

STRENGTH

Vol. V., No. 13

JULY, 1921

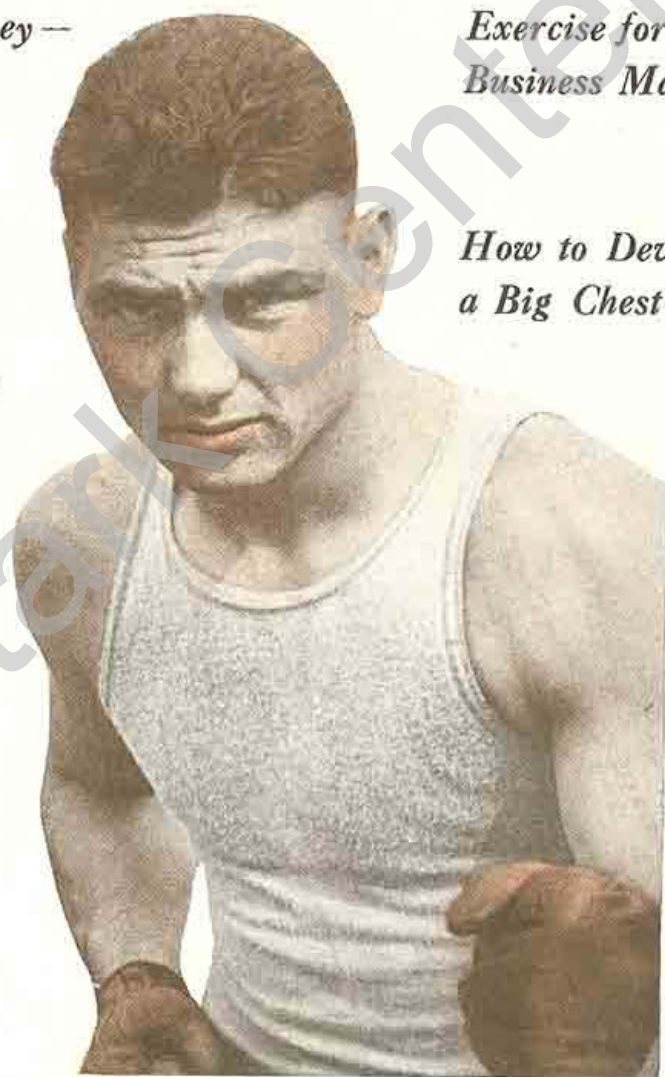
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a Big Chest*



JACK DEMPSEY



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STRENGTH

Vol. 5

JULY, 1921

No. 13

Entered as second class matter at the Post Office at Philadelphia, Pa., November 20, 1920,
under the Act of March 3, 1879.

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Published Monthly by The Milo Bar Bell Co.

Publication Offices, 301 Diamond Street, Philadelphia, Pa.

J. C. Egan, Editor D. G. Redmond, Publisher

Subscriptions, \$1.50 per year. Canada, \$1.75. Foreign, \$2.00.

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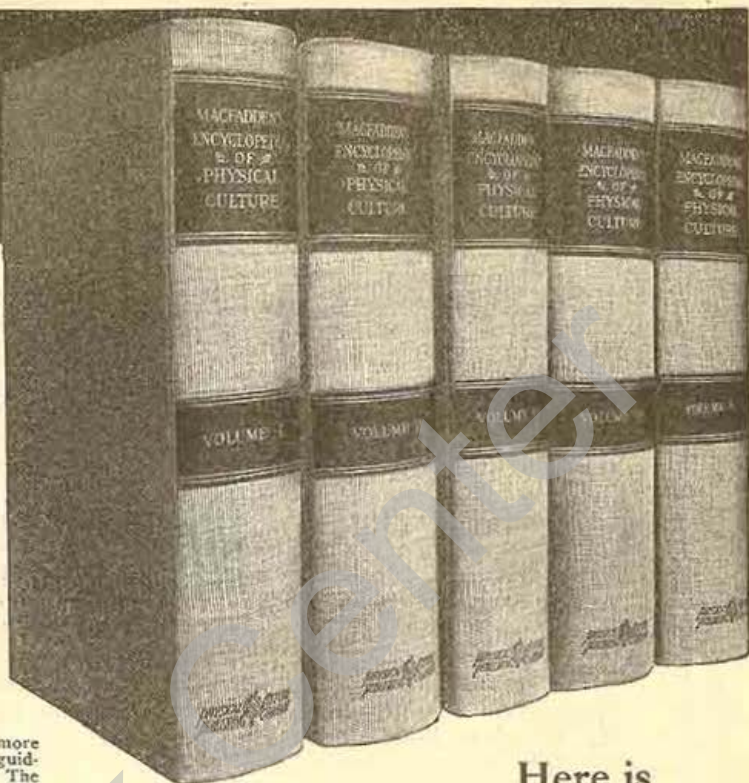
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IN Jersey City on July 2nd, Jack Dempsey and Georges Carpentier meet for the world's heavyweight boxing championship. Never before in the history of sports have two athletes been paid so well for their efforts. Although when figured in actual fighting time the amounts paid them seem exorbitant, yet it must be remembered that the hardest part of the fight—the conditioning for it—had been going on for months. Perfect physical condition is absolutely necessary in order to stand the rigorous test of a championship bout. It is probably the greatest tribute that has ever been paid to physical efficiency.

But it is more than that. It shows that the American public demands the test of physical condition from its athletes, but also that this condition is best rewarded when it takes the form of preparation for personal combat. It shows the trend of mind of the American sporting public.

AND speaking of physical efficiency, *Health and Strength*, (London), reports the following address of Sandow before the Bournemouth Rotary Club:

"I know that the first question you would put to me would be: 'Has your strength been inherited, and were your parents strong?'"

"No, my parents were not out of the ordinary, and although always courageous, my strength has been acquired by exercise. I was encouraged by getting good hidings from boys. Then, hearing and reading that health could be improved and strength could be developed, I set to work, the results of which no doubt you all know.

"Apart from myself, hundreds of thousands of other people have since derived the same benefit, so that if any one of you wish to improve your health and strength—by strength I mean resistive power against disease—it is quite simple—you can do so. How? Any exercise with extreme effort or contraction will develop those muscles brought into play in that particular exercise which you are performing, but to be really strong you must be strong everywhere within balance. Not only the visible, but the invisible, muscles must all be developed in co-ordinating balanced strength. If this is not done you are really not strong, but you would be like a strong chain with some weak links."

MANY were the stories which Mr. Sandow told concerning his personal experiences. I have selected one which is bound to interest readers, even though it may also make them a trifle envious. The story is told in his own words:

"The manager of a hotel thought it a joke to invite some of the most eloquent speakers to a dinner given in my honor. After the most flattering remarks regarding myself he naturally expected me to respond. I apologised and told him that I was not a speaker but a 'doer'.

"The manager replied: 'Well, if you cannot speak, do something'.

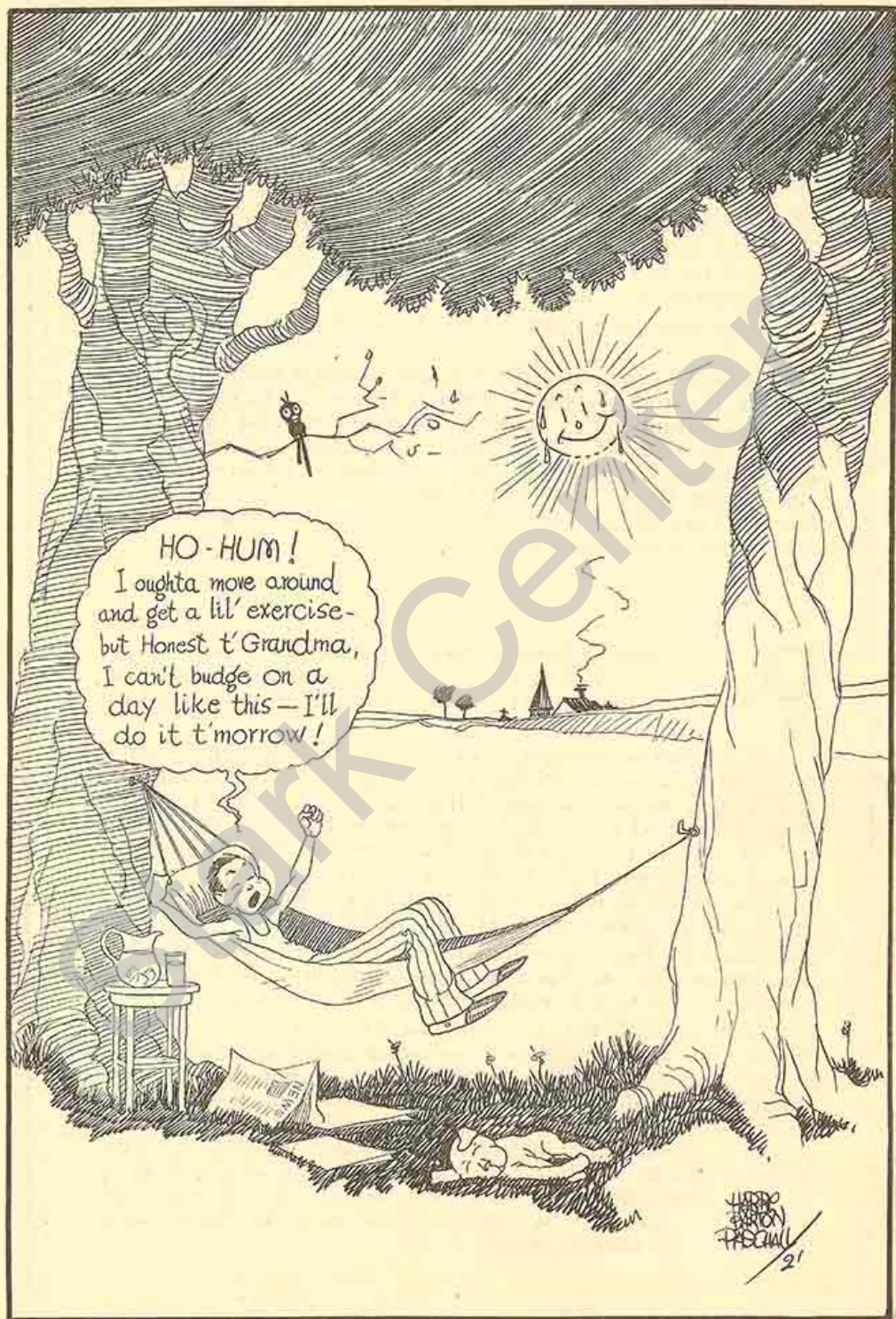
"I did. I got hold of the safe and carried it to the first floor, and put it across the stairs, where it became a blockade for the visitors. Naturally they were all delighted at what they called a most wonderful feat of strength. But after several visitors had to climb over the safe, they expected me to carry it down again. But I told them to take the———thing down themselves. They did, for on the following morning five professional safe-shifters with crowbars arrived."

ONE of the most historic meetings between strong men of recent times was that between Sandow and Samson. The story, as told by Mr. Sandow himself, is reproduced as follows:

"Mr. Sandow proceeded to relate his meeting with Cyclops, the pupil of Samson, to defeat whom £ (pounds) 100 was offered. A manager, he said, accepted the challenge, and went on the stage, but caused a good deal of amusement by saying that it was not he who had accepted the challenge but that it was 'the young man down there in the stalls.' In due course he met Cyclops, whom he defeated by lifting an enormous weight with one finger and swinging it between his legs.

"Now for the next man and the £ (pounds) 1,000," was my observation said Mr. Sandow, amidst laughter. In due course the date for his next meeting with Samson was fixed.

"But I could not get into the hall," said Mr. Sandow. "Samson in the meantime was pacing up and down, and saying, 'I knew he would not come. I will give him another five minutes. If he does not come the whole thing is off.' I looked so like an ordinary person that they would not let me in. So I went to the back door, but the porter refused to let me in. The only thing to do was to get a good run at it and knock the door in. Unfortunately it cost me £ (pounds) 60. Mr. Sandow then told the gathering how he succeeded in bursting the chains round his chest in the meeting with Samson.



Another Case of Sleeping Sickness

Exercise for the Business Man

By NORMAN EVAN PRICE

EVERYONE knows that physical training is the basis of that physical fitness which means efficiency in one's work. No one disputes that. Ask any business man. And, of course, any business man is always a busy business man. He will answer, "Sure, it's a good thing, but I haven't any time."

The problem, therefore, is to reconcile scarcity of time with a plentiful need for exercise.

Outdoor life, work on the farm, sports and recreations of all kinds, would be splendid if we could enjoy them right along. But the business man cannot work all day on the farm and also spend the same day at his office. He would like to play golf if he could. But he cannot play that all year round, if only because of weather conditions. He may sometimes play golf during the winter, using the red ball when there is snow on the ground. But when the snow is too deep, as well as when it is snowing or blowing or raining, good-bye golf. Besides, if he is the average business man, lawyer, doctor, or almost anything else, he can scarcely contrive to find more than a couple of afternoons a week for such recreation during the best season. And while one or two such afternoons of exercise, sunshine and fresh air will go a long ways in keeping him up to his mark during the rest of the week, still that will not entirely solve his problem of keeping shipshape, particularly when there are other seasons of the year when he cannot play golf at all.

The answer lies in some form of concentrated exercise that will give one all the work he needs within a short time, which may be anywhere from ten minutes to half an hour. Wherefore, one should so systematize his day that he has a specified time for his exercise. It will not do for one to say to himself that—oh, well, he will take some exercise whenever he happens to find the time otherwise unoccupied. On that basis he will never get it at all. Only when one makes allowance for it on his daily schedule, setting a definite time of

the day during which he will take his exercise just as regularly as he shaves or eats his meals, will he actually accomplish and realize this important part of his daily life. Only under such conditions will a business man ever really follow out a scheme of keeping fit.

Now that we have settled upon this point of a ten-minute schedule, longer if possible, let us look over the list of concentrated or condensed exercises available, and so pick out for ourselves what will best suit us. It must be exercise that one can take at home, without a great deal of space available for the purpose. If one has a large room, there are more things that he can do than if he has a very small room. And it must be exercise of a sufficiently vigorous nature that one can secure, in ten minutes, enough physical training to keep his system tuned up.

In the first place, one may use a system of free movement exercise, particularly in the way of bending, twisting and stretching of the trunk of the body. You will find that you can cover practically all your requirements in a very few movements. Select them yourself from the standard illustrated exercises, such as stretching high, standing on toes, side-bending, bending forward and backward, twisting from one side to the other, and then circling or rotating the upper body first one way then the other. These are the simple standing exercises. Then there are the free movement reclining exercises, lying on the back, raising the legs, brining the feet over the head, raising the back, rising to sitting position, and twisting the body while so doing. Also, raising the head and legs while lying on the stomach.

The effectiveness of all these will depend upon how they are done. One can execute them carelessly and indifferently, thus securing no results. Or one can execute them with great energy. Do them vigorously enough, fast enough, and they will answer. If you can, do them to music. In this way you can really use your phono-

(Continued on page 38)

Do They Ever Come Back?

By ALAN CALVERT

ON the evening of May 6th the Polish wrestler, Zbyszko, aged about forty-five years, won the world's championship from Lewis the American.

In the sporting press Zbyszko has been hailed as "the aged wonder," and "the one old man who ever came back"; but to those interested in the possession of bodily strength, Zbyszko is interesting as an example of the well-known fact that an athlete who specializes on heavy-weight athletics retains his muscular strength well on into the autumn of life.

Zbyszko, whose real name is Stanislaw Cyganiewicz, has long been known as one of the strongest men alive.

In the *New York Tribune* for March 30, 1921, Grantland Rice writes as follows:

A day or two ago we discussed the matter of strength with a certain wrestler who has at one time or another worked out with Lewis, Stecher and Zbyszko. "Of these three," he said, "and of all others, Zbyszko easily is the strongest. I believe he is stronger now than he was ten years ago. Lewis is strong enough, but even the 'Strangler' hasn't the raw physical power of the Pole."

"How would Zbyszko and Sandow compare?" we asked him.

"Zbyszko in a walk," he replied. "He may be forty-two or forty-four or forty-six, but his strength is something terrible and outlandish—almost beyond belief. I don't believe the world at large in any line has anyone else as strong as he is."

Certainly anyone looking at the pictures that accompany this article need not be convinced that this man possesses enormous physical power.

I believe that "Zbyszko" is a Polish word, meaning "the bear," and that Cyganiewicz was so nicknamed by rival wrestlers who had vainly attempted to break his crushing hug.

At present the mighty Pole certainly rivals a grizzly in bulk, and his build is not along classic lines, but as a young man he could have posed as a model for Hercules.

The picture on this page shows him in the height of his youthful shapeliness.

It is told that when Cyganiewicz was called up for military service (that is, the universal service to which all Europeans are subject in their youth), the examining surgeon at first refused to pass him, saying that he must have hypertrophy of the muscles, because no normal human being could possibly have such development. Yet Zbyszko's development, while extraordinary, is not abnormal; it is merely the logical development that a man with such huge bones would acquire by vigorous exercise.

His measurements in training are as follows:

Chest, 51" Height, 5' 9"
Waist, 39" Biceps, 20½"
Thigh, 28" Forearm, 11½"
Calf, 18½" Neck, 20"



Zbyszko at the age of 20. (Reproduced from "Les Rois de la Force.")

