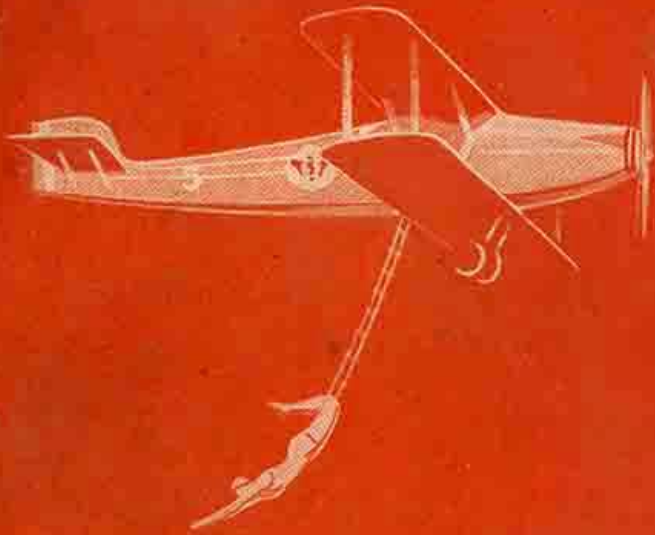


Spring Colds

# Strength



MAY  
25¢

Out-door Tumbling  
Health and Success  
Training Ideas that Succeed



W. N. CLEMENT





*There is a Great Satisfaction In Knowing*

# You Are Stronger Than the Average Man

*And There Is Greater Satisfaction In Knowing That*

# When You Purchase a Milo Bar Bell YOU WILL, at least, BECOME that STRONG

The Milo Bar Bells and courses are complete and thorough. Our 200 lbs. plate loading bell (which is the bell we recommend to the beginner who wants the plate bell type) consists of: One 5-foot solid steel nickel-plated bar,  $1\frac{1}{16}$  inches in diameter, weighing 15 lbs. One solid steel nickel-plated dumb-bell handle weighing 8 lbs. Two kettle-bell handles with hinged grips— $2\frac{1}{4}$  lbs. each.

There are: Four 25-lb., two 15-lb., two 10-lb., two  $7\frac{1}{2}$ -lb., two 5-lb., two  $2\frac{1}{2}$ -lb., four  $1\frac{1}{4}$ -lb. plates. These make 185 lbs. of plates and the 15-lb. bar makes a 200-lb. bar bell. The short bar, two kettle-bell handles and collars are extra weight.

Besides the above there are four sliding collars and a wrench. All plates have rounded edges.

Next we have the three Milo courses. The first course is on exercise with the bar bell. The second is on advanced training methods with a bar bell and the third on lifting bar bells for records.

## COMPLETE PRICE LIST OF MILO BELLS

500-lb. Plate Loading Bell, plain bars .....	\$60.00
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300-lb. Plate Bell .....	36.00
Standard Size Milo Duplex, with Plates and Spheres .....	32.00
200-lb. Plate Bell .....	24.00
100-lb. Plate Bell .....	15.00

3 complete, illustrated courses are given with every one of the above bells, except the 100-lb. Bell, with which 2 courses are given.

### ORDER BLANK

Date .....

The Milo Bar Bell Co.,  
2739 N. Palethorp St., Dept. 203,  
Philadelphia, Pa.

Gentlemen:

Enclosed find \$ ..... in payment for Bar Bell set  
checked above. Please ship by

Freight } to .....  
 Express } County .....  
 State .....

My mail address:

Name .....

Address .....

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

### MEASUREMENTS

Neck ..... Age .....

Normal Chest ..... Weight .....

Expanded Chest ..... Occupation .....

Upper Arm ..... How Many Times Can You  
Chin the Bar? .....

Forearm ..... How Many Times Can You Dip  
on Parallel Bar? .....

Waist ..... Check off your aims below:

Hips ..... Improved Health—

Thigh ..... Great Strength—

Calf ..... Perfect Physique—

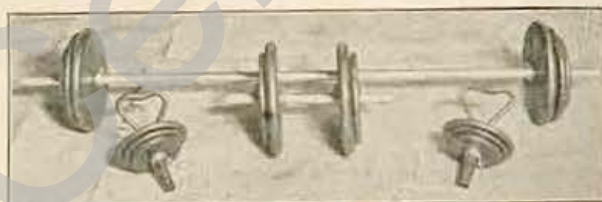
Wrist ..... To Reduce Weight—

Ankle ..... To Increase Weight—

Height .....

WE DO NOT PREPAY SHIPPING CHARGES

The Price of This Bell Complete Is  
**\$24.00**



Assembled For Three Different Exercises

**But Better Than Average Strength  
Is Only One of the Many  
Benefits Obtained With Bar Bells**

Besides enormous strength in a large majority of cases and better than average strength in all cases you obtain perfect health—ofttimes eliminating indigestion, headaches, that tired feeling and many other ailments that prevent perfect health.

Besides strength and perfect health there are also beautifully developed muscles and symmetrical bodily proportions thrown in for good measure.

**There Is No "Maybe" About It**

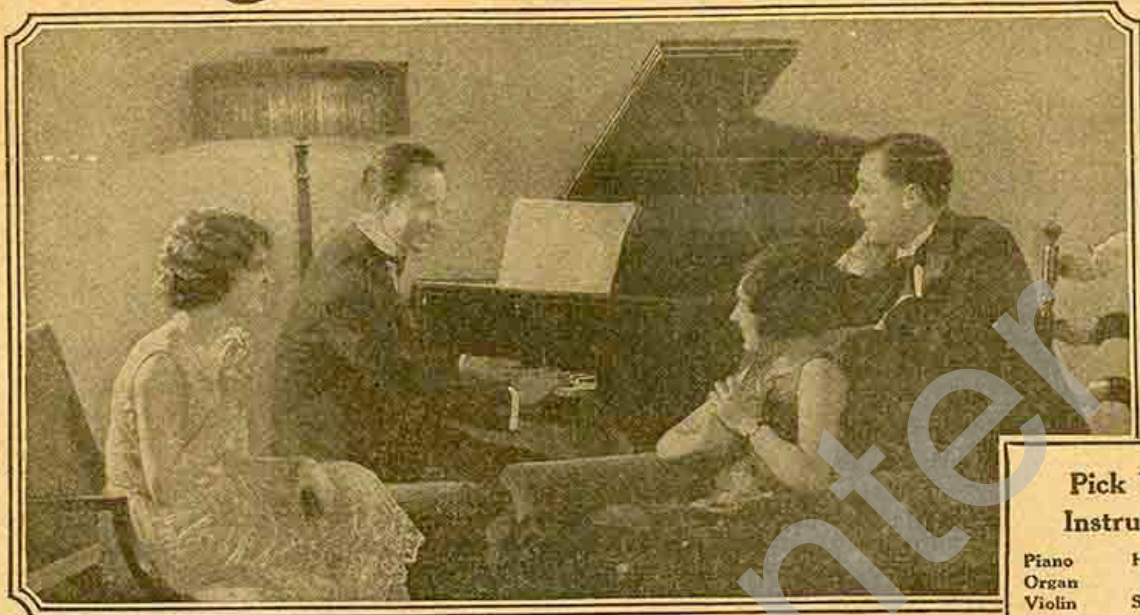
That's the beauty of bar bells when used correctly, especially Milo Bar Bells—development, strength and health are a surety. We have been proving this for over 30 years by continually developing men who are stronger by far than the average man. A great many Milo pupils have gone farther than this, creating records and names for themselves in the strongman world. Thousands have obtained fine results from the Milo System and what thousands can do, you can do.

**CUT OUT THIS ORDER BLANK, FILL IN,  
TO THE BEST OF YOUR ABILITY AND  
MAIL TO US WITH YOUR REMITTANCE  
NOW.**

It will be the turning point in your life. You will acquire the pep and endurance that will give you a much brighter outlook on life. You will be bubbling over with energy, with more than enough for your daily labors.



# Laugh If You Like—!



## - But I Did Learn Music Without a Teacher

IT was at a little social gathering. Everyone had been called on to entertain and all had responded with a song or with a selection on some musical instrument. And now it was my turn.

I had always been known as a sort of "sit in the corner." I had never been able either to sing or play. So they all murmured as I smiled confidently and took my place at the piano. Then I played—played as no one else had played that evening. First some ballads, then beautiful classical numbers, and now I was closing with rollicking tunes from all the musical shows—anything they asked for.

For the first time in my life I knew the thrill of real pride. How many nights I had sat in my room—alone! And yet here here I was now, the very center of this gay party! I would not have traded my place with anyone.

They had listened—dumbfounded. For a moment, now that I had finished, they remained motionless—silent. And then the storm broke! Thunderous applause! Joyful congratulations! A veritable triumph! Then they bombarded me with questions.

"How did you do it?" they chorused. "And you're the one who didn't know a note!" "Why didn't you tell us you were taking lessons privately?" "Who was your teacher?"

The questions came fast. For a moment they overwhelmed me.

"Teacher? I never had one," I replied "I learned all by myself, at home."

They laughed in disbelief.

"Laugh if you want," I countered—"but I did learn music without a teacher. Yet there's nothing remarkable about it.

"It's true, until recently I didn't know one note from another. Yet I loved music—everybody does. But I couldn't afford to engage a

private teacher. And I couldn't bear the thought of monotonous scales and tedious exercises. Anyway, I thought a person had to have special talent to become a musician.

"You all know how I've just sat around and watched the rest of you entertain. How I used to envy Laura playing beautifully mellow notes on her sax—or Billy jazzing up a party with his peppy banjo! Time after time I longed to be able to play.

"And then one night I was sitting at home alone, as usual, reading a magazine. Suddenly my eye caught a startling announcement. Could it be true? It told of a new, easy method of quickly learning music—right in your own home—and without a teacher. It sounded impossible—but it made me wonder. After all, about all the colleges have home study courses for most every subject, so I decided it was certainly worth investigation—as long as it didn't cost a cent to find out. So I signed the coupon, dropped the letter in the box, and—well, you know the rest."

The course, I explained to them, was more helpful than I ever dreamed possible. It was amazing in its simplicity—even a child could learn to play this quick, easy way. I chose the piano. And from the very beginning I was playing—not wearisome scales but real notes, catchy tunes—just like a regular musician! And it was all tremendous fun—just like a fascinating game!

Now I can play almost anything—jazz or classical. I am never at a loss to entertain. Wherever there's a jolly party you're sure to find me. Wherever there's life and fun and music—I'll be there! No more melancholy nights alone. No more dreary hours of solitude. And I even play in an orchestra on the side and make a lot of money having a wonderful time!

You, too, can learn to play your favorite instrument by this remarkable, easy "at home" method that has helped almost a half-million people all over the world to increased pleasure and financial gain. And there's nothing marvelous about it. It's just a common-sense practical method—so simple you don't have to know the slightest thing about music. You find your progress amazingly rapid, because every step is clear and easy to understand. Just pick out the instrument you want to play. The U. S. School of Music does the rest. And the cost averages just a few cents a day!

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Violin	Sight Singing
Drums	Ukulele
and Traps	Guitar
Mandolin	Hawaiian
Clarinet	Steel Guitar
Flute	Harp
Saxophone	Cornet
'Cello	Piccolo
	Trombone
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Our wonderful illustrated free book and our free demonstration lesson explain all about this remarkable method. They prove just how anyone can learn to play his favorite instrument by note in almost no time and for just a fraction of what old slow methods cost.

If you really want to learn to play—in new friends, good times, social popularity and increased income appeal to you—take this opportunity to make your dreams come true. Now! Sign the coupon and send it before it's too late. Instruments supplied when needed, cash or credit.

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Please send me your free book, "Music Lessons in Your Own Home," with introduction by Dr. Frank Crane, Demonstration Lesson, and particulars of your offer. I am interested in the following course:

Have you above instrument?.....  
Name .....  
Address .....  
City..... State.....





# Strength



MAY, 1928

Vol. XIII

No. 3

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# LIFE IS NOT WORTH LIVING— Without Sound Nerves

**Y**OUR nerves govern your life—your efficiency, your happiness, your health. If your nerves are depleted, you cannot concentrate or think clearly; you have not the "pep" and spirit to enjoy your pleasures and sports; you have not the physical comfort and well-being without which happiness is impossible. Is life worth living under these conditions? No! You merely exist—you are not getting out of life everything that it has to offer!

We are living in an age of SPEED; we are leading a "mile-a-minute" life. We crowd two or even five years of life into a single year! We hurry, we worry, and often we dissipate our vital forces through ignorance.

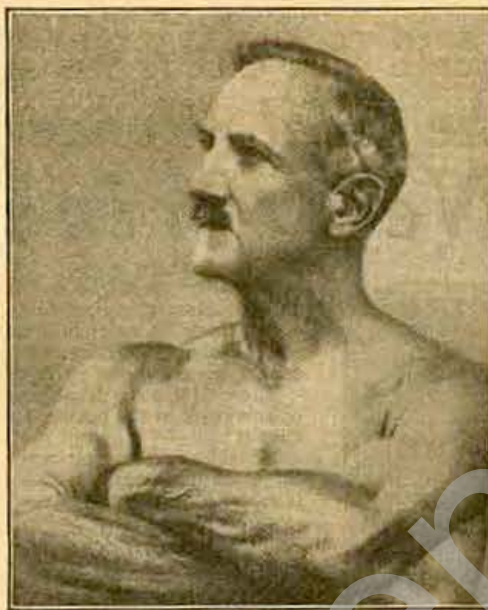
Yet, we go on living our lives hard and fast, little realizing that we cannot go on for long, that there must come an end to our stock of Nerve Force, and that Nerve Exhaustion is staring us in the face!

Every victim of Nerve Exhaustion, when he is stricken with this terrible malady, firmly believes that he has been stricken suddenly. This is not true. The fact is, that it has been years developing, and that he has had many, many warnings of what

was coming—but he did not heed them! Though he passes through years of sub-normal nerve supply, he pays no attention, he believes it quite common—as many misled people do—to feel tired and worn out; to suffer sleepless nights in periods; to feel discomfort after meals; to feel depressed, irritable, melancholy, and often in a "mental fog." He believes

his trouble will solve itself "somehow," "someday," especially since his physician assures him that there was "nothing physically wrong," that all his "organs are perfect," that all he needs is a "rest" and he will be "all right." A little rest helps a little—for a while, and then he is right back where he started, leading the same old life. Finally, he becomes a bit discouraged, believes that every man must endure "a few discomforts," and keeps going while the going is still good. Little does he realize that every day he is undermining his constitution, paving the way to all sorts of physical and mental disorders, and going through life only HALF ALIVE!

The country is teeming with cases that fit this story like a glove (for we Americans are the most nervous nation under the sun, not barring even the hot-headed Latins). They may be called "near-neurasthenics." A near-neurasthenic is but a next-door neighbor to a full-fledged neurasthenic, in the grip of actual, terrible, and



**PAUL VON BOECKMANN**

Author of "Nerve Force" and several other books on Health and kindred subjects. This photograph, taken very recently, shows him at the age of 57—the acme of Strength, Vitality, and Nerve Force.

complete Nerve Exhaustion—Nerve Bankruptcy!

There is but one malady more terrible than Nerve Exhaustion, and that is its kin, Insanity. Only those who have passed through a siege of Nerve Exhaustion can understand the true meaning of this statement. It is HELL; no other word can express it. At first the victim is afraid he will die, and as it grips him deeper he is afraid he will not die; so great is his mental torture. He becomes panic-stricken and irresolute. A sickening sensation of weakness and helplessness overcomes him. He becomes obsessed with the thought of self-destruction.

The symptoms vary according to individual characteristics, but the development is usually as

follows:

**First Stage:** Nervousness, restlessness, sleeplessness, lack of energy, poor circulation, and other minor symptoms of low vitality.

**Second Stage:** Nervous indigestion, belching, sour stomach, gas in bowels, shallow breathing, decline in power of the reproductive functions, high or low blood pressure, hot or cold flashes, heart palpitation, mental uneasiness, irritability, undue worry, despondency, self-consciousness, etc.

**Third Stage:** As nerve weakness advances, the symptoms mentioned before become more severe. It is then the more severe mental symptoms appear; namely, fears, melancholia, dizziness, loss of memory, hallucinations, suicidal thoughts, and finally INSANITY.

If only a few of the symptoms mentioned here apply to you, especially those indicating mental uneasiness, you may be certain that your nerves are weak and deranged. Fight this weakness as you would fight for your life. Conquer it, or it will conquer you. There is nothing more terrible than Nerve Exhaustion.

#### Medicine Useless

Medical treatment for nerve weakness is worse than useless. Taking drugs to stimu-

late jaded nerves is like making a tired horse run by dragging him behind an automobile.

#### Physical Exercise May Be Harmful

Don't be deceived into believing that some magic system of exercise will restore lost Nerve force, as is so often claimed by physical culturists. More often it wastes the little that is left, for exercise demands expenditure of Nerve Force. Bear in mind that some of the worst nervous wrecks may be found right among our physical culturists, prize fighters, and noted athletes. Nerve abuse wrecks the strong as well as the weak.

#### Important Book on the Nerves

Many excellent books have been written on the care and strengthening of the nerves, but by far the most practical book ever written for the benefit of the general public is "Nerve Force," by Paul von Boeckmann, the noted authority on this subject, who has for thirty years made an intensive study of people with weak and deranged nerves. The book is illustrated and contains 64 pages of condensed facts and advice upon the subject of Nerve Culture. The cost, prepaid, is only 25c (coin or small denomination stamps).

#### Your Children's Nerves

This book is of inestimable value to parents. Proper care of a child's nerves is as important as his mental training, for education is of little value unless backed by sound nerves.

Nervous parents are likely to beget nervous children. The information contained in this book will give a parent a thorough understanding of the dangers that threaten a child's nerves and how to counteract them, so that the child can become immune to nerve-strain and become strong and healthy.

#### Unconditional Guarantee

This book is guaranteed from cover to cover. If after applying the advice it contains, your nerves do not feel 100 per cent calmer and better, your money will be refunded PLUS your outlay for postage. There is no time limit to this offer.

Over a million copies have been sold, a record never before reached by any other book on health. This book and several other books on health subjects by the author are now on file in many public libraries and at the National Medical Library at Washington, D. C. They are highly recommended by noted physicians, scientists, teachers, ministers, and students of health culture.

#### What Others Say

A prominent lawyer in Ansonia, Conn., says: "Your book saved me from a nervous collapse, such as I had three years ago. I now sleep soundly and am gaining weight. I can again do a real day's work!"

A physician says: "Your book shows you have a scientific and profound knowledge of the nerves and nervous people. I am recommending your book to my patients."

A mother writes: "I always had that dragged out feeling. I could not take any interest in my children's activities; they annoyed me. I could find no relief until I read your book. It taught me how to build up my nerves. Now I am a companion to my children, can play with them, and am interested in their doings."

A college student writes: "I studied so intensely to pass my 'exams' that I broke down completely and had to leave college. After following your teachings, I was able to return to school and complete my education, graduating with honors."

A young girl writes: "I had been suffering from depression for a long time. I tried many cures, but none succeeded. In changing my mental attitude to life, you saved me from this terrible melancholy."

An athlete says: "To look at me, you would have thought me to be 'the picture of health.' But my appearance was deceiving—I was strong physically, but internally my nerves were shaky and life was a burden to me. Now I understand that muscle isn't everything."

A business man writes: "Your book did more for me for indigestion than two courses in dieting."

Fill in the attached coupon today—NOW. The book will be a revelation to you.

Paul von Boeckmann, Studio 1464, Cellini Bldg., 48 W. 48th St., New York C'y.

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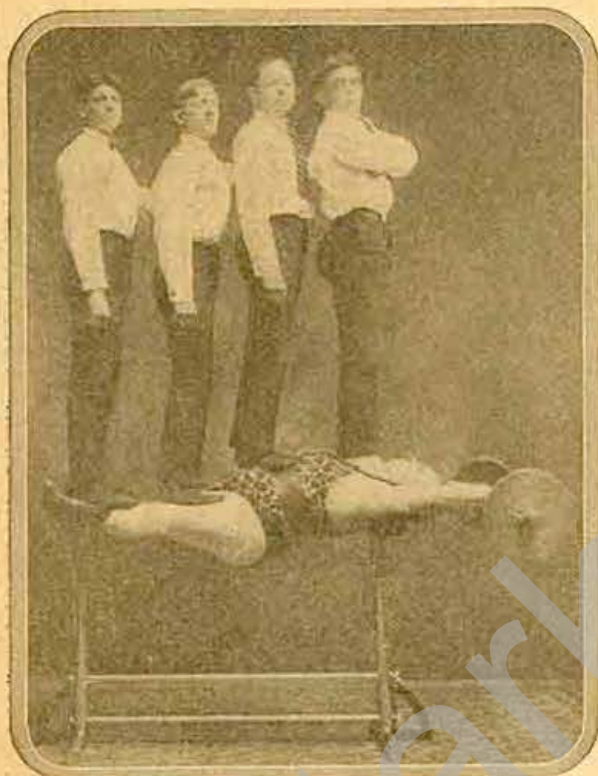


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For Physical Culturists, Strongmen, Weight Lifters and Health Seekers

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"The Key to Might and Muscle" is entirely an instructive book. It is full of actual exercises that are largely the author's own personal exercises which he originated and used in building his own great strength and physique. Furthermore, these exercises are illustrated so that you cannot go wrong in practicing them.

The chapters on developing stubborn muscles are alone worth the price of this book to the beginner and to those whose bodies have not developed evenly.

In fact any one chapter of "The Key to Might and Muscle" is worth the price of the entire book to those who are trying to improve from a physical standpoint.

## A Better Book and An Expert Course Combined

This book is more than a book; it is a complete course on power and muscle building; an entire weight lifting program; and memoirs of strong men, past and present.

Put the practical teachings of the author, as given you in "The Key to Might and Muscle," into practice and you will put seven to fourteen inches on your chest in four to six months' training. The Author's exercises, which are given you in this book, are building necks that measure two inches larger after only several weeks' practice. He has had unmatched success with his host of pupils in increasing the size and power of their calves, thighs, and building symmetrical waist lines. This book will further show you how to get a powerful grip in the fingers and hands, thick wrists, bulging forearms, and a great upper arm development.

The chapter on how to develop stubborn muscles alone is more than worth the price we ask for the whole book. But there are 23 additional chapters, all of which are as valuable as the one on stubborn muscles.

In another chapter the much-discussed science of lifting weight is clearly given its just dues. Also some very valuable information on curative exercises are given in another chapter.

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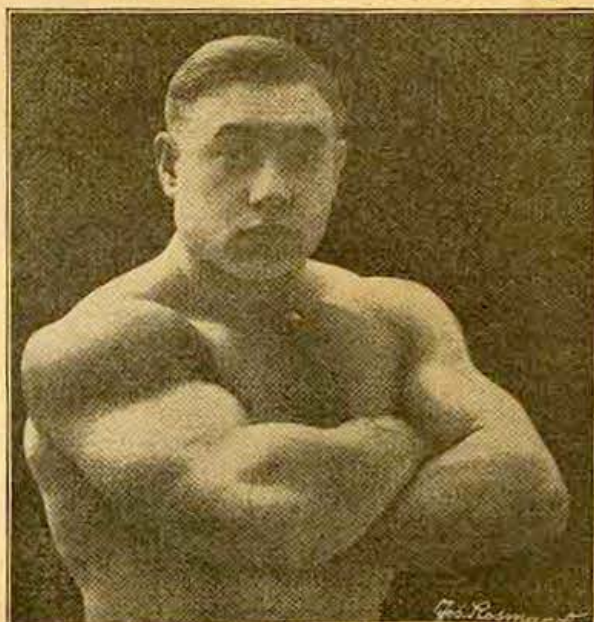
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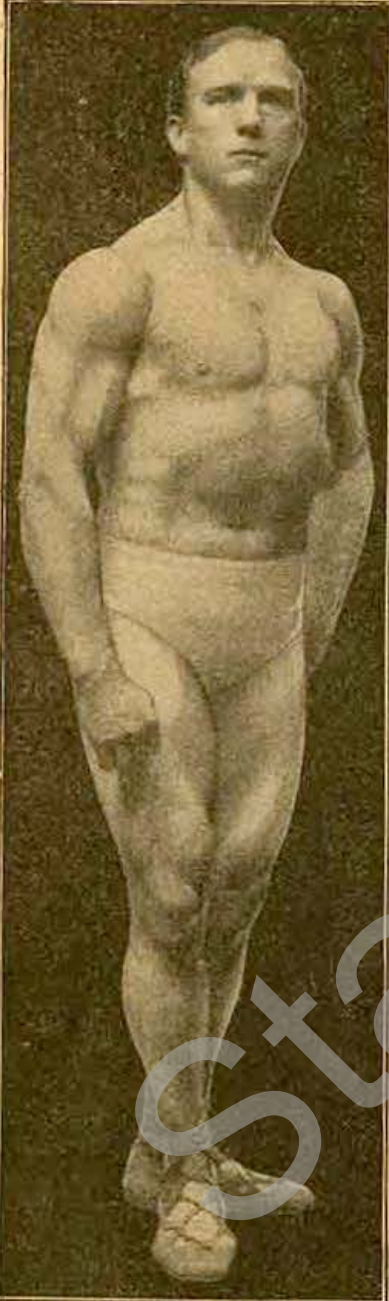
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 PHYSICAL AND HEALTH SPECIALIST  
 DEPT. 469 NEWARK, NEW JERSEY, U.S.A.

Do you look with envy and hatred upon the man who stands out in a crowd, the picture of health and vigor and strength—the real manly fellow! Do you sneer at the peppy pugilist, the powerful wrestler, the speedy runner, the graceful lancer—do you call them “big stuffs”?

Beware, man, if this is your feeling towards strong, healthy men—you are filled with jealousy. You feel your own weakness. In your heart you wish you were like these fellows. You want to be strong and healthy. You want to command the attention of men and the admiration of women—wouldn't be half a man if you didn't. You know your own weaknesses, even if you are hiding them from others, and you envy those who are your superiors—those who seem to get the center of the stage wherever they are. They are the “life of the party” always, everywhere. They are the fellows that get all the promotions, all the good jobs.

## There's No Place For Weaklings

—and you needn't be a weakling—you needn't be jealous—you needn't have physical superiors—you can be strong and healthy yourself. You don't have to go on ailing and complaining. You don't have to be ashamed of your weakness—even though you know better than anyone else what brought you to your present condition. There's a way out of your dilemma. You are no different from thousands of others that have gone the pace, dissipated their strength—and are paying the penalty. You can be put back on your feet. You can be made a 100 per cent man—energetic, vigorous, alert, ambitious, happy—a respected husband—a proud father—it's all up to you; it's for you to say whether you are going to go on a shiftless, useless derelict or an upstanding man among men.

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Science of Health and Strength  
 —Will Do Wonders For You

It was through the methods I used in developing my own body until I won the world's record as the finest specimen of muscular development and championships in feats of great strength, in Europe and in the United States, that I constructed the science of STRONGFORTISM. It is through it that I reclaim wrecked and weak men, make them into new beings and give them a body and arms of which they can boast. I require you to use no apparatus. No drugs or medicines are prescribed. No inconvenient hours are required. Only a little of your time in the privacy of your own home is necessary to follow my easily understood instructions—and, oh man, how glad you'll be that you listened to me, once you've started on my course. It means a new day for you, that's sure as you're alive.

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I've packed the experience and research of a lifetime of physical and health building into my startlingly interesting book, “PROMOTION AND CONSERVATION OF HEALTH, STRENGTH AND MENTAL ENERGY.” IT IS PRICELESS.

In it are plain facts that will astonish you and help you out of your sorry plight. Just check the subjects on the free consultation coupon on which you want special confidential information



**“Glad To Be Alive”**  
 Before undertaking Strongfortism, I was almost in a perpetual state of lassitude, lazy and flabby muscled. Suffered from short wind and sometimes palpitation of the heart. I couldn't remember the day on which I was ever without catarrh. Also had weak eyes and backaches. Was rejected from local football team (no wonder) and was looked down upon by everybody. I also was rather quarrelsome and morose—in short, I was busted; physically, mentally, morally and in ideals. I had tried two medical doctors and two herbalists, but in vain. Each one of them attributed my condition to some different cause. But now . . . I am pleased to be alive—have the wind of a racehorse—heart irregularities are gone—catarrh has got it where the chicken got the axe. Your Course has also improved my eyes and banished my backache. People have respect for me—have been asked several times to play in football. I am cheerful and amiable and get along fine with almost anybody. This year volunteered in 4th Australian Light Horse, passed as physically fit by medical officer.—V. H. R., Tarrington, via Hamilton, Victoria, Australia, June 17, 1926.

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Mr. Lionel Strongfort, Strongfort Institute, Dept. 469, Newark, N. J.—Please send me absolutely free my copy of your book, “PROMOTION AND CONSERVATION OF HEALTH, STRENGTH AND MENTAL ENERGY.” I have marked (x) before the subjects in which I am most interested.

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| <input type="checkbox"/> Colds            | <input type="checkbox"/> Constipation | <input type="checkbox"/> Vital Losses         |
| <input type="checkbox"/> Asthma           | <input type="checkbox"/> Weak Back    | <input type="checkbox"/> Lung Troubles        |
| <input type="checkbox"/> Headache         | <input type="checkbox"/> Weak Eyes    | <input type="checkbox"/> Round Shoulders      |
| <input type="checkbox"/> Rupture          | <input type="checkbox"/> Rheumatism   | <input type="checkbox"/> Youthful Errors      |
| <input type="checkbox"/> Thinness         | <input type="checkbox"/> Nervousness  | <input type="checkbox"/> Manhood Restored     |
| <input type="checkbox"/> Pimples          | <input type="checkbox"/> Night Losses | <input type="checkbox"/> Great Strength       |
| <input type="checkbox"/> Insomnia         | <input type="checkbox"/> Short Breath | <input type="checkbox"/> Increased Height     |
| <input type="checkbox"/> Impotency        | <input type="checkbox"/> Weak Heart   | <input type="checkbox"/> Muscular Development |
| <input type="checkbox"/> Private Ailments |                                       |   |

NAME .....

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

STREET .....

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

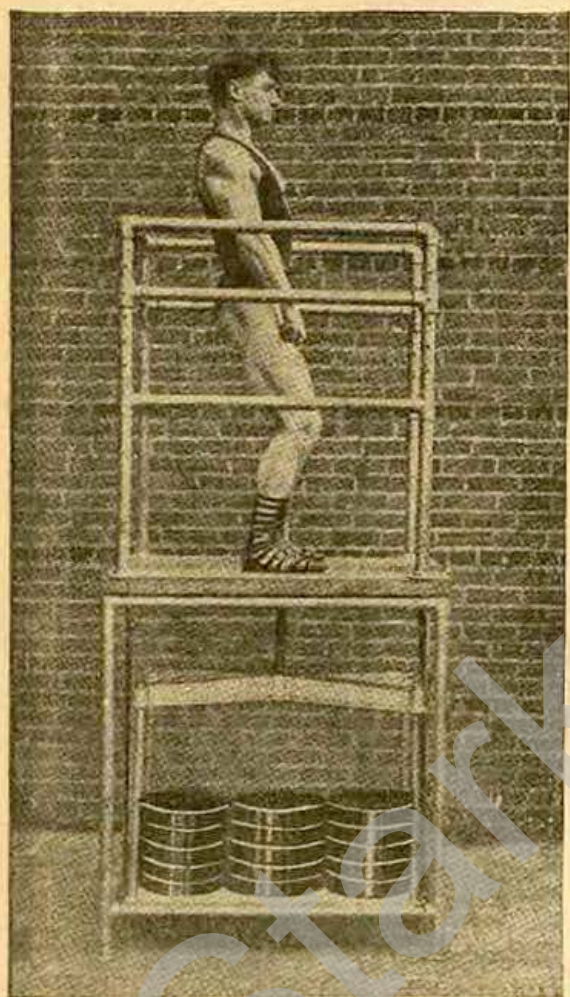


## Men Are Known By Their Deeds

BUT

# Strong Men Are Known By Their FEATS OF STRENGTH

*You Can Become Well Known By the Feats Given In This Book*



CHARLES MacMAHON LIFTING 1500 POUNDS

Every man of great physical strength is known by the feats he can perform. His great strength is proven by some one or several unusual feats of strength and his friends and acquaintances broadcast this prowess for him.

It is not necessary for a renowned strong man to be able to do all of the 200 feats in this new book. If he can beat the world at one feat it is sufficient to make him known.

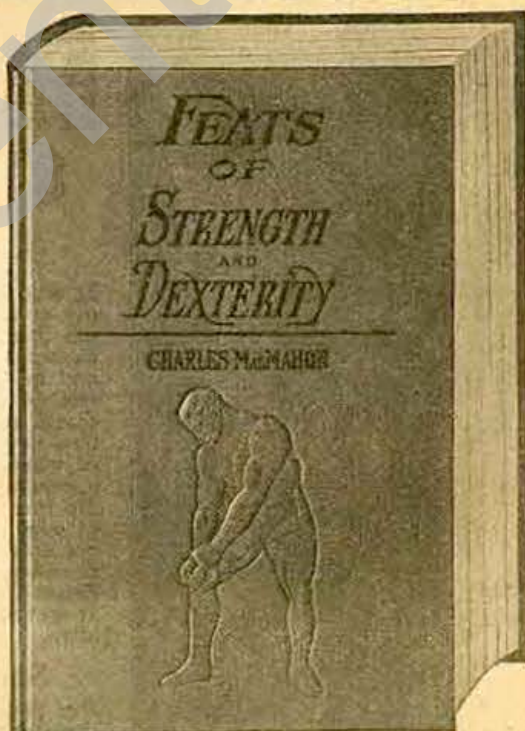
**There Are Feats In This Book You Can Excell In**

Many Strength feats call for a great amount of dexterity; knack or cleverness as well as great strength. With 200 feats to try, you will soon find those you can perform well and by a little further practice become known by those feats of strength.

While you are trying the feats in this book you will be gaining in strength and the beauty of it is you will enjoy trying them.

**Chuck Full Of New Ones**

A large number of the 200 sensational feats are new ones to you — feats you have never heard of or tried. How would you like to break horseshoes, tear 'phone books, and playing cards in two almost like nothing? You can learn these and other and more difficult feats by following the plain instructions and illustrations which this book is made up of.



## What a Bunch of Body, Strength and Skill Developers This Book Contains

Don't forget that point—while you are enjoying yourself trying these original feats you are also improving your strength and development. A large number of them are so difficult they stump the strongest of men at first. Some of them are easy enough so that you can accomplish them in several days practice.

**AUTOGRAPHED COPIES EMBOSSED AND LETTERED IN GOLD**

CHARLES MacMAHON, 180 W. Somerset St., Philadelphia, Pa. 5-28-S

Dear Sir:  
I want one of your new books entitled "Feats of Strength and Dexterity" and How to Perform Them as soon as I can get it. Please find remittance to cover the cost of my selection.

Leather Bound and Autographed Copy \$5.00  
 Cloth Bound Copy ..... 3.50

Name .....

Address .....

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

## "Feats of Strength and Dexterity"

AND

### HOW TO PERFORM THEM

This book is in content and binding, the kind you will not be ashamed to keep on your library table. The leather Bound copy which I will gladly autograph for you, is especially a fine looking book. The lettering is in gold which stands out against the black leather cover. The figure shown in the illustration is deeply embossed on all copies. Send for yours TODAY.



# How Strong Are You?

## Can You Do These Things?

Lift 200 lbs. or more overhead with one arm; bend and break a horseshoe; 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. I have taken men who were ridiculed because of their frail make-up and developed them into the strongest man of their locality.

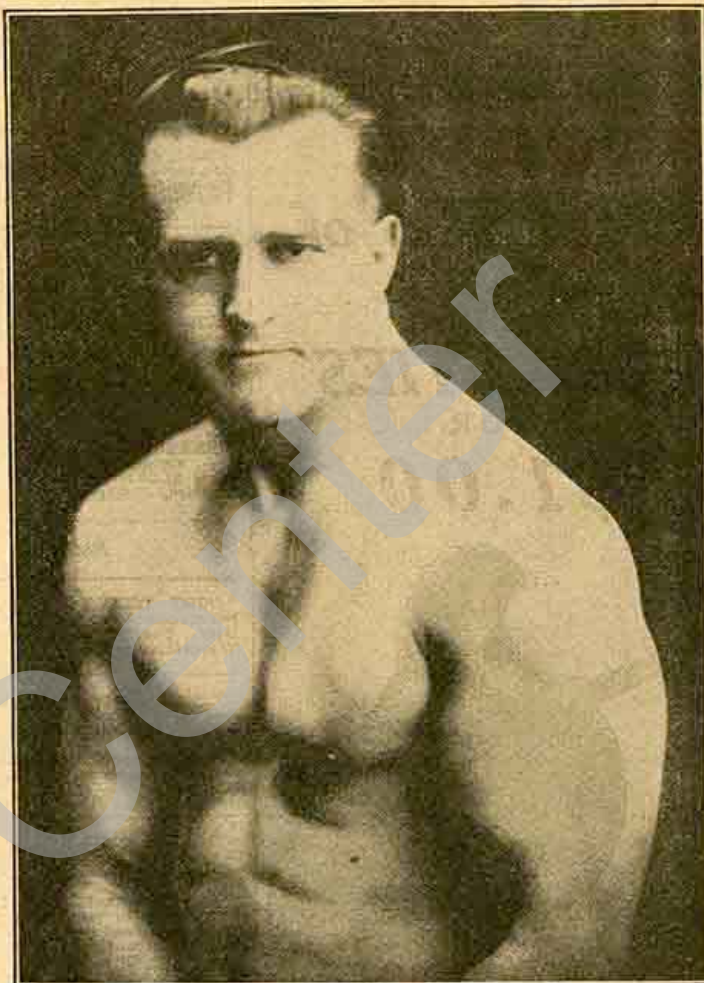
### I Want You For 90 Days

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.

### 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.



**EARLE E. LIEDERMAN, the Muscle Builder**  
 Author of "Muscle Building", "Science of Wrestling and Jiu Jitsu",  
 "Secrets of Strength", "Here's Health", "Endurance", Etc.

Send For My New  
 64 Page Book

# "Muscular Development"

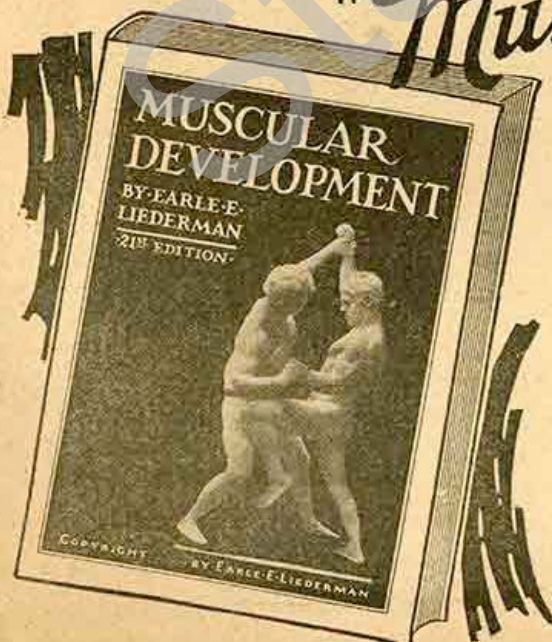
IT IS FREE

It contains forty-eight full-page photographs of myself and some of the many prize-winning pupils I have trained. Some of these came to me as pitiful weaklings, imploring me to help them. Look them over now and you will marvel at their present physiques. This book will prove an impetus and a real inspiration to you. It will thrill you through and through. This will not obligate you at all, but, for the sake of your future health and happiness, do not put it off. Send today—right now, before you turn this page.

**EARLE E. LIEDERMAN**

Dept. 705,

305 Broadway, New York City



IT IS  
 FREE

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

EARLE E. LIEDERMAN,  
 Dept. 705, 305 Broadway, New York City

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

Name.....

Address.....

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

(Please write or print plainly.)



# SHE HAS "IT"

And So Have the Others  
In This Group

**STUDIES of  
24  
BEAUTIES  
FOR  
\$1.00**



## Very Fascinating and How

The fair ones who posed for these studies have gained great renown on the stage, in the studio or in Beauty Contests.

All prints are size 6x10 inches which makes them suitable for decorating offices, dens or club-rooms. Every study portrays pulchritude to a high degree and such other admirable feminine qualities as poise, grace, beauty, health and extreme loveliness.

## An Unmatchable Bargain Order Your Set Now

The Milo Publishing Co. Dept. S-5-28  
2739 N. Palethorp St., Philadelphia, Pa.

Gentlemen:

I am enclosing \$1.00, for which please send me the 24 poses of beautiful women.

Name.....

Address.....

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

# Classified Advertisements

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

## Health

Don't Starve. Feed. Improve Complexion, Ambition, nerve exhaustion, catarrh, constipation, indigestion, sex troubles, impotence, regulate weight. Booklet 10c. Vital Diet, 10, 311 N. Fourth St., Camden, New Jersey.

## Health Foods

**FIG-ETE**, a delicious and healthful fruit confection, made from figs and other fruits. A nutritious food and confection combined. Good and wholesome for everybody, especially the children. A full 2-lb. box mailed free in the U. S. for \$1.35. P. W. Barker, Davis, Cal.

**FRENCH PEPUP-MAN TABLETS**, used for pep, strength, ambition, new vitality, nervousness. \$1.00 box; three \$2.00. Morrelle Co., EC-81E Madison, Chicago, Ill.

## Books on Health

"**THE SECRET of PERFECT HEALTH**." A remarkable book. Only 75c, postpaid. Walter S. Baer, Health Specialist, Route 4, Box 214C, Waynesboro, Penn.

## Books

Books, French-Oriental Novelties. Catalog, sample, 25c. Morrelle Co., EC-81E Madison, Chicago, Illinois.

## Schools and Colleges

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

## Education and Instruction

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

## Songs

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

## Dogs

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

## Razors and Blades

**FREE RAZOR**. To prove to you that "AMERICAN EAGLE" Gillette style blades are better blades, we are giving **FREE** a \$1 Silver-Plated Gillette Razor with each order for 30 blades at the special introductory price of \$1, postpaid. You'll be delighted with the many cool, refreshing shaves made possible with these **SUPER-FLA DES. SATISFACTION GUARANTEED. GIBRALTAR, BOX 2101, SEATTLE, WASH.**

## Art Photos

American Girl Series, Postcard Photos—20 beautiful poses, \$1. Jenkins, Box 449, Ensley, Ala.

## Agents

Send Name, Address on Postcard. Free introductory copy *Modern Salesology Magazine*; 1000 money-making opportunities offered by big reliable firms; no obligation. *Salesology Magazine*, Desk B253, 600 No. Dearborn, Chicago.

