

What Should You Eat

# ★ Strength



September

25¢

Jeffries-Dempsey-

Fitzsimmons

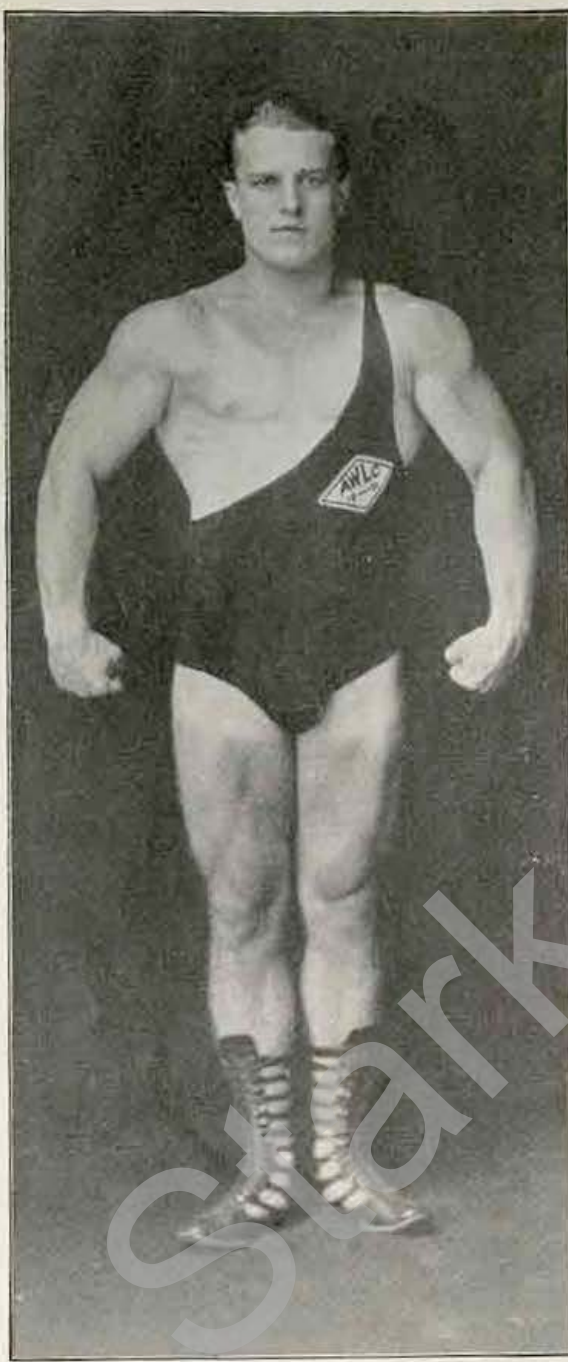
Why Be Old

Is Your Boy in Camp

PEARL CHERN



# Milo Bar Bells Bring True Your Dreams of Physical Perfection



**L. H. CUNNINGHAM**  
Whose Superb Physique Should Be Proof to You  
of What the Milo System Can Do.

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

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

### What Is Your Desire? A Bar Bell Can Supply It

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

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

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

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

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

### Get Away From the Idea That Bar Bells Mean Hundreds of Pounds to Be Lifted

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

### Our Guarantee Is the Broadest in the History of Body Culture

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

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

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

*Mail This Coupon Now!*

The Milo Bar Bell Co., Dept. 701  
2739 N. Palethorp St., Philadelphia, Pa.

Gentlemen:  
Send me, without obligation, your free booklet on Bar Bells and Strong Men.

Name .....

Address .....

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

**The Milo Booklet Is FREE!**

**The Milo Bar Bell Co.**

Dept. 701  
2739 N. Palethorp St. Philadelphia, Pa.



# Have the VITALITY of a Champion

Have the punch—the power—the speed—the everlasting energy of a champion. It's not hard to get. It's far easier than you think, because I've learned the hidden secret of building vitality into a man almost overnight. I've taken hundreds of men from the ranks and made them into leaders—champions in every walk of life. *I did it in 90 days. And I can do it to you!*

## Here's How to Get It

People call me the Muscle-Builder. I take weak, run-down, under-developed bodies, and transform them into great, broad-shouldered, handsome ones in a few short weeks. I tune up the heart, the lungs, the liver, the kidneys, and build a wall of healthful muscular protection around them that laughs at disease and ill-health. It seems uncanny the way you grow before your own eyes. How your chest comes out and your stomach draws in—how your arms begin to bulge with the superhuman strength I build there, and little lumps of firm muscles will begin to appear all over your body.

## 15 Minutes is All I Need

And to make you grow like this I ask only 15 minutes of your spare time each day. 15 minutes of simple, easy energy-building movements, which you can do in the privacy of your own room. To you it seems like a pleasant, little workout. But every single movement is the result of over 20 years of careful scientific study, and they bring surprising results. There is no wasted effort; no extra work—and how your body speeds toward the goal of physical and mental perfection. The goal every man must reach to be a champion.

## My 30-Day Guarantee

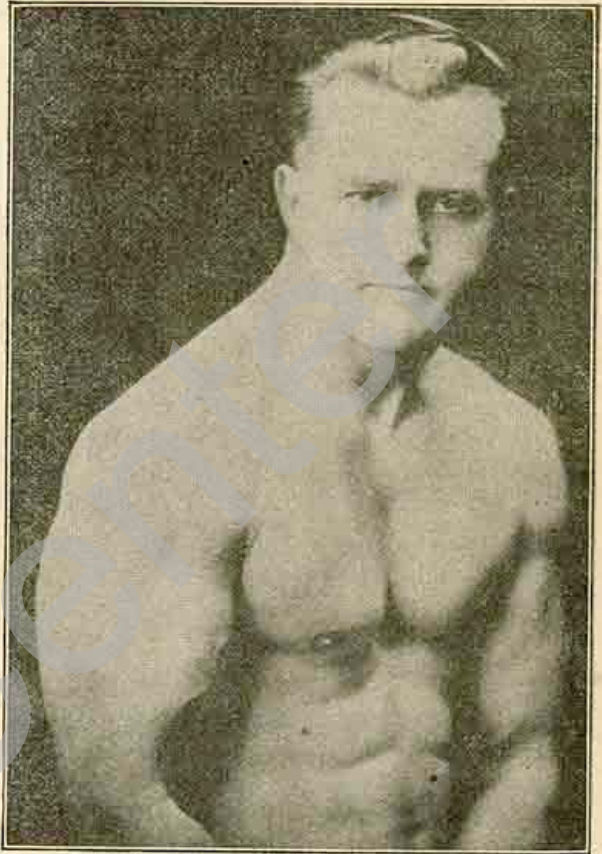
I don't just promise these things. I know what I can do. In 30 days I guarantee to add one full inch of real, live muscle to each of your arms, and two full inches of the same champion-building strength across your chest. And it all comes so easily—so quickly—that you'll hardly believe your eyes when you see the improvement in your mirror.

## Your Success Builds an Army of Friends

And as you grow, you'll change—somehow you'll find yourself more alert mentally. You'll grasp things easier, your work will seem like play, and you'll still have plenty of pep at the end of the day to go out night after night and enjoy the good times life holds for you.

Your boss will notice the difference, too. He'll begin to take an interest in you, and before you know it, you'll find yourself doing things he wouldn't trust other men to do. Your wife or sweetheart will notice the change, and you'll revel in the joy of her ever-increasing love.

But let me tell you all about it in my new 64-page book. It is absolutely free. Just clip and mail the coupon and it's yours. Do it now and see how easy it is to be the man you've always dreamed of being.



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

Send for My New

64 Page Book

# "Muscular Development"

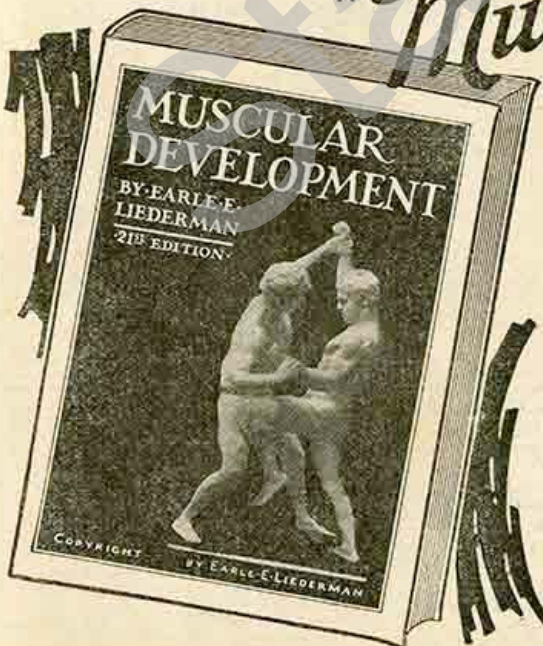
IT IS FREE

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

**EARLE LIEDERMAN**

Dept. 709

305 Broadway, New York City



**IT IS FREE**

DON'T  
SEND ONE  
PENNY  
YOUR  
NAME AND  
ADDRESS  
ON A  
POSTAL  
WILL DO

EARLE E. LIEDERMAN,  
Dept. 709, 305 Broadway, New York City

Dear Sir: Without any obligation on my part whatever please send me a copy of your latest book, "Muscular Development."

Name.....

Address.....

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

(Please write or print plainly.)





# Strength

SEPTEMBER, 1928

Vol. XIII

No. 7



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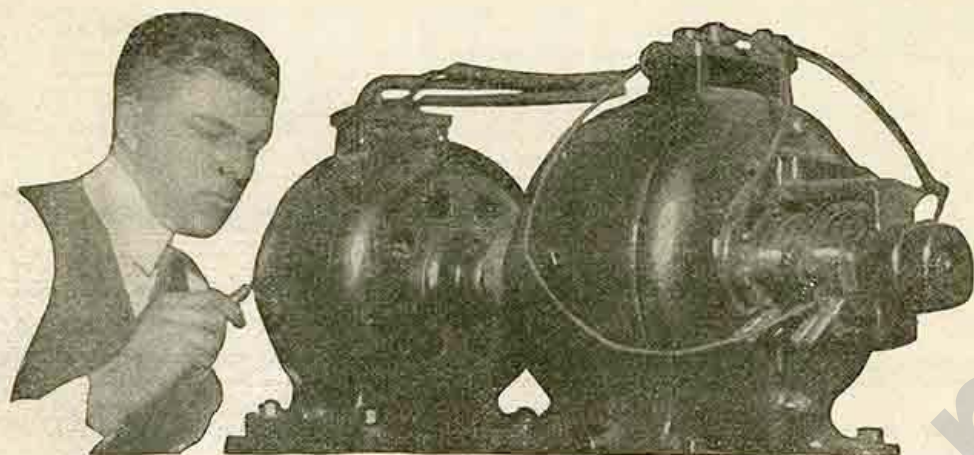
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# Amazingly Easy Way to get into ELECTRICITY

Don't spend your life waiting for \$5 raises in a dull, hopeless job. Now . . . and forever . . . say good-bye to 25 and 35 dollars a week. Let me show you how to qualify for jobs leading to salaries of \$50, \$60 and up, a week, in Electricity—NOT by correspondence, but by an amazing way to train, that makes you a practical electrician in 90 days! Getting into Electricity is far easier than you imagine!

## Learn on Actual Electrical Machinery in 90 Days

**L**ACK of experience—age or advanced education bars no one. I don't care if you don't know an armature from an air brake—I don't expect you to! It makes no difference! Don't let lack of money stop you. Most of the men at Coyne have no more money than you have. That's why I have worked out my astonishing offers.

### FREE

#### Employment Service

Many of my students earn a good part or all their living expenses and should you need this assistance we will help you. Then, in 12 brief weeks, in the great roaring shops of Coyne, I train you as you never dreamed you could be trained . . . on one of the greatest outlays of electrical apparatus ever assembled . . . real dynamos, engines, power plants, autos, switchboards, transmitting stations . . . everything from doorbells to farm power and lighting . . . full-sized . . . full operation every day!



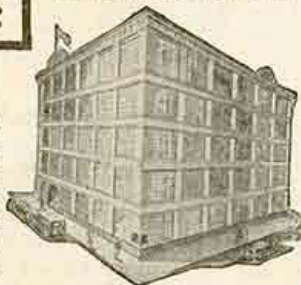
#### Prepare For Jobs Like These

Here are a few of hundreds of positions open to Coyne-trained men. Our free employment bureau gives you lifetime employment service.

- Armature Expert \$50 a Week and up
- Substation Operator, \$65 a Week and up
- Auto Electrician \$60 a Week and up
- Inventor \$70 a Week and up
- Maintenance Engineer Unlimited
- Service Station Owner \$60 a Week and up
- Radio Expert, \$60 a Week and up

#### Now In Our New Home

This is our new, fireproof, modern home, wherein is installed thousands of dollars worth of the newest and most modern electrical equipment of all kinds. We now have a larger amount of floor space devoted to the exclusive teaching of practical electricity. Every comfort and convenience has been arranged to make you happy and contented during your training.



#### Not a Correspondence School

Learn by doing . . . all real actual work . . . building real batteries . . . winding real armatures, operating real motors, dynamos and generators, wiring houses, etc. That's a glimpse of how we help to make you a practical electrician, and fitting you to hold big jobs after graduation.

#### Jobs, Pay, Future

Don't worry about a job. Coyne training settles the job question for life. Big demand for Coyne trained men. Our employment department gives you lifetime service. Two weeks after graduation, Clyde F. Hart got a position as electrician with the Great Western R.R.

at over \$100 a week. That's not unusual. We can point to many Coyne men making up to \$600 a month. \$60 a week is only the beginning of your opportunity. You can go into radio, battery or automotive electrical business for yourself—and make \$3000 a year and up.

#### Get the Facts

Coyne is your one great chance to get into electricity. Every obstacle is removed. This school is 29 years old—Coyne training is tested—proven beyond all doubt—endorsed by many large electrical concerns. You can find out everything absolutely free. Simply mail the coupon and let me send you the big, free Coyne book of 150 photographs . . . facts . . . jobs . . . salaries . . . opportunities. Tells you how many earn expenses while training and how we assist our graduates in the field. This does not obligate you. So act at once. Just mail coupon.

## Get this FREE Book



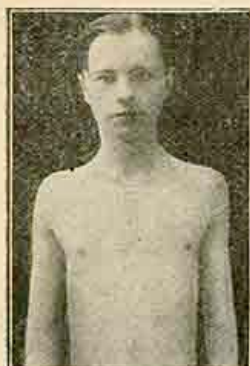
Mr. H. C. Lewis, Pres.  
COYNE ELECTRICAL SCHOOL, Dept. 68-82  
500 S. Paulina St., Chicago, Ill.

Dear Mr. Lewis:  
Without obligations send me your big free catalog and all details of Free Employment Service, Radio and Automotive Courses, and how many "earn while learning." I understand I will not be bothered by any salesman.

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

**COYNE ELECTRICAL SCHOOL**  
H. C. LEWIS, President, Dept. 68-82  
500 S. Paulina St., Chicago Established 1899



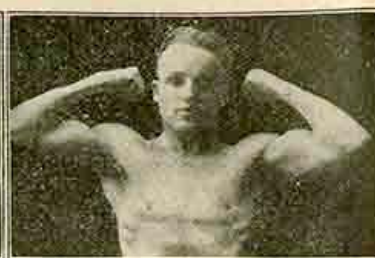


### BEFORE and AFTER

Did you ever see a more puny looking lad than the one on the left? Looks pretty hopeless, doesn't he? But not for Titus! The picture above shows how I made this boy over.



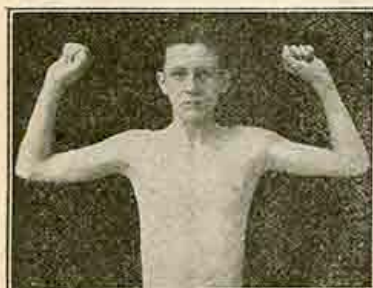
**BEFORE** "My friends called me 'slats,'" writes Wesley Webb, describing his condition before taking Titus Training. You can see for yourself what a puny youngster he was.



**AFTER** Now see what happened after Wesley wrote for the big free book, "Miracles in Muscle". The amazing improvement in his appearance certainly looks like a miracle doesn't it?

# Double

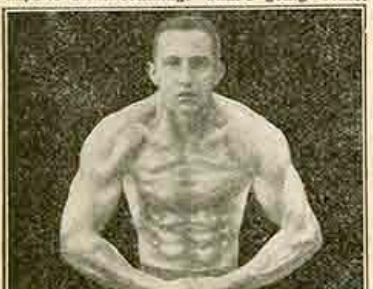
Amazing Discovery Gives You  
Muscles of Super-Power!



**BEFORE** You'd say this man was a physical wreck, wouldn't you? I'll bet he hated to step out on the beach in a bathing suit, and can you imagine the bullying he had to stand from the other boys in the gang?



**In 30 Days Pipe This!** Here's a real man! Just look at the way those muscles have developed in 30 days of Titus Training. That's going some.



**60 Days Later, and Now Look!** Every muscle in his body developed to giant size! You'd never recognize him as the same lad. Need I urge YOU to mail the coupon?

**GET** this, men! It's the greatest of all discoveries in physical culture! It's the secret that makes **CHAMPIONS!**

*You don't know your own strength!* There are hidden forces in your muscles that will amaze you. Learn how to use them and you'll be doing feats of strength you never thought possible. You'll be **ALIVE** with dynamic vitality. You'll have the **SPEED** of greased lightning—the deadly, crashing **POWER** of a tiger's spring. And, oh man, what a **PUNCH** you'll pack. Just let some big bully start something with *you!* He'll think a Kansas cyclone hit him!

Throw away the old-fashioned dumb-bells and all the rest of those moth-eaten exercisers. Quit working your heart out to raise a couple of bumps of lead-like muscles. Let Science do for you almost overnight what *years* of ordinary exercising will never do.

## Muscle Concentration

### The Secret That Makes Champions

You **KNOW** it isn't the mere size of muscles that counts. You know that one man may possess **DOUBLE** the strength of another man of equal muscular development. You know that some men can lick others **TWICE** their size. Do you know **WHY?**

In every field of sport, in every athletic contest—the **WINNER** is the man who possesses **MUSCLE CONCENTRATION**. It makes him **UNBEATABLE** in any supreme test of strength, or speed, or endurance.

Develop the power of Muscle Concentration and **YOU WILL DOUBLE YOUR STRENGTH**—almost overnight! You will be in the **CHAMPIONSHIP** class. You will be able to concentrate into any single muscle *the entire strength and nervous energy of your whole body*. You will have more power in your little finger than most men have in their arms!

It's this strange, uncanny power of Muscle Concentration that makes Titus-Trained men such marvels of fast, hard-hitting strength. It will charge **YOUR** muscles with **SUPER-POWER**.



#### Wear This Medal

Strong men all over the world wear it. It is recognized everywhere as the badge of the most finely developed men in existence. You may have the honor of wearing this handsome medal, made of solid statuary bronze. Mail the coupon and learn how to get it **FREE**.

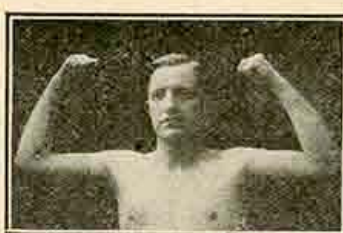




**BEFORE** Here's the way this lad looked before he wrote to Titus—pale-faced, soft, undeveloped. He had no more muscle than a snow-man. No strength, no energy. He certainly needed help.

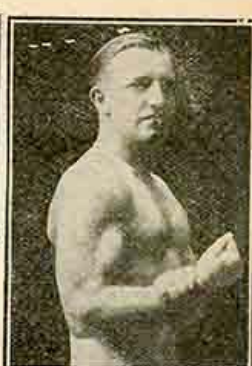


**AFTER** And this picture shows what a few weeks of Titus Training did for him. He's as hard as nails now, and look at those big powerful muscles. Note how all his muscles are developed—arms, chest, stomach, etc.



**BEFORE and AFTER**

Another example of the amazing transformation made by Titus Training. Mail the coupon for the wonderful FREE BOOK that tells how Titus does it.



# Your Strength Almost Overnight!

## Let Me Build You a REAL Body

You don't want BEEF. You don't want the clumsy, useless hulk of an elephant. Let me build you the body of a CHAMPION. Almost before you know it you'll have one of the prettiest developments you ever laid eyes on. Your whole body will be wrapped in beautiful, long, rippling muscles. Take a look at the pictures on this page. They show how Titus Training makes muscles GROW! And boy, they grow FAST! Titus Training is SCIENTIFIC—it develops EVERY muscle in your body. It makes you over from head to foot, inside and out.

I've taken fellows of every size and condition and transformed them almost overnight into perfect specimens of manhood!

I've been doing it for years. "Miracles worked in Muscle," people call them. But they are scientific miracles, because I've made a science of building men. Nobody else knows the secret of my method—but I know, and I know it'll do the same for you as it did for the lad shown above.

## In 30 Days I'll Increase Your Muscles by INCHES

Yes, sir, that's all I want—30 days—and just 20 or 30 minutes a day. In that short time I'll put layer after layer of muscle all over your body, till they stand out like iron bands. And they'll be panther Muscles, friend—muscles as live as spring steel—with the speed of lightning and the power of a battering ram.



## SAXON

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

HERMAN SAXON,  
(Brother of Arthur Saxon,  
World's Strongest Man.)



Get the Whole Amazing Story,  
Men—"Miracles in Muscle" is  
**FREE!**

Find out about the amazing discovery of Muscle Concentration. Read why Titus Training accomplishes such astounding results. See what it has done for thousands of others. This wonderful book is yours FREE if you send your name and address AT ONCE. Use the coupon, a postcard or letter. Do it NOW—you can't afford to miss THIS book.

The One **TITUS** 105 E. 13<sup>th</sup> St.  
and Only New York City

Titus, Dept. X-1210

105 East 13th St., New York City

Dear Titus: I'd like a copy of "Miracles in Muscle."  
Please send it FREE.

Name .....

Address .....

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



# Classified Advertisements

The rate for classified advertising in STRENGTH MAGAZINE is 10c a word. Cash must be sent with order. The closing date for each issue is the 20th of the second preceding month, viz., August 20th for the October issue. Address all orders or inquiries to Classified Advertising Manager, STRENGTH MAGAZINE, 104 5th Avenue, New York, N. Y.

## Books

A Perfect Life and How to Live It. \$3.00. By Dr. Henry Hoffman, Box 814, Omaha, Neb. Information free.

EUROPEAN BAR BELL BOOKS. Catalog. Trevor, 2 Highland Street, Phenix, Rhode Island.

## For Sale

BOOKS, MAGAZINES, Art Publications, in English, French, Spanish. Photo novelties, samples, lists, etc. 20 cents stamps. Villaverde Co., Dept. 204, Box 1329, Havana, Cuba.

Large Size Milo Duplex Bar Bell Set, \$12. F. H. Ehalt, 1829 Elm Street, New Albany, Ind.

## Courses For Sale

Slightly Used Courses. Physical Culture, Titus with apparatus, \$11.00. Taxidermy, Northwestern School, \$4.00. Child Training, Parents' Association, \$8.00. Electricity, L. L. Cooke, \$12.00. Higher Accountancy, LaSalle University, \$16.00. Salesmanship, N. S. T. A., \$14.00. Parcel post prepaid. Cash or C. O. D. Courses bought. Catalogue, 10c. Edgar Thompson, Glenwood, Minn.

New and Used Correspondence Courses. Sold one-fourth original price. Bargain Catalog free. Also bought, exchanged. Educational Exchange Co., 710 Lafayette Building, Detroit, Michigan.

Bar Bell Set, Cheap. Standard size Milo Duplex. Three courses. Physical Culture and Strength books. Prices and list on application. G. C., Box 101, Hastings, Oklahoma.

## Education and Instruction

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

## Motorcycles

USED MOTORCYCLES. Low terms. Also Parts, Accessories. Catalog free. Western Motorcycle Co., 942 East 15th St., Kansas City, Mo.

MOTORCYCLE BARGAINS—Used, Rebuilt, Guaranteed. Shipped on approval. Terms. Catalog free. Clymer, Denver, Colo.

## Songs

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

Song Poem Writers—"Real" proposition. Hibbeler, D43X, 2104 N. Keystone, Chicago.

## Dogs

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

HUNTING HOUNDS, Cheap. Trial. Dixie Kennels, C-6, Herrick, Ill.

## Health

Dr. Drow's Sanitarium for Children, an institution for the treatment and education of sub-normal children. Natural methods of treatment only. 4608-10 Wayne Avenue, Philadelphia, Pa.

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

## Health and Strength

Obtain Super Strength. Great oxidation discovery. Builds new cells instantly. Send only 25c to Instructor A. L. Bradley, Savannah, Ga.

## Hay Fever

Hay Fever. Instant relief by using General's Menthol Inhaler. Relieves distressing difficulty in breathing by clearing clogged passages. \$1.00. General's, Box 531, Kankakee, Illinois.

## Eyesight

School of Natural Eyesight, 596 Riverside Drive, N. Y. C. We teach you how to develop your eye-muscles, whereby defective sight becomes normal. Glasses permanently discarded. Squint. Partial Blindness. Crossed Eyes. Drooping Eyelids. Facial Rejuvenation.

## Personal

MARRY! Join exclusive club. The Ramona Correspondence Club. P. O. Box 514, Los Angeles, Calif.

GIRLS IN MEXICO, Cuba, Porto Rico, etc., want correspondents. Booklet, photos, particulars, dime, stamps. International, Dept. 64, Box 670, Havana, Cuba.

PRETTY GIRLS EVERYWHERE, many rich, will marry. Full descriptions free. Write Winter, 414 31st St., Milwaukee.

## Art Photos

French (Glazed Postcards) Daringly Nude. (Full View Poses). Hot Stuff, 6-\$1. Set 12 different, \$2. (8x10 Spanish Beauty with \$2 order.) Art Studios, McAdoo, Pa.

Nude Photos. Photographed direct from life. Absolutely unretouched. Three genuine photos, \$1.00, or 12 for \$3.00. Photo Institute, McAdoo, Penna.

Girl Photos—Own my set of beautiful pictures of prettiest and most shapely girls in daring poses. 50c (coin). General's, Box 531, Kankakee, Illinois.

19 Beautiful Art Pictures, 25c (coin). Geo. Freas, 820 Kimber St., Camden, N. J.

## Photographs

ENLARGEMENTS from your snapshot negatives. Special, 6 x 9 inch ferrotyped glossy, 50c; three same, \$1.00; three different, \$1.25. Ideal for publication purposes. Hobby Shop, Six, Traffic Station, Minneapolis, Minn.

## Schools and Colleges

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

## Detectives

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

## Help Wanted—Male

Men—Get Forest Ranger job; \$125-\$200 mo. and home furnished; hunt, fish, trap. For details, write Norton Institute, 1543 Temple Court, Denver, Colo.

BIG PAY: South American Work. American firms pay fare, expenses. South American Service Bureau, 14,600 Alma, Detroit, Mich.

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AGENTS WANTED for the best health garment, for vitality and posture, for men and women, ever offered the public. Write Liberty Brace-Belt, Inc., 2929 Broadway, New York City.

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Address Envelopes at home, spare time. Experience unnecessary. Dignified work. \$15-25 weekly easy. Particulars 2c stamp. Imperial Stationery Company, Dept. 7, Greenfield, Ohio.

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Wanted—Copy of Strength Magazine, April issue, 1923. Good price paid. Write to W. G. Munson, 7933 Manistee Ave., Chicago, Ill.

Wanted—Bar Bell. La Grande Martin, Chester, Pa.

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

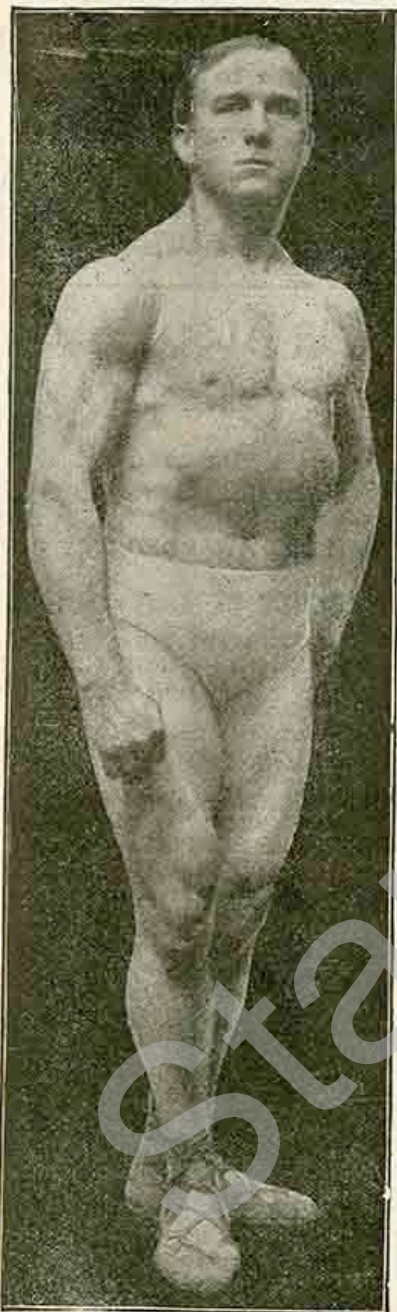
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# Weak Men are Vitalized WHEN STRONGFORT TAKES HOLD



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Do you flinch and cringe and blush when strong men or women look you straight in the eyes? Are you timid in company? Do you feel afraid to approach people—afraid to ask for a better job?—or for better pay? Are you shy about asking a girl to dance, or do you make up your mind the girl you want won't care for you? Do you pass up a lot of fun because you feel you are not wanted in a party or a crowd of fun-makers? If this is your state of mind, you're slipping badly—you're headed for oblivion—you'll go on down and down, deeper and deeper until you become a nervous wreck and a worthless recluse, denying yourself all the joys of life.

## DON'T BE DESPISED

Don't be laughed at, gossiped about, sneered at, despised. You are to be pitied if you are discouraged and despondent and down with the blues, but who wants to be pitied? You don't. You want to be a manly man—a strong, healthy chap it is a pleasure to meet and associate with—a fellow that men like to call by his first name—one whose company is craved—a regular fellow. And you can be just such a man no matter how far down the ladder you've slipped, no matter how you've neglected yourself, no matter what your excesses or your dissipations. You can be revitalized, regenerated, restored to the full flower of manhood—this I can promise you through Strongfortism.

## STRONGFORTISM—WILL DO WONDERS FOR YOU

I have made powerful men out of mere weaklings. You can have good health and manly strength. You can have energy and vitality. You can have a clear, unflinching eye and a steady nerve. You want courage, "sand" and pep. All these will be your precious possessions by following in the paths in which I have directed thousands—You can be a real man. Above all you can rid yourself of disheartening weaknesses and blighting ailments such as constipation, indigestion, rheumatism, high blood pressure, nervousness, lassitude, insomnia, catarrh, chronic colds, etc.

But remember this—mere development of external muscles on arms, legs and body does not bring health and permanent strength. Your INTERNAL muscles must have first consideration, for these muscles must be made the foundation of all health and strength—and here is where my course—STRONGFORTISM—differs from all others you have ever heard of. I develop the INTERNAL muscles and start your strength AT THE SOURCE. Through these muscles I eradicate disease and RESTORE POWERS that have been weakened through neglect or excesses.

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It doesn't matter what has wrecked your human machine. It may be a condition of body and mind brought on by overwork, dissipation or other excesses that fairly eat away your vitals and leave you a nervous wreck. But whatever the cause—when I take hold of you I show you how to conquer your weakness, stop the inroads of disease, free yourself from annoying ailments that are a daily drag on your stamina. I put you on your feet and start you on the royal road to strength and health, and soon you feel new hope, courage, manliness—a new life opens up to you.

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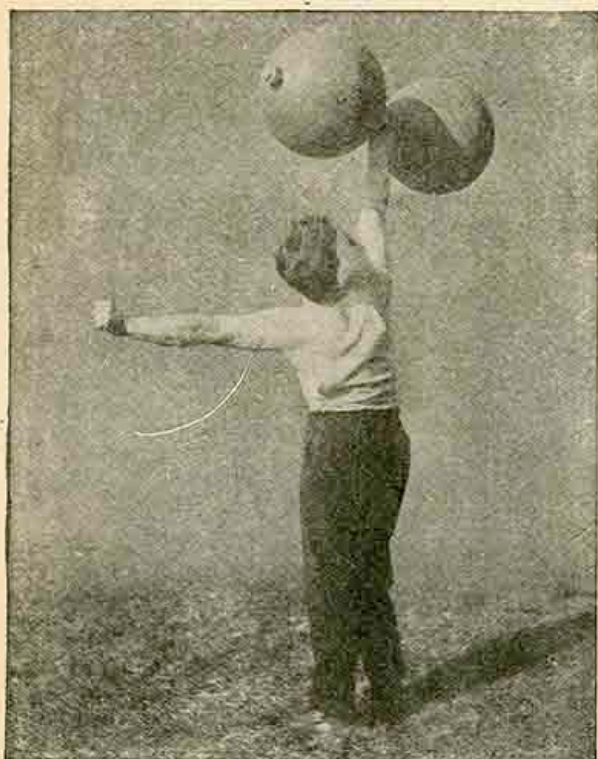
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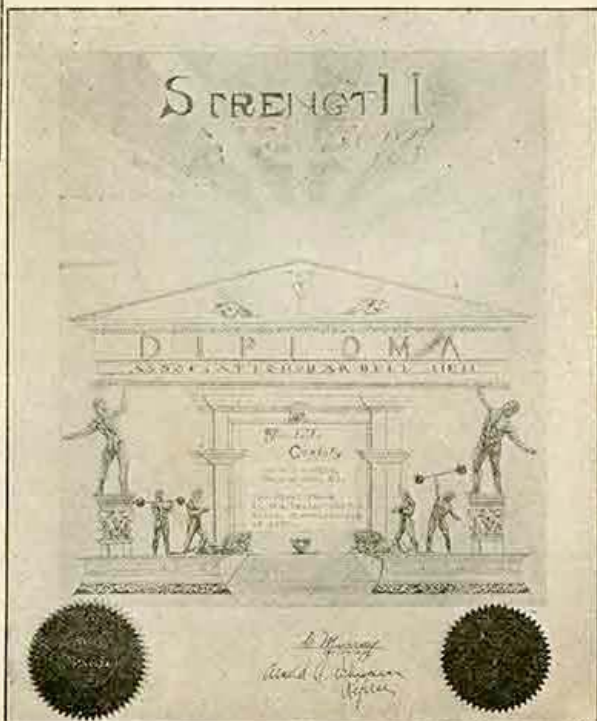
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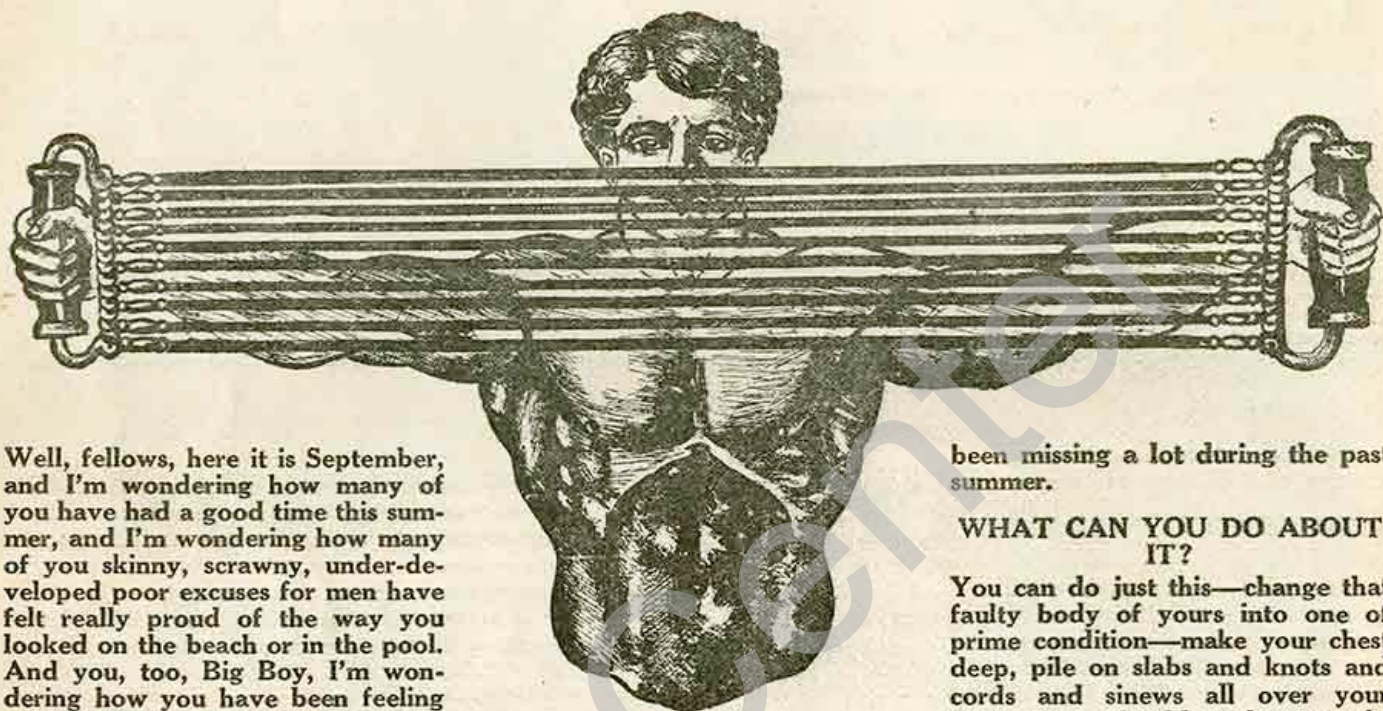
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# Are You Ashamed of Your Body?



Well, fellows, here it is September, and I'm wondering how many of you have had a good time this summer, and I'm wondering how many of you skinny, scrawny, under-developed poor excuses for men have felt really proud of the way you looked on the beach or in the pool. And you, too, Big Boy, I'm wondering how you have been feeling about that sloppy body of yours—have you been trying to kid yourself that all the girls and fellows who turned to look a second time at you were admiring you? Well, take it from me, they were—not. Do you get what I mean? I'll say you do—here, you have loafed all summer long when you could have put in a few minutes daily with one of my exercisers and literally re-

made that freakish physique of yours over into a real he-man's body. You may say you don't care, and all that, and you may fool some people, but you can't fool me and you can't fool yourselves—you do care, you are ashamed of your "ugly duckling" body, and because of it you have

been missing a lot during the past summer.

## WHAT CAN YOU DO ABOUT IT?

You can do just this—change that faulty body of yours into one of prime condition—make your chest deep, pile on slabs and knots and cords and sinews all over your back, arms, shoulders, legs, trunk; make yourself a real he-man. YOU can make yourself attractive to the opposite sex and admired in the eyes of men.

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The above prices are ALL you have to pay. I include free my wonderful twelve weeks' course, fully illustrated and explained, absolutely without charge, and I pay all transportation charges direct to your door.

## JACK SANDOW

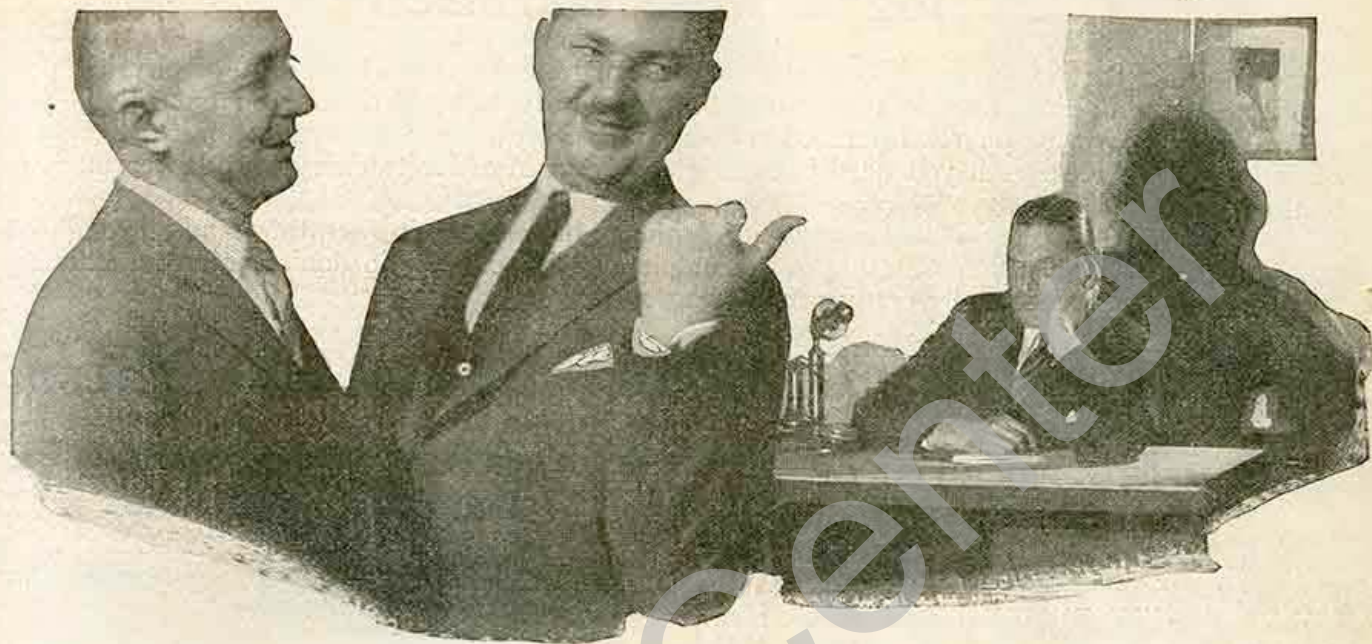
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# They Thought I Was A Weak Sister -But I Took Their Breath Away!



ALL of a sudden the office was very quiet, as sometimes happens for an instant or two, and a few words reached me, "Oh, he won't dare kick," the manager was saying, "he's a pretty weak sister."

Mechanically I went on with my work, wondering vaguely who the weak sister could be. A new man had just been hired for our department and desks were being moved to make room for him. A minute later I looked up and saw the chief clerk standing at my side. "Bob," he crisply ordered, "move your desk back in that corner. I want this space for the new assistant I've hired." Then he turned and strode away.

I gulped and wilted down into my chair. I was the weak sister! And I was actually being demoted! The new man was being hired for my place! This was my reward for all my hard work—this was how I won out by waiting patiently for my turn to be promoted. I had even congratulated myself on my close-lipped, reserved manner—I thought I was showing strength of character by sticking to my work and not trying to push myself—to show off.

And that was the whole trouble. I had plenty of steel in my makeup, but I had no ability to express myself. I was timid, self-conscious, and actually afraid of my own voice. I would study out the office problems and find solutions for our difficulties, but I didn't know how to present these ideas to the man up ahead. Several of the boys who had started at the time I did were now department managers—because they had the knack of forceful speech, self-confidence and personality—the very qualities I lacked.

It made me good and mad—and I resolved to show them—to get rid, once and for all, of my timidity and shyness—my bashfulness and lack of poise.

## In Twenty Minutes a Day

And then suddenly I discovered a new easy method which made me into a good talker—a forceful and powerful speaker—almost overnight. I learned how to say just the right words at the right time, how to win and hold the attention of those around me, how to bend others to my will, how to dominate one man or an audience of thousands. My self-consciousness began to vanish. One morning I got up my courage and presented the manager and the chief clerk with a complete plan for rearranging our department—

stating it simply and clearly, but in a pleasing, interesting and forceful way. I actually took their breath away—they were so amazed that they gave me full power to carry out my ideas!

Soon I had won salary increases, promotion, popularity, power. Today I always have a ready flow of speech at my command. I am able to rise to any occasion, to meet any emergency with just the right words. And I accomplished all of this by developing the natural power of speech possessed by everyone, but cultivated by so few—by simply spending 20 minutes a day in the privacy of my own home on this most fascinating subject.

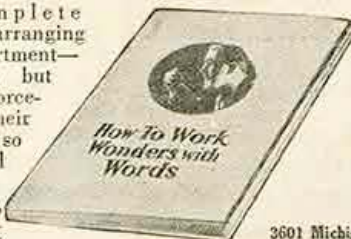
There is no magic, no trick, no mystery about becoming a powerful and convincing talker. You too, can conquer timidity, stage fright, self-consciousness and bashfulness, winning advancement in salary, popularity, social standing and success.

Today business demands for the big, important high-salaried jobs, men who can dominate others—men who can make others do as they wish. 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 a salesmanager's desk; another from the rank and file of political workers to a post of national importance; a timid, retiring, self-conscious man to change almost overnight into a popular and much applauded after-dinner speaker. Thousands have accomplished just such amazing things through this simple, easy, yet effective training.

## Send For This Amazing Book

This new method of training is fully described in a very interesting and informative booklet which is now being sent to everyone mailing the coupon below. This book is called, *How to Work Wonders With Words*. In it you are shown how to conquer stage fright, self-consciousness, timidity, bashfulness and fear—those things that keep you silent while men of lesser ability get what they want by the sheer power of convincing speech. Not only men who have made millions, but thousands have sent for this book—and are unstinting in their praise of it.