In pure muscular strength, I doubt whether Cyganiewicz is any greater than Saxon of Germany, Apollon of France, Hackenschmidt of Russia or Joe Nordquest of America. In fact, any one of this quartette has performed lifting feats which the mighty Pole would find it hard to equal. But in personal combat the Pole's extra bulk and weight gives him a tremendous advantage.

Of two equally skilled boxers, one weighing 158 pounds and one weighing 175 pounds, the advantage is usually with the heavier man—witness the manner in which prize fighters haggle over a pound or two when signing articles.

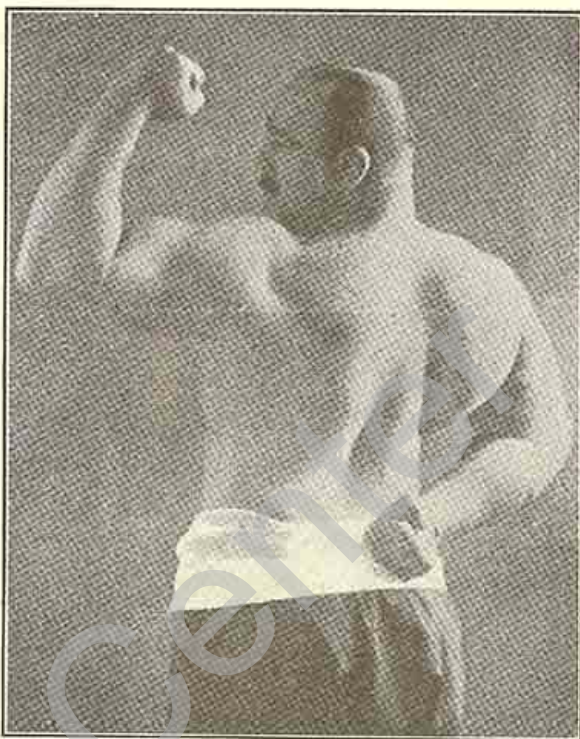
The old rule that "a good, big man is better than a good, little man" holds true in wrestling. Power is weight multiplied by speed, and power counts.

In the early days of the *Physical Culture Magazine*, Mr. Bernarr MacFadden suggested a series of tests to determine the world's strongest man. And darn good tests they were! One of them specified that the winner should be able to overcome any opponent by sheer muscular strength. This would be fair only if both contestants were equally skilled in, or ignorant of, wrestling tactics.

A good professional wrestler of moderate size can usually down an unskillful opponent, no matter how big he is. I believe it is a matter of record that George Bothner, a rather small man, had no trouble in throwing the gigantic Sebastian Miller, an old-time strong man. A past master like Farmer Burns found it mere amusement to down a dozen big rubes inside of a few minutes for the lot.

But with professionals it is different. Apparently a small man (if a master of defensive tactics) can so entwine himself around a big opponent that the big man can no more throw the little fellow than he can lift himself by his own boot-straps.

On the other side of the question, we have the cases of two men who apparently overcame all opposition by sheer strength.



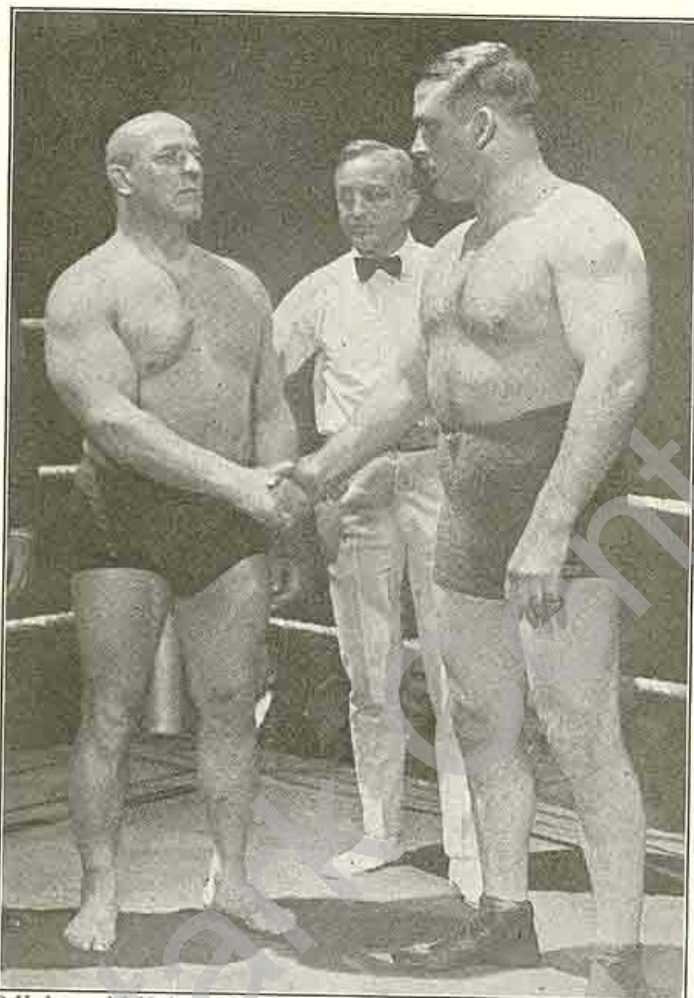
Truly a "Bear." This picture of Zbyszko was published in the "Illustrierte Athletik-Sportzeitung," Dec. 21, 1907.

Dorizas the Greek, who represented the University of Pennsylvania in the inter-collegiate matches, had very simple tactics. He would walk up to his opponent, grab him by the waist, slam him to the floor and pin him down. This operation took only a few seconds.

In the professional ranks, Yousseff, the original "Terrible Turk," had so much strength that he needed little skill. This mountain of a man could throw an opponent off the mat with a backward sweep of his arm, or could pick up the average heavy-weight and handle him as though he was a twelve-year-old boy.

Zbyszko was for years the Graeco-Roman wrestling champion of Europe and never was thrown at that style. His one defeat in the catch-as-catch-can style was at the hands of Frank Gotch. His strength makes him a terrible opponent, even if he does not employ the slam-bang tactics of Yousseff.

As to whether Zbyszko is the most powerful man alive, I would not care to say, but



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THE OLD CHAMPION AND THE NEW

At the left is Zbyszko, with Lewis on the right, just before the bout in which the championship changed hands. Referee George Bothner is the man in the center.

I do not believe that any man could throw him by sheer strength. Several "strong men" have told me that Zbyszko is absolutely supreme at wrist-wrestling. In that game the opponents sit at opposite sides of a table, place right elbows on table-top and grasp each other by the right hand. The one who makes the back of his opponent's hand touch the table is the winner. One foreign "strong man," who fancied himself at this game, tried conclusions with Zbyszko, and afterwards told me that it was like trying to stop the piston-rod of a locomotive.

I would like to see Zbyszko in an individ-

ual tug-of-war. Give him one end of a ten-foot rope and put anyone you please at the other end, and I believe Zbyszko would win. Of course, I mean both men should be on their feet—not lying down with the feet against cleats. Any man who could pull Zbyszko around at the end of a rope could pretty nearly claim the world's supremacy in sheer physical power.

Zbyszko in his youth was a member of the weight-lifting club of Windobona of Vienna.

His known records are moderate. For example, two-arm press, 253 pounds; two-arm jerk, 264 pounds. But probably he never took weight-lifting seriously. If he had he would have acquired some of the records in lifting bar bells with both arms.

It is an odd fact that it was not so much Zbyszko's strength as his alertness and speed that won the championship from Lewis. According to the newspaper accounts, Lewis leaped for a headhold, missed it and fell to the floor. Zbyszko

seized him and pinned him down before he could recover himself.

This showed considerable condition on the part of a 45-year-old man.

How long will Zbyszko last?

Very possibly for ten years more at, or near, the top of the heap. He has never dissipated, always kept himself in fair condition, and Nature has provided him with such a rugged frame that what is strenuous work to many heavy-weight athletes is mere play to him.

Golden Minutes and Diamond Seconds

By ROBERT W. MAXWELL

THE man who first unloaded that beautiful thought about every hour being studded with sixty golden minutes might have had something else in view, but he really handed out inside information about the boxing game, as it is played in these up to date and modern times.

In addition to the sixty golden minutes you can add sixty diamond-studded seconds and still be conservative. Pugilism has developed from a sport—some called it brutal—to a highly commercialized profession. In the olden days they called it prize-fighting because the gladiators would meet out in the woods or in some barn, each put up a side bet and fight it out with bare knuckles, winner take all. The public wasn't in on any of the scraps, so new methods were used and the name changed.

Now we have boxing exhibitions. Boxing is the proper name because of its close connection with the box office. Without the box office, boxing is a dismal failure.

Big matches have been held in the past, like Corbett and Sullivan, Fitzsimmons-Corbett, Jeffries-Fitzsimmons, Johnson-Jeffries and Dempsey-Willard affairs, but none could equal the Dempsey-Carpentier extravaganza at Jersey City on July 2. From a boxing and box-office viewpoint, it had it over all of the others. It added the diamond-studded seconds to the golden minutes.

As this is being written, it looks as if the dear old public will kick in more than a million dollars to have a look at the international battle. Never before has there been such keen interest in a boxing match, because two of the best-advertised athletes in the history of boxing are pitted against each other. Jack Dempsey, the bone-crusher, conqueror of Jess Willard and all of the other American heavyweights, meets Georges Carpentier, idol of France and the best heavyweight Europe has produced in years.

The international flavor attracted fight fans from all parts of the world and a stream of gold flowed into the box offices. Exorbitant prices for seats were not

charged, when one considers the importance of the event. Tex Rickard could have charged two and three times as much and disposed of the tickets. Instead, he placed the prices in reach of all, built a huge stadium which accommodated the crowd, and staged a show well worth seeing.

Both Dempsey and Carpentier trained faithfully for the bout and were in superb physical condition. However, this is not strange or unusual, for it is customary for fighters to get that way when they have important business on hand. It is up to them to be physically fit.

Let's step out of the sport angle of this affair and take up the financial end. This is most important, for sport's sake is a dead language in pugilism. Both boxers were big drawing-cards and made it possible for the enormous gate receipts. Both knew they were good drawing-cards and therefore grabbed off a huge slice of the legal tender. This also is as it should be.

When the match was first suggested, a purse of \$500,000 was hung up, \$300,000 to Dempsey and \$200,000 for Carpentier, the fighters to get that amount of money, win, lose or draw. When the New York commission ruled that tickets for boxing matches could not exceed \$15 and the scene of battle shifted to Jersey City, a new arrangement was made whereby the fighters worked on a percentage. This did not cut down their share—in fact, increased it.

Therefore it is safe to assume that the original figures are right and figure accordingly. Take out your pencil and paper and you will find that the athletes received more money for their work than any others in history.

First, take Dempsey and his \$300,000. This was for a twelve-round bout, each round lasting three minutes. That makes 36 minutes' work for more than a quarter million dollars. Close figuring will show that he received \$8,333.33 per minute—get that, \$8,333.33 per minute. Closer figuring divulges the startling information that he got \$177.77 per second while in the ring.

Now, how about those golden minutes and diamond-studded seconds?

Carpentier, for working the same length of time on a \$200,000 basis, was paid \$5,555.55 per minute, which is \$92.60 per second. You can't beat wages like that. Every time a second ticks while both men are working, it means \$270.37. Not so bad. NOT so bad.

The President of the United States gets \$75,000 per year and holds the most important office in the world. Dempsey made that much in nine minutes, and it took Carpentier a trifle more than thirteen minutes to collect that amount. Quite a difference between a year and nine minutes, so who wants to be President and be forced to wait that long for a paltry \$75,000?

It was with much difficulty that the match was arranged. Dempsey was willing, but Carpentier did not seem anxious to come over here. Finally Tex Rickard, Charles Cochran, of London, and William A. Brady got together, put up a purse of \$500,000 and made an offer. It was accepted, with the understanding the battle was to be fought in New York City.

This was changed, and for a time it looked as if the fight was off. However, Tex Rickard refused to quit, assumed the obligations of his partners, took charge of it himself and selected Jersey City because of its closeness to New York. Rickard proved to be a wise, far-seeing person, for he staged the greatest battle in history.

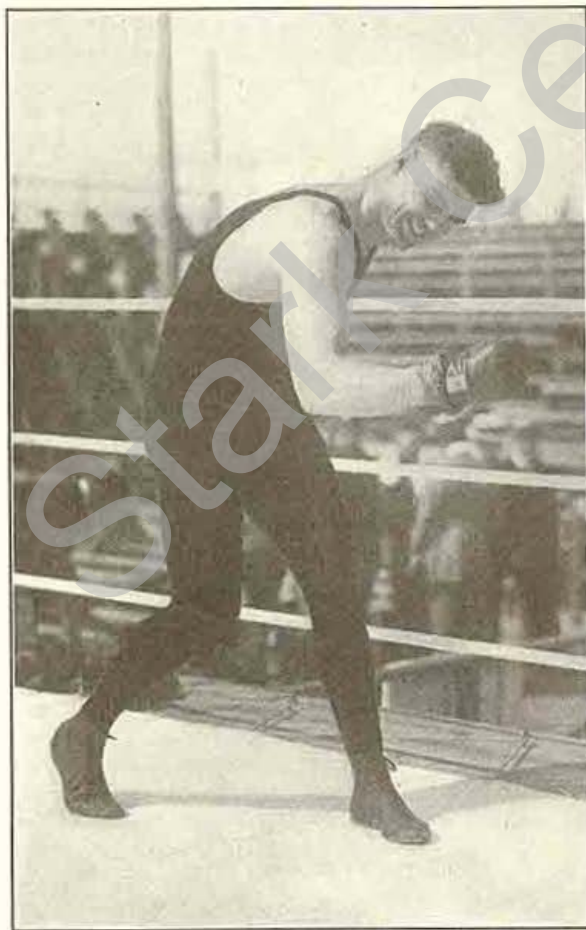
Then Carpentier came over here to train. Georges is a poor sailor and was weak and wobbly when he stepped off the boat. He had been seasick three days and was not in the best condition when he stepped on the dock. He went to Manhasset, Long Island, where he trained semi-privately for six weeks. He did not care for crowds. He wanted to be alone, save for three days a week when the newspaper men were admitted.

This was something new in the boxing game. Instead of constructing ticket offices, employing ticket-takers and turnstiles, the Frenchman went out in the country, paid his own expenses and worked as he saw fit. This proved to be a good thing.

Carpentier trained on the old Mathews farm in Manhasset. He lived in the old house with his manager, François Decamps, Gus Wilson, his trainer; Paul Journee, the big French heavyweight, and Henri Marcot, his chief-sparring partner. He had his own ideas about training and some were new in this country.

He worked when in the mood for working and loafed when he felt like it. His trainers never questioned him. Everything he did was right.

Carpentier was like a big boy on a vacation during the training



© Underwood & Underwood
Jack Dempsey in a fighting pose.

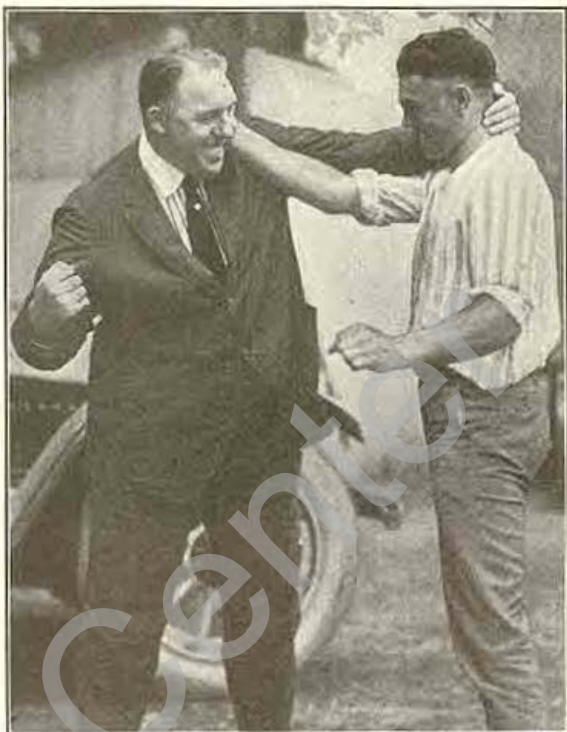
period. In this he differed from the other noted heavweights. John L. Sullivan became surly and never cared to do much work. He used to loaf on the job, hiding in the woods to take a nap when he was supposed to be doing road work. Jeffries also was sullen and like a ruffled bear when preparing for a big fight. He didn't want to see anybody, never talked and seemed to be brooding all of the time.

Fitzsimmons tried to cover his nervousness, but seldom succeeded. He used to handle his sparring partners roughly, knocking them out just to settle his own nerves. Willard kept away from everyone and had little to say. Corbett was able to act the part of a care-free person, but he, too, was tight-strung and nervous. Jack Johnson was a happy-go-lucky fighter, smiling his way through the tedious grind, for life to him was like a rippling, rag-time song.

Carpentier also made the most of his training. As far as possible he converted the hard work into play. This was especially true when he indulged in road work in the mornings. The average American boxer makes hard work of this. He grits his teeth and doggedly jogs his five or ten miles to improve his legs and wind. The only reason he takes this exercise is because he has to.

Georges, on the other hand, thoroughly enjoyed himself on these road journeys. Perhaps it was because the country was new and he was seeing strange sights; but no matter what it was, he enjoyed himself. He would run a short distance and then stop to do some shadow boxing. He would walk a short distance and then leap over a hedge or climb trees. Sometimes he would wrestle with his companions and indulge in any sport which occurred to him. He combined play with exercise with good results.

The Frenchman had installed on the training farm a "combination" dash, wherein the high jump, broad jump, a hedge jump, another high jump and a barrel jump all were included in a straightaway path of perhaps 100 yards. It takes a mighty good athlete to get away with this form of ex-



Dempsey in a friendly tilt with Robert W. Maxwell. Although Dempsey is not a dwarf, he doesn't show up to any great physical advantage compared with Mr. Maxwell, who is 6 ft. 2 in. and weighs—well, he weighs about a dime's worth on a penny weighing machine.

ercise, but Carpentier started his career as an acrobat.

Georges began work every morning about 7. After a hearty breakfast he would go out on the road and return at noon, ready for another big meal. After an hour's rest, the real work was put on.

Carpentier had three training places—two barns and an open-air ring. The first barn was for boxing in inclement weather. This place was profusely decorated with pictures of the French champion and pennants bearing his name. A huge poster, showing Carpentier being carried out of the ring by admirers after defeating Joe Beckett in London, was hung behind the ring, and it is said to have inspired the champion to further efforts.

When boxing, Carpentier was mostly on the defensive. He practiced footwork and blocking, and only occasionally was he on the offensive. He knew he would have to keep away from Dempsey and offset bull-like rushes and heavy hitting with cleverness. He figured if he could stay away for



© Underwood & Underwood

George Carpentier, the Idol of France

six rounds he would have more than an even chance to win.

Georges hit well in these sparring exhibitions and proved early that he possessed a knockout punch. One day he knocked out a fast middleweight named Goldberg with a light blow on the chin. The Frenchman wore big sixteen-ounce gloves at the time and the feat was applauded. Eight-ounce gloves were worn in the big fuss.

Sam McVey, Joe Jeanette, two of the smartest colored heavyweights that ever lived; Italian Joe Gans, the rugged middleweight, and Journee and Marcot were his chief sparring partners. Willie Lewis also was with him and offered much valuable advice. This training staff was more of a board of strategy than anything else. They could offer little opposition in the ring, but when it came to discussing the finer points of the game and planning the battle, they were experts.

But through the whole grind, Carpentier smiled. If he worried he didn't show it. He looked upon the affair as a matter of business, where the financial returns were large. He also was confident of his prowess and from the start was positive he could defeat the champion.

"What do I intend to do?" he asked one day in reply to a question regarding his plan of battle when he stepped into the ring with Dempsey. "Well, I shall go

in there and fight. I shall make my plans when we box a few minutes. I shall win."

At the start of the training season, Dempsey was friendly and amiable, but near the end he was "hostile," as his secretary, Teddy Hays, put it. The champion took his work seriously and fretted and fumed when he did not get into condition quickly enough. Every morning he was on the road, and in the afternoon knocked his sparring partners around the place.

Those daily boxing exhibitions were severe for the trainers. Several quit at the start, because of the beating they received. Dempsey cannot hit a light blow. Every time he swings there is power behind the punch, and when it lands something has to go. Leo Houck, of Lancaster, a rugged heavyweight, who has boxed all of the big ones, told me he couldn't sleep at night because of the blows Dempsey landed on his neck.

One of Jack Dempsey's strongest characteristics is his good nature. Out of training he nearly always is sunny and pleasant. He is like a big boy, getting fun out of everything he sees. In training, however, he gets irritable and his character changes.

I asked Dempsey one day how he felt about the approaching contest. "I don't mind the work so much," he said "but the waiting becomes monotonous. It is the same thing day after day, week after week, getting yourself in shape for a fight which might last one or twelve rounds. After it is over, you wonder why you spent so much time preparing yourself for the bout.

"Right now I can best describe before a fight as anxious. I want to get in there and get it over with."

A champion in training is practically a prisoner. He can go to few places and see few people. His only companions are his

trainers, and he is enclosed by the four walls in his training-house. He has to follow the same routine day after day until the whole thing becomes monotonous and distasteful to him.

Worst of all, the approaching fight is uppermost in his mind. He cannot forget it. Everybody around him is talking about it, strangers insist on asking how he feels and what he intends to do, and from morning till night that one thing is the topic of discussion.

Cooped up with four walls and a lot of trainers for a long period does not give the fighter a wide range of imagination. Seldom does he read, because there is no chance for it. He either is working on the road, boxing or sleeping. Any man would find it difficult to find something to occupy his mind under those conditions.

Jack's principal diversion was pinochle. He played it well and profitably. Visitors at his camp can confirm this. But that was his only means of diversion—that and telling his companions to lay off the fight talk.

Dempsey manages to conceal his feelings very well—at least from the world. When he is irritable he wears a scowling, forbidding countenance, but to strangers he appears pleasant and obliging. Champions are like the rest of us mortals, apparently, in that they are nice to persons they do not know and vent their real feelings on their friends.

"I know the way I act before a fight," said Dempsey, "but I can't help it. However, it is all over when I step into the ring. Nothing helps a man's disposition like a good sock on the chin. After that you pay strict attention to the business on hand."

Dempsey possesses a dual character. He is a sort of a Dr. Jekyll and Mr. Hyde, in that he becomes a different person as soon as he climbs through the ropes. Instead of a smiling, laughing boy, he becomes a snarling, growling cave-man. There is a scowl on his face, his brows are lowered and his eyes glitter through a narrow slit. He is a destroyer as long as the fight lasts. He is without mercy and batters his opponent into a helpless hulk with that snarling smile on his face. He gives no quarter and asks for none.

I have seen him in all of his fights since winning the championship and he has acted

like that. He never speaks to an opponent. Only when it is all over does he come back to his normal self. Then he helps carry his foe to his corner and does everything he can to help him to recover.

Against Willard, Dempsey was a clever, heavy-hitting fighter. He dropped the big boy with a left to the jaw in the first round, knocked him down seven times and should have won in that session had the referee kept his head.

Against Miske he fought an entirely different fight, and that fight, more than any other, made him the big favorite against Carpentier. Miske was in the best shape of his career. He was heavier and faster, and for a time it looked as if he had more than a chance to win.

His cleverness was supposed to offset the heavy hitting of the champion, and that day at Benton Harbor it was freely predicted by experts that the fight surely would go the limit.

But there was a big surprise. Miske had all of that cleverness shown in his training camp, but it did him no good. Dempsey was more clever than he and stepped around like a lightweight. He outboxed and out-slugged the speedy Billy and won in the third round.

Therefore, it was figured that he could do the same with Carpentier. He planned his battle according to the opponent in the past and always got away with it. Those who saw him in Benton Harbor were amazed at his cleverness, and I can say right now that Carpentier never showed better footwork.

Against Brennan, Dempsey was not in condition and had a narrow escape. However, he made the mistake common to all pugilists, that of underestimating his opponent. He never will do that again.

Both fighters trained faithfully for the bout. They got themselves in the best of condition. They were ready for the battle of their lives when the gong sounded.

But who wouldn't for \$8,333.33 and \$5,555.55 per minute? Those golden minutes and diamond-studded seconds would make anybody work hard, and you can't blame them for that.

Training Methods—and Pat Moran

By J. C. KOFOED

EVERY springtime the hot-bread and cotton-seed-oil belt from Jacksonville to Pasadena yawns, rolls over and then languidly gets up to watch the training stunts of big-league ball players. In this season of the year hundreds of athletes go seriously to work to bring their physical organisms to the highest pitch of efficiency. Some need to put on weight—players like Red Causey, of the Phillies, for instance, being rather slight for the six months' grind—but the majority carry fat to be boiled off. Their muscles must be hardened; their wind improved. That work of physical regeneration is as an important part of the big-league manager's business as his actual strategy on the diamond.

I recall—back in the spring of 1914—Eppa Rixey declined to report for spring training on the ground that he had to finish his college course. The six-foot-six-inch monolithic left-hander had been something of a sensation the year before when he made his debut, and was expected—with Alexander and Mayer—to carry the club's pitching burden. At that time Pat Moran was coaching the Philadelphia pitchers, and looked on Rixey as his own particular protégé. He fairly raved when he heard that Eppa was not going on the training trip.

"Condition is the most important asset in the world for a ball player," he said. "A fair tosser who is in top-notch physical shape makes the star in poor condition look like a selling-plater. Rix is a great pitcher, but I'm afraid that he won't be much good to us until July or August unless he gets down to training."

Moran was right, for Rixey had the worst season of his career in 1914, winning only two of the thirteen games he pitched. **CONDITION!** That word should be written in flaming letters on every athlete's brain.

There probably is not a fan in the country who does not know, either by sight or reputation, the genial, red-faced leader of the Cincinnati National League Club—Pat Moran. How many of them know how he

handles his high-strung tossers? Getting into shape for baseball is entirely different from a short football or rowing season. The professional diamond expert must be in condition from April to October.

Each individual has his own theories, of course. In the old days, "Hoss" Radbourne, Jimmy Ryan and Ted Brietenstein (who pitched winning ball for more than twenty years) relied on sulphur and molasses. Others have particular lotions or special forms of exercise that they believe particularly suited to themselves. Moran, of course, does not interfere with such practices. He has a general training course mapped out, taking into account the needs of the various men, and it must be adhered to. Whatever else is done is the concern of the individual only.

Pat is too canny to believe in hard and fast rules. A routine that would be excellent for a big, fat-accumulating fellow like Jimmy Ring would be out of the question for a man like Larry Kopf. Years ago Ned Hanlon, a predecessor of Moran's on the Cincinnati team, nearly ruined that magnificent pitcher, Jeff Overall. Hanlon was a great believer in running, and Overall, who was big, but not fat, was so weakened by the continual grind that he never did good work until traded to Chicago. Pat never made a mistake like that.

In 1915 he took what appeared to be a sadly disorganized mob of players in the Philadelphia Nationals on their annual pilgrimage to the Southland. He had been with the club for several years in the capacity of third-string catcher and coach. The players all liked him when he was in the ranks, but naturally were rather uncertain what he would be like in a managerial capacity. He soon showed them that, though not a czar, he could not be imposed on.

"Boys," said he, "we're in the league for just one purpose, and that is to win ball games. To do it we have to be in good shape. I am not going to lay down a lot of rules for you to follow, but there are two things I won't stand for, and they are

liquor and late hours. I don't object to a glass of beer now and then—but booze stays out of this camp or there will be trouble. And, if Alexander can get to bed by twelve o'clock, the rest of you can do the same."

That was sensible. To deprive a steady-going German farmer like Fred Luderus, for example, of his beer would do no good. He was used to it, and never overstepped the mark. But Moran had seen what whisky did to superstars like Rube Waddell and Ossie Shreck, and he would have none of it.

Of course, there were some players who had to be disciplined. There never was a group of healthy, high-spirited youths who did not break bounds some time.

Overeating is a vice sometimes not considered, but Pat played watchdog on the dining-room. Buck Niehoff, the burly second sacker, was a voracious eater. They tell a story about Buck on that trip to illustrate his appetite.

He ate a hearty dinner of roast beef, mashed potatoes and peas. When he finished the waiter approached his table.

"What will yo' have fo' dessert, suh?" he asked.

"Roast beef, mashed potatoes and peas," said Buck.

More than one young player has literally eaten his way out of the big league, and Pat, himself, only this spring dropped a promising player because he displayed such poor control at the dining-table.

Men like Babe Ruth, Ping Bodie and Rip Collins, of the New York Yankees, are enormous eaters, and, consequently, report in the spring some twenty-five or thirty pounds overweight. And each pound usually means a gray hair in the manager's

head before the pound is finally taken off.

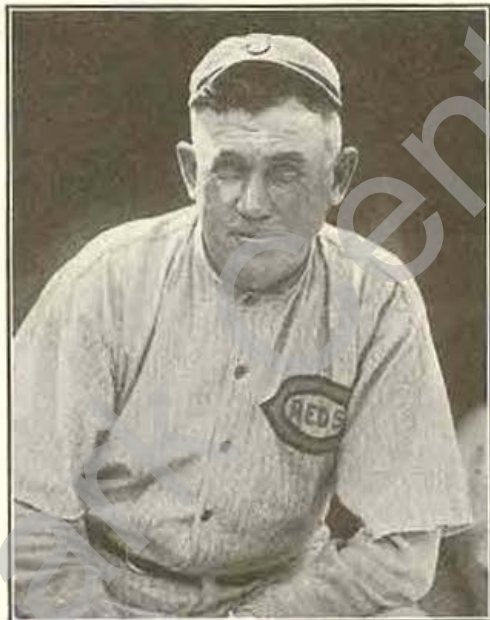
The first day on the southern diamond after the nipping air and gray skies of the north is a temptation, especially to the younger players. They go into their work vigorously; are liable to throw too hard and often, which results in sore "whips." Pat watches them, and warns them to save their energy. He has gone through the mill of spring training for many years, and knows the sore muscles that inevitably follow the first day's workout.

The veterans save themselves, but the youngsters, being anxious to show the goods, are liable to overdo the thing. Moran, of course, is very careful of his fragile stars. If a pitcher develops a "kink" high in his shoulder or a star base-runner pulls a "charley-horse" at this time the accident assumes the proportions of a tragedy. It is every manager's ambition to start the season in good condition.

One season when Frank Bowerman was managing the Boston Club he determined to get away to a flying start because he realized

that his team could not compare in strength with some of the others. In consequence, he drove his men—especially the pitchers—from the very opening day of the training season. When the campaign started they were on a keen "edge," and for a month set the pace. At the end of that time they went entirely to pieces, and finished a bad last. There is a difference, you see, between "fitness" and "fineness."

On the other hand, Ty Cobb, who is making his debut as a skipper, abolished morning practice, and inaugurated the policy of letting every man handle himself to a certain extent. So far everything has gone well. He works on the theory, of course, that all



PAT MORAN

the men are strong for him, anxious to win, and, knowing that the only way to win is to get in condition, they will do their utmost. Pat Moran adopts the conservative middle course.

This season he has been sadly handicapped in bringing his squad into a commanding position. Expert that he is in handling men, he could not make his wonderful southpaw, Dutch Reuther, keep in shape, and was forced to trade him to Brooklyn. Edd Rousch, Heine Groh, Jake Daubert and Larry Kopf formed a "hold-out" union, and ducked the trip south. When Rousch and Daubert did come to terms they were in poor condition. Things like this are beyond a manager's control, for often the player's discontent is centered on the business office. Some stars refuse to report because of differences in salary or personal grievances, but many more "hold out" merely to dodge the training trip. Hard work and monotony—without pay—are not suited to their temperamental habits.

Even with these vexatious details the modern manager has not the conditions to contend with that harassed his predecessor a score or more years ago. Pat's black hair is liberally thatched with gray. At thirty-two France Chance was a worn and tired man, while Fred Lake said that he aged five years in leading a team of scrappers through five weeks of a spring training trip. Yet none of them have the wildcats to handle that made Jim Hart's life a nightmare in Louisville. Nearly every man on the team was a drunkard or a fighter—or both. It was laughable—yet tragic—to hear Hart issuing orders.

"Ramsay," he would say to his star pitcher, "you pitch on Thursday, and if you win you can get drunk until Sunday, when I'll expect you to be in uniform again."

Such a situation would be impossible today, though there are bad actors on some of the teams.

If it had not been for Moran Rixey probably would not have stayed in the big league. He was a green youngster when he came from the University of Virginia to the Phillies. Pat took him in hand, and worked with him every day, imparting his craft and knowledge to the young southpaw. When Rixey had his bad year in 1914 Moran stood as a buffer between him and

the leather-fisted scrappers of the club. Mental health is as essential to success on the ball field as is the "edge" physically. As a matter of fact, one is scarcely possible without the other. Moran knows that. It is his constant effort to instill the correct attitude of mind in the men under him.

On that very point more than one big league manager has failed. Clifford Cravath, the famous home-run slugger, who, more than any other man save Alexander, helped Moran win his first pennant in Philadelphia, was Pat's successor with that club. He is a fine man personally, a wonderful player in his day, and a student of the game. But he lacked the quality which is Moran's forte—the diplomacy that keeps his men satisfied. No one carrying a grudge or in a dissatisfied frame of mind is healthy. His nerves are jumpy, irritated, and it inevitably affects his whole physical structure.

Gambling is bad on that account, and so Pat taboos it. Of course poker for a small limit is not classed in that category, but play for high stakes emphatically is. More than one pennant winner has been disrupted by the heavy losses of some of its members. The losers are surly and quarrelsome; the winners have a tendency to assume a cocksure attitude that is galling. Besides, poker—which is the ball player's national pastime—has a tendency to keep the men up after hours and induces a thirst which is not quenched with water.

The stars of the diamond are normal, high-spirited young men, and to keep twenty-five of them in top-notch physical and mental condition, as well as directing play during every game, is no job for a ninny.

Briefly Pat Moran's fundamental rules for keeping his men in shape are those that every man, no matter what his profession, should apply to himself:

- No liquor;
- Plenty of sleep—to bed before twelve;
- Moderate eating;
- No gambling;
- The cultivation of a proper frame of mind;
- Exercise. (Which to a ball player is morning practice.)

Whether or not Cincinnati climbs high in this season's pennant race, it is certain that the players under Pat Moran's direction will be in first-class physical condition.

How Big Is Your Chest?

By FR. B. H. B. LANGE, C. S. C.

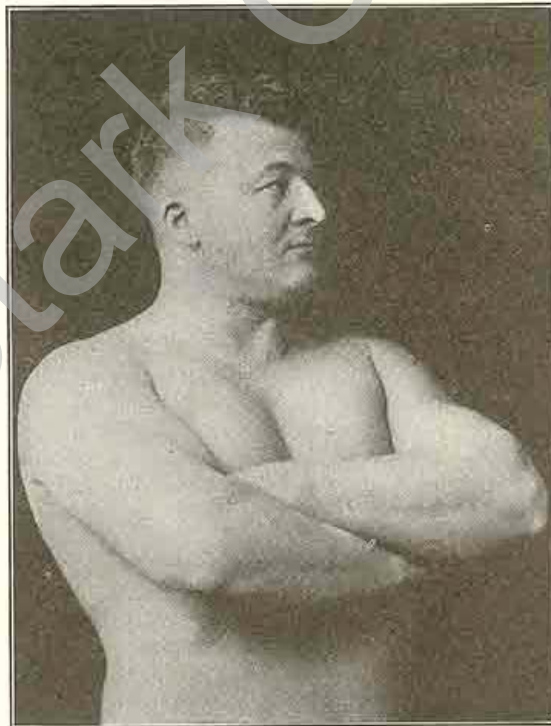
EDITOR'S NOTE: *Saxon, Sandow, Nordquest and Hackenschmidt*—these names are synonyms for strength and development. Yet the chest measurement of the author of this article exceeds that of all but the last mentioned. Fr. Lange is Director of Physical Education, University of Notre Dame.

PERHAPS the admiration the man with the large, roomy, deep chest excites and commands is even more universal than that which the man with the powerful biceps receives, and this, all things considered, is only naturally so. The person with such a chest is, *must* necessarily be healthy, whereas the individual with merely large biceps cannot be assured with that same degree of certainty concerning the state of his health. The chest, the upper-chest, contains, as everybody knows, that most vital of organs, the heart; it contains the lungs and the lower part contains the stomach, the liver, the kidneys and the spleen. The man possessing a large chest, a roomy chest and a deep chest gives all these aforesaid organs more opportunity for a like increase in size, and also a consequent increase in health and vigor. If our chest-box is small, if it causes the tape measure to record a circumference of but between thirty to thirty-six inches, is it not reasonable and logical to conclude and to maintain that these vital organs contained in that chest-box are correspondingly small, and being so correspondingly small, have they not less

chance to cope with the attack of their specific and various ills? An army that is large, an army that is well coordinated, it is self-evident, will outlast and conquer an army that is small and not so well trained. So, likewise, the chest-box that is developed, that is perfectly and properly enlarged, has a much better, much surer advantage in withstanding ills, and also in recovering and recuperating after ills than has a weak and underdeveloped chest-box.

Then, too, it should be the source of much interest and enthusiasm to know and to remember that the chest is about the easiest and the quickest part of the body to develop. Two months devoted to the earnest, regular, interested and intelligent practice

of a few simple movements will make changes in one's chest appearance that are astounding! Two months devoted in upper-arm developing exercises, if executed properly, are also bound to produce marvelous results, but these results cannot compare with the results obtained in the exercises for the chest. Personally, I believe this difference in rapidity and in size of results can be attributed to the fact that even among persons living the most sedentary of lives



Fr. B. H. B. Lange, C. S. C.

the arm muscles are used more, are called into play more than are the chest muscles, and consequently the arm muscles are already better developed, in comparison and in proportion than are the chest muscles; which being the case, as soon as the almost dormant muscles of the chest region are stirred up and brought into play by proper exercise the inevitable result follows—newer and better blood circulating avenues are opened, the cells are rejuvenated, are exhilarated, are expanded and muscular tissue is bound to grow and increase.

So far the writer has confined his remarks to merely prefatory words. It will be best perhaps to try and define descriptively just what is meant by the chest. This is thought very advisable because the writer has found by personal experience that only about one out of fourteen persons could correctly tell him what is meant by the chest. Ask the first acquaintance or friend you meet what is meant by the chest and note his reply. Generally, said reply will consist of a gesture made with either the right or left hands or both by tapping that region covering the lungs. Is that the correct answer? No! Why not? First of all, it is too general, it is not specific; and a definition of anything to be a good definition must be concise and specific. It must be to the point.

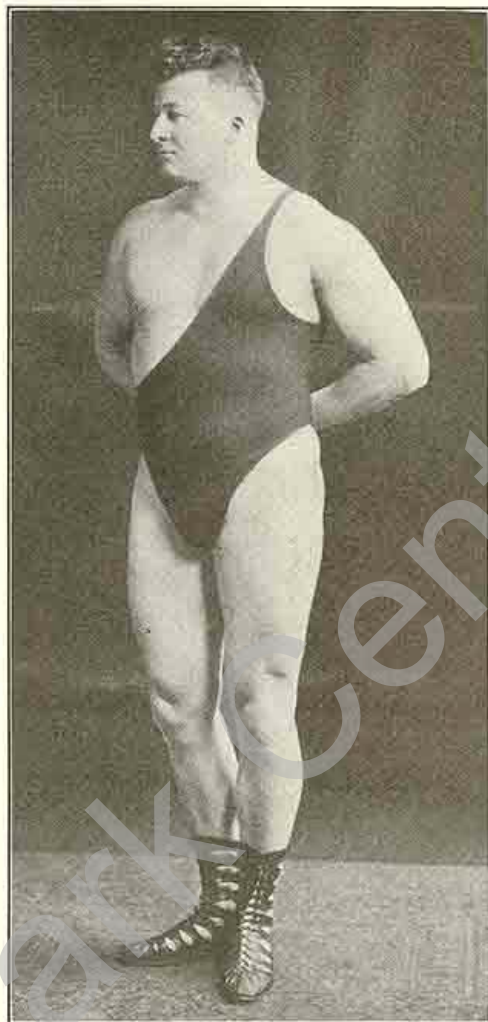
It will be best, perhaps, to describe what the chest is not. The chest is not that part of the trunk covering the lungs. Neither is it that region under the armpits. Nor is it that larger plot covering the shoulder-blades. *It is*, however, that part of the body made up of *all* these previously-mentioned parts. *All* these different sections harmoniously assembled. Look into your dictionary. Find there the word "Chest." What do you read? The answer is "a box." A box, as everyone knows, is composed of four sides, to say nothing of the top and bottom. Speaking anatomically, the human chest is that section of the body made up of the breastbone and the ribs on the front, the ribs on the two sides and the shoulder-blades forming the rear. The backbone also plays its part in this general scheme. That represents the framework. This framework is covered with muscle. Some of the most important muscles of the entire system, and muscles, too, that are woefully

and miserably neglected in the bodies of the vast majorities of human beings.

In the beginning of this article the reader read what organs are contained within the walls of the human chest. It is self-evident, as has already been said, that if the muscles controlling and guarding and covering these organs are not healthy, are not strong, are not vigorous, the organs lying underneath are very liable to be in a similar condition; and it is just as self-evident that if the muscles controlling and guarding and covering these various parts of nature's human mechanism are healthy, strong and vigorous, then also said various parts *must* likewise be in the same robust, efficient condition. Accordingly and consequently, the individual desiring to possess health, *real* health, should develop the muscles of the chest—not just one or two, but all of them—for in so doing he will also develop all the vital organs contained in the chest-box.

There are various exercises performable that will develop the chest, but there is no one special or particular exercise that will develop this part of one's anatomy better, more uniformly and quicker than the exercise known as the complete, or full two-arm pull-over. The writer's own personal experience, along with the observational experience gained in directing various students, cause him to speak with so much enthusiasm in regard to this exercise and its beneficial and result-producing efficiency. Most chest exercises broaden the chest, chiefly the upper part, while little influencing the lower part. The two-arm pull-over not only broadens the chest, but likewise deepens it. In fact, it is the only exercise that will effectually deepen this part of the body. It just naturally makes one use his diaphragm. The pull-over likewise acts on the deltoids of the shoulders—it gives them that perfect roundness that is absolutely necessary if a person desires to lay claim to the distinction of having really well-shaped shoulders. It is better to measure eight inches than six inches through the chest from backbone to sternum or front of chestbone. It is better still to measure nine and ten inches through than six or even eight, and that is what is meant by increase in *depth* of chest measurement. This increase is pro-

duced by the combined use of proper muscular movements and proper regular breathing, inhalation and exhalation. Coordination is the secret of correct exercise. Moreover, the complete two-arm pull-over will also develop the triceps of the arm and most of the muscles of the forearm. It will likewise strengthen the wrist and fingers. The muscles of the chest that are directly and indirectly called into play, exercised and developed, are as follows: The right and left pectoralis major and minor—these are the two large muscles comprising the upper front part of the chest and the ones generally referred to and had in mind when the term chest is used. The external and internal oblique abdominal muscles, which are found on both the right and left sides of the



Arthur Saxon's chest measured 46½ in.; Sandow, 46 in.; Nordquest, 47¾ in.; Hackenschmidt, 50 in.; Fr. Lange's chest measurement (normal) is 49 in.

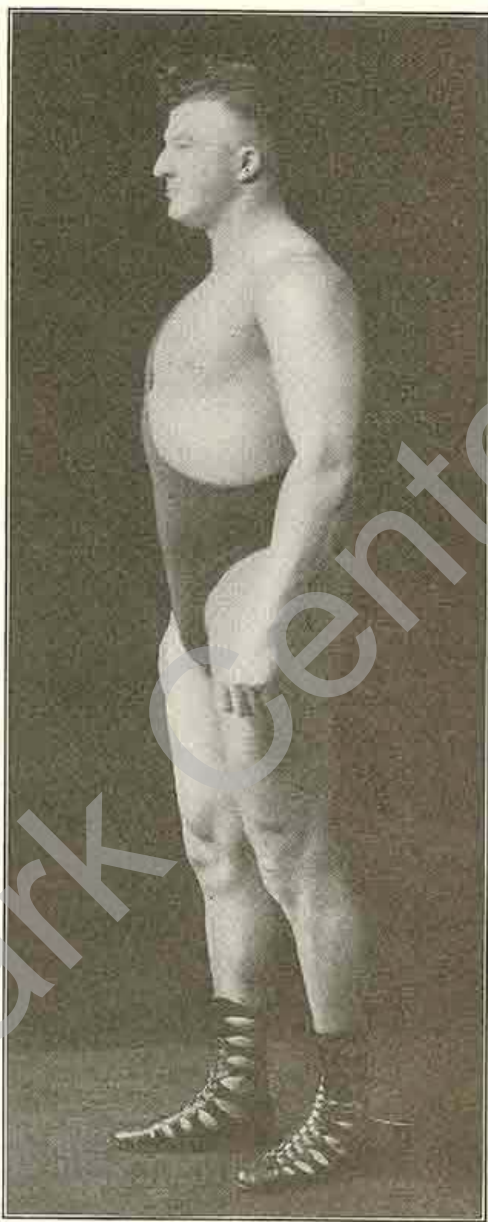
body forming the front part covering of the abdomen. Directly on the front part of the abdomen and in between the two oblique muscles just mentioned, is situated a thin, wide muscle called the rectus abdominus. Just below and to the side of each pectoral muscle is a set of muscles called the serratus magus, or great saw muscles from their peculiar shape. They look, when well developed, like the ribs and they are used in drawing the shoulder-blades forward and in rotating them, and they are very important in inspiration, in inhalation, a point to bear in mind when

performing the two-arm pull-over; that is, when returning the weight to position back of the head. These muscles just enumerated are the ones covering the front of the chest and part of the sides. The muscles comprising the back and remaining side muscles of the chest are as follows: the latissimus dorsi, or very wide muscle of the back and which extends under the armpits. When fully and highly developed it gives a man's back the appearance of a wedge tapering from the hips upwards to the armpits. These two muscles have for their duty the depressing; that is, the lowering downwards and backwards of the arms and also in rotating the arms. And in extraordinary breathing—deep breathing—it elevates the lower ribs. Above the latissimus dorsi mus-

cles and having its pointed end rising from the middle of the back, or in between the aforesaid latissimus dorsi muscles, and then continuing outwards and upwards and on over the top of the shoulder and then becomes pointed again, forming the back part and base of the neck where it is fastened to the occipital bone, is the trapezius muscle. The whole muscle rotates the shoulder-blades. The upper part raises the shoulder girdle, while the lower part depresses the vertebral margin. Such, in part, roughly, are the chief muscles involved in the two-arm pull-over.

The technique of this particularly interesting and highly beneficial exercise is as follows: For the purpose of illustrating we will suppose the use of a bar-bell weighing thirty pounds. The reason for using a bar bell instead of a dumb-bell is obvious. Even if there were just enough space in between the weights on a dumb-bell for gripping with two hands, this would not do because one's arms would necessarily be more or less cramped, and cramping or any other style of unnatural position should be zealously and carefully avoided in any kind of exercise. Therefore, use a bar bell or long-handled bell; at least three feet should be the distance in between the weights, so that the arms be outstretched on the front or the back over-head position the natural width of the shoulders. Having taken a bar bell of that weight, or one weighing less or even more, but always remembering to use one that can be easily and comfortably handled, place it on the floor,

taking care that there will be enough room to perform the movements without striking either the walls or objects in the room. The next step consists in or rather regards the position of the performer. Having



Fr. Lange's measurements are: Height, 68 $\frac{1}{4}$ in.; weight, 205 lbs.; neck, 18 in.; chest (normal), 49 in.; waist, 39 in.; hips, 43 in.; thigh, 26 in.; calf, 16 $\frac{3}{4}$ in.; ankle, 9 $\frac{3}{4}$ in.; upper arm, 16 $\frac{3}{4}$ in.; forearm, 14 in.; wrist, 8 in.

placed his bar bell in the desired position, he lies flat on his back on the floor so that his head will be on a straight line with the middle of the bell handle; that is, perpendicular to it. Now, reaching back over his head, he firmly grasps the handle of the bell, making sure that it is perfectly balanced and then keeping the elbows perfectly stiff—do not bend them in the least, as this would spoil the efficacy, the good of the exercise—he raises the bell up till it is straight above his face; keeping his arms still perfectly rigid at the elbows, he lets the bell descend until it strikes his thighs. Now what has been done? If done strictly according to the directions just given, the performer will have described or made a complete half circle. That is, in raising the bell from the position in which it originally was back of the performer's head, up, up, then letting it down, down slowly until it touches the thighs, the course followed by the firmly-grasped bell would make a half circle.

Be sure you have gotten this understandingly. Read it over again and then again to be sure. Now, having completed the first part of the movement, the second part is easier—by that is meant, easier to under-

stand—though perhaps more difficult to do. Still grasping the bell firmly—the palms of the hands are down now, whereas when beginning the lift they faced upwards—you slowly lift the bell, with elbows held perfectly rigid, up, up overhead and then backwards and down till it once more lies on the floor back of your head. That completes the two-arm pull-over—that completes the lifting part of it. There yet remains another part and a very, very important part—breathing.

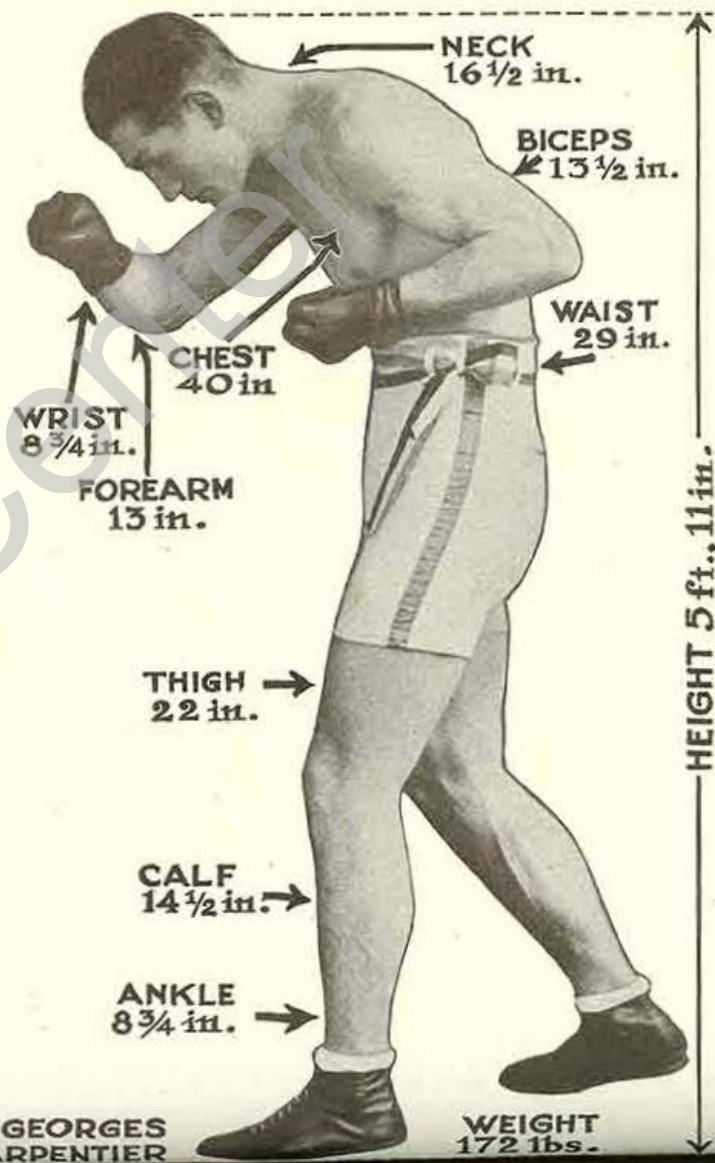
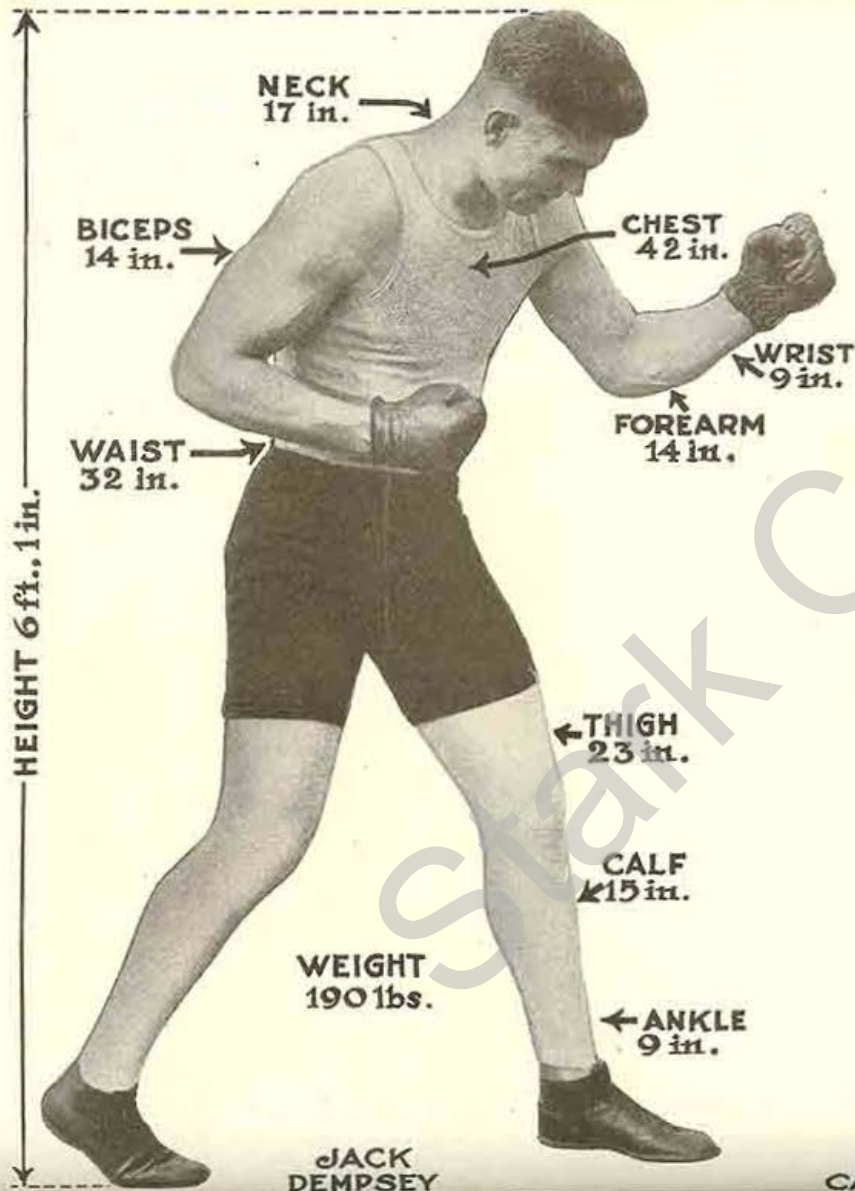
On the proper performance of the pull-over, whether one does the one-arm or the two-arm style, it should be borne in mind that the lungs are called upon to work vigorously. The diaphragm is expanded and depressed according as one inhales and exhales. When you bring the bell to the position from back of the head downwards to the thighs, then exhale all the air out of the lungs, thereby depressing the diaphragm. When you begin to raise the bell upwards from the thighs to return it to its original position back of the head, then slowly and fully fill the lungs with air, that is, inhale all you possibly can, thereby expanding the diaphragm.

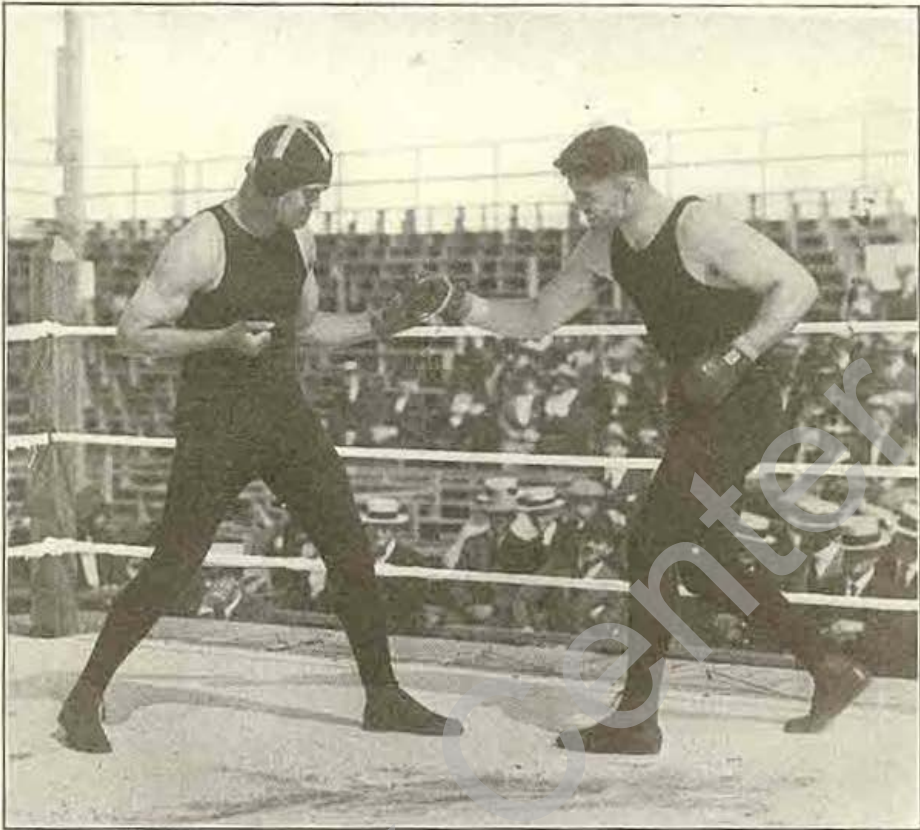
You hear so much about deep breathing. In the practice of the pull-over one gets all the deep breathing one wants and of the most beneficial kind, because it is most natural since your lungs are really called upon to take in and to expel air vigorously, and since their deep breathing is induced by violent and vigorous action and therefore in accord and in perfect harmony with such action. You have a real, sound and natural reason for inhaling deeply and for exhaling forcibly, a reason such as you do not have in merely standing before an open window, with your hands upon your diaphragm, and then taking the proverbial ten deep breaths. In this latter instance you are taxing your lungs to perform an action which has not been induced by a proportionate amount of physical exertion, since you are merely standing still. Did nature intend that man should breathe deeply when in repose or when almost in repose? Should he breathe as deeply then as when performing or just having performed some violent action or exertion? It is obvious that he should not, and it has been the writer's experience, in his work

as director of physical education, with boys and young men, that many who have become deep-breathing enthusiasts have complained of a dizzy sensation after having persevered in this practice of stationary deep breathing for some time. The writer always discourages the practice of stationary deep breathing. If you wish to practice deep breathing, then do something, perform some act, like running, kicking a football, two-arm pull-over, etc., that will make you breathe deeply. Bear in mind that this form of deep breathing, that is, "stationary deep breathing," as I have named it, is more or less harmful, because it is unnatural. If the reader has carefully and attentively read the preceding lines he will know just why it is more or less harmful. The writer's statements are not made indiscriminately or without warrant; they are based upon the answers to hundreds of questions on this practice of stationary deep breathing. He himself was an enthusiastic devotee of this form of so-called chest expander for almost a year, and the noticeable feature at the expiration of that time was the very noticeable one of dizziness. The writer does not say that deep breathing will not develop the lungs, because it does, since it forces them to stretch, so to speak. What he does maintain is this: That no amount of stationary deep breathing alone will develop the larger muscles covering the walls of the chest. The man does not live who has imagination enough to make him believe that by deep breathing alone he can develop those large muscles comprising the back of the chest, the latissimus dorsi and the trapezius. Nor will anyone be found so foolish as to hold that the pectoralis muscles can be increased by deep breathing alone. And since increase—real, solid increase in chest measurement can only be acquired by the development of all the muscles, that is, by exercise so graduated and regulated that it is vigorous enough, without danger of strain, to gently and growingly and progressively coax these aforesaid muscles to an ideal stage of perfection, why waste time, why endanger one's system by practicing and in practicing mere stationary deep breathing?

There is one more point in connection with the practice of the two-arm pull-over, a point,

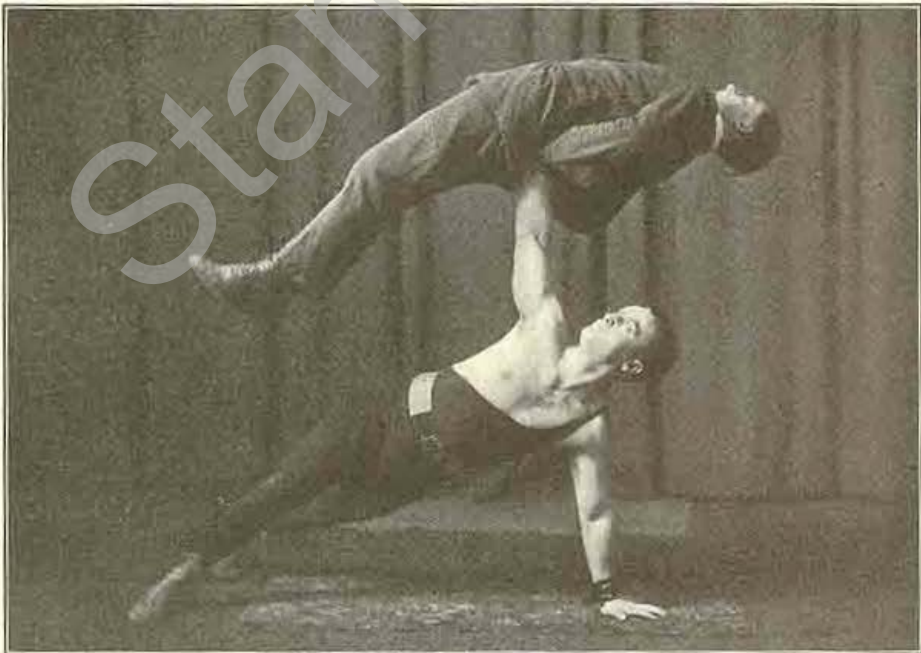
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Jack Renault places some value on his life—so when he acts as sparring partner to Jack Dempsey he wears this harness to protect his head.



Robert Snyder, Jr., in a difficult pose



Coulter and Shaffer—Equilibrium Feats of Strength

Introducing difficult feats in hand-to-hand balancing

Eat and Be Healthy

By WALTER MANN

SO much has been written about what a person should eat and what a person should not eat; how much anyone should eat and the waste that there is in everyone's daily victuals, that I was tempted to delve into what recognized authorities had to say on the subject. It may be all very well to say that we eat too much, but do we? You will remember the story of the lawyer who remarked that "one-third of what people eat keeps them alive," and when asked about the other two-thirds replied that they "kept the doctors alive." It is quite true that some people do eat too much, but the man who is exercising regularly must remember the other old saw about making bricks without straw. You cannot build muscle without sufficient nourishment.

What I wish to bring out in this article is the most wholesome foods for those who are leading a strenuous life, and a few hints for those of the "gang" who eat their meals at restaurants.

One of the first things to bear in mind is that for the man who makes use of great muscular effort, such as weight-lifting, the system must be supplied with adequate quantities of albumen; which means that meat, fish and eggs must be eaten regularly—there being an added advantage in such a diet, because such elements as phosphorus and lecithin, indispensable elements for the building up and maintaining of the central nervous system, are introduced. I can imagine some of our friends who favor a vegetarian diet rising to remark that meat, fish and eggs are bad for the kidneys. Before condemning these articles of diet, it would be well for our friends to recollect that, unlike the adherents of the "no-effort" system of exercise, the weight-lifter stirs up the blood flow; stimulates the whole system and perspires profusely, and where in the case of a person not taking violent exercise such a diet might possibly be injurious to the system, where good, healthy movements of the different parts of the body are indulged in, as in weight-lifting, a meat, fish, egg diet has been found ideal.

One of the best-known authorities, in charge of the largest health resort of its kind in the world, has said that "man is what he eats, and that he eats that which he is," and the most important basic sustenance of which man is composed are carbohydrates, nitrogen and fats. Exhaustive experiments made with animals—as well as observations of the diets of different peoples of various countries—have shown that those following a diet rich in nitrogen, carbohydrates and fats are stronger than those of the nations whose diet consists mainly or mostly of substances not rich in these elements. We have but to look about us to see this thing proven in our own country. In this, as in everything else, of course, it is essential that temperance be practiced. Beefsteak and blood-puddings three times a day would be harmful to anyone; yet there is no gainsaying the fact that since our most important fluids—blood, lymph, the digestive fluids, etc.—contain large quantities of albumin, it is absolutely necessary for our nourishment, and when one considers that the substances forming uric acid in 100 grams of beef is placed at 0.037, and in chicken at 0.029, while in spinach it is placed at 0.024—well, most of us are willing to take a chance! However, the point I wish to bring out clearly is that while a meat, fish, egg and milk diet might be too heavy for the person whose main exercise consists of a walk to the street car (very often but a few short blocks), nevertheless to the man who exercises regularly with reasonably heavy weights, such a diet, if discretion as to quantity is used, would be admirable.

A foremost authority on dietetics has suggested the following menu for the man who lives a semi-strenuous life:

Breakfast:

- Sip a glass of water—not too cold,
- An orange or half a grapefruit,
- Oatmeal porridge,
- Two eggs (preferably soft boiled),
- Buttered toast,
- A slice or two of bacon,

A glass of warm milk,
Or a cup of weak tea or coffee.

The mid-day meal:

Soup,
Small portion of fish,
Good helping of meat,
Potatoes,
Another vegetable,
Fresh or stewed fruit,
Bread and butter,
A glass of milk,
A cup of weak coffee or tea.

Evening meal:

Some light soup,
Scrambled or egg omelet,
Cheese,
Bread and butter,
Fruit in some shape,
Glass of milk,
Or cup of weak tea or coffee.

The above menu, in view of the high cost of foodstuffs, looks like the dietary of a millionaire, yet, as this authority points out, it is better to spend a little more for food and have to economize on silk shirts or some other unnecessary articles, than it is to be "dressed like a millionaire and feed like a pauper."

It cannot be emphasized too often that such a menu is meant for a person who is exercising. When you discontinue exercising your consumption of food must be reduced. Here again a word of caution is advisable. *Do not reduce your diet too suddenly!* The same advice holds good with reference to your exercising, of course. No one will consider for a moment stopping his exercises all of a sudden. We all know that such a course spells disaster. If you must stop exercising, do it gradually, and as you reduce the amount of exercise taken, reduce also your consumption of foods, remembering that not only must quantity be considered, but quality as well.

My attention has often been called to the case of a test which was made in one of the universities, where a number of young athletes were kept steadily practising, while their diet was deprived of practically all substances with an albumin content. At the end of the thirty-day test, not one had dropped out, and all claimed to feel fine. The fact, however, that their ribs were very plainly visible at the end of the thirty days

rather proved what most scientific observers claim, i. e., that when the body is using up large quantities of albumin, as in all heavy exercises, new supplies of this substance must be supplied, else we must suffer.

A very interesting point to note is that if, after you have completed your weight-lifting efforts, you feel somewhat fatigued and even tired, a small bar of plain chocolate, or a few squares of plain sweet candy, will thoroughly refresh you. Anyone who is familiar with the care of thoroughbred horses knows how a racer, after his hard drive, will brighten up if given a small quantity of pure sugar. It seems to "just touch the spot."

As Dr. Wolfe is careful to explain in his treatise on "Foods and their Assimilation," a one-sided diet is as bad as a changeless diet, and as only one day's menu has been given so far, it would not be out of place to mention here that all fruits are good; eggs in any variety of preparation are wholesome; vegetables (cooked where possible with their outside coating on) are necessary, as are also milk, cheese and butter. For the main articles of our diet, the following table, prepared by Prof. Konig, is of interest:

Meat	Nitro Content	Fat Content	Calorie Content 1 Kilo
Lean beef.....	20.50	2.80	1214
Lean veal.....	20.00	1.00	1031
Fat lamb.....	16.81	27.00	3130
Lean chicken....	19.72	1.32	1106
Fat chicken.....	18.49	9.34	1744
Fat goose.....	15.91	45.59	4778
Squab	22.44	1.00	1162
Lean pork.....	20.10	6.30	1504
Fat pork.....	14.50	37.30	4060
Fat rabbit.....	20.47	9.76	1913
Hare	23.34	1.13	1207
Venison	19.80	1.90	990

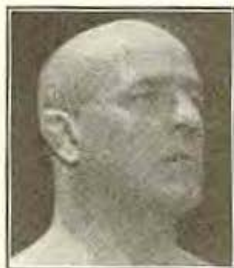
When we talk of eating beef, lamb and pork, it is meant, of course, that these be eaten by men who *should* practice weight-lifting; and by *should* we mean the men who are organically O. K. The man who suffers by reason of affected lungs, heart lesions, some kidney functional trouble, would be well advised to think twice before undertaking weight lifting; and equally well advised to think several times before adopting the diet suitable for a man who is physi-

(Continued on page 48)

Head Locks and Chancery Holds

By WILLIAM J. HERRMANN

Of Herrmann's Physical Training Institute, Boxing, Fencing and Wrestling Academy, Philadelphia, Pa.



Stanislaus Zbyszko

The line cuts illustrating these wrestling lessons were especially made from original drawings sketched direct from life by "Strength's" special artist. Einer Johanson, of Norway, the light heavy-weight wrestling champion of America; Charles Olsen, of Sweden, the well-known professional heavy-weight wrestler; Joe Lustig, of New York, the former middle-weight wrestling champion of America; Cyclone Green, of Philadelphia, the popular light-weight wrestling champion, and William J. Herrmann (himself) have posed for the drawings which illustrate this wrestling course. This aggregation of wrestling stars will also collaborate with William J. Herrmann in presenting these lessons.

Dear Herrmann:—

June 3rd, 1921.

Advance proof sheets of "Head Locks and Chancery Holds," also proofs of "Nelson's How to Take and How to Break Them," are the most thorough and instructive articles on these wrestling holds I've ever seen in print.

STANISLAUS ZBYSZKO,

World's Champion Catch-as-catch-can Wrestler.

ALTHOUGH these effective holds in their many variations and combinations are prominently before the public to-day, especially since Lewis head-locked "Scissors" Joe Stecher out of the world's championship, they nevertheless are probably as old as the ancient art of wrestling itself. This is partly due to the fact that Chancery Holds are, more or less, a natural form of hold. No doubt, Head Locks and Chancery Holds, in a crude sort of a way, were used in physical combat by prehistoric man. Mere children at play—boys in school-yard scuffles—as well as men who don't even know the meaning of the word Chancery as applied to wrestling, are likely to more or less instinctively resort to some form of a Head Lock or a Chancery Hold in case of attack or defense.

Many an old sport can recall the days when Chancery Holds were extensively used not only in wrestling, but in professional fighting as well. In the days of the old London Prize Ring Rules—when bare-knuckle fights were fought on the turf—it was a common sight to see unskilled novices, amateurs and trained professionals alike give battle in which one of the star plays was to successfully get opponent's head im-

prisoned "in Chancery" under the arm, in order to more effectively punish him with the fist of the other. Under these fighting rules it was essential for professional fighters to be up to all the tricks of getting,



Fig. 1

Chancery over the Shoulder Hold.



Fig. 2
Chancery over the Arm.

using and breaking Standing Chancery Holds just as much as the wrestlers themselves.

Head Chanceries are holds that lock your opponent's head tight in the bend of your hand, wrist and arm. Front Chancery, Side Chancery, Back Chancery, Chancery over the Shoulder, Chancery over the Arm, Double Chanceries, Double Front Chancery, Double Back Chancery, Half Chancery Head and Arm Chancery, Reversed Chancery and Lewis's famous Head Lock, which is really a development of a Side Chancery Hold, are popular forms of effective Chancery Holds. As proficiency in these important wrestling holds is so vitally important, diligent study and persistent practice should be given to each one of these Chancery holds in order to thoroughly master them all in their many variations and combinations.

The term Chancery in wrestling originally referred to holds in which opponent's head was imprisoned *under* its holder's shoulder.

Holds in which opponent's head was imprisoned *over* its holder's arm or shoulder were termed Head Locks.

In the old, palmy wrestling days, when William Muldoon, Ernest Roeber, Evan Lewis (the original Strangler), Joe Acton, Tom Connors, Duncan C. Ross, Greek George, Jack Carkeek, Farmer Burns, Frank Gotch and the many other past-masters of the wrestling world were prominently before the public, the term Head Lock was

applied to all holds in which opponent's head was imprisoned *over* its holder's arm or its holder's shoulder in order to distinguish these Head Lock Holds from the Chancery Holds proper, in which opponent's head was imprisoned *under*, not *over*, its holder's arm or shoulder.

Nowadays, holds in which opponent's head is imprisoned *over* its holder's shoulder are termed "Chancery over the Shoulder" Holds, as this term is more descriptive of the actual manner in which a "Chancery over the Shoulder" Hold is held and secured. Fig. 1 illustrates this particular form of Chancery over the Shoulder Hold.

Chancery over the Arm. A Chancery Hold in which opponent's head is imprisoned over its holder's arms as illustrated by Fig. 2.

Chancery Holds are usually named according to the relation of its holder's body to that of opponent's.

In a Side Chancery Hold, opponent's head is imprisoned *under* either your right or your left shoulder, while your opponent's body is directly at your side, as illustrated by Fig. 3.

In a Front Chancery, as its name implies, opponent's head is held and imprisoned *un-*



Fig. 3
Standing-Side Chancery Hold.

der either your right or left shoulder, while his body is directly on your front—your head and your opponent's head pointing in directly opposite directions, as illustrated by Fig. 4.

The term Back Chancery describes itself—a Chancery Hold applied while in back of your opponent.

Double Front Chancery is a term applied to a development of a Front Chancery Hold in which its victim's head is almost helplessly imprisoned in between both of its holder's arms, as illustrated by Fig. 5.

Double Back Chancery. A hold somewhat similar to a Double Front Chancery, but as its name implies, applied while directly in back of its victim's body. Practically the same style hold as a double Back Strangle Hold, with the exception that it is applied on the head instead of the neck of its victim.

Double Chanceries—a term sometimes used in referring to a wrestling situation developed during a "mix-up," in which each opponent holds a Chancery Hold on the other.

Half Chancery. A term often popularly applied to a Head and Chin Hold. This so-called Half Chancery Hold by itself is practically an ineffective hold. In consequence, this Head and Chin Hold or Half Chancery Hold, as it is sometimes called, is usually combined with some other assist-



Fig. 4

Front Chancery Hold.



Fig. 5

Standing Double Front Chancery Hold.

ing hold or holds in order to be effective. Fig. 6 illustrates this Head and Chin Hold in effective combination with a Wrist Hold.

Leg Head Lock—as its name implies, a Leg Lock imprisons opponent's head in the bend of its holder's leg instead of the bend of its holder's arm, as illustrated by Fig. 7.

Head and Arm Chancery. A Chancery Hold in which both head and arm of opponent are held in Chancery at the same time.

Many other wrestling holds effectively imprison its victim's head in a practically helpless position. However, such holds are not in consequence Head Chancery Holds. As previously stated, Head Locks and Chancery Holds encircle its victim's head either under or over its holder's arm or shoulder. The only exception is that of a Leg Head Lock, which obviously must be held by its holder's leg instead of its holder's arm.

The original Head Lock—a hold in which opponent's head is encircled and imprisoned in such a manner that the holder's hands and wrists are interlaced, interhooked, or wrist-clasped on top of its victim's head; the near arm is under its victim's chest, while the other arm is on near side of opponent's head, as illustrated by Fig. 8.

Lewis' Head Lock is a popular name given in recent years to a development of

the old Side Chancery Hold. A Hold made famous by Ed (Strangler) Lewis, whose name it now bears. A Hold that eventually won World's Championship Honors

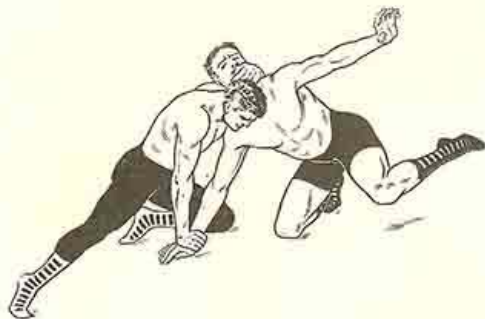


Fig. 6
Half-Chancery and Wrist Hold.

for him. In consequence, Side Chancery Holds are nowadays popularly referred to as Lewis' Head Lock in both amateur and professional wrestling circles. A natural sequence due to the prominence and prestige given this hold by Lewis while holder of the highest wrestling honors. Fig. 9 illustrates a fall gained by the use of a Side Chancery Hold, or as it nowadays is more popularly termed, Lewis' Head Lock.

Although Lewis' famous Head Lock is really but a development of what was formerly termed a Side Chancery Hold, nevertheless to Lewis alone belongs all the credit of strengthening and improving this par-



Fig. 7
Triple Combination, Leg-Head Lock, Toe Hold and Wrist Hold.

ticular hold to its present high state of efficiency.

Lewis perfected this hold to such an extent that at the present time there is strong

talk of barring it altogether in future wrestling contests. Lewis oftentimes is obliged to handicap himself by agreeing not to use his favorite hold in framing "articles of agreement." Such were the conditions under which he wrestled in quite a number of professional matches both before and after winning the World's Heavy-Weight Catch-as-catch-can Wrestling Championship from "Scissors" Joe Stetcher.

The contemplated barring of Lewis' Head Lock is rarely objected to by the wrestlers themselves. Professional wrestlers contend that many a hold considered perfectly fair and legitimate by the public in general may nevertheless be held and used in such a

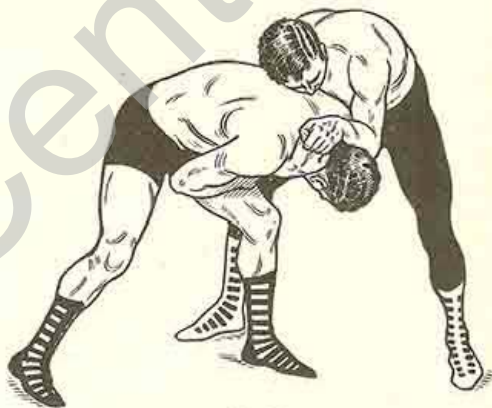


Fig. 8
The Original Standing Head Lock.

manner that punishment from its use by a strong and determined opponent may be more severe than that of any Head Lock.

Besides, most wrestlers claim that the ability to stand up under punishment is just as much an essential part of the wrestler's as well as the boxer's game. Professional wrestlers and boxers must both be able to bear up under punishment. Wrestlers are obliged to keep up under punishment by pressure just as much as boxers are obliged to stand up under punishment from blows.

In consequence, they see no valid reason why Lewis' Head Lock should be barred in professional Catch-as-catch-can wrestling combats. Especially so, when Scissors, Hammer Locks, Toe Holds, etc., torture just as much as any Head Lock, with the possible exception of a Head Lock held

by Lewis himself. In fact, Head Locks are constantly becoming more popular holds even in amateur wrestling circles, contests and tournaments.

Lewis developed this hold to such an extent that he practically became the world's greatest living exponent of this powerful hold that bears his name. One of the features of Lewis' training was his persistent practice on a head-shaped wooden block. A wooden block, divided into two halves and held together by a hinge to prevent the two halves from slipping aside or falling apart. These two halves were kept separated by four powerful springs. Springs so strong that none but the best of professional strong-men and wrestlers could squeeze these two halves together.

This wooden head topped a stand built on the same style as that of a modern movable boxing dummy. Lewis in training



Fig. 9
Lewis' Famous Head Lock.

would viciously leap at this dummy and get it under his powerful arms in the Head Lock he made famous. He would then begin to squeeze and squeeze, and still again and again squeeze until the two halves were firmly closed and tightly kept together. You can readily imagine what the effectiveness of this powerful bone-crushing hold must be by supposing that this wooden block was your own head.

Lewis' Head Lock

A Side Chancery Hold popularly known nowadays as Lewis' Head Lock, due to the prominence given this hold by Ed Strangler Lewis while holder of the highest wrestling honors. This hold is usually secured from the Referee's Hold or following an effective feint, made while sparring for a hold during Free Play, while both wrestlers are up and moving about on their feet.

Lewis, as a rule, makes his attack from Free Play. He leaps at his man's head

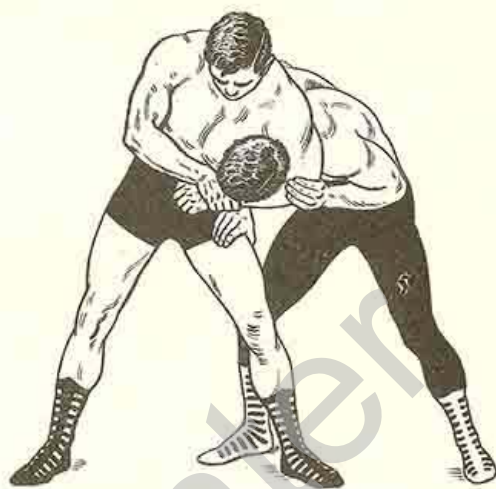


Fig. 10
Standing Side-Chancery Hold.

like a tiger. "Turning in" on his man like a flash, he at the same time quickly encircles opponent's head with his left arm in order to imprison it under his left chancery arm and shoulder in the Head Lock he made famous. He instantly reinforces the hold of his left chancery arm with that of his right, in order to more firmly lock his hold as well as to better enable him to pull his victim's head and chin tight across his chest and body. Pulling opponent's head tight across and against its holder's body will weaken opponent's position and to a

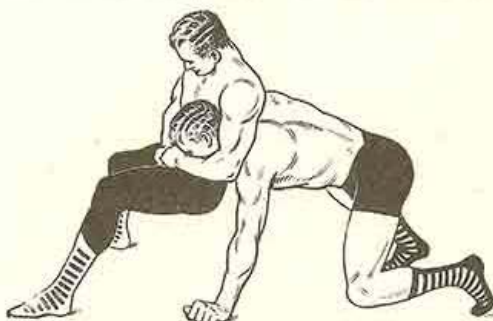


Fig. 11
Side-Chancery Hold:—Bearing your man down to the mat.

great extent prevent adversary from using any effective stop, block, escape, getaway or countermove against it.

Unless the "turn in" is accomplished
(Continued on page 46)

The Development of the Calves

By O. R. COULTER

(Continued from last month)

IN the last issue of STRENGTH, I dealt with the need of calf development and the difficulties of attaining it. This month, as promised, I am going to give my views on the value of various forms of progressive exercise as applied to the development of the calf.

In my treatise on thigh development, I explained how various occupations were conducive to development of the thighs. Much that I said about their value as a means of thigh development is somewhat applicable to the development of the calves as well. The pushing of loaded wheelbarrows, especially if up grade, the carrying of bricks or mortar up a ladder, walking a gangplank with a load on the shoulders, carrying loads of tea strapped to the back and mountain climbing are all good exercises for the calves as well as the thighs. But these means to calf development offer the same disadvantages for this purpose as they do for developing the thighs. Few would care to change their vocation for the purpose of increasing their leg development. Coaling ships by hand, as practiced in China and Japan, or carrying heavy burdens of tea over mountain passes would not conform to the average physical culturist's idea of a perfect day. Many of us would enjoy mountain climbing, but few have the opportunity and many lack the time for even climbing the hills near at hand. So we must find something more convenient for our purpose.

Among handy forms of exercise of real value for calf development is walking, when properly performed. This correct method applies not only to the duration, but more especially to the mechanics of bodily movement. Extreme long-distance walking is conducive to slender legs, and, if the movements in walking are incomplete, much of its value as a calf-developer is lost. As to the proper mode of walking, I cannot explain this briefly any better than to quote from my treatise on thigh development in the March issue, wherein I said: "The heel of the foot should touch the ground first,

and as you bring your weight forward onto the advanced foot, you should shift the weight to the ball of the foot. As you finish the stride the rear leg should be straight and you should feel the muscles at the back of the lower leg, thigh and buttocks tighten. As you raise the rear foot from the ground push hard with the toes, push backwards rather than directly downwards." If you have not been walking in this manner, try it. It may seem an awkward and exaggerated way, but it will give the best results not only in calf development, but will also improve your carriage.

Many of the vigorous forms of track and field sports which are so good for thigh development can be advantageously practiced for development of the calf. Shot-putting and hammer-throwing, football, rowing, short-distance bicycle riding, speed and fancy skating, jumping and sprinting are developers of the calves as well as of the thighs. Shot-putting and hammer-throwing, however, do not involve the calves as much as the thighs, and not everyone has the necessary out-door space for its practice, and no one ever attained any noteworthy results in calf development from shot-putting or hammer-throwing alone. Football, involving sprinting and "line-bucking," as it does, is very vigorous calf exercise, but offers more difficulties in the matter of practice than shot-putting or most any other sport. Rowing is considered by many as an ideal exercise, and it certainly is very good, but it does not exercise some muscles near as much as it does others. For developing the shin muscles, rowing with a sliding seat is unexcelled among the various sports, but it is not near as good a developer of the back of the lower leg as many other forms of sport, and it is not convenient for everyone to practice.

