the products of underoxidation, and not because of an intrinsic deficiency or disease in these organs themselves, our entire philosophy of sugar tolerance may be founded upon a misconception. And our attempt to cure diabetes by withholding easily converted starches, or already converted sugar, is a terrible mistake, as it inevitably tends to lower the oxidizing power of the system in the oxidation reduction of the protein molecule, as well as to further deplete the system already sadly deficient in stores of energy.

If, as Professor Porter says, the free-burning sugar is the kindling that oxidizes the fat, and the free oxidation of fat yields heat and energy to normally transform the end-products of protein digestion, it is obvious that we have been working on an erroneous foundation in altogether withholding the kindling that would tend completely to consume these poison end-products of albumin metabolism.

And it is more than likely that diabetes may be the expression of resentment on the part of liver or pancreas against overwork—in the frequent result of the absorption of toxins that paralyze the normal functioning of the gland.

Until recently, it has been the general practice to attack the symptoms—rather than the thing the symptoms represent.

In diabetes, for instance, every effort is bent to keep the urine free from sugar—even the last bearable degree of starvation being employed. This practice (protracted over any considerable time) so depletes the system that recovery is difficult, if not altogether impossible.

It would, on the face of it, seem obvious that to *deprive a diabetic of all sugar-forming foods is no more likely to cure him of a disease—one symptom of which is the appearance of sugar in the urine—than would depriving him of meat and all albuminous foods cure him of Bright's Disease—one symptom of which is the appearance of albumin in the urine.* This does not mean that starches and sugars can be eaten indiscriminately and that the patient should not be most careful in limiting the amount of sugar and starch or reducing his intake of carbohydrates. As a matter of fact, most people eat entirely too much sugar and starch, anyhow. When this starch is taken in the form of white bread and white flour products, the inevitable result is the production of acidosis, which, as has already been noted, is one of the principal causes for "kidney disease."

### Food is Good Medicine if it Can be Utilized

The orthodox method of rigorously restricting the diet in the treatment of diabetes and Bright's disease is about as sound as to expect an (*Continued on Page 88*)



# Fine Points on Developing a Powerful Arm

Follow these Suggestions and Secure a Powerful Arm

By Charles MacMahon

**B**IG, powerful-looking arms are for some reason or other the most popular parts of a well-developed body. It may be that this popularity comes from the lack of thorough knowledge of the human body and of physical training principles. Those who lack this knowledge are prone to imagine that because a man possesses large powerful-looking arms, he *must* be generally strong also. As a matter of fact, strong arms do not necessarily make a strong entire body. But I do believe there are very few men who have been so foolish as to miss realizing the value of all-round training and specialized entirely on getting big arms. On the other hand, I know that quite a large percentage of those who are developing their bodies by one method or another do put more time and attention to developing their arms. This specializing is all right, providing one knows that his arms are weaker and less developed than the majority of his other parts.

The great desire for at least a large pair of arms must be born by the rolled-sleeve fad of the summer months and by the fact that most every one has a habit of saying, "Let's see your arm." Even if they don't mention "arm" and say, "Let's see your muscle," the upper arm is displayed, when the word "muscle" could easily mean any other muscle of the body.

So, I am giving some fine points on developing your arms, not because I approve of developing large arms at the expense of other and just as important parts, but because I know that most readers of *STRENGTH* are interested in getting large and powerful arms; and it might be a good way to get them started on all-round training.

The whole upper arm is not nearly as complicated as the forearm. This you will agree to after looking closely at the two anatomical sketches of the entire arm and hand. Draw-

ing No. 1 shows the front view of the arm and the palm of the hand. Drawing No. 2 shows the back of the arm and hand.

First we will give our attention to the triceps. You will note that they form the back of the upper arm and, therefore, are better seen in Drawing No. 2. We will not bother with the names of the muscles of the upper arm; and although the upper arm muscles are made up of several parts, we will treat them as one—both in the discussion of the triceps and the discussion of the biceps.

You already know that the triceps are contracted by straightening the arms and relaxed by a bending movement. To get this more clear, bend your arm at the elbow to about a right angle. Then grasp something stationary with the hand. Now put your left hand on

your upper arm so that you can feel the movements of these muscles. You will find that as you pull or push down (or start to straighten



Fig. 2

Fig. 1



Fig. 3

your right arm) the triceps will harden, and as you pull up (or try to bend the arm more) the biceps will harden or contract and the triceps soften or relax.

Therefore, al-

ways remember



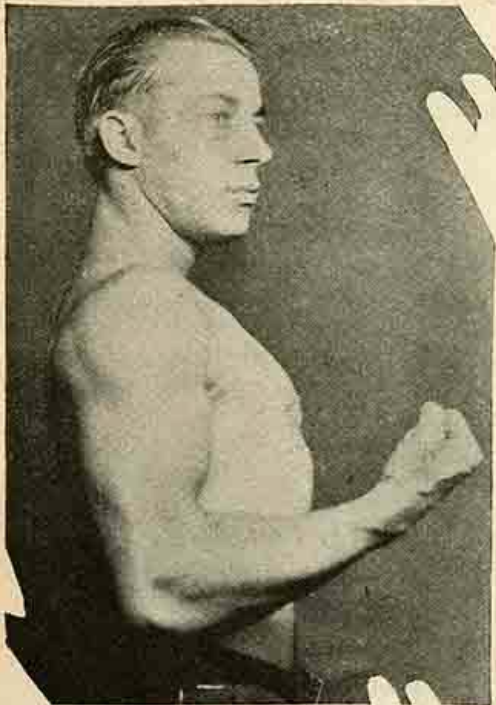


Fig. 5

If you want big, powerful triceps, go easy at first, but gradually make the resistance against these muscles increase. This progression should be applied to all your exercises.

Now take the biceps which, as you know, form the front of the upper arms. They are most directly exercised by the opposite movement used to strengthen the triceps; *i. e.*, a bending motion of the arm. All exercises in which the resistance is against the bending of the arms affect the biceps.

If you turn your palm upwards when bending the arm, as shown in Figure 5, you bunch the biceps more than if you turn the palm inward or down, as shown in Figure 4. Exercising the biceps with the palm inward or down, has a tendency to make the biceps long instead of short and knotty, as when the palm is kept up.

The reason for these differences in the biceps is that the tendons on the lower end of the biceps are attached to the two bones of the forearm. When the palm of your hand is turned upward, one of these bones moves up toward the biceps, shortening the distance and bunching this muscle more. When the palm is turned down, this same bone moves away lengthening the biceps and making the tendon space invisible. In Figure 5 you can see the tendon space and in Figure 6 you do not see it.

So when developing the biceps practice exercises that contract these muscles in both the long and short position.

The forearm is, as I said before, very complicated if you try to think of each small muscle separately. This we will not do. Instead, we will take these muscles in four groups and exercise them with these groups in mind.

You probably know that the extensor muscles on the outside of the forearm open the fingers. This position is shown in Figure 6. Figure 7 shows how these muscles raise the knuckles.

To exercise these muscles, you must open and shut the hands against some resistance. The opening is what affects extensor muscles, but to open the hand you must first shut it. The shutting

that when the resistance is against the movement that eventually brings the arm straight, the triceps are being directly exercised. Of course, in most of the exercises for the upper arms, the shoulders and forearm muscles are affected, but more or less indirectly. Figure 3 shows how the triceps are contracted by straightening the arm. As there is no resistance in this case, the triceps are flexed by concentration; but they could not be flexed to show up so greatly unless the arm was rigidly straight. Figure 4 shows the difference when the triceps are flexed while the arm is bent.

All movement in which you press some resistance away from your body, or your body away from the resistance, no matter in what position your arms are in (pressing downward, sideward, forward, or upward), are direct triceps exercises.

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Fig. 6



Fig. 7

directly affects other muscles that we will discuss next.

Besides opening the hand against resistance, you should also raise the back of the hand as far as possible. The best exercise for this part of the forearm is one in which both the bending of the wrist and the opening and shutting of the hand movements are performed at the same time.

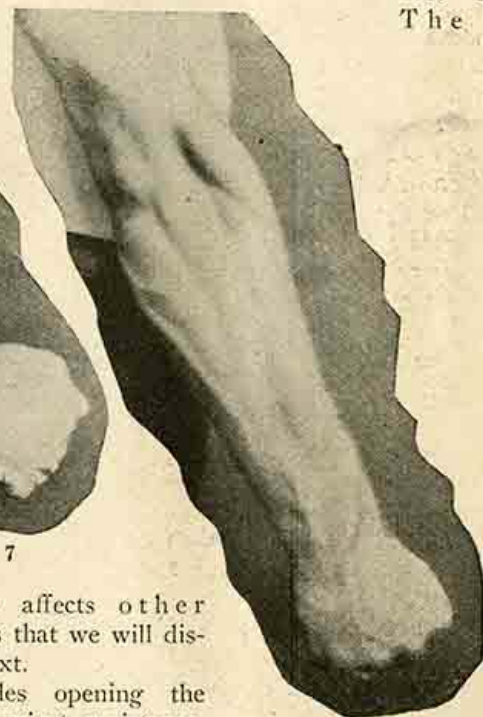


Fig. 8



This brings us to the muscles of the inner side of the forearm, which are termed the flexors. These muscles close the fist and bend the hands inward, as shown in Figures 8 and 9. The movement mentioned above could also affect these flexor muscles while exercising the extensors as well. The flexor muscles are those that when well developed make the inside forearm full and large just below the elbow joint.

The movement or exercise that develops all these muscles at once is shown in Figure 10. Grasp a broom handle as shown, and then revolve it in your hands in the natural way. You will find that to do this you must open and close your hands, and also raise and lower the knuckles by bending the wrist. Put your attention on this motion, gripping the stick tightly each time and bending the wrists as far as possible up and down.

The two remaining groups of forearm muscles are those that are exercised when the fist is moved from side to side as shown in Figures 11 and 12. These two groups are small in size compared with the first two.

A sample exercise for these last two groups is obtained by grasping the

at the elbow against resistance also brings into use the forearm muscles, and the straightening of the arm calls into play other muscles of the



Fig. 9

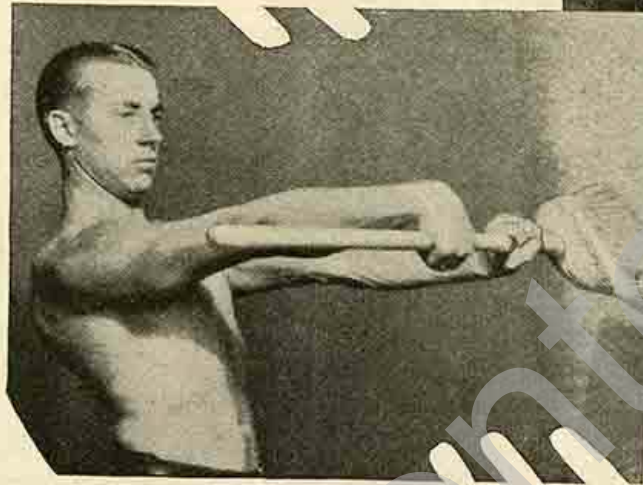


Fig. 10  
forearm.

However, the exercise given to the forearm muscles by bending and straightening the arm is indirect, and you will find that your biceps and triceps tire first, which proves that these movements affect the latter muscles directly.

As far as concentration is concerned there are, roughly, three classes of physical training students. First, the class who exercise and let their minds dwell on, or wander off now and then to something entirely foreign to the purpose of developing their bodies. Second, those who, while exercising their triceps muscles, have their minds centered on exercise and their bodies in general. Third, those who, while exercising their triceps, have their minds on their *triceps* and no other part of their body, nor on anything entirely foreign.

Even to the person who knows nothing whatsoever about muscles or physical training, I feel sure I do not have to point out which of the above classes are exercising absolutely correctly and, consequently, which will get the best results from his efforts. When it is pointed out to them, as in the preceding paragraph, any beginner can see that the logical thing to do when exercising the triceps (or any other muscle or group of muscles), is to concentrate on them only. The trouble is the logic of it does not dawn on most beginners, (and a lot who have had considerable experience for that matter) which is that they should concentrate on the muscles being exercised, until it is mentioned to them. Then they can see it easily enough.

So, when trying to develop and strengthen your triceps, biceps, pectorals, or any other (Continued on Page 72)

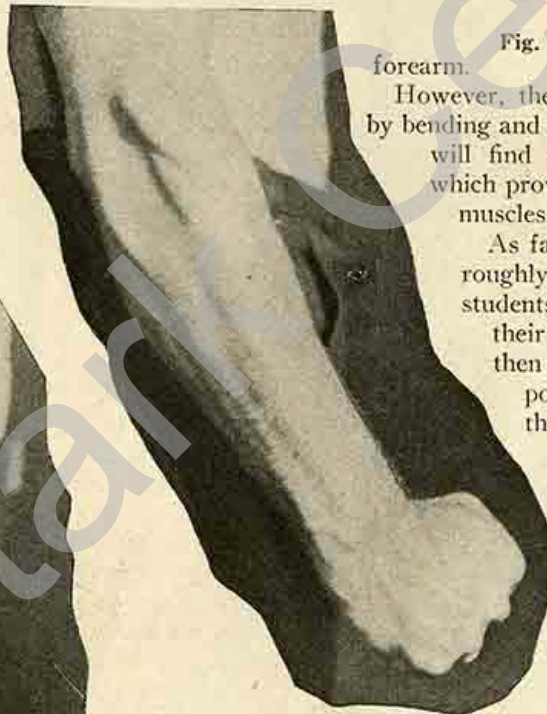


Fig. 11

broom handle and raising and lowering the broom while keeping the arm straight down at your side. The broom must be raised and lowered by this side movement of the



Fig. 12

wrist only. If your wrist is weak, grasp the handle closer up to the broom.

But finger and wrist movements are not all that develop the forearm muscles. The bending of the arm



# Can I Name the World's Strongest Man?

A Reply to A. Nordquest's  
Article in September

By George F. Jowett

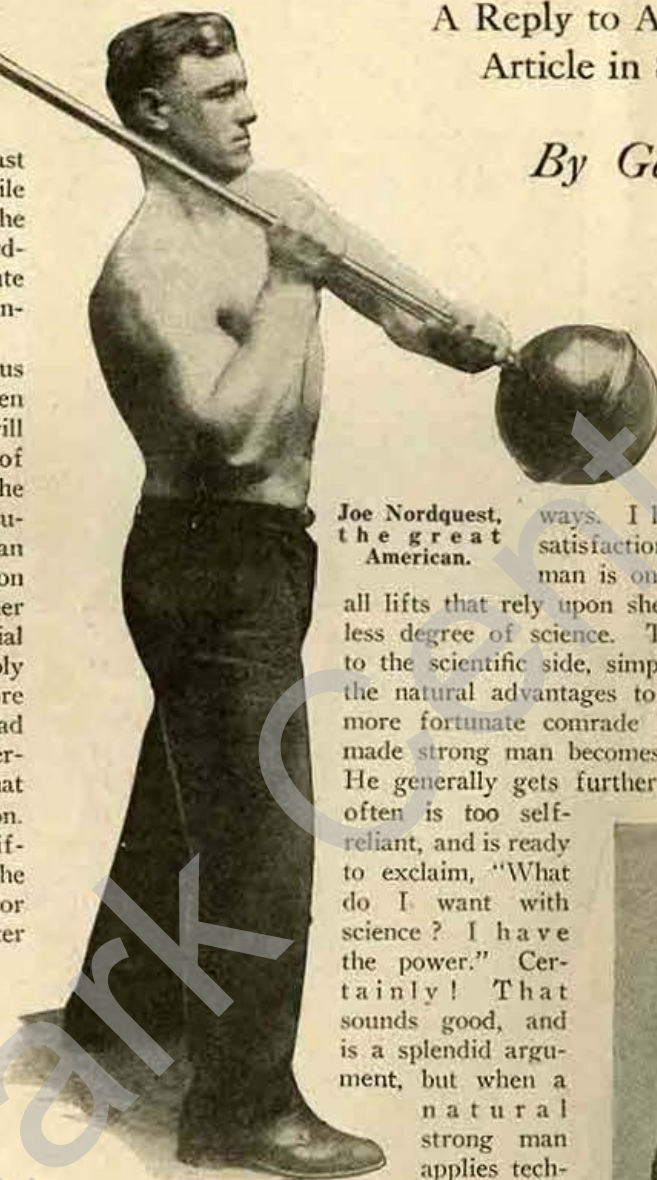
**T**HE article written last month by our erstwhile friend and patron of the iron game, Adolph Nordquest, brings to a climax a dispute that has been referred to me hundreds of times.

Often, when a bunch of us gather together in either my den or office, our conversation will swing around to the question of who is the strongest man in the world. Then, we get into an argument. One favors one man because of a certain impression that man has made, and another will favor some one else for racial reasons. However, we invariably break up with a headache and sore fingers from too much head scratching, the result of our perplexity in trying to solve what appears to be a complex question. The fact is, there is too much difference of opinion. Some of the boys allow loyalty to friendship or patriotism to sway their better judgment. Complicated though this question may be, it is full of interest for many reasons. Perhaps the main reason is that we have never thrashed the question out in the light of cold facts, irrespective of our feelings or patriotic sentiments.

I remember one very amusing discussion on this topic. One of the boys got cornered so badly in his attempt to defend his own countryman that he was unable to supply satisfactory answers. In exasperation he finally burst out, "Well, it's a darned poor fellow who does not stick up for his own countryman."

Absolutely, in some cases; but the failure to come out ahead in the argument is no more proof of inferiority than is the fact that we cannot or don't make real Scotch in America, and, therefore, have to import it—an admission of inferiority in anything except the quality of our laws or our Scotch. It is my firm belief that what anybody else can do, we can do, but that does not alter the fact that at the present time we have very few American heavyweight strong men to pit against our foreign rivals. This is the result of living in a country where favorable environment has been developed for generations to Kraft Heil.

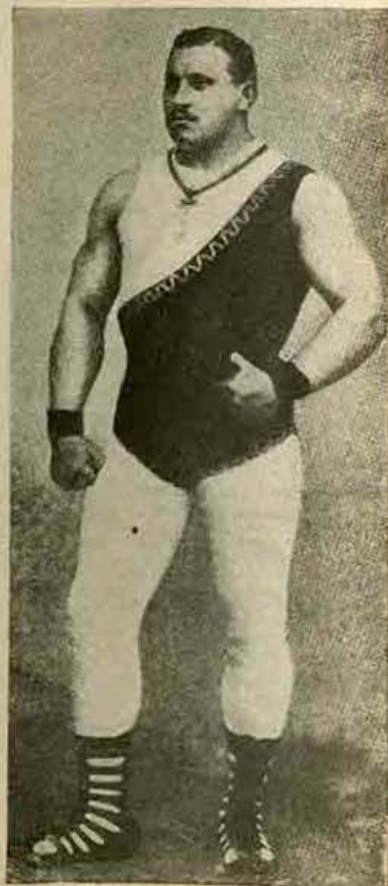
First of all, let us consider what constitutes a strong



Joe Nordquest,  
the great  
American.

man. We must not lose track of the fact that there are two types of strong men—the natural strong man and the made strong man. Both these types of men display their best abilities in several peculiar ways. I have found out to my entire satisfaction that the natural strong man is one who will invariably favor all lifts that rely upon sheer physical strength with a less degree of science. The made strong man leans to the scientific side, simply because he did not have the natural advantages to commence with which his more fortunate comrade had. For this reason, the made strong man becomes the most intelligent lifter. He generally gets further. The natural strong man often is too self-reliant, and is ready to exclaim, "What do I want with science? I have the power." Certainly! That sounds good, and is a splendid argument, but when a natural strong man applies technique to his

abilities, he generally develops into a phenomenon. This doesn't happen often, because we seldom see prodigies like Saxon, Stienbach, Stienborn, Cadine, Rigoulot, Strassburger and Gorner. Of course, I can mention many others who were marvels of physical might, but were lighter in body weight; our subject does not allow us to consider



J. Stienbach, an Austrian strong man who holds numerous remarkable records.





A. Giroux, the French Canadian.

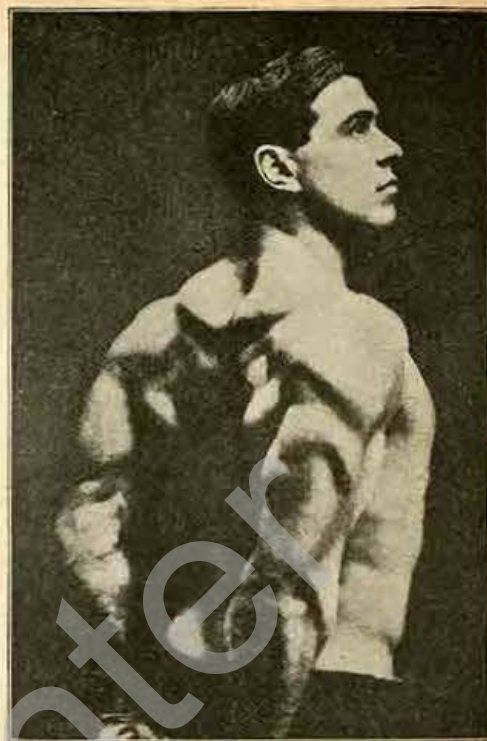
anything less than a heavyweight, simply because the big man will always beat the lighter man in the sport of lifting weights wherever the world's title is involved. The natural strong man becomes more of a specialist, although not in the sense that a lifter who concentrates on the bent press is a specialist. His specialty covers a wider field, taking in all the press and push lifts, such as the continental lifts with bar-bells and dumb-bells, along with the one and two-hand dead lifts.

When I was in Montreal last winter, I was discussing Cadine with many of the French Canadians who had seen Cadine in his match with Giroux. Cadine won, Giroux being placed hors-de-combat owing to a weight injuring his shoulder during the contest. Many of the local Frenchmen claimed Giroux was the better man. Their argument was that Cadine was too quick to be really strong. This made Cadine's feats come under the heading of "trick" lifts, according to their idea. Of course, they are all wrong. If Cadine was only good on one lift, it would be different, but, when a man is capable of making a two hands military press of 240 pounds, a two hands snatch of 258, and steps well over the traces into the 300-pound class in the clean and jerk, and piles up a poundage in the one and two-hand dead lift that goes over 400 or 600 pounds, respectively, *he is strong*.

Of course, Giroux is strong—tremendously so. Every one who saw his attempt with 270 pounds in the two hands military press at Philadelphia knows it. Just remember his exhibition two hands dead lift of 650 pounds. On pure feats of strength, I am quite satisfied that Giroux has no equal.

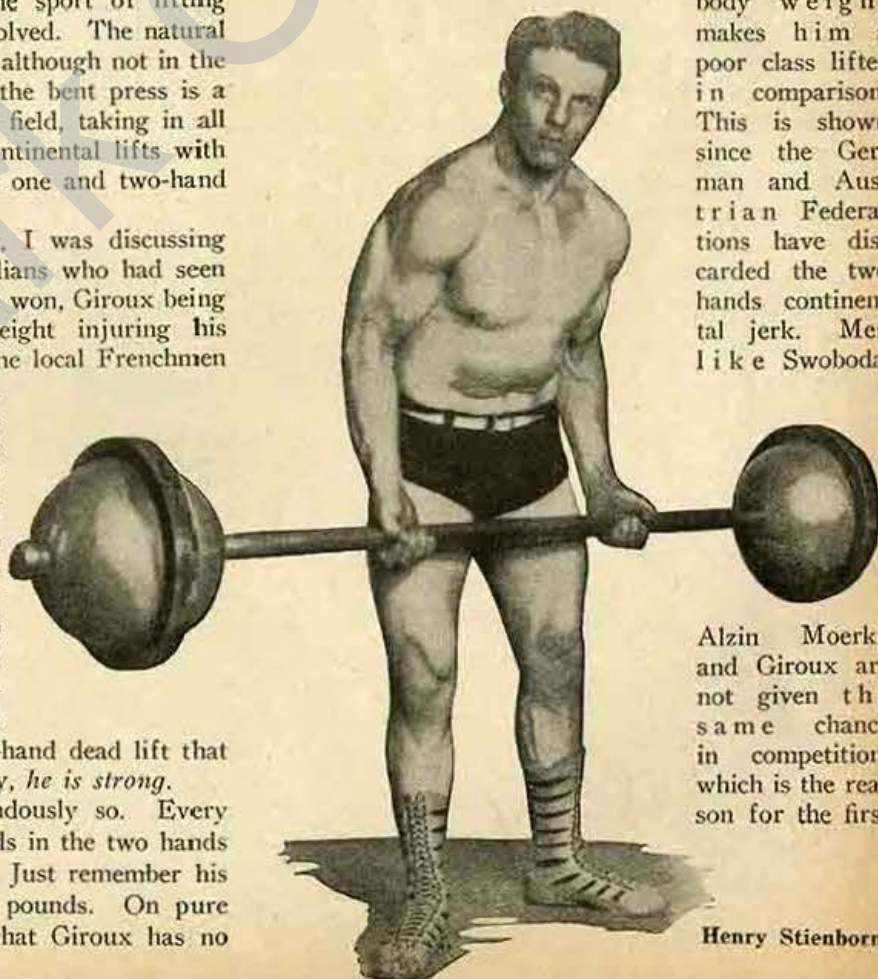
This sounds as though I consider Cadine a better man than Giroux. Well, it depends on what lifts they would contest on. If they were the five Olympic lifts, I would say *yes*. On the other hand, if the ten lifts of the French Canadian Federation were used, I would say *no*.

That brings us to the question of the lifts that should be employed to settle satisfactorily the title of world's champion. My opinion is that all overhead lifts should be used. I do not think the five Olympic lifts are sufficient, as they give little chance to



Edward Aston, Britain's strongest man, most scientific and perhaps the cleverest lifter in the world.

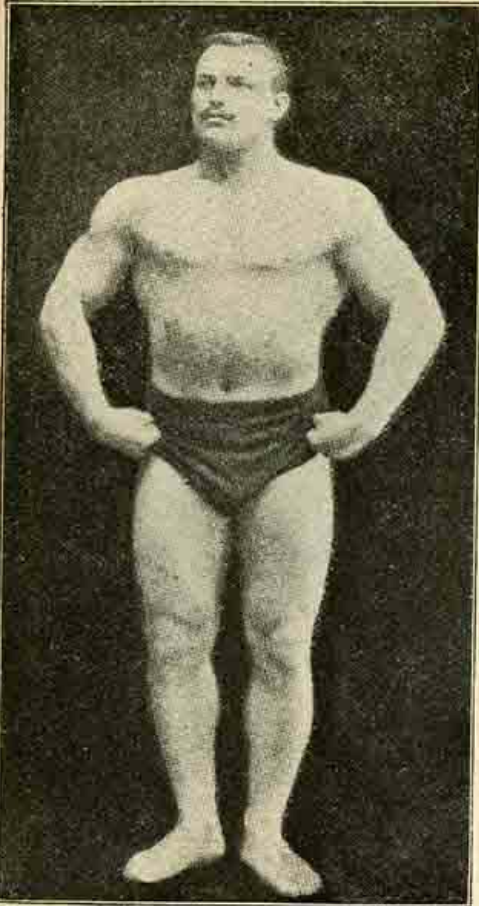
the man who is so heavy that his body weight makes him a poor class lifter in comparison. This is shown since the German and Austrian Federations have discarded the two hands continental jerk. Men like Swoboda,



Alzin Moerki, and Giroux are not given the same chance in competition, which is the reason for the first

Henry Stienborn.





Gaessler, one of the best clean and snatch lifters in Germany.

two hands continental jerk eliminated from the European lists. I feel that it was a big mistake. For, after all, we know the public is always more impressed by the total amount of weight that is raised than anything else, and so is the lifter.

The reason for the popularity of the bent press is simply because of the possibilities in this lift of raising a high poundage. By taking in the two hands continental jerk, we get a better opportunity to survey the field for a decision on this unsettled title.

Altogether, we would have six lifts, accepting the five Olympic lifts. They are the one-hand snatch, one-hand clean and jerk, two hands military press, two hands snatch, two hands clean jerk, and two hands continental jerk. Some may wonder why I retained the two hands clean. The reason for this is—the one and two hands snatch are both what we call low-poundage lifts. For these two, the clean lifter would not lead with an awful poundage over the other man. On the two hands military, the "continental" stylist would go ahead, but this is another lift where a low poundage prevails. The one-hand clean would go to the "clean" lifter. On the two hands clean, the clever lifter goes way ahead. He relies

mentioned men dropping out of the game.

In the two hands continental jerk, the "clean" lifter is bound to lift at least five pounds more. Whereas, in the snatches and the one-hand clean, the "continental" lifter falls down, but has a good chance to come back on his own particular lift.

I was very sorry to see the

on this lift just as much as the other man does on the two hands continental jerk. So, to take one away without also taking the other would be taking away either man's best chance. With the addition of this one lift, the program becomes more versatile. The "clean" lifter meets a keener competitive field, but the odds become more even for both types of men.

On these six lifts, we can consider the various men who would be eligible to contest for the spectacular-sounding title. On merits solely, the very best men representing the various countries at the present time are Vasseur, Rigoulot, Cadine, of France; Gorner, Gaessler, Stienborn, Strassburger, of Germany; Giroux, of Canada; J. Nordquest, of U. S. A., and Inch and Aston, of England.

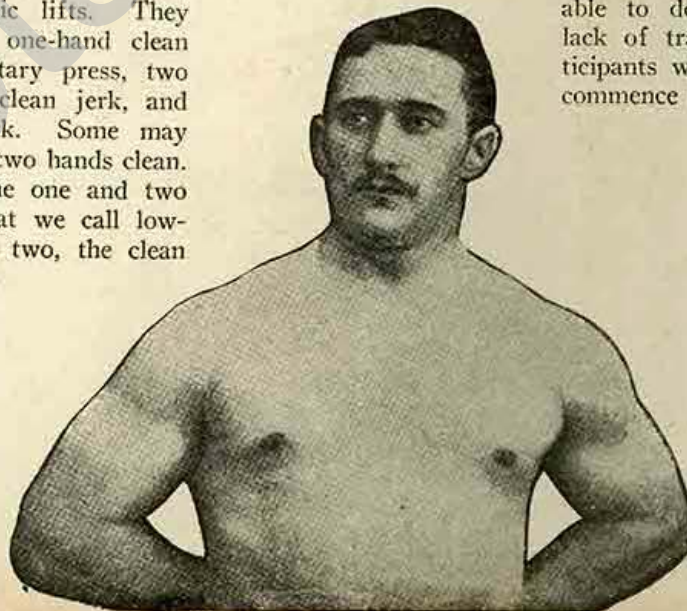
It is of no use to consider old-timers or men who, though still good, have dropped out of the sport for

various reasons, as they would not be able to do themselves justice through lack of training. It is the active participants we must consider, always. To commence the eliminating process, I feel

that the splendid Englishmen, T. Inch and Aston, would have the least chance. Inch is a made strong man, and, from a very insignificant physical being, he transformed himself into a remarkable specimen of physical manhood. A highly polished lifter, he has some remarkable records to his credit, notably a right-hand clean and push of 201 pounds, a bent press of 304½, one-hand



Rigoulot, the brilliant young soldier, whose amazing feats of strength still astound the public.







Pierre Bonnes. A great French pioneer in weight lifting.

dead lift of 402 pounds, a two hands anyhow of 356½ pounds. However, none of these lifts come under the category of title lifts. Anyhow, of late years, he has been more of a specialist on separate lifts. While giving him full credit for being a wonderful lifter, he could not hope to win when classed against the other named men, if only on account of his low body weight, and this also applies to the highly scientific lifter Aston.

Next comes our own representative, Joe Nordquest. It is hardly fair to bring this wonderful lifter into discussion. The severe handicap of only having part of one leg is all against him, but let us consider him with this handicap.

Joe has to his credit a two hands military press of 245 pounds. This means he possesses colossal power. It is proven to a great

extent by the enormous weight he is capable of pressing out when laid on his back. At the present time, Joe is much better than he ever was, which means he can eclipse any of his former records. This being the case, the two hands military press would rest between Joe and the big Montrealer, Giroux. I hesitate to say which of the two men would take the lift, as both are exceedingly good at it.

On the one-hand snatch and the one-hand clean, I believe Joe could beat most of them, and give the three fast Parisian Frenchmen a neck-to-neck race. I would almost feel inclined to wager that Joe would take a winning place in these two lifts. Any man who has mastered the bent press like Joe has, and can handle such an enormous poundage, backed by his great bodily pushing power, would be sure to get away with a big poundage in these two lifts. Because he is quick, there is no doubt that in flexing the weight in either of these two lifts he would adopt the bent-press position, which is both a fast-moving and reliable position. Only a man who can handle himself in the bent press like Joe can could get away with a poundage that would compel the foreign boys to step out to win.

For the two hands snatch, and both the two-hand jerks, Joe's handicap would let him down too much against the rest, though I have an idea that he and Giroux would fight a closer tie than any of the others.

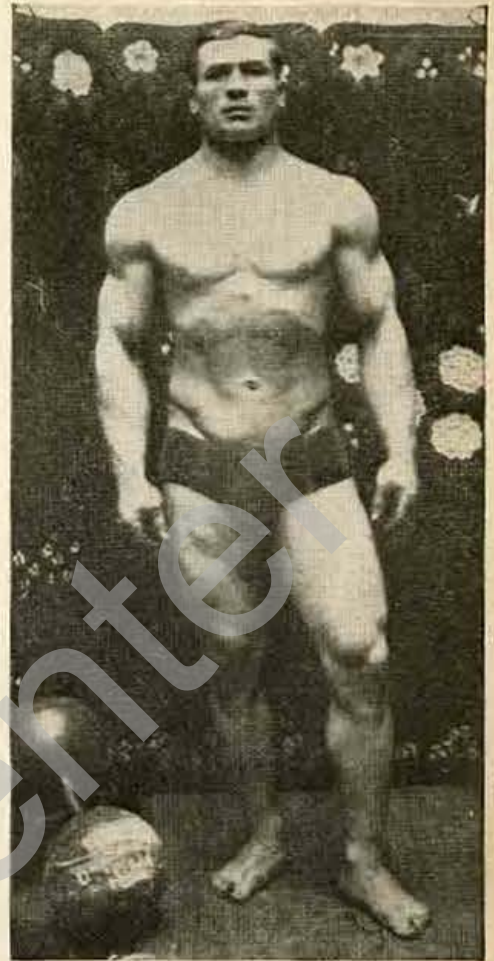
I pick Gaessler to win the one-hand clean and jerk, and Vasseur or Cadine for the one-hand snatch. The two hands snatch would go to Gorner, and also both of the two-hand jerks.

Gorner would find very strong opposition in the two hands snatch from Rigoulot and Cadine, but I believe he would walk away with the two hands clean and jerk and the two hands continental jerk.

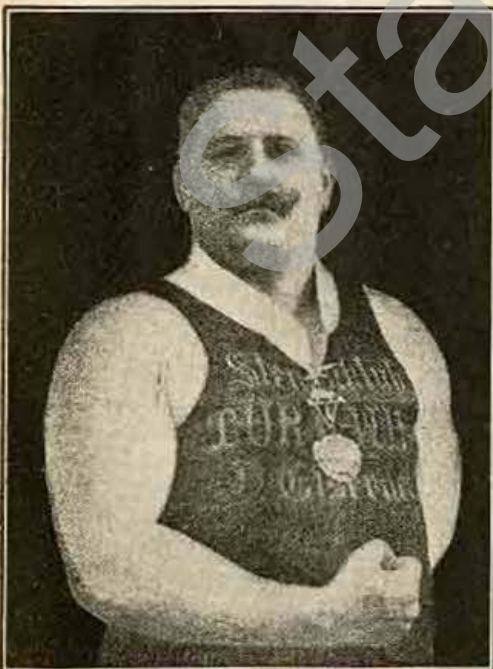
Of the remaining seven men, I figure Stienborn would take seventh place, with Strassberger just breaking sixth place. This boy is coming very fast, and is giving Rigoulot a neck-to-neck race on all the "clean" stuff.

If Stienborn could get his previous form back again, he would beat them all on the one-hand snatch and the two hands clean, but his wrestling work has taken him from his beloved weights, and, naturally, he has gone back. I am very sorry, indeed, for he is a marvel, and I have seen him perform some remarkable feats of strength in practise. However, we have to weigh men up as they are in a case like this, and not as they were.

Although Cadine and Rigoulot have not met in contest since Cadine went back to France from Canada, I am almost inclined to believe on present form that Rigoulot would secure (Continued on Page 78)



E. Cadine, the remarkable Parisian lifter. Latest reports credit him with a two hands clean and jerk of 378 pounds.



Carl Swoboda, the famous Viennese butcher, who stands as the greatest two-arm Continental Jerk lifter of all time.



A mere matter of 600 pounds on the tump line meant nothing to Charles Rey when this photo was taken up on a carry trail along the Nipigon.