## Help Wanted—Male

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

**MEN**—Big pay working in romantic South America. Fare, expenses paid. South American Service Bureau, 14,600 Alma, Detroit, Mich.

## Wanted

**WANTED—MILO BAR BELL**, A. F. P. O. Box 836, South Bend, Indiana.

## Inventions Wanted

If you have a patented or unpatented invention for sale, write Hartley, 38 Court St., Bangor, Me.

## Patents

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

## Courses For Sale

Milo 300-pound Bar-Bell, three courses, \$27.00; Leiderman course, \$5.00; Books—Super-Strength, Super-Physique, Secrets of Health Muscle Building, Science of Wrestling, Here's Health, Abdominal Control—\$10.00. G. Collingwood, Exeter, Ontario, Canada.

## Physical Perfection

Improve Your Body Building. A complete course in Bar-Bell exercises. Send for this course right away, 20 illustrations of myself. You build up fast under these instructions. Don't delay. Send now. Only \$2.00. A. J. Erwin, 12707 Birwood Ave., Detroit, Michigan.

## Tuberculosis

**TUBERCULOSIS**—After having T-B for five years, I found a remedy that cured me in three months. Many others have been cured by the same remedy. Information, \$1.00. Frank Ehret, 3523 Douglas St., El Paso, Texas.

## Quit Tobacco

**QUIT TOBACCO!** TOBACCO or SNUFF habit cured or no pay. \$1.50 if cured. Sent on trial! Write Frances Willard, Box 795, Los Angeles, Cal.

## Ventriloquism

**LEARN VENTRILLOQUISM BY MAIL**—Small cost. 2c stamp brings particulars. GEO. W. SMITH, 125 North Jefferson, Room S-285, Peoria, Illinois.

## Photographs

Enlargements From Your Films—8 x 10 or 7 x 11 size, 50c.; three same, \$1.00. Postpaid. Hobby Shop, Box 6, Traffic Station, Minneapolis, Minn.



# YOU will Die!

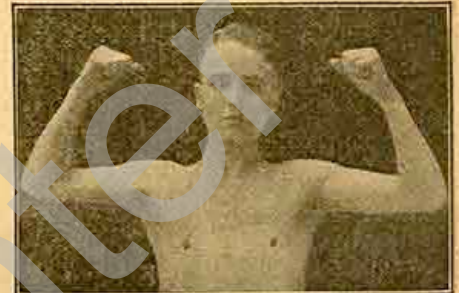
## Yes Sir—10 Years Ahead of Time

FOR the love of Mike, snap out of it. Nobody wants to "cash in"—especially before their time. But that's what you'll do, fellow, sure as shootin', unless you get next to yourself right now.

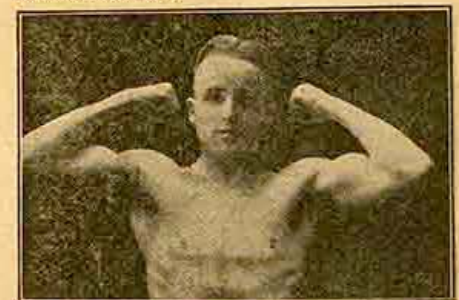
Just peep at these two pictures of Wesly Webb—he was given up for dead by all his friends. But I saved him. In 30 short days I packed his body so full of muscles that he spends his time counting and naming them. No fooling, what I

did for this boy looks like a miracle, but it's just an example of what I am doing for fellows every day. I've taken thousands of hopeless creatures and built them into PANTHER-MEN. Men with muscles of GIANT STRENGTH and the speed of greased lightning.

Come on, then, fellow, let me do the same for YOU! I can—I GUARANTEE it. Get my New Big Book and see how easily it's done.



**BEFORE** Here's the way this lad looked when he sent for Titus's FREE Book. He was pale, anemic, weak as a kitten. No arm development, flat-chested, soft as butter. He looked like he wasn't any use to anybody but the undertaker.



**AFTER** Yes sir, here's the same boy, but what a difference! Look what Titus Training did for him! He's a new man, covered from head to foot with layers of muscle. Mail the coupon and find out how Titus did it.

## MUSCLE CONCENTRATION

Do you think it takes months to build up a powerful physique? Boy, it only takes DAYS! I work FAST. Titus Training is based on the marvelous principle of MUSCLE CONCENTRATION. That's why I can double and treble your strength almost overnight. That's why I can give you the speed and agility that makes CHAMPIONS. My discovery of MUSCLE CONCENTRATION puts the Titus system in a

class by itself. And it makes Titus Trained men the fastest, hardest hitting fighting machines on two feet.

Sure, I'll give you big muscles. You'll fairly see them GROW! They'll stand out in big, solid knobs. But it is not only the SIZE of your muscles that counts. My principal of MUSCLE CONCENTRATION gives them SUPER-STRENGTH. It charges them full of terrific SPEED and POWER.

### "Miracles in Muscle!"

#### My New Big Book

is a knockout. Its the most interesting, most helpful, most important book you've ever read. You'll eat up every word of it. You'll rub your eyes at the astounding demonstrations of men rebuilt. You'll see weaklings changed into PANTHER-MEN. You'll read testimonials from world-famous strong men. And you'll rejoice that YOU, too, have found the way to superb health, strength and manly virility.

#### SAXON

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



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



Get This Book

#### Wear This Medal

Strong men all over the world wear it. Made of solid statuary bronze and given to you free. Mail coupon for full details.

I'll gladly make you a present of my new book, with my compliments. I want you to have it. I want you to see what Titus Training has done for thousands of others, what it can do for YOU. Just send me your name. Use the coupon, a post-card or letter. But do it NOW, like a good fellow. There's no cost, no obligation.

TITUS, Dept. X-126,  
105 E. 13th St., New York, N. Y.

Dear Sir: Get that New Big Book of yours to me at once.

Name .....

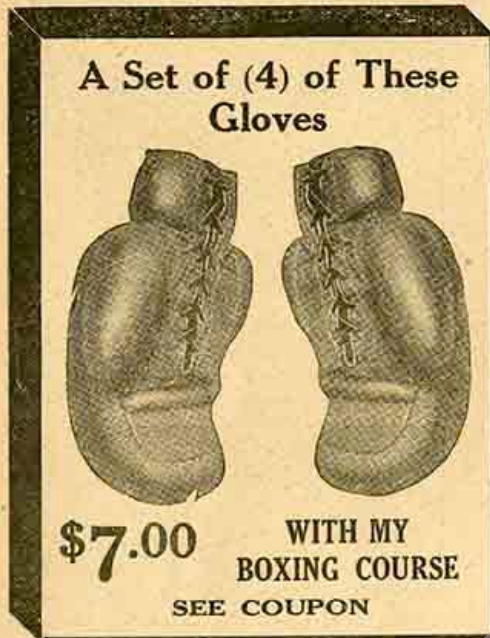
Address .....

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

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



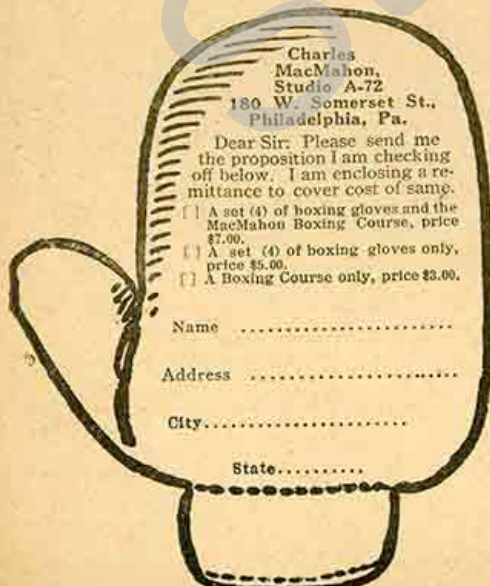
# Become a Clever Hard-Hitting Boxer With the MacMAHON Course and Gloves



## NOTICE

I can supply you with  
all Boxing paraphernalia,  
Head and Face Protect-  
ors, Fighting Bags, etc.

Write For Particulars



I am now in a position to give you a set of (4) good qual-  
ity boxing gloves at less cost than you can get them anywhere  
else.

### At the Same Time You Save a Dollar on the Boxing Course

The price of this boxing course alone is and has been \$3.00.  
With the set of boxing gloves, the course costs you only  
\$2.00. In other words, you get the complete course and 4  
high quality gloves for only \$7.00. You will pay more than  
this price elsewhere for the same quality gloves alone.

### The MacMAHON Boxing Course Is the Most Thorough Course On This Manly Art Published

It first tells you how to be a good sport and a cheerful loser  
in a boxing bout. It then goes on to training routine—how a  
fighter spends his days and nights when in training for a  
match.

This training routine includes suggestions on diet, exer-  
cise, etc. The rules and fouls are given you. The prelim-  
inary instructions, such as how to clinch the fists, studying  
your opponent, position of body, legs, arms and feet are fol-  
lowed by detailed instructions on all blows, blocks, counters,  
slipping, side stepping, guarding, retreating, advancing,  
dodging, etc. Without a doubt, the MacMahon Boxing  
Course is the best. It is also fully illustrated.

### The Gloves Weigh 8 Ounces and Are Full Size

These gloves are not the boys' size, but are the men's size. Any  
boy or young man can use them, however, because they can be laced  
tightly around any size wrist.

### A Set of Gloves Without the Course Will Cost You \$5.00

You cannot duplicate this price for a set of good quality men's  
size gloves. I advise you to get my course also when ordering the  
gloves, for it will make a clever, hard-hitting, heady boxer of you.

**Fill In the Coupon Right Now and  
BECOME A BOXER**

## CHARLES MacMAHON

180 W. Somerset St.

Studio A-72

Philadelphia, Pa.



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

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



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

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

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

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

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

"Yet with all these little ailments I was not really sick. There was nothing organic the matter with me. And so it never occurred to me that I was not a normal woman. I just thought that I

was the victim of ills that a great many unfortunate women were heir to.

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

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

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

"I know that this is so because I have proved it. Today I am practically never tired. I am never nervous or irritable. I never have any of the petty ailments from which so many women suffer. I look fifteen years younger than most other women of my age. My step is springy, my eyes are bright, my skin is firm and clear, and my body is slender and has the free, lithe grace of a young girl.

"And because I know that there are thousands of women who are now living

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

## FREE "The Body Beautiful"

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

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

## ANNETTE KELLERMANN

Dept. 445

225 West 39th Street, New York City

Annette Kellermann, Dept. 445

225 West 39th Street, New York City.

Dear Miss Kellermann:

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

( ) Body Building ( ) Reducing Weight

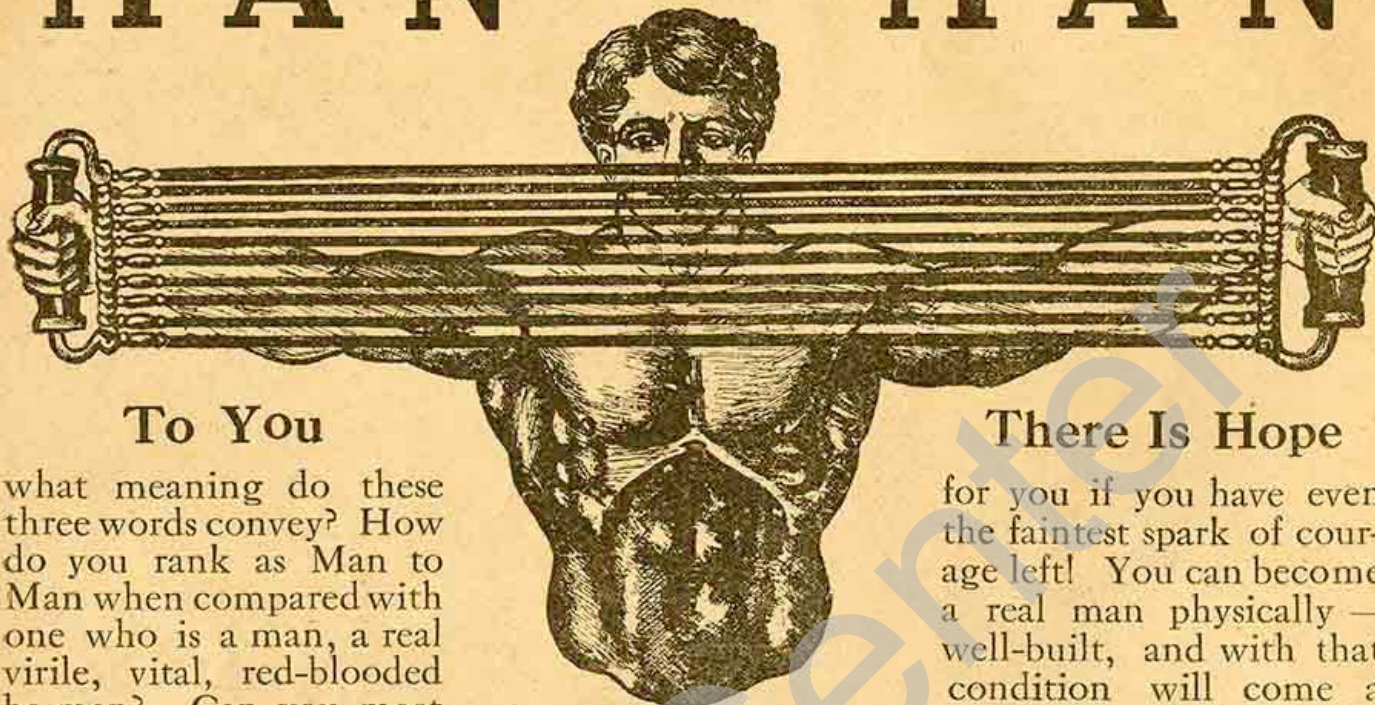
Name .....

Address .....

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



# MAN TO MAN



## To You

what meaning do these three words convey? How do you rank as Man to Man when compared with one who is a man, a real virile, vital, red-blooded he-man? Can you meet such a man and stand before him as Man to Man, or are you one of those weak, undeveloped bipeds who literally cringe and shrink from the sight of one who has cared for himself and developed his body to the point that he is one of God's glorious creatures even as he was intended to be? Well, are you?

## Tone Up

and get in trim by using my wonderful course and exerciser. You can't beat these prices on the exercisers alone, and my course, which accompanies each exerciser, is thoroughly complete and is well illustrated.

JACK SANDOW,  
Room S-5-28, Federal Life Building,  
Michigan Ave. and Randolph St.,  
Chicago, Ill.

Dear Sir: Please find enclosed  
 \$3.00 for your 5-Cable Exerciser and 12 Weeks' Course.  
 \$5.00 for your 10-Cable Exerciser and 12 Weeks' Course.  
 \$8.00 for your 15-Cable Exerciser and 12 Weeks' Course.

Name .....

Address .....

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

## Don't Give Up

in despair and resign yourself to a life of half-way living. Don't be content to be just one of the masses when it is so easy to stand head and shoulders above those who are without higher aims in life, those who have no ambition to be better examples of manhood.

## There Is Hope

for you if you have even the faintest spark of courage left! You can become a real man physically — well-built, and with that condition will come a toning up of the entire physical system. You will be stronger, you will feel better, more ambitious, and you will have the pep to tackle new problems and the ability to accomplish them. You will learn what it means to live, you will get out of your own little pet rut, and will ascend to newer and greater heights.

## Here's How!

Select the exerciser you desire, and mail your remittance today. Why wait? Tomorrow will not be too late but tomorrow will be "just another day wasted away." You have lived in a physical rut long enough, I have told you the way out and the road to fitness and success. Won't you take it? The coupon in the corner is for your convenience.

**5-Cable Outfit, 100 lbs. Resistance \$3.00**  
**10-Cable Outfit, 200 lbs. Resistance 5.00**  
**15-Cable Outfit, 300 lbs. Resistance 8.00**

**DON'T PUT IT OFF—ORDER NOW!**

## JACK SANDOW

Room S-5-28, Federal Life Building

Michigan Ave. and Randolph St.

Chicago, Ill.



# Performs Amazing Feats of Strength

## After Drinking MINERALIZED Water

**How You May Double and Treble Your Muscular Power, Your Vitality and Endurance Without Exercise of Any Kind**

**A**N astounding discovery has been made! Almost IMMEDIATELY it gives you tremendous new strength, fills your body with new pep and vitality, invigorates every organ in your body! You experience a wonderful new sense of buoyant health; your whole system seems flooded with dynamic energy; you feel ready to whip your weight in wildcats.

You will be amazed at the new POWER in your muscles. You will find yourself doing feats of strength you never before thought possible. There will be new life in your muscles—you will have that lightning-like agility, that perfect co-ordination of mind and muscle that makes CHAMPIONS.

All this without a stroke of exercise, without the use of any apparatus or appliance whatever. It is not the SIZE of your muscles that counts. You have seen men of small stature handle men twice their size like babies. You know it wasn't the mere size of Fitzsimmons' or Dempsey's arms that gave them such terrific hitting power. Or take the case of wild animals—you know that a gorilla has the strength of TEN men.

### WHAT IS THE SECRET?

What is it that gives wild animals their amazing vitality and power? What is it that makes some men veritable dynamos of energy, bubbling over with health and pep, while others drag through life half-alive?

At last Science has found the answer. Science has discovered the very key to super-strength, super-health, super-vitality. They are yours for the asking! You can charge your body with amazing new powers simply by drinking a glass of water two or three times a day! Yes, the way has been found to put into your ordinary drinking water the magic elements that will re-vitalize every organ and muscle of your body.

### REMINERALIZE YOURSELF!

*Remineralization*—that is the secret! You cannot live without minerals. The whole process of life, METABOLISM, depends upon the minerals in your body. They are the magic elements by which the food you eat is converted into energy.

Right now your body is only half-alive. It has an under-supply of minerals. Sodium, magnesium, sulphur, potassium, iodine, bromine, manganese, iron, calcium, lithium, phosphorus, chlorine—your body needs all these minerals, but you get very little of them in modern foods.



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

ROBERT RA NOUS.

But see what happens when you put these minerals into the body. Your arms can lift two and three times as much. You can run like an Indian without getting tired. And feel good? You sing in every muscle, you eat up your work and ask for more, you are mighty happy to be alive.

You can't go to the drug store, buy these minerals, mix them and eat them. They would go right through you without doing any good. The minerals have to be in a form which the body can assimilate.

### THE DISCOVERY AT LAST

Now you can get the vital minerals in a form which your body can use. The world-famous Post Institute laboratories

have succeeded at last in "ionizing" these minerals so that they can be readily taken into the blood. By a special secret process, these minerals are held in solutions which are quickly digested and assimilated.

The treatment is very simple and pleasant. You simply add a few teaspoonsful of Remineralization to your drinking water before meals. It is practically tasteless, pleasant, and not in any sense a drug. Remineralization is a HEALTH drink. It contains, in their most effective form, all the vital mineral elements. These minerals are super-concentrated; you get the same benefits as if you were to eat an abundance of fresh vegetables, rich in minerals, but you get these benefits QUICKLY. Your system immediately obtains all the minerals it needs. Your strength increases at once. You become a man of iron.

### CONVINCE YOURSELF WITHOUT RISK

The results of taking this new treatment are so amazing that you cannot believe them possible until you have tried it for yourself. You don't risk a penny. Just TRY Remineralization and judge for yourself. Your money back if you don't feel like a new man in 30 days.

Send no money with the coupon. The Remineralization Treatment will be sent to you at once—the larger size bottle, regularly \$5.00, for which you pay the postman the special low price of \$2.95, plus a few cents postage. Then begin *remineralizing* yourself. Watch your muscles become gorilla muscles. Watch your complexion brighten, your eyes sparkle and a new vitality sing through you. If the results aren't all you expect, back will come your money. Mail the coupon NOW.

Post Institute, Dept. 25,  
130 West 17th St., New York City, N. Y.

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

- |  |   |
|--|---|
| <input type="checkbox"/> Overweight        | <input type="checkbox"/> Chronic Headaches      |
| <input type="checkbox"/> Underweight       | <input type="checkbox"/> Neuralgia              |
| <input type="checkbox"/> Auto Intoxication | <input type="checkbox"/> Nouritis               |
| <input type="checkbox"/> Lack of Energy    | <input type="checkbox"/> Indigestion            |
| <input type="checkbox"/> Nervousness       | <input type="checkbox"/> Pimples or Black-heads |
| <input type="checkbox"/> Sleeplessness     |   |

Name .....

Address .....

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

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



# Milo Bar Bells Bring True Your Dreams of Physical Perfection



**L. H. CUNNINGHAM**

Who's Superb Physique Should Be Proof to You  
What the Milo System Can Do

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**Mail This Coupon Now!**

The Milo Bar Bell Co., Dept. 202  
2739 N. Palethorp St.,  
Philadelphia, Pa.

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

Name .....

Address .....

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

**The Milo Booklet Is FREE!**

**The Milo Bar Bell Co.**

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Philadelphia, Pa.



# I'll Make a Tumbler of You In a Short Time

## Or I'll Improve Your Present Tumbling and Hand Balancing Ability 100 per cent.

Follow this tumbling course and you will follow the road to tumbling and hand balancing success. It will be quick success, too.

If you are a beginner you will be taught from the bottom to the top pinnacle of this interesting and sensational art in a short period of time. You will surprise yourself with the ease and quickness you acquire the ability to perform feats of tumbling and hand balancing that will win your friends' praise.

If you have already had some experience in this line, but are at a stand still I can push you on further. I'll teach you the feats you cannot, up to this time, master. You are always advancing with this course—always getting the knack of new and more thrilling feats.

### You Will Soon Be a Performer With This Course to Show You How

You will quickly develop into a performer. In other words you will soon become good enough to perform in amateur shows and a little later perhaps, if you stick to it, become a professional. Many of my pupils write me they are putting on tumbling or hand balancing acts at a club or local movie house. You can do it also



SOMERSAULT WITH WEIGHTS

### Somersaults and Flips Will Be Comparatively Easy To Learn

When you get my course you won't stop at simply cart wheels, rollovers, handsprings and others of this class. You will soon find yourself turning over in the air in a thrilling somersault or flip-flapping across the ground or mat at a rapid pace. When you arrive at this stage you will enjoy tumbling more than ever

### Beginners Will in a Few Days Perform Hand Springs, Cart Wheels, Round Offs, etc. and Be Ready For the More Sensational Feats

If you have had no experience what-so-ever you must, of course, begin at the bottom. You must learn the simple feats

first—not all of them perhaps, but enough of them to teach you the knack

of controlling your body. Some of these primary feats are rollovers, cartwheels, handsprings and round offs and their many variations. After you have mastered a few or all of those you are ready for forward and back somersaults, flip-flaps and others. Then from there you learn the somersault, and flip twisters, gainers and spotters. There are a host of other advanced feats that I teach you also in this great course

### Let Me Teach You Tumbling and Hand Balancing and You Will Be Good at It Before the Nice Weather is Gone

Get started now when you can get outdoors and tumble. It's great fun, healthy, thrilling, daring and worth while.

**USE THE COUPON THIS MOMENT**



A DIFFICULT TWO-HAND STAND



The Safety Tumbling Belt

These belts aid everyone to learn tumbling more quickly and more safely and help the timid greatly. You can perform somersaults, both front and back, flips and all other difficult feats with little practice and no danger with these belts.

Buy the Course Alone if You Want to, But  
the Course and Belt Is the Best Buy

CHARLES MacMAHON, Studio A-72  
180 W. Somerset Street, Philadelphia, Pa.

Dear Sir:

Please find enclosed { \$7.00 for Belt and Tumbling Book  
\$5.00 for Belt Only  
\$3.00 for Course Only

Name .....

Address .....

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

Waist Measurement.....





Gold, Silver or Bronze?  
Everyone Has a Chance



One of the Awards  
Which We Will Give From  
Time to Time

Thousands of Diplomas  
Have Already Been  
Distributed Among Our  
Ambitious Members

# YOU CAN WIN

One of the Above Awards of Merit Very Easily  
The Association of Bar Bell Men Will Encourage You To Improve Yourself  
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**YOU WIN THESE For Increasing Your Strength and Development.**

Read the Association Notes in this issue for a List of Prize Schemes. We expect to announce Other Liberal Medal Schemes in the near future, whereby every Association Member can Win a Collection of Good Medals. These Awards are all within the reach of every Physical Culturist.

**ENROLL NOW AND QUALIFY FOR THESE PRIZES!**

Every Month the A. B. B. M. Will Award Gold and Silver  
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**RULES.** YOU MUST BE A MEMBER OF THE A. B. B. M. WRITE YOUR NAME AND ADDRESS ON THE BACK OF EACH PHOTO; ALSO THE MONTH FOR WHICH IT IS ENTERED.

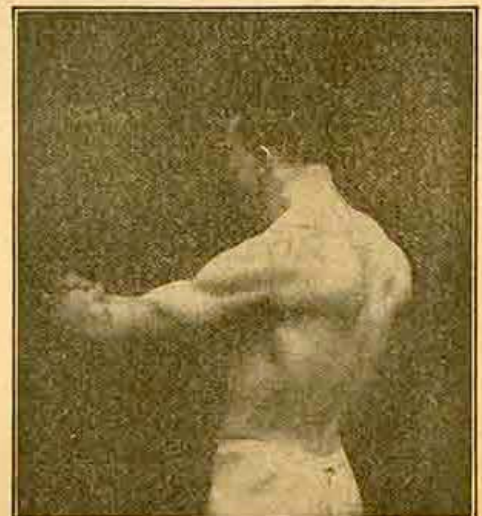
## ALL OFFICIAL LIFTING

Is now conducted by the A. B. B. M. Every Record is authentic and sworn to on an affidavit. Every scale must be tested and our officials are chosen for their competence. You should help us put the game over in a big way.

VERY MEMBER RECEIVES A LAPEL BUTTON AND A MEMBERSHIP CARD. GET YOURS NOW!



Our Lapel Button



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2739 N. Palethorp St., Philadelphia, Pa.  
Secretary: Please enroll me as a member of the Association, for  
which I enclose { 50c,  
\$2.75, including a year's subscription to STRENGTH,  
Canada \$3.00 Foreign \$3.25

Name .....  
Address .....  
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**New Enrollment Fee**  
**50c**  
**To Subscribers**  
Or In Combination with  
"STRENGTH"  
**\$2.75**



# WHAT IS A BAR BELL?

A BAR BELL is simply a long-handled dumb-bell. It has many advantages over a pair of dumb-bells. For instance, it is far easier to handle a 50-pound bar bell than two 25-pound dumb-bells. Again, with a bar bell you can do certain back and leg exercises where it would be awkward to handle a pair of dumb-bells. The bar bell became

## The Greatest of All Body Builders

when the adjustable feature was added—for then it became possible to employ the progressive method of exercise which has proven to be the only way in which a man of below average physique can gradually but steadily improve his build, his muscular development and his stock of organic vitality until he becomes a physical superman—the very pattern of health, strength and manly beauty.

## By Using a Bar Bell You Can Become a Physical Superman



HARRY HALL

With every bar bell we sell we give courses in training to suit the individual purchaser. Our pupils vary in age from fourteen years to as old as sixty-four. We have seen slender young pupils gain as much as *twenty pounds* in weight, and *six inches* in chest measurement in the first six weeks they were under our training. We have taken stout middle-aged parties and show them how to regain the fine proportions, the elasticity and the vigor of athletic youth. We get orders from hundreds of business men and office workers, and we show them how it is possible to get the greatest possible results in the shortest possible time. (Possibly forty per cent of our patrons are indoor men.) One of our greatest delights is taking husky farmers, out-door workers and gymnasium devotees and showing them what *real* strength and development are like. Every case is individual with us and we have handled so many different kinds of health-seekers, shape-seekers, and strength-seekers that it is hardly possible *your* case would present any new problems for us.

## We Give Unlimited Service

With us it is not a case of giving you so many "lessons" and then forgetting you. You are our pupil as long as you own the bar bell you buy from us. You may be in such condition that we can give you the kind of developing work that makes you gain at a rate so rapid that you will be amazed. Or it is possible that you are in such a run-down or absolutely undeveloped state that we will have to start you with the bell adjusted to very moderate weights, put you on a mild progressive schedule, and *coax* your body to its proper proportions and teach you how to accumulate a stock of reserve vigor and health. All of which is part of our job, and what you pay us for.

## We Give An Absolute Guarantee

All our goods are sold on the same understanding. If within ninety days after enrolling you are not satisfied with the results, you can return your outfit and have your money refunded. For years we have kept a careful record and find the proportion of returns is 1/3 of 1 per cent. In other words, we satisfy 299 out of every 300 customers. (We never expect to be perfect.)

## We Make Adjustable Bar Bells of All Varieties

Every outfit we make is a combination affair, which can be used as a bar bell or as a pair of kettle-bells. Every part of each outfit is adjustable in weight. Some types have hollow spheres which can be loaded with iron plates of assorted sizes. Others have no covering spheres, but consist just of an assemblage of iron plates and the different handle bars. We make bar bells of

## Different Styles—Different Sizes—Different Prices

but every outfit we make can be adjusted to such a moderate weight that it can be easily handled by the weakest and smallest man, and yet can be almost instantly adjusted to a weight that would tax the strength of Samson.

## Our Literature Will Interest You

Send at once for our booklet,  
"Health, Strength and Development and How to Obtain Them"

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Dept. 201 2739 N. Palethorp St., Philadelphia, Pa.

Gentlemen:

Please mail me, without charge or obligation on my part, your free booklet, "Health, Strength and Development and How to Obtain Them."

Name .....

Address .....

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



# Will You Be One of the 800,000 Who Die?

**O**F the hundreds of thousands who die from respiratory diseases, bronchitis, pneumonia, kidney diseases, tuberculosis, influenza, and intestinal disorders, a large proportion would not have died if they had been able to recognize early symptoms and had known how to treat themselves.

Nature always warns of impending sickness. The occasional headache, that tired, exhausted feeling, loss of appetite, a casual cold and other slight disarrangements are Nature's warnings to you that your body isn't functioning properly or that you are not living and eating correctly.

You can rule your health just as surely as you can rule your actions. If you are not enjoying perfect health today it is because you haven't employed the method provided by Nature to keep you well. If you don't know what her requirements are, you are sure to blunder into some kind of sickness—perhaps fatal disease.

**E**VERY year more than ten thousand people die of bronchitis, sixty-four thousand die of pneumonia, seventy-five thousand die of kidney trouble, fifty thousand die of respiratory disease, one hundred and six thousand die of tuber-

culosis, approximately eighty-five thousand die of influenza, and more than ten thousand die of intestinal trouble.

Barring accidents and suicides, only a small percentage of these thousands should die.

It is a fact that only about one person out of three enjoys good health. And those who are physically a little "off" right now, will more than likely be the ones to succumb to preventable diseases this year. And they are the ones who should not die.

Nature is constantly warning you of impending sickness. Seemingly trivial symptoms tell of serious trouble taking root in your body. And yet, ninety-nine people out of every hundred will absolutely ignore these danger signals. As long as they are not flat on their backs, they will fool themselves into believing that they are all right.

Nature is merciless. If you do not understand her laws and her methods of preventing and curing sickness, you suffer. She knows no excuse—she accepts no apologies.

## Why Pay Thousands of Dollars in Doctors' Bills

Those who do not know Nature's methods of preventing and curing sickness are ill an average of 21½ days each year. In fact, it is estimated that the average person in a lifetime spends \$4,100 on doctor and hospital bills, less of time from business, medicine and other expenses due to illness. Thousands of people are living half-powered lives because they are ignorant of the Laws

of Nature. Many of these people will fill an early grave, when they might easily have lived to enjoy a ripe old age.

What would it be worth to you to be able to instantly identify in its earliest stages any sickness or disease that might overtake you or any member of your family? To enjoy perfect health, almost complete freedom from sickness, doctor and hospital bills and no days of suffering and worry, or salary lost through sickness?

## The Encyclopedia of Physical Culture

(7th Edition Greater Than Ever Before)

This marvelous 5-volume work gives you the information you need to build up rugged strength, health and vitality. It is for every member of the family—it covers every phase of strength and body building for adults, children and babies. It gives invaluable information on fasting, dieting and exercise. A thorough and extensive treatment is given of the laws of sex, the attainment of virile manhood and womanhood, and happy, successful parenthood, together with details for diagnosis and treatment of all sexual diseases. Handsomely illustrated charts on anatomy and physiology are scattered throughout the book.

It is neither dull nor technical, but is simple, comprehensive and complete in every sense. It is the crowning effort of Bernarr Macfadden's rich, full experience in the science of health and physical culture. He has had more than thirty years' experience in guiding thousands of physical wrecks to glorious health and vigor. Out of that experience he built his Encyclopedia of Physical Culture.

Six big editions of this popular work have been exhausted. And now the seventh edition—greatest of all—has just come off the press. This edition has been completely revised at great expense. Scores of new illustrations have been inserted. The binding has been changed to a beautiful all-Fabrikoid, more durable than leather. Altogether it is the finest edition of the Encyclopedia ever issued.

## A Complete Education in Physical Culture

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

- (1) A complete work on Anatomy fully illustrated.
- (2) A Physiology in plain language and embracing many illustrations.
- (3) A reliable and comprehensive handbook on Diet.
- (4) A complete Cook Book.
- (5) A book on Exercise in its Relation to Health.
- (6) A handbook on Gymnastics, with full instructions on drills and apparatus work of every sort, with hundreds of illustrations.
- (7) A book illustrating and describing every form of Indoor and Outdoor Sports and Exercises—complete courses in Boxing, Wrestling, etc.
- (8) Handsome colored charts and instructions on Developing a Powerful Physique.
- (9) A complete handbook on Beauty-Culture.
- (10) The most complete and extensive work on Fasting ever published.
- (11) A comprehensive work on Hydrotherapy, including water treatments of every variety.
- (12) A book on Mechanical Therapeutics giving all details and scores of pages of illustrations of physiotherapeutic treatments.
- (13) A thorough work on First Aid with drugless methods.
- (14) A vividly illustrated work on Diagnosis, giving plainly written instructions for detecting diseases of every sort, and finding their cause.
- (15) A comprehensive illustrated book on Home Treatment for All Diseases, alphabetically arranged and written in plain language.
- (16) An Anatomy of the Sexes (Organs).
- (17) Sexual Weakness and Disease, their Cause and Cure.
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- (19) A complete work on Childbirth—how to make it safe and comfortable.
- (20) A practical work on the Training of Children.

MACFADDEN'S  
ENCYCLOPEDIA  
OF  
PHYSICAL  
CULTURE

VOLUME I

MACFADDEN  
PUBLICATIONS  
INCORPORATED



# You Can Add 15 Years To Your Life!

At least 60% of physical and mental misery is preventable and curable. In fact the life of the average person would be prolonged 15 years if people knew how to rule their health as they do their actions.

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

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

Yet the cause of degenerative changes are preventable if taken in time. In fact, you can rule your health as surely as you rule your actions. Bernarr Macfadden, the world's outstanding exponent of physical culture, has, perhaps, had more experience than any other one person in guiding thousands from physical weakness and ill health back to wonderful health and vigor. Out of this great experience he has built the Encyclopedia of Physical Culture.

### New Edition Greatest of All

In this new up-to-the-minute edition Mr. Macfadden has achieved his greatest ambition by giving you the utmost in health knowledge obtainable anywhere.

Between the covers of these five volumes is to be found, exhaustively treated, information, data and instruction on every conceivable subject dealing with health—how to get it—how to keep it.

### Free Examination—No Money Needed

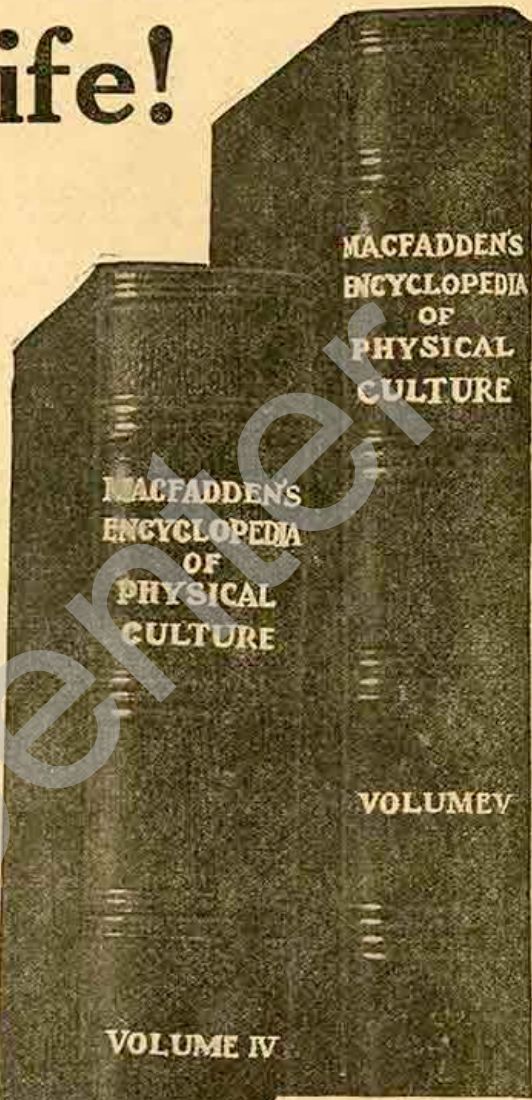
This is the most liberal offer we have ever made on the Encyclopedia—10 days' examination of the entire set at no expense to you. There is no money needed—no deposit to pay. Just fill in the coupon and we will send the five volumes to you, all shipping charges prepaid, for your inspection.

Take ten days to examine the set. Then, if you decide to purchase, send us only \$2.00 as your first payment. Additional payments may be made at the rate of only \$3.00 a month until the total cost of \$35.00 has been paid.

If you care to pay cash you may do so by sending us only \$31.50. This represents a 10 per cent discount.

If you purchase the set at once we will include, without extra charge, a subscription to Physical Culture Magazine for one year.

Remember, no money now, and no obligation to purchase. You simply agree to return the books at the end of ten days in case you decide not to keep them.



10 Day Examination Entire Set

## SPECIAL Examination Form

Macfadden Publications, Inc.  
Dept. S-5, Macfadden Building  
1926 Broadway, New York City.  
Send me for 10 Days' inspection the five volumes of the Encyclopedia of Physical Culture. If I find the set satisfactory I will either send \$2.00 in ten days and \$3.00 a month until \$35.00 has been paid, or \$31.50 cash. If I decide not to keep the books I will return them in 10 days postpaid.

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I understand that this price includes a subscription to Physical Culture Magazine for one year.

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Dept. S-5, 1926 Broadway, New York City



# eh bien!



*"Comment vous amusez vous?"*

*"Oh! c'est épatant! Veuillez vous asseoir!"*

## Now you, too, can learn French this fascinating "at-sight" way

**M**ON DIEU! Wherever you go French is spoken! You hear it on all sides—at the theatre, the opera, the restaurant, the concert. *French is in the air!* Within the last few years thousands of men and women have learned to speak French—the way the French speak it! Easily, quickly, pleasantly—they have acquired a new cultural attainment which has proved itself to be of inestimable value.

**FREE for 5 days**  
Europe's Famous Method of Learning French

The great house of Hugo is known throughout Europe. Millions of Hugo language books have been sold. Thousands of people have learned to speak foreign languages by this ingenious method. Doubleday, Doran and Company, Inc., representatives of the House of Hugo, now offer the complete Hugo "French-at-Sight" Course on a generous 5-day FREE examination

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Think what a pleasure it will be to be able to speak French! Unquestionably it is one of the most beautiful of all languages. In cultivated, everyday American life the French word is inevitable. In business, in social life, in travel—sight-seeing in Paris, going to the French theatres. *No wonder thousands are learning French at home this easy way.*

To be able to speak French is decidedly a cultural attainment, and is recognized as such. Use your spare moments at home to master French, the famous Hugo "at-sight" way!

plan. The purpose of this free offer is to have you see and understand the remarkable principles that make the Hugo method the quickest way to learn to speak a foreign language.

You must actually see this unique method to realize how easy and delightful it is to learn to speak French—at home—without a teacher. May we send it to you—free for 5 days? No obligation, of course.

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The Hugo method is based upon proved, educational theories. There are no tiresome rules. No dull school-room "exercises." This method is FRENCH-AT-SIGHT. As the name implies, you begin *at once* to chat gaily in everyday conversational French. Twenty-four fascinating lessons—carefully planned to give you the correct, idiomatic way of conversing on a great variety of everyday subjects. Try

them for five days at our expense! See how simple they are—how quick to master. For introductory purposes, Hugo's Language Institute of London has authorized us to offer the complete course for only \$12—on easy terms. Just send off the coupon today. It will bring you the famous

"FRENCH-AT-SIGHT" course, complete with the guide to the lessons. Keep it for five days *free*. Within 5 days you may return the course without cost, or keep it for your own and send only \$2 as a first payment. Thereafter send only \$2 a month until \$12 has been paid.

If you act now, a valuable 45,000 word French-English dictionary will be included FREE. Clip and mail this coupon at once. Doubleday, Doran and Company, Inc., Dept. FZ-25, Garden City, New York.

Doubleday, Doran and Company, Inc.  
American Representatives of Hugo's  
Language Institute of London,  
Dept. FZ-25, Garden City, New York

Please send me the Hugo "French-at-Sight" Course in 24 lessons, for free examination, and include the French-English Dictionary. Within 5 days I will either return the course and dictionary or send you \$2 at that time and \$2 each month thereafter until \$12 has been paid.

Name .....

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## Editorial

**W**E are interested in athletics because they are a great factor in building up the health of everyone who takes part in them.

It was not so long ago that girls first began to play tennis, go in for track work, field hockey, and the more strenuous games. We can remember when the world was very doubtful of what the effect of such athletics would be upon women and upon future generations.

Athletics for men or women are seldom more strenuous than the work which nearly everyone used to have to do to make a living, and we feel that they give much the same result of good health and great stamina that hard outdoor labor used to give. Besides that, you are supposed to have a good time in the process.

Certainly our bodies have to be used to be kept in the best possible condition. Without either straight exercise or games, or both, the average person does not give his body enough use today.

We have all seen the advertisement of the Indian carrying a canoe. The idea in back of the ad was that people today are worse off physically because they do not have to use their bodies as strenuously. Because we do not have to perform most of the labor involved in making our livings, we are in a position where we can do with very little or no physical exercise, and still eat every day. We should not do with little or no physical exercise, but many of us get along with less than we should, and if it were not for games, many more would do the same thing.

**"Honesty"**

Not all athletes are honest, and not all honest men are athletes. Nevertheless, we believe that the code of any sport tends to develop honesty in the men who are engaged in that sport.

Honesty, self-respect, and courage are all closely allied. It sometimes takes both courage and self-respect to bolster up our innate honesty, and certainly where any one of the three qualities is present the other two are very apt to be present also.

Most people like to win and in sports the idea of winning, but winning both within the spirit

and within the letter of the law, is stressed more often than that idea is stressed in life as a whole.

**"The Heavy-Weights"**

Last winter's heavy-weight elimination contests were not successful in providing an outstanding contender, who would have an admittedly good chance of defeating Gene Tunney. Dempsey is apparently still the one man whose chance is best, and his chance is very largely dependent upon his ability to land on Tunney early in the game and finish the fight.

Whether or not Tunney got a long count, and whether or not he was entitled to the count he did get, does not alter the fact that Tunney took what looked like all the punishment Dempsey had to give and then came back for more.

Should Dempsey have been lucky enough to put over his damaging blows earlier than the seventh round, they might have been serious for Tunney, or Tunney might also have been fresher and so weathered the storm, even though it was heavier.

**Base-Ball**

It looks as though the Yankees should repeat in the American League, even though the Athletics start the year with an improved team, and even though they avoid most of the hard luck they encountered last year.

To our mind the fate of the Athletics is largely bound up in Rommel and Ehmke. If they can regain their 1926 form, the race should be interesting.

In the National League, we believe that the St. Louis Cardinals will be very strong contenders this year. Pittsburgh should be somewhat disheartened by their discouraging showing against the Yankees, and yet they are practically the same team that was good enough to win last year.

At any rate, between the virtual certainty of a close race in the National League and the possibility of a close one in the American League, baseball will provide its share of thrills in the next few months.

If two big heavy-weight fights are on the cards, in addition to the Olympic games, the summer of 1928 will be a memorable one in athletics.



# Molding Shapely Legs

Last Month I Discussed the Question of How to Acquire Beautiful Arms and Shoulders. This Month I Am Endeavoring to Give My Readers A Few Pointers on How to Improve Thin Undeveloped Legs.

By *Bernice Page*



Here is Miss Ruth Zackey, one of the original Gertrude Hoffman Girls, who posed for these exercises. She seems to be admonishing someone to take exercise for health and beauty. Are you that "someone"?

Helen was one member who was always complaining—about how unfortunate she was, looking with awe at some other girl who was better built than herself.

When informed of our plans, Helen said she did not approve of them. How could she appear in a bathing suit with her thin, pipe stem legs, as she called them. And what made matters worse, we had decided to invite some of the boys from the Athletic Club! When Helen heard this she almost went into a faint.

"Now, Helen," said one member, "that is not good sportsmanship. You are a member of this club and you have a right to stand by our plans."

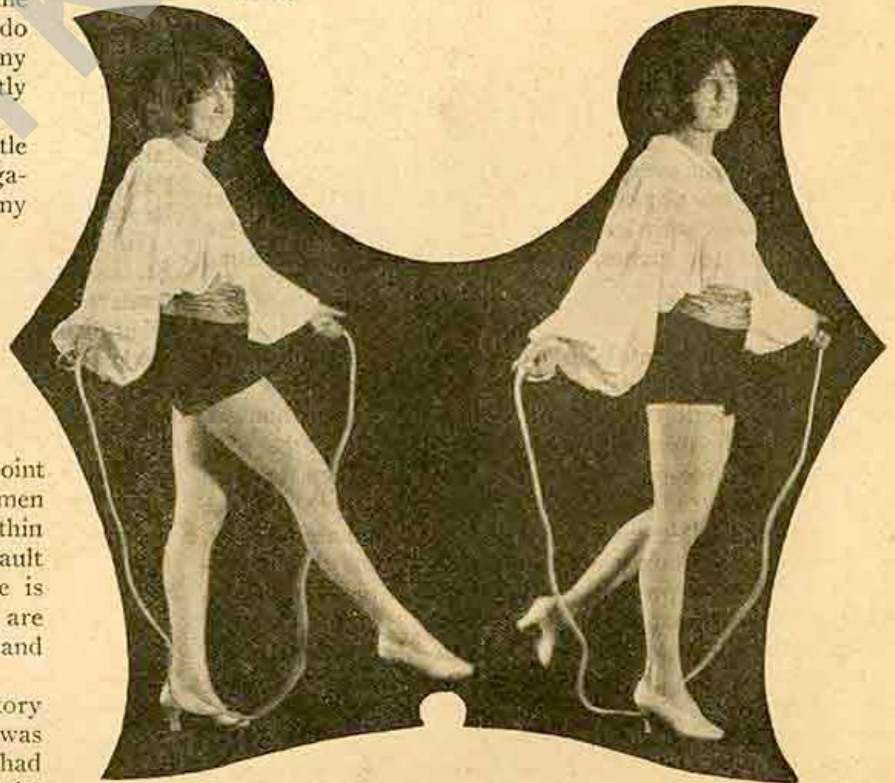
After thinking it over a while Helen decided she would go if that is the way they thought about it—but all the time saying to herself, "Just try and make a laughing stock of me. When Saturday comes, I will be in bed sick with measles, small pox, or anything you desire to call it."

**T**HERE are two kinds of women—those who sigh self-pityingly and blame everything on the climate or their work and do nothing, and those who say: 'This is my fault; I have been careless,' and promptly do something about it."

Just the other day I came across this little statement in a very popular women's magazine. And how true a statement it is! Many women, instead of trying to figure a way to overcome their problems, keep looking at someone else who is better off than they. They are always pitying themselves—thinking all the time how unfortunate they are.

What has this to do, you may think to yourself, with the question of legs? Well, it brings out very, very clearly the point at which I am trying to drive. Some women have the idea that if their legs are too thin or too fat, as the case may be, it is the fault of Nature and let it go at that. There is another class, however—the women who are willing to give physical culture a try and start an exercising program.

Speaking of legs reminds me of a story about a girl who belonged to our club. It was during the summer months and we had decided to spend a week-end down at the seashore.



Rope skipping is an indispensable exercise for the legs. It gives the calves the quickest development.



But her closest friend, a girl by the name of Ruth, was a little wise to her; and Saturday morning, bright and early, Ruth rushed over to Helen's house and pulled her out of bed.

Helen had no time to make excuses and before she knew it, she was on the train heading for the seashore.

A few weeks later the following conversation took place between Helen and Ruth.

"Helen," said Ruth, "I consider you a dear friend to me, and I am going to be perfectly frank with you. You certainly were on the 'pan' last Saturday when you appeared on the beach. Just to give you an idea—I overheard two of the boys talking and one remarked, 'Good grief, Tom, look at Helen ——— legs. Did you ever see such bean poles?'"

Helen, of course, felt very hurt at hearing this and, after all, what girl would not?

"Well, Ruth, what can I do? Regardless of how hard I try I will never have nice, shapely legs. I was born with thin legs and that is all there is to it."

"You most certainly can do something about it, and furthermore, I am surprised to hear you talk like that," returned Ruth.

Helen came to the conclusion that there was only one cure for her shapeless, thin legs—exercise. The following evening she came home and began rope skipping—having remembered reading an article which stated that "rope skipping is one of the best exercises for the legs."

Ruth, who happened to be a dancing instructor, taught her some easy dancing steps. As well as developing the legs, these steps also make the legs graceful. A few of them are illustrated in this article.

Each morning and evening you will find Helen practicing her leg exercises in conjunction with a few dancing steps.

Today Helen is a proud possessor of beautiful legs and occasionally poses for hosiery advertisements.

One advantage Helen had over some other girls, and

that was she was not bow-legged. It really is hard on the girl who is bow-legged, for there is positively no cure for bow-legs once one has grown to maturity. However, if the trouble is right below the knee, one can develop the muscles on the inside of the calf and in this way more or less hide the bow-legged appearance;

but if one's knees are bowed, it is very hard to overcome and there is really no cure for it.

Paris has decreed short skirts for the coming spring and summer, and it seems to me that short skirts have come to stay. Did you ever stop to view the different types of legs you see at some of our seashore resorts. When walking along the boardwalk our eyes always seems to be directed to legs, legs, legs! And some are sights to behold. It really seems a pity that women

do not pay as much attention to their bodies as they do to clothes. They can find all the time in the world to go shopping, never tiring to purchase this dress or that coat, but when it comes to exercise, "Oh, no, I could not be bothered."

Ninety-five per cent of the defects in legs can be overcome. If your legs are fat, exercise will reduce them—hard, strenuous exercise. If your legs are thin the same prescription applies, only the person with thin legs should start out with an easy exercise program and gradually work up to harder work.

Miss Ruth Zackey, who posed for this article, is a

dancer by profession (also a dancing instructor) and possesses a finely shaped pair of limbs. The dancing exercise steps illustrated herein were advocated by Miss Zackey for developing or reducing the legs. These exercises are given to pupils who take up dancing.

The exercise illustrated in Figure 1 is known as



Fig. 1

Fig. 2



"Changement," meaning changing. It develops the thighs, calves, ankles, etc. Begin with position as illustrated in Figure No. 1 (this is called the fifth position in dancing), with right foot in front. Bend knees slightly, jump into the air, and come down with slightly bent knees, right foot in back, and then straighten knees. Do this about one hundred times (that is how many times they have to do it at school) but I think about fifty times is a good start for a beginner. You can gradually work up to one hundred times after a little practice.

The next exercise is more of a dancing step, but at the same time it is also a good exercise. It is known as "Develope." Start in position as in Fig-



Fig. 3



Fig. 4



Fig. 5

ure 3, bringing the legs slowly up with both knees well turned out. Extend the leg in front and taut your muscles (see Figure 4). Bring the leg slowly to the side as in Figure 5 and to the back—and hold the position shown (Figure 6), which is called the "Arabesque." Drop in position as illustrated in Figure 4. Repeat this same exercise, starting back—coming front.

The "Pendulum" is the name of the next exercise. Take the position as illustrated in Figure No. 4. Start the foot swinging forward then back, as a pendulum on a clock. You start this easily and then work up until you get your foot well above your head. The use of a bar in this exercise will be very helpful. This exercise causes the blood to circulate vigorously through your legs.

Rope skipping as illustrated on page 22 is an indispensable exercise for the legs. Many girls owe their good leg development to rope skipping they did when children. Rope skipping gives the calves quickest development. As well as a good leg exerciser, rope skipping is also a very good all-round boy exercise—especially for the stout girl.

A young lady whom I know began rope skipping, not only for her legs but also as an exercise for her whole body. She failed to get results. Why? For the simple reason that she was not skipping rope—she went about it as though she were taking a bottle of medicine. She kept thinking to herself, "I wonder how many more times I will have to jump before it will do me any good." Rope skipping is an enjoyable exercise, and the girl who concentrates on each jumping movement will start to show results quicker than the girl who goes about her exercise half-heartedly. Try jumping on one leg about fifty times and then the other. You will find this a good variation. Also when rope skipping try to put as much pep as possible into the exercise, kicking the legs as strenuously as you possibly can.

Neither can we overlook the squat as shown on page 23. This is especially good for the thighs and knees—making the knees strong. Whenever you have any spare time throughout the day try rising on toes a few hundred times. By practicing rising on toes you will gradually find your legs feeling stronger.

Some people have the idea that walking is the best leg exercise. Of course, walking is a wonderful all-round exer-

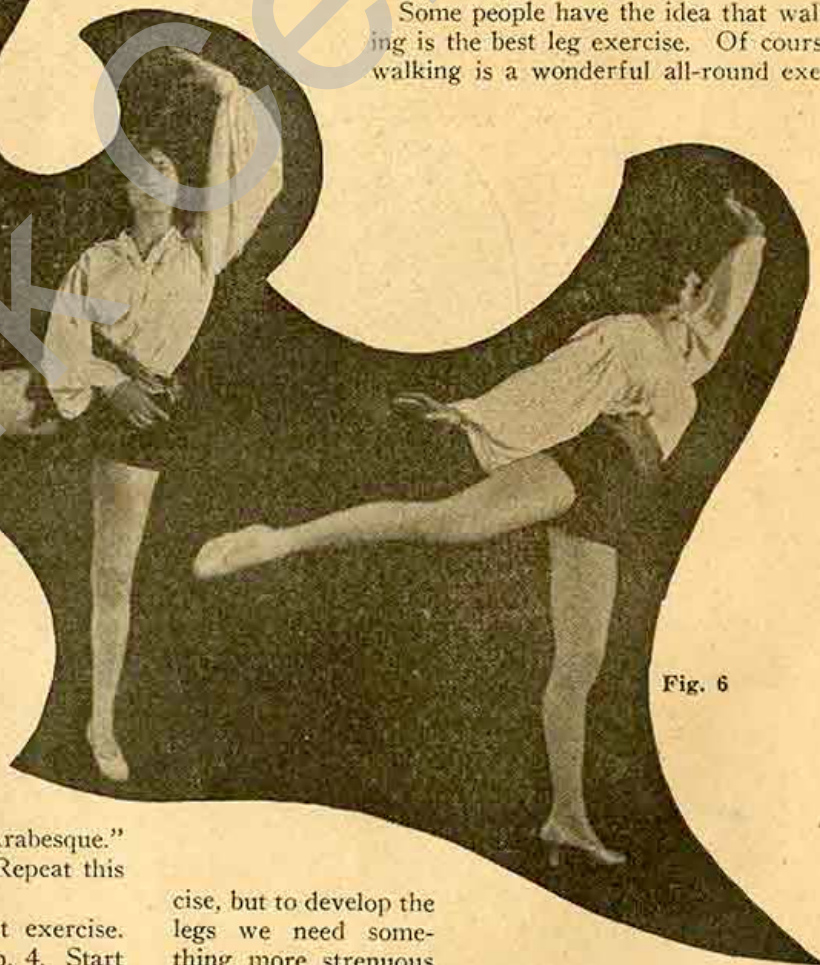


Fig. 6

cise, but to develop the legs we need something more strenuous than walking. You will notice that a half hour of hard leg exercise will find you more tired than an hour of walking.

Swimming is another good leg developer as well as an all-round body builder. You will notice that most good swimmers have strong, muscular legs.



# We Don't Need Brain Food —We Need Food Brains!

How We Poison Ourselves Through Ignorance.

*By Jack Russell*

SOME sort of an apology would appear to be necessary if I undertook to write about Food, in spite of the fact I very seldom deal with this subject; but my only excuse is that, in writing, I shall merely present what I know about Food, inviting my readers to decide for themselves what is best. I rarely, if ever, write with any fixed purpose in view. I do not believe in the value of knowledge without understanding. Thus, the following suggestions and opinions I am offering are expressly given with the hope that the reader will intelligently apply them to his own particular case, in the event they can do him or her some good. If it is accepted in this sense, even my opinions that may seem erroneous will prove more fruitful than the best information at my disposal.

There cannot, however, be any question of information. I have not made any specific study of the subject for the purposes of this article; the conclusions I have reached are intuitions based on my frequent experiences which are an effective medium for expressing the pregnant realities that exist. What I write, I have learned—learned through the greatest teacher of them all—Experience. I've lived with everything I could find in the world and overlooked nothing within my reach. What I now give the reader is an intimate personal acquaintanceship rendered possible only through the experiences I encountered.

There are, broadly speaking, two types of people born in relation to physical life with what I call healthy or unhealthy instincts. If both of these types spent no thought on their body life, the former would still go right and keep in health to a certain degree, while the latter is bound to go wrong and become diseased. The first type appear to be able to do just what they like, and nothing seems to matter; but when we observe them very closely we notice that, after all, their liberty never becomes license, and while they thrive on indigestible and tabooed articles of food and drink, there is no constant excess practiced, no real recklessness, no abnormal cravings gratified, and no pernicious habits indulged. Such people should be left alone and should give a wide berth to faddists and all articles like this one.

But the others, or second type and the third type, the microscopical unimportant excessivist, our friend the dipsomaniac, really and truly need a word in season. They seldom keep themselves well or happy, and a state

of blissful ignorance doesn't seem quite to agree with them; and while to produce a last state worse than the first, it may be possible to give them advice that may be helpful and not detrimental.

With regard to eating, then, the prime question, "Do you like it?" should always be supplemented by a second, "Does it like you?", and if these two agree in the affirmative, then it's all right. It makes no difference whether the food in question be generally considered digestible or not, for after years of study and experimentation, there are many people with whom indigestible food agrees perfectly, such as hot buns, bread, pork and ice cream, pastry, cheese, and lobsters. Here again, it is the individual's experience in the matter which gives him freedom to exercise his taste rather than abiding by any fixed dietetic table.

I, for one, prefer to sing the praises of indigestible foods, but this does not give the reader license to get foolhardy and rely wholly upon my words. Experience is the wisest and best teacher. What the reader should do is read my opening paragraph over again and then proceed with the story, applying the information where he thinks he needs it.

Just as sure as the fact is prevalent in life that our enemies give more backbone to our characters than our friends, our adversities than our prosperities, the storms rather than the calms, so surely is it with the small world within each and every one of us. The trouble with most of us is that we pamper our stomachs with easily digested foods, our organs grow weak and flabby and become unable to cope with anything requiring effort; but supply it gradually with the sort of simple fare the Italians eat as they labor in the fields or ditches, though avoiding an over-consumption, and we will, in a short time, be a hardy people. Physical strength of character, alike with morals, is formed by overcoming obstacles, not by avoiding them. If it were not for indigestible food we would, I am positive, be a poor race physically. Of course, you older people, who read what I say, may disprove my theory because you are obliged perforce to make peace inside by avoiding the more outrageous articles of diet—but the youths, ah, yes, you may take stock in what I say.

I am emphatically against fixed diets. I have no use for them, and I exhort everyone to avoid them. Yes, yes, even if you are weak, keep away from fixed diet



tables. They killed many people and impaired the health of many more. If you must diet, then do it yourself in the light of your own experience. Do not get a ready made diet from any stranger, however skilled he may be. If you suffer much, go to a competent medical doctor or physician. Let him advise you, or apply whatever information is at your command intelligently and with reason.

In youth one can eat their fill; there is no rule as to quantity. It rests entirely with the person involved. When about twenty-five and growth has ceased, find out at about what weight you feel most fit, cut out the heavy gastronomic gymnastics, and stick to that weight on through middle age. My first class or type don't require this advice, but a word to the second class is needed. Therefore, if the reader belongs in the second, mark well what I say.

Most of the food we eat contains blood poisons of a violent nature. Do not misconstrue me, I am not attacking meat eating. The best beef, as a rule, contains these poisons, but so does milk, cheese and eggs, often used in substitution for meats; and even the sternest of strict vegetarians cannot escape these toxic compounds should he limit his diet to grains, nuts, and fruits. All of us, in fact, must eat them or starve. They may cause death, but they are necessary to life. A little common sense exercised in the matter will help a lot, and this is what I propose to stress to the reader. The substance I give reference to is proteins, the form in which we get our necessary nitrogen.

The same elements of protein found in our food compose the most part of our flesh and blood, and yet the minutest amount of foreign protein will do as much damage as any arsenic if it got into the body.

We admit proteins into the confines of our stomachs every day with impunity. No matter what lies in the digestive tract is, in a sense, physiological if not spacial sense, still outside of us. Our internal skin, like our external, protects us from the invasion of dangerous foreign matter. The cells on guard at the entrance to the digestive organs strenuously prohibit admittance to unbroken packages of protein without taking them to pieces.

The chemists classify these pieces of protein as "amino acids," because of their resemblance to ammonia in one form and acids in another. They are necessary for bodily construction, and if there is not the proper amount or variety appropriate for this essential means, then life and growth become permanently impaired. According to laboratory experiments there are eighteen of these amino acids, and emanating from them are the distinct and antagonistic forms of protein in animal and vegetable matter. When food proteins are properly broken up into their harmless constituents, a safe conduct is provided them, and they are allowed to enter the interior where they are portioned or parceled out, according to the need of the person.

No matter how vigilant the customhouse officer may be in his inspection of food, a foreign particle may get into your blood. This is what generally happens! If it is not a serious invasion it can usually be taken care of by the internal skin or cells, although a little trouble may result sufficient to cause you some uneasiness before the intruder can be expelled.

Now if another intruder of the same sort "crashes the gate," or gets in undetected a few days later, the internal

cells are in fit condition to handle him, having reinforced their strength since the first attack. The first invasion has put the internal cells on their guard, and they are prepared for renewed attacks. The more the attacks are repeated, the stronger the defense is made, until an invasion is frustrated that would formerly be very fatal.

However, if the second intrusion of the foreign protein does not occur until several weeks after the first, then you can be assured of trouble. The system gets a jolt, serious enough as to prove fatal in some cases. The resistance of the blood becomes lowered so noticeably, that its pressure falls to alarming indications of "anaphylactic shock."

Even if the disturbance is speedily and successfully overcome, the memory remains. Henceforth, that particular protein is a marked molecule. If it "crashes the gate" again, perhaps, years later, it is fiercely fought to death, though it proves futile sometimes even with the reinforcements of young blood particles that have joined the force long since the old riot in exterminating the ruthless enemy.

I purposely put this matter of protein and anaphylaxis in story form so the reader could comprehend better what I was driving at, when I asserted we needed "Food Brains in Lieu of Brain Food." We must bend our energies in wiping out the danger these foreign particles of protein produce. They are at the bottom of all the difficulties in serum injection and of many of the curious dietary idiosyncrasies. Many individuals who belong to the second class or type mentioned in the foregoing paragraphs cannot tolerate strawberries or certain kinds of sea food, or milk or egg albumen in any form. Oh, they like the food all right, but this food don't like them. If they get a bit of protein in their food, even without being aware of it, in a short time startling effects are produced. All over the body a red itchy rash will break out, causing much discomfort.

This same individual may be seized with shortness of breath, and in extreme cases collapse in a faint. The cause of this is readily seen. Sometime in the past one of the particles of protein got into the blood stream in its native unchanged form and wrought havoc. When along came another, the fight proved to no avail in subduing it. Thus the individual suffers the effect of an experience which is persistent. Thus, the whole solution can be framed up in a few words, one man's food is another man's poison in our food. Anyway, common sense and a working knowledge of the dietetic requirements of the body would go a long way in eliminating bodily discomfort.

There are approximately two gallons of blood in the human body, varying, of course, according to the size of the individual; and when a little particle of foreign matter gets into this stream and pollutes it, let us say, then it's high time we did something about it.

Common sense plays an all important role in attaining healthfulness. There is nothing complex in acquiring a condition that will make one feel life is worth living. Simple rules provide the ways and means—such as proper eating, drinking, bathing, sanitation, fresh outdoor exercise and a host of other equally important things.

As I said before, what might be one man's meat is another's poison, and so, by the same token, the question of condition and how to maintain it can be outlined only in general terms as a fitting (*Continued on Page 79*)



# Outdoor Tumbling

You Will Find Tumbling Out of Doors Much More Enjoyable than Indoor Tumbling.

By Charles MacMahon

**S**PRING is here. For sheer delight it may be difficult to beat a sitting position on a grassy slope under a shady tree, with your back against the trunk and legs stretched out on the soft grass, but it can be done; and the practicing of tumbling in the spring on a spot like the above-mentioned is the delightful pastime that does the trick.

Try it some nice, warm, spring day. Go out in the country or to a city park and find a shady tree which stands on level or on very slightly-sloping ground. Take off your hat and coat and start tumbling, or try to, as the case may be, using the soft grass and ground as a mat.

Tumbling is more easily learned under the above conditions than under the confines of four walls and a ceiling. Even though the ground and grass is actually no softer than a gym mat, the tumbler somehow feels less jar upon landing from a somersault, whether it be a perfect or imperfect landing. The tumbler outdoors is possessed with a sense of security over the tumbler indoors. Perhaps it is the thoughts of the hard gym floor that gives a sense of insecurity when tumbling indoors. Even though the tumbler knows there is a mat under him, he still will not let himself go as he would outdoors. All this does not apply to the expert or advanced tumbler, who has overcome all fear of somersaults and other feats to the extent of performing them on the bare

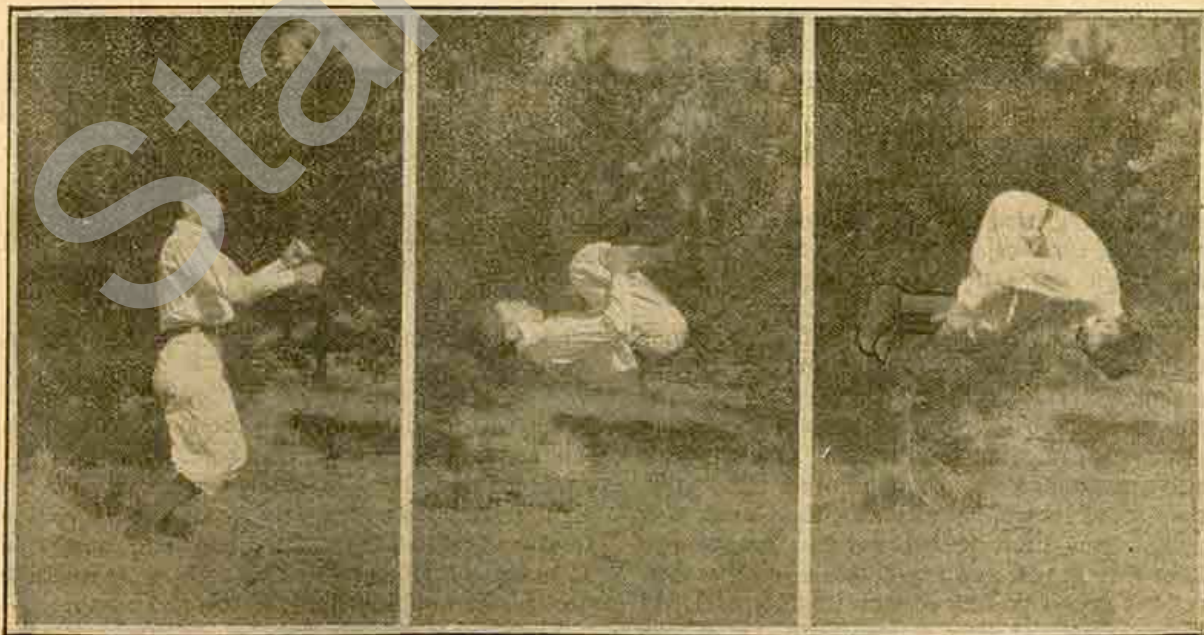
floor. It does apply, however, to the beginner and those with a little experience who have not arrived at the point where they have complete confidence in their tumbling ability.

Another reason why tumbling outdoors seems easier and is easier than tumbling indoors is that the spring air, or whatever it is, puts new life into you.

You feel, unless you are extremely lazy or run down, like running, skipping, jumping for the sheer joy of it. This energetic feeling certainly produces better tumbling than when you must force yourself, because then you do not feel just like it. There is more forced effort necessary in indoor tumbling than there is in outdoor tumbling.

But don't misunderstand me. Outdoor tumbling is not so good all the year round except, of course, in those parts of the world where the temperature is moderate all the year round. Cold weather tumbling outdoors is hard on the hands, wrists, ankles, and other joints, because the cold makes them stiffer than is normal. The very hot weather is all right for tumbling if you like it that way; but the spring or moderately warm days of the early summer are best, as it is then not cold enough to stiffen your muscles and joints, nor hot enough to make tumbling laborious and uncomfortable.

I want to impress on those who are not experts at



Start of a backward somersault.

Half way over in a forward somersault.

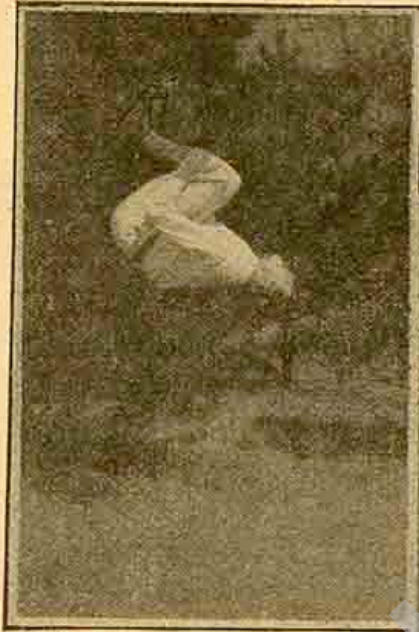
Three-quarters over in a backward somersault.



tumbling with the advantage of tumbling down a very slight down grade. A slope gives you speed, and the landing spot is always an inch or two lower than the take-off spot, which in turn gives a better chance of getting completely around on a somersault, flip, hand spring, round-off, Baroni, etc.

Never practice tumbling up hill. There is no harm in it, but there is also nothing to gain by it. As tumbling is easier on a down slope, it helps a beginner. However, after the beginner gets the stunts down pat he should also practice on level ground or on a floor. In other words, you must not get yourself so accustomed to tumbling on a slope that you can't tumble efficiently on the level.

Two of the worse practices a beginner or a fair



A high back-somersault.

tumbler can first get into is the changing of his mind after he has actually taken off for a feat. To illustrate this more clearly, there are fellows who, through lack of nerve or confidence in their own ability, take the position for a somersault, start for it by actually leaving the ground, and then while in the air decide they cannot make it and try to stop or turn back.

Whether you have tried tumbling or not you can see the foolishness of such an action. So let this be ever in your mind, "I'm in less danger if I keep going than if I change my mind after once making the start."

The other bad fault one can get into is not a dangerous one, but it is one that will retard your progress and make you look foolish. I refer to the practice or habit of making the preliminary movements necessary for a take-off but never actually going for the feat. You will see fellows who can do a somersault or flip-flap fairly well, and yet they stand in position swinging their arms now and then in a vain effort to get started. Maybe five minutes later they get off and maybe not at all that day.

Such actions stamp you as a poor tumbler and will make onlookers laugh at your actions. Besides, it is a very bad habit to get into, as I said before, because it makes you take two or three times as long to learn a feat as it normally should.



A lay-out somersault performed from a round-off and flip.



Half way over in a twisting somersault.

It is generally best to learn the simple feats of tumbling, such as the roll-overs, forward hand springs, etc., before attempting flip-flops (back hand springs) somersaults and others of the more difficult feats; but while it is best, it is not absolutely necessary, for it is easily possible to be able to perform the last-mentioned without any of the preliminary practice.

The best way to learn the somersaults, if you do not have a lunge belt, is to practice them from a take-off, that is a foot or 18 inches above the landing spot. This is done by using a strong, steady box for the take-off or by using a small bank of earth. For instance, those who live where it is practical can dig a hole in the ground about 18 inches deep. The tumbler should then take the position on the edge of the hole, and somersault backwards or forwards into the hole. The dirt in the hole (or sand, which is better) should be loosened until it is very soft.

The eighteen-inch drop gives the beginner more time to get around on his feet than level ground does. The soft earth in the hole will prevent jars, especially if the hands are kept over the head as a protection should you not get all the way round.

Remember that a half-hearted attempt will usually result in only a partial turn of the body and failure,

while a supreme effort put forth will usually mean success.

When somersaulting on the level, you must leap up as high as possible, but with the eighteen-inch drop you will not need to leap quite so high.

A finished tumbler doing a somersault from an eighteen-inch take-off would have to do a layout in order to slow it up, the turn of the body and land on his feet. If he leaps high and grabs his tuck as he would on level ground, he would likely do a turn and a half.

Some learn the flip-flap before the back somersault and others learn the somersault first. Those with a good back-bend are likely to have good success with flip, while those who do not possess a great back-bend are



likely to learn the somersault sooner.

Strange as it may seem to the beginner, a back somersault is generally easier to accomplish than a forward somersault. A forward is much easier if done from a short run and is difficult from a stand-still. The back somersault can only be done from a standing position, but is comparatively easy after a little practice and provided you are not afraid to attempt it.

The side somersault, the landing of which is illustrated, is not as common as the flip and somersault. It is performed in a sidewise manner so that the body and head turns like a shaft, while parallel with the ground. It is not as difficult as it is awkward. This can be done from a short run.

The Baroni is a clever feat that is more advanced than the somersaults and flips. It is really a round-off without the assistance of the hands on the ground.

Take a short run, keeping the head and shoulders low; jump from both or one foot at the end of the run, trying to keep the head about the same height from the floor throughout the stunt. The feet, legs, and hips must go up and over the head, while at the same time these parts of the body are turned in the air so that you land on the other side of your head, as it were, facing toward the starting point. The head, in other words, acts as a pivot around which the feet, legs, and body turn over and twist half way around at the same time.



Finish of a side-somersault.

It is not quite as complicated as a description sounds. The best way to learn it is first master a fine round-off in which you use both hands. Then try the round-off with only one hand or by touching both hands to the floor, more lightly on each try, until you can execute the turn and twist without the hands at all. A certain whip of the arms aids greatly in performing the Baroni proper.

Most young men can learn to do a flip-flap and somersault with a little practice, so why not try it.

The twisters, spotters, and gainers are the next steps after mastering the flips and somersaults. For those

who are not acquainted with twisters, spotters, and gainers I will explain them.

A twister is a half turn of the body while in the air executing a somersault or flip. In other words, the landing of either of these feats is made facing the opposite direction from the regular landing and also opposite the starting position. The twister is done while in the air by a twist or turn of the head and shoulders and to one who has thoroughly mastered the somersault and flip, it is not as difficult to acquire the knack as it appears to be at first.

A spotter is merely the performing of any tumbling feat on one spot. That is, the landing must be made upon the starting point. Both forward and back somersaults and flips and handsprings can be spotted.

In the somersaults a spotter is done by leaping forward and up, instead of straight up as in the common



Half way over in a Baroni.



Nearly over in a Baroni.

somersault. By leaping forward and up, the turn in the air is done slightly in advance of the starting spot, which allows the feet to come around and land on the same spot.

In handsprings and flips a good back bend is required for spotters and a better bend for gainers which I will explain later. The back bend enables you to do a "crab" with the hands and feet close together, and when you can do a crab like that and the flip proper you should not have much trouble learning a flip-spotter or gainer, as in the somersault spotter you must leap slightly forward, too, in doing a flip spotter or gainer.

After the leap, the hands are brought up and back as far as possible, the back is bent to its limit, and the mind thinks of bringing the hands to the spot the feet just left. You can judge by that, that you must have the flip or somersault down to perfection before trying the twisters, spotters, or gainers. The flip and somersault must be as second nature to you so that your thoughts can be upon the twister or spotter, and still you will get over regardless of whether you fail in doing the twister or not.

A gainer is similar to a (Continued on Page 79)



# Developing Good Deltoids

An exact science. Follow the methods of those who have succeeded.

By Mark H. Berry

**T**HE real manly, masculine figure must be broad-shouldered. Everyone expects it of the man who is vital, energetic and capable of heroic feats. You are familiar with the impression created by the football hero; he looks so much stronger and truly masculine than the average man, as to appear almost godly in comparison, mainly due to the broad appearance of his wonderful shoulders. We know he wears pads on his shoulders for protection, and although this is not done to create the broad-shouldered impression, the football player looks ideally athletic, and to the spectator he is evidently possessed of unusual strength and endurance.

If the football hero is also a member of the crew and



This strength athlete has everything, in a muscular sense, and deltoids are certainly an important part of his marvelous physique. The spotlight is on the thoroughly capable shoulders of Otto Arco.

spends his vacation as a life-guard on some beach, the chances are he will also be extra broad-shouldered in a sleeveless athletic shirt. Broad shoulders and exceptional athletic abilities go hand in hand. If you want to look athletic and physically capable, if you want to look

the part of a man who is possessed of the unusual in strength and dominant physical powers, broad shoulders will give you that appearance.

The athlete, when stripped, or in a semi-stripped condition, will look his part if his shoulders are properly developed. The principal muscle to be fully developed, if we are to acquire the limit of our possibilities, is the deltoid. The ball player, the boxer and the wrestler must have strong shoulders, which means they must have good deltoids. In the field of strength, the acknowledged greatest feats all require strong deltoids. The champion strong man is adjudged by his ability to lift weights overhead, and no man who is weak or only average in deltoid strength will be very successful at any of the overhead lifts.

I remember one teacher in grammar school who had a novel way of finding the strongest boy in her class. She would test their strength in this fashion; the boy would stand erect with his arms straight out at shoulder level, and the teacher would press downward on the out-stretched arms. This test would, of course, decide nothing more than who had the strongest deltoids, but many popular strength tests are of this nature—for instance, the time-honored "muscling out" a weight, scuttle of coal, bag of grain, or what not. There must be a sound reason behind this testing of the strength with deltoid feats. The man who is strong all over must be strong at this point, as the deltoid controls most of the movements of the arm.

Back in the old days when our ancestors had to toil for their daily bread, the deltoids had to be strong. When wielding



The great deltoids of an amateur man of iron. The shoulders of Harry L. Good are broad and strong as the shoulders of a man should be.



an axe, when pitching hay, when mowing with a scythe, flailing grain and a hundred and one other chores, the deltoids came into prominent play. It is the same way today; when you throw a baseball, when you land on the "old pill" for a home run, when a husky wallop means "ten and out," when smashing drives are made in tennis, and even in golf, the deltoids play an important part.

In the days when the "muscling out" test was originated, it was taken for granted that a man was equally strong all over if his deltoids were strong. In those days men toiled with the whole body, and light exercise methods of developing muscles "individually" were unknown; so it was unlikely that a man would be strong in the shoulders and weak in the legs, back and loins. On the other hand, today it is possible for a fellow to have fairly strong shoulders and at the same time be woefully lacking in strength in other important parts of his anatomy. Thanks to certain forms of gymnastics and light resistance systems of physical culture. Of course, no fellow of that type would have the shoulder strength to compare with the well-trained bar bell user, who would have superbly strong muscular masses below the waist to back up his fine shoulders and arms.

It works this way: the fellow with nothing but shoulder strength will be limited by the general weakness of his lower body, whereas the properly-trained man

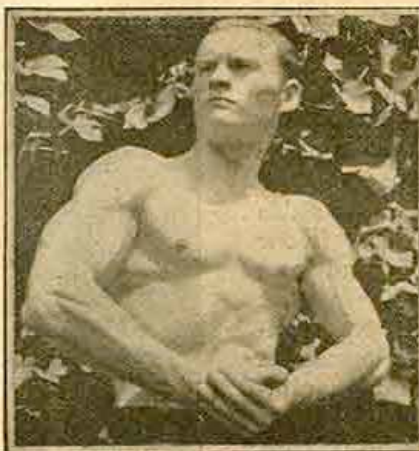
will be able to produce greater deltoid strength, because the strength of his lower body is capable of holding him erect against the strain of a resistance well beyond the strength of the other fellow. Truly, it takes a really strong man to "muscle out" a very heavy weight, but this is not a dependable test of the comparative strength of individuals. Big beefy strong men, who have more fat than muscle, will generally be best at the feat of holding out a weight with one hand and will easily defeat a lighter built or slender athlete who could exceed them at pressing a weight overhead, or other feats of strength. The beefy fellow can lean back to an almost imper-



A front pose of Harry L. Good, 172 pounds of brawn. Here you see how good deltoids give a broad appearance to the shoulders.



William Bowan is proportionately built from head to heels. A straight front pose will look right if your deltoids are properly rounded.



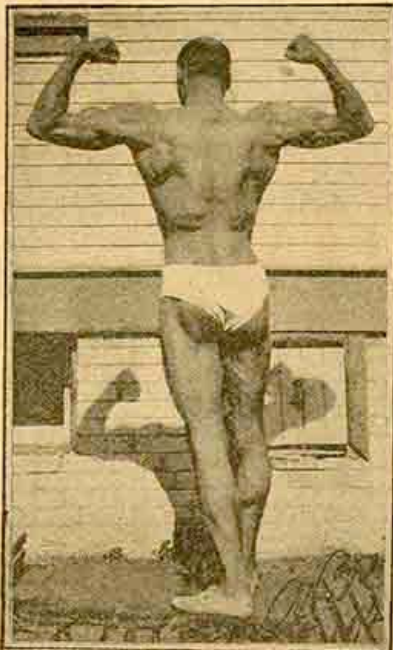
James Cameron has a pair of deltoids of the unusually clean cut type. You may recall seeing his photos in "Arms and the Man."

ceptible degree and overcome the leverage by helping to support the arm on the bulky mass of his upper body.

Of course, the feat of "muscling out" is a supreme test of deltoid strength, if the subject of the test stands upright and holds the arm out, either directly to the side or partly to the front. However, it

sometimes happens when such a test is being made, that the back will be bent or the body inclined to the side, in which case the overly stout man has a decided advantage. The smaller man and the man of trim build has a better chance on the two arm "muscling out" or "crucifix."





Mr. Arne Bratten, another tall man with remarkable muscular separation. Note the great size and prominence of his entire shoulders. An anatomical chart is unnecessary to illustrate the deltoids when we have this photo.

shoulders denote strength. The broad-shouldered man is commonly believed to be capable of extraordinary tasks and possessed of an unusual vitality which will carry him through trials and troubles as well as hard work. We likewise know that the quality of being broad-shouldered is evident when a man is fully dressed, and draws admiring attention whether he be in street clothes or bathing suit.

Say what we may about the desirability of possessing shapely and fully developed deltoids, the average reader will want to know the quickest and most dependable method of acquiring them. In our search for the most practical form of exercise, we have only to select a few physical culturists as examples of superior development in this respect. Analyze their training practices, adapt such methods to your own schedule, work hard regularly, and you, too, will realize your ambitions. To properly develop a muscle, we must place a certain amount of strain upon the individual muscle while forcing it to move throughout its full range of contraction. This is true providing we keep within certain limits. If we were to attempt to exercise each muscle individually

Still, here again there is a chance for skill or trickery to some extent unless strict rules are observed. One can learn to hold the arms locked in a slightly bent manner and the rules permit a backward bend of the body, so the supple fellow has an advantage.

To get back to the thought from which we started we all know the popular impression that broad

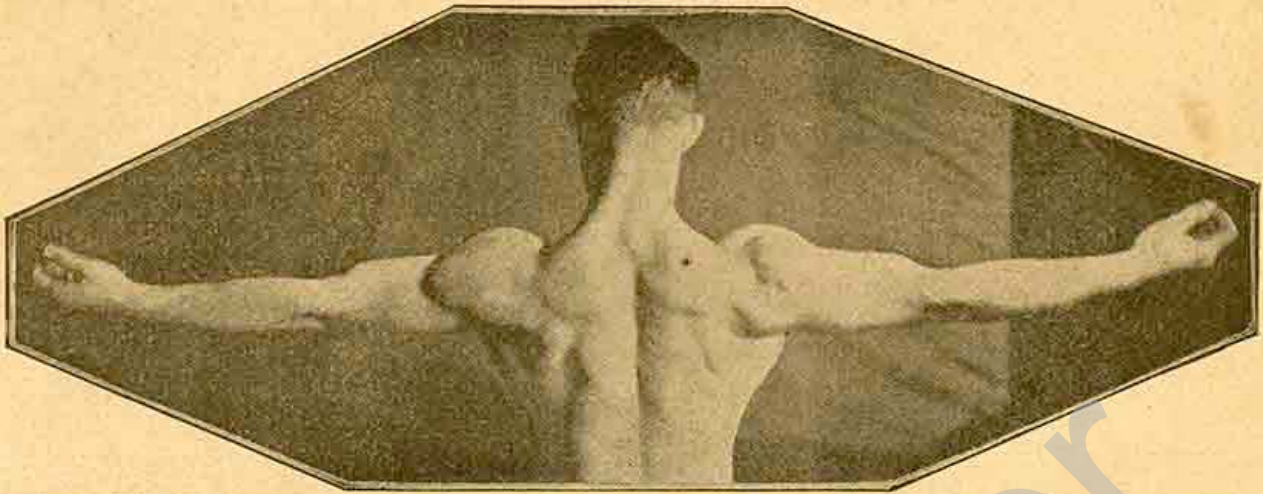
we would find it quite a difficult thing to do—that is if we were to attempt to exercise each muscle individually without bringing other muscles into play. Strictly speaking, such a thing would be impossible, as no muscle in the human frame can be moved without affecting other muscles. The nearest we can approach this is to bring one muscle into the principal action, the other muscles involved acting only as auxiliaries; as, for instance, to exercise the biceps (the most widely known muscle) we could take a light dumb-bell in one hand and slowly bend the arm. The biceps would be given the greatest amount of direct exercise, but we could not help using a few other muscles indirectly; *i. e.*, the gripping muscles of the forearm, hand and fingers, and the muscles of the forearm which assist in flexing, or bending the arm; and in straightening the arm preparatory to making another bending movement, we could not help bringing the triceps muscles and assisting forearm muscles into action.

In the same way, if we reverse the exercise and wish to perform a movement for the triceps, the biceps will play an important part. Considering the possibility of exercising the muscles in the individual manner just mentioned, this is a most unsatisfactory and inefficient method of striving for development. Greater results can be realized by proceeding in a different manner, with a saving in both time and energy. The most efficient exercise movement for the purpose of developing the biceps is known as the Two Arm Curl. This is accomplished by holding a bar bell in the hands and bending both arms to raise the bell from the thighs to the chest. Here again, we



Without any evident tension or attempt at muscular display, the shapeliness of Anthony Sansone expresses the qualities of strength, agility and control. In this instance, deltoids, which are prominent without actual flexion, add to the effect of the well-balanced physique of a tall man.





The wonderful back of Harry B. Paschall. It is doubtful if better deltoids are possessed by any man. A republished photo which is certainly worth showing again.

find it impossible to exercise the biceps individually; furthermore, we find that large muscle groups of the body and lower limbs are involved in an effort to keep the body erect. Of course, the body must be kept erect when you are using five or ten pound dumb-bells, but no conscious effort is required.

The man who uses light resistance to develop his



The powerfully capable shoulders of Siegmund Klein are quite evident. Incidentally, you have a capital suggestion for a grip exercise. The front of his deltoids stood out so prominently, we simply had to use this exercise pose. This is from his book, "Super Physique."

shoulders may succeed to a satisfactory extent, so far as he is concerned; but he will be neglecting his legs and the powerful trunk muscles. He who is wise enough to give the lower part of his body the correct amount of resistance will be capable of exerting a greater amount of strength with his shoulders, than the light exercise advocate who has used simple exercises for the large

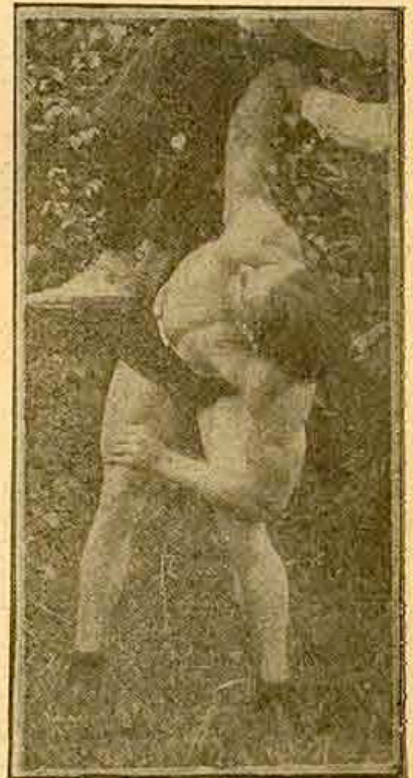
leg and trunk muscles. These muscles, when properly developed and strengthened, will hold the body erect and keep

the feet firmly planted while the shoulders and arms are performing their required tasks. In the entire human frame hardly any single muscle acts alone. This fact must always be borne in mind when we are thinking of developing any particular muscle. Each muscle, as a rule, forms one of a group acting more or less in harmony with, and antagonized by, other and opposite groups.

All of this brings us down to the scientific principle of working the muscles in groups, than which no other plan can be more effective. STRENGTH Magazine has been teaching this principle for a long time. Further on, in this treatise, the subject will be dealt with at greater length. We have wandered somewhat from the

subject of our discussion—the deltoids—in comparing exercises as applied to the muscles of the arm, but this was for the purpose of a clear understanding. The same ideas can be applied to the deltoids even better than to the biceps.

Some of the most simple exercises for these particular muscles are executed by holding dumb-bells in the hands, and while keeping the elbows rigid, raise the arms in complete half circles from the thighs to arms' length overhead. Such movements may be made directly in front of the body, as (Continued on Page 67)



Owen Brill has deltoids which completely cover his shoulders. Note how their great size and shape improves the appearance of his arms.



# Health—Strength—Beauty

(Our Girls' Circle)

Conducted by Marjorie Heathcote

**B**Y the time you read these lines I expect to have received some good photographs of young women who desire to enter our contest for well formed women.

As I said before, do not wait for someone else to start—start with yourself and make the contest a success.

DEAR MISS HEATHCOTE:

I am an ardent STRENGTH fan, and I think that your department is most interesting.

Miss Heathcote, I am seventeen years old, 5 feet, 4 inches tall, and I weigh 112 pounds. Will you please tell me what my correct weight should be? I have slim arms and legs. I think that is why I do not weigh as much as I should.

Will you also tell me what my neck, arm, bust, waist, etc. measurements should be?

Wishing you and your department the best of success, I am,

(Miss) Rosy Checks,

Stoughton, Mass.

ANSWER: As you did not give me your leg and arm measurements it is hard for me to tell you just how much development you need in these parts. However, I take it for granted that you need development in your thighs, calves, upper and lower arms.

Your measurements should run something like this: Chest  $29\frac{1}{2}$ , waist  $25\frac{1}{4}$ , biceps  $10\frac{3}{4}$ , forearm  $8\frac{3}{4}$ , wrist 6, hips 36, thigh  $22\frac{1}{4}$ , calf  $13\frac{3}{4}$ , weight 125 pounds.

I will first endeavor to give you advice on how to develop your arms. Chinning the bar is excellent for the arms, especially your upper arms. If convenient, you might also try to procure a pair of five pound dumb-bells; by practicing dumb-bell exercises you can greatly increase the muscles in your arms.

You will find the following a very good exercise for the forearms: Take two pieces of newspaper and roll them up tightly in the palms of your hands. At first you will have to use small pieces of newspaper but as soon as you can roll them into tight balls, increase the size of the paper.

The floor dip is an indispensable exercise for the arms. At first you will find it very difficult to do more than twice, but by practicing it daily

you will find that it will gradually become easier to do.

Now for your legs—rope skipping would be a great help to you, making your ankles and knees firm and at the same time it develops the calves, and puts on muscle.

Deep knee bending, rising high on toes, squatting, rising, are essential exercises for perfecting the legs and especially for improving the knees.

Try raising one leg and then the other.

This involves the muscles of the front of the thigh, and should be done with considerable vigor, alternating each leg.

DEAR MISS HEATHCOTE:

I am underweight, but I do not know how much. I am 15 years old and weigh 100 pounds. I am 5 feet 5 inches

tall. I would like you to tell me what my measurements should be and also my proper weight.

I will give you some of my measurements: Neck  $12\frac{3}{4}$  inches, waist 25 inches, wrist 6 inches, calf 12 inches, ankle 9 inches, bust 30 inches, hips 33 inches, thigh  $19\frac{1}{2}$  inches, knee  $13\frac{1}{2}$  inches, biceps 9 inches.

Please, in answering my letter, give me some exercises for constipation.

I am thanking you in advance for any information you can give me.

Mayperal, Texas.

E. M. M.

ANSWER: For your constipated condition I would advise you to start in by specializing on exercises for the stomach and abdominal muscles—trunk bending and rotating work.

Eat plenty of vegetables, not so much meat, whole wheat bread, and some whole grain cereal. These are necessary steps in overcoming constipation. Drink plenty of water between meals, and make it a practice of drinking about two glasses twenty minutes before each meal. Do your best to get out-door exercises and walk as much as you conveniently can. Later on adopt a general exercising program for the muscles in all parts of the body, but for a while specialize on work for the abdominal muscles.

For your height you should weigh about 132 pounds, and your measurements should run something like this: Neck  $12\frac{3}{4}$ , chest  $30\frac{1}{2}$ , waist 26, biceps 11, forearm 9, wrist  $6\frac{1}{4}$ , hips 37, thigh 23, calf 14.



Dolores Del Rio, screen star beauty, should be an inspiration to those who would like to improve their physical defects.



A girl does not reach her full growth until she is 21 years of age, and as you are only 15 years old the above measurements would not exactly apply to you. However, you should weigh more than 100 pounds, and the reason for your being underweight is due, in your case, to your constipated condition. Start immediately to correct this condition, and at the same time begin with a daily exercising program, and I am sure you will acquire the desired results.

As I have said time and again, do not expect to get results overnight. Within a few months' time you ought to begin to show results.

DEAR MISS HEATHCOTE:

I have been recommended to you by one of your devoted readers of STRENGTH, and wish to ask your help and advice.

I am a girl of twenty-one, and not very healthy. I have been constipated most of my life and believe the cause is that I do not exercise enough. When I was a child, I was sick most of the time and my parents thought I shouldn't exert myself, so I never got much exercise. I do not get much now either, as I work in an office all day, and do not go out much in the evening. I am very thin every place, except my face. I get terrible headaches, and am tired of taking medicine for them, because it does not cure the ache, just relieves it for the time being. I have taken a few treatments from an osteopath, and he says all I need is exercise.

I wonder if you could give me some exercises that will build up my body, and give me a good appetite? My legs

and arms are so thin I am ashamed of them, and my chest is flat. My measurements are as follows:

Neck  $11\frac{1}{2}$  inches, chest 31 inches, bust  $32\frac{1}{2}$  inches, waist  $27\frac{1}{4}$  inches, biceps  $9\frac{1}{4}$  inches, forearm  $7\frac{3}{4}$ , wrist  $5\frac{1}{2}$  inches, hips  $35\frac{1}{2}$  inches, thigh 17 inches, calf  $11\frac{1}{2}$  inches.

I am five feet, three and a quarter inches tall, and weigh one hundred and one pounds. What should my weight and measurements be?

Any help you can give me will certainly be appreciated.  
Warren, Ohio. H. W.

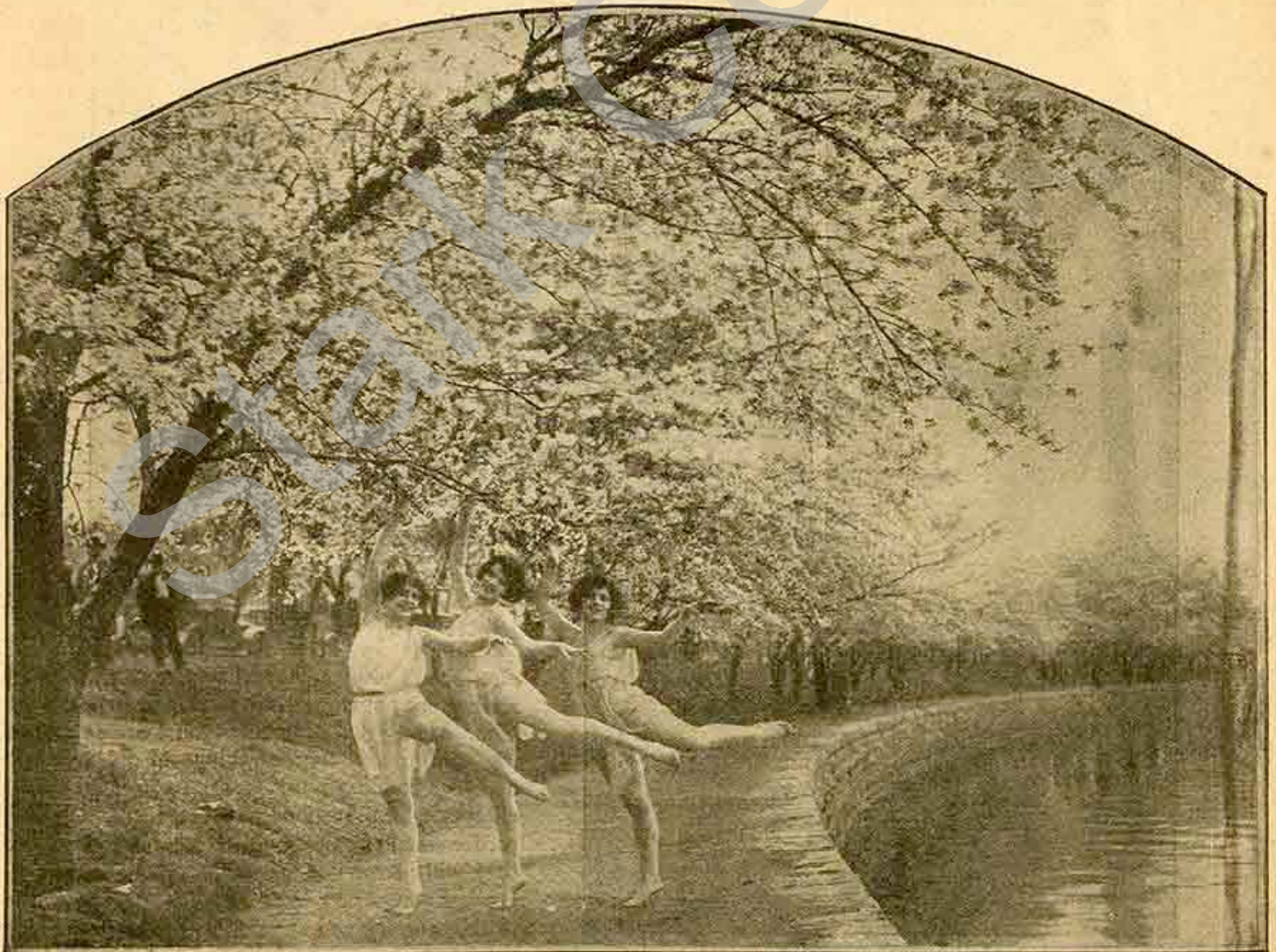
ANSWER: First of all I want you to read the answer to E. M. M., of Mayperal, Texas. Follow the advice I have given her for your constipated condition. The headaches of which you complain are certainly due to your constipated condition and lack of exercise.

You are about 16 pounds underweight. The following is a list of what your measurements should be:

Weight 118 pounds, neck  $12\frac{1}{4}$  inches, chest  $28\frac{3}{4}$  inches, waist  $24\frac{1}{2}$  inches, biceps  $10\frac{1}{2}$  inches, forearm  $8\frac{1}{2}$  inches, wrist 6 inches, hips 35 inches, thigh  $21\frac{1}{2}$  inches, calf  $13\frac{1}{4}$  inches.

For your arms and legs I am going to refer you to the answer given above to (Miss) Rosy Cheeks, of Stoughton, Mass.

I note what you say about not getting much exercise. Have you gone hiking, horseback riding, swimming, etc? Out of all these out-door sports, (Continued on Page 58)



The above photo shows—Left to Right: Alexia Kennedy, Flanora Peake and Betty Yoder, pupils of the Stafford-Pemberton School of Dance. They add a bit of effect to the Cherry Blossoms scene around the Tidal Basin, in Washington, D. C.



# Training Ideas That Succeed

Use a Little System and Common Sense in Your Conditioning Routine

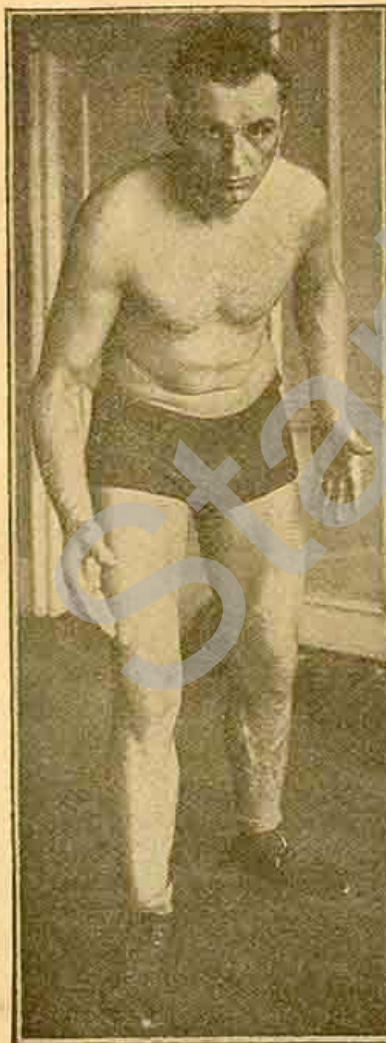
By *Mike Drummond*

**Q**UITE a few of you fellows who read the heading above are "dog-goned" ambitious to make good as exponents of some branch of athletic activities and, no doubt, some of you have already arrived to some extent at least. Then, the bulk of those who stop after reading those few words that make up the title of this article are men and youths who would consider getting in condition and keeping there, providing they actually could find some "training ideas that succeed." Having tried out some system or other, probably

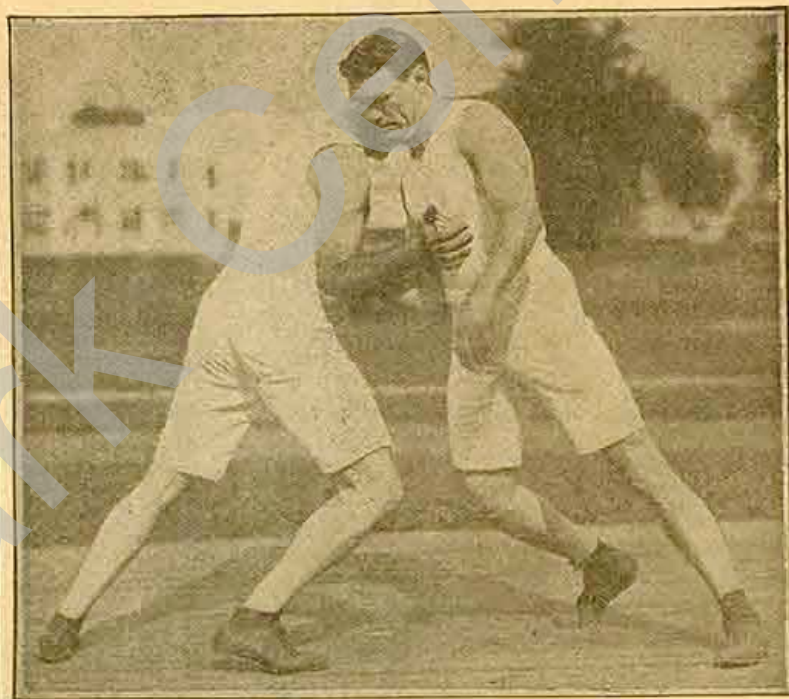
more or less indifferently, they were unable to get the desired results, and quit—deciding to forever forget physical culture.

That is the big question. Just what are you looking for, what do you expect, and how hard are you willing to work for results? Results can be gotten, and right here I'm going to show you how to get those results.

Now, to begin with, this advice need not in the least interfere with your present system of training, if you have



Joe Stecher in the gym.



A nifty training stunt. The old-time favorite, "Philadelphia Jack O'Brien," and partner working out.

any. Don't give up a good system if you are following one; stick to your work and give it a fair trial. My advice is to help you arrange a training routine and suggest things to do, give tried and true training hints, and tell you what ones to eliminate. All systems advocated and taught by professional physical culturists have some merit; they will accomplish something. The main point is what you expect to accomplish. If you wanted to be a runner you shouldn't practice walking on the hands only, as a means of training, and vice versa; when you desire to become proficient in



something, practice it, and learn all you can concerning that subject. So the thing for you to determine is what you are after, and then you can intelligently plan a campaign of whipping yourself into condition.

In planning a program we have a few points to consider, such as saving time, making the routine interesting, and getting results, all of which you may take for granted as you read this; every word that follows, as well as those that are already said, has been carefully considered and no theories or untried ideas are going to be thrown at you for the sake of novelty. No sir, that isn't our idea of training.

Primarily this article is for those who are interested in general conditioning and for those who wish to harden themselves thoroughly. Secondly, we can be of some service to specialists also; for instance, if you were only interested in swimming and in no other form of sport, and also cared nothing about hardening yourself, then the best thing to do would be to swim all you could, within the limits of your constitution and adaptability to water, including diving and novel stunts for sake of variety. The swimmer requires plenty of rest and lots of sleep. If you wonder why I mention adaptability to water, you will find out by trying to get in racing condition, and at the same time hanging around in the water too long. Some can stand being submerged more than others, depending on the amount of fat we possess and a few other important items.

There can be little doubt concerning the fact that the best way to win in any line, is to practice that particular thing and to thoroughly master it. Aside from that you should do a few things to help keep in condition, such as we outline here; but if you have a specialty, perfect yourself in every way you can in that specialty.

Now for general conditioning, the system used by pugilists in preparing for a fight can hardly be equalled. This plan in general is pretty well followed by wrestlers and other professional athletes to attain the condition known as "in the pink." So it would be wise for you to try to approximate, at least as nearly as you can, the plan followed by the "pugs"; and as you are more interested in attaining and holding a high degree of efficiency over a long period of time, you won't need to go at it so hard as they do, when attempting to get in shape in a few weeks' time.

The best plan will be to start in easy and gradually accustom yourself to more and more vigorous work, till



Two good poses of Jim Jeffries, showing his husky fighting physique—hitting the fighting bag and "rasslin" with Farmer Burns.

you are following as much of a daily program as your inclination dictates and the time at your disposal permits.

All pugilists do not train alike, nor is it probable that any two follow exactly the same set of stunts to whip themselves in condition; nevertheless there are some general principles

adhered to by all trainers, so we will include these in our outline. Because you are going to pattern your program of training after boxers, doesn't mean that you have to practice boxing; not at all, you can practice all his other stunts and suit yourself about what your aims may be, and, in fact, you can add any other stunts or games to the program that you may choose. The wisest plan, so far as that goes, is to suit yourself, and as the doctor says, "find your own dose." With this point in mind we will outline some general principles and suggest a few variations from which you can choose.

A very useful thing in the way of training apparatus is a punching bag. You can easily procure a good book or course on bag punching and it won't take you long to perfect the more simple blows. Hang the bag in a convenient place, where you can step up to it at any old time and take a few wallops at it. Hammering the old bag is a capital way to quicken the eye and give you good judgment in timing blows, and once you learn to pummel the bag correctly you will often be tempted to take a work-out, when you might feel indisposed to exercise. You might also pro- (Continued on Page 58)



# The Charm of a Lovely Skin

How to Attain and Maintain "That School Girl Complexion"

By Jean Whitney

**I**F we consistently, inconsistent women would spend as much time and thought and energy in the natural care of our skin as we do in bedecking ourselves fashionably to represent a type, we could spare ourselves a lot of needless worry and expense, as far as cosmetics are concerned. Oh, cosmetics are all right in their place when used in moderation, and a hygienic life is led to a certain extent; but to the girls who have little or no idea of the function of the internal organs with their importance in maintaining good health, a word or two would appear to be in order.

Too often we strive to be fashionable rather than allow our bodies the freedom to follow a natural healthy course. We fail to recognize the importance of good physical exercise, fresh air breathing, blood purification, and proper bathing, in producing the lasting charm ordinarily associated with "that school girl complexion."

From time immemorial, women have kept writers busy penning sonnets to lovely hair, lovely eyes, to cherry-red lips, and the form divine. It behooves me, therefore, to contribute my part to the collection; so I shall proceed to tell you the story of a beautiful girl who had an age old secret in attracting men. Her secret was so simple that like Russell Conwell's "Acres of Diamonds" it could

be discovered without having to search afar for it.

It is difficult to describe Kitty Brown, because she was one of these pert creatures whom people say in despair "She's got everything!" In the first place, she was a beauty. Now to prove it. If I could only draw her, or

paint her in the frail medium of words for you, you would know what I mean. Her hair and skin seemed all to be the same color. A sort of lion color, but try to define it and you would be helplessly lost. Her skin had the sort of texture that made men and women alike, look more than twice at her. They looked at her with that lingering, far away "my, she's sweet" expression.

To have seen her swinging gracefully along, with her head well up and that baffling expression of proud sweetness on her face, anyone who was an appraiser of beauty would have known at once that she was a real thoroughbred. She was always delicately lovely, yet she was not the mollicodde beauty we often see. She was truly an outdoor girl, reveling in a hike up some mountain peak. She

was beautifully poised, soft and gracious of speech. She treated everyone with a deferential grace, which made people love her for more than her physical beauty the instant they met her.

Kitty and I were famous friends. We roomed



How many of us would turn these pages without pausing for a moment to admire the beauty of these two sisters. Very few, I assure you. Above is Miss Constance Talmadge, and on the opposite page is her sister, Norma Talmadge, whom I am sure you recognize at first glance.



together at school. It was there I grew to love her and know her more intimately than any person. I was amazed at the painstaking care she took of her skin and body, and herein lies the gist of the secret that I shall give to you.

As I mentioned beforehand, Kitty loved exercise, but I soon learned that it wasn't for the sake of exercise that she used to perform the craziest sort of stunts. True, it kept her in wonderful condition, but it was more for the sweating she got out of it than anything else. She told me one day, "Jeanie, dear, you ought to try these exercises with me to get a good sweat. It will make your skin a hundred percent better than it is. You ought to stop for a moment and consider how important your skin is from a health standpoint.

Yes, Jeanie, your skin is lovely but if you look into a magnifying glass, you will find it is not the smooth, beautiful thing you fool yourself into believing. Please do not misconstrue me, Jeanie dear, I do not mean to offend you, but it is true nevertheless. Under the magnifying glass your skin looks like a veritable mountain range, all covered with elevations, so that it is possible to have an enormous area of sweat glands exceeding that of the area of skin. These glands may be better termed sewers, human system sewers, for that is what they really are. You may readily see then, Jeanie, what happens when you fail to get your regular cleansing bath. You are allowing an enormous sewage disposal system to clog up. Your facial skin may be all right, but your body becomes covered with blemishes that are not so nice and one must take frequent hot baths as an antidote.

"By sweating once or twice a week you eliminate much of the poison in the system, and following your sweat with a friction bath with the palms of the hands you will increase the blood circulation so that it will carry off much of the waste and aid the skin splendidly to attain a state of vigor and health."

I took Kitty at her word and immediately started to exercise with her. Do you know, girls, in a surprisingly short time I noticed a better tint to my skin. I felt better because my skin breathed more freely. Instead of the lackadaisical manner in which I performed most



of my work, I took on a new lease of life and surprised myself with my amazing response to things that formerly were uninteresting to me.

The eliminative functions of the skin rarely receive much attention.

"You know, Jeanie," she said, "The skin throws off a great amount of impurities. When we cease to bathe it frequently and regularly, and unwittingly shut out the air by encumbering the body with a lot of clothes, this eliminative value is greatly hampered. I have many means, Jeanie, for stimulating the activity of the skin which are invaluable as agents of blood purification. One of the simplest methods of improving the texture of the skin is found in

the dry friction bath which I religiously take every morning. This friction can be done with the palm of the hand or with a coarse towel. By rubbing every part of the body until it assumes a pinkish glow, the greatest advantages can thus be secured. Girls who have rough, pimply skin, will find this of great value. Jeanie, dear, let me give you one of my treatments, for I'm sure you will like it and will come to use them as a necessary part of your toilet."

Whereupon, I informed Kitty that she was the doctor, so I eagerly submitted to her care. First she gave me a thorough friction bath which lasted fully ten minutes, after which she placed me under a cold shower with only the base of my spine protruding under the icy water. Gradually she pushed me under the exhilarating water until the nape of my neck felt the tingling water. By this time my body was surprisingly warm and when I got out of the bath, I felt like a two-year-old. Following a brisk rub with a coarse towel, Kitty made me perform a number of interesting exercises employing the resistance of the muscles. I remember one of the exercises I liked so much was the simple feat of trying to hop along the floor while holding on to the toes. Of course, I couldn't do it, but I had a lot of fun, nevertheless. Pushing against the wall, dancing on tip-toes, and bending exercises constituted the rest of the exercise program. Another happy feature was the unusual amount of pep I displayed. Here Kitty cautioned me—she was afraid I might overdo the exercise (*Continued on Page 73*)





David Bonvicin, of Utah, a real husky iron man who is evidently as rugged as the hills around his home.

# Association Notes

*Philadelphia Show; Cincinnati Show; Plans for Future Shows; Some Great Records; Middleweight (Bill Lilly) Makes World Heavyweight Record in Shoulder Bridge; Medal and Diploma Schemes.*

*By Mike Drummond*

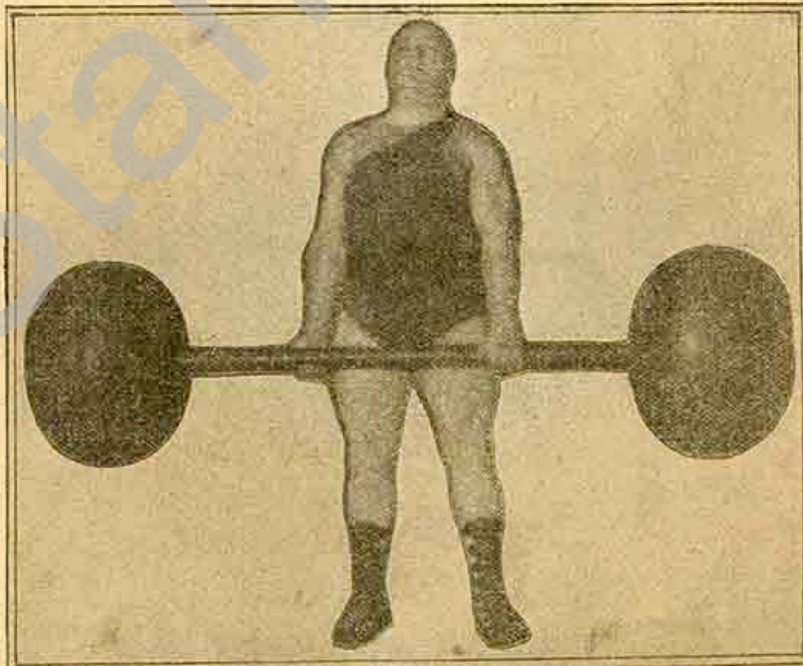
**A** VERY good crowd turned out to witness the "Strength Show" of March 3rd. Arthur Giroux, of Montreal, Canada, was slated as the headliner, and judging from his performances three years previously, great things were expected in the way of real heavy lifting. The show opened with Ed Geiser, of Camden, N. J., in a posing act which was well received by the crowd. Geiser has not been seen for more than two years, and it seemed good to get him back into the active ranks. We had expected him to give his specialty of abdominal muscle control, but he explained that he had been unable to train properly of late. A few weeks ago a new visitor came to cheer up his household, in the person of a baby daughter. Ed says the baby had been keeping him up nights, so training had to be neglected. The abdominal control act which we just mentioned consists of imitating beer drinking, using a regular stein filled with cotton to represent foam. As he is tilting the glass, he works his abdominals in a most effective way. We expect him to put it on at one of the coming shows.

The second act of this evening brought one of our old friends, Harry Hall, who stripped at 163, and set out to create a new record in the Two Dumb-bells Anyhow. He started with 236½ lbs., which proved too much for him with which to warm up. Harry was advised by the referee to reduce the weight, so the large bell was reduced to 156½ lbs. and the small one to 65 lbs., a total of 222½ lbs., with which he was successful. Next the large dumb-bell was increased to 174½, the small one remaining the same; Harry also succeeded with this poundage of 239½, a new record for the heavy-middle class. His final attempt with 249½ was too much for him on this occasion. This would have beaten the American and British heavyweight records. No doubt, he will pass these records at the next show.

Bill Lilly, weighing 153, was the next athlete to try for records. He started

with the Crucifix and held out in succession 102; 104½, 107, 109½, failing with 112. The successful poundage is a new Professional Middleweight Record for America. The American Amateur Record for all classes is 110 pounds, established by A. Martin, a light-heavyweight. The British record is held by a lightweight amateur, at 130 pounds. Bill was pretty well-warmed up by this time for an attempt on his specialty, the Pull

Over and Push on Back with Bridge, or as we call it The Shoulder Bridge. Bill started real light to be sure of himself, making the first attempt on 345, then succeeding on the following weights—358, 368, 373¼ and 381. At the January Show, Lilly made a record for his class with a lift of 353. He surely must have been feeling good this evening when he raised the record well beyond the existing record for all classes. Under modern rules, where 15-inch discs must be used, the former record was 372¾ by Harold Woods, of



Arthur Giroux lifting the big 476 pound bell. The bell has a 2½ inch handle bar which makes it very difficult to handle, but he stood up rather easily



England, a regular Goliath of a man.

The old-time records were all performed with larger discs, 18 inches in diameter or larger. Arthur Saxon made a lift of 386, and Joe Nordquest accomplished 388, but they did not use the body to raise the weight up to straight arms, to the extent that Lilly is capable of doing. The style of lifting used by them was to press the bell while bridging with the body. The modern rules permit the style used by Lilly, wherein the weight is raised on the body as far as the lifter is capable of arching his body. Very few athletes are capable of arching in the manner employed by Lilly, which is the real secret behind his ability on this lift. Employing the "body toss," as it is called, George Lurich raised the greatest poundage ever lifted in the Shoulder Bridge, when he succeeded with 443. There is a great possibility that Bill Lilly will eventually pass that mark, and he is only a middleweight while Lurich weighed 190 or more.

The final record attempt by Lilly was on the Right Hand Bent Press with dumb-bell. He asked for a 175 pound bell and after failing on his first attempt, the second try was O.K., a professional middleweight record. Then Lilly introduced two of his pupils, Jimmy Wilson and Walter Root, the former who had increased his development and strength, the latter having reduced under the guidance of Bill. Wilson made a One Leg Dead Lift with 175 pounds and a One Leg Squat with the same bell. Root gave an exhibition of a Two Arm Press on Back using the same weight.

Walters and Coleman, novelty acrobats, presented the next feature. They have their stuff down pat and give a very lively turn.

Carl Lessig, weighing 134 pounds, in his first appearance before the public, raised the American record in the light-weight class on the Pull Over and Press on Back Without Bridge. At the last Show, Robert RANOUS increased the amateur mark to 201 pounds. The professional

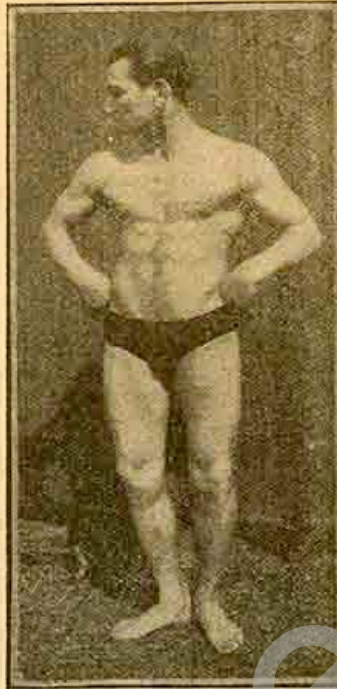
record of 210 pounds still stood to the credit of Arnold Schiemann. Lessig made successive lifts of 185, 195, 207, 212½, which he should easily be able to beat in the near future. Carl then showed a nice stunt of doing a hand stand and lifting 150 pounds with his teeth.

Our old friends, the Andros Brothers, were next introduced and showed the audience several new stunts. These boys are under the constant supervision of Prof. P. H. Paulinetti, and anyone who has seen them perform a few times during the past two years can notice a great improvement in their abilities and showmanship. Each time we see them, they have polished up considerably, all of which goes to prove that it pays to be persistent even when the instruction is the most competent you can get. There is no doubt that the Andros Brothers should have a successful future ahead of them.

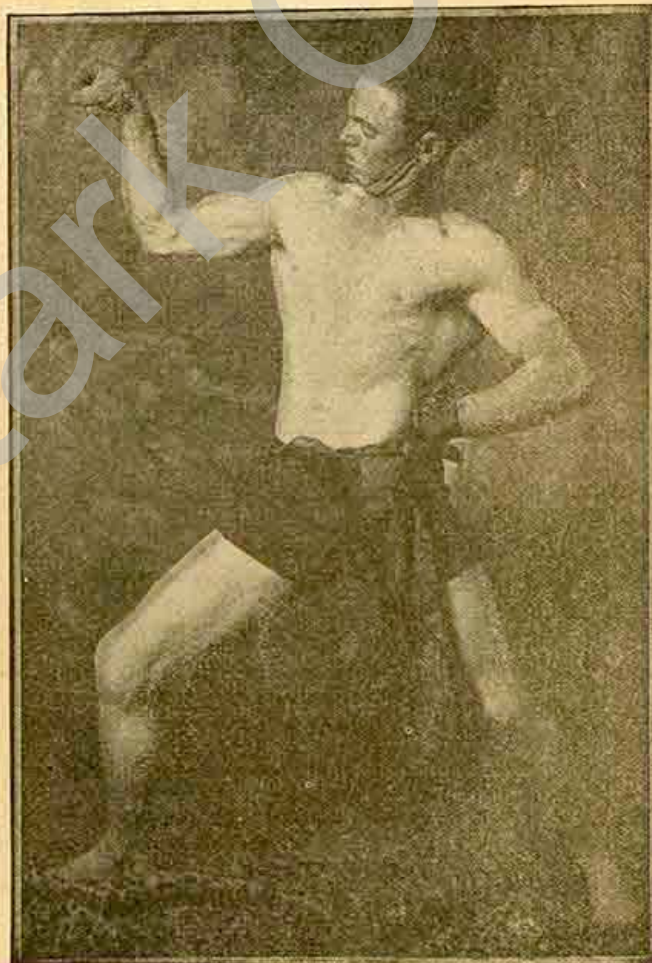
Art Levan, at a bodyweight of 126, wanted to make a new record for the Two Hands Snatch, but after doing 145 lbs. he decided that he had been waiting around too long to have sufficient spunk for such a quick lift. Thinking it best to merely give an exhibition, he took a bar bell weighing 250½ and made five deep knee bends with it, putting the bell on his shoulders and taking it off unassisted. Then he took a notion to try for a record in the Shoulder Bridge and easily put up the 250½-pound weight, exceeding his old feather-weight of 250. Asking for more weight, Art was successful with 261, but failed on 271, so the new record is 261.

Harry Hall came back to try for a record on the Left Hand Bent Press with Dumb-bell and made it with 185½.

The star attraction, Arthur Giroux, stepped on the scales to tip the beam at 256½ (including bath robe, heavy shoes, heavy belt and costume), his stripped weight was computed at 253. His idea was to give an exhibition on several lifts and to attempt something worthwhile on the Two Hands Dead Lift. We soon found out that he was not in his old-time form of three years ago; he was



Anthony Pellicciotti, of Birdsboro, Pa., winner of second place in the middleweight class.



W. C. Smith, of Oklahoma, a good professional strong man of the West





Walters and Coleman, who gave a great tumbling and acrobatic act at the "Strength Show."

about twenty-five per cent below his best condition. He made an exhibition One Hand Military Press with  $102\frac{1}{2}$ ; then taking two bells of that weight, he jerked them aloft. He military pressed a bar bell which was loaded to about 200 and then made some repetition jerks with 250. Due to his occupation as a detective in the Canadian Secret Service, Giroux has to travel around a great deal over the Province of Quebec and has found it necessary to neglect his training. When he found how poor his present condition was, he was reluctant to do anything and so made the above lifts merely to satisfy the crowd. For a Dead Weight Lift, he stood up with a 500 pound bar bell and then a 525 pound bell. We feel sure he could have done better than any of the above poundages but did not feel like exerting himself when he was so far below his former condition. Regardless of what anyone may think, an athlete or a strong man must train constantly to keep his abilities intact, just as a musician or singer must practice constantly to preserve their abilities. In fact, everyone of us must keep in practice at our specialty, whether it be running a machine in a factory, taking down short hand notes, handling figures in our head, handling a pick and shovel, or whatever we must do for a living. Mr. Giroux was frank to admit beforehand that he was not in his old form, but we doubt if he thought he was so far out of condition. At least, we were glad to see him, and the crowd gave

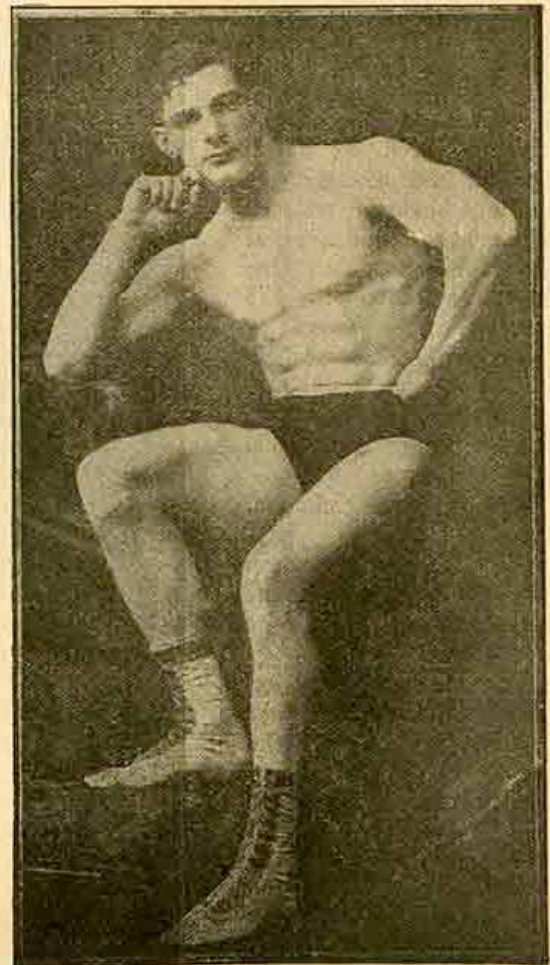
him a good hand for trying. Those who were present had a chance to see one of the world's strongest men, possibly in one of his last public appearances; and even though he was far from his great strength of several years ago, the audience had the pleasure of witnessing Arthur Giroux, who was recognized in Canada as the World's Strongest Man.

The referee for the evening was Mark Berry, and the judges were Jack Ayars and Sol Welsh; the loaders, Bob Hoffman and Tony Pellicciotti. Music was furnished by a fine three-piece orchestra. Prof. Paulinetti and Bob Jones were present but both felt they should keep off the stage for once at least.

On the morning before the show we had Arthur Giroux pose before the camera. In the Milo Building there is a regular big brute of a bar bell, with 24 inch spheres, practically solid (that is, it cannot be loaded and there is no way to make it lighter); no one around there has ever seen a man stand up with this bell—not till Giroux saw the bell. The first time he tried it, he used the over-grip and lifted the bell about a foot, without making any effort to go farther; he was cautioned to save himself for the show in the evening, but twice after that he stood erect with the bell, using the reverse grip. He stood up very easily with it, too. By referring to the accompanying photo which shows him holding it after picking it up, you will notice he is unable to encircle the bar with his hands. That is the hard part about lifting this particular bell; the handle is  $2\frac{1}{2}$  inches thick which makes the weight of 476 lbs. feel like a hundred more. Many a fellow who had the bodily strength to handle the bell, lacked the gripping (Continued on Page 75)



Arthur Sells, of Toledo, a first-class middleweight.



Jacob Baxt, of St. Johns, N. B., Canada, who gained honorable mention in the recent posing contest.



# Springtime Colds and the Value of Cold Air

Cultivate the Out-door Habit. It Offers Super-abundant Health.

*By Russell Viohl*

**D**URING the balmy weather of April, people enjoy the newfound pleasures of the open air. They revel in the freedom from the stuffy hothouses which comprise our city homes; and as they wander aimlessly, listening to the murmurings of spring, their faces to the sky, inhaling gustily the newly released fragrance of field and meadow, they give vent to their satisfaction in spontaneous praises of Nature.

Civilization has made us largely indoor animals. We spend the most part of our time in close, poorly ventilated, overheated rooms. The effect of this mode of living makes our bodies city-rotted. There is a lack of vitality and efficiency that characterizes the man of the open. Even during the balmy days of spring, a person cannot open a window in office, or home, to get freedom from the stagnant air, without someone raising the hue and cry against draughts. From every angle comments are heard about the utmost care one must take against the cool air of spring. Now what is the reason for this? Why do people have a morbid fear of catching colds in the early days of spring? This is very amusing to me, and yet at one time I, too, was deathly afraid of cool, crisp spring air, until a complicated condition of the neural system necessitated my living in the outdoors. However, the fear of springtime colds seems to be the bane of human existence and, therefore, the majority of people wait until summer before venturing into the outdoors for any length of time; but even the summer months have their hazards.

The heat in the cities during summer is terrific. At the first opportunity that presents itself, there is a general exodus to the seashore resorts, where relief is sought. Hundreds of thousands of people take advantage of the cool, salt water, and hourly they throng into the over-crowded resort in motor caravans on pneumatic tires, or railroad trains.

Their war cry is physical comfort, but the inadequate resorts are worse than the cities with their overflow of humanity. A great many people like to get a good coat of tan, thinking this is a sign of health, but they generally get this wish fulfilled at the expense of their energy and vitality. They gambol under the hot sun for long periods of time, without thinking that long exposure is very harmful to the body. One must first become accustomed to the glare of the sun's rays and take the exposure in small doses at a time.

A flower will thrive and flourish and grow under the rays of the sun pouring through the glass of a hothouse,

but put a human being under glass, under similar conditions, and he will grow, too. Yes, he will grow lazy, torpid, and become very slow. The sun, I admit, is the one cure-all, but it must absolutely be taken in small doses at certain intervals before it can benefit the individual. To an athlete who gives it too big a play, it is killing; it saps his energy, makes him listless, and kills his interest in his work.

I firmly believe this caused the pitiful showing of Tom Gibbons against Gene Tunney. The sun got him in training and what the sun missed, the heat in the arena the night of the bout took and managed to complete his downfall. After he got in the ring, he was dead on his feet and could escape neither leads nor counters; and only in flashes, which were forced from him by the realization that he was getting a showing-up, did he appear like a fighter, who some day would be a champion.

We need to know more about the designs of Nature, if we wish to prevent cases like that of Tom Gibbons. He sacrificed his chances to become champion of the world through his ignorance of the dire effect of the sun upon the system when the body is exposed too much. The very existence of ignorance has been the death of many people who should know better. I do not make reference to the sun entirely, but with regards to the subject of this article. There are more people dying from spring colds through ignorance than anything I know.

In the winter of 192—, I was afflicted by a series of nervous ailments, brought on by worry. Chief among these was a protracted and dreadful insomnia, accompanied by the utmost depression of spirits and anxiety of mind. I became filled with gloomy anticipations of unforeseen events that would happen at any moment; and my system was tensioned by slow degrees to a pitch of mental and physical excitement, that the quietest noises of night jarred me like a pistol shot, as to prevent sleep. Work was well nigh impossible; gymnastic exercise, which is a passion with me, became intolerable. I no longer wisely wasted a few moments in books; they became wearisome to my sight, and even a short walk in the open air menaced me with colds, that I grew to abhor the very thought of moving out of doors. In such a condition of health, medical aid became necessary, but even this failed to do me any good. In blind confidence and ignorance of the offense I was committing against the laws of Nature, I drank oodles of bottles of medicine, which were both tastily prepared and quite expensive for my purse.



At last I decided to take matters into my own hands; so I gave the so-called drastic measure of physical culture a try. This meant a change of scene and continual living in the outdoors. The idea was not unpleasant to me, and I determined to go through with my plan. Whereupon, I left the city all together on a damp, foggy evening, when the cold was so intense that it seemed to bite the flesh like the sharp teeth of an animal. After a rapid journey, during which I felt my spirits gradually rising and my gloomy forebodings vanishing slowly, I arrived at a hotel in the mountainous regions of Pennsylvania. There I commenced my life in the out-doors, without catching a single cold; and what is more, when spring was ushered in, all trace of the strange ailment was gone and I fairly seethed with life and robust health.

Thus, from personal acquaintance with out-door life, it behooved me to prepare this article and tell the reader why the cool air of spring is most beneficial to the system. I must state, and this with amplification, ere I proceed to enlighten the reader, that the greatest bracer in the wide world is cold, crisp, spring air. It was this healing, invigorating and bracing tonic which restored my health to the fullest possible degree. Spring air cleanses everything with which it comes in contact. Germs of disease lie inactive under its influence. A cholera-infested district would soon free itself from the disease if a sufficient quantity of cold air could be directed against it. Nothing proves so clearly the tonic effect of spring air, like the man who has been braced by some happy influence that has suddenly departed when hot summer approaches and he sighs for the feeling of energy and vigor that prevailed during the spring. The reason he wishes for a continuance of the spring weather, is that he misses the tonic effect of the cool breezes, and the system must go on performing its duties in the hot, humid weather, without this accelerating influence to the circulation. When he went out into the spring air he almost at once felt revived, while under the scorching rays of a mid-summer's sun he feels torpid and lazy. The vitalizing, bracing whiff of spring air made him feel like a young colt, frisky and frenzy, ever ready to dash madly across the field kicking up his heels gleefully.

When I was a very young boy I was somewhat puzzled at the average person's morbid fear of a draught when the windows were opened for the first time during spring. Draughts were, to be sure, currents of air swirling about, but one could meet a current of air on any spring day. Then later it was learned that a draught was merely a current of cold air in a warm room. In other words, if a person is in a warm atmosphere and cold air should happen to touch an exposed part of his anatomy, while the rest is enveloped in warm air, then this cold air is supposed to be a draught. Well now, this being the case, we leave a warm room and go out into the open air, our face, hands, and, perhaps other parts of the body are exposed so that they come into direct contact with the cold air on the outside, while the covered parts remain in the warm air, retained by clothing. Thus we submit ourselves to exactly the same condition that exists when encountering a draught in a warm room, upon going out into the cool spring weather. Am I right in this assertion? No matter. The conclusion was reached that the supposed effects of draughts existed in the imagination only and to prove the discovery, I made a daily practice of sleeping with the much

touted and feared draught blowing full upon me during my recuperation period in the mountains, for the simple reason I could take advantage of the rich mountain air and the plentiful supply of oxygen it afforded during sleeping hours. I have become unquestionably stronger and healthier because of this daily habit, and never have I caught so much as a chill, let alone any ill-effects from it. Indeed, I have more than noted its wonderful health-giving influence on innumerable occasions; I have found slumber deep when breathing crisp, out-door air in the spring weather, and upon rising the cool air served admirably to awaken me in every fiber of my being.

Cold, spring air, whether in the form of a draught or not, does not produce any ill effects unless the person subjected to the draught has a cold, and even then, no possible harm can result unless the person affected is not used to the cold air, or parts of his body actually have never been exposed to frigid air. I know this assertion is not in keeping with the general belief, and I am aware that you are apt to be exasperated with me and argue that cold, spring air has often known to produce colds that have resulted in serious disease, which lead to an untimely death. Oh, yes, yes, this is quite true, but suppose we find out the real reason why cold air produces dreadful colds.

I firmly believe that there would be little effect from colds if humanity instead of following the old fashion beliefs about colds would try Physical Culture. Colds are produced mainly from the influences that fill the system with impurities, and these influences are generated from over-eating, lack of exercise, breathing in foul and contaminated air from the indoors, or loading the body with excessive clothing and other excesses that lessen the vigor of the body. When the cause of disease is known, the plan for cure is an easy matter.

If you want to rid your system of a cold, then use every possible means to aid the elimination of impurities which are being expelled by the cold. *Just as soon* as the impurities are eliminated, the cold will naturally disappear. Instead of allowing draughts to scare you out of your wits, a special effort should be made to live in them as much as possible. There will be no harm, provided you do not bundle the body with too much clothing, eat too much and live an inactive life. What you must do is indulge in vigorous exercise, take long walks in the cold air, perform deep breathing exercises and increase the activity of the skin by exposing it to the air and by resorting to friction rubs with a soft brush or Turkish towel. If you do this daily you will greatly assist in the elimination of impurities from the body and bring about a normal state of health.

There are many objections to admitting fresh air into houses during the cool days of spring. Chief among these are two well founded reasons that deserve one moment's consideration. The one is that fresh spring air is cold and foul air is warm; and when the breather is too poor to buy coals, the conclusion is obvious. It is not that the poor, as many seem to suppose, have an overwhelming impulse to asphyxiate themselves, but that of two ills (according to their way of thinking) they choose the lesser and run the risk of breathing noxious germs sooner than shiver with the cold during the early days of spring. Anyway, the hot air system in this country now gets over the whole difficulty by supplying warm fresh air to each room at a very small cost from a central furnace, thus knocking this (*Continued on Page 58*)



# Health and Success

The Story of a Traveling Salesman Who Found in the Proper Care of His Body the Road to Success in His Business.

*By James Lawton*

**T**HIS is a story of "the old days when"—of the old days when I was one of the most of happy-go-lucky fellows who roam over the country with no particular ambition to stay in any one place long enough to call it "home." You know the type—just a good natured type, generally law-abiding and peaceful, but at the same time filled with the spirit of wanderlust. They are here one minute and a thousand miles away next thing one knows, and their home is where they hang their hats—they are not yet ready to marry and "settle down."

The little incident I am about to relate occurred just two years ago this month. It happened that I had made my way from Chicago down toward New Orleans in quest of the "enusive green," and on this particular night I chanced to be in Monroe, Louisiana. It was late when I hit the town—about 9 o'clock—and I drove in on DeSiard Street (that's what it is when it's Main Street there) to the entrance of the bridge over the murky Ouachita River, then turned left (being a newcomer, the cop on the corner let me off with a bawling out for making a left turn) and a square or so south, pulled up in front of the hotel that had been recommended to me by a St. Louis friend. As I entered to register I noticed a very interested

group over on one side of the lobby, so after finishing the business of registering and answering affirmatively the "with" of the clerk's "with or without," I asked him what was the center of attraction of the "side-show." "Oh," he replied, "that's some of 'Bill' Smith's monkey-shines again, I suppose. Anyway, go over and get in on it—you'll be surprised." So over I went.

The group was composed of some eight or ten men of the usual type found around the average hotel lobby of a town of the size of Monroe. They would stack up, perhaps, as a meat salesman, a dry goods man, a shoe dealer, perhaps a hardware salesman, and so on, with probably one or two local merchants who had come around to "talk it over" with "the boys." In the center

of the group was a colored bell-hop, and in his hand he held a powerful many-cables chest exerciser. "Naw, suh," he was saying as if in answer to a question, "Ah kain't pull it out, but Ah's seen a gem'man what could." And then



Robert Ra Nous, who posed for this article, is the winner of the 1927 "Strength" Posing Contest.



the fun began—those chaps in the group each thought himself capable of stretching the thing, and they almost fought for the privilege of being first to take it from the colored boy's hand and pull it to full length. One after another they tried it and learned things they'd never suspected—first, that the thing seemed to be made of steel wire instead of rubber strands, and second, that they themselves were far weaker than they were willing to admit. As best I recollect, two of the group managed to get one arm straight from the shoulder, with the exerciser held across the back, but most of them could hardly budge it at all. Poor devils! I really felt sorry for them. They called themselves men; yet they were indeed but poor excuses for the men they claimed to be. Some were skinny, others very corpulent—fat. The rest were of sensible proportions but very soft. The fact is that the hardest work any of them had done in ages was to change a tire on the road occasionally or carry a sample case a square or two (they call 'em "blocks" in Monroe), or perhaps "cuss" a colored boy at a garage for being so slow about servicing his car. They had taken so little exercise and had eaten so much food above their needs, and perhaps had helped matters along somewhat by using too much tobacco and imbibing an occasional "nip" of the "bottled in the barn" product, that their bodies were only shells—veritable living carcasses.

As I said, they each tried the thing, some of them two or three times, but without any success whatever; and just as they were about to give up in disgust and return the exerciser to the colored boy, a newcomer appeared on the scene. He was a quiet fellow who had been seated at a nearby table, apparently engrossed in the business of reading the evening paper. This he was even now putting in his pocket as he approached the group with a sort of "what's up?" expression on his face. A chap not yet out of his twenties. He was about five feet seven inches tall and of rather slight build, and the glasses he wore heightened his appearance of being of only limited strength. I noticed, however, that the eyes behind those glasses were clear and sharp, and that his face had a good color. Also, his coat was pretty well filled about the shoulders

and arms, and as he joined the group I had a vague feeling that "something was going to happen." It did. And how!

"Whatcha got there, boy?" he addressed the bell-hop, who now had the exerciser in his hand, and upon recognizing it he added, "Oh, let me see it—I believe I can stretch it." The boy handed it to him, but before he could make an effort toward pulling it out, every member of the little group had something to say—"You stretch that thing? Why, say, I outweigh you fifty pounds at least, and I couldn't budge it!" "Whatcha gonna pull it out with, block and tackle?" "I'll bet you five bucks you can't get even one arm straight!" These and more remarks of the same sentiment were made.

"So you want to bet five bucks I can't pull it, eh? Well, I'm not much on betting, so will just pass up that five. But I still think I can stretch the thing." This sent the offerer of the bet up in a storm of glee. He raised his bet to keep pace with his enthusiasm, finally offering twenty to five that the little fellow couldn't straighten even one arm under the heavy resistance of the large number of heavy cables, but still the newcomer refused to take him up on the bet. He just repeated his "No, I won't bet with you, but I think I can do the trick.

Anyway I'm going to try." With this he took a firm hold on each handle, and without even removing his hat or coat, dropped the strands across his shoulders, and

without apparent exertion straightened both arms out from the shoulders. Then, relaxing, he bent to the right side a little, straightened the left arm up overhead and the right down beside

his hip, then simultaneously lowered the left arm and raised the right until they were again straight from the shoulders, with his body erect. To say that the members of the group were surprised is putting it mildly, and the chap who was so anxious to make the bet looked like one who is just recovering from a nightmare. From every side came questions: "What are you, a prize fighter?" "I'll bet he's a wrestler!" "You must be a circus or vaudeville strong man!" "No," he replied, "I am none of these. Instead I am just a salesman like you fellows, and the only reason I can pull these cables is that I take proper care of my body and have exercised my muscles until they are of more than ordinary





strength. And, incidentally, I have found that in addition to giving me greater strength, my various exercises have given me better health and more pep for tackling my work and for doing more work more easily than I could do, say, two years ago. There's no mystery or secret formula about it—just plain, sensible care of the body, meaning proper exercise and correct eating."

Then he proceeded to show us a few more tricks of strength and skill, and in the course of a few minutes the group dispersed, leaving him and me alone. He seemed to be a rather likeable sort, so I decided to obtain more information about his method of living that gave him so much pep and strength. Accordingly, I introduced myself, and he informed me that his name was Smith, "Bill" Smith. "So," I replied, "then you're the instigator of this little scene, eh? The clerk told me I'd probably find you up to some of your usual 'monkey-shines.'"

"Yes," he replied, grinning, "that's about what you might call it. Anyway, I stage this little show every night I am here, for there are always new 'victims,' and if any are present who have been taken in on it previously they enjoy seeing the others 'bite' and are perhaps anxious to try their hands at it again, too. It's a simple thing to do, and I get a lot of 'kick' out of it—just give the exerciser to the bell-hop and have him walk out in the lobby with it in about ten minutes. There is always someone curious enough to ask what he has and whether he can stretch it. Then others join in, and in due course of time I get 'interested.' You know how it goes, you just saw a rehearsal, as it might be called."

"But, tell me," I broke in, "how you came to be so interested in exercise and such, as you mentioned just now. I'm interested in such stuff, and would like to compare your experiences with my own and those of others whom I have met."

"There isn't much to be told," he answered. "Briefly, I played the various popular games, football, and such, in high school, and then for about four years after finishing I worked around the old home town. Of course, I cut down a good bit on the exercising business, but nevertheless managed to play a little league basketball in winter and the same brand of baseball in summer. Also, at home I had the right sort of stuff to eat—mostly vegetables and not too much meat. Well, about that

time I was offered a place in a nearby town. I took it up, and two years later hit the road as a salesman. You know what that means—any kind of hours, and kind of food, no set program regarding anything. A year later I was literally 'on the rocks.' Somehow my pep and ambition had completely disappeared, and with them had gone my ability to sell a satisfactory amount of goods. That was two years ago, and if you are acquainted with the history of conditions in this section you know things were rather dull about that time. That just means the 'boss' called me for a conference one day and informed me that 'owing to existing conditions, etc.,' my services were no longer required. He didn't 'fire'

me, but said that as I was not making any particular progress he was giving me a vacation for about two months (without pay, he added) and suggested that I use the time to get a much needed rest so that when busi-

ness should pick up I would be able to return and make a 'go' of my job again. That speech didn't sound any too good, but all I could do was reach for my hat and say, 'Yes, sir.'

"My salary had been on a commission basis, and had been pretty slim for some months before the time of the

above mentioned conversation. Accordingly, my funds were low, and I couldn't figure in a 'vacation and rest' on my supply of cash. So I took the train home and explained to friends that I was to take a two months' rest. And then I began to think—did I need a rest, after all? Had I not been 'resting' for the

past three years, as far as physical exertion had been concerned? The day that thought hit me I did more thinking in an hour than I had done in any day for several years. I diagnosed my case as the result of leaving off all exercise and changing my diet to the wrong kind of food, and too much of it. You know, around the hotels and cafes in most parts of the country one can hardly get a good supply of vegetables—it's meat, meat, meat, because most people demand it. Also, back home I had taken enough exercise to burn up the energy contained in heavy meals, while on the road my lack of exercise had permitted this (Continued on Page 64)





# Nature's Method

Consult the Osteopathic Physician  
Health Queries Answered

By Dr. D. E. Stombaugh

**QUESTION:** When I exercise to any extent, say volley ball, for instance, my heart continues to beat very fast for hours after. I have had two physicians examine me, and they both told me that there is nothing organic wrong with my heart but that my trouble is purely fundamental. This satisfied me somewhat, but it did not cause my heart to settle down to normal.

Will you please tell me how this can be cured?

H. G., N. C.

**ANSWER:** Exercise always causes the heart to beat more rapidly and with more force. Perhaps you have a lack of tone, either muscle or nerve tone to the heart, which makes your heart beat to an excess. Consult an osteopathic physician, and if it is a functional heart condition I feel sure you will get relief.

**QUESTION:** What solution would you give for watery, bloodshot eyes? Just what should be done to keep the eyes in good condition, sparkling and full of life?

I am very subject to colds, and my nose and throat are in bad condition. On arising every morning my nose and throat are clogged by obstruction, and I commence sneezing. What is the best way to avoid colds and to keep the nose and throat clear of obstructions?

I get lots of activity and try to abide by the rules of health.

McC. W., Texas.

**ANSWER:** If you will look over the last issue of *STRENGTH* (April), you will find some good advice about the care of chronic colds. For the nose and throat you may try a good gargle—salt water solution, used as hot as possible for the throat, but be careful not to use it too hot for the nose. The membranes of the nasal tract are very delicate and would be injured by too hot a solution.

For the eye condition use a 10% argyrol solution, one drop in each eye twice daily.

**QUESTION:** I have a deformed chest—it looks like a chicken's breast, and want your advice as to what to do about overcoming the condition. Also, my stomach is too large and prominent, and I would like some advice about reducing it.

I am fifteen years old, five feet eight inches tall, and weigh 140 pounds.

A. M., N. Y.

**ANSWER:** You should take exercise of the type that involve principally the chest and abdomen—you will find several good ones in *STRENGTH* any month, but I might stress particularly the floor dip and leg raising exercises. Also practice walking, standing

and sitting erect, holding the chest up and the stomach tensed to prevent its protruding.

Now is the time for you to overcome this defect, for if you wait until you are older and more mature you may have serious trouble in remedying it.

**QUESTION:** I am five feet seven inches tall, weigh 120 pounds, and am nineteen years of age. I am about to take up a course in body building—do you think it will do me any good?

I perspire under my arms a good deal in all kinds of weather, cold and hot. I wear flannel underclothes, for I was very sickly when I was younger. Will you please tell me how to stop this excessive perspiration?

H. W., P. L.

**ANSWER:** You are not so very much underweight; however, you might try changing your diet to include plenty of vegetables, greens, fruits, butter, milk, thick soups, macaroni, potatoes, etc., and some meat, in order to gain weight. Take care to avoid constipation, and if necessary use agar or mineral oil from time to time.

Really, I think exercise will do more for you than anything else, but you must be careful not to do too much right at the start.

The perspiration you mention is likely caused by wearing too heavy clothing. Wear light clothing during the warm season, and heavier in cool weather, regulating your clothing to suit the temperature. Do not be one of those who make the mistake of wearing too much too heavy clothing at all times.

**QUESTION:** I am twenty years old and am five feet three inches tall. I would like to increase my height, and wish you would please tell me how to go about it.

I am taking a course in exercise, but my bones crack when I exercise, even though I do not strain myself. What causes this?

**ANSWER:** I am sorry, but I do not know of any reliable means by which one can increase one's height. I would advise you to forget about it, and instead devote your effort and time toward becoming a well developed man of whatever size Nature has given you.

The cracking you speak of is caused by trying too much or too severe exercise. Keep your exercises up, but be more conservative about them.

**QUESTION:** About eight months ago I stopped training with weights because I had lost a great deal of weight. My height is five feet eight inches, and I weigh 145  
(Continued on Page 60)

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

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



# Mr. Mills of Cincinnati

Introducing Mr. D. B. Mills, Another Example of What Proper Training Along Correct Lines Produces.

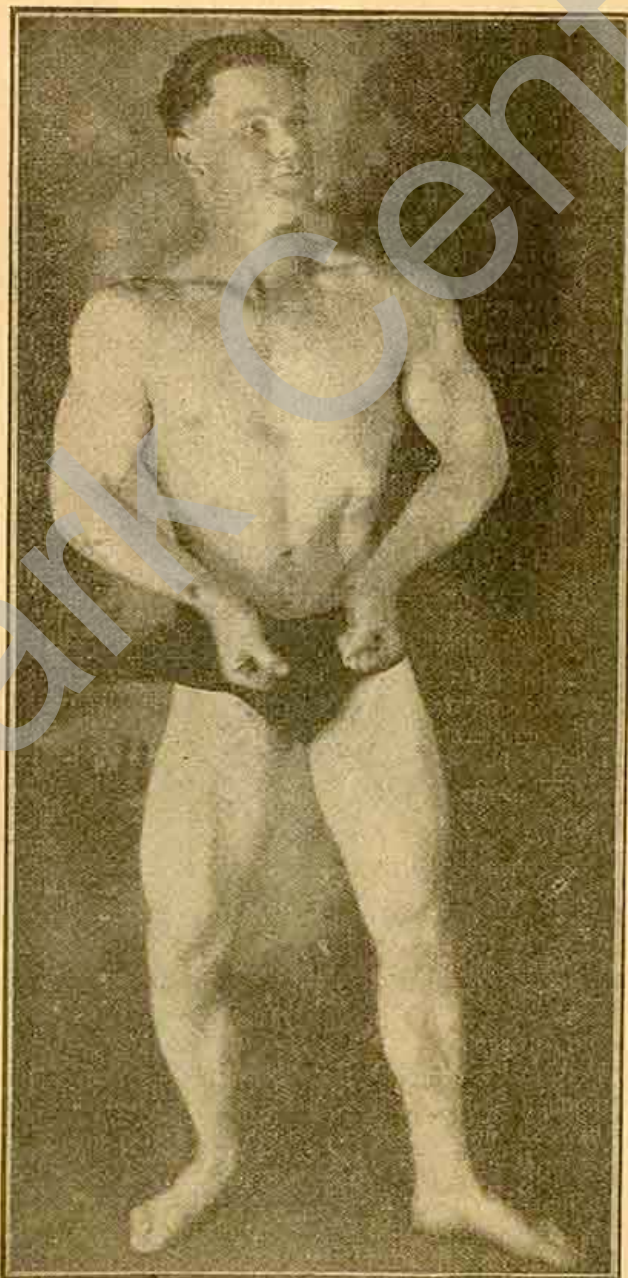
*By Robert L. Jones*

**I**F you could chin yourself once with either hand, you would think yourself "pretty good," wouldn't you? And if at the same time you could do the dip on the parallels fifteen or twenty times and had measurements like these—chest 38 inches, waist 32, hips 37½, thigh 22¼, neck 15½ and upper arm 14 and if you weighed 168 pounds of good bone and muscle at a height of five feet seven and a half inches, you would have reason for entertaining such thoughts. Well, that sums up the general condition of Mr. D. B. Mills, then of Waycross, Ga., but now of Cincinnati, Ohio, in the spring of 1924, when he purchased a Large Size Milo Triplex Bell and enrolled for a course of instructions. At the time he wrote that for the preceding seven years he had been taking instructions from a certain highly advertised instructor, but he considered that he "had obtained practically no material results." He was then thirty-two years of age and had for some time followed the line of machinist and often had to work a night shift. This, of course, tended to prevent him from exercising as regularly as he desired, but, nevertheless, he reported in about two months that he was making very satisfactory headway, that he was using considerably more weight in the various exercises, and his proportions were increasing in a corresponding manner.

Then in November, 1924, he sent us several clippings from newspapers commending his appearance and feats as a strong man on the local stages, and at the same

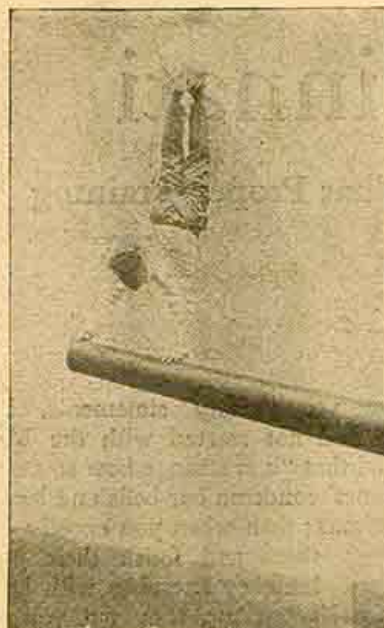
time he also wrote some very "meaty" statements. He said he was sorry he had not started with the Milo course sooner and added that "it is strange how so many instructors and 'professors' condemn bar bells and heavy weights to the high heavens; then when you enroll with them and finish their preliminary exercises with light apparatus, they put you on bar bells (or their version of bar bells) for the finishing touches." He further opined, "It is a mystery to me why so many people admire a well-developed man, but so very few have the ambition to get that way themselves."

Like a good many others, Mr. Mills did not take up bar bells with the idea of becoming a professional strong man; he merely wanted to become possessor of more than ordinary strength and, more important, a vitally active and healthy body in order to permit him to get the most out of life. He has not tried to become a record lifter; however, he has some very acceptable lifts to his credit. He has done around 190 in the bent press (either hand) which, when we consider that he has not devoted much time to practicing the science of the lift, is very good. In the wrestler's bridge he has supported some four hundred pounds, and in his one pet lift, the hip lift, he has often done 1,700 to 1,800 pounds. Readers of *STRENGTH* are doubtless familiar with the photo that recently appeared in one of Milo Bar Bell Co's. advertisements showing him doing a hip lift of a set of car wheels on axle, with a man sitting on each wheel, a total of about 1,800 pounds.



D. B. Mills, of Cincinnati, Ohio, an enthusiastic believer in bar bell training.





Figures 1, 2, 3 and 4, showing some good balancing feats.

Not so bad, eh, not so bad?

Today his height and weight remain the same as at the time he enrolled, but he has found that bar bells have given him more proportionate measurements than he then had. He now has a 42-inch chest, 15-inch upper arm and 13-inch forearm, a  $16\frac{1}{4}$ -inch neck, and his other measurements are in proportion. Take a look at his photo, and you cannot fail to agree that his is a very satisfactory build. No point has been emphasized at the expense of neglecting another, and his physique has served and continues to serve as an inspiration to many who are still "on the road" to good development.

In the February issue, we gave to our readers the story of Mr. John W. Davis, of Vermont, who has found in bar bell training the means of obtaining better results in his chosen recreation, skating, and in like manner Mr. Mills has found bar bell training to be a great aid to proficiency in his pet hobby, hand balancing and tumbling. We do not have any photos of his tumbling feats, but we are showing eight from a very good selection he recently sent to us demonstrating his proficiency as a hand balancer and a hand to hand balancer.

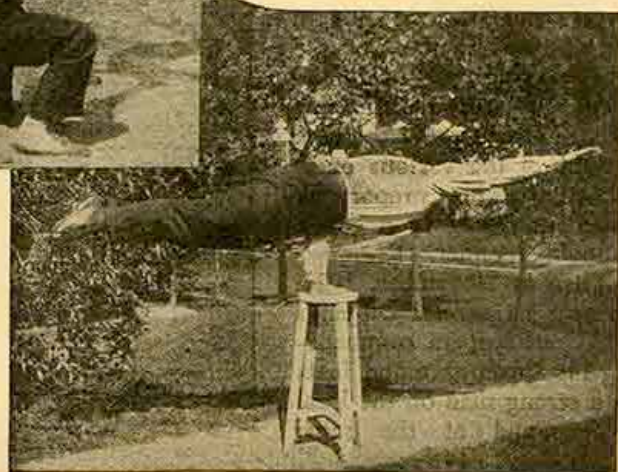
First, regard the hand to hand balances shown in figures

2 and 3, and note particularly the wonderful deltoid and upper arm development indicated. As will be noted, the upper arm is almost fully flexed in each case, but nevertheless the triceps muscle shows wonderful separation and definition, although it is in a position almost fully extended. You can imagine how impressive that muscle must look when fully contracted with the hands clasped behind the back! These two photos are from a series of six or eight, showing each position from that of holding the partner aloft while the understander is prone on his back to the correct high hand to hand position and, in each position the development of the arms, shoulders and chest stands out equally as prominently as in the two positions shown.

Another group of snapshots was made in a park, and shows a number of single hand balancing feats of which several are reproduced. The handstand on the cannon, the barrel of which is some thirty feet above ground, is not only a test of balancing ability but is also a feat requiring a good bit of just plain "nerve." There are lots of fellows who can do a good handstand on the ground or on a chair or other low object, but put them in a position with the nearest landing place twenty or thirty feet away—and down, at that—and they forget their balancing ability. Experience has shown, however, that many a case of weak nerves (and they are generally found in weak bodies) has been completely overcome or at least greatly benefited by proper training. When one discovers himself becoming much stronger than formerly, and when one finds new strength and a new ability to accomplish things previously impossible, it is only natural for the self-confidence of such an individual to take a decided jump, and the next thing to become evident is the disappearance of the old case of "weak nerves." A chap with a strong body has strong nerves, and, like Mr. Mills, thinks nothing of doing feats that seem to ordinary individuals difficult, dangerous and even foolish.

The half-arm planche as shown is a very neat trick and one not difficult to learn. It is, however, most excellent practice for learning the balancing end of the one handstand, inasmuch as in each position the balance must be preserved to the sides as well as fore and aft.

The flag, one position of which is shown, is no cinch, and requires a strong pair of arms and shoulders, plus good side and back muscles as the weight of the legs puts a considerable strain on these muscles when held in the horizontal position. Personally, the writer has found the position more easily held when performed





on a vertical ladder or similar apparatus, permitting the hands to be held palms toward each other while when performed on a pipe, with the thumbs toward each other, it is much more difficult. The former position not only permits a better locking of the shoulders but also allows the wrists much more leverage in preventing the body from spinning around the pole and out of balance. The crab, shown in the next illustration, is used to demonstrate the suppleness of the performer's spine, and, incidentally, to prove that the use of weights over a period of some three years has produced no stiffness in the back. (Mr. Mills wrote recently that he has not trained any with bar bells for the past year, that he has devoted his time and attention to his tumbling and hand balancing. The tremendous strength built up by weights, he has found, has greatly aided him in this new sport).

The hands together balance as shown, ranks well up toward the one handstand in difficulty, while the one handstand illustrated is in close to perfect position. The only criticism that can be made of it is that the legs are not quite straight—they should be straight at the knees and together, with the toes pointed, but this perfect position is rarely attained even by professionals, and when a balancer approaches the skill of Mr. Mills in this feat he has accomplished something indeed.

In publishing these photographs and this write-up about Mr. Mills it is the hope and desire of STRENGTH Magazine to demonstrate another example of what is the real meaning of "manhood," and perchance to cast a favorable influence on some of its many readers to create in them a desire, an ambition, to become men, real MEN. And, incidentally, these photographs give us a very good opportunity to broadcast to our physical culture readers a little sermonette on "hiding your light under a bushel." We know of many wonderfully developed specimens of manhood who absolutely refuse to be photographed and who are even very reticent about appearing in public in a costume that permits their development to be seen. To them these next few paragraphs are directed. By experience they have discovered the wonderful benefits to be derived from physical training in the matter of obtaining both strength and health. How much good they could now do their fellow men if, instead of remaining in the background—under a bushel, as it might be put—they would come out and let those about them be influenced by their success in the conquest of health to undertake similar conquests. We all know the start is the hardest part of such an undertaking. A fellow must have considerable encouragement, generally speaking, before he will undertake seriously to better himself physically (or in any other way), but once the individual begins training and "stays with it" long enough to begin receiving favorable results, he will continue the program voluntarily.

Mr. Mills is one who might well be taken as a



Figures 5, 6, 7 and 8, demonstrating additional feats of strength, suppleness and balance.

leader in this respect. He has built his physique up to a point far above the average, and he now is doing his bit toward influencing others to do likewise. As

an amateur strong man he is well known, having given many exhibitions as such, and as a hand balancer he has carried the doctrine of physical fitness to many. He and his partner can often be found taking their workout in a park or other public place where others may see and become inspired to "get right" with themselves. So come on, fellows, you who do not like to "show off" in public; snap out of it and let your success be revealed to others that they may desire it, and, desiring it, strive for it.

May is here—Spring, if you please, and Summer is just around the corner. That means warm weather, hot weather, swimming, 'n' everything. So practice up on your pet stunts, forget your bashfulness, and spring 'em next time you are out in the park, or on the beach. You will get an audience in a hurry, and some of those present will surely have something to say about "how did you get that way?" or "where did you learn that?" and someone will surely begin wondering audibly (Continued on Page 79)



# Ask the Doctor

Department for Solving Your Health Problems

By Dr. B. M. Middleman

*With this issue we are going to discontinue "Ask the Doctor" Department. We feel that "Nature's Method" can be made to include the material of "Ask the Doctor," and, therefore, we have decided to run the two departments in one.*

**QUESTION:** When I was a child something happened to my left leg. I was operated on several times, but the leg never grew to proper size. Now it is much thinner and perhaps six inches shorter than the other. It has pained me a great deal for fifteen years, and at times I was confined to my bed with it, as is the case at present. The pain has ceased a great deal, but I often experience a jumping and jerking sensation in the hip, under the knee, and in the calf. Can you give me any advice about treating this trouble?

My age is twenty.

P. H., Wisc.

**ANSWER:** Without an examination it is not possible to make a diagnosis and offer treatment. My opinion is that you had a bone infection which tends to recur following injury, exposure or general run down condition. Absolute rest with elevation of the leg on pillows, and heat by hot water bags or electric light is the best treatment. You should also make a supporting frame for the bed covers to keep their weight off the leg.

**QUESTION:** What makes my face and hands stay red all the time? My tongue is coated all the time, sometimes all over and again only about half way. Also, sometimes in the middle of the day my face will burn like fire, and during these spells my eyes get bloodshot and it seems that all the blood in my body rushes to my face and neck, and my heart beats as fast as possible.

My doctor put me on a starch diet—nothing but rice and potatoes—but it did not do any good, so I quit and am now starting a milk diet.

I will thank you for your advice toward overcoming this condition.

B. M., N. M.

**ANSWER:** The symptoms you gave me were very good as far as they went, and they seem to indicate you are suffering from some toxic state (auto-intoxication) probably due to improper elimination. I suggest that you amend your diet to include but little meat and instead subsist principally on vegetables and fresh and stewed fruits, etc. Be sure to drink plenty of water daily. Also take olive oil daily, beginning with one-half ounce and gradually increasing to one ounce per day.

If your condition does not improve after you get your bowels in good shape, better see your family physician.

**QUESTION:** I am thinking of going on a milk diet for a few weeks in order to gain weight, and would like to get your advice on the matter. Is it advisable, and if not, what would you recommend?

I am 24 years old, five feet nine inches tall, and weigh 125 pounds. I seem to be in good health with the exception of a slight goitre which is responding favorably to treatment with a liniment. I never have headaches or "bad feelings"; however, for the past few weeks have had indigestion. I eat heartily, and after meals find that the food does not digest properly. Perhaps I eat too much. I try to eat plenty of greens—lettuce, cabbage, etc., also prunes and dried stewed peaches and am very fond of white potatoes. I eat plenty of butter and drink coffee with cream at breakfast, and lately have been eating whole wheat bread instead of hot biscuits. I think this digestive disturbance was brought on by eating fried oysters at supper recently.

I do not eat any meat except chicken, and do not care to cut down on my food supply for fear of losing weight. So what is your advice—should I try the milk diet, or what? I do not get much exercise—just housework and occasional out-door walking.

I will thank you very much for any advice on my problem.  
(Miss) C. H. P., N. C.

**ANSWER:** If you do not get protein in your diet from meats, you should eat a lot of nuts, eggs or drink milk, as your body requires protein as well as starch and fats. Why don't you try drinking a glass of milk at ten A. M., three P. M. and upon retiring? Do this in addition to what you may take at your meals. Cut out fried foods and fatty foods, and try taking olive oil, half an ounce daily. Also you should exercise fifteen minutes in the morning before breakfast.

Give these suggestions a trial, and I am most confident you will be more than pleased with the results obtained.

**QUESTION:** My one great trouble is my appetite, which I cannot control. I eat more than my father, and have several reasons for wanting to control my craving for food. At home I am "joshed" about it, and in company it is most embarrassing. Even when my stomach is entirely full I still crave food, and once I start eating I can't seem to be able to stop. Nor can I wait for mealtime—I am always eating between meals.

I believe this overeating accounts for my lack of energy and the fact that I tire easily when working, especially in the gym. I am a high school boy, five feet five inches tall and weigh 125 pounds stripped. I am very muscular for my size, and stronger than the average boy. I have no fat on my body except a slight amount on the stomach.

If you will tell me some way to overcome this condition I will certainly appreciate it.

K. P., Penna.

**ANSWER:** At your age, and especially in view of the fact that you are so active physically, your body requires more food than does your father's. It is possible, how-



ever, that your diet may be large and yet be deficient in the proper kinds of foods. You should have meat or eggs once a day with plenty of fresh vegetables and fresh and stewed fruits.

QUESTION: I have a number of moles on my face and find them very embarrassing. Could you suggest a cure for them that is safe to use? Are they harmful to the system?

Is bad breath the sign of some organic disorder? Also, I have lots of blackheads on my nose and face and would like a cure for them.

F. E., N. Dak.

ANSWER: Moles are not harmful to the body and are better left alone, unless they start to pain or increase in size; then they should be removed as soon as possible. The electric needle is the best method by which to remove them.

Foul breath may be due to conditions in your mouth such as infected tonsils or teeth, or from your stomach as an evidence of putrefaction, sluggishness of the liver and improper elimination.

Bathe your face with very hot water and soap, using a cloth, then end with a cold cloth. Do this twice a day for your facial trouble.

QUESTION: 1. I have a motorcycle and would like to know if there is any harm to the system, especially the kidneys, by riding it. My father says there is, but I can hardly see where there could be, as there is hardly any vibration on my machine.

2. Also please tell me what the drinking of whiskey does for the system.

3. Is there any good cure for sinusitis and its accompanying ear effects?

G. N., Va.

ANSWER: 1. I have known cases, especially thin individuals, to have been injured by riding on motorcycles, as the vibration and gravity tend to drag down the stomach, colon and kidneys. This is not so apt to occur in fat people, as the normal supports for the organs mentioned consist largely of fat.

2. Books could be written on this subject. Good whiskey, because of its alcoholic content, tends to irritate and destroy cells; therefore, it is a general protoplasmic poison. It is an irritant and astringent to mucous membranes. Also, it is destructive to body tissue, is a narcotic, and is a habit forming drug. I might add that the whiskey which the average individual gets today is impure and produces the above damage and poison in twofold amount because of its poor quality.

3. Sinus trouble can be cured by proper treatment. You should see a competent nose and throat specialist.

QUESTION: I am 24 years old, 5 feet 2 inches tall, and weigh 105 pounds. What should I weigh? I am bothered with boils on my face and am in very poor health in general, am very nervous and have a constant headache. Do you think this is caused by constipation? I have been bothered with it for some time.

(Mrs.) E. S., W. Va.

ANSWER: Most assuredly I think your troubles are the outgrowth of your constipated condition—a matter of auto-intoxication. Overcome the constipated condition, and you will soon find your other ills disappearing. Toward that end you should change your diet to include but little meat and instead eat principally vegetables, greens and fresh and stewed fruits. Also take the various bending and twisting exercises for the waist as given in STRENGTH from time to time; drink at least eight glasses of water daily, and you should soon improve in health. You might assist this program by taking agar or mineral oil or using enemas occasionally, but

do not depend on them entirely. Do not use any harsh purgatives like salts, etc.

You should weigh at least 110 to 115 pounds, or more, depending on the size of your frame.

QUESTION: I am a boy, 19 years old, weigh 168 pounds, and am six feet tall. For the past year I have been exercising five minutes night and morning with dumb-bells but have seen very little improvement. Please tell me why I do not gain much—is it my appetite? I have a very hearty appetite, and eat a good deal.

D. N. B., Conn.

ANSWER: I am surprised, not that you are making no headway, but that you expect to make headway, using light dumb-bells *five minutes* morning and night. I dare say no one ever succeeded in developing oneself by such procedure; light dumb-bells when used as you are using them will serve to increase circulation, and accordingly "tone up" the system a little, but that is all. If one wants development one must exercise with something possessing sufficient resistance to make the muscles work, thereby increasing their size and strength.

You should also remember that you are young and still growing, and that you will naturally "fill out" a good bit in the next year or two, providing you have no constitutional disorder. Your appetite has nothing to do with your condition. My advice is eat all you desire, taking care, however, to avoid constipation by eating plenty of vegetables, greens and fresh and stewed fruits, take plenty of real exercise, get sufficient sleep and results should be forthcoming.

QUESTION: I am bothered with sharp pains intermittently under the lower right rib and have severe headaches at about the same time. I also belch gas frequently.

Have been to two different physicians—one called it colitis of the large bowel, and the other said it was indigestion. I have had this trouble about four years, and it is gradually getting worse; so if you can give me a diet or remedy to aid in overcoming it, I will be very appreciative.

Mrs. S. C., Ill.

ANSWER: Your symptoms are indicative of trouble of the gall bladder, and to overcome the condition I recommend that you eliminate from your diet all fat- and fried foods, use principally vegetables and a little lean meat, and eat only food that is boiled, baked or broiled.

You should also take cod liver oil or olive oil in small doses to help tone up your system.

QUESTION: I will appreciate your kindness very much if you will answer the following problem for me. I am troubled with blackheads and barber's itch, and have tried a good many remedies, but none have brought permanent results.

Please give me your best remedy for this condition.

W. P. L., Costa Rica.

ANSWER: First, see that your processes of elimination are in good order—the kidneys, bowels, etc., and if constipated overcome the condition by change of diet and use of exercise.

For the blackheads, wash the face well with hot water at night, then apply:

Sulphur precipitate, 1 dram.

Lanolini.

Vaselini, equal parts of each to make 4 drams.

Rub in well at night.

This treatment should overcome your condition promptly.

QUESTION: Is there any way to reduce thick, unshapely lips? If possible, please tell me something to do, for I want to reduce the size of mine.

G. O., Ohio.

(Continued on Page 75)



# The Mat

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

*Fairy Tales of "Natural" Strong Men; Two Fine Exercises for the Back, Buttocks and Legs;  
Comments on Correct Posture; Learn the One Arm Snatch.*

*Conducted by Mark H. Berry*

**I**N one of my recent articles I discussed the probability of any man possessing great strength without having worked hard, or having trained at vigorous forms of exercise. My line of reasoning excited a little comment from our readers; among them was included a newspaper clipping from *The Toronto Star*, a full page, telling true tales of "Natural" strong men. However, no claim was made that those heroes did not work, as they were all products of toil. You are familiar with "Believe It or Not," by Ripley, but these tales of strength were written in the atmosphere of "Disbelieve If You Dare." The article was entitled "Giants of Huron County."

A certain giant weighing 375 pounds was reputed to have lifted a horse with one hand while he stood in his spring wagon and gripped the back band of the harness. This mighty man is said to have lived to 98 years without being sick two days in his life.

Another of these tales dealt with a man who needed hay and was told by a farmer that he could have as much hay for fifty cents as he could carry away on his back. This hero laid two poles crosswise and loaded them with hay, then he got underneath, straightened up and walked home with it; he weighed the load and found it weighed 1800 pounds. He was sorry he had not carried 200 more pounds to make his load a ton.

One husky German, who had arms as thick as an ordinary oak tree and hands like sides of bacon, was so strong that he got in a potash kettle, and by pulling on the side handles he pushed his feet through the bottom of the kettle. The bottom was made of seven-inch iron.

Another man was too strong to work. This big Irishman was so strong that if he forgot himself and squeezed a crowbar, it would fall in pieces.

An eighteen year old lad picked up a mud hook weighing 1050 pounds and walked fifty feet with it. Another man, who was killed by the explosion of a steam boiler, was capable of so much work that it was necessary to hire a horse and cart and two men to do his every day work after his demise.

The story which was probably the "hottest" and most awe inspiring of them all dealt with a man who picked up a printing press, weighing five tons, and while carrying the press through a door it got stuck and broke into scrap iron. The junk dealer who bought the wreckage was authority for the quoted weight.

If you ever heard any "wilder" tales of strength that were supposed to have actually happened, there is only one thing I can say.

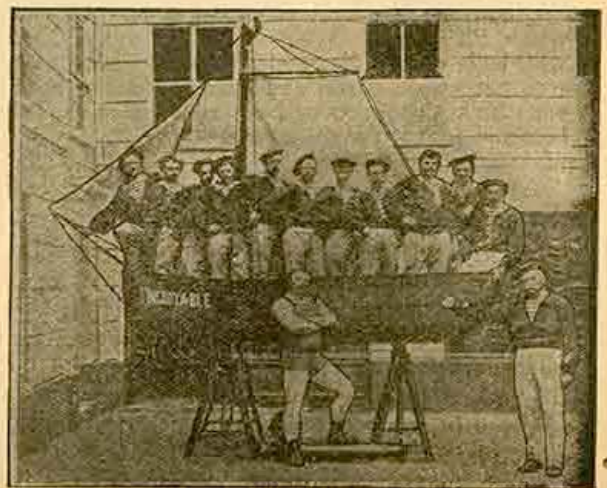
In the locality from which your stories emanated, they



The starting position for the One Arm Snatch. See the description in "The Mat." Photo A.



A famous French Strong Man, "The Athlete of Paris," and one of his pet stunts, lifting a small yacht and eleven men. (From "La Rois de la Force.")





must have drunk stronger stuff than they did back in the good old days in Huron County, Ontario.

One of our "Mat" fans wrote in a pretty haughty manner, taking us to task because we said a man had to work or train to become strong. He cited the case of a friend weighing 154 whom he claimed could stand up with 450 pounds. His claim was that this young fellow got that way without working, although he had worked one year on a signal gang on the railroad. Still this fellow could press only 115 with two arms and 160 while

Photo D

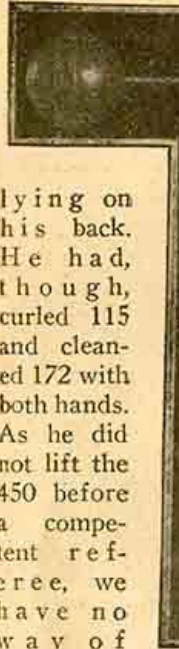


Photo D—Down under the bell with a straight arm before coming erect.

Photo C

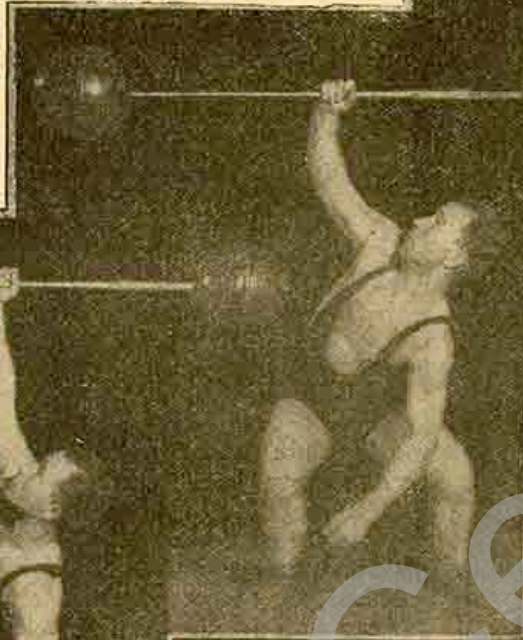


Photo B—The bell pulled to the maximum before squatting under it.

Photo C—Getting down under the bell as it is traveling upwards. The idea is to lower the body as far as possible with a minimum lifting height.



Photo B

lying on his back. He had, though, curled 115 and cleaned 172 with both hands. As he did not lift the 450 before a competent referee, we have no way of telling how the weight was lifted. One peculiar thing about this case is that the young fellow was accustomed to tests of lifting among his fellow workmen and other friends. This would really act as a form of training. This case proves absolutely nothing to us.

We are quite accustomed to seeing these "great wonders" blow up when put to the actual test of lifting real weight, weighed on a scale. At one of the STRENGTH shows, there appeared a big hulk of a man who was going to lift—I've forgotten how terrible the weight was. He was held over to the end of the show, so he wouldn't be embarrassed by the crowd. Why, he couldn't even move 400 off the floor! This big "bozo" was reputed to handle awfully heavy weights as a common thing during his day's work; so you can hardly blame us, if we are not willing to give credence to everything we hear.

This month we are printing illustrations of two very valuable exercises. Both are great for strengthening the buttocks and small of the back, a general region where the truly strong and vigorous man must be strong. The deep knee bend is invaluable for developing and strengthening the legs, especially the muscles on the front of the thigh. The modern strong man must have unusual strength in the muscles just above the knee; the deep knee bend, when performed with the feet flat on the floor as shown here, cannot be beaten for giving you a set of husky muscles just above the knees. The vastus

medialis is the muscle which forms such an imposing bulk just above the knee towards the inner side of the leg.

The long muscle which bunches on the outer side of the thigh, just above the knee, is the vastus lateralis, though the bunchy mass is only the lower part of the muscle.

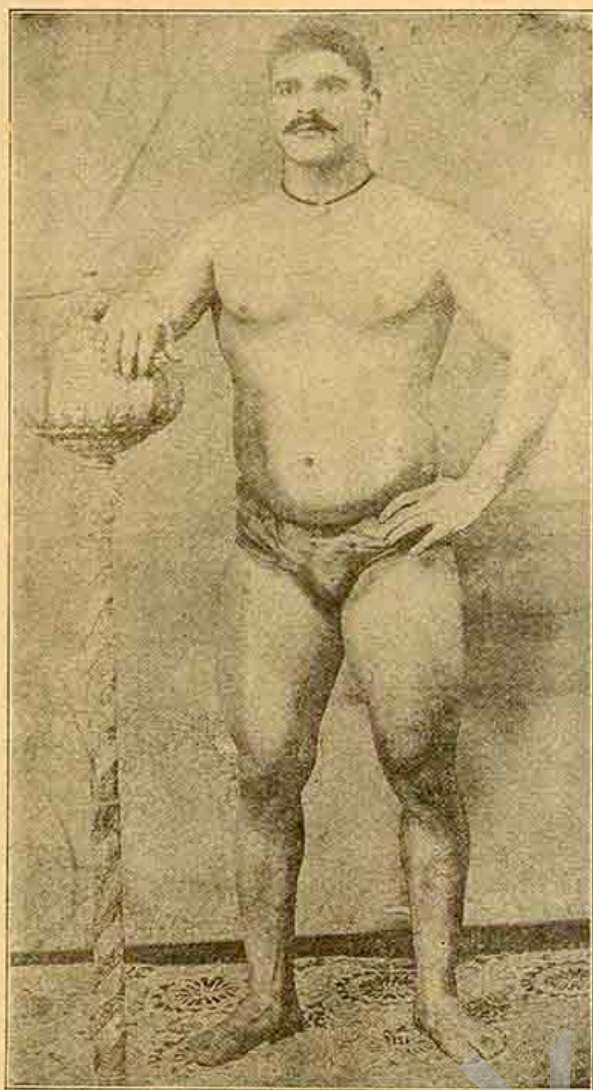
The swelling curve on the inside of the knee is caused by the lower attachments of the sartorius (tailor's) muscle, which runs diagonally across the thigh, the other end being directly at the top of the thigh, right in front.

The other exercise will tend to build up and strengthen the muscles on the back of the thighs, as well as the calf muscles. The calves are, of course, benefited by the deep knee bend; however, the shin muscles receive more direct benefit from this movement, by reason of keeping the feet flat upon the floor. The greatest benefit, though, will be the effect of giving you a stronger "back bone." The muscles which have the job of holding the body erect, and which straighten the back under a great load are the ones you develop and strengthen by combining the two exercises shown here. You will have an erect carriage if you practice consistently both of these exercises; still either of them will make you hold yourself straight.

The stiff-legged exercise can be called either a hands alone lift (exercise) or a stiff-legged dead lift (exercise). At first, the exercise should be practiced while standing on the floor. Start with a light bell, and take your time at progressing with poundages. Be sure you are in the advanced class before you use anything like heavy weights.

The movement consists of raising a bell from the floor to the thighs, by bending forward at the hips, keeping the knees locked, and then straightening the body while lifting the bell. As you come to the erect position be sure to pull the shoulders back and the chin in. Work from ten up to twenty repetitions. After you have progressed to the point where you are really





Gama Pahilwan, the famous Indian wrestler, who recently defeated Stanley Zbyzko within one minute's time. Both of the wrestlers are near the fifty year mark.

strong, you can make the exercise more difficult by standing upon a box, chair, or other raised object. Then see how far down you can go.

You have a thorough understanding of the deep knee bend, I am sure. It consists of squatting as far down as you can go while keeping the feet flat on the floor, and then rising to the erect position. The greatest benefit will be derived from this exercise if a very heavy weight is used so that the utmost effort is required to stand up under the weight. The sticking point will come when you are about in the position shown in the accompanying illustration. Lean well forward so the back will be about parallel with the floor; attempt to straighten the legs, then when you have passed the sticking point, you bring the body upright. It is during this extreme bending movement when the small of the back and buttocks receive the greatest developmental strain. All who practice the deep knee bend in this fashion will be certain to be unusually

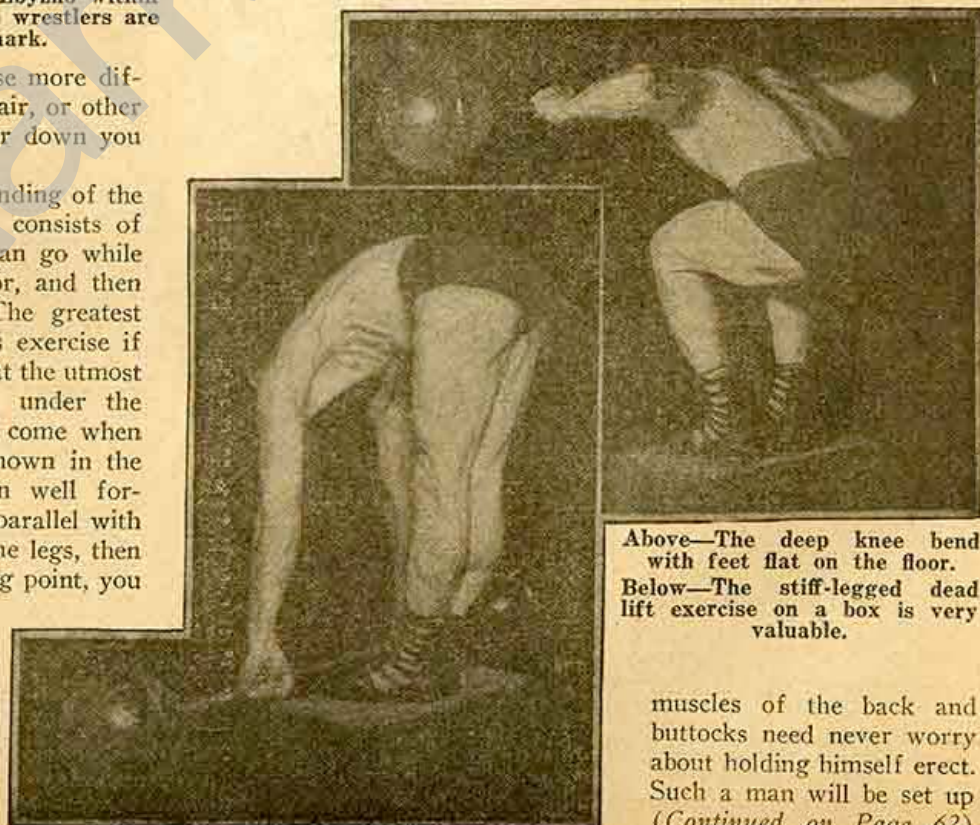
strong in these parts. The muscles just above the knee receive the greatest developmental strain when the effort is made to rise from the maximum squatting position.

You should learn to put the bar on your shoulders unassisted. Use a long bar, stand it on end, and assume your position directly alongside of the bar. Place your feet in the approximate position necessary to perform the actual exercise. Place the hands more than shoulder width apart on the bar; lean to the side and place the back of the neck against the bar; now squat and pull the bell over on to your shoulders; squat real low and you will have no difficulty. The hardest part of the entire exercise will be the first effort to rise from the squatting position—the subsequent efforts will be relatively easy.

Ever so often, someone starts a lot of talk about the importance of standing, walking, and sitting erect. The funny part about it is that most of those who do so think they are preaching a new doctrine. The correct posture idea is about as old as the hills. There can hardly be any room for argument on the question. We simply must admit, everyone of us, that an erect posture is proper and necessary. Every physical education instructor teaches it; every soldier and sailor knows it is proper, and every physical culturist should know it is necessary. Of course, any individual who endeavors to interest the average citizen in correct posture is striving in the interest of a worthy cause, even though he succeeds in starting only a few persons along the right path.

It is foolish, though, to presume correct posture to be a panacea for most ills, or to teach that it is an ideal method of physical training. Merely by holding the body in a certain erect position, you cannot possibly strengthen or develop muscles; nor can such practices alone accelerate the nutritive functions. It takes something more vital, more vigorous, something to make the blood circulate as it should.

The fellow who regularly practices the proper sort of exercises will be sure to hold himself erect at all times. Certain exercises will put so much strength into the proper muscles that the body cannot be held in any way, other than the correct way. The man who has properly strengthened the



Above—The deep knee bend with feet flat on the floor.  
Below—The stiff-legged dead lift exercise on a box is very valuable.

muscles of the back and buttocks need never worry about holding himself erect. Such a man will be set up  
(Continued on Page 62)



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**Springtime Colds and the Value of Cold Air**

(Continued from page 44)

real and solid argument against raw, fresh spring air into a cocked hat.

The other objection is made both by rich and poor, and though I mentioned it beforehand, still I will reiterate for the reader's benefit, that it is very difficult to admit fresh air without causing our friend, the intolerable draught, to stick his fangs into people where they least expect it. This has been a sore subject and the weak point in ventilation from time immemorial, and all sorts of devices have been patented to overcome it. The difficulty is, of course, partly due to the fact that fresh air life is still new to most people. When they learn to recognize the primeval laws of Nature, and exercise intelligence in the manner of exposure to the elements, they shall have gotten so accustomed to it that this objection will have been overcome, or no longer felt on account of the body becoming used to it.

If we must live and thrive in every sense of the word, then we must become

a part of the great out-doors. We must welcome fresh, spring air into our homes if we would increase our vitality and vigor, for we cannot amount to anything but "sardines" if we are confined to an overheated flat with no fresh air allowed to enter.

The only worth while hobby I can recommend is the kind that takes us out in the cool spring weather, and whatever attraction your particular hobby offers is not of very great importance, unless it brings you in contact with Nature. There are infinite varieties of exercises which are of great value in the out-doors and these can be found from time to time in the pages of this magazine. Even a ride through the country in a motor car will suffice, but try to get a little exercise each day in the fresh air. You will find this pastime the means of increasing your efficiency so that you will perform a greater work. In closing, forget this imaginable fear of draughts and colds from spring air. It's the "bunk." Take it from me.

**Health — Strength — Beauty**

(Continued from page 35)

I am sure you find one that you love. Try to spend your evenings at a gym or go swimming. Surely you could find it convenient to join the Y. W. C. A. Or if you have Saturday afternoons and

Sundays to yourself, find a companion who likes to go hiking. What you need is more fresh air and exercise—and the spring of the year is the best time for these sports.

**Training Ideas that Succeed**

(Continued from page 37)

cure a heavy sand bag, or rig one up yourself by filling a large canvas sack with sand or saw dust, hang it on a good stout rope or chain and whale away at it. The value of the sand bag is that you can practice the various boxing blows on it. A good way of using it, is to hang it fairly high, so you have to hit it at the level of the shoulders or a little higher and practice sending them in from the shoulder. This will greatly benefit the shoulders and the arms, and develop endurance in these parts so that you can keep up a fast boxing pace without having to drop the arms from weariness. It is best to wear gloves of some sort to keep from skinning the knuckles on the rough canvas.

Shadow boxing or making blows at an imaginary opponent, practicing all the hooks, jabs, uppercuts, ducking, side stepping, advancing and retreating, will prove very novel and interesting. Get a book or printed course on boxing and go through all the movements as though you were actually boxing.

Then if you have a partner with whom you can spar, and care to become adept at the manly art of fisticuffs, both of you can practice the different blows, blocks, and counters and get some "darned" good exercise. But don't try to kill one another, for you will gain nothing by hitting hard, but will quickly tire of the sport and will probably estrange your friendship after you have been bruised up a little. Start in easy

and thoroughly learn each move, then box for science but not to see who can outslug the other.

Two or more friends can wrestle together and get in some exercise at a most useful game, practicing holds and breaks. Procure a good printed course on wrestling and become able to defend yourself ably in a rough and tumble battle, should occasion ever demand. Right here, another warning should be issued, and that is not try to annihilate one another when wrestling; you will learn nothing by being rough with your friends while training and will accomplish nothing but the loss of a training partner. Believe me, I know what these friendly little "easy" bouts are like, both boxing and wrestling, many times I have engaged in one of these bouts where you were only going to spar and practice a few blows and methods of boxing, and in a few moments, oh, boy, how we were socking each other. The same in wrestling, we'd be trying to tear one another up and getting the skin all barked off trying to punish each other, but after a few such bouts there wouldn't be much inclination on the part of any to further engage.

Anyone who knows a little about physical training can tell you that a certain amount of time should be spent out of doors, at least an hour or two daily, thus giving the lungs a chance to soak up oxygen and aerate the blood. It is one sure way to keep healthy, this out-



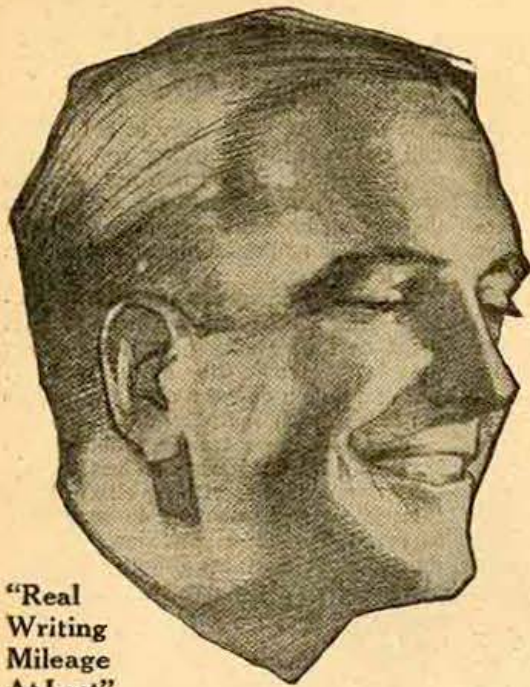
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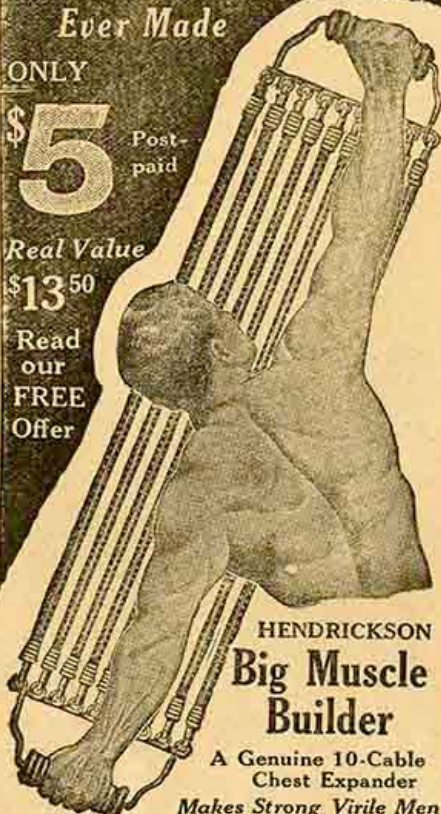
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door training idea; but you must keep warm and dry if you are looking for results in the way of an improved condition.

You can take your oxygen daily on the hoof, by walking to and from work, that is, if you don't live too far. There is no reason to walk long distances every day. About three miles a day is tip-top, but walk as though you were really going somewhere, and not as though you were just trying to keep a step ahead of the undertaker. As they say in the army, "Suck in your guts" and throw your chest out, shoulders back, chin in, and step out with the stride of a man.

Providing you have the time and want to get in a hardened condition, ready for anything, then you want to get in some road work. Don't make the mistake of doing your road work in the gym—you can't improve the wind much that way. In the first place, you don't run correctly, going around in little circles; in the next place, the air is no good for putting the lungs in a healthy condition. True, indoor running is better than none, and in bad weather you can't blame anyone for preferring to make it a hothouse marathon. Unless you are looking for cheap advertising, and believe in sensationalism, don't run through the public highways in your B. V. D.'s or porosknits. If you have a desire to run in underwear, it would be a little healthier, possibly, in the winter time, to wear red flannels. Then people would be sure to notice you, if that is what you like; but speaking seriously, it is just as good for you, and a lot more sensible to wear trousers and shirt, and in cold weather a sweater or coat. Socks of good weight will protect the feet from blisters, and good firm shoes will make your running easy. Always try to keep the feet dry and dress warmly enough to work up a sweat. Much has been taught in this country concerning running on the toes, but it is something in which we never be-

lieved, and the Finns have shown us the fallacy of the idea. We have always found it a better plan to run somewhat the way you walk, so far as concerns the place of the feet.

A couple of miles daily at a fair jog will do wonders in giving you "wind" or endurance. If you live near a park, or other open country, try to get out there about once a week, or so, and run over a hill and dale course covering a few miles.

Anyone who makes a practice of running quite a little will not need to do a great deal of walking, and the wisest plan is to take it easy at the running. About a mile a day at a slow jog will be ample for such individuals.

These ideas on training, above outlined, are intended more or less for the fellow who does something else to build himself up and wants to do something to reach first class condition. If you figure on doing these things only, you can go at it a little harder, and spend a little more time at each stunt.

If possible, wind up your daily training with a shower, or sponge bath, using tepid or warm water as preferable to cold or hot water; and about twice a week take a warm soap bath. It is best not to go out of doors after a bath, but so many of us must do so, that the next best plan is to bundle up and keep warm. Rubbing with alcohol is fine for keeping the skin in good shape and should follow every shower or bath.

For general purposes you need not go on a training diet, but it is wise to leave alone foods you find hard to digest. Be sure to eat plenty of wholesome grub and include a sufficiency of fruits, both raw and stewed, and greens such as spinach and lettuce. The serious trainer should keep away from tobacco and alcoholics, and get at least seven hours sleep nightly.

By adopting the above suggestions to your personal routine, in an intelligent manner, you should soon find they are ideas in training that will succeed.

## Nature's Method

(Continued from page 48)

pounds. When I stopped training I weighed 133 pounds. To this day I have a very well-developed abdomen, but, due to excessive training, it seems that every time I bend or pick up something heavy my heart suffers a strain.

I expect to resume training as soon as I gain a few more pounds, and would like you to tell me how I can gain weight.

S. B., N. Y.

ANSWER: I believe you made a mistake by stopping training altogether—you should have continued it and decreased it gradually. Evidently there is some other cause for your loss of weight, and I would recommend that you have a general physical examination made to locate it. You might try the diet and advice given to H. W., P. L., in this issue in order to gain weight.

QUESTION: I am a boy, 18 years old, five feet nine and a half inches tall, and weigh 146 pounds. Is this correct?

I have had three small lumps on my chest for the past three or four years. They have not troubled me, but I wish you would tell me what they are.

I have a tumor over my right eye, and wear glasses on account of defective vision. Would you advise me to have it removed?

E. W., D. C.

ANSWER: Your weight is satisfactory for your height and age—it should be about five pounds more, but considering your age and the fact that you are still growing and developing, this difference is nothing to worry about.

The tumors you speak of on the chest are most likely small fatty tumors and will never do you any harm other than being in your way. For the tumor over the eye I would recommend that you have it removed. Consult some reliable specialist or go to a good clinic.

QUESTION: I am a man, 26 years of age. For the last ten years I have been troubled with my shoulders. They are very easily dislocated and I am unable to throw a baseball or any object, play basketball or follow other athletic games, for fear of throwing the shoulder joints out of place. I do manual labor, and the shoulders do



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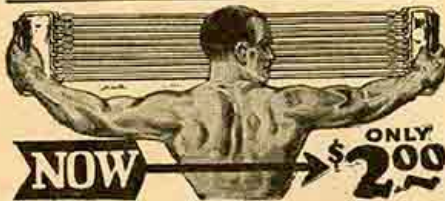
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not bother me in my work or in lifting weights.

Please tell me what you think I should do to overcome this condition.  
H. L., Ky.

ANSWER: The shoulders slip out due to a relaxation and over-stretching of

the ligaments. Therefore, your only solution is to avoid bringing too much strain on these tissues until they gain back their proper tone. A certain amount of exercise will help you, but you must be careful not to subject the ligaments to undue strain.

**The Mat**

(Continued from page 56)

for life. You can take it from me, many a man has tried to perfect his physical condition by walking so many miles daily, meanwhile holding himself in a prescribed manner, as directed by his instructor. Thousands have become greatly enthused, and then after seeing no signs of results they have sworn physical culture to be the "bunk." As though such practices comprised the entire scope of physical training!

There is a great deal of importance attached to this question of posture and the carriage when walking. It is a subject deserving of more than a superficial glance. This subject, moreover, like many others, has to be considered from several angles, if we are to do it justice. One is, indeed, liable to be somewhat confused after reading of the necessity of an erect posture, and then having formed a mental impression of how an athlete should walk and stand, to witness many splendid physical specimens walk in a slouchy manner. During the first few years of my interest in physical culture I was greatly impressed with the importance of acquiring a perfectly erect carriage, and, I believe, really overdid the thing at that time. Being of the slender type and possessed of considerable energy, combined with an inherited urge to walk at a very rapid rate, there was also a tendency to over-emphasize the idea of walking with a springy step. Many young physical culturists are likely to fall into the same practice of making themselves look ridiculous by assuming an exaggerated erect carriage.

The mental attitude of the individual, I believe to be of great importance. Some fellows, no matter how much they may exercise and train, will not walk, sit or stand erect. They slouch about, regardless of what they may be doing. You find this type very frequently among athletes, particularly among pugilists, whether professional or amateur. Indeed, it is quite common to see boxers walk pigeon toed and in a generally slouchy, stoop shouldered manner. Of course, they may get that way from the ring habit of hunching the shoulders to fully protect the body and to keep the jaw under cover. There are also, undoubtedly, many professional acrobats, gymnasts and hand to hand performers, who are not particular concerning the way in which they carry themselves. Generally speaking, I would say this simply reflects their mental attitude. They feel that, personally, they have no reason for attempting to impress the passerby with their importance.

On the other hand, you will meet men who are not possessed of strength or athletic qualities, who always hold them-

selves erect and have a mental attitude of cocksureness. This erect attitude business may be something like the matter of trying to impress people with an unusually strong grip. Really strong men (I mean men of super-strength), will seldom, if ever, try to squeeze your hand tightly when shaking with you; but take the guy of fair strength who thinks he has a powerful grip and wants you to think likewise why that sort of fellow goes around gripping the hand of everyone as tightly as he can squeeze it, but if put to a test of strength he might be sadly lacking. It is just another case of the fellow who is trying to impress people with his evident possession of qualities, which in reality he does not possess. I've grown quite accustomed to shaking hands with fellows who grip tight. You never know, though, which fellow will try to squeeze your hand off. You can take my word that it isn't the strongest men who apply the vise-like grip, for it is surprising that some powerful giants will merely take hold of your hand in a loose manner. It may be, in my case, that the big husky boys may be afraid of hurting me, while the weaker fellow either wishes to impress me with his strength, or it may be that he expects me to have a pretty good grip, so he prepares himself.

In the army, a slouchy carriage will not be tolerated. A line-up of stoop-shouldered soldiers simply couldn't be. The men must stand in line and march in military manner; therefore, the erect military carriage is drilled into them until it becomes second nature. In civilian life you can suit yourself as to how you stand and walk, and having no one to compel you to keep erect, your carriage reflects your spirits, whether high or low.

Keep your chin in and head sitting level on your shoulders (that is—keep your eyes straight ahead) and you will keep an erect position, providing there is sufficient strength in your back to hold your body erect.

**THE ONE ARM SNATCH**

Following the snatch with both arms, which was included in "The Mat" for last month, it is only proper that we should, in the present issue, describe the correct performance of the single handed method of snatching. The One Arm Snatch calls for a great combination of physical qualities; first of all strength, also speed, agility and suppleness. The lift is aptly referred to by old timers as an acrobatic feat. These survivors of the old days of slow and ponderous lifting simply must insist on crediting present day lifting records to trickery. The modern lifter is called an acrobat, due to his method of dipping



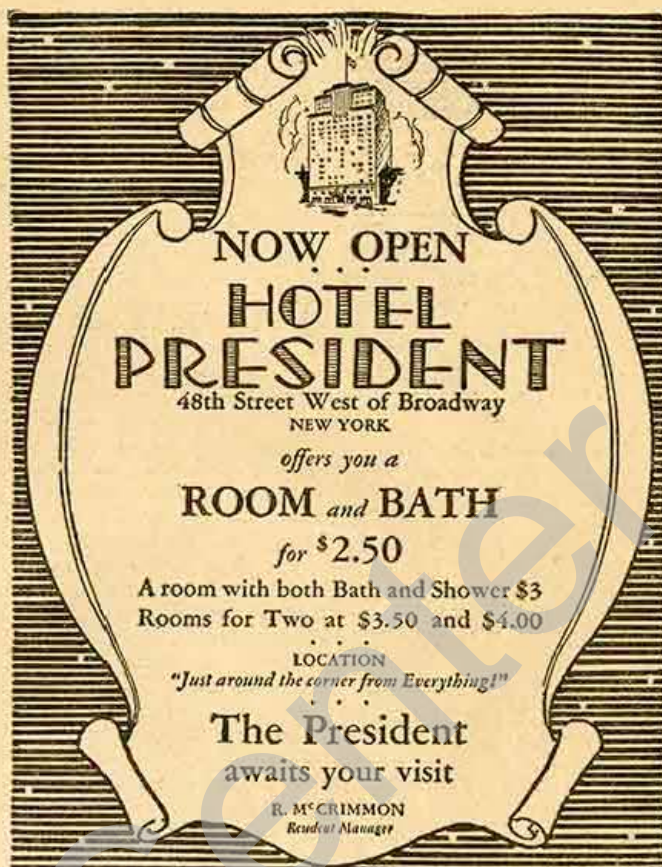
and splitting to get under a weight. However, we must not overlook the fact that exceptional strength is necessary to elevate great weights, especially while moving in a manner resembling a flash. The present day lifting athlete is capable of snatching with one hand, a weight that old timers had to resort to jerking and even bent pressing to raise aloft. The average strong laborer or athlete would find it impossible to raise such a weight off the floor with one hand, much less to toss it to arm's length overhead in one sweep from the floor.

If you have any doubts concerning this, just try to imagine the strength involved when Charles Rigoulot, of France, succeeded in snatching with his right hand 237 pounds. Several other top-notchers have likewise snatched in excess of 200 pounds on various occasions. It takes a good grip to hold on to 200 pounds, when using a straight bar and no aid to the grip, to ever raise the weight a couple of inches from the floor; and it takes a man of very exceptional strength to "clean" a 200 pound bell to the shoulder with one hand. Of late years it has become fairly common for lifters to raise more than their body-weight overhead in the One Arm Snatch. Besides the qualities mentioned in the early part of this article, *i. e.*, strength, speed, agility, and suppleness, it will take hours of practice to become capable of accomplishing this remarkable feat.

We shall endeavor, by means of a few photographs, to give you a correct understanding of the important positions in the execution of a scientific snatch. To begin with, there is no use in trying to accomplish anything with a thick bar, the thickest one with which you can possibly be efficient is about one and one-sixteenth inches in diameter. An inch bar would be more ideal. The steel in the bar means a lot, as you cannot successfully use one with too much spring, if contemplating a worthwhile snatch. A small amount of spring is better than an absolutely dead bar, but if the bar has too much of a whip, it will tend to throw the weight back down on you, as you are coming upwards, in which case the recoil of the springy bar would force you to bend the arm and lose your lift.

Be sure to have the exact center of the handle bar marked, so you will lose no time in getting the correct balance. As to the size of spheres or plates, the rules permit nothing larger than eleven inches, but something around eight inches will prove better for most lifters.

Stand close to the bell, with the bar passing directly over the insteps. You must experiment to find the correct distance between your feet; about shoulder width will be right for most fellows. Get down to the bell by bending at the hips and knees, keeping the back as flat as possible; grip the bar firmly, at the same time placing the non-lifting hand on the corresponding knee. We will presume you are going to lift with the right hand, in which case the left is placed upon the left knee. At the start of the snatch, the right arm



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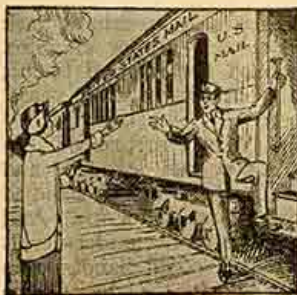
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should be straight but not tensed. The fact must be impressed upon your mind that the snatch lift is, in reality, mainly performed by the contractions of the back and leg muscles. So far as the force or direct effort is concerned, these muscles do the work. Of course, the lift is not accomplished by this effort alone, as the scientific side of snatching consists of bending the legs and body at the proper instant, so as to lower the body as far as possible while the bell is moving upwards, and thus getting a straight arm under the weight, with a minimum lifting height.

To get back to the starting position: The right arm is straight but not tensed, the grip is secure, and the left hand is firmly set upon the left knee. Bend the legs and back a little more; then quickly contract these powerful muscles by straightening the legs and back, pulling upon the bar and endeavoring to send the weight all the way over head. As the bell reaches the approximate height of the chest, split the feet somewhat and quickly drop under the bell.

Reference to the illustrations should help to make my meaning clear. Photo "A" shows the starting position. Photo "B" shows the bell traveling upwards as the legs and back are straightened to impart full momentum, and just before the body is lowered under the bell. Photo "C" shows the next stage, where the lifter is squatting under the moving bell. Photo "D" shows the lifter ready to come up to the upright position to finish the lift; the arm is straight and the body has been lowered to the maximum. You should not squat straight down, but should lean well to one side; as the right arm is being used for the present example, the body should be bent well to the left, the left arm assisting by helping to support the body by resting upon the left knee.

When you are pulling the bell overhead, concentrate on sending it back over the right shoulder. A heavy weight is easier managed when pulled back to the point where the upper back and shoulder muscles are tensed to keep the arm from going all the way back.

In splitting the feet, the right should be moved the farthest as you use the left for support. The foregoing is given as the best method to be learned by the average lifter. In our opinion the above style can be improved by "diving" for the bell, instead of "getting set" in a bent over position.

Proceed as follows: Standing erect with the feet a comfortable distance apart, the bar passing over the insteps, breathe in and out quickly, then inhale fully; concentrate the mind upon getting the bell overhead as quickly as possible, and "dive" for the bell. By "diving," we mean to bend down as quickly as you can; exhale as you "dive," and inhale as you grip the bell and start the upward pull. No stop should be made as you grip the bell; "dive" and spring upwards in as continuous a motion as you can. From there on, the procedure is identical to the first method of snatching.

In some countries and localities the snatch is performed by squatting straight down upon the heels, some keeping the heels upon the floor, others rising on the toes. Both of these methods are very efficient for those who are properly coached and have mastered the movement thoroughly, but a great amount of risk is attached to their performance. The lifter is in great danger of falling either forward or backward, if a delicate balance is not preserved.

Some very fast athletes perform a snatch by diving for the bell, tossing it upwards, and jumping directly underneath without lowering the body to any great extent. There is no doubt they would become able to handle better poundages by the use of a very low squat. A perfectly straight bar usually is found to be the most efficient, although a "cambered" or bent bar has been used satisfactorily on numerous occasions. You will find it necessary to keep in a limber condition to become expert at snatching. The best way to master this lift is by constant practice. Use a weight within your limit and practice several repetitions in succession. Try your limit only occasionally.

## Health and Success

(Continued from page 47)

surplus energy to become waste and carbonized in my system. The net results were constipation, lack of energy, headaches, drowsiness, loss of ambition, and finally, what amounted to loss of my position. To decide was to act. I was at home, so the question of quality of food was automatically solved (my mother had long been a believer in sensible diet) and my only remaining task was that of obtaining proper exercise. The old 'Y' looked pretty good to me, so back to it I went after a three years' absence.

"Say, howdy! Was I surprised? My 'eye' for the basket had left me, and weights that I had formerly handled easily were now too much for me. And fellows who used to be the under-developed chaps whom I could handle with ease on the mats or with the gloves were now huskies who made me look like an

amateur! My first few days in the old gym were most enlightening, even though not at all entertaining in a delightful manner.

"That is about all there is to it, I spent two months around home, working out in the gym several times a week, taking swims in the pool, hiking, and so on, and managed to lose several pounds of fat, my constipation, my drowsy feelings, and my 'soured' attitude on life in general. Instead I felt fit, my muscles were firm, and I was full of ambition and pep. So when the spring business opened up and I went back to my old job, everything looked bright to me. I had a better 'approach,' sold more goods, and made more money. It wasn't long until I was called in for another conference with the 'boss' and this time it was to commend my recent efforts.



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"Only one problem remained to be solved—how to keep up the exercise and sensible diet while on the road. The diet problem I have solved by eating less than I formerly ate, and by eating plenty of fruit and very little pastry, also by eating no more meat than I have to. As for the exercise, well, you see, all my years of exercise had built me up to the point that I needed more strenuous exercises than the ordinary calisthenic or setting up drills, so I modeled a few for my needs along the lines of weight lifting, of which I have done a fair amount. Of course, however, I could not carry such apparatus around with me, so had to evolve a means of exercising my various muscles by using my body weight as resistance, and I finally set upon a few certain movements as fitting my particular needs. And that is all my story—I watch my diet and take my exercise regularly, and my sales sheets show that it pays."

"Bill" invited me up to his room to show me the exercises he used, and believe me, I was surprised to see him stripped down. Of not at all heavy or broad build, his body was covered with cords and slabs and knots that bounded into view and played here and there one instant and the next disappeared into flowing curves and ripples beneath a smooth skin. As he took his exercises, first one set of muscles and then another would jump out in bold relief, and one glance at them was sufficient explanation as to how he could perform the stunts he had done down in the lobby. As for the exact exercises, here they are. Try them, you who have more muscle than setting up exercises will benefit properly—you'll be surprised!

For the biceps do the curl with a chair (see figure 1). For greater resistance place anything from a book to a traveling bag in the chair, in which case you can do only half the motion, but the benefits derived will be considerable.

Stand on a chair as in figure 2, grasp the front of the seat with the hands, then alternately straighten and bend the knees, all the while pulling hard on the front of the seat with the hands. This exercise is great for stretching the tendons on the back of the legs, also for exercising the muscles of the legs and small of the back.

Stand beside the chair, place one foot on the seat of it, and without springing, slowly press up until standing erect on the one leg. Repeat several times. This exercise, known as the one leg squat, is a great developer for the calves, thighs and buttocks. See figure 3.

The illustration No. 4 shows another good one for the abdominals. This exercise is best performed on a bench or table, as shown, but can also be done on a bed by reaching behind the head and grasping a convenient hold on the bed (if it happens to be of the popular metal variety). Raise the legs and body higher than the position shown, then lower slowly until almost touching the support; return to starting position and repeat. At first it may be necessary to bend the knees and hips, and "curl" the legs back over the chest, then straighten

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out and lower, but you should soon become able to do it as directed.

For the pectorals and triceps nothing excels the ordinary floor dip; however, for one with plenty of strength, better results will be obtained by doing the exercise on one arm at a time or by using both arms while the feet rest on the seat of a chair instead of on a level with the hands. See figure 5. A good variation, too, is to do the dip as done on the parallel bars by standing between two chairs and dipping while holding the feet clear of the floor. Still another set of muscles is brought into play by doing the handstand dip. Let the feet rest lightly against the wall to maintain the balance and dip on the arms.

For the small of the back try this one: Lie on the floor, face down, then arch the back as much as possible, endeavoring to get the head and feet as far as you can above the floor. If you have something convenient under which to place the feet you can do the exercise as shown in figure 6, but it is just as good done as first explained.

A most excellent movement involving the pectorals, triceps, abdominals and other muscles is the rocking dip, shown in figures 7, 8 and 9. Take the first position (figure 7) with the arms and legs straight, and the hips held as high as possible. Then, bend the elbows and sink until the entire forearms rest on the floor, the hips still being held high (as in figure 8). Now rock forward on the hands as you straighten the hips, throwing a great part of your body weight on the arms. Come to position No. 9 with the arms almost straight, then straighten them, bend the hips and return to the starting position. Repeat several times as the movement tends greatly to overcome constipation and stomach ills.

"Bill" was pretty good at balancing on his hands, and in addition to these exercises he also did a few balancing stunts, but it is the above exercises, so he says, that are responsible for his continued good development and—most important of all—his continued good health. They are "magic aids" to him, and will be to you, too, if you will let them. Give them a chance, fellows, give them a trial!

### Developing Good Deltoids

(Continued from page 33)

well as at the side. When fairly heavy weights are used as the means of resistance, these movements are as effective as they are simple. However, one must be careful to avoid too great a percentage of this form of exercise in the program, for although the range of contraction is complete, a stiffening effect must be guarded against.

As a means of illustrating our point, the shoulder joint can be compared to what is known in mechanics as a universal joint. The action is quite full and complete in every direction. The deltoid is the chief muscle of the shoulder and governs the principal movements of the arms upon the body. Quickness and suppleness are as impor-

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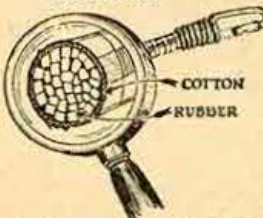
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Do fish sleep?  
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tant as strength and endurance, so far as the action of the shoulder is concerned. For this reason, even though one may be primarily interested in contractile power, there is nothing to be gained by specialization on slow leverage movements which may tend to cramp and tighten the muscles and tendons. It is doubtful if many physical culturists will narrow their exercises down to the sole practice of this class of movements. Those most liable to do so are the fellows who use solid iron dumb-bells only.

We just mentioned that quickness, suppleness, endurance and strength were each to be considered in relation to the deltoids, which means that we must consider more than one angle when we plan our exercises. Likewise, we must consider the formation of the muscle, not alone in its entirety, but in its divisions, if we are to plan our actions intelligently and efficiently. We want you to clearly understand that we do not advocate such a thing as trying to develop one set of muscles at one time to the exclusion of all other parts of the body. We may deal with one part of the human anatomy in one of our articles, the present article being an example, but we do not intend to create the impression that you should spend your time entirely in the practice of the exercises outlined herein. You should, at all times, follow a routine of exercises which affect the entire muscular system. To do this, it is not necessary to perform dozens of exercises and stunts, but, on the contrary, you should select a minimum of proven exercises by choosing those which work the muscles satisfactorily by groups.

So we will suppose you have in mind a good program of exercises for all other parts of your body. Your interest at present is centered on the selection of a minimum of deltoid movements which can be depended upon to bring satisfactory results. Supposing you are a novice, you should start with simple overhead pressing movements with a bar bell, both in front and in back of the head and a few single arm pressing movements with a dumb-bell. All of these exercises will benefit more than just the deltoids, as they are also excellent for developing the triceps of the arm, the trapezius of the shoulder, and the muscles of the back and waist, besides affecting the buttocks and legs in an indirect way.

When properly developed, the deltoid presents the appearance of a large heart; this seems so regardless almost of from what angle we might view it. A glance at the ten illustrations we are using will prove this. The anterior, or front part of the deltoid, is the strongest and most prominent; likewise it is the easiest to develop and strengthen. All overhead pressing movements bring this part of the muscle into prominent action, two arm pressing movements in front of the face being especially valuable; pressing while lying on the back and raising bells at arms' length in front of the body are also important for the front part of the deltoid. The posterior, or rear part, will be harder to affect di-

rectly; the rowing exercise for the latissimus muscles is probably one of the best for the rear of the deltoids. This is performed by leaning the body forward at the hips, keeping the legs straight, and raising a bar bell from a hanging position up to the chest. It is essential that the elbows be kept out from the body. This exercise may also be performed with either a kettle bell or a dumb-bell in one hand, while resting the other hand upon a chair or bench. Any other movement, wherein the elbow is raised to the side or rear will also have a beneficial effect.

Lifting bells to the chest will also bring this part of the muscle into play. The fibres directly at the center point of the shoulder, or where the front and rear portions meet, is the weakest point and the hardest to develop prominently. This part of the deltoid must be developed proportionately to the adjoining muscular bulk, or the effect is never entirely satisfactory. The best movements for this part of the muscle are: Raising the arms to the side while holding a bell in each hand, the crucifix, the two arm press behind neck, the one arm military press, the alternate kettle bell press, raising a bell in each hand from the shoulder to overhead; one of the best possible is to practice a variation of the one arm military press, using a kettle bell in one hand, while the opposite arm is held straight out at shoulder level, and while keeping the body rigidly erect, to press the bell from shoulder height to arms' length overhead.

All of the overhead single arm pressing lifts and exercises will develop the entire deltoid, especially the side press and bent press. So far as repetitions are concerned, in the average case it is best to work from six up to twelve times for most of the exercises, whether using one or both arms. However, for the alternate press and the single arm military kettle bell press, you can safely double the counts. As to poundages, always use a weight well within the strength limit and add to this poundage in small jumps without any effort to hasten the progress. The big point to keep in mind at all times is keep your limit well ahead of you, and you will continue to progress indefinitely. When you feel that you are approaching your limit too quickly, take a longer time between adding to the repetitions and poundages.

The truth is that at first no direct effort is made to exercise the shoulders, other than in a general way. The above exercises should always be included in the program as necessary to proper training. As you progress, you begin to specialize more or less directly upon the deltoids. The alternate kettle bell press (holding a kettle bell in each hand and pressing them alternately from shoulders to arms' length overhead) is probably the first exercise of this nature to be attempted. All of the above mentioned exercises will be found to cover your developmental wants for some few months' time. After that you should expect to work a little harder by degrees and strive for exceptional development.



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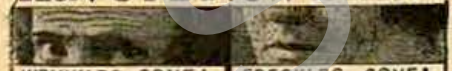
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BLACKHEADS

PIMPLES

A certain amount of shapeliness and strength will result from the continued practice of the simple movements listed, but the greatly desired qualities of exceptional development and strength must be acquired by following two other great principles.

So far as exercises go, you cannot select any better than those named above, so there is nothing to be gained by trying to invent new or phoney movements. To obtain the best possible results it is essential to exercise the deltoids in conjunction with the legs and back. When you progress to this stage of your exercise experience, you will be working for the utmost in deltoid development. Every man whose photo illustrates this article has followed this principle for an indefinite time. All of the advanced lifting movements tend to bring about this result, such as the two arm push or continental press, the bent press, the two hands anyhow, and particularly so, the quick lifts such as the snatches, jerks and swing lifts. The quick lifts are particularly invaluable for imparting the qualities of speed and suppleness besides pure contractile power.

The principle of working the body in all manner of positions, is a valuable one to be mastered. The Herculean hand balancer who performs a variety of stunts with one or more partners derives full benefit from this principle. Among lifting stunts we have the bent press, side press, two hands anyhow, lying down and getting up while holding a weight aloft, and the general practice of exhibition strength feats. The next time you visit the vaudeville theatre and see a team of Herculean hand balancers, pay particular attention to the action of their deltoids. Especially you should notice the work performed by the deltoids of the understander, the husky member of the act, who has the job of lifting the rest of the act around overhead. Practically everything they do calls for exceptional deltoids; this applies to the top-mounter as well as the ground man. Successful stage athletes always have these muscles well developed and noticeably prominent. You will find a dozen or more acts of the athletic type in any big circus, whose members perform unusual feats of strength and skill. The sizes and shapes of these men may vary considerably. The majority will be found to possess perfectly developed muscles from the tips of their fingers to the tips of their toes, proportionately built in every respect. Others will not be so shapely, they will have poorly developed legs or arms, and once in a while one may look round shouldered; but there is one detail of their development, where each and every one will show prominence—the deltoids.

Professionals and good amateurs of this class of physical work are so accustomed to strenuous overhead movements of the arms, that the deltoids cannot help being developed. Mr. Otto Arco is an example of this type of athlete. His daily vaudeville act calls for the utmost in physical powers. These professional athletes do not find it necessary to train

in order to keep fit. Their daily work, showing two or more times in front of the public, tends to keep their entire muscular system in first class condition. All of the great hand-to-hand performers started by first developing themselves by practicing bar bell exercises; then as they became strong and well developed, a certain amount of time was devoted to mastering the principles of balancing. All good lifters find it comparatively easy to master difficult hand stand movements, and most first class lifters are also pretty good at this class of work.

Most of the men whose physiques are used for the purpose of illustrating this article are amateurs, but every one of them has had some experience at hand balancing. They have found hand stand movements to be invaluable for properly rounding out the deltoids, after they had progressed to the advanced stage in their physical training. Among the professional physical culturists in the present group of illustrations, we have Mr. Arco, Anthony Sansone, and Siegmund Klein. Though a product of bar bell lifting and exercise, Arco specializes in stage hand-to-hand work; hand balancing has played an important part in the improvement of the physique of Sansone, while Siegmund Klein is exceptionally good in performing difficult feats of hand stand work. He is probably unequalled, for one of his body-weight, at making repetitions of the "tiger bend," wherein the athlete drops to the elbow stand and presses back up to the full arm stand. I believe his record is around a dozen times in succession.

Otto Arco needs no introduction: better deltoids could hardly be found upon mortal man. Every inch of this fine athlete is muscled perfection, and those great deltoids top off this back pose in a manner that assures you of his degree of strength. His years of constant hand-to-hand work, after other years of bar bell exercise and wrestling, has kept him in trim condition at an age when the average athlete has retired to oblivion.

Siegmund Klein is too well known to our readers to make comment necessary. The principles advocated herein have been followed religiously by him. The pose we are using of him was taken to illustrate a very valuable grip exercise; incidentally, as this photo shows, the exercise benefits the deltoids. At least, the deltoids show most prominently, particularly the front section of these muscles.

Quite recently we received several wonderful photographic examples of masculine physical perfection as portrayed by the physique of Anthony Sansone. A number of the poses showed the deltoids to splendid advantage, but as they were all full length, some other part of his anatomy also stood out very prominently. The present photo more or less accentuates the breadth of his shoulders, which effect is enhanced by the size and shapeliness of the deltoids. No effort is made to tense the deltoids, yet they stand out in fine curves. Without discounting any other part of his



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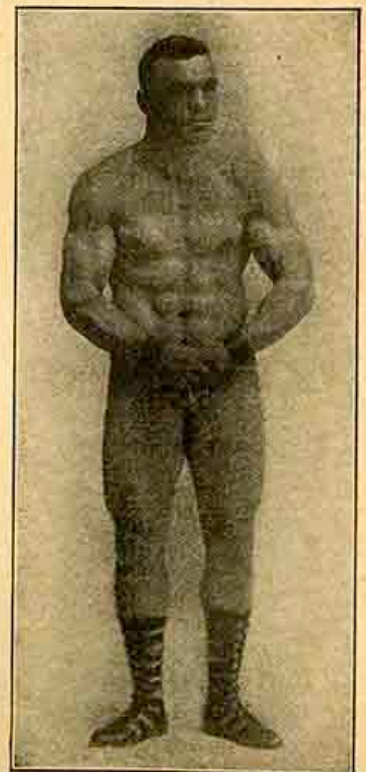
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shapely physique, I believe the breadth of his shoulders possesses a certain appeal which cannot pass unnoticed. This man is greatly admired by followers of the physical cult because of his stately height of about six feet.

The likeness of William Bowan is shown to illustrate the effect of good deltoids in creating the impression of broad shoulders when you face the camera. This is the one and only way to acquire broad shoulders. Develop the muscles covering the points of your shoulders. Mr. Bowan followed other forms of physical culture before taking up bar bell exercise; to be precise he spent two years on each plan previous to having this photo taken. He may have improved his condition a great deal before using bar bells, but we could easily use him as a "before and after" since he first handled progressive weights.

So far as size and shapeliness of the deltoids is concerned, it is doubtful if you will find any to surpass those of Harry B. Paschall. The arm spread photo of this fine athlete has been used in STRENGTH about a year ago. It is so good that we could not refrain from using it again. Mr. Paschall is a man of about average size for an American. His deltoids are unusually large for one of his bodyweight; still you should note that the latissimus and trapezius muscles are so well developed and rounded as to present an appearance of proper balance. The writer took this photo, and can assure you that no particular effort was made to tense the muscles.

Mr. Arne Bratten, of Winnipeg, Canada, possesses a pair of shoulders of which to be proud. You will notice that the right deltoid seems to be nearly as large as his head. He is a tall man, and at the time this photo was taken he weighed 160 pounds. Adipose tissue is so scarce on him that the muscular fibres stand out exceptionally plain.

Mr. James Cameron, of Rockford, Ill., is another man whose muscles stand out very clearly. You may recall the two photos of him, used in the February issue to illustrate the article "Arms and The Man"; I would suggest

(Continued on page 91)

## The Charm of a Lovely Skin

(Continued from page 39)

and thus bring harmful results.

Kitty also taught me the value of air baths, as a means of promoting activity in eliminating waste matter from the skin. She discovered the idea while sojourning in Germany where bodily exposure to the elements is advocated in one of their systems of health. I found to my joy, after taking the treatment during the warmer weather, that it had not only a pronounced effect upon the purification of my blood, but it had a vivid effect upon my jaded nervous system as well. I discovered with unusual interest, that the manifold nerves that have their end in the skin responded immediately to the wonderful influence of the friction baths, cold shower and particularly the air bath. The air bath,

that you open that issue for reference, to compare some of the photos with the present group. The pose used herein of Mr. Cameron does not show the muscular separation, due to the glare of the sun. The bulging contour of the muscles makes this photo valuable for our present purpose.

Another man with fine deltoids, whom we used in the article on arms, is Mr. Owen Brill, of Holyoke, Mass. At the time we promised to use more pictures of both Brill and Cameron. We were unable to get the kind of poses we wanted but believe the two we are using to be pretty fair. The deltoids of Mr. Brill completely cover his shoulder points and add a most pleasing effect to the upper arm.

Mr. Harry L. Good, of Reamstown, Pa., is no stranger to our readers, his likeness having been used in former issues; however, he should have been used as an example more often. Most of the photos he previously submitted were too small and indistinct for proper reproduction, but sometime ago he sent us quite a few snapshots of a somewhat larger size, which you may expect to see from time to time. Mr. Good stands five feet seven and a quarter inches and weighs 172 pounds. He has a 16 $\frac{3}{4}$  inch neck, 44 $\frac{3}{8}$  normal chest, 45 $\frac{3}{8}$  expanded; his upper arm and calf each measure 15, thigh 23 $\frac{3}{4}$ , waist 32 $\frac{3}{4}$ , hips 38 $\frac{1}{2}$ , wrist 7 $\frac{3}{8}$ , ankle 9, reach 74 inches. His strength feats are quite worthy of mention: Back Lift, 2825 pounds; Two Hands Snatch, 175; Two Hands Jerk Behind Neck, 250; Two Hands Dead Lift, 465; Two Hands Anyhow, 255; Wrestler Bridge, 240; Shoulder Bridge, 270. He can perform a One Leg Deep Knee Bend with 130 pounds; and with 150 pounds, he jerks it overhead one hand, then lies down flat on his back and gets up again to the upright position while holding the bell aloft; Crucifix (muscling out a weight in each hand), 100 pounds; hold out with one hand, 65 pounds. He can also let a 150 pound man jump on his stomach from a height of eight feet and can support 1200 pounds on his shoulders.

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"Hiking in the out-door air should be encouraged among all classes of women. Women who live in cities should drive out to the country and walk through the fields, up hill and down dale, as this will charge them with health and give a certain amount of rest to the bodily activity not affected by walking. Furthermore, mountain climbing is unrivaled as a means of restoring the bloom of youth to the cheeks and strengthening the entire muscular system."

If our blood could be kept always pure, skin trouble would be quite impossible. Most of the blemished and pimply skins arise from impurities in the blood stream. The blood romping through the veins represents life. You are what you are primarily through the influence of the blood that seeps into every infinitesimal part of your anatomy. Pure blood is dependent upon good assimilation and digestion. If the organs that control the digestive process are in good working order, one can be confident of having a pure supply of blood.

It is of paramount importance for the alimentary canal to be active sufficiently to warrant pure blood. The lower alimentary tract is a veritable sewer of the body. Through it a vast portion of the impurities that accumulate in the system are removed. If the alimentary canal becomes clogged, there is certain to be poison and in extreme cases serious injury. In order to help the action of the alimentary tract a strengthening diet made up of a supply of foods which contain all the elements required by the body is best recommended. Fresh fruits of divers variety, roughage foods, such as cereals and fresh vegetables influence activity in the alimentary canal.

Proper out-door breathing of fresh air, together with exercise of a stimulating nature, are the next features of importance in blood purification. The normal functioning of the kidneys likewise is of importance in helping the skin to be healthy. This can be accomplished by drinking plenty of pure, fresh water during the course of the day. The water drinking habit is very



good and should be encouraged.

There are many methods of cleansing the skin that aid materially in producing a clear, unblemished surface. This is the recipe Kitty Brown gave me. Once a week take a Turkish or Russian steam bath followed by a cold shower, or if this cannot be had a hot tub bath twice a week with the temperature of the water about 105 degrees Fahrenheit, followed by a cold sponging and slapping the entire body with the palms of the hands before drying with a coarse towel.

For the face, before going to bed each night, fill the wash basin full of hot, steaming water. Place a Turkish towel over your head, bend over as close as possible to the steaming water, and allow the ends of the towel to dangle over the sides of the basin. Your face will get a good steaming, which will open the pores. Now let the steam saturate the skin for about five minutes, and then pat the face gently with the hands until the blood is brought near the surface. Dry the face thoroughly and apply a cleansing cream, preferably a lemon preparation. Rub this in well and then steam the face for five min-

utes more. Finish this by bathing the face in cold water, after which, rub a piece of ice over the skin, particularly under the chin. This will close the pores, bring a rosy tint to the cheeks, and reduce adipose tissue. Before retiring be sure the skin is thoroughly dry, and apply a light application of the lemon cream to keep the pores lubricated during the night.

In closing, to summarize it all, Kitty's secret was merely, first, keep the blood purified by tending regularly to the bowels. Second, eat the sort of food that aided in this elimination. Third, exercise sufficiently to produce a sweat. Fourth, bathe the body in warm water, followed by a cold shower daily. Fifth, give the body a good friction bath, air bath and sun bath. Sixth, use natural means of cleansing the skin and avoid too much use of cosmetics. Seventh, breathe fresh out-door air and exercise and walk in the out-doors. And lastly, make it your earnest desire to keep the blood stream, which is your life, free from injurious poison, so that you may express life in the fullest possible sense and be at all times youthful in appearance.

## Ask the Doctor

(Continued from page 53)

**ANSWER:** For your case I know of nothing equal to playing a wind instrument of the type using a cupped mouth-piece, and of the number of such instruments the cornet seems best. So I would recommend that you take up the

cornet, as playing it requires the lips to be considerably drawn, and I have known of several cases in which satisfactory results were obtained by this practice.

## Association Notes

(Continued from page 42)

power, or his hands were too small. Giroux has big hands and a very good grip. By exerting himself, we feel sure he should have lifted close to 570 lbs. at the show, but when he found he was not at his best he simply didn't seem to want to exert himself on a weight which used to be easy for him.

A funny thing happened right after Giroux lifted the big bell. There is another bell of about the same size but of a slightly different shape, with a handle bar several inches in diameter, only this bell is made of tin and weighs—nothing. Arthur walked over to it, took a good solid hold and pulled—boy, he nearly flew. All of those present including the amused Giroux, had a good laugh over the incident.

The Cincinnati Strength Show of March 4th was a big success. It was held at the club rooms of the Body Builders A. C. The chief attraction was Walter Stratton, of Letonia, Ohio, whom the boys out there call "Ohio's Own Hercules." Stratton weighed in at 167 stripped, and accomplished the following: Two Hands Continental Jerk, 260; Left Arm Bent Press, 209½; Two Dumb-bells Clean and Jerk, 205; all three being new American Records. Stratton also did a Right Arm Bent Press of 200½, just failing with 220½; also a Press on Back Without Bridge, 220; and using 300 pounds in the deep knee bend, he repeated it seven times.

Emmett Faris, middleweight, performed a Left Arm Bent Press of 175; 186 Clean and Jerk Behind Neck; Left Arm Swing, 110½; Two Arm Snatch, 146; then using his hands only, he bent a 60 penny spike, and tore a deck and a half of playing cards in half.

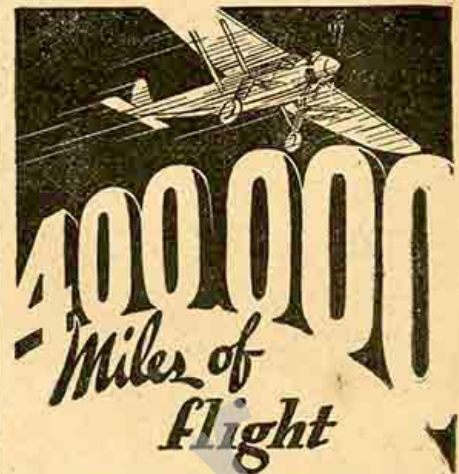
Bill Brown, weighing 138 lbs. stripped, won a Second Class Diploma by making a total of 938 on the Eight Standard Lifts—Cre Hand Military Press, 65; One Hand Side Press, 92; One Hand Clean and Jerk, 115; One Hand Bent Press, 120; One Hand Snatch, 102½; Two Hands Snatch, 127½; Two Hands Military Press, 130; Two Hands Clean and Jerk, 186.

Harvey Siegal, 134 pounds body-weight, did a Right Hand Swing of 107½.

Howard Faris, weighing 124, did a 140 lbs. Two Hands Clean and Jerk.

Arthur Jones, weighing 145, did 360 in the Two Hands Dead Lift.

They do not expect to have another show in Cincinnati till Fall, as Emmett Faris is quite a ball player and will not have any time for lifting till the season is over. The boys out there think Walter Stratton is the King of lifters, and say they will be talking of his 300-pound deep knee bend twenty years from now. As Faris expressed it: "He knocked them off their seats when he did that." The officials of the show were Harvey Siegal, referee; judges—



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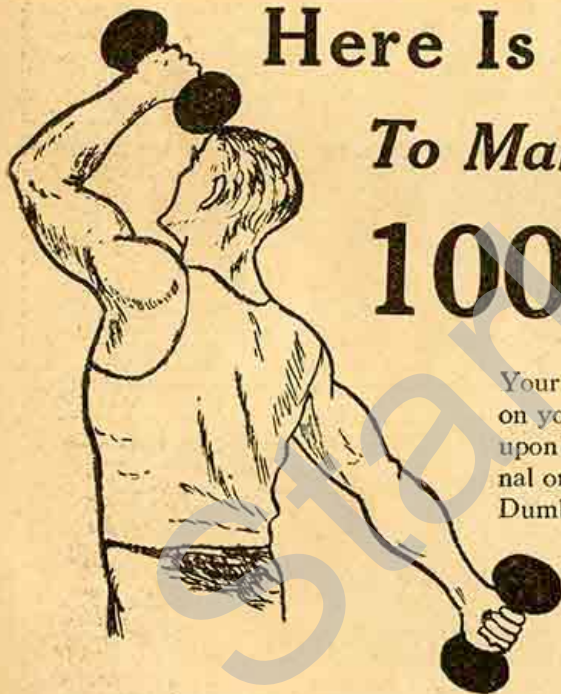
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Your health depends not only upon your great strength, but also upon the condition of your internal organs. Proper exercise with Dumb-Bells will force the air into every cell of your lungs, squeeze the poison from your liver and give you a vigorous circulation of the blood.

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Bob Arnett and D. B. Mills; Witnesses—Henry James and William Eppler. City Inspector of Weights—Mr. I. Van Cleef.

Fellow Association members, we want to introduce W. C. Smith, of Oklahoma, an A. B. B. M. professional strong man, who travels around that rugged country giving shows. His height is five feet, nine inches and he weighs around 165. He performs all of the regulation stunts of the strong man trade, such as bending spikes and bars, allows an auto to run over him without any bridge or other protection, etc. But he says his best stunt is to blow up and burst a Ford inner tube. You ambitious, big-chested guys might try that one for a little amusement.

Around the end of last year two of the Hagerstown boys set some records. The report should have reached us a long time back but was lost somewhere enroute, as it took about two months for one of the witnesses to attach his signature in the presence of a notary public. Richard Bachtell, at 139 pounds, made records as follows:

Two Dumb-bells Clean and Military Press .....	142½
Two Dumb-bells Clean and Push .....	154½
Left Hand Swing .....	126¾
Left Hand Dumb-bell Bent Press .....	124½

He also lifted 171 in the Two Dumb-bells Clean and Jerk, thinking it was a record, but Sundberg had just previously set up a poundage of 180. Robert F. Knodle, weighing 111¾, made a Two Hands Clean and Continental Press with 158 pounds for a new Bantam Record.

The next Philadelphia Show will be on May 5th, the first Saturday in the month, at the Grand Fraternity Building, 1628 Arch Street. We have been holding shows every two months since last summer, but now we have a different plan in mind—or rather, Mark Berry has the idea in mind. He wants to run shows every month in some convenient place and continue them right through the summer. His idea is to have straight lifting shows instead of vaudeville shows as we have been having. The idea of mixing the shows up with tumbling, juggling and what-not was to encourage the attendance of newcomers as well as the girl friends of the lifting fans. This makes it hard on the lifting, and the boys don't get half a chance to break records and show real strength stuff.

If the new plan goes through we will start in June with real lifting shows, about three hours of solid lifting, everyone invited who wants to see real lifting; and if you get tired of witnessing lifting, you have the privilege of walking out and going home. Let's see what kind of support you fans around Philly will give to a show of this kind. We aren't sure about it yet, and we don't know where we will hold them, but an announcement will be made at the May Show. Those who are anxious about such shows can call Mr. Berry on the 'phone and get the address of the place they will be held. The Milo Building is so busy these days and so full of machinery and stock, but we may hold



them right there where all kinds of weight is on hand for use. There is also a fine lifting apparatus up there for making harness and hand and thigh lifts which could be put into use with no trouble.

Don't forget, fellows, that we have a great medal scheme coming, the announcement of which is held up by certain little details. At present we are offering gold and silver medals each month for the best physique poses received. You must be a member of the A. B. B. M. and an amateur to qualify for one of these prizes. Some of you readers may wonder how we will select the winners, just as you might have wondered concerning our system of choosing the best photos in the recent posing contest, which was won by Robert RaNous. Some of those who consider themselves quite artistic may have noticed the entire absence of any fancy or effeminate poses, such as adagio dancers are wont to get into. You know, the kind of poses with the fancy frills of curved fingers and a "kiss me" expression on the face. Well, those sort of things don't strike a very warm place in the hearts of those who will decide the winners. We want rugged, manly photos showing masculine types of "he men." We can appreciate the artistic effect of imitating classical statuary, which poses sometimes have a place in the general scheme of illustrating the masculine physique, but the fellow who wins prizes in the sort of contest we are running at present will show his "mukels" to the best advantage.

Remember the other medal chances for this year. Of course, these prizes are for very high quality performances, so only the top-notchers will have a chance. Mr. Charles S. Lee, of Detroit, is offering a gold medal in each bodyweight class to the amateurs who perform the most outstanding lifting feats for the fiscal year of September 1st, 1927, to September 1st, 1928.

The A. B. B. M. is offering a gold medal to any amateur member who equals the total of the third place winner of his bodyweight class in the coming Olympic Games. The total must be performed no later than July 15th. We insist on appointing the referee in each instance, and anyone interested may apply for permission to try. The lifts are all two handed: Snatch, Slow Press, and Clean and Jerk.

Then, of course, you know we are giving diplomas for a ten-inch gain in measurements within three months; the measurements must be for neck, normal chest, both upper arms flexed, both forearms, both thighs and both calf measurements. The only requirements are that two witnesses sign to the correctness of these measurements both before and after the period of three months.

Another scheme for those who are interested in lifting is to make a certain total on the following eight standard lifts: One Hand Military Press, One Hand Side Press, One Hand Bent Press, One Hand Snatch, One Hand Clean and Jerk, Two Hands Military Press, Two Hands Snatch and Two Hands Clean and Jerk. We will award



Professor Maurice Scholder, D.G.

HAVING reached advanced years, Professor Scholder is retiring gradually from clinical treatment, and has devised, therefore, his Home Treatment System, whereby his services have been made available to people all over the country. Instead of being limited to those who could come to his Clinic, as in the past thirty-two years. His secret formulas and the individual treatment given each applicant account for his remarkable success in stopping loss of hair, and in actually growing strong, new hair.

"My scalp feels fine and my hair looks good and there is no dandruff in sight. New hair is coming in, of which I am very proud."  
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"Since completing your course of treatment I haven't had any trouble with my hair. As you know, it is about four months ago, and I owe it all to your splendid method."  
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[A Direct Message to YOU from the Greatest Hair Specialist of All Time]

MODERN SCIENCE has definitely determined that there is no excuse for baldness if you will treat your scalp properly before the *mother roots* have starved and died. Nature has ways of warning us when certain parts of our body are sick or undernourished. In the case of our hair the *danger signals* are *falling hair, dandruff, and itching scalp*. If neglected these conditions will result in thin, lifeless hair—and eventual baldness. You must act *now*—in time to save the *mother roots*.



## How Your Hair Looks at the Root (under microscope)

This illustration shows the structure of your hair, and indicates how its growth is dependent upon the *mother root*, which is imbedded in the scalp. The scalp is the soil from which the hair grows. It is therefore your *scalp* which must be treated in order to stimulate the growth of your hair, just as the farmer must fertilize the bare, worn-out ground to make the crop grow.

## I Can Save You From Baldness

I will accept no case that is hopeless. To enable me to determine the condition of your hair, send a few of your hairs (*ordinary combings will do*) in an envelope with the coupon below. You may also add any details which you think will help with your case, such as whether you have dandruff or other hair ailments. I will then send you a report, and advise you what to do. There is no charge for this analysis and report.

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I am enclosing a few of my hairs for your analysis, with the understanding that you will tell me what to do to save my hair and renew its growth. This places me under no obligation.

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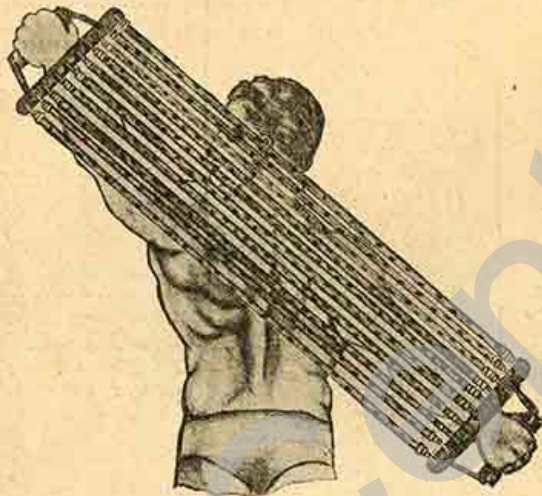


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This strong ten-cable exerciser is free with a two-years subscription to "STRENGTH" and no advance in the subscription price has been made on account of this great offer. "STRENGTH" has for years been \$2.50 for one year's subscription and \$5.00 for two years' subscription. The coupon will prove that these prices remain. Consider what that means to you. We are actually giving you for nothing a high-quality 5- or 10-cable exerciser and complete course on how to use it.

Can you consider every advantage of this offer and still truthfully say it is not the best ever? You cannot. There may be some who think a free proposition is worthless, but don't let that old belief fool you out of this opportunity. We stand back of this apparatus as being a fine, strong, and efficient exerciser.



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Men, boys, women, girls—all can use and benefit in health, strength and shapeliness from this offer. Your wife or husband, mother and father, sister and brother, cousins, friends—all can benefit. If you don't want both the magazine subscription and the exerciser yourself, get it anyway and make a present to someone of the part you don't want. The full value is in either half. But who wouldn't want both—a magazine and course to tell you how to improve your physical condition and an exerciser with which to put your new-found knowledge into practice is desired by everyone interested in his or her physical, mental and financial welfare.

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## THE MILO PUBLISHING CO. STANDS BACK OF THIS EXERCISER

Don't get the idea that, because this exerciser and course is free, the cables are not strong and serviceable and the course no more than a chart like those that accompany most cable exercisers. If you have any idea like that about this offer you are *all wrong* and will regret it when you finally witness the truth of the matter.

## CHEAPER THAN BUYING "STRENGTH" FROM THE NEWSSTANDS

Even the subscription price of "STRENGTH" is a saving to those who would purchase it from the newsstands, not to mention the convenience of having it delivered to your door regularly each

month. Why not save the extra cost of newsstand purchases and at the same time receive the great exerciser and course free? Why not?—it is excellent business on your part and will result in great pleasure.

## WILL DEVELOP FINELY MUSCLED ARMS, BACK, CHEST AND WAIST

Imagine getting big upper arms, steely forearms, a broad, powerfully muscled back, a deep chest with muscles that fascinate, a well-knit waist and a mighty neck at no more cost than the little effort you spend in using this exerciser. Weigh all that against the cost and if you are not the winner by a mile we'd like to know why.

## THE EXERCISER

is strongly made throughout with black-japanned grips and nickeled cable ends. You can, of course, use one, two, three or any number of cables up to five or ten, as the case may be. Both the five- and the ten-cable exercisers can be used as a strength tester as well as an exerciser.

## THE COURSE

consists of 15 pages and 20 exercises. The whole course is systematically designed so that you graduate from one week's training to another by your increase in strength.



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# DON'T WAIT!!



three different grades of certificates according to your ability on these lifts, and the necessary totals are as follows: All those weighing up to 168 pounds bodyweight must lift eight times their bodyweight for a First Class Diploma; six and one-half times their bodyweight for a Second Class Diploma and five times their bodyweight for a Third Class Diploma; those who weigh from 169 to 200 pounds must lift seven times the bodyweight for First Class Diploma; six times the bodyweight for Second Class Diploma and five times for a Third Class Diploma; those who weigh over 200 pounds must lift, respectively, six and one-half, five and one-half, and four and one-half times their bodyweight for a First, Second and Third Class Diploma. We promise to give publicity to all diploma winners who wish such publicity. It will not be necessary to have an official referee witness these lifts, but we will require the signatures of at least two witnesses, one of whom should be a member of the Association.

We will also give diplomas for those making the following totals on the body lifts, such as Back Lift, Harness Lift, Hand and Thigh Lift, Two Finger Lift, Two Hand Dead Lift and Teeth Lift.

Bodyweight Class	1st Class Diplomas	2nd Class Diplomas	3rd Class Diplomas
Bantam (112) .....	4900	3900	2500
Feather (126) .....	5200	4200	2800
Light (140) .....	5500	4500	3100
Welter (154) .....	5700	4700	3300
Middle (168) .....	6000	5000	3600
Light Heavy (182) .....	6200	5200	3800
Heavy .....	6400	5400	4000

Two witnesses, one of whom is an Association member, are required to sign to the correctness of each lift and poundage. Every weight should be weighed in their presence.

### We Don't Need Brain Food —We Need Food Brains

(Continued from page 26)

close to this article.

First of all let me stress the importance of moderation. It is not the use of a thing, but abuse, which is so harmful. We must be temperate in all things, for overstimulation such as too much exercise, food, drink, and what not, must exact its toll in bodily discomfort, poisoned systems, and reactions which break down the will to work. While moderation should be the watchword for those in pursuit of condition, fresh air and sunshine will go far toward bringing about the desired end.

Proper breathing, mastication of food, drinking of water, bathing, care of the teeth, sleep, conservation of nervous and physical energy, correct poise of the body, and other matters incidental to the care of the body, all form contributing factors for the preservation of health and the attainment of condition, the maintenance of which this magazine every month elaborates upon.

Those in quest of condition must positively avoid worries and present the best face to all adversities. Exercise in a manner systematic enough to warrant

a similar output of energy on each occasion does not have a tendency to become tiresome. All work and no play makes Jack a dull boy, however, and the seeker after condition must not lose the will to carry on in the right direction because of overwork, once he feels that he's on the high road to achieve what he set out to do. Stick everlastingly to it and if your efforts are to be crowned with the halo of success, then you must be spurred on by the pulsating, throbbing powers that accompany physical excellence.

### Mr. Mills, of Cincinnati

(Continued from Page 51)

"if I could ever learn that." There, then, is your chance, self-made, to preach the doctrine you have found successful the doctrine STRENGTH has been preaching so many years, the doctrine the truth of which the world is beginning to realize more fully than ever before, that exercise and proper care of the body mean more than anything else toward health, and that health is the foundation upon which all things else, to be completely and fully successful, must be built.

You might also remember this: Fresh air is much better than indoor air for the exercise fan. So when you "strut your stuff" on the beach or in the park you are doing the double turn of helping the other fellow and helping yourself, filling your lungs with invigorating fresh air instead of the less desirable inside variety. Of course, now, there is a "wise guy" in just about every gathering, and one such may try to "kid" you with various "bright remarks" about "trying to show off," but you can rest assured he is not worth your attention. It's a ten-to-one chance that he would give anything to be able to duplicate your stuff, and that what he has to say is said in an effort to keep the attention of others away from his own physical condition. The fellow who can really make a showing doesn't take so much time talking about what he can do that he has neither time nor energy left with which to do it; he proceeds to do his stuff, and once it is accomplished he doesn't have to talk about it himself—those about him do the talking for him.

### Outdoor Tumbling

(Continued from page 29)

spotter, except that it is more advanced both in a tumbling sense and a distance sense. The feet of the performer land ahead of the starting spot in a gainer. That is, if you are starting a back somersault from a spot three feet from a tree, you will land on your feet again, possibly six inches closer to the tree. The strange part of it is, you took off facing the tree; therefore, you really spun in a direction away from the tree in doing the somersault but land nearer the tree.

These three feats are quite advanced but well worth working for, so go to it.

Vitalize Your Body

Zatso

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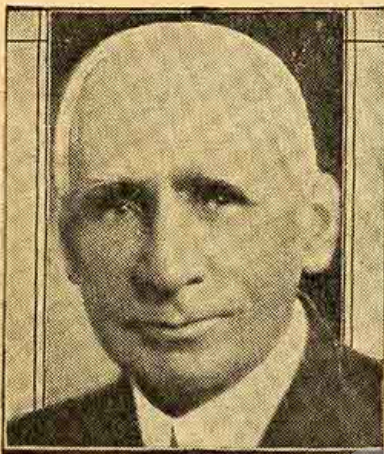
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## Deep Breathing Exercises Are Necessary Toward Building Health

By Wm. J. McNulty

As a schoolboy my chief bugaboo happened to be the home exercises the teachers would pass out to me, very liberally. A heap too liberally for my liking. Now I take keen delight in the home exercises I hand out to myself.

As a youngster I didn't dote on light exercises. I was interested more in baseball, boxing, football, swimming, etc. It really wasn't until I was in the early twenties that I began to grow interested in the light exercises. It had seemed to me a waste of time and effort to exercise unchaperoned, when I could have company by playing the various games.

I was brought up to a very sharp turn in this view, and here is how it came about. A very close relative of mine had not been feeling in the best of health. He went to a physician. The latter suggested he undergo an examination at the hands of an expert in tuberculosis. The latter, following a thorough examination, announced it was a case of incipient tuberculosis; and what impressed me most in the judgment of the lung specialist, was his statement that my close relative had not been using the tops and bottoms of his lungs at any time. From this lack of use, a spot had started to develop in one of the lungs at the top. The close relative had to go to a sanitarium for treatment. He was alarmed, and so was I, not only for his sake but from my own angle.

Had I been using my lungs to the fullest? I had to admit I was not. I had been merely breathing, that was all, devoting no attention to deep breathing whatever. In consequence, my chest development while far from poor, was not nearly as satisfactory as it could have been. There was no doubt of it. I should have much more girth, about the chest, normal and expanded.

The fate of the close relative threw a life sized scare into me. I determined to do deep breathing exercises at regular intervals. When at home I would open the window, and then I would stand, inhale to the limit and then slowly exhale. I would expand the lungs as far as I could in the breathing movement, and hold the air in the lungs for a couple of seconds before starting to exhale.

In order to give the free action to my lungs in the expansion movement, I would hold both arms behind my back and clutch one arm with the remaining hand.

I didn't start violently with this type of exercising—just worked up to the pitch easily and without jerking. The expansion was, naturally, rather slight, because of holding aloof from deep breathing exercises in the past, but I was satisfied with the progress I was making. I would do this breathing for about five minutes in front of the window, regardless of the season of the year, and if I didn't do it indoors, I would go outdoors where I wouldn't be an object of curiosity.



I made it a point to spend at least ten minutes of every twenty-four hours in this deep breathing, whenever I had the time and when the opportunity would be satisfactory; and whether I had all my apparel on or not, I would simply remove my watch chain which spanned my chest, loosen the top buttons of my vest, and go to it.

In a year there was a marked improvement in my lung expansion, and I was pleased with my first real attempt to develop my breathing facilities. If it had not been for the physical decline of my close relative, I would not have been awakened to the peril of exercising only the mid-sections of the lungs.

At the outset, I did the deep breathing exercises about twice daily—around five minutes at a session. I tried to arrange for a session in the morning and another at night, usually just before I retired. After the first year I extended the sessions with the pure atmosphere to about ten minutes, and in between these periods I practiced deep breathing at irregular times during my waking hours. Whenever I had the opportunity I extended my lungs to the peaks, filling them with the good air, and allowing the air to remain in the lungs for eight to twelve seconds or more before starting to exhale.

My chest development became more marked as time progressed. Now, at normal, my chest measures 45 inches and expanded, 50 inches. Whenever I am in the open air I make it a practice of filling my lungs at irregular intervals while walking or standing, and going through the deep breathing exercises I had grown accustomed to doing in the daily periods. The deep breathing now comes almost second nature to me. I am sure to do it occasionally, at least while outdoors, in addition to the regular periods twice daily.

Whenever I get into the fields and woods, I breathe deeply at all times, glorying in the pure and balsam scented air, and filling my lungs to the maximum or near it with every inhalation. Sometimes, in the deep breathing exercises, I vary the movements. For instance, I place my hands at the back of my head, the head being thrown back somewhat, elbows pointing outward.

Another form of light exercise that I favor consists of the swimming movements out of the water. For this type of exercise I usually choose the bed, but there are times (when I am wearing clothes) I think little of that I do these movements on a floor, covered or uncovered by carpets, or even on dry ground. I place myself flat on my stomach at the start, and go through the motions with the arms and legs necessary to swimming. I usually open with the movements of the crawl, in which the co-ordination between the arm and leg movements is not as pronounced as in other styles of natation. I start with the two beat kick and raise the beat to eight, doing the breathing through the mouth and exhaling through the nose just as if I were in the water. I do the crawl movements for about five minutes, change to the side style, with the scissors instead of the thrash



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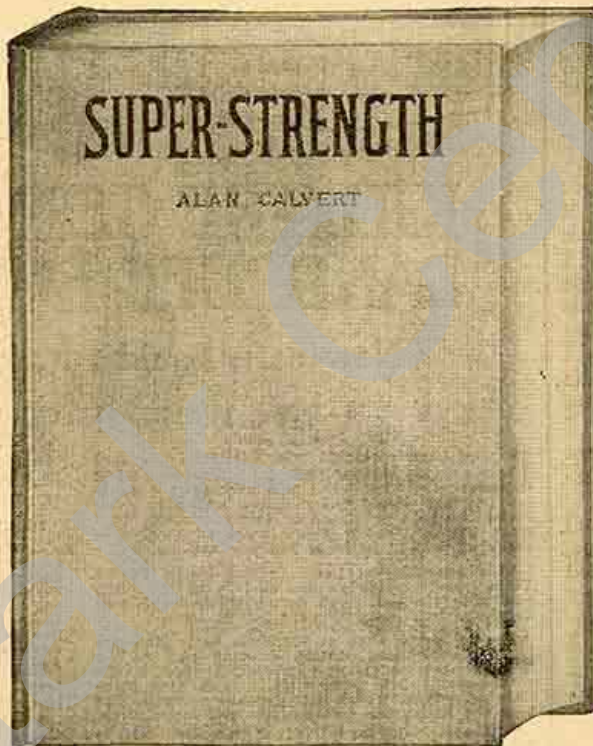


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kick, and then to the trudgeon-crawl, with both scissors and thrash kicks. If I don't use up too much time in going through the movements of these three styles of swimming, I include the movements of the breast, and wind up the swimming exercises with the back crawl motions.

The length of time I devote to the swimming exercises depends largely on the time available, but they rarely last longer than about fifteen minutes. And occasionally they are shortened to eight or ten minutes. The arm and leg movements of the styles of swimming are potent factors in the development of the muscles of the limbs. In fact, in making the swimming motions almost every muscle in the body is brought into action, with the accent on every muscle in the arms and legs. Even the fingers and toes are utilized.

Not only do I go through the swimming movements while lying on the floor, bed or ground, but when I am standing or sitting I do the arm motions of the various styles as a means of light exercise. I do these flourishes for a few minutes at a time, concentrating to a large extent on the arm movements of the crawl and trudgeon-crawl. I usually start slowly, working up some speed at the finish of the exercise but, of course, nothing violent.

I venture to state that a man is no stronger than his underpinnings. He may be O. K. in every other direction, and if his legs are below par, most of the good effect is lost. A pair of weak legs is a poor piece of advertising for any man. Development of the leg muscles is highly essential. The leg drives of the swimming styles are very effective in developing the leg muscles. I certainly am satisfied with the development attained with my legs. They form the balancing points of my body, as any pair of well formed, sturdily built legs will do, and I think that by going through the leg movements of the swimming styles regularly, anybody can acquire sturdy and symmetrically formed standards.

Another form of light exercise for men and boys which I can recommend is the stretching movements. I make it a point to do a few minutes, at least, of this stretching. Usually, I do this exercise just prior to arising in the morning or before being lulled into slumber at night. I place myself flat on my back in the bed, with my hands above my head. Then I stretch and slightly contort my body from the tips of the fingers to the toes, keeping both legs together. I seldom go through this stretching exercise more than once daily (rarely for more than five minutes), and always in bed. I have found it not only effective in loosening the muscles, but hastening slumber when undertaken at night. Hence in the majority of instances, I do my stretching on the eve of sleep.

I know of a man who confines his exercising entirely to stretching and walking. Each morning and night he goes through his stretching motions. He asserts he was in poor health when he opened his stretching campaign, and that was 40 years ago. He took up the

stretching as a form of light exercise, being forbidden strenuous exercise of any kind. That was two score years ago. In that long period he hadn't missed his stretching twice daily, each session lasting about ten minutes. He's now 84, in excellent health, and as vigorous as any man of about 50. He attributes his rejuvenation solely to the stretching and declares he would much sooner miss a meal than his stretching.

From my viewpoint, shadow boxing is another satisfactory form of light exercise for men and boys. I do this frequently, although irregularly. It is effective in developing the wind, as well as the muscles, quickening one's vision and also the hand and foot activities. I make it a point to do the shadow boxing whenever the opportunity presents itself, indoors or outdoors, but preferably outdoors, or where there is good ventilation—a gymnasium, for instance.

Very often I take a dumb-bell in each hand, and then dance about the floor or ground, shooting out jabs, hooks, jolts and uppercuts at an imaginary opponent; and sidestepping, backing, dodging and blocking the imaginary blows of aforesaid imaginary foe. I do my shadow boxing by rounds of two minutes each, with a minute intermission, and not more than three or four rounds in all. This shadow boxing can be done easily or strenuously as the person wishes. If he wants to develop "a sweat" he can do it very simply in the shadow boxing, particularly if he does considerable dancing and leading.

Shadow boxing done with the exercisers is also very effective as a light exercise. Standing in the regular boxing attitude, with the left foot extended beyond the right foot, and the arms in the same positions, I draw the exercisers back and forth as though I were aiming blows at an adversary, leading from various angles, and moving my body into various positions, ducking, dodging, etc. For this shadow boxing, I have the weights very light. With the apparatus sliding back and forth with your hands, this can be made a very graceful exercise, and is not merely useful as such, but will keep the arms, legs, wind and eyes in condition for boxing. The movements made are those enacted in that sport. About ten minutes of this exercise in the course of a day is valuable not only from the angle of exercise but from that of self-defense. It is protection against thugs, rowdies, insulters, etc. Anybody can install the exercisers in his room, and anybody can go through the motions. A means of acquiring proficiency in the manly art without being battered up in the learning, such as would be necessary with the padded mitts.

Both forms of shadow boxing can be indulged in, starting with the dumb-bells, or just the bare hands, and finishing with the exercisers, or as they are styled by some, "chest weights." Even one round of the shadowing would be effective. In fact, in any case, the start should be in not more than two rounds.

Another exercise that I do consistently is, perhaps, another type of stretching. I stand with both legs to-

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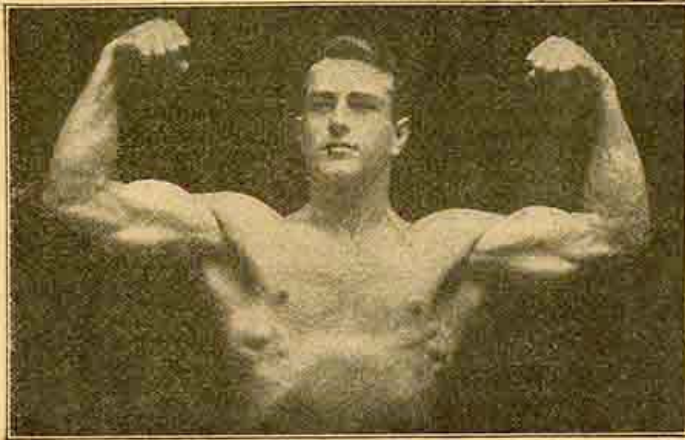
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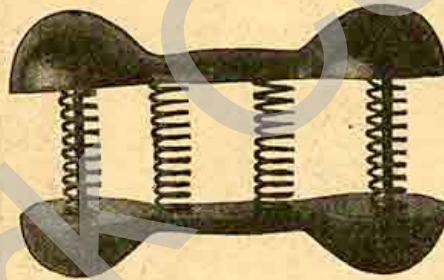
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gether and in erect position. Then I try to touch my toes with my fingers, using both hands, and bending over without bending the knees. When I first started this exercise, I was unable to go more than half way between the knees and the toes. Now I can place my hands almost flatly on the floor or ground, touching the toes being a simple task. It's the old story of practice makes perfect.

This exercise is very light and is effective in keeping the heart functioning properly. It is particularly suitable for stout men, and a way of not only preventing weakening of the heart, but reducing the excess flesh on the stomach and abdomen. The bending over affects the layers of fat that cover the mid region, hardening the flesh.

For a man who is afraid of exertion creating an injurious effect on his heart, this bending exercise could not be improved on. There's certainly nothing strenuous about it and could be safely undertaken by men who have passed many years of physical inaction and are now required to engage in the lightest of exercises. Age is no barrier to indulgence in this mild exercise.

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William James, the well-known psychologist, meant the same thing when he said "education is for behavior." He was suggesting that behavior scientifically defined was just the same thing as the man on the street talked about. For each one recognizes that "behavior is movement, including the smallest movements as winking the eye and the most complex activities like composing an address, or painting a picture." School teachers, under pressure of modern times, have had to give most of their attention to the movements of small muscles in writing, reading and counting, so that physical education has had to take up the movements or behavior of

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the rest of the body. General educators are mainly teaching 50 or 60 muscles of the throat, larynx and forearm; physical educators are directing the activities of the other 450 muscles so the child shall not only act quickly and skillfully, but also fairly, honorably and justly toward others at all times, whether in the calm of the school-room, during the excitement of a baseball game, or while in an argument when grown up. Bagley wrote recently, "democracy must find a place for discipline, duty and sacrifice." Physical education is teaching this on the playground to the child, on the athletic field to the youth.

Athletics, as interpreted by physical education, are not merely competitions in running and jumping and throwing where boys receive prizes, but are the "social, vigorous, fighting plays of youth." Athletics are the means of teaching good conduct during youth. They are fighting sports, because strength and force and power are basal to strong character and forceful lives. They are vigorous, for physical fitness demands bodies "ready for action" that can endure the strife. Especially are they social, for it is during youth, while in high school, that boys and girls lay the foundation of fair play that characterizes their conduct throughout life. Consequently, team games are being used by educators to train the children in self-control under emotional excitement rather than to expect good conduct as a result of reading histories or learning codes of honesty. Soccer, football, basketball and field hockey are organized by physical educators to teach the youth that unfairness is hated by his own friends in his own world.

Such athletics are developing a new spirit of behavior that is making for better citizenship immediately on the part of the youth. Responsible for doing his best as a soccer player, he learns that he represents his team and his school and becomes a bigger person. He meets the behavior problems squarely and acts, not as a self-centered individual, but as a leader of his group. He insists that his team shall give their best effort, not only for the school, but for the town it represents. He accepts the challenge of the larger unit and grows in the ability to act in a finer, bigger way until soon, in a well-planned physical educational program, he will represent City and State and Nation, not for personal glory but that he may show the patriotism that grows out of team games. Finally, through allegiance and devotion, he becomes a true representative of what Royce says is the highest type of philosophy—loyalty to loyalty.

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This will go to you entirely with my compliments. In addition I will send you my book on Successful Draftsmanship. Don't wait. Copy the sketch now and mail it to me.



Copy me  
and get  
Ivory Rule  
Free.—Jack

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**Auto Work**  
The automobile industry is one of the greatest in America. Thousands of draftsmen needed. I'll train you for the work.

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Electricity is the coming motive force of the world. Draftsmen are needed in every department of this fascinating work. I'll train you at home. Got a job here.

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Aviation is just in its infancy. It is bound to expand to enormous proportions. Draftsmen are essential to it. I'll train you quick at home for drafting position.

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Motor bus building and motor bus transportation have become leading world industries. Hundreds of draftsmen engaged in this work. I'll show you the way.

**Building Work**  
There will always be building. No structure can be erected without plans drawn by draftsmen. I'll make you an architectural draftsman at home.

## Get My Free Pay-Raising Plan



Write to me. I will send you this new book. Not a catalog. My Pay-Raising Plan and Money-Making Advice. I can prove that John Savadge, trained by me, makes \$300 a month. Earl J. Dupree, trained by me, refused \$600 a month because he makes more in his own business. A. H. Bernier, trained by me, earns \$7000 to \$9000 a year. Arthur Dewalt, trained by me, makes more than \$400 a month. D. C. Stroop, trained by me, makes \$475 a month. L. V. Broughten, trained by me, makes \$300 a month.

I can give you many more names of Dobe trained draftsmen who are making big salaries. They wrote to me just as I am asking you to write. They asked for my Free Book. They saw that opportunities in all of the great industries were tremendous for draftsmen. Through drafting you can get into almost any industry you want.

**Money Back If Not Satisfied**  
What could be fairer than that? I don't ask you to take any chances. I train you under a positive Money Back Agreement. If my training does not satisfy you after you have finished you get every penny back.

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You can start earning extra money a few weeks after beginning my training. I give you special work and tell you how to make money.

**Age or Lack of Education No Drawback**  
You do not need previous experience. You do not need to be a high school graduate. My practical home study course gives you just the kind of training you need to become successful. Your spare time is all that is necessary.



"I will train you at home."  
Engineer Dobe

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Write Me Today!**

**ACT NOW** Before You Put This Magazine Down. Let me send you my books "Successful Draftsmanship" and "My Pay-Raising Plan." Remember Draftsmen are needed everywhere. That's the kind of profession to get into. Get started now. Get into a better position, paying a good straight salary the year around.

**Engineer Dobe** 1951 Lawrence Avenue  
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**Employment Service**  
After training you I help you to get a job without charging you a cent for this service. Employers of draftsmen come to me for men because they know that men I train make good.

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My practical working method makes every step in learning drafting, as clear as a moving picture. That's why I train you so fast to be a draftsman.

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Here's the sketch. Send me free rule; also send me free of all cost, books "Successful Draftsmanship" and "My Pay-Raising Plan"—how to earn money while learning and proof of big money paying positions.

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## A Reward of 1000 Dollars for bald-headed and thin-haired



An elegant growth of beard and hair can be produced when using Comos Hair-Balsam during 3 weeks. This balsam causes hair and beard to grow on all bald-headed persons or persons with thin hair. "Comos" is the best product of the modern science of this domain, being the only balsam which really produces hair and beard even on persons of old age. "Comos" brings the dormant Papillae of the hair to grow again after having been used in a few days, and within a very short time you will have a very vigorous growth of hair. **HARMLESSNESS IS GUARANTEED; if this is not true, we will pay a net amount of 1000 Dollars** to all bald-headed and beardless persons, or persons with thin hair who have used the Comos-Balsam for three weeks without any result.

One parcel of "Comos" costs \$6.—two parcels cost \$10.—  
"Comos" gives to the hair and beard a becoming wave, as well as a soft and delicate texture. "COMOS" is sent in a registered packet against prepayment—money order, cheque or bank notes. (C. O. D. impossible.)  
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Every man or boy who ever amounted to anything in the body and strength game, has been an admirer of one or more men of superb physiques. Pictures of such men of muscle seemed to help them on to the physical perfection of their own bodies.

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Notice the great reduction in the cost of these muscular marvel pictures. Our supply is limited at this time. Consequently, we urge you to be as quick as possible in getting your order in if you want to be sure of getting one of these sets.

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## Prize Contest

With the January issue of STRENGTH we began to award each month two prizes of Five Dollars (\$5.00) each for the best criticisms, under two hundred words:

1. Of the article in this issue which you believe to be the best and most worth-while.
2. Of the article in this issue which you find least interesting and informative.

### THE BEST AND THE WORST

The kind of articles you would like to see more of, and the kind you would like eliminated, and why. There are no conditions and no requirements. Simply write your criticism and send it to us.

The contest will close on the 20th of each month. The prizes will be awarded on the 25th, and the winning criticisms will be published in the second month following; that is, the contest for the May issue will close on May 20th; the prizes will be awarded on May 25th, and the prize-winning criticisms will appear in the July issue.

It is not necessary to be a writer in order to win one of these prizes. Literary merit is not the first essential. The reasons why you like or do not like a certain article are of more importance than the way you express your likes or dislikes.

Everyone wins in this contest; there are no losers. Even if you should not win one of the many cash prizes, you will be amply repaid by seeing in STRENGTH the articles you want and feel the need of.

Let's hear why you like or dislike the articles and the reason for your preference.

The contest will be held each month, but remember, the May contest will close on May 20th, 1928. Address Contest Editor, 2741 N. Palethorp Street, Philadelphia, Pa.

The prize contest is already beginning to show us that our readers are interested in two types of articles which we have been neglecting for some time.

"I also noticed that you asked how many readers agreed that more stories about film stars should be published. I am writing to you to let you know that I agree with this unknown reader, because my favorite screen idol is George O'Brien instead of George Walsh. Seeing George O'Brien in the movies made me interested in athletics, especially strength and lifts. Here is hoping you will have something about him in STRENGTH."

J. D. R., McKeesport, Pa.

"What interested me more than anything in 'The Best and Worst Articles' was that some one asked for interviews with famous film athletes, and this person happened to mention my favorite actor, George O'Brien. I see him (on the screen, of course) every time he comes to town, and he is, in my opinion, one of the best built men in the movies. I don't remember ever reading of him in the STRENGTH Magazine or any other magazine for that matter. Why not start with him?"

H. G. R., Augusta, Ga.

"But the thing in which I am interested is seeing articles about famous movie stars, such as Reed Howes, Tom Mix, George Walsh, Buck Jones, George O'Brien, and last, but by no means least, our friend Tom Tyler. If you follow this suggestion you will always have me as a satisfied reader."

A. K., Chicago, Ill.

These are only a few of the letters either suggesting or demanding that we give more information about the movie stars, so you can count on finding in future issues something of interest about quite a few of them.

This month's mail was productive of several other suggestions which we are turning over to you to get your reactions.

"I can't imagine any normal girl going up to a news-stand and asking for STRENGTH magazine, unless she is a professional acrobat or something like that. It seems funny to me to think of it, just as it would be for a man to ask for the 'Women's Home Companion' or the 'Family Needle Art' magazine.

"In place of women's articles each month, give the life story of some prominent strong man."

A. B. McG., Brooklyn, N. Y.

If this does not bring a lot of warm replies from our girl readers, we will be greatly mistaken. Why can't girls be interested in sports and exercise. They need to be, even more than their brothers.

"As I am most interested in aerobatics, I like the articles concerning them. Those articles were written by Robert L. Jones, and my only wish is that he will write more of them in the near future."

E. S., Cleveland, Ohio.

"I have taken the STRENGTH magazine for two years and have only found one article of any instructive nature on

Should we run personal experience articles again?

How about movie stars as strong men?





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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

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Written By a Completely Developed Man  
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AFTER MUCH PERSUASION HE WROTE A WONDERFUL BOOK

**"The Way to Live, or Physical Strength  
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MORE THAN A DOZEN CHAPTERS AND A COMPLETE STORY  
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Gentlemen: Please send me a copy of  
George Hackenschmidt's book, "The Way  
to Live or Physical Strength and How I  
Acquired It." I am enclosing my remit-  
tance of \$2.50.

Name .....

Address .....

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



# Can You Guess This Man's Age?

See if You Can Tell Within 25 Years; the Author Couldn't; But He Stuck With Hobart Bradstreet Until He Revealed His Method of Staying Young

**I** USED to pride myself on guessing people's ages. That was before I met Hobart Bradstreet, whose age I missed by a quarter-century. But before I tell you how old he really is, let me say this:

My meeting-up with Bradstreet I count the luckiest day of my life. For while we often hear how our minds and bodies are about 50% efficient—and at times feel it to be the truth—he knows *why*. Furthermore, he knows how to overcome it—in five minutes—and he showed me *how*.

This man offers no such bromides as setting-up exercises, deep-breathing, or any of those things you know at the outset you'll never do. He uses a principle that is the foundation of all chiropractic, naprapathy, mechano-therapy, and even osteopathy. Only he does not touch a hand to you; it isn't necessary.

The reader will grant Bradstreet's method of staying young worth knowing and using, when told the secret.

And here is the secret: *he keeps his spine in trim.*

Any man or woman who thinks spine motion doesn't make a difference should try it! It is easy enough. First, though, you may be curious to learn why a healthy spine puts one in an entirely new class physically. The spinal column is a series of tiny bones, between which are pads or cushions of cartilage. Nothing in the ordinary activities of us humans stretches the spine. So it "settles" day by day, until those once soft and resilient pads become thin as a safety-razor blade—and just about as hard. One's spine (the most wonderfully designed shock-absorber known) is then an unyielding column that transmits every shock straight to the base of the brain.

Do you wonder folks have backaches and headaches? That one's nerves pound toward the end of a hard day? Or that a nervous system may periodically go to pieces? For every nerve in one's body connects with the spine, which is a sort of central switchboard. When the "insulation," or cartilage, wears down and flattens out, the nerves are exposed, or even impinged—and there is trouble on the line.

Now for proof that subluxation of the spine causes most of the ills and ailments which spell "age" in men or women. Flex your spine—"shake it out"—and they will disappear. You'll feel the difference in *ten minutes*. At least, I did. It's no trick to secure complete spinal laxation as Bradstreet does it. But like everything else, one must know

how. No amount of violent exercise will do it; not even chopping wood. As for walking, or golfing, your spine settles down a bit firmer with each step.

Mr. Bradstreet has evolved from his 25-year experience with spinal mechanics a simple, boiled-down formula of just five movements. Neither takes more than one minute, so it means but five minutes a day. But those movements! I never experienced such compound exhilaration before. I was a good subject for the test, for I went into it with a dull headache. At the end of the second movement I thought I could actually feel my blood circulating. The third movement in this remarkable SPINE-MOTION series brought an amazing feeling of exhilaration. One motion seemed to open and shut my backbone like a jack-knife.

I asked about constipation. He gave me another motion—a peculiar, writhing and twisting movement—and fifteen minutes later came a complete evacuation!

Hobart Bradstreet frankly gives the full credit for his conspicuous success to these simple secrets of SPINE-MOTION. He has traveled about for years, conditioning those whose means permitted a specialist at their beck and call. I met him at the Roycroft Inn, at East Aurora. But Bradstreet, young as he looks and feels, thinks he has chased around the country long enough. He has been prevailed upon to put his SPINE-MOTION method in form that makes it now generally available.

I know what these remarkable mechanics of the spine have done for me. I have checked up at least twenty-five other cases. With all sincerity I believe nothing in the whole realm of medicine or specialism can quicker remake, rejuvenate and restore one. I wish you could see Bradstreet himself. He is arrogantly healthy; he doesn't seem to have any nerves. Yet he puffs incessantly at a black cigar that would floor some men, drinks two cups of coffee at every meal, and I don't believe he averages seven hours' sleep. It shows what a sound nerve-mechanism



HOBART BRADSTREET, THE MAN WHO DEFIES OLD AGE

will do. He says a man's power can and should be unabated up to the age of 60, in every sense, and I have had some astonishing testimony on that score.

Would you like to try this remarkable method of "coming back"? Or, if young and apparently normal in your action and feelings, do you want to see your energies just about doubled? It is easy. No "apparatus" is required. Just Bradstreet's few, simple instructions, made doubly clear by his photographic poses of the five positions. Results come amazingly quick. In less than a week, you should have new health, new appetite, new desire, and new capacities; you'll feel years lifted off your mind and body. This man's method can be tested without risk. If you feel enormously benefited, everything is yours to keep and you have paid for it all, the enormous sum of \$3.00! Knowing something of the fees this man has been accustomed to receiving, I hope his naming \$3.00 to the general public will have full appreciation.

The \$3.00 which pays for everything is not sent in advance, nor do you make any payment or deposit on delivery. Requests will be answered in turn. Try how it feels to have a full-length spine, and you'll henceforth pity men and women whose nerves are in a vise!

HOBART BRADSTREET, Inc., Suite 6097  
630 S. Wabash Avenue, Chicago, Illinois.

I will try your Spine-Motion without risk if you will provide necessary instructions. Send everything postpaid, without any charge or obligation, and I will try it five days. If I find Spine-Motion highly beneficial I can remit just \$3 in full payment; otherwise I will return the material and will owe you nothing.

Name .....

Address .....



boxing, and a few good ones on wrestling. I would like to see more of these articles published in STRENGTH. In general, I like the instructive articles best."

F. J., New Castle, Pa.

\* \* \*

"I should like to see an article by Charles MacMahon on how to develop the legs, based on his own experience."

S. K. F., Dover, N. H.

"Why not have some stories about strong men and their adventures? Fiction or otherwise, they would serve as spice to the magazine."

R. B. J., San Jose, Calif.

"None of the readers like the ladies' articles, and I believe they should be taken out."

J. C. D'E., Brooklyn, N. Y.

"E. Patrick 'knocks' the ladies' articles. If Mr. Patrick does not read these articles, how can he criticise them. We read them and like them and feel they should have more space, not less."

G. P. C., Rome, Ga.

With just one more comment which is not too creditable to our editorial department, we will have to turn to the real subject matter of the department.

"When STRENGTH arrives, I go straight for the Milo Bar Bell Company advertisements, and I enjoy them more than anything else in the magazine; but since these cannot be termed articles, I pass on."

A. F. W., Calgary, Alta., Can.

With that idea ringing in my ears, I want to pass on to the business of this contest, namely selecting the two letters which take the two prizes, one for the best and one for the worst articles in STRENGTH.

Jack Russell's "Health Journey" certainly stirred up a lot of comment, favorable and otherwise, and strangely enough the "prize" for the Best and Worst article both went to two different readers, each of whom selected "Journey's End," in this case as the best and in the other as the worst article in the issue.

Mr. Karl Anderson wins the prize for the letter on the best article in the March issue. His letter follows:

\* \* \*

East Orange, N. J.

Contest Editor:

The Most Worth-While Article

As I believe that STRENGTH is intended primarily to be of an informative nature, I have decided upon what I consider the best article from that basis. I have chosen "Journey's End," by Jack Russell, because I consider the information given to be of great importance to every reader of STRENGTH, be he brute or sickly weakling.

"A sound mind in a sound body" is really the perfection of health, one is dependent upon the other; and it is that idea which is so vividly expressed in Jack Russell's article.

Too often we allow our enthusiasm for one thing make us neglect other matters, just as essential to our health and physical make-up. Health is so

## When You CORRECT Your Eating You Will Pull Disease Out By the Roots HERE'S HOW

What could be more logical than that? You certainly need exercise, plenty of sleep, pure water, pure air, and other things that help to keep you healthy; but nothing can cure your ailments or keep you in perfect health if you continue to cram improper foods into your stomach.

Exercise improves the circulation of the blood, but what good does that do if your blood contains poisons? Sleep, water, and air do their part in purifying the system. Nevertheless, these purifying elements are powerless to throw off the greater amount of impurities that can be generated in the stomach by improper eating.

The liver and kidneys soon become overworked and incapable of coping with the great amount of extra labor put upon them by improper food and overloading of the stomach.

Eating correctly is positively the only sane way of preventing and curing most ills. Correct eating naturally gets down to the root of the ailment, whereas other curing methods relieve only the effects, and most of them don't even do that much for you.

This overworking of the stomach, liver and kidneys lets disease creep in, and your condition slowly but surely goes from bad to worse.

### DON'T GO ON SUFFERING AND WORRYING

Invest the small amount of \$2.50 in strength—getting this disease-killing course, "Everyday Mistakes in Eating," and you will be surprised what that insignificant outlay of money will really do for you in regaining perfect health and keeping it. There is nothing disagreeable to follow in "Everyday Mistakes in Eating." There are no long fasts advised, nor any difficult practices to follow. You will enjoy, as well as profit by, the corrective eating so plainly outlined in this course.

**SEND IN THE REGULAR SUBSCRIPTION PRICE (\$2.50) FOR 12 ISSUES OF STRENGTH, AND YOU GET THIS COURSE FREE OF ANY EXTRA CHARGES.**

OR  
**YOU CAN  
GET THE  
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COURSE  
ALONE FOR  
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The Milo Publishing Co.,  
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Gentlemen: Below I am checking off the proposition I desire to take advantage of, and am enclosing a remittance to cover cost of same.

"Everyday Mistakes in Eating" and Year's Subscription to "STRENGTH." Price \$2.50.

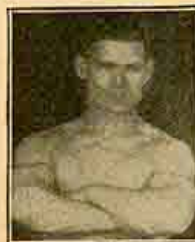
"Everyday Mistakes in Eating." Price \$1.50.

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Superba Tobacco Remedy destroys all craving for Cigarettes, Cigars, Pipe, Chewing or Snuff. Original and only remedy of its kind. Used by over 500,000 Men and Women. Perfectly harmless. Full treatment sent on trial. Costs \$1.50 if it cures. Costs nothing if it fails. Write today for complete treatment.  
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great and vast that we must be constantly taught to regard it as a blessing only to be gained when all its minute phases are understood and looked after.

"Journey's End" makes one realize this, and at the same time gives a lot of practical advice in so concise a manner that it is not easily forgotten. In fact, the topics and rules enumerated could, and should, be cut out and posted where their prominence would be a constant reminder.

Hats off to an article that is interesting, practical, and vital to everyone!  
Mr. Karl Anderson.

\* \* \*

Mr. Art Sargent takes the prize for the worst article. He does not wholly agree with Mr. Anderson. His letter follows:

Cincinnati, Ohio.

Contest Editor:

By far the worst article in the March issue is Jack Russell's bed-time story or whatever it may be called, "Journey's End"—all that blah about "Happy-go-lucky Land" and "King Happy" and a lot of such clam broth that sounds like Alice in Wonderland or Pilgrim's Progress, or some book for little girls. And there isn't any new idea to be picked out of all the hooey, either. What male wants to read that kind of soap suds? Imagine trying to lead a strongman by the hand onto a ship made of rose petals with Alice blue sails, for a voyage to the land of fairies and slush. I may regret this letter, for no telling, I may meet Jack sometime, but the fact remains that for a two-fisted man like Jack Russell, who used to write valuable he-man stuff to turn to writing this kind of syrup, makes one weep, like the sad old song about how "Big Bill is Sweet William Now." And he says to strongmen, "Don't forget music, poetry and the fine arts." Why didn't he write it all in VERSE?  
Art Sargent.

It is not always easy to see any article through another reader's eyes. Trying to do so is part of the job of the editor. We do not think that the editor is wholly engaged in pleasing his readers.

Sometimes, he will disagree with them, and then so long as he can hold his job and their interest, he should hammer away at trying to make them see the thing from his side. We put women's articles in STRENGTH because we know many women read them and because we hope that eventually many more women will read them and profit by them.

We do not mean to say that nothing could induce us to make STRENGTH an all-man's magazine, but we know that there is a large and growing interest in women's athletics and exercise, and we would like to do our part to foster it.

In this department we want to at least give you a chance to hit back and also a chance to realize that the readers of STRENGTH are not a unit in their demands.

We will, therefore, try to publish as many readers' suggestions in this department as we can find room for, and so give you all a chance to realize what



you and we both think of the magazine. We will try to follow your suggestions which meet the largest response among other readers and feel confident that doing so will make the magazine more interesting both to you and to us.

Whether or not STRENGTH devotes as much space to boxing and wrestling as it should is rather hard to say. We carry some boxing, wrestling, baseball and football, as well as other sports, but just how much is enough is always hard to decide.

We will welcome your ideas on this question particularly. Do not hesitate to let us know what you like and dislike, and if you think we are missing something in which you are interested, let us know.

**PUBLISHER'S STATEMENT**

Statement of the Ownership, Management, Circulation, etc., required by the Act of Congress of August 24, 1912, of STRENGTH, published monthly at Philadelphia, for April, 1928.

State of Pennsylvania, County of Philadelphia.

Before me, a notary public in and for the State and county aforesaid, personally appeared D. G. Redmond, who, having been duly sworn according to law, deposes and says he is the owner of STRENGTH and that the following is, to the best of his knowledge and belief, a true statement of the ownership, management (and if a daily paper, the circulation), etc., of the aforesaid publication, for the date shown in the above caption required by the Act of August 24, 1912, embodied in Section 143, Postal Laws and Regulations, printed on the reverse of this form, to wit:

1. That the names and addresses of the publisher, editor, managing editor and business manager are: Publisher, D. G. Redmond, 2741 N. Palethorp St., Philadelphia, Pa. Editor, D. G. Redmond, 2741 N. Palethorp St., Philadelphia, Pa. Managing Editor, I. M. Garafola, 2741 N. Palethorp St., Philadelphia, Pa. Business Manager, I. M. Garafola, 2741 N. Palethorp St., Philadelphia, Pa.

2. That the owners are: (Give names and addresses of individual owners, or if a corporation, give its name and the names and addresses of stockholders owning or holding 1 per cent. or more of the total amount of stock.) D. G. Redmond, 2741 N. Palethorp St., Philadelphia, Pa.

3. That the known bondholders, mortgagees and other security holders owning or holding 1 per cent. or more of total amount of bonds, mortgages or other securities are: (If there are none, so state.) None.

4. That the two paragraphs next above, giving the names of the owners, stockholders and security holders, if any, contain not only the list of stockholders, and security holders as they appear upon the books of the company as trustees or in any other fiduciary relation, the names of the persons or corporation for whom such trustees are acting, are given; also that the said two paragraphs contain statements embracing affiant's full knowledge and belief as to the circumstances and conditions under which stockholders and security holders who do not appear upon the books of the company as trustees hold stock and securities in a capacity other than that of a bona fide owner and this affiant has no reason to believe that any other person, association, or corporation has any interest, direct or indirect, in the said stock, bonds, or other securities than as so stated by him. D. G. REDMOND.

Sworn and subscribed before me this 1st day of April, 1928.  
My commission expires, March 6, 1931.

**Developing Good Deltoids**

(Continued from Page 73)

Mr. Good are: Press on Soles of Feet, 500 pounds once, and 400 pounds repeated ten times; lift a 575 pound bell off the floor with hands alone; teeth lift, 1000 pounds in five minutes in three lifts—300, 340, 360; hold on straight arms while lying on back, 700 pounds; deep knee bend, 300 pounds four times. He can also balance on his hands with one man on his neck and two men on his

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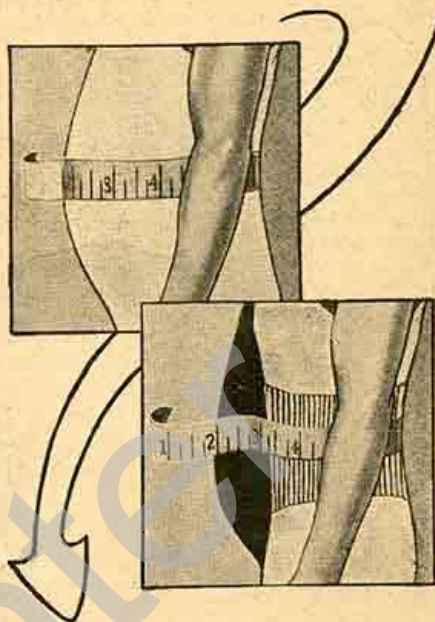
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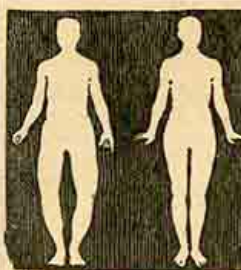


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He discovered a simple way in which to use life-giving, invisible heat rays—known to all scientists—to restore health and normal conditions to the scalp tissues, and so RESTORE HAIR in all but certain rare instances. It ended his own baldness. Today his hair is unusually thick and luxuriant.

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Because of his scientific conservatism, and his standing in his profession, the discoverer of Dermo-Ray made no general announcement of his startling discovery. But, as the head of his own hospital, his own case-records—with hundreds of men and women—proved scientifically, conclusively, that this new discovery grows hair when nothing else will—grows hair, ends dandruff, in NINE OUT OF TEN CASES. Now that the amazing power of Infra-red Rays is known to the entire scientific world—and DERMO-RAY has been proved to be one of the most startling scientific discoveries of recent years—now, for the first time, has he permitted public announcement of his discovery to be made.

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back; head stand, using two hands, with two heavy men hanging on between his legs, and practices juggling with bar bells and kettle bells.

It is a pity that this man did not go out for the heavy-middle championships, as he should have won it. The strength of Harry Good accompanies the splendid deltoids and general all-around development he possesses. These lifts may not be records, but they are all good and show that he has all-around strength to back up his husky shoulders. The back pose of Mr. Good gives you a fair idea of what a pair of deltoids should look like; the front pose shows how good deltoids will give you a broad shouldered appearance with the arms folded in the time worn block pose.

Through the medium of photographs, we have attempted to show you just what really good deltoids look like. With the selection herein reproduced, it is hardly necessary to print anatomical drawings of the muscles. A close study of these photographs will give you a pretty clear understanding of the insertions and attachments of each portion of the deltoid. Besides, a drawing can only give you a theoretical idea of the ideal muscular construction, whereas the actual photograph of a man who possesses perfectly developed muscles gives you a practical idea. In making my selection of illustrations, I found it possible to choose any number of strength fans, as the majority of advanced physical culturists have good deltoids. Certain well known athletes can be used as examples of perfect proportions in any part of the physique. Otto Arco is one of these, and in fact I could have chosen photos of this man to illustrate practically every position used in this article. However, I like to show new faces and physiques, and if we can use some unheard-of enthusiast who has a satisfactory development, there is no reason why we should not let the world know about the fellow.

Before closing let me call your attention to one obvious fact. The man with real deltoids, capable of worthwhile feats, has a well muscled torso, firm buttocks and legs of immense power to back up the efforts of his shoulders. An all-around system must be followed to acquire this type of physique.

### American Weight Lifting Records as Recognized By the Association of Bar Bell Men

Class	Name	Poundage
<i>Right Hand Military Press</i>		
B	C. Shaffer .....	75
F	H. Freeman .....	81
L	R. Snyder .....	90
HM	A. Allaire .....	109½
<i>Left Hand Military Press</i>		
F	A. Levan .....	69
L	R. Bachtell .....	76
M	H. Hall .....	91
HM	A. Allaire .....	102
LH	A. Manger .....	110
<i>Right Hand Snatch</i>		
B	R. Knodde .....	115
F	A. Levan .....	125
L	A. Sundberg .....	150



Class	Name	Poundage	Class	Name	Poundage
M	S. Klein (prof.)	160		<i>Two Dumb-Bells Clean and Military Press</i>	
LH	A. Manger	161½	B	R. Knodle	130
H	N. Young	172	M	F. Dennis	166¾
	<i>Left Hand Snatch</i>			<i>Two Dumb-Bells Clean and Jerk</i>	
L	A. E. Sundberg	147½	L	A. Sundberg	180
HM	M. Betty	152½	HM	F. Dennis	205
LH	D. Willoughby	158½	LH	W. Stratton	205
	<i>Right Hand Swing</i>		LH	A. Martin	216
B	R. Knodle	117½		<i>Two Hands Clean and Military Press</i>	
L	A. Losey (prof.)	141¾	B	C. Schaffer	150
M	Frank Dennis	135½	L	A. Losey	180
HM	M. Betty	150	M	H. Hall	182½
LH	D. Willoughby	151½	HM	S. Klein (prof.)	204¼
	<i>Left Hand Swing</i>		LH	W. Walters	202¼
L	Gordon Strain	111½	LH	A. Manger	225
M	Frank Dennis	138½		<i>Two Hands Continental Press</i>	
HM	Frank Dennis (prof.)	140	B	R. F. Knodle	158
LH	D. Willoughