

IS PASSION THE TEST OF LOVE?

# Health and Life

SEPTEMBER, 1924

25 Cents



Photograms

Violet Sheppard Wins Bradley Beach Beauty Contest

**WHAT HAVE YOU TOLD YOUR BOY?**

**SNATCHED FROM THE GRAVE**

**WOMEN'S DISEASES**

Go to School at Home!



## HIGH SCHOOL COURSE IN TWO YEARS

### YOU ARE BADLY HANDICAPPED

if you lack High School training. You cannot attain business or social prominence. You are barred from a successful business career, from the leading professions, from well-paid civil service jobs, from teaching and college entrance. In fact, employers of practically all worthwhile positions demand High School training. You can't hope to succeed in the face of this handicap. But you can remove it. Let the American School help you.

### FIT YOURSELF FOR A BIG FUTURE

This course, which has been prepared by some of America's leading professors, will broaden your mind, and make you keen, alert and capable. It is complete, simplified and up-to-date. It covers all subjects given in a resident school and meets all requirements of a High School training. From the first lesson to the last you are carefully examined and coached.

### USE SPARE TIME ONLY

Most people *idle* away fifty hours a week. Probably you do. Use only one-fifth of your wasted hours for study and you can remove your present handicap within two years. You will enjoy the lessons and the knowledge you will gain will well repay the time spent in study.

Check and mail the coupon NOW for full particulars and Free Bulletin.

**American School**  
Dept. H6143  
Drexel Ave. and 58th St., Chicago

American School  
Dept. H6143 • Drexel Ave. & 58th St., Chicago  
Send me full information on the subject checked and how you will help me win success.

- |                              |                            |
|------------------------------|----------------------------|
| .....Architect               | .....Lawyer                |
| .....Building Contractor     | .....Machine Shop Practice |
| .....Automobile Engineer     | .....Photoplay Writer      |
| .....Automobile Repairman    | .....Mechanical Engineer   |
| .....Civil Engineer          | .....Shop Superintendent   |
| .....Structural Engineer     | .....Employment Manager    |
| .....Business Manager        | .....Steam Engineer        |
| .....Cert. Public Accountant | .....Foremanship           |
| .....Accountant and Auditor  | .....Sanitary Engineer     |
| .....Bookkeeper              | .....Surveyor (& Mapping)  |
| .....Draftsman and Designer  | .....Telephone Engineer    |
| .....Electrical Engineer     | .....Telegraph Engineer    |
| .....Electric Light & Power  | .....High School Graduate  |
| .....General Education       | .....Fire Insurance Expert |
| .....Vocational Guidance     | .....Wireless Radio        |
| .....Business Law            | .....Undecided             |

Name .....

Address .....

# Eating to Correct Ill-Health

By BERNARD BERNARD  
Phys. B., M. P. C. (London)

(Containing 240 pages)

THIS BOOK has been especially written for those who wish to have detailed instructions as to how to eat to counteract some particular form of ill health. The book therefore is most valuable. Everybody nowadays agrees that wrong eating is the chief cause of disease, and that by reversing the method, disease may be eradicated. This has been borne out where the principles of eating, as expounded by Bernard Bernard, Editor of HEALTH and LIFE, have been applied.

To eat so as to correct Ill-Health is not necessarily a very irksome process. You can really have meals that you will enjoy, and at the same time get rid of your complaint so that you develop a healthy appetite for good food; if you follow the instructions given in "EATING TO CORRECT ILL-HEALTH."

If you are suffering from one of the complaints enumerated in the Table of Contents then you will find this book a boon and a blessing, and you will be thankful for this announcement which brought it to your attention.

Take heart. You can cure yourself. You can enjoy the health, strength, and yes, good appetite that you so much desire, if you just follow the simple instructions regarding your case outlined in this wonderful book.

People do not get ill only through overeating. They get ill through overeating certain classes

of foods, and by going without the necessary ones. They will get ill through faulty food combination. These bad methods of eating set up auto-intoxication, and a blood stream that welcomes disease. In reading "EATING TO CORRECT ILL-HEALTH" you will find out how to eat so as to eliminate the poisons attacking your body and causing your indisposition, and to establish a clean, healthy blood stream that will give you protection against all forms of ill-health.

You will find the book exceedingly pleasant to read. It is written in Bernard Bernard's easy and readable style. The instructions are particularly clear. There are no difficult technical terms which mean little if they are not understood, and even a child could follow through the instructions given without fear of making a mistake.

We are absolutely positive that you will be perfectly satisfied, and if you are not,

we are quite prepared to give you back your money in full. No offer could be fairer than this.

It is your right to be healthy, fit, and strong, able to enjoy life, and able to enjoy good meals.

Don't delay. Send for your copy of this great book.

Don't miss this opportunity of getting the book, but send right away. Send your check, money order, or currency for only \$1.75, no more, and this valuable book will be sent to you immediately.

### LIST OF CONTENTS

- The Cause of All Disease.
- Eating to Eliminate.
- Eating to Combat Consumption.
- Tuberculosis In Other Organs.
- Goitre.
- Catarrh and Asthma.
- Rheumatism.
- Indigestion.
- Constipation.
- Fatness and How to Reduce It.
- Thinness—And How to Put On Flesh.
- Eczema.
- Piles.
- High Temperature.
- Cancer.
- Diabetes.
- Anaemia.
- Acidity.
- Sex Weaknesses.
- Bad Breath.
- Headache.
- Kidney and Bladder Trouble.
- High Blood Pressure.

**HEALTH and LIFE PUBLICATIONS**  
508 South Dearborn Street - - - - - CHICAGO, ILLINOIS

# When Marriage Is a Crime

Men who are serving prison terms for obtaining money or goods under false pretenses—men who have been hanged or electrocuted for killing other men, are no whit worse than many a man walking the streets today who has falsely gained the affections of a young girl, married her, and then, through his physical or mental rottenness, killed her every hope of future happiness.

Fatherhood should be a Felony, punished as a Capital Crime, when a man knowingly slaughters all that is most sacred in a woman's heart; her faith in the ability and character of her husband, her expectations of a happy home, her hopes of some day becoming the mother of strong, healthy, happy little ones.

## Make Yourself Fit Before You Marry

**Stop! Think!** Don't take the fatal step. Fit Yourself for matrimony, before you ask any woman to marry you. She can't know the things about you which YOU know and many of your men friends know. If you are weak, watery-blooded, bilious; with your tissues rotting away with constipation and your manhood lost through early excesses and dissipation, you are Unfit—Unclean—in no condition to marry her or any other girl.

**Don't Do It!** You will regret it for the rest of your life. And the girl who loves and trusts you until you are a real man in the fullest sense of the word. Get rid of the ailments which will mean lifelong misery to you both. Put on flesh, if you are a walking skeleton; trim down, if you are grossly fat. Build yourself up, until you are fine and fit again. You can do it—if you will exert your Will Power and begin NOW!

## Restore Your Flagging Powers and Manhood

I will tell you what to do and how to do it. I have spent my life studying Nature's way of restoring health, strength and vigor to men and women who have lived too hard or too fast; who have, through ignorance or folly, violated Nature's Laws and are paying the penalty for it.

If YOUR virility is gone; if you are UNFIT and are becoming more so every day—I Will Help You. You won't need drugs or dope of any kind. I will show you how Nature herself can free you from the ailments that are keeping you unfit. I will teach you how to make use of her wonderful powers of Revitalization to build up your body, strengthen your vital organs—all of them—clear your brain, and get back the Manhood you have lost. I have done it, and am doing it today, for thousands of other men and women. What I have done for them I can and will do for YOU—I GUARANTEE IT—irrespective of your age, sex, occupation or surroundings.

# STRONGFORTISM

## The Modern Science of Health Promotion

Physicians and surgeons thoroughly appreciate the fact that—in a great number of cases—the rebuilding, revitalizing Forces of Nature alone (when the Cause of the trouble has been removed) Will Work the Cure. **Strongfortism** is a Science which I have developed out of and founded on these Forces. I have spent practically my whole life studying them, classifying them, learning how to apply them to individuals. By means of Strongfortism I built myself up and have won the World's Award as the Most Perfect Specimen of Physical and Health attainment. Through it I have helped bring happiness to my pupils in every part of the World. If YOU are weak, sickly, anaemic, burned out, **Strongfortism** will show you the one scientific certain road back to health, strength and virility.

## Send For My New Free Book, "Do It With Muscle"

It contains the elements of Nature's most corrective and rebuilding forces. Every man and woman ought to read it. It will give you facts about the human organism which probably you have never known—facts that those who are married or about to be married can not afford to be without. It will show you how you can be a real, red-blooded, virile man and fit yourself for the joys of married life. It's absolutely free.

Just mark the subjects on the consultation coupon on which you want special confidential information and send with 10c (one dime) to help pay postage, etc. Send for my free book Right Now. **TODAY!**

## GUARANTEE

After faithfully following the individual Course in **Strongfortism** planned for you under my personal supervision, if you have not received real benefits in Health, Strength and Physical Development at the completion of the Course, I positively guarantee to refund all money you have paid me. (Signed) Lionel Strongfort.

## BANK REFERENCES

National City Bank, New York; Lloyds Bank, Ltd., London; Banco Aleman Transatlantico, Buenos Aires; National Newark & Essex Banking Co., Newark, N. J.; Member Newark (N. J.) Chamber of Commerce.

## Mail This Coupon in to Me Today

ABSOLUTELY CONFIDENTIAL

### FREE CONSULTATION COUPON

Mr. Lionel Strongfort, Dept. 1602, Newark, N. J.—Send me FREE my private copy of "DO IT WITH MUSCLE" (for which I enclose one dime (10c) towards mailing expense. Send me special information on subjects marked (X) below, without obligation. If you have taken my "Regular" or "Advanced" Courses, kindly indicate same by making a cross in box for this purpose in coupon.

- |                 |                   |                      |
|-----------------|-------------------|----------------------|
| Colds           | Anemia            | Increased Height     |
| Catarrh         | Debility          | Despondency          |
| Hay Fever       | Fear              | Gastritis            |
| Asthma          | Vital Losses      | Heart Weaknesses     |
| Obesity         | Neurasthenia      | Poor Circulation     |
| Headache        | Short Wind        | Skin Disorders       |
| Thinness        | Flat Feet         | Vitality Restored    |
| Rupture         | Constipation      | Falling Hair         |
| Lumbago         | Vitality Restored | Stomach Disorders    |
| Neuritis        | Biliousness       | Round Shoulders      |
| Neuralgia       | Torpid Liver      | Lung Troubles        |
| Flat Chest      | Indigestion       | Weak Back            |
| Insomnia        | Nervousness       | Drug Addiction       |
| Bad Breath      | Impotency         | Weaknesses (Specify) |
| Bad Blood       | Poor Memory       | Muscular             |
| Youthful Errors | Prostate Troubles | Development          |
| Weak Eyes       | Rheumatism        | Great Strength       |

Name .....

Age ..... Occupation .....

Street .....

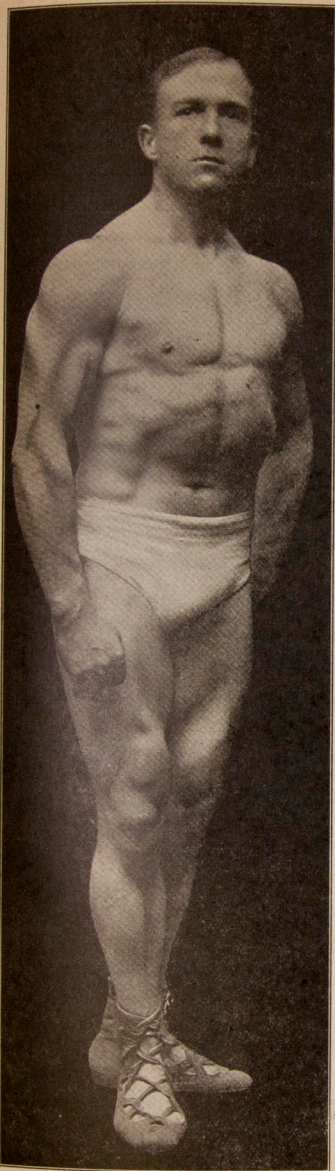
City ..... State .....

I have taken your "Regular" Course

I have taken your "Advanced" Course

Have you received my book "Promotion and Conservation of Health, Strength and Mental Energy"?

When .....



LIONEL STRONGFORT

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

# LIONEL STRONGFORT

Physical and Health Specialist for 25 years

Department 1602

Newark, N. J., U. S. A.

## Health and Life

The National Monthly Magazine for  
Health, Physical Education  
and Right Living

SEPTEMBER, 1924

Vol. III Number 9

### CONTENTS

I was Skinny, But I Developed Strength and Muscle. By Pearl Van Norstran.....	333
What Have You Told Your Boy? By T. J. Allen, M. D. ....	334
Is Passion the Test of Love? By Bernard Bernard.....	335
Nature Snatched Me from the Grave. By W. P. S. ....	336
Exercises for Limbering Up the Spine .....	336
The Man With the Iron Jaw.....	337
Diseases of Women. By Dr. Victor H. Lindlahr.....	338
The Olympic Games. By F. A. Hornibrook.....	339
Some Notes On Right Living and Eating. By Harry M. Hill.....	340
With the Men of Iron.....	341
Using the Mind and the Soul. By Warrington Dawson.....	342
Among the Grapplers .....	343
Where There Is Love. By Bernard Bernard.....	344
Pictorial .....	345
Editorial .....	346
The Junior Athlete. By Dr. M. N. Bunker.....	348
Advice Department .....	350
HEALTH and LIFE Fellowship Notes. By the Secretary .....	351
HEALTH and LIFE Congress.....	352

### HEALTH AND LIFE MAGAZINE

508 S. Dearborn St., Chicago, Ill.  
20c a copy \$2.00 a year  
In England 9d a copy, 7-6 a year

Entered as second class matter August  
28, 1922, at the Post Office at Chicago,  
Illinois, under the Act of March 3, 1879.

Copyright by Bernard Bernard

English Agent: A. Dunaway, 32 Norfolk  
Road, Brighton, Sussex.

Press of John W. Higgins  
376-380 West Monroe Street 40

# MANHOOD

When a youth is emerging into manhood's estate, he is assailed by dangers which very few have the courage to warn him against. Yet the whole success of his life depends upon his knowledge of these things. He will gain knowledge, undoubtedly, but it will be that which is contaminated if it does not come from wholesome sources.

If ever there was a need for a sound book telling the young man all that he needs to know, that time is now. The editor of "Health and Life" has satisfied that want by writing his great book on "Sex Development".

It is a very human document, being, as the author himself says, the knowledge which carried him through successfully to clean manhood.

Every man, of any age, ought to be acquainted with all the details in this book; there would then be less tragedies, less misery and unhappiness and less disease, and there would be more efficiency, cleanliness and purpose in life.

# WOMANHOOD

Every woman ought to know the facts of life; if she does not, she is in grave danger. It is a little slip which may hurl her into the abyss; and it is a little knowledge that will arm her for her battle through life. In "Sex Development" Bernard Bernard has dealt with sex facts so beautifully that every woman can read with interest and inspiration the great story of the book of life.

There is not a passage in this book that could injure the susceptibilities of the most refined young woman, yet all that is necessary is contained in it.

Written in Bernard Bernard's own style, bearing an abundance of knowledge, it also has that intense sympathy with the struggles that we all have to face. This book is a masterpiece. It gives light and understanding and you need to read it.

### Read This

Dear Editor, Dec. 14, 1923.  
Some miraculous Providence guided me to an old number of your magazine a short time ago. I immediately subscribed to it, and sent for your book: "Sex Development." I am entranced. For months I have hesitated about marrying a man who is devoted to me and I to him.

I am enclosing a check for further books. Your wonderfully sweet and pure idealism as expressed in your magazine and books has made life all over for me. And I know the new life will be beautiful and happy.

Do hurry these books to me.

Sincerely yours, D. M. Ithaca, N. Y.

# SEX DEVELOPMENT

(Love, Birth and Development)

By BERNARD BERNARD,

Phys. B., M. S. P., M. P. C., London

THE BOOK THAT REALLY TELLS MEN AND WOMEN THE THINGS  
THEY OUGHT TO KNOW

A FEW OF THE HEADINGS ARE:	
The Principle of Reproduction.	Comparative Sex.
What is Birth? Love.	Why Two Sexes? Male Organs.
Development.	Female Organs.
The Sex Apparatus.	The Correct Use of Sex.
The Embryo and Its Development.	The Ovary.
Evolution of the Brain and Nervous System.	The Spermatozoan.
	The Origin of Altruism.
	The Urogenital System.
	Sexual Selection.
	Heredity.
	Cell Development and Reproduction.
	Fertilization.
	Recapitulation.
	Assuring Happiness.
	Success.
	The Secret of Human

Listed by the National Educational Association

Written in popular language, it can be read and enjoyed by young or old.

It fills the long-felt want of a truly reliable and scientific yet popular work of sex education.

The book is fully illustrated with diagrams. Only \$1.25 Postpaid. Send check or money order for \$1.25 for your copy now to make sure of one.

### SPECIAL HEALTH AND LIFE COUPON

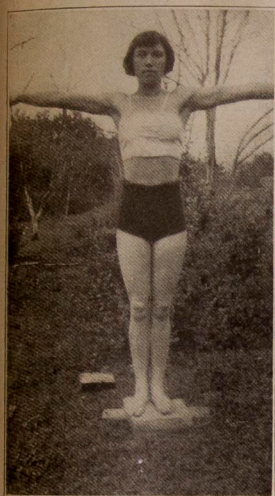
To the Publisher, Health and Life Publications,

508 S. Dearborn St., Chicago.

Please send me a copy of "Sex Development." I enclose \$1.25.

Name .....

Address .....



MISS PEARL VAN NORSTRAN

Once a skinny weakling, she was shown by her father, an actor and Strong Man in vaudeville, how to live and exercise, so that she has become a picture of health, strength, and beauty.

I AM a sixteen year old girl whose daddy is, or was, an actor and Strong Man in vaudeville. He did balancing, heavyweight lifting, and is an enthusiastic reader of HEALTH and LIFE. Like my father I am an admirer of the body beautiful, health, and the big free outside, and therefore a member of the HEALTH and LIFE Fellowship.

My mother died when I was born. I was such a frail little infant that it was thought my father could not raise me, so I was sent to my grandmother. It was not until I was fifteen years old that I first saw my daddy.

During all the years previous to this I had heard much of him. I had heard of his great strength, and physical health. I visualized him, drew mental pictures of him in my mind, as a small yet well developed man, youthful looking, neat, full of life, and with a sunny smile. When he came to me, one year ago, he filled the bill as though he were made to order.

Until three months ago, I secretly admired his muscular body. I often saw his big, strong, arms, with their

## I Was Skinny, But I Developed Strength and Muscle

By Pearl  
Van Norstran

bulging muscles, and being a skinny girl, my! how I admired such development!

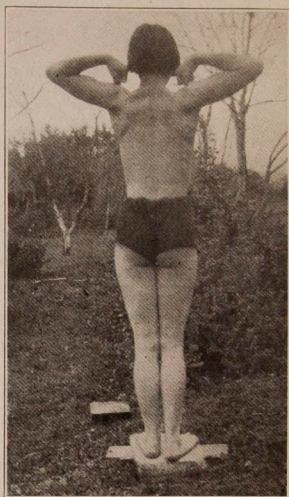
One day, I was feeling his arm, and his muscles stood out like steel bands. So I remarked to him, "Daddy! I wish I could become strong and shapely, like you."

To my surprise he replied, "You can, my daughter. Come to me, once a day, say for ninety days, and if you are persistent and anxious I will show you how to live so that by that time you will have improved so much that you will not know yourself. And even that will only be a starter".

Well, I went to him once a day, and he taught me how to live. Today I am stronger than the average man. I can put up an eighty pound weight four times over my head with my right hand, and three times with my left. My body is becoming covered with an armour plate of muscle, as if I am inside an encasement of strong bands.

And I am growing stronger every day. I was never so happy before. My ambition is to become one of the world's strongest women athletes.

I know how to live. Every fibre of my anatomy is vibrating with life. Other people stare at me, and wonder



MISS VAN NORSTRAN'S BACK MUSCLES  
She is coated with an armour plate of muscle, and can raise an 80 lb. weight four times with her right hand, and three times with her left.

Girls crowd around, asking questions, and feeling my arms. My ambition now is, as a member of the HEALTH and LIFE Fellowship, to set an example, to encourage others, men and women, to develop health and strength and a well developed body.

It is glorious to feel fit. My daddy is a champion wrestler, and I am now strong enough to work out with him. I love practicing the holds, and learn them ever so easily. I am almost tireless, seemingly. The more I give my muscles to do the more they seem to ask for. Gee! This is the life! It beats joy riding, and petting parties too! You never catch me staying out at night, and losing rest; nor do I have to use cosmetics for my complexion.

My father and I are great believers in "Vitolaxing", and have recommended it to several of our acquaintances. We are both enthusiasts, feeling the joy of life, and experiencing it for ourselves, but not forgetting the other fellow, because we know that what we have attained for ourselves others can attain for themselves. The greatest feeling in the world is to be fit, healthy, and well, and to have a beautiful body.

# What Have You Told Your Boy?

By T. J. Allen, M. D.

If the average boy could realize the hindrance to his success in life, to his peace of mind in later years, that must result from bad physical and mental habits, he would be very glad to have the timely benefit from the instruction that is here given.

Habits, good and bad, habits of doing and thinking, are being formed from the day we are born. Bad habits usually may be corrected, if it is not too late, but the longer a habit is established, the more difficult it becomes to correct it. Therefore, the wise rule is to avoid the formation of bad habits—to form good habits.

We are all very liable to form bad habits in the exercise of the primal functions, that which has to do with the preservation of the individual, eating, and that which has to do with the preservation of the species. Almost everyone eats too fast and very few are as careful as they should be in the choice of food. I shall have more to say of this in a subsequent article.

The physiological function for the perpetuation of the species should be entirely inactive till maturity, that is, till the age of 18 in the girl and 21 in the boy, and it would be better if it were a few years longer. We do not mean by this that we should be entirely innocent of the existence of sex differences or of any different feeling toward the opposite sex—quite the contrary. We are properly interested in everything that pertains to life. The child of six usually is interested to know something of the origin of life; and it is important that he get the proper information from the proper source. He should have high ideals of the purpose of the generative function in all living things; and, it is entirely proper that he should understand, as he approaches the age of maturity, the importance and the beauty of purity and the dignity of manliness and womanliness.

Sex consciousness begins much earlier than is generally recognized; and it is very important that the fundamental knowledge of generation should be properly understood and that it should be idealized.

There always is danger of over-consciousness in this as in other respects. In exercising proper care about food selection and the processes of digestion, there always is danger that we may become hyper-conscious and do more harm than if we gave it no attention at all. The ideal condition in feeding would be to have the best possible food set before us always and to have no other in sight, to be always calm at the time of eating, and to eat with relish, slowly and leisurely; but the conditions by which we are surrounded make this impossible. Therefore, if a child is not instructed early about proper eating, if he is not carefully instructed about the choice of foods; if temptation is not carefully removed, if proper habits are not formed, his intelligence and self-control in regard to eating cultivated, he must suffer—even worse than the centipede suffered who tripped himself with his feet by having his attention directed to them. As the story goes, the centipede was happy, quite, till one day the frog, for mischief asked him: "Pray which foot comes after which?" And thereafter the centipede rolled helpless in the ditch. We must carefully avoid the two extremes. This is a beautiful ideal that some of us parents would have realized in our children, in regard to sex—complete innocence till the proper time for exercise, which should then be as pure as the ideal virgin birth that we idealize, that is impossible, even were one to live on an uninhabited island. All authorities are now agreed that the only wise course is proper instruction at the proper time. Something can always be left for the imagination. It is especially in moral education, a hint is better than the naked truth. There is, however, a time and a place for absolute candor and detailed consideration of the facts. In my investigation of the means by which boys have been saved from the frightful results of ignorance and lack of self-control, I have found that, next to the systematic sex been taking the boy, about the age of twelve, to see an exhibition of models of actual conduct; so, while we should not rely upon that alone, it is appropriate that the sad results of immoral conduct should be appropriately impressed upon the mind, at the right time.

# Is Passion the Test of Love?

By Bernard Bernard



AS A MAN SOWS, SO SHALL HE REAP  
"The Sower". A work of sculpture by  
Albin Polasek, of Moravia, contemporary  
heroic bronze figure. It was none other  
than Jos, Richmond who posed for this  
bronze.

WHAT is Love? This question has been asked by millions throughout the ages. Each person who answers has a different answer. You will find, however, that each answer has something in it corresponding to the person's own experience. For, after all, love is an experience.

There are those who see in love merely the coming together of male and female for the purpose of procreation; agreed that there is a certain magnetism attracting the two, but the magnetism as they explain it is merely an exhibition of universal force which dictates "Thou shalt reproduce, this is the first law of life."

## Different Kinds of Love

There are others who ignore the above almost absolutely, looking upon procreation as an unimportant accompaniment. That is why we hear so much of Platonic love, as if a man and woman could be fully in love with each other apart altogether from sexual attraction.

Then there is the Swedenborgian love, which is very similar to the above mentioned. In this all physical attraction is held to be base, while soul mingles with soul freely, independent of the body. Whether that is possible I will not discuss. That is the idea anyway.

Then there is the fire of passion, which some will answer is the criterion of love. If this passion stirs them, they believe that is love. Possibly the majority of marriages said to be purely for love are really the outcome of the fire of passion. A man or woman will do anything while under the influence of such passion, and nothing will stand in the way of the satisfaction of it.

Naturally those who have had experience of nothing more than this passion find passion the test of love. If it is present they believe they are in love; if it is not present they think there is no love. The consequence is that these people marry hurriedly, as soon as the fire of passion grips them. But after satisfaction, the passion dies down, the normal person comes into being, and the two erstwhile lovers view each other as two ordinary human beings. The veil is drawn aside, all the glamor and fire disappear, and they see only what is left. If there are two real, good, human beings, each willing to share responsibilities, willing to make things go, willing to overlook faults and shortcomings, willing to strive to get along, perhaps the two will manage to live out the remainder of their days in a tolerable form of happiness.