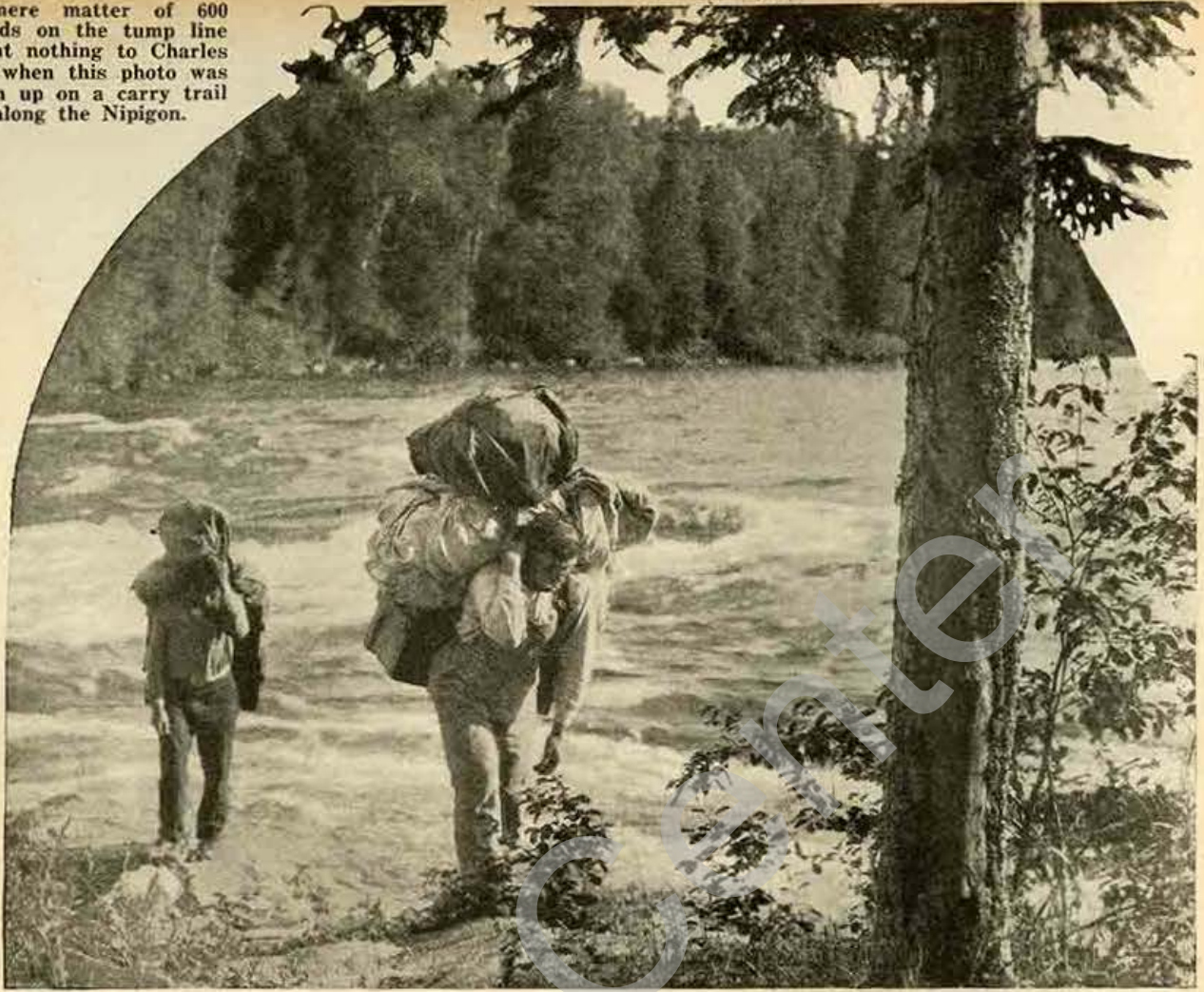


Photo by Armstrong Roberts

# Sons of the White Gods

What Gives the Men of the North Their Great Strength and Endurance?

*By T. Von Ziekursch*

**T**HE sheer physical strength which seems to be a heritage of the breed of men the North has produced as its very own might in itself make a suitable subject for an entire article or a book. Pound for pound, taking them as they come, the writer has never encountered physical power comparable to that of those folk who inhabit "the bush" of Canada. One cannot well write of them and their strength of muscle and sinew without trying to tell in some measure of the life that has given them this strength.

It is a life which we, of so-called civilization, would buckle under. The incidents that would give us palpitating thrills are events of everyday life to these sons of the white gods who inhabit the bush, who toil in the lumber camps, serve in the police, run the mail, work for the fur companies. In truth, life to them is a constant fight; an existence in which the strife is closer, more evident and less subtle by far than it is to the dweller of

the cities, the farms or the worker in the marts of civilization.

In speaking of the tremendous strength and stamina which is the heritage of these men of the North, the writer has learned that it is foolish to tell of feats which show that strength and vitality unless the proof is always at hand and can be pointed to for substantiation. There are always doubters.

In the last installment of this article, the strength that the bush gives its sons, the famous men who have run "the Arctic Mail" between Athabaska Landing and Fort Good Hope, carrying in addition to other mail the list of fur prices to govern the Factors at the trading posts, was discussed. This was shown to be a task requiring the utmost of endurance and great physical power.

And before going on there is a character who will serve as an instance, simply because ample proof can be offered to back up any assertion regarding the things he has done. Many sportsmen who have fished the famous



waters of the Nipigon, in Ontario, can vouch for almost anything said about the muscular power and endurance of the sons of the wilderness who are met with there where the wilderness has been brought into subjection to afford recreation.

There is Albert Rey, for instance. He is a half-breed Cree Indian who guides sportsmen on that famed Nipigon canoe trip. Almost all who have ever known the thrills of the Nipigon's white waters know Rey, for that is one trip the Canadian Mounted will not let you make without a guide because of its hazards. Of course, if you are known to be a bushman yourself it is all right, but the man who comes from the cities to shoot the Nipigon has no choice, and it is well that he doesn't for the odds are two to one he'd never get through.

But to get back to Rey: he is not what one would call a giant of a man. His height is just about six feet in his moccasins and he probably doesn't weigh 190 pounds.

On a slippery carry trail, a portage of some two miles beside impossible white water, the writer saw him pick up a load which was variously estimated at anywhere from 300 to 600 pounds, swing it to his shoulders, fasten the tump line across his forehead to hold the load in place and then jog those two miles over rocks so slippery with the spray of the rapids, as to make footing ticklish even with hobbled boots on. And not once did he halt or put that load down. There is no tricky element to a feat like that. It is sheer strength. Just what the actual weight was I do not know. Jowett, who was also a Canadian, says it was not more than 250 pounds, and I will admit we did not weigh it. But that is not all. On one occasion the doubters expressed their opinion that Rey's strength was exaggerated. In an actual test he crossed that carry trail with an even heavier load on his back. And he is no colossus. His build is about like that of Jack Dempsey though he is not so bulky as Dempsey in the shoulders and weighs probably fifteen pounds less than the champion.

In last month's article the writer mentioned a few of the many men of the North he has known, almost any one of whom might be picked and his feats described as emblematic of the might that is the birthright of their breed. One of them was Johnny MacDonald, the trapper of the Little Georges Lake county in Quebec.

It was only last November that the writer saw him perform an unbelievable feat on the one and only road that penetrates the bush north of Kipawa, a road that not even a "flivver" could go more than fifty feet over without being a hopeless wreck. That road was cut through the forest so that supplies might be taken in to a few of the isolated lumber camps. The writer, with MacDonald and Dr. Earl Worner, a prominent Eastern

Johnny McDonald, the trapper of Little Georges Lake, brings a moose head in on the tump line.



Photo by Armstrong Roberts

surgeon, were coming over that road, clearing it for the lumber company team that was bringing a moose and some deer on a sled. In a year, at least, nothing had gone over that road and it was criss-crossed with down timber. At one place a giant pine blocked the way. The huge lumber saw and axes were brought into play and the trunk of the tree cut at each side of the road. The piece that blocked the way was over fifteen feet long and fully three feet and a couple of inches in diameter. While MacDonald finished the sawing Dr. Worner, who is a powerful man, and the writer cut sapling poles with the axes to use as crowbars in rolling the sawed section of the fallen monarch out of the way. But MacDonald smiled. He is not a giant, either. Perhaps five feet nine inches tall and weighing 180 pounds, his stockiness of build has not hampered his catlike quickness that is an admirable quality in all this race of the woods.

He waved aside the sapling poles, leaned down, clamped his fingers under one end of that sawed section, lifted it and swung it around off the road, and never bothered about removing his pipe from his teeth.

And that log weighed close to eight hundred pounds, perhaps a little over.

These are only a couple of incidents mentioned in passing, and mentioned only because of ample proof at hand. There are many others.

But the strength of these men of the North, the most powerful, virile people the writer has ever known, cannot be dwelt upon without showing the other side of the picture, the life that they know, the thing that is fiction come true.



Johnny MacDonald would not call it that. He would smile if you put it that way. To him and all the rest of his kind it is merely life.

To understand their deep powers, their endurance, you have to understand the life that gives it to them, and to understand that life you must live it with them for a time, at least.

Alone there in the wilderness for weeks at a time, rarely a day goes by that would not produce its thrills to the man of the cities and civilization. And very often each day produces its fight for mere existence until these folk of the North cease to look upon it as a fight. It is nothing exceptional, rather, it is merely the ordinary routine of existence.

Let us draw in words the pictures of some events that the writer has known of among these people, a very few of hundreds like them.

The character in the first incident is Johnny MacDonald, now a trapper. But Johnny has served in other roles, as fire warden for lumber companies, as teamster and logger. His jovial nature revolts at the discipline of lumber companies and now he has taken to the bush to trap and guide on occasion.

The scene is in the virgin wilderness north of Little Georges Lake, sixty miles beyond the end of steel. Out of the North a cold wind sweeps down over the forest,

bringing from Hudson's Bay its message of the cruel time at hand. Gusting blasts carry curtains of falling flakes that are so thick the depths are in a haze. But for the wind there is silence, the vast, omnipresent silence of the North that is like an animate power. It is a region of loneliness. There is magic upon it, the forbidding magic of the white gods. The snow ceases and the temperature drops. It goes down fast. Dusk is falling. Through the gray depths comes the figure of a man, bulky in his mackinaw, rolling of gait on his snowshoes. A pack rests high on his shoulders, carried on the tump line about his forehead to leave his hands free. A rough case covers his rifle so that the snow will not clog its mechanism and freeze.

He goes on interminably through the forest, seemingly tireless, choosing his way in the wilderness as unerringly as the city man on his streets. The temperature drops to forty below. He halts a moment to roll the woolen hat down so that it covers his ears and most of his face, buttons the collar of the mackinaw close and goes on.

Through the darkness comes the howl of a wolf, the wilderness giving voice to its soul in weird sound. It is ominous. At the edge of a frozen lake the man stops, removes a beaver from a trap, turns back into the stygian blackness of the forest and comes at last to a tent, barely discernible amid the piled snow of a clearing.

Johnny MacDonald is "home" again on his trap lines. He has covered many long miles since morning on his way to the Post and back, forced to the journey by shortage of matches, ammunition, bacon and tea. Only two cartridges remained. One was fired to kill a grouse for dinner. The other is still in the magazine of his rifle.

Once inside the tent Johnny pitches the pack of supplies on his blankets, tosses the beaver in a corner of the tent to be skinned later, and lies down for a quiet smoke before unpacking and building a fire outside. A few minutes pass. He lights the pipe again, using his last match, assured that it does not matter now because there are plenty more in the pack. Suddenly he arises, gropes for the rifle and listens. There is a shuffling movement just the other side of the canvas wall. Outside a heavy, furtive thing is prowling in the mephitic blackness. MacDonald tenses and realization comes that it is a bear, a lean, hungry brute that has not hibernated, an old outlaw of its kind, vastly different and more formidable than the contented denizens of the zoos.

On top of that realization comes the knowledge that the scent of the freshly killed beaver has attracted it. MacDonald moves silently to the slit in the tent and leaps out into the night. Something (Continued on Page 72)



Photo by Armstrong Roberts

The sportsman is welcome to the home comforts of John McDonald.





# Can the East Come Back in Football?

*By Erwin Magee*

This year Pennsylvania will play Chicago, Illinois, Yale, Pittsburgh, and Cornell. Cornell, a team coached by Dobie, the master of them all. Illinois, a team featuring Red Grange, the greatest ground gainer of the day. Yale, a team with a record of two years without a defeat, and Chicago, always one of the stars of the Big Ten.

Lou Young, Penn's coach, states that Penn will be in there playing when the final whistle blows, and we think he is even too modest.

**I**N the old days, when the late Walter Camp first started picking All-American Football Teams and American Inter-Collegiate Champions, he only had to see Yale, Harvard and Princeton play to get all the information he needed. During the early years of the game all the star players attended these colleges, and one of the three was always champion and that one was usually Yale.

The first outsider to break into the charmed circle was Penn, and, for a number of years, we had a Big Four instead of a Big Three. The spread of the game became so great that no group of colleges could dominate it, although the East was supreme until at least the end of the Haughton regime at Harvard. The passing of Hardwick, Brickley, and Eddie Mahan was followed by a period of short duration in which Princeton, Cornell, and Yale have all come to the top for short periods. Pittsburgh, Penn State, Syracuse and Notre Dame looked to be just as good, or even better, and the whole Western Conference were well able to take care of themselves; but it remained for 1924 to really de-throne the East.

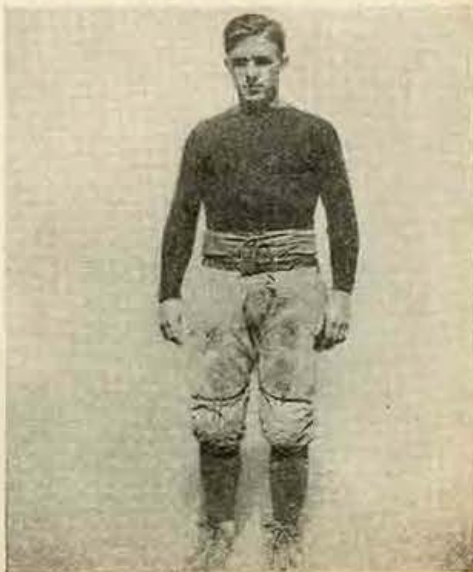
Notre Dame was undoubtedly the best team in the country, and California had what was probably the second best team. Penn and Yale seemed, on comparative scores, to be about equally strong, and California defeated Penn.

The big outstanding star of the year was the great Grange of Illinois, a middle-westerner in birth and football training, and, no matter who comes through in 1925, all eyes will be fixed on Grange again.

Stop Grange!!! How many times this cry was heard last year—the loyal supporters of the losing team calling on their warriors for a last desperate attempt to stop the human streak of lightning! I say the losing team, for how often was the Illinois tornado, featuring Red Grange, stopped? But all this is past history, very few persons being unacquainted with this brick-topped terror. The question is—What will he do this year—and who will stop him, if any one? It is my personal

opinion, and, I believe, the opinion of most of the Eastern fans, that the trick will be turned by a combination that had an enviable record last season—the Pennsylvania grid squad.

These lads have been training at Sea



Joe Willson, captain of the Penn Team.



Girt, New Jersey, under one of the finest coaches in the East, Lou Young, and they expect to stop Grange and most of the other star backs they happen to play against. The schedule they will follow contains as opponents the names of the roughest and toughest aggregations in the country. For the first time in a great many years the boys from Philly will travel twice to New England, where they will tackle Yale and Brown. Last year Yale and Penn were the only undefeated teams in the East, and Yale in 1923, with another undefeated team, was generally recognized as the class of the country. The 1924 schedule did not present as tough competition, and the real strength of the Yale team was, therefore, not so well known. This year it is thought that the Blue will rely mainly on its ability to complete the intricate forward passes which they are accustomed to throwing. The two outstanding stars of this team are expected to be Klein, a big halfback, and Bunnell, quarter. The former strips at about 195, and is shifty and fast. Bunnell weighs about 150, the flashy type of player with plenty of strength and speed. Both of these men are liable to give Penn lots of trouble. Brown is uncertain, very little being known of the team from Providence. As this game will mark the opening of a new stadium, Brown is expected to fight all the harder on the account. Later come the games with Chicago, Illinois, Pittsburgh and Cornell. It looks to me as though the Red and Blue has picked for itself the cream of football opposition.

The coaching staff is composed of exceedingly able men, all of whom are familiar with the Pennsylvania system of play. The line is under Lud Wray, ably assisted by Carl Thomas. The backfield receives most of its instruction from Bert Bell, Penn quarterback of other years. The scrubs, alias shock absorbers, are instructed by Poss Miller, also a former Penn star and captain. The man who sees that the boys are in the pink of physical condition and correctly fed is Lawson Robertson, who will be remembered as trainer for the Olympic athletes of 1924. Later, it will develop that



George Thayer, Villa Nova, Pa., one of Penn's Ends.

sort of chap who puts what he has to say across in a convincing way. Unless I miss my guess, this year will find Penn as well prepared, if not better than last year, to meet the demands placed upon them by a heavy schedule.

The squad contains a wealth of material and several stars in the embryo. Competition for the end position lies between Thayer and Singer, Emil Heintz, and "Hook" Walker. Johnny Hayes, Miller Moore and Foster Sanford, son of the former Yale star and present Rutgers coach, will also be in the running. The tackles are plentiful, but so far the most promising candidates are Joe Willson, captain of the team, who was hurt at the time of the California game last year, Tom Driscoll, former Exeter captain, Ed Hake and Stanley Sieracki, a rough and ready boy who looks like the real thing. By the way, last year the team was captained by Rae McGraw, who was very popular with his team-mates and able to get most anything out of them. Whether Willson



Left to right, Lawson Robertson, Lou Young, Lud Wray, Carl Thomas, members of the Penn Coaching Staff.



will be able to lead the team as Rae did remains to be seen. This is an important part of the program, and a development that will be watched with interest. For guards, Coach Young will probably have to decide between Jack Butler, a substitute from last year, Dick Snyder, and Joe McGinnis, and Bill Coleman, a veteran who should be sure of his place. The center position is practically assured. Robinson, the game little snapper-back of last season, having little opposition. Should he be injured, a competent lad by the name of White will be on deck.

Grange is one of the fastest men on the football field today. He counts on his great speed to carry him towards the side-line, where it is extremely difficult to catch him. The Penn defense, a six-man line with smashing end, the center back of one tackle and the fullback the other, reinforced by the two halfbacks on the wings about ten yards behind the line, and the quarter, playing safety, is a system not particularly suited to stopping the Illinois boy. It can easily be seen that most of the responsibility devolves upon the ends and halves, which brings us to the backfield.

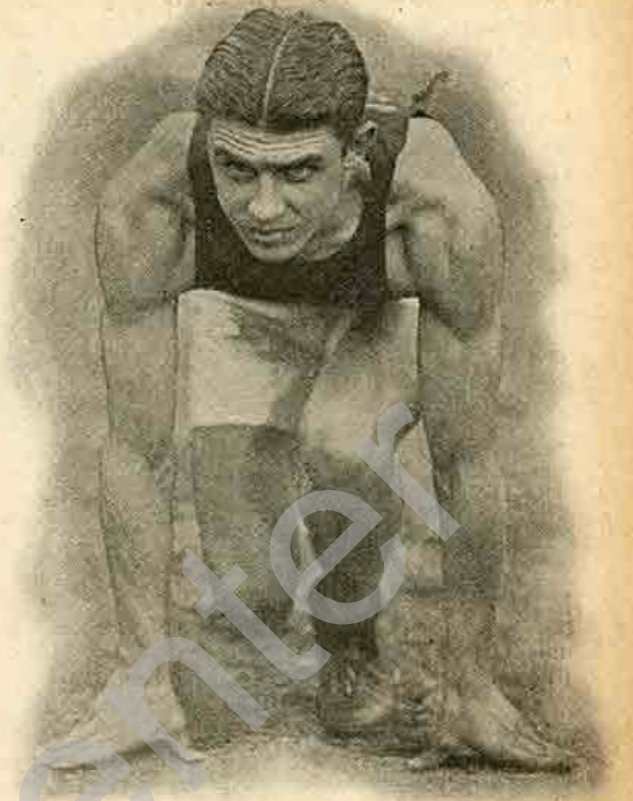
If the prospect of Grange alone is not sufficient, the common Western opinion that Grange's brother, a sophomore, is an even better man does not set quite so well in the mind of any of the prospective opponents of Zuppke's team.

To stop Illinois and their other opponents, I believe it is Lou Young's idea to have two sets of backs, depending on the type of offence he meets in the different teams.

One backfield will probably contain Leth, Kruez, Thomas, and Rogers. These men are all veterans of last year, except Rogers, who was the star of the hard-working scrubs. Day after day the Philadelphia newspapers printed accounts of his long runs against the varsity, whose defense last year was the best in the East. He can pass and run the ball with incredible speed. How fast he is is shown by the fact that he was a member of the Pennsylvania One-Mile Relay Team that went to England in the spring of 1925. He is in excellent condition all year around, and can take a beating with the best of them. It is not considered good policy to discuss a player so early in the season, but we feel certain that if Charlie Rogers is still on his feet at the time of the Illinois game, Grange will not be the



Don Singer, St. Davids, Pa. Another promising Penn End.



Charles Rogers, former member of Penn's Half Mile Relay, now Backfield.

only one to run fast and cleverly. Moreover, Chicago is expected to come to Philadelphia with a fast line shift which necessitates a clever defense. Rogers is extremely agile and adept at getting to the scene of action in a short time, which is an added factor. In the other group are to be found Scull, Sorenson, Fields, and Laird. These men have all displayed their ability more or less. Scull is probably the fastest man on the squad, but whether he can use his speed to advantage or not is yet to be proved. Fields, who hails from Lebanon, Pa., played a fine game last year, improving at the end of the season. He was the star of the intersectional game with California last New Year's Day, exhibiting a speed in starting that made him hard to nail. He is also good on the defense, tackling with speed and precision. Sorneson demonstrated his ability in the Cornell game two years ago, but did not shine last year. However, Lou has hopes for him. Laird played consistently last season and will, no doubt, regain a place in the regular line-up. With this backfield material, Coach Young ought to be able to develop a speedy and strong offense.

To develop a team which can win through this schedule, even with the excellent material that Lou Young has, will tax the coaching staff, the trainer, and the Penn system of football to the limit.

Yale with its passing game will be an entirely different team to stop than is Illinois, with the wide and sweeping Grange running full tilt. Both Chicago and Cornell depend on machine-like precision of quick thrusts into the line, so the Penn team will be up against all sorts of football.

Not the least factor in the success of the team will be the courage of its individual (Continued on Page 78)



# Douglas the Daring

How a Favorite Screen Star Keeps  
Fit at Forty

*By Charles W. Paddock*

**W**HEN you think of Douglas Fairbanks, you think of the "Mark of Zorro," "The Three Musketeers," "Robin Hood" and "The Thief of Bagdad." You think of a heroic personality, running, jumping, fighting and slashing his way to the heroine in a mad burst of daring. You marvel at the vigor and strength of the man, his enthusiasm and his courageous spirit and you wonder how he does it.

And the better you know Doug Fairbanks, the more you wonder. Recently in Paris, I saw the father "trim" the son in a race staged on the veranda of the Hotel Crillon. Now, there are not many fathers who can match their grown sons in speed, strength and agility; but Doug can do it. What is more he can just about equal the performances of champions in their own specialities.

Perhaps you feel that Douglas is daring only on "location." It is hard to conceive of a man slightly past forty years of age maintaining that same vigor and

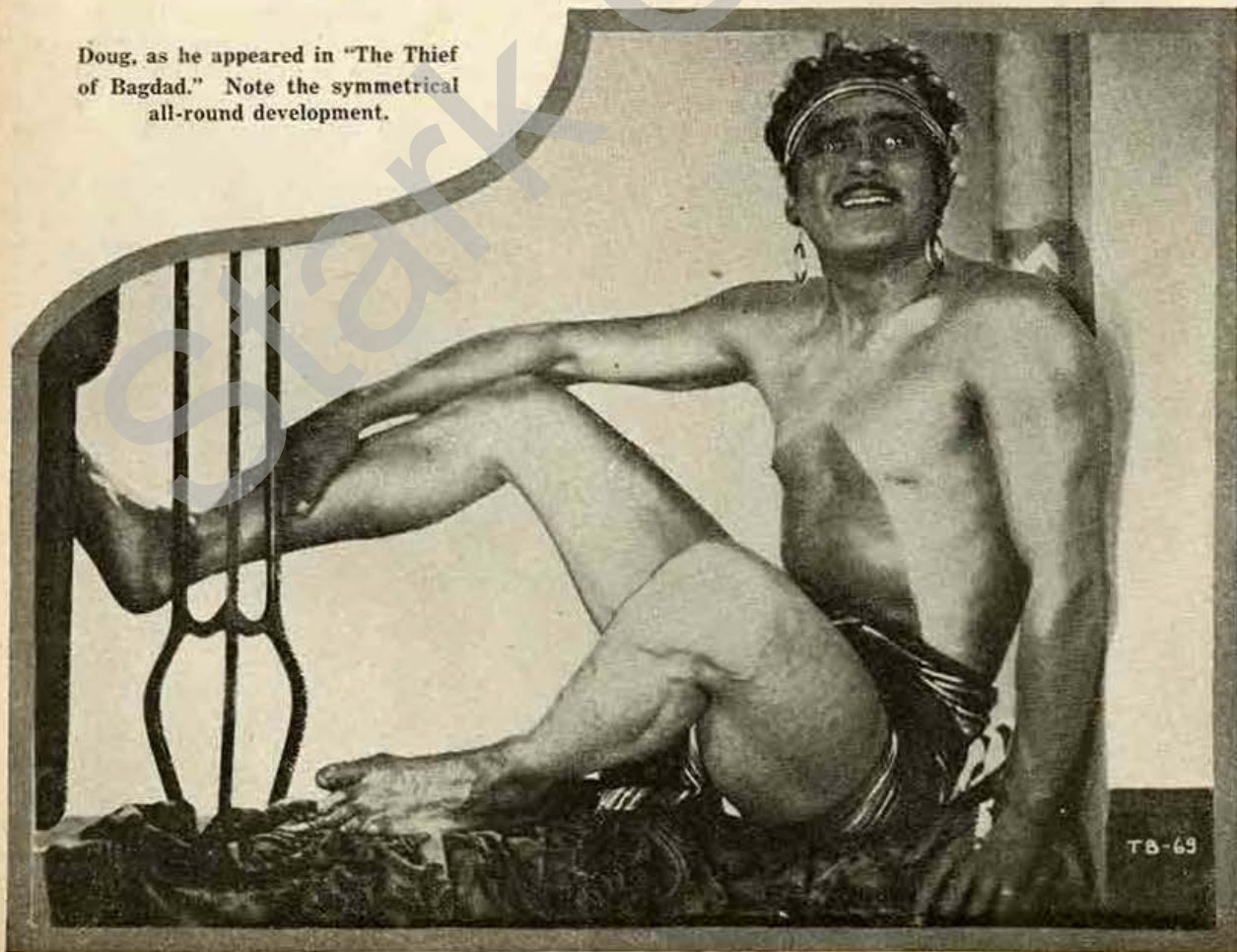
dash which distinguish few of our college athletes today. Even the latter do not come up to Doug's standards, for they display their agility only in competition, while Fairbanks is eternally doing "stunts."

Come with me for an afternoon out to Santa Monica Boulevard to his studios and visit the man who is the embodiment of youth and action.

We push the buzzer at the office entrance and walk down the long corridor, past the offices of his brothers and his director, and come to a door at the end of the hall where Abdul, Doug's Turk trainer, greets you with a broad, happy smile. In comes Raoul Walsh, Fairbanks' director, and behind him some of "the boys" who form part of the large staff of the studio, and every one of them are bright, cheerful and smiling.

It is a disease, and a catching one, to feel buoyant and joyful when around Doug. Now the latter bursts in! The time we have selected to come is Doug's play-hour, five o'clock in the afternoon. Quickly we change with him to flannels, sneakers, sweat shirts, and grabbing

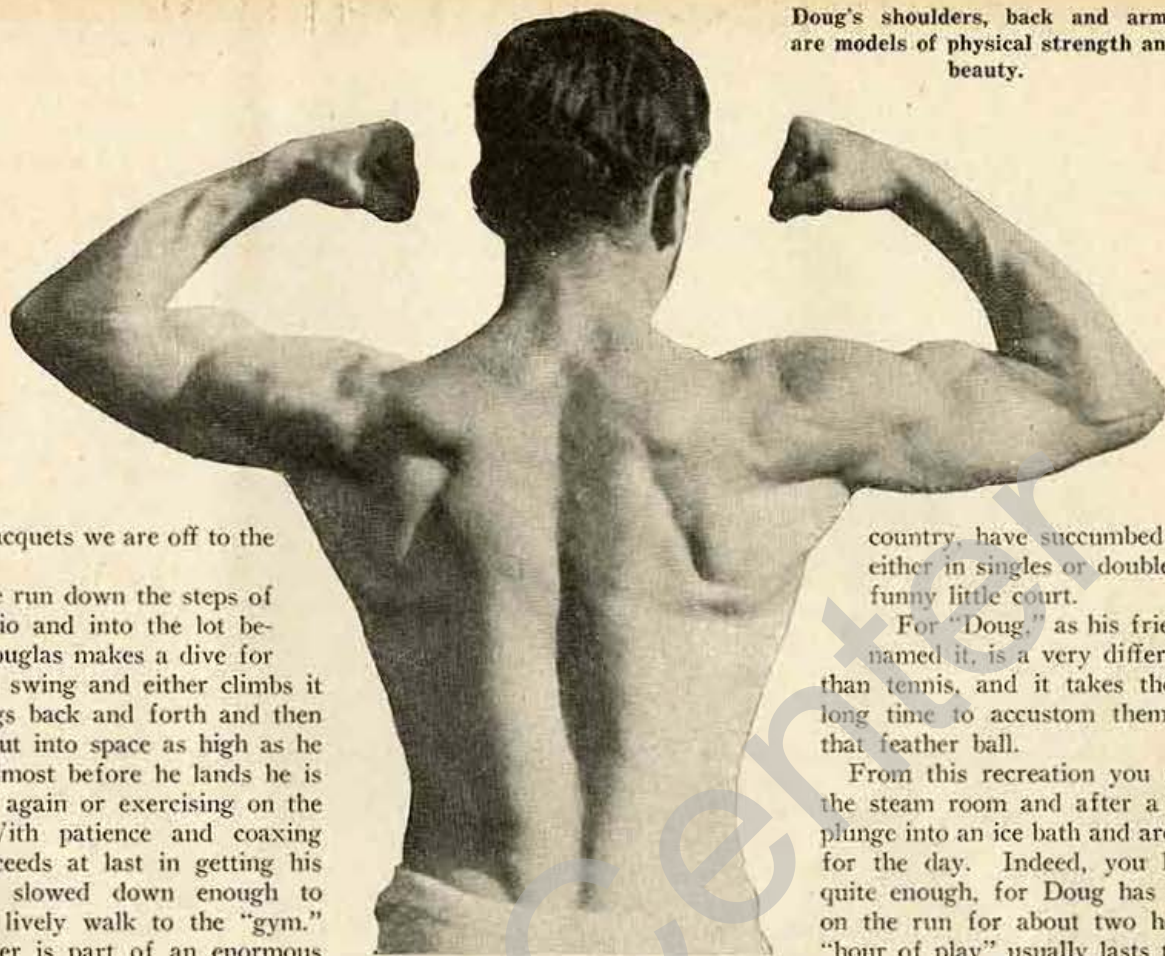
Doug, as he appeared in "The Thief of Bagdad." Note the symmetrical all-round development.



TB-69



Doug's shoulders, back and arms are models of physical strength and beauty.



tennis racquets we are off to the frolic.

As we run down the steps of the studio and into the lot behind, Douglas makes a dive for his rope swing and either climbs it or swings back and forth and then jumps out into space as high as he can. Almost before he lands he is doing it again or exercising on the bar. With patience and coaxing one succeeds at last in getting his dynamo slowed down enough to allow a lively walk to the "gym." The latter is part of an enormous indoor stage where there are always some "sets" standing about. In one corner is a tennis net and a court marked out like a real tennis court, only that the lines are much closer together. Instead of tennis balls for play, there are a couple of feathers ingeniously made into hitable things that defy the laws of gravitation and regularity alike.

Now you are ready to play Doug's game, which is a cross of babmington, shuttle-cock and tennis. It is a fast and furious game and affords more action than almost any kind of contest imaginable. Douglas is madly galloping about everywhere. He has thrown his whole heart into the battle, and one can see that he lives only to make the next point. Often he is interrupted with demands to attend to this or that affair; often people come to ask his opinion regarding some kind of work to which he may have assigned them. Fairbanks is a busy man, indeed, on the lot.

At such times it is very likely that Fairbanks will be beaten at his own game, for he plays it like McLoughlin used to play tennis, with his whole soul in the thing and the strength of his soul being manifested in his good right arm; but distracted, he loses heart and without spirit behind his play Doug is not the same man.

When Fairbanks has nothing else to think of but the contest, then I do not believe there is anyone who can match him. He makes impossible shots with monotonous regularity; he covers the court like Tilden and smashes like Johnston. One of Doug's greatest delights is to inveigle a crack tennis player into that snug little court, hidden in behind the sets, and trim him. Tilden, the Kinseys, Hardy, Alonzo, McLoughlin, all these and many more, known to tennis enthusiasts throughout the

country, have succumbed to Doug either in singles or doubles on this funny little court.

For "Doug," as his friends have named it, is a very different game than tennis, and it takes the stars a long time to accustom themselves to that feather ball.

From this recreation you rush into the steam room and after a rub, you plunge into an ice bath and are through for the day. Indeed, you have had quite enough, for Doug has kept you on the run for about two hours; his "hour of play" usually lasts that long, and nothing would suit you better

than a breathing spell. Not so with Doug, however. After his bath, he is forever chinning himself, or pulling two doors together and raising his weight upon them, or trying a new stunt in his den while dressing.

Douglas is something of a crank about examining his back muscles. Although I have never heard him say so, I am perfectly certain that he would rather have them stronger and more perfectly developed than any other set of muscles. Observe his shoulders, back, and arms; they are models of physical strength and beauty.

When the director of "Dorothy Vernon of Haddon Hall" wanted a heroic looking figure to pose as the muscular lead for Mary Pickford in one of the scenes, he immediately selected Doug Fairbanks. Instead of the real leading man appearing in the bedroom scene where you find the hero injured with his back bared, it's Doug and Doug's back that you see.

Very often stars appear as "extras" and get a real thrill out of the work and Douglas Fairbanks is guilty of this stolen pleasure. He not only refuses to have "doubles" in some of his daring exploits, but sometimes "doubles" for someone else.

I do not believe that the hero of "The Thief of Bagdad" ever had a stunt performed in any of his pictures which he himself was afraid to do.

Proof of this can be found in Fairbanks' love for prank playing. He does one stunt on the lot which he particularly enjoys. He calls it "Follow the Leader," and almost his first stunt finds him the only actor. Although his playmates are perfectly willing to take a tumble, they are not overly keen about breaking a leg or barking a shin in doing so.



Douglas has a steel contraption especially prepared to make the most courageous quail. It is composed of four iron posts set in a square of about six feet, topped by iron bars, four feet from the ground. Doug's "stunt" is to make a running jump over the first bar and then catch the bar six feet away, going under it, and keeping himself from falling by grabbing hold of it as he swings past, landing as far away from the bar as possible. The purpose of the game is not to get injured, as one might at first suppose, but to jump out as far as possible from the bar. Douglas holds all the records in this stunt. It perhaps does not sound particularly difficult, but if one manages to get over the first bar without scraping all the bark off, there is an opposite lower bar that absolutely refuses to let you slip through.

I have seen many a wild-eyed Irishman stop short just as he was about to "Follow the Leader" through this bar.

As he stands in his den, before dressing, he is a pleasing picture. His lean, brown body is statuesque and powerful. He looks almost like a boy, tall and muscular. Yet in repose Fairbanks is not tall, standing only a little bit over 5 feet 8 inches. He is not so big, and weighs, when in trim, about 146 pounds. Nevertheless, he gives the impression of height and size, even when he stands next to a giant fellow like Abdul, his trainer.

Though Fairbanks meets people easily and makes them feel immediately at home, way down deep within the man I do not believe that companionship with numbers appeals to him. The proof of this is in his love for the open places where freedom lies. Whenever the chance occurs, "Mary and Doug" will fly down the coast toward San Diego, and when at last they have come to that rugged part of the shore country where the traffic

from Los Angeles has dwindled away and that of San Diego has not yet commenced, they will pitch their tent and "camp out" on the beach beyond Lagoon.

It is a wild, gypsy country. The cliffs, high and jagged, come down to the sea and the waters, roughened by countless rocks, beat angrily in great waves upon the shore; but between the sea and the mountains lies a narrow protected beach where the sands are clean and white and seldom trampled by the footprints of civilization. Such a place as this affords rest and peace from the turmoil of such an active life as Fairbanks is forced to lead.

However, even when they are back in the city "Mary and Doug" do not move at the pace one would ordinarily expect that they would have to go. Indeed, most of their evenings are spent at home. After dinner is over the problems of the day are discussed and perhaps some leading picture is shown in their Beverly mansion, and then bedtime comes early. Like the farmer, the active motion picture participant must be at his hard day's labor early in the morning.

Such a picture of Fairbanks may not suggest daring particularly, or the man that we see on the screen, who is forever portraying a heroic role and performing the impossible, but if it was not for the quiet and restful home life Douglas leads, it is doubtful, indeed, if he could maintain the furious pace he has always set for himself in his pictures.

It is seldom that a man ever rises to such heights in two distinctly different realms where the leaders of each field of endeavor are ready to acknowledge his ability and, indeed, his supremacy. This has been true of Fairbanks. Today he is considered, even by the hardest critics, a skilled actor who is capable of depicting gloriously whatever feelings he is called upon to portray, and there are few enough men who are accorded this credit.

Though today Fairbanks probably would not win a world's title in any single sport, I would venture to say that there is hardly a man living who could perform all the physical activities equally as well as he does. Fairbanks is an excellent fencer; he has splendid hurdling form and could run the 70-yard low hurdles, which is an event greatly specialized upon on Eastern indoor tracks, with the best stars in America today. Doug is far better than the average man in the weight events and in either the running broad or high jumps. He can climb a rope, as few others can; he can perform marvelous acrobatic stunts and is claimed by some acrobats to be one of their number, rather than just an athlete. He is a good swimmer, plays good golf and excellent tennis; he is a good marksman and a grand horseman. I cannot think of a single athletic stunt offhand that Fairbanks cannot do almost as well as the biggest specialists in their particular field.

Examining Douglas Fairbanks physically for a moment again, you will notice that he possesses a strong back and outstanding shoulder muscles, two points that would greatly delight Alan Calvert, the man who claims that an (Continued on Page 72)



One of the stunts that Doug is continually doing and which keeps him feeling like eighteen.



# Building Health and Beauty By Exercise

Is Reducing a Matter Of Exercise?

By Margaret Sargent

**W**E were spending our vacation at a seashore resort and, as it goes, were idling away our time sitting on the beach. If it had not been for Caroline I might not have written this article. As we sat there contemplating on how cold the water was or whether it was not too hot to take a walk, Caroline came running towards us—her slim figure glistening from her recent dip—her whole body and face radiant with health and youth. Altogether she was a very pleasing picture to the eye, and many were turned in her direction as she ran nimbly by.

"My, what a lovely figure Caroline has," one of us remarked.

"I wonder how she does it—they tell me she was awfully stout at one time. I have asked her dozens of times to tell me what she used to reduce, but she always says she did not use anything and that exercise and moderation in food gave her that figure. Believe that!"

I looked at the speaker. I knew her slightly and judged her to be about thirty. Later when I found out that she was only twenty-three I almost collapsed, although I should not have been surprised from the experience I have had with stout girls. I shall call her Sour Grapes! She was at least thirty pounds overweight, and wore that over-indulgent look that so many of our young American girls assume and that plainly says, "I'll have what I want no matter what it costs me. I don't believe in cheating myself of the good things in life." I recalled her as being the individual that always cried out (as breakfast or luncheon or dinner drew near) "What shall we eat?" and then top it off by how much she could eat. And after eating it would be, "Where shall we drive?" or "What shall we read?"

I never saw her in a bathing suit, and I knew quite well why. To our urgings to "Come on in—the water's great," she always had a suitable reply which sounded something like this:

"My doctor says that I should avoid cold water" or

"Ever since I've been a little girl I've had a fear of water." But I knew that she really was ashamed of her figure.

Just then I did not feel sorry for her and secretly enjoyed her envy. I knew, and I think she realized, that if it wasn't for her "pull" the girls would not have tolerated her, for they were a healthy, active crowd.

I turned to Caroline who already was the center of the group. At that moment I almost envied her too. Her happy disposition and love of sport had made her the most popular girl in the crowd, and they all looked up to her as their leader. Then I softened a little towards "Sour Grapes" as I meditated on that year that had changed Caroline from just the same sort of over-indulgent, irritable mass of fat to the healthy, lithe creature she was now.



Fig. 1

I remembered how she had come to me one day, tears in her eyes. "What can I do? I've tried every reducer on the market; I've worn rubber corsets; I've tried to diet—but I simply cannot deprive myself of the things I like, and

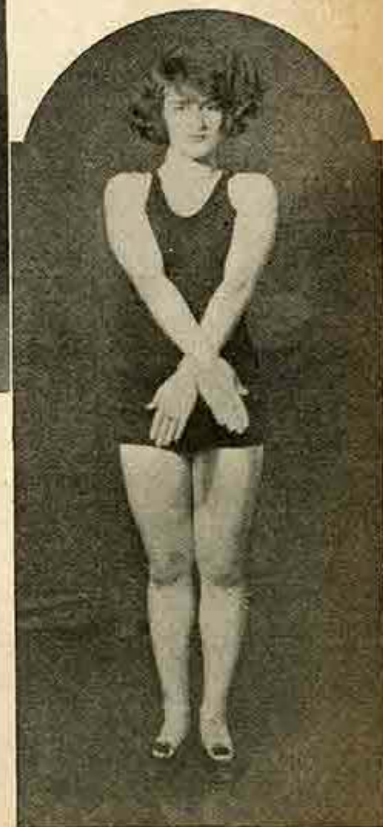


Fig. 2



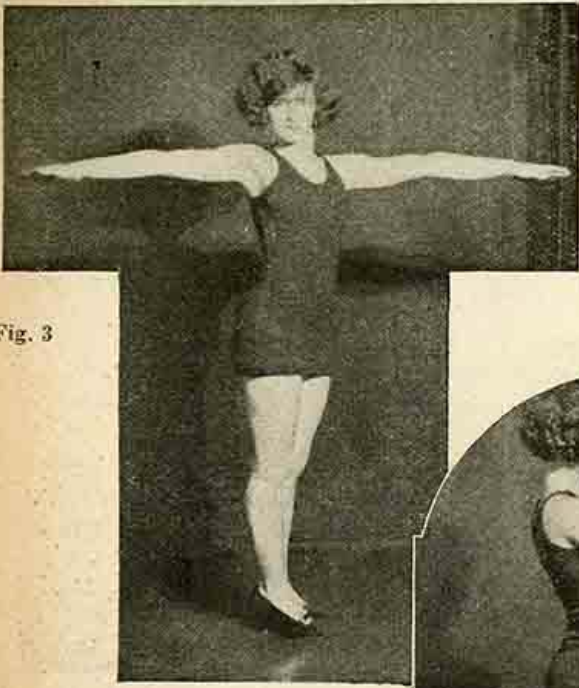


Fig. 3

exercise—well that's out of my line altogether." Now I had known Caroline since she was a little child, and I liked her and wanted to help her all I could. I felt that I could talk to her plainly, even if I did hurt her feelings a little and at that moment I was very angry.

"Caroline, listen to me, and don't interrupt me until I am through. You're lazy, self-indulgent, and selfish. All you think of is yourself and how to get the things you want. You have not stopped to think that you are not only injuring yourself but everybody with whom you come in contact.

"Look at what you are missing! Can you go out and play a game of tennis without exerting yourself before you are one quarter through? Can you swim any great distance? Can you dance with ease and grace like your friends? No! You just content yourself in leading an indolent life, consisting mostly of lying down with a book in your hand and a box of chocolates at your side. It's a wonder to me that all of your friends have not given you up by this time! There is only one way to save yourself, and that is through proper exercise, the sort that will take away all those extra pounds of useless flesh and bring back youth and health to your face and body. You will have to give up most of your lazy habits and all of your chocolates and pastries. If

you want me to, I will make out a schedule of exercises for you and will help you all I can, but you might as well make up your mind right now that if you begin to exercise it will mean work and work until you sweat!"

At first she was highly indignant, but before I had finished she was listening to me with interest. When I had concluded, she said, "You are right. I realize now, and I'm going to prove to you that I'm not as weak-willed as you think I am. Give me that schedule right away, and I will start at once. I will show you that by the time next summer comes around I will beat any one of my friends at a game of tennis or out-distance them in a swimming race. I realize what I must look like to them the way I am, and also realize what I have missed."

And, in a year's time she did all she said, and became the leader of her crowd in all sports. It was very hard for her at first, but persistence and hard work won. Later I will give the same schedule of exercises which I outlined for Caroline for the benefit of those girls who are overly fat, know it, and have determined to rid themselves of the greatest menace to womanhood! And, remember that the woman that "wills" wins every time.

"Safeguard that charm of youth."

A soap manufacturer's slogan which gives us the impression that beautiful skins with rosy tints are the only necessities to possess the "charm of youth." 'Tis true, in a way, for if we possess complexions as I or the said soap manufacturer describe, we undoubtedly must possess strong, healthy, and, therefore, youthful, bodies. But, to really safeguard that charm of youth, you must use other methods and more effective to the whole body than just washing your face with a good soap. That charm or beauty and youth and an excess of adipose tissue are incompatible is one of the fundamental theories of what constitutes true physical beauty, and ranks next to the common basis of health with which it goes hand in hand. Adipose is a solid tissue that is not supplied with a circulatory system which rebuilds and eliminates as do the other tissues. It has to be worked off by combustion, which absorbs it, ounce by ounce, just as it



Fig. 4

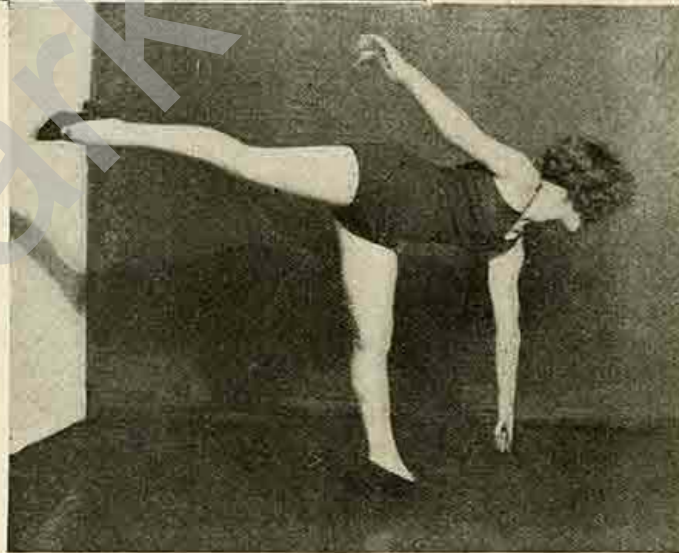


Fig. 5

sue are incompatible is one of the fundamental theories of what constitutes true physical beauty, and ranks next to the common basis of health with which it goes hand in hand. Adipose is a solid tissue that is not supplied with a circulatory system which rebuilds and eliminates as do the other tissues. It has to be worked off by combustion, which absorbs it, ounce by ounce, just as it



was laid on. The only logical remedy for it, in my mind, is to work off the superfluous flesh by exercise and a regulation in diet. When you realize that the weight of your flesh is beginning to get too heavy, you must realize the length of time it took to accumulate. You must right then and there make up your mind that it will take a long time to work that flesh off—not merely a month or two but more like six or eight months.

If you balance your food properly you can reduce your figure, with exercise as your chief aid, to normal without injuring your health or keeping to a monotonous food diet.

Do not be afraid to drink plenty of water, but you must shun water altogether during meals, as it makes you eat more.

Coffee in moderation and skim milk are not harmful. Rich sodas, candy, pies, cakes, ice cream, whipped cream, sweet potatoes, cheese, rice, butter, white bread, rich meats, thick gravies, and nuts must be eliminated entirely.

You can eat all lean meats and sea foods (not fried), plenty of fruit with the exception of bananas, lots of salads and green vegetables, tomatoes, olives, celery, and whole wheat bread.

The girl or woman who is wise and can readily appreciate the joys and advantages of a healthy, active life will never allow her flesh to dominate her to such an extent that it will destroy her beauty and take away her youth. Every pound of fat which accumulates on her body is a menace to her health and usefulness and, consequently, her happiness.

You may be another Caroline. What she accomplished you can accomplish, too—perseverance and the “will to win” will get you through.

Practice the following exercises, and see for yourself what your reward will be.

Fig. 1 is a good exercise for developing the upper arms and eliminating any fatty tissue that may accumulate there. Stand about three feet from the wall and push away with your arms against the resistance of your whole body. This is similar to the floor dip.

Fig. 2 illustrates an exercise for reducing the bust.

Cross one arm in front of the other and continue upward until high over head. Then continue the circular motion out and down, repeating the movement.

Fig. 3 shows an exercise for reduc-

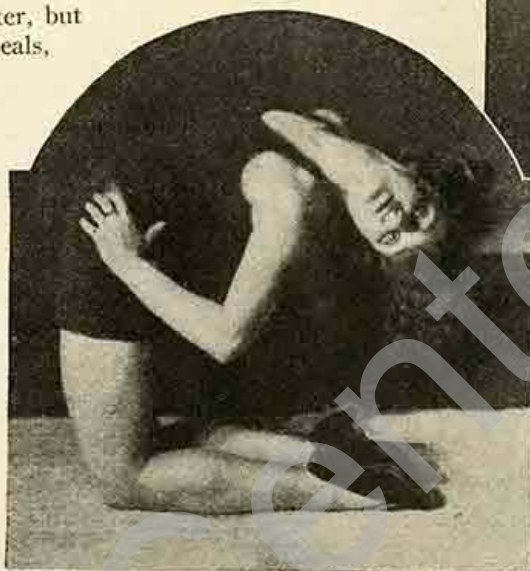


Fig. 7



Fig. 8



Fig. 6

ing the waist line. Raise the arms parallel with shoulders and turn body from waist up, facing left, then right. Keep the lower body perfectly still.

Fig. 4. Rope skipping exercises every muscle in the body, but particularly the muscles of the legs. Rope skipping ten minutes each day will banish a surprising amount of fat from the thighs, calves and ankles.

Fig. 5 is an excellent exercise for poise, something which the stout girl must begin to acquire. Use the arms to balance, and try to touch the floor on each side, keeping the standing leg stiff.

Fig. 6. Raise the arms straight above the head, and bend the body back and forth. The back, arms, and shoulders are benefited by the exercise.

Fig. 7. Kneel, with hands on hips, and bend back as far as you can, from the waist. With perseverance you will be able to touch the floor with your head in a short time. This will give vigorous play to your thigh and calf muscles.

Fig. 8. Another exercise for the back, waist, and thighs. Stand with feet together, thrust arms forward and bend upper body backward from the waist, at the same time lifting one foot from the floor and bringing the knee toward the chest. Flex the knee, and point the toe straight toward the floor.

Fig. 9. Lie full length on the floor. Raise both feet slowly with knees straight and feet close together until they are directly above the stomach. Then slowly lower them, straining not to touch the floor until they are about half an inch from the floor. It is the strain of



raising and lowering the legs that does the work. This is an exercise for the stomach.

Fig. 10. Raise right leg into mid air as far as possible, holding the left leg straight on the floor. Do this six times with the right, then repeat with the left, and alternate. For the stomach and hips.

Fig. 11. This is similar to exercise No. 10. Raise the left leg and make as wide a circle as you possibly can, keeping the right leg perfectly straight on the floor. Circle about ten times, then repeat with your left leg and alternate. This is a very effective hip exercise.

Hiking, swimming, tennis, horseback riding or any other athletic sport, if taken up whole-heartedly and kept up, should go a long way in building the stout girl a shapely body. Together with these, if she will practice her exercises faithfully and persistently and give a little thought in regards to her diet, she will soon overcome her difficulties and learn to enjoy and appreciate life and make others around her equally as happy.

You will note that most of the exercises I have given are for the hips and abdomen. I have found that fat accumulates first in these places, this being a natural tendency with most women. These exercises will help maintain the muscles in those parts in a vigorous condition and will eliminate and prevent excessive accumulations of fatty tissue.

Faulty posture is



Fig. 9

how costly and how well made her clothes are, can never hope to look as good as her slim sister, who probably did not pay one-third as much for her clothes as she did.

It is the slim girl who becomes most popular in her crowd—it is the slim girl who becomes the leader

Fig. 10

—it is the slim girl who becomes a champion in athletic sports. That is the reward she reaps for the few minutes a day she devotes to herself to keep her body in trim, for once you acquire a shapely body, all you need is a few minutes each day to keep yourself in that condition. Wake up, ye stout girls, and do not give it up as a hopeless task—you are only another Caroline.

If you want to become like Caroline, not only in so far as your present weight and her past weight are concerned, but also if you would like to become as popular and as well built as Caroline is now, the thing for you to do is to make up your mind to pursue the systematic

reducing program that Caroline went through.

No one can reduce by wishing to become thin and no one who wishes to become thin can fail to reduce her weight if she will follow the method outlined in this article.

Your whole physical well being rests with yourself. Any one can give you good advice, but the only person that can make you follow the advice is yourself. If you really want to get out of Caroline's old class and into her new one, you can do that very thing

straighten her muscles throughout her body.

And only the girl with the natural and normal figure can wear her clothes to their best advantage. The stout girl, no matter

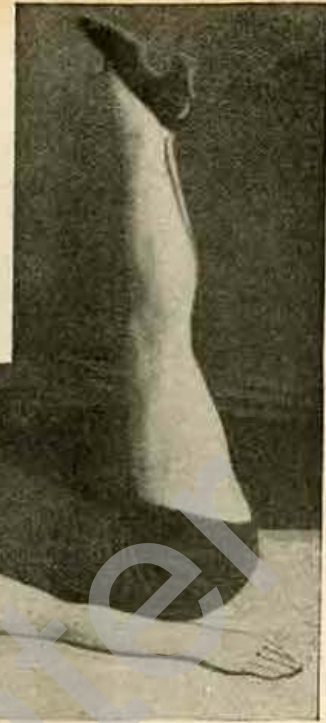


Fig. 11

too often the cause of this fatty accumulation around the waist and hips. When you straighten up the body, you raise and expand the chest, and naturally this draws inward and upward the stomach and also arches the curve of the back. So you can easily see that by correcting your faulty posture you will, in a large measure, overcome excessive stoutness in those parts.

Every girl can have that normal and natural figure that is so admired in the athletic girls of today if she will only take the time to correct her faults and



# Grapplin' Grit

The Dominating Power that carried "Young Hackenschmidt" the name-sake of the Russian Lion, to the Pinnacle of Athletic Fame.

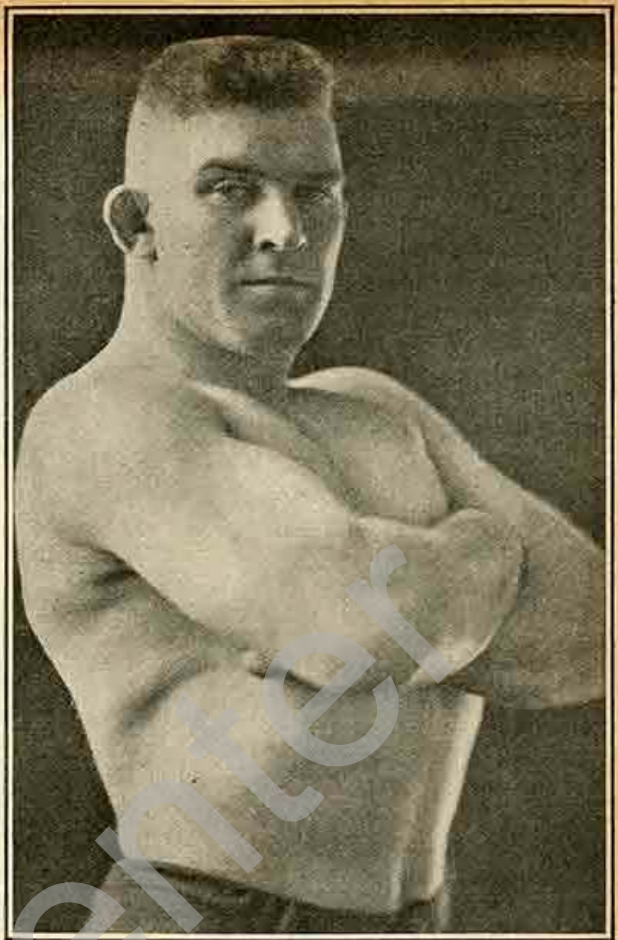
*By Dean Carrol*

**I**N placid contentment I lay among the cooling shadows of an overhanging tree in Central Park, away from the sweltering heat of Broadway, when my nap became rudely disturbed by challenging noises. Looking around I noticed two youngsters in the throes of a verbal altercation, that soon became a genuine free-for-all mix-up. One was much larger than the other and seemed to have things much his own way, but what excited my interest was the wonderful gameness displayed by the smaller boy. Taking all the bigger fellow had, he came back like a young bull, boring in, in a manner that became disconcerting to the larger fellow, who, lacking the fighting heart, ultimately fled.

As I settled down again to drowsy contemplation, I could not help thinking what wonderful fighting material was stored up in that sturdy young frame, if it only could be developed.



George F. Jowett, at the age of 18, when he was known to the world as "Young Hackenschmidt"



George Walker, the Canadian Panther, one of the greatest sensations of the mat

Sand! That's the stuff that makes champions. No matter how big a man is, or how much science he knows, without grit he falls by the wayside. This does not imply that a man is yellow unless he is a champion, but without that fixed determination which seems to make a battler immune to pain, exhaustion and defeat make their claim more readily.

In the years that I have been a sport follower, I have seen many instances of grit, particularly in the wrestling game, where men go through more gruelling punishment than in any other sport.

I saw the powerful Scot, Alex Munro, with all the resources of his native courage, battle every inch of the way to his defeat, at the hands of the great George Hackenschmidt, in Glasgow, without a murmur.

This, and many other instances have I witnessed, but none have ever equalled the display of courage under the severest possible conditions that I saw exhibited on more than one occasion by the man who was remembered by the public for many years as "Young Hackenschmidt," and is known today as Geo. F. Jowett.

Only a boy in those far away days, he was built on the lines of his great contemporary. He had a similar facial expression which was the means of winning for him the *nom de plume* he wore. He was much shorter in stature and lighter than Hackenschmidt, but what he lacked in weight, he more than made up by his dogged spirit and the unquenchable fire that enabled him to meet 'em all.

It has been my pleasure to witness many of the Canadian's battles, but none stands out so forcibly in my memory than his last battle with the famous George Walker (then in his palmyest days) at the closing of his career.

I saw him meet the giant Nebraskan bone crusher, when not yet recovered from a severe injury. He was so sick he would not talk, but his lion heart awoke as he stepped across the race track amid the wild cheering of the thousands while the band played "The Maple



Leaf Forever." Like a tiger he crashed the six foot four-inch, two hundred and thirty pounder to defeat twice inside of twenty-eight minutes.

Later, when he defended his title against the Danish Flash, the Dane levered on his helpless leg, which was twisted out. A look of surprise spread over his face when the Dane asked "Now do you quit?" With white set lips the Nation Valley battler ground out, "Not to you" and despite his handicap he put another notch in his stick.

My story starts with a group of sport promoters who, when visiting Jowett at his place, asked him if he would be willing to meet the famous Geo. Walker, over whom he had scored one victory.

At this time George had virtually retired and was suffering from the effects of blood poisoning. To the question the old Montrealler replied, that Walker was the only one man he would come back for and meet, providing the money was big enough and he was given the necessary length of time to train in.

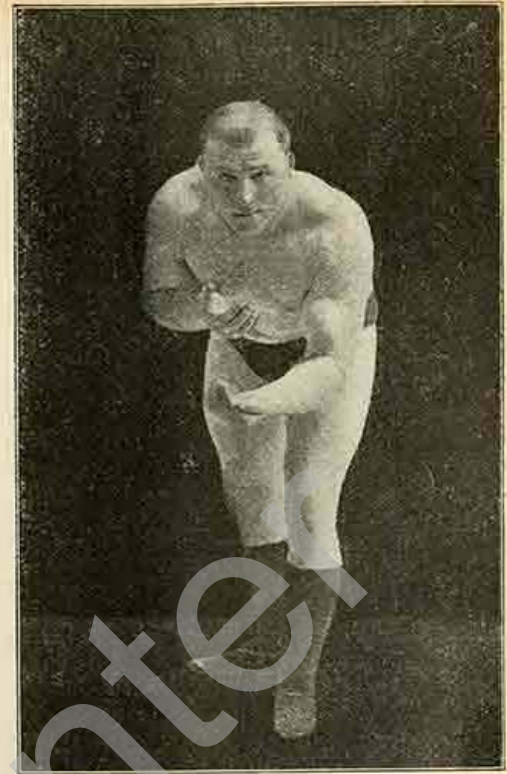
A bitter antagonism existed between these two men, and Jowett would have liked nothing better than to have clinched another win over the powerful blonde, just to prove decisively his superiority.

He little realized under what circumstances they would meet again. However, Jowett agreed to wrestle an exhibition with his old training partner, at a big event that the promoters were arranging at Prescott, Ontario, providing he was over the blood poisoning in time. If not, he could referee and the promoters made it clear that it was the use of his name they were mostly interested in. Then they drove away to plan their wily schemes.

Two weeks later George was stepping into his machine with his wife and daughter, when another car drove up, and stopped.

Greeting the veteran grappler they remarked, "Well, they got him for you." On being asked what it all meant, they explained that the promoter had secured Walker to meet him for the Prescott bout. Winking a sly eye they told Jowett that if he was not O. K. they would get a substitute for him, or he could wrestle an exhibition.

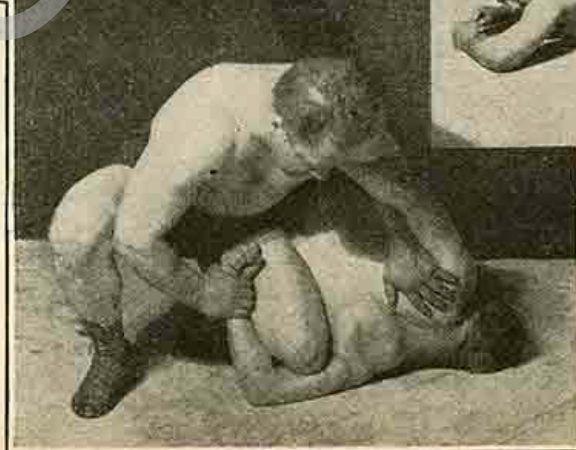
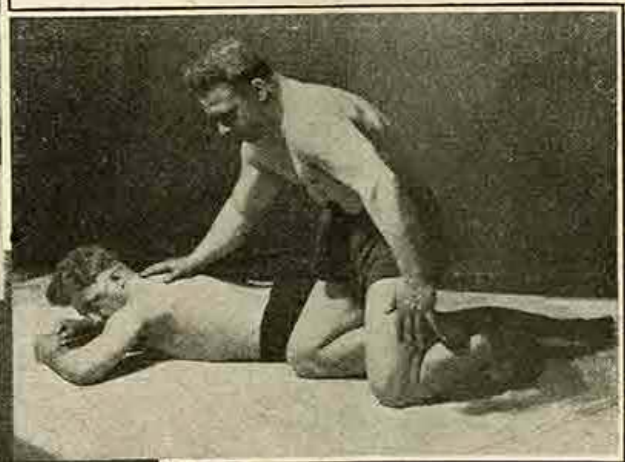
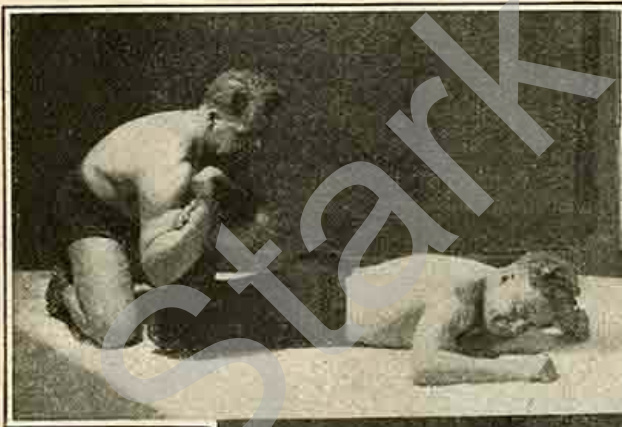
To end a long story it was the old business stunt used to pack a



George F. Hackenschmidt, the famous Russian Lion, who was the inspiration of the hero of this article

house, as long as the promoters could use the name of one and have the other appear, smoothing it all over with an apology and a substitute, and trust in God that the public would be satisfied.

Jowett strongly opposed it and felt sore all over, for none knew better than he that there could be no exhibition bout between



Above, to the left, the foot half-nelson. To the right, illustration of a gruelling foot hold and below, in center, illustration of the Japanese hammerlock

Walker and he. They were too much alike.

This may seem a long way to get at the story, but I have to tell it so the reader can better understand all that follows.

The day eventually came around, but the blood poison condition was no better, and Jowett had not done any



training for at least three months. He called up and said it was no use of his coming, not even to referee, and told the manager to go ahead and use the sub. This was far from the promoter's or Walker's plans. About two hours before the time for the contest Jowett received a message that the sub could not come, and Jowett must, since he was advertised and the people were clamoring for him. If not, he would be liable for expenses.

Of course, this latter spiel was all hot air, Jowett did not have to go, but instead he called up his erstwhile friend, Ira Ennis, a sport who had followed Gotch in California. Ira came but begged George not to go on. "If you go on you will only be beaten, for you are in no condition at all, and I can't bear to see you go down, George."

"But think, Ira, of all the boys who have followed me in the game, and who have turned out to see me. Why I'd rather drop dead on the mat than let them think I had cold feet. No, we're going to fight this out."

Arguing without results, Ira settled down to his misery in silence. This great old sportsman could not and would not desert the boy he had followed for so long, from victory to victory, no matter what the results might be.

Despite the reassurance that George gave, that he would find a way to beat the vicious ex-World's Olympic champion, Ira could not see it possible as his gaze ever wandered to the bandaged arms.

The place was crowded and people lined the streets to get a glimpse of these two famous Canadian world beaters, as they appeared.

Talk will spread and

somehow it got voiced around that the retired champion had been tricked back into the ring. Walker must show a clear title in order to clinch a match with Stanislaw Zbyszko to insure a big gate receipt.

As the news spread among the fans, ugliness became evident, and the police were drawn upon heavily for protection. However, they were all staunch Jowett followers but one who bought up the ring side seats. They were determined if any foul play was pulled, they would see their man was given a square deal. Some hefty fighters followed the stocky grappling blonde.

As the opponents climbed into the arena, interest quickened and the hum of voices filled the place. The referee did not make his appearance until the last moment, and with his arrival a grim look settled upon the Ontario favorite's face, as he recognized the American manager of the Canadian Panther.

"Well, Ira old boy, I guess we're up against it. He has his own referee. They have not overlooked one bet. God bless 'em. They'll need it."

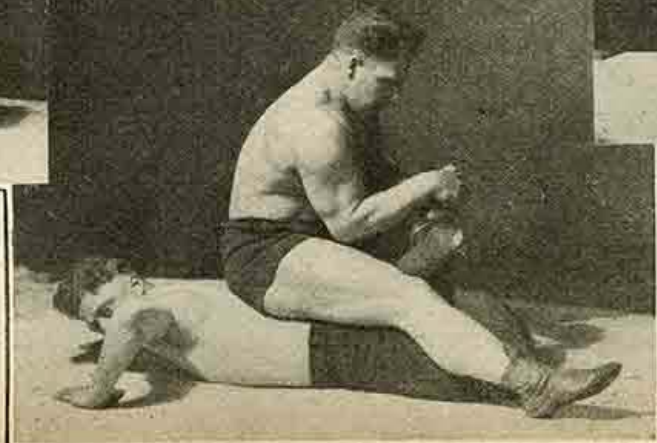
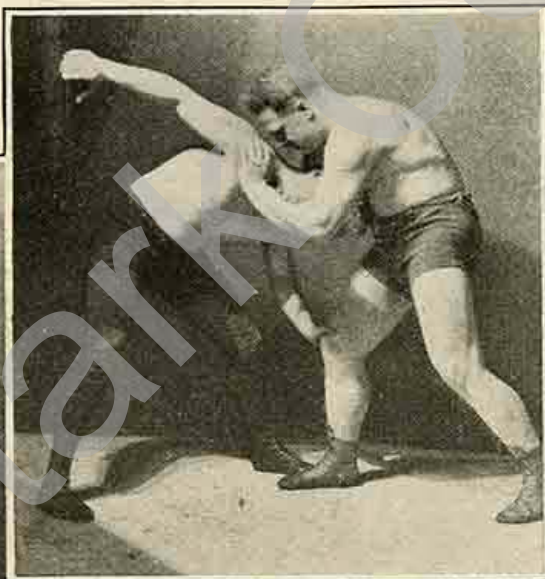
Time was called with each man displaying the tense antagonism that existed between them.

Walker led viciously for a head lock to be foiled and thrown to the mat with a crotch and back heel. Seat spinning out, the Olympic champion grabbed his head lock, and the sturdy Montrealer looked to be in trouble. But he was only playing cautiously, as he knew he had to conserve all the strength he could.

The spectators watched in suspense, when suddenly the old "young Hack" rose on his hands, and with a kick, and lunge of his whole (Continued on Page 74)



The illustration above shows a counter to a double leg hold. Center above shows a punishing head-lock



Above the flying head-lock. The figure to the left illustrates the double toe hold.





# How I Lost and Found Health

Personal Experience of a Man Whose Condition was "Hopeless" but who Regained Health and Strength Through Correct Eating, Correct Living and Correct Exercise.

By *B. Stanford Claunch, N. D.*

**I**F I could recall the youthful years of my life, the most important thing I would stop to consider would be the conservation of nerve energy, the life principle which constitutes health.

I would seek to know the laws that govern the maintenance of rugged health—laws that if correctly understood, give one a fundamental knowledge that will enable him to forestall disease and premature old age and live a long, healthful and efficient life.

Unfortunately, these greatest of Nature's laws were withheld from me, as well as millions of the youth of our great enlightened nation, by that demon of civilization, conventionality. With prudery as its most potent factor, it prevents the education of boys and young men in the requirements and functions of their bodies, especially that part, the reproductive system, which is the most vital of the bodily functions to the conservation of mental and physical health and efficiency, except, of course, the function of nutrition, on which life primarily depends.

Convention not only permits, but actually favors the development of vicious habits that waste the vital forces of the body of the growing youth and serve to pervert his attitude toward society, the world and life itself. Having been deprived of the truth on this all-important subject, his inefficient mind builds a philosophy in keeping with his perverted thoughts and, as a consequence, he must go through life under a severe physical, mental (moral) and social handicap.

We are not taught, in fact, a very large percentage of our educators do not know that the glands of the reproductive organs and other ductless glands of the body serve as refineries of nerve food (secretions of these glands being doubly refined nourishment necessary to the nervous system), that the wanton waste of this precious fluid is bound to dissipate energy and pave the way to ill health.

In addition to being subservient to this gigantic evil

of conventionality, we are victims of false knowledge, or more often a lack of knowledge, of the nutritional requirements of our bodies. Unfortunately, most of our text books that deal with this subject are based, to a great extent, on the findings of inorganic chemistry—chemistry of dead, inanimate matter only—which, while enabling us to determine the elemental composition and mechanical construction of the dead body, can never know the needs of the body when the subtle element of life directs its activities.

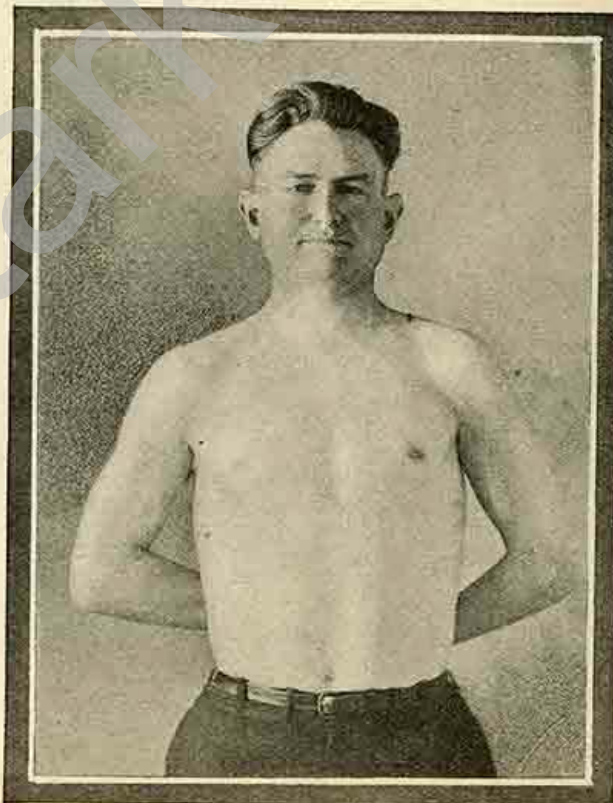
As the result of this lack of education in these fundamentals of health in my early life, I found myself a weakling at the age of twenty-one, unable to successfully compete in the strenuous struggle of life's routine.

Being ignorant of everything that was conducive to health, my habits, especially that of gluttony, soon developed tuberculosis and I was relegated to the "scrap-heap" as something to be shunned, not worthy of even minor consideration in the great maelstrom of life.

I was told that a deadly germ had caused the disease and that my case was hopeless. I sought relief and cure

in the various drugs, medicines and serums with, naturally, no permanent benefit. I gradually grew worse and up to this time I did not know I was trying to cure the effect of my bad habits by taking the "dope" doctors prescribed. The law of cause and effect, that immutable law that governs all phenomena, had never been explained to me in its relation to health and disease. It was at this time that I awoke to the truth and realized my sorry plight and what had brought it on. I then became disgusted with conventional teaching in health matters and began to think. Yes, happily, I was still able to exercise my reasoning power, a faculty that had long been dormant because of my gullibility in swallowing what the doctors dictated and gave me.

In this "hopeless" condition, I reasoned that my afflictions were an effect of my (continued on page 68)



B. Stanford Claunch as he is today.



**W**HEN a man or woman is actually sick it is too late for 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 problems.

Sometimes it is only by interviewing personally a thoroughly competent physician that he can get the advice that will make his perfection in health and bodily development more sure. Should you write us and should Dr. Rubin find that you are in this class, we would notify you at once. Every physical culturist should know his organic and glandular condition as thoroughly as his muscular system and we wish to aid you in accomplishing this.

We have been receiving many letters every month similar to those Dr. Rubin has answered in this issue and Dr. Rubin will continue to answer such questions as he can and will publish a few letters each month, selecting from his correspondence those letters of the greatest general interest. Enclose a stamped return envelope with the queries and we can assure you of a prompt reply.



H. H. Rubin, M.D.

# Ask the Doctor

A Department for Solving Your Health Problems

By H. H. Rubin, M.D.

DEAR DOCTOR:

I am 39 years of age. About eight years ago I had two acute attacks of appendicitis. Ever since then I have been troubled by pains in the region of the appendix, sometimes in the back, and sometimes in the middle of my abdomen, but generally on the right side. During the last two years it has been a daily occurrence. It is worse while walking or standing. I can obtain relief by lying on my right side, or by pressing hard upon the spot with my hand. I am not constipated, at least very seldom. I feel the pain much more after eating or after a movement of the bowels.

I used to exercise and have built up my abdominal muscles by practicing the "sit up," and also by lying on the back and raising the legs, but have been obliged to discontinue exercising on account of these pains, although sometimes exercise will drive them away. It is more of a dull ache than a pain.

Several doctors have advised an operation for removal of the appendix, but I hate to have this done if there is a chance otherwise. They tell me the appendix is a very important organ. Would you advise an operation? I had an X-ray taken in St. Louis which showed nothing wrong with the appendix. I have been accused of having appendicitis, biliary derangement and stone in kidney, but the X-ray was not very successful.

Do you think diet would help me? I have tried taking mild laxatives and they appear to make the pain worse. Forgot to state that I am an actor on the road and it would be rather hard to take a strict diet, as I have to sometimes depend upon restaurant food and cooking in small towns. What would you advise?

Wowoka, Oklahoma.

A. W. C.

The symptoms indicate that you have chronic appendicitis with adhesions. X-ray photographs do not always show these conditions. However, inasmuch as you have a definite pain over what is known as the right iliac fossa, or McBurney's point, it is quite clear that you have a

chronic inflammatory condition, with adhesions from your acute infection.

I do not believe that any form of medication that you could take would be of any material benefit to you, although, of course, every possible effort should be taken to keep the bowels free and to restrict yourself to a diet least likely to excite additional trouble in the region of the appendix because of the development of fermentation in the intestinal canal.

You will appreciate the fact that gas distension in this region of the intestines would exert pressure upon the appendix and increase the irritation and the sub-acute inflammation now present.

It is not necessary for you to go on a very strict diet. The things to avoid are an excessive amount of starches; of foods from which fermentation is likely to develop, such as corn, peas, beans, turnips, pastries, sugars and most fruits, with the exception of grapefruit, lemons and oranges.

DEAR DOCTOR:

I have a mild case of varicocele or enlarged veins in the scrotum. I am not troubled with local pains of any sort.

Does this condition have any ill effects—such as lowering general vitality? If you say that they do, I will have the veins removed, but I do not wish to do this unless they are causing trouble. Is it necessary to wear a suspensory continually?

Berkley, California.

J. D. G., Jr.

If you have no pain and if you are not troubled with a dragging sensation, I certainly would not advise an operation for your varicocele. I believe it may be necessary for you to wear a suspensory bandage for some



little time to come. You might try bathing the parts in cold water nightly before retiring, after which you might make an application of witch hazel. This has a mild tonic effect upon the parts which is sometimes followed by very helpful results.

DEAR DOCTOR:

I am twenty-five years old, five feet tall and weigh one hundred and eight pounds. My muscles are soft, although I take exercises twice a week, swimming and aesthetic dancing. I have been bothered with indigestion for several years, also nerves and acne. I would like to take the milk diet. Should I take more than four quarts of milk a day and could I use orange juice with the milk? How often should I take it?

Columbus, Ohio.

R. C.

I believe a milk diet may do you a considerable amount of good, provided that milk agrees with you. You must remember that there are many people who have an antipathy against milk and to whom it is obnoxious. Other people become quite constipated from taking milk. This also has an effect which should be avoided at all hazards. Provided that you are not one of these individuals, you might take four quarts of milk a day and eat three or four oranges or take the juice of as many oranges, being careful not to take the oranges and the milk directly together. Possibly the best way to take the milk would be to drink a glass of it slowly every half hour. You must remember that milk is 89% water. Therefore, taking the amount of milk necessary to give you sufficient nourishment to provide repair for your tissues and energy to run the bodily machinery, is rather a heavy strain upon the kidneys. This is one reason why an excessive milk diet is hardly practical, except for short periods, say from one to three or four weeks at a time.

DEAR DOCTOR:

I would like to ask your opinion upon the matter of my left elbow joint, which was broken about four years ago. The surgeon who set the fracture said it was in the form of a T, and stated that it would heal together well.

Although I have good function of this joint, I am bothered with a certain amount of soreness and stiffness, which I notice the next day, especially after doing hard work involving much bending of this arm. The X-ray picture I had taken about a month ago showed that there was an opening in the bones on either side of the joint.

I spoke to the surgeon who had set the elbow about these breaks in the bones, and he said that until the age of 25 years the elbow joints always show openings in the bones, that is until they ossify or become set. Now the doctor who made the X-ray said that the joint had never grown together at the fractures. I do not know which is correct.

I would certainly appreciate it if you would please write me, giving me your opinion upon this matter. The doctors both told me I could work or exercise the arm as much as I wanted, but the soreness I spoke of bothers me to some extent. I can flex the arm any way that I do my normal right arm. As both of these doctors have different opinions, I am waiting with interest your own.

The Dalles, Oregon.

E. G.

I am inclined to agree with the doctor who said that the joints had not grown together at the fractures and I do not believe it is possible to accomplish very much for your condition, as it is evident you will have to grow out of it gradually, if at all. You may consider yourself rather lucky that you have good function in the joint, even though you may have a certain amount of soreness and stiffness. It might be worth your while to rub this joint with some good liniment, such as Sloan's, or Balm

Analgesic, every night for a while, and give the elbow some gentle massage. Also it might be well to try the effect of baking upon this joint, if you have a physician in your neighborhood who is equipped with one of these baking apparatuses in which the elbow could be exposed to the effect of dry hot air at the temperature of 225 to 275 degrees for fifteen or twenty minutes.

DEAR DOCTOR:

I am 26 years old, married, have two fine kiddies, both very healthy. All of our family are interested in physical exercising and are devoted advocates of STRENGTH Magazine. I have been trying most of the exercises mentioned but don't seem to get just the results I am looking for.

I weigh 149 pounds, am 5 ft. 5 in. tall, and all of my excess weight seems to be in my abdomen and hips. Are there any special exercises, or any diet that I could try to reduce my weight about 10 pounds?

I am also bothered with constipation. Would appreciate your advice very much.

Grand Rapids, Mich.

MRS. A. R.

The fact that most of your excess weight seems to be in the abdomen and hips would indicate that your pituitary gland is not functioning as actively as it should. If there is any doctor in your locality practicing endocrinology, it might be well worth your while to see him, as you have a condition which should yield rather promptly to proper endocrine treatment. Simple exercises for the reduction of the abdomen and hips have been given from time to time in the pages of this magazine. Possibly the best of these exercises are those that contemplate the patient rolling over and over on the floor, or that cause her to stoop, twist and bend, so as to bring into play the muscles of the abdomen and hips.

It is most important that you get rid of your constipation. For this purpose, as I have said several times in these pages, I believe that oxy-crystine will give the best results. Take one or two teaspoonfuls in a glass of cold water every morning and keep this up for some little time. Reduce your intake of sugars and starches, potatoes, cake, pies and fatty foods, to a minimum. Eat plenty of green vegetables, a moderate amount of lean meat and citrus fruit, such as lemons, oranges, or grapefruit. Try making one meal a day of a glass of skimmed milk or buttermilk. This regime should give results in a reasonably short time.

DEAR DOCTOR:

I am a young man of twenty years and I have been embarrassed with a red nose since I was about sixteen years old. I have tried four different physicians. Three of them seemed to help me, but I still am bothered.

Two of the physicians told me to rub the nose after I had bathed it in warm water and finished up with cold. When that did not help, the first doctor gave me some zinc ointment to put on each night, but that made it worse and the continued rubbing brought a crop of pimples. The third doctor told me to bathe it in warm water for ten minutes and the ointment he gave me for twenty minutes, then wipe it off with a dry cloth. All of these treatments were done before retiring. At last I got one of them to admit he thought it could not be cured.

There are also blackheads. I used to be troubled with constipation, but have had two movements daily for a long time. I also have some pimples on chest and upper back. I eat mostly whole wheat bread. My condition is always worse when I get hot or work very hard.

E. P.

The dilation of the capillaries which causes a red nose is sometimes very difficult to cure. Not infrequently this condition is associated with thyroid or adrenal trouble. I have had a number (Continued on page 70)



# Health—Strength—Beauty

## (Our Girls' Circle)

*Conducted by Marjorie Heathcote*

**T**HIS month I am proud to publish pictures of four girls, who are entrants in our Well Formed Woman Contest. All of these girls state, somewhere in their letters, that "swimming, hiking, skating, tennis, exercise are responsible for their health and physical development."

Last week I received a letter from one of my readers which read something like this.

"I am a very enthusiastic follower of your department. I like to read about the girls whose pictures you publish, and I admire their figures and envy their health. I am an office worker, and work from nine to five. When I come home in the evening there is always some little thing that has to be done, and afterwards I have to go out with my friends. I simply do not find time for any sport or exercise, and I do not know how other girls manage to do so. I usually feel "down and out." I am awfully thin, but I know that I am doomed to remain as I am. I am not as fortunate as these other girls."

In contrast to this letter is one from Miss Flora Bachofen, of Alliance, Ohio, and whose picture appears on the opposite page.

"A life of clean living, proper eating, proper exercise and lots of out-door sports and games have kept me healthy and happy for the past few years. I simply cannot feel ill or depressed when I am full of pep and ambition, and swimming, tennis, basketball, bicycle riding, skating and dancing have done all this for me. I have not had a day's illness since I began my physical culture life. Before that I was always ailing and had that terrible 'tired feeling.'

"I am a stenographer, but I can always find a few hours each day to indulge in some sort of sport or game or setting up exercises. Also once a week I take a long hike in the open. Few girls realize what a valuable all-round exercise hiking is.

"As soon as I leave my work I go swimming or play tennis before I go home to supper. This leaves me plenty of time to go out, sew, read or do whatever I wish. Then, as I said before, once a week I take a long hike after supper. Every other night I practice some physical exercise before I retire.

"I wish I could make every girl and woman realize the wonderful results derived from leading a physical culture life. You cannot have a healthy, well formed body without working for it and working hard and with determination; determination to make yourself a success physically as well as mentally.

"I buy and read your wonderful magazine STRENGTH every month, and I am a great believer in all its teachings. I am particularly interested in your department and look forward to it each month. I want to help you all I can to reach those girls

who are sickly and undeveloped and prove to them that the only path to health and happiness is exercise and plenty of outdoor sports."

You cannot have a healthy, well formed body without working for it and working hard and with a determination to succeed! I thoroughly agree with Miss Bachofen, and she certainly is a fine example of what exercise can do for you. Furthermore, you must be willing to make some sacrifices even if it does mean to stay at home one or two nights a week.

But, as Miss Bach-



**Ida Rosen, Bayonne, N. J. Measurements are as follows:** Height, 5 ft. 4 ins.; weight, 118 lbs.; neck, 13 ins.; chest, 32 ins.; bust, 34 ins.; waist, 25 ins.; hips, 35 ins.; thighs, 21 ins.; calf, 13 ins.; ankle, 8 1/4 ins.; upper arm, 10 1/2 ins.; forearm, 9 ins.; wrist, 6 ins.; age, 17 years.

**Above, Mabel Wood, Brooklyn, N. Y. Measurements are as follows:** Height, 5 ft. 4 ins.; weight, 115 lbs.; neck, 12 ins.; chest, 31 ins.; bust, 33 ins.; waist, 24 ins.; hips, 36 ins.; thighs, 21 ins.; calf, 13 1/2 ins.; ankle, 8 1/2 ins.; upper arm, 10 ins.; forearm, 8 1/2 ins.; wrist, 5 1/2 ins.; age, 18 years.



often says, you can find time for everything. Some girls are lucky enough to be born and grow up shapely, but there are not many of them. They all had to work for what they have. Many women and girls expect results overnight, and I do not know how many I have heard say, "Oh, I exercised so hard, but it didn't do me any good. I suppose I am doomed to stay this way all my life." On being questioned as to how long she exercised I received an answer something like this, "Oh, for a week" or "a month." And she goes on with her inactive ways and continuous complaints slowly but surely losing her bloom of youth and is condemned always to that "tired feeling."

Now to possess a beautiful body and lasting health you must work for both and work hard and constantly. You cannot expect results for at least three months, and when you do attain what you desire, you must work to retain it.

Now you girls with that "tired feeling" or you thin or stout girls, the first step for you to take is to examine yourself critically, find out your weak places, the under or overdeveloped parts, secure a good set of exercises (these can easily be selected from those that have

appeared from time to time in this department and elsewhere in **STRENGTH**) and begin to practice them at once—tonight. Don't put it off until next week, and do not go through the exercises in a haphazard way—do them the best you possibly can, and concentrate on each and every exercise. Concentration, like determination, is another valuable factor in health and body building.

**Flora Bachofen,**  
Alliance, Ohio.  
Her measurements are as follows: Height, 5 ft. 4 ins.; weight, 122 lbs.; neck, 13 ins.; chest, 34 ins.; bust, 36 ins.; waist, 26 ins.; hips, 32 ins.; thigh, 20½ ins.; knee, 13½ ins.; calf, 14 ins.; ankle, 8½ ins.; upper arm, 10 ins.; forearm, 8½ ins.; wrist, 6 ins.



**Adele Kaufman,**  
Bronx, N. Y. C.  
Her measurements are as follows: Height, 5 ft. 3 ins.; weight, 118 lbs.; neck, 13½ ins.; chest, 34 ins.; bust, 35 ins.; upper arm, 10¾ ins.; forearm, 9¾ ins.; wrist, 6 ins.; waist, 25 ins.; hips, 36 ins.; thigh, 21½ ins.; knee, 13 ins.; calf, 13½ ins.; ankle, 8 ins.

To the girls, and there are a great many of them, who say they have no time for physical exercises, I have to say that neither do they have any time to be ill, because most diseases are not caused by the necessary wear and tear of life, but by want of fresh air and proper exercise. Just ten minutes daily, and there are very few who cannot give that time, both night and morning, will return to you many times in energy and increased vitality.

"Don't always be guided by your feelings in the matter of exercise; for when one feels least like taking it, is the very time it is most needed."

If you have ever read Roberts, "How to Get Strong," you will probably remember that he states:

So when you come home tired and feeling "all in," that is the very time you should take a swim if it is at all convenient, or play a game of tennis, and if you live in the country or suburbs, take a good run. If these are not convenient, then take a cool bath, eat your supper, take a hike or go to a pool for a plunge.

By systematic, earnest work you will find yourself in possession of a well formed healthy body, absolutely under your control; and you will make the pleasant discovery that all your old, mysterious aches and pains that refused to leave your body before have disappeared like thieves in the night, and your reward will be health, shapeliness and happiness and an increased power to make all those around you happy too.

I am getting quite a few letters from girls who are complaining about "too much hips." Some of them have sent me their photos, and I believe that I have solved their trouble.

It is not that their hips are too large, it is the fact that they have lost their shapeliness, becoming too flabby, thus giving the buttocks that "too broad" appearance. When the hips are well developed, the buttocks should be full and round with their contour showing up from all angles.

You will note from the pictures of the girls that I have published off and on in this department that their buttock muscles slope well up the back onto the highest part of the small of the back. From too much sitting in the wrong position and no exercise, the buttocks become flat and sag, and this robs them (*Continued on Page 74*)



# THE MAT

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

*Conducted by George F. Jowett*

## Wrist Turning

**I**T certainly is remarkable to see how all those who are working for better bodies and greater strength have become interested in the sport of wrist turning. This test of arm strength was always looked upon as a sport belonging to the strong men only. That is, it was the one sport professional strong men indulged in between themselves as a pastime.

It is a sport that gives vigorous play to the arm, and calls for powerful action of the wrist and the front of the forearm. There is no advantage gained by one man being much heavier than the other. Everything is equal, with the result resting upon the strongest arm.

It might surprise some of my readers to know that many strong men make their living at this sport. In Canada it is a great sport, and, wonderful as Fournier is as a weight lifter, he is even greater as a wrist turner. He is one who makes his living in the athletic business mainly from wrist turning. Traveling from one village and town to another, he meets the various champions, *and always with success.*

I remember up in western Canada, and out in the Cobalt, there were two of the main hotels that permanently employed professional wrist turners who met all comers, and many a tussle I have seen fought out between these sturdy boys with the mighty arm.

Miners, lumberjacks, and seamen I have found to be the best at this sport, apart from the strength athlete, and among the latter the very best are Fournier, Giroux, Cadine, J. Nordquest, and George Zottman.

Each of these men has wonderfully developed arms of huge proportions, with unusually thick wrists.

Men who are good at picking up big weights in their hands, and capable of handling thick handle bars, or gripping thick plates by the edge, and squeezing objects between the hands that have a high resistance, are always good at wrist turning.

In some places they have a table especially constructed for this sport. The table is not very wide, and has two hollowed-out holes inlaid in the top opposite each other, about three or four inches

away from the edge. Between these two hollowed-out holes is marked a straight line. Taking their seats facing each other, the contestants place the right elbow into the hollow, and take their grip with the hands right over the marked line.

When wrist turning under these conditions, all that is required to win is to force the opponent's arm past the line.

Personally, I do not favor this style much, as it is nothing near the test of strength as is called for in the regular style. There is no thrill or battle gotten out of it as in the old way, which gives both men a chance in a prolonged fight.

In the regular style, as practiced the world over, the twistors sit facing each other with the upper arm



Eric Trengove. The latest pose of the 17-year-old English marvel. The whole body is a perfect study in muscular separation.

Dr. P. A. Mullikin. A powerful-looking body with exceptional torso and leg development for a heavy-weight.



level on the table. The disengaged arm should rest across the table as shown in Figure 1, in order to steady the body and aid the twisting arm by supplying a greater degree of resistance. Of course, it should be understood that the disengaged hand is not allowed to grip the edge of the table. The palm must be held flat on the table top. Then you take your grip by locking the thumbs as in Figure 1. Closing the hands, the turners await the word to go. At the given word or sign, a gradual

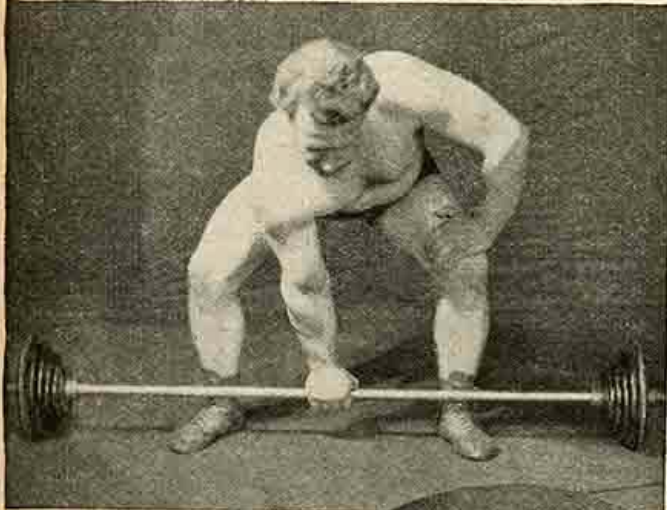


Fig. 1

pressure is applied until all the resistance possible is brought into play. The general method is to try and force your opponent's arm downwards. Once you get his arm going on the downgrade, his resistance becomes less and he loses the "turn."

A good idea is to get your hand turned as much around as possible before the "turning" starts. If you are successful in beating your opponent at the start this way, the palm of your hand will be facing towards you. This allows greater bicep and shoulder play, and you can hold an opponent until he is tired out with his struggle; then you can begin to throw your power into full play, and will stand a better chance in putting his arm down.

My object was always to hold one whom I knew was very strong, and let him tire himself, and the wrist movement I would perform by twisting my opponent's hand around so the back of it was towards me. My wrist movement would be spiral, bearing toward myself in a curling movement. Then, I would begin to force

him downwards and sideways. In other words, I went through a spiral curl movement with a lateral pressure. Keep your own hand bent downwards from the wrist in the swan neck figure, which will lessen the distance from the hand to the elbow. From this you secure the co-operation of the large muscle on the front of the forearm.

Wrist turning is a great sport and a fine arm and wrist developer. There is a lot of fun as well as profit gotten from practicing it, and I strongly urge all my readers to put a little time in at wrist turning. The beauty of this sport is that you do not need any special apparatus or make any out-of-the-way preparations. You just take off your coat and roll up your sleeves, and place the elbows on any object that is level, and then go to it with all your might. It generally takes two out of three or three out of five turns to decide the best man.

It is the strength builders' own sport, and is played by all strong men wherever you go.

The poses illustrating this topic were posed for by myself and Mr. E. "Teddy" Mack, one of the old brigade—a man who has "turned" wrists with all the best men in the game, and who is still a hard nut to crack.

If the reader studies the pictures carefully, and combines what he sees along with my explanation and advice, he will find out all that there is to know about the sport of wrist turning.

DEAR EDITOR:

Can you tell me how to keep my shoulders straight all the time. I practice my exercises, but when I walk I always seem to slump back into a round shoulder position.

HAROLD TINNEY.

Brooklyn, New York.

There are so many things that we can do to bolster up our main efforts, and make results quicker to reach and more lasting when they have once been achieved. So many little things that, on the surface, mean nothing, but are very far-reaching in their effects.

Yet we pass them up.

When I was a boy at home, I often used to watch my father work around his rose

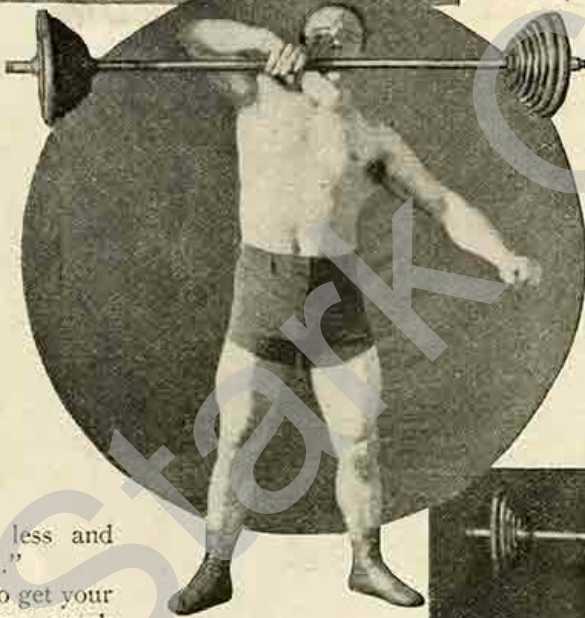


Fig. 2

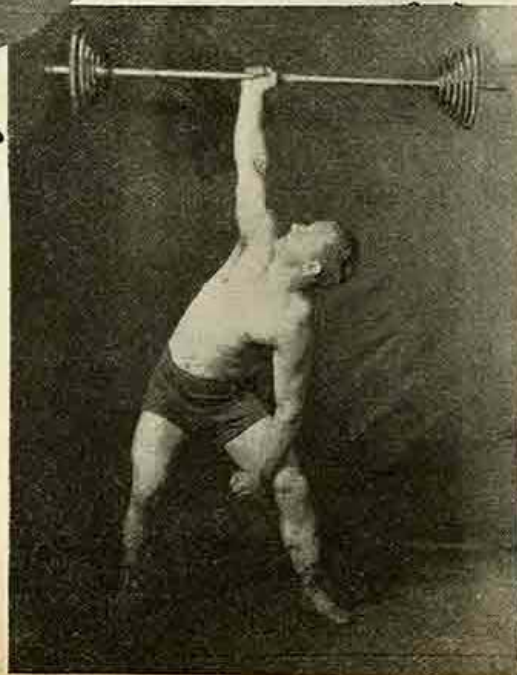


Fig. 1. Note the strong position of the legs in the initial stage.

Fig. 2. The weight carried to the logical height where the dip commences.

Fig. 3. The lift completed by the "dip." Note how the left arm helps to control the balance.

Fig. 3



bushes, in which he took an unusual interest. In answer to all my questions, my father would explain to me that to plant a bush and just water it was not enough. Everything possible should be done to stimulate the sturdiness of the plant's growth. In order to do this, he would place a stick in the ground and tie the stalk of the rose bush to it. This always sustained the tree during its growth. The result was the tree developed with a sturdy, straight stalk.

Before I go on to explain a similar comparison in correcting round shoulders, I will explain one or two reasons that bring about this very unnecessary condition of round shoulders.

Of course, there are more than just two reasons, but a great number of cases are brought about by bad walking postures. So many young men can be seen lounging around street corners or walking the streets with their hands in their pants pockets, and a pronounced bodily slump that develops the caved-in chest, hump back and round shoulders.

Any one with half an eye can see the detrimental effect that is thrown upon the physique in general, which becomes badly warped. The shoulders are drawn forward, and the muscles of the back become so badly stretched that they lose their contractibility.

In order to get the muscles back to their natural condition, exercises must be taken that will compel the muscles to contract. Constant exercise will cause the muscles to shorten, and, as they shorten, the shoulders are drawn back and the whole spine is straightened. A very fine exercise to correct round shoulders is to take a pair of kettle weights, one in each hand, and hold them at the shoulders. The feet should be together and planted firmly on the floor. When you feel that you are

properly placed, begin to press the weights overhead alternately. Reach as high as you can with each hand as it goes overhead, and, as the arm is lowered to the shoulder, the shoulder should be lowered as much as possible. This gives greater play to the back muscles,

providing the weights are carried backwards in the raising and lowering process. To be sure this is being done, keep the shoulder blades together as much as possible throughout the entire practice.

After practicing the exercise every night for a while, the results will soon begin to prove themselves to your entire satisfaction.

My young friend's plaint is that, although he practices his exercises, he seems unable to combat the slumping tendency as he walks.

Earlier on in this article I explained how my father helped his trees in their growing process by tying the growing stalk to a stick. Equally so can the shoulder straightening process be helped in just as simple a manner.

When you are walking along the street, don't let your arms swing aimlessly by the sides or place your hands in your pants pockets up to the elbow. Instead, try this, and see how quickly the shoulder slump is eliminated.

Allow the left forearm to rest across the small of the back, while the other swings free and in rhythm with the stride. You will feel the shoulders pulled back, and the whole (Continued on Page 82)



Fig. 1



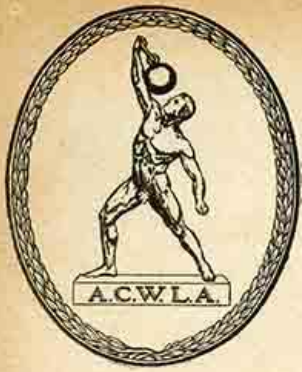
Fig. 2



Fig. 3

Fig. 1 clearly shows how the thumbs are locked, while Fig. 2 shows how the hands are clasped in taking hold. Fig. 3 illustrates the finish of a turn and the bicep and forearm action secured from having the palm of the hand turned to the body when twisting.





# American Continental Weight Lifters' Association Notes

*By John Bradford*

**T**HE A. C. W. L. A. coöperated with the Jowett Athletic Association of Jersey City, on July 18th, in putting on their first exhibition under the A. C. W. L. A. auspices. It was very successful, and the program was attractive, being highly appreciated by the spectators.

William Mills, the secretary of the local club, introduced President Jowett, who was given a hearty reception. Mr. Jowett then proceeded to introduce the various celebrities who were in attendance. Notable among them were S. Klein, L. Schwartz, H. B. Paschall, A. Giroux, Roy L. Smith

and M. Berry and many others who are well known.

The performance commenced with J. McGill in a display of classical poses. Every one of his twelve poses drew the applause of the onlookers, who were much impressed by the graceful casts.

The body of S. Klein has always been an inspiration to McGill, who is diligently following in the footsteps of his famous model.

The next act was an attempt by Henry Furch, of Jersey City, to eclipse the aggregate total on the five A. C. W. L. A. lifts, in the middleweight division, to secure the silver medal. The poundage called for is 865 pounds. Furch had no trouble at all in doing this, making the grand total of 975½ pounds with very little effort.

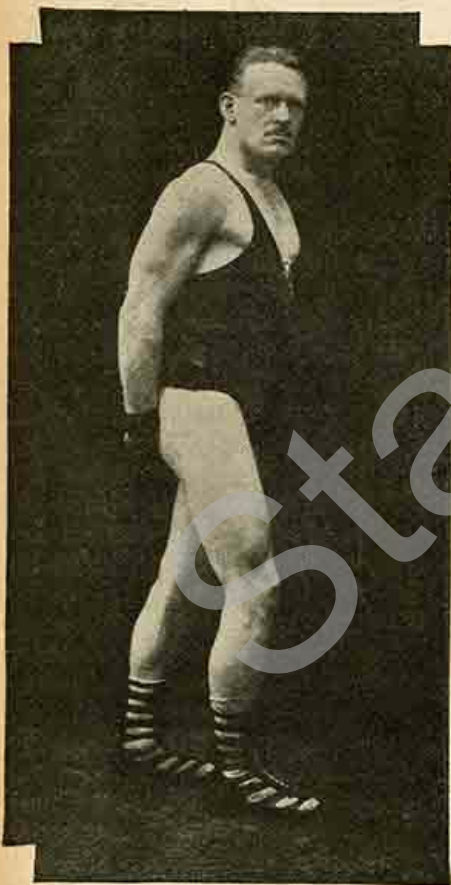
His lifts were as follows: One hand clean and jerk, 133½ pounds; two hands snatch, 155 pounds; two hands clean and jerk, 200 pounds; one hand military press, 77 pounds, and two hands dead lift, 410 pounds.

Furch has only been lifting a very short while and shows wonderful promise. Practising on the one hand clean, he has made 170 pounds in training. No doubt, this coming season will see him in competition with the iron gladiators of his body weight class.

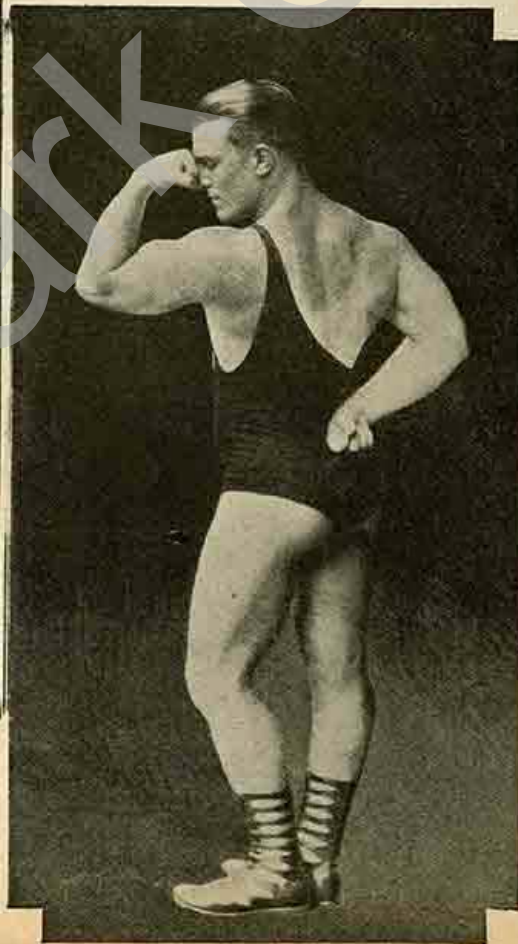
An educational lecture and demonstration followed. Mr. Jowett explained the right and wrong methods of training, using William Mills as the demonstrator. The talk was full of interest, and the enthusiasts proved their interest by the eager attention they displayed throughout the talk.

Next followed an exhibition of three of the five A. C. W. L. A. lifts by the talented young performer, S. Levani, of Brooklyn, New York, who scored third place in the national title tourney. Levani is only 17 years of

L. H. Cunningham, an enthusiastic Atlanta, Ga., representative of the A. C. W. L. A.



Wm. Mills, Jersey City, whose one-hand dead lift has created a sensation in the weight-lifting circle.





age and possesses a superb development. His demonstration of muscle control that concluded his turn was the talk of everyone present. His body weight is only 134 pounds, and in practice he has performed, in the two hands clean and jerk, 230 pounds. Some performance for a 17-year-old boy!

Marquis Losey, the runner up in the national light-weight championship, next took the stand. He succeeded in establishing a record in the right hand swing, finishing his trials with 125 pounds at a body weight of 137½ pounds. Since George F. Jowett created his amazing swing record, this lift has become popular.

Losey spent a few days in Philadelphia under the supervision of Mr. Jowett, who taught him the "back hang" style on this lift. How well Losey progressed with the aid of this advice is shown by the record lift he made within a week of commencing his instruction. He is positive that within a short while he will be swinging his body weight.

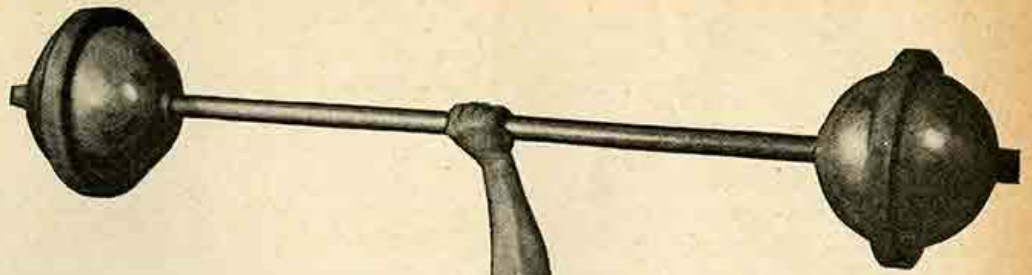
Our "side pressing" friend L. Schwartz, waxed so enthusiastic over the night's procedure that he doffed his attire and took a fling at making a new record in his pet lift. He succeeded with 167½ pounds, which beats the tie lift made when Hall and he competed at the Philadelphia exhibition. He made a splendid attempt on 172½ pounds and really should not have failed. He had the weight at arms length and was almost erect when the weight swung backward and spoiled his balance. However, we are sure he will succeed next time with 172½ pounds and he probably will do more.

By the way, Hall is hot on the trail of Schwartz. When he received word of what Schwartz had performed, his sporting blood arose and he said what Schwartz could do, so would he.

It looks like more fun around the Gates of Gath. Well, we will be in on it.

What followed was a treat. Namely, a sensational comeback of that well known lifter, Roy L. Smith, of New York City. Smith has been working hard on the two hands anyhow, and his intention was to create a new world's amateur record.

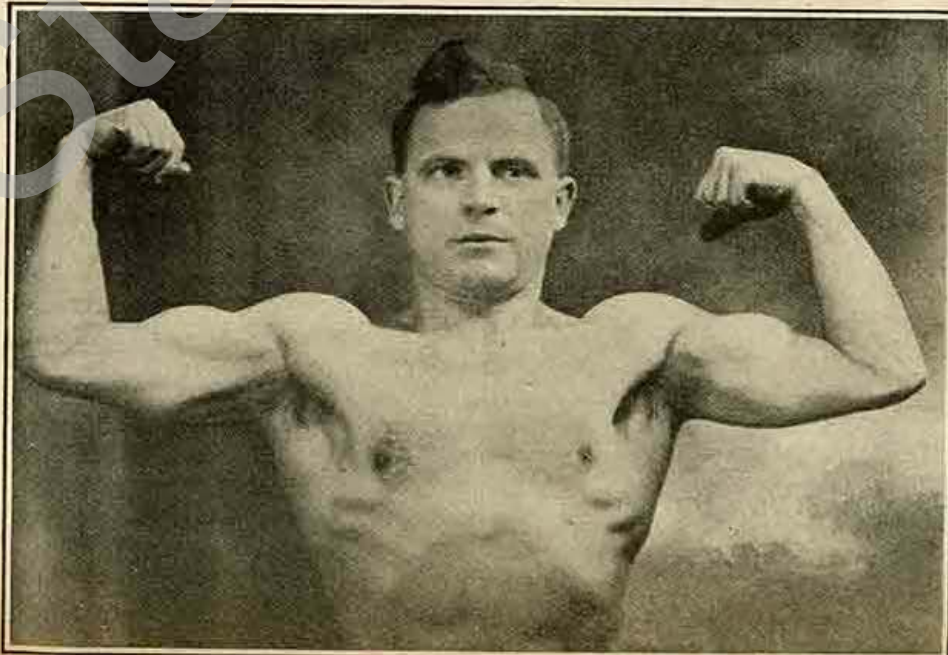
The beau-



R. L. Smith, New York City, who surprised all by creating a new world's record in the two-hand anyhow lift at the Jersey City meeting

tiful style in which he bent pressed the bar-bell and took the kettle bell to the shoulder and pressed aloft, was

perfect. Everybody present was elated over his clean workmanship. His first attempt was made with 210 pounds, followed by 252 pounds, and his final attempt was made with 273 pounds, which beats the world's



J. B. Bon, Loraine, Ohio, a coming featherweight



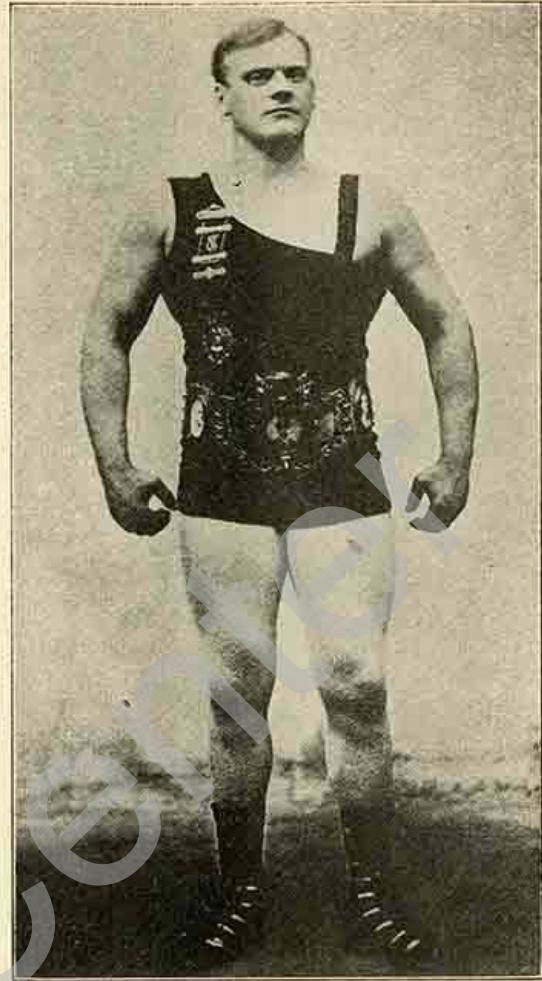
record by 1 pound. The ease with which Smith made the record performance proves that 300 pounds is well within his reach. Smith is sure he can make 300 pounds, and we expect him to reach this mark at one of the coming exhibitions.

Congratulations, Roy! A thousand times. May we have the pleasure of seeing you do 325 pounds.

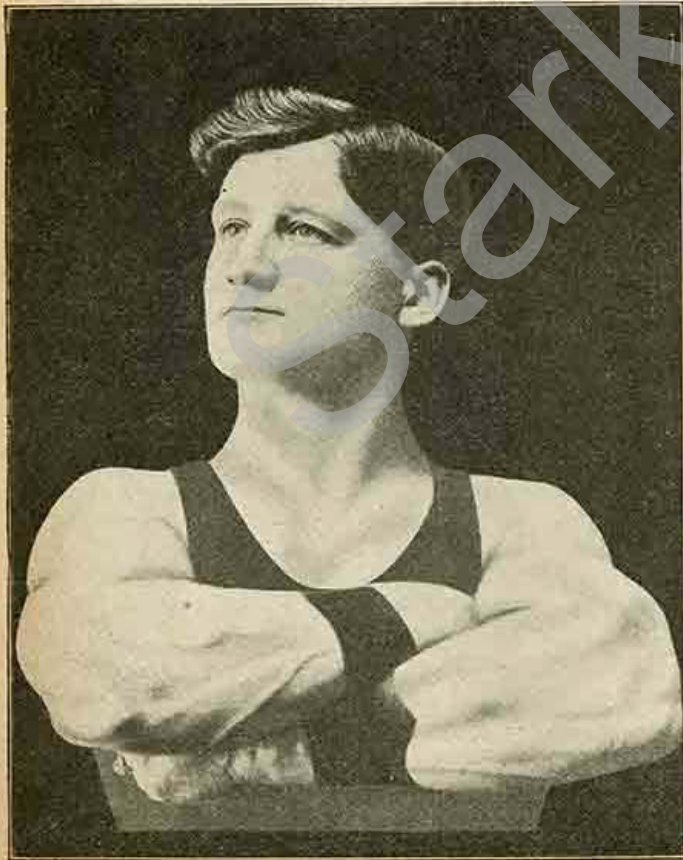
The big French Canadian, Giroux, next made his appearance and had the crowd laughing all the time with the ridiculous ease in which he handled the enormous poundages. Unfortunately, the bars were not strong enough to handle the poundage he desired. All of them bent under the load. One instance was very amusing. Giroux was taking the weight onto the shoulder in the continental style, and on the toss from the body the bar slightly bent and would not turn in his hand. Missing the second stage, the catch, Giroux allowed it to land on his body again. Behold, as soon as it was received it bent double like a pipe stem from the combined force of the impact and poundage. Giroux shrugged his shoulders, and, spreading out his hands in the characteristic French manner, exclaimed, "What can I do. I no help it." Sure he couldn't; but the boys are not used to seeing persons toss over 300 pounds around like 200 pounds, and, of course, had never prepared for this contingency. This compelled Giroux to perform just exhibition stunts, all of which were well received.