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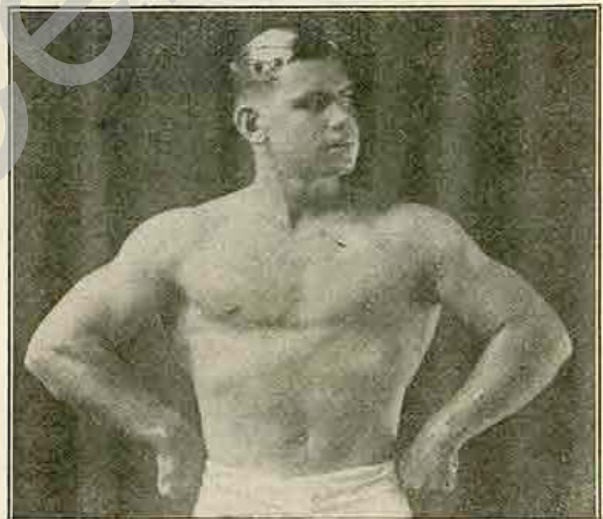
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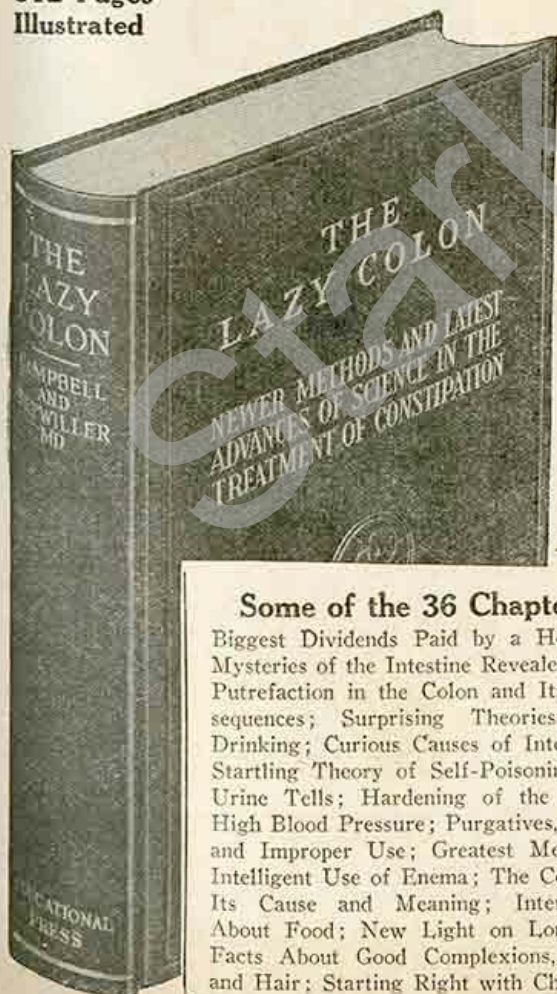
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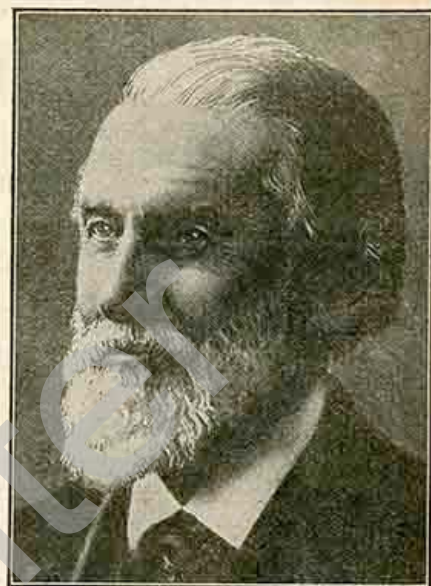
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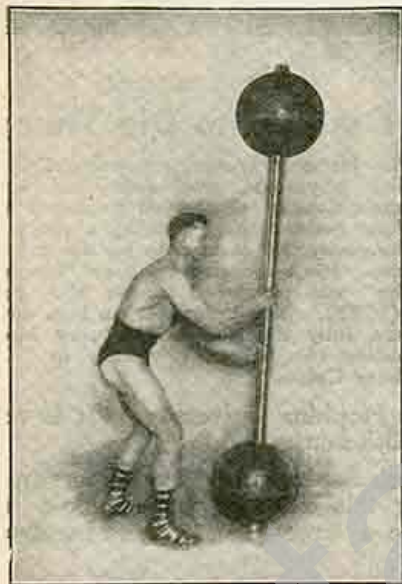
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The books in this combination are "Super-Strength" and "The Key to Might and Muscle." The combination price is approximately 30 per cent. lower than the price of either one of the books sold for originally. Imagine that, fellows—two great books for less than one book originally cost. Better grab this, or better still, the above offer of the entire three books.

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Our advice to you and everyone is to get these books and get them quickly. Whether you are a weight lifter of advanced ability; just a beginner at weight lifting; or only a bar bell man of a few weeks standing; or one who has never seen a bar bell, you have very much to gain by reading these books.

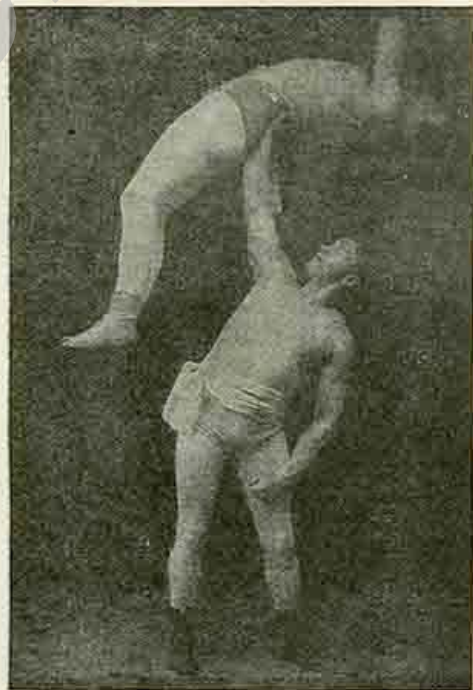
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# A Startling Memory Feat That You Can Do

*How I learned the secret in one evening. It has helped me every day*



**W**HEN my old friend Faulkner invited me to a dinner party at his house, I little thought it would be the direct means of getting me a one-hundred-and-fifty per cent. increase in salary. Yet it was, and here is the way it all came about.

Toward the close of the evening things began to drag a bit, as they often do at parties. Finally some one suggested the old idea of having everyone do a "stunt." Some sang, others forced weird sounds out of the piano, recited, told stories, and so on.

Then it came to MacDonald's turn. He was a quiet sort of chap, with an air about him that reminded one of the old saying that "still waters run deep." He said he had a simple "stunt" which he hoped we would like. He selected me to assist him. First he asked to be blindfolded securely to prove there was no trickery in it. Those present were to call out twenty-five numbers of three figures each, such as 161, 249, and so on. He asked me to write down the numbers as they were called.

Then this was done, MacDonald then astounded everyone by repeating the entire list of twenty-five numbers backwards and forwards. Then he asked people to request numbers by positions, such as the eighth number called, the fourth number, and so on. Instantly he repeated back the exact number in the position called. He did this with the entire list—over and over again, without making a single mistake.

Then MacDonald asked that a deck of cards be shuffled and called out to him in their order. This was done. Still blindfolded, he instantly named the cards in their order backwards and forwards. And then, to further amaze us, he gave us the number of any card counting from the top, or the card for any number.

You may well imagine our amazement at MacDonald's remarkable feat. You naturally expect to see a thing of this sort on the stage, and even then you look upon it as a trick. But to see it done by an everyday

business man, in plain view of everyone, blindfolded and under conditions which make trickery impossible, is astonishing, to say the least.

\*\*\*\*\*

**O**N the way home that night

I asked MacDonald how it was done. He said there was really nothing to it—simply a memory feat, the key to which anyone could easily learn in one evening. Then he told me that the reason most people have bad memories is because they leave memory development to chance. Anyone could do what he had done, and develop a good memory, he said, by following a few simple rules. And then he told me exactly how to do it. At the time I little thought that evening would prove to be one of the most eventful in my life, but such it proved to be.

What MacDonald told me I took to heart. In one evening I made remarkable strides toward improving my memory and it was but a question of days before I learned to do exactly what he had done. At first I amused myself with my new-found ability by amazing people at parties. My "memory feat" as my friends called it, surely made a hit. Everyone was talking about it, and I was showered with invitations for all sorts of affairs. If anyone were to ask me how quickly to develop social popularity, I would tell him to learn my memory "feat"—but that is apart from what I want to tell you.

The most gratifying thing about the improvement of my memory was the remarkable way it helped me in business. Much to my surprise I discovered that my memory training had literally put a razor edge on my brain. My brain had become clearer, quicker, keener. I felt that I was fast acquiring that mental grasp and alertness I had so often admired in men who were spoken of as "wonders" and "geniuses."

The next thing I noticed was a marked improvement in my conversational powers. Formerly my talk was halting and disconnected. I never could think of things to say until the conversation was over. And then, when it was too late, I would always think of apt and striking things I "might have said." But now I can think like a flash. When I am talking I never have to hesitate for the right word, the right expression or the right thing to say. It seems that all I have to do is to start to talk and instantly I find myself saying the very thing I want to say to make the greatest impression on people.

It wasn't long before my new-found ability to remember things and to say the right thing at the right time attracted the attention of our president. He got in the habit of calling me in whenever he wanted facts about the business. As he expressed himself to me, "You can always tell me instantly what I want to know, while the other fellows annoy me by dodging out of the office and saying 'I'll look it up.'"

**I** FOUND that my ability to remember helped me wonderfully in dealing with other people, particularly in committee meetings. When a discussion opens up the man who can back up his statements quickly with a string of definite facts and figures usually dominates the others. Time and again I have won people to my way of thinking simply because I could instantly recall facts and figures. While I'm proud of my triumphs in this respect, I often feel sorry for the ill-at-ease look of the other men who cannot hold

up their end in the argument because they cannot recall facts instantly. It seems as though I never forget anything. Every fact I now put in my mind is as clear and as easy to recall instantly as though it were written before me in plain black and white.

We all hear a lot about the importance of sound judgment. People who ought to know say that a man cannot begin to exercise sound judgment until he is forty to fifty years of age. But I have disproved all that. I have found that sound judgment is nothing more than the ability to weigh and judge facts in their relation to each other. Memory is the basis of sound judgment. I am only thirty-two, but many times I have been complimented on having the judgment of a man of forty-five. I take no personal credit for this—it is all due to the way I trained my memory.

**T**HESSE are only a few of the hundreds of ways I have profited by my trained memory. No longer do I suffer the humiliation of meeting men I know and not being able to recall their names. The moment I see a man his name flashes to my mind together with a string of facts about him. I always liked to read, but usually forgot most of it. Now I find it easy to recall what I have read. Another surprising thing is that I can now master a subject in considerably less time than before. Price lists, market quotations, data of all kinds, I can recall in detail almost at will. I rarely make a mistake.

My vocabulary, too, has increased wonderfully. Whenever I see a striking word or expression, I memorize it and use it in my dictation or conversation. This has had a remarkable sparkle and pulling power into my conversation and business letters. And the remarkable part of it all is that I can now do my day's work quicker and with much less effort, simply because my mind works like a flash and I do not have to keep stopping to look things up.

All this is extremely satisfying to me, of course. But the best part of it all is that since my memory power first attracted the attention of our president, my salary has steadily been increased. Today it is many times greater than it was the day MacDonald got me interested in improving my memory.

**W**HAT MacDonald told me that eventful evening was this: "Get the Roth Mental Power Course." I did. That is how I learned to do all the remarkable things I have told you about.

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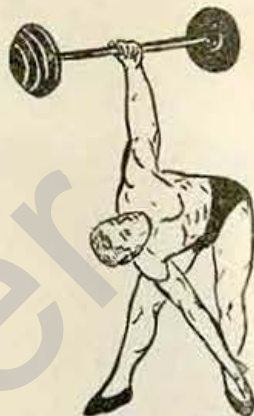
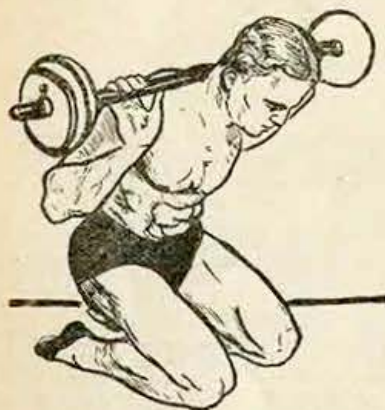
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## The Next Most Important Thing —IS THE WAY YOU LOOK

Your personal appearance counts for a lot in these times. It is nice to look well in a bathing suit, but it is far more important to be able to create an impression when in your street clothes. To have people exclaim, "My, what a finely built chap!" after one glance at the broad shoulders, deep chest, trim waist, and beautiful proportions which are noticeable even when you are fully dressed.

Your aim in training should be, not health alone, not appearance alone, not strength alone, but that combination of all three, which is the surest sign of real vigor.

I am looking for the man who wants those things and wants to save time getting them. I am looking for the man who knows that he needs to improve his physical make-up, who has very little time to exercise and who *must have results*.

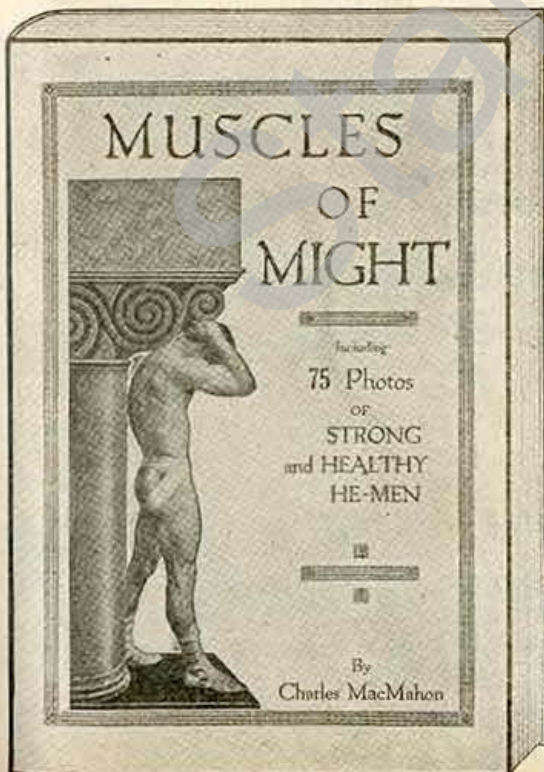


## I'll Give You a Physique That Will "Knock Them Dead"

Yes, sir, you won't feel embarrassed under the public's gaze when I get through with you. And why? Because you will know that the public's opinion of your build is of the highest order—unconcealed admiration. Yours will be the type of physique that appeals to both sexes. You can't imagine the great satisfaction in possessing the type physique that I will develop for you. It's a grand and glorious feeling and no mistake about it.

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There are in this book over 75 photos illustrating the muscles I develop for my pupils. There are also illustrations of my own muscular development. No matter how thin or weak you are now you must get this 96-page proof of how I have developed and strengthened the thin, weak and stout and how I can develop and strengthen you. Fellows—it's a booklet that will make you want to be extremely strong and well built and it will show you how. SEND NOW!

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That's What They'll Say of You After You Use

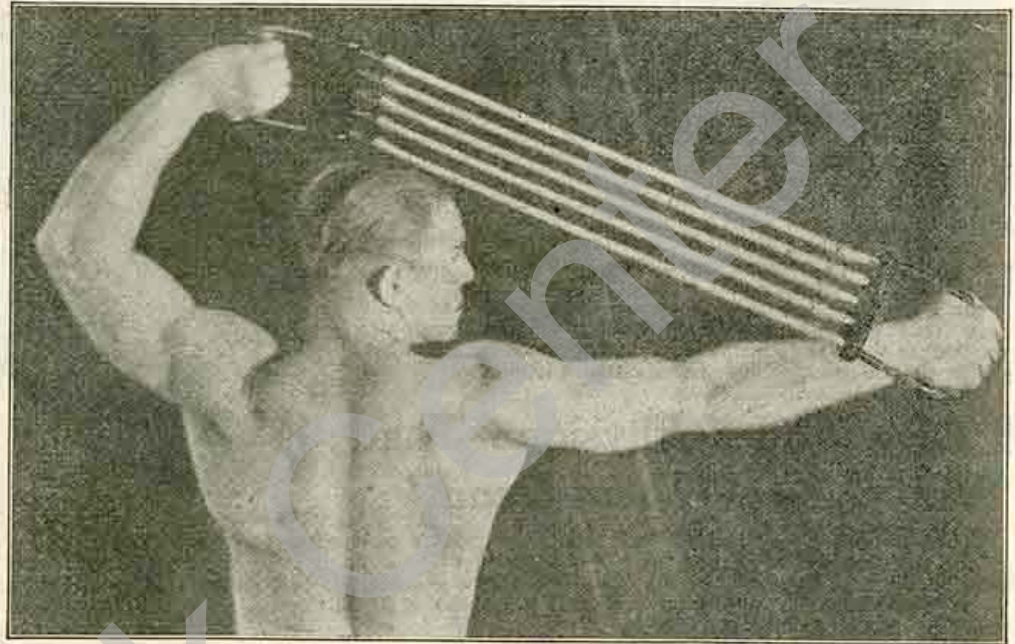
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# I Can State Positively

that the easiest and quickest way to get a magnificent build, and the super-strength that goes with it, is to"—that is the way the author of "Super-Strength" starts one of his highly instructive chapters. And, you can be sure that when an expert of the author's high quality (few compare with him) starts out that way you are going to be let in on some startling revelations.

The entire book is jammed full of highly interesting subjects like those quoted on this page. It's the biggest dollar's worth of useful information ever offered to those interested in all branches of this subject.

## "Why Should a Man "Go to Seed"

physically because he stops his exercise? As far as I can find out, the idea seems to be that during his training his organs have been overworked in the effort to support his muscular development, and that when he stops his hard muscular work his organs continue to work at the same pace as before; and that in some mysterious way this causes the man to suddenly decline in health. For the life of me I cannot see why this should be so. I know men who did the hardest kind of labor as young men, who changed the character of their work when they became about thirty, and who today as elderly men are just as vigorous as ever."



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Any one who reads "Super-Strength" will be as perfectly fitted, as far as knowledge goes, as a man for the purpose of rebuilding his own body.

## "Now Where Does It All Come From

If a man at the start has a 12-inch upper arm, and that arm increases to 14 inches in girth at the end of three months and 16 inches in girth at the end of six months, it means that he has almost doubled the amount of muscular tissue in the upper arm. The upper-arm bone would not have grown any longer, so all the increase of the arm is in girth and muscular contents. When you say that your arm has increased from 12 to 16 inches in girth, it sounds as though it increased only one-third in size; but if you remember that an arm of 12-inch girth means a cross section of about  $11\frac{1}{2}$  square inches, and that an arm of 16-inch girth means a cross section of more than 21 square inches, you will see that your arm has nearly doubled in bulk. Since the upper arm bone is no thicker than before, all that increased bulk is solid muscular tissue; and that means that each individual muscle in the upper arm is nearly twice as big as before.

A muscle is made up of a bundle of fibrous tissue. So the question is, "Do the fibres in your muscles become thicker; do they become more numerous; or both?"

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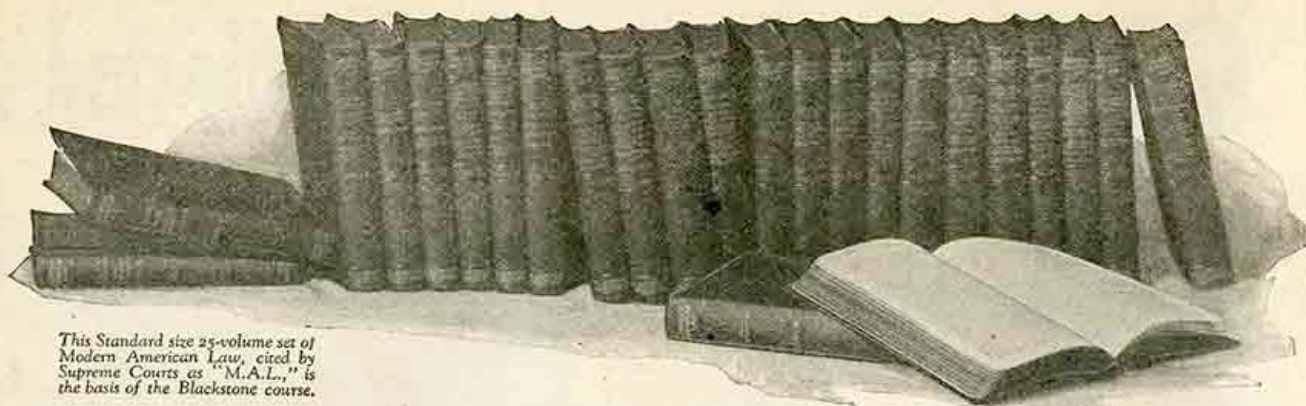
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## Editorial

## Amateurism

**W**ITH both Tilden and Paddock, the stormy petrels of American Amateur Athletics, in trouble with the powers that be on the eve of international competitions, it certainly looks as though America should recast its definition of an amateur, so that such unpleasant episodes will be reduced to a minimum.

In the sports where team play is such an important factor, the professionals seem to have an enormous advantage over the amateurs. In baseball, for instance, and to almost as great a degree in basketball, the third rate professional teams outclass the best of the amateurs.

In golf, the amateurs occasionally produce a "Bobby Jones" who can compete with the best of the pros. In tennis the professional game is in its infancy.

Boxing and wrestling are almost wholly professional sports and whether college football outclasses the professional game or is outclassed by it, is a question too involved to be discussed here.

*What is a Professional?*

Presumably a professional is an athlete who makes his living or hopes to make his living as a result of his ability in his chosen sport. On this basis it is unfair to expect men who have to devote the major portion of their lives in making a living, to compete on equal terms with men who can devote their whole attention to a sport because that sport is also their job.

In a sport like golf, where there are amateur, professional and open championships, it would seem that an ideal arrangement has been worked out.

In tennis, where the amateurs are predominant and where the powers that be ignore the professionals, it is inevitable that trouble will arise. Any young man interested in tennis knows that he has to remain an amateur to play in the important tournaments.

If he is wealthy and can at his own or his family's expense devote time to the game, he may come to the top as an amateur; yet in justice he should not have this advantage any more than the professional has it.

If, on the other hand, he has to make his living and if his devotion to the game is keen and his ability well known, he can hardly do anything without, to some extent, capitalizing his reputation as an athlete.

If he takes to selling pig iron, there are buyers of pig iron everywhere who will give him a little better break than they would give any other green salesman and so he starts on a career which may at any moment involve his amateur standing.

If he writes sport articles for newspapers, obviously he is open to even more criticism.

*Should Amateurism be Fostered?*

In the long run it makes little difference to anyone except the contestants whether a given sport is dominated by either amateurs or professionals. To this magazine anything which increases the number of participants in any game is good and anything which decreases them bad.

In baseball as well as a relatively few professionals there is an army of amateurs, and this is just as true of golf. We do not believe that either sport is in anyway injured because of the well recognized presence of professionals.

In track athletics and in tennis there are no widely recognized groups of professionals, and yet tennis particularly has a wide following both as a game to play and a game to watch. We believe that tennis will never be on a satisfactory footing so far as both national and international competition is concerned, until a definite professional game is built up. Then amateur and professionals should meet in open tournaments as well as in tournaments of their own.

The trouble with the amateur spirit is that instead of favoring democracy and securing the purpose of making it easy for everyone to find a competitor in his own class, as it should do in this country, it has taken one or two sports to itself and determined to keep the professionals out for purely social reasons. The amateur should be encouraged and fostered but no part of the duty of the powers that be in any amateur sport is to strangle professionalism.

(Continued on Page 83)





# Be Physically Attractive — Here's How

Make Up Your Mind to Improve Yourself and Then Go to It

By *Bernice Page*

There was one in particular who immediately attracted my attention, and I hardly paid much attention to the rest of the show, so interested was I in watching her graceful body move about the

“**M**Y DEAR,” exclaimed my friend as we were seated in the trolley car, “Did you see that young lady’s fingernails? Why, they were actually filthy.”

The girl who had just been standing before us made her way to the exit door.

To look at her face one immediately got the impression that she had stood before the mirror for hours, trying to perfect her face—rouge, lipstick, and powder were evenly and skillfully applied.

Yes, I had noticed her fingernails, and something immediately flashed through my mind. How many of our girls and women in America today stand before a mirror for hours trying to perfect their faces by the use of cold creams, astringents, and what not, and then spend a few more hours dressing their hair. I would not be making a bad guess when I say about nine out of every ten. Now, how many of these same girls do not spend any time going through a series of daily exercises to keep fit? Again, I would not be wrong in saying the same nine out of ten who stand before a mirror for hours “doing themselves up” which is the common expression used today.

This article was not intended to be a lecture against cosmetics—nor am I condemning cosmetics. If a little touch of rouge improves the appearance of your face, then by all means use it. However, the trouble with the modern woman is to attempt to conceal a muddy complexion, caused by an unhealthy condition, by the use of cosmetics.

I had the pleasure, recently, of seeing a musical comedy, and it really was a treat to the eye to view the different types of womanly beauty. Never before had I seen a chorus of so many beautiful girls—each and every one of them possessed an almost perfect figure.

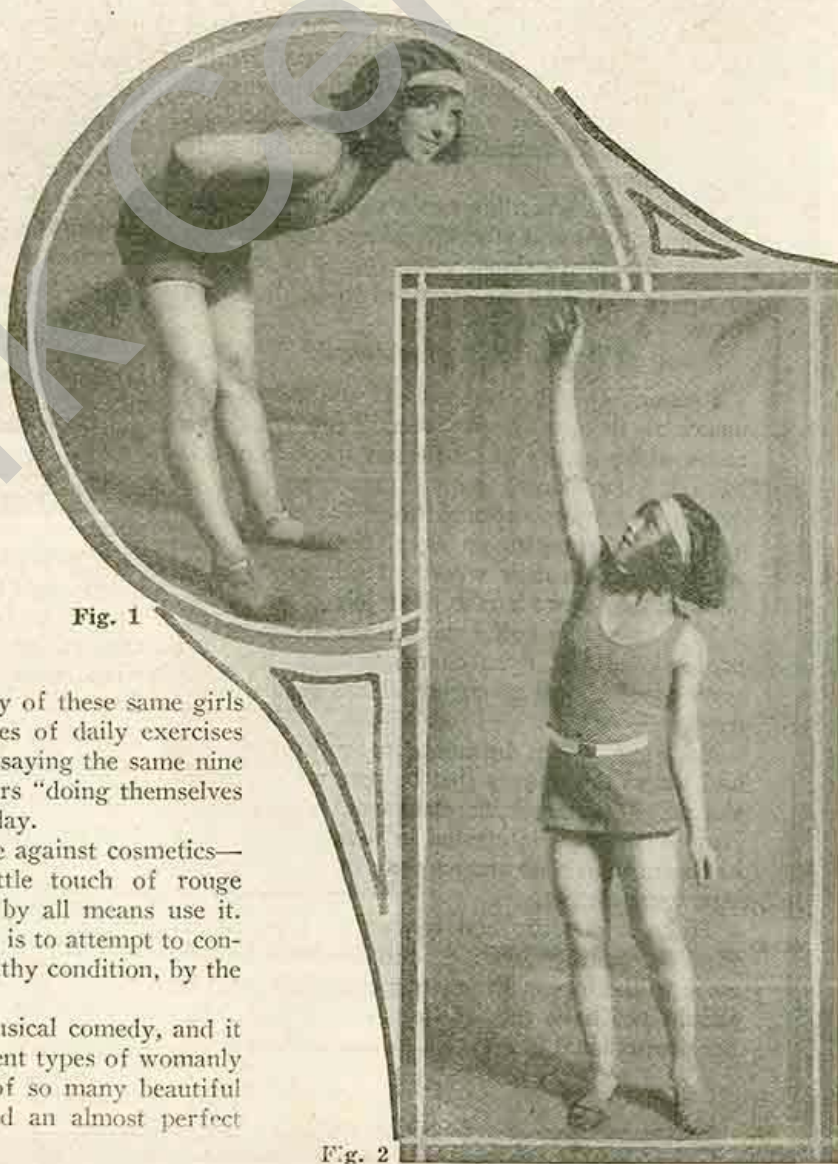


Fig. 1

Fig. 2



stage. She was really an inspiration to anyone interested in the human form.

Much to my surprise my friend interrupted my thoughts by exclaiming!

"By Jove, that second girl from the end certainly has a lovely figure! One couldn't possibly criticise any part of her body."

"Yes," I responded, "She is charming."

In a few days I found myself entering the same theatre, and after viewing the show for the second time, I resolved to make it my business to meet the young lady in question. Upon inquiring about her, I was successful in finding out her name, and I immediately arranged an interview with her the following afternoon.

After we had seated ourselves comfortably in her room at the hotel, the first question I sprung at her was:

"Tell me, how do you manage to keep your body in such perfect condition. You could win a prize in any beauty contest."

Smiling sweetly, she answered, "Of course, you understand that dancing and acrobatics keep me in trim to a considerable extent, but in order to keep up my strength a certain amount of daily exercise is necessary.

"Immediately upon arising I go through a series of limbering exercises for about twenty minutes to a half hour. Speaking to you as a friend I must admit that oftentimes I do not feel in the mood to exercise, but let me assure you the feeling immediately passes, and in a few minutes' time I find myself enjoying them to the utmost."

"Do you have any special system of exercises?" I asked her.

"Well, yes," she answered. "I

go through a series of exercises which I discovered myself. To kill the tired, lazy feeling the first thing in the morning I usually find stretching exercises most helpful.

"To live a good healthy life one must get plenty of out-door exercise and fresh air. I usually make it my business to take a brisk daily walk. I have found through experience that it requires plenty of fresh air and exercise to have a healthy body.

"As a child I had been known as a tomboy and always delighted in playing boys' games. When I grew older I became fond of dancing, and my folks were kind and considerate enough to send me to dancing school. My one ambition was to get on the stage, and now that I am here I can say that work, and hard work only, fulfilled my desires. One cannot be successful in any line of work unless one has a healthy body, and as I said before it requires plenty of exercise and fresh air."

And so, dear readers, you will find with most stage beauties or even motion picture actresses that in order to



Fig. 3

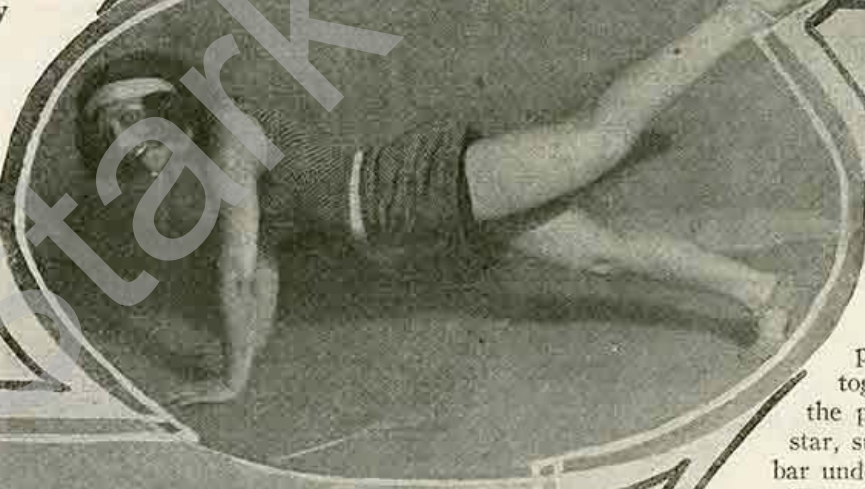


Fig. 4

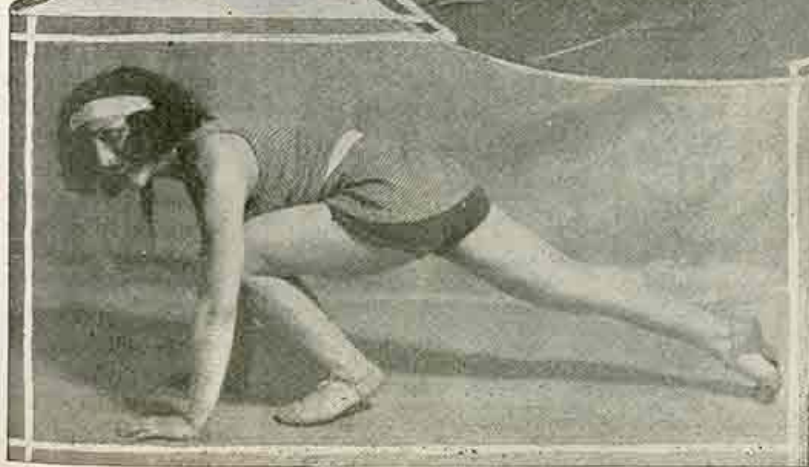


Fig. 5

keep their bodies healthy and in trim they must adopt daily exercise. Just the

other day I happened to notice a photograph of Clara Bow, the popular motion picture star, supporting herself on a bar under which read:

"Popular film star, possessor of 'It,' spends an hour a day in the gymnasium to preserve her trim figure."

An hour, however, is a rather long period of time to spend on exercise, and most of you will not find the time. Fifteen to twenty minutes is sufficient to help you keep yourself in trim.

After you have once given exercise a trial, I am sure you will continue with it. Exercise promotes health, and through health we attain beauty and charm. Make



up your mind that you are either going to reduce or gain weight, whichever the case may be. You *can* reduce or you *can* gain, and the only safe and sound way is by exercise.

The thin sister may ridicule her fat sister, but it is just as bad to be too thin as it is to be too fat. Each type has a job facing her.

There is a great tendency among women today to put on weight. Many make the mistake of seeking to lose weight quickly by a starvation diet. Be sensible in whatever plan you may adopt. However, let me state here that you must be systematic in whatever you undertake. If you eliminate fats from your diet one day, and then the next day gorge yourself with a lot of sweets you will not be getting anywhere. You are only cheating yourself. The same applies to exercise; practicing exercises one day out of the week will not help you.

Every woman, whether thin or fat, has the opportunity open to her to acquire a sound and healthy body, and in order to do so Nature demands twenty to twenty-five minutes a day of your time.

Now for your exercising program:

Figure No. 1 illustrated a good exercise for the waist muscles. Stand with hands on hips feet apart. Now bend forward as shown, and swing around to the right side and then to the left, far to the back and around to the front again. Try

to perform this exercise as smoothly as you possibly can; that is, endeavor to roll the body in the form of a circle. After a few repetitions you will feel the muscles around the waist pull.

The next exercise is a wonderful stretching exercise. It would be best to perform this exercise the first thing upon arising in the morning. Hold one arm down to the side and the other overhead as illustrated in Figure No. 2. One arm is stretched downward while the elevated hand is stretched upward. Alternate this exercise by raising the opposite arm.

Figures No. 3 and No. 4, illustrated an exceptionally good exercise for the leg muscles. Take the position as in the floor dip (Fig. No.

3). Raise one leg off the floor, then the other, repeating the movement as often and as rapidly as possible. When the movement becomes very rapid you will not be able to raise the legs as high as shown in the illustration. Although you will feel this mostly on the front of the thighs, you will also be getting work for the abdominal muscles in holding the body rigid throughout.

Figure No. 5 illustrates a variation of the floor dip. Take the position as in Fig. No. 3. Now jump to a running position as shown in Fig. No. 5. This exercise brings into play practically every muscle in the body.

The last illustrations (Fig. 6 and 7) show the well-known Swedish Drill, with which most of you, I am sure, are familiar.

Stand with feet spread wide apart. Now with a jump bring the feet together and at the same time raise the arms above the head and clap the hands overhead. Repeat about fifteen times.

The road to physical beauty will not be a hard task once you make up your mind that you are going to work-work-work. Within a very short time your exercises will become a pleasure, and you will not regret the time spent on them. Systematic exercise will not hurt anyone, so if you desire health and beauty adopt a program of exercises such as illustrated in these pages.

Make your plan a rigid one so that you will not permit yourself to put them off. If you allow a few days to slip by without performing your exercises the chances are that you will never get back to them again. Everyone wants beauty;

however, to make yourself physically attractive you must be persistent in your program of training for beauty.

The woman who is determined to be beautiful will have to persist in her program for self-improvement and in the end she will be more than repaid for the amount of energy spent.

The exercises given herein are just about what you need and it would be a good plan to set aside time each day to perform them—the best time being upon arising in the morning and before retiring at night. Find some part of the day—surely you can spare thirty minutes out of the day.

Fig. 6



Fig. 7





The gentleman athlete. This pose may seem unconventional to you, and the chances are that you would fail to recognize him on the street.

# Sigmund Klein Modern Physical Ideal

The Inspiring Story of His Rise to  
World Eminence

By *Mark H. Berry*

**A**MONG the ambitions and honors to which the ardent physical culturist may aspire, none could be of a higher order than to be known as the male with the most ideal conformation of physique. A salient fact which further makes this honor so desirable is that it is so rarely bestowed upon any individual. A worthy honor it is, indeed, to be looked upon as the "strongest man," but many are the athletes to whom the last-mentioned title has been given; whereas, very few have been mentioned seriously as being entitled

to the least consideration in respect to the first named honor.

Countless youths have aspired to be acclaimed the possessor of the ideal male physique. Thousands certainly have striven in the past towards this goal, and the present generation has multiplied the number of red-blooded examples of young manhood, ambitious to reach the very pinnacle of perfection in the world of physical culture.

Though this aim is seemingly not an uncommon one, and hundreds of worshippers of the physical ideal may



The shrine of hundreds of physical culturists. The most popular spot in New York City for devotees of the super physique. This is the gymnasium of Sigmund Klein's old studio. Various other apparatus cannot be seen. He is now in more spacious quarters.



attain what is regarded as approaching mortal perfection, but one in a generation or two can really be said to reach the real height of human possibilities in the estimation of the ideal worshipping (or idol worshipping, if you wish) followers of physical beauty.

Before the time of Eugene Sandow there were none who captured the imagination of any great percentage of the public, since the remote days of classic mythology, when sculptors carved in bronze and marble the highest conception of human physical perfection. Certain mythical "gods" were set up as ideal, and a popular belief existed that no mortal could hope to attain to anything even approaching such ideals. Those beliefs persisted until Eugene Sandow appeared in the public eye, when even close students of art came to realize it was possible for a living person to rival the classical "gods" of sculpture in physical beauty and idealistic proportions. Sandow retired from public appearance more than a generation ago.

Ever since idealists have been seeking one who could take his place in their fanciful adorations. Small groups would declare a new ideal as having been found, but upon closer inspection by the great majority of physical culturists the new one would be declared counterfeit, and the search would continue anew.

However, we are quite certain that the successor to Sandow is about to be acclaimed. The present ideal of the human phys-

ique has been living among us for some time, and has been acquiring greater honors with each added year of his life. This young athlete has repeatedly been referred to as the possessor of the super-physique among all living men.

point lacking in claiming him on a par with Sandow—a lack of extensive publicity. Nevertheless, this lack of publicity does not in the least impair his right to the position of eminence we claim for Siegmund Klein. We venture to say that Siegmund Klein is just entering the early years of his real popularity, though he has been before the physical culture public for the past few years, and many worthy honors have been bestowed upon him.

It must be remembered that there are today more splendid specimens of physical perfection in the world than at any previous date, either in modern or ancient times.

Likewise, so much has been written and said concerning the excellence of Eugene Sandow, it is no easy matter for the world to forget him.

Of course, it must be understood we do not wish to convey the impression that the name of the wonderful Sandow should not be remembered and revered for all time to

come. The real intention behind our remarks is something as follows:

The present generation of physical culture enthusiasts is so accustomed to hearing the praises of Sandow and other great masters of



General physical efficiency of the highest order is in evidence in this splendid pose. No wonder he is a champion strong man.

Proof that ease and grace are possible for the athlete of herculean proportions. The smoothness of his muscles almost belies the fact that he is accustomed to only the most strenuous of exertions.

The one important reason why he has to date failed to capture the imagination of the general public is due to the fact that he is not a stage showman, and for that reason has not traveled extensively. This is the only



the past that there is always a tendency to belittle the splendid examples of the present day. Or, if not exactly to belittle, at least to underestimate the true value of the boys of the present generation as compared to the old-timers. This is true not only among followers of advanced physical culture but a similar tendency exists in every branch of sport. The deeds and abilities of the old-timers are praised to such an extent as to place them in the class of immortals. We are quite likely, indeed, to regard them as superhuman and far beyond the possibilities of emulation by those whom we happen to know.

The idol-worshipping followers fail to realize that during the life of the immortal hero, a difference of opinion may have existed concerning the superiority of the idolized. If the trouble were taken to look back into the news of the older generation, you would find a great variance of opinions as to the popularity and superior qualities of those whom we are now prone to consider so great.

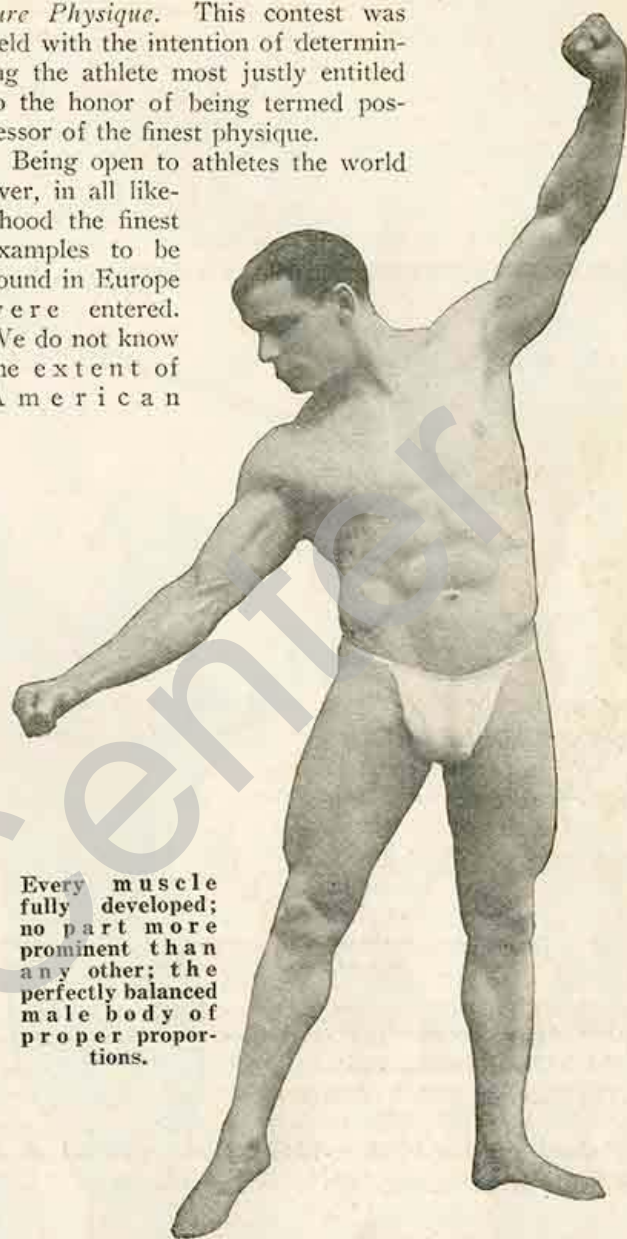
It, therefore, seems to us to be far better to give credit to the man during the flush of his youth, if we recognize one who clearly has such credit due him.

As we previously mentioned, we believe Sigmund Klein to be entering a period of greater popularity, when he will receive the great honors to which he is justly entitled.

Of great significance in bearing out our contentions, let us recall a contest of "Plastic Beauty" held in the early part of last year by the French magazine, *La Cul-*

*ture Physique*. This contest was held with the intention of determining the athlete most justly entitled to the honor of being termed possessor of the finest physique.

Being open to athletes the world over, in all likelihood the finest examples to be found in Europe were entered. We do not know the extent of American



Every muscle fully developed; no part more prominent than any other; the perfectly balanced male body of proper proportions.



Fighting the Eagle. An original pose which challenges duplication by anyone.

entries, but conceding Klein the best built of American athletes, we would consider him entitled to the world's premier honors, when he was declared the winner.

Professor E. Desbonnet, than whom there is no greater authority on matters of strength and physical culture, was the leading light behind the "Plastic Beauty" contest. We can, therefore, safely consider as beyond question the honor bestowed upon the winner.

Excellent as have been the contours and proportions of his physique during the past few years, Sigmund Klein is steadily improving the exceptional qualities of his body, a fact which tends to make stronger his position of eminence. Success is largely a matter of continued progress, and the life story of Klein is no exception.

If the physique poses used for illustrative purposes on these pages cause you to have some interest in the means of attaining physical qualities of a high order, the life story of the man should prove of further and even greater inspiration.

Although what I am about to relate may be in the nature of a biography, it really is a story of the pro-



gressive rise of an ordinary city schoolboy to a position of eminence among devotees of strength and physical perfection.

The true birthplace of Klein has never before been made public. Many of you may be greatly surprised to learn the truth, in view of former statements which might have led to incorrect impressions.

For some peculiar reason he has been credited with American birth, evidently in the belief that the truth might detract from his popularity. Why this should be so, we cannot exactly understand and would not try to satisfactorily explain.

He was born April 10th, 1902, at Thorn, West Prussia, Germany. While he was very young, his parents came to the United States and settled in the city of Cleveland, Ohio.

At the age of fifteen he began to practice bar bell training in a crude fashion. He became so exceptionally strong within a short time that his name became fairly well known all over his city.

The strength gained from such exercises led him to the practice of hand balancing with other young lads of his acquaintance, and his consequent display of unusual strength in the way of handling his friends and in impromptu exhibitions caused him to decide upon a professional athletic career and made him realize the importance of serious systematic training.

Possibly it would be best to let Mr. Klein convey some of his impressions in his own words. Quoting from a letter we received: "What finally induced me to take it up (he is referring to bar bell training) progressively and in a scientific manner was as follows: At that time I had intentions of becoming a professional acrobat, being known as the strongest boy in our hand stand trio

(meaning the understander); it was a simple affair for me to take one of my partners weighing one hundred and twenty-five pounds and with a little jerk and press, put him above my head with one arm. I became well known as the strongest boy in the vicinity, at all times testing my strength in an impromptu manner.

"One day a friend of mine informed me about some dumb-bells that he saw at a nearby pool parlor and asked me to accompany him to the place. I went with him, but much to my surprise was forbidden to enter on account of being a minor.

"After finally persuading the manager to permit me to enter the place, the dumb-bells were rolled out. At first the manager refused to let me try, for he thought it was a youth's foolish notion.

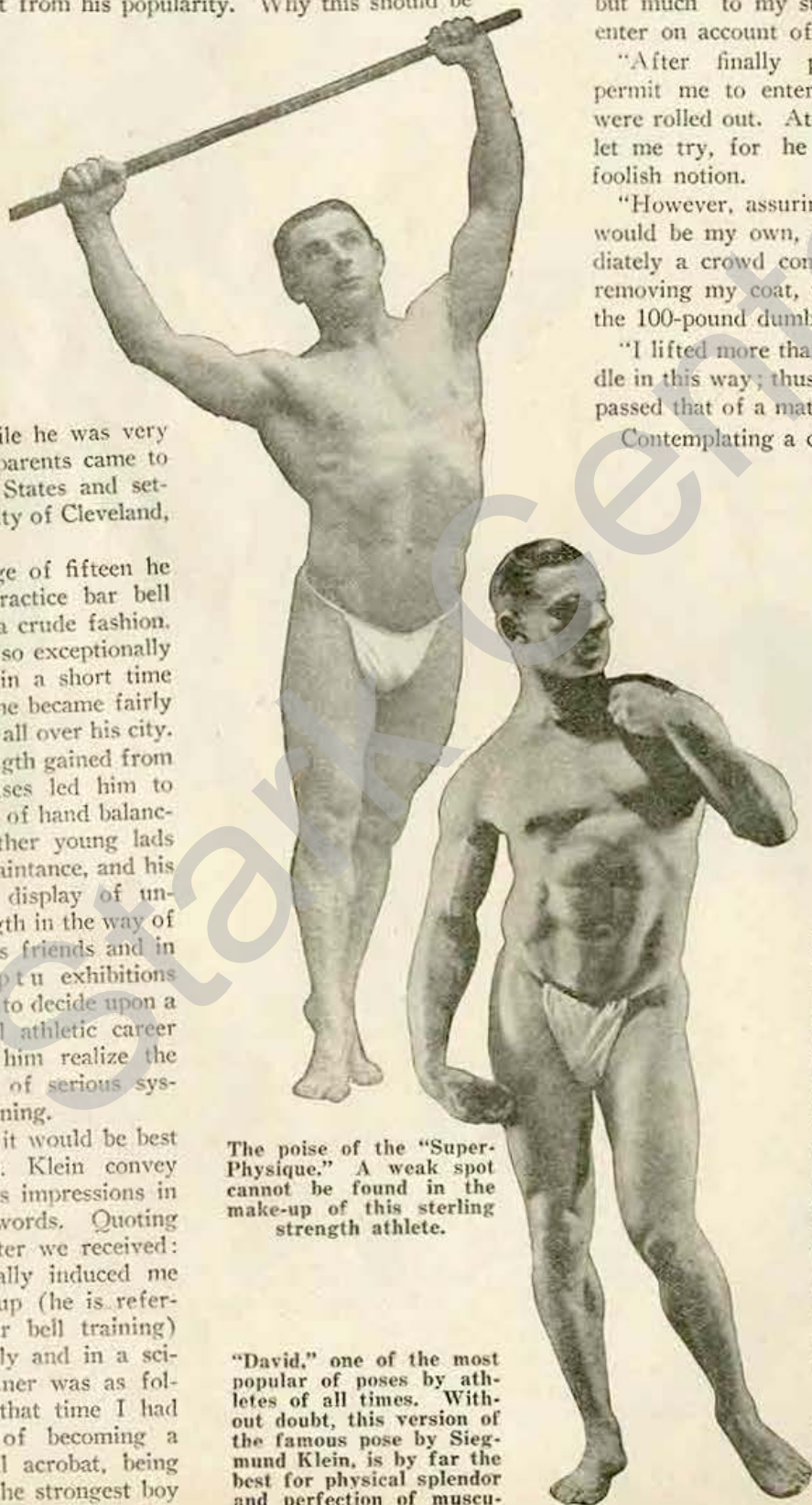
"However, assuring him that all responsibility would be my own, he let me go ahead. Immediately a crowd congregated around me. After removing my coat, to everyone's surprise, I put the 100-pound dumb-bell overhead with one arm.

"I lifted more than the average man could handle in this way; thus I could see my strength surpassed that of a mature man."

Contemplating a career as a professional physical culture teacher, young Klein took instruction from a Prof. Kern, well-known as a physical culture instructor. Later on, he received personal coaching and instruction from Prof. Carl Hein, a Turnverein instructor. This man was a great inspiration to Klein, who claims that he is now carrying out some of the principles of training he learned from Prof. Hein.

The name of Siegmund Klein became so well known in Cleveland that he was accustomed to having many enthusiasts call at his home, requesting him to be kind enough to arrange physical training programs for them. The regular visits of persons seeking advice and instruction finally decided him upon his life work; the frequency of such calls caused him to take a very serious interest in the profession of teaching, which seemed to be the one and only calling which appealed to him.

He fixed up a studio and was favored at once with a following of sufficient size to offer encouragement to his  
(Continued on Page 83)



The poise of the "Super-Physique." A weak spot cannot be found in the make-up of this sterling strength athlete.

"David," one of the most popular of poses by athletes of all times. Without doubt, this version of the famous pose by Siegmund Klein, is by far the best for physical splendor and perfection of muscular outline.



# Wrestling in India

A Brief Examination of This Branch of the Wrestling Game, About Which so Little is Known in This Country

By Robert L. Jones

**N**OT so many moons ago the press carried an account of the wrestling match in Patiala, India, on January 29th, 1928, in which the venerable and capable Stanislaus Zbyszko was defeated by Gama, the Punjab wrestler, in the remarkably short time of ten seconds. The wrestling world was startled, to say the least, for even though "Stan" is past his prime he is known to be of no mean ability, and his quick defeat at the hands of the native wrestler stirred up no little amount of interest in the brand of wrestling practiced in the faraway land, India. It is our good fortune to be able to present some interesting facts regarding this art, our correspondent in India having forwarded us considerable data, photographs, etc., both on the match in question and on the art itself as practiced in that country.

Prominent in this collection of material are a number of newspaper clippings describing the match and the principals, and it is interesting to note the varying views taken by the press there. The native publications are

strong for claiming for their champion the title of world's champion, some even considering that he defended the title against Zbyszko, others, that he won it from the Pole. Of course, it is a well-known fact that the title was lost by "Zibby" to Joe Stecher before the former sailed from this country (that is, of course, if we ignore the claim of a gent named Ed Lewis that he never lost the title to one "Big" Munn in the first place). The English papers published in the country, however, while elated over Gama's victory, are a little more conservative in their claims for a title for him; they generally concede him the unofficial world's championship.

Well, anyway, the story of this particular match goes back several years to about 1912, when these two worthies wrestled two hours and forty-five minutes to a draw in Holburn Stadium, London. I did not see the match, and to get an accurate report on what actually happened is difficult—partisans of Zbyszko claim the match should not have been stopped, that things were

A hitherto unpublished photo of Gama. It was made by Mr. Bose shortly after Gama's sensational victory over Zbyszko, and shows him holding the silver mace emblematic of his championship. It weighs 41 pounds, and was presented to him by H. H. the Maharajah of Patiala.



Gama and Zbyszko coming to grips. Note how different are the conditions from the usual American style of wrestling.

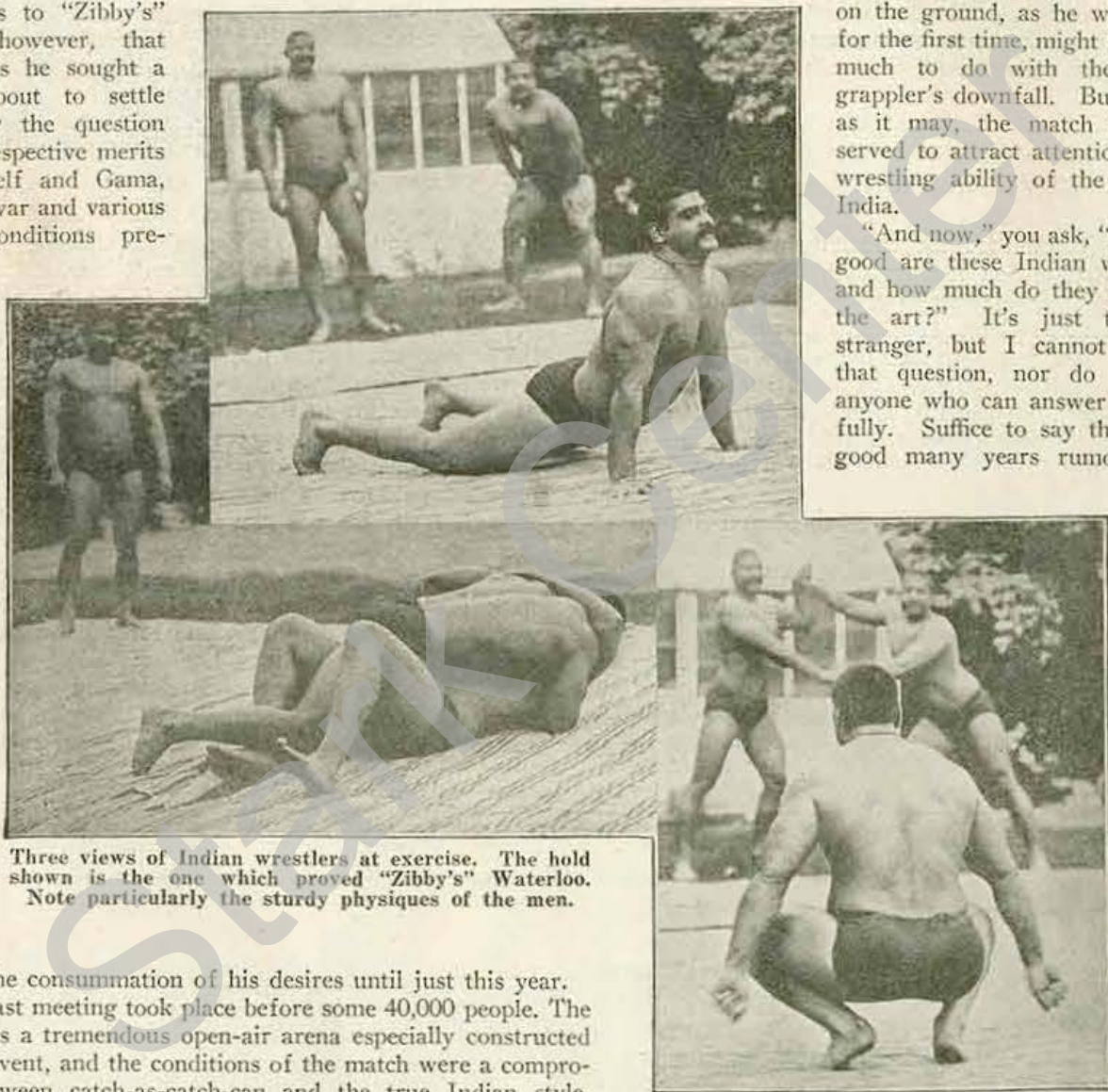


working around favorably for him, while, on the other hand, friends of Gama say that "entreaties, threats, jeering, all failed to make Zbyszko stand up and fight Gama. Gama rode over his opponent all the while, toyed with him in whatever way he liked, only he could not bring Zbyszko's huge shoulders to touch the mat, etc." The bout was stopped because of darkness, and you must come to your own conclusions regarding the merits of the various claims. Anyway, talk of a return match died away when the Pole sailed for other shores, and Gama was awarded a belt emblematic of the championship of the British Isles. It stands to "Zibby's" credit, however, that for years he sought a return bout to settle definitely the question of the respective merits of himself and Gama, but the war and various other conditions pre-

a combination leg and arm hold and up-ended the Pole, putting one of his shoulders to the mat. After a second's effort, the other, too, was pinned down, and it was all over." Others say that Gama sat on "Zibby's" chest for the purpose of holding him down, but it is more likely that the hold was identical with that shown in one of the accompanying illustrations—a sort of "bear-hug," as it were, but none the less effective.

"Zibby," true sportsman that he is, frankly acknowledged his defeat at the hands of a better man and gave Gama full credit for the victory, while on their part the natives admitted that wrestling on the ground, as he was doing for the first time, might have had much to do with the Polish grappler's downfall. But be that as it may, the match certainly served to attract attention to the wrestling ability of the stars in India.

"And now," you ask, "just how good are these Indian wrestlers, and how much do they know of the art?" It's just too bad, stranger, but I cannot answer that question, nor do I know anyone who can answer it at all fully. Suffice to say that for a good many years rumors have



Three views of Indian wrestlers at exercise. The hold shown is the one which proved "Zibby's" Waterloo. Note particularly the sturdy physiques of the men.

vented the consummation of his desires until just this year.

This last meeting took place before some 40,000 people. The scene was a tremendous open-air arena especially constructed for the event, and the conditions of the match were a compromise between catch-as-catch-can and the true Indian style. That is, Gama agreed not to use holds entailing grasping the *langoti* (trunks), and Zbyszko in turn agreed to wrestle on the ground instead of on a mat. They mutually agreed to omit eye-gouging, the strangle hold, and certain holds calculated to break bones. The terms were for a one-fall match.

Excitement was at fever heat when the men reached the scene of the encounter. They removed their robes, and, to use the words of an eye-witness, "without any preliminary sparring they got busy, the match beginning at about 4:15 P. M. and ending at about 4:15.10 P. M. Zbyszko, it seems, allowed himself momentarily to get in a slightly off-balance position—Gama, quick as a tiger, the name given him by his opponents, secured

been coming out of the East telling strange tales of men, giants in body and strength, who have been able to do unbelievable things. There have been tales of Turkish Sultans and Indian princes maintaining their "stables" of wrestlers and conducting matches to the death for the amusement of the said potentates and their immediate retinue. But, sorry to say, very little in the way of definite information has come to light about the real merit of these wrestlers. We can only say that some of the "Terrible Turks" who have visited Europe and America have been pretty good, while others have been indeed terrible.

But as regards the wrestlers of India proper, only a



little information can be given. Aside from rumors, the first light to be shed on them came into being in 1910, when a Mr. R. B. Benjamin took Gama, then 26 years of age, to London, together with Imambux (Imam Buksk, also spelled Baksha and other similar ways) and two other native wrestlers. Wrestling seemed to be on a lull at the time, however, and none of the acknowledged stars of the game would meet the Indians on the mat. At last, so the story goes, Dr. B. F. Roller, the great American, crossed over for a match with Gama—he lost two straight falls in about five and nine minutes, respectively. This brought considerable attention to the newcomers, and the interest was heightened when Gama's younger brother, the aforementioned Imambux, threw Pat Conolly and John Lemm, the Swiss wrestler. Then came Gama's match with Zbyszko, already described, and his unaccepted challenge to tackle the whole troupe of thirty Japanese jiu-jitsu artists of Taro Mayaka and throw them all, one at a time, on the same mat within an hour. Shortly thereafter, Benjamin and his foursome returned to India, and a little later one Ramamurti brought a troupe to America. They encountered fair success, but their best man, Pandit Biddo, lost to Zbyszko in this country, and later another, Gobar, lost to some "unknown" German in Paris in 1913. This same Gobar lost to "Strangler" Lewis five years ago, and another Indian wrestler, an amateur, did not make much headway in the last Olympics.

But it is not fair to judge the art as practiced in India by the very few examples we have seen of it; rather, it would be better to take the word of a few Americans who have seen some of it in its native setting, and these individuals are in most cases responsible for the statement that "those boys are 'sonovaguns' and some of them are capable of cleaning our best exponents of

catch-as-catch-can in jig time." But regardless of opinions, it would be difficult to determine definitely the relative merits of the two schools, for regardless of the conditions under which a match might be conducted, one or both men would be handicapped by having to amend certain of his accustomed practices in order to meet his opponent "halfway." It is easily seen, however, that these Indian wrestlers have great potential ability and that in wrestling under their accustomed conditions they could at least make things most interesting for our best men—Lewis, London, Shikat, or any of the others. Notice the physiques of the men whose photographs are shown, then remember that most of them have been literally brought up in the profession, and add to this the fact that the science of wrestling has been cultivated in India for thousands of years, just as has been jiu-jitsu in Japan. Let us also consider that they permit grasping the *langoti* (trunks) to assist in executing holds, just as the Japanese grasp the belt or other parts of their combat jackets—then put a European or American against them, wrestling on the ground, as is their custom, and business would certainly be brisk for the Caucasian. Likewise, making them wrestle under catch-as-catch-can rules is a handicap, and we must make allowances for that when we judge their past performances.

As regards the real science of wrestling, the Indians believe they themselves originated it. Their mythology contains many stirring accounts of combats of this type, principal among them being an encounter between Bhima and Kichaka, the descriptions of which, from the pens of the poets Valmiki and Vyas, so thrill the readers of Indian literature. It was in the days of Ramayan and Mahabharat that the game reached its pinnacle, and at that time matches were often extended over a period of several days, with fatal results. (Continued on Page 80)



Imambux (Imam Buksk), younger brother of Gama, from a photo made several years ago in London.



Gama (left) and Imambux in native costumes, holding their silver maces emblematic of the world's championship and the championship of India, respectively.



# What Should You Eat?

How Food is Used to Repair and Heat the Body.

By *H. H. Rubin, M. D.*

**E**VERY time we move a muscle even the slightest fraction of an inch, every time we think even the most trivial thought, every time we take a breath we use up a certain amount of energy and we destroy a certain amount of tissue, even though it may be only a microscopic fragment of a cell.

This process is going on day and night, every moment of our lives. The old adage that "We begin to die the moment we are born" is infinitely more true than are most adages.

There is only one means by which this loss of cell substance and this dissipation of energy can be replaced, and this is by converting food into cells and into the energy that gives them their power of activity.

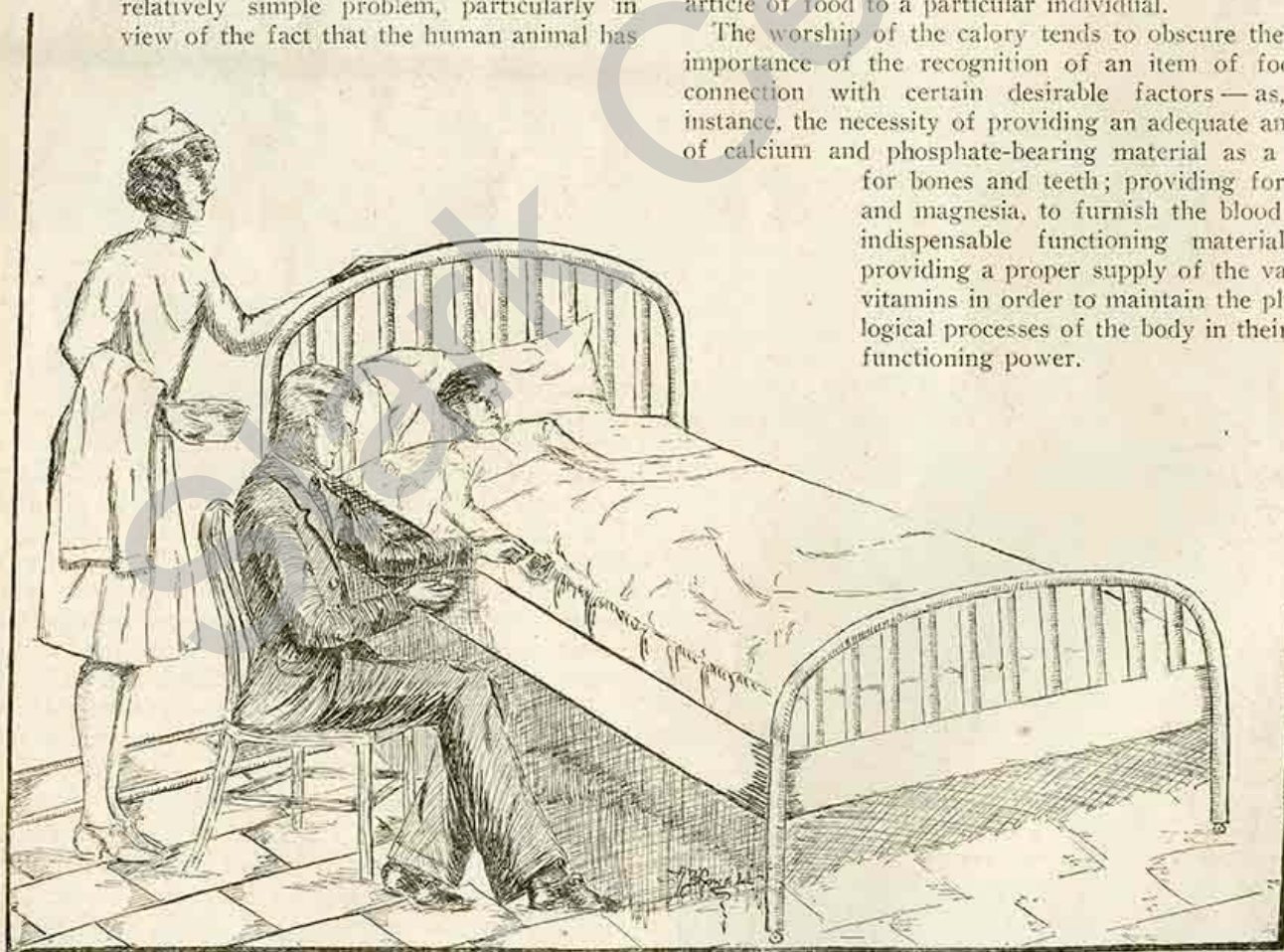
On the surface it would seem that this should be a relatively simple problem, particularly in view of the fact that the human animal has

been practicing feeding for possibly a million years or more.

Yet nothing seems less susceptible to definite rules, so far as most experience goes, than is this subject of diet. The trouble seems to be largely in the misconception as to food values and as to the digestibility and the power of the system to utilize the digested food.

Also there is a tendency in late years to lay undue stress upon the value of the calory in determining the status of a particular item of food. That this unit of measurement has a great value in estimating scientific food requirements cannot be denied. The point I wish to emphasize at this time, however, is that there is an altogether exaggerated emphasis placed upon the calory as a means of determining the *fitness* of a particular article of food to a particular individual.

The worship of the calory tends to obscure the vital importance of the recognition of an item of food in connection with certain desirable factors—as, for instance, the necessity of providing an adequate amount of calcium and phosphate-bearing material as a food for bones and teeth; providing for iron and magnesia, to furnish the blood with indispensable functioning material; of providing a proper supply of the various vitamins in order to maintain the physiological processes of the body in their best functioning power.



Why, when a doctor places a thermometer under your tongue, does the instrument register a temperature of ninety-eight and a fraction—often considerably higher, if you should happen to have a fever—even though the temperature of the room may only be sixty-five degrees? The answer is oxidation, or the act of combining with oxygen. Oxygen is present in the air we breathe to the extent of about twenty-five per cent.



However, the calory has its importance to the dietitian and must be reckoned with as a valuable "measuring stick."

In order to understand the significance of the calory just ask yourself this question. What is it that makes your body hotter than the cold outside air? Why, when a doctor places a thermometer under your tongue, does the instrument register a temperature of ninety-eight and a fraction—often considerably higher, if you should happen to have a fever—even though the temperature of the room may be only sixty-five degrees?

Is the body to be likened to a central heating station? If it is, what is the process that food undergoes in order to bring about this increase in the amount of heat in a living body?

The answer is oxidation, or the act of combining with oxygen.

Oxygen is present in the air we breathe to the extent of about twenty per cent. If you could remove all the oxygen from the air it would be impossible for you to burn even the most easily combustible substance, such as paper, for instance.

On the other hand, were you to thrust the burning paper or lighted candle into a jar filled with oxygen, the paper or the candle would burn so brilliantly as to almost dazzle the eyes.

The man who discovered these facts was an English chemist by the name of Priestly, who later was forced to take refuge in Pennsylvania, in order to escape from religious persecution in Europe. Priestly first isolated this marvelous, life-giving gas in 1771. It remained, however, for Lavoisier, a Frenchman, to show the means by which oxygen is related to the process of combustion, and to the process of respiration, in which the gas is burnt in the body. Lavoisier was subsequently beheaded by the revolutionists in France, another pitiful example of what ignorance may be capable, once it gains the saddle. Lavoisier showed that if you burned a piece of wood or coal, the hydrogen and the carbon, the two chief chemical elements in these combustibles, combined with oxygen. The result is the formation of carbon dioxide and water respectively.

Thus carbon added to oxygen produces carbon dioxide.

Hydrogen added to oxygen yields hydrogen oxide (or water).

As a result of this combination heat is produced.

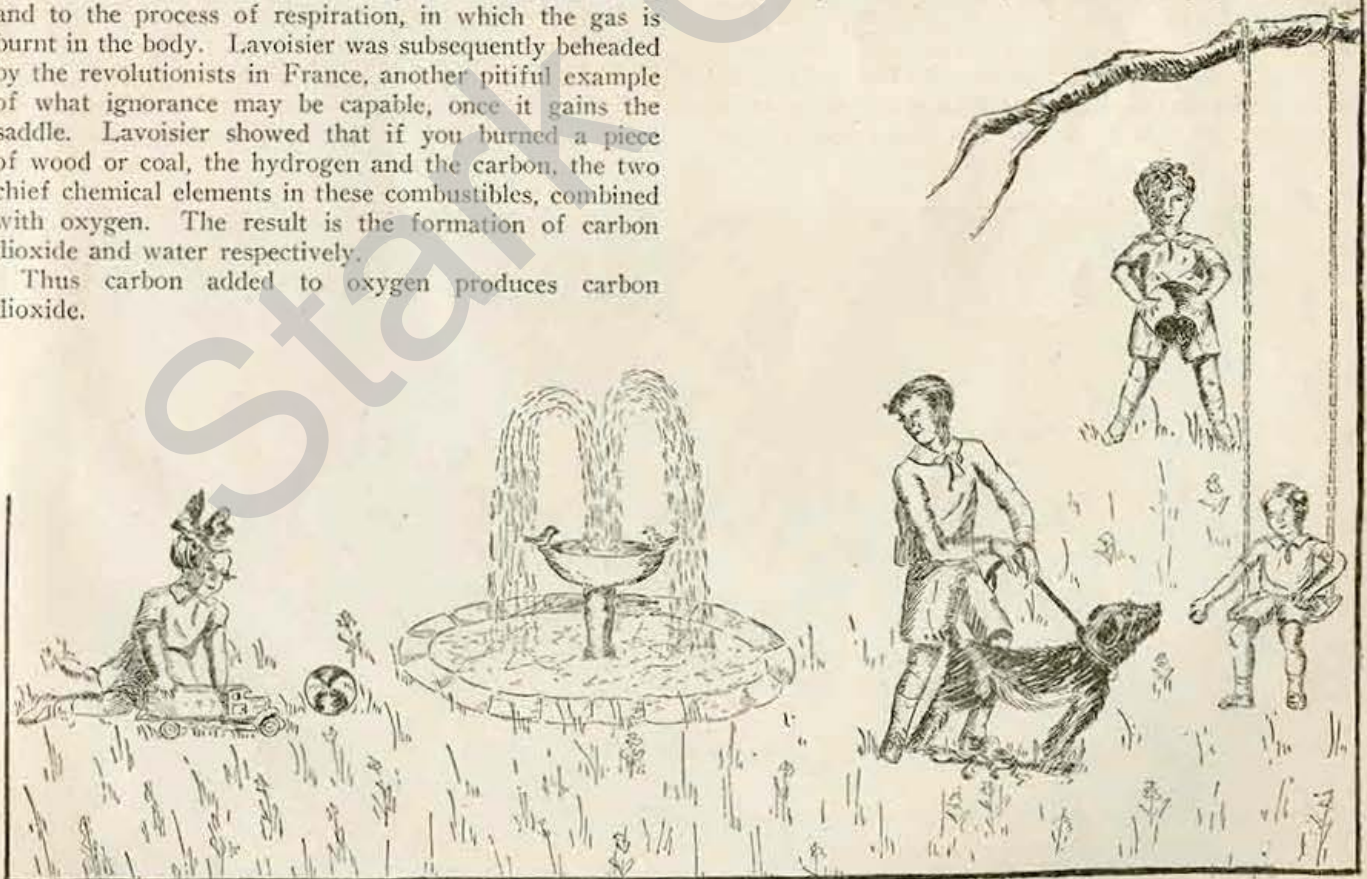
Lavoisier showed next that substantially this same process transpires when food is taken into the body. The hydrogen and carbon in the food—present just as is hydrogen and carbon in meat, fish or bread—effect a combination with the oxygen in the air which we are breathing in at the rate of twelve to twenty times a minute, normally producing carbon dioxide and water and thereby producing heat.

Now we understand why the thermometer placed under our tongue or under the arm pit registers a greater temperature than the same thermometer would register if placed on a table in the room. Just as coal or wood produces the heat and, as a consequence, the energy (for heat is only a form of energy), so the food we take into the system gives us the fuel value and the energy necessary to carry on functioning power.

Now the calory is merely the term we use to express the measure of heat in terms of the rise in the column of mercury in the thermometer. It is a unit for measuring either heat or energy, and represents the amount of heat required to raise the temperature of a kilogram of water (35 ounces) 1 degree, centigrade.

To raise the temperature of a kilogram of water ten degrees would require ten calories, to raise it 100 degrees would require 100 calories, and so on.

In terms of energy this means that one calory of heat generated in a steam engine, will produce sufficient energy to lift a load of three pounds one foot in the air. The number of calories necessary, therefore, to perform this (Continued on page 73)



Everyone has seen and possibly wondered at the restless activity of a child, busy from morning to night, in ways that would run an adult "ragged." This explains the need of children for the extra amount of food in proportion to their weight, required to keep them in good condition.





# Jeffries, Dempsey and Fitzsimmons

The Greatest of Them All

By *L. E. Eubanks*

Jim Jeffries, the king of all pugilists. His sturdy physique was comparable to the professional strong man. He had an eighteen inch calf and twenty-six inch thigh, but as Fitz and Corbett had thin legs he always tried to train them down by long runs.

**S**HAKESPEARE said that "comparisons are odious;" but they are very interesting. No I can't say that they are always safe—not in the comparison of boxers, because I almost got my head knocked off once by a defender of old John L. Sullivan, when I insisted that he couldn't have lasted four rounds with Jim Jeffries or Jack Dempsey. At long range, though, through the medium of this magazine, we can argue a bit without doing each other any physical damage.

We can't compare Gene Tunney with Benny Leonard; obviously, the men compared must be of the same weight class. So the greatest boxer must be of the greatest,

most effective and most popular division. Since a good big man beats a good little man, and since we visualize the ideal male physique as tall, broad-shouldered, deep-chested, etc., we must pick the greatest pugilist from among the heavyweights.

Every branch of sports that has been continuously active has developed better and better records. There is no reason why boxing should be an exception. Too many of us are influenced by that peculiar tendency to glorify the past and accept unproved statements merely because they relate to events of bygone years. In feats of strength, to illustrate, certain historians imply that there are no present-day men of muscle to compare with the Greeks and Romans; yet the fact is that "strong men" are stronger today than ever before—wherever there are authentic records. Both mentally and physically the man of today is ahead of his ancestors.

And so I would dismiss the ancient pugilists, as compared to those living today—much as I would consider it unfair to liken the ancient sportsman with his crude bow,



Jeff and Farmer Burns sawing wood in preparation for an important fight. Hard work during his youth made Jim Jeffries.



to the modern hunter armed with a high powered rifle.

What is the greatest, most valuable quality for a boxer to possess? And by boxer, here, we mean the typical ring fighter. Some of you will say speed, some will answer cleverness, and many will shout punch—all of us admire the old wallop.

My contention is that it takes a combination of qualities, prominent among which is grit—the kind of grit that is made up of two properties, the one mental (gameness), the other physical (bodily toughness). What the famous coach, Roper, said of a football eleven, "The team that won't be beaten can't be beaten," is equally applicable to the individual in a contest between two.

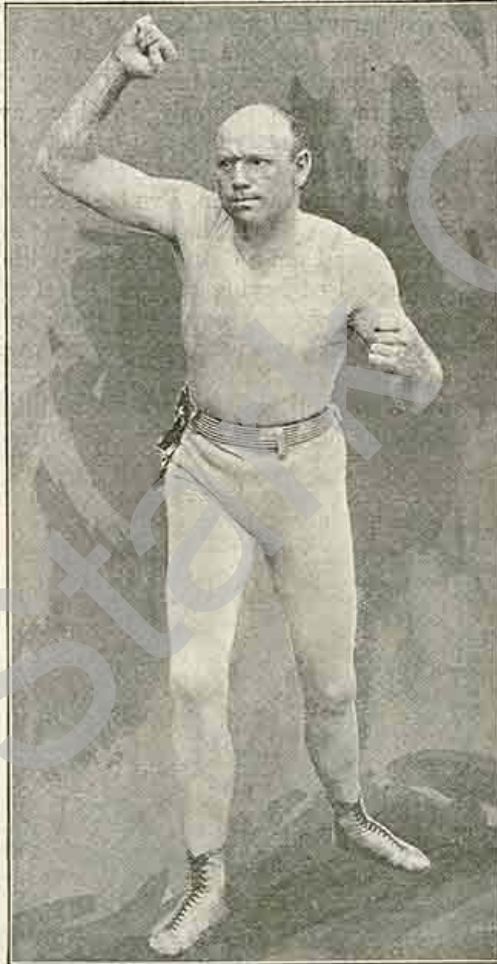
Toughness alone is not enough. There have been many Joe Grims, men with iron jaws, etc., who were not successful pugilists—not our ideal at all. It is a vitally important quality but it must be backed up by others. Battling Nelson's chief asset was toughness and belief in his invincibility, and it won him the lightweight crown. Gans, from whom he won it, "had everything." He was Nelson's master in science and speed, a harder, cleaner hitter and a better ring general. Gans was reasonably game, too, but he did not possess the Nelson kind of game-

ness—the indomitable spirit to come back and keep on coming, and the bodily toughness of the Durable Dane.

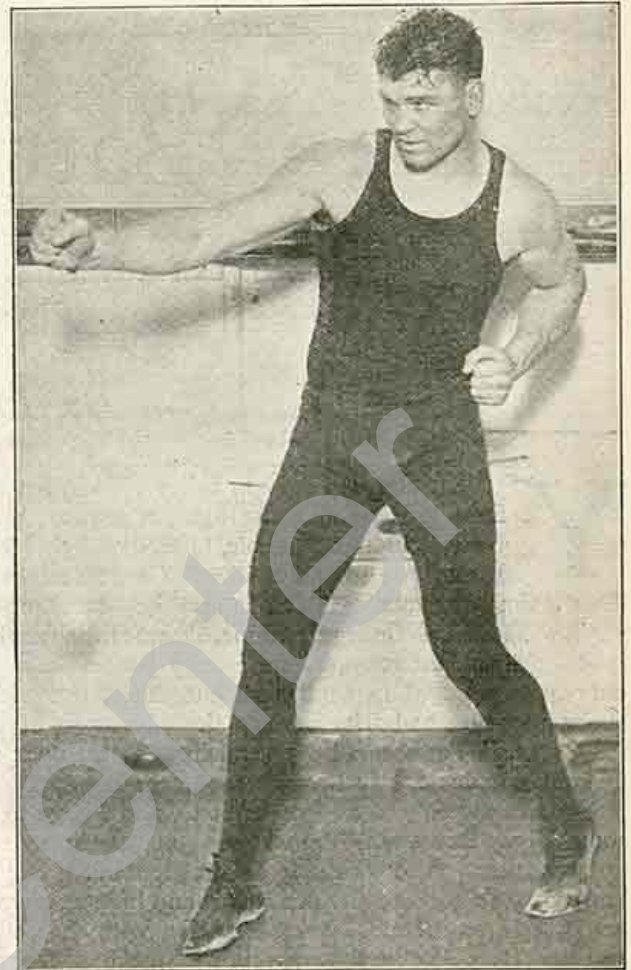
Jim Corbett was the cleverest boxer in the world. He showed us "stuff" we had not seen before and have not seen since. But he was too sensitive to a punch. Jack Delaney has a killing punch, but he, too, lacks the size and the toughness for an ideal heavy-weight scrapper.

How about John L.? The old-timers are strong for him. Sullivan was game and tough; he was a hard hitter and a good

stayer. But Sullivan lacked science; even in the heyday of his career he could not have won from men like Jeffries, Fitzsimmons, Sharkey or Dempsey. These men



Bob Fitzsimmons, broad-shouldered and slender-legged, he was in reality a middleweight holding the heavy-weight title—probably the hardest puncher of them all.



Jack Dempsey, whom the author regards as one of the greatest of all time.

had all that Sullivan had, plus science—at least, more science than the Boston strong boy possessed.

It simply wasn't done in Sullivan's day. As I reminded you before, sports progress; even Peter Jackson and Mitchell, though more clever than John L., had not developed or dreamed of the skill with gloves that was to come later.

James J. Corbett introduced the scientific era. Though he did not possess any great gameness and toughness, he did outclass Sullivan so far in science and speed that there was no comparison. But no one of the several ingredients that make up the greatest pugilist can compensate for absence of all the others.

The first world's heavyweight champion to combine in high measure nearly all the attributes of our ideal ring man was Fitzsimmons. Ruby Robert had as good a punch, perhaps better, than Sullivan (and had it in either hand, whereas Sullivan depended on his right for a knockout); was nearly as good a boxer as Corbett, and was game as an African buffalo.

But Bob lacked the beef for a heavyweight. He was only a heavy middleweight when he won the heavyweight crown from Corbett in that never-to-be-forgotten contest at Carson City. Had Bob been thirty or forty pounds heavier, with a better distribution of his poundage, I would call him the greatest of them all. Unquestionably, (Continued on Page 58)



# Battle Lust

The Story of a Man Glorifying in Newly Discovered  
Physical Prowess

By *Dennis Mack*

**Y**OU'LL find this hard to believe, Buck, but I've been in a fight, a fist fight, a regular, slam-bang, rough-and-tumble, bitter-end fight! And I didn't do so badly either. Get it straight. I, Thad Plimpton, your old campus satellite—staid professor in Thurston College, Maine, "that little zoology man," the mild of manner, the faculty peacemaker—not only have engaged in a physical encounter, but with a six-footer who had fifty pounds the advantage of me! And, though I'm sore all over and have a stiff neck and a skinned knuckle, I feel pretty good over it.

You are the only one I can tell it to, and I have to tell somebody. That's why I'm writing you. Even my wife doesn't know. And whatever she might think if she did know, I can't imagine any one else round here who would credit it for a minute. My connection with the college and my "standing in the community" make it desirable that it not get out in these parts. I'd be the butt of levity; I'd be subjected to endless ridicule, both on and off the campus, of that particularly unpleasant kind called "good-natured."

It has made a new man of me! You recall how I used to talk to you about your fighting. Remember that night you crawled back into our third floor dormitory room, by the window route, after your mill with Polowski, the teamster? You had been out with one of the girls in the afternoon and, in passing with his ice wagon, he wantonly splashed mud on her dress. You couldn't very well fight him then and there, but it was arranged, later, for that night. The place was the river flats, I believe.

I tried to dissuade you. "Fat chance," as the saying is. When you got back, you were a sight, with one eye closed, a split lip, your cheeks swollen, and your shirt torn and bloody.

While I was horror-stricken, thinking you nearly killed, you sang ecstatically, "Plimpy, it was lovely! I broke his fool nose for him, and shut both his eyes. You ought to see Polowski, if you'd know who also fought."

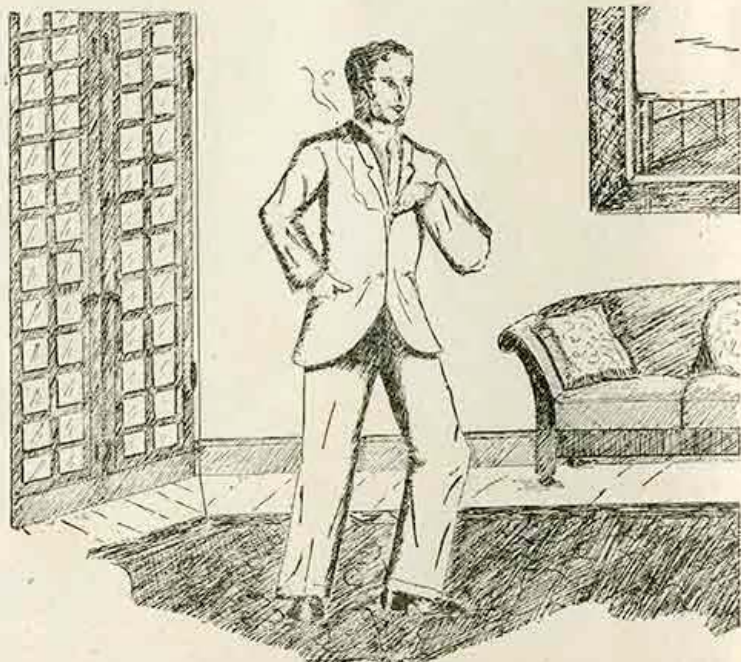
I was scandalized. Couldn't understand what you saw in it. Seemed brutal to me. You see, Buck, it was my bringing up. My folks had always regarded me as a hothouse flower; only child in the family, and all that. I had been nursed and petted and pampered all through a beguarded boyhood into a belief that I was a half invalid and not built for the rough sports of my kind. Also, I had been taught never to fight, that fighting was degrading,

unmanly. If provoked to annoyance, I was to curb resentment and display a charity that precluded any form of retaliation.

So I grew up. Many a time I passed up an occasion for blows. It took a kind of courage, but one that was always misunderstood and that brought no credit. I was looked upon as a good deal of a mama's boy in grade school, a sissy in high school and a dud in college. I even persuaded myself, almost, that I had the right idea.

Well, it kept me from understanding a lot of things round me, the run of the boys among them. I've come to think that, unconsciously, I've been avoiding these many years certain activities and contacts that make for complete living. I've been missing a good time, Buck. Since belting my man, I've been expanding at a rate that astounds me. I can hardly hold in; even my wife begins to suspect I am a changed being, without knowing why.

Instead of having regrets, I feel mighty over it. Up to two days ago I never had thought I should be able to say this and, even though luck was with me, I'm willing to take no small share of credit for myself. Wherefore, settle yourself, you big bruiser, and listen to a little man's story of his first battle.



Someone was quoted in the press not long ago as holding a good punch in the nose. Virtually, I've both



My next door neighbor is Pete Wishard, the hardware man. Some evenings ago, while cutting our lawns, we got to talking and I disclosed that birds were a hobby with me. At once, Wishard asked if I had ever been to "Heron's Point." I hadn't—didn't even know where it was. He said that over on Lake Nonona, about fifty miles north, there was a place where herons by thousands nested and reared their young every season, had been doing so as far back as he could remember. His folks farmed near the lake when he was a boy.

I expressed a desire to study the birds at close range, and an arrangement resulted for our two families to picnic at the lake the next Sunday, weather permitting, he and I to visit the Point. It formed, he said, the tip of a low, marshy peninsula and the going would be too soft under foot for the others to accompany us.

Sunday proved fair, and we set out. The party, all in Wishard's car, consisted of him and his wife, Mrs. Plimpton, our boy, Julian, and myself. The day developed into what is called "an ideal picnic day;" fleecy clouds idling across the sky, a breeze to discourage flies and mosquitoes, honey bees busy among the wild flowers, a suggestion of autumn in the occasional yellowing leaf.

We chose a wooded knoll a half mile from the peninsula for lunch. Then, after resting an hour, Wishard and I prepared to start on our quest.

As we departed, my son, who is mentally a little mature for his ten years from having acquired a smattering of his father's studies, remarked quaintly that the herons plying the air in such numbers, seemingly oblivious of the proximity of man, looked like the great pterodactyls of another age.

I commended him for the idea. I like to see him show originality in his thinking, even though he was somewhat in error scientifically, the pterodactyl having been, as you know it is now thought, a gliding rather than a flapping reptile.

Wishard and I struck out full of zest. We were in the play spirit, almost boylike despite our forty and more

years each. On leaving the high ground and entering the peninsula which terminates in the "Point," Wishard, who is a large man and powerful, took the lead as trail breaker. My son's remark had interested him, and he asked what the boy had meant—what was a pterodactyl? While successful in business, Wishard has had little schooling and lays no claim to erudition.

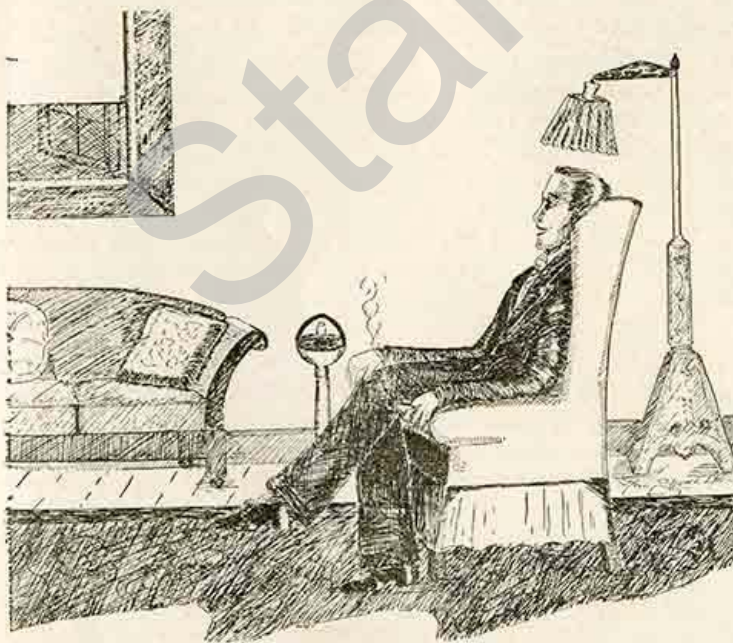
I was glad to explain, of course, for you will understand that it is a pleasure for me to talk about the subjects to which I have given the best that is in me for twenty odd years. Yet I should have known better. Accustomed to lecturing before classes of more or less thoughtless and restless youth, who, if they give even half attention to the discourse, are prone to regard it lightly or, at the best, only as a step toward needed "credits" for graduation, I did not stop to think how an adult mind, conventional, unstudious, might look upon my dissertation.

I was in good form, influenced no doubt by the holiday relish and the novel surroundings—old, primitive, unmarked by the hand of man. I expanded into an account of the development of animal forms on this globe, the slow ascent from amoeboid organisms, the theory of natural selection, the place of the pterodactyl in a pterodactylous world, the reason for its disappearance. Admittedly, I may have grown somewhat garrulous under the inspiration of the open sky, the wild scenery and the unwonted freedom from daily cares and duties. I went on to the theory of the origin of man by a process of evolution—being careful, however, to say it was no more than a theory and not advanced by me as unquestionable fact—when Wishard stopped me.

So deeply engrossed had I been in my narration that I had not observed its effect on him. To my astonishment, his face was flushed and his voice unnatural from restraint. He asked if that was what I taught at the college. For his part, he had no time for such—as he called it—poppycock, "hogwash." These half-baked—that was his term—modern ideas didn't go with him, and he was surprised that I didn't have better balance. "The first man was created a man and not an ape, he said, and that was the end of it. Why didn't college professors have a little plain horse sense?"

Now I am by nature and training a peaceable man, as you need not be reminded, not given to heated argument; but I have gumption enough to stand up for my convictions, and I told him so. He could think anything he liked, but he had no license to call other people fools for thinking otherwise. I repeated that the theory was by no means proved and said that I so presented it to classes. Yet, almost before we realized it—and I'm sure neither desired such an outcome—we found ourselves involved in the most fruitless of altercations.

The ground had been getting softer and the walking heavier as we got farther into the peninsula. Willow and other bushy growths shut out the knoll completely from our view. We were approaching the halfway to the Point itself when Wishard, turning impatiently at one of my possibly over-pedantic assertions, declared I was a liar as well as a fool if I persisted in advancing "that ape-man buncombe." Unthinkingly, I retorted with the comeback of boyhood in such circumstances, calling him another.



that a man was not a man until he had both got and given got and given—and I'm tickled mightily over it.



At that he jumped at me, gripping me with one hand by the collar and shaking me violently. "Say that again, you little shrimp," he shouted, "and I'll wring your neck!"

Man is an animal; after perhaps millions of years of developing, he is still very near to the beast. Education is but a veneer, a gloss that rubs off readily on abrasion. I am devoted to peace and the settlement of differences by reason and fair give-and-take instead of by force. Yet the Plimptons have fighting blood; their names figure worthily in the Connecticut annals of the Revolution and have place in the rosters of all the later wars of our country—and I am a Plimpton. I struck at him with all my force and he staggered back, loosing his hold on me. I had landed "on the button," as I have heard said in prize fight gossip between classes. My blood was up and, though I am untrained in pugilistic endeavor, I squared off in an attitude of defense. But to no avail. My antagonist leaped at me like a wild beast, clasped me round the neck with both hands and, beside himself with anger and battle lust, choked me compellingly.

I was no match for his onslaught. I felt myself borne backward and knew I was falling. My breathing was stopped; horrible numbing pain racked my throat. Instinctively, I looked to one side, then the other, for some missile with which I might overcome the odds against me. When hard-pressed, civilized man reverts to the usage of the savage. My glasses had fallen off and everything was blurred. My ears were singing. My tongue protruding, I strained this way and that in desperate hope of succor.

As I struck the ground, my hands spread out to break the fall. I felt against an open palm, the right palm, something that put new life into me. It was a loose stone; not a mere pebble, but a good-sized stone, rough to the touch, round to the grip, not too heavy for use by a man impelled by dire need. O Antaeus, what a valuable lesson you taught—contact with Mother Earth has given energy and spirit to many before me! My antagonist did not divine my purpose. I realized I had time for only one effort, if that. Summoning all my will power, I concentrated what strength I had left into one heave of that stone. I brought it up against his head with all the force I could muster. It probably wasn't a great deal, but it was enough to lift the stone and its own weight did the rest. You remember the formula, Buck—"the mass by the velocity." I lost consciousness then.

I was the first to revive, for which I shall always be thankful. I helped Wishard to come to; he had been completely knocked out. All the fight was gone from him. He didn't know I had been away myself, and I didn't tell him. I shall never tell him. In fact, I strutted a little before him. He sat on the ground for a while, "groggy but getting the wind back," as he put it, and pretty soon his color returned. Then he began to laugh, and he laughed until the tears came. He got up and shook my hand. He slapped me on the back; said I was a bully fellow, one in a thousand, a—if I may permit myself the expressions, for I am quoting him—"hell of a fellow, a regular rarin', tearin', scrappin' he-man."

He was mighty handsome about it, I'll admit; said it had been entirely his fault and apologized for attacking me. He hoped I wasn't hurt. It was more than foolish, he conceded, for two men to fall out over such a difference. With his momentary anger gone, he had become

his old genial self again. We had been hidden from the knoll, and he suggested that we say nothing about our altercation to those we had left.

Fortunately, we showed no marked disfigurement, though he rubbed a bump on the side of the head, above the ear. The hair concealed it. My neck was rapidly assuming its normal aspect, he assured me. The soft ground had saved us from hurt in falling. We brushed each other's clothes and obliterated such signs of combat as we could.

I could do no less than accept Wishard's apology and assent to his suggestion. Both badly upset, we decided not to go on—to return to the picnic ground. Enough time had elapsed to bear out a harmless deception of having accomplished our purpose. Wishard kept chuckling all the way back. He said I had caught up that stone and "pasted"—I think that is the word he used—him just in the nick of time, and "it served me right."

I was agreeably astonished at my own rapid recuperation. When my pulse had slowed down and the discomfort of the treatment given me had ameliorated, I realized that I was experiencing a strange and moving exultation. For the first time in my life I had fought back, and I had felled my antagonist! It was a sweet sensation. I felt no remorse. The quarrel had been none of my seeking, but I had borne myself in a way that had raised me in Wishard's respect and, I must admit, in my own. I, Thaddeus Plimpton, bookworm, recluse, pacifist, had walloped a six-footer into unconsciousness!

Oh, I know something might be said against the way I did it. Pounding a man with a stone might seem to the fastidious like hitting below the belt, but I think I fought fairly enough. He had all the advantage in height, weight and strength, and in having taken the initiative—caught me by surprise. No telling what worse I might not have done, Buck, if I had known he was to attack me. Then, too, he wasn't observing any rules himself—choking isn't part of the ritual, is it? I guess when a man feels his life is at stake, he'll kick, bite or gouge or do anything else to defend himself.

Another funny thing. How did that stone get there? It was the only one we could find in the whole walk. We searched all round the spot and on our way back. I'm a better man for it all, Buck. I never did more than half accept that evolution business, anyhow; it's an interesting possibility and not to be ignored in any cultural survey, but it's far from proved. The presence of that stone just where I needed it and when I needed it was to me little short of miraculous. And miracles have no place in the evolution theory.

Before we were within hearing distance of camp, I made Wishard promise never to disclose to any one what had taken place between us, thus going further than his suggestion. I was governed largely by professional and family reasons, but I think he was only too glad to take me up. It might have been irksome for him to go about marked as "the man Professor Plimpton knocked out."

That's the story, Buck. I'm nearly over to your side. I'm just beginning to understand you. I like you better than ever. Some one was quoted in the press not long ago as holding that a man was not a man until he had both got and given a good punch in the nose. Virtually, I've both got and given—and (Continued on Page 71)



# Nature's Method

Consult the Osteopathic Physician  
Health Queries Answered

By *Dr. D. E. Stombaugh*

**QUESTION:** I am a young man 19 years old and have very small hands. I have done considerable weight lifting as an exercise and am strong and healthy, but nothing I have been able to do has increased the size of my hands.

Another trouble is that I am constipated and suffer from gas on the stomach, and wish you would help me out of these troubles.

S. C., Ohio.

**ANSWER:** The only thing I can advise you to do about your hands is to cease worrying—their size is determined by the dimensions of the bones in them, and nothing can be done to increase their size. So all you can do is to endeavor to make the best of the situation, develop your arms until your strength becomes sufficient to compensate for the size of your hands. I might offer you consolation, however, in the mentioning that Thos. Inch, the famous British strong man, has very small hands, and so has the very capable German lifter, Carl Moerke. And again, perhaps your hands are not actually as small as you think they are.

For your constipation you should change your diet to include less meat and white bread and instead eat principally fresh vegetables, greens, fresh and stewed fruits, whole wheat bread, etc., and drink plenty of water between meals. Also take the various stretching, twisting and bending exercises for the trunk as given in **STRENGTH** from time to time. You might also try taking enemas of olive oil at night, retaining same overnight.

**QUESTION:** Two years ago my knee was thrown out of place while playing basketball. It went out on the outside, but snapped back in place, injuring the ligaments and stretching them. Since that time it has come out at least a dozen times, until now the ligaments leading from the external vastus and from the leg bicep are stretched a great deal. I have worn an elastic knee support for two years without result.

I want to know if there is some way that the ligaments can be tightened up without an operation—say something like light increasing exercises without weights that will build up the external vastus and leg bicep and so tighten the ligaments.

This injury has kept me from indulging in my two favorite sports—weight lifting and tumbling—and I want very much to be able to do them again.

W. C., Ill.

**ANSWER:** The only treatment for your condition is

rest, and plenty of it over a long period of time. At the expiration of a year or so light exercise such as you mention would be of value, with a slight and gradual increase in the amount and resistance of it.

**QUESTION:** I am a young man 21 years of age, five feet eleven and a half inches tall, and weigh 150 pounds. I realize I am somewhat underweight. Not long ago I was examined by a physician and was told that I am normal excepting that my tonsils have pus in them. Do you think this keeps me from gaining weight? I am never sick and I exercise every morning and night. Occasionally through the winter I suffer from sore throat but not very bad.

Do you think it best that I have my tonsils removed, or is there any possible way that I could get the pus from them and not have to have them removed?

What causes tonsils to become diseased and have pus in them in the first place? My doctor told me they might not bother me now, but that they might give me trouble later, and that they could possibly develop into a case of rheumatism.

K. M., W. Va.

**ANSWER:** It is most likely that your tonsils are responsible for your condition, and by all means you should have them removed. Removal is the only absolutely satisfactory means of treating diseased tonsils.

As to the cause of diseased tonsils there are many theories, but they are little more than opinions and cannot be advanced as absolutely definite and infallible facts.

**QUESTION:** I am ruptured on the right side, and my physician says that I must undergo an operation. He said that my rupture is not of much size, but that it will get worse without attention, especially since I do heavy lifting.

Would it be possible to cure this trouble by natural methods?

R. B., N. Y.

**ANSWER:** A surgical operation is the only cure for a condition such as yours, and you should have it performed at once before the condition becomes aggravated and more serious.

**QUESTION:** My wife started to go down in health six years ago. At that time she weighed 124 pounds—today she weighs but 92 pounds. Her trouble seemed to start from her stomach. Everything she eats causes gas. She has been operated on for the removal of her appendix and tonsils. She has had four children.

Just recently she underwent an examination at a local clinic and their findings showed her lungs negative, and blood slightly anemic. Her remaining teeth are O.K., urine O.K., blood pressure 110-70, pulse 76, heart good, abdomen flat, and a general prolapsed condition

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

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



of all internal organs. They advised physio-therapy, including cream between meals and extra nourishment, ultra violet light and massage and improvement of the chest expansion, also use of an abdominal support when her posture is improved.

They found no outspoken evidence of any disease, and stated that most of her trouble is the result of a congenital abnormality.

P. Y., Ohio.

ANSWER: The condition that is troubling your wife is a very common one and is one of the many ills that come as a result of faulty diet and lack of proper care of the body.

The recommendations of the clinic are good and she should take cream between meals and do everything possible to put on weight. She must keep the bowels open by eating plenty of fresh and stewed fruits and vegetables, and, if necessary, by the use of mineral oil. She should also perform the following exercise: Kneel on a chair, lean forward and place the hands on the floor, thereby bringing the body at a decided downward angle. Now inhale and exhale deeply, assisting gravity to pull the internal organs into their proper positions.

Also elevate the foot of her bed two inches the first week, then increasing two inches each week until the total height of eight inches is reached. Ultra violet light will help, as will also osteopathic treatments.

QUESTION: For the past seven years I have been troubled with a terribly itching skin, which annoys me for about an hour after I have been in the water for a swim or a bath. This is such an annoyance that I have given up swimming entirely. Recently this trouble has appeared during the day and has also kept me awake at nights. It starts even from a slap on the back, and has been bothering me for several years, ever since I suffered from an attack of chicken pox. The skin at that time was covered with scales, but now is of normal appearance, except on the thighs, where it has the appearance of goose flesh.

I have followed athletics all my life, and have used bar bells for the past ten years with the result that I have a well-built body. For three years I lived a strict vegetarian life, but did not succeed in overcoming even partially my trouble, and at present I live principally on fruits, vegetables, etc. I eat very little meat and drink no coffee. I do not smoke or drink and manage to get eight hours or more sleep per day. I am a bricklayer by trade and get plenty of fresh air and sunshine.

M. N. Y., N. Y.

ANSWER: Your condition is not as uncommon as one might suppose, and you will doubtless find the usual remedy of following the bath with a rub-down with olive oil, followed in turn with one with alcohol, effective in your case.

QUESTION: I am an amateur boxer, and some six months ago I received a hard sock on the eye. The optic was badly bruised and became considerably swollen, and when it began to clear up again I discovered that it seemed considerably sunken in its socket. Specialists tell me it is only a matter of time till it will return, but I am worried and anxious about it, and would like your opinion, especially since so long a time has already elapsed.

P. H., Tasmania.

ANSWER: I believe it will be only a matter of time until your eye returns to its normal position in the socket. Nothing I know could be depended upon to help other than rest.

QUESTION: Recently, while painting, both my legs began to shake severely as if I were cold or badly scared. This lasted about five minutes and was the first time I ever experienced such a sensation. What could have caused it?

2. I am 17 years old, five feet seven inches tall, and weigh 140 pounds. How tall will I be, and what will I likely

weigh at my full development? Could I by progressive exercise with weights build myself up to a heavyweight?

3. I have several sores on my arms and chest, something like pimples. What could they be?

4. I have abandoned candies, cakes, pastries, fried foods and all beverages with the exception of water and milk. Do you think this would help clear the pimples from my face? I drink one quart of milk a day—is this sufficient to gain weight?

T., St. L., Mo.

ANSWER: 1. Perhaps this condition was brought about by standing too long in one position. The position itself might have brought on a nerve stimulus. It could have been nothing serious.

2. It is absolutely impossible to estimate the proportions one of your age can attain, and more especially so when no more information is available than you give. To make even a haphazard guess would require information as to size of bones, breadth of frame, relative length of trunk and legs, and numerous other conditions that could be determined only by personal examination. I would not say, nor would the makers of any kind of exercising apparatus, that you can make yourself into a Tunney or Lewis or Gorner by using any given system of exercising—all that can be said is that exercises such as you mention will make of you the best possible man of the proportions you may attain.

3 and 4. Without a doubt your skin troubles have been caused principally by your diet, and now that you have remedied that you should find your blemishes disappearing. Regarding the business of gaining weight, you should eat, in addition to the milk you are taking, plenty of fresh and stewed fruits, fresh vegetables, greens, etc., and some whole wheat as well as white bread. Also use rice, potatoes, thick soups, some meat, and so on, but take particular care to keep the bowels in good condition by following the diet outlined and by using the various twisting and bending exercises outlined in STRENGTH from time to time. Also, if necessary, take mineral oil occasionally.

QUESTION: I have an acid stomach and am bothered with gas. This condition has been apparent for several months and I am unable to overcome it. Of course, I realize that proper diet is about the only way to cure it, but so far I have failed in every attempt to rid myself of it.

One physician advised me to avoid string beans, lettuce, raisins, tomatoes, etc., while another said string beans would be better for me than dried beans, and that I should take a little soda after eating. His reason was that string beans do not form or cause gas as do the dried variety. So you see I am really at a loss as to what to do, and why.

I am 23 years old, five feet eleven inches tall, and weigh 125 to 130 pounds—you see I am very much underweight, even for a small-boned man. (My wrist is about 6½ inches and ankle 8½ inches.) I can't expect to be large and heavy as are some men, but it does seem I should weigh approximately 165 pounds or so.

I have a very bad breath, and my bowels are very irregular, unless I take recourse to a laxative, for instance, milk of magnesia. Usually, just before meal time my stomach has an empty, gnawing feeling, and when I awaken in the morning it has a heavy, curious feeling, but does not pain me. For some time I have been following a course of body building, but so far have been unable to gain an inch in my measurements. Do you suppose my troubles are holding me back in this matter?

Another thing—I have a roaring in my ears, particularly the right one, which may be caused by my nasal catarrh. However, I have had the catarrh for several years and the noise in my ears is of only recent origin. This noise occurs mostly at night or before arising in the morning, and is also more conspicuous after I exert myself in any way.

W. G., Ky. (Continued on page 79)



# The Mat

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

*Further Neck Exercise of an Advanced Nature; the Bent Press with Dumb-bell (the First Half of the Two Dumb-bells Anyhow); Suggestions for a Training Program; Captain Ringman Mach—Original Lifting Novelty Artist*

By Mark H. Berry

**T**HIS month I have the opportunity to show you three photos of the most novel act in the entire line of strong man showmanship. In fact, we never considered the possibility of anyone attempting such a thing.

Captain Ringman Mach claims the distinction of having an act which is impossible for others to duplicate. There is no doubt as to its being the only act of the kind in the world.

In the photos we are using you see him bending a bar of iron which is one inch in diameter; and in the other photo he is seen supporting his own body weight. Captain Mach is truly a weight lifter, but instead of lifting the weights with his arms as is ordinarily done, all of the lifting is done from half inch slits cut through the captain's breast in which two iron tubes one-and-a-half inches long and three-quarters of an inch in diameter are inserted.

To excerpt from some of his advertising literature: "With these apparently frail strips of flesh, the captain lifts iron dumb-bells of from 50 to 250 pounds of weight and bends an iron rod three feet long and three-quarters of an inch in diameter, requiring a power of 300 pounds. He finishes the act with a wonderful example of endurance by suspending himself from a rope tied to the wounds in his breast and attached to the ceiling, and then permits a heavy man to hang to his feet for from one to two minutes. (The act lasts from ten to fifteen minutes, and during his performance the captain will allow anyone to examine him and his paraphernalia.)"

Captain Mach is over sixty years of age, having been born in Bohemia, Czecho-Slovakia.



Another special neck exercise.

He has lately returned to civilization after twenty years among man-eating cannibals of Patagonia, South America. He states that no civilized white people had heretofore visited these barbarians. As shown in one of the illustrations, one of the pagan religious rites consisted of

cutting slits in the breasts of captives, after which they were suspended by ropes from trees, the only attachment being to the slitted wounds in the breasts.

The life of Captain Mach was spared, and he is now showing his remarkable ability to support heavy weights in this astounding manner.

After escaping from the cannibals after twenty years' captivity, he first made his home in Central America, then came to the United States, where he has exhibited for some time. A few months ago he sailed for Europe, where he expects to spend a year touring Russia and Germany, probably returning to the United States.

Captain Mach carries a complete exhibition of curiosities from cannibal lands. He also carries trained chimpanzees, and gives instructive lectures in eight languages.

We are not expecting any of you fellows to attempt the duplication of this act and believe Captain Mach will be safe from imitators.

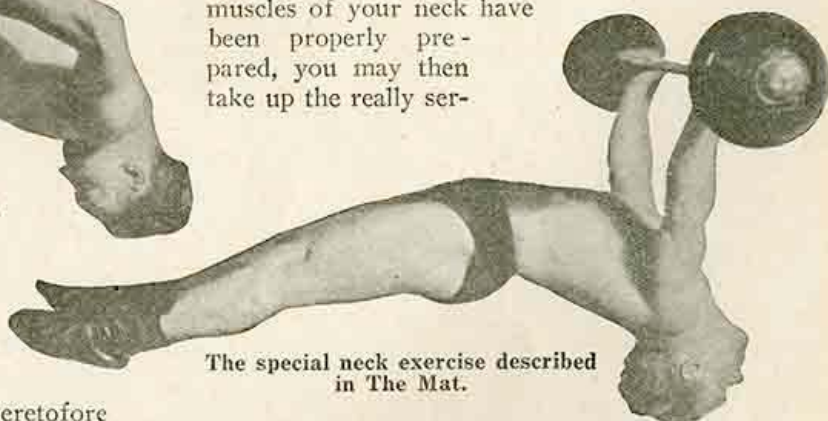
For the benefit of the advanced *Mat* followers, who are always on the alert for new and better ways and means of developing themselves, we are showing photographs of two very effective exercises.

You may recall the photo of Conrad G. Mills, of Bremerton, Wash., in the last issue of *STRENGTH*. Mr. Mills is a first-class athlete with a remarkable development of the neck muscles.

The two exercises we are about to describe were recommended by this athlete, who is living proof of their effectiveness.

It is understood that these exercises must be gradually worked up from more simple movements, such as were explained in *The Mat* for last month (August).

When you are sure the muscles of your neck have been properly prepared, you may then take up the really ser-



The special neck exercise described in *The Mat*.

ious work of strenuous exertions.

The first exercise is in the nature of a wrestler's





The various stages in the bent press with dumb-bell. Upper figure, down to the lower figure the movements are shown in progression till the arm is straight. It is then merely necessary to stand erect.

given exceedingly vigorous exertion. At first you should only hold the position; next practice a slight variation by bending the knees only slightly and rocking the head back and forth, also sideways to a slight extent. When you feel certain of possessing sufficient strength of the muscles in question, take a light bar bell, and while holding the head bridge, with legs straight, bring the bell across to the chest and press to arms' length over the chest. Return the bell to the floor and repeat several times.

Conrad Mills is accustomed to using a bar bell of 135 or 140 pounds when taking a workout with this exercise. Unless you are extremely strong, you must be wise and play safe, start with lightweights and very gradually work up to a fair poundage.

You may also vary this exercise by bending the knees slightly and rocking the head backwards and forwards while holding the bell over your chest. Do not bring the legs into play to any extent; it will be easier to make sure of this, if you keep the heels only in contact with the floor, and do not rest the entire foot on the floor. You must not expect to rock the head to any great extent in this exercise.

The other valuable neck exercise is performed in a position opposite to the movement just described.

Instead of having the back towards the floor, the front of the body faces downwards. Bridge with the head in the same manner, while keeping the legs straight, the bodyweight supported on the head and toes.

As in the first exercise, you must proceed cautiously and slowly, at first merely holding the position, then later rocking the head backwards and forwards, and from side to side. You may later practice holding weights in your hands, either on back of the shoulders or against the chest. This exercise also has a beneficial effect upon the abdominal muscles.

Although similar, this exercise must not be confused

bridge; however, instead of using bent legs to assist in the bridging, the knees are kept straight. The head is bent backwards, the weight of the body being supported on the head and heels, but by keeping the legs straight, the strain is made more severe upon the muscles of the neck. The muscles in the small of the back are also



with another where the head and feet bridge with the face turned downward. In the present exercise you must try to keep the body and legs as straight as you possibly can, whereas in the other movement you have the body well bent at the hips.

In the older and easier movement the crown of the head is kept in contact with the floor practically all the time, while in the newer and more difficult exercise the front of the head will bear the brunt of the load. Practice both of the novel bridges as illustrated and results will soon be evident.

For the coming winter, the ambitious bar bell athlete can hardly do better than to put in a few solid months of practice on either or both of the following two lifts—the Two Dumb-bells Anyhow, and the Two Hands Anyhow With Bar Bell and Kettle-bell. The complete mastery of these lifts will give you a degree of control which can be gained by few other methods. As concerns the acquiring of unusual strength, the regular practice of these lifts would be hard to beat.

To give you a thorough understanding of what will be required of you in mastering a lift of this nature, we will give a concise description of the lift known as the Two Dumb-bells Anyhow. Then will follow a more detailed instruction of the necessary movements to be mastered in weaving the various stages into one complete lift.

To make certain of complete advice and instruction, it will be necessary to carry the description of the complete lift over to the next month, after which will follow a similar description of the bar bell and kettle-bell lift, known as the Two Hands Anyhow.

In case it seems strange to some of my readers that the dumb-bell lift should be selected for description ahead of the other, it may be well to give my viewpoint on the matter.

To begin with, I am taking for granted the pupil has practiced and mastered to some extent the bar bell bent press, before entertaining any ambitions concerning either of these "separate" lifts.

Though it may seem logical to first take up the description of the

bar bell lift, we are for the present centering our attention upon each of two complicated lifts as a whole. Should anyone be looking for instruction on the bent press, without wishing to learn the "separate" lifts, the present series of discussions should prove interesting, but it must be remembered that particular part of the description will only be incidental.

The average fellow who professes





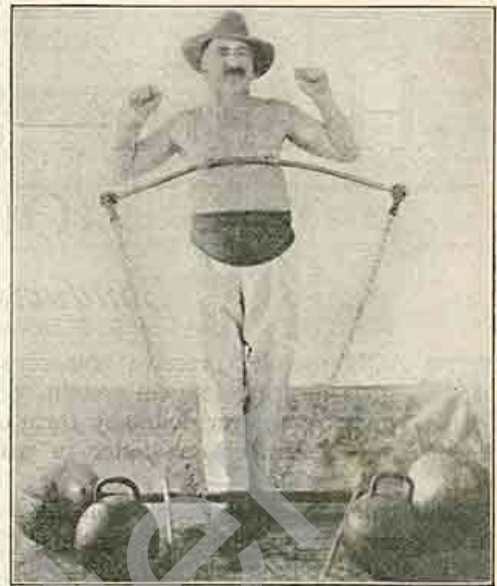
an interest in heavy lifting to the extent of taking the two "Anyhow" lifts seriously, will find the dumb-bell lift easiest to master and perform. For that reason, we will treat upon it first.

The two dumb-bell lift must be performed with bells of unequal weight. We will presume, for example, that the lifter is to attempt a lift of 220 pounds; he has the larger dumb-bell loaded to 160 pounds, and the smaller one at 60 pounds. He straddles the former, with the latter placed in a handy position for the moment when he must bring it into use. Grasping the heavy bell with both hands, it is brought to the shoulder, then bent pressed overhead; the lifter straightens up in order to lock the shoulder; he next bends down and curls or swings the small bell to his shoulder, stands erect and after bringing both heels together, presses the small bell to arm's length alongside of the big one.

It is first of all essential to make certain that our pupil completely understands and is capable of accomplishing a One Arm Bent Press with dumb-bell using a respectable weight, which should be at least bodyweight if you are really serious in your intentions.

We shall, therefore, concentrate our attentions, for the present, upon the single arm dumb-bell lift.

Straddle the dumb-bell (we will presume the right hand is to be used for lifting); grasp the bell with this hand, placing the left hand over the right. Using the strength of back and legs to impart the necessary force, pull the bell straight up as high as possible towards the shoulders. If the weight is well within your limit, the initial heave will bring the weight clean to the shoulder, in which case it is merely necessary to center the body by pivoting on the left foot and bringing the bell into position on the right shoulder. But when you have progressed to the extent of handling heavy weights, it will be essential to momentarily rest the bell upon either the thighs or the body, midway between the floor and the shoulder. The proper use of the legs will make



Captain Ringman Mach bending an inch steel bar.



A Pagan religious rite. Captain Mach was held captive by these cannibals for twenty years.



Captain Mach supporting his bodyweight. He can hold 250 pounds in this manner. Read about him in *The Mat*.

this an easy process.

With the bell at the shoulder, you assume the position shown in Fig. 1. The elbow is rested upon the hip, or upon the side above the hip. Some men find it impossible to rest the elbow on the hip, due to the relative length of their arm and torso. Many men will find they must rest the elbow and upper arm away around on the upper back in order to get a firm

foundation for the pressing movement. A fully developed latissimus muscle will prove of immeasurable value in helping to support the arm.

The position of the feet is important; when pressing with the right arm, the left foot should point in the direction of the body bend. Refer to the illustrations, study them and adopt the proper foot positions in your own case. Press steadily on the bell, but do not attempt to lift the arm off the body; bend pretty well to the left side to begin with, but as you go down, gradually incline the body towards a frontward bend. Please note that the important bend, when the lifter is really exerting himself as in Fig. 2, is midway between the frontward and sideward bends. By resting the free arm upon the left knee, or lower thigh, you may steady yourself. Some fellows prefer to rest the left hand upon the left knee; some prefer the elbow rest; while others allows the arm to slide down along the inside of the thigh until the armpit is directly over the knee, and the left side is resting solidly on the thigh. The legs play a most important part in the bent press lift. In starting the lift, I would advise you to keep the legs straight as long as possible, until you have bent pretty well to the side. When you find that the need of support calls for a bent knee, the left only should be bent till you get down to the lowest possible inclination of the body, with the lifting arm straight. Then bend the right knee. The theory of the lift calls for the lifter to squat at this point; by which I mean, to lower the hips towards the floor till the upper body becomes almost straight under the straight lifting arm. Then use leg power, with the assistance of the left arm in assuming the erect position. I mention (*Continued on page 62*)



# Health—Strength—Beauty

## (Our Girls' Circle)

*Conducted by Marjorie Heathcote*

**E**ACH month I receive numerous letters from girls desiring to gain weight. Most of these girls have never done any form of exercising. I remember one letter in particular which

read:

"Is it true that some people will be 'skinny' regardless of what they do? I have been told that, and it seems as though it is so in my case."

Now this young lady states in her letter that she takes different kinds of limbering up and stretching exercises, but they do not help much.

I am glad to note that she at least endeavors to perform some kind of daily dozens — but the trouble in her case is that she is performing the wrong kind of exercises. Of course, I have no objection to stretching exercises. They are a wonderful tonic for the nerves, but what this girl needs is a program consisting of something more strenuous.

A person desiring to gain weight should begin with an exercising program which includes every part of the body—not just the legs and arms.

Always bear in mind that no one will acquire desired results by practicing exercises one day out of seven, or practicing for five minutes a day. This is a common mistake most girls make. When they do not acquire favorable results they claim that exercise is the "bunk."

Throughout the pages of *STRENGTH* you see each month exercises women should do to keep fit. Follow these articles very carefully and adopt a program for yourself.

September — what a wonderful month to begin to make yourself over! Really, girls, you will be surprised to see how differently you will feel. The girl or woman who is always sick and ailing, and the girl or woman who is too thin or too fat—begin reforming this very week—today, and make up for the years you neglected your body.

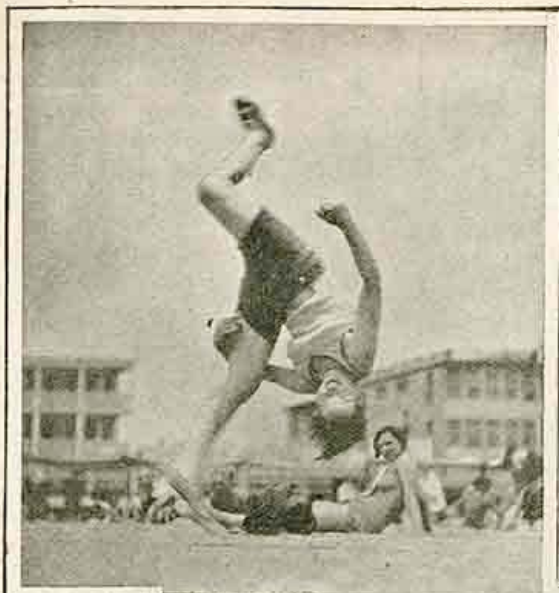
This month I am happy to introduce to the readers of this department Miss Evelyn Mae Sheldon, the sensational girl tumbler of the Lee Gail Ensemble on Keith Circuit. This attractive and capable young lady is only nineteen years of age, but although so young she has already achieved a high rank in the field of tumbling which she has been following as a profession for several years. In the act she appears with her brother, Carl, who is two years her senior, and they put over a series of routines which for speed and height are unexcelled.

Miss Sheldon is a daughter of Charles Sheldon, one of the last generation's best known tumblers, and as such she is "running true to form." It is interesting to note, however, that she did not take up acrobatic work with the idea of entering the profession; instead, she undertook it in order to build up her health which had been very poor during her early life. Measles, whooping cough, influenza, appendicitis and various and sundry other diseases had taken their toll early, and at the age of eight years she was in a bad way physically. But the strengthening and upbuilding effects of exercise soon made themselves evident, and her progress was so rapid and



Above are Evelyn Mae Sheldon and her brother, Carl, sensational vaudeville tumblers.





was any curvature of the thigh bones but that my legs needed building up, especially the inner muscles of the thighs. When I am sitting down my legs appear quite straight, but when I stand up the flesh on the inside of the thighs seems to sag inwards thus leaving a gap of a good inch between the thighs, although from the knees down the appearance is normal and the shape good. The size of the calf is 13 inches, but the thickest part of the thigh only measures 19 inches, which seems to show a great disproportion and probably accounts for the space between the upper legs. Could you recommend some special set of exercises for developing the upper legs especially the inner muscles of the thighs?

You might think from my description that I had bow-legs, but the fault, if any, is more of the knees being knock-kneed, although when I stand up and tighten the muscles, the upper legs practically meet which makes me think that some good exercises might build up the legs to make them meet even when the muscles were relaxed.

Could you also let me know the correct weight and measurements for one 5 feet 7 inches in height?

Do please excuse this long letter, but I hope you will understand how anxiously I await your advice, for which I now thank you in grateful anticipation.

P. A., Rome, Italy.

ANSWER: I think that if you specialize on exercises for the



Showing four positions of the baroni, as done by Miss Sheldon.

satisfactory that she soon became a featured tumbler on the stage. At present the act in which she appears is playing in the Midwest, and if you have a chance to see her on the stage don't fail to take advantage of the opportunity—you will see another of the host for whom physical culture and exercise have worked miracles.

DEAR MISS HEATHCOTE:

I wonder if you can see your way to reply to my queries, as I am desperately in need of some good advice. I shall look forward to an answer in *STRENGTH* as I order this magazine every month here.

First: I am 5 feet 7½ inches in height and weigh 123 pounds (this being my maximum weight). I am very undeveloped although I am just 30. I am quite strong and healthy, can ride a little, cycle, have done a little mountain climbing, a great deal of walking, but no swimming and no (or very little) physical exercises. I look a good deal younger than my age, but everyone says I'm dreadfully thin.

What worries me intensely is that my upper legs are disgracefully undeveloped, and I wonder if there is anything wrong with the bones. I had my legs examined in London by a specialist after having had an accident and operation on the knees. He said he did not think there





thighs you can greatly improve and build them up.

You say in your letter that you have done a little mountain climbing. Continue with this sport if convenient, for it will aid you immensely in building up muscle.

I also note that you do a great deal of walking. Walking is a wonderful exercise, but you need something which has a more strenuous effect upon your legs—and that is exercise. Combine exercise with walking and you will improve your condition considerably.

Take up swimming immediately. As well as being a good leg exercise, swimming will also build up the rest of your body.

Now I am going to give you some exercises for the thighs. Specialize on them for several months, and I am sure you will acquire favorable results.

front of the thigh and should be done with considerable vigor.

3. Stand with feet spread apart, hands on hips. Now bend the right knee and keep the left leg extended, knee held perfectly straight. Return to original position and alternate with the right leg. This exercise affects the muscles of the inside thigh, as well as the other muscles of the thighs.

If you have open space available nothing could be more desirable than ten minutes of rope skipping. Running is also an ideal exercise for the legs.

For your height (5 feet 7 inches) your measurements should run something like this: neck 13¼ in., chest 32¾ in., waist 28 in., biceps 12 in., forearm 9½ in., wrist 6½ in., hips 40 in., thigh 25 in., calf 15 in., weight 156 lbs.

DEAR MISS HEATHCOTE:

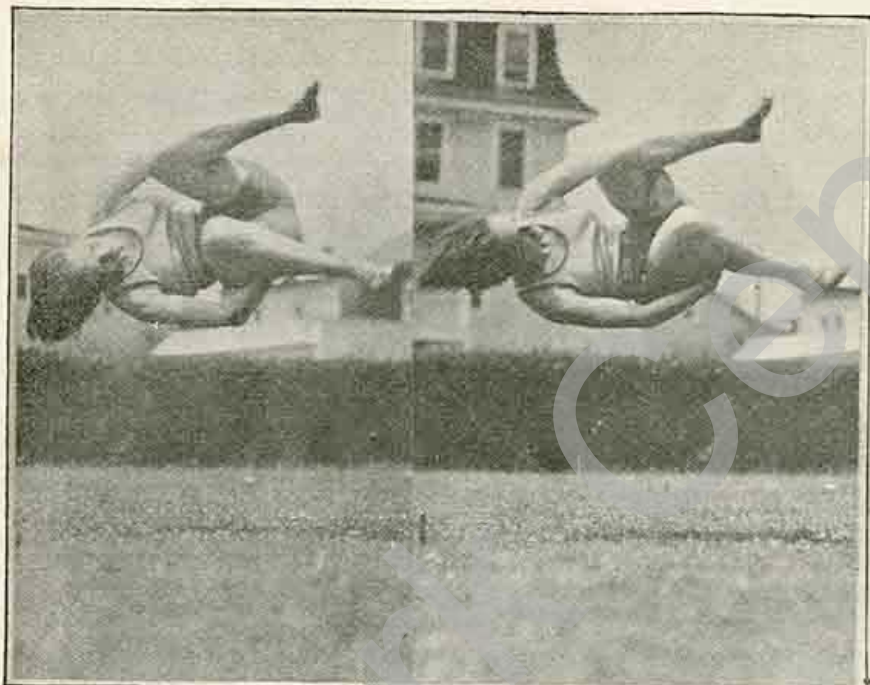
I have been a reader of the wonderful STRENGTH Magazine for some time, and I like to read "Our Girls' Circle."

Now I thought I'd write and ask you about my own case. Two years ago I was stricken with infantile paralysis which left my right knee very weak. Also it left my right thigh thinner than the left, and my left calf is thinner than my right. I do all kinds of exercises but can't see but a slight change.

Would you advise me to massage them with olive oil? I am fourteen years old and am 5 feet 1 inch tall. Please give me the correct measurements for my height. E. B. M., Minnesota.

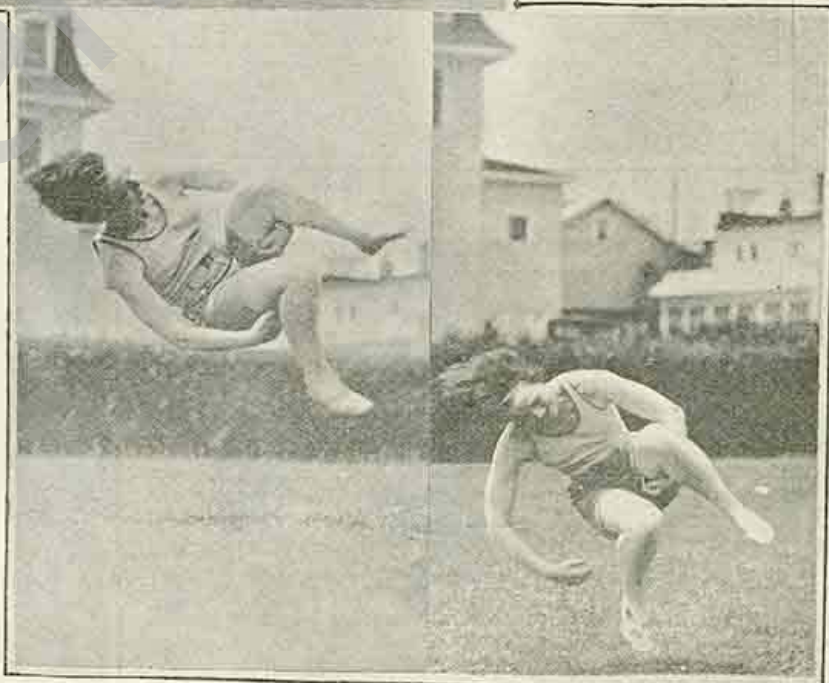
Exercise will in time help you strengthen you right knee and also help develop your right thigh, but you must persist and have a great deal of patience.

(Continued on Page 68)



1. Place one foot on the seat of a chair, and grasp the back of the chair with the hand. Then, without jumping, press up to a standing position on one leg, assisting the leg by leaning to the side and pressing with the hand on the back of the chair. Alternate with the opposite leg. At first you will find this exercise rather hard on the legs (your legs will probably be too weak to repeat this exercise more than three or four times.) However, after you become accustomed to it, you will find it much easier to perform, and your legs will be strengthened considerably.

2. Stand with body held perfectly straight, hands on hips, legs together. Now extend the right leg directly in front of you, raising it as high as you possibly can. Alternate with the left leg; this exercise involves the muscles of the



"Slow motion" of a standing side somersault, by Miss Sheldon.



# Why Be Old?

A Few Remarks On Rejuvenation, and Why It Is No Longer Necessary  
To Accept Old Age With Advanced Years.

By *James Lawton*

"Being old, you may feel youthful;  
Age is only what it feels—"

**S**O run the first two lines of a short verse used in advertising a certain nationally known product that has added "youth and spring and comfort" (to use part of the third line of the verse) to millions of human beings.

As regards the article advertised the writer has nothing to say, either pro or con, but much can be said about the little verse and the wisdom, the hope, and the despair it contains. "Age is only what it feels!" What a host of thoughts that brings to the mind of one who has had contact with humanity over a period of years! Instantly such a one recalls visions of this man or that woman, who, although young in years, was old, aged, in mind and body, or of still another man or woman, who, although of plenteous years, was young in spirit and soul, and therefore and thereby young in mind and body. And still others are recalled who accepted the natural (?) course of things, being young at twenty, middle-aged at thirty to thirty-five, and old at fifty. But men and women of today do not care to accept such a process of deterioration and early retirement from the activities of youth and those who feel youthful. So it is that scientists and men of learning and wisdom have sought long and diligently for a secret whereby the inevitable "advanced years" might be separated from the undesirable "old age" condition. Fortunes have been spent, blood has been shed, and lives have been sacrificed in this ceaseless search for a magic formula or process capable of separating the one from the other and thereby extending over a longer period of years the enthusiasm, the power, the abilities and the pleasures of youth. Each generation has heralded its "discoverer" of this great secret, and each "discoverer" in turn has seen his dream of achievement shattered on the proving grounds of time. Ponce de Leon made rather a noble effort in this line some several centuries ago, and seekers after the "system" have been even more numerous since his time than they had been before his day, and it has been only during this age, with the search hotter than ever, that men of learning have really begun to discover real, worth while facts regarding the matter. And these seekers, like the character in Russell Conwell's "Acres of Diamonds," have found the thing they sought not in some far, remote and inaccessible country but instead have discovered it right in their very own homes, just as the man who so wanted diamonds found them after many wasted years in his own yard.

Ponce de Leon was really on the right track, but he did not know it. His idea of tramping around to find a spring in which to wash away his cares and years was great, but he was too modern in that he wanted too much change too suddenly. He wanted a transformation such as the Scriptures describe, but he evidently had not the faith possessed by the subjects so marvelously benefited by the Man of Galilee. We can almost imagine him saying to his imported English valet something like this: "Well, Hawkins, we arrived at this pool too late for me to take a dip toni—er, this evening, but, mind you, I shall try it first thing in the morning. Looks like a pretty nifty pool, but somehow I have my doubts about it being the right medicine for me—it's of too nearly the same shape as the one we tried last week, and I'm not going to waste much time on it. If it doesn't get busy in a hurry I'll just wade in up to my knees and come right out. But you never can tell—it may be the thing we've been hunting, so you'd best play safe and have everything ready in case it does fix me up. Get me right now. Lay out my new suit; you know, that nifty Scotch plaid, and be darned sure the ruffles on the collar are straight, because if that pool does do the work for me I will want to look my best to have a photo made to send back to the Queen."

And then one can imagine his, "Confound it, Hawkins, what did I tell you—I knew that pool wasn't worth a continental. Why, the bottom was awfully oozy, and I got six leeches on my legs to boot. And another thing—I think I'll let you try the next pool for me. That one today was the fifth since that big lake we found about this time last month, and I fear I'm getting entirely too many baths, especially considering my age.

"Oh, well, we haven't had a bit of luck so far, but I suppose there are other days and other pools. So just to help me forget these disappointments suppose you give my orders to have a choice venison dinner with a double portion of my favorite wine, and make it snappy."

And there were other days, and other pools, and other big eating sprees, and each of them found the old explorer sinking deeper and deeper into that state called old age. But to tell the truth, while we pity the old gent's superstition about finding a fountain of youth in Florida, we must admit that he lacked only one or two minor details of having a good substitute for it. F'r'instance, if he'd mixed in a good bit of hiking with his horseback riding from place to place the exercise would have done him no little good. That, plus a slightly rectified diet, would have been absolutely great, and with the assistance



of an allotment of about ten Jersey mosquitoes per square inch of exposed cutaneous surface in order to stimulate and make fairly pleasant the business of waving the arms about and bending the body in various directions would surely have brought to Florida in her earliest days the reputation that real estate agents have spent millions of dollars and billions of words to create in later years.

Yes, we do pity such superstition as this famous old character possessed, but at the same time one can only wonder whether fifty years hence we in turn will be pitied and ridiculed for the superstitions we now possess regarding such things as the causes and prevention—and the cure—of many of our troubles. We laugh at Ponce de Leon's magic pool—will not a few generations hence laugh at our magic pills for reducing, and magic pills for gaining, and magic pills and potions for every ill and trouble under the sun? And what about *our* additions to the "discoveries" for making perpetual the characteristics of youth—our monkey glands and sheep glands and X-ray processes and systems for routing senility and restoring youthful vigor and energy—will they not be luscious subjects to ridicule when in years to come the real fallacy and utter unsoundness of their principles shall become thoroughly understood?

And now, the better to help you understand just what this is all about, a short explanation of these two "discoveries" will be given. First, the gland transplanting idea grew out of the theory that most of the troubles that afflict humanity (and particularly that malady classed as old age) grow out of the failure of one or more glands of the body to function properly and to give off the proper amount of secretions of the proper grade for the correct and normal functioning of the body as a whole. This failure on the part of even one gland literally robs the system of a portion of its accustomed amount of vital secretions and in turn throws a double burden upon the glands remaining active, in that they are called upon to make up the deficit. "So far, so good," thought the learned investigators and theorizers, "so why not just replace that worn out and worthless gland with a nice, new one from the body of a healthy sheep or monkey." They preferred the monkey, perhaps he is most like a man, having such an arrangement of arms and hands that he can eat peanuts with one hand and scratch himself with the other, like a fellow at a baseball game.

No sooner said than done—these investigators have a way like that.

Mirabile Visu! It worked! Cracked voices became strong and steady, gray hair turned dark, dim eyes became clear and sparkling, and many other long sought after changes became apparent. Immediately the world was let in on the secret, and forthwith began the "millionaires' march to the medicine man," fat and wheezy old fellows rubbing elbows in the doctors' waiting rooms with other sundry men of means bent on the same mission, some likewise fat and wheezy, others skinny and scrawny. For a time, indeed, the supply of monkeys for zoos and the price of mutton for table use threatened to become respectively extremely low and extremely high.

But Dame Nature herself saved the day for the peanut raisers and mutton pie devotees—in the course of an all-too-short space of time and in an entirely convincing manner she made it plain that she would have none of this style of restoring youthfulness to the aged. She politely saw to it that the hair became gray again, and

the eyes dim, and that other changes were restored to their former condition. The so-delightful results that had been so easily and so speedily obtained she just as easily and just as speedily set aside.

But what was the cause of these sudden returns to the former condition of senility that had been temporarily overcome? The explanation is simply this: as had been supposed, the new glands did perform properly their duties in the bodies into which they had been placed, but the unhealthy conditions of these same bodies that had first caused the deterioration and failure of the original glands had soon had the same effects upon these newly transplanted glands, thereby rendering them impotent and inactive, whereupon the symptoms previously manifested had promptly returned. For a practical illustration it might be said that putting good new glands into an old, worn-out body is like putting a brand new cork stopper in a bottle of powerful acid—it works like the proverbial charm, until the acid has time to get at it and demolish it. In the human body the position of the acid in the bottle is occupied by the blood and the toxic poisonings as well as actual disease germs it contains, and the final results are identical.

But about the same time this system was discovered another budding genius discovered in the course of various experiments that X-rays have a somewhat invigorating effect upon certain glands of the human body. Enlarging on this discovery, he soon announced his infallible (?) method of cheating the firm of Time and Dissipation of its toll. This "system" drew its large following, the size of which increased with the discovery that the gland transplanting idea was "all wet," to use a slang expression. "It is so simple," seemed to be the line of argument advanced by the promoters of the idea, "instead of having to undergo a serious operation and then obtain only temporary results we are able to fix you up in a jiffy, just like buying a mail order radio. You just take a treatment every so often until you have taken a given number, then in the course of a few weeks you find your youth and all that it ever meant returning to you in full glory. The fee? Ah, it is very moderate for such a wonderful transformation as it brought about, and, er, . . . . . Oh, no, it is always payable in advance."

The theory of their process sounded plausible, too. Instead of removing one's own glands and implanting others from animals they took as a starting point these original glands in which much good must surely remain and so stimulated them with the powerful X-rays that they would promptly return to full activity—regain their youth, so to speak, and simultaneously the individual concerned would regain his youth. Rather a wonderful process, and at the same time so simple—too bad someone hadn't thought of it years before.

But it is said that the wiser the individual the bigger fool he makes of himself when he does slip from grace, and these learned discoverers of this rejuvenation idea were no exceptions to the rule. So intent were they upon watching the beneficial effect of the X-rays upon certain glands that they failed entirely to notice that certain other glands were weakened and even destroyed by these same rays. But it did not take long for the "rejuvenated" individuals to become fully aware of this fact, much to their sorrow and the chagrin of the "rejuvenators." And thus the bottom fell out of another splendid inspiration for the overcoming of old age.

Thus it was that the very (Continued on Page 61)



# How is Your Muscular Coördination?

Perfect Muscular Coördination is What Makes Champions.  
If You Wish to Excel, This Article Will Help You.

*By Charles MacMahon*

**T**HERE is no doubt that physical strength, muscular development, and endurance are greatly responsible for perfect muscular co-ordination. Subsequently, proper exercise produces this co-ordination, because it develops strength, muscle and endurance; but exercise goes even further in producing muscular co-ordination. It produces perfect health and nerve strength, also, and these two are very essential to muscular co-ordination, especially nerve strength.

Of course, you know that muscular co-ordination is, in plain words, a perfect harmony of muscular action or actions produced by nerves and muscle of the highest order. You can see that your eyes and hearing have much to do with muscular co-ordination. Your eyes must be clear and quick so that they telegraph, through your nerves, the right message to the right muscle or set of muscles. It is muscular co-ordination that will make

The reason is that, knowing where the ball will be when he swings, he can send the message sooner and get better co-ordination. But when he doesn't know where the ball is going to pass him, it takes quicker work of eyes, nerves and muscles which causes the ball to be missed if the co-ordination is bad. After the ball leaves the hand of the pitcher, the batter's eye must follow it up, send a message through the nerves to the right muscles at just the right time, so that the bat will be swung in the path of the ball and not two or three inches above or below. When you stop to consider that a ball must be hit almost squarely in the center to produce a hit, you can see that it requires a neat piece of muscular co-ordination to hit a fast curve ball.

Besides strength, development, endurance, health, nerve force and quickness of eye, some practice is necessary in order to attain the high order of efficiency we find all about us today.

Some fellows are born with better muscular co-ordination than others. That means that the former have a quicker eye, steadier nerves and stronger muscles. Both can improve their muscular co-ordination greatly by conscientious practice.

I mentioned endurance as one of the requirements of muscular co-ordination. I mentioned it, because as your endurance wanes so does your co-ordination.

As an example, take Bill Tilden and Lacoste at tennis. I personally don't believe that Lacoste is a better tennis player than Tilden. That is, Tilden often has the upper



Fig. 1

a fine athlete of you, and without it you cannot hope to get far in any branch of athletic endeavor.

Take, for instance, a batsman in a baseball game; it is muscular co-ordination that makes him hit the ball and lack of it that makes him miss it. If the batter knew just about where the pitcher was going to throw the ball and at about what speed it would come towards him, he would rarely miss it.

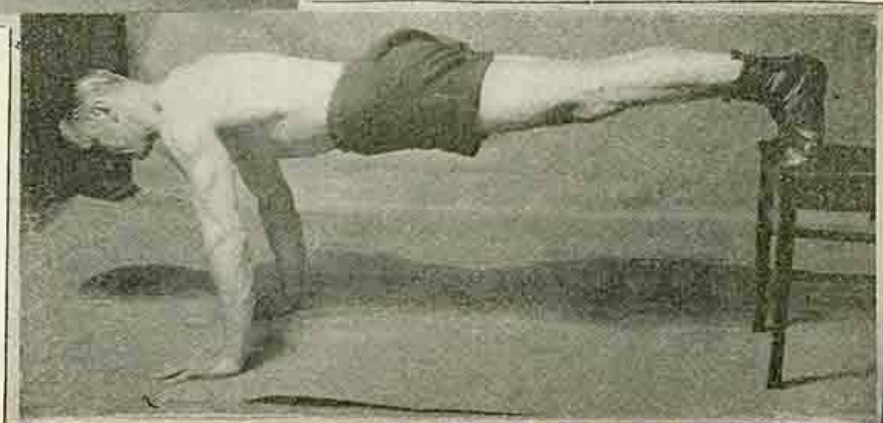


Fig. 2



hand until the later part of the match at which time he is overtaken and beaten. This to my mind is caused by the lack of endurance on Bill's part or phenomenal endurance on the Frenchman's part (whichever way you care to put it) and not by a superiority in tennis ability. When you, Tilden or anyone else begin to be exhausted, the co-ordination fails. If someone came along who was the equal of Lacoste in tennis ability (as I believe Tilden is) but had a little more endurance than Lacoste, I believe he would beat him the majority of times.

Fatigue seems to prevent the muscles from executing the right movement with the correct snap, but the truth is that fatigue dulls the nerves as well as making the muscles unreliable.

Now, as good muscular co-ordination is the thing that will make a fine athlete of you, the next question is how to go about getting it.

First, you must exercise wisely for the purpose of getting more strength and development, and better health. I have tried to illustrate my idea of the various types of exercises that are best for developing or producing the five or six essentials of co-ordination. These are not the only exercises of their kind but merely examples. I show these particular exercises because they are more or less well-known, making the big idea of how to improve your muscular co-ordination easier to understand.

In Fig. No. 1 we see the common two hand floor dip in which you lower and raise the body by alternately bending and straightening the arms while keeping the body and legs rigidly straight.

Now a certain amount of strength, development, and endurance can be acquired by the practice of this simple exercise or any other of its class; but you cannot advance far in either of the above three essentials unless you employ other exercises after awhile that are more strenuous than the dip.

For instance, Fig. No. 2 shows the dip exercise advanced somewhat by raising the feet to a chair seat and consequently throwing more of the bodily weight on the

arms and shoulder muscles.

This advanced variation of the two arm dip will develop greater strength, larger muscles, and greater endurance of the shoulders and arms than will the regular floor dip shown in Fig. No. 1.

To say it another way, the more strenuous the exercise the more strength and development will be built. However, this is not so true from an endurance standpoint, for you can make an exercise so strenuous that only a couple of repetitions can be made, in which case the exercise becomes a wonderful strength and muscle developer only.

Endurance increasing calls for many repetitions of a fairly strenuous movement or as in many cases a great number of light or easy movements.

Figs. No. 3 and No. 4 show two positions of the one

arm dip which is an example of a real strenuous exercise for most fellows. This one is better for increasing the strength of the arms and shoulders, but because it can only be done once or a few times it is not as good an endurance producer as is the first exercise or common dip.

In most sports the legs require the endurance more than do the arms. The above exercises are not much for developing or strengthening the legs and are practically no good

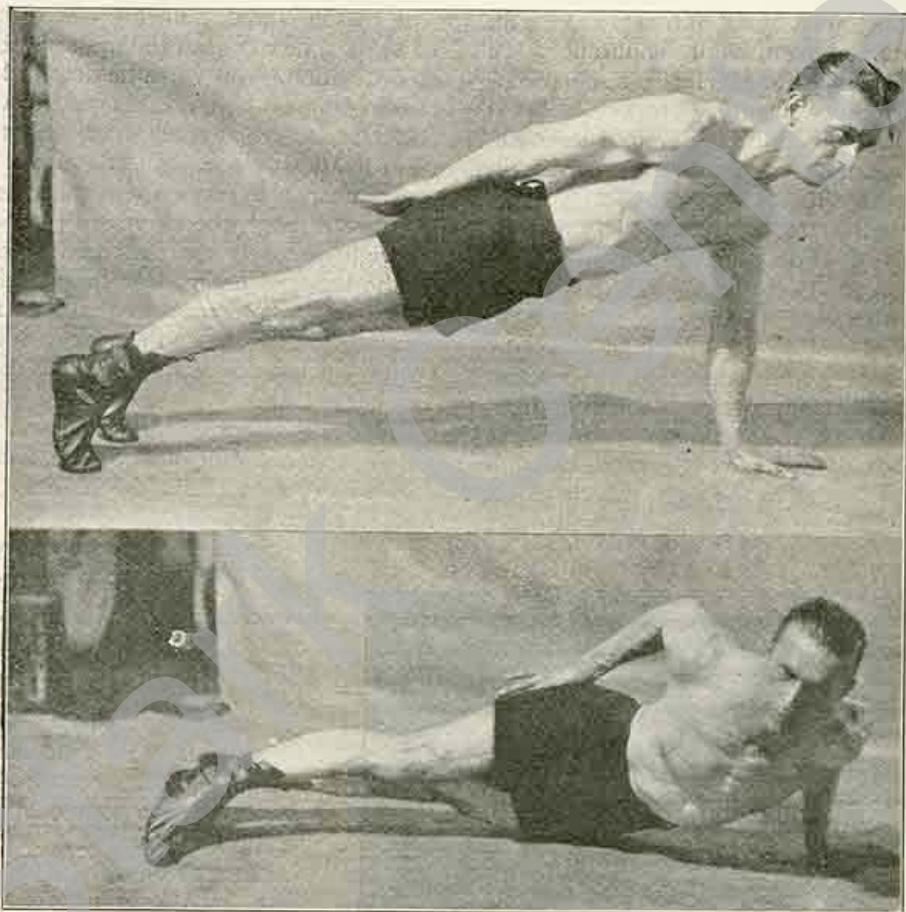


Fig. 3—Above

Fig. 4—Below

for increasing the endurance of them.

Running, rope skipping, and other exercises of this kind are better for making the legs more enduring. Swimming is to be recommended as a very efficient all-round endurance developer. The reason swimming, running, and rope-skipping are good endurance producers is because they exercise the lungs very strenuously. The lungs, as you know, are very important for those who get out of wind quickly and get nowhere in sports.

The foregoing will give you a general idea on how to produce strength, development and endurance with co-ordination as the goal. Perfect health, one of the other co-ordination requisites, is brought about by proper and sufficient exercise, correct eating and correct living, in general. How to get and keep health is a long story



if given in detail, so we will not discuss it further in this article. I will leave it, impressing upon you its importance in gaining muscular co-ordination.

The nerves come next and good nerves are really the result of health and strength. It is very unusual to find a poor nervous system in a strong, healthy body. So exercise for health, strength and development, and you can rest assured that your nervous system will become stronger also.

But how about the effect of worry and fear on the nervous system you might ask? Well, in the first place a strong healthy person has to do some "tall worrying" to undermine his system to the extent of affecting his nerves. In the second place a strong healthy person does not worry enough to do any harm. The health and strength he possesses sort of prevents him from worrying. That is to say that the hundred and one little things that go wrong have no effect on him, and he is strong enough and healthy enough to "laugh off" many of the real serious setbacks and happenings.

The eyes, as I have said before, are very important in the matter of muscular co-ordination. Some fellows are cursed with poor eyesight and while they can improve it somewhat, it is doubtful if they will go far in athletics. However, these fellows should go in for sports somewhat if for no other reason than the pleasure and health derived from them.

Those who possess mediocre eyesight can improve the eyes greatly by proper care and usage. Less reading and more practice in athletic games that sharpen the eye are two good rules for bettering the eyesight. Eye exercises are also to be recommended. These exercises consist of all possible movements of the eyeballs and very gentle massaging with the finger tips.

I also casually mentioned the sense of hearing as being an aid to muscular co-ordination, but that is probably the least important except in track athletics in which events the runners must hear the starter and the gun. Sharp hearing is an asset in all athletic endeavors, but

not nearly the most important.

All the foregoing brings us to practices that actually or directly improve your muscular co-ordination. Fig. No. 5 shows the stunt of jumping with weights. I use that illustration No. 5, because jumping with weights is a fine example of muscular co-ordination.

Those whose co-ordination is poor will find the weights a great detriment to jumping. That is, they will not be able to jump as far with the weights as they can without them. Whereas, the jumper who has co-ordination will jump farther than he can without them. Of course, practice will help greatly in mastering co-ordination in this stunt, but I have found that the fellows who possess fine muscular co-ordination are more adept at any physical or athletic endeavors. As an illustration: the fellow who is good at baseball, will also be good or fair without practice at handball, basketball or most any game. This is because he has the sharp eye, the endurance, the nervous force, the strength and every other essential. If he hadn't them he would not be good at baseball, in the first place.

To get back to Fig. No. 5—the co-ordination is in the right movements of the muscles in perfect harmony and time so that the weights carry you farther. As the bells are swung forward the body and legs must follow the bells. In other words, their momentum and weight must pull the body through the air.

If the co-ordination is poor, then the weight of the bell works against the jumper, holding him back. You can see how the weights can be used as motive power or a hold-back according to the ability of the jumper.

When the bells or weights are used or swung in harmony with the muscular movements to produce a longer jump, that is muscular co-ordination.

Tumbling with weights is also a fine example of what muscular co-ordination can do for the athlete. It requires even better muscular co-ordination to perform a somersault with weights than it does to jump with them. You can easily imagine that even if you haven't tried them.

(Continued on Page 69)

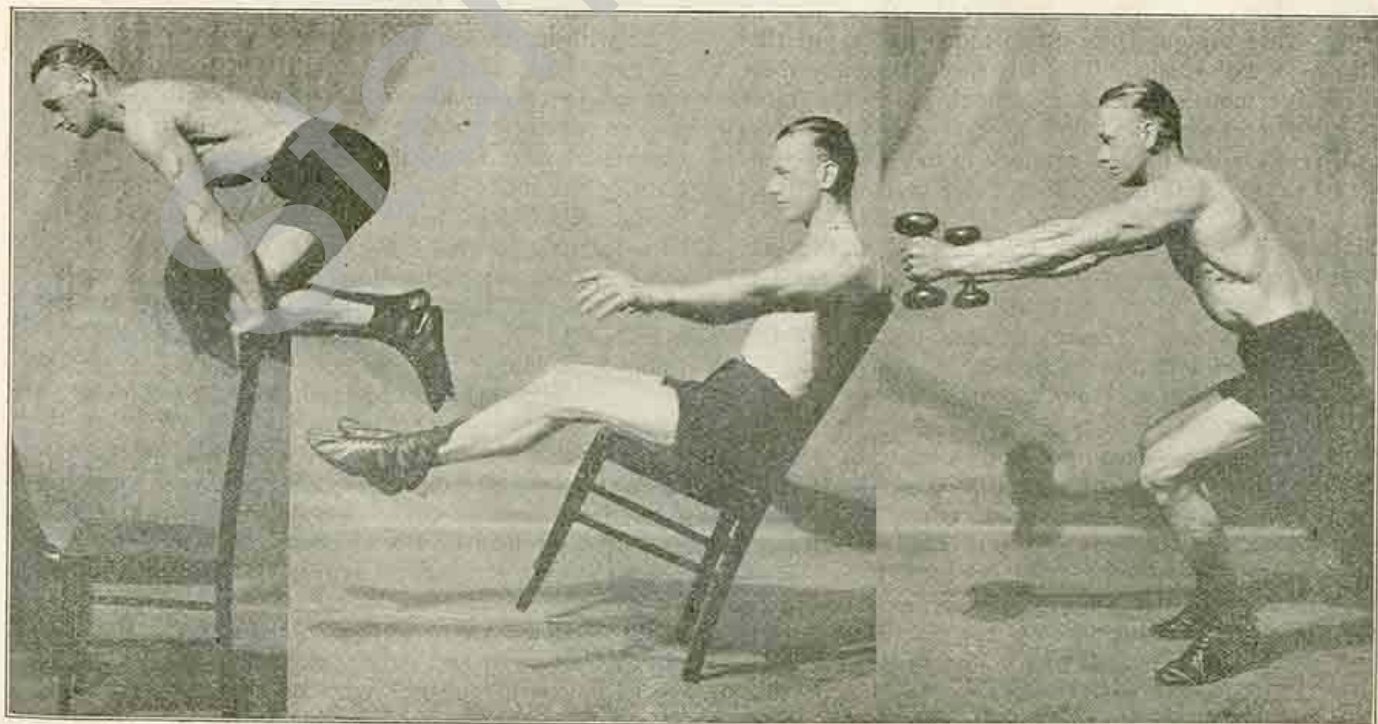
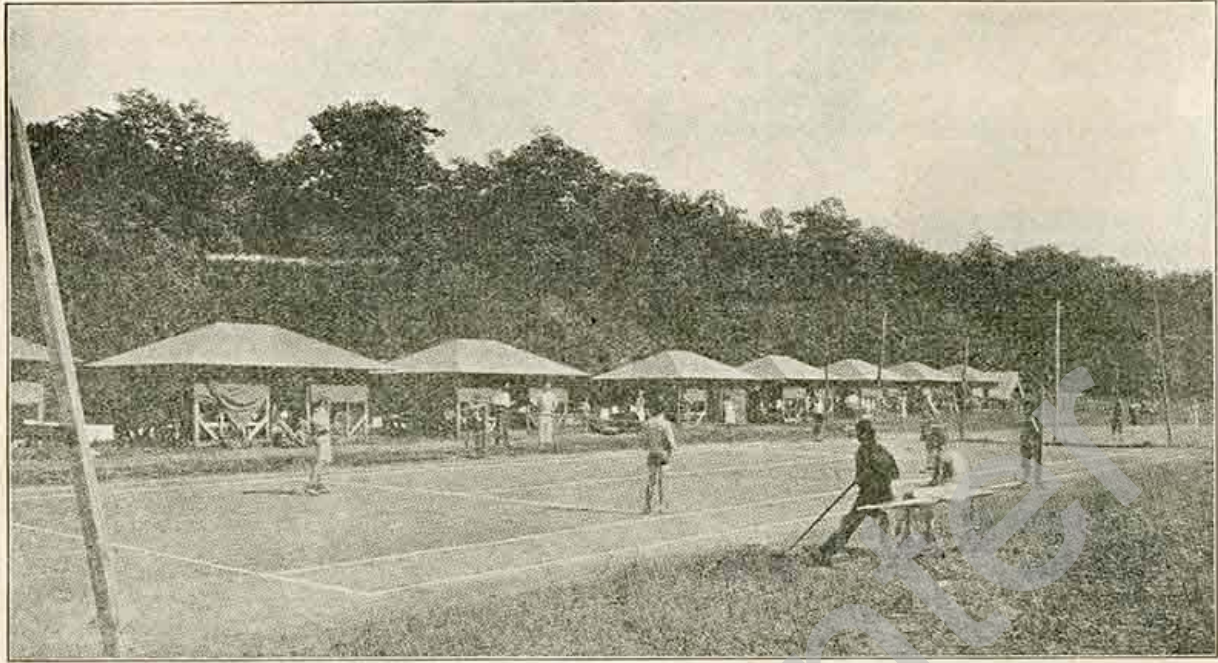


Fig. 7

Fig. 6

Fig. 5





Above you will see the up-to-date type of tent. They are much more sanitary than the old sleep-on-the-ground tents.

# Is Your Boy in Camp?

Give Your Boy the Opportunity to Grow Up Into Real Manhood.

*By Jim Barrett*

**A** FEW doors from where I live there is a boy about twelve years old, whose parents are bringing him up so much like a girl that it's disgusting. This boy rarely goes anywhere without his mother, except to school. He talks more sissy than most girls, and how he ever gets home from school safe and sound is a mystery to me. Never is he allowed to play with boys his own size and rarely is he allowed to play with smaller kids.

Now, you do not see many boys as sissy as this one, it is true, but there are plenty of them who are not real boys. Whose fault is it? I believe it is entirely the fault of the parents. They handicap the boy in two ways: by bringing him up in a girlish way, which means keeping him away from other boys; and by the fact that a boy born of this type of parents is inherently that way. A boy born of the opposite type of parents and brought up by the above type of parent will not be made a sissy of entirely. They may hold him down while he is young, but I don't believe they can make a sissy out of him.

Of course, the parents of the former type have their rights, too. If they think that is the right way to raise a boy, and his sissy actions and voice makes them thrill with pride I suppose it is nobody's business. I have no way of telling just what the fathers and mothers who

read this want their boy to be, but I know that I would want mine to be a "real boy." I wonder how many agree with me on that.

There is another side, and that is the boy who is inclined to be feminine or not really boyish despite his parents' desire to make a real boy of him. I believe (because I have found it so with my own boy) that the training to make him a real boy should begin very young. Of course, while he is a baby around the time he is learning to walk there is really not a whole lot you can do in the way of teaching, but yet there are ways of training him at that tender age, which I dare say have as much to do with his future character as have the things he is taught later on.

At this age, instead of giving a baby boy dolls and things of that sort to play with, let him handle and try to throw a ball and play with the toys that are dear to the heart of a real boy, such as toy boats, trains, etc. At the time when he is beginning to walk he won't understand much, of course, about such toys, but they will be sowing the seed of real boyishness, nevertheless.

Then even at that tender age we have the subject of health, and even strength and development. Certainly physical strength and development have a great deal to do with whether or not your boy will be a real boy. Health has much to do with his future, for the sickly



boy hasn't the pep that is so apparent in a real boy. There are children who are not really sickly, but they are not in perfect health and consequently are slow, dull and without pep.

Putting a boy, from one to twelve years of age, through a moderate form of systematic exercise is all right, but the best way is to encourage him to play the real boy games and allow him to stay in the open as much as possible. Let your boy enjoy the winter sports as well as the summer ones, for the cold weather will harden him in a constitutional way.

Up until twelve the boy should be allowed to play with other boys. It is true that he will learn much from other boys, and consequently parents should make it their business to get an idea as to the class of boys with whom their son plays. If there is a real bad boy (not merely mischievous) in the neighborhood, parents should, of course, see that their sons stay away from him.

It very often happens that parents haven't the control over their sons that they would like to have. This is especially true in the case of real boys who are prone to do things their own way. Not really bad things, you know—just refusing to eat certain foods that are supposed to be good for them; and refusing to obey every—should I say whim, of their parents.

Now, it is a fact, even though some doting parents

might refuse to believe it, that there are a class of men who can usually do more with boys than parents can. I refer to those men who have the care of boys in Y. M. C. A.'s, and especially those in Y. M. C. A. summer camps. A few weeks at one of these numerous camps will do much to help every boy, and in many cases it is the making of him.

Why this is so is somewhat of a mystery even though there are plenty of theories for it. Boys sort of look up to these men even more than they do to their parents. Not that they don't care for and respect their parents, but probably because they see so much of their parents and hear so many don'ts from them that they get used to it and the effect is thereby lessened. The Y. M. C. A. men know their business, or in other words know boys and put them more on their honor.

The camp life itself takes a strong hold on boys for making them do better things. A Y. M. C. A. secretary told me that mothers come to the camp on visitor's day,

and in watching the boys at their meals, notice that their own boys eat spinach, a sprig and other foods of this kind that they will not eat at home without many threats.

It is not altogether the unusual hunger camp life produces that

makes the boys do things at camp they won't do at home, but probably because they see the other boys do them and no one is there to force them.

Boys' camps, like everything else, are much more up-to-date than when I went to camp. So parents need not be worried about sanitary conditions, safety and other things that worry them when their sons are away from home.

The old tents with no floors have been supplanted with a semi-tent proposition that has a board floor, canvas sides, and in most cases a substantial roof.

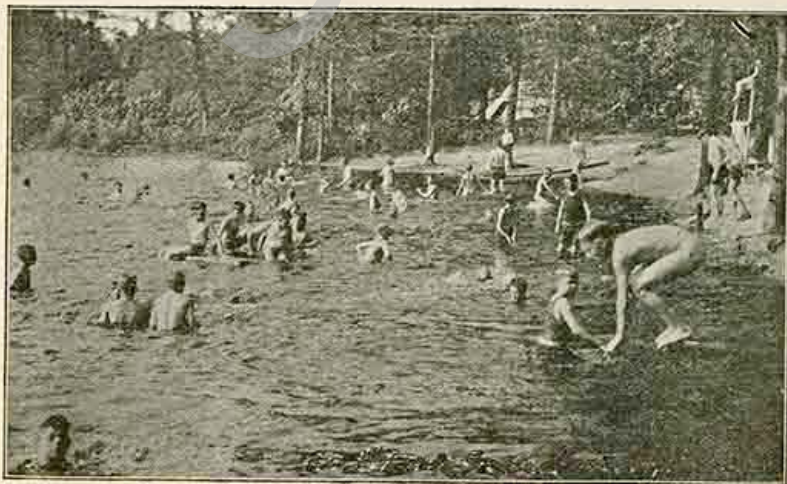
Instead of sleeping on bed ticks filled with hay laid on the bare ground, there are regular bunks.

Many camps now own camp ground sites. This enables them to have their own wells for drinking water, instead of carrying the water in barrels, as they usually did in our younger days.

Electric companies have developed a power unit that produces current for electric lights, moving pictures, (Continued on page 71)



Off on an over-night hike. Health is pictured in every face. Give your boy a chance as did the parents of these boys.



The old dip before breakfast. Has your boy experienced that thrill?





# Association Notes

*Championships for 1928; Many New Records by Dennis, Sundberg, and Roy L. Smith; Strength Show in Cincinnati; Other Notes and News of Interest.*

*By Mike Drummond*

**T**HE announcement of Championships for this year has been delayed somewhat for several reasons—one reason being the possibility of our association becoming affiliated with the International Federation of Weight Lifting in Continental Europe.

We are waiting for their reply on this question of greatest importance to American lifters. We have already submitted this question to the vote of our directors. You may expect word concerning this question in the next issue of **STRENGTH**.

For this year we have decided it will be better to hold the National Championships as a really National affair, contested in all parts of the Nation. Saturday, November 10th, has been selected as the final date, but contestants may make totals at any previous date. It will be necessary to request official appointments of referees for all championship contests. All scales must be specially tested for the occasion by local inspectors of weights and measures. An affidavit must cover the lifting, weighing, and officiating. The lifts to be contested on are the same for last year: the One Arm Snatch (either arm), One Arm Clean and Jerk (either arm), Two Hands Snatch, Two Hands Military Press, Two Hands Clean and Jerk.

As our boys have been training on A. B. B. M. rules, we believe it best that the present Championships be decided under such rules without any change of bodyweight classes. These

are: Bantam, 112 pounds; Feather, 126; Light, 140; Middle, 154; Heavy-Middle, 168; Light-Heavy, 182; Heavyweight, over 182.

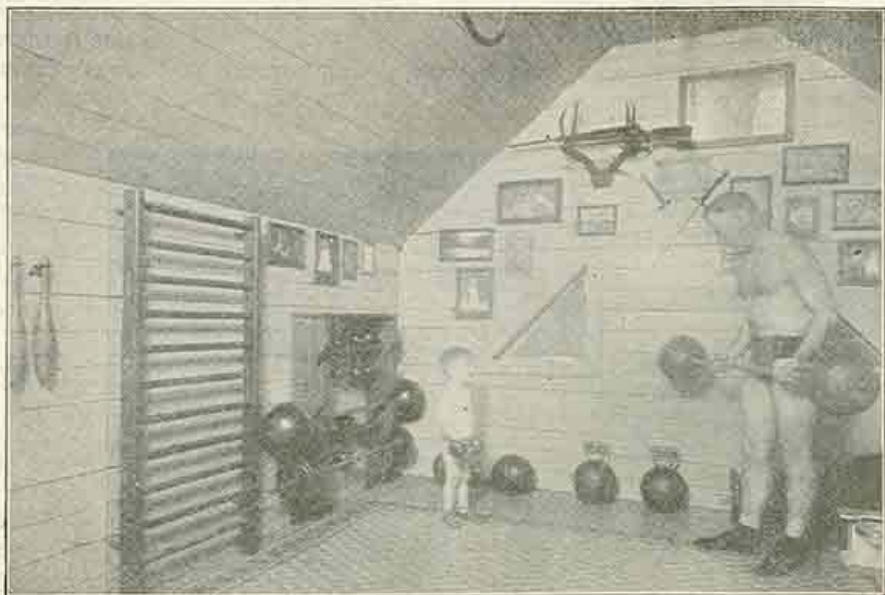
We will later be in a position to announce further championships to be held later in the winter, with International bodyweight classes prevailing: Feather, 133; Light, 148½; Middle, 165; Light-Heavy, 182; Heavyweight, over 182.

Those who expect to take part in the November National Title Contests should get in touch with the writer for details and official acceptance of referee, etc.

Last year many really capable fellows failed to compete in the Championships as they feared



The Bronx Athletic and Weight Lifting Association and a few of their members.



Chester Sorenson, of Eugene, Ore., and his son, whom he is starting out right. How would you like to work out in this private gym?



others whom they might have defeated. Several good men kept out of the running just for this reason.

This year get in on the thing and take a chance on winning something. You never know what might happen at the last moment to the favorite who seemingly has the best chance of winning.

The prize-winners in the monthly posing contest are: Henry Nocchi, of New York City, gold medal; Walter Podolak, of Syracuse, N. Y., silver medal.

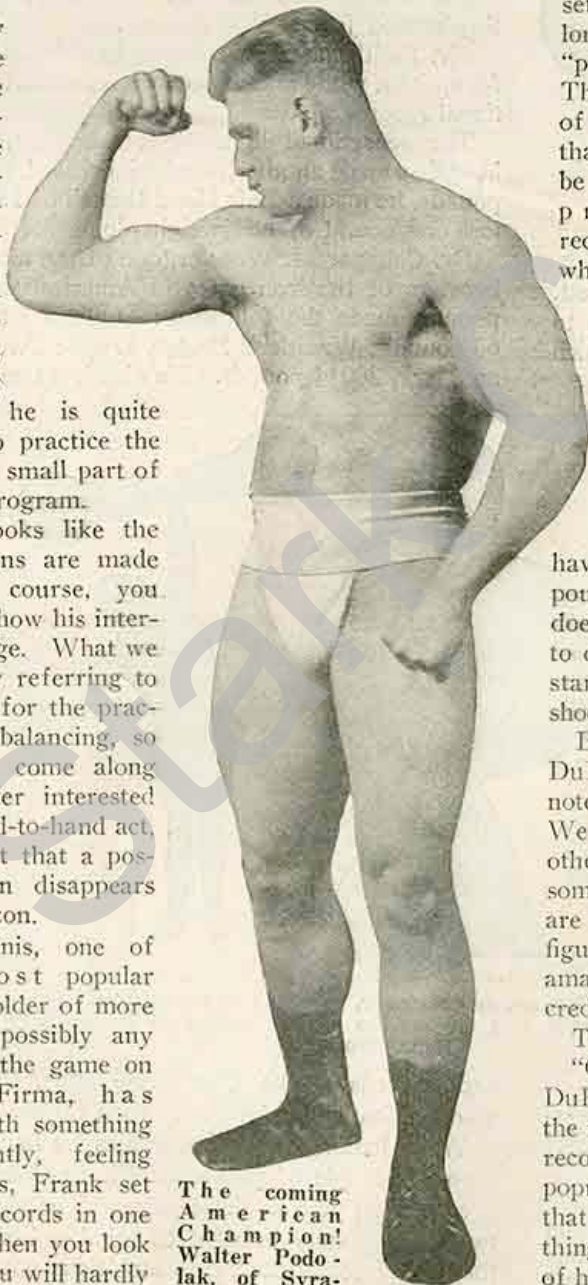
The last-named young lad, who is only eighteen years of age, is improving in a wonderful manner. Since the publication of a previous photo, a few months ago, he has increased two inches in chest measurement, besides adding some little to other parts of his body.

His latest feats of strength are: Two hands dead lift, 545 pounds; two hands clean and jerk, 255; also raised 290 to his shoulder. The dead lift poundage is not official, but we expect him to soon set up a light-heavy-weight record officially.

Mark Berry makes the claim that he thinks Podolak is the coming champion strongman of America. Mr. Berry has advised Walter to stick to body building exercises as he is quite young, and to practice the lifts as only a small part of his training program.

He sure looks like the stuff champions are made of, but, of course, you never can tell how his interests may change. What we are principally referring to is a fondness for the practice of hand balancing, so someone may come along and get Walter interested in a stage hand-to-hand act, with the result that a possible champion disappears from the horizon.

Frank Dennis, one of America's most popular athletes and holder of more records than possibly any strongman in the game on old Terra Firma, has broken out with something new. Recently, feeling quite ambitious, Frank set up a list of records in one afternoon. When you look over the list you will hardly need be told it takes some man to go through such a



The coming American Champion! Walter Podolak, of Syracuse, New York, winner of second prize and a silver medal.

work-out. Any other ambitious strongman looking for a way to train for title claims is recommended to the list of lifts performed by Dennis.

Quite some time ago our friend declared himself as ambitious to start some competition in professional ranks by setting up a long string of "pro" records. The contention of Dennis is that he should be entitled to professional records, even when amateurs

have set higher poundages. He does not wish to detract from the glory of the amateur but wishes to start something at which the other professionals can shoot.

Below we are copying the report of the show in DuBois, Pa., which was held on June 25th. You will note their claim to thirty records in behalf of Dennis. We cannot allow any such claim in view of the fact that other lifters in the amateur ranks have greatly exceeded some of his poundages. The first two lifts on the list are held by Frank as an amateur at a slightly higher figure. In the case of those designated as "Special," amateurs have made better standards, but Frank wishes credit for professional marks.

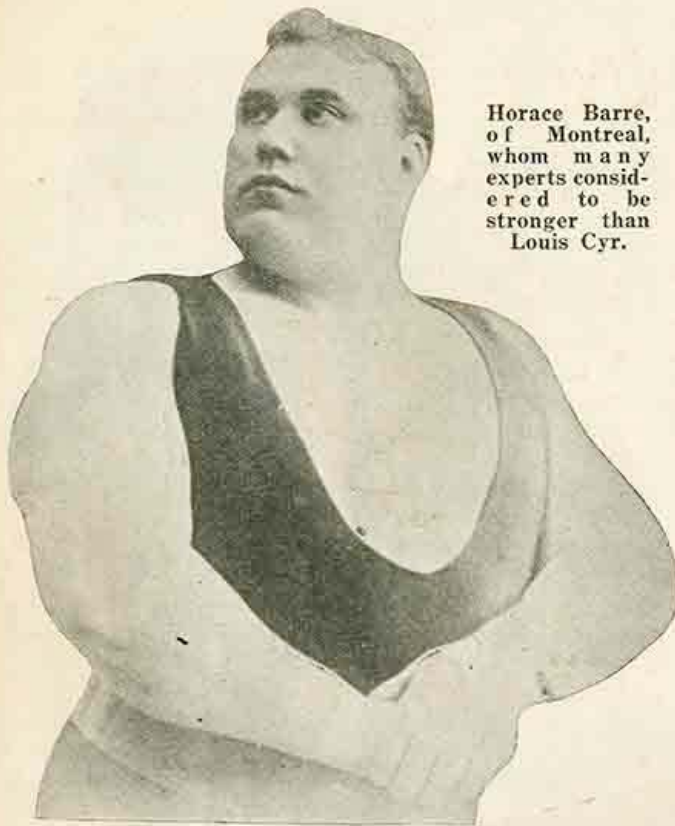
The report follows:

"One of the best lifting shows was witnessed in DuBois, Pa., when Frank Dennis made an attack on the record list and successfully put up thirty professional records. We did not think it possible, but it took our popular champion to show us that it could be done; and that is not all of the story, as Dennis has a lot of other things up his sleeve, so do not be surprised if you hear of him lifting the Woolworth Building. After the thirty records, Dennis felt slightly tired, due to a sprained left arm which he had sprained several days before. Also the



Henry Nocchi, of New York City, winner of first prize in the Monthly Posing Contest, being awarded a gold medal.





Horace Barre, of Montreal, whom many experts considered to be stronger than Louis Cyr.

loaders worked rapidly and Dennis never stalled for rest, it only taking one hour and ten minutes for Dennis to break the records. Here are the records some of which are state records,"

Hold out front	Lbs.	
raised	74¾	American*
Hold out front		
lowered	74¾	American*
R. H. Curl	61½	Special
L. H. Curl	61½	Special
R. H. Military	84¾	Special
L. H. Military	84¾	Special
Back Press	266½	World's Prof
T. D. C. & Military	167	American Prof.
R. H. Cont. Press	152½	American Prof.
L. H. Cont. Press	150	American Prof.
R. H. Snatch	136½	State
L. H. Snatch	130	State
T. H. Slow Curl	123½	
R. H. C. & Side		
Press	139½	American Prof.
L. H. C. & Side		
Press	139½	American Prof.
Lateral raise lying	87½	State
R. H. C. & Jerk	141½	State
L. H. C. & Jerk	153	Special
R. H. C. & Bent	153	Special
Press		
L. H. C. & Bent	153	Special
Press		
R. H. Bent Press	158½	Special
L. H. Bent Press	158½	Special
	Lbs.	
T. H. C. & Military	172½	
T. H. Slow Press	178	State
T. H. Cont. Press	187½	State
T. H. C. & Jerk	233	
T. H. C. & Jerk	243	
Abdominal Raise	66½	State
Pull Over	101	State
Teeth Lift	350	State

Dennis set these records for the other boys to work on and to make it more interesting. Dennis weighed 165 pounds.

On the same day Ralph Dodson, of DuBois, started on his specialty finger lifting. He is a newcomer, and having been in the game but a short time, he is doing mighty fine. This time he did 371 pounds in the two finger lift, which is an American amateur record in the lightweight class, Dodson only weighing 134 pounds.

Joe Peltz—Referee.

The judges were—Joe Young, E. Witherson, Jere. Flick, George Phillips, Merele Woods, S. Hunter—with H. I. Ginter, the city inspector of scales, and Notary of Public J. B. Elder.

Our old friend, oft-times regarded as the strongest amateur in America, Roy L. Smith, has lately set a new record.

Out in Omaha, Neb., at the local Y. M. C. A., on June 7th, weighing 177 pounds, he set a new light-heavyweight record on the Right Arm Bent Press with Dumb-bell. The weight lifted was 188½ pounds. The referee says Roy held the bell aloft for the count of eight.

The referee was Wm. C. Naugle; judges, Harry R. Snyder and Joseph P. Gaudreau.

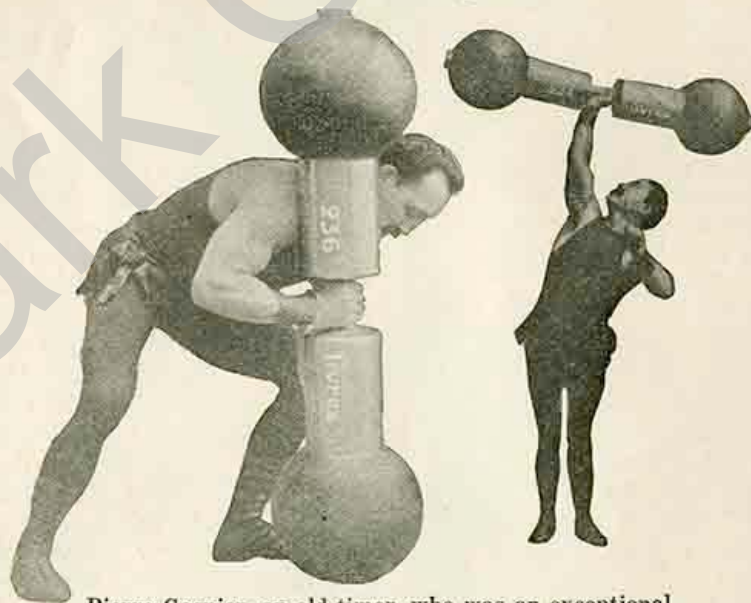
Mr. Smith has been residing in Council Bluffs, Iowa, for quite a while and expects to set out after some additional records.

The sensational lightweight champion, Arnie Sundberg, has made another wonderful record. Weighing 139 pounds, he made a Left Hand Snatch of 152 pounds, and lost one pound of bodyweight doing so.

Dr. Collister M. Wheeler, one of the most enthusiastic boosters of the iron game in America, weighing 148½ pounds, made the following: Lateral Raise, Standing, 63 pounds; Wrestler's Bridge, 174½; Two Hands Clean and Jerk, 200½ pounds. He also lost one pound during

his work-out.

You may recall last month we published an account of some remarkable lifts by Arnie Sundberg. At that time we did not know the exact status of the lifts, but have since found out that they were performed in Continental style. At the present time we do not accept



Pierre Gasnier, an old-timer, who was an exceptional lightweight and claimed to be the strongest man in the world.

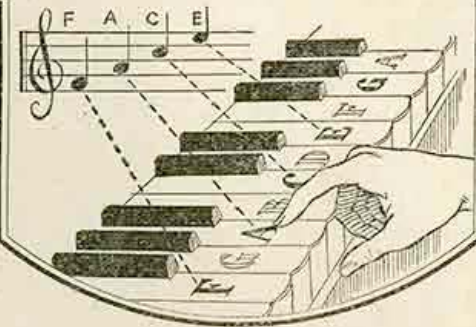
records in the Continental style, though there is some indication that we may soon do so.

While looking through our files we happened to come across a couple of photos of Pierre Gasnier, which we are showing you on these pages. The sight of his likeness immediately brought to mind a little story which may be of some interest to ambitious young strongmen. The moral of this particular story lies in the proof that it pays to use the "old bean" even if you are strong and self-conceited.

(Continued on Page 77)



# Half a Million People have learned music this easy way



You, Too, Can Learn To  
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Without a Teacher

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step, from beginning to end, is right before your eyes in print and picture. First you are *told* how to do a thing, then a picture *shows* you how, then you do it yourself and *hear* it. And almost before you know it, you are playing your favorite pieces — jazz, ballads, classics. No private teacher could make it clearer. Little theory — plenty of accomplishment. That's why students of the U. S. School of Music get ahead *twice as fast — three times as fast* as those who study old-fashioned, plodding methods.

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way. Just a little of your spare time each day is needed — and you enjoy every minute of it. The cost is surprisingly low — averaging only a few cents a day — and the price is the same for whatever instrument you choose. And remember you are studying right in your own

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## Jeffries, Dempsey and Fitzsimmons

(Continued from page 35)

he was the greatest of all middle-weights.

Analyzed from any angle, Fitzsimmons was among the first three or four greatest pugilists of all time. He was game, he was tough—hard to hurt, I mean, he carried the sleep-poultice ever ready in either hand—and was a first-class boxer. Fitz was "cagey"—cunning, crafty. He was a master actor in the ring, could pretend to be all in and fool most any opponent who had not been deceived by him before. Fitz was a wizard at ring generalship, and as cool a fighter when in distress as ever put up his mits.

I have been asked many times "Could Dempsey have whipped Fitzsimmons in the latter's prime?" The Dempsey of Toledo could have (when he whipped Willard)—and he could have whipped any boxer in the world that day, with the possible exception of one.

I believe Fitz was a better boxer than Dempsey, but Jack would have more than offset this by his phenomenal dash, speed and ferocity. Jack would have been too big and strong for Fitz.