## When the Fire of Passion is Exhausted

However, we know that after the fire of passion has exhausted itself, these people frequently believe that their love is dead. As a matter of fact, they have never experienced love. They allowed merely the instinctive, the physical, to govern them. Sometimes they look for another partner who will fire this passion once more. If they are successful in their search, they get divorced, and have another—"romance", they call it, but what it is I leave to you.

The real romance of love exists where there is a whole-souled yearning, based not on one particular aspect, but on the sum of the constituents of love. There is passion, there is friendship, there is intellectual intercourse, there is physical attraction, but beneath all there is a subjective impulse which impels one towards the other, calling for a union of mind, body, and soul.

It is my belief that such a love is not something which is experienced "at first sight". That is the passion love. True love, although apparent perhaps from the first moment the two meet, is something which begins as a tiny bud, and grows and opens as the two get to know each other better and better. It is true that the heart may flutter a little at the sight of the future beloved, but all is calm between the two. There is the ability to discuss important matters, to ascertain intellectual similarity of interests, so that the unity becomes a full and true one, and not one merely based on the physical.



THE FOLLY OF SPRING  
A work of sculpture of Pierre Delanois, Salon  
de Paris. In the spring of life a woman de-  
termines what the summer, the autumn, and,  
aye, the winter will be. There is much folly  
in the spring of life.

## What is Full Adulthood?

After all, we are human beings, and we are made up of more than bodies, more than just passion. Marriage has in it more than the mere coming together for the expression of a passion. It has responsibilities as well as privileges. Thus, if there is love, if there is a whole-souled desire for a coming together in intellectual interests in common, as well as a physical attraction, then marriage becomes the great inspiration of life. It is not until a man is happily married, with the inspiration that a good and loving wife gives him, with all that she means to him as the future mother of his children, with all the contact that she gives him with the universal force of life, that he becomes a man fully fit to face the world and all its problems, equal to any task that may come to him, ready to tackle a life's work because he is fully adult. After all, adulthood is not merely physical maturity. It is the realization of the full forces and functions of life.

With such a love, of course, there is passion. There is a passionate love, but it is not a blind love. It is an all-seeing love, an all-wise and an all-knowing love, seeking the good of the beloved, overlooking faults and shortcomings, helping and assisting during periods of unhappinesses, having eternal faith.

Unfortunately, in many of the novels of the day, this deep and all-embracing love is hardly ever the motif for the story. It is usually some great, absorbing passion which transforms the hero into a "cave man", we might almost say "ape man", and the heroine into a helpless doll. Yet there are innumerable people who really experience love in its fullest sense, and who would appreciate novels where this all-em-

(Continued on Page 358)

# Nature Snatched Me from the Grave

By W. P. S.

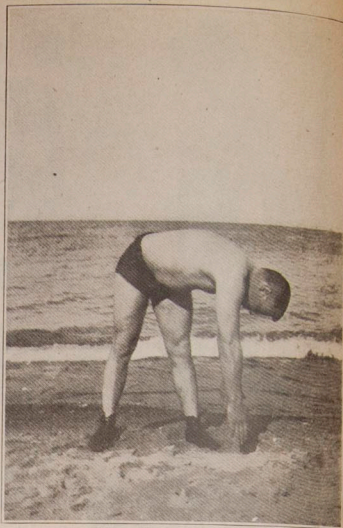
[Here is a most extraordinary revelation of a young man, who, in childhood, and due to ignorance, brought himself down to such a condition that he was actually knocking at death's door. The story of his fight back to purity and health is a real help and comfort to those who have their own personal difficulties of a similar nature. If he was able to drag himself from the nose of death itself, then those in a less serious condition may know that their own battle can yet be won. That battle is the greatest battle of their lives, and one that every youth has to fight.—Editor.]

IF I had the opportunity to live beautiful, carefree youth again, would I take advantage of it? If it were to be my old youth again as I lived it, I would decline it with courteous thanks to the one who proffered it to me.

It is only a decade ago that I emerged from the horn of pain, suffering and despondency that is beyond comprehension of the ones who have not gone through it. But thankful I am that at the end of that terrible horn I found a Light, the most precious Light I believe I shall ever see in this mortal world, and that Light was Nature with the flaming torch of physical training. Looking back over it all now in my healthy, athletic state, it all seems like a dull, uncertain and unreal dream, that suffering and that being so near to the Great Unknown.

I was fourteen years old the first

time that I came under the critical eyes of an M. D. in the way of having my tonsils and adenoids chiseled out. But that was not the end, far from it. Although we lived on the farm, we enjoyed the usual standard of living that is done in a rural community: we were totally illiterate of what constituted the first principles of bodily health. Our bill of fare was also of the American or civilized variety: white bread, milk that had been run through the separator in strong coffee thrice daily, pared and boiled tubers, polished rice, all fresh vegetables in vinegar, et cetera. As to cleanliness, we only washed our hands and face, our feet once in a great while. I was the only child in the family. But in spite of it I had only three bodily baths up to sixteen years of age, and they were

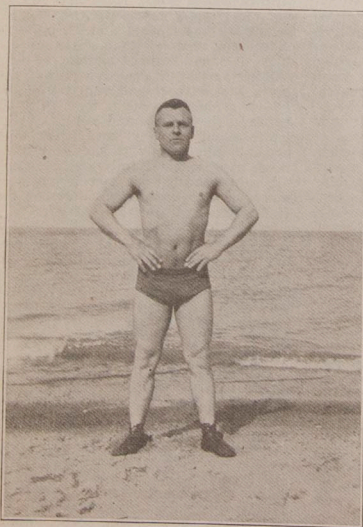


EXERCISE II  
Trunk Complete Circleing.

given me the first three days of my sojourn in this world. Sex was something awful. An occasional "slip" was hastily corrected with a pungent slap on the mouth. So it was never spoken of in its true light.

My Habit Had Brought Me to Death's Door

And so it came to pass that three  
(Continued on Page 356)



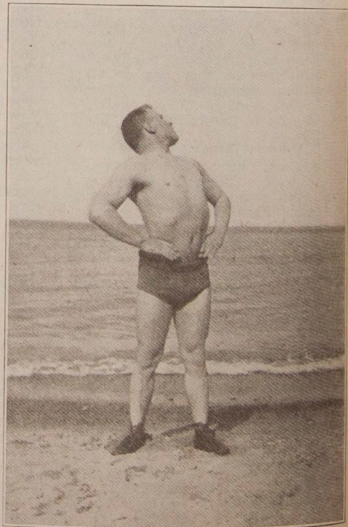
EXERCISE I  
First Position.

## EXERCISES FOR LIMBERING UP THE SPINE.

The two simple exercises illustrated on this page will take you only two or three minutes to practice each morning, and they will keep your spine in good order. They are possibly the most complete two exercises for keeping the body generally fit that are in existence. The first exercise, illustrated in the two bottom pictures:—

First position—put your hands on your hips, feet apart; from there turn your body to the left, and look round to the left as far as ever you can, so that the body and neck are twisted to the fullest extent. Come back to the original position, and twist round to the right in the same manner. Just do this about sixteen times.

In exercise II, illustrated in the top picture, bend down and touch your toes, and describe the largest circle you can with your body. Turn your body round to the left, to the position illustrated, then continue the circles, bending the body sideways to the left, then backwards, and then to the right, until you come back to the start. Do this about twelve times in this direction, and then reverse the movements.



EXERCISE I  
Second Position.



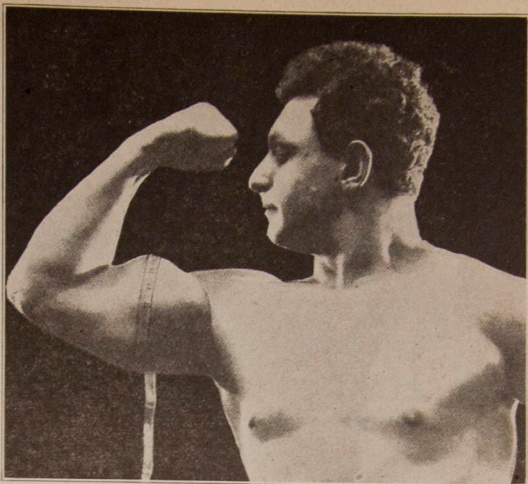
# The Man With the Iron Jaw

Siegmund Breitbart, the Marvel

NEWSPAPERS all over the country have been full of the extraordinary feats of Siegmund Breitbart. Strong men and authorities on feats of strength have been puzzled to know how it is that Breitbart can bite through iron chains. Breitbart himself goes merrily on, performing his feats before vaudeville audiences, inviting all and sundry who care to come and examine for themselves each feat of strength that he performs.

Quite a few readers of HEALTH and LIFE have written in letters about this marvelous man. Several issues of HEALTH and LIFE have borne references to his feats, so that Breitbart is not exactly a stranger to you. But, as promised earlier, I want to tell you a little bit more about him.

Breitbart is an enthusiast for the healthy, the strong, and the beautiful. He is, in other words, a physical culturist first, and then a Strong Man. It was his interest in the human body that led him to develop his enormous strength; for once upon a time Breitbart was a weakling, even a worry to his doctors. Determined not to be weak, he studied his body. As he grew up he studied all the physical culture courses he could get, bought every bit of physical culture apparatus he could lay his hands on, invented apparatus of his own, practiced in every manner to investigate for himself the best laws of developing his body. As he himself says, "Strong Men are made, not born. Every man, young or old, should be strong. I know that every man can be strong if



**SIEGMUND BREIBART**  
A close up showing the tape measure round Breitbart's wonderful arm. You can see, if you look carefully, that it measures 18½ inches. How much does yours measure?

he has the will and determination to take the simple necessary exercises. Therefore every man who is a weakling has been made so by himself alone; either by choice or through ignorance".

Breitbart is a Polish aristocrat and an intellectual. He is a musician, poet, writer, and thinker. But his love of the human body is so great that he has devoted his life to showing the world what a man can do with his body. There is more than just showmanship about his performances. He seeks to inspire those with whom he comes in contact with the same desires that fire him, and it is for this reason he has taken on his career, not only of showman, but of physical training expert. After all, if a man has done for himself what Breitbart has done, he has a right to pose as an authority and show how it can be done.

In his clothes Breitbart is not a ponderous looking man. He is so well proportioned that he looks more like a college athlete, and, of course, every inch an aristocrat. His measurements are as follows: Height, 6 ft. 1 in.; neck, 19 ins.; biceps, 18½ ins.; forearm, 16 ins.; waist, 35 ins.; chest, 50 ins.; thigh, 28 ins.; calf, 17 in.; weight, 225 lbs. So it is when you see him stripped that you realize what an extraordinary physical specimen he is.

He is certainly a man with an iron jaw, because he is the first man ever to bite chains through with his teeth. He has absolutely nothing in his mouth; it is simply by pure strength that he snaps the chains in two. Dentists have examined his mouth, and all they find is that his teeth are about four times as thick as the average person's teeth. But it was discovered that the teeth have grown right down into the jaw bones themselves.

To give an example of his enormous jaw strength Breitbart had himself hitched to a wagon carrying sixty persons. Then he had a couple of heavy carthorses with the braces fixed to an attachment in his mouth, and the horses drew the wagon all over the city, Breitbart's jaw forming the connecting link between wagon and horses.

Twisting iron bands around his arm is child's play to Breitbart; he also bends iron bars into horseshoes. These bars are only ten inches long, and are a half-inch thick. The extreme shortness makes this a terrific test of strength. He has enormous supporting power. He allows automobiles to run over him, and in some of his feats he allows his body to form a bridge over which a pageant of horses and oxen are driven. In another supporting feat he has a merry-go-round

(Continued on Page 358)



**THE MAN WITH THE IRON JAW**  
Six men pull at this chain, unable to break it apart. You can choose any link you like, and Breitbart will snap it through with his teeth.

# Diseases of Women

By Dr. Victor H. Lindlahr

[Dr. Victor H. Lindlahr, Chief of the Lindlahr Sanitariums, has brought out some most vitally important points in this article. Most of the diseases of women need never happen, if only a natural and normal life is lived; but, as the doctor points out, the interference with natural and normal functions by such artificial methods as drugging and the use of the knife often results in chronic indispositions. Dr. Lindlahr makes an appeal for commonsense. Ah! If only there were a little commonsense in the world, how much unhappiness, pain, and misery would cease to be!—Editor.]

WHAT we have been pleased to call "women's diseases" are very often men's diseases—infections passed to the innocent wife by the careless or ignorant husband. This deplorable state of affairs comes about through a number of circumstances, which we will go into in more detail later. Many a young wife, who, shortly after marriage undergoes an operation for appendicitis, comes out of the operating room minus an ovary, and the surgeon informs her that while they were examining her affected appendix they found such and such a condition which necessitated an operation on her female organs.

Many men contract gonorrhoea, undergo treatment and are apparently cured. After marriage the disease, which was not cured, but merely latent, becomes active and the innocent wife is infected.

I remember an incident which arose while examining a young married lady who had been told by another physician that she had this disease and had come to us for a verification. When we submitted our report, which confirmed the previous diagnosis, she said, "Well, good lord, where could I have gotten it. Surely Jack never had it." Her conversation led on and she wound up with the expression that "only poor white trash ever had such a disease of filth and no nice person ever had it." I wonder how many other women think the same way?

In the army it was found that over 75% of the soldiers had, or had had the disease. A noted specialist in women's diseases, a dear friend of mine, told me that approximately 60% of his operative cases for so-called "women's diseases" were due to the various after-effects of gonorrhoea. Just what percentage of women's troubles are due to this disease it would be impossible to conjecture, but it is unquestionably a large one.

The doctor who readily assents to the marriage of a generally infected young man is to blame to a large extent. The opinion prevalent among men that gonorrhoea is of no consequence and that practically every "regular fellow" gets it, is also to blame. The remedy is a wider knowledge on these subjects by both men and women of marriageable age and also a thorough physical examination of each of the contracting parties by a reliable physician before marriage takes place. The agony and suffering both to womankind and to the offspring that this simple procedure would save is incalculable. This knowledge should be available to every

young woman, and they should profit by it.

## The "Regular" School Neglects the Causes

Most "women's diseases" can be prevented. Slight disturbances of the female organs which, in later years, develop into the major diseases, such as fibroid and cancer, often are but local manifestations of general systemic diseases in the beginning. In ordinary medical practice it has been the custom for a physician to prescribe a drug to do away with the troublesome symptoms and not go into a detailed investigation of the cause of the disturbance. For example, there are many drugs which will cause a profuse menstrual flow. A young lady might consult a physician about a scanty menstruation. He can readily prescribe a drug which will cause a flow, and most of the time that is what he will do. Thus is missed an opportunity to examine closely as to why the symptom appeared, and so, perhaps, a simple difficulty, which could have been easily corrected, grows steadily worse and eventually makes a chronic sufferer out of the woman.

The average physician dealing with women's diseases has neglected to go into the causes of the trouble and even when he tries to determine the causes has usually failed to take into consideration the peculiar characteristics of women. That is, he has made no effort to understand the psychology of her sex,—differences in living, activity, thoughts, work and play, that go to make a woman a woman. He is apt to regard her merely as a patient, a phenomenon, or to class her as just an individual with a disorder.

To give an example, I once was consulted by a lady who complained of profuse menstruation to the extent that she was obliged to go to bed during her period. There seemed to be no physical basis for the disorder. Investigation into her history, however, revealed the following facts. Due to a malposition of the womb her periods had been characterized some years back by constipation which would appear a few days before and continue until a few days after the period. Cathartics had been prescribed by the family doctor and this lady had acquired the habit of medicating to produce violent catharsis at the time of the period. The original cause of the constipation had, in some manner, been overcome, and yet she persisted in taking the drugs. The treatment in her case consisted merely in ceasing the medication, with the re-

sult that her profuse menses disappeared.

Another example was a case of a stenographer who complained of being so ill with a variety of symptoms during her menses that she could not work. No real physical basis could be determined in this case. Delving into her history brought to light that she had first found it necessary to go to bed during this time while in business college. At that date she wasn't really sick, but went to bed in order to get out of going to school, and had allowed this habit to persist for a year or more. When she finished her course and entered business she found that she really had to go to bed, or at least thought she had to. The variety of her symptoms made it apparent that there was some element of hysteria in the case and the treatment consisted mainly in making her go through the period without giving up and in short order she had uneventful menses.

Physicians often refer their gynecological cases to the specialists in this line or a surgeon. It is manifestly easier and more profitable to operate than to delve into the remote causes of women's troubles. For this reason the prevention of these disorders, and the common sense treatment of them, has received scant attention from the profession. The greater proportion of the patients seen in the reception room of the physician specializing in chronic cases are women. Most women have displacement, prolapsus or chronic catarrh of the uterus. About 5% develop cancer of the uterus, while 30% develop fibroid tumor before the age of 40.

## Neurasthenia Frequently the Result of Sex Trouble

The ailing neurasthenic woman, who has been the bane of the family physician and the backbone of the cultist and charlatan, is often the result of a "symptom complex" of ovarian insufficiency, which means a degeneration of the ovaries. This vital organ has many functions. When it fails to function properly a host of symptoms arise,—irritability, tired feeling and, in the wake of these, other superimposed disorders, like indigestion, constipation and so on.

The treatment for this common disorder is a correction of the systemic conditions by natural methods, common sense regulation of one's activity during the menstrual period, fresh air and the right amount of work and play and activity. Ofttimes the "Nervous

(Continued on Page 358)

# The Olympic Games

By F. A. Hornibrook

SATURDAY, July 5th, was the day set down for the Official Opening of the Olympic Games at Colombes, Paris. For months and months past athletes from all over the world have been preparing for this, the greatest event in the history of athletics. At last the representatives of forty-five nations paraded before General Fershing, the President of the French Republic, the Prince of Wales, the King of Greece, and many other notabilities. It was a wonderful sight to see the very pick of muscular manhood from every part of the earth drawn together in generous rivalry and emulation.

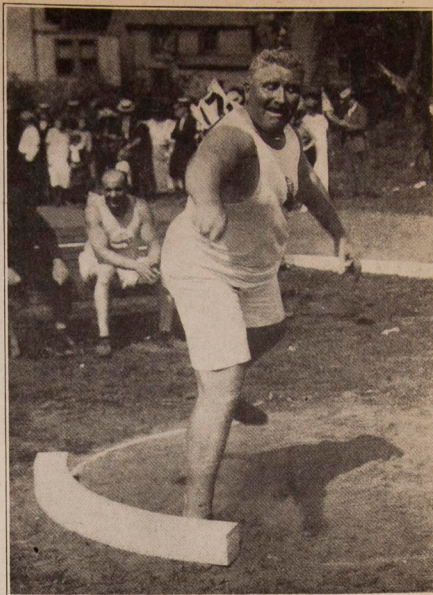
The huge Stadium at Colombes held a crowd estimated at from 35,000 to 40,000 people. The day was perfect, a hot blazing sun, clear atmosphere, and beautiful green grass. Three military bands were in attendance and a French choir of 800 men's voices. The bands played and the choir sang from 2 to 3 p. m., and at three o'clock the official opening took place.

## The March of the Gladiators

In the march round the arena each nation carried a standard bearing its name, and then the national flag. Some two thousand athletes took part in this procession, which occupied nearly an hour in passing. The groups came alphabetically, South Africa (Afrique de Sud) leading, in green blazers and white flannels. They were followed by Argentine representatives, some fifty men of middle height and well set up. They wore black blazers, white pants and shoes. Then came the Australians looking most workmanlike in their green sweaters and white pants, tall, well-built, typical Aussie athletes. That the French crowd had not forgotten the Diggers was very evident by the tremendous ovation they received. They were followed by Austria, their late "enemies"—nine men, including five powerful wrestlers and four sprinters, in scarlet vests and white running drawers. Next came Belgium which sent one hundred athletes; they were headed by the Belgian Olympic Committee in tall hats, the dark conventional clothes and tall hats looking somewhat incongruous among the tight bright clothes of the athletes. Canada followed, some forty strong, the men seeming to be tall and slight; exceptionally keen and smart, all in white with pale blue piping. Chili followed with white sweaters and trousers and naval caps. Denmark, headed by their team of lady-fencers, included eight powerful wrestlers, whose scanty costume showed their wonderful development. Egypt was most spectacular, in brilliant blue-green costume with red Fez. Hungary included twelve big powerful wrestlers

with skins tanned by the sun, looking as brown as Maoris. Italy sent some ninety men, who did not wear the traditional black shirts but blue shirts with a forage cap; a tall slight springy group of men. Japan sent twenty athletes, of whom at least fifty per cent wore glasses: they also were preceded by a group of their own officials who, like the Belgians, wore tall hats. Mexico sent some twenty men, nearly all half-castes. Fifty big stalwart Norwegians in black-and-white followed, marching beautifully. Spain with her sixteen men in red jerseys and white knickers came next.

And then came the United States. Their team was christened by the French "The American Army of Invasion". It was composed of a colonel in uniform, an American admiral in uniform, some groups of American soldiers and sailors, several officials, three hundred athletes and twenty-four women. The Finns followed, over a hundred strong, with billy-cock hats, dressed all in white—a magnificent body of men. Then came what was easily the most attractive group on the ground: a hundred French athletes and twelve French women. All were in white, with edging of blue—certainly the best-dressed team, as we would expect. The reception they received was deafening. After them came Great Britain, led by a contingent of Pipers of the Cameron Highlanders, one hundred men and twenty women, with blue blazers and white flannels. Their reception was practically equal in enthusiasm to that accorded to the French. Greece numbered some twenty-two men, with beautiful lithe muscular bodies. Holland quite upset all the mental pictures most of us have of the Dutch: their team of fifty (including three women) were rather tall and slender. Portugal sent eighteen athletes, of whom about fifty per cent were half-castes. Sweden sent some forty—typical, tall, fair—stolid men. Switzerland sent a contingent of eighty; and Turkey thirty-five—mostly big men, apparently wrestlers, and (from our ideas of training) too soft. One of the most enthusiastic receptions was accorded to the men from Uruguay. There were twenty of them,



Photograms PAT McDONALD, REAL OLYMPIC VETERAN Pat McDonald, America's great weight thrower, and many times Olympic winner, lost out in the finals for the Olympics, but it was arranged for him to go with the team, because of his previous great achievements. This is a recent photo of Pat McDonald.

and the enthusiasm of the crowd was due to the fact that these men had won the Association football, beating Switzerland in the final. New Zealand's team consisted of only four—the standard bearer, the flag bearer, one man and one woman-athlete. But their reception was most enthusiastic. In addition there were representatives from many other nations—Ecuador, Esthonia, India, Hayti, Ireland, Monaco, the Philippines, Poland, Yugo-Slavia, Czecho-Slavoki, and others.

The realm of sport knows no colour line, and no international boundaries. At Colombes the Bulgarians, the Turks, the Austrians—our late enemies—received just as hearty a reception as the representatives of our friends the Allied nations.

## The Athletes' Salute

The method of salute varied very much with the different nations. Thus the twenty Brazilians put their right hand to their heart, and their left hand in the air, while passing by. The Americans, British, Australians and Canadians executed "eyes right". The Italians, of course, gave the Fascisto salute—really the old Roman salute adopted by them. Then followed the drooping of the flag; the standard-bearers from each nation formed a semi-circle opposite the President's box, and George Andre, the celebrated French athlete who competed first at the Games in 1908, took the Olympic oath. With the tricolour furled in his left hand, and his

(Continued on Page 355)

# Some Notes on Right Living and Eating

By Harry M. Hill

[Here are a few notes, somewhat scrappy, but they contain a fund of common-sense and valuable information.—Editor.]

THE physiologists tell us to chew our food until it becomes a creamy pulp, they contend that it stimulates the salivary glands. Such is not the case. The spittle is a clear alkaline somewhat viscid digestive fluid secreted by the salivary glands. It contains ptyalin, a digestive ferment and serves to moisten and soften the food, keeps the mouth moist and converts starch into maltose.

If we would eat a pound of crackers, the salivary glands would secrete a pound of saliva to moisten this dry food. If we eat a pound of oatmeal with milk there is very little salivation. The rough foods are the only ones that stimulate the salivary glands, therefore do not try to get along on a milk and soup diet.

The knowledge of how much to eat and not overload your stomach, and the knowledge of acid foods is always useful. Mother nature is such a wonderful chemist and such an accurate one.

If we are to help mother nature in simplifying her chemistry we must first of all get clearly in mind how much to eat, and the acid foods.

The acid forming foods are white bread, finely polished cereals, meat, cheese, fats and refined sugar. Any of these foods are harmful if eaten in abundance.

If anybody's stomach is overtaxed, nothing will tone up the stomach any better than drinking orange juice three times a day for three or four days without any other food. The citrus in the oranges helps the acidity of the stomach and is very beneficial to the gastric juices.

Some raw fresh food should be eaten daily. This may seem difficult for people who are far away from large markets through the winter, but apples, cabbage, oranges, carrots, and in most cases fresh milk are available to most families throughout the cold weather. The fresh raw foods contain a large supply of some of the vitamins and are therefore desirable.

Physiology is the science which treats of the functions of the living organism and its parts. I have got my first person to meet who advocates the teaching of physiology who was not a clean liver. To understand physiology a person must be a student of nature. Study your body and know yourself. Anybody should have a knowledge of anatomy and chemistry to have a clear idea of physiology. There are many text books on the

market that can be had to sharpen up on these subjects.

Too much cannot be said for physical culture exercises. Some of us have daily toils to attend to and we cannot exercise properly, but anybody should break away from business two or three times a week and go swimming, or play golf, baseball, tennis, or go to the gym and punch the bag, play hand ball or wrestle.

The writer of this article went up the Amazon river, in South America, with a mining expedition some years ago. We went up the river over fifteen hundred miles, almost to the foot of the Andes mountains. On the Atlantic side the river narrows down close to its head and there are some rich placer mines on each side of the river, but the country is very rough and it is hard to get supplies up to the mines. A friend of mine and I went up the river one day to do some prospecting. We each had a spring-

field rifle, pick and shovel and a gold pan.

The yellow leaves were falling from the trees, it started to rain. We desired to go back to camp, the rain poured down from one black cloud. We found shelter under a large rock which hung over the trail. When the rain stopped we started on our way toward camp. We had not gone far when we saw a large snake, a Boa Constrictor about twelve feet in length hanging by the tail out of a tree which swung close to the ground. The snake had a small deer in its mouth almost half devoured. My friend Earl Freeman took a shot at the huge snake, the snake showed fight. We both emptied our rifles into the monster before we killed him. The snake still held the fawn in its mouth all the while. The Boa Constrictor makes his living on large game in this manner. He crawls up a tree which hangs over a deer trail, when a deer and her fawn come along the snake sweeps down over the fawn and crushes it to the ground.