The performance closed with an attempt by the enthusiastic secretary of the Jowett Athletic Association to set up a new mark in the one hand dead lift. Mills will be remembered as the game boy who, on this same lift, gave Dr. Raftery such a fight in their contest in Philadelphia some four months ago.

Mills performed magnificently. At a body weight of 162 pounds he made his final lift with the remarkable poundage of 392¼ pounds which totally eclipses the heavy weight records of Dr. Raftery at 377 pounds. Mills is to be highly congratulated on



W. L. Travis, world's greatest back lifter and booster of the A. C. W. L. A.



Joe Lambert, a splendid 140-pound lifter

this very fine performance, and we all take off our hats to the ex-boxer.

Altogether, it was an interesting show. Everyone who helped did their best, and the crowd was, as usual, absorbed.

As the fall and winter approaches there are more requests for exhibitions in the various centers. I expect, by the time these lines are published, another meet will have been held in New York City.

Following the exhibition and convention in Philadelphia on September 5th, Harrisburg and Baltimore will probably appear next on the list.

The Olympic Committee has decided that the lifts to be in competition at the next Olympic Games are the *two hand clean and jerk*, *two hands slow press* and the *two hands snatch*. This program cuts out the fellow who relies upon his one hand stuff to give him a chance against the two handed lifters, but the powers that be, have decreed only 3 two hand lifts will prevail. Therefore, we cheerfully accept the program and hope our boys will have a chance to clean up in some of the classes in 1928.

Members and iron fans will please remember the change in the two body weight classes.

The former light heavy weight class, which scaled from 154 pounds to 168, is now known as the heavy middle weight class, as in Europe, while the light heavy weight class has been raised from 168 to 182 pounds. This, we hope, will (Continued on page 68)



# In Curing Indigestion I Gained Real Health

Taking care of my indigestion has resulted in my case, in better health than most of my friends, who had a better start, have today.

*By Alvin F. Harlow*

IT seems to me that I have been reading an unusual number of notices of deaths lately from indigestion. As the strain of competition, of city noise and the pace of living increase, the danger of indigestion will probably increase. Just the other day a Pennsylvania man was driving his automobile, with his wife seated beside him. Suddenly she noticed that the car was steering badly, and looking at her husband, saw that his head had fallen forward on the wheel. She succeeded in stopping the car, and found that he was dead. Doctors who examined him said that death seemed to have been induced by an attack of acute indigestion.

I wonder what percentage of all deaths is caused directly or indirectly by imperfect digestion? Impossible to calculate it, of course, but the actual figures would be startling. And when we add to this deaths from liver troubles, diabetes, gall stones, appendicitis, hardening of the arteries and the numerous other ailments arising from digestive disorder (which in nine cases out of ten means injudicious eating), not to speak of the heart, lung and throat troubles which have been aggravated by impaired digestion, we come very near taking in the whole catalogue of human ailments. Many a person thinks he or she has heart trouble when the real secret is too much dinner. Many a cold, many an influenza is induced partly by digestive disorder or eating too much protein. Dr. Charles Mayo now declares that in his opinion even cancer is caused by overeating.

How many prominent men have been brought low by bad digestion! Ex-President Wilson's last illness began with a "slight" attack of indigestion. So did President Harding's—the latter supposedly due to a meal in which crab meat was a feature. Seattle and vicinity refused to believe that this was what caused the trouble, fearing that the world would think that spoiled or tainted food had been given the President; but this did not necessarily follow. As I pointed out in a recent article on meat, the flesh of shellfish is among the most dangerous of our foods, because—even if eaten fresh—it is apt to decay so quickly in its passage through the alimentary canal. President Harding's system was already run down and exhausted, and only a touch was required to upset it, to give it the fatal stroke. Crab meat, lobster and the like were among the things which he emphatically should not have eaten.

I sometimes think that one of the most fortunate things that can happen to a person is to be born with a frail constitution or else to have one's digestion seriously impaired in youth. I suffered from both evils—if they are evils. Beginning with brain fever, as they called it

then (spinal meningitis now), at the age of three months, I had in rapid succession every disease known to the medical science of the period, and probably several which hadn't yet been classified and named. The folks used to have my picture taken every few months so that they could say to friends afterwards, "This is how he looked just before he passed on."

But as I came into my teens I began to outgrow this tendency, and to develop an appetite, and then my parents, of course, encouraged me to eat, hoping to put some flesh on my almost unclad bones. When I went away to college I kept up the practice, ignoring occasional distress signals from my digestion, which found itself unable to go the pace with some of my husky, farm-bred comrades. Late at night, after frat meeting, after literary society meeting, after we'd taken the girls home from the theatre or anywhere else, and sometimes when we had merely spent the evening at home in study, we would drop into a favorite little beanery, and there, perched on high stools along a counter, we would gorge ourselves on fried chicken, fried rabbit, fried oysters (with plenty of condiments), raw oysters, oyster stew, baked beans, schweitzer cheese, wienerwurst, pie (mince, cherry, cranberry, gooseberry, apple, cocoanut, lemon, pumpkin, etc.), cake, strawberries when available, ice cream, coffee and whatever else the market afforded, then stagger home idiotically happy, and perhaps later in the night kick each other out of bed in the violence of our digestive throes.

Of course, in college one got considerable exercise which aided in digesting these unusual quantities of food. My readers will doubtless admit that, for example, the seven students who convey a reluctant cow, weighing 800 pounds or thereabouts up a long flight of stairs cannot help gaining thereby a rich reward in healthful exercise, regardless of football, baseball or tennis.

But after I left college and began work in a neighboring city I tried to keep up the late lunches and generally heavy eating, and I found that my stomach wasn't equal to the task. I was bending over a desk all day, and the exercise I got wasn't sufficient to keep my machinery in working order. In the course of a year or so my digestion was so completely ruined that privately I had just about abandoned hope of living to see thirty. Eventually, however, I acquired a modicum of common sense. I began eating more modestly and regularly, omitting the things that didn't agree, and I did more and more long-distance walking and other sorts of exercise. I had to restrict my diet for years before I got that dyspepsia under control.

The net result is, however, that I now eat less than



almost any man of my acquaintance; in fact, decidedly less than any man of my six-foot stature; and yet I thrive on it and keep up my strength. I am slightly underweight for my height according to the old thirty-pounds-per-foot rule, yet I can walk twenty or twenty-five miles per day over rough country, which not one in ten of my acquaintances can do. I haven't spent a day in bed for more than twenty years. Many friends who were strong and husky in our youth have now, in middle life, fallen behind me physically. Some are dead. Though I had actually a much more delicate constitution than most of them, yet I'll wager that, barring accidents, I will outlive not a few who started with twice my physique.

Furthermore, my enforced moderation has made me content with a comparatively simple diet. I can be quite happy with the food at the most modest of tables, provided it is tolerably well cooked, well balanced and digestible. I am never moved, as some are, to write doleful articles for newspapers and magazines, complaining of the difficulty of getting really good food (by which the writers usually mean more or less indigestible fancy dishes) in America, and bewailing the fact that the restaurants which concoct such dishes are being driven out of business by prohibition. I remember once reading an article of Sam Blythe's or Irvin Cobb's—I've forgotten which, but it was one of those articles on food which they both used to enjoy writing so much—in which the author almost shed tears as he described the difficulty one experiences in getting Tarragon vinegar when one calls for it at an American table. Now, that is a deprivation which has never worried me in the least. In the first place, I experience in getting Tarragon vinegar when one calls for it, I use precious little of any kind of vinegar, and, in the third place, when I get Tarragon vinegar, I probably wouldn't be able to realize its superiority over the plain old American cider variety.

Blythe, Cobb, Don Marquis and other famous fat men, by the way, have all been compelled to reform as they approached middle life—to cut down on the quantity of their food and to revise their diet list. You can't go on through life stuffing your abdominal cavity as you would the skin of a sausage, and expect to get away with it indefinitely.

Whenever I see a particularly complacent person (especially one who is not leading an active life) who says, "Oh, I don't have to worry about what I eat! Nothing hurts me," I am concerned for that person's future. I feel almost certain that he will exercise so little restraint that the time will come when he will have to worry considerably about what he eats; and perhaps he won't wake up to it until too late to save his health. The trouble is that the strong man doesn't learn his lesson soon enough. I, because I was frail, was compelled to learn mine in time to reorganize my habits before my arteries had hardened or I had died of indigestion.

Mrs. May Sutton Bundy, who at 38 is still one of America's great tennis players, told me some time ago that the reason why she practically dropped out of tennis soon after winning the world's championship at the age of 17 was that her digestion had become impaired to such an extent that it interfered with her play. Think of it! Just reaching maturity, leading a vigorous, active life and already suffering from indigestion! Her explanation is the explanation of many others; she was a happy, thoughtless young girl, she was always hungry,

she was always being fêted and having opportunities to eat rich food at irregular hours, she felt strong as an ox and thought nothing could hurt her. But after that she assumed a more serious attitude with regard to her body, later married and had four children, and at 34 or 35 she came east from California, strong and fit as a fiddle, and seriously threatened again to take the national championship.

Her experience proves that not even those who are leading active lives can afford to give way to unbridled appetites. I might mention an even more remarkable and more deplorable case. I had a friend and neighbor in a Southern city who in his youth was one of the finest specimens of humanity that ever trod earth. He was a giant in size—fully six feet, four—with a massive body, a pair of lungs like a blacksmith's bellows and muscles hard as oak. To look at him you would have thought that you couldn't make a dent in him with an axe.

His wealth consisted largely of fine farms, and a goodly portion of his time was occupied in driving from one farm to another, tramping about over them, directing the work and frequently taking a hand in it. Not a season passed that he didn't help to get in the crops; and he could stack more hay or cut and shock more corn than any man in his employ. For years he hardly knew that he had a body, so smooth and perfect was its functionings.

He seemed to be one of those who never needed to worry about what he ate. He had a tremendous appetite and seemingly a digestion like a stone-crusher. He ate meat at every meal, and plenty of it. He liked rich foods and foods highly seasoned with sugar, salt, pepper, spices and vinegar. I have eaten at his table more than once, and I can testify that the ancient stock phrase about "the groaning board" was there fulfilled if it ever was anywhere. Its plenty was like that of old plantation days before the Civil War, or perhaps a baron's castle in feudal times.

He was well along in his thirties before all this began to tell on him; a little indigestion—a touch of biliousness now and then—finally a real illness that put him in bed for a while. He recovered from that and seemed as well as ever; then came another illness; he grew thinner and less energetic. Finally, appendicitis attacked his weakened body and was victorious. He had not yet reached forty when I helped to carry him to the grave.

Benjamin Franklin overstated the case when he said, "Experience keeps a dear school, but fools will learn in no other." The trouble is that in such a matter as this we are all fools. There is no duty of the human race more certain to be neglected than the duty of taking care of the body. In our attitude towards our bodies most of us are like wealthy spendthrifts. We inherit our bodies and the good health we start out with, even as those chaps inherit their wealth; and it is a fact beyond question that human nature doesn't appreciate what it doesn't have to work for. The fellow who has to skimp and toil and pinch pennies in order to get a comfortable home and a business that will yield him a living income is the fellow who will probably know how to take care of money thereafter. Likewise, the chap who is compelled to diet and take special exercise and live out of doors and mind his p's and q's generally in order to build up his body and acquire a fair share of good health will be more apt to live in hygienic fashion for (Continued on Page 94)



# 5 of My Boys Wrote This Advertisement!

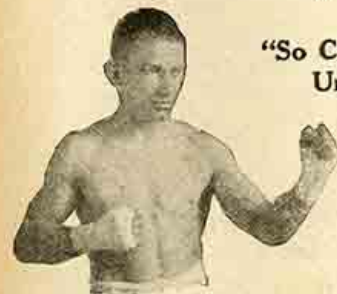


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"I never undertook anything in my life with such an ambition as I did your Course, owing to the fact that it is the best thing that I have ever had the good fortune to become familiar with. Heartiest and sincere congratulations for this mighty good work."

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"I am well pleased with your lessons and a fellow who could not be benefited by taking your Course would be like the proverbial dumb-bell."

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"I am overjoyed with your Course, I had the gloves on today with an old-time boxer and I made him step around. If I keep progressing the way I have since I received your first lesson I will be able to make many a good man take the count."

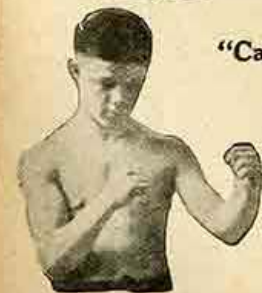
PROF. T. W. SEELEY,  
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## "Plenty of Confidence in Your Instruction"

"I am getting along fine with your work and think it is great. My foot work is quicker and my improvement is wonderful. I have plenty of confidence in you and your instruction."

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## "Can't Thank You Enough for Your Course"

"I don't know how to thank you for your lessons. I am very much satisfied with my development. My body feels stronger, my legs never get tired, my wind is strong, my eyes are getting keener and my hands can deliver a pretty good socker. You make everything so clear."

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### NOW they know!

Now thousands of lads are on the road to fame and fortune under the guidance of the Veteran Jimmy DeForest.

### I Teach You Step by Step Every Trick of Attack, Defense and Ring Strategy

My course starts at the very beginning and teaches you all the fundamentals of boxing. It embodies all I know based on my 35 years' experience, during which time I have trained more champions and real contenders than any other man living or dead. All the tricks I taught Dempsey, Firpo, Joe Gans, Pal Moore and a host of others are embodied in this one and only complete course in Boxing. Every blow, every defense, every trick, and new angle in ring strategy is explained and illustrated so that anyone can readily understand and master them in a remarkably short time.

### 20 Weeks All You Need

In 20 short weeks you can be a finished boxer ready to take your place along with the best of the lads who are real drawing cards for bouts at the big fights. In a short time thereafter, by applying the principles I teach you, your name will rank as one of the clever boxers of your locality. Boys I am training, who a year ago were unheard of, are now fast approaching the championship titles and several of them are actually contenders.

### Never Before Have Skilled Boxers Been in Such Demand

With the growing popularity of boxing the promoters cannot find enough boys to fill their cards. Everywhere the cry is for better and more skilled boxers. Purses are bigger than ever before, and any lad who can box, and especially those who have been trained by Jimmy DeForest, are as-

sured matches at almost unheard of figures. Nowhere can you earn as much in as short a time as you can by becoming a successful boxer. Here is your opportunity to enter and succeed in a profession that pays even mediocre talent more money, offers more glory and affords more independence and leisure than even the leaders of other professions can command.

### You May Be One of the Lucky Boys I Will Train Free

Each six months I select from each of the weight divisions the boys who make the best showing with my course. I pay their railroad fare and expenses to my Long Branch, N. J., training camp and finish off their training in person and without cost. Then "Tex" Rickard, greatest of all promoters, features them in bouts at his New Madison Square Garden in New York. This offer is open to everyone who takes the Jimmy DeForest Boxing Course by mail.

### Send for My Fascinating New Book

"The Golden Age of Boxing" is the greatest book of its kind ever written. Contains 64 pages of remarkable photos of champions, and some of the greatest ring battles ever fought. Many are from my private collection and have never been reproduced before. It describes my course and outlines each week's work. It is a book you will want to keep as a permanent record. Send 10c today to cover cost of mailing and postage and this sensational book is yours to keep. Use the coupon NOW!



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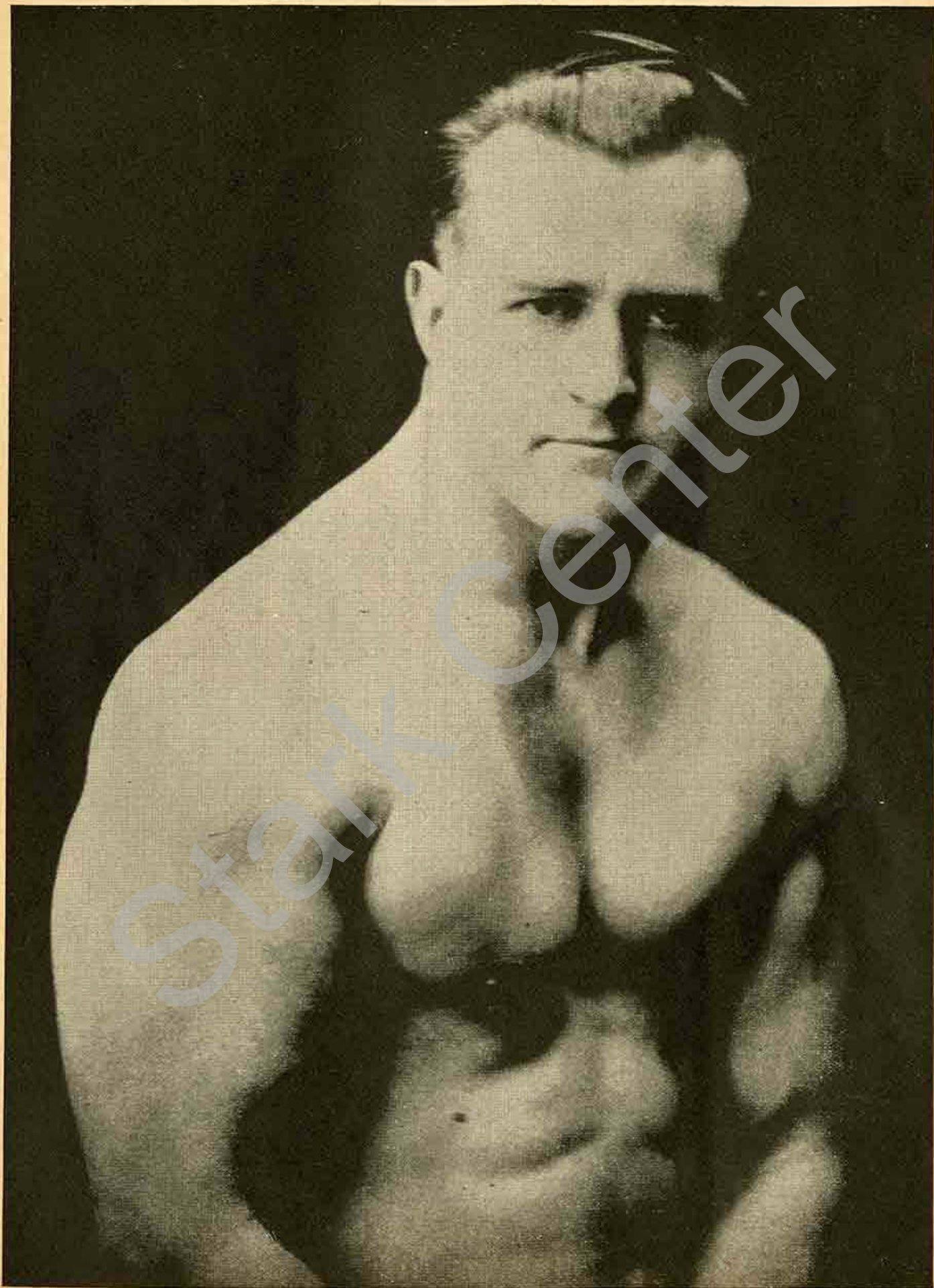
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**EARLE E. LIEDERMAN**  
"The Muscle Builder"

*Author of "Science of Wrestling", "Muscle Building", "Here's Health", "Secrets of Strength", etc.*



# Are You Buying a Wooden Kimona?

Many a fellow is ready for the undertaker, but doesn't know enough to lie down and take the count. It is far better to lie down and actually die than to drag a half dead body around.

There are a lot of so-called wise old birds who have spent the better part of their lifetime getting money. But meanwhile they neglected their bodies. If they could now get a strong, healthy physique as well, they sure would be happier than a clam at high tide. But it can't be done, fellows. They picked their future and they got it. They have their money, but they can't enjoy it.

## TODAY IS YOUR DAY

Now is the time to decide whether your older days will be spent in an invalid's chair. I don't mean you can't have health and wealth as well. I should say not. A strong body is man's chiefest asset for winning financial success. I'm just warning you against the serious mistake others have made in overlooking the road which leads to both true happiness and success.

I'm not giving you any scheme to make quick money. But I'm giving you something that will put you in such shape that success and good fortune will just naturally come your way.

## I'M A MUSCLE BUILDER

That's my job. I make strong men out of weak ones. I transform weak-kneed, half-animated chaps into Hercules. And it's no half-way business either. When I'm through you're an honest-to-goodness real He-Man, and if anyone doubts you, you'll call his bluff. You can prove it. Just for a starter, I guarantee to put one full inch onto your arms in the first 30 days. Yes, and two inches on your chest in the same length of time. But that's nothing! From then on come the real works. I'll build up your shoulders and deepen your chest so that every breath you take will draw a real load of oxygen into your blood, shooting vitality throughout your entire system. I'll broaden your back and put so much muscle up and down your stomach it will look like a scrubbing board. Meanwhile, I'm working on those inner muscles in and around your vital organs. You'll have a snap to your step and a flash to your eye that will make you radiate life and vitality like a human dynamo.

And this is no idle prattle, fellows. Remember, I don't just promise these things. I guarantee them. You take no chance with me. It's a sure bet.

Are you with me? Of course you are.

SEND FOR MY NEW 64-PAGE BOOK

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DEAR LIEDERMAN:

I have tested your system of Physical Culture, and I do not hesitate to express the opinion that it is a perfect health and muscle building system, both from a medical and a practical point of view, and one which, if honestly practiced, cannot fail to produce the best possible result.

I certainly recommend anyone desirous of obtaining health and strength to follow your system.

That you may continue successfully in your good work is the wish of your fellow-enthusiast.

EUGEN SANDOW.

This book is the peppiest piece of reading you ever laid your eyes on. I swear you'll never blink an eyelash till you've finished it. 48 full-page photographs of myself and some of my prize-winning pupils whom I have trained. The finest specimens of manhood you ever saw in your life. But read on and get my message. It's a pip. It will thrill you so you'll feel like going out and licking a cop. And it's all yours—FREE. Don't send me a penny. I'm giving this to you with my compliments. No strings attached to it. No obligations. Just fill in the coupon and let it ride. Or a postal with your name and address will do. Get out your pencil—NOW—don't put it off. You're getting something for nothing. Grab it!

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No More Unsightly Hair on Face,  
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HERE it is at last—a scientific treatment perfected for home use which not only removes the hair, roots and all, but actually destroys the growth forever!

Dr. Irwin's Home Treatment for the permanent removal of superfluous hair is an entirely new discovery—extraordinary—yet absolutely safe and harmless. Does not merely remove hair temporarily, but attacks cause of hair growth, gently easing away the roots, and its repeated use safely and surely destroys the growth, ridding you forever of all superfluous hair. No electricity, no muss, no bad odors, no unbearable pain. You simply spread a soothing balsam over the unwanted growth and remove it in a few seconds to find every objectionable hair lifted right out by the root—and the skin left exquisitely smooth and white!

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## How I Lost and Found Health

(Continued from page 52)

pernicious habits and that these habits, not a wicked germ, were necessarily the cause. This investigation of cause and effect gave me my clue.

Into my daily life I at once inaugurated a complete habit reform. I exchanged enervating and disease-building habits for those that conserved energy and promoted health. Instead of eating anything and everything at all times of the day and night, I confined my eating to one or two meals of the simplest and most natural foods each day. In the place of irregularity and intemperance, I substituted order and sobriety. Instead of spending the better part of my nights in dissipation, usually in foul air, I began to sleep all night and with open windows. Instead of inactivity and idleness, I began wholesome outdoor exercise and recreation in keeping with my strength.

The improvement brought about in my health after a few months of this change in my living habits was nothing short of miraculous. Strangely enough, too, the militant germs that caused my physical breakdown as I approached a normal state of health also disappeared. At forty, today, my health is splendid and I enjoy life to the utmost

because of the fact that I have never gone back to the old habits which formerly wrought a constant drain on my vitality.

The one thing I most regret in my life is that the truth of these laws was never taught me in my youth. While my health is satisfactory, the injury resulting from ignorance and indiscretion in my youth can never be completely repaired. To say nothing of the years of physical and mental torture through which I have passed! I have been robbed of vitality and efficiency and have spent valuable years trying to overcome the evils of ignorance and false education on the important subject of health.

Believing as I do, a teacher of health, I say that the truth regarding the fundamental principles of life should be one of the earliest and most thorough parts of our education. The truth about this subject is little known and not given to young boys. Were I permitted to advise my boy on only one subject, it would be that of the laws governing the maintenance of his natural heritage—superb health—through proper sex knowledge.

## American Continental Weight Lifters' Association

(Continued from page 62)

give a better opportunity to those unfortunates who, to use an Irishism, are too heavy to be light and too light to be heavy.

There is no doubt that at the September convention all the body weights will be changed to the Olympic class poundages. There is also a possibility that one or two more classes might be instituted. At present they are under discussion. Everyone is invited, and we hope a bumper crowd will attend in September and give their views on subjects that will help the association. It is splendid to see how the members are anxious to co-operate and help the game.

Our President has received some marvelous help from the Big Boys in the game, all of whom have offered to give a beautiful large sized original autographed photo to all those who secure a new member.

These photographs are priceless, and could not be had for love or money. Any one will make a fine contribution to the physical culturist's art collection.

We certainly feel indebted to the big boys for their fine offer and sportsmanship.

It will interest our fellows of the iron game to learn that Frank Dennis is turning professional and has hurled a challenge at S. Klein, the present middle weight professional champion weight lifter of America. Naturally, the New Yorker has accepted it, and we expect

to see the ex-amateur champion in contest with the professional champion in the near future when they will battle for professional championship of America. The lifts have not been decided yet, the contest will take place either in New York or Philadelphia. This will be one of the treats of the season.

At the present time a match between Frank Dennis, of Birdsboro, Pennsylvania, and H. Hall, formerly of Middletown, Connecticut, now of Philadelphia, Pennsylvania, is under way. Both these hefty boys will clash at our exhibition in September. The lifts up to date have not been decided upon, but they will probably be the five A. C. W. L. A. lifts. However, we expect to see a real fight this time. It will be remembered that Hall was one of the three who clashed with Dennis in the triangular contest last April in Philadelphia.

With the opening up of the season with our September show, we expect to see a great deal of new talent. From all directions we are receiving letters from members who are showing exceptional ability. These young cubs in the iron game have already given a throaty warning to the older lions to take care of their laurels. Naturally, none of the honors will be given up without a struggle. Altogether the fall and winter shows give evidence of many thrills.

We expect to see Albert Manger, of Baltimore, do some real lifting. He is

(Continued on Page 91)





## A Radiant Bride To-day! To-morrow—WHAT?

**H**AVE you ever stopped to think what untold misery and broken hearts could be spared if Men and Women "Only Knew?"

Is it right or proper to permit young couples just at the threshold of life, to stumble blindly into the sacred bonds of marriage without *FIRST* learning the real facts about themselves? Too many so-called "ideal matches" end in disaster—wrecked on the rocks of ignorance and false modesty. Can we permit this condition to go on. Every man and woman whether married or contemplating marriage owes it to themselves as well as the society in which they live, to tear away the veil of ignorance. Misgivings and doubt have been the cause of wrecking thousands of happy homes. Every self-respecting and intelligent man and woman should learn all there is to know about one of the most important subjects now holding the atten-

tion of the entire civilized world—*Birth Control*—these two words are on everybody's lips—Margaret Sanger and other Birth Control advocates have fought an unceasing battle to overcome the deep-rooted prejudice that existed—but truth has triumphed!

Progressive, intelligent men and women refuse to be humbugged any longer. Sham, hypocrisy and false pride have failed to stem the tide. What was considered unbecoming yesterday is regarded as useful and necessary information today. Every year countless women are forced to make the most terrible sacrifices; forced to undergo the most untold suffering because they are kept in bondage and slaves to customs and conditions. But the day has come! Women are demanding their rights. Tradition can no longer rob them of that which they are justly entitled to.

## ASSURE YOUR FUTURE HAPPINESS!

Five Years From Now Will  
They Still Be Sweethearts?



those people who shut their eyes and ears and refuse to listen or discuss the subject of Birth Control. Help this noble cause—Read the two best and most widely discussed books on Birth Control. One written by a famous physician and the other by Margaret Sanger, the greatest Birth Control advocate of modern times. These two books will tell you all about Birth Control so you, too, can spread the Gospel of Truth.

Yes, provided they had first learned the truth about Birth Control. Knowledge is power—intelligent people who know, experience no fear, they face life with a clearer, better understanding. The knowledge of Birth Control and its teachings are essential and necessary to insure future happiness and a more enjoyable wholesome life. Resolve now that you will *not* be among those people who shut their eyes and ears and refuse to listen or discuss the subject of Birth Control. Help this noble cause—Read the two best and most widely discussed books on Birth Control. One written by a famous physician and the other by Margaret Sanger, the greatest Birth Control advocate of modern times. These two books will tell you all about Birth Control so you, too, can spread the Gospel of Truth.

### What a Few Grateful Readers Have Written Us.

I cannot find words with which to thank you the two books sent me. I learned a vast amount of information about myself that will prove of considerable value. Every adult should read these books.

E. C., Newark, N. J.

I have never read any books that told me so much as the two I purchased from you. My eyes were opened to the truths I never knew existed. You are to be commended on distributing such splendid instructive books. Disseminating literature of this sort will help to make this a better world to live in.

Mrs. L. K., New York City.

To the readers of this magazine we are offering an unusual opportunity of securing two of the best and most widely read books on the subject of Birth Control. Both these volumes were dedicated to the Birth Control cause. For a limited time we will send Dr. Robert Armitage's famous book "Private Advice to Women"; also Margaret Sanger's wonderful book "What Every Mother Should Know." Margaret Sanger is the founder and President of the American Birth Control League. You can have both these books for actual cost of publishing, two dollars and fifty cents (\$2.50). Send certified check or money order and both books will be sent you postpaid in a plain wrapper. Should you desire, we will be glad to ship books C. O. D. You pay postman \$2.50 plus postage on arrival of both books. Don't wait. Place your order for these sensational books today. If you are not completely satisfied, you can return your books in 5 days' time and money will be refunded.

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# Have You These Symptoms of Nerve Exhaustion?

DO you get excited easily? Do you become fatigued after slight exertion? Are your hands and feet cold? Do you suffer from constipation or stomach trouble? Is your sleep disturbed by troubled dreams? Have you spells of irritability? Are you often gloomy and pessimistic? Do you suffer from heart palpitation, cold sweats, ringing in the ears, dizzy spells?

These are only a few of the signs of weak, unhealthy nerves that are steadily robbing thousands of people of their youth and health.



## What Causes Sick Nerves?

In women this is largely due to over-active emotions, and to the constant turmoil in their domestic and marital relations. In men, these signs of nerve exhaustion are produced as a result of worries, intense concentration, excesses and vices. The mad pace at which we are traveling is wrecking the entire Nervous Organization.

Nerve Exhaustion is not a malady that comes on suddenly. In fact, it is a very gradual development that deceives scores of men and women who appear to be in the best of health. Yet all the time their nerves are in a constant state of upheaval, slowly undermining their entire organism.

## How To Strengthen Them

No tonics or magic system of exercises can ever restore the health and vigor to weak, sick, unbalanced nerves. To regenerate lost nerve force, to build up strong, sound nerves requires an understanding of the action and abuses of nerves. It needs a knowledge of the natural laws of nerve fatigue, of mental and physical relaxation and nerve metabolism. And it is only through the application of these laws that stubborn cases of Nerve Exhaustion can be overcome.

## Read This Book

Based upon many years of intensive experience and study, the famous Nerve Specialist, Richard Blackstone, has just written a remarkable book entitled "New Nerves for Old." In plain language he gives certain easy-to-follow rules that have enabled thousands of men and women to regain their lost nervous energy and to acquire glowing health and youthful vitality. It enables you to correctly diagnose your own case and describes a complete natural treatment which should bring back to you your lost nervous vitality.

"New Nerves for Old" is worth its weight in gold—and yet its cost is only 25c, stamps or coin. The book will prove a revelation to you. It will help you throughout your entire life, it will help you to build for yourself a solid foundation for your future success and happiness. Mail coupon for your copy today. Address: Richard Blackstone, Dept. 210, Flatiron Bldg., New York City.

Richard Blackstone, Dept. 210,  
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Please send me a copy of "New Nerves for Old." I am enclosing 25 cents in coin or stamps.

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

# Is Strength Definite?

(Continued from page 19)

to always bear in mind the fact that we are all individuals, and what is good for one, while it may be good for ten thousand more, may be valueless to another ten thousand and even actually harmful in some cases. This, of course, is particularly obvious in the case of specific diets.

## Whiskey and Onions as a Diet

Also the hardest thing to keep from doing is drawing wrong conclusions from results in individual cases, something which the medical profession has been up against since there was a medical profession. Because I happen to know that in certain parts of the Connecticut Valley some very strong farmers seem to live on a simple diet, namely whiskey and onions, is no good reason for me to say that whiskey and onions is the diet for the strong man any more than there would be any reason for me to say that the Germans are a blond people and great beer drinkers, so anyone who wants to become a blond should go in for beer instead of peroxide.

Both of these examples are easily avoided, but many others come along that are not so easy to get around. Some men can do in health-building in three weeks what it will take another man three years to do, and that although both are using the same methods. There are constitutional differences which simply cannot be ignored with any justice to our readers, and although for every man who has accomplished miracles in a short time, there are many others who can do the same thing, we do not feel that this fact gives us the right to say that everyone else can duplicate his feats exactly. We do believe that proper methods persisted in bring results, and in the great majority of cases bring appreciable results quickly, but we know that there are many ways of accomplishing the same ends and each individual must use his own judgment to help himself to get the best results.

For years we have advocated exercise and more particularly bar-bell exercise, as the ideal means of physical develop-

ment, and it has certainly pleased us to see that a prominent New York physical culturist has come around to our way of thinking, because of the demand for bar-bells among his pupils. We hope that this is simply the beginning of a general realization of the fact that the use of the bar-bell is the one absolutely practical and absolutely satisfactory method of exercise.

This is an example of the recognition of a fundamental fact which, we believe, is always worth doing and once done is worth commending.

The great versatility of the bar-bell makes it suitable for any man, no matter how weak or how strong he may be, provided only that he is organically sound.

To our friend who has accused us of hiding our head under a bushel, we would be inclined to say that although we might have grown more rapidly in public favor, and in public knowledge, had we been satisfied to make many wild claims instead of a few sound ones, nevertheless we have grown in influence; we are growing; and we feel that our growth is on a very sound foundation.

We have always hoped that our friends would blow our horn if we could not blow it too strenuously ourselves, and we know that some of them, at least, have done so. We feel that anything that we have supported in the past we could support today, and we hope that, in this respect at least, we will be able to keep our record clear. We do not believe that it is our function, or the function of any magazine of general circulation, to promote every new and untried scheme that may come along with the idea of dropping it as soon as it is proven impracticable. Neither do we believe that no magazine should print anything that is not accepted already. Our idea is that when we are giving a new and only partially proven method we should state that that is exactly what we are doing and not always claim to be revealing the one secret of health which has hitherto been withheld from man.

## Ask the Doctor

(Continued from page 54)

of cases in which radiendocrination of these glands brought about curative effects. You might try some homeopathic aconite, 30th attenuation, two tablets three or four times a day for a month or so. It also might be helpful to bathe the nose with witch hazel or some extract twice a day. Be sure to keep the bowels open and avoid eating rich foods, condiments, pies, pastries, candies and cakes. Drink plenty of water and be sure to get the right amount of exercise, as all these measures are very helpful.

DEAR DOCTOR:

I am eighteen years old. I have tried physical culture for about five months. I am slightly knock-kneed. I suppose it

is caused by unequal development of the muscles of the legs, because my legs were straight before starting exercise.

Havana, Cuba.

E. R.

Knock-knees are usually the result of rickets in childhood. After you have reached the age of eighteen years there is very little that can be done to remedy this condition. If there is any physician in Havana who has a pandiculator, or stretching table, it might be well for you to try the effect of this treatment for a month or so. Also any exercise that will bring about an extension of the legs, such as sitting on the floor a short distance from the wall and trying to reach the wall by pushing with the legs and feet, is also helpful.



# KNOCK HIS BLOCK OFF!

Somebody has got you scared stiff. Knock His Block Off!

Somebody makes a fool out of you—bullies you—makes you the laughing stock of your friends. Knock His Block Off!

"Old Man Sickness" has laid you low. Or "Old Man Hard Luck," or "Old Man Down-in-the-Rut." Knock HIS Block Off, Too!

Right and left—at the office and factory—in your home—with the boys—you would be a better and happier man—if you only were able to "knock the block off" of the man or the thing that stands in your way. AND YOU CAN!

Men enroll in my course of personal physical instruction because they want to "KNOCK SOMEBODY'S BLOCK OFF!"—either actually or figuratively.

They're learning how to fight—not only with their fists—but the bigger tussle, the Battle of Life.

They're learning HOW TO USE THEIR BODIES.

They're getting PEP, PUNCH, PERSONALITY. It's all just a matter of having PHYSICAL VIGOR AND FITNESS.

You will always be the underdog—both in business and with your fellowmen—unless you fix up that body of yours with POWER and red-blooded HEALTH.



My unusual System of Promoting Physical Fitness is giving men new bodies for old. I am taking rundown, peepless, forlorn men under my wing, studying their condition and instructing them by mail, at their own homes, all over the world, how to get the pink of physical perfection they are after.

Most of them are young and middle-aged men who were getting prematurely old until I took them in hand. Many are studying my course to learn the MANLY ART OF BOXING and self-defense.

Many are getting BIGGER MUSCLES—huskier bodies—larger limbs—heavier necks, arms, chests—as a result of the scientific steps of development which I

am pointing out to them. And many are forging ahead in business as a result of renewed pep and vitality, the singing, tingling body, which my physical culture course has given them.

My instruction is being proclaimed the world over as the only one of its kind—there is no other one like it. Because my situation is unique. I achieved the Lightweight Championship of the World as a result of first BUILDING BODILY PERFECTION for myself. I discovered very unusual secrets in getting strength, muscle and health.

Remember—that I didn't always have the perfect body I now have—once I was skinny and weak. What I did with myself I can do for YOU.

It is impossible to tell you all about my methods, here. If you'll just send me your name and address on the little slip printed below, I will send you free of charge, my wonderful booklet, "Now I Can Tell You," which tells you just why you should enroll under my personal instruction. Let me send you this free booklet. Write for it NOW—THIS MINUTE. There is no obligation.

*Benny Leonard*

Undeclared Lightweight Champion of the World.

# BENNY LEONARD'S

HOME COURSE OF MUSCLE AND BODY BUILDING (AND BOXING)



The clipping at the left shows how newspapers in leading cities are featuring Benny Leonard Health Talks in their daily columns. This one is from the Chicago Herald-Examiner.

The man the world looks up to as physical culture authority is the man you should engage privately, as instructor.

267 N. Front St., Reading, Pa.

Dear Friend Benny:

Just a few lines to tell you that I am in great shape. My arms are getting as hard as stone and my whole body is the same. Besides, I can eat better -- eyes are bright -- bowels move every morning -- do just as you tell me about the baths and my skin is turning pink looking -- cheeks are getting red. I don't have any pains anywhere. I can jump right out of bed in the morning; before I was half dead.

Your physical culture is great. I wish every man and woman could go through your exercises. The fellows that work with me are all in about three o'clock in the afternoon, and there is no let-up to me at all. Don't seem to bother me a bit. Sleep right through till morning, never get up during the night at all like I used to. Even the hair on my head is wavy and my tongue is red -- it used to be coated in the morning. The heat of it is I can't -- never used to in the morning -- used to feel half alive. I enjoy life more now. My kidneys and liver used to bother me a great deal and I used to take a lot of pills from a doctor, which made me worse. I haven't taken any medicine since I took your physical culture.

Well Benny, I think I said about enough. Wishing you the best of luck, I am

Yours truly,  
*Geo. Q. Wagner*

My morning mail is filled with hundreds of letters like this; sent to me, unsolicited, by pupils who are marveling at what benefits my lessons are bringing them. Ask me to show you more.

Send This Coupon at Once For My Free Booklet "Now I Can Tell You" No Obligation

*Benny Leonard*

123 W. 31st Street, N. Y. C.

BENNY LEONARD, 123 W. 31st St., N. Y. C., Dept. 7-O.

Please send me your booklet "Now I Can Tell You," which describes your home course of teaching physical fitness by mail, in which I am interested. I enclose 10c (postage or coin) to cover mailing, etc. This places me under no obligation. I am interested particularly in the following, marked X—

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| <input type="checkbox"/> Strength                        | <input type="checkbox"/> Better Health   |
| <input type="checkbox"/> Boxing Instruction              | <input type="checkbox"/> Constipation    |
| <input type="checkbox"/> Getting a Better Job            | <input type="checkbox"/> Rheumatism      |
| <input type="checkbox"/> Increased Pay in My Present Job | <input type="checkbox"/> Rupture         |
|  | <input type="checkbox"/> Stomach Trouble |
|  | <input type="checkbox"/> Short Wind      |
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# Get Rid of That "Excess Baggage!"

THAT unsightly, uncomfortable bulge of fatty tissue over the abdomen is an unnecessary burden. Here's the way to get rid of it, without fasting, hot baths or back-breaking exercises. The wonderful "Little Corporal" belt will reduce your girth to normal, the moment you slip it on, and almost before you know it, the excess bulge disappears! You can wear stylish, trim-fitting clothes that make you look your best. Best of all, you feel as good as you look—younger, lighter on your feet and full of the old-time vim.

## Reduce Your Waist 4 to 6 Inches Instantly!

The "Little Corporal" gets busy at once and your body responds as would a rookie to the command of a drill sergeant. Quite unconsciously you assume the correct posture, straighten your shoulders and walk with the ease and grace of an athlete. Your waist is several inches smaller and you are actually taller.



Without "Little Corporal"

## The "Little Corporal" Does wonders for fat folks



This remarkable belt not only reduces your girth at once, but with every movement of your body it gently massages, breaks down and reduces the fatty tissues. It actually reshapes your figure. No laces or drawstrings! No clasps! No buckles! No straps! No stiff supports! It's built for comfort. Regardless of your occupation, the "Little Corporal" belt will always feel comfortable.

## You Look and Feel Years Younger

The energizing and slenderizing effects of this method are truly wonderful. It improves the appearance amazingly, makes you feel years younger, puts you in fighting trim.

## Send Coupon for Free Special Trial Offer

Write today for special Illustrated Circular giving full description of the "Little Corporal" Reducing Belt and Special 10-Day Trial Offer. All we ask is a chance to let the "Little Corporal" prove at our risk that it is the best of all—a real reducer. Simply sign and mail the coupon.

### LITTLE CORPORAL CO.

Dept. L 1215 W. Van Buren St. Chicago

LITTLE CORPORAL CO.  
Dept. L 1215 W. Van Buren St. Chicago, Ill.  
Gentlemen: Please send me without obligation, your Illustrated Circular describing the "Little Corporal" Reducing Belt, together with your Special 10-Day Trial Offer.

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

## Sons of the White Gods

(Continued from Page 38)

moves swiftly, a darker figure in the blackness, and the banno of a rifle shot clatters on the night. MacDonald knows that he has missed, that only the sheerest accident could have made the shot effective. And the rifle is empty. The new cartridges are tied tightly in the pack. He has no matches. It was a bit of carelessness, and carelessness in the North means death only too often.

MacDonald hurries back into the tent, gropes for the ax and places it beside him on the blankets as he tries to undo the woodsman's knot with which the leather tump line is tied to the pack. As he works there are sounds outside, creepy, soft sounds. That shot failed in the sought after effect of driving the bear away. It has returned and the soft intake of its breath is plainly audible, only a couple of feet away outside that canvas wall. MacDonald shouts, but there is a time when hunger, the stark, fierce hunger of the winter wilderness transcends fear of the human voice and the fire stick. That six hundred pound beast outside is a killer now, a lean murderer of the wild, eager and willing to face anything in its quest for food to still the gnawings of starvation.

At last the knot is untied. There is perspiration on MacDonald's face despite the cold. He turns the pack upside down on the blankets and feels among the packages. His movements are more hurried. Then he stops. There are no matches. The Factor forgot to put them in at the Post.

## Fine Points On Developing a Powerful Arm

(Continued from Page 31)

muscles, keep your attention on your triceps, biceps, pectorals, or any other muscles you are exercising. As you finish with, say your biceps, and take up those exercises for, say your neck, then transfer your attention as well as your efforts from your biceps to your neck muscles.

The arms, being the most popular parts, need developing, it is true, but students do not need to be reminded of these parts, as is likely with other parts of the body. Therefore, in a future article, I will give some hints and advice on developing and strengthening what I have found to be the most neglected parts of the human body.

## Douglas the Daring

(Continued from Page 44)

athlete is no stronger than his back. Further than this, you see that Fairbanks is well developed all over, with a large chest and good expansion, strong thighs and sinewy legs, steel-like wrists and powerful forearms. One must remember, after all, that Fairbanks is no youth of eighteen. If any other man his age did the stunts Fairbanks is doing, people would be awe-struck and would gasp in amazement. However, it is impossible to consider Doug as "old," although he certainly is, athletically speaking. All the comparisons made throughout this article have

Now MacDonald's movements become more deliberate. His fingers clasp another package, a little, oblong box. He tears it asunder and the cartridges fall out on the blankets. He finds a half dozen of them and jams the magazine of the rifle full.

Again and again at intervals he pushes aside the tent flap and fires into the night in the direction of the sounds. After each shot there is quiet for many minutes, but always those sounds return. It is a nightmare made real, and MacDonald knows that once those long claws slit that canvas it will be more than a question of defending the beaver. To throw the body out would be merely to spread the blood scent abroad and invite other killers. The hours drag. Another box of cartridges is broken open and half used up. At last the gray dawning comes and MacDonald emerges from his tent, but the bear has gone, well aware that in its present role it is a creature of the night. All about the snow is beaten down where it has paced back and forth. No use to track it down merely for vengeance. That is not the way of the North. A short rest, some cold moose meat and MacDonald is on the way back to the Post for the forgotten matches and more cartridges.

The whole incident represented merely a part of everyday life to MacDonald, nothing more. Such things happen and are quickly forgotten where the white gods rule.

Of course, the neglected parts are not the same parts on all individuals. And I know there are a few who even neglect their arms for some other part of their body, which part may be one of the parts that I claim are generally neglected. But these exceptions are few compared with the great number of enthusiasts that physical training can now boast of.

The neck is one of the parts that I find is neglected in most cases. This may be because "it is right under you and, therefore, can't be seen," as the saying is. But it is my opinion that physical trainers do not give enough and strenuous exercise for this part.

not been with men of his own age, but rather with the champions of the day.

There is certainly a lesson in the life of this man for the youth of the world. To live clean, to play hard, to work hard and to smile; those are the things Fairbanks teaches by the life he leads.

Perhaps you finally ask what is it exactly that makes him such a strong figure mentally and physically in his world today? The answer would seem to be that it is not the size of his body or the strength of his muscles so much as it is the eternal daring of the man.





# I Was Afraid of This New Way to Learn Music

— Until I Found It Was Easy As A-B-C

## Then I Gave My Husband the Surprise of His Life

**D**ON'T be silly, Mary. You're perfectly foolish to believe you can learn to play music by that method. You can never learn to play the piano that way . . . it's crazy! You are silly to even think about it."

"But, Jack, it's . . ."  
 "Mary, how can you believe in that crazy music course. Why it claims to teach music in half the usual time and without a teacher. It's impossible!"

That is how my husband felt when I showed him an ad telling about a new way to learn music. He just laughed. His unbelieving laughter made me wonder. I began to feel doubtful. Perhaps I had been too optimistic—perhaps enthusiasm and the dream of realizing my musical ambitions had carried me away. The course, after all, might prove too difficult. I knew that I had no special musical talent. I couldn't even tell one note from another—a page of music looked just like Chinese to me.

But how I hated to give up my new hope of learning to play the piano. Music had always been for me one of those dreams that never-come-true. I had longed to sit down to the piano and play some old sweet song . . . or perhaps a beautiful classic, a bit from an opera, or even the latest jazz hit. When I heard others playing, I envied them so that it almost spoiled the pleasure of the music for me. For they could entertain their friends and family . . . they were musicians. And I, I was a mere listener. I had to be satisfied with only hearing music.

I was so disappointed at Jack, I felt

very bitter as I put away the magazine containing the advertisement. For a week I resisted the temptation to look at it again, but finally I couldn't keep from "peeking" at it. It fascinated me. It told of a woman who had learned to play the piano in 90 days! She had mastered the piano by herself, in her spare time, and at home, without a teacher. And the wonderful method she used required no tedious scales—no heartless exercises—no tiresome practicing. Perhaps I might do the same thing!

So finally, half-frightened, half-enthusiastic I wrote to the U. S. School of Music—without letting Jack know. Almost as soon as I mailed the letter I felt frightened. Suppose the course proved to be horribly difficult . . . suppose Jack were right after all!

Imagine my joy when the course arrived and I found that it was as easy as A. B. C. Why, a mere child could master it!

While Jack was at work, I started learning. I quickly saw how to blend notes into beautiful melodies. My progress was wonderfully rapid, and before I realized it, I was rendering selections which pupils who study with private teachers for years can't play. For thru this short-cut method, all the difficult, tiresome parts of music have been eliminated and the playing of melodies has been reduced to a simplicity, which anyone can follow with ease.

Finally I decided to play for Jack, and show him what a "crazy course" had taught me. So one night, when he was sitting reading, I went casually over to the piano and started playing a lovely song. Words can't describe his astonishment. "Why . . . why . . ." he floundered. I simply smiled and went on playing. But soon, of course, Jack insisted that I tell him all about it. Where I had learned . . . when I learned . . . how? So I told of my secret . . . and how the course he had laughed at had made me an accomplished musician.

One day not long after, Jack came to me and said, "Mary, don't laugh, but I want to try learning to play the violin by that wonderful method. You certainly proved to me that it is

a good way to learn music."

So only a few months later Jack and I were playing together. Now our musical evenings are a marvelous success. Every one compliments us, and we are flooded with invitations. Music has simply meant everything to us. It has given us Popularity! Fun! Happiness!

If you, too, like music . . . then write to the U. S. School of Music for a copy of the booklet "Music Lessons in Your Own Home", together with a Demonstration Lesson, explaining this wonderful new easy method.

Don't hesitate because you think you have no talent. Thousands of successful students never dreamed they possessed musical ability until it was revealed to them by a wonderful "Musical Ability Test". You, too, can learn to play your favorite instrument thru this short-cut method.

Send the coupon. The Demonstration Lesson, showing how they teach, will come AT ONCE.

Address the U. S. School of Music, 9910 Brunswick Bldg., New York.

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

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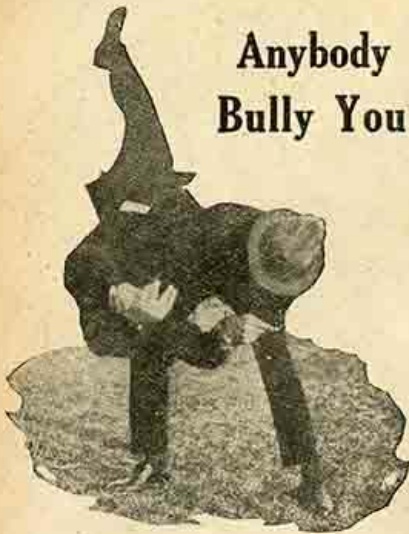
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# DON'T LET

Anybody  
Bully You



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Outside of U. S. A.—\$2.25 with order in U. S. currency

# Health—Strength—Beauty

(Continued from Page 56)

of their beauty. Along with this the *spinæ erectæ* muscles also lose their motive power, degenerating to such an extent that the back is allowed to slump which also develops that "tired back feeling."

The *spinæ erectæ* muscles commence in the lumbar region and run all the way up the back along side of the spine, acting as their name implies—to erect the spine. They are more pronounced in the small of the back because they lose themselves under the larger superficial back muscles just below the shoulder blades.

The buttock muscles slope up to these erectæ muscles and give that beautiful curve to the hips and back which we all admire in well formed girls.

However, I will give you a few exercises which I think will help to overcome any trouble you may have in this direction. Clasp hands in front of you, then bend back just half way, concentrating on the *spinæ erectæ* muscles only. Bend backwards, frontwards and sideways, but be sure you do not bend too far back or release your hands for support. If you bend too far back, this exercise becomes a spine exercise only. Ten to fifteen repetitions will be sufficient at one exercising period.

Now an exercise for the hip muscles which cover the *spinæ erectæ* is the plain back leg raising exercise. Stand erect hands on hips and raise the leg

straight in back, being very careful not to bend the leg at the knee. The moment you bend your knee you lose the value of the exercise, as this prevents a contraction of the hip muscles. Ten to fifteen repetitions of this will also be sufficient, and you will find that both of these exercises will make the muscles in question ache for some time. You can also do this exercise by lying across a table face down, grasp the edge of the table with both hands. Then raise both legs upwards and backwards. This is more advanced than the standing exercise.

\* \* \* \*

I have received several very enthusiastic letters from girls who are going to start physical culture clubs. Nearly all have asked me how to begin these clubs and have asked for schedules of exercises which they could follow. I have asked these girls to send me photos of their clubs; that is all the members as they are now, and each month to send me one showing the progress they are making. In this way we will create a greater interest, and the club who makes the quickest progress will be awarded a trophy. I shall be very glad to make any suggestions possible and will do everything in my power to make each club a success. Now that the fall and winter are coming along we can plan lots of good things.

(Continued on Page 92)

## Grapplin' Grit

(Continued from Page 51)

body, tore himself loose from the deadly headlock. Quickly countering he snarled Walker up in the crucifix and held him fast. Try as he would he could not break loose, and kicked until both were off the mat, when the referee broke the hold.

The dirty work starts! Coming for a standing head lock, Walker struck the lighter man a crash on the jaw and as both went to the mat, he brutally sank his knees into Jowett's spine. Without a murmur Jowett took it, for he knew retaliation would cause disqualification.

Falling into a bridge Jowett took a rest, and right here I saw the greatest demonstration of neck strength I believe was ever witnessed anywhere. Walker lifted the ex-axeman high off the mat several times, each time crashing Jowett to the canvas with terrific force, throwing his weight on top. Each time saw Jowett intact in his bridge formation while the crowd rose cheering and hooting at this demonstration of strength and brutality.

I often heard George say no one could hurt him when he relied on his neck to save him, and then I thoroughly believed it.

From now on the fight was fast and bitter. Jowett surely accomplished what he originally intended. He succeeded in evoking local sentiment to counteract any unfair ruling of the referee.

As he countered another hold 'by a head spin and bridge, the crowd shouted to Walker to get a crowbar and many shouts of derision swept the hall.

Unable to break the bridge, Walker rose and crashed his heel into the pit of the smaller man's stomach. The force of the impact was enough to kill an ordinary man, but the curly headed one spun out and hugged the mat. As he rose to his feet the westerner rushed in swinging both hands, but Jowett recovered quickly and proved himself the master in this non-wrestling procedure. He fought the big man right off the mat and with a terrific pile driver crumpled Walker among the chairs at the ring side.

The fans went wild, leaving their seats in the excitement and came crowding towards the ring.

At this, the referee jumped at Jowett and threatened to disqualify him. It was the biggest mistake the referee could have made. A storm of disapproval met him, and one burly Jowett follower grabbed the referee and held him while he told him what would happen if he tried any more of that stuff.

Lifting Walker off the mat, after twenty minutes of strenuous battling, the powerful Mat ace pitched him to the mat and pinned him, but the referee claimed not to notice, while Walker pulled himself off the mat to save him-

(Continued on Page 76)





# Lifelong Health and Strength

**Zbyszko, World's Champion Wrestler at the Age of 54, gives to the World the Most Astounding, the Simplest, the Surest Method of Acquiring and KEEPING Strength, Body Development and Health.**

Here's News! And good news for a million men who want Strength and Health for a Lifetime! Zbyszko—54 year old marvel of muscular development and endurance, is giving to a hungry horde of red-blooded men throughout the world, the secrets of a life time of experience, of patient study, of hard work. What a specimen he is! Think of it! 54 years of age and with the body, heart and vitality of a 20 year old boy. 54 years of age and able to defeat all comers in the most strenuous of all feats of strength—WRESTLING! 54 years of age and because he loves the game, because he is a mountain of energy and vitality, he climbs onto the wrestlers' mat, night after night; he lifts, he pulls, he bends, he performs unbelievable feats of strength and endurance. His physical and mental being cry for an outlet for the power in his muscles—for the sheer love of being alive with healthful vitality. And yet, as a youngster, he was an overgrown, pudgy, wabby weakling!

But the desire for health and power came to him as it does now to you. And in a lifetime of effort, Zbyszko has evolved the most startling secret of strength building you have ever heard.

## Do You Want Health, Strength, Endurance and Vitality All Your Life?

Certainly! Anyone with a true desire to live to the utmost does. Then listen! Zbyszko will give you lifelong endurance, lifelong strength and health; lifelong muscular power. This 54 year old lover of the ancient Greek ideal needs no more money. He has made his mark and his fortune.

He wants to give the world the most treasured possession that is his to give. He wants to share this mighty thing with the manhood of the world. *It is yours!* Just ask for it. All you need is the impulse to live. Do you want to live longer? Then learn what Zbyszko's method is. Do you want the power of

tremendous strength? Then find out what Zbyszko has for you. Do you want the endurance to meet Life's problem? Then write to Zbyszko. That simple act may mean a new life, a new energy, a new health and years of activity added to your life. Use the coupon and use it now.

**ZBYSZKO, INC.**  
Suite 10-A  
LANGWELL HOTEL,  
NEW YORK, N. Y.

## And what is this Amazing Method?

There is nothing else like it. I have studied them all and I can safely advise you that the Zbyszko Method is so unique, so startling in its simple effectiveness that its practical advantages will immediately appeal to you. See what it has done for Zbyszko! Read his new book. Let him show you the remarkable progress you can make toward lifelong strength, health and endurance in a short time.

## Whatever You Do—Send For This Book.

It contains the dramatic story of Zbyszko's life. It shows the remarkable development of one of the World's most remarkable men. Dozens of specially posed photographs. A hundred hints and suggestions. It discloses the Zbyszko Method. It shows exercises that alone will develop muscles and achieve health. Just off the press. There's a copy for you, but don't wait. Fill in the coupon. Zbyszko asks you to send a dime to cover distributing cost, but the book itself is free. Fill in the coupon before you turn this page—tear it out and mail to Zbyszko. *Act!* Action is the test! Perform this service to yourself, NOW.



### COUPON

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Send me your book at once. I am interested in finding out what your remarkable method is. I enclose 10c to help pay for distribution of the book.

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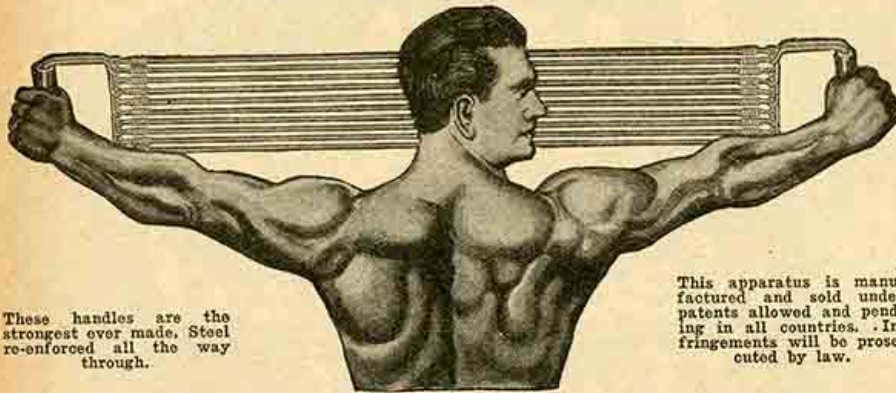
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(Write plainly)

# ZBYSZKO



# You TOO Can Have Muscles Bulging with Power



These handles are the strongest ever made. Steel re-enforced all the way through.

This apparatus is manufactured and sold under patents allowed and pending in all countries. Infringements will be prosecuted by law.

**Every Muscle in Your Body Can Be Brought to the Highest Pitch of Development by My Methods and Apparatus—A New Invention**  
Over 100,000 Users—Not One Dissatisfied

**T**HINK what it would mean to you to be five or ten times as strong as the average man—to have many times his pep, energy and vitality—to have muscles like steel cables all over your body—to enjoy the keen satisfaction of knowing that you could perform incredible feats of strength with the ease and sureness of the professional strong man. Nature gave you the frame and the muscles. Now you need only the *right kind* of regular daily exercise to develop them to their fullest capacity. And remember that as you grow in strength you also grow in confidence and the ability to handle yourself in any emergency that calls for the courage and power of a *real man*.

## The McFadden Patented 10 Cable Progressive Exerciser

will positively give you strength like that. It will add inch upon inch to your arms, legs, neck and chest, greatly increase your heart

and lung room, vastly improve your blood circulation, and make you stronger, healthier and more vital in every way.

## This Exerciser Has a Resistance of from 10 to 200 Pounds

With the patented handles, which are a part of this apparatus, you actually have two 5 cable Progressive Exercisers that can be instantly converted into a 10 Cable Progressive Exerciser. The safety snap hooks can be

quickly adjusted, giving you as many cables and as much or as little resistance as you want. The progressive feature allows you to increase the resistance as your muscles become stronger.

## My New Patented Stirrup Builds Legs of Steel

That's where most of the big fellows are weak—in the legs. But the ingenious new stirrup that I have added to my 10 Cable Progressive Exerciser will build your calves and thighs to marvelous proportions. It is made of one piece steel and stands a resistance of from 50

to 1,000 pounds. It can be attached to any 10 Cable Progressive Exerciser. Strong, muscular legs are a vital necessity to anyone who goes in for any form of athletics. This device is the only one designed to develop the leg muscles.

## My Adjustable, Patented HEAD-GEAR Increases Your Neck One Inch in 30 to 90 Days

No man can claim to be a *strong man*, unless the muscles of his neck are fully developed. The McFadden Patented Head Gear will positively increase the size of your neck **ONE FULL INCH** in a few weeks. This apparatus

is simplicity itself. It is adjustable, and will fit any man or boy. By using it in connection with my Progressive Exerciser, there is no reason why you can't be just as strong as you want to be.

## SEE WHAT YOU GET—

### My Complete \$30 Outfit for the Introductory Price of Only \$8, Including My Incomparable 12 Weeks' Instruction Course

After you have used my apparatus for a few weeks, you'll be the first to admit that it's the greatest eight dollars' worth of sheer value you ever received. It has changed many a man from a thin, puny, undersized weakling to a prodigy of physical strength and rugged health.

Here is what you get—a complete outfit for developing every muscle in your body.

Any of these can be purchased separately at the price shown.

10 Cable Progressive Exerciser, worth..	\$8.00
Patented Progressive Handles with 1,000 pounds resistance, worth.....	2.00
Patented Progressive Stirrup with 1,000 pounds resistance, worth.....	1.00
Patented Progressive Head-Gear, the only one of its kind, progressive resistance and adjustable to any size head and neck, worth.....	3.00
12 weeks' Home Instruction course, the most wonderful ever written—the kind you cannot get elsewhere, worth.....	15.00
The Michael McFadden Encyclopaedia, worth.....	1.00
	<b>\$30.00</b>

## TOTAL WORTH, \$30.00; COSTS YOU ONLY \$8.00

You cannot buy a similar outfit anywhere else at three times this price. In fact, you cannot buy an outfit as complete as this with such a course as I give you, at any price. Thousands of the world's greatest strong men have endorsed my course of instruction and the McFadden 10 Cable Progressive Exerciser. Remember, I guarantee it to increase your biceps **ONE FULL INCH** in from 30 to 90 days, and

all other parts of your body in proportion. Think what this means. In a few short weeks you are a new person—well on your way to be a professional strong man if you wish. If you are not fully satisfied, your money will be refunded without quibble or question. Start today along the royal road to health and strength—send **NOW** for this great body-building outfit before you forget it.

## My Guarantee Is Backed by a \$10,000 Challenge

**MICHAEL McFADDEN** Dept. 185, 103 E. 13th Street  
New York City

## Grapplin' Grit

(Continued from Page 74)

self. It was as square a fall as could ever be, but the fates were against the lion hearted battler.

Jowett was now showing the strain, and was breathing heavily, doubled up with a stitch in his side, but he still battled gamely.

Walker securing a crotch hold stood his opponent on his head. Placing his foot in the small of the back he pulled down on the legs. Doubled up like a hoop it is inconceivable how the back stood it and people averted their eyes from the sickening sight.

Unable to do anything with this super-human mass of flesh and bone, Walker lost his head and struck with his heel three or four times in quick succession over the naval of the smaller man's body.

This was the climax to the spectators whose sense of fair play was outraged and it caused an ugly rush for the ring. But it did not daunt the bigger George, who is one of the most determined grapplers that ever stepped onto a mat. He feared no man, and neither did Young Hack, which was the reason for such bitter battling when these two Titans of the mat came together.

Breaking loose Jowett staggered off the mat with blood oozing from his mouth and his nostrils dilated by his strained breathing and suffering.

From his corner Jowett's faithful followers begged him to quit. Anything but to see this man's shoulders go to the mat. The only reply was "I put him down once and I will again. It's he or I for it. I'll never quit."

Taking advantage of the Montrealer's weakness, Walker charged and brought Jowett to the mat quickly snaking a body scissors. A fall seemed inevitable, but Jowett saved himself levering with his powerful neck up into a bridge, but Walker clinched his hold with an arm lock on the bandaged arm. Failing to weaken Jowett's indomitable defense, Walker sunk his teeth into the bandage on the wounded arm and blood began to flow. Chairs were broken by the excited clamoring mob who rushed the ring and the police had all they could do to stop the tide of angry humanity.

Maybe it was the best thing that Walker could have done, for it roused the Viking in the Saxon heart and in his Berserker rage Young Hack surpassed himself in a fury that silenced and thrilled the house. With the released arm, he crashed two blows to Walker's jaw, and as the referee rushed to grab his arm, Jowett struck him on the side of the jaw with such force that he was knocked off the mat.

Pandemonium reigned, and the grappler who had thrilled audiences by his grit and ability in every country wound up his career with a series of thrills that will never be witnessed again.

Eyes glazed with exhaustion, blood streaming from his mouth and injured arm, he struck like a cyclone, throwing the bewildered big blonde out of the ring. Walker weary from his efforts could stand no more. They crashed into



the orchestra and into the ring side seats, in spite of the attempts made to pull them apart.

This terrific battle intoxicated the spectators, and Ennis shouted in his hysteria.

It was now a battle for individual supremacy between two of the stoutest lions of the grappling game, in which the smaller man went all over his opponent and swept Walker before him. Finally the officials interfered and stopped the bout after forty-seven minutes of the fiercest wrestling ever seen.

The contest over, reaction set in and the game stocky grappler sank into the chair in his corner exhausted.

Walkers' manager meanwhile was spicing to the audience that the big blonde was to meet Zbyszko and that he challenged the world. This coming to Jowett's ears, his lion-heart rose again and he gasped between breaths for his side kick to accept the challenge, but Ira was too excited to know really what to do. He was almost weeping with pride in his ecstasy for his grappling battler.

Jowett stepped forward and silence reigned. He told the boys he had come and met this man untrained rather than go back on the boys who had always followed him, and he wished to accept the challenge and would meet the Ottawa grappler at anytime, each man fighting backed with his own money, with no referee in the ring. When a man was down the crowd would judge who the best man was. To this the big man said not a word. He knew his master, and holding out his hand he remarked, "You're one good man." "Yes," Jowett replied, "Too good for you."

That night Jowett could have found backing for a million from the enthusiastic crowd if he had wanted. But it was not to be, and the curtain rang down on this famous grappler, after his stormiest and most sensational bout, one that will ever be remembered and talked about by all mat fans who saw it.

Rather than be branded as yellow, he knowingly stacked up against the hardest proposition of his career, relying only on his great strength, his native cunning and imperishable courage.

Mat history has no instance where a man fought and suffered more than he did in this bout.

Game to the last drop of blood, his spirit could never be conquered. I remember the time when he broke his shoulder and his friends begged him to quit after he had lost the first fall, but he wrestled on and won with the game wing hanging uselessly by his side.

I have often thought if the Russian Lion had seen his protege battle on that memorable night his heart would have swelled with pride.

It is a strange fact that the men who were instrumental in shaping the wrestling destiny of this Canadian grappler were all famous for their indomitable spirit. Geo. Hackenschmidt was the strongest and fiercest wrestler of all time. Joe Carrol, the wrestling freak, was the man who taught the Russian Lion and gave Jowett his first lesson.

# Did You Ever Take an INTERNAL Bath?

By T. A. BALLANTYNE

This may seem a strange question.

But if you want to magnify your energy—sharpen your brain to razor edge—put a glorious sparkle in your eye—pull yourself up to a health level where you can glory in vitality—you're going to read this message to the last line.

I speak from experience. It was a message just such as this that dynamited me out of the slough of dullness and wretched health into the sunlit atmosphere of happiness, vitality and vigor. To me, and no doubt to you, an Internal Bath was something that had never come within my sphere of knowledge.

So I tore off a coupon similar to the one shown below. I wanted to find out what it was all about. And back came a booklet. This booklet was named "Why We Should Bathe Internally." It was just choked with common sense and facts.

## What Is an Internal Bath?

This was my first shock. Vaguely I had an idea that an internal bath was an enema. Or by a stretch of the imagination a new-fangled laxative. In both cases I was wrong. A real, genuine, true internal bath is no more like an enema than a kite is like an airplane. The only similarity is the employment of water in each case. And so far as laxatives are concerned, I learned one thing—to abstain from them completely.

A bonafide internal bath is the administration into the intestinal tract of pure, warm water sterilized by a marvelous antiseptic tonic. The appliance that holds the liquid and injects it is the J. B. L. Cascade, the invention of that eminent physician, Dr. Charles A. Tyrrell, who perfected it to save his own life. Now here's where the genuine internal bath differs radically from the enema.

The lower intestine, called by the great Professor Foges of Vienna, "the most prolific source of disease," is five feet long and shaped like an inverted U—thus  $\cap$ . The enema cleanses but a third of this "horseshoe"—or to the first bend. The J. B. L. Cascade treatment cleanses it the ENTIRE LENGTH—and is the only appliance that does. You have only to read that booklet "Why We Should Bathe Internally" to fully understand how the Cascade alone can do this. There is absolutely no pain or discomfort.

## Why Take an Internal Bath?

Here is why: The intestinal tract is the waste can of the body. Due to our soft foods,

lack of vigorous exercise and highly artificial civilization nine out of ten persons suffer from intestinal stasis (delay). The passage of waste is entirely too slow. Result: Germs and poisons breed in this waste and enter the blood through the blood vessels in the intestinal walls.

These poisons are extremely insidious. The headaches you get—the skin blemishes—the fatigue—the mental sluggishness—the susceptibility to colds—and countless other ills are directly due to the presence of these poisons in your system. They are the generic cause of premature old age, rheumatism, high blood pressure and many serious maladies.

Thus it is imperative that your system be free of these poisons. And a sure and effective means is internal bathing. In fifteen minutes it flushes the intestinal tract of all impurities. And each treatment strengthens the intestinal muscles so the passage of waste is hastened.

## Immediate Benefits

Taken just before retiring, you will sleep like a child. You will rise with a vigor that is bubbling over. Your whole attitude toward life will be changed. All clouds will be laden with silver. You will feel rejuvenated—remade. That is not my experience alone—but those of 800,000 men and women who faithfully practise this wonderful inner cleanliness. Just one internal bath a week to regain and hold glorious, vibrant health! To toss off the mantle of age—nervousness—and dull care! To fortify you against epidemics, colds, etc.

Is that fifteen minutes worth while?

## Send for This Booklet

It is entirely FREE. And I am absolutely convinced that you will agree you never used a two-cent stamp to better advantage. There's a chapter in "Why We Should Bathe Internally" by Dr. Turner that is a revelation. There are letters from many who achieved results that seem miraculous. As an eye-opener on health, this booklet is worth many, many, many times the price of that two-cent stamp. Use the convenient coupon below or address the Tyrrell Hygienic Institute, Dept. 232, 152 West 65th Street, New York City—Now.

### Tear Off and Mail at Once

TYRRELL'S HYGIENIC INSTITUTE  
152 West 65th Street, Dept. 232  
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.....





## Quick Easy Way to Learn Drawing

How you can earn big money in Commercial Art, Illustrating, Designing or Cartooning, without being a "genius," and regardless of your present ability.

NEVER was there such a need for artists as today! Business, revitalized, needs thousands. Illustrated catalogs, advertisements, posters, circulars, trademark designs—countless pieces of art work are needed by the busy business world. 48,368 periodicals are published in America—every one of them needs the services of at least two artists for each issue. You can't begin to realize the gigantic amount of art work that must be done—and the demand is increasing daily. Big money is gladly paid—and big money is waiting for anyone with foresight enough to prepare for this pleasant profession. Through our quick, easy method of teaching, YOU can earn \$40 to \$100 a week as an artist, regardless of your present ability.

### Learn in Spare Time

This simple method is like a fascinating game. No matter how little you may know about drawing, no matter whether people tell you, "you have no talent," no matter what your present ability may be—if you can write we can teach you to draw. The quick method simplifies everything—all the red-tape, "art for art's sake" teaching and superfluous theory is taken out and in its place is put definite, practical instruction so that you will make money in the art game. The course is the work of an expert—an artist of over 35 years' practical experience. And all your instruction is under his personal supervision.

### Write for Interesting Free Book

An interesting and handsomely illustrated booklet, "Quick Easy Way to Become an Artist," has been prepared and will be sent to you without cost if you mail the coupon below. Mail coupon NOW for this attractive free book and full details about our Special Offer of a FREE ARTIST'S OUTFIT to every new student. No obligation whatever. Address Washington School of Art, Inc., Room 6710-C, 1115 15th St., N. W., Washington, D. C.

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Room 6710-C, 1115—15th St., N. W.,  
Washington, D. C.

Please send me, without obligation, free book, "Quick Easy Way to Become an Artist," together with full particulars of Free Artist's Outfit Offer to every new student.

Name .....  
(State whether Mr., Mrs., or Miss)  
Address .....  
City ..... State .....

## Can I Name the World's Strongest Man?

(Continued from Page 35)

revenge for his former defeat at the hands of his Parisian brother star. It would be no walk-over, by any means, but on the title lifts Rigoulot appears to have gone ahead of Cadine.

Gaessler is a tremendously powerful man, and would be a very serious contender for honors. He would make them all go the pace. He holds the record on the left-hand clean and jerk with 235 pounds, and the left-hand snatch with 198 pounds, and we must not forget his fine two hands clean and jerk of 347 pounds.

Of course, we must also remember that Gaessler was doing his best just prior to the great war, and, while he is still going as strong, he has not improved any of late.

The same circumstance is true of the great French veteran Vasseur. This clever Gaul has been in the game many years, and has seen his best days, and he is still wonderful. Not forgetting the fact that Louis is still looked upon as the best man in France, I am afraid in a six-lift clash youth would be served. I believe both the two young Parisians would defeat the old veteran of Gay Paree. It would be a toss-up between Vasseur and Gaessler for fourth and fifth place.

I pick Rigoulot to clean the hurdles ahead of Cadine, but I can't see the young soldier wearing the proud title today. Second place is the best he can hope for, with Cadine running up in third place.

Summed up altogether, my analysis gives the pride of first place to the powerful German, Gorner. What a battle it would be! The war has increased instead of diminished the racial bitterness between these two nations. This was the sole reason for the exclusion of Germany from the last Olympic Games held in Paris last year. The Frenchmen have their patriotic fervor that seems to spur them more than anything to the limit of their possibilities. The Teuton with his phlegmatic nature would bore ahead, impervious to all temperamental issues.

## Can the East Come Back in Football?

(Continued from Page 41)

members and their individual ability to play through in spite of unexpected set-backs. For this they must look first to Lawson Robertson to keep them in good shape. Lou Young will keep them at it as best he can, but when Saturday comes and the game is on everything will depend on the eleven men on the field.

They will have a superb defense. They have a line cracker in Krueze, three fast men in Fields, Douglas, and Rogers, and a herd of dependable backs and linemen. Perhaps their ends will be their weakest link.

Penn is so confident of winning the Yale game that they expect to take a crowd of 25,000 people to New Haven, and, including games in Philadelphia,

Gorner's wonderful swing and dead weight records prove him to be extraordinarily endowed with speed and physical power. His swing of 203¾ pounds and two hands snatch of 264½ pounds bear witness to his activity and knowledge of technique. Of course, Rigoulot is running close behind these records. Not a great while ago he broke the world's amateur swing record with a lift of 201 pounds, and his two hands snatch is also encroaching on Gorner's snatch preserve. On the two hands military press and two hands continental, Gorner would swamp Rigoulot. The Frenchman is poor on his presses in comparison to his other lifts. Lately, however, he has shown some improvement. What amazes me most is Gorner's two hands dead lift of 793¾ pounds. This is an enormous poundage for any man to move off the floor, let alone stand erect with. Yet, I am given to understand that this German Trojan actually did stand erect with the weight. I have been anxious to know what size plates he used when he made this wonderful record. I do know that in preference to using a cambered bar to kill the roll of the bar in the hands and the swing of the weight in general they used plates that had an oblong hole cut past the center of the plate. This brings about a dead hang, and makes the weight easier to handle. Of course, the higher the plates, the easier to lift, but in any style 793¾ is a tremendous weight. It goes to show the enormous strength possessed by this giant of Kraft Heil.

Of course, there are people who will favor all slow lifts, but this would never be accepted. It is the combination of strength, speed, and intelligence that must always prevail. At the present time the talents of these men are developed to an extraordinary degree, and I believe, if a contest could be brought about including all the contestants named, Gorner, the man I have named, would wear the proud title of the world's strongest man.

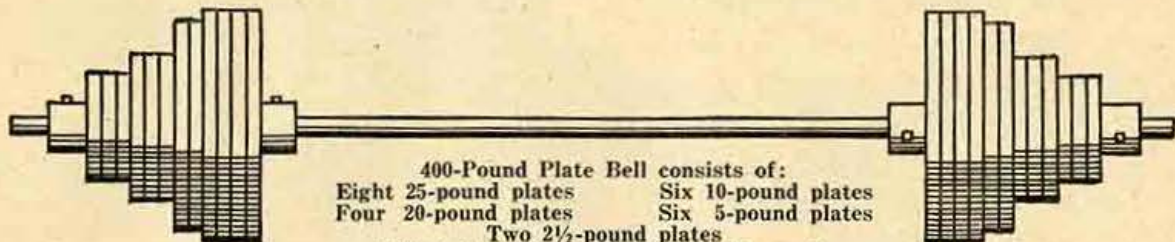
and the two contests away from home, this year's Penn team expects to play before larger crowds than any team in America.

That they will play hard, clean football is sure, because Lou Young is that sort of a coach. That they will win is more than likely for the same reason.

Mechanically, they will know the game; physically, they will be in shape, and psychologically, they will have confidence in themselves and in their coach, and such a combination should be unbeatable. If they win, they will demonstrate the supremacy of the East over the Middle West and New England, and have the California question unanswered till the post-season games come along.



# PLATE BAR-BELLS



400-Pound Plate Bell consists of:  
 Eight 25-pound plates      Six 10-pound plates  
 Four 20-pound plates      Six 5-pound plates  
 Two 2½-pound plates  
 Nickel-plated Bar, 6 feet long—25 pounds

**D**UE to the numerous appeals I have received from my advanced and finished pupils, I take great pleasure in announcing that I am now manufacturing Adjustable Plate Bar-Bells. The Liederman Plate Bar-Bell consists of a solid steel bar  $1\frac{1}{8}$  inches in diameter, six feet long and heavily nickel-plated. The iron plates vary in weight from  $2\frac{1}{2}$  to 25 pounds each and the Bell may be adjusted from 25 to 400 pounds.

I am also making another short bar for dumb-bell work. This is heavily nickel-plated, weight approximately 7 pounds and can be increased up to and over 300 pounds. I also can supply handles for kettle weights.

## THE ADVANTAGES OF MY PLATED BELLS ARE NUMEROUS

In the first place they are *adjustable*. The beginner can start his work—not with apparatus too heavy for him as so many beginners make the mistake of doing—but with the exact weight suited to his development. As he improves—and you would be surprised at the muscle-building powers of exercises properly done with bells—he can add weights as he sees fit.

But the chief advantage of the Liederman Bar-Bell is that the plates are taken off and put on rapidly and with great ease. They are securely locked in an instant and there is no chance of a weight slipping or grinding in the midst of an exercise or an especially difficult lift.

You may purchase on the installment plan, if you wish. However, \$5.00 must be added to the respective prices if you intend to take advantage of my easy-term proposition.

In that case, one-half cash must be paid down and the balance in weekly payments to suit your convenience. For example—in purchasing a 200-pound Plate Bell, the price listed is \$25.00 for cash. If this bell is to be bought on the easy payment plan, \$15.00 must be paid down and the balance of \$15.00 at the rate of \$3.00 a week for 5 weeks, until \$30.00 has been paid in all.

I am forced to carry this extra \$5.00 on each sale, if sold on the installment plan, owing to the extra expense I am put to in book-keeping, filing and maintenance of a collection and credit department.

## TIME MEANS A LOT IN THESE DAYS

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## What Makes a Great Competitive Athlete?

(Continued from Page 26)

from the spectators' standpoint, the unfortunate part of it is that before he reaches his peak Tilden will probably be on the decline.

Just how long skill and knowledge and condition can stand off youth has been well illustrated by the great Australian, Norman Brookes. But Brookes and Tilden, in time, will both prove, as so many other champions have proved in the past, that each man's reign is limited by his physical prowess, by his ability to deal out punishment and by his ability to take it and come back for more.

To my mind all of this should be of interest to those readers of this magazine who are interested primarily in body-building, because body-building with the idea of attaining a goal is much more likely to be persisted in than body-building for its own sake. It is natural to find that the men who can do something and the men who want to do something definite stick longer and get farther than the men who simply feel that they should improve their physical condition a little.

The desire to make the most of yourself in any field, whether that field is tennis or golf or swimming or weight-lifting or wrestling or tumbling, in every case demands that you make the most of yourself physically first of all. No one can afford to have less than the best body he can attain if he is interested in dominance in any sort of sport. No one can really afford not to have an athletic hobby in which he is constantly improving. No one should fail to get not only the maximum of physical benefit from such a course, but also a lot of fun.

In any field of sport you can always go home with the feeling of a job well done and with a feeling of physical tiredness that is exhilarating, if only you have done one good job that day. I remember a football coach who always claimed that after you made one real, hard, clean-cut tackle you could go home and sleep well, and unless you made at least one good one each day your slumber should be disturbed. This certainly goes for lots of other sports besides football.

Doing a job and doing it well day after day; training to be able to make the most of your body so that you will have the sheer physical strength necessary to produce a wallop and take one whenever it is necessary; the will to win and the love of the game all go into the make-up of the champion. Added to their qualities is the body and nervous organism with which the man starts. Although no feather-weight can become a heavy over night and although it might not be the best thing for him if he could, truly miraculous things can be done with the human body, by anyone interested enough to try to improve himself.

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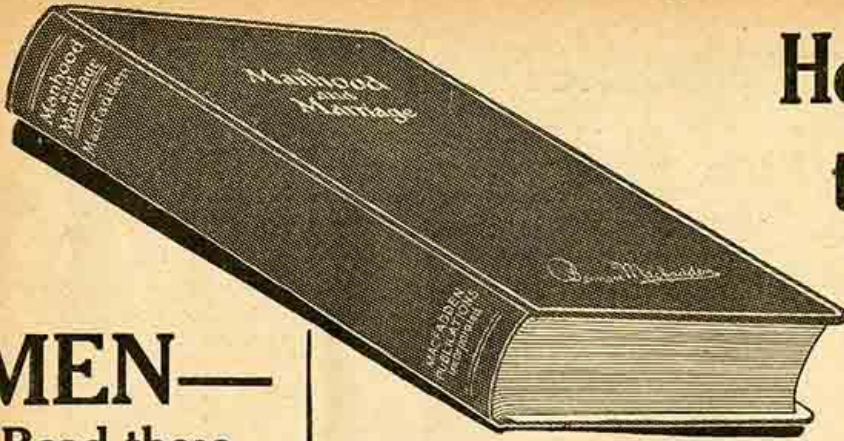
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- 6—Love Making and Its Dangers
- 7—Establishing the Intimate Relations of Marriage
- 8—Marital Mistakes and Excesses
- 9—Regulating Marital Intimacies
- 10—Should Husband and Wife Occupy Separate Beds?
- 11—Conserving Love — The Basis of Marital Happiness
- 12—Should Husbands be Present at Childbirth?
- 13—Are Children Always Desirable?
- 14—The Crime of Abortion
- 15—Divorce Physiologically Considered
- 16—Can a Wrecked Marriage be Reclaimed?
- 17—The Erring Wife
- 18—Jealousy — the Green-Eyed Monster
- 19—Quarreling and Making Up
- 20—Sowing Wild Oats
- 21—How Virility Is Destroyed
- 22—The Truth About Masturbation
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## The Mat

(Continued from Page 59)

carriage will be erect and free of the physical exertion that goes with the forced out chest strut.

If you feel you want to change the position and place your hands in the pockets, let it be the coat pockets to be used, with the thumb out, caught over the edge of the pocket. To add to your appearance, always keep the bottom button of the coat fastened.

I remember the first time I saw a certain English operatic tenor on the street whom I greatly admired for the clarity of his beautiful voice and his fine physical appearance. I was struck by his poise and walk, for he walked with his hands in the coat pockets just as I have finished explaining. After I had met him I mentioned his walking characteristic, and he told me that he found that walking position a wonderful help. It kept up the fullness of his chest, and that gave him greater lung volume, which is the nucleus of singing.

He was perfectly right. When a person has straight shoulders, he is bound to have a full chest. The correction of one of these faults overcomes the other. The beauty of these positions is that they easily become habitual.

I was just a boy when I met this tenor, and I had acquired the "arm up to the elbow pants pocket style." But I readily saw the advantage to be gained from imitating my singing friend. The position became habitual with me, and I do not believe I have ever walked with my hands in the pants pockets since that time.

When you are putting forward your best efforts to develop your body to its highest state of perfection, every single point that will help in its cultivation should be considered. There is only one way to do a thing, and that is to do it right, or not at all.

EDITOR OF MAT:

I have noticed you speak of certain leg muscles as Shenkel muscles. Where are they located?

A STRENGTHITE

The inside muscle over the knee is the Shenkel muscle. That is the German name for it, and a term in common use with all athletes who practice heavy athletics. I suppose the main reason that the English-speaking athletes use the name is because it comes more easily to the lips than the Latin word of Vastus Internus. The word is more simple and better understood. Meaning, shank muscle.

The Germans do not use the Latin names to catalogue the muscles by, as we do. Taking the muscles under discussion, for instance, where we speak of the Vastus Internus and the Vastus Externus, the Germans speak of them as the inner Shenkel muscle and the outer Shenkel muscle, or inside shank muscle and outside shank muscle.

It has become so habitual with me to use the German expression on this one muscle that I never think of the



Latin name. As a matter of fact, I do not remember ever hearing it spoken of otherwise among body builders. It is a muscle that is often referred to as being a very important one. Is is one of the three groups of muscles that are considered the most important in the strength athlete's category. The other two are the deltoids and the spine erectae.

No man can ever expect to succeed in lifting heavy weights unless the inner Shenkel muscles are well developed. They are the cornerstones of great leg power, and fortify the lifter's efforts when performing the leg dip in getting under a weight.

Naturally, when a person finds out how important such muscles are, his curiosity becomes aroused, and the desire is to know how these muscles can be developed to their capacity.

The very best exercise is the deep knee bend, using a bar-bell across the back of the neck. The only exception from the general procedure of this exercise is that the feet should be fairly wide apart in order to give full control of the bodily balance. The feet should be kept flat on the floor, with the toes pointing straight ahead. But, right here is where I must be emphatic upon the amount of weight to be used. It is absolutely all lost motion to use a light weight and go squatting forty or fifty times. These muscles are very powerful, and they must have the necessary resistance to compel them to work out. But, of course, excessive weight is not required.

Suppose you can do a deep knee bend with two hundred pounds, you should be able to use one hundred and fifty pounds in the exercise, making about nine repetitions to start with. I always figure that three quarters of a man's limit is about right.

It must always be remembered that when the thigh muscles are being exercised, an enormous blood supply is required, which naturally causes an increased heart acceleration. The air must be kept circulating through the lungs, stimulating the blood stream with oxygen in order to combat any blood repression brought about by holding the breath or laborious breathing.

Yet, to perform this exercise only once is not sufficient. It should be specialized upon in the Compound method, which means that the exercise should be performed three or four times during each practice period.

To be sure you get this idea right, follow this routine.

Perform the deep knee bend the stipulated number of times and with a correct poundage once; then, perform some other exercise which does not involve the leg muscles. This gives the thigh muscles a rest, and allows nature to work faster in its process of recuperation.

The reserve gained enables a person to repeat this method of exercise three or four times during each practice period.

The fact that I have named nine counts as the starting number for this

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exercise should not be accepted as definite. Some may find nine counts hard, and others, easy. The idea is not to go past that mark, and never go less than seven counts. If the exercise is found light, your remedy is to use more weight.

Never go beyond fifteen counts at the most when specializing on this exercise. Handle a heavier poundage instead, and commence again at the original low count, working up to the limit as physical progression makes it possible.

It is beyond a doubt that the majority will find it rather difficult to get the weight behind the neck, and even more difficult to take it off the neck when through with the exercise.

There is a very easy method of handling the weight to the back of the neck, if you only know how. Therefore, in order that my body-building enthusiasts can avail themselves of the easiest way of handling the weight, I will explain how it is done.

Suppose you have the bar-bell loaded with plates that measure eleven inches in diameter, on a one-inch bar. This would mean that the distance from the floor to the bottom side of the bar would be five inches. If fifteen-inch plates are used on a one-inch bar, the distance from the ground would be seven inches.

Always measure from the floor to the under side of the bar.

We will assume that the distance is five inches. You will secure a stout box about four and a half inches, just so it will pass under the bar. Arrange the bar so the end falls directly over the center of the box; then, take your position up at the other end of the bar. Grasp the bar with both hands, and heave it up so it is stood on end upon the box. This done, turn the back to the bar and rock it across the shoulders by squatting with the knees and pulling on the bar with the hands. When through with the exercise, perform a squat, and allow the bell to slide from the shoulders so its end rests upon the box as in the beginning. Then lower it to the floor.

The longer the bar used in this exercise the better, as it is rocked easier across the shoulders.

Some remarkable poundages have been handled in this exercise, which can be turned into a stunt. Both Steinborn and Moerke have handled over 500 pounds, while Klein can play with 300 pounds, and he is only a man of 145 pounds.

### The One Hand Snatch

When performed by an accomplished lifter, this lift never fails to attract the admiration of others. Because of the smooth, polished technique connected with it, all lifters feel they would like to excel particularly on the one hand snatch.

It is not as difficult to master as the two hands snatch or the one hand swing.

The bell should be loaded just the same as in the two hands snatch. That is, the heaviest plates should be loaded on the outside. A light, springy bar

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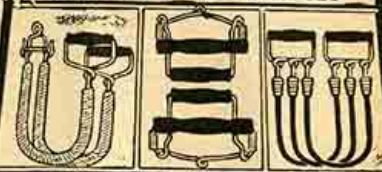
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should be used, of about 7/8" in diameter. See that the center is carefully marked, and perfectly balanced. A lot of the balance depends on how the plates are tightened on the bar. If one end is more loose than the other, then the balance is liable to be affected.

The placing of the feet is always important.

Step right up to the bar so that it runs over the top of the instep, with the feet spread apart a comfortable distance, enough to insure a safe bodily balance. At the same time, grasp the bar firmly with the lifting hand. The knees will be spread apart naturally, and the back must be straight and flat, *not round*. The lifting arm must be perfectly straight and locked at the elbow as the bar is grasped.

Most novices when taking the bar overhead get the idea that by bending the lifting arm at the elbow they get a greater pull on the bar. This is all wrong, for, as the arm is straightened, the sudden impact on the grip slows up the effort, and often pulls the bar out of the hand.

With a straight arm, the weight is correctly felt, and no jar can take place, as every muscle is ready to operate correctly.

The disengaged hand should be placed upon the corresponding knee, and the fingers of the hand should rest on the inside of the thigh.

With one strong physical movement, pull on the bar *upwards and toward the body a little*. At the same time, straighten the legs with a powerful thrust, and help the lifting arm and the back by pressing strongly upon the thigh with the disengaged hand.

The bell *cannot* be pulled in as high when snatching with one hand as it can be with two hands.

The level of the eyes should be the line to concentrate on in the two hands snatching; the line of the chin is about the height for one hand snatching.

As the bar reaches this height, the lifter should immediately collapse the muscles of the thigh in order to make the dip under the weight. At the same time, the corresponding leg to the lifting arm should travel slightly sideways, which enables a lifter to get a deeper dip and also gives greater support to the lifting arm when fixing the weight overhead. I prefer to slide the feet sideways rather than step, for the changes in this lift must be done too quickly to allow any lost motion like stepping.

When the foot is off the floor, the lifter is off his balance, and a misplacement of the foot spells disaster to the successful issue of the lift.

The illustration shows just how I performed this lift. At the finish a full squat is made, and the non-lifting arm is resting upon the corresponding knee to substantiate the control over the weight.

As soon as I felt the weight was fixed, I never lost any time in going into the erect position. Immediately the arm was straight, I would try to rise with the weight. That is, I would

(Continued on Page 88)

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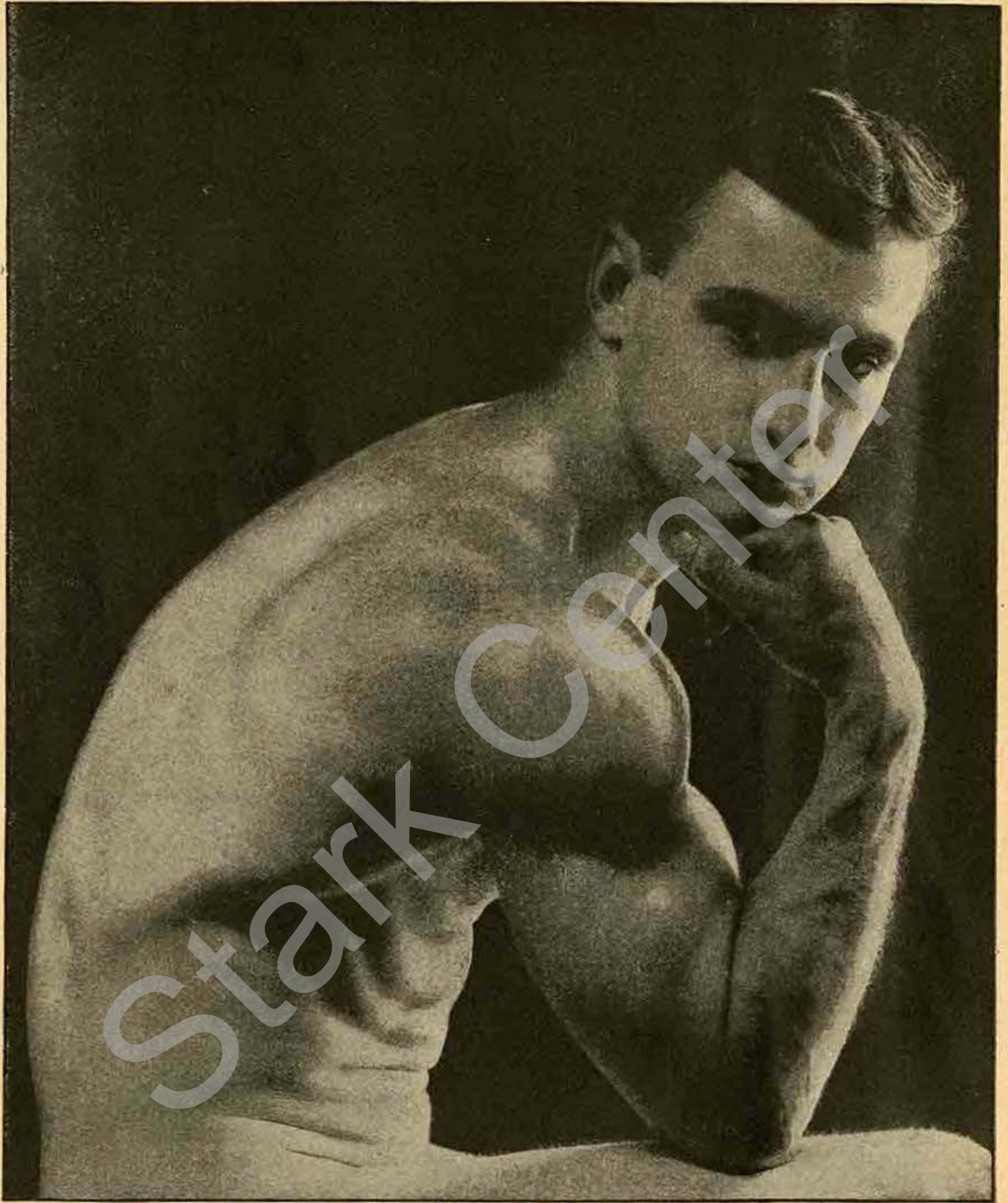


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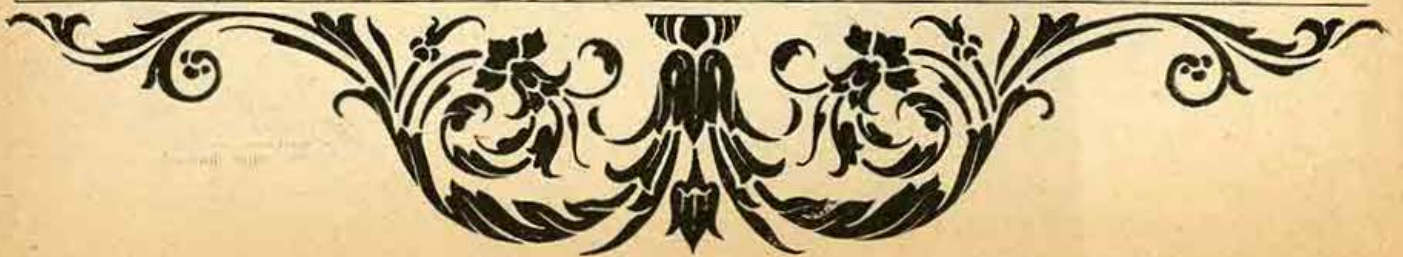
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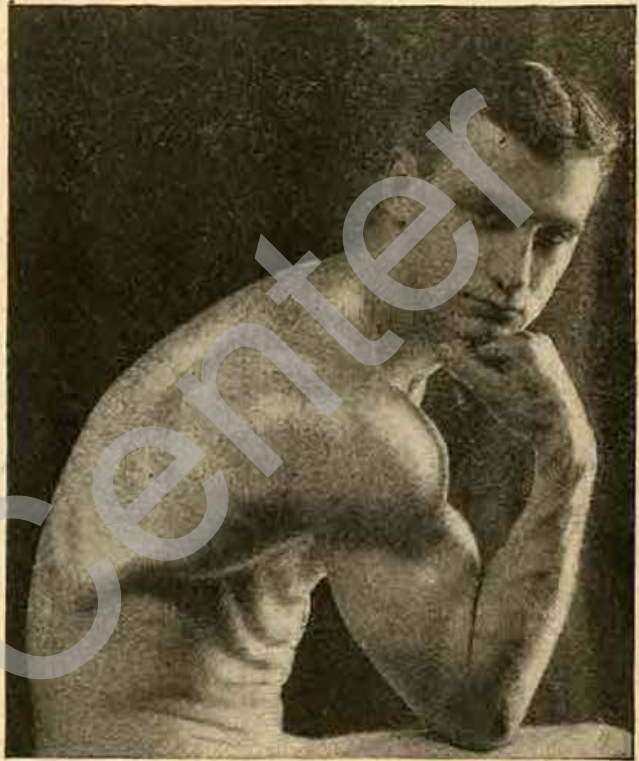
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## The Mat

(Continued from Page 85)

try to carry on with what momentum was left in the initial snatch effort from the ground.

This lift must not be finished by "pressing" the arm out. It must go to a straight arm overhead entirely by the momentum gotten at the commencement of the lift.

Some snatch lifters get under the weight by dropping into a bent press position, while others favor a deep knee bend with no change of foot movement. Of the two, I favor the former, as the latter makes the balance of the body too precarious. A slight side step is better than either, as it gives you the same advantages besides a better control of the weight, with no undue twisting of the body when coming erect.

## Kidney Disease

(Continued from Page 28)

engine to continue to run without fuel.

If you put no fuel in the furnace there will be no ashes (refuse—waste material), but neither will there be any fire. And so it is with the human body. If you withhold all sugar-forming foods, no sugar (ash) will be eliminated; in fact, the urine may be made sugar-free by starvation—but the disease remains. And because of the weakening effect of the withdrawal of all heat and energy-producing foods, the sufferer is reduced to a weakened, emaciated, helpless condition, and is an easy prey to coma or any of the infectious or wasting diseases that are ever present and waiting a favorable opportunity to strike.

A form of diet calculated to turn Jack Dempsey or Vladek Zbyszko into a pale-faced invalid, most emphatically could not be depended upon to restore robust strength and the hue of health to those whose feet are stumbling down the steep slopes that lead into the Valley of the Shadow.

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Of course, protein can be extracted from vegetable foods. But do not forget that God gave the steer 200 feet of intestines, so that he could break up vegetable protein and make it easier for human consumption in meat form.

## Exercise Most Helpful in Kidney Trouble

Exercise is of the utmost value in all forms of lowered oxidation. It should, of course, be in moderation, as an excessive amount of exercise will cause a greatly increased amount of "fatigue poison" to be thrown into the circulation, which still further irritates kidney or pancreas by the toxic effect of these substances upon the tissues.

It must be remembered that fat is reduced and muscle tissues are built up by exercise. But, most of all, respiration is deepened, oxygenation is increased, and oxidation-reduction, or the burning up of "end-products" is enhanced by the influence of exercise.

It should stand to reason that anything that deepens the breathing capacity, brings about a better circulation, and promotes digestion and assimilation, must be helpful to every "kidney case."

## Promote Elimination

Every effort should be made to promote elimination, at least two free, daily movements of the bowels should be secured. A most effective laxative is Oxy-Crystine, which is an alkaline combination. At least six or eight glasses of water should also be drunk every day, so as to reduce acidity, which is invariably present in these unoxidated states. This affords, at the same time, an opportunity for sweeping out of the system the urinary solids which might otherwise accumulate in the blood and in the tissues.

## Insulin

It has been demonstrated beyond a shadow of doubt that insulin is of great value in increasing oxidation of sugar by furnishing to the pancreas the hormones or oxidizing agent which is lacking or deficient in diabetes. It must be remembered, however, that insulin is not curative, but can only be considered as a crutch, tiding over the organism until such time as Nature's curative power can be manifested. Needless to say, this powerful agent should never be self-prescribed, although it can be self-administered under the direction and upon competent advice of a physician in your vicinity.



Harry Glick, The American Sandow

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AND as he was lying in bed, just a lump of bones and of no use to anybody, he reflected how sad it is that right in his prime of life and with a fortune accumulated through many years of unrequited toil, he must give up the ghost! What a life! Why didn't he take the advice of his friends who urged him to get a good physical culture course and devote a few minutes every other day to keeping fit and strong—but he knew too much—nobody could tell him anything!—and now he is paying for his indiscretions!

## IT'S AN OLD STORY—BUT IT'S FOREVER NEW!

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## NOW IS THE TIME!

to put on new muscle and brawn—to add new vigor and vitality—to establish a solid foundation to tide you over in later years—AND I AM THE ONE MAN THAT CAN HELP YOU DO IT!

## IT'S NEVER TOO EARLY TO START—BUT IT MAY BE TOO LATE IF YOU POSTPONE IT!

Think what you could do with a million if you were physically sound and reflect what use the million would be if you were physically just a case for the undertaker.

Boys—young men—men about to make their mark and men in their prime—the American Sandow offers you the greatest course in strength and development ever devised—simple, efficient, effective and most economical.

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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 199.

## 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, fearless truth you desire? Do you want some safe, sane, unashamed 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.

## Sex Secrets

At last a book has been published that digs into sex matters without fear or beating around the bush. This startling 512-page book, "Safe Counsel," written by Prof. B. G. Jefferies, M. D., Ph. D., and Prof. J. L. Nichols, A. M., contains just the information you want. You will be amazed at its frankness. Words are not minced. "Polite" phrases are forgotten—the right word is used in the right place. "Safe Counsel" contains nine startling sections: I. The Science of Eugenics; II. Love; III. Marriage; IV. Childbirth; V. Family Life; VI. Sexual Science; VII. Diseases and Disorders; VIII. Principles of Health and Hygiene; IX. The Story of Life; Here are just a few of the subjects discussed—Love, Anatomy and Physiology. A Word to Maidens. Maternity, Parental Influences. Change of Life. Impotence. Fighting Modern Evils. You owe it to yourself, to your happiness and your health to read this wonderful book.

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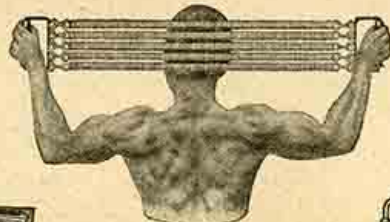
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Osteopathy and Chiropractic have also yielded some very splendid results, particularly in diabetic conditions. There seems to be no question of doubt that an impingement of some of the spinal nerves caused by sub-luxation of some of the vertebrae may have a very profound influence in inhibiting oxidation in the pancreas, stimulating thereby the normal conversion of sugar to yield heat and energy to the system. Hundreds, if not thousands, of cases are reported in literature, or are attested to by conscientious practitioners of both Osteopathy and Chiropractic, proving the value of this particular method of treatment in "kidney trouble."

## Pain in Back no Cause of Kidney Trouble

Thousands of people have worried themselves into a position of nervous prostration as a result of a false conception of the relation to pain in the back to kidney disease. This impression has been helped along very assiduously by many of the patent medicine advertisers, who show a picture of a man caressing the small of his back with both hands.

Nothing could be farther from the truth. As a matter of fact, kidney disease is rarely associated with any pain. This is one sad thing about the condition, because if there was a good active, full-growing pain associated with diabetes or Bright's disease, thousands of individuals would ascertain the presence of the condition, instead of waiting until they found it out by accident, or instead of waiting until it was too late to do much for them.

In this connection it might be urged that a twice a year examination of the urine should be a religious duty of every man and woman of the world. It would be better still if they went to their family physician, or to some of the great examining institutions, for a general overhauling. However, a urinalysis, made by some physician or analytical chemist, may suffice to disclose to them the presence or absence of sugar, albumin, casts, or other evidences of pancreatic inactivity or kidney degeneration.

It must be admitted that quite frequently kidney disorders are accompanied by definite nervous symptoms. These follow as a result of apprehension, worry, and the deteriorating effect of a disturbed mental condition upon metabolism. Toxins and poisons may develop as a result of this mental state, which definitely aggravates the existing condition. Therefore, as with any other illness, a cheerful state of mind and a hopeful attitude are unquestionably valuable in helping to restore health, strength and vitality.

## Endocrine Stimulation as a Corrective in Diabetes

One of the most important advances made in modern science in the treatment of diabetes is the value of gamma ray stimulation of the pancreas, and the influence of this stimulation in increasing oxidation and in helping the pancreas in its work of converting sugars.



Dr. H. H. Rubin, of New York, has had many of these cases, with from 5 to 6% of sugar in the urine, and acetone and diacetic acid. Modification of diet on a reduction of the intake of carbohydrates, together with stimulation of the pancreas by means of the Endocrinators, brought about in these cases what practically amounts to a cure. Acetone and diacetic acid were removed, and the sugar content was reduced to one-half of one per cent or less.

It must be remembered that in diabetes, the object is not so much to render the urine completely sugar-free as it is to increase the activity of the pancreas and build up the system generally. An individual may live over 30 or 40 years and show more or less constantly

the presence of a small amount of sugar in the urine (perhaps a sufficient amount to exclude him from obtaining life insurance), yet, he might be almost criminally healthy in every other way, and in due course of time die of old age.

So, a natural life, freedom from worry, a cheerful frame of mind, a sensible regulation of the diet, active elimination and faith in the ultimate outcome, are the best possible factors in helping to restore normal functioning to the abnormally functioning pancreas and kidneys. These measures, plus the indicated remedial measures, medical, osteopathic, or endocrine, will bring back ebbing health to thousands who are now losing ground and sinking into the quicksands.

## American Continental Weight Lifters' Association

(Continued from Page 68)

training real hard and we are wondering if he will follow the footsteps of our great American strength leaders—Jowett, Nordquest, Young and Stienborn. He shows every possibility. His two hands clean and jerk of 260 pounds was carried out so smoothly that one could believe that 285 pounds was a mark easy to reach for him, while 300 pounds! Well! President Jowett said, "Four weeks steady coaching, I'd have him batting 300 pounds." No more need be said for the Maryland bell hoister.

The British Amateur Weight Lifters' Association, 168 pound championship was fought out with some fine performances. Perhaps the best performance was an attempt to equal the right hand swing record of George F. Jowett and E. Aston which stands at 172½ pounds and 170 pounds respectively. After a splendid attempt the fine English lifter, Attenborough, failed. He was unfortunate in being disqualified when fixing the weight of 172 pounds.

The poundages of the lifters are as follows, according to the British official organization, "The Strong Man." The lifters taking the winning places are in the order given:

Attenborough—One hand swing, 164½ pounds. Two dumbbells anyhow, 210 pounds. Two hands military press, 186½ pounds. Two hands snatch, 193. Two hands clean and jerk 243½ pounds. Total 997½ pounds.

Lowry—One hand swing, 139 pounds. Two dumbbells anyhow, 182 pounds. Two hands military press, 152¼ pounds. Two hands snatch, 163¾. Two hands clean and jerk, 233 pounds. Total 869½ pounds.

Lowes—One hand swing, 134 pounds. Two dumbbells anyhow, 182 pounds. Two hands military press, 152¼ pounds. Two hands snatch, 163¾ pounds. Two hands clean and jerk, 243½ pounds. Total 863 pounds.

Edwards—One hand swing, 128 pounds. Two dumbbells anyhow, 170 pounds. Two hands military press, 131½ pounds. Two hands snatch, 163¾

pounds. Two hands clean and jerk, 213 pounds. Total 805¾ pounds.

As will be seen, Attenborough was a very easy winner, scoring a lead of 128 pounds over the second place man.

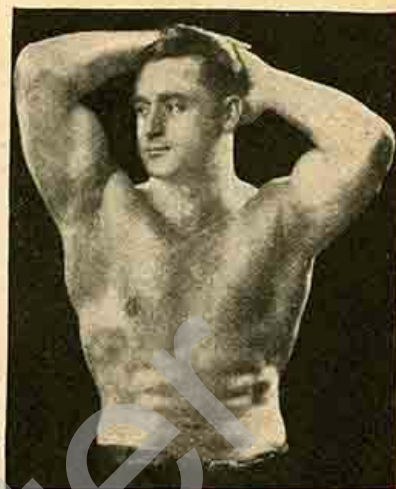
Attenborough is given credit for being one of the most polished lifters Britain ever turned out. A perfect stylist, he combines great strength and technique with his lifting, which makes him easily the best 168 pound man in Britain.

In the last issue of these columns mention was made of the two famous Frenchmen, Rigoulot and Cadine. Wonderful as these two lifters are, neither of them hold the proud title of being the strongest man in France. This distinguished honor is still claimed by the famous old timer, Louis Vasseur. As an amateur, Vasseur held the world's one hand snatch record for many years, until the advent of these two young giants of Ironia, and the German, Stienborn.

As a professional, Vasseur is given the credit for a one hand snatch of 222 pounds. The wonderful poundages that this French veteran put up, years ago, showed him to be far in advance of the times. He was beyond a doubt the greatest forerunner of the applied science of lifting technique on all clean lifts. Not unusually heavy, he achieved some remarkable poundages and is still recognized as the leading strong man of the tricolor country.

But there is no doubt in our minds that we will develop men who will be able to give the best a run for their money. We seem to have a lack of heavy weights in America at the present time, who show more than ordinary ability. Manger and Burns appear as the best cards on hand at the present time. We do hear of many "hopefuls," but they do not materialize on investigation. However, a faint heart never won a fair lady, so we keep on, like the babbling brook, until eventually we are bound to pick up some luminary who will dazzle the world with his artistic display of physical strength.

## Once a Weakling—Now the World's Strongest Physical Director



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### "SECRETS OF MUSCULAR POWER AND BEAUTY"

This big, inspiring book is free, although it cost me thousands of dollars to print, but what do I care! Its vital message is of such stupendous importance and full of pictures of red-blooded men and soul-stirring facts I'm eager to see every reader of this magazine have a copy. Rush the coupon for your copy NOW. You'll agree that here at last is the fulfillment of your dreams and high hopes—the chance to blast a new road and change your whole career. Don't miss it. Don't wait a minute—write at once to

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## Health—Strength—Beauty

(Continued from Page 74)

Dear Miss Heathcote:

I would like to get several exercises to build up my upper body. Also is there any form of exercise for goitre?

What exercise would you advise for the building up of the chest—one of my breast bones protrudes above the other and I would like to build them up evenly, but know no exercise for this.

One of the leaders in the back of my neck is quite a bit larger than the other. Is there an exercise for this?

Would also like to get exercises for building up legs and arms.

An early reply would be very much appreciated as I am very badly in need of all these exercises. I read STRENGTH, but have failed to see any exercises recently for goitre, breast-bone, etc.

Mrs. R. H., Bicknell, Ind.

I would not like to advise you about your neck due to the fact that you have a goitre. Before doing so I would advise you to consult your doctor whether exercise would be harmful or not. Have you ever tried the iodine treatment for goitre? This is done by pouring a few drops of iodine into milk and drinking it slowly a few times a day. Of course, I do not know the exact quantity and I do not know the authenticity of this treatment. Before doing so I would suggest that you also consult your doctor.

The best way to build up your chest is by breathing exercises which will expand it. A good exercise for developing the chest is the following:

Clasp the hands behind the back, pulling the arms backward and downward and at the same time raising the expanded chest. Repeat this from ten to fifteen times.

Another exercise is the chair dip. This is rather vigorous, but the best exercise for building up all the muscles on the chest. The chair dip is done exactly like the floor dip only it is not quite as difficult.

In the September issue of this magazine there appeared an article by Margaret Sargent entitled "Strong and Healthy Bodies." I would suggest that you practice the exercises given in this article to build up your upper body.

To build up the legs I would suggest rope skipping. This is almost the best and quickest way. Also practice the squat and kicking exercises. You do not mention what part of your legs you wish to develop and I take it that you mean both the upper and lower leg. The exercises given above will do the work for both.

Dear Miss Heathcote:

I have read your department and I am very much interested in that subject. Now here is my case:

On the 15 of December, 1924, I began exercising and walking a great deal and since then up to July 22 I have lost 35 pounds. When I started I weighed 222 pounds. I now weigh 187 pounds, but I am not satisfied. I want to reduce more. When you go over my measurements you will note that I am very stout from my waist down to my knees and although my measurements were: hips, 51 in.; waist, 38 in.; bust, 45 in.; thighs, 28 in.; neck, 14 in.; chest, 40 in.; calf, 16 in.; weight, 222

pounds, after losing 35 pounds I still measure as follows: weight, 187 pounds; waist, 35 in.; chest, 38 in.; calf, 15 in.; neck, 13 1/2 in.; thigh, 25 in.; wrist, 6 3/4 in.; height, 5 ft. 8 in.

I am still too large in the hips and thighs. Will you tell me if rolling exercises will help me reduce these parts and my very flabby stomach. In the August STRENGTH you write about Mrs. Bernice Fox. The exercises she is doing I can do very easily, but to no avail. My hips and thighs and stomach simply will not come down enough to suit me. Would you prescribe a diet for me?

Also how can I overcome my strong desire for coffee. It seems that I cannot live without it.

Mrs. J. H., Cleveland, O.

I am very glad to note that you have lost so much weight through walking exercises. I would suggest that you keep on walking, and even after you have obtained the desired weight, walk. Real honest to goodness heel and toe walking will keep anyone in form.

You are now only 17 pounds overweight. The correct measurements for a woman 5 feet 8 inches tall are:

Weight, 170; waist, 29; chest, 33 1/2; calf, 15 1/2; neck, 13 1/2; thigh, 25 1/2; wrist, 6 3/4; hips, 41; forearm, 9 3/4; upper arm, 12 1/2.

You will note that you are above the average measurements in your chest and bust. If there is any excess fat in these parts, I would suggest that you practice the exercises given in the article written by Margaret Sargent entitled, "Strong and Healthy Bodies," which appeared in the September issue of STRENGTH.

Your thighs are not too large. You failed, however, to give me your hip measurements.

I do not believe rolling exercises will do much good. For your hips practice the squat, and for your waist practice all bending movements—back bending, front bending and side bending, with the legs and hips held perfectly straight. Also practice the exercises I have given in the beginning of this article. I do not understand why the exercises which Mrs. Fox is doing do not reduce your hips and stomach. I would suggest that you also keep up with these exercises. Are you sure that you keep your knees perfectly straight when you perform them?

However, you should be thankful that you have lost 35 pounds in such a short length of time, and I think you are expecting results too quickly. When you exercise, exercise vigorously so that you will perspire and burn up all excess fat.

I cannot tell you how to overcome your desire for coffee. It all depends upon your own will power. Every time this desire comes upon you, take a glass of water or a cup of unsweetened tea.

I would suggest that you cut out white bread altogether and all starchy foods such as pastries, puddings, rice, and any food that is fried. Also omit sweets entirely.

Go on a diet of whole wheat bread, fruits, vegetables, and milk, and eat as



little meat as you possibly can. Eat as much as you can, but, of course, do not over-eat.

Dear Miss Heathcote:

Will you kindly tell me what to use to strengthen my eyelashes and eyebrows? They are falling out terribly.

H. G., Pottstown, Pa.

I have found Borated Vaseline very good for promoting the growth and lustre of the eyebrows and eyelashes. It is made of red vaseline 10 grammes, and boric acid 10 centigrammes.

Dear Miss Heathcote:

How can I get rid of freckles? Always in the summer my face and arms get covered with freckles and they are very ugly.

N. P., Camden, N. J.

Freckles are not a disgrace—they are a sign that you are an out-door girl. If you do not have too many I would not worry about them, as they will probably wear off this winter. I have heard, however, that the following lotion is very effective: lactic acid, 4 ozs.; glycerine, 2 ozs.; rose-water, 1 oz. Apply several times daily with a soft linen cloth.



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 Sirs: Send me, without charge, (1) sample Railway Mail Clerk Examination questions; (2) tell me how to get a U. S. Government job; (3) send free sample coaching; (4) send copy of illustrated book "How to get U. S. Government Jobs."

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





## 1,000 Hotel Positions Open!

**H**OTELS, restaurants, clubs, apartments everywhere need trained men and women. Over 70,000 high-class positions paying up to \$10,000 a year are open each year in the hotels of the United States. In 1925 the Hotel Business is America's largest industry in new construction. Nearly a billion dollars' worth of NEW HOTELS and RESTAURANTS being built this year will need over 60,000 trained men and women.

Hotels start you at salaries up to \$3,500 a year, with your living. At any time you have your choice of over 1,000 hotel positions open.

You can have one of these high-class, big-pay positions, with luxurious apartment and meals and fascinating work. No previous experience necessary. The Lewis Schools guarantee to give you the valuable knowledge that it has taken some of the most successful hotel men years to obtain—men who are now making \$5,000 to \$50,000 a year. We train you by mail in your spare time at home with the Lewis Simplified Study Plan, and put you in touch with big opportunities. All of your training under the personal direction of Clifford Lewis, former U. S. Government Hotel and Restaurant Expert, now Managing Consultant for over 150 Hotels of 50 to more than 600 rooms each, throughout the United States, totaling over 16,000 rooms. Our students employed, our methods endorsed by leading hotel men everywhere.

Send today for FREE BOOK, "Your Big Opportunity," showing how we can train you for one of these splendid positions in 20 weeks or less, and explaining our Money-Back Guarantee.

**LEWIS HOTEL TRAINING SCHOOLS**  
CLIFFORD LEWIS, President  
Room W-3776 Washington, D. C.

## Wash Your Fat Away Before It Hits You Here—



Forty pounds of fat is as heavy as forty pounds of lead and to carry it constantly is just as hard on your heart.

There is now no excuse for being fat. With La-Mar Reducing Soap you can wash your fat away and get quick relief. No dieting, no exercises, nothing to take internally. Reduce any part of the body or all over at will.

La-Mar acts like magic on double chin, big abdomen, ugly, shapeless ankles, wrists and arms, large breasts or superfluous fat on any part of the body.

La-Mar Reducing Soap is sold direct to you by mail on a money-back guarantee. Price 50c a cake, or 3 cakes for \$1.00, postpaid. One to three cakes often enough for the purpose. Send cash or money order today. Results will surprise you.

**LA-MAR LABORATORIES**  
619 Perry-Payne Bldg. Cleveland, Ohio

## TOBACCO

### Habit Cured or No Pay

Any form, cigars, cigarettes, pipe, chewing or snuff Guaranteed Harmless. Complete treatment sent on trial. Costs \$1.00 if it cures. Nothing if it fails. SUPERBA CO. L-18 BALTIMORE, MD.



### GREAT STRENGTH

Perfect Health  
Wonderful Muscular Development

You can easily obtain them, in a remarkably short time. Send 10 cents for my new Great Illustrated Booklet, it tells you how.

Prof. J. A. DRYER

Box 1850, Chicago, Ill.

## In Curing Indigestion I Gained Real Health

(Continued from Page 64)

the balance of his lifetime.

These truths have been proven with startling vividness even in the case of two brothers. "When I was a kid in a little city out West," said a friend of mine recently, "my playmates next door were two brothers named Joe and Willie, whose ages did not differ by more than a year and a half. The two were about as different as brothers could be. Joe was as hard as a pine knot, while Willie was more like a jellyfish. I was some scrapper myself in my younger days, but Joe could lick me any time when it came to a test, while I could have licked Willie with one hand tied behind me, but I was ashamed to do it, he was so easy and the most I ever did to him was just to push him over and leave him lying there, squalling."

"Joe was seldom ill, while Willie always had something the matter with him. He had catarrh, a poor digestion, extreme susceptibility to throat and lung troubles, and picked up any other disease that happened to be around. If infantile paralysis had been invented then, he would have had it and had it bad."

"Well, my parents left that part of the country when I was still a boy and came east. I finally lost touch with Joe and Willie and didn't see them for nearly forty years. Recently I had an opportunity to visit the old town, and I found them both prominent business men. Joe, although not more than fifty, is already an old man. He has a pasty, unhealthy color, heavy pouches under his eyes and broken veins showing under the skin of his face. His kidneys are all shot to pieces, he has had cirrhosis of the liver, is trembling on the verge of diabetes and his arteries are evidently about as hard as rubber garden hose. He can't eat any starches or sugars, and even with all precautions, I don't think he will live very long. Of course, to him, who for forty years and more ate everything and in any quantity he wanted, such deprivation in the matter of food would make life a hell on earth to him, even if he had no bodily pains."

"Willie, on the other hand, is thin, wiry, hard as nails, seldom ill and doesn't look his age. He may be good for forty or fifty years yet."

"Don't it beat all, Tom!" said Joe to me. "And Willie was a weakling when we were kids—didn't look like he'd ever live to be a man! I can't figure it out. Even Joe's brain appears to be covered with fat. Willie can figure it out, all right. He says frankly that Joe is the victim of self-indulgence."

"In spite of all my protests and the protests of his wife, his doctor and some of his friends," says Willie, "he never denied himself anything he wanted, and he has thrown away one of the finest bodies that God ever gave a man. Meanwhile, I have taken the little, old, worthless carcass that I began with and built it up into a pretty good machine. I did it because I had to!"

This matter of eating has much to do with one's weight, and one's weight has no little to do with the length of one's life. Several years ago someone set up the dictum that a man ought to weigh thirty pounds for every foot of his height. This, like a good many guesses made without tests back of them, has been proven to be a fallacy. The insurance companies, who gather more statistics on human health and longevity than any other agency, have exploded it long ago. There is a bulletin of the Metropolitan Life Insurance Company, which you may have seen on this subject, but I will take a chance and quote from it, anyhow.

It declares that the figures show that "at ages under thirty years the lowest mortality rates among insured persons are found in those whose weights are above the average"—that is, thirty pounds to the foot. At thirty it is better to be just about average; but after thirty, "the more favorable mortality rates are found among persons whose weights are below average. The amount below average should increase with advancing age, and at the age of fifty individuals appear to be at their best when their weight is as much as thirty to forty pounds below the average."

"It seems clear, therefore, that for persons beyond thirty, underweight is distinctly an advantage so far as a favorable prospect for length of life is concerned. It is erroneous to suppose that weight should increase with age, as we have been led to believe by the tables for average weights. This increase with advancing age is, of course, a very common occurrence, but there is every indication that it is a disadvantage and should be carefully avoided."

"Persons as they advance in age seem to grow more inclined to take in more food, especially proteins and fats, and less inclined to indulge in wholesome exercise. This has a tendency to place more and more of a strain upon the food utilization machinery and consequently to hasten the break-down of the organs concerned in those processes."

"A realization of these facts on the part of the public would lead, no doubt, to marked changes in habits of diet and exercise and to an amelioration of conditions which today lead to so much mortality from diseases of the heart, blood vessels and kidneys."

"There is abundant clinical evidence to prove that through the restriction of diet and the encouragement of exercise in adults the conditions premonitory of organic impairment and eventual breakdown of the circulatory and excretory systems have been averted. These facts from life insurance records only tend to reinforce what hygienists have been advocating for years."

A word to the wise, said the philosopher, should be sufficient. Ah, but how few of us have wisdom or acquire it until it is forced upon us, pounded into us by the bitter club of Experience!



# Can You Guess This Man's Age?

See if You Can Tell Within 25 Years; the Author Couldn't; But He Stuck With Hobart Bradstreet Until He Revealed His Method of Staying Young

**I** USED to pride myself on guessing people's ages. That was before I met Hobart Bradstreet, whose age I missed by a quarter-century. But before I tell you how old he really is, let me say this:

My meeting-up with Bradstreet I count the luckiest day of my life. For while we often hear how our minds and bodies are about 50% efficient—and at times feel it to be the truth—he knows why. Furthermore, he knows how to overcome it—in five minutes—and he showed me how.

This man offers no such bromides as setting-up exercises, deep-breathing, or any of those things you know at the outset you'll never do. He uses a principle that is the foundation of all chiropractic, naprapathy, mechano-therapy, and even osteopathy. Only he does not touch a hand to you; it isn't necessary.

The reader will grant Bradstreet's method of staying young worth knowing and using, when told that its originator (whose photograph reproduced here was taken a month ago) is sixty-five years old!

And here is the secret: *he keeps his spine a half-inch longer than it ordinarily would measure.*

Any man or woman who thinks just one-half inch elongation of the spinal column doesn't make a difference should try it! It is easy enough. I'll tell you how. First, though, you may be curious to learn why a full-length spine puts one in an entirely new class physically. The spinal column is a series of tiny bones, between which are pads or cushions of cartilage. Nothing in the ordinary activities of us humans stretches the spine. So it "settles" day by day, until those once soft and resilient pads become thin as a safety-razor blade—and just about as hard. One's spine (the most wonderfully designed shock-absorber known) is then an unyielding column that transmits every shock straight to the base of the brain.

Do you wonder folks have backaches and headaches? That one's nerves pound toward the end of a hard day? Or that a nervous system may periodically go to pieces? For every nerve in one's body connects with the spine, which is a sort of central switchboard. When the "insulation", or cartilage, wears-down and flattens-out, the nerves are exposed, or even impinged—and there is trouble on the line.

Now, for proof that subluxation of the spine causes most of the ills and ailments which spell "age" in men or women. Flex your spine—"shake it out"—and

they will disappear. You'll feel the difference in ten minutes. At least, I did. It's no trick to secure complete spinal laxation as Bradstreet does it. But like everything else, one must know how. No amount of violent exercise will do it; not even chopping wood. As for walking, or golfing, your spine settles down a bit firmer with each step.

Mr. Bradstreet has evolved from his 25-year experience with spinal mechanics a simple, boiled-down formula of just five movements. Neither takes more than one minute, so it means but five minutes a day. But those movements! I never experienced such compound exhilaration before. I was a good subject for the test, for I went into it with a dull headache. At the end of the second movement I thought I could actually feel my blood circulating. The third movement in this remarkable SPINE-MOTION series brought an amazing feeling of exhilaration. One motion seemed to open and shut my backbone like a jack-knife.

I asked about constipation. He gave me another motion—a peculiar, writhing and twisting movement—and fifteen minutes later came a complete evacuation!

Hobart Bradstreet frankly gives the full credit for his conspicuous success to these simple secrets of SPINE-MOTION. He has traveled about for years, conditioning those whose means permitted a specialist at their beck and call. I met him at the Roycroft Inn, at East Aurora. Incidentally, the late Elbert Hubbard and he were great pals; he was often the "Fra's" guest in times past. But Bradstreet, young as he looks and feels, thinks he has chased around the country long enough. He has been prevailed upon to put his SPINE-MOTION method in form that makes it now generally available.

I know what these remarkable mechanics of the spine have done for me. I have checked up at least twenty-five other cases. With all sincerity I say nothing in the whole realm of medicine or specialism can quicker re-make, rejuvenate and restore one. I wish you could see Bradstreet himself. He is arrogantly healthy; he doesn't seem to have any nerves. Yet he puffs incessantly at a black cigar that would floor some men, drinks two cups of coffee at every meal, and I don't believe he averages seven hours sleep. It shows what a sound nerve-mechanism will do. He says a man's powers can and should be unabated up to the age of 60, in every sense, and I have had some astonishing testimony on that score.



HOBART BRADSTREET, THE MAN WHO DECLINES TO GROW OLD

Would you like to try this remarkable method of "coming back?" Or, if young, and apparently normal in your action and feelings, do you want to see your energies just about doubled? It is easy. No "apparatus" is required. Just Bradstreet's few, simple instructions, made doubly clear by his photographic poses of the five positions. Results come amazingly quick. In less than a week you'll have new health, new appetite, new desire, and new capacities; you'll feel years lifted off mind and body. This miracle-man's method can be tested without risk. If you feel enormously benefited, everything is yours to keep and you have paid for it all the enormous sum of \$3.00! Knowing something of the fees this man has been accustomed to receiving, I hope his naming \$3.00 to the general public will have full appreciation.

The \$3.00 which pays for everything is not sent in advance, nor do you make any deposit or payment on delivery. Try how it feels to have a full-length spine, and you'll henceforth pity men and women whose nerves are in a vise!

HOBART BRADSTREET, Suite 60-C5  
630 S. Wabash Ave., Chicago, Ill.

I will try your Spine-Motion without risk if you will provide necessary instructions. Send everything postpaid, without any charge or obligation, and I will try it five days. If I find Spine-Motion highly beneficial I can remit just \$3 in full payment; otherwise I will return the material and will owe you nothing.

Name .....

Address .....



# ANOTHER MILO STAR

Mr. Manger is one of the many recent star pupils of the Milo Methods. Did you ever see a more evenly developed physique? We know you haven't. But Mr. Manger has enormous strength as well as a superb build. And

## HE ATTRIBUTES HIS PHENOMENAL SUCCESS TO THE MILO BAR-BELLS AND THE MILO METHODS OF USING THEM

Mr. Manger is one of the thousands that have been developed into star pupils of superb physiques and enormous power by the Milo Methods and bells.

The following will give you an idea of the advancement he has made. When he started using Milo Bar-Bells, he weighed only 130 pounds. His present weight, stripped, is 183 pounds. A gain of 53 pounds of solid muscles. Geo. F. Jowett (our expert in charge of all pupils) took charge of Mr. Manger's training and with this personal service, which every Milo pupil is entitled to, he became a national champion in just sixty days. Mr. Manger's Two Hands Clean and Jerk Lift of 260 pounds is a national record for his weight.

We could more than fill the rest of this page with the names of Milo Pupils who have not only achieved great success in getting a wonderful build, but who have also built up a reputation for themselves so great that you would remember each name as having done great things in the strongman game.

### If You Will Become the Owner of a Milo Bar-Bell, You Too, Can Become a Milo Star

There are no two ways about it. The Milo Bells and the Milo Methods are the best body and strength producers known.

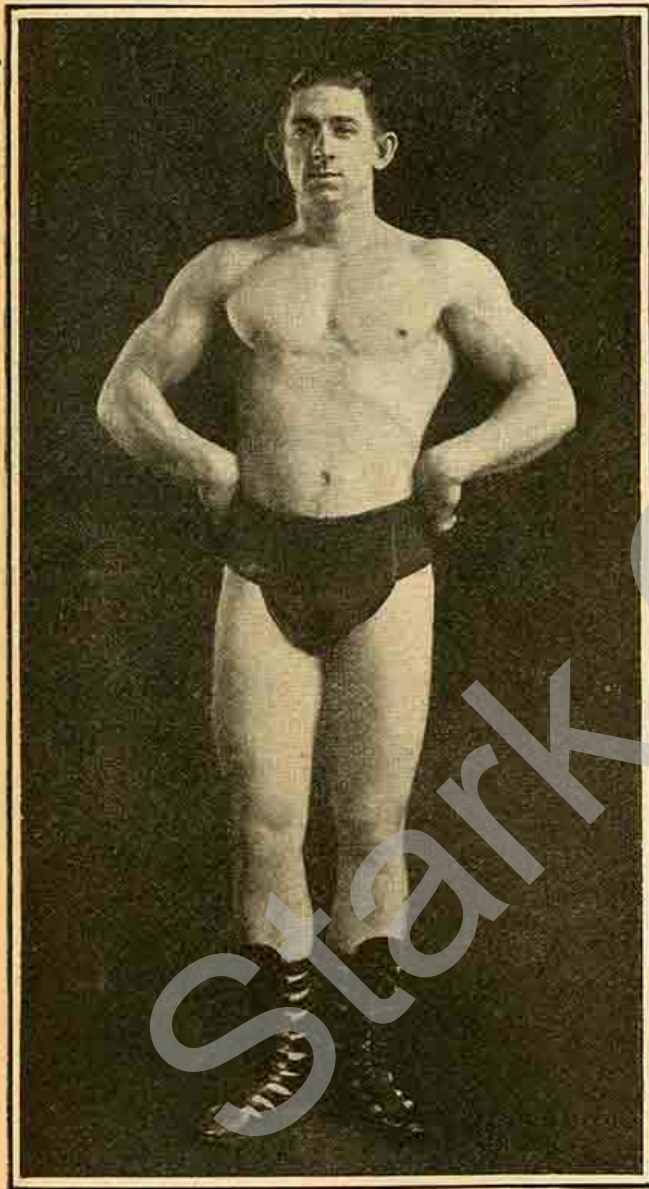
### Get a Milo Outfit and Get Physical Perfection Quickly

The Milo Courses and The Milo Bar-Bells are inseparable. The best results are obtained by using the Milo Bar-Bells with the Milo Courses and the Milo Courses with the Milo Bar-Bells. There is over twenty years' experience behind this combination and it can't be beaten.

### Our Guarantee is as Broad as is Possible for a Guarantee to be and We Live Up to it

No concern can give a guarantee as broad as ours and live up to it unless they are producing something that satisfies. Our guarantee is broad because we know that Milo Bar-Bells are as perfect in workmanship as is possible to get them, which is very close to perfection. We also know that these same Bar-Bells are perfect as a body builder and for pure lifting purposes. We know that Milo Bar-Bells used with the Milo Courses will produce such quick results for you that you will say, "No wonder the Milo Company can give such a broad guarantee." And it is a fact that regardless of the breadth of this guarantee and the staunch way in which we stand back of it, we are very rarely called upon to refund.

This is proof that there is practically no chance whatever of you failing to get a strong and massive body from the use of the Milo Bar-Bells and Courses.



A. Manger, runner-up in the National Amateur Heavyweight Championship.

#### STRONG MAN SHOWS

will be held in New York City and Philadelphia in October. These shows, which have been such successes, are held jointly by the A. C. W. L. A. and The Milo Bar-Bell Company.

On Saturday evening, October 3rd, a show will be held in Bryant Hall, 723-27 Sixth Avenue, New York City, at 8 o'clock. This hall is between 41st and 42nd Streets, and is only five minutes' walk from Times Square.

On the following Saturday evening, the 10th, a show will be held in Philadelphia at the Milo Building, 2745 N. Palethorp Street, at 8 o'clock. New talent will be on hand, which will include some of the strongest men in the world. All lifting will be genuine.

A. C. W. L. A. members will be admitted free by membership card only. The admission to non-members is 50 cents.

### It Will Pay You to See Our Big Catalogue Before Taking up Physical Training

This catalogue is "Health, Strength and Development—How to obtain them." It contains varied prices and styles of our bells as well as a great number of the men we have developed, who are all making a name for themselves in the strongman field.

LET US MAIL IT TO YOU NOW

## THE MILO BAR-BELL CO.

DEPARTMENT 113

2739 N. PALETHORP STREET

PHILADELPHIA, PA.

The Milo Bar-Bell Co.,  
Dept. 113,  
2739 N. Palethorp St.,  
Philadelphia, Pa.

Gentlemen:

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

Name.....

City.....

State.....

Address.....



# To Men Who Fear Baldness

## I Guarantee You a New Growth of Hair in 30 Days - Or No Cost

By Alois Merke

Founder of Merke Institute, Fifth Avenue, New York

I DON'T care how scanty your hair may be—no matter how much of it is falling out daily—regardless of how many other treatments have failed to save it—I not only guarantee to stop your hair from falling out, but what's more, I guarantee you a luxuriant new growth of hair in 30 days—or else the entire trial will not cost you a single penny!

Nobody ever dared to make such an unconditional guarantee before. But in my case it's entirely different. I have seen so many thousands of cases of hair troubles ended with this wonderful method—that I am entirely willing to let you try it at my risk for 30 Days. Then, if you are not more than delighted with the growth of hair produced I will instantly and gladly mail you a check refunding every cent you have paid me. That's my absolute **Guarantee, and You Are the Sole Judge.** I take all the risk. You take none whatever.

### Entirely New Method

My invention involves the application of new principles in stimulating hair growth. It proves that in many cases of baldness—the hair roots are not dead—but merely **dormant.** The reason tonics and other treatments fail to grow new hair is because they do not **reach** these dormant hair roots, but instead, simply treat the **surface** of the scalp.

To make a tree grow you would not rub "growing fluid" on the bark. Instead you would get right to the roots. And so it is with the hair.

### No Excuse for Most Baldness

At the Merke Institute on Fifth Avenue, New York, I've treated scores of prominent stage and social celebrities—some paying as high as \$500 for the results my methods produced. Yet now, by means of the Merke Thermocap Treatment, adapting the same principles to home use—thousands of men and women everywhere are securing equally remarkable results—right in any home where there is electricity—and for just a few cents a day!

I don't say my treatment will grow hair in every case. There are some cases that nothing in the world can help. But since so many others have regained hair this new way, isn't it worth a trial—especially since you do not risk a penny? For at the end of a month, if you are not more than delighted with the growth of hair produced, you won't be out a cent. That's my absolute **Guarantee. AND YOU ARE THE SOLE JUDGE.**



### Coupon Brings FREE Book

No matter how thin your hair may be—no matter how many methods you have tried without results, send at once for the 32-page free book telling about this wonderful scientific treatment. It gives scores of reports from others which indicate what this treatment will mean to you. Merely fill in and mail the coupon below and I will gladly send you the vitally interesting booklet giving full details about the famous Merke **Thermocap Treatment.** Clip and mail the coupon today. Allied Merke Institutes, Inc., Dept. 5510, 512 Fifth Avenue, New York City.



### Here's Proof



"After six weeks' treatment with the Thermocap my head was covered with short hair and it was no longer dull and lifeless. I kept up the treatment and in return I have as good a head of hair as anyone could wish." Clarence Terpening, 158 South Cedar St., Galesburg, Ill.

"After just a few treatments my dandruff was gone and in less than thirty days a new growth of hair was growing upon the 'bald spot.'"—Rev. Geo. D. Witt-haus, Knob Noster, Mo.



"When I started your treatment my hair was growing so thin you could see my scalp in spots. Now my hair is covered with new hair and which is much thicker than it has been for years."—Mrs. C. N. Stone, Box 231, Thomasville, N. C.



"Your Thermocap has done a wonderful thing in bringing back my hair where all other things had failed. The top of my head is now entirely covered with hair and new hair seems to be coming in all the time."—Harry A. Brown, 21 Hampton Place, Utica, N. Y.



Allied Merke Institutes, Inc., Dept. 5510, 512 Fifth Avenue, New York City

Please send me, without cost or obligation on my part, in plain wrapper, the free copy of the new booklet describing in detail the Merke Thermocap treatment.

Name .....  
(State whether Mr., Mrs. or Miss)

Address .....

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





# FOOD as TOOLS

## Obtain Direct Effects

After the body is thoroughly cleansed (by suitable fruits and vegetables) the daily meals exert an immediate and **DIRECT EFFECT**. By combining suitable classes of foods, you may then get **ACCUMULATED EFFECTS**, such as from *intensely NERVE nourishing meals, intensely MUSCLE nourishing, intensely LAXATIVE, intensely SOLVENT, intensely INSPIRATIONAL, intensely EMOTIONAL*, etc., according to desire. Foods as tools enable an ambitious person to accomplish his objects, in himself and in his associates.

Exercise is tiring and destructive to tissue if you eat unsuitable muscle foods.

## Control Your Moods by Foods



Our different moods are under the influence of different meals. Some meals produce great vitality, strong nerves, strong eyes, presence of mind, moral strength; other meals of finest

quality (including game, poultry, whites of eggs, almonds, pears, asparagus, spinach, celery, etc.) are inspirational or favorable to artistic development. Other meals of tea, fatty, starchy and sweet foods, in excess, make one nervous, shy, low-spirited. Appropriate meals maintain virtue and continence by preference without any restraint. It is only the heat-producing and irritating meals that arouse the lower nature.

Brainy meals make mental work easy.

Do not take an athlete's meal when you want to do many hours of brain work at your desk, because muscle foods tend to clog your liver and stupefy you when you are inactive.



For special stress of mental work **DOUBLE YOUR BRAIN POWER** by eating a maximum brainy meal which yields many times the amount of nerve force that is in an ordinary meal.

Inappropriate meals discount every man 25 to 100 per cent, making some men chronic invalids, who accomplish nothing. Unsuitable meals produce unsanitary conditions in the body resulting in adenoids, enlarged tonsils, defective hearing, appendicitis, tumors, gall stones, etc.

## Aged People the Best Test

The testimony of aged people who have regained health on a Brainy Diet is conclusive because they have practically no reserve force on which to subsist, therefore they depend absolutely on the new nerve force in a brainy diet for their restoration to health.

Mr. B. L., 68 years, Proprietor of Dyeing Works, writes: "Enclosed find picture of fish which I tramped for three miles to catch. I climbed down rocks 75 feet above water. You know three months ago I was pretty bad: could hardly walk, had an attendant on account of vertigo. The severe neuritis in my arm and the rheumatism was too painful for sleep. Absolutely free from all

pains now and it is owing to the Brainy Diet System that I am alive."

Dr. R., a retired physician, 81 years: "Can now use my hand that was partially paralyzed. Can walk straight now and have much more energy."

Mrs. C. K. writes that she is 82 years and has used cathartics and enemas for 50 years. "No more headaches since adopting the Brainy Diet System the last six months and that is wonderful, since I had a headache almost every day, previously Constipation is overcome, I sleep well and my appetite is good."

Mr. F. C., 70 years, Proprietor of Department Store, writes: "As I improved in every respect at 70 years of age, I think there is good prospect for any one else. I was dropsical and rheumatic, have lost over 50 pounds of superfluous weight in two months, lost my rheumatism and have returned to business, something I never expected to do again."

## Young People Increase Income

The greatest service that old people can render the world is to popularize a brainy diet system among the young, for whom the possibilities are so great under a correct system of arranging their foods, because they have such abundant reserve force to supplement a correct diet.

Mr. T. L., age 22, clerk, who suffered from catarrh and had a weak, hoarse voice, writes: "Voice is clear and strong, head clear as a bell. Have resigned government position and am now making four times as much traveling, something I had the ambition but not the energy to do before. Have fattened up 20 pounds in two months."

## Try Efficient Living

**TUMORS DISSOLVED, SIGHT AND HEARING RESTORED.** File 3610. Sworn statement. "For twenty years I suffered with rheumatism. My feet and legs swelled until I could hardly stand on them. I had difficulty with both sight and hearing, being compelled to wear glasses. I was troubled with my kidneys and bladder, time deposits; also goitre, and suffered with hemorrhages each month. My physician discovered that I had two tumors."

"When I began the Brinkler System of Eating, I could not sit on the floor with my legs parallel to the floor as my muscles and joints were too stiff."

"To show you the result of following my instructions, I am enclosing two photographs showing how I can now do the shoulder stand through perfect control of muscles and joints. There is not a pain in my body and I can read and write without glasses, and my hearing has been restored. My memory has also improved. Tumors are almost entirely gone, and the hemorrhages have ceased."

"By occupation I am a saleslady, and I am pleased to say I have not lost one day's work since commencing the Brinkler System. I am no longer troubled with that terrible swelling of feet and legs. Neuritis vanished like magic. I have taken no medicine during the past eight months, whereas my drug bill was formerly from \$15 to \$20 each month. My bowels are restored to normal, functioning three times each day and in proper condition."

"This testimonial is entirely unsolicited, and is given in the hope that some other sufferer may be benefitted thereby."

**EPILEPSY.** Physician, fits for four years, average every ten days. Convulsions disappeared. Strength multiplied many times.

**ECZEMA FOR 53 YEARS.** Age 65. File M-2250. Body covered with eruptions.

"Before instruction could only walk two blocks in one day. After 90 days, could walk four miles with ease. Was almost entirely cured in 90 days."

My former physician and friend has cured two cases by your diet."

**PREGNANCY.** Age 40. File M-5297. Mrs. — Sworn Statement.

"Swelling feet and hands, mental depression, and sense of awkwardness were remarkably absent as compared with my two previous children."

"I have no very clear recollection of the births of my last two children, as the deliveries were so rapid. I consider it immeasurably far ahead of Twilight Sleep."

**REDUCED 150 POUNDS. ARTHRITIC.** A chronic sufferer, weighing 415 pounds, unable to exercise, took correct combinations of ordinary daily foods and reduced over 150 pounds. (In public life, under many witnesses) gained strength, with firmer flesh, and lost rheumatism. Full details in booklet.

**RESTORED TO WORK. GAINED 20 POUNDS.** Age 52. File D-735. Carpenter. Constipation, congested liver, general weakness.

"After having been out of work nearly a year through weakness, and thinking I could never again do regular work, I was restored to work as carpenter at full pay in three weeks and was able to hold my job. Since then I gained 20 pounds."

**ASTHMA, HAY FEVER.** File B-979. Age 27 Stenographer.

"Never had anything do me more good in all my life. First summer in eight years free from Hay Fever and Asthma. Never looked so well as now."

**CONSTIPATION.** Age 44. File M-14072. Mrs. — "At last I have obtained the desired result, viz.: a natural movement of the bowels without an aperient. I look on it as quite equal to a miracle, as it is at least six years since I had a movement of the bowels without pills or salts or enema, etc. I feel fully rewarded for my money, effort and patience."

"Since my bowels are moving naturally and regularly I do not suffer so with my right leg, the sciatic nerve and varicose veins, nor with the pain in the region of the appendix. These pains have been part of my daily existence for years."

**HEMORRHOAGE. TOO WEAK FOR OPERATION.** File B-2844. Mrs. S. H.

"For seven years I suffered terrible hemorrhages, and not one of the doctors could do anything to stop them."

"After taking Brinkler System two days the hemorrhages began to check, and by the end of the third day had entirely ceased, and have not lost a drop of blood since, that is six years ago this May, 1914."

**ARTHRITIS.** Age 58. File M-13137. Clergyman.

"Have more vigor and better action than I've had in many years. My flesh seems solid, my color better, my circulation is better, my whole system is better, and I would not go back to the old combination of foods, and bind myself to live one year on them for \$10,000."

**FALLEN STOMACH AND INTESTINES.** Age 63.

"Sagging of the intestines disappeared in four days, along with constipation, as bowels acted the first time naturally in 25 years. I gained 14 pounds in 11 days."

**PROSTATE.** J. O. C. wrote: "Prostate trouble which consisted of severe irritation and inflammation of which I was conscious every minute of the day, disappeared within two weeks, although I have suffered three years or more."

**NEURASTHENIA.** File B-1889. "The Brinkler System has cured me of four years of neurasthenia, of months of continuous headaches, of indigestion, night emissions. I had as a result secured a position at a 25 per cent increase in salary."

**STONE IN KIDNEY. WEIGHT REDUCED.** File M-4966. Mrs. A. D. "My illness was caused from stone in the kidney, when one lodged near the uterus I was in such pain the doctor used chloroform."

"Through following your advice, the stone crumbled and passed out. I saved a dessertspoonful of gravel or stones that passed and could have saved more. I lost ten (10) inches in measurement around abdomen in three months after commencing instruction."

**BRAIN POWER.** File M-1774. Age 23. Book-keeper. From First Report:

"Very decided general improvement in my carriage and nerve control. More optimistic, sunnier disposition, brain clearer, better able to study."

**ULCERS. MISPLACEMENTS.** File M-2981. Mrs. A. C.

"By the time I was through with your course, I had no more headaches, neuralgia or constipation, inflammation greatly reduced, felt energetic, happy and most comfortable during the hottest summer weather. Talk of an operation is now a thing of the past."

## Juices, No Water

New rich blood builds healthy tissue, displacing diseased tissue. No diagnosis required, only activities. Write us for particulars of Government Bulletins, describing experiments on convicts, hens, cows, etc. Deficient feeding produced disease, whereas full nutrition cured, e. g., paralysis, blindness in hens, rats, etc.; pellagra, beriberi, skin affections, etc., in men.

The following extracts are from sworn statements of pupils.

**PARALYSIS.** Age 61. Right hand and leg helpless three years, restored in three weeks.

Another, age 65, bedridden, hemiplegia. Sensation restored in three days. Could walk two miles daily after six weeks.

**ARTHRITIS.** All joints swollen with lime deposits. Knees and wrists locked immovable for eight months. Blind for two years. Can now see, walk and do home work.

**CATARRH, HAY FEVER, RESULTING DEAFNESS** decreased from the first meal.

**GALLSTONES.** Age 80. Bedridden, choleric every week for years, but not an attack since instruction over a year ago; now can do housework.

**TUMORS.** Age 40. Tumors weighing several pounds dissolved within a year.

**GOITRE.** Collar reduced 17 to 15, normal size. **UTERINE HEMORRHOAGE.** Age 50. Three years in rolling chair; weak from constant discharges. Now does housework, including washing.

**ECZEMA.** Age 69. Eyebrows lost. Skin cracked and scaling. Normal in three months.

**PORRHOEA.** Age 65. Pus ceased on 7th day.

**PREGNANCY.** Age 30. With last two children suffered no nausea, no swollen feet, nor constipation as previously. Delivery painless.

**CONSTIPATION.** Three Healthy Eliminations Daily **BRAINY BALLS** make mental work easy. Muscle nourishing meals, build firm flesh. Sworn statements. Over 6,000 pupils. Educational book, 10 cents.

**BRINKLER SCHOOL OF EATING**

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