The man who took the championship from Fitzsimmons, James J. Jeffries, was the one and only man who could have turned that trick at that time. Jeffries had advantages of youth, height and weight—forty or fifty pounds. The Jeffries of that contest was like the Dempsey of Toledo—unbeatable. Jeff literally had everything—was as nearly the perfect heavyweight as we have yet seen. Here was invincibility, if it was ever displayed by a man. Jeffries did not believe that there was a man in the world who could beat him, and he had the physical toughness to justify and back up this attitude. Dempsey, with all his ferocity, was never gamer than big Jim. Jim was quieter, but just as determined; he was slower to get his man, but he got him just as surely.

"How did Jack Johnson come to beat him?" ask the younger fans. We old-timers know. Jeffries had been out of the harness too long, just as Dempsey had when he fought Tunney the first time, and Jeff was getting old, for a fighter. I think there are very few who would say that the big black would have stood much chance with Jeffries when the latter

was right. Stanley Ketchell, a comparatively small man, knocked Johnson flat on his back; and no one ever did that to Jim when he was fighting. Corbett, Fitzsimmons and Sharkey hit him with all they had, the first two taking a second trial—and Jim merely shook their blows off.

That man Sharkey, old sailor Tom, though never champion, was one of the toughest nuts to crack. At his best, today, there would not be a man in the ring who could put him away. Sharkey had the heart of a fighting tiger; he always took the aggressive, but, like Joe Wolcott, he was too short of stature. Though he weighed 185, every pound a good one, he stood only 5 feet 8½ inches—five inches shorter than Jeffries, three inches shorter than Fitzsimmons. At that, these are the only two that beat him, in his prime.

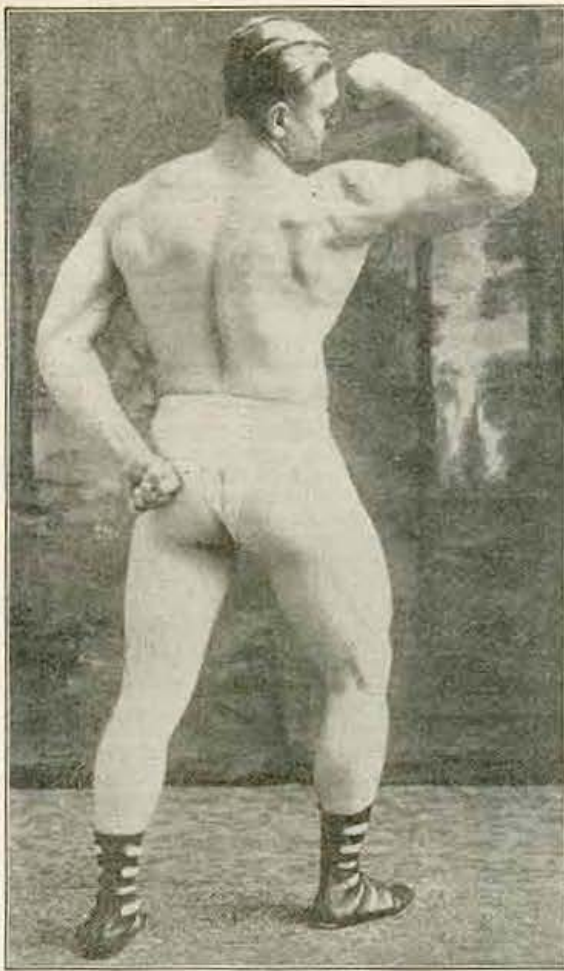
Well, how about Willard, who beat Johnson? To my mind, Willard was too big. Maybe he was fast, considering his bulk; but he was too slow for really fast men. I doubt, too, that Jess was meant for a fighter; he did not have the right mental make-up, and his heart was not altogether in the work. He had no considerable punch, and beat Johnson by wearing the big black down—after fast living had set its brand on Johnson.

Without wishing to detract from Dempsey's victory, I believe there were others at the time who could have "taken" giant Jess. Dempsey's specialty was slaughtering big men. The fellows who gave him the best battles were no bigger than he—Carpentier, Gibbons, Brennan and Tunney.

Tunney, our present champion, is a great boxer. I believe he is really better than he has proved himself yet, and I think he would have given Dempsey a good argument anytime—the Tunney of today and the Dempsey of Toledo would not have been so one-sided as some people seem to think—though Dempsey would have won. Tunney is game, heady, a fine ring general and tough. He can absorb punishment, but he is no great hitter—no lightning finisher like Dempsey.

It is my belief that the three greatest fighters in ring history are Jeffries, Dempsey and Fitzsimmons—in the order named. The only reason





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Every man and boy inwardly, at least, worships man power. Therefore, no one of the masculine gender should miss this treat. The book is written like a novel, but is true. The fact that the strongest man in the world was quite eccentric as well as mighty, makes the narrative of his life, exploits and feats of strength unusually interesting and easy to read. Although, this book is read largely for pleasure there is, nevertheless, a wealth of useful information to be gleaned from it without study or practice.

As you read on through the pages of this book you follow Cyr to England, where he drops like a thunderbolt among them. You feel that you are sitting next to Sandow among the great throng of strong men, and as Sandow's record one arm lift is beaten you gasp. "Eugene gripped the sides of the chair in which he sat until the knuckles gleamed whitely through the skin. . . ." "In excitement, Prof. Szalay rose and was drawn forward as by the magnetism of a mesmerist's hands." His famous match with August Johnson, in Chicago. The greatest in history: His strength contest against four horses in Sohmer Park, before 10,000 people. Your eyebrows raise as you read of his two defeats, but not by man. His record performing rage in Boston and Chicago. Prof. Desbonnet staggered at sight of him. Picture a man with a pair of 33-inch thighs, 20-inch calf, and 59-inch chest.

I never will forget the first time I met him. It was very incidental and came at an age when first impressions are etched with vivid distinction upon the mind. You never forget. I had been standing at the corner of one of the



cross streets of Notre Dame, about a block away from Place D'Armes, for about fifteen minutes, waiting for a pal who showed no signs of turning up. In fact, he had told me not to wait any later than eight o'clock, and it was then ten minutes after. Why I stood there so long I do not know. The night was cold, and the street so ill lit that it was almost in complete darkness. I guess I was in one of those retrospective moods of mine with nothing to do and all night to do it in. When I arrived I had noticed across the way what looked to be the end of a lighted cigar stuck in someone's mouth. The person was so hidden by the greater darkness of the doorway in which he stood that I could not see who it was, or what it was. In consequence, the lighted cigar appeared glaringly visible. I would watch it gleam and dull as the smoker puffed and relaxed on it, and all the time my interest grew. I can remember as though it was today, how I stood trying to pierce the darkness with a curiosity that made me think of what Ella Wheeler Wilcox said about the fascination in all human beings to raise the veil to peer into the unseen. Perhaps this reads queerly to you, as you may wonder what on earth is there to the lighted end of a cigar. Not much, as a rule, I'll admit, but there was this time. The light vanished and I still lingered. Presently a voice spoke—"Bon Soir, M'sier. Quelle heure est-il?" (which apart from bidding you a good night means he wants to know the time). I told him; then he asked me for a light, and I had to apologize for not having one. When I told the stranger I did not smoke he asked me with a friendly laugh if I were an athlete. Well, you can figure what happened after that. One thing led to another, which climaxed with his asking me if I knew personally the great Louis Cyr, with whom he was well acquainted. Up until then I had never seen Cyr, as I was quite young." From here the writer goes on to relate his meeting with the great Cyr which is one of the many interesting incidents in this great book.

## It Is One of the Most Enjoyable Books of It's Kind

We next find Cyr back in America, drawing the eyes of the world to his great back-lifting feat, on May 27th, 1895, at the museum of Austin and Stones in Boston, Mass. Previously he had made the statement that on this night he was going to outlift any back-lift record he had ever made, and the weight would not be under four thousand pounds. The place was so crowded that many people were turned away unable to get any further than the entrance.

The hour arrived, and the indomitable Cyr ascended the stairs leading to the exhibition platform with a firm step, his heart light, and his general demeanor that of a man imbued with the idea that he was about to perform the most remarkable feat of his life. He paused as the cheering ceased and cast a cursory glance over the audience. His eyes fell upon one giant form here, and another there, and still another, until eighteen bulky men were called out and stood beside the champion. Most men would have weakened at the task before them, but the Canadian wore the same self-satisfied smile as he motioned the men to take up their appointed place upon the lifting platform. I remember a Boston press report of that night, stating that as Cyr got beneath the load everything became so tensed in silence that the munching of a diminutive monkey up in one corner of the hall could be plainly heard—it is strange how these incidental things will impress themselves upon your mind on such memorable occasions, but they do, very vividly.

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why Dempsey would have whipped Fitz is that he would have outweighed him about thirty pounds, and Jeff would have beaten Dempsey for the same reason—too big and strong.

Yes, I know that Dempsey was a giant killer; but the big men he knocked stiff in a round or two were not of the Jeffries type. Jim was just as clever as Jack, and he made up for Jack's great speed by sheer all-round strength and unbelievable toughness. Blows seemed to have almost no effect on Jeff—he was rarely even staggered.

The longest fight Dempsey had, I believe, was fifteen rounds, and he held the championship at a time when there happened to be almost no worthy contenders. What he could have done in Jeff's day is problematic; for there were many runners-up—Fitz, who fought Jeff twice; Corbett, also twice; Sharkey, Peter Maher, Gus Ruhlin, Joe Choynski, Kid McCoy and several others, all formidable enough. Jeff whipped everybody, retiring only when there were no opponents left.

Jeffries had many long battles—and the longer a battle waged the better he seemed to get. He never had Dempsey's desire to finish a man in any particular hurry, though he always got him—usually by a knockout. Unquestionably, Jeffries was the strongest man the ring has produced—and I believe the toughest, hardest to hurt. He possessed all-round strength. In every measurement but the arms he was larger than Dempsey, fighting at about 215 pounds on an average. His legs, in particular, were much more muscular than Dempsey's, and they proved their endurance many times.

Jeff's punch was of the crushing type, rather than the snap, now so popular. But, however described, it was deadly, annihilating. Whether Jim could punch harder than Jack I cannot say, but he could hit hard

enough to knock men as cold as a chisel—which is hard enough, I should say.

Jeff's greatest asset was his invulnerability, *invincibility*. He was like an oak tree. Both Fitzsimmons and Corbett "told the world" after their second fights with Jeffries that no man living had a chance with him.

Jeffries was a clean, fair fighter, but his knowledge of wrestling enabled him to use his height, weight and great strength to advantage in the clinches. Sharkey stated that it was this more than anything else that made Jeff unbeatable. I have never believed Jack Dempsey any too strong in the loins and legs, but Jeff was tremendously powerful in these parts.

Jeffries was the most supple and fastest pugilist for his size I have ever seen. As George Ade said, "Imagine a fighter weighing 215 pounds, stronger than two horses, who could run a hundred yards in 10½ and jump the bar at close to six feet! Imagine this same man with the toughness of steel and the wallop of a kicking mule—that was Jim Jeffries." I doubt there being another man anywhere, of 215 pounds, who ever "did the century" in 10½ seconds—within less than one second of the world's record!

Jeffries was not as fast in the ring nor as scientific as Jim Corbett; not as cunning and resourceful as Fitzsimmons; no harder hitter than Dempsey. But he had a higher average, better combination of these qualities than any of the others. Added to this, he had great weight and tremendous strength. He could take any amount of punishment, and at the same time keep dealing it out, and was liable to slip over the punch with either hand at any second. Champions do not often result from the possession of one quality; they are made up of the right balance of essentials.

## Why Be Old?

(Continued from page 48)

"discoverers" and exponents of these two most recent methods of restoring youth to those from whom it has disappeared were forced to admit the failure of their theories. And just so, by the process of trial and failure and elimination, the only real system of prolonging youth has been brought to light, and that, briefly, consists mainly of increasing the years of

youthfulness by the simple expedient of doing nothing that would tend to curtail or diminish that youthfulness. It is a system that might be tritely put as one that accepts the human body as a machine, a machine that must be accorded proper amounts of the correct fuels at the necessary intervals, a machine that must be given a certain amount of work in a given pro-

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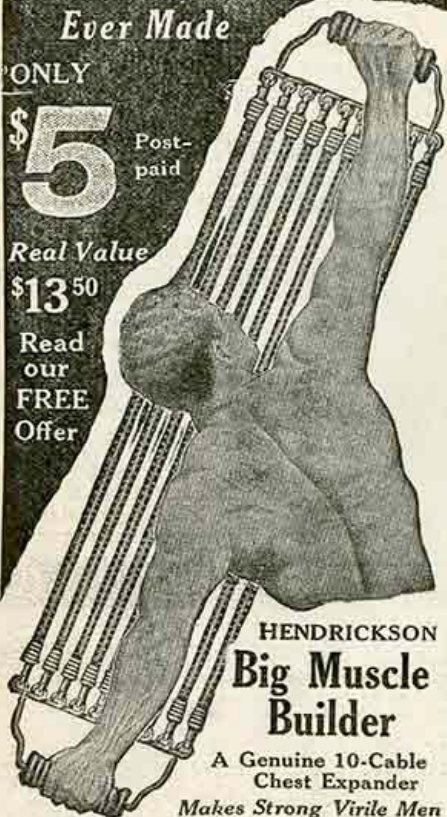
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portion to a definite amount of rest. Such a plan of living would do much to extend the years of full blooming manhood and womanhood years beyond the present averages of their durations.

"But," you ask, "what about the real theory of rejuvenation—what can be done for one who has already lost from his grasp his youthfulness and who desires it to be returned unto him? What can he do, and what are his prospects for the achievement of his desire?"

Well, such a person has laughed at the foolish hopes of Ponce de Leon and has in turn hoped foolishly for realization of his desires through the medium of the just discussed methods of rejuvenation, and it is feared that what he wants to hear just can't be said. Instead, remembering the statement that one can prolong youthfulness only by not definitely shortening it, it can only be said that one who has terminated the years of youthfulness, either wilfully or in ignorance, can't do very much to bring them back again. The one best bet for that individual is to so mend his

ways at once as to make the best of what of that youthfulness that remains and to retain it as long as possible. Frankly, it is just a case of "crying over spilled milk"—the victim must "forget about it" and endeavor to make better use of the assets remaining.

This article is not one on exercise and diet—you will find these subjects covered elsewhere in this magazine—so these topics will be passed over with the statement that if you care to avoid the pangs that accompany the failure of later rejuvenating attempts you must take precautionary steps along the lines suggested in the preceding paragraphs. Thus this message becomes less one to those needing rejuvenation and more a plea to those now possessing youthfulness and all it means so to preserve their bodies as to carry that youthfulness with them into the years that are to come later—those "advanced years" that may mean on the one hand so much in happiness and realization, and on the other, "old age" and relegation to the heap of "has beens."

## The Mat

(Continued from page 43)

that the theory of the lift calls for this co-ordinated action, but very few lifters become efficient enough to take advantage of this fine point.

The majority of record holders, I dare say, have paid little or no attention to becoming accomplished on this point. If you are in search of something approaching perfection, practice till you can squat in the manner just referred to.

However, the average bent press, with either bar bell or dumb-bell, is performed by the lifter bending the right knee when the body has been bent to the limit, and then follows a hard fight. Pressing simultaneously on the bell and left leg, he uses main force of side and buttocks strength to bring the body erect.

Why do we have so many failures on the bent press lift when the lifter evidently is all set to stand erect with the bell on straight arm? You have the answer fully described above. Stated more briefly, they try to attain the standing position before the shoulder is properly locked and the body correctly balanced under the great strain.

For the coming month practice and specialize on this one feat, the

Dumb-bell Bent Press. Next month the balance of the Two Dumb-bells Anyhow will be thoroughly described.

QUESTION: Kindly outline what you would consider to be a first-class all-around training program for me. Though an advanced user of heavy apparatus, I am not ambitious to become a lifting champion, but want to be able to handle heavy weights in all kinds of lifting stunts. I am more interested in an exceptional build and general great strength than the ability to outlift another man on any particular lift.

Anything you might tell me will certainly be appreciated, and I hope your suggestions will include the idea of novelty.

K. M., III.

ANSWER: Well, this one is good all right. See if the following contains enough novelty. We will, of course, stick to the implements of the weight-lifter.

Presuming you are going to work out with your weights three times a week, this plan will give you a pretty strenuous week of training. To start with, we will name the old stand-by of exercise—curling. Alternate between the two-arm, the single-arm, and the alternate kettle-bell curl. Also the reverse curl, or rectangular fix. Then we must do a lot of two-arm pressing in all styles, military, behind



# "Why Should You Be Strong?"

The above is one of the many interesting chapter titles of that highly instructive book, "The Way to Live." The author, you know, is the great George Hackenschmidt, himself, and every word of this book is taken from his own eventful life. When you are reading this book you are benefiting by Hack's own experiences in training, lifting, health principles and professional wrestling.

The New Low Price of This Book IS  
**\$1.50**

## "Hack's" Own Bar Bell Training Practices For Developing Strength and Muscle Are Part Of This Book

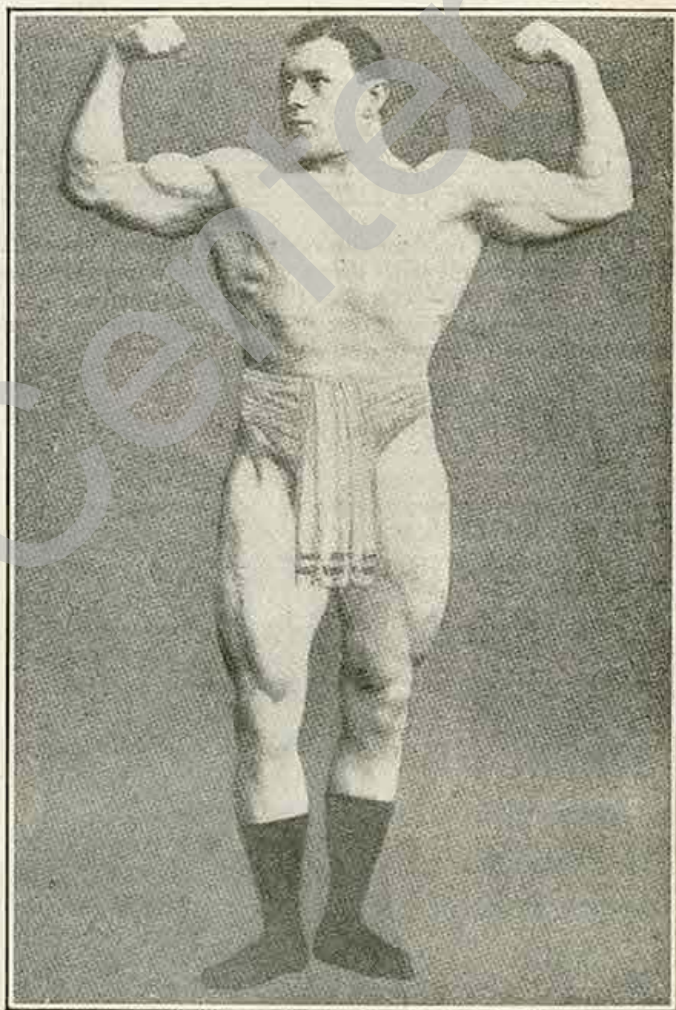
Every bar bell user or lifter who is without this book is missing a great opportunity of advancing his own development and strength. It's a great opportunity because "Hack" was a super-man—if there ever was one—and he developed from an obscure young man to the best-known athlete of his day. His own training principles did it.

You can benefit greatly by the discoveries "Hack" made in building his own unsurpassable physique and ability.

This book reads like fiction, too. You will not find it dull and dry, for it is actually the story of "Hack's" life from beginning to end.

## The Author Also Gives You a Chapter on How to Train Without Weights

If you are one of the few readers of *STRENGTH* who do not use bar bells you will find plenty in this book to interest you. Hackenschmidt outlines a training program without apparatus and it is excellent for developing and strengthening your whole muscular system. There are fourteen of these exercises without apparatus and they are great.



HACKENSCHMIDT

## Exercises and Advice For the Middle-Aged, Elderly and Invalid

In fact, the book covers very nearly everything pertaining to the health, strength and development of everyone. Proper diet and breathing are given a chapter. "Exercises for Athletes" is also a chapter heading which will interest you if you are interested in athletics of any kind.

## Read How "Hack" Threw His Wrestling Opponents

The accounts of these gruelling yet thrilling matches with men many pounds heavier than himself will delight you. You cannot read these accounts without saying to yourself, "What a man!"

**We Advise You to Send for This Book Quickly**

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 2739 N. Palothorp  
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 Philadelphia, Pa.

Gentlemen: Please send me a copy of George Hackenschmidt's book, "The Way to Live or Physical Strength and How I Acquired It." I am enclosing my remittance of \$1.50.

Name .....

Address .....

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



# Only 40 Cents

## For a Pair of These Professional Strongman's Wrist Straps

Here's something new, fellows. You can now get a pair of heavy wrist straps just like the illustration at the price of only 40 cents. These professional wrist straps have never before been sold for less than \$3.00. It's your great chance.

### How These Straps Are Made

The leather used in these straps is heavy, yet soft. They are bordered all the way around with brass spots as shown below. They are also felt lined so that they can be tightly strapped and still be comfortable. There are two buckles and corresponding straps on each wrist strap. They are a protection to the wrist; enlarge the appearance of the arms and are very decorative.

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your special offer, a pair of real  
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With your subscription send 40 cents additional or \$2.90. This price will entitle you to receive a pair of these professional wrist straps and future issues of

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The 12 monthly magazines and the wrist straps will be mailed at our expense. You have no more to pay.

### Order Now! While They Last

These WRIST STRAPS are designed like the illustration above. You will be proud to wear them

neck, and in the Continental style.

The regular floor press, or press on back, should be alternated with the shoulder bridge. For the broad of the back, we must also do plenty of repetitions on the rowing exercise, where you bend forward at the hips and raise a bar bell to the chest.

Practice the wrestler's bridge for the neck and spine, mixed up with the two exercises given in the present issue of *The Mat*.

For the legs and back, of course, nothing can compare with the old deep knee bend, which is best performed with the feet flat on the floor, squatting as low as possible while using a very heavy bell. A certain amount of deep knee bends on the toes will help round out the schedule and relieve any possibility of monotony.

The straddle lift, pressing a bell on the feet, and the dead lift will all tend to work the muscles in a variety of ways. All manner of calf exercises, such as recently discussed in this department, must also be followed religiously.

Practice one or two repetitions of the teeth lift almost every training day; that is, providing your teeth are in perfect condition.

The fingers and forearms can be strengthened and hardened by a few finger lifts. Use weights which do not tax the fingers too much and work each finger in turn. The stunt of dropping a heavy dumb-bell from one hand to the other, repeating twenty or more times might also be included.

Raising bells at arms' length, both in front of the body and at the side, and the alternate kettle-bell press, will help round out the shoulders.

Single arm pressing in several varieties should be worked on; for instance, the One Hand Military Press, the ordinary dumb-bell side press (with slight bend), and a variation of the bent press. Round up the day's work with your abdominal work, changing the exercises as much as you can for novelty. The ordinary floor abdominal raise, or sit up, the sit-up on a chair and the inclined board work will serve as a few hints in this direction. Once in a while switch around to a few of the novel kind of bar bell and advanced movements recommended in *The Mat* from time to time.

We offer this as a very good plan for the average fellow who is past the preliminary stages of bar bell



work. There may be better programs than this one. We make no claims to its being the height of perfection, but you can't go wrong on a program of this nature if you switch around a little for variety.

After a fellow has trained really hard on a program like this, say for a period of two or three months, he should let up a little on the severe stuff, and change over to part time on the quick lifts, as the one and two arm snatches and a swing or two occasionally.

For best results in the way of super-strength and well-rounded development, keep faithfully and religiously on the developmental exercise stuff, such as we have outlined above.

But after our student has been working hard for upwards of a year, he should switch things around once in a while and put in some time on all of the popular lifts. This can be done by lifting one or two days out of the week, and exercising the other day or two. Then you can do nothing but lifting for a week or two, and then back on nothing but exercising for a like period of time.

In the end you will be amply rewarded for your efforts. You will be a husky all-round strongman. The average fellow must be consistent and reasonable—consistent in practice, and reasonable as to what he expects to accomplish.

Most of my readers should be content to become top-notchers or near top-notchers in a few years of steady training. The true story of the rise of practically every champion will reveal that he slaved and plugged for a good while before attracting a great amount of notice from the hard-boiled old world. Quite a number of men have been made out of weaklings and physical no-accounts in a few months of correct exercise, but such examples of the results of efficient exercise were not world champions for either strength or shapeliness. Aim high and work for results. In the end you will arrive somewhere near the top of the ladder.

**QUESTION:** Being an ardent bar bell physical culturist, I am confronted with a problem which must arise in the minds of many other *Mat* readers.

For the greater part of my time, I am at home and can exercise fairly regularly, but quite often business calls me away. The result is that my exercising program becomes irregular at times. It might be possible for me to visit gymnasiums or the "gym" room of a "Y"

while on these trips, but as my wife accompanies me on the majority of my travels, this is out of the question, due to the fact that my "better half" refuses to be left alone at the hotel. She is interested in physical culture, so we both practice free hand exercises in the hotel room. However, such exercises are far too gentle for my personal liking. It would be out of the question to carry weights around with me. What would you suggest that I do in order to keep more regular in my training efforts?

V. K., Washington, D. C.

**ANSWER:** Providing your wife is sufficiently interested to co-operate, it will be a fairly simple matter for you to keep your muscles in their accustomed working order. The few movements I will suggest will not exactly take the place of your regular bar bell routine; still the muscle groups will receive valuable exercise in the same manner as though you were using the bells.

If you are strong enough, you can practice lifting your wife about, but we will presume that you are not interested in lifting your wife with arm strength. However, you can get valuable exercise by having her sit on your shoulders while you practice deep knee bends. And you can soon learn to practice pressing her on your feet while you recline on your back. The possibilities in both of these exercises are limited by the bodyweight of friend wife.

Abdominal movements can be practiced while sitting crosswise on the bed, or seated on a chair with feet hooked under the bed or some other stationary object; your wife can press downward on your shoulders for resistance.

For arm and shoulder movements, you can practice "dipping" on the floor, and a chest expander will be found of great value under such conditions, giving you a chance to keep the arms and shoulders in working order while on a business trip.

Many men have thought of the expander for a trip of this nature, but they usually wonder what to do for the valuable leg and back exercise.

The wrestler's bridge can be practiced for neck and spinal column benefit.

The above suggestions about using friend wife as a "dumb-bell" may be practical providing she is willing. Otherwise, you may have to juggle the hotel furniture.

Many wives will find such exercises as suggested above to be a source of pleasure to them. Two

# Are You BASHFUL?



???

SHY?

NERVOUS?

EMBARRASSED?

DO YOU LACK CONFIDENCE?

ARE YOU SELF-CONSCIOUS?



NO WONDER YOU ARE A "STAY-AT-HOME"

**DO YOU** ever feel embarrassed in the presence of strangers? Are you always bashful and confused when you meet people for the first time or when you are in company of the opposite sex?

*You Are Self-Conscious!*

*Shame on you!* There is no need for you to be nervous and embarrassed. Stop being shy. You can learn how to conquer the terrible fear of your superiors.

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Every individual now suffering from *Bashfulness* (Self-Consciousness) will welcome this good news. Remarkable discovery used with great success—whereby you can quickly and easily overcome your faults. **Be cheerful and confident of your future!** If you're Bashful—don't wait another day—Send 25c for my fascinating, amazing book. Tells how to master and overcome Self-Consciousness. Write today.

**R. BLACKSTONE**

B-29 Flatiron Bldg., New York, N. Y.

Richard Blackstone,  
B-29 Flatiron Building, New York City.

Please send me a copy of your book on Nervousness and Bashfulness. I am enclosing 25 cents in coin or stamps.

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## It's Lots of Fun

to exercise in this delightful, new way—you really just *love* it! It is such a pleasure that you simply *can't* leave off exercising for even a single day, and soon you find those extra pounds all melted away, or those unsightly hollows filled out with firm, smooth flesh. And as you improve your personal appearance so much you develop grace, poise and skill in the greatest and most sought after of all modern arts—

## Acrobatic Dancing

This is the dance you see everywhere—in private homes, at dance halls, in the studio, at the theatre—*everywhere*. It is extremely popular, and by its popularity it is bringing fame and fortune to many young people. But because of professional jealousy

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Dear Sir:

Please send me your ACROBATIC DANCING COURSE, for which I am remitting the sum of \$1.00.

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For long tramps and everyday wear this hiking shoe cannot be beaten.

Good weight olive green canvas with fairly thick, pure crepe rubber soles, also Fiber Shank to support arch.

I have personally given this shoe a thorough try-out and will refund purchase price after ten days' wear to any dissatisfied customer.

Sizes: 5 to 12. Price \$2.85. Delivered free. Send for free sample of canvas and rubber and NEW FALL CATALOG, just off the press.

**L. L. BEAN**

157 Main St.

Freeport, Maine

men traveling about should have no trouble in working out an exercise routine along these lines.

**Knee Trouble:** We are including the following in *The Mat* in case the subject should be of interest to a few of our readers.

Recently we received two letters—one from a man who claimed his knees would pop out of place if he performed a deep knee bend, and the other from a man who was troubled similarly with one knee; so on the advice of his physician, he kept the knee in a cast for some time. On removing the cast he found the muscles just above and below the knee had shrunk somewhat in size. Due to weakness, the knee was incapable of supporting his bodyweight in any form of a deep bend.

This seems to us like a strange sort of trouble, for a young man especially. It is due to a generally weakened condition, weakened and stretched ligaments and muscular tone of a low order. Some old injury may have been responsible for such a condition, but we should think that inactive habits and too much sitting must play an important part.

There is little doubt about strenuous exercise being the best remedy or preventative for a condition of this nature. However, it is first necessary to overcome the annoying situation of the knee jumping out of place when extreme bending movements are attempted. We would advise the wearing of elastic bandages over the knees till the trouble was overcome, and also the daily practice of light knee bending exercises. First, bathe the affected parts with very warm water; then massage well with olive oil or rubbing alcohol (liniment or any embrocation will be satisfactory for the purpose); the exercises may then be attempted.

Standing erect, raise one knee towards the abdomen, lower foot to floor and repeat several times; next, raise the heel up towards the hips, lower and repeat. Then combine the two movements by quickly raising the knee, then drop the leg and swing the foot back and upwards towards the hips. Repeat a number of times.

Practice these movements with each leg; then make a sort of dance out of the combined movements by alternating from one leg to the other.

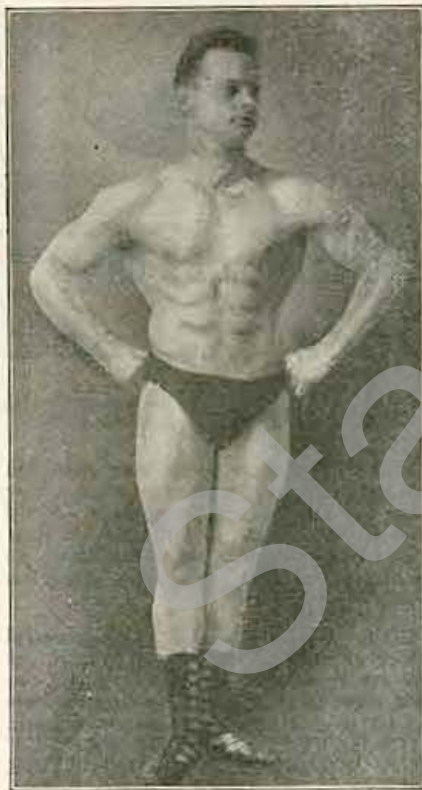
For the next series, rest the hands on the backs of two chairs; then



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"I attribute a great deal of my success in weight-lifting and my record-breaking feats to the powers I have derived from Remineralization, the wonderful discovery of the Post Institute of New York. I take this concentrated mineral water regularly and find that it increases my strength to an amazing degree. It also charges me with wonderful vitality and endurance. No man can hope to be strong without the proper amount of minerals in his system, and Remineralization provides them in just the right form. If anyone is thin, run-down and weak, the results of this treatment will astound him. I recommend it to everyone who wants to develop his maximum strength!"

ROBERT RA NOUS.

### Minerals the Key to Life

What is it that gives wild animals their amazing vitality and power? Why has a gorilla the strength of TEN men? Why are some men stronger than others twice their size? What makes some men dynamos of energy, bubbling over with health and pep, while others drag through life half alive—always tired and weak?

Science has found the answer! Science has found the key to life! Science has found that MINERALS are the magic elements!

Without minerals in your system you die! With an *under-supply* of them, you become run-down, weak, tired, peppy. You grow pale and anemic. You either lose weight, if you are predisposed to thinness, or you grow fat and flabby. Your whole system becomes sluggish, poisons accumulate, you are subject to headaches, constipation, pimples, and all the other symptoms of unbalanced metabolism.

*Right now you are suffering from a lack of minerals in your body. You do not get half enough of them from modern, cooked foods. As a result, you cannot feel right, you cannot have nearly the strength you should have, no matter how much you exercise.*

### Remineralize Yourself!

But now comes Science with a wonderful discovery. In the world-famous Post Institute Laboratories of New York City, the way has been found to supply *all* the vital minerals in *ionized* form, so that they can be assimilated by the body. By a special secret process, a concentrated solution has been created containing just the right amounts of sodium, magnesium, sulphur,

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You simply put a few teaspoonsful of this life-giving solution in your ordinary drinking water—**THEN WATCH RESULTS!** Your strength increases at once. You become a man of iron. And feel good? You sing in every muscle, you eat up your work and ask for more, you have the pep of a young colt.

Remineralization, as this new scientific discovery is called, is a practically tasteless, pleasant solution. It is **NOT** a drug, but a **NATURAL** health drink in highly concentrated form.

### Try This Amazing Secret of Strength

See what the magic life-giving minerals will do for YOU. You cannot believe such benefits possible until you have tried Remineralization for yourself. Every reader of this magazine is invited to test this astounding scientific discovery *without risking a single penny.*

Just mail the coupon, without any money. The Remineralization Treatment will be sent to you at once—the larger size bottle, regularly \$5.00, for which you pay the postman the special low price of \$2.95, plus a few cents postage. Then begin remineralizing yourself. Watch your complexion brighten, your eyes sparkle and a new vitality sing through you. If the results aren't all you expect, back will come your money. Mail the coupon NOW.

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Gentlemen: Please send me on trial the \$5.00 Remineralization Treatment, at the low introductory price of \$2.95, plus postage, C. O. D. Also send FREE Health Chart. I will use the treatment 30 days. If not delighted, you agree to refund all my money. I desire especially to correct following conditions:

- |  |  |
|--|--|
| <input type="checkbox"/> Overweight        | <input type="checkbox"/> Neuralgia             |
| <input type="checkbox"/> Underweight       | <input type="checkbox"/> Neuritis              |
| <input type="checkbox"/> Auto-intoxication | <input type="checkbox"/> Indigestion           |
| <input type="checkbox"/> Lack of Energy    | <input type="checkbox"/> Pimples or Blackheads |
| <input type="checkbox"/> Nervousness       | <input type="checkbox"/> Acidity               |
| <input type="checkbox"/> Sleeplessness     | <input type="checkbox"/> Premature Aging       |
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Name .....

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Town..... State.....

NOTE: If you prefer to enclose \$3.00 with this coupon, treatment will be sent postpaid. Same Money-Back Guarantee.



# Hay Fever

Only your blood containing fruit acid can dissolve any mucus or "paste" in your system.

## Mucus-Making Foods

In its passage through the body mucus is secreted in various organs, causing disease. The effects or symptoms are then named variously according to location, but the source of the trouble is the same—fermentation, chiefly from butter, cheese, cream, fat, oil, salt, etc., in excess.

## 100 Names for 1 Disease

Mucus causes catarrh of the eyes (conjunctivitis), of the nose (rhinitis), of the ears (otitis, deafness), of the bronchial tubes (bronchitis, asthma), of the lungs (tuberculosis), of the stomach (gastritis), of the appendix (appendicitis), of gall bladder (gall stones), of gums (pyorrhea), etc.

## Eat for Efficiency



Juice from grapefruit, without sugar, also tomato juice, berries, mango oranges, apples, etc., when used in freely water, combined with suitable brain-and-nerve foods, laxative vegetables, prepare your blood to dissolve mucus, and remove acidity.

A clerk wrote: "No mucus, voice stronger, head clear as a bell, gained 20 lbs., now earn 4 times as much." Educational booklet 10 cents. BRINKLER SCHOOL OF EATING, Dept. 20J, 130 W. 72nd St., New York. ©



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practice partial deep knee bends, keeping within the limit of safety. The first few days go very easy with the deep bending.

Gradually accustom yourself to making deeper squats till you have no trouble with the movement.

Having become assured of no trouble with the common deep knee bend, start using light weights and progressively work from a dozen up to twice that number of repetitions; then add more weight, etc.

In the case of only one knee being bothered, it will be best to go through the movements with both legs, favoring the one leg.

Follow each exercise period with the warm water application and massage as directed previously. A fair amount of walking, stair climbing, and hill climbing should be of great assistance in overcoming in a young man what should only be a weakness of the very aged and infirm.

## Health—Strength—Beauty

(Continued from page 46)

I would advise you to bathe your legs in warm water before and after exercising. Also massage the legs with a good liniment or olive oil immediately after exercising.

Electrical treatments have been found excellent in cases of this sort. Consult your physician concerning these treatments.

In cases where individuals have been stricken with infantile paralysis when only infants, and have grown to maturity with defective bodies, it is quite impossible to do anything. However, as you were stricken only two years ago you have a splendid chance to improve your leg.

In the July, 1927, issue of STRENGTH there appeared an article entitled, "From Paralysis to Health," by Sterling North. I am sure you would find this article interesting, and if you will send me your name and address I will send you a copy of this issue.

As you are only fourteen years of age the list of correct measurements I have wouldn't apply in your case. You must remember that a girl does not reach her full growth until she is twenty-one years of age.

DEAR MISS HEATHCOTE:

I like your column very much and hope it has a long and flourishing life. I would be very happy if you could help me in this matter. I hang my head very much—ever since I can remember.

I am a home girl, keep house for my



## Your Arm-- Does It Look Like This?

NO MATTER how weak your grip and arms may be now, you can, by using a pair of our Adjustable Grip Dumb-bells, greatly increase the strength and the size of your arms. You can make your arms look like the arm pictured above—strong, powerful, capable—a man's arm.

THESE DUMB-BELLS are powerful enough to exhaust the strongest man, yet they are adjustable, which means you can make them weaker or stronger as the case may be, to suit your own particular needs. WHY HAVE A WEAK GRIP? WHY BE A WEAKLING? ORDER YOUR ADJUSTABLE GRIP DUMB-BELLS TODAY AND REMAKE YOUR ARMS!

The Milo Bar Bell Co., Dept. S-9-28  
2739 N. Palethorp St., Philadelphia, Pa.

Gentlemen: Please send me, immediately, a pair of ADJUSTABLE GRIP DUMB-BELLS. I am enclosing my remittance of \$3.00 to cover cost of same.

Name .....

Address .....

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Shipping Charges Collect



Dad. I go for a dip at the pool almost every afternoon and take gym once a week. I like the water very much and it has helped me cure myself of slouching. My chest is up and my shoulders are back, but my head still droops forward. So if you could suggest some exercises I would be very grateful to you. I'll practice them faithfully, because I do so want to have a well-poised head. I'll feel better and it will give me more confidence in myself.

Miss A. B. G., Scranton, Pa.

Always endeavor to hold the head back and straight when walking. If your head slouches forward from force of habit exercise is an excellent means of improving the condition. Practice all neck bending and twisting exercises.

However, your condition may be due to a curvature in the spine. I would advise you to consult your physician regarding this.

## How is Your Muscular Coördination?

(Continued from Page 51)

Everyone of the aforementioned essentials of co-ordination must work correctly and quickly. The tumbler must swing the bells, jump, turn, bear down on the bells in their travels upward and then land, all in a harmonious series of movements. No weak, faltering nerves, weak uncertain muscles will be found in a weight-tumbler for that type of tumbling, and physical make-up simply will not go together.

In Fig. 6 and 7 I give you two simpler tests of muscular co-ordination. If a bunch of fellows were to try these tests for the first time you would find some who would make a better attempt at them than the others. That would prove which ones possessed the better muscular co-ordination. You will invariably find those who have gone in for physical training and athletics far ahead of those who haven't. This further proves that athletics and physical training improves the nerves, muscles, eyes and speeds up the brain cells for quick thinking and dispatch of the correct message to the right muscles.

In Fig. 6 we have a simple, but not so easy, chair balance. The idea is to balance on the two back legs of the chair by clever movements of the legs and arms. You can imagine how quickly the nerve centers in the brain; the nerves and muscles must act in this balancing stunt. The instant the chair starts forward or back from the

# The Seat of Health

## Rowing Machine Abdominal Exerciser Hips Reducer

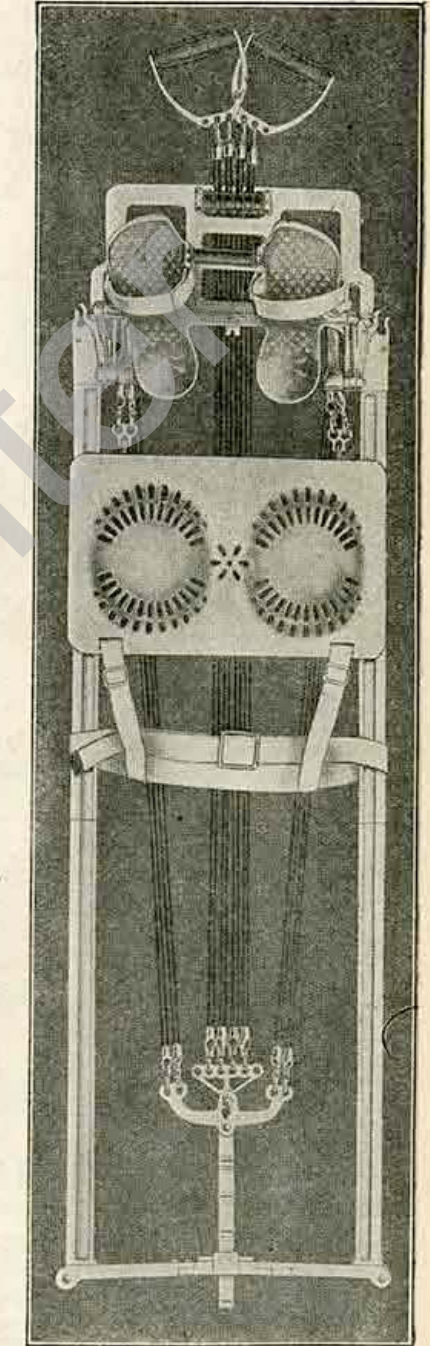
The SEAT OF HEALTH represents advanced modern ideas in body culture, being particularly adapted to exercises for strengthening and reducing the Abdomen and Hips.

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# 'Ignorance Has Been My Curse'



**BERNARD BERNARD**  
D. Sc. (Phys.), M. S.  
P., M. F. C., Chief,  
Physical Culture  
Consultants.

In this phrase the pupil quoted below sums up the main cause of all his troubles. If only we could rout this curse of ignorance, how much happier would the world be!

"Strength" Magazine and the Scout Manual first put this fellow on the right track. However, the results of his ignorance were a most serious nervous and vital drain, which made his life a misery. It is not merely the desire to lead a clean life that is sufficient. The drains are physiological and need physiological methods of treatment for their eradication. It is of little use to tell such a person to use his will power to stop the habit. He has lost the power to will because of the tremendous drain upon his vital resources. He needs to be enabled to will. By our physiological methods, which are the utilization of scientific physical culture, a little dieting, and special instruction, the vital and nervous losses are stopped and the will comes again into operation with the most beneficial results.

Where before there has been weariness and lack of "pep" there comes to be abounding energy. Where before there was despondency, there is developed cheerfulness and abundant hope and ambition.

You will also notice that this fellow was above the ordinary in mental capacity. This we often find to be the case. Those with potentially superior mental and physical qualities are often the victims of vital drains which spell ruin, or, if not so bad as this, prevent full accomplishment.

How can a fellow do his best and really enjoy life if his vital forces are being wasted? It is, of course, out of the question.

You can, however, become your true self, your full self. If you will co-operate with us we can help you, and make your life all that you wish it to be, full of health, happiness and efficiency.

Here is another case which will prove to you that no case is hopeless, and that our methods are perfectly sure.

## Case 703—"Terrible Depression and Weariness. No Interest in Living. Losses. Constipation.

**From First Letter.** "Gentlemen: I recently purchased several numbers of 'Strength' Magazine, and have been unusually interested in the page devoted to your work. Ignorance has been my curse. . . . You can imagine the results. . . . Soon losses commenced to come in the night. . . . The desire became something like a passion, until Providence placed in my hands a Scout Manual. There I managed to learn that what I was doing was injurious, and I immediately gave up the habit. However, losses continued at more and more frequent intervals, and, by the time that last March had come, I was in despair. I could do nothing to help myself, and must have been a pitiable sight. I am yet for that matter. . . . But Providence again intervened in the form of two physical culture periodicals, and, of course, I had learned by this time that such actions were opposed to my religion. However, the deed was done, and I was cast lower than ever into despair and weakness.

I have never made a confidant of anyone before, and you can't imagine what a comfort it is to feel that someone is interested and sympathetic. There are yet a great many things that I don't know. I don't even know if there has ever been a case like mine. Consequently I am sending under separate cover for your book.

I am six feet tall, and weigh only 126 pounds or less. I don't know to what extent my development has been retarded. The worst part of my condition is the fact that I love sports and outdoor games, yet all that I gain thereby is lost at night. The losses at present are occurring two or three times a week.

Had it not been for this trouble I would have entered college this fall, for I was admitted by examination last June. Upon graduation from High School I received the prize for scholarship. I am not telling you this to exalt my knowledge. I want to show you that I was not influenced to my actions by perverted morals, but through misunderstanding and misconception. . . . My hair is turning gray. I have no interest in anybody or anything. Lately I have been so tired and listless that I hate to think of another day of living. May God repay you if you can do me any good.

**From Letter Before Starting Course.** "I have received your book, and it has done me a great deal of good. I am enclosing . . . for the first month of the Course. I will forward the other payments as soon as I see that you are doing for me what I scarcely dare dream, viz., restore to me an interest in life, and give me a little happiness. I can't go on much longer as I am now."

**First Report:** "At first I was unable to carry out the directions fully, due to an unfavorable situation; consequently I suffered about as many losses during sleep as usual. Lately I have been able to follow the directions exactly, and at present I am glad to say that my mental state is so good that I do not have to worry about what are my thoughts—they just naturally turn to the right channels. I

am delighted with this mental improvement. I like the exercises, and am beginning to see an improvement due to their employment. On the whole I think that I am already obtaining results from the Course; my skin is clearing, and I am sleeping better."

**Second Report.** "Improvement has continued, I think, but I shall be able to tell exactly how I feel in another week or two. I believe that the greatest improvement so far has been in my mind, in my complexion, and in my breath. I have, of course, lost weight, but I know I am so much better that this does not worry me. Altogether things are coming on in fine shape, and I thank you for your help."

**Third Report.** "I am becoming more and more encouraged as time goes on. I am almost startled with the improvement in my complexion, and I am happy to state that I think that I have acquired complete control in sleep. I have had no really bad loss since the second week, and I no longer worry about anything. Bowels are beginning to act naturally. I can control my eating, a fact which gives great satisfaction, because formerly I seemed to have a passion for 'stuffing.' It is interesting to note that at present I can eat onions, raw or cooked, whereas before I suffered severe indigestion every time I ate them.

Already I have received from the Course a value that is immeasurable and I cannot express my gratitude to you sufficiently."

**Fourth Report.** "Since the weather has become better and I have been able to get sufficient fresh air and exercise, I can see a great improvement in my evacuation. In regard to my thoughts, I can state that I am now not troubled by morbid ideas about sex. I can readily banish undesirable thoughts if they happen to come. Many thanks for your last book. It is something that I have needed for a long time. I am enclosing advance payment for the fifth and sixth lessons. This seems a very paltry sum in comparison with the benefits which I have derived from the Course, and I don't know how I can ever express sufficient thanks to you for helping me to begin to realize my dream of living right."

**Final Report.** "I am sending in a final report, enumerating the benefits which I have obtained from your Course. To speak frankly, it would be impossible to tell you all the good that I have received from the instructions you have sent me; but I believe that the chief benefits may be summed up under three headings: 1. e. g. in the way I feel, the way I think, and the way I look.

I do not deem it necessary to speak at any length on my condition, let it suffice to say that life would have meant nothing to me had I not taken the step of summoning your aid. My only regret is that I did not know of your saving principles sooner, and that perhaps there are many now struggling in ignorance and despair who do not know of your great work.

May you advance and prosper in your line of endeavor, and may others as despondent as I was three months ago hear of and take immediate advantage of your services."

## What We Have Done For Others We Can Do For You

You are invited to consult us. The correspondence is kept private and confidential, and you are under no obligation by so doing.

Make this a new era in your life. Be a real man, a he-man, a manly man. We will deal with your case in a sympathetic manner. You will find that we understand as you thought nobody ever could understand. Send your story to us, so that we may set you a special course. Send, as a preliminary, for the following book:

# "Sex Weaknesses, Their Cause and Remedy"

It is full of most helpful information, and will point the way to virile manhood. Begin the new era of your life today.

### CONTENTS

**INTRODUCTION.**  
Sex Problems.  
**CHAPTER I.**  
Sex Weakness a Pathological Condition.—The Physical Basis of Sex Weakness.—Barbaric Habits of Our Forefathers.—The First Step to Perdition.  
**CHAPTER II.**  
Inheritance From a Remote Ancestry.—Heritages From Remote Days.—Sex Control.—Why Sex Excesses Cause Degeneration.—Human Life a Struggle Against Ancestral Passions.  
**CHAPTER III.**  
Does Man Progress or Retrogress?—The Greatest Factors in Sex Knowledge.—How Perversions May Be Bradicated.—How Ignorance Leads to Sex Weakness.

**CHAPTER IV.**  
Physical and Educational Neglect.—How Physical Neglect Induces Sex Weakness.—How Cases Become Chronic.—Criminal Neglect of an Important Subject.—Drive Away Ignorance.  
**CHAPTER V.**  
The Nervous System and the Sex Impulse.—The Sexual Centers of the Brain and the Spinal Cord.—The Nervous Workings of the Sex Impulse.—Disturbing the Nervous Structure Sexually.—How to Avert Unwanted Sex Passions.  
**CHAPTER VI.**  
The Heredity Factor.—Shall We Sterilize the Unfit?—The Mendelian Law.—Predispositions to Sexual Excesses May Follow Mendel's Law.—How Sex Excesses Cause Degeneration.

**CHAPTER VII.**  
The Psychology of Sex Weakness.—Mental Functions and the Mental Apparatus.—The Importance of the Desire for Knowledge.—Mental Influences on Sex and Health.—Is the Sexual Instinct Due to Chemical Action?—The Mental Sexual Function.  
**CHAPTER VIII.**  
A Word of Sympathy.—Our Duty to Those in Distress.—Footprints of Vice.—Hope and Encouragement.  
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balance point, movements must be started in the legs and arms that will bring it back to the balance point.

Fig. 7 shows another balance stunt that is easier than the preceding one, but the principle is the same. Some chairs are not suited for these feats, because their back legs are too far forward compared with the line of the chair-back. Select a chair that will not tilt easily before trying this co-ordination test and also have

someone hold it down on its four legs so there will be no chance of a fall.

In closing, I want to say that if you are wishing you were better at sports, games or athletics of any kind stop wishing, and improve your strength development. The other essentials will follow along to make you a better athlete. If you are good now, improving your strength and development will make you better and probably a champion.

## Is Your Boy in Camp?

(Continued from page 53)

dish washers, etc.

The up-to-date camps of today also run classes in craftsmanship of many kinds, so that the boys can learn as well as enjoy themselves. Besides, they learn to swim, handle a boat or canoe and generally learn to be real fellows.

What's doing at camp? That is a question most boys who have never been at camp ask. The answer is, briefly, about everything a live-wire boy could crowd into fifteen waking hours. Did you ever take a dip before breakfast? Did you ever sit down to "ham and" with two hundred other boys, most of them regular fellows? Ever go on a treasure hunt? Ever take an overnight hike? Ever pass a life-saving test? Ever sit in a counsel ring? Ever stand retreat? Oh, there are hundreds of new things doing at camp. While there is no doubt that the present-day camp life is better for the boys in many ways, at the same time I prefer the old style camp life. The old style camp was "roughing it" compared to the present-day camp life. Of course,

in the old camp there was more danger, even though there were not nearly as many boys as in the present-day camps. The large number of boys being taken to Y. M. C. A. camps makes it necessary to use more up-to-date methods and stricter discipline.

The expense of sending your boy to one of these camps is low compared to the good it will do him in building health, character, and making a real fellow of him. The fees run from about \$9.00 to \$15.00 a week according to the size of the camp.

I have no axe to grind in recommending Y. M. C. A. camps, except that I do like real boys and would like to see every one of them regular fellows. There are plenty of girls without bringing up boys to be like them. I am not connected in any way with Y. M. C. A. work or Y. M. C. A. camps, so it is merely a desire to help you make a real man of your boy that prompted the information on camp life.

## Battle Lust

(Continued from page 38)

I'm tickled mightily over it; that's why I send you this blurb about myself, a self that you never knew.

Yes, I, Thaddeus Plimpton, Bradshaw '03, Harvard '05, Oxford '09, holder of divers honorary degrees,

member of scientific bodies, research savant, teacher of youth, exemplar of conduct—I brag, I boast, I blow, I blare, I crow, I vaunt, I exult! It's a good old world!

## FIT YOURSELF FOR MARRIAGE



Strongfort  
Builder of Men

It is a crime to marry when you know that you are not physically fit. That pure girl is blinded by her love for you and does not realize your deficiencies. She thinks you are a prince among men—the ideal of vigorous manhood. She pictures you as her husband and father of her children. You know that you are not fit—you dare not marry in your present physical condition. The future looks dark and gloomy to you.

### MAKE YOURSELF FIT

You are not fit if you are weak, sickly and underdeveloped. You dare not marry and ruin some trusting girl's life if dissipation and excesses have sapped your vitality and left you a mere apology for a real man. Don't think you can save yourself with dope and drugs. Such unnatural stimulants can never remove the cause of your weaknesses and will surely harm you. The only way you can be restored is through Nature's basic law. She will never fail you if you sit at her feet and learn her ways.

### I MAKE WEAK MEN STRONG

My entire life has been dedicated to a study of Nature's Laws. I have applied her wonderfully effective principles to my own person and gained the world's award as the most perfect specimen of physical and health attainment. These are the same marvelous, restorative, uplifting elements that I want to apply in your case and fit you for the responsibilities of marriage and parenthood. I want to help you—I can help you with

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..Catarrh	..Despondency	..Poor Circulation
..Asthma	..Emaciation	..Round Shoulders
..Headache	..Rheumatism	..Youthful Errors
..Rupture	..Nervousness	..Manhood
..Thinness	..Constipation	..Restored
..Pimples	..Night Losses	..Skin Troubles
..Insomnia	..Short Breath	..Stomach
..Impotency	..Weak Heart	..Disorders
..Overweight	..Great	..Increased Height
..Weak Back	..Strength	..Muscular
..Weak Eyes	..Vital Losses	..Development

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## DOUBLE AND TRIPLE EXPOSURE ILLUSTRATIONS

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

## THE AUTHOR AN EXPERT TUMBLER

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

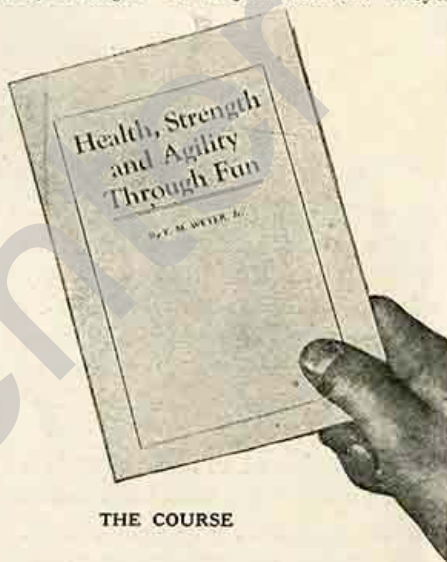
The Weyer course in tumbling entitled "Health, Strength and Agility Through Fun" is not new to the readers of *Strength* Magazine. This course when last advertised was spectacularly popular. There's a reason. All lovers of tumbling feats, whether beginners or experts, cannot afford to be without this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

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Four combinations are offered you, ranging from \$2.00 to \$8.50. The famed Weyer Tumbling Course with illustration charts are yours at a price of \$2.00; *Strength* for a year and the Weyer Course complete at \$3.75; the Weyer Special Tumbling Belt and the Weyer Course complete at \$7.00; *Strength* for a year, the Belt and Course complete at \$8.50. They are all worth considerably more.

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MAIL THE COUPON TODAY



## What Should You Eat?

(Continued from page 33)

amount of work is the mechanical equivalent of three foot pounds.

To estimate the value of any particular food item in terms of its heat and energy-yielding capacity, we employ an instrument called the "calorimeter." This instrument is devised somewhat after the plan of a fireless cooker or a vacuum bottle. It is surrounded with ice water or cracked ice, so that the apparatus itself is not affected by any exterior heat. The center of this contrivance contains the "bomb." In this bomb is placed a measured amount of the material or the food to be tested for its value in calory units. This material is surrounded by a definite quantity of water. The temperature of this water in the compartment would of course, be raised by the burning of the food or similar substance to be tested within the bomb.

All being in readiness, the material is now ignited and consumed by electricity. The increase in temperature in the surrounding water is registered by means of a very sensitive thermometer that extends down into the water. In this manner an accurate computation can be made concerning the heat-producing value of bread, meat, butter, candy, or any other combustible substance, which, in turn, gives us its caloric value.

We have seen how Lavoisier showed that food taken into the body undergoes substantially the same change as does coal or wood when it is burned in the furnace.

In either case a combination is effected with the oxygen, resulting in the production of carbon dioxide and water and the development of heat. The heat thus formed supplies us with energy. As this energy is so intimately related to heat production, and as heat is measured in calories, we, therefore, measure foods of various kinds in terms of their energy-content, by computing the number of calories of heat that a given quantity of food will yield when burnt. In this way we determine that one food is richer than another in energy-producing material for the reason that it liberates more calories when it is burnt, and thus in turn yields us a greater amount of energy.

As an example: It has been calculated that the heat value of one pound of corned beef in terms of calories is about 1200; that of a

pound of tomatoes, 100. Therefore, it is argued that one pound of beef would yield twelve times as much energy as one pound of tomatoes. In other words, a pound of beef is supposed to be twelve times as high in energy value, as is a pound of tomatoes.

Yet it is apparent to every one that, even though thirty pounds of tomatoes eaten every day might theoretically supply the calory needs of a man requiring three thousand calories daily, any attempt on the man's part to supply these calory requirements from tomatoes would be the acme of foolishness.

It would be infinitely worse than to try to live exclusively on milk. For milk, notwithstanding the fact that it contains almost all the elements of perfect nutrition, is nevertheless drowned in its water content. Remember that approximately 89 per cent of the entire bulk of milk is made up of water. So the average individual would become water-logged trying to get a sufficient quantity of nutriment from milk.

Take now the other extreme. Fat yields twice as much caloric value as do the sugars or starches, or even the proteins. In fact, weight for weight, fats may be regarded as of higher calory value than any other type of food. Yet notwithstanding the rich storehouse of fuel and energy presented in fat, no one would be obtuse enough to attempt to use it for supplying the calory requirements of the body.

Also, I might here mention that many scientists and diet experts lose sight of the fact that a large proportion of the heat which develops as a result of the oxidation of food in the body, is required for the purpose of maintaining normal temperature. Where the oxidation processes are impaired by some form of disease or by faulty nutrition, no amount of high calory food can be depended upon for this purpose.

If we let our appetite be our guide, and eat a normal supply of fresh or stewed tomatoes, supplying the remaining calory requirements of our system with bread, sugar, butter, etc.—foods high in calory contents—the problem will be solved, and we can furnish the cells of the body with their supply of material, ready made

(Continued on Page 74)

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That  
Pain!**

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Vibration  
Ozone  
Medical Electricity**

**The Four Greatest  
Curative Powers  
Generated by This**

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for oxidizing in their little furnaces.

Every cell in the body is capable of participating in this oxidizing process. In other words, a human being, instead of having one central furnace as does a boiler, for instance, has millions upon millions of furnaces, represented by the millions upon millions of cells composing his body.

After digesting his food so that it can be utilized by the system, this digestive food substance or pabulum reaches the cells. Here it is joined by the oxygen from the lungs and is then oxidized. Just how this process of oxidation is completed is a mystery that has not yet been solved. Yet there is no doubt that the explanation here given is the correct and only possible explanation.

On this basis of the calory yield of food products we have constructed a reasonably accurate table of the food requirements of the average human being. We have found that the man of 160 pounds in weight produces about 2200 calories of heat in twenty-four hours. This man receives so many meals during the course of a day. Therefore, it follows that he must have burnt up a sufficient amount of food to yield him 2200 calories, and it logically follows that an amount of food that will yield this number of calories of heat must be supplied him every day in order that he may continue to function normally.

This average requirement of 2200 calories, however, applies only to the healthy man in a resting condition. It is obvious that a man who is working, and who is expecting a great deal of energy, requires more food than one who is sick in bed, or one who is asleep.

In fact, during sleep it is estimated that a man spends only about 65 calories per hour. On the other hand, a man who engages in hard manual labor may need an average of 240 calories per hour while so engaged. So that a lumberman working in the north woods may possibly require as high as 5000 calories during 24 hours.

In proportion to weight, a woman should receive the same number of calories as a man. In children a much larger number of calories of food value are required, first, because of the intense activity that the majority of healthy children manifest. Everyone has seen and possibly wondered at the restless activity of a

child, busy from morning to night, in ways that would run an adult "ragged." This explains the need of children for the extra amount of food in proportion to their weight, required to keep them in good condition.

Granted that the body expends energy, this energy must be derived from some source. The fundamental teaching of the law of conservation of energy is to the effect that nothing can be created and nothing can be destroyed, but things can be changed. Therefore, if an organism requires three thousand calories of heat units, food to this amount in heat units must be taken into the system.

The question may be asked from whence does this source of energy come in the case of men who are abstaining from food for days, weeks, or even upwards of two months?

The answer is that energy is stored in the system, particularly in the form of fat, deposited under the sub-cutaneous tissues or in the deep structures around vital organs.

In times of starvation or stress, this reservoir of energy is tapped, and as long as any fat remains, or as long as any sugar, another source of energy, remains in the blood, the individual may continue to live, even though in a greater depleted condition.

But this capital in the Bank of Life is soon depleted. When the fuel yielding and energy yielding value of the food stored in fat and sugar in the body is exhausted, energy requirements are met by burning up of vital tissues and structures, so that the muscles, skin, liver, and blood are used up little by little until the human machine "cracks." It may be noted here that the brain and the heart are the last organs to yield any of their energy store, and during the process of starvation continue to function to the very last with but little impairment.

It may here be mentioned that in numerous experiments made to determine the calory needs of brain workers it was found that no appreciable difference could be determined between the expenditure of energy in one actively engaged in brain work and the expenditure of energy in the same individual while resting. Therefore, it would seem that while the calory may be considered a reasonably accurate guide to muscular



activity, it has little or no value in mental activity.

That the science of calory measurement is not universally accepted is proved by the fact that many of our most eminent scientists and food experts have completely discredited it as a means of determining food value requirements.

Alfred McCann, in his book, "Starving America," and in his popular articles on dietetic chemistry, has persistently maintained this position. Dr. Henry T. Brooks, Professor of Pathology in the Postgraduate Medical School and Hospital of New York, states emphatically that "For some time past I have felt that the feeding of humans on a calory basis is defective—in fact, a delusion and a snare. It has been conclusively revealed as an error, and the sooner the medical profession and dietitians generally recognize the falsity of the theory, the more profitable will it be for those who depend upon physicians for direction and advice."

Dr. Thomas B. Osborne and Dr. L. B. Mendell, of Yale, demonstrated in an interesting series of experiments that animals fed upon mixtures of refined sugar, refined protein, fat and starch—the richest of all foods in calory value—rapidly sickened and declined upon this diet, even when the food was mixed with inorganic material.

When milk whey, which has no calory value worth measuring, was added to the ration, tissue starvation in the animals was checked.

Dr. Wm. H. Porter, in discussing these experiments, says, "Whey contains none of the fat or proteid of the milk. It is merely the clear water in which the milk corpuscles float, as do the blood corpuscles in the blood serum. But it contains iron, calcium, potassium, phosphorus and other minerals, and probably some of the growth-promoting vitamins present in the milk; and, in spite of its insignificant calory value, it proved to be a regular elixir of life to animals condemned to die of starvation on high calory foods."

Foods such as salt pork (which contains 3555 calories), oleomargarine (3410 calories), refined sugar (1750 calories), white bread (1200 calories), and corn meal (1630 calories), when fed to animals, to the exclusion of other foods, inevitably produced degenerative diseases and ultimately the death of the animal.

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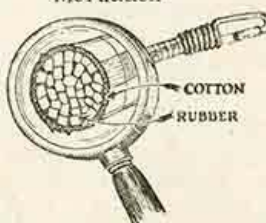
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syrup, polished rice, macaroni, tapioca and white flour are peculiarly detrimental, owing to their deficiency of mineral salts.

Yet foods which are insignificant in the calory scale, as for instance buttermilk (160 calories), skimmed milk (165 calories), potatoes (160 calories), string beans (170 calories), cabbage (115 calories), lettuce (65 calories), celery (65 calories), spinach (95 calories), are veritable life-savers.

When added to the diet of animals being systematically starved on high-calory foods, they speedily arrest tissue decline; but the animals do not further recover, nor do they regain their weight and their procreative power until they are once more fed entire grain substances containing the mineral salts which they vitally need.

and the vitamin-containing foods—the "fat soluble A" and the "water soluble B," discovered by Dr. McCollum.

When these substances, in the form of lettuce, spinach, cabbage leaves, butter and butter fats, together with the germ of corn, rye or wheat, and the bran of cereals, is added to the diet, the animals recover a perfect state of nutrition.

Organic beings live on food. Food is vitalizing and reconstructive material, highly complex in nature, and even more complex in its processes and in its varied action. However, to understand these actions, and apply them to our own diet problems, is perhaps the most important knowledge we could ever achieve for the preservation of good health and long life.

## Sleeping Outdoors

By L. E. Eubanks

When one stops to think, it is strange that any of us sleep in the ordinary bedrooms. Today we all know the value of fresh air; the outdoor worker is healthy because of it; the indoor worker whose health is delicate is advised to be out all he can; we take vacations in the wilds mainly with a view to sleeping in the open; and we are establishing all sorts of open-air schools. And those of us who cannot work out, go camping or recreate at some health resort, sigh and pine for the opportunity to get more outside air.

Considering the possibilities in this matter of sleeping out, there is no excuse for anyone, not even the busiest people, to be air-starved. Sleep a person must have, usually about eight hours of it, and since this is one-third of each twenty-four hours, it must be obvious what sleeping out would mean to those who work eight hours inside and spend an equal time at various other pursuits that also are indoors.

The health value of breathing outdoor air eight hours every night is simply incalculable; it almost gives the sedentary indoor man an even break with the farmer or the telephone lineman who is out all day, but sleeps in the typical bed chamber. The difference favoring the latter is that he gets adequate physical exercise; but compensating for this, in a large measure, is the fact that more oxy-

gen is absorbed by the lungs as we sleep than when we are active. Sleep is the body's reconstructive period, oxygen is the most vital food, and outdoors is the place to get it.

In truth, a brief examination of the facts will show that open-air sleep is the greatest of all health-builders. During the day the brain cells use up more oxygen than can be supplied them through the blood and the lungs. This oxygen starvation, to which the cells are subjected, is one of the things that help bring the unconsciousness of sleep.

As one of the chief physiological purposes of sleep is restoration of the oxygen balance in the tissues, you can see that the more oxygen we have during repose the better. During sleep more oxygen is taken into the system than is spent. After a certain period of time—depending on the oxygen content of the air, the sleeper's lung capacity and depth of breathing, and the number of red cells in the blood (for this is the only way oxygen is conveyed through the body), the oxygen balance is made up.

A leading physician says that the matter works itself out like this: During each twenty-four hours our bodies "trade" upon oxygen; during the active period the outgo is sixty per cent, compared to an intake of forty per cent; and during sleep these figures are reversed. In other words,

(Continued on page 82)



## Association Notes

(Continued from page 56)

Gasnier, now dead several years (he died of old age), was a French lightweight professional who spent quite a few years exhibiting in this country. Though a small man in stature and light of bodyweight, he frequently laid claim to being the "strongest man in the world." You can realize how well he impressed his audiences when I tell you that at a prominent physical culture show in New York City a few years ago I met quite a number of men who put up the argument that no athlete ever lived who compared with Gasnier for strength. Those men actually believed the little man after seeing his performances.

Many wonderful things have been claimed in his behalf, but the following tale has to do with the winning of a wager by the use of more thinking than lifting.

Pierre bet he could put twice his bodyweight overhead with one hand.

Now, it's a pretty sure thing that you would consider this not only a safe bet but a soft bet, if he or any other lifter were to make such a claim in your hearing. Gasnier took a bell weighing over double his bodyweight, rocked it to the shoulder, set his elbow on hip for a bent press lift; but to the consternation of the wagers, he made no attempt to press the bell off his body. What he did, was to bend over and get his head beneath the level of the bar bell. He won the bet as he got the weight above his head with one hand. The men who were so willing to win his money, but had the tables turned on them, did not think to stipulate that the bell had to be put at arm's length overhead.

As to the bell which you see Gasnier lifting in these illustrations, we can tell you little. The bell is marked 236 livres; a livre is supposed to equal one and one-tenth pounds; at that rate the bell would weigh around 260 pounds, which we seriously doubt. We have forgotten how much he handled in winning the bet mentioned above, and possibly 236 livres was right. We have strong suspicions that the bell you see in the pictures was empty.

Arthur Dandurand loaned us the Horace Barre picture which is printed this month. He suggested that the readers should be interested in seeing a picture of the man who

was regarded by close followers of the strength game to be stronger than Louis Cyr. There is an inside story to the effect that Barre was preparing to make a serious challenge to Cyr in public. Louis mentioned to Horace the fact that he believed Barre to be the stronger of the two but could not see where anything was to be gained by hurting his reputation. Barre being a retiring sort of fellow and a good friend of Cyr's, at once withdrew his intentions of challenging.

These two Goliaths did travel together giving exhibitions, and besides showing their almost super-human strength, held contests at eating. Judging from the tales we have heard, this brace of giants must have been the world's greatest eaters.

Barre was a larger man than Cyr, weighing as much as 340 pounds in condition. It was claimed he had a twenty-two-inch biceps.

Though the report is quite late in reaching us, we are giving you the results of a Weight Lifting Competition held in Singapore on March 23rd.

Championships were decided in five classes on the following set of lifts: Two Hands Clean and Jerk, One Hand Swing, One Hand Clean and Jerk, Two Hands Continental Press, and Two Hands Dead Lift.

Bantamweight Class (112 pounds). Winner—Poh Hock, 150, 70, 96, 120, 298 $\frac{2}{3}$ —total 734 $\frac{2}{3}$ . Second place—Tick, 150, 70, 96, 126 (no dead lift poundage)—total 442. Third place—Moses, 140, 55, 90, 116 (no dead lift)—total 401.

Featherweight Class (126 pounds). Winner—V. Skelchy, 180, 82, 100, 136, 316—total 814. Second place—Cho Chong Pak, 170, 82, 116, 136, 307—total 811. Third place, Choo Seng Kay, 150, 87, 110, 120, 307—total 774.

Lightweight Class (140 pounds). Winner—Cheng Liang Song, 180, 96, 122, 140, 323—total 861. Second place—Choon Sau, 192, 96, 122, 130, 319—total 859. Third place—Jim Findley, 166, 96, 106, 150, 331—total 849.

Middleweight Class (154 pounds). Winner—Tan Kum Fook.

Light-Heavyweight Class (168 pounds). Winner—Ho Peng Khoen.

There was no competition in either of the two heavy classes. Our cor-



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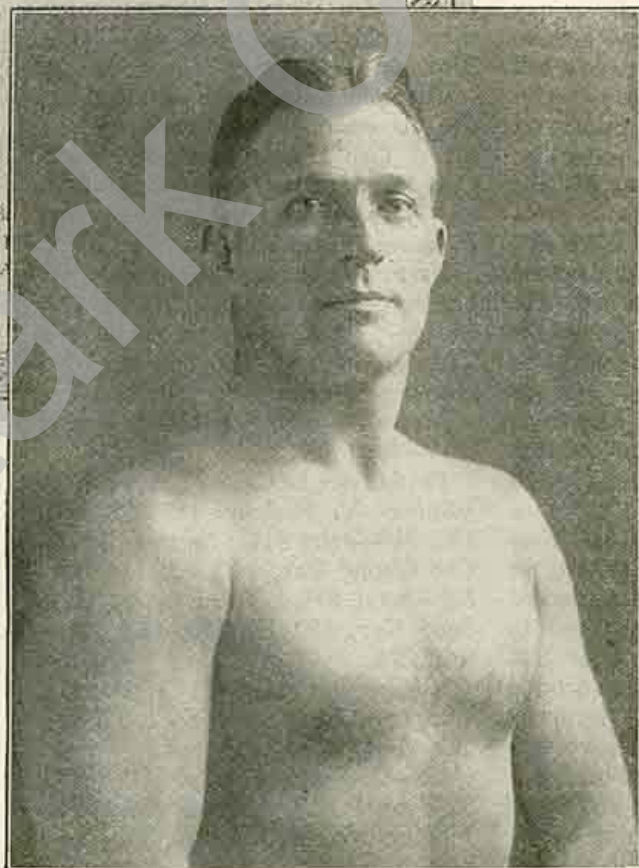
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respondent failed to state the lifts and totals for these two lifters.

On July 3rd, a show was held in Cincinnati, Ohio, at The Body Builders' Athletic Club. The audience was composed of 100 per cent physical culturists and strength fans.

Emmet Faris, the leading light in the iron game in that section of the country, gave an exhibition on the following lifts. Right Arm Clean and Bent Press, 165; Left Arm Bent Press with Dumb-bell, 160; Right Arm Bent Press with Dumb-bell, 163; Wrestler's Bridge, 185. Faris weighed 152. Norman Reeves, weighing 153½, made a dead lift of 378 pounds with two hands, and 300 pounds with each right and left.

George Chaney, weighing 153, did a Two Arm Clean and Jerk of 161 pounds.

J. W. Brown, at a bodyweight of 142, performed a Two Arm Clean and Jerk of 187, and a Two Hands Military Press of 140; Right Arm Bent Press (two hands to shoulder),

155; Crucifix, 80 pounds.

Dan B. Mills, at bodyweight of 163, did a Two Arm Military Press of 160; Two Arm Clean and Jerk, 190; Right Hand Military Press, 81; Left Hand Military Press, 81; Shoulder Bridge, 240.

Bob Arnett, weighing 147—Two Arm Clean and Jerk, 182.

Harvey Siegel, 135 pounds—A Two Arm Clean and Jerk, 155; and Right Arm Snatch, 100.

D. B. Mills also made a Left Hand Bent Press with Brown; did a deep knee bend exhibition, and performed some two hand stands, and a left hand stand while holding a 55-pound dumb-bell in his right hand.

The Officials were: Referee—Harvey Siegel; Judges—D. B. Mills, Bob Arnett, George Chaney, and Henry James; Inspector of Scales—I. Van Cleff.

The next Cincinnati show will be early in October. Those interested in being present should get in touch with E. Faris, 907 Baymiller Street.

## Nature's Method

(Continued from Page 40)

**ANSWER:** Most likely you are suffering from a ptosis or dropped viscera. You should have an X-ray taken of the abdominal region in order to determine the exact nature of the trouble, whereupon proper treatment could be prescribed. Should the X-ray prove my assumption as to ptosis correct, you should follow the suggestions given P. Y., of Ohio, above.

**QUESTION:** I am a boy, 15 years old, and five feet five and three-quarters inches tall. When young I grew very rapidly in height. I began to exercise mornings and nights at the age of thirteen, and have since made no increase in height. I have a pain in both shoulders just a few inches below the deltoids. This pain is severe upon arising in the morning but is not so during the day. This prevents me from exercising as much as I would like, and I will greatly appreciate your kindness if you will tell me how to overcome it.

Y. P. C., N. Y.

**ANSWER:** Have yourself examined by an osteopathic physician to determine whether there is some mechanical condition troubling your shoulder. Also have your tonsils examined as well as your intestinal tract.

If you will let this department know the results of these examinations, we will be glad to advise you further as to what method of pro-

cedure to adopt for overcoming your troubles.

**QUESTION:** My son is a well-built young chap 16 years of age, but he has some trouble with his eyes that keeps him from seeing plainly. In fact, he can't see at all well, and I have to read to him. For the last two months he has been unable even to make his way on the streets, and we are very worried about his sight. As a youth he did a great deal of reading, and at the age of twelve he began wearing glasses. They did no good, however, and his sight steadily weakened. He seems to have a weakness of the optic nerve, and the pupils of the eyes dance around a great deal. And if he tries to look steadily at a distant object his head shakes and bobs around violently.

(Mrs.) R. H., Ill.

**ANSWER:** Your son's trouble seems to be constitutional as well as local, and I would advise you to take him to an osteopathic physician for a thorough examination—blood test, urinalysis, etc., and such other laboratory tests as might be indicated, in order to determine definitely the nature of his trouble and its consequent treatment.

Also ask your doctor about the advisability of the Bates treatment for the eyes.

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| <input type="checkbox"/> Thinness   | <input type="checkbox"/> Nervousness      | <input type="checkbox"/> Troubles  |
| <input type="checkbox"/> Pimples    | <input type="checkbox"/> Constipation     | <input type="checkbox"/> Stomach   |
| <input type="checkbox"/> Insomnia   | <input type="checkbox"/> Short Breath     | <input type="checkbox"/> Disorders |
| <input type="checkbox"/> Overweight | <input type="checkbox"/> Weak Heart       |                                    |
|                                     | <input type="checkbox"/> Private Ailments |                                    |

Name .....

Age..... Occupation .....

Street .....

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



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### Wrestling In India

(Continued from Page 31)

to one or even both contestants. Today their art consists of tricks handed down from generation to generation, much as jiu-jitsu was preserved, and it is now found in its highest form in the schools of wrestlers maintained by wealthy potentates throughout the land.

Wrestling in India is a special form of physical exercise, and formerly was for many years an important part in the education of the princes of the land, but during late years interest in the art has lagged, with the result that its devotees are fewer than formerly. Superficially, their particular style of wrestling is very similar to our own catch-as-catch-can, with the exceptions as previously noted, but really it is much more on the order of the Japanese jiu-jitsu. They, like the Orientals, have their holds and blows for disabling or even killing an opponent, but do not use them in friendly bouts, and it is the opinion that they have not developed this particular department of the game as highly as have the Japanese experts. Nevertheless, an outsider has considerable difficulty in learning just how much they do know, for wrestling with them is akin to a religion, and their higher secrets are zealously guarded from the public. But to say the least, one must admit that, judging only from the meager basis of comparison at hand, these boys are good.

In closing, it might be in place to append *in toto* the account given by our correspondent, Mr. S. N. Bose, of Simla, India, of his recent interview of Gama. It is as follows:

### GAMA, THE WRESTLER

*A Peep Into His Life and Activities*

Business took me to Patiala, which, incidentally, fitted in with a desire to pay a visit to Gama, who recently earned world-wide fame in the domain of wrestlers by gaining a decisive victory over Zbyszko, of no mean fame. I saw him at his house one evening exercising with his pupils. He extended a hearty welcome to me and was pleased to hear of my interest in him. He is the very embodi-



ment of health and vigor—not tall of stature, but of great depth of chest. His limbs convey a sense of great power, and he is wonderfully agile for his heavy build. He has a charm of manner common to all true sportsmen, and it is refreshing and enlightening to watch him and his stalwart pupils at their exercises. These exercises are Indian in character, including bouts of wrestling. I guess Gama has an exercise (hold) or two up his sleeve which he does not let strangers see!

I was unable to take a photograph of him on this occasion, as our interesting conversation on the merits of particular forms of exercise carried us till sunset, when he requested that he be excused in order that he might break his fast (he is a Mohammedan, and my visit was during *Ramzan*). He said, however, that he would be only too pleased to face the camera the following or any other evening. The next afternoon I went to his place and was able to take a few photos. His home is situated in a place particularly suited to his needs. His environs are open and healthful, far from the maddening crowd. Such surroundings, he explained, are necessary for those who wish to make a deep study of physical art. He lives on simple fare. He is opposed to the practice of some wrestlers of over-eating. Needless to say, his disciples are trained to observe the same principles, and it is noticeable that they are gaining much from his ripe experience.

Gama lost his father when he was an infant, and the attainment of his present position has been uphill work. Poverty and its concomitants have had no effect on him, however, and his steadfast determination to succeed in life has helped him not a little. At the age of 27 he married the daughter of Ghulam Palwan, who was also a wrestler of great fame. He now has a son seven years of age. Gama's father and grandfather were great wrestlers, and the trophies won by them, which keep alive the memories of the past, are preserved by their successor in the line.

Gama early exhibited signs that he would follow in the footsteps of his ancestors. At the age of ten he took to the career of wrestling, and has since braved the pains and exertions which are a necessary accompaniment of his art. It was not long before he attained consummate mastery over wrestling and won a name for him-

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self. Wrestling, therefore, has been the hereditary distinction of this family.

Gama is now 44 years of age. He is five feet seven and a half inches tall, and weighs 240 pounds. His collection of trophies of the game is extensive, and his most recent addition to the lot, the huge silver club (mace) presented to him by His Highness, The Maharajah of Patiala, on the occasion of his defeat of Zbyszko, is a massive affair and weighs half a maund. (Note: A maund is 82 pounds). Gama owes much to the kindness of His Highness, who takes a great interest in him and generously supports him in his work.

## Sleeping Outdoors

(Continued from page 76)

the body, when it is working, spends twenty to forty per cent more oxygen than it takes in; while during sleep it reverses these proportions and absorbs twenty to forty per cent more than it gives off.

Actually, the sleep period represents the time required to restore the oxygen balance in the tissues, recharge the organic batteries, build up the broken-down tissue, and oxidize and otherwise get rid of accumulated fatigue poisons. So it must be a wise course to use the purest building materials at this time that we can get—unvitiated outside air.

But how can I do it? you ask. There are numerous ways. The percentage of homes built with provision of some kind for outdoor sleeping is constantly increasing. In the South, especially in Southern California, it is common to see sliding beds that pass through an opening in the side of the house out onto a platform in the yard, or go in the opposite direction to serve as the bed of an inside compartment, according to the weather.

Sleeping on the roof or on the porch, especially the latter, is a popular solution of the problem; but even where the roof is not flat, and there is no porch, one need not give up. If he has a bit of yard, a tent is always practicable; and if there is no yard, he can stick the head of his cot out the window, building a supporting platform for the projecting end, and arranging a curtain to hang from above and protect the sleeper from curious eyes.

If one can't do any better, he can back the head of his bed up against

(Continued on page 87)

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## Editorial

(Continued from page 21)

It is simply to keep the amateurs and the professionals well separated, and the championships should tell the best amateur, the best professional, and the best man, either amateur or professional.

## Siegmund Klein—Modern Physical Ideal

(Continued from page 28)

ambitions for the future. Immediately several well-known physical culture establishments made him attractive offers to affiliate with them in business. But as Klein had certain ideals and ideas which he was desirous of introducing to the public at large, the inducements were turned down.

You must remember that Siegmund had entertained ambitions of a future on the stage. This ambition still persisted in the back of his mind and possessing an instinct to perform before the public, he considered himself too young to be tied down to any business.

Giving up his studio in Cleveland, he embarked for New York to arrange a high-class theatrical production.

Enroute to "Broadway," he stopped off for some time in Philadelphia to look over the prospects of a successful stage career.

Klein feels that fate had a hand in changing his plans, as upon arriving in New York, he learned to his regret that the greatest teacher of bar bell training whoever lived had passed away.

Klein had long cherished the thought that he would some day have the pleasure of meeting Prof. Louis Attila, whom he placed on a pedestal high above all other physical training authorities. His greatest ambition had been to emulate the great Prof. Attila, so you well imagine his feelings upon learning of the death of his idol.

Let us here quote again the words of Klein:

"Arriving at the abode of Attila's family, I found out, much to my sorrow, that the Attila Studio, which had been an establishment for over fifty years, would not continue. However, I induced the family to allow me to take complete charge of his studio and introduce my system of modern bar bell training. Being internationally known as an athlete and the coach of the higher science of body culture, aroused greater interest in this than I had ever

expected. Immediately strength and health seekers flocked to my studio from all parts of the country; in fact, from remote corners of the universe, such as the Philippine Islands, Australia, South Africa, Canada, South America, England, France, Germany, Italy, Poland and many other foreign lands.

"My following increased. Thus I was twice compelled to seek and procure larger quarters. My connection with the continuation of the long-established Attila Studio brought about a beautiful romance.

"Never had I dreamt that some day I would connect with so famous a name in the annals of strength as that of Attila. And in time Grace Attila, daughter of the famous Professor, became my wife. It is indeed a great honor to connect my name with that of Attila, the Dean of Physical Culture teachers, who outlived two generations of lifters."

Every successful physical culturist has someone upon whom he looks as an inspiration. In the case of Klein, he considers his father as his earliest inspiration of strength.

Having been an athlete in his youth, he had the distinction, while serving in the German army, of being regarded as the strongest man in his regiment.

One of his father's most remarkable feats was performed in 1878, during the time of his service in the German army. Taking a German ring weight, weighing 112 pounds, he lifted it with his little finger from the floor and placed it on top of a standard sized kitchen table, then replacing the weight on the floor with the same finger.

Association with other well-known athletes has played an important part in the life and success of Siegmund Klein. Besides the two teachers of his early days, Prof. Kern and Prof. Hein, he gives credit to association with Otto Arco, muscle control artist, whose remarkable proportions have inspired him; likewise to Henry Steinborn, with whom he trained for quite a long time, having learned



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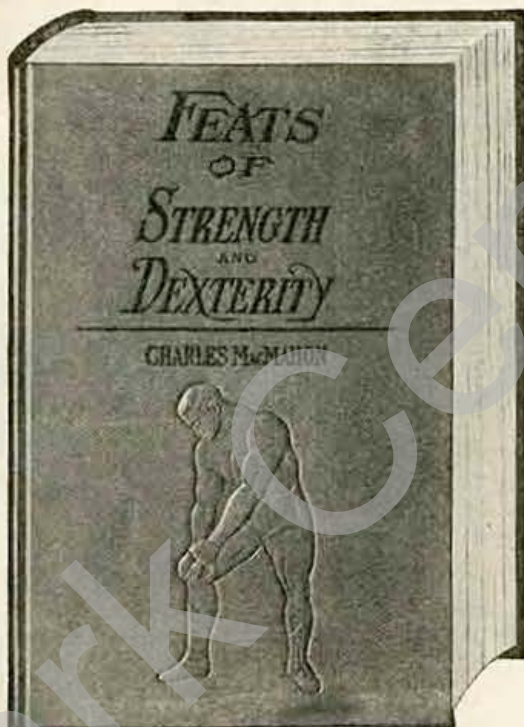
Don't forget that point—while you are enjoying yourself trying these original feats you are also improving your strength and development. A large number of them are so difficult they stump the strongest of men at first. Some of them are easy enough so that you can accomplish them in several days' practice.

Besides there are a number of feats that you can try on your friends and then watch the fun as they try to do them as easily as you do. Fun, strength, development and renown for your feats of strength are the rewards if you get this book and follow the instructions.

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many things which later proved of immense value, also to Samuel E. Olmstead, better known by his stage name of "Samstead," whom he states has been a great inspiration, not so much as a strongman, but as a versatile athlete and showman of the highest rank. Klein considers Mr. Olmstead to be one of the finest built Apollo type athletes of the present age.

A few years back, when Klein first attracted considerable attention as a strength athlete, rumors were in circulation to the effect that although he possessed a shapely body, he was not nearly as strong as many athletes considerably lighter than himself.

For quite a while he was not troubled by such rumors, but when they persisted and eventually became nothing short of knocks, pure and simple, Klein decided to embark on a campaign of contests and record-making attempts. Readers of STRENGTH are familiar with his contests in public with Robert Snyder and Antone Matysek, two of the greatest of American weight-lifters. Further than these two stellar athletes, it has been practically impossible for him to entice other strong men into contests, although a challenge was made in public to any lifter in the country on the Olympic lifts. He has also made known his willingness to post a side bet of one thousand (\$1,000) dollars to contest for the title of "Strongest Man in America."

His official records are:

Right Hand Clean and Jerk, 190½ pounds; Two Hands Clean and Jerk, 270 pounds (jerked twice from the shoulders); Two Hands Snatch, 190 pounds; Deep Knee Bend (unassisted), 300 pounds, repeated five times; Two Hands Clean and Continental Press, 233½ pounds; Two Hands Clean and Military Press, 204½ pounds; Right Hand Snatch, 160 pounds.

The majority of these lifts were made at a bodyweight of 148 pounds, at least one of them at a bodyweight of 146 and one at a bodyweight of 150.

Since the performance of the above records, he has made some impromptu feats of strength, which must be mentioned: Biceps of Thigh Curl with 150 pounds, twice in succession; taking a man weighing 125 pounds, he swings him from the floor to arms' length overhead, five successive times, using one arm. The



man is swung in such a manner that he is not supported in any way during the swinging movement; deep knee bend with 300 pounds on shoulders, ten times in succession; tiger bend, repeated twelve times; alternately pressing dumb-bells in seesaw fashion, using one hundred pounds in each hand, making five repetitions with each arm; pressing a 200-pound bar bell six times in succession, performed on many occasions.

With a 45-pound ring-weight in each hand, starting from a dead hang at the sides, he slowly raises the bells to the crucifix position; holding the weights there for a few seconds, he then continues the raising motion till the bells are at arms' length above the head and then lowers them to the crucifix position. The arms are kept locked at the elbows throughout this feat.

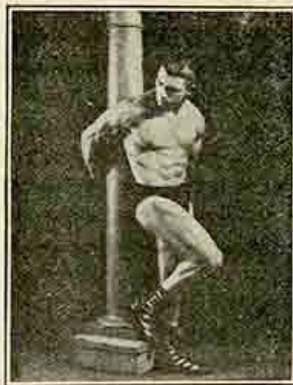
The physical measurements of Klein are: Height, 5 feet 5 inches; chest (normal), 43; waist, 32; neck, 16; upper arm, flexed, 15; forearm, 12 $\frac{3}{4}$ ; wrist, 7; thigh, 22; calf, 15; ankle, 8 $\frac{3}{4}$ ; bodyweight, 148 pounds.

Mr. Klein tells me these are the most authentic measurements he has ever had taken; he had George Dembinski measure him especially for this article.

Something of importance worth mentioning is the increase he has made in calf measurement. A year or so ago, his calf measured 14 $\frac{1}{2}$  inches, but by means of very hard work he made an increase of a half inch; this is interesting in view of the statements of some that he had reached his limit.

Allow me to call your attention to something which cannot be said of all "strong men" and "perfect men," particularly those who are professionals. The measurements mentioned by Klein are not stretched, and I can assure you from personal experience in his company that every figure given is the smallest possible measurement rather than the largest. Many athletes like to claim arms of fifteen to seventeen inches, but you would find his are to be the most solid and fully rounded fifteen-inch arms you could expect to find. I should hardly be surprised if you found his arm to appear as large as those who are so generous in crediting themselves with seventeen-inch measurements.

The chest of Klein is truly large, the latissimus muscles being of great size and giving him a remarkable



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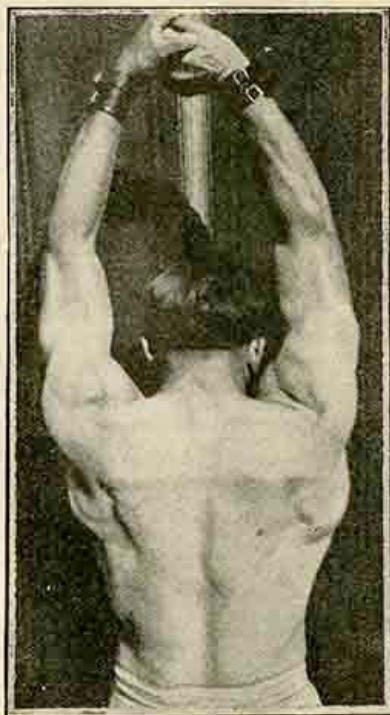
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upper body. He purposely refrains from the practice of neck exercise, as he has no desire to acquire the type of neck familiar to wrestlers.

Wonderful as some of his achievements may seem, he is most proud of the chance which came into his life to save a human life. A fire broke out on the floor above his studio; on that floor was a beauty parlor and apartment, wherein lay a sick woman, too weak to help herself. Klein climbed up the outside of the building from his windows to those of the fourth floor; breaking in, he took the woman in his arms and, with all other avenues of escape choked with smoke and flame, found it necessary to reach the street by climbing down a large display sign outside of the building while carrying the woman, who was well above average size.

His greatest ambition in life is to own a chain of bar bell studios throughout the United States, where he can carry on his great work on a much larger scale.

Having studied the science of physical training from every possible angle during the twelve years he

has been actively engaged, his success is evidenced by the quality of the men developed in his studio, a few of the most notable being William Raisch, otherwise referred to as "The Bar Bell Miracle"; Robert Ra Nous, recent winner of the "Strength Posing Contest"; D. W. Landau and John Bracken.

The Klein studio is always filled with well-built men, whom you will find to be possessed of far more than ordinary strength. Well-known strength athletes and vaudeville artists are always certain to visit the studio when in the "big city."

Klein pupils all have exceptionally well developed legs, and the muscles of the back, especially along the spine, are brought out to an unusual degree.

The principal explanation of this fact would be the amount of vigorous squatting and bending exercises included in the schedule.

A splendid bunch of good fellows are the regular frequenters of his studio, and good times "galore" have I had in company with the fellows. At times a few of the boys would congregate at odd hours after regu-

lar hours, and "Sweet Adeline" and "Down by the Old Mill Stream" would be harmonized.

At other times one of the ambitious boys, for instance, Bill Raisch or Harry Paschall, would lift or try one-hand stands by the hour, to the amusement of everyone present.

Naturally, a physical man of his type would be swamped with offers to pose for the masterpieces of notable artists and sculptors; particularly when the dream of every true artist is perfection, it is to be expected he would seek a model of such ideal proportions; however, their pleadings have been to no avail, as being greatly pressed for time with his studio work, he has found it impossible to spare the time.

One artist of great renown, Mr. Clinton Brown, of New York City, did induce Klein to pose for a large painting, which he afterwards presented to him. You will see this painting in the studio photo among the illustrations of this article.

Probably of greatest interest to my readers, and certainly of greater value, should be the statement he made concerning his ideas on proper



methods of training:

"I make it most emphatic that exercises must be performed only in the correct manner, as only by doing them in the right way will the proper results be attained; it is not so much what one does, but the way the thing is done that counts."

His personal program consists of a long routine of body building exercises; in fact, just the exercises he gives any of his pupils, after having advanced to the proper degree. Of course, Klein's personal routine is about twice as severe as the huskiest of you could very well get away with. It is necessary to progressively work up to a hard program by taking years, if proper benefit is to be derived therefrom.

A small amount of hand balancing, especially tiger bend practice (from a hand stand, dropping down to an elbow stand, and then pressing back up again), and a little bag punching is the only thing outside of bar bell work to which he is accustomed.

## Sleeping Outdoors

(Continued from page 82)

the window. In the case of an ordinary iron bed, and provided he places his pillow as close to the window as he can, a sleeper will get very fine results from this plan. Many prefer it because any rearrangement made necessary by unusual changes of weather are more easily made.

You must sleep warm; nothing will be gained by undergoing discomforts. Of course, too much depends on the climate and the season for me to give exact directions; but be sure to have enough warm bedding. If you set a bed outdoors, remember that the mattress is more or less penetrable to a breeze. It is well to lay one large quilt under the mattress, bringing its sides up and over the mattress—to go under the lower sheet. In very cold weather blankets should take the place of sheets, for the latter can get fearfully cold! The bed may be warmed with hot water bags or heated bricks for a while before you go out to retire. I do not advise keeping the bag in bed all night, unless there is some way of renewing its heat without the sleeper's exposing himself.

Protect your neck and spine particularly. If you are a sound sleeper, it is possible for a cold breeze to blow on your neck for an hour or two before you awake, and this might do a lot of harm. Two pillows can be so arranged as to prevent drafts

He is very fond of juggling with weights and practices muscle control and posing by the hour, in front of the large mirrors in his studio.

The story of Siegmund Klein is the story of a boy who had an ambition, which he changed from a dream to realization by means of hard work. The majority of physical culturists entertain some very lofty ambitions and ideals, which are seldom realized, because of a dislike for honest sweat. Too many culturists are content to stop at a degree of development which seems exceptional among average men. Mr. Klein voices his opinion in this way:

"It is simple for one to pick out a well-developed man on a beach, but to be able to claim the distinction of being picked out among a group of already well-developed men takes years of persistent training. It is this distinction which every body culturist craves, but so few have the perseverance to work towards this goal."

around the shoulders. Fit them together so that a triangular space is left between. The apex of this triangle is to be at the head of the bed. The sleeper lies with his shoulders between the pillows, toward the base of the triangle, and his head on one of the pillows. The neck and shoulders are well protected fore and aft.

Be sensible rather than heroic. The best sleeping garment for outdoors is a one-piece suit with the sleeves ending in mittens and the legs in stockings. If he feels the need, an outdoor sleeper should wear a hood, and it should fit snugly around the neck also. I have known several persons whose sole objection to sleeping out was that the nose got cold. This is not the trifle it may seem, either. If necessary, place a bit of absorbent cotton over the bridge of the nose and hold it in position with a small piece of adhesive tape.

If you sleep in a yard tent or on a rather remote porch, always be provided with something warm to put on if you wish to go into the house before dressing. Many careless persons take cold running around half clad; then blame sleeping out for it. If you are comfortably warm in your bed and remain that way all night, you will not take cold, no matter where you sleep.

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# Prize Contest

**W**ITH the January issue we began to award each month two prizes of Five Dollars (\$5.00) each for the best criticisms under two hundred words:

1. Of the article in this issue which you believe to be the best and most worth while.
2. Of the article in this issue which you find the least interesting and informative.

### The Best and the Worst

The kind of articles you would like to see more of, and the kind you would like eliminated, and why. There are no conditions and no requirements. Simply write your criticisms and send them to us. The contest will close on the 20th of each month. The prizes will be awarded on the 25th, and the winning criticisms will be published in the second month following. That is, the contest for the September issue will close on September 20th; the prizes will be awarded on September 25th, and the prize-winning criticisms will appear in the October issue.

It is not necessary to be a writer to win one of these prizes. Literary merit is not the first essential. The reasons why you like or do not like a certain article are of more importance than the way you express your likes or dislikes.

Everyone wins in this contest, there are no losers. Even if you should not win one of the cash prizes, you will be amply repaid by seeing in **STRENGTH** the articles you want and feel the need of.

Let's hear why you like or dislike the articles, and the reason for your preference.

The contest will be held each month, but remember the August contest will close on August 20, 1928. Address Contest Editor, 2741 N. Palethorp Street, Philadelphia, Pa.

TO THE EDITOR:

Your prize contests may be of some interest to the readers, but it seems to me that there is only one contest which would really interest us and that is a contest to show what man has made the most gains physically since he took up exercise.

What do we care about which articles anyone likes?

We want to know how to get strong ourselves, and no one can tell us as well as the men who are strong.

Sincerely yours,

J. K. S.

Fair enough and so next month we will offer a prize of \$25.00 to the man who has made spectacular gains in physical proportions and can write well enough about his gains so that his story will be of real interest to our readers.

If we receive several articles that are satisfactory for publication we will publish in later issues those stories which we find most interesting and pay for them at space rates.

Your story should run anywhere from 1000 to 2500 words and should be accompanied by as many photographs as you think would help the general reader to get a good idea of your present physique and training methods.

If you have pictures of yourself taken before you started training and so illustrating the gains that you have made, they will, of course, help.

The most popular article in the July issue was "Arco—Super Athlete," by Mark Berry and the letter of commendation getting the prize dealt with that article. It was by Abram Groff, of Clarence, N. Y., and follows:

CONTEST EDITOR,  
Dear Sir:

I wish to express my appreciation for the real worth while articles contained in the **STRENGTH** Magazine at present.

After reading the July issue from cover to cover I at once picked Mark Berry's "Arco—Super Athlete" as the most helpful and interesting. It is the wonderful accomplishments of others that inspire us to action; so is it with Arco and his many admirers. Most readers of **STRENGTH** will agree with me when I say that such articles as this and the articles by R. L. Jones, pertaining to the Andros Bros. cannot be sur-



# MEN!

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### LOWERED VITALITY—

even in an apparent robust physical state listlessness, unusual fatigue, unnatural tendencies to nervousness and worry, obscure aches and pains, urinary disturbances, indigestion, constipation all have underlying **CAUSES** which must be determined and corrected else vital organs may be permanently damaged and an incurable state result.

### HUNDREDS OF MEN—

yearly are becoming incapacitated, undergoing dangerous surgical operations, even losing their lives. Most of them could have been spared all this but for neglect or improper treatment.

### Enlargement of the Prostate—

can be checked and the **Removal of the Gland Prevented**, High Blood-Pressure **CAN** be reduced; damage to the heart, kidneys and other vital organs avoided if proper measures are taken in time. Varicoceles, hydroceles, ruptures, piles, focal infections, **MUST** be taken care of if perfect health is desired.

### PROTECT YOURSELF—

and those whose happiness is dependent upon your well-being. **DON'T** take unnecessary chances. Insure your future against useless regrets. Send for our free book **"YOUR HEALTH"** postpaid, which contains vital facts not generally known and of utmost importance to men past middle life. **TODAY** is not too soon.



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passed for creating a high desire to follow their footsteps and become as nearly perfect as these athletes have become, especially when looking at those bulging muscles and reading how they were obtained.

Let me state in ending that this magazine cannot be beaten for the constructive articles that are being printed in it lately, both for the male and female sex. Keep up with the good work and the subscribers will stand behind you.

Very sincerely yours,  
**ABRAM GROFF.**

We received many comments which may prove of interest to our readers and so are printing some herewith:

CONTEST EDITOR,  
 Dear Sir:

What? The best article in the July number? Why, the *Mat*. Always has been (with a few exceptions to prove the rule), and unless some pretty good, constructive articles are printed, it always will be the best in my estimation.

I am a *Mat* fan. Often I have looked all through the magazine only to find the real instructive matter in *The Mat*. Any department where the fellows can bring their problems or come for exercises and help is bound to be popular. **STRENGTH** ought to have more departments of a like nature on other subjects.

F. J. G.,  
 Outlook, Wash.

Dear Sir:

I wish to say that I consider the article, "You're Strong If You Can Do These," by Charles MacMahon, the best in the whole issue. I like this article because Mr. MacMahon tells in it, in a very simple way, how it is possible to improve the physical condition of your body, and I think that is the chief aim of all **STRENGTH** readers.

L. E. S.,  
 Columbus, Ohio.

THE CONTEST EDITOR,  
 Dear Sir:

I find the following articles express very well what I presume is the policy of the **STRENGTH** Magazine, viz: the spreading of the doctrine of physical training in general, and physical development and strength in particular. In accordance with this idea the best articles in my opinion are the following:

1. Developing Good Deltoids.
2. Association Notes.
3. The *Mat*.
4. Health—Strength—Beauty (Girls' Circle).

My reason for choosing the last one is because many readers are, very likely, men with lady relations who can and will benefit by such articles, and also I presume that there are a good many lady readers who must, no doubt, be very much interested in this feature of your magazine.

As to the worst article—there is none, in my opinion, that needs elimination.  
 C. C. de R.,  
 India.

(Continued on page 90)

# YOGODA

## How to Recharge Your Body and Mind Batteries from Inner Cosmic Energy

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# YOU TOO Can Have a Beautiful Well Developed Body

Your success in life depends upon your health. It is every woman's right to possess a good figure. Do not let yourself slip. If you are continually putting on weight, or if you are too thin and undeveloped, there is only one way out—EXERCISE combined with a sensible diet. Do not be ridiculed for being too fat or too thin. Start doing something about it right now—today. Jack Sandow's Health Course for Women will put you on the right track. In it you will find excellent exercises for every part of your body.

## Are You Ashamed of Your Figure In a Bathing Suit

Now that vacations are here, everyone wants to look her best on the beach—but how can you if your hips are over sized and your ankles and legs are rolling in fat?

Just think how you can remodel your body by spending a small part of your time daily practicing the exercises given in this wonderful course by Jack Sandow.

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A sensible, carefully planned diet is included in this course, combined with health hints. If you want to know just what to eat and just what not to eat, secure a copy of this course.

### Modern Fashions Call For Shapely Forms

To be beautiful is within the reach of every woman. The modern man wants his sweetheart and wife to be attractive, and you cannot keep fit by merely doing housework—you need something more strenuous and that is exercise.

In days when clothes hid the form to a considerable extent, women did not have to worry about their figures, but today, with our one-piece bathing suits, short skirts, etc., women cannot conceal their bodily defects so easily.

Regardless of how much you spend on clothes, they cannot look well on a poorly shaped body.

The modern woman wants to be beautiful and can be beautiful. If you are this type, mail check, money order, or cash right now—today. Do not delay. Mail coupon now.

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Room S, 9-28.

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CONTEST EDITOR,

Dear Sir:

The women and girls should have their articles, too. I can see nothing whatever that could possibly harm them. Why shouldn't they have special articles for them? Nearly all the other articles do not appeal to the ladies.

It is possible that a little less room could be taken up by pictures. Please do not start the movie star stuff. STRENGTH would just be another medium for the stars' publicity campaigns, then.

Sincerely yours,

CLAYTON HICKERSON,  
Corsicana, Texas.

Dear Sir:

The best article which I have to offer is, "Are You Afraid to Dive?" by W. C. Menyhart. Diving I believe is as essential as walking. Just as Mr. Menyhart says, it helps the mind and body. I believe this article will aid a lot of people who cannot dive a great deal.

You ought to have a few pages set aside for the younger and lighter weight lifters. What interests me most is seeing a little fellow, say about from between 5 ft. and 5 ft. 6 in. and say around from 110 to 130 lbs., do great strength feats.

White Plains, N. Y.

Dear Sir:

Charles MacMahon also had a good article on vertical bar exercises, and Robert L. Jones' hand to hand balancing was just the thing I was wishing you would print, as I am interested in hand to hand balancing.

Truly yours,

JOHN A. FLESCH.

Dear Sir:

In reply to your prize offer in STRENGTH Magazine I find that the article on, "How to Die Young," is the most important.

If the younger generation would pay more attention to articles of this sort, in future years we would have men and women more fitted to carry on the affairs of the world.

Yours truly,

M. BURCH,  
Liberty, Texas.

Dear Sir:

In regard to the best article contest, I certainly consider Marjorie Heathcote's "Health—Strength—Beauty" by far the best that has appeared for a long time. The thorough and painstaking manner in which the subject has been written made it well worth the price of the magazine alone.

Morrilton, Ark.

Dear Sir:

There is one article that first made me realize that all of us may actually become physically fit through proper exercises. I had often wished to become such, and not until I began to read *The Mat*, by Mr. Berry, did I realize how easily it could be done.

Yours sincerely,

F. BURTNER,  
Detroit, Mich.

(Continued on Page 91)



Dear Sir:

Nothing impressed me as much as the article in the July edition, "Arco—Super Athlete," by Mark H. Berry.

Yours very truly,

J. MONTGOMERY,  
Minneapolis, Minn.

In the July contest the prize for the letter of criticism goes to Mr. E. R. Stogner, and his letter follows:

Dear Sir:

I would like to see more articles on "Muscle Control," "Birth Control," "Hereditry," "Tumbling," "Hand Balancing," "Chinning," and in fact anything connected with health and body building.

How about an article on the results of "Chiropractic Adjustments"?

I also like the women's articles, as I think they ought to be helped to be healthy and strong as much as men. I'd like to see some good articles on spine exercises that would take the place of "Chiropractic Adjustments" and that would cure backache, headache, etc.

Couldn't you print something on the care of the eyes, teeth, feet, etc.

I hope to see something such as I have spoken of in the future.

E. R. STOGNER,  
1404 Carolina Ave.,  
Hartsville, S. C.

Instead of criticizing one article, Mr. Stogner in general makes a plea for a magazine of wider interest. We try to cover most of the ground that he wants covered over a period of time, but we do not go into so large a field in any one issue, nor can we do so without changing the character of the magazine.

We are also printing another letter of the same type, which is rather a letter of suggested development of the magazine than one of criticism.

CONTEST EDITOR,  
Strength Magazine.

Dear Sir:

Having been a subscriber to STRENGTH for four years and a great fan, I am taking advantage of your contest to give my idea as to things necessary to make it a bigger and better magazine. I am giving you my idea of its best point, articles that might be dropped, and in my opinion a type of magazine that would in every way be satisfactory to the true STRENGTH fan, the bar bell and weight men who really built it up and insured its success and also the more recent readers who prefer lighter exercises and articles on seasonal sports.

First, I think that the contests of the magazine should be increased in order that each issue would contain 17 or 18 articles instead of the 14 or 15 that it now contains. By so doing it would not necessitate the doing away with any of the articles or departments that you now run. A suggestion for general run of contents would be as follows: One article on general health and health

questions. I am glad to see that "Nature's Method" and "Ask the Doctor" have been consolidated. If the size of the magazine is not to be increased, then only include one article for the girls. However, any change that is made should include one article of this kind, as I find that there are really some feminine fans who are interested. A story or article on sports should be included in every issue. Use capable writers, such as Boone, Barrett, Von Ziekursch, Eubanks and men of that type. Never fail to have an article by Jones and MacMahon and use Drummond, Russell, Carroll, Mason Hanson, Viohl, and Berry whenever possible. Of course, the departments such as "The Mat," "Association Notes," "Editorial," "Girls' Department," etc., should be given all the space possible. I really believe that a little more space should be devoted to body building and to articles that will be helpful to the man who is really trying to do something. Each issue should contain at least one article by a competent writer on development of some muscle or muscle group. Sports of the more strenuous nature should be given as much space as possible with preference being given to boxing, wrestling, hand balancing, and tumbling. I believe that lessons in these sports from time to time would be a success. Use a competent instructor. I am firmly convinced that a great deal of space should be devoted to hand balancing, tumbling, and acrobatics and that writers such as Paulinetti and MacMahon should be used. Stories on the lives and accomplishments of sporting luminaries should be included whenever possible. The article on Arco in the current issue by Berry is great. Have more of that type.

How is this for a sample copy? "Editorial," "The Mat," "Association Notes," article or story on wrestling, by Dean Carroll; article or story on sports, by Boone, Barrett or Von Ziekursch; ideal physical proportions, by Mark Berry; essentials in muscle building, by MacMahon; article on gymnastics, by MacMahon, Hanson or Paulinetti; development of some muscle group by an authority; Girls' Department, by Heathcote; an article for girls on development with occasional set of exercises by writers such as Page, Sargent, Hollister, etc.; article by R. L. Jones; "Nature's Method and Ask the Doctor"; lesson in boxing, wrestling, swimming, hand balancing or tumbling by an authority; article by Russell or Drummond; story of a sport luminary by a good writer; article by Viohl. This copy would contain 18 articles, and I believe would prove satisfactory to everyone. Follow a program of that kind, and I believe that you will create greater interest throughout the country. I would suggest that you continue with the contests; they are very helpful and interesting.

Hoping for a bigger and better STRENGTH, I am a sincere fan,

C. O. BRYAN,  
428 W. Erwin St.,  
Tyler, Texas.

(Continued on Page 92)

## END SICKNESS THIS NEW WAY

No medicine, drugs or dieting. Just a light, small, comfortable inexpensive Radio-Active Pad, worn on the back by day and over the stomach at night. Sold on free trial. You can be sure it is helping you before you buy it. Over 150,000 sold on this plan. Thousands have written us that it healed them of Neuritis, Rheumatism, High Blood Pressure, Constipation, Nervous Prostration, Heart, Lungs, Liver, Kidney and Bladder trouble, etc. No matter what you have tried; or what your trouble may be, try Degnen's Radio-Active Solar Pad at our risk. Write today for FREE Trial offer and descriptive literature. Radium Appliance Co., 588 Bradbury Bldg., Los Angeles, Cal.

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Dept. 16-B, 247 Park Ave., New York, N. Y.





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Write at once in confidence to,  
SARAH COBEAN,  
Hair and Scalp Specialist,  
1337 1/2 Oak Street Los Angeles, California

We have always thought that STRENGTH was primarily a magazine for individuals. There are magazines devoted in a general way to the improvement of the race and such magazines have to cover a much larger field than we have ever entered.

As we see it STRENGTH Magazine should be of immediate, practical use to any of its readers, as soon as they begin to follow the advice contained in its pages. We are not denying the importance of a broader and a longer view. We know what modern hygiene and modern science have done, but we are simply arbitrarily omitting the long and the broad and

necessarily the dull view from our pages.

STRENGTH is a monthly magazine, and it should teach us something each month of benefit to ourselves now.

With that in mind each issue is made up and with that in mind your criticism should be written.

We hope also that in the group of articles which we will get from this month's contest all the writers will remember to include those methods which they have found most successful in getting results. The fact that you have been successful is important and how you became successful is even more important.

## Are You Always Complaining About Your Feet?

### Try This Remedy

The modern cry today is, "Oh, how my feet ache!" Perhaps you have heard one of the family exclaim this after a trying day shopping around town.

The first consideration necessary for sore feet is to get a pair of sensible and properly fitting shoes. Rather than pay a few dollars for a good pair of shoes, many folks prefer to wear a cheap shoe, which in time only ruin the feet. Ingrowing toe nails, corns, bunions, blisters, etc. are nine times out of ten due to wearing cheap shoes. Many women today would rather squeeze their foot into a 4 1/2 instead of a 5 for the sake of style. If nature intended you to have large feet, make the best of the situation and wear shoes that fit your feet.

If you have been suffering from an ingrowing toe nail for years, do something immediately to get rid of it. If the nail is in a rather bad condition, the best thing would be to go to a chiropodist and have him cut it out. After that you can treat the nail yourself by placing cotton under it for a few weeks, thus giving the nail a chance to grow back to its original place. Do not make the mistake of cutting the corners off the nail; always trim the nail straight across the front.

To remove corns, the best procedure would be to first bathe the foot in hot water; then remove the corns with a sharp knife or razor blade. If

you cut the corn too deeply, thus making the toe bleed, immediately apply an antiseptic—a very good remedy being a drop of turpentine.

The following is a treatment and list of exercises for the feet, and it would be a good plan for those suffering from foot troubles to follow the advice carefully:

**TREATMENT:** For tired, aching feet, first bathe them in hot and cold water alternately. The hot water relaxes all parts and has a soothing effect on the nerve centers.

The cold water gives a contrasting reaction, which has a tonic effect. If it is not convenient to use foot tubs, use large towels. Soak the towels in hot and cold water and wrap them around the feet and ankles. Next give the feet a thorough massage, using the thumb and finger ends. Begin at the toes and work up toward the ankle along the bottom and inside border of the feet. This accelerates the blood circulation. Follow this with the exercises. Avoid standing on cold floors in bare feet. The exercises may be done on a rug or carpet in bare feet or with stockings on, or in soft-soled slippers.

For strengthening arches and to acquire good, sound, dependable feet:

**EXERCISE 1.** Sit on bed or table with feet extending beyond the edge, in order to give them free movement. First extend the feet, pointing the toes, then turn the bottoms of the feet inward and draw them up. Straighten



the foot and continue as before. This involves a rotary motion and by practicing this movement a strong contraction of the inside foot muscles will be acquired. Repeat fifty times.

**EXERCISE 2.** Stand with the toes of both feet together, heels apart. Rise on the toes, carrying the weight to the outer sides of the feet. Repeat fifty times.

**EXERCISE 3.** Stand with the weight resting on outsides of foot, keeping feet parallel; while in this position walk fifty steps.

**EXERCISE 4.** Walk, keeping the weight entirely on the balls of the feet and extending each foot well as it is placed on the ground. This walking exercise can be practiced any time, anywhere, whenever you feel you will not make yourself conspicuous by it. Reverse this exercise by walking backward in the same way. Take fifty steps at a time.

**NOTE.**—The number of times each exercise should be done and the number of steps to take will depend upon the condition of the feet. If the feet are quite weak, begin with only half the number of counts each day for a few days; then gradually increase the amount of exercise to what you feel you can best stand.

Exercise enough, but in your enthusiasm do not overwork these small muscles. Let your judgment guide you in this, and only good results will follow.

But again it must be said that prevention is far better than an attempt to cure, and this applies in full measure to foot troubles. Attention has already been called to the fact that many people, and especially women and girls, are wont to wear shoes a good bit too small just in order to be in style. Shoe salesmen know this, and although they do not like to sell a woman a shoe that will prove painful, nevertheless they realize they must please the customer by giving her the shoe she wants. And that often means selling her, say, a 4B size instead of a 3½C which is the shoe her foot really requires. And why? Because the former shoe, although slightly longer than the latter is of about the same width; therefore, its appearance is slenderer and, theoretically, smaller and neater than that of the shorter shoe of the same width, which, because of its greater breadth in proportion to its length has the appearance of being blunt, or "sawed off."

Extremely high heels deserve no

little criticism, too. They cause not only a very unnatural position of the foot and ankle but also a most severe contraction of the calf muscles. But, since they give the foot an appearance of being smaller than it actually is, and since the aforementioned calf muscle contraction generally tends to make the calf look fuller and more nicely rounded, our fine American women (who so pity the poor foot-bound Chinese women) insist on high heels and wear them with many an inward and not a few outward grimaces.

Men, too, are not entirely guiltless of wearing too small shoes in order to appease their vanity or the demi-god, style, or both, but as a rule one finds men wearing shoes nearer the correct size and shape than do women. Not so long ago, however, the "English Walker" shoe held sway, and through the medium of its narrow, pointed shape took toll of many a male foot. The men soon saw the error of their ways, and being perhaps a little less vain than their wives and sisters, they sought the comfort of properly shaped and well fitting shoes.

If you do not agree that the feet of the nation are in a bad way, just look about you on the beach or wherever the opportunity presents itself to see the bare feet of your fellow men and women. Note how in about ninety-nine cases out of every hundred the big toe is turned more or less to the inside and how a prominent knot, usually embellished with a callosity or bunion, takes the place of the knuckle of that toe. The second and third toes are generally in about their correct positions, but the fourth toe is usually forced inward and perhaps rolled a little on its side. And the fifth, or little, toe—almost without exception that inoffensive member has been rolled over and under, then forced inward until it lies well under its neighbor, and it presents not its lower surface but the true outside to the bottom of the shoe, while the true top of the toe has been forced downward until it rests against the outside of the foot. Of course, another pet callus is generally ensconced on what ought to be the top of the knuckle of that toe, all of which helps make corn plasters and bunion remedies advertisements occupy prominent and high priced spaces in our leading magazines.

Take care of your feet!

# NERVE EXHAUSTION IS DANGEROUS!

Have

YOU

These

SYMPTOMS?



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?

**WOMEN** In women this is largely due to over-active emotions, and to the constant turmoil in their domestic and marital relations.

**MEN** 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.

## How to Strengthen Your Nerves

No tonic or magic system of exercise 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 Wonder Book

Based upon many years of intensive experience and study, the famous author, Richard Blackstone, has 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 shows you how to bring back 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, N-29 Flatiron Building, New York.

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Please send me a copy of your book "New Nerves for Old." I am enclosing 25c in coin or stamps.

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# Everybody

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Read that page about our FREE CABLE EXERCISER and then turn back and read the rest of this.

Did you read page 18 carefully so that you realize it is the easiest selling proposition in the physical training world? Sure you realize it, but you didn't know you can become an agent for this proposition and make \$1.00 on every one of these 5-cable exercisers you sell, did you? Well you can and that isn't all; if you sell 50 of these 5-cable exercisers in any length of time you get a bonus of \$10.00. That means \$10.00 besides your dollar on each order.

All you collect from a customer is \$1.00 and that dollar you keep. Then you send in the filled-in order blank and we give you credit for an order towards your fifty and the bonus of \$10.00. Next, we mail 5-cable exerciser, course and first copy of STRENGTH to your customer and he pays the postman \$1.50 plus a few cents postage.

### YOU KEEP THE FIRST \$1.00

and remember, you don't have to sell fifty exercisers in order to keep the \$1.00 on each sale. Sell one, you make a \$1.00 clear. Sell fifty and you make \$1.20 each.

### EVERYBODY IS A PROSPECT FOR THIS PROPOSITION

Why? Because they get a full year's subscription to STRENGTH; a strong 5-cable exerciser and a 12 weeks' course for the regular price of the subscription alone. Tell them they have nothing else whatsoever to pay—a \$1.00 down to you and a \$1.50, plus a few cents postage later to the postman when he hands them their exerciser, course and STRENGTH, is all.

### CHEAP IN PRICE BUT GREAT IN VALUE

Probably you think a free cable exerciser couldn't be worth much, but that is where you are as wrong as you've ever been in your life. The Milo Publishing Co. guarantees this exerciser to be all they claim it to be, which means it is an efficient exerciser for the purpose of developing strength and muscles, pep and health. Tell your customers that.

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

## The Key to Success—Exercise

By Adam Kupiec

Suppose you had a neighbor like this: Every morning before going to work he would stuff his pockets full of five-dollar bills. Then he would blindfold himself. Then he would rush out to the street, and fling the money in all directions with all his might. Then he would shout, "Hooray!" at his noble deed, remove the blindfold, and caper joyously back to the house with a feeling of pride in his prowess. On seeing him thus perform, you would remark, "You crazy chump; what are you throwing good money away for?" Then the man would answer, "I didn't do any such a thing—you must be dreaming." After this reply, you would notify a doctor and a policeman, to watch the lunatic and prevent more mischief.

Now suppose you had for another neighbor an efficiency engineer. Suppose he was to keep tabs on your motions from 9 A. M. to 5 P. M. He would in all probability say to you, "Why throw a good \$5 bill away every day?" You would likely answer, "Me do a fool thing like that? Not much!" Then the efficiency engineer would reply, "You can't see yourself doing it, merely because you are blindfolded with self-ignorance. But if you know the money value of your time and energy, and if you watched yourself closely enough, you would see yourself throwing away every day the equivalent of \$5, or more, clean cash."

"But," you may ask, "how would the efficiency engineer figure that I waste that much money every day?"

Mr. Edward E. Purinton, in his book on "Personal Efficiency," figures that every man should earn at least \$20 a day; that a man's work should be done in five hours; each hour is thus worth \$4; and that you waste an hour and a quarter or more every day.

Do you waste an hour and a quarter a day? Think it over. Is your constitution so feeble that your mental powers are low? Does your mind quickly become dull and hazy? Are you afflicted with poor circulation, indigestion, nervousness, headaches, catarrh, colds, impure blood, fallen arches, or any other of the hundred and one ailments that curse mankind? If you are, you are wasting time. You are only half-alive! Wake up. Do

not retard your chance for advancement by using only half your powers.

The only way to succeed in this world is to "Give the world the best you have, and the best will come back to you." To give your best you must be physically fit. Your blood must keep circulating or your mind will go stagnant.

The first element of success for him who has wisely chosen his life's work is a strong constitution. By a strong constitution, we mean the warmth and vigor imparted to a man's ideas by superior bodily stamina. Until recently, this element of success was neglected—almost despised—in this country. Strength, tallness, ruddy cheeks, and the other exterior signs of good health were looked upon as rowdyism, with their possessors finally ending their careers in the penitentiary.

But within the past few years a revolution has taken place in the public sentiment on this subject. The public is beginning to see that the body, as well as the mind, must be trained, developed and respected. We are learning by bitter experience that it's the man who knows his body; who has strength and power; and who having all other things equal, will be the man who will be the most successful in life.

We are beginning to realize the truth in this quotation from the "Laws of Life": "To the strong hand and strong head, the capacious lungs and vigorous frame, fall and will always fall, the heavy burdens; and where the heavy burdens fall, the great prizes fall too."

To do this work cheerfully and well, a man needs a strong, vigorous body. This can be obtained by proper exercise. Man's power to work comes from forces that are within him: his stomach to digest his food; a nervous system on which man's whole life depends; a neck that will allow the blood to run up and down easily. All these elements go to determine what a man's working power shall be.

Why should you not be really alive and bubbling over with vivacity? Why should you not be alert, enthusiastic, keen, ambitious, and full of pep?

Read the history of any great



nation, and you will discover that all her great men were sturdy. Be like them. These men illustrate the principle that no man ever developed his body at the expense of his mentality.

The effects of the culture of the body are very vividly seen in the nations of antiquity, with whom gymnastics were a part of their education.

Exercise is prehistoric. Eons ago, when the cave-man roamed the earth, he exercised. His leaping from tree to tree, gripping of club, and killing of wild beasts, all gave him exercise.

When Cheops built the Great Pyramids he did not have numerous mechanical devices to help him. No, all that stone was dragged for miles, and then raised to extraordinary heights, by men—and muscle.

In Greece and Rome, the orators, philosophers, poets, warriors, and statesmen, gained strength of mind as well as body, by systematic exercise. In Sparta exercise was compulsory. Their code was the survival of the fittest. From infancy to old age, all were bound to exercise. Sparta's supremacy in Greece is well known. Who can doubt that her compulsory exercise was responsible for her supremacy?

Most of the great men of the world have had good muscular systems. It is told that Cicero became at one period of his life, a victim of dyspepsia, a malady that pursues the lazy man. The great orator hastened, not to doctors—who might have hastened his death—but to a gymnasium. He submitted himself to its regimen, and returned to his speeches and struggles—a new man.

Socrates, that great philosopher, whose motto was "Know thyself," was a burly man. We read that each morning he went to the public baths to exercise. When tormented by his prosecutors he would grasp two of them and bang their heads together. It was Socrates' saying that I heard paraphrased into: "Exercise, temperance and repose, slam the door in the doctor's face."

Some of the greatest men of our own time had to overcome physical weakness. Theodore Roosevelt was born a weakling—even his eyes were weak. But he did not quail. He took up systematic exercise, played outdoors, and was soon able to excel his friends in many athletic feats. Suppose Roosevelt had remained a weakling—where would the United States be? It was his strong body that permitted him to endure the many

assaults launched against him. It was his stamina that enabled him to issue the ultimatum to the coal strikers.

Take the strong men out of history and literature, and who would care to read it? They, as well as you, were and are dreamers. But dreaming of success is only practical when coupled with hard work and persistent endeavor. And how can you work hard, toil all day and far into the night, without a strong and vigorous constitution? Do you realize what the world owes to these men who had the grit and tenacity of purpose, coupled with a strong body—to match their dreams of success with realities? They worked with bent back and sweating brow, cutting smooth roads over which man marches forward from generation to generation. What enabled them to withstand the sneers and assaults of the masses—a strong body. What enabled them to work all day and plan all night—a strong body. And you—?

Recently we have been hearing a lot about Personal Magnetism. What is it? Surely nothing more than muscular strength and nervous energy. Prove this for yourself. Go and meet a college president, yet if he is physically weak, you feel repelled. Go then and meet a husky young man, and notice the difference.

It seems almost impossible to be mentally strong and physically weak. There are exceptions, and most of these exceptions are those that are constantly cursed by nervous exhaustion.

Exercise in some mysterious way gives a person confidence in himself. Exercise gives him courage and personal power that he never felt before. Exercise makes him self-reliant; it makes a man respected, and boosts him on his way to success.

Nature gives you a body adapted to exercise. If this was not so, why do we possess such pliancy in those parts of the body that are used in exercise?

If you are seeking a pleasing personality, want to feel full of pep, want to revive your good spirits, want to clear your brain—exercise, for as I have already said, exercise has a peculiar effect on the faculties of the mind. If you have never exercised, do so for a month. Then will you agree with me that you have not fulfilled the business of the day, unless you employ your body in exercise.

Incidentally you will save \$5 or more every day.

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# "He didn't wait for the breaks..."

"—started in here together" "THAT'S Mr. Potter's office. He's the new



General Manager, you know — just promoted. Must be making close to \$12,000 now.

"Back in the days when he was still Joe Potter, he and I and Billy Todd started in here together. We were close friends then—in the office and outside.

"Our first small raises came sort of automatically. Like lots of other fellows, we just sat back and waited for promotion—'getting the breaks,' we called it.

"—refused our invitations" "After a while, though,



Joe Potter began refusing our invitations to shoot pool or bowl in the evenings. He told us he was studying — and in a correspondence school! That seemed funny to us then — and we laughed at him for wasting his time.

"By and by, Joe moved up a peg — while we stayed where we were. He'd gotten the first 'break,' we said. We waited for our turn.

"—and then—General Manager" "But Joe kept going ahead steadily



—from one job to the next and finally into the General Manager's chair. Nothing like that for us! We congratulated him and then told each other afterwards that he was 'lucky.'

"Finally, as the 'breaks' failed to come, I began to see why Joe had gone so far. He didn't wait for the breaks — he made them for himself — with his studying! The firm knew he was training himself to handle the job ahead and picked him for promotion.

"—wish I'd started sooner" "That's why I decided



to take up an International Correspondence Schools course myself. I knew that if it could help Joe Potter it would help me. It has, too.

"I've had two raises in the last year or so and I'm going to get another soon. My only regret is that I didn't start sooner.

"If only I'd known how convenient home-study really is and if I'd understood the power of thorough, practical

training, I'd be making a lot more money today. Why, I might even have Joe Potter's job!"

How much longer are you going to wait before taking the step that will help you to get a better position and a larger salary? How much longer will you be content to struggle along in a desperate endeavor to make ends meet? Analyze yourself. Are you really as ambitious as you think you are? Have you vision enough to recognize a rut—resolve enough to lift yourself out of it?

If you want to get ahead there's just one sure way to do it—train yourself to do the day's work better than any other man in the office. Ability is bound to count. Your employer will be glad to pay you more money if you show him you deserve it.

A home-study course with the International Correspondence Schools will prepare YOU for the position you want in the work you like best. All it takes is an hour a day of the spare time that may now go to waste.

At least find out how, by marking and mailing the coupon that has meant the difference between Failure and Success to so many other men. It doesn't obligate you in any way to fill in this coupon, yet it may be the means of changing your entire life.

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# Feel Like a New Man In Two Minutes

## Amazing Restoration in SPINE-MOTION



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YOU never give a thought to that spine of yours, do you? If you did you might be another man altogether. You'd have twice the energy you have—twice the strength and stamina. You'd pitch into your work with the avidity of a boy for play. You'd revel in anything that meant activity. You'd be a superman compared to what you are.

But, vital as it is, you pay no attention to your spine.

What are the consequences? A word about the spine will explain.

The spine is a series of small bones placed one above the other. Between each pair of bones (vertebrae) is cartilage which acts as a cushion or shock absorber, taking up the weight and shocks thrown on the spinal column as we stand or walk. Since nothing in the ordinary activities of us humans stretches the spine, these once soft and resilient pads are flattened down, become thin and hard. One's spine then does not absorb the shocks sustained but transmits them straight to the base of the brain. Then come headaches—backaches—"nerves"—insomnia—habitual tiredness. We have not one-half the force and "pep" we should have. We do not get the joy out of work or play we should. We are only about 50 per cent efficient.

When the cartilage is worn down to a certain point, nerve impingement may result. That is, two of the vertebrae may curve so close together as to "pinch" or press upon a nerve leading from the spinal column to an organ which the nerve controls. Then there is trouble! If the impinged nerve has to do with the liver, then liver trouble. If with the stomach, stomach trouble. If with the bowels, constipation. And so on.

### Why the Spine Needs Stretching

The spine needs the peculiar motion, the flexing, the laxation, it would get if we lived as man primieval did, in order to loosen up the spine—to "elongate" it—to take the burden off the cartilage and the pressure off the nerves. No amount of violent exercise will do the trick, we know from experience, for often the most inveterate gymnast is a striking case of subluxation of the spine.

From his 25 years' experience with spinal mechanics, Bradstreet evolved a method of SPINE-MOTION which seems to be the answer to the problem. This method of "laxating" the spine is a simple, boiled-down formula of just five movements. Neither takes more than one minute, so the whole process means but five minutes a day. But those movements, simple as they are, bring a wonderful change—almost

instantly! Said Bradstreet, "I have had many people come to me saying they were in perfect health and wanted to try my motion just out of curiosity, only to be amazed with the feeling of new exhilaration experienced in one execution of my spinal-motions. Only the other day a prominent Chicago business man, known as a human dynamo, remarked to me after a few days of my system, 'I didn't realize until now that I was only 50 per cent alive.'

"I have seen my spinal motions put sick people on their feet in a few days. I have seen many a chronic case of headache, nervousness, stomach trouble and constipation completely relieved in a matter of weeks. Speaking of constipation, I have one motion—a peculiar, writhing and twisting movement—that will, in fifteen minutes, in nine cases out of ten, bring a complete evacuation."

### Promises You Startling Results

We know that there is something in his method for every one, and we invite everyone to try it. We invite the young and the apparently "vigorous" to see what difference spine motion will make in their energies and capacities. We invite the ailing to see the direct relation between spinal mechanics and health. We invite men who are ageing prematurely to put to test his statement that a man's powers (in every sense) by nature, should continue full flush up to the age of 60, being only a matter of a sound nerve-mechanism.

No "apparatus" is required with this method. Just a few simple instructions made doubly clear by photograph poses of the five positions.

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The small fee of \$3 pays in full for the method. But we do not ask you to send the \$3 in advance nor to make any payment or deposit whatever on delivery. We give you 5 days' free

trial wholly at our risk! See the results you get in 5 days. If you do not experience something striking in the way of new health, new appetite, new desires and new capacities, just return the material and you won't owe a penny. If you do see and feel the most wonderful benefits and wish to continue with the method, remit \$3 in 5 days and everything is yours to keep. Mail the coupon today, and get the method for 5 days' free trial.

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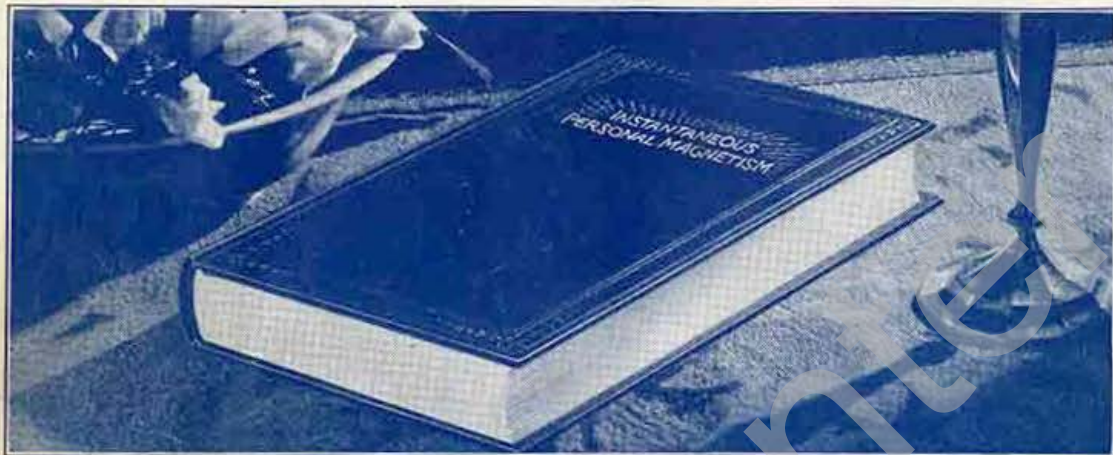


How "elongating" the spine keeps the bones apart and the nerves full and free to perform their functions.



# This Singular Book Wields a Strange Power Over Its Readers

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Why are men and women so profoundly affected by this book?—so anxious to get a copy? The answer is simple. The book reveals to them for the first time how any man or woman—old or young—can develop a Magnetic Personality *instantly!* It explains how to gain *overnight* the personal charm that attracts countless friends—the self-confidence that insures quick success in any business or profession.

It tells how to draw people to you at once, irresistibly—how to be popular everywhere, in any society—how to overcome almost at once any timidity or self-consciousness you may have—how to be a magnet of human attraction, popular and well-liked wherever you go!

It not only tells exactly how to accomplish these things—it tells you how to accomplish them without delay—*instantaneously!*

### Whence Comes This Uncanny Volume?

Forty years ago, Edmund Shaftesbury, famous student

of the human mind, set out to discover the secret of that rare quality—Magnetic Personality. He first applied his discoveries in his own circle of friends. Results were astonishing! His methods seemed to have the power of almost instantly transforming people into *entirely new beings!*

Quietly, almost secretly, Shaftesbury's fame spread. Great men came to him. His students and friends embraced such names as Gladstone, Queen Victoria, Edwin Booth, Henry Ward Beecher, Cardinal Gibbons, and others of equal fame.

Until recently, Shaftesbury's teachings have been available only to people who could pay \$25 to \$50 each for instruction books. But now, through the efforts of a group of his students, his wonderful teachings have been collected into a single volume, at a price *within the reach of all!*

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Folks are never the same after reading this book. Their manner changes. The tone of their voice, the expression in their eyes—yes,

even their actual features seem to change—seem to grow more cultured, more refined.

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