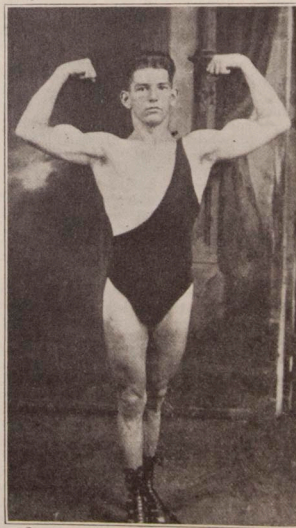
The snake then winds his tail around a tree, at the same time the snake winds itself around the fawn and rolls the fawn between its huge body. The snake in this manner crushes the bones in the fawn's frail body. The snake then starts to devour its prey, chewing at the fawn's hind legs, this starts salivation. By the time the snake has the fawn's girth in its mouth the fawn's body is well lubricated. The snake may take all day to devour its prey. A snake's esophagus is almost as large as its body; anything it gets into its mouth it can swallow. The fawn once swallowed we may wonder what becomes of the bones. The whole carcass lies in the snake's stomach and goes through a process of digestion. The bones are acted on by the hydrochloric acid of the stomach and are dissolved.

The snake has natural instinct not to eat for another thirty days. Take a tip from a snake, and if you want to be a glutton fast after a big meal.

A glass or two of milk a day is a fine thing. Figs and prunes are a good laxative. The seeds in the figs and the skins on the prunes irritate the intestines, when once swallowed help to propel the contents of the intestines and evacuate the bowels.

Meat contains extracts that only give it a characteristic flavor which has been and is being by people of all times and all races. Meat stimu-

(Continued on Page 352)



GETTING READY FOR RECORDS  
Raymond Connelly, of Los Angeles, has been putting inches on his muscles and poundages on his lifts. He does not want us to tell you what he can lift, because he is going to surprise us all very shortly and carry off honors. He is a HEALTH and LIFE Enthusiast, of whom we are very proud.

# With the Men of Iron

JOWETT-JOHNSON TORNADO SETTLED.—PENNSYLVANIANS CREATE RECORDS.



**MUSCULAR IRON MEN OF THE FAR WEST**  
 This picture shows what weightlifting does for the human body. You can't go wrong if you use the weights. From left to right: E. W. Goodman, A. L. Martin, Jere Kingsbury, David P. Willoughby, Max Allen, M. P. Betty and Albert Bevan, all of the Los Angeles Athletic Club.

**T**HIS month we can settle the tornado caused by Joe Johnson, of Muskegon, Mich., questioning Jowett's lift of 219 lbs. in the Two Arms Jerk. As you know, protests poured in from all over the country against Johnson's questioning; for the A. C. W. L. A. had already entered this lift as official, and it appeared to other members of the Association that not only Jowett's lifting ability, but the Association itself, was being questioned.

.....  
 This misunderstanding arose, however, from the fact that Mr. Johnson found an old copy of a magazine in which Jowett stated that he lifted 288 lbs. at 153 lbs. stripped. This article was submitted to this particular magazine before Jowett created his 310 lbs

double handed jerk at South Mountain, Ontario, Canada, on May 24th, 1921, at the annual fair. As Jowett lifts annually at this fair, the dates appear to have been a little mixed, and so have been the cause of the whole bother. Jowett's lift has been certified by officials of the Association and by other witnesses present at the time the lift was performed.

.....  
 I am not sorry that this argument over Jowett's lift was raised, because it has shown that HEALTH and LIFE stands for the weight-lifting movement, and is an open platform for all sides. Both the Association and Jowett have emerged triumphant, and Association members have been assured that their association stands as the official governing body of weight-lifting in this country.

.....  
 Charles Shaffer, known as the Pocket Hercules, who had a theatrical engagement for the afternoon. Hence the occasion was robbed of the prospects of witnessing the performance of two high class professional performers.

### Dennis Breaks World's Record

The first man to lift (that honor being given to Mr. Frank Dennis, of Birdsboro, Pa.) went on the floor to attempt a record in the Wrestler's Bridge. His weight in the nude was 145 pounds. A barbell of 175 lbs. was made up, and Dennis on his first attempt, accomplished the lift in convincing style and form; 198 lbs was weighed, and Frank also accomplished this lift. This lift having bettered Frank's American Record of 185 lbs. at his bodyweight, by 13 lbs. The Referee then ordered a barbell of 208 lbs. to be made up, and while the loaders were busy adding the required weight, Mr. Jowett, gave Frank further valuable advice on this lift. Without any fancy frills or stalling, Frank assumed the Wrestler's Bridge position, pulled the barbell over cleanly, and with a mighty effort pressed the weight aloft for the necessary count of two, and the loaders relieved him of the bell. To say the congratulations that he received were sincere and many, is but half stating the case. He had to shake hands all around.

Dennis then stated that he would like to try the Back Press, so, using the same barbell with the official sized 15-inch discs, he succeeded in pressing aloft for the necessary count 208 lbs. The Referee then ordered a barbell of 218 lbs. for the next attempt, but in this he failed, also the second time, and wisely forfeited the third attempt and accepted a state record in this lift. Frank then stated that he was through.

### Swift Makes American Record

Charles B. Swift, the Secretary of the A. C. W. L. A. of Knoxville, Pa., was the second lifter on the floor, and called for two kettle weights of 37½ lbs. each. The Referee then ordered him on the scales, and Mr. Baader announced the bodyweight in the

(Continued on Page 352)

## Successful Meeting of the I. C. W. L. A. of Western Pennsylvania

By the Special Representative of the Health and Life Magazine.

**A**t the Gymnasium of the Pittsburgh Railways Co., McKees Rocks, Pa., which is sponsored by Mr. R. J. Salsbury, Superintendent of Sub-Stations, an ardent physical culturist, the gym—informally known as the McKees Rocks Weight-lifting Club—was the Mecca of all those interested in the "Iron Game", and lifters in the amateur section of the A. C. W. L. A., from all over the western section of Pennsylvania were there either to perform or to witness the first real gathering of "Iron Wrasslers".

At the request of many of the lifters, Mr. Jowett, the Technical Adviser of the A. C. W. L. A., was in the capacity of Official Referee and the occasion was further honored by the presence of Mr. Frank Baader, Club in the International League and the Dallas Club in the Southern League. He, being interested in Weight-Lifting, accepted

the responsibility of Inspector of Scales, and out of the score or more of those present, three witnesses that reside in McKees Rocks, or in the near vicinity, were chosen to act as Official Witnesses, Mr. Edward A. Braun of Corapolis, Pa., was chosen by virtue of his acquaintance with that old-time star lifter, Joe Cowhen, having witnessed him in his training, when Joe was at his best. Mr. Joseph Borgman, of McKees Rocks, Pa., and star end on the University of Pittsburg football team, himself a barbell user and recommender, was the second witness. Mr. Nicholas Miller of McKees Rocks, Pa., a clever artist with the gloves, and interested in the "Iron Game", for the benefit of development, was selected as the third Official Witness. The occasion had been looked forward to by all those present, the only absentee being Mr. Ottley Coulter, his business in Uniontown, Pa., keeping him there, and

# Using the Mind and the Soul

A COURSE IN APPLIED PSYCHOLOGY

By Warrington Dawson

(Author of "Opportunity and Theodore Roosevelt")

FIRST SERIES: THE FACULTIES OF THE MIND

Article II

## MEMORY

(Continued)

YOU may be suddenly asked what you were doing at eleven o'clock on the morning of April 13, 1922. The chances are you won't be able to answer. Unless it marks a catastrophe or at all events a crucial occurrence in your life, you won't remember at once. Why should you? Yet a great deal may depend, for you or somebody else, on the accuracy of your statement.

Don't lean on your subconsciousness. Ask yourself what town you were in, and what your main occupations were. Ask yourself what you were accustomed to doing at that period between the hours of nine and one; between ten and twelve; between eleven and twelve. If you keep an engagement-book or any sort of pocket-diary, see what people you had appointments with, or met accidentally. No matter if their names when found have no connection with your problem. Just retain their names. If you have a letter-copy book, or just a file of correspondence, look up any letters received or written that day. And once again, if they bring no direct suggestion, no matter.

By this time you have in mind at least a few personalities or occurrences connected with April 13, 1922. Try to recall any fragments of conversation with those people; any details of those occurrences. Still no inkling of what you were doing at eleven o'clock? No matter! Let the brain go to work on it; subconsciously, if you want to use the term. You have

put in your mind facts which may work themselves out, as you may put in your stomach food to be digested. I suppose the stomach operates subconsciously also.

Don't worry your brain during this process. You may take the facts out, after a while, to see how they are growing. And you will be surprised to see they have grown. You recall several new details; perhaps a marking event you had quite forgotten. But still nothing about eleven o'clock? No matter! Put the facts back, let the brain-work go on, and attend to something else.

It may take a day. It may take a week. It may take a month or more. But if you are observant, if you have a trained memory, if you are methodical in making the most of your associated thoughts and scoring no thread of memory you can pick up if it is connected with April 13, 1922—you will end by recalling what you so much want to know. I have taken as much as three weeks to piece out an event or a conversation in this way, long after the event; it takes trouble, but I know it can be done.

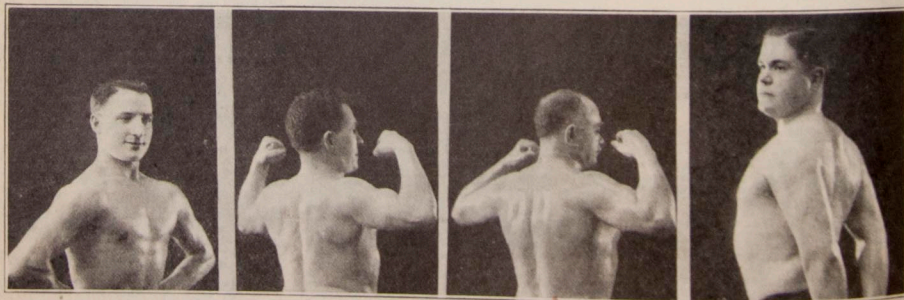
By training the memory, we do more than improve a faculty, putting out a talent to usury. An ill-disciplined memory can become the most serious curse in a life. Especially under the influence of a morbid condition of the body, it may turn exclusively to the retention of things which are needless to you, which are dangerous for you. Memories of mis-

takes, of grievances, of temptations, of sufferings whether moral or physical—once their lessons have been learned—should not be retained. They will surely warp your character, and they may defeat your entire purpose in life. Under the added influences of introspection and supersensitiveness, noxious memories of a negative nature will make you a nuisance for yourself and everybody else. Equally as important as the art of remembering is the art of forgetting. We must be well-trained, well-disciplined in both if we would be complete.

I would even say that if certain objects, because of their associations, bring up before you painful and harmful memories, it is better for you to destroy them than to suffer from them; it is better for you morally to destroy them materially rather than to undertake a heroic struggle against yourself when there's no necessity for heroics. You have articles which belonged to some one very dear to you, now dead? If they recall a fine and useful life, if they help you to live more fully, cherish them as priceless possessions; but if they savor merely of death, let them go the way of death. You loved in life, not in death; and unless you would have your love die too, let it be a living love.

A dear old lady once came weeping to my mother, bearing a battered rag-doll, and saying through her tears: "Burn it for me, my dear! Because Henrietta's dying, and this doll was

(Continued on Page 358)



**PROMINENT CHICAGO BUSINESS MEN WHO ARE KEEPING FIT**  
The above are four prominent Chicago business men who, in spite of crowded hours, know the value of investing a short space daily in keeping their bodies in good trim. Regularly every day at the National Club they take their work-out. They are, from left to right: William Goldman, Head of the North Shore Realty; Otto Brail, A. Morens, and Melvin J. Gordon.

# Among the Grapplers

**U. S. Wins Olympics.—Teaching a Man to Wrestle in Five Minutes.—The Most Dramatic Wrestling Match in History.**

U. S. captured four out of the seven Olympic titles. That is good, and shows that our wrestlers went over knowing the conditions and style of the wrestling.

Harry Steele, from Ohio State, beat Nilsson of Sweden on points. This makes him Heavy Weight Amateur Champion of the World.

The Light Heavy Weight class was won by John Spellman, of Brown University. He defeated Svensson of Sweden.

Both Middle Weight and Welter Weight titles were won by Switzerland.

The Light Weight Championship was won by Russel Vis, of Los Angeles. He defeated Waskstrom, of Finland.

The Feather Weight title was won by Robin Reed, of Oregon Agricultural College. He defeated his fellow countryman, Chester Newton, of Portland, Oregon.

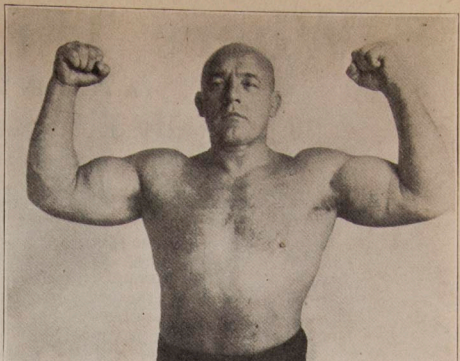
The Bantam Weight title was won by a Finn.

Nat Pendleton, former American Amateur Heavy Weight Champion, was runner up to Robert Roth, of Switzerland, in the Olympic Games of 1920. Both have turned professional, and recently wrestled an hour in Paris. The final decision was a draw, although the judges were of the opinion at first that Pendleton had won by one point.

I was present when Roth won the Olympic title from Pendleton at Antwerp, 1920. The Olympic style in a way is unfortunate. It allows for only ten minutes' wrestling, and the grapplers seek merely to hold their opponents under for this time, and so win on points. Roth was absolutely a novice, and came around my dressing room asking points. S. V. Bacon, Olympic Champion of 1908, was

present. Together we showed Roth the Cross Buttock, asking him if he could stand up if forced to the underneath position. Roth was a big powerful fellow, and assured us that he could. Well, that Cross Buttock and getting up from underneath was all the wrestling Roth knew then, and when he went in to meet Pendleton he continually Cross Buttocked, and when Pendleton had him underneath Roth stood up, obviously scoring all the points.

There is very little doing in mat circles now, although a few grapplers are keeping



STANISLAUS ZBYSZKO

Weight, 232 lbs.; height, 5 ft. 9 ins.; neck, 22 ins.; chest, 55 ins.; waist, 40 ins.; thigh, 32 ins.; calf, 19 ins.; biceps, 22 ins.; forearm, 19 ins.; wrist, 13 ins. Read the fascinating story on this page of his match with Aberg; surrounded by a guard of Bolshevik soldiers with fixed bayonets. The stakes were life or death for Zbyszko. If he won he was to be free; if he lost he was to be shot, for he was a prisoner of the Bolshevik army.

fit for the coming season, which promises to be very lively.

Here is a most interesting story by Clifford Thorne, on Zbyszko. You are going to enjoy it.

## The Odyssey of a Famous Champion Wrestler

**His Wanderings and Adventures in Many Lands.**

By CLIFFORD THORNE.

To look at the mighty frame and tremendous muscles of Stanislaus Zbyszko, former world champion wrestler, it is easy to recall to mind the stories of the old time Polish heroes: Henryk Sienkiewicz tells many tales of their tremendous strength and power in the old days when they fought against Turk, Tartar, and Cossack. Nothing could stand against the might of the famous Polish cavalry of those times, with whom the strongest heroes of the nation roled.

Both Stanislaus and his giant brother Viadek could well match in size and strength any of the old time Polish warriors. Stanislaus especially has led a wandering adventurous life in many countries and has also several times held the world's championship in both Graeco-Roman and catch-as-catch-can style of wrestling. Standing but five feet nine inches in height, he tips the scales at 232 pounds in wrestling costume. To get a good idea of the size of his tremendous arms, you should measure your own thigh, and if it comes out 22 inches, then you would have the exact size of his neck and arms. With a 22-inch arm or biceps, and a 12-inch forearm, he has the largest pair of muscular arms in the world. His great chest bulges out 55 inches, and with thighs of 22 inches and calves of 19, he stands built and muscled like a trunk of some mighty tree.

Born in Poland, he came of a nation of warriors and fighters but who were then under the rule of the Russian Czar. He came from the stock which has produced great strong men for centuries. Gifted with a giant frame and great strength, he determined to become a wrestler. After a time he decided to enter the great tournaments, where he won match after match. Soon after, he decided to go to England to engage in matches there.

In London George Hackenschmidt, the famous Russian Lion, was then at the height of his power, and held the Graeco-Roman championship of the world. Zbyszko knew if he could throw the Lion his fame would be made. He tried every way to get a match with the giant Russian, but the other, time and again, refused to meet him. It was not thought that Hackenschmidt was afraid, but he was then a wonderful drawing card and could give mere exhibitions for big money without risking his title. The great Pole, however, secured a match with the famous Hindu wrestler Gama who was then in England.

The result of the match was a long fought draw, as neither knew the other's style of wrestling. The Hindu was the greatest and fastest standing wrestler in the world, but knew little about mat work when down. Zbyszko kept to his knees, and here Gama could do nothing with him. Hackenschmidt afterwards defeated Gama in a great three-hour battle.

Stanislaus now set sail for America to show his wares here. Knowing but little of the catch-as-catch-can style, he nevertheless beat all the American wrestlers he met, until he came to the master of them all—the champion Frank Gotch, and the greatest American wrestler in the history of the mat game. The battle was short—Gotch catching Zbyszko off his guard, and throwing him in six seconds. Stanislaus protested the match, but it was then too late.

After the death of Gotch, the championship was held by many different wrestlers. Other great wrestlers came to America from Europe and among them a famous giant who then held the Graeco-Roman championship of the world. Alexander Aberg, a native of Esthonia, had defeated all in Europe at this style and repeated his victories in this country. He, however, refused to wrestle with Zbyszko and others at catch-as-catch-can style.

Stanislaus was now close to forty years old, and at that age most athletes would give up strenuous work, let alone striving for a championship. The Pole, however, was determined to win the title and, his work getting better and better, he was shortly

(Continued on Page 353)



ALEXANDER ABERG—GIANT ESTHONIAN

He refused to wrestle Zbyszko in America, but was forced into a match with him in the most dramatic conditions under which a wrestling match has ever taken place. Read all about it in the story on this page.

# Where There Is Love

A PLAY IN FOUR ACTS

By Bernard Bernard

(SECOND INSTALLMENT.)

[Act I. began this play by Frank Hardart, a man of the world, not yet free from the results of his evil living, marrying Gertrude, a girl of sixteen, despite the protests of George Goodfellow, a former acquaintance of Hardart's.—Editor.]

CHARACTERS:	{	FRANK HARDART	GERTRUDE
		GEORGE GOODFELLOW	GERTRUDE'S MOTHER
		LEONARD SANDAL	GIRLIE—GERTRUDE'S DAUGHTER
		CERTRUDE'S FATHER	MABEL—A MAID
		A DOCTOR	MEN AND WOMEN
		JOHN—A PORTER	

## Act II. Scene I.

(Scene: A dining room with at least 2 doors. Present: Hardart and Gertrude at breakfast.)

Hard: And now, after all the excitement, we must settle down like two old birds. Let us imagine we are Darby and Joan. You, my darling, you are not looking too well this morning. Perhaps it's too much excitement. Eat your breakfast, child.

Gert: I don't want any this morning; I can't eat it. I'll have another cup of tea, thank you, dear.

Hard: That's right. Now eat something. Here's a piece of toast.

Gert: Thank you, dear, but I don't want it.

Hard: You are peculiar, this morning. Don't be so down hearted; come along; cheer up, I say.

Gert: Frank, dear, I feel very ill—very ill, indeed. I wish mother were here. I think I'll go to bed. Oh, my head. (She gets up to go to the door, but collapses and falls to the floor. Hardart makes a rush to her assistance and puts her in an easy chair.)

Hard: Gertrude, what is the matter, my love? (Rings bell.) John! John!

(Enter John—a Porter.)

John: Yes, sir?

Hard: Send for a doctor at once; run. (Whispers to Porter.) Don't fetch a doctor; she'll recover soon; it's only a faint.

John: Yes, sir. (exit John.)

Hard: What is the matter, little one? (Aside): I fear the worst.

Gert: I think, Frank, I am going to die.

Hard: Nonsense, child; it will pass off presently, come.

Gert: I feel so ill; oh, so ill. Send for my mother. Ring for the maid. (John rings.) Oh, my head. (Enter Maid.)

Maid: You rang, sir.

Gert: Mable, go to my mother. Ask her to come at once. Tell her I must see her.

Hard: Stay, Mable, go back to your room.

Gert: Frank! What do you mean? I want my mother. I am ill—dying.

Hard: You'll recover soon, child. You are only a little faint. It is the excitement. I'll get some medicine for you. We don't want your mother here. Mothers-in-law are always a nuisance; once you get them in the house there is

no more peace and comfort; they want to boss everything. You will be all right, child.

Gert: I will—I must see my mother. For God's sake, Frank, let me see my mother. Mable, do as I say; do it as a sacred duty; run, tell my mother I must see her; for God's sake, run.

Mable: I will obey your commands, madam. (Exit Mable.)

Hard (Aside): Darn it; (Aloud): You are worrying yourself too much, child; you'll feel better soon. (He paces the room.) (Aside): Darn it; it's not all honey marrying a child. You never know, too, how the old lady might take it. I could get the girl well myself in a few weeks and she would be ignorant of the cause. It won't help to smooth our married life if that fool of a mother tells her all about it. The girl's a nuisance. I won't have much of it, anyway. If it doesn't suit me here, well, I'll just clear to where it does suit me.

Gert: What are you saying, darling? I can't hear. Come over and make a fuss of me. Kiss me. I am sorry I am ill; but I can't help it, dear. It's not my fault, is it?

Hard (keeping away from her): No, child, it isn't.

Gert: And it's not your fault, is it?

Hard: Er-er-No, child—er—that is—no, of course not.

Gert: Why are you so upset with me, dear? I do not want to upset you. It is woman's place to suffer. I am a little coward to make such a fuss—but it comes on so bad.

Hard (Aside): What's this? It's her mother. (Enter Gertrude's mother.)

Mother: My child, my child. Let me see you. How pale and sad you look! You must get to bed at once. Come along. Oh, my dear child. (Assists Gertrude to the door. Exit Gertrude and her Mother.)

Hard: Well, I may as well send for the doctor; she may as well have proper attention—as the fat is already in the fire. (Calls): John!

(Enter John—the Porter.)

John: Yes, sir.

Hard: You can go and fetch that doctor.

John: Yes, sir. Any special one, sir?

Hard: Any one will do.

John: Very good, sir. (Exit John.) (Enter Mother of Gertrude.)

Mother: I want to ask you a question, Frank. Have you ever—well, look here, I'm a woman of knowledge and I'll ask you point blank—have you sown many of what are called wild oats?

Hard: That's a man's privilege; before he's married.

Mother: Did you ever attend the doctor—that is—did you ever suffer from a particular complaint—to be perfectly plain with you?

Hard: Well, what if I did? I've told you it's a man's privilege; his privilege and recognized.

Mother: A man's privilege—a man's privilege—to contaminate a pure and lovely child of Nature; to murder the unborn? You call this man's privilege. Who gave him such privilege; unless it was a murderous beast himself? Listen; if my child dies, you are her murderer.

Hard (Drawing back): I thought you said you were a woman of knowledge. You talk like a woman who has no knowledge of the world. She'll soon get over it. Why, do you think I differ from thousands of men?

Mother: More shame on the thousands; and still more shame on a state of morality and law that allows it. (Enter Doctor.)

Hard: Here's a doctor; he'll attend to the girl.

Mother: Oh, yes. This way, doctor; upstairs. (Exit Doctor and Mother.) (Hardart packs his trunk.)

Hard: Well, I'll get busy. They want to attend to the matter themselves. Let them. The other side of the country will find more comfort for me; at any rate, for a little time. Then we will see how things settle themselves. (Lights a cigarette.) I believe I was a fool to marry. After all, I don't think I was cut out to be a married man. Still, she'll get over it. After all, she's a nice, bright little bird; and I really shouldn't like to lose her.

(Enter Doctor and Mother.)

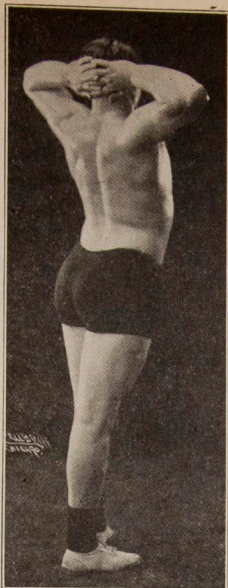
Doctor, to Mother: It is very serious, madam. I'll administer an anesthetic this afternoon; and the operation shall be performed. I assure you this is most expedient. I don't say positively she will succumb to it, for, fortunately, I have been brought in at the right moment. However, I must tell you the worst. There is a possibility of your daughter being an invalid for the re-

(Continued on Page 361)





Fotograms  
**"MISS ALASKA" PLAYING MA-JONG ON THE BEACH AT PALM BEACH, FLA.**  
 Miss Alaska, famous beauty, whose name is Helmar Liederman (Mrs. Earle E. Liederman), playing Ma-Jong on the beach at Palm Beach, Fla. Ma-Jong has claimed the social colony at Palm Beach as its latest victim, and everyone is playing the famous Chinese game on the beach.



**MELVIN J. GORDAN**  
 A Chicago business man, and president of the republican organization. He knows the value of keeping fit, and his body in good condition. He was recently the winner in the "Perfect Form" contest.



**A UNIQUE DIVE** Fotograms  
 Not often tried, for few can accomplish it. One of the girls of the Keep Kool Company at their outing in Palisades Park, N. J., had several new diving discoveries to introduce.



**BATHING BEAUTIES FROLIC AND EXERCISE AT CONEY** Kadel and Herbert  
 At a recent beauty pageant at Coney the participants indulged in group exercises and all sorts of fun and amusement. Here they are, just goose stepping into the swimming pool.