Short-distance bicycle riding, speed and fancy skating, jumping and sprinting are all good exercises for the lower leg. Bicycle riders who train on the short-distance

events usually attain good development of the calves, but it is seldom quite in proportion to the muscles of the thigh, especially the muscle on the inside, just above the knee, which is often so wonderfully enlarged in bicycle experts that it is popularly known as the "bicycle muscle." Fortunately, bicycle riding is possible to the most of those who desire to practice it, but has lost its popularity with the general public because of the more modern motorcycle and automobile.

First-class speed and fancy ice-skaters usually possess a large, firm calf. Those who have seen Wood, Horton or other notable speed skaters probably have noticed their well-developed legs. Skating on the ice requires a strong ankle to keep the skate in the right position, and this means work for the muscles of the lower leg, not so much the large muscles as those that bend the foot sideways, that is, inward and outward. Unfortunately, ice-skating is only possible in season, and even then is not possible for everyone.

Jumping, while about the best out-door sport for developing the thighs, is not, in my opinion, as good a calf-developer as sprinting, although I consider it as good as the other out-door sports for this purpose, and it has a decided advantage over many others because it can be practiced the year around, and regularity in exercise counts for considerable in attaining results. To those who desire to do jumping and have the necessary place for practice, I

have an exercise which is superior to ordinary jumping for the special purpose of calf development. Take some small object, about the size of a brick, or larger if your ability will permit, and hop over it, using only one foot at a time, and bend the knee as little as possible and endeavor to make your calf do its duty. Hop forward, backward and sideways

so as to exercise all parts of the lower leg. This exercise I consider superior to any for the purpose, with the exception of special calf exercises with weights.

Sprinting I believe to be the superior of all out-door sport for developing the lower leg. It is best practiced with a crouching start, as this gives variation to the sprinting proper as well as increasing the effort, and will help more towards developing thighs at the same time. By sprinting, I mean the short distances. The 100-yard and 220-yard dashes are better for development than running five or ten miles. Sprinting is possible to the most of us, but it is not usually convenient enough at all times to be practiced regu-



© Underwood & Underwood
Paddock, the phenomenal sprinter. A fine example of development of the calves.

larly. Those who are fortunate enough to have performed it consistently are there when it comes to calves. Wefers, Paddock and many others are a practical proof of the merits of the short-distance sprints as a medium for calf development.

In the March issue I explained the value of tumbling as a means for thigh development, and it is a good all-around developer. It affords about the same exercise to the calf as does jumping, and the understander

in the human-pyramid acts uses his calf muscles quite vigorously in keeping his body in a stable position. "The Herberts" possessed about the best-developed calves found among tumblers, but I have seen many Arab tumbling and pyramid acts, and nearly all the members possessed fine calf development. Tumbling, however, is an art, and it affords acrobats all the calf exercise that they need, but the average physical culturist will look for something more nearly possible to attain his increase in development.

Walking the slack wire and inclined tight rope are also very good exercises for the lower legs. Performers at this work invariably wear soft pumps, and this gives considerable freedom to the movement of the feet; and when climbing the tight rope or walking near the end of the slack wire the performer must almost grip with his toes, as it were, to keep from slipping. I think one of the best examples of calf development that I ever observed was a young slack-wire walker named Sweet. His general physique was quite ordinary, but his calves were exceptional. Another very striking example of the merits of the tight rope for developing the lower legs is Togo, a well-known Japanese performer, who recently gave an exhibition at a local vaudeville theater. The rope that he used was so steep that after he walked to the top he slid back down to the stage at a high rate of speed. I have seen many tight-rope and slack-wire performers, and, as a class, they are possessed of very well-developed lower legs. Few people, aside from circus performers, ever have both the inclination and the facilities for practicing this kind of work, so it is quite out of order as a means of calf improvement suitable for most people.

The best of all exercises among the acrobatic forms of work is juggling objects with the feet. The lighter work performed with barrels and implements of comparatively light weight necessitate considerable pedal dexterity, and this tends to a variety of movements performed by the feet and consequently brings all parts of the lower leg into action. The heavy work accomplished by risley performers, while lacking the extreme action of the lighter work, requires more powerful contractions of the

muscles of the lower legs and develops more power in them. The stunts performed by the leading artists in this line require extreme leg strength as well as exceptional muscular control. The understander in the Tan Arki Troupe whirls a pole around and around on his feet, like a merry-go-round, with two other members of the troupe hanging to it. The Bonhair-Gregory Troupe build pyramids on their feet and toss human beings from the feet of one to those of another. I have seen one of the understanders of the Seven American Belfords pitch three men at the same time, causing them to turn a complete somersault. Such work requires an effort which is beyond the capacity of the calves alone, and the thighs must contribute their share towards imparting the motion, and this means that the muscles of the lower leg are exercised in conjunction with the muscles of the thighs and hips. So, by reason of the movements made and the resistance necessary for the accomplishment of the advanced risley work, it is by its very nature a prime means of developing the lower leg. Unfortunately, risley work is only attained by those possessed of extreme interest and natural aptitude for it and then only after long, persevering practice. The Japanese excel at this work, and this is mainly due to their extreme perseverance, which cause them to practice year after year merely to accomplish some special stunt that may be desired. Such work is out of the question for the average American seeker after calf development. It is decidedly incongruous to his more impetuous nature.

Boxing and wrestling afford exercise for the calves. Boxing is a better developer of the calves than of the thighs, but the calf work resulting from this form of sport depends mainly upon one's footwork when sparring. A boxer who does considerable footwork, who is constantly on the move and maintains his weight well, on to the balls of his feet is sure to derive more calf work than one of the slugger type, who has a tendency to move about slower and with the weight on the whole of the foot. Wrestling involves an almost unlimited number of positions and all parts of the physique are brought into action; but wrestlers are down to the mat so much that

the main work on the lower leg consists of breaking away from toe holds. The more vigorous work performed during the moments the wrestlers are on their feet will not recompense for the time practically lost, so far as calf exercise is concerned. Wrestlers, as a class, have a magnificent general physique, and many have large, well-developed calves, but, on investigation, it will be found that they owe their development in the lower legs to heredity or to road work or some out-door sport that they may also practice. Boxing affords an opportunity for almost continuous calf exercise, but the calf muscles soon become accustomed to the work and speedily attain the necessary strength for its accomplishment, and this removes the necessity for any further increase in these parts. The boxers and wrestlers themselves practice road work and rope skipping, ostensibly for their wind, but I maintain it has considerable to do with whatever calf development they may possess.

Ballet dancing, judged by the actual results attained, appears to be the best of all exercises for improving the appearance of the lower leg. Perhaps ballet dancing may not afford more possibility for calf development than does weight-lifting, but with ballet dancing there is no dodging the issue. A ballet dancer simply must do the leg work. Ballet dancing not only involves extreme contraction, but also necessitates an almost innumerable variety of positions. It combines the movements of jumping, skipping the rope, deep knee bending and rising on the toes, something not accomplished by any other sport or method of exercise. Even the ankles are increased in size by the vigorous contractions of the work. The calf muscles of a finished ballet dancer are so developed that they are set up for life. Where elsewhere did one ever see such calves as possessed by Chalif, Pavley, De Kurylo, Kosloff, Mordkin, Novikoff, Nijinsky, Peschkoff and, for that matter, many others? A short time ago I saw Pernikoff in the spectacle "Mecca," and his calf was one of the most beautiful sights that I ever looked upon. It was art personified. Ballet dancing is better to develop grace than any other vigorous exercise. Unfortunately, not everyone has the time or opportunity to

master ballet dancing which would be necessary to get the best possible results from it. All of the dancers I have mentioned have served as apprentices. Many started at a very immature age. It is the exercise of all exercises for the calves for those who can do it, but the average muscle-builder will have to satisfy himself with something more suitable to his own personal needs.

Hand-to-hand balancing develops the calves to some extent, but does not accomplish exceptional results. It does not seem to be as efficient a method for developing the lower legs as it is for other parts of the physique. Just what results can be attained from this exercise is largely a matter of selection. It depends upon what feats are practiced. In the fast routines the topmounter receives some jumping exercise, and in the slow feats the work performed by the calves, so far as development is concerned, is practically nil. The understander receives his calf exercise in preserving his balance when lifting and carrying the topmounter about. The majority of the work by the understander is performed while lying on the back or standing with both feet solid on the floor. Understanding for hand-to-hand will do as much for calf development as any exercise performed with the feet flat on the floor, with the exception of graduated weight-lifting. To develop the lower leg to its limit, the various muscles of which it consists must be developed to their limit, and to do this they must be developed to the limit of their uses. In hand-to-hand work the shin muscle receives very little real exercise, and the chief function of the large muscles at the back of the lower leg is to raise the body upon the toes and carry it forwards at the same time, so it is evident from this that hand-to-hand work as ordinarily practiced has its limitations as a calf-developer.

Rope skipping is an excellent exercise for developing the calf and increasing one's endurance and agility. In my opinion, any man, with the exception of a ballet dancer, could include rope skipping in his training schedule with material advantage to himself. It gives a variation in the work and develops qualities that are not so much influenced by other modes of exercise. It is one of the most convenient exercises, as it can be practiced winter or summer indoors

or out and only requires a piece of rope. To get the best results in calf development from its practice, you should skip on one leg at a time and keep on the ball of the foot. The skipping should be done very energetic, so as to exercise the muscles in the least possible time, as long-continued skipping becomes a matter of endurance

and is not near as efficient for muscle building as the faster, more strenuous contractions.

To be concluded next month with an explanation of the part that weight-lifting plays in developing the calves and a few timely hints as to the way to apply it to get real results.

Exercise for the Business Man

(Continued from page 7)

graph. They require no apparatus, and if one knows a good system of this kind he will never be at a loss for exercise even when traveling and stopping at hotels.

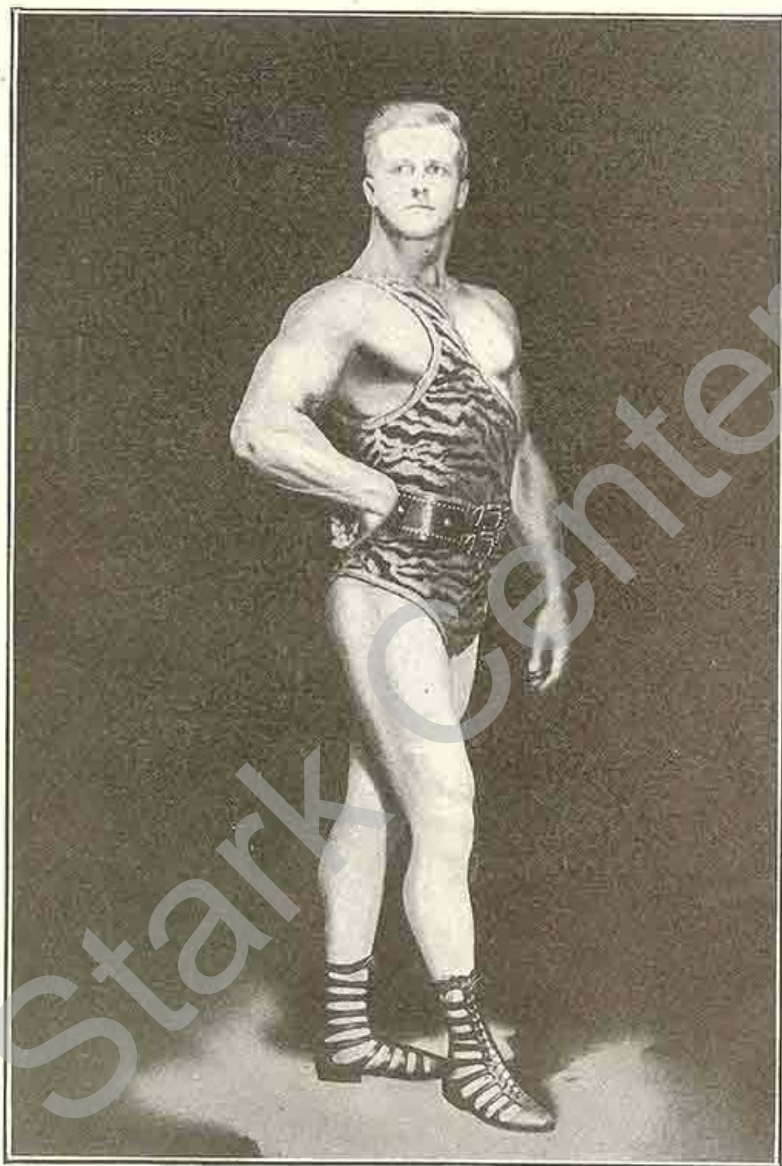
Another possibility is found in the use of a wall exerciser. This has a certain attractiveness, whether it is made of elastic rubber strands or wire springs. Its very presence is a suggestion to exercise. The wall exerciser offers more work for the arms and shoulders and chest than the free movement system, but it is the *will* to exercise with vigor, rather than the apparatus, that is important. Remember that practically all methods of exercise can be recommended.

For a really effective condensed system of exercise, however, there is nothing else that is quite like five or ten minutes of *playing* with a bar bell. Ten minutes of work along this line will accomplish wonders because the real resistance supplied by the weight enables one to build up muscular tissue more effectively and more quickly than any other type of work. And certainly there is a peculiar fascination in handling a bar bell. Of course such work must be practised intelligently. However, one is not likely to overdo it on a ten-minute system unless he actually strains himself. Even the slender man, who is sometimes said to be not sufficiently heavy for this type of work, will find that the physiological principles of strength building apply in his case the same as in that of his stocky brother. For, of course, he will use a weight that is within the limits of his strength. One does not need to juggle a bar bell weighing two hundred pounds. It may weigh only twenty pounds if one's strength is very limited, and yet will give

that real resistance which will mean effective muscle building in his condition. If one wants exercise in tabloid form, to save time, a bar bell would be hard to beat.

There is another group of exercises which may be referred to as the "will-power" or "self-resistance" type of work. These are very popular among mail order instructors, and are often described as mental-muscular exercises, or in similar terminology. There is no doubt that they can be made effective, even though from some standpoints they are not ideal physiologically. These tensing or self-resisting exercises do not fulfill the natural functions of the muscles, but they do involve powerful contraction and increase of circulation. Any muscle-binding tendency which they may seem to possess can be overcome by other special work in which the muscles are stretched and extended to their full reach. Often they may be, for the sake of the arms and shoulders, added to the group of free movements first mentioned.

For the sake of real conditioning, however, such purely development exercises as we have mentioned should be supplemented by others for the heart and lungs, such as one gets in outdoor sports. There are in particular two practical exercises of this type that one can use in his own room, namely, rope-skipping and stationary running. Three minutes is not much to set aside for exercises for the heart, and this means also exercise for the lungs, liver and all the fundamental organs and glands that are put to work by any activity that calls for continued increased blood supply. All the organs that have to do with the condition or quality of the blood, its making, its purification and its circulation, are influ-



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enced by any endurance exercise. Rope-skipping is just such an exercise, and you should get acquainted with it for constitutional or conditioning purposes. It is not a little schoolgirl's exercise, for it is one of the "old reliables" of the prizefighter. All boxers become expert rope-skippers, for they depend upon it in their training. If you have a room large enough, or if you are not upstairs in a shaky house, with fussy people downstairs, then try the plan of giving seven minutes to vigorous body-building exercise and three minutes to rope-skipping. I am telling you that here is a practical scheme for the busy man that will work out if he will only try it.

The stationary run is simply any moderate running action performed on the same spot, instead of going forward. You may call it a dancing up and down. It will serve perfectly in place of rope-skipping, but is less interesting. Another thing that you can do for constitutional purposes is clog dancing. No matter how crude your fancy dance steps, anything in the form of clog dancing or acrobatic dancing will give you the "work-out" that you want. Three minutes will do. I cannot personally see the well-known fad of classic or Greek dancing as an exercise for men. It is lovely for pretty girls in flowing draperies. But it is masculine to do acrobatic or clog dancing. Again, you can use your phonograph either in rope-skipping, stationary running or clog dancing.

Having provided for your unflinching daily system of keeping fit, you can then supplement this by such other exercise as you can find out of doors. Spading or hoeing the garden, if you have such a thing, is splendid. Tennis and handball are fast, interesting, organ-strengthening pastimes. Or you may play golf, if you can find it convenient. Otherwise walking will serve as well. Running is a wonderful outdoor exercise, for it strengthens the organs as much as the legs. This is true whether you consider sprinting or distance running. A little running every day will work wonders. One may call it a keep-fit system in itself. If you have "no time for exercise," then running for your train will not only suit your case, but will actually save you a little of that precious time.

If you have the time in the late after-

noon, following your day's work, you will find cycling better than motoring as a constitutional tonic and relaxation. If horse-back riding is available, that is as good or better. And, of course, there is always swimming. One may take that for granted. It is the best exercise in the world for women, but an ideal exercise for anybody.

However, all of these outdoor pastimes should be regarded as supplementary to the fundamental scheme of a rigid daily system for keeping fit. One may or may not be able to enjoy these sports. But one should see that he has the physical development to do so, and that his conditioning exercise is provided for in his daily schedule. One needs to be physically fit even to find true recreation in hunting, fishing or other outdoor sports. One can enjoy them only if he has a physical development and a surplus of strength such that ordinary exercise in the woods or in the field is not an effort. One should be so fit that whatever trials of endurance and strength he may encounter will seem easy because he has the strength and vigor to meet them. It is only under such conditions that one can get the most from his outings. In that way both the daily set-up and the pleasures of outdoor life will combine to give one that health and energy which spells efficiency.

You never yet saw a man who has studied out a system of keeping fit suited to his personal needs and who has followed it out who was not a more efficient and capable man than the other fellow doing the same line of work, who has neglected to keep himself well oiled up and in perfect repair.

Do not think, either, that you can attain anything approaching real physical condition by picking up physical training and dropping it again at odd times, as perhaps some millions of men have at one time or another in their lives. It takes not only knowledge of training, but character and purpose to accomplish results. You cannot realize physical condition by simply wishing for it. You cannot make any progress with the idea of physical improvement by simply flirting with it. You will have to marry it, and stay with it. And then in time you will come to know what physical improvement means. You will have to make bodily fitness a part of your every-day life, the first items on the program that makes



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at 20 years of age



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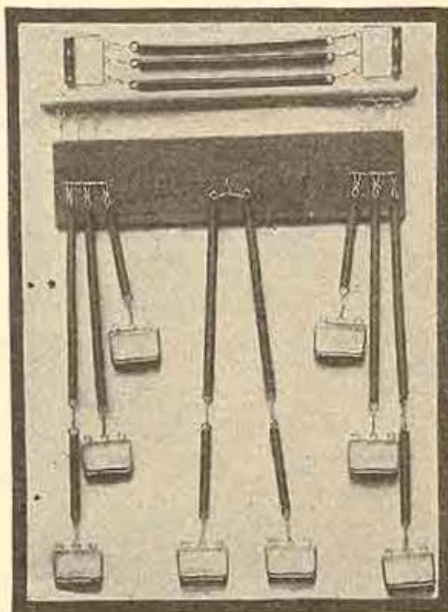
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With them you are entitled to and shall have your share of prosperity—without them you are a burden on the community. YOU can be a man in every sense. No matter what your condition may be, I will personally analyze your case, lay out each and every exercise to suit your particular requirements, be ready every minute during and after completion of your course to assist you in every way and I'll

Guarantee You Results

because mine is a progressive course, thruout which you use the most efficient exerciser, the FIVEPLEX, designed on the principle used by the world's strongest men. Twenty minutes of the most interesting exercising every other day for a short period is all that is necessary. Absolutely no drudgery or lack of interest FOR each lesson is an INSPIRATION.

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The Question Box

Physical Director.

J. E. D.—There is such a degree as Physical Director, but the abbreviation for it is Phys. Dir., and not Ph.D., which stands for Doctor of Philosophy. There are recognized physical training schools who have a three-year course and who are empowered to confer the degree of Phys. Dir. They are: Y. M. C. A. College, Springfield, Mass.; New Haven School for Gymnastics, New Haven, Conn.; Newark Normal School for Physical Education, Newark, N. J.; State Normal School for Physical Education, La Crosse, Wis.; University of Wisconsin (address Director of Summer Session), Madison, Wis.; University of Illinois, Urbana, Ill.; Sargent School of Physical Education, Cambridge, Mass.; Savage School of Physical Education, 308 W. 59th Street, New York; Normal College of the American Gymnastic Union, Indianapolis, Ind.; University of Pittsburgh, Pittsburgh, Pa.; Normal School of Physical Education, Battle Creek, Mich.; Chautauqua School of Physical Education, Chautauqua, N. Y.; Harvard Medical School, Boston, Mass.

Grip Lift.

T. W.—The grip lift is also known as the Hands alone lift, and consists of lifting a bar bell from the floor with two hands. Bend over and grasp the bar with the over-grip, keeping the knuckles of both hands to the front. Keep the legs straight and lift the bell clear of floor. Although this lift is a severe test of grip strength, it also calls for considerable general strength. When Adolph Nordquest created his record of 638 lbs. in this lift he used a bar $1\frac{1}{4}$ inches in diameter.

This lift is not to be confused with the hands and knee lift, in which the hands are rested on the thighs, and in which a much heavier weight can be lifted.

Side Press.

L. A. J.—In the right hand side press it is permissible to rest the left hand against the left side or to slide it down along your leg to steady yourself, but on account of the position you assume in making the lift, it is not practical to do so. It is better to keep the free hand clear of the side.

Over-Development of Muscles.

M. W. M.—It is possible to over-develop any muscle, that is, to develop it out of proportion to the other muscles of the body. The man who concentrates on any special muscle and develops it out of proportion to the other muscles is making a serious mistake, as he cannot hope for the utmost in health and strength with a lop-sided development. Special exercises are published in STRENGTH, not because we advocate the development of any particular muscles at the expense of the other muscles of the body, but rather to bring those muscles to a state of perfection on par with the rest of the body.

There have been thousands of cases of over-development of particular muscles of the body, but none of over-development of *all* the muscles of the body. There is no way by which you can tell when you have exhausted your possibilities of physical development. Thomas Inch was regarded as a finished specimen of physical development, yet in a comparatively short time he increased his height 1 in., chest 9 in., biceps $2\frac{1}{2}$ in., thigh 3 in., and calf $1\frac{1}{2}$ in.

It is quite likely that no one has ever succeeded in reaching the limit of his possibilities in physical development. We live and learn, and in spite of the rapid strides made in the science of physical culture, it is more or less in its infancy. Physical perfection should be the ideal of all. We achieve this ideal when there is perfect co-ordination between body and mind, nerve and muscle, and when every organ of the body is functioning properly. You can approximate the ideal of physical perfection by developing *all* of the muscles of the body equally.

To Develop Abdominal Muscles.

J. R.—Lay on your back on the floor with arms extended and raise to a sitting position, touching the toes with the fingers. As you become accustomed to the exercise, keep your arms stiff. When you have mastered this, place a light-weight bar bell behind the neck and raise to a sitting position, gradually increasing the weight and repetitions used. A more advanced exercise for the abdomen is to sit across a chair, lean

back until your head touches the floor, grasp a light bar bell and lift it across the chest, and raise to a sitting position. In these exercises place the feet beneath a bar bell or a bureau in order to keep them stationary. Abdominal exercises are very important, as by exercising these muscles you will bring a greater supply of blood to the digestive organs, which will greatly aid them in properly performing their functions.

To Develop the Triceps.

J. K.—The function of the triceps muscle is to straighten the arm and to pull the arm back of the body. Practice dipping on the floor and raising a bar bell over head with two hands. Also raising a bar bell over head with two hands from position in back of shoulders. Swinging a dumbbell with one hand to position in back of the body is also very effective for developing the triceps.

Heart Trouble.

R. L.—If you have any reason for believing your heart to be affected, consult your physician and have him make an examination. It is impossible to tell whether exercise will be beneficial or harmful for you without knowing the exact condition of the heart. Exercise is sometimes very effective in correcting heart trouble, but in some cases absolute rest and quiet are essential. See your doctor, and abide by his decision.

HOW BIG IS YOUR CHEST?

(Continued from page 23)

that is, it can be said without exaggeration, more important than any other, as important as the exercise itself, and that is, proper ventilation. *Never* practice this exercise in a room that is not properly ventilated. Have your exercise-room well aired before you begin. Keep the window open top and bottom—a foot above, a foot below; if you are fortunate enough to have two windows, keep them both open. Even in the winter have plenty of fresh air; remember you will never catch cold in fresh air. You will catch cold from the lack of fresh air. You will never catch cold while you are moving—while not loafing or sitting around. If you want a real chest do this—get an adjustable bar bell, clear a space in your room, open the windows, follow the directions given; use a comfortable non-straining weight; work *with a will* and work *joyously*, and inside of a short time your coat will be too small. There is *no* exercise better than the two-arm pull-over for all-around chest and shoulder developing.



Are you the man she thinks you are?

She's staking her all on you—and counting on you for everything. She believes that when the pinch comes you can and will make good for her. Are you the man she thinks you are?

Suppose to-night you are called upon to protect her against the insulting remarks of some thug. Can you play the part? Knowing that he is bigger than you—that he is rough and ready— Isn't it a fact that your courage will waver? Don't you realize that no matter how brave you may be, you simply don't know how to handle him? Even a smaller man who knows how to box can whip a man like you who knows nothing about the art of self defense.

How much longer are you going to stay in the helpless class? Wouldn't you rather be the man she thinks you are—wouldn't you like to be able to play the man's part?

If you really want to make good for her—if you really want to be able to play a man's part, then we'll give you at our risk, professional training in Boxing and Self Defense right in your own home. We'll send you Marshall Stillman's complete course in Boxing and Self-Defense at our risk—and you won't have to pay a cent unless you're convinced that it will enable you to be the man she thinks you are.

Marshall Stillman has developed a short-cut system that starts with movements you are already familiar with, and quickly leads you into similar movements in Boxing. The first thing you know you are striking effective blows with the weight of the body behind them, ducking scientifically, feinting cleverly. You are taught every good blow and guard used in the ring—the Jack Dempsey Triple, the Benny Leonard Triple, the Fitzsimmons Shift, etc.—when to land the blow, how to land it, where to land it, and how to guard against your opponent's counter.

But Marshall Stillman is not satisfied with simply teaching boxing, shadow boxing and daily exercises to develop you physically. To complete your knowledge of self-defense, he also teaches you 15 Jiu-Jitsu holds, enabling you to disarm an opponent, to throw him if he grabs you from behind, to break a strangle hold on your throat, and 15 of the best holds in wrestling, including the Stecher Scissor hold and the Goich Toe-Hold. He prepares you to play the part, to be the man she thinks you are in ability as well as in bravery.

History of prize fighters. With each course we include a history of 69 great prize fighters with their pictures—gives accounts of their fights, their favorite blows, and "inside" stories seldom heard outside professional circles.

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We send the entire course on free approval. You have 10 days to examine the books. If you keep them you have till the 15th of the month following to pay—only \$5 (Canada \$6; other countries \$7). We couldn't do this if the course didn't make good. So mail the coupon now, to Marshall Stillman Association, Suite 1721-G, 461 Fourth Avenue, New York.

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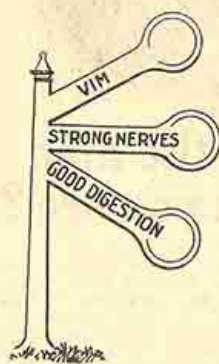
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Your heart is nothing but a muscle made up of millions of single cells. A weak heart composed of weak cells is a constant danger to life. The same takes place in your lungs, liver, and every other organ. You Will See Now the Important Part Mineral or Cell Salts Play in Your Life.

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HEAD LOCKS AND CHANCERY HOLDS

(Continued from page 33)

quickly, there is grave danger of the attacker getting caught in a more or less precarious position, from which he may find it extremely difficult to successfully escape if in competition with a clever wrestler. The development of this sequence of moves, the "Turn in," getting the Chancery, the "Throw" and the "Follow" must all be correctly timed and properly performed in order to be assured of success. A mistake



Fig. 12

Fall imminent from Lewis Head Lock.

may be fatal. For this reason, considerable study and practice must be given this hold before one can expect to secure exceptional results for its use.

There are several ways in which this hold can be effectively held. In holding this hold it is usually advisable to bring both hands into play in order that your arms can be held tighter and closer together. This enables you to more firmly hold and imprison your opponent's head. In holding a Side Chancery under your left arm, you



Fig. 13

Side-Chancery:—Twisting your man over your thigh.

can strengthen your hold by grasping your left chancery wrist with your right hand in order to reinforce your hold and increase its effectiveness, as illustrated by Fig. 10.

Another method of reinforcing Lewis' Head Lock or the Side Chancery Hold and

increasing its punishing powers is the following method favored by Lewis: Put the large knuckles of your left hand on the point of opponent's jaw while holding your opponent's head tight against the side of your body. Squeeze opponent's head as tight as you possibly can. Don't relax your hold an instant in the least. In this manner you can severely punish your man as you attempt to crush opponent's imprisoned head under your chancery arm by bringing strong pressure to bear on his jaw and temples. Strong pressure on the point of his jaw with the knuckles of your left hand, reinforced by the powerful pressure given with your right hand in backing up the pressure of your left knuckles, will

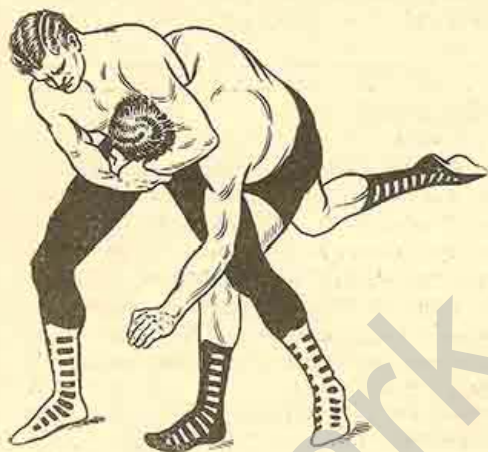


Fig. 14

Standing Side-Chancery Hold.—Tripping your man over your leg.

double the punishing effectiveness of this powerful hold. Besides, the finger-foil method of locking your hands prevents opponent from effectively attacking your fingers in his efforts to free himself of your hold.

As far as the respective merits of the above methods of holding Lewis' Head Lock or Side Chancery Hold are concerned, each has its own points of superiority. If the hold be held primarily for the sake of giving punishment, in order to weaken your opponent and eventually lessen his efficiency, the finger-foil method, held with the knuckles on the jaw is undoubtedly by far the best. However, if you intend to get your man quickly, in order to bring him bodily over

your hip in order to secure an unexpected, sudden, heavy, jarring and decisive direct fall, the first method in which your right hand reinforced your left chancery arm by

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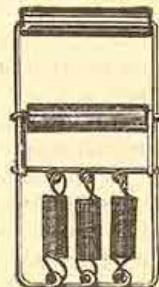
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grasping your left chancery wrist should be given the preference.

However, in either case, no matter how you hold your hands, in order to reinforce the hold of your left chancery arm, be sure and keep up the pressure while you twist and pull his chin and head down tight against and across your chest and body in order to weaken his position and prevent him from offering any effective defense or countermove against you.

As combat conditions may warrant, several effective methods are at your disposal in order to bring your man down to the mat after your opponent's head is safely imprisoned under left chancery arm.

Without the help of any assisting hold or holds, you can drag your man down to the mat by giving him your body weight, as

illustrated by Fig. 11. By keeping up your pressure, you can from this position gradually force your man down to the mat, as illustrated by Fig. 12, and eventually work your opponent over and on to his shoulders in order to secure a fall in your favor, as illustrated by Fig. 9.

As Chancery Holds are more effective if used in combination with some other assisting hold or holds, you can also bring your man down to the mat by twisting him over your left thigh, as illustrated by Fig. 13. You can also trip him over your left leg, as illustrated by Fig. 14, or you can secure a smashing throw by bringing your man bodily over your hip to a direct jarring fall by means of the following Head Lock and Hip Lock Combination, as illustrated by Fig. 15. (To be Continued)

EAT AND BE HEALTHY

(Continued from page 28)

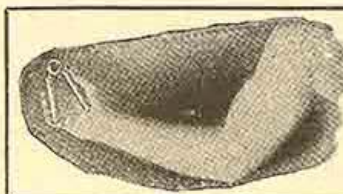
With this point clearly understood, I would suggest that the appetite be allowed to have a large say in the matter of how much and of what the menu should consist, always bearing in mind, it is needless to say, that the articles of diet are of a wholesome and nourishing character. When practicing weight-lifting exercises, never be ashamed of your appetite. There's a deal of difference between the fat man who eats a lot and the well-developed man who has a healthy appetite. One lives to eat, the other eats to live.

Another feature often overlooked, particularly by the young enthusiast who undertakes a course of weight-lifting, is the amount of liquids the body is being deprived of during heavy exercise. It is well known that the kidneys are stimulated to greater effort, and that the impurities of the body are thrown off in large quantities through the pores of the skin. Now, in order that the body may be able to get rid of these impurities through perspiration and the uric

acid thrown off by the kidneys, it is necessary that it, the body, have plenty of moisture to work with. Therefore, be sure that you drink plenty of good, pure water. Here again the appetite will guide you. Water, like all other liquids, should be sipped or taken in small swallows. Not only is it easier on the system taken this way, but it really tastes better.

There's a well-known French saying that recommends that we "eat enough; work enough; play enough and sleep enough, but not too much." That, to my mind, is what we who go in for weight-lifting exercises should take as our motto. Our own good common sense, coupled with experience as we progress, will keep us on the road to Wellville much better than by following anyone else's advice.

Follow the meat, fish, egg, milk diet. Don't be a crank; be normal. Eat the nourishing things that you enjoy, because you won't enjoy them if they don't agree with you.



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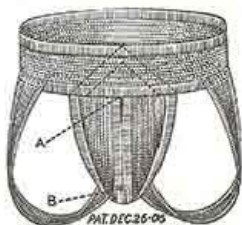
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