# Health and Life

The National Monthly Magazine for Health,  
Physical Education and Right Living

## EDITORIAL

(Written by the Editor)

### KEEP PHYSICALLY FIT AND ABLE TO TAKE CARE OF YOURSELF

A man who is physically fit can usually take good care of himself. Roy L. Bobbit, Physical Director of the Parkersburg, W. Va., Y. M. C. A., was taking a honeymoon automobile trip on the Lincoln Highway when he was held up by three armed bandits. They robbed him of \$100 and a gold watch, but they did not take it into their calculations that Bobbit was a physical director. As soon as he had handed over the goods he set about his attackers. Two of them got away safely, but Bobbit captured the other, relieved him of his two pistols, and took him into captivity. That's good work!

### ABUSING ATHLETICS IN HIGH SCHOOLS

William H. Geer, Director of Physical Education at Harvard University, is making a heroic attempt to reform the athletic situation in High Schools. He points out that athletics are merely a means to an end; that is, the fitting of the student to receive mental education. The purpose of athletics is to build character as well as health. But, Mr. Geer points out, when the athletic coach has to produce championship athletic teams he frequently has to ignore the chief purpose of athletics. Championship basket ball teams have to travel all over the country, lose important school time, and sacrifice more important education for the purpose of winning championships.

### ATHLETICS FOR EVERYBODY

Mr. Geer is right to protest against this kind of thing. Those on the inside know that the winning of the championship counts for far more than the education for which students attend school. But we must remember that in stopping this sort of thing we absolutely must, if we can, keep up the public interest in school athletics. The scholars themselves are more encouraged to play and train properly when they feel that there is a general interest in what they are doing. This need not mean that the championship team shall get nothing but athletics, while the other scholars, not so athletically inclined, do not get sufficient opportunity for athletics. Mr. Geer's proposal that all scholars be mixed up to form a number of teams, without a particular championship team, would be just as popular as the system now in vogue, and public interest would be confined locally rather than tend to spread across country at the sacrifice of school time.

### MAINTAIN ENTHUSIASM

We must not forget, however, that America has a right to be proud of its first position among nations in athletics, and this is not a little to do with the general public interest in athletics in high schools, and in high school teams. Mr. Geer would feel very sad if he were transferred to practically any European school and found the lack of interest in athletics, and, yes, a consequent lower physical and mental standard amongst scholars. There is not the slightest doubt that athletics and physical education come first in the school curriculum in importance. If these are managed sensibly and enthusiastically, not only a few scholars, but all scholars, will have a fair basis for their other educational training. But let us not lose our enthusiasm, whatever we do!

### HAVE YOU THE CONFIDENCE OF YOUR CHILD

Have you, as a father or mother, the implicit confidence of your own sons and daughters? Do you feel at liberty to

discuss with them freely and openly all of the things you would like to discuss with them, pertaining to their mental and physical well-being?

If you have not this confidence, if their whole hearts do not open up to you, is it the child's fault or is it your fault?

The time has come when certain things which have been entirely ignored in the past or spoken of in whispers, must be taught in the home. No boy or girl who has reached the age of ten years is wholly ignorant of reproduction. But does your boy or girl get this information from you, or does he get it on the street from some other boy slightly his senior, who advises him that it is a very grave secret—something he must not mention at home?

These are the things parents must think about—things that will be treated in the articles to come in HEALTH and LIFE, from the pen of Dr. Thomas J. Allen, physician and writer, who, by the way, was the originator of daily health hints for publication in daily newspapers, but who for several years has devoted himself largely to original research work along the lines which he will treat in this series of articles.

Dr. Allen suggests that each article be read to one boy at a time and discussed. The boy should be encouraged to ask questions about anything he does not understand. The explanation should be adapted to the age, although parents usually are too slow in giving private instruction, so that much harm is done by neglect. Dr. Allen will answer questions of general interest, which should be addressed to him, care of this magazine.

### KEEP YOUR WINDOWS OPEN IN SPITE OF DOCTOR'S ORDERS

Practically every physician of any standing knows the value of fresh air, no matter to what school of healing he belongs. Yet recently the Commissioner of Health for Chicago gave out in a public bulletin that sufferers from hay fever should keep their windows closed. The idea, of course, is to keep away the pollen grains which some doctors superstitiously suppose cause the hay fever, but in reality just aggravate it.

### ANIMALS AND SAVAGES DON'T SUFFER FROM DEFICIENCY DISEASES

Sir David C. Bruce, before the British Association for the Advancement of Science, just recently "said a mouthful" when discussing food. He said:—"The untutored savage living on the natural fruits of the earth and the chase knows no deficiency disease. It is only when man begins by artificial means to polish his rice, whiten his flour, and can his beef and vegetables that the trouble begins".

If that Health Commissioner and his fellow Health Commissioners all over the country made this one sentence public to all in their charge we should never have to read of such a ridiculous thing as a Health Commissioner advising people to rob themselves of fresh air. Catarrh may not be a deficiency disease, but we know definitely that it is caused by polished rice, white flour, and other devitalized starches, and especially when mixed unscientifically with other foods, as is usually done in the conventional diet.

### WHAT IS A BALANCED DIET?

What is a balanced diet? We hear so much about it, and people are always being advised to see that they have a balanced diet. Well, the one who advises it will usually say that it is a diet containing all things necessary to the sustenance of the body. So far, so good! But the advisers of this balanced diet usually want people to take every sort of food at each meal. So far, not so good! When you remember that in the stomach proteins are digested by acid ferments, while starches are digested by alkaline ferments, you will see that at least these two kinds of foods are best kept separate. A good thing is to eat them at separate meals. The really scientifically balanced diet need not necessarily have the foods all mixed up at the same meal. Different foods can be taken at different meals.

### A WELL BALANCED DIET FOR A DAY

Here is a well balanced diet plan. But note that it is spread over the whole day. If you use this plan you will not suffer from indigestion or constipation, and to keep these two away is a great step towards immunity from disease.

Breakfast:—Any fresh fruits you can get. Eat just as many as your appetite dictates.

Lunch:—A protein food and a fresh vegetable salad of

fresh raw vegetables, or vegetable stew. Eat just as much as you want, but only one form of protein food. Eat heartily.

Evening meal:—Any one form of starch food, only one kind, and you can take any sweet fruit, not acid, and just eat your fill.

**THE BODY'S MOST IMPORTANT MUSCLES**

Which are the most important muscles of the body? Those who are not familiar with the nature of our enthusiasm think that our answer would be "the biceps muscles". But that isn't the case. The most important muscles of the body are those of the trunk, and especially those bands of muscle which massage the internal vital organs. If you cut your arms off you can still live, but if you cut away your body you die. The two exercises given on another page are calculated to give these body muscles

a good grueling in a short space of time. Just try them, and see their effect. However, good arms look fine, and should not be neglected. But don't forget that Breitbart gets a great deal of the power of his 18½ ins. biceps from efficiently trained vital organs. And these are kept in condition by the body muscles.

**THE NECK INDICATES THE BODY'S CONDITION**

The neck is a good indication of the condition of the remainder of the body. See a man with a scraggy thin neck, with hollows up the back of it, and you will find him poorly developed, weak, and probably organically unsound. See a well trained athlete who is really fit, and you will notice how well rounded he is at the back of the neck. This does not mean to say that you should pay special attention to your neck muscles, and neglect others, but it proves the truth of correlative development. If you see to the most important muscles of the body, those of the trunk, the other muscles of the body, those of the arms, neck, legs, etc., get good nourishment.

See a well trained athlete who is really fit, and you will notice how well rounded he is at the back of the neck. This does not mean to say that you should pay special attention to your neck muscles, and neglect others, but it proves the truth of correlative development. If you see to the most important muscles of the body, those of the trunk, the other muscles of the body, those of the arms, neck, legs, etc., get good nourishment.

**WITHHOLDING EDUCATION FROM WOMEN**

Most people take it for granted that there exists an equality between men and women, and no longer discuss the question. But the idea that woman exists for the mere pleasure of man, which is in itself an inequality, is so deeply engrained in older people that they simply cannot discuss any ques-

tion without taking this for granted. H. C. Mencken, the author and critic, in an article in "The Nation", shows this very clearly. He talks about knowledge for women as something they should have, or should not have, according to whether it makes them more charming or not for their men. He finds an ignorant woman just as charming as an educated woman. But he reaches the limit—"when he sarcastically remarks:—"The campaign for birth control takes on the colossal proportions of the war for democracy", just as if it were a most unimportant question. The so-called war for democracy was a tragedy lasting four years; the war for knowledge has gone on since the human race emerged from the animal ancestor. What right has any man to withhold from a woman education that will give her control of her body, that permits her to become a mother voluntarily? This war for birth control will go on until the right

than in other countries? On the contrary we find less immorality, we find the lowest rate of mortality, we find the least number of illegitimate children born, and we find that the general population is growing healthier and stronger, increasing in every way. But, after all, why have to argue all these facts, when it is plain commonsense that if parenthood is adopted as voluntary, if children are spaced at such intervals as are desirable and best for their upbringing, and if the parents of those children can be happily married, expressing their love without the fear of unwanted children, then the result must be a healthier, better, more vigorous, and a happier race?

**ARE SOCIAL DISEASES SERIOUS?**

Another thing that Mr. Mencken is upset about is that there is a vigorous fight against social diseases. On this point Mr. Mencken is deliberately callous or else is exceedingly ignorant. Let him get into communication with Bernard C. Roll-off, Secretary of the Illinois Social Hygiene League, or consult any medical doctor's office in a busy city, and he will learn some facts that will astound him, if not scare him. Mr. Mencken glosses over the whole sexual question, as if it is the most unimportant one and has no significance in the lives of men and women. Mr. Mencken does not urge the stopping of sex education, but he treats it in such a manner as to suggest that its unimportance should render it a barred subject. In other words

Mr. Mencken has that smug manner which is responsible for so much misery and unhappiness because of ignorance today.

**THERE IS NO HOPE BUT KNOWLEDGE**

Through the very silence on these important matters sex becomes a dominating, an involuntarily dominating, factor in men's lives. Many, many young fellows dwell on morbid subjects, not because they have been educated in them, but because they haven't, because they are so ignorant on these subjects that their own sex forces worry and harass them. The object of a sound and scientific sex education is to get over this condition, to satisfy curiosity in a clean and wholesome manner, to dispel ignorant ideas and superstitions, so that these sex forces can be controlled, and in-

(Continued on Page 358)



**A LADY CONTORTIONIST DOES HER STUFF**  
A member of the "Keep Kool" Company, while visiting Coney Island, gave a demonstration of her agility and suppleness on the shore. Here she is, doing a long arm balance and the "spits" at the same time.

Fotograms

to education in this matter is established.

**HOLLAND PROVES THE VALUE OF VOLUNTARY PARENTHOOD**

Dr. Aletta Jacobs is a Dutch lady who pioneered the birth control movement in Holland. Holland is the most advanced country in the world with regard to what Dr. Jacobs calls "voluntary motherhood". There are no clinics in Holland. Every doctor is familiar with the scientific methods of conception control, and his patients expect to be told, and are told. If Holland is the pioneer country and has made the experiment we ought to look at the effects of this voluntary motherhood upon Holland. Do we find any of the vices that the opponents of voluntary parenthood talk about so freely? Do we find race suicide? Do we find extraordinary immorality? Do we find illegitimate children, more

# The Junior Athlete

Conducted by Dr. M. N. Bunker

(Address all letters to Dr. M. N. Bunker, care of "Health and Life",  
508 S. Dearborn St., Chicago, Ill.)



KENNETH ALTHOUSE  
"Dancer."

**R**IGHT off the bat we start with a live letter from Merle Wilson, of New York. It shows that he is a live wire, and is getting real benefit from his superb body. He writes:

"I am interested in your 'Junior Athlete' page, as it is the only one in any magazine which gives the junior athlete a chance to show what he has done and is going to do. Enclosed find a dime for a Junior Athlete, L. A. L. Button. Now here's a little about myself. By following physical culture methods of living I have cured stomach trouble, nervousness, strengthened my eyes, and physique. This fall I enter the American School of Naturography.

"Barbell exercises, tumbling, and swimming are my chief means of physical expression. I am interested in athletic dancing, but see little of it.

"My measurements are: Height, 66½"; weight, 143 lbs.; chest (normal), 38.5"; waist, 28"; chest expansion, 3.75"; biceps, 13.25". I have put up overhead with one hand 97½ pounds; also 190 pounds, two hands overhead, twelve times. Military one-arm press 60 lbs. Muscled out 35½ lbs. Yours for Health and Life.

"Merle A. Wilson."

\*\*\*  
Pretty good letter isn't it fellows? But we should have a hundred like this every month. We should have one from you, for if you like to read what the other fellow is doing it is pretty certain he wants to hear from you.

\*\*\*  
Merle brings up an interesting idea when he speaks of athletic dancing. I like it too, very much, and am certain that it is growing in popularity in this country.

\*\*\*  
One of our own boys, Kenneth Althouse, is making a splendid record as a dancer. He appeared in the movie "Hollywood", and has been dancing in public for a number of years.

\*\*\*  
I have known Kenneth for a good many years, and remember the first time I saw him he was just a youngster with a world of ambition. He was proud—oh, so proud of his body. He stripped down his clothes and showed me what a wonderfully graceful body he had, and told me then of his great ambition to appear as a wonderful dancer. Never since has he varied from this purpose; he has studied, and

practiced, and thought about this great ambition until now he is really on the road to winning. His graceful picture which we have this month shows just what he has accomplished.

\*\*\*

Here is another letter from a Texas boy:

"I exercise regularly," he says, and adds, "and live as near a physical culture life as

possible. I eat what I think is good for me and leave off all that I know to be harmful. I sleep a great deal and also have a habit of running as much as possible. I try to, and do, cultivate happiness as much as I can. I wrestle a great deal and believe it is the greatest indoor sport for good all 'round exercise. My arms do not show up good, but that is because they are sideways in the picture. I exercise my neck for I need a powerful neck to wrestle. Place your head on the mattress and roll around on your neck, your knees in the bed. I hope you can use my picture. Your friend,

"Tullie Yarbrough."

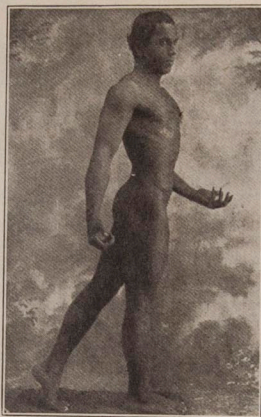
\*\*\*

Tullie is a holder of a beautiful physical training certificate, and says he is proud of it. And we should be proud of Tullie for he has a wonderful body. In next month's magazine we will publish one of his pictures—but I am asking him to send us another one that will show his arms as well as his body which is beautifully developed.

## From Far Off India

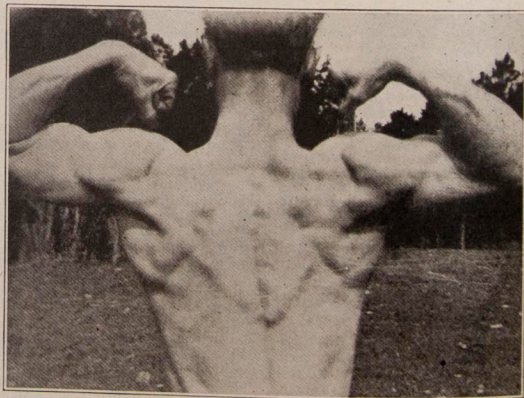
From far away India we have this unusual picture of one of the living young athletes in all that country. This young man is still young but he is wonderfully developed. Indeed I have never seen the equal of his body from some angles, but this picture for which he posed as "The Sower" is one of which he is especially proud. It is certainly graceful, and shows an even development from head to foot. His name is K. V. Iyer, and his home is at Fort Bangalore. He is not only a good athlete himself, but he is also busy training other fellows, and says that they are so enthusiastic that they

(Continued on Page 355)



K. V. IYER

From India, Posed as "The Sower".



W. W. FULCHER—Vitolaxing Silver Medalist

A photograph of Mr. Fulcher showing the way his back muscles are developing as a result of Vitolaxing, of which he is a booster.

# HOW STRONG ARE YOU?

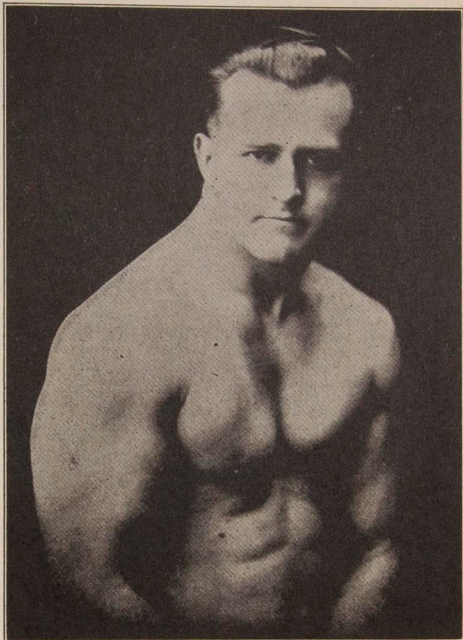
## CAN YOU DO THESE THINGS?

Lift 200 lbs. or more overhead with one arm; Bend and break a horse shoe; Tear two decks of playing cards; Bend spikes; Chin yourself with one hand

Can you do any of them? I can and many of my pupils can. It is remarkable the things a man really can do if he will make up his mind to be strong. It is natural for the human body to be strong. It is unnatural to be weak. One leading writer on physical culture says: "It is criminal to be weak". I have taken men who were ridiculed because of their frail make-up and developed them into the strongest men of their locality.

### I Want You for 90 Days

These are the days that call for speed. It once took four weeks to cross the ocean—now it takes less than one. In olden days it took years to develop a strong, healthy body. I can completely transform you in 90 days. Yes, make a complete change in your entire physical make-up. In 30 days I guarantee to increase your biceps one full inch. I also guarantee to increase your chest two inches. But I don't quit there. I don't stop till you're a finished athlete—a real strong man. I will broaden your shoulders, deepen your chest, strengthen your neck. I will give you the arms and legs of a Hercules. I will put an armor plate of muscle over your entire body. But with it comes the strong, powerful lungs which enrich the blood, putting new life into your entire being. You will be bubbling over with strength, pep and vitality.



EARLE E. LIEDERMAN  
The Muscle Builder

### A Doctor Who Takes His Own Medicine

Many say that any form of exercise is good, but this is not true. I have seen men working in the factories and mills who literally killed themselves with exercise. They ruined their hearts or other vital organs, ruptured themselves or killed off what little vitality they possessed.

I was a frail weakling myself in search of health and strength. I spent years in study and research, analyzing my own defects to find what I needed. After many tests and experiments, I discovered a secret of progressive exercising. I increased my own arms over six and a half inches, my neck three inches and other parts of my body in proportion. I decided to become a public benefactor, and impart this knowledge to others. Physicians and the highest authorities on physical culture have tested my system and pronounced it to be the surest means of acquiring perfect manhood. Do you crave a strong, well proportioned body and the abundance of health that goes with it? Are you true to yourself? If so, spend a pleasant half hour in learning how to attain it. The knowledge is yours for the asking.

Send for My New 64-page Book

## "MUSCULAR DEVELOPMENT"

IT IS FREE

It contains forty-three full-page photographs of myself and trained. Some of these came to me as pitiful weaklings, imploring me to help them. Look them over now, and you will marvel at their present physiques. This book will prove an impetus and a real inspiration to you. It will thrill you through and through. All I ask is 10 cents to cover the cost of wrapping and mailing and it is yours to keep. This will not obligate you at all, but for the sake of your future health and happiness, do not put it off. Send today—right now, before you turn this page.

some of the many prize-winning pupils I have

EARLE E. LIEDERMAN,  
Dept. 909, 305 Broadway, New York City.

Dear Sir: I enclose herewith 10 cents, for which you are to send me without obligation on my part whatever, a copy of your latest book "Muscular Development".

Name .....

Street .....

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

(Please write or print plainly)

# Earle E. Liederman

Dept. 909, 305 Broadway - NEW YORK CITY

## Health and Life Fellowship Notes

By the Secretary

Dr. Herman Hafemeister, D. N., Ar. D., of Milwaukee, Wisconsin, wants to form a HEALTH and LIFE Society in his city. He has written the following letter to the Editor:—

\*\*\*

Mr. Bernard Bernard, care HEALTH and LIFE, Chicago, Ill.:

I enjoy the sincerity shown all through your magazine by the different writers and think that it would be fine to have a little society organized here, where mutual interests could be brought together.

About 1910 I organized a Physical Culture Society here and the times we had were wonderful, but when I left to study at the MacFadden School it seemed to dwindle down to a small group. This was in 1913. I returned to Milwaukee to practice in 1914 and really have never started another society. What expression could you give me regarding a Health and Life Society in this city?

Yours for health,  
J. HERMAN HAFEMEISTER,  
D. N., N. D.

\*\*\*

If any of you Enthusiasts in Milwaukee would like to band together with Dr. Hafemeister, just write to him, care of this office.

\*\*\*

This idea of HEALTH and LIFE societies in various towns is a splendid one. There are so many of us who are working out things in our own little way, but if we could get societies we could be not only a real power amongst men and women of our towns and cities, but we should reap the benefit of each other's companionship, at any rate periodically.

\*\*\*

Before very long I hope to be able to announce a HEALTH and LIFE Fellowship badge. Arrangements are going forward, and before a month or so we shall have a dandy little badge that each member of the Fellowship can wear and feel proud of.

Harry Blumenfeld, of Cleveland, Ohio, is taking a hike to Chicago and back as a vacation. That's one of the most sensible vacations that he could possibly have. There is nothing like hiking to bring one into close contact with Nature, and the exercise is without parallel. Doctors of all schools maintain that walking is the very best exercise, and, if you really make enjoyment of it, and not hard work, a hike like such as Harry Blumenfeld is taking, makes the most enjoyable form of vacation.

\*\*\*

Don't forget the motto, comrades, "Sacred is thy body, as thy soul". And don't forget the pledge: to keep your body healthy, strong, and beautiful.

SECRETARY.

### THE IDEALS OF MARRIAGE

"I have read all the books of Bernard Bernard, and have received immense help. I believe all should read them to gain a new conception of married life. The idealism of Bernard Bernard is wonderful after the sordidness of life described by newspapers and magazines. Although not yet married, I am looking forward to establishing a happy home with the help of the commonsense, ideals, and truths of this great teacher."

Yours sincerely,

W. S. C. III.

## Advice Department

Enquiries will be answered through these columns free. Readers should give a non-de-plume; where this is not done, the initials will be used. Those desiring an answer by return of post must enclose 25c to cover cost of postage, paper, etc.

J. H. W., LOS ANGELES—He should fight the habit like a demon, which means a good course of physical culture will do him more good than anything. It's no good just telling him to use his will power; he has got to have his general bodily condition brought under so that he can use his will. Get him to read "Sex Development". There are many important things in that book that he ought know. If you can, let him take a special course under The Physical Culture Consultants, Caxton Building, Chicago, Ill. You can have every confidence in them.

W. L. F., NEW ORLEANS—A heavy growth of hair on the face depends upon heredity, sex, and age. It can be brought under the application of Nujol to the face each evening before retiring.

M. M., CANADA—It is better to avoid the operation. Continue to wear the suspensory bandage, and reform your diet as follows: Omit the two eggs for breakfast, and eat them in place of the whole dry muffins for lunch. For dinner have merely fresh fruit and fresh garden vegetables, omitting both meat and potatoes. Take the meat occasionally for lunch and the potatoes occasionally for breakfast. Or if you like to twist this system about you may, and should, and the others just when you want them. You can restore a normal condition if for a time you cut down severely upon starches and proteins, and then, when better, always keep these two forms of food for separate meals. See "Correct and Corrective Eating". A hot bath before retiring occasionally will relieve the urinary trouble during the night. You would find "Violaizing" most helpful as the way of concrete. If it is really different from anything you are now doing.

(MISS) K., KANSAS—Tomatoes and sauerkraut should both be placed in the class of acid foods, and should therefore not be used with any form of starchy food, of which they retard the digestion. Melons are taken in any form of food. Cream is a fat, and may be taken with cereals, though, strictly speaking, all starches should be taken with cereals to encourage thorough mastication and mixing with the saliva. Cream is apt to reduce this mixing process so valuable in the digestion of starch. Milk, buttermilk, etc., should not be taken with starches. They should be taken absolutely alone, or in combination with fresh fruit or fresh vegetables only, as other proteins. Milk should not be taken with other proteins, as one form of protein only should be taken at one time. Yes, you can take more than one form of acid food at a meal, tomatoes, fresh fruit, etc. It is a general principle, however, that the fewer the kinds of foods the better at a meal. But there is no harm in taking a meal made up of fresh vegetable salad (with tomatoes, if you like) and perhaps a little henfruit, and then taking fresh fruit to follow. No. Eggs should never be taken with any form of starch. This is a bad combination for people with good digestive organs. You can have butter at the same meal, as also fresh fruit and fresh vegetables. The treatment for asthma, catarrh, colds, etc., consists in taking out all starches and proteins for a time from the diet, and living entirely on fresh fruit and fresh garden vegetables. These should always figure very largely in the diet, but to eliminate a catarrhal condition they should be taken entirely. You will find exact details as to the treatment of catarrh, etc., in "Eating To Correct Ill Health".

(MRS.) L., COLO.—I am sure that your efforts on behalf of your children will be rewarded. Study the books well, and keep up as you are doing, and you will find steady improvement taking place. With regard to your thirteen-year-old daughter, the only exercise that I could set her to help her co-ordinate her movements would be on Mr. Richmond's Spinal Exerciser. This would cost you \$4.50, but I would personally take the trouble to set her some special exercises, if you will let me know the exact nature of your girl's curvature and other deformity. Then, later on, when you are better off, you

could take her to an Osteopath; but the exercises I will set her on the Exerciser will tend to correct the deformity and develop her body, and help to get her well and fit. G. D., VA.—You would be unwise to do any barbell training until you have got those varicose veins under control and free from pain. The best is to concentrate on setting rid of them, or at least preventing their further development, and as they are caused by strain, and in your case they are caused by these measures should be returned by you. Get a copy of "Correct and Corrective Eating" and learn how to combine your foods. At present you are taking so much starchy food, and so many demineralized foods, that if you continue to do so, there isn't the slightest doubt that your varicose veins will become seriously worse. Cut out all starches for a time. Don't eat fried foods. You can continue to take eggs, but get much more fresh fruit and fresh vegetables in your diet. Then do some simple free exercises, the best would be those in "Health and Fitness". The "Violaizing" system would also help you, both for strengthening and development, without strain.

N. B., OHIO—Are those brown spots merely freckles? If so, there is nothing much to do about them, and there's nothing to worry about. If they are in a disordered blood system all you can do is keep on doing as you are, and have a hot bath every morning before you get up, a couple of weeks. Wrestlers develop their necks by doing the "Wrestler's Bridge" exercise; that is, lying on the back, and supporting the body on the head, then, by raising and lowering the body. Exercises also which turn and twist the head about in all directions are good. Do this, and supporting the body on the neck, that is, forcibly contract the muscles by drawing your head towards your body, and relax, and do this alternately, in conjunction with the other exercises.

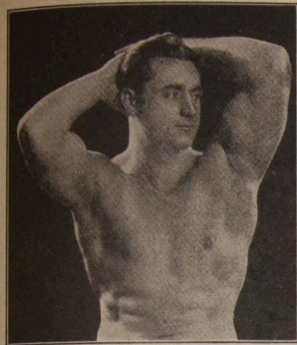
T. B., OHIO—Have you yet persuaded your wife to read "Beginning Marriage"? If not, do so. More important, however, and more powerful, would be "A Course in Marital Conduct". The best way to go about establishing a real joy in which you both find the maximum of joy is that explained in "A Course in Marital Conduct". Do not expect her to make advances. Always remember that it is only as an outcome of love that there is any real joy obtained. In this way will you both attain a normal, healthy, and enjoyable love life.

S. S., CANADA—It seems to me, on thinking carefully over your case, that you are suffering from a little catarrh and also acid nervous irritation, both of which are accounted for by your present diet. If you are taking fresh fruit and starches at the same meal fermentation is inevitable, set up, rendering the blood abnormally acid, and so affecting the nervous system. Otherwise you appear to be doing well. You should keep only your barbell exercises. You have no serious psychological complex. However, "The True Art and Practice of Auto-Suggestion", which costs only 50 cents, will soon put you straight on this matter. Just forget about the complex. I don't think it exists; you are worrying needlessly about the matter, and it should be cast out of your mind. The book above named will tell you very simply how to do it. Keep on going. Get plenty of fresh fruit and fresh vegetables, but avoid fatty mixtures.

S. T., MASS.—Read "A Course in Marital Conduct". Remember that it takes just a little time to become adjusted to each other. Is not necessarily the test of enjoyment. The retention of the vital forces for a consistency, and in all other respects normal, results in the maximum of happiness. Some little alterations in your diet would make things go better. Don't mix up starches and proteins. Get more fresh vegetables, and don't take apple in any form at the same meal as starch. The best thing of course for you would be a special course in Physical Culture. This could be arranged for you through the Physical Culture Consultants, Caxton Bldg., S. Dearborn St., Chicago.

F. B., PHILADELPHIA—Go to a Naturopath in Philadelphia, if you will diagnose you and treat you. If there is no news available, go to a regular physician. It would help you considerably if you learn how to eat correctly. At present, your diet will not help you any. Get more fresh fruit and fresh vegetables. Be very light on starches and proteins. Get "Correct and Corrective Eating" from HEALTH and LIFE Publications, 558 S. Dearborn Street, Chicago, Ill. Price \$1.25. It will tell you more about this. Whatever you do tell your mother about this. Whatever you do tell your physician about this. Whatever you do tell your doctor about this. Whatever you do tell your complaint. From the symptoms described it is probable you have a return of old complaint, but a fresh attack of gonorrhoea.

Let the World's MOST PERFECT MAN show you the way to radiant HEALTH, STRENGTH and POWER of Will



**CHARLES ATLAS**  
Twice pronounced the World's MOST PERFECT MAN, winning two \$1,000.00 FIRST PRIZES and a DIPLOMA for physical Perfection, given by Directors of Physical Culture Magazine. No other living man can claim this title.

**OUCH!**

How often have you said this word. It was only yesterday, was it not, that someone slapped you on the back and you yelled out, OUCH? Or was it a friend of yours, who, when examining your weak and flabby muscles, suddenly dug his fingers into them? OUCH! you cried. Why, your muscles are as much good to you as blinders on a blind horse. Why not get back at some of these well meaning friends who are always calling your attention to your poor condition? Come on, old chap. BE A MAN, and have a man's body. BRACE UP and give those friends of yours a surprise of their life.

**BE A MAN—Not a Manikin!**

Quit wishing and waiting for Health, Strength and a Perfect Physique. Hook up with me and I'll carve out of your body a mighty, powerful, Herculean development with far more energy and strength than you ever dreamed possible.

**SECRETS OF MUSCULAR POWER AND BEAUTY**

Revised and Enlarged Edition Sent FREE  
Send for my marvelous free book and get the VITAL facts, the convincing proof—the undeniable evidence—that my pupils become more perfectly developed than other physical directors and this is quickly accomplished without any exercising device.

A brand new edition. More wonderful than ever. Simply crowded with marvelous pictures of super-men—men of energy, muscle and strength. This amazing book tells how to pull away from the crowd of weaklings and failures. How to get Perfect Health and Dynamic Energy, secure unlimited Nerve Force, acquire Courage, Confidence, develop a Magnetic personality and attract others to you. Scores upon scores of vital, inspiring pages of information and beautiful art pictures YOURS FREE. It places within your hands the real Key to Superb and Glorious Manhood. It shows you how to become a Monument of Strength, a splendidly worthwhile SUCCESS. It is the magic book that builds new backbones and bigger bank accounts.

FREE Everyone who writes me will have an opportunity of securing seven large photographs of myself absolutely FREE. Send for full particulars about the big cash prizes, expensive troubles and beautiful Diplomas I am giving away free.

**CHARLES ATLAS**

"The World's Most Perfect Man"  
96 Fifth Avenue, Dept. 464, New York City

MAIL THIS NOW:

**CHARLES ATLAS**

96 Fifth Avenue, Dept. 464, New York City  
Dear Sir: Please send me your new big free book: "SECRETS OF MUSCULAR POWER AND BEAUTY". I enclose 10c to cover shipping and mailing charges. This places me under no obligation.

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

(Please write or print PLAINLY.) HL-9-24

**Opportunity—**

For those who wish to master

**Drugless Therapeutics!**

Yes—OPPORTUNITY! The kind you have hoped for, yet never really expected. A chance to master quickly, and more thoroughly than was ever before possible, this growing profession which is making so many ambitious young men and women financially and socially independent. Never before—not in all the years that the Lindlahr College has been established—have prospective students been given this unique privilege. But the offer is open for a limited time only. Read the astounding facts. Then act—today.

**Combination Course Grants Two Degrees**

The most complete training possible to acquire is assured the student who wisely takes advantage of this remarkable offer. A special Combination Course, obtainable nowhere else, qualifies the graduate for two degrees and equips him with the knowledge and actual experience to enter this profession of almost boundless opportunities.

And remember that here, in one of the world's greatest medical centers, clinical facilities afforded in connection with this special course are positively unrivalled.

By special arrangement, the two best schools of their respective kinds in the country—

**The National College of Chiropractic and the**

**Lindlahr College of Natural Therapeutics**

have combined to afford the student the most complete training in drugless work. Besides the comprehensive course of Chiropractic, you are given the special Lindlahr Course in Natural Therapeutics, which embodies—

- Dietetics
- Chiropractic
- Hydrotherapy
- Electrotherapy
- Diagnosis—physical, laboratory, X-Ray, and Iridiagnosis.
- Osteopathy, Official work and other manipulative methods.

No such course is obtainable elsewhere. Graduates are recognized by all Chiropractic State Boards. And now comes the greatest feature of this special offer.

**Big Money-Saving if You Act Quickly!**

In order to attract more enthusiastic and capable students to the field of drugless healing, we are offering an unusual inducement for the next thirty days only. In justice to yourself, by all means, get the details of this marvelous offer before you decide to enroll anywhere. Aside from the superior training provided, it will be to your positive, material advantage to grasp this opportunity. Send for the complete facts—no obligation. Offer will positively be withdrawn in thirty days. Act now!

Address the

**Lindlahr College**

517 South Ashland Blvd.

CHICAGO

**Build Up A Powerful Voice**

You can make YOUR voice a tremendous asset. My method is plain, practical and positive. It will rapidly develop strength and beautiful QUALITY. Gives many principles of the great Masters with tests and cautions that keep you on the correct path. For all practical purposes you need nothing else. Saves you the cost of many lessons at the price of one—\$1.00. Satisfaction guaranteed.

D.P. Wixom, 4426 McLaughlin Ave., Detroit, Mich.

**DEAFNESS IS MISERY**



I know because I was Deaf and had Head Noises for over 30 years. My invisible Antiseptic Ear Drums restored my hearing and stopped Head Noises, and will do it for you. They are Tiny Meshboxes. Cannot be seen when worn. Effective when Deafness is caused by Catarrh or by Perforated, Partially or Wholly Destroyed Natural Drums. Easy to put in, easy to take out. Are "Discom Comforts." Inexpensive. Write for Booklet and my sworn statement of how I recovered my hearing.

A. O. LEONARD

Suite 21 70 5th Avenue - New York City

**A GENUINE SELF STARTING REMINGTON NO. 10**



You can actually save more than half your cost on a machine literally like new! This is the latest Model No. 10, with the exclusive Remington "Self-starting" feature—the most popular typewriter ever built.

**CUT TO \$30.65**

**YOU SAVE \$64 CASH**

By long odds the best buy of the year and the biggest typewriter value ever offered. Your actual cash saving is \$64 on a new machine, or from \$20 to \$45 on a rebuilt model.

**ABSOLUTELY LIKE NEW**

The machine is perfect in appearance and working condition. It has all the late improvements: column selector, 2-color ribbon (automatic reverse), back spacer, variable platen release, late style paper fingers and guide. Has standard keyboard; 84 characters. Entire writing line is visible. Will write on a postage stamp.

**30 Days Free Trial—Satisfaction Guaranteed**

Every Remington is guaranteed for 5 years against defect. Try it at our risk for 30 days. We guarantee your complete satisfaction or money back if you do not feel that you have the biggest typewriter bargain you ever saw. Write for details. A postcard will do.

Cut Prices on All Standard Makes  
**LINCOLN TYPEWRITER CO., Inc.**  
*America's Leading Independent Typewriter House*  
 Dept. 22 298 Broadway, New York City

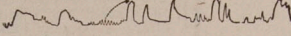
**A New Radiant Star for Suffering Humanity!**



Motto: Mother Nature's command is: "Your whole body shall breathe." The five fundamental breathing types. The curved line shows the result of a clinical examination of Dr. Leser-Lasario's

**"VOWEL-TYPE-BREATHING-METHOD"**

Each single type shows a distinct and different influence on blood-circulation (life).  
 All A E O<sup>1</sup> O<sup>2</sup> OO<sup>1</sup> OO<sup>2</sup>



Photographed on Kimo-graphion June 12th, 1921, at Vienna Hospital, Department of Prof. Dr. Hasek, Throat Specialist.

Prof. Dr. B. M. Leser-Lasario's

**Vowel Type Breathing**

is the crowning glory of all systems of breathing as well as all methods of Physical Culture.

An inner orthopaedic vibratory massage of the involuntary organs, a thorough cleansing of the inner glands, followed by increased glandular secretion, an essential factor of full health. A radiating of positive and negative magnetic waves thru the whole body. A true preventive of disease and a natural remedy for them. Individual types of vowel breathing are given for special diseases as well as for training of voice which can be improved for speaking and singing. Nothing of complication in this method. Abnormal conditions and bodily defects can be regulated and corrected thru your own breath—your own animating vibration and conscious controlled blood circulation. Facts which are proven and acknowledged by medical authorities. An inestimable simple procedure for glorious health, youth and happiness. Results are positive. Try it now, don't wait another minute. Send for free information sheet.

Mail the special coupon now  
**Hygienic Institute for Higher Health and Life, Dr. John H. Lauber and Dr. B. M. Leser-Lasario, N. D., 84, Petersburg, Fla., 734 Central Ave.**  
 I enclose herewith \$1— for which please send me postpaid your booklet and full information how I can practice your Vowel Type Breathing.

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

**ORDER "HEALTH AND LIFE" IN ADVANCE**

By ordering HEALTH AND LIFE in advance you will be quite sure of obtaining it; otherwise you may have some difficulty. Tell your newsdealer that you want it regular. Or, better still, fill in the form below and send \$2.00 to our publisher, and you will have it delivered into your hands each month for a whole year. A dollar will bring you the magazine for six months, post free.

Fill up this form:  
 TO HEALTH AND LIFE Publications, 508 S. Dearborn Street, Chicago.  
 Gentlemen—I am enclosing herewith \$2.00, for which please send me HEALTH \$1.00.  
 AND LIFE Monthly for one year. (Cross out items not wanted.) six months.

Name .....  
 Address .....

**Health and Life Congress**

(Readers' views and comments are invited but the editor does not hold himself responsible for opinions expressed here.)

**THE NEED OF EUGENIC MARRIAGES**

Dear Mr. Bernard:  
 I was wondering if you could give us your views on eugenic marriages. Senator Capper's Federal Marriage and Divorce Law will at any moment be re-introduced into the House and Senate and those of us who know the tremendous need of EUGENIC MARRIAGES are in hopes that his bill will be passed. Your helpful and illuminating magazine could create considerable interest in regard to eugenic principles. As I have already explained in your Health and Life Congress, EUGENIC MARRIAGES, EUGENIC STERILIZATION OF MISPLITS AND DEGENERATES AND "THE SCIENTIFIC CONTROL OF CONCEPTION" would tremendously lessen the production of physical and mental defects.

Birth control, rightly handled, would be of supreme benefit to the race. Bet it known that Holland has the highest birth control knowledge, and the birth rate is higher and the death rate is considerably lower in any other country in the world. AND HOLLAND HAS LESS SCIENTIFIC DISEASES THAN ANY OTHER NATION. Is there any need of more convincing proof that birth control is worth it? NOT make for increased immorality and "race suicide"?  
 E. K. J.

**With the Men of Iron**

(Continued from page 341)

nude as 135 lbs. The Crucifix lift was then performed. Finally Charles successfully accomplished a Crucifix Lift (hands up position) of 90 lbs. (45 lbs. L. and R.), thus creating an American record in this lift at his bodyweight.

**Other Records**

John Chile, of Erie, Pa., accomplished T. H. C. and J. with his barbell 207 lbs., creating a new Pennsylvania State record at his bodyweight, 141 lbs.

Anthony Pellicciotto, of Birdsboro, Pa., accomplished 140 lbs., accomplished 12 1/2 in. in the Wrestler's Bridge.

John Chile lifted 132 lbs. in R. H. C. and J., creating a new Pennsylvania State record at his bodyweight.

Charles B. Swift created a new American record at his bodyweight by raising 135 lbs. in a perfect Slow Curl.

Frank Dennis accomplished a new Pennsylvania State record at his bodyweight of 240 lbs. in the Shoulder Bridge.

Charles B. Swift hung up an American record at his bodyweight of 140 lbs. in the T. H. C. and M. P.

Charles B. Swift made a Pennsylvania record in the R. H. C. and M. P. of 65 lbs. at his bodyweight.

Anthony Pellicciotto made a Pennsylvania State record at his bodyweight of 112 lbs. in the L. H. C. and J., with barbell.

**Some Notes on Right Eating and Living**

(Continued from Page 340)

lates the flow of digestive juices and has a stimulating effect on the body generally. Meat is rich in valuable proteins and may be considered a muscle builder. It is also an excellent source of iron and phosphorus, blood and bone builders. The glandular organs, i. e., the heart, liver, brain, pancreas and kidneys are composed of nucleated tissue and contain vitamins. Since meat is low in limes and contains no carbohydrates, potatoes, cereals, leafy vegetables and tubers should be eaten at other meals during the day in order to make a well balanced diet. A word of warning should be spoken in regard to the taking of meat in excess. There is no reason why a healthy person of active



habits should forego the pleasure of eating so excellent a food, but people of sedentary habits, and especially those handicapped with a delicate digestive apparatus, should cultivate moderation in their eating. This art-ventive moderation is not intended for growing children. We do not know it would be hard to keep a child on a balanced diet, or even get it to fast for a couple of days. A mother has natural instincts as to what a child should eat, and how much it should eat.

Read HEALTH and LIFE, live up to its principles, and you will not go wrong.

Senility, old age, is the feebleness of body and mind incident to old age. We cannot always stay young, but we can keep from getting feeble. Swimming gives good wind, forces a person to take deep breaths and prevents tuberculosis. Basket ball will quicken his footsteps and prevent him from slowing up in later life. Physical culture develops his muscles, so he can stoop over and touch his toes without breaking his back, and we keep him in good shape. The feebleness of the mind is a psychological condition; worrying over family or financial affairs will bring on this condition. Associate with young people and read up-to-date literature, go to the baseball games, or whatever sports you may fancy. All these sports and exercises will keep you young when others get old. Live well and enjoy long life.

## Among the Grapplers

(Continued from Page 343)

after rewarded. In a great match he won the championship from Ed Lewis, the American title holder. Shortly afterwards, the war broke out and Zbyszko went home to fight for Russia.

He had many strange adventures while in the army and often gave exhibitions for the Russian soldiers who are great lovers of the wrestling game. Stanislaus, in wonderful condition, defeated with ease all those he went against, and was a hero everywhere. Shortly after the fall of the Czar, when Poland fought against Russia, he was captured by the Bolshevik soldiers. It was then he had his greatest wrestling match—a match for life or death; Aberg, the giant Graeco-Roman champion, was a soldier in the Bolshevik army and known everywhere for his wonderful wrestling prowess. His comrades quickly fixed up a match between the two giants. The terms to Zbyszko were freedom if he won and death if he lost. Aberg, of course, was not in danger, but wanted badly to defeat the Pole.

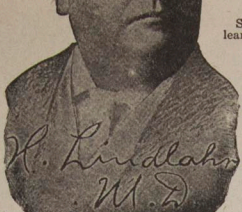
The match took place in a little theatre. The wrestlers were surrounded by a packed throng of rough soldiers with fixed bayonets, who eagerly watched every move. Stanislaus was in splendid condition, but so was Aberg. The two giants fought out their life and death struggle. Hour after hour went by as they tugged and feuded. Both were cautious and took no chances, so the match was slow. Finally the better condition of the great Pole began to tell on his opponent, and suddenly, putting out all his tremendous strength, Zbyszko secured an unbreakable hold, and pinned the other.

The soldiers, who had watched the battle almost without breathing, now gave the victor a tremendous cheer. He was released shortly afterwards and returned to Poland. Zbyszko now gave up wrestling and took things easy for a while. However, the excitement and care of the big game were too much. He again came to America, but this time was fat, out of condition, and about forty-two years old.

This was at an age that few indeed would think of striving for championship honors. However, the great Pole settled down to a system of hard training, day after day. Soon his old skill and strength were as good as ever, and he surprised the athletic world by again winning the wrestling title from Stranger Lewis. He now held the Graeco-Roman and catch-as-catch-can championship and was the only wrestler to hold both titles. Lewis afterwards regained his title, and Zbyszko then went again on a wandering trip of sport and adventure to many countries where he defeated their best men.

Now, at the age of forty-six, he is easily the second best wrestler in the world, and again is training to regain the title he lost. He has seen many champions come and go, but, like the running brook, he seems to go on forever. He has won and lost fortunes in the wrestling game, and surely his life is a wonderful record of activity, wandering adventure, and success.

# Put Your Disease Out by the Roots—



Some twenty years ago I first learned from my own experience that disease can literally be "pulled out by the roots." I was then almost a physical and nervous wreck, suffering from what doctors told me and what I myself firmly believe, was an incurable case of diabetes and other serious complications. And I was doing the usual thing—suppressing every symptom by the orthodox method of dosing myself with such medicines and drugs as the medical profession declared could afford me only a small measure of temporary relief.

## Nature Cure Brings on the Healing Crisis

It was at this juncture that a book on Nature Cure fell into my hands. It appealed to me as the true philosophy of life, health, and disease. I put its teachings to the test. The test did not fail me. Through the husbanding of what vital force I had remaining, through building up my impoverished blood on a natural basis and promoting the elimination of waste matter and poisons from the system—in short by giving Nature's healing crisis was brought about and the disease, itself, was banished as completely as if it had never existed. Truly I am an hearty, vigorous, full of life and vitality. And I am positive in my knowledge that Nature Cure will do for other disease-ridden sufferers all that it did for me.

I have proved conclusively that in the course of any disease, a healing crisis can be brought about by Nature Cure Treatment. And when, through the bringing on of the healing crisis, the disease has run its course and normal health has been restored, the system, having undergone its purge, is stronger and more vigorous than before the disease-attack. This has been demonstrated in thousands of the worst chronic cases which I have helped to restore to normal health. (Signed) HENRY LINDLAHR, M. D.

## NATURE CURE AN EXACT SCIENCE

Since turning to Nature Cure for relief from his own sufferings, Dr. Lindlahr has elaborated upon the earlier Nature Cure teachings and has reduced them to an exact science, marvelous in its simplicity, so easy to grasp and put into practice, quite regardless of his past into book form a full and complete explanation of Nature Cure philosophy, together with simple directions which make it easy for you to

## Treat Yourself at Home Without Drugs

This \$2.40 Book Sent Free

There is nothing that is vague or mystical in this book—"NATURE CURE." In Dr. Lindlahr's inimitable style and with remarkable clarity of expression, it throws the cold, white light of Scientific Truth upon the inconsistencies and contradictions of the hundreds of books which have so long bewildered those who are earnestly seeking health. It deals in a way that you can readily understand, with the simple, fundamental laws and principles of Nature that control the processes of life—birth, health, disease and cure. It gives clear and explicit directions for applying to each individual's case at home, the same methods of Nature Cure treatment which Dr. Lindlahr himself employs at his two famous health institutes—the Lindlahr Sanitarium of Chicago and the Lindlahr Health Resort of Elmhurst, Ill. It tells you the way and gives you proof of the fact that every acute disease is in itself, the result of a healing and cleansing effort of Nature. And it shows you how to bring about, either in acute or chronic diseases, the healing crisis which leads to recovery.

You will find this book a revelation in the art of right living—a never-failing well of inspiration and helpful understanding for anyone who suffers from disease in any form. It is a book which should be in every home throughout this broad land. Dr. Lindlahr considers his book, "Nature Cure," of such great importance to the health and happiness of mankind that he will send a copy to any address merely upon receipt of the coupon.

Mail the coupon right now—today—and by return mail receive your copy of this remarkable book. You may keep it five days, which will give you ample time to read it carefully. If you are then convinced that the truth it reveals, the information it gives on how to treat yourself when sick, how to keep in robust, vigorous health—if you consider all this well worth ten times the small cost of the book, send us the price of \$2.40 in the enclosed money order in 5 days that you do not want it and we will tell you where to send it. No obligation on your part if you waver.

**Lindlahr Publishing Co.**  
523 So. Ashland Blvd., Chicago, Ill.

Name .....  
Address .....

### NATURE CURE

What is Life? The Three Primary Causes of Disease—The Laws of Cure—Suppression Versus Elimination; Suppression the Cause of Chronic Disease—Inflammation—Effects of Suppression on General Diseases; Destructive After-effects of Mercury—"Suppressive" Surgical Treatment of Tonsillitis and Enlarged Adenoids—Cancer—Woman's Suffering—Treatment of Acute Disease by Natural Methods—Dr. Osler on "Medicine"—The Diphtheria Antitoxin—Vaccination—Surgery—Chronic Crisis; Disease Crisis; Healing Crisis—Diagnosis from the Eye; The Story of a Great Discovery—Natural Dietetics; Mixing Starches and Acid Fruits—Fasting—Hydrotherapy—Air and Light Baths—Correct Breathing—Exercise—Massage; Osteopathy; Chiropractic—Legitimate Scope of Mental and Metaphysical Healing—Mental Therapeutics—Strengthening of Will Power and Self-Control.

## Nature Cure Cloth Bound—438 Pages SENT FREE

From the forty chapters which comprise the contents, the few following chapter headings will serve as an indication of the scope and extent of scientific research set forth in this remarkable book:

What is Life? The Three Primary Causes of Disease—The Laws of Cure—Suppression Versus Elimination; Suppression the Cause of Chronic Disease—Inflammation—Effects of Suppression on General Diseases; Destructive After-effects of Mercury—"Suppressive" Surgical Treatment of Tonsillitis and Enlarged Adenoids—Cancer—Woman's Suffering—Treatment of Acute Disease by Natural Methods—Dr. Osler on "Medicine"—The Diphtheria Antitoxin—Vaccination—Surgery—Chronic Crisis; Disease Crisis; Healing Crisis—Diagnosis from the Eye; The Story of a Great Discovery—Natural Dietetics; Mixing Starches and Acid Fruits—Fasting—Hydrotherapy—Air and Light Baths—Correct Breathing—Exercise—Massage; Osteopathy; Chiropractic—Legitimate Scope of Mental and Metaphysical Healing—Mental Therapeutics—Strengthening of Will Power and Self-Control.

### MAIL THIS COUPON

Lindlahr Publishing Co.,  
523 S. Ashland Blvd., Chicago

Gentlemen—  
With no obligation on my part to keep it, send me a copy of your 438 Page book—Nature Cure. If at the end of five days I decide to keep it, I will send you \$2.40; otherwise I will ask you to tell me where to send it. H. X.

# WHAT ABOUT YOUR BOY?

If you want your boy to form a taste for good things, good literature, sound views on life, here is a story, "Buz and Fury", that you can put into your boy's hands, and he will be thrilled from start to finish. It will not only have been pleasurable to him, but it will help to form his character, without any preaching or moralizing, merely because he will want to be like Buz, the hero of this most delightful dog story.

## BUZ AND FURY By WARRINGTON DAWSON

You could not present your boy with a better book, from every point of view. It will make a beautiful present, too. It has good stiff binding, with gold lettering on front and back. Send in M. O., check, or currency for \$1.75, and the book will be sent to you postpaid immediately. Send now to THE HONEST TRUTH PUBLISHING CO., 508 South Dearborn Street, Chicago, Ill.

## Muscles Like This In a Month

Guaranteed and money back if you are not satisfied. Never was there a fairer or greater offer made.

### VITOLAXING

The greatest discovery of modern times. Health and strength are obtained in an incredibly short time by this astounding new system.

#### A Wonderful Discovery

Indigestion, Constipation, Nervous Debility, Sleeplessness, Rheumatism, Obesity, Sciatica, Dizziness, Headache, etc., etc., disappear like magic.

It is Nature's own method of developing the body and any organs in particular, and

#### RESULTS ARE GUARANTEED.

VITOLAXING is a most valuable adjunct to any other form of athletics or physical training you are practicing. It will help more than anything to make a champion of you. It is as easy as it is effective.



Who is this? It can be YOU in one month from today. It is the wonderful development that "VITOLAXING" gives in such an incredibly short time. Start right in now to prove it for yourself.

## What Is Vitolaxing?

By BERNARD BERNARD

(Editor of "Health and Life")

I want to tell you a story of one of the most fascinating discoveries of modern times.

It has been my privilege to edit physical culture magazines all over the world. I have examined the systems of very nearly every physical culture director. I have had the opportunity of discussing personally and privately the methods, not always made public, used by most of the great athletes of the past fifteen years.

As an international champion athlete I have taken an interest in all these things and have had my own personal problems of training to map out. I am now practically through with any competitive athletic work, and I want to give to the world what I have discovered during my years of experience as an athlete in conjunction with the exceptional opportunities afforded me because of my position as editor of several physical culture magazines.

I was one of the unfortunate ones in my childhood. I had heart disease and other complaints which handicapped me, and I, therefore, know what it is to feel 'down and out.' However, it was because of my sad condition that I determined to see what there was in physical culture to enable me to build up the health and strength that it was my right to enjoy, and which I knew I could enjoy because I saw others enjoying them. What I have accomplished the whole world knows, and I am willing to go before any physician and have him examine the condition of my heart and other organs, confident that he will give me a certificate of 100 per cent fitness.

What a wonderful world it would be if all men and women could say the same! Yet they could say the same if they adopted the same measures, and the measures resorted to in private by many of the strongest men in the world and the greatest athletes who once were weaklings.

The old system of exercising is all right in its way. However, I was first led to this discovery by Professor Tyndall. Professor Tyndall explained that in ordinary exercises there is a great deal of wasted energy. For instance, if you lift a weight your energy is wasted in the raising of that weight, to a very great degree. If you do arm bending and stretching, you are still wasting energy in the movement of the limbs, except, of course, that there is a slightly less waste than in the raising of weight. The ideal method, as suggested by Professor Tyndall, was to secure some movement

which would conserve all the energy and use it for the upbuilding of health and strength.

It is this conservation of energy which has been discovered in VITOLAXING. Muscles relax and contract by means of mental power alone. This is not so difficult as you imagine. Of course, the secret of it comprises the system of VITOLAXING, but there is an easy way of applying Professor Tyndall's law to every muscle in the body.

You can imagine then, how wonderfully responsive the body must be to VITOLAXING. The practice of the system bears out all this. An inch can be put on the biceps muscle of the arm within a month. Proportionately increases can be made all over the body where desired. Thus a superb body may be developed in a very simple way.

But imagine what this system of VITOLAXING can do for the vital organs of the body. For instance, the abdominal muscles, which practically control digestion and elimination, can be set into order at will, they can be made immediately to respond and function efficiently.

I want you to look at the photograph on this page. Does it mean anything to you? It is evidence of what your body can become.

One of the most valuable things about VITOLAXING is that it does not mean a waste of a lot of time. The exercises can be performed at any time of the day, even in ordinary clothing, if necessary.

During the course of VITOLAXING you are given personal instruction. The system is adapted to suit your case, and it is quite an easy matter to follow out the very clearly given instructions and attain the physical condition you desire.

I would also like to mention that possibly the most beneficial thing regarding VITOLAXING is that, being as much mental as physical, or perhaps to explain it more clearly, remarkable degree. They become the control of the mental over the physical, the power of mind is developed to a point which is extraordinarily valuable. They become clearer witted, have a keener sense of perception, and problems that worried them before give them no trouble. VITOLAXING, in other words, is one of the greatest discoveries for vital physical advancement the world has ever known.

## Start Right In NOW

We are particularly anxious to put this course within the reach of everybody, because we believe it to be one of the greatest discoveries ever made for human advancement. The fee is therefore, only \$4.75. This will give you the complete course of VITOLAXING with its application to your particular condition. Your case will be carefully weighed and considered, special exercises mapped out for you, and, in fact, originated for you if necessary, so that the result can be guaranteed. Your condition will be studied carefully and everything that is possible to insure absolute efficiency in VITOLAXING will be done.

Don't hesitate! Enjoy the health and strength that it is your right to have. Fill in the form and start. Send it immediately so that you lose no time in such an important matter. You have a whole world to gain and nothing to lose.

Don't send any money. Simply pay the postman \$4.75 when he delivers the course into your hand, and if you are not satisfied, positively and absolutely, send it back within five days, and your money will be cheerfully refunded.

We want you to know too that every VITOLAXING pupil is automatically entered in our prize scheme. GOLD, SILVER AND BRONZE MEDALS will be given for the best photographs showing the results of VITOLAXING after only one month. The Editor of HEALTH and LIFE himself will act as judge and determine prize winners.

VITOLAXING, Caxton Bldg., S. Dearborn St. Chicago, Illinois.

Please send me your course, VITOLAXING, by return mail. I will pay the postman \$4.75 when he delivers it to me.

It is distinctly understood that if I am not absolutely and positively satisfied with this course, I will return it within 5 days and expect a return of my money.

I attach herewith a short outline of my needs and desires.

NAME \_\_\_\_\_

CITY \_\_\_\_\_

STATE \_\_\_\_\_

(Please Print Plainly)

# The Olympic Games

(Continued from Page 339)

right hand held out in pledge of fidelity, he slowly and impressively repeated the oath—that he and his comrades of all nations would loyally observe the rules of the Games for the honor of our countries and the glory of sport. Then all the flags were dipped. Here followed a queer incident. For the first time in the history of Brazil their flag, being raised (which is their usual salutation).

Then the President of the French Republic declared the Games open; twenty banners of carrier-pigeons were loosed by squads of French boy scouts to carry the news to other countries; a battery of French 75s saluted; and the five-circled banner of the Olympiad was raised at one end of the great athletic field.

Now to come to the Games themselves. The first thing that strikes one is that the Games have become so unrelentingly their rival at Athens in 1896. They now include twenty-two branches of sport, and this year the contests continued from May 1 to July 21 in ten different places. Of all the branches of the Olympiad, the athletic section is regarded as being the most important, and the high hopes that were entertained of its producing some very famous men and figures were not disappointed.

## Nurmi—The Superman

First and foremost stands forth Paavo Nurmi, the famous Finnish runner—probably the greatest runner that the world had ever seen. Nurmi accomplished the greatest performance ever known in the history of modern Olympic Games. In one afternoon (Thursday, July 10) he smashed two Olympic records with seconds to spare (1500 metres and 5000 metres), and finished as cool and fresh as though he had never run a yard! Both these races took place within fifty minutes of one another. In one of his preliminary heats Nurmi, who always starts with a stop watch in his hand, deliberately reduced his speed. At the end of the first lap he looked at his watch, saw he was ahead of the schedule, and at once slackened his pace! His greatest rival was the other Finn—Rittola. Between these two there is a deadly rivalry. In the 5000 metres final, Rittola kept at his countryman's heels practically all the time, but he had not the necessary speed to hold him for the last two hundred yards.

Practically the same story was told in the 10,000 metres cross-country race, except that in the case Nurmi won by over 500 yards; no longer the distance, the less chance Rittola had.

The Finns altogether were a magnificent set of men. The athletes from that little country have taught the whole world a lesson. They have no trainers, such as the American athletes have; and their diet is mostly dried fish, coarse brown bread, nuts and cheese. The only drink they take is milk, and practically all the members of the team use boxing and wrestling as an essential part of their training.

Myra, a compatriot of Nurmi, and winner of the Javelin-throwing, attributes the marvelous success of the Finns to the fact that they live in the open air instead of spending their time traveling in railway and street cars, and also that there is no "night-life" in the Finnish cities.

## The Sprinters

The hundred-metres race saw six of the fastest men in the world competing. It was won by Abraham (England), with Schulz (United States) second, and Porritt (New Zealand) third. The Americans described Porritt as the one-man team. He is the only New Zealander competing in the Athletic Section. Porritt in this race beat Paddock, the famous American sprinter, and Churchill and Bowman, also of the United States; and when one remembers that Abraham won this race in Olympic record time by only a yard, and that Schulz beat Porritt by only six inches, it will be realized what a magnificent performance Porritt accomplished. There is no doubt about it that Porritt today is one of the world's speediest sprinters, and in a year or two ought to be the world's greatest sprinter.

## Osborn Jumps to Win

The high jump was a wonderful performance—H. H. Osborn of the United States beating the Olympic record for the high jump, clearing the bar at 6' 6". After winning the event, Osborn narrowly missed the world's record with the best at 6' 7½". Nationality and partiality were cast aside when Osborn tried this to break the record.

Everybody in the stands wanted to see him clear the bar; and when he failed a huge sympathetic groan arose from the crowd. In the long jump another American, Leacock, broke the record by clearing 27' 4", a famous high jump. In the high jump contest no less than seven men cleared the bar over 6 ft.—which must, in itself, be a record.

Forty-three men, representing many nations, competed in the shot-putting and hammer-throwing, two Americans clearing over 49 ft. in the shot-put, the next best being a Finn at 46 ft. It would be very difficult to find anywhere in the world such magnificent specimens of physique as were to be found amongst the shot-putters, hammer-throwers, javelin-throwers, and disc-throwers. I have never seen before such splendid men anywhere in my life.

England, as usual, reformed badly in the track events. But it is not to be wondered at. The little encouragement that is given to track events in England will always prevent her making a really representative showing in the Games. We have one man, Nokes, of Oxford University, a hammer-thrower, who performed badly at the Games. He could only accomplish 157 ft., although his previous best was 176 ft., which would have been good enough to win. Dr. Salisbury Wood is our champion shot-putter. He is a light man, weighing only 145 lbs., and yet by years of practice he has increased his shot-putting until at the English championship he won with 43' 10". Men like Woods and Nokes get practically no encouragement from English athletic writers; there is nothing to sustain them except their own enthusiasm. Yet sporting writers devote columns and columns of space to a cricket match between the boys of Eton and Harrow. The attitude adopted by many people is that the Englishman only competes for sport, and not to win. This attitude is both stupid and illogical. We want to win, certainly by fair methods, but above all because we excel our competitors. So long as we attach more importance to events in England and ignore Olympic Games, our failures in these games will be regarded by other nations as a proof of our general physical inferiority. Semi-social functions, such as Eton and Harrow matches, are no doubt very interesting to the fond parents, but there is nothing mainly in devoting so much attention to these juvenile affairs and starving the much more important branches of adult athletics. This is mere snobbery.

## The True Spirit of Sport

The true spirit of sport is not confined to any one nation, and this truth was very forcibly illustrated at the Olympic Games. An Austrian named Kuhnert, in the 10,000 metres walk, was cautioned by the English judge. The Austrian, who was leading at the time, thought the judge had disqualified him, and stopped. When the crowd understood there was such complete pandemonium that the Olympic Committee decided to give the Austrian a chance of competing again the next day in another heat. It is only a few years ago since we regarded the Austrians as our enemies; and yet this particular Austrian found that amongst his former enemies were many thousands of friends, ready to insist upon his getting a square deal.

Slip Carr, the famous Australian sprinter, qualified for the final of the 100 metres, but was defeated in the semi-final. When Carr won his heat, the enthusiastic "coooses" of a band of Australians aroused great interest. I think it was the first time that many of the audience had ever heard a "cooos", and the long-drawn high note of the call together diverted their attention from the event!

Paris was a mass of clean-skinned healthy-looking young men in blazer jackets and white pants. One met them everywhere—on the boulevards, in cars, motorcars, taxicabs, and NOT at the theaters; they were all made to go to bed early and live the simple life—in spite of being in Paris!

## The Junior Athlete

(Continued from Page 348)  
plan to go out and tell still other fellows. This is great, isn't it?

## DeFew Comes Back

Those of you fellows who are interested in wrestling will be interested in hearing that Cecil DeFew, whose challenge we published early in the spring is planning to have a busy winter of wrestling. He writes us that he is in the hay field now, and too busy to say much except that we may look for him back this fall. Dur-

# MENTAL POWER

THE FIRST OF A SERIES OF BOOKS ON MENTAL POWER IS NOW READY, IT IS CALLED

## The True Art and Practice of Auto-suggestion

By BERNARD BERNARD

The Pathway to Success in every sphere of life lies through Mental Power. A well trained brain, real knowledge, and skill in the art and practice of Auto-Suggestion with all that this entails means ability to control oneself, and, as a consequence, to control others.

This is the greatest and richest country in the World. You can be enjoying its wonders and wealth if you only learn the secret of attaining that Mental Power that knows no defeat or matter.

This wonderful book, "The True Art and Practice of Auto-Suggestion," by Bernard Bernard, Editor in Chief of HEALTH AND LIFE, will point the way towards the achievement of this remarkable Mental Power. It will tell you the innermost secrets of the mind and reveal to you the laws which give powerful thinking.

"I like your booklet on 'The True Art and Practice of Auto-Suggestion'."

Let me know when you get out the other series.—A. A. Miller, Atlanta, Ga.

What is most valuable in this book is that it is written clearly. There is no mysticism, and there are no meaningless phrases. Every word is pungent with rich thought, explanatory of some great law, which it is necessary to know in order to achieve success and mental perfection.

### READ THE CONTENTS

How to Govern Auto-Suggestion.—Training Auto-Suggestion for Accomplishment.—Solving Business and Professional Problems.—Outline of Mental Nervous Physiology.—Mechanism of Intellect.—Developing a Highly Trained Brain.—The Art of Mental Planning.—The Law of Mental Development.—Science vs. Superstition.—How Fortunes Have Been Made.—Contracting Useless and Harmful Suggestions.—How to Acquire Inspiring Power.—How to Detect Inspiration.—How to Plan Advertisements.—Systematizing Thought Force.—How to Achieve Success.—Verbal Suggestions.—Auto-Suggestions for Developing Health and Strength.—Auto-Suggestions for Early Rising.—Auto-Suggestions for Constipation.—Contracting Bad Suggestions.—How to Take Out Real Value out of Auto-Suggestion.—How to be Happy.—Earnestness and Ambition.—A Whole World to Win.

FOR 50c ONLY

SEND NOW FOR YOUR COPY OF THIS MOST USEFUL BOOK. ENCLOSE ONLY 50c AND IT WILL BE SENT TO YOU BY RETURN MAIL. SEND TO

## HEALTH AND LIFE PUBLICATIONS

508 South Dearborn Street

CHICAGO, ILL.

# While There Is Life There Is Hope

The causes of many a young man's weakness are of a nature which, due to prudishness, do not permit him to gain the real help that ought to be given him. Habits, in the first instance contracted through insufficient control, for physical reasons mostly, leave him with a further debility.

The only advice he usually receives is an exhortation which only depresses him mentally; this means an added load upon him and makes control more difficult. The more he becomes depressed, the more he persecutes himself, and the less chance has he of restoration.

There is a physical cause, and therefore remedy, for the condition. The building up of the depleted nerve centres, the strengthening of the physical forces for control, the diversion of the life forces to desired channels give the physical condition which will result in the disappearance of sex weaknesses.

How many cries have gone up to Heaven from victims who would be freed from the demons of unwanted temptations! But "Heaven helps those who help themselves." The mere crying and worrying adds only further aggravation and degradation when the practices recur. To get down to the physical cause and correct it means taking away the demon temptations. By our methods the body itself is put into such condition that the temptations—which are really physical aggravations—do not occur.

Drugs will not do it, cannot do it. We have no drugs or pills, or foods to sell; we are Physical Culture Consultants who will build up your reserve so that your weakness disappears and ceases to aggravate you.

We are out to help the down and outer, not the seeker after big muscles; although many a young man is for ever prevented from developing his muscles because of a sex weakness that is dragging him down.

We can help you over that stage of life that brings you temptation and remorse, and, having recovered, you can go right ahead and make a success of your life.

You are invited to consult us. All correspondence is held strictly private and confidential, and you are under no obligation in so doing.

Make this a new era in your life, be a real man, a he-man, and manly man. We will deal with your case in a sympathetic manner, and you will find that we understand as you thought nobody ever could understand.

Send for

## "SEX WEAKNESSES, THEIR CAUSE and REMEDY"

It is full of most helpful information, and will point the way to virile manhood. Begin the new era of your life today.

### CONTENTS

- CHAPTER I.**  
Sex Weakness a Pathological Condition.  
The Physical Basis of Sex Weakness.—Barbaric Habits of Our Forefathers.—The First Step to Perdition.
- CHAPTER II.**  
Inheritance From a Remote Ancestry.  
Heritages From Remote Days.—Sex Control.—Why Sex Excesses Degrade.—Human Life a Struggle Against Ancestral Passions.
- CHAPTER III.**  
Does Man Progress or Retrogress?  
The Greatest Factors in Sex Knowledge.—How Perversions May Be Eradicated.—How Ignorance Leads to Sex Weakness.
- CHAPTER IV.**  
Physical and Educational Neglect.  
How Physical Neglect Induces Sex Weakness.—How Cases Become Chronic.—Criminal Neglect of An Important Subject.—Drive Away Ignorance.
- CHAPTER V.**  
The Nervous System and the Sex Impulse.  
The Sexual Centers of the Brain and the Spinal Cord. The Nervous Workings of the
- Sex Impulse.—Disturbing the Nervous Structure Sexually.—How to Avert Unwanted Sex Passions.
- CHAPTER VI.**  
The Heredity Factor.  
Shall We Sterilize the Unit?—The Mendelion Law.—Predispositions to Sexual Excess May Follow Mendel's Law.—How Sex Excesses Cause Degeneration.
- CHAPTER VII.**  
The Psychology of Sex Weakness.  
Mental Functions and the Mental Apparatus.—The Importance of the Desire for Knowledge.—Mental Influences on Sex and Health.—Is the Sexual Instinct Due to Chemical Action?—How to Control the Mental Sexual Function.
- CHAPTER VIII.**  
A Word of Sympathy.  
Our Duty to Those in Distress.—Footprints of Vice.—Hope and Encouragement.
- CHAPTER IX.**  
Sex Weaknesses and Their Cure.  
Masturbation.—Involuntary Losses.—Promiscuity.—Sex Hallucinations.—Impotence.—Mental Sexual Obsession.—Prostatitis.—Sexual Neurasthenia.

Price 75c, postpaid  
To be obtained only from the

## Physical Culture Consultants

860 Caxton Bldg., So. Dearborn St. CHICAGO, ILL.

ing the summer he was traveling and wrestling with one of the carnival companies.

Milton Page Won

Did you notice the very interesting picture of Milton Page in the August issue? Milton has been awarded a complete course in Physical Training, worth fifteen dollars, as the subject of the best boys' picture last month. Don't you want to win a prize? If you do, you can. Write a good, interesting letter about your training, and send a clear picture of yourself, showing your development, taken against a dark or black background. Send it in, and you will have a dandy chance of being the winner. Don't put this off until tomorrow, but do it now.

Want to Make Some Money?

Space doesn't permit my telling you about a boys' money making club that is intended to help boys make money in spare time. If you live in either town or country you can do this, and there is money in it for every fellow it seems to me. If you are interested, be sure to write me enclosing a stamp.

Who's the Best Looking?

You have probably read "Buz and Fury," Warrington Dawson's interesting dog story. If you have you will be more than interested in this contest which has been proposed by Mr. Dawson who offers \$25.00 in prizes.

Who is the best looking boy with clipped hair? This is the question we want settled. There is no question about the close clipped head being more comfortable, and much healthier, but now we want to know who is the best looking fellow with close clipped hair. This contest is being given very wide publicity, among at least four hundred thousand boys, and there is going to be a great deal of interest. If you have not had your hair clipped why not do it now, and get into the contest? I would like to see five hundred boys' pictures, and in order to add to the zest of the contest I shall add two personal courses of training as prizes. Mr. Dawson's first prize will be \$15.00 and the second prize \$10.00, so that the winner of the first prize will get altogether \$30.00 in prizes, half in money, and half in instruction. Come on fellows, get in right now, and see who gets the money. Send your pictures to me, and do it now.

The I. A. L.

The I. A. L. is going over fine. Next month we shall have some exercises again, but this month we have so many good things that we cannot crowd in any more. However, write me, and send 10c for your I. A. L. button. Do it now.

I want a great many new members by the end of the month. Will you write—now.

## Nature Snatched Me from the Grave

(Continued from Page 336)

years later, at seventeen years of age, I made my second visit to the M. D., a walking skeleton of barely seventy pounds. The situation was extremely grave. As long as

I will live I will never forget the scene in Dr. B.'s private office. From under a bushy mop of gray hair he stared at me with a look that was fifty per cent. sympathy and fifty per cent. contempt. "Only a miracle will save you, my boy." Those were the precise words that Dr. B. uttered. Deep down in his throat you would find terrible to my young ears. "Your brain is like a sponge," it meant that I had gotten myself a softening of the brain from the degrading habit that I secretly indulged in. There was T. B. in our present family generation. So what could be more natural than that a test of my expectation would reveal that my lungs were badly affected?

The consultation ended with Dr. B. suggesting the Worthington Sanatorium for me. So with two of our dollars in the doctor's pocket and a prescription slip in our hands, we proceeded to the pharmacy where we had it filled in the way of two bottles of medicine and a small box of dainty looking pills, and then in gloomy silence we drove home. Seven o'clock and sometimes before was my bed time. Night was a paradise to me; sweet sleep shut out the world of agony and suffering. So that night, after I had gone upstairs, my parents set to discussing as to what was the best to do with me. I still had no fact enough to remain up and listen through the heat ventilator to what was being said. To be sure, it was anything but hopeful. At that time we were still heavily in debt in the way of a mortgage on the farm. To make matters still worse, the drought hit the Dakotas. Our farm being near the South Dakota line, it also felt the scourge of the small crop, so that the yield of small grain, our sole hope for raising the \$450 that we were expected to pay, was meager. There were two alternatives up. Should I be railroaded to the sanatorium or should I stay at home? Father was quite decided. Medicine could not save me; and to his knowledge was the only cure for me in the world; so I might as well die at home and there would be only the undertaker's expenses to pay.

**The Pleadings of a Mother**

The pleadings of a mother for an only child won out, however. To the last it was decided that I should go to the sanatorium. It was obviously the highest time that I did so; I could not have lasted much longer. I still indulged in the clandestine habit. I was ignorant. As far as I knew it did me no harm. Dr. B. was excused, and I still exonerate him. He was but a common country physician, not erudite enough to know what caused a softening of the brain. And what else should I engage in? I had not a single friend. I did not try to make any, because I knew that I would be shunned. Instead of a normal appearing lad of average health and strength I was a skinny weakling with a face that only a mother could love; it was covered with pimples and eruptions. My memory was faint; often I seemed to be in a daze; my objective or conscious mind was dead, so it seemed; it was only the subconscious mind that was keeping me straight in the mental state. Which day of the week it was I hardly ever knew; often times I did not know without first a mental calculation whether it was the forenoon or the afternoon of the day.

So with the two bottles of medicine and the box of pills, both one third empty, I was taken to the sanatorium. Here the physician in charge examined me, corroborated the verdict of Dr. B., looked at me ruefully and called me a bad boy and chided my parents for their ignorance in not taking earlier precautions in my behalf. My chance for recuperation was slim. I was again told, but they would keep me here. I was entrapped over both sides. Delighted I was that I should be away from my monotonous environment at home and happy in the thought that death would soon relieve me from all pain and suffering.

After a final good-bye to my elders, I was subjected to the institution's therapeutic curriculum. I received a daily bodily bath. And the bill of fare? What a change from that at home. Instead of the milk being first run through a cream separator, it was consumed as it came from the cow. Fresh fruits and vegetables were used in abundance. There were tomatoes, oranges, grapefruit, apples, peaches, figs, etc., raw. Carrots, cabbages, spinach, corn, peas, celery, etc., cooked. Next I had left did I learn that this was a Naturopathy institution where Nature's simple ways were employed to effect a cure. Sun baths were used extensively. So was fresh air and moderate scientific exercise. Two gloomy, pessimistic weeks slipped by, and then came dawn in the way of hope. Nature was talking a hand in my behalf. My first optimistic letter went home to the folks. For the

(Continued on Page 358)



**Lindlahr Nature Cure Institutes**

Only organization maintaining both city and country sanitariums  
**LINDLAHR SANATORIUM**  
 Dept. X, 509-529 So. Ashland Blvd., Chicago, Ill.  
**LINDLAHR HEALTH RESORT**  
 Elmhurst, Illinois.

**HEALTH RESTORED — STRENGTH REGAINED**

at the Lindlahr Nature cure institutes, Where Nature Does the Work  
 Assisted by Rational Cooperation on the part of the Patient and Doctor

Twenty years record for splendid results in the treatment of chronic diseases.

Every disease known to man is curable by the proper combination of natural methods of diagnosis and treatment, provided there is sufficient vitality left to respond to treatment and that the destruction of vital parts and organs has not advanced too far.

In our methods of examination as well as in treatment, we combine all that has proved true and efficient in all systems from the oldest to the most advanced, whether "orthodox" or "irregular," provided it conforms to the fundamental laws of cure. No drugs, no surgical operations.

**Some of Our Healing Factors**

All natural methods of healing are applied strictly in accordance with individual requirements. Among our healing factors are: Natural diet reduced to exact science, adapted to any constitution and disease condition. Pleases the palate, eases the digestion, unexcelled anywhere.

**Milk Diet and Fasting Cures.**

Hydrotherapy, Father Kneipp and other systems. Sun and Air Baths. Osteopathy, Chiropractic, Naprapathy, Spondylotherapy, and other manipulative methods. Massage, Swedish Movements, Magnetic Treatments, Corrective Gymnastics and Breathing Exercises by competent instructors. Chromotherapy, Homeopathic, and Non-poisonous Herb Remedies. Mental Therapeutics, Applied Psychology. Suggestive treatment on a commonsense scientific basis.

Frequent lectures by Dr. H. Lindlahr and his able assistants teach you how to become your own doctor and the family physician for the future.

**Electric and Electronic Methods of Diagnosis and Treatment**

**Radiant Light and Actinic Ray:** These are more powerful in their effects than direct sunlight and are used for general tonic treatment and for local applications.

**Morse Wave:** The latest improvement on sinusoidal electrical treatment for weak, atonic and prolated conditions of the digestive organs.

**High-Frequency Electricity:** For the exaltation of disease matter as well as for general tonic and local curative effects.

**Chromo-Therapy:** One of the latest and most efficient methods of natural treatment.

**Official Treatment:** By bloodless manipulative methods.

**Send Coupon for Catalog**

Rates reasonable and consistent with benefits received. Write today for free catalog describing each Institute in full and showing pictures of the various departments of each. Courteous attention given to all correspondence.

**Lindlahr Nature Cure Institutes, Inc.**

Dept. X, 509-529 So. Ashland Blvd., Chicago, Ill.

Please send me free and postpaid, your catalog of the Lindlahr Sanatorium (Chicago) and the Lindlahr Health Resort (Elmhurst, Ill.), also literature describing natural healing methods.

Name .....

Street and No. ....

City and State .....

**AN EDUCATION AT COST**

Ten years ago The Peoples College was incorporated as an educational institution, to educate at cost. In the years since thousands of men and women of all ages have been trained, fitted for better positions, and are today active in civil and professional life. This record of years of service is back of our offer to you. It is evidence that we can serve—that as one student puts it, "You have given me more in a shorter length of time and at less expense than any other college has offered me."

**Bachelor of Physical Education**

This course has grown out of an increasing demand for persons with training as physical directors. It is as complete, and materially reduces the time that will need to be spent in resident school. If you are who can work out your lessons in actual practice, then this course will fit you for a good position. Work covered includes, Sports and Games; Physical Training of the individual and Educational Hygiene and Physical Training; student Personal Hygiene; Public Health; Anatomy; Dancing, Corrective Gymnastics; Play Ground Activities; Directing Study; Educational Psychology. Leads to Diploma and Degree, Bachelor of Physical Education.

**Bachelor of Physical Culture**

A course prepared for the individual who desires not only physical training, but a knowledge of the functions of the body. It will qualify you to direct physical culture classes. It covers; Stunts; Personal Hygiene, and a thorough study of Anatomy, Dieting, and Sexual Hygiene. Graduation with Diploma, and Degree, Bachelor of Physical Culture.

Other courses offered by extension include High School, Law, two-year Business Course, shorthand, typewriting, Bookkeeping, Plain English, Business English, Salesmanship, Public Speaking, Short Story Writing, Payment Plan. Write your situation freely, and your letter will be given personal attention.

**THE PEOPLES COLLEGE** - - - **Box 433 HL, - - - Kansas City, Mo.**

## Is Passion the Test of Love?

(Continued from Page 335)

bracing love would be the theme of the story.

### How Love May Be Wrecked

But, alas, in real life, even where such love does start the ball of marriage rolling, it is apt to knock up against a brick wall if responsibilities in the way of knowledge have not been faced. If there is ignorance, and unfortunately, in view of the almost universal silence on these matters there can be nothing else, that which was once a whole-souled love may disappear. It is usual that in early life the conduct which means the requital of love has been taught to be something unclean, something never to be spoken about. In cases where the idea of love is merely that of passion, of course, the physical aspect takes its place, and the sexual expression is looked upon as the be all and end all.

In both instances there is tragedy: in the latter because, where there is a striving for physical satisfaction alone, there is always, after this satisfaction, a tendency towards its annihilation for the future, just as animals, after they have come together as the result of an instinctive impulse, need no further contact.

The real guide to happiness is love. Its expression should be free and beautiful, but it should not be forced. It need not be forced. Love itself will guide, will direct the ideal conduct that will bring with it the maximum of happiness and joy.

But how can it do this if the partners in marriage are ignorant of these most vital matters? And how can the expression of love be so beautifully free if there is the constant fear of an undesired pregnancy? Voluntary parenthood is an absolute essential, if love is to be the dominant factor in marriage.

Passion is not the test of love, although a couple may be passionately in love with each other. The real test of love is an all-absorbing desire for complete intellectual and spiritual unity, having as its highest culmination the immortality of life in the bringing forth of children of love.

## Diseases of Women

(Continued from Page 338)

wreck" resolves itself into the question of the regulation of an unhappy or abnormal sex life. The dancing, athletic tapper of today, with no regard for the hygiene and care necessary to her menstrual period, spells the chronic of tomorrow. And so it goes through the maze of women's diseases, most of which are easily preventable by common sense care and are very amenable to treatment by natural methods. Needless suffering can be avoided through common sense treatment and understanding.

The woman of today has come more and more into her proper sphere of usefulness and is taking her rightful place in the economic and social fields. It is time also that she ceased to be the frailer sex, for with the advantages of environment and social life that are hers, she should be the healthier sex. This will come about through knowledge and care which she alone can give herself, through education, and through knowing her body and its needs. There is no place here for the blinding of oneself to vital knowledge and facts.

## The Man with the Iron Jaw

(Continued from Page 337)

with six big men riding, making a combined weight of over 3,000 pounds. In another supporting feat he has huge granite boulders, totaling in weight 4,100 pounds. These rocks are pounded to pieces by three men, each using a 20-pound steel hammer, a feat requiring not only strength but extraordinary endurance.

The most unique supporting feat is one where he supports a miniature Yale Bow, while three men on motor cycles chase round and round. The total of this must be

between two and three tons. It certainly has never been attempted by anybody else.

But probably the greatest feat, although not so spectacular as the others, is one in not so spectacular as the others, is one in which Bretbart simply stands with hands which Bretbart stands firmly with the bar resting on his head.

Another wonderful feat is one in which he has three boards. Between each is a sheet of metal, through the whole lot, that is, three wooden 1-inch boards and five sheets of metal. Bretbart, with one pure strength alone. But listen! He first of all has the point of the nail blunted, so that if you tried to hammer this nail through with a hammer you absolutely could not do it. But with the enormous force exerted by Bretbart, calculated at about 2,000 pounds, the nail, a twenty-penny nail, is driven right clean through.

And with it all, while we are admiring the enormous strength of this wonderful man, we bear in mind that he is a true lover of health and fitness, recognizing that there is nothing finer in the world than a body fit and beautiful and in good health.

## Editorial

(Continued from Page 347)

terests and energies devoted to other work. There is no light but education; there is no hope but knowledge.

## Nature Snatched Me From the Grave

(Continued from Page 357)

fourteen months I began to see my wretched self clearly. I knew that I was alive as I was. It no longer required the fits of coughing to make me realize that I actually was a human being living in a body as a soul and not a vapory being in a haze as my abused brain had pictured to me.

### Developing a Taste for Good Reading

Having no opportunity for recreation in the company of others at home, I had turned to reading to while away the time. As I began to recuperate my desire for literature returned. I cared little for novels, that the sanitarian could have supplied me with plenty. But magazines—in one of the magazines that the institution subscribed to appeared an advertisement that offered sample copies of ten different magazines for twenty-five cents. Out of the weekly safe of eggs and cream my poor Mother managed to send me a quarter a week for "spending money." One week's allowance went in the answer to the advertisement. One of the ten sample magazines that came was one of the first real health periodicals. I could not afford to buy, but my nurse discovering my interest in the volume, bought it for me with her own money.

Slowly, gradually, with many discouragements, set backs and failures, I came through renewed faith, courage and persistence. I won my way back to health. HEALTH that glorious thing that is far greater and more precious than power, fame and riches, and that I had forgotten what it was like to have it.

It is now ten years since those dark days. Time has wrought great changes! My folks have paid every cent of their debt and are now comfortably retired. My financial situation is different from theirs. My work is just beginning to get a hearing by the leading publications of the country. My success and whatever shall be mine yet, I attribute to physical culture and Health, than without Health no real achievement is possible. A man or woman in ill health may gain success, but it never rises above "mediocrity." They may have achieved a certain degree of Success, but think what a much greater height they could have reached if they had possessed a sound and healthy constitution that would have enabled them to work still harder and steeper all the while!

### 28 and 72 Years Old to Live

I am twenty-eight years old now; and I have still seventy-two years to live on this earth, at least, if safeguarded by all accidents. Yes, I have set my span of life at

the century mark. There is no reason why Man should not live up to this age and even longer. Talk about one's body wearing out. Bosh! Think of this: We are continually undergoing rejuvenation, old cells are dying, but brighter, newer cells are taking their place. Whenever I hear or read of a man or woman dying at forty, fifty or sixty, exclusive of accidents, I always think of her as a cheat and crook for cheating nature and herself out of sixty, fifty or forty years of earthly life she are so right, or God-fod that a herd of swine could not be fattened for slaughter, thus, does the fatal work. Our bodies may wear out sometime, but certainly not at such a premature age as we are dying now. It is the inferior cells created by inferior food, such as unbound cells cannot resist a thousand and one diseases, nor do they live out their natural animation in this life of ours that strain before they can be replaced by others, and so with fewer and less potent cells the system grows weaker and weaker until at last Death in the way of Disease is compelled to relieve us from our torments, an early hour, as we are no longer able to keep going.

I am quite proud to say that our home is a physical culture home. We eat what comes fresh from Mother Earth of whom we were originally created. Modern concoctions are "filth" that make disease, than what else is disease than filth in the body. Dame Nature's good may not have attained perfection in cleanliness, but for filth they create, we use the bath or water to clean our systems and are happy in perfect Health and bliss and have the assurances of remaining so until up to one hundred years—and longer.

## Using the Mind and the Soul

(Continued from Page 342)

her greatest treasure, and I'll have to keep the horrid thing for ever if you don't burn it now.

My mother piously carried out the prayer. (Incidentally, Henrietta did not die, and I don't know how my mother fared her in the security of heaven.) I have found one of the most useful tools by a very wise mother. It has led me to burn my "rag-doll" for myself, without regret, however deep the pang at the moment of burning.

Just as we have previously seen we can control and develop our observation, so we now see we can control and develop our memory. In due course, we shall also see that we can control and develop our imagination and our co-ordination. Those are the possible real learning, real knowledge, real understanding; and, the five faculties of Observation, Memory, Imagination, Co-ordination, and Understanding being perfected, we can then make not only a complete but a worthy use of the highest faculty enjoyed by the mind as a unit independent of the soul: Will Power. But the faculty of Will Power is indeed so high that it raises the mind into the domain of the soul, and from that point, many a psychology cannot be discussed in relation to the mind alone.

If we don't make the best use of memory as one of our other faculties, it may be because we haven't wanted to, and that's the poorest excuse in all the world. But we can't do them justice by means of purely mental and moral efforts. We must put our bodies in the best condition we can. It's a relative question of degrees.

As in the individual maximum of working fitness. However exalted and "aesthetic" a view we may try to take of the supreme power of mind, we can't change the fact that the brain itself is neither a mental nor a moral body, and is a component part of our physical body in a crippled body; but though a healthy man can put up a good fight against a healthy body, it may be losing fight in the end unless part of the energies of the mind go daily towards helping the body mend. And even though each day's physical gain may seem to accomplish no more than just enough to compensate that day's physical loss, yet the moral gain, as there is no more be immaterial, and hence the negative powers of destruction have been neutralized.

I am sure that the readers of HEALTH and LIFE realize that their editor,

(Continued on Page 360)

# Knowledge Is the Key to Marital Happiness

YOUR special attention is drawn to "A Course in Marital Conduct," which is now ready. It has been specially compiled to give facts, so that the expression of love in marriage may remain a beautiful and real thing always.

Most of the misunderstandings and difficulties amongst married people today would be totally done away with if only the vital facts concerning marital conduct were made known in such a way as to maintain that idealism essential for refined human beings.

Most of the marital misunderstandings and difficulties arise, however, because husbands and wives do not feel free to express themselves as they have the right to do. There is usually some fear present, fear that it is wrong, fear of unwanted pregnancy, fear of pain, or a hundred and one other things that disturb what should be the most sacred holy of holies of married life.

In this "Course in Marital Conduct" are laid down for the first time the rules of conduct for what the author has termed a "communion of love," also "continient communion." It is similar to what has been termed "Karezza," but it is a communion that is based on love, assuring the highest spiritual satisfaction.

This is the highest form of communion that an idealist could possibly conceive, because it gives absolute control of the sex forces, preserving the secretions to build up the health, strength, and vitality of the body.

Of course, there are many other things of a very vital nature dealt with in the course. The complete function for the purpose of procreation is also dealt with in detail, and all the numerous functions which ought to be known by every married man and woman in order to assure success and happiness in marriage.

You will consider this course the very cream of Bernard Bernard's work. In it he has given something with which you will be more than satisfied.

## LET LOVE GUIDE YOUR MARRIAGE

Love should be the guiding principle in marriage. But it can only be this when knowledge of its privileges and responsibilities is possessed by both husband and wife.

Any good physician or judge will tell you that serious marital misunderstandings are always caused by incompatibility. This can be remedied by reliable information that will allow both husband and wife to be free and natural in the most sacred and private experiences.

## A COURSE IN MARITAL CONDUCT

By BERNARD BERNARD, Phys. B., M. P. C.

has been compiled especially to meet the needs of the married or those about to be married. It is written in plain, blunt language, so that every point is perfectly clear.

Obviously it is not possible to convey here more than a mere suggestion of what the course contains. Only actual reading of it can do it justice.

### Contents of "A Course in Marital Conduct"

The Course is written in a series of 27 letters to Husband and Wife, six special ones to the Husband, and six special ones to the Wife by Mary Bernard (Mrs. Bernard Bernard).

#### LETTER 1—To Husband and Wife.

The Intimate Nature of Marriage.—Discussing Intimate Conduct Together.—Husband's and Wife's Equality.—Equality of Privileges and Responsibilities.—The Beastly Side of Sex.—The Sacred Side of Sex.—True Harmony and Success in Marriage.

#### LETTER 2—To Husband and Wife.

The Determination to Agree.—Reciprocity.—How to Avoid Misunderstanding.—Causes of Irritability.—Sexual Causes of Nervousness.—How to Avert Incompatibility.—The Realization of Romantic Dreams.

#### LETTER 3—To Husband and Wife.

Is Sex Vulgar?—The Realization of Unity.—The Dangers of Bad Practices.—Sex Not Merely the Means of Reproduction.—Uniting Mind, Soul and Body.—The Tool of Passion.—Sex Communion.

#### LETTER 4—To Husband and Wife.

When Love Begins.—The Marriage Thrill.—Physical Relief or Soul Communion Which?—The Dearest Friendship in the World.—Courtship Dreams Realized.—Winning Each Other by Love.—Why Some Wives Cannot Respond.—Why Some Husbands Cannot Respond.—The Sacred Act.—Mixing the Substance of Body and Soul.

#### LETTER 5—To Husband and Wife.

Two Forms of Communion.—Communion for Reproduction.—Communion for Love.—Sexual Malfunctioning.—Indulgence Prompted by Passion.—Communion Prompted by Love.—Periodical Love.—The Middle.

#### LETTER 5—To Husband and Wife.

The Technique of Begetting Children.—The Importance of Being Parents, and Not Merely Becoming Parents.—How to Avoid the So-called Children's Diseases.—Prenatal Influences.—The Act of Immortality.

#### LETTER 7—To Husband and Wife.

Physiology of Reproduction.—Fœtal Development.—Adaptation of the Internal Female Sex Apparatus.—Actual Conception Explained.—The Greatness of Parenthood.

#### LETTER 8—To Husband and Wife.

Fitness for Parenthood.—Male Physiology in Reproduction.—Production of the Spermatozoa.—Male and Female Coalescence.

#### LETTER 9—To Husband and Wife.

Preparation for Parenthood.—The Determination of Sex.—Laws Which Govern the

Production of Male and Female.—The Best Time for Conception.

#### LETTER 10—To Husband and Wife.

Technique of Communion for Love.—Conservation in Communion.—What Is a Sex Act?—Free Expression Without Loss of Vital Energy.—The Necessity for Free Expression, and also Conservation.—Technique Simple.—Ability to Conserve Is True Control.

#### LETTER 11—To Husband and Wife.

Inability to Conserve Is Pathological Condition.—Retaining Life Forces Ensures Physical, Mental, Intellectual, and Spiritual Efficiency.—Men and Women Who Fear Sex.—Parents Who Neglect to Give Vital Warnings to Their Children.—Parents' Educational Duties.

#### LETTER 12—To Husband and Wife.

When Communion Should Be Indulged.—Position.—No Danger in Conservation of Forces.—Asylums Filled With Sufferers from Over-Expenditures.—Neurosthenia and Impotence Caused by Lack of Control in Expenditure.—The Habit of Too Frequent Loss.—The Habit of Conservation.

#### LETTER 13—To Husband and Wife.

The Cave Man Idea Criticized.—Rules for Husbands.—Wooling.—How Husband Should Entice Response.—Love Will Steer to the Heart.

#### LETTER 14—To Husband

Inability to Function Normally.—Irritation of the Sexual Nerves.—The Avoidance of Abnormalities.—How Communion With Conservation Promotes Gland Efficiency and Youthful Longevity.

#### LETTER 15—To Husband.

Nocturnal Emissions and Their Cure.—Requisite of Early Indiscretion.—Spermatorrhœa.—Prostatorrhœa.—Promoting Sexual Normality.—How to Develop Magnetism of Personal Force.—Prof. Steinach on Sex Glands and Internal Secretions.

#### LETTER 16—To Husband.

Physiological, Psychological, and Emotional.—Preliminaries.—Communion During Pregnancy.—Avoiding Physical Dangers.—The First Law of Life.

#### LETTER 17—To Husband.

Sex Weaknesses.—Abuse.—The Indiscretions of Youth.—Legacies of Bygone Habits.—The Atrophy of Ignorance.—The Taints of Impotence.

#### LETTER 18—To Husband

The Pathology of Sex Abnormality.—Restoring Normal Functioning.—Habitual Passion.—Spiritual and Physical Perfection.—Exercise.—Diet.—Noble Ideals.

#### LETTER 19—To Wife.

Two Souls Merging Into One.—Difficulties and Trials That Irritate.—How to Win the Husband.—The Indispensability of Sex.—Combating the Fear of Love.

#### LETTER 20—To Wife.

How to Realize Girlhood Dreams.—Motherhood.—The Begetting of Children.—The Sexual Difference Between Man and Woman.—Complete Communion.

#### LETTER 21—To Wife.

The Legitimate Claim of Sex.—Victims of Neurosthenia.—Animal Instincts.—Is a Kiss Sexual?—Special Instructions for Love Communion.—Desire.—The Dictates of Love.—Experience of the Climax.—Sexual Hyper-Sensitiveness.—Emotional Satisfaction.—The Joy of Love in All Its Fullness.

#### LETTER 22—To Wife.

The Moment of Sublimest Love.—Becoming a Mother.—What Happens in the Body.—Physiological Processes.—Psychological Processes.—How to Eat During Pregnancy.—A Natural Condition.—How to Ensure a Safe and Easy Confinement.—The Feel of a Babe at Your Breast.—Motherhood Woman's Greatest Vocation.

#### LETTER 23—To Wife.

Sex Perversions.—Unfortunate Habits.—Overcoming Weaknesses and Abnormalities.—The Laws of Hygiene.—Exercise.—Superb and Radiant Health.

#### LETTER 24—To Wife.

Sterility.—Causes of Sterility.—Remedies for Sterility.—Lack of Feeling; Cause and Cure.

#### LETTER 25—To Husband and Wife.

Unwarranted Torments.—Imagined Abnormalities.—A Case in Point.—Prematurity.—Over Intensity of Feeling.

#### LETTER 26—To Husband and Wife.

The Spacing of Children.—Women Who Are in a Constant State of Pregnancy.—Large Families Bring Poverty.—Harnessing Natural Forces.—Limiting Procreation.

#### LETTER 27—To Husband and Wife.

Maintaining Thrill and Romance.—Making Love Grow Stronger as the Years Go By.—Adaptations.—Marriage as an Ambition Builder.—The Unity of Life.

Naturally, we can only send this COURSE IN MARITAL CONDUCT to those married or anticipating marriage, and when ordering, this declaration must be made in writing.

The Course is absurdly low, considering what it contains. Send your check or money order or currency for only \$2.75, and the Course will be despatched to you.

To Health and Life Publications, 508 S. Dearborn Street, Chicago, Ill.

Please send "A Course in Marital Conduct." I honorably declare that I am married (anticipating marriage). "Cross out words not required). I enclose herewith \$2.75 in complete payment.

Name .....  
 City ..... State .....  
 (Please write or print plainly)

## ROOSEVELT—MAN OF ACTION AND OPPORTUNITY

We urge every ambitious man and woman to read "OPPORTUNITY AND THEODORE ROOSEVELT," a fascinating and inspiring story about the Great American. Few men knew Theodore Roosevelt more intimately than Warrington Dawson. We are confident that each chapter will hold you spell-bound.

Ex-President Roosevelt's sister, Corinne Roosevelt Robinson, has written to Warrington Dawson about "Opportunity and Theodore Roosevelt":—"I cannot tell you how much I like it! You have done something quite unique, and you have done it so beautifully! It is literary, but so clear and simple; it is true, but has the charm of a tale of adventure (which it is); it is full of love and comprehension of its subject, but is entirely devoid of sentimentality. Also the conclusions drawn about the Colonel's character and characteristics are wise and penetrating. I loved the preface, and from the first line to the last I found much to admire and nothing to criticize.

You have added a real and worth while light on a many sided character, and have given a record to the world of those rare experiences which no one else could give."

Senator Henry Cabot Lodge, the intimate friend of Ex-President Roosevelt, writes to Warrington Dawson of this book:—"I read it last evening with very deep interest and enjoyed it thoroughly. I was glad to see how well you understood Colonel Roosevelt, and

that you had the comprehension which affection gives."

Get your copy of this great book now. It is plentifully illustrated, and well bound, with gold lettering on the cover. You will treasure it, and undoubtedly read it through time and again, so much will you enjoy it!

For a limited time readers of Health and Life can obtain this lavishly illustrated book for the low price of

**\$1.95** Post Paid

Send your check, money order, or currency for only \$1.95 and OPPORTUNITY AND THEODORE ROOSEVELT, by Warrington Dawson, will be sent to you by return mail.

Lavishly Illustrated, \$1.95, post paid. Mail this Special Coupon today

### THE HONEST TRUTH PUBLISHING COMPANY

508 S. Dearborn St., Chicago, Ill.

Enclosed you will find \$1.95 for which you are to send me post paid a copy of Warrington Dawson's OPPORTUNITY AND THEODORE ROOSEVELT.

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

### CLASSIFIED ADS

#### Help—Female

Ladies—Earn \$15.00 weekly at home in spare time with our Music and Circular Letters. Send 25c (silver) for sample Music and full particulars. Sonora Music Publishing Co., 427 N. Fremont Ave., Baltimore, Md.

EARN Money Weekly, spare time, addressing, mailing circulars. No selling. We pay weekly. Send 10c for mailing cost. Rica Co., 1658 Broadway, Dept. O-4, New York.

Trail Hounds  
Hundred Trail Hounds, Cheap, Trial, COD. Catalogue, Kaskaskia Kennels, Herrick, Ill.

EARN Money Weekly, spare time, addressing, mailing circulars. No selling. We pay weekly. Send 10c for mailing cost. Rica Co., 1658 Broadway, Dept. O-4, New York.

THE WORLD'S LARGEST DOG KENNELS offer for sale Oorang Airedale watch dogs, automobile dogs, children's companions, farm dogs, stock drivers, hunters and retrievers. Also big Game Hounds, Coonhounds, Foxhounds, Rabbit Hounds and thoroughbred Hound and Airedale puppies. Satisfaction and safe delivery guaranteed to any point in the United States. Large, illustrated descriptive catalog mailed free. OORANG KENNELS, Box 249, La Rue, Ohio.

## The Editor's Free Health Advice Form

The Editor of "HEALTH AND LIFE" will be pleased to answer questions and give free advice through the columns of the magazine. Readers requiring a personal reply by letter, however, must enclose 25c for postage, office expenses, paper, etc.

Name .....  
Address .....  
Married or Single ..... Occupation .....  
Age ..... Weight .....  
Height .....  
Complaint .....  
Duration of Complaint .....  
What exercise do you do? .....  
What do you eat for Breakfast? .....  
Lunch? .....  
Dinner? .....

(Please print plainly.)

On another piece of paper state tersely, but in detail, the peculiarities of your case.  
To the Editor "HEALTH AND LIFE"  
508 S. Dearborn Street, Chicago

Bernard Bernard, is the foremost authority of our period on all matters concerning moral and physical health? I know they follow his articles and his books with keen interest, for they know all that he writes is not only wise but good reading. But do they realize how very big is the mind which dominates that body of his, so admirable in proportion and development that a model was ever at the disposal of classical Greek and Roman sculptors?

When I first knew Bernard Bernard, he was scarcely more than a boy, and a very hard-worked boy. He was studying late into the night for a whole series of scientific degrees. But not that he devoted to one night in each week night. There was general physical culture, and another night when he specialized on wrestling in which he later became a champion; and Sunday nights he devoted to long talks with me.

Those talks were memorable. The impression I had at the time was that he could, if he wanted to, carry on the work of Darwin and Spencer and Hegel and Haeckel. Among those then writing on biological evolution, I could find no one else so worthy to stand in the line traced out by those pioneers of modern scientific thought.

That thought has not developed altogether as they expected. Many more facts are known to our day than could be known in theirs, but would not be known if it had not been for them. Other disciples of doctrine or trying to bring more up-to-date. Bernard Bernard, on the contrary, has been modern in absorbing all they and anybody else could teach, and carrying their errors aside and advancing in his way straightforward way. He has not wished, either, to be a brilliant scientist writing heavy volumes demanding years to be read and digested and understood. He has put his knowledge simply and directly at the service of all whom it can help. And there in he has far more than fulfilled his early promise.

His books are such that no person genuinely interested in a sound use of the body and mind can afford not to know them. The names and the contents are of course familiar to all readers of HEALTH AND LIFE. But his greatest book has no title, and is a book which cannot perish when the paper manufacturers of this country are unable to dust. That book is immortal as only traditions passing on in steady growth from generation to generation can be immortal. For it has been engrained thought by thought in the minds of his thousands of followers who, thanks to his art, are making sounder, wiser, more immediately useful lives.

While many talk of the golden future and the new race of men, Bernard Bernard is making it today. All that precedes was already written when I received one of the first printed copies of his new work, "The True Art and Practice of Auto-Suggestion." This subject will be treated in the Second Series of my course, dealing with the Faculties of the Soul; because Suggestion, like the Subconscious, and like Concentration, cannot be fully understood in connection with the mind alone.

But here is a hand-book of forty-three pages, so clear, so complete, so convincing that it might be quoted with advantage under every heading I have chosen. I have been particularly struck by the co-relation of Bernard Bernard's thought as expressed here in print and my thoughts as already written down, though he had not seen my text, nor I, his. Notably the method he advocates, pages 25-26, for working out a difficult dilemma is cognate with the method I have advised for gathering together elusive memories.

This book of his goes farther than any one piece of advice, however, and delves deeper than any one method. It gives more necessary facts, more immediately useful knowledge, more genuine truth stripped of nonsense as well as of falsehood, than any similar treatise I have yet seen, regardless of size; and it breaks through the limitations of "systems" because it is directly applicable to the case of each individual reader.

Bernard Bernard strikes his key-note when he teaches the use of auto-suggestion for deceiving yourself but for being honest with yourself as with others. If you don't know how to do a certain sort of work, and try to help yourself by imagining you know how to do it, and try to auto-suggest yourself that you can do it, you are neither more nor less than a liar; and no permanent good ever come of a lie, whatever the momentary gain. But say to yourself, "I can learn this job, and I will," then indeed you can and you will, by facing facts and using all your forces not to fight



facts or to blink them, but to help and direct them. That is an honest and intelligent use of not only auto-suggestion and concentration, but also of the imagination; and so I find myself brought naturally to the next subject I purpose to discuss, as the Third Faculty of the Mind. (To be Continued).

### Where There Is Love

(Continued from Page 344) remainder of her life. I bid you good day, madam; this afternoon I'll call again. (Exit Doctor; gives a scolding look at Hardart as he passes.) Mother: Such is woman's lot. Some of us are told it is Nature's design. Rot, rubbish and blasphemy! Through our own faults. For too long has woman been the plaything of man. For too long has she been content to feel modest and blush when her chastity has been mentioned as a virtue, so as to enable and to permit men to use their passions as they will; to give them the "privilege" of sowing wild oats. Who suffers for man's wild oats? A pure, chaste, and innocent child. But there will come a time when there will be no more of this humbug; when woman will realize her true place in human society and in Nature. Not as a modest, humble plaything of her man, but as the bearer, teacher and weaver of the whole human race; cooperating with her man to bring about a clean and worthy humanity. (Curtain.)

#### Act III. Scene I.

(Scene: A modest room. Seated at one side of a table is Gertrude mending clothes. At the other side Girlie (a girl of about 9 years of age) is looking at the pages of a picture book.)

Girlie: What lovely pictures in this book, Mammy?

Gert: Yes, darling, they are very pretty pictures. I am glad you like nice pictures.

Girlie: Look at this one, Mammy. (Takes book to Gertrude.) Look at these little kittens lying by their big mother cat. I would like to stroke that little black and white one, wouldn't you?

Gert: Yes, child, I would.

Girlie: Oh, look, Mammy, look at this nice little girl being thrown up into the air by her daddy. Am I like this little girl? Do you think I am like this little girl, Mammy?

Gert: Yes, my darling, I think you are very much like that little girl, but, to me, you look much lovelier, much nicer.

Girlie: And isn't the father like Daddy? Don't you think so, Mammy?

Gert: Yes, child, I do.

Girlie: Only I was thinking: I was thinking I wish Daddy would throw me up in the air like that and make me laugh! When will Daddy come back, Mammy? He has been gone away such a long, long time, Mammy. I wish Daddy would keep by us always and always, and never go away. Don't you, Mammy? (Gertrude weeps.) Oh, Mammy; why do you cry? Does your head ache again?

Gert: It is not my head that aches, but my heart, child. But I must dry my eyes for your dear sake; you are his child, after all; and while I have

(Continued on Page 362)

### NEVER BEEN TOLD

"I have never been told the facts of life by my parents when I was at home, but I have always carried myself straight in every way. To my estimation a man or a woman cannot obtain too much knowledge of the great things that are to go through in life. The great trouble in this world is that parents are too timid to warn and teach their children the true facts of life. The wrongs are mostly done through ignorance.

E. R. K., Ohio.

Free Mailing Lists Will help you increase sales Send for FREE catalog giving names and prices on thousands of classified names of your best prospects including: National, State and Local, Individual, Professional, Business, Government. Guaranteed 5¢ each or refund so ROSS-Gould Co. 108 S. St. Louis

### PHYSICAL TRAINING for BOYS

By Dr. M. N. Bunker

Dr. Bunker has written this book very carefully, and you will find it a special message to you. You will enjoy reading it, every word of it. There are ever so many illustrations, both of athletic boys, and also of the exercises that will surely make you strong and fit.

It has good cloth binding, and contains 170 pages of vitally interesting reading matter. You will be exceedingly pleased with it.

Send in your dollar now, while you feel like it, and get a copy of Dr. Bunker's great book, PHYSICAL TRAINING FOR BOYS. It will make a real red blooded, muscular man of you. Send now only a \$1.00 bill, or money order to

HEALTH AND LIFE PUBLICATIONS 508 S. Dearborn St., Chicago, Ill.

## Health and Life Fellowship

A Band of Men and Women United in Their Love of the Healthy, the Strong and the Beautiful.

President, The Editor of HEALTH AND LIFE.

We want all those who believe in the work which HEALTH AND LIFE is doing to inspire a love for the healthy, the strong and the beautiful, to join the HEALTH AND LIFE Fellowship.

Thousands of men and women now in the slough of despond need our help to show them the way to health and happiness, and by joining hands we shall become a great force for our cause.

Many of us are now working single-handed for the same movement; many of us with similar ideas and ideals would like to be brought together. It is the aim of the Fellowship to do this.

By becoming a member you make a pledge to keep your body healthy, strong and beautiful. This in itself is a great help to you personally to follow out the rules which mean everything in life to you.

Members of the Fellowship are entitled to the following benefits:

Free advice from the Editor of HEALTH AND LIFE. No need to pay the usual 25c for postage, etc.

Ten per cent off books published by the HEALTH AND LIFE Publications.

Subscription to HEALTH AND LIFE, \$1.50 per year instead of the usual \$2.00.

A handsome illuminated certificate, signed by the Editor of HEALTH AND LIFE, is presented free to each member on joining the Fellowship.

Fill in your coupon now and send it in.

### HEALTH AND LIFE FELLOWSHIP To the Secretary:

I wish to join the Health and Life Fellowship. I promise to do my best to keep my body healthy, strong and beautiful. Enclosed is my fee of \$1.00.

Name .....

Address .....

# WHAT IS SIN?

Two Chicago young men have committed an atrocious crime. From the trickeries of morbid philosophers, and also by the apparently common sense of brilliant thinkers, they had come to the conclusion that what is ordinarily termed crime can be looked upon as neither sin nor virtue if they so philosophize about it long enough. Thus, they lost their moral sense and standard, having nothing left to guide their conduct. This resulted in loss of character, and finally the committing what is probably the most atrocious crime on record.

What we need more than anything else today is to understand exactly what we mean by sin, how a sin can be manufactured from virtue and glorified until it becomes a vice. Thus today the unconventional or irregular virtues are looked upon as sins, whereas that which is really harmful to the individual and to society is glorified into popularity.

### "THE SIN"

By Warrington Dawson

This book by Warrington Dawson has made a clear analysis of the subject of sin, and will give you an understanding of a very baffling subject.

On "The Sin" the "Washington Post" comments:—

"The Sin" is the title of a little volume by Warrington Dawson, (The Honest Truth Publishing Company, Chicago, Ill.) that is a gem of the first water, and beautifully cut. It carries 107 pages of as choice literature as one can find in a long journey through the shelves of recent output.

"The Sin" is labeled on the fly leaf as an "Allegory of Truth," but that doesn't tell much. It is really a keen satire, but genial wital. It packs many morals in its brief space and its pages are crowded with subtle ridicule of the artificialities of morality and customs and laws. All this is read between the lines.

"The inner message of this volume does not detract from its interesting and entertaining qualities. The work itself is readable as a well pictured fantasy and moves from beginning to end with dramatic force and effect.

"To tell what the "sin" is would not be fair to the reader. It is enough to say that the volume is well worth even a very busy man's time for the reading of it."

—From "The Washington Post" of Wednesday, April 9th, 1924.

This most fascinating book, well bound in cloth, with gold lettering, will be sent to you for only \$1.25, postpaid. Send now to

THE HONEST TRUTH PUBLISHING CO., 508 South Dearborn Street - - - CHICAGO, ILL.

you I am happy. Come to me, darling.

*Girlie:* Did I make you cry, Mammy? I know you want Daddy to come home again, like me. Why, here comes Daddy. *(Enter Hardart.)* Daddy! *(Gertrude and Girlie run to meet him, and are greeted by a cold kiss. He takes off his coat and boots. Takes shoes from trunk and puts them on. Meanwhile Gertrude prepares the table.)*

*Gert (breaking silence):* I'm glad you've come home, Frank.

*Hard:* Hm! I'm sorry, but I won't be staying long. I must be back at business tomorrow. Must! Absolutely!

*Gert (going to him):* Frank, don't go away; or, if you do, take me with you. Frank, will you?

*Hard:* Will I what, girl?

*Gert:* Will you take me with you. Let us pack up all our traps, and take little Girlie, and all settle down near your business. It must be so lonely for you; I want to be your help—your wife, Frank. Let me come, won't you? Frank, dear.

*Hard:* That's no good, my girl; it is only a month's job; and I may as well finish it. And goodness only knows where next I will have to go. No; your plan is impossible. Now, Girlie, little one, it's time you were off to bed. Come and kiss your Daddy good night. Come along.

*Girlie:* But, Daddy, I am so pleased you are come home; let me stay up and sit on your knee. I've got such a lovely picture book to show you. There are ever such nice pictures in it. Let me show you some. Look, Daddy! *(Takes book to him.)*

*Hard:* Yes, little one, but it is too late. Little Girlies must go to bed early; and then they will wake up good little girls, and grow up to be good little women.

*Girlie:* Did you always go to bed early, Daddy?

*Hard:* Oh, yes, yes-er. Now just trot along. Let me kiss you. *(Kiss.)* Good night, little one.

*Girlie:* Good night, Daddy, let me show you the pictures tomorrow, won't you?

*Hard:* Good night, child.

*Girlie:* Good night, Mammy. I want to say my prayers alone tonight, Mammy: because I want to ask God to let Daddy stay here with me and you. Then I can show him the lovely pictures, and he can throw me up in the air like the little girl in the picture. Won't that be lovely, Mammy? *(Kisses Gertrude.)* Night, night, Mammy. *(Exit.)*

*Gert:* Frank; I don't want to worry you, but after you have completed your month's work, will you promise me that you'll come and keep with me, and let us live happily together—like Darby and Joan, as you once said? I am not asking too much of you; we are man and wife, you know.

*Hard:* Now, look here, child. I must earn the money to buy bread and clothes, or how would we get on? My business takes me to various parts of the country. What you ask is impossible. Why don't you settle down to it? Why, you have Girlie, and the housework; and a good home. What more could a woman want?

*Gert:* A woman wants love; the love of her husband. She wants companionship; the companionship of her natural mate. She wants comfort and

protection; these she can only have from the one who has sworn to love and protect her. You say I keep on asking you, Frank, I keep on wanting you. I keep on wanting all these things I have just mentioned. They are my right. Do not get vexed with me. I am not vexed. I only want you to look after me, to recognize me as your wife.

*Hard:* Now, don't be foolish; and don't let me hear any more of it. Let us enjoy ourselves while we are together. Here, I've brought something good for us both. *(Takes bottles from his trunk. Pours out wine.)* Now drink. Drink to our mutual happiness. *(He drinks and refills his glass.)* Come along, child, why don't you drink?

*Gert:* I would drink to our mutual happiness if mutual happiness were meant by you; if you would keep me with you and let me share your pleasures and your troubles.

*Hard (drinking heavily):* Just drink up, and don't be silly, or—by God *(gets roused):* Now, don't be foolish, I say. You know what it is to quarrel with me. When I say drink, drink. You promised to love, honor and obey—

*Gert:* What did you promise, Frank? Don't you remember your promise? And have I no right to remind you of it?

*Hard (Drinking heavily—intoxicated):* What! Will you talk to me like this. Don't you know—hic—don't you know I am your lord and master—hic—*(goes to her threateningly.)*

*Gert:* Don't touch me. For God's sake, don't hurt me, don't beat me. I've done nothing to you—let me alone.

*Hard:* Well, drink then—hic—drink to our mutu-r-al h-happiness—hic. Or, by God—*(He takes the wine to her for her to drink. She tries to get away from him frantically. He seizes her by the hair.)* Now, drink, I say. *(Gertrude breaks down, cries like a child, and leaves the stage. Hardart follows her with a wine bottle in his hand.)*

*(Curtain.)*

### Act III. Scene II.

*(Scene: As Act I, Scene I. dancing to light, jolly music. Enter Hardart.)*

*Hardart:* Ha, so everybody's happy. *1st Woman:* Surely it's not? Yes, it is. It's my old pumpkin come back to me. Ah, you naughty boy. I thought you wouldn't settle down. Come along, my love. *(Porter takes Hardart's hat, etc., and he sits next to 1st Woman.)* There, now, just tell me where you've been all this long, long time; and how you like a life of quiet and respectability. There's a ducks.

*Hard:* Well, to be sure you're looking just as saucy as ever. I thought you had retired ere this.

*1st Woman:* Oh, that's nasty. You didn't want to see me; you hoped I was under the turf. No, my old dear; if it's like that with you, you can quit; 'cause I don't cry for you *(pushes him from her.)*

*Hard:* Don't be foolish; you jump at conclusions.

*1st Woman:* That's it, class me with the dogs now; "jump at conclusions". You're nasty, that's what you are. I know. In my profession, and mind you, the oldest profession, we don't last long. But I suppose we must put up with it. Once we've started we can't get away from it. Several times I have made up my mind to quit; but it's just impossible. It's all very well

for the moralists, as they think themselves, or leave other people to call them, to blame us, and tell us to give over, as if it were merely like giving over eating apples or pears. Why, it's just like asking a consumptive to give over his consumption. It is a disease with us, more strongly bound to us than any other disease to its victim. What should be done is to prevent us starting; once you start you can't stop; can't absolutely. But what drives us to it? That should be the question.

What drove me to it? There was I with a wee little mite of humanity in my care, my flesh and bone, more to me than myself. Could I honestly, humanly, let my babe starve, and myself starve? Of course not. I had to get something to eat and something to put on. Well, I didn't give in at once, I worked like an animal; for 10 dollars a week it was and anybody knows you can't get board and lodging for that amount, and get a child taken care of into the bargain. I tried my best for some time and then they found out about my baby, and I was sacked; the employer was a strict free churchman. I suppose he considers his conduct settling effectively a social problem. I knew I could earn 10 dollars in less than a night, and I did it. Now I'm an outcast in the world; can't even go back to a respectable life if I wanted to. And I am looked upon as the bad woman, the blackest member of human society, a demon, a she-devil, unclean.

If a man gave his life for another by jumping into a river and getting drowned, they would call him a hero. I gave my life, my soul, for my child—but I am a devil.

*Hard:* You've grown very sentimental, I notice. Are you often like this?

*1st Woman:* Yes, I have grown sentimental. I suppose you don't want me any more. You want something fresh and younger. Well, I suppose it's right. We're all right as playthings for a few months—perhaps a year or so, then—well, we're no good any more; we're finished with. I wonder how many of us would kill ourselves were we not afraid of our judgment before the Almighty? And yet I don't suppose, myself. He can be as bad as people make him out to be. He knows what we go through. He knows how we can't turn over a new leaf on our own; and He knows what brought us to it. I think He'll blame the other people in the world for letting it be so easy to start, so impossible to do anything else in many cases.

*Hard:* She's turned religious. A lot of hope she'll find there. Come along, let us start up with a dance. Let us forget time, the world, and everything. *(Goes to another woman.)* Come along, my dear. We'll dance the dance of love divine. "A little love a little kiss." *(Takes one.)* Now music and dance divine. *(They all dance, except 1st Woman.)* *(The music softens; enter Gertrude with Porter.)*

*Gert:* I tell you I must see him. *Porter:* I should advise you not to, madam.

*Gert:* You said he was here; and I must see him; my child, his child, is dying. He must come home. *(Sees Hardart.)* Frank, Frank. *(Shrieks and falls prostrate to the floor.)* Frank.

*(Curtain.)*

*(To Be Continued Next Month)*



No craving for tobacco in any form after you begin taking Tobacco Redeemer. Don't try to quit the tobacco habit unaided. It's often a losing fight against heavy odds and may mean a serious shock to the nervous system. Let us help the tobacco habit to quit YOU. It will quit you, if you will just take Tobacco Redeemer according to directions. It is marvelously quick, thoroughly reliable.

### Not a Substitute

Tobacco Redeemer contains no habit-forming drugs of any kind. It is in no sense a substitute for tobacco. After finishing the treatment you have absolutely no desire to use tobacco again or to continue the use of the remedy. It makes not a particle of difference how long you have been using tobacco, how much you use or in what form—cigarettes, pipe, chew plug or fine cut or use snuff. Tobacco Redeemer will positively remove all craving for tobacco in any form in a very few days. This is absolutely guaranteed in every case or money refunded.

Write today for our free booklet showing the steady effect of tobacco upon the human system and positive proof that Tobacco Redeemer will quickly free you of the habit.

Newell Pharmaceutical Company,  
Dept. 981 St. Louis, Mo.

### Dr. Booth's Internal Bath

For CONSTIPATION



Cleanse the colon, gently, thoroughly. This perfected supperema is clean, easy to use. As harmless and necessary as your external bath.

You simply fill the bag with water, sit comfortably. Eliminate injurious offensive, disease-breeding bacilli, slimy, poisonous secretions and incrustated fecal matter. Dr. BOOTH'S INTERNAL BATH saves you from irritating, weakening cathartics, salts, etc. Aids prevention and cure of chronic constipation, High Blood Pressure, Auto-intoxication, Dropsy, Piles, Prostate and Bladder Irritation, Obesity, Rheumatism, Nerve Troubles, Skin Disorders, Apoplexy, Trend, Cramps, Fevers, and 101 other ailments. Endorsed by many medical men. Used in good homes everywhere. Write for FREE BOOKLET to BOOTH & BIKER, 25-A, Sta. L, New York, N. Y.

Get Health Supreme. A Free Trial



Dr. Thomas J. Allen, at 60, while demonstrating "Hi Living at Lo Kost", October, 1919, walked from Chicago to Kansas City, maintaining that better work, physical and mental, can be done on a ration costing half the average. Send for sample pages (free) and for information about The Allen System for Health and Fitness. Address, Sanitarium, Elmhurst, Ill.

# The Realities of Marriage

If only those married or contemplating marriage faced the realities of marriage, there would be far fewer marital tragedies. Knowledge of the facts regarding proper conduct is absolutely essential to the maintenance of happiness and the experience of the fullest joy obtainable. Yet, how few ever trouble to inform themselves fully on this most important subject!



"Psyche Receives the First Kiss of Love"  
A painting by Baron Gerard, exhibited in the Louvre, Paris.

It is every married person's right to have the knowledge that will express love freely and beautifully; and it is also every child's right to be born of love. Therefore, it is essential that the laws governing conception be known thoroughly, so that love in marriage may continue and children be forthcoming as the voluntary fruition thereof.

READ

## "Beginning Marriage"

By BERNARD BERNARD (Editor of "Health and Life")

It deals frankly and openly with the ideal conduct of marriage. It is indispensable to those who really want to know facts. It is a book for idealists and realists.

### CONTENTS

<b>CHAPTER I</b> INTRODUCTION	<b>CHAPTER VI</b> MAINTAINING MARRIED HAPPINESS Freedom in the Expression of Love Laws Governing Conception Voluntary Parenthood Normal Habits
<b>CHAPTER II</b> TO THE BRIDEGROOM-TO-BE Preparing for Marriage Courtship How to Propose	<b>CHAPTER VII</b> MARITAL ABNORMALITIES AND HOW TO CORRECT THEM Results of Solitary Habits Spermatorrhoea Prostatorrhoea Sterility in Men Sterility in Women Impotence in Men Lack of Affection in Women Lost Manhood Hysteria
<b>CHAPTER III</b> TO THE BRIDE-TO-BE How to Discover the Right Man Things Necessary to Know The Romance of Courtship	<b>CHAPTER VIII</b> PHYSIOLOGICAL HYGIENE Technique of Cleanliness
<b>CHAPTER IV</b> THE HONEYMOON Early Phases Rules of Conduct Harmony and Mutuality in Love	<b>CHAPTER IX</b> THE ART OF COURTHSHIP IN MARRIAGE Arnold Bennett's Rule Artifices to Maintain Love
<b>CHAPTER V</b> BEGINNING PARENTHOOD Prenatal Influences Marital Conduct During Pregnancy The Best Diet for Easy Delivery Twilight Sleep A Child of Love	

If you are about to marry you need this book. If you have just married you need it. Even if you are already married years it will surprise and satisfy you.

(We desire not to supply this book to minors, and request those under 18 not to order.)

Send M. O., Check or Bills for your Copy NOW for \$1.75 for this wonderful book, which will be sent by return mail in plain sealed wrapper.

Only \$1.75 (Foreign 25 cents extra)

## HEALTH AND LIFE PUBLICATIONS

Dept. 21, 508 South Dearborn Street

CHICAGO, ILL.

# Correct and Corrective Eating

By Bernard Bernard, Editor of "Health and Life"

Correct eating insures good health! This cloth bound, gold embossed book containing 112 pages of the most valuable information on CORRECT and CORRECTIVE EATING is yours for only \$1.25. A beautiful and valuable addition to any library. As this is another Limited Edition, we urge you to send your order without delay. It was the intention of the publisher to charge a higher price, but Mr. Bernard has insisted that the small charge of \$1.25 be continued so as to enable everybody to take advantage of the low price. You absolutely must have this great book if you wish to know the right way to eat for health, strength and fitness. Don't be disappointed—mail the coupon TODAY.

#### A DOCTOR'S PRAISE

"Allow me to say that if I had written this book ('Correct and Corrective Eating') it would not contain anything not already covered by you, nor would it have omitted anything, for you have covered the field entirely, to my way of thinking, in a very concise and complete manner, making the whole subject of health easier than it is generally made to the average lay mind.

"You lay stress on the very essentials I deem of most basic importance, and your food selection and combination is above criticism, from my standpoint."—WILLIAM HOWARD HAY, M. D., Medical Adviser, Defensive Diet League of America.

#### Best Purchase Ever Made!

Louis Zuckerman writes: "I am more pleased with the book 'Correct and Corrective Eating' than with any other purchase I ever made."



BERNARD BERNARD

#### Read This Table of Contents

**Chapter I.—Introduction**  
General Principles of Food Combination—A Day's Ideal Menu—How Diseases Are Caused by Bad Food Combination.

**Chapter II.—Vitamins**  
What Are Vitamins?—How to Secure Vitamins.

**Chapter III.—How Much Should We Eat**  
The Science of Nutrition.—The Calory Theory Criticized.—How to Ensure the Right Quantity of Food Without Over or Under Eating.

**Chapter IV.—Food Classification**  
A New and Scientific Method of Classification.—The Foods and Their Classifications.—Food Tables.—Table of Food Values.

**Chapter V.—Scientific Food Combination**  
How to Combine Foods.—Some Scientific Menus.

**Chapter VI.—Infant Feeding**  
How Babies Are Killed.—The Right Way to Feed Baby.—Foods at Varying Ages.—How to Keep Baby in Good Health.

**Chapter VII.—How to Secure the Maximum Nourishment From Food**  
How Food Is Ordinarily Wasted.—Scientific Food Preparation.—Food Combination to Secure Maximum Nourishment.—The Importance of Vegetable Salts.—How to Increase Weight.—How to Reduce.

**Chapter VIII.—The Art of Full Mastication**  
How to Chew Properly.—How to Take Cheese and Milk with Full-est Benefit.

**Chapter IX.—Curing Various Ailments by Scientific Dieting**  
The Fasting Cure.—How to Take the Fast.—How to Take the Fruit Diet Following a Fast.—How to Take the Milk Diet Following a Fast.—The Pure Fruit and Vegetable Curative Diet.—Case of Tuberculosis.—Case of Asthma.—Case of Rheumatism.—Case of Gallstones.—Case of Diabetes.—Case of Eczema.—Case of Adenoids.

**T**HE Book we have waited for so long is here. At last copies have come from the press and they are ready for you. It is the greatest diet book that has ever been written. For the first time the scientific principles of eating are expounded in a clear and easily understood manner.

If you are ill and want to eat right to get well, you need this book.

If you have some chronic disease that has hitherto baffled your efforts to rid yourself of it, this book will tell you how it can be done.

If you are well and want to get stronger and fitter, this book will tell you how to eat so as to get the maximum of nourishment from your food.

If you are just a little below par in regard to your health, this book will show you why it is, and how and where you are eating wrongly, and how to eat rightly.

If you are not feeling absolutely well depend on it something is wrong with your diet. This book will tell you what, and how to remedy it.

Do you know that Asthma, Tuberculosis, Diabetes and many other chronic diseases are caused by wrong eating? This book shows how, and also how cases may be cured by reforming the diet.

If you are fat you can eat as much as you like and

yet reduce—if you eat as this book tells you to eat. If you are thin you can even eat less than now, and put on the flesh you want—provided you combine your foods the right way and eat the right foods. This book tells you all about this, and how to do it.

For the first time the scientific principles of food combination are given to the world—and they are really scientific, founded on the chemistry of food and digestion.

The book is clearly written. The diet principles are very simply explained. There are no huge and difficult tables to wade through. It is a book that you can read and enjoy, while gathering the latest and best information on diet obtainable.

### Mail Your Order Today

Health and Life Publications  
508 S. Dearborn Street, Chicago, Ill.  
Enclosed find \$1.25, which is payment for a copy of "Correct and Corrective Eating." Please send us this book by return mail.

Name .....

Address .....

City .....

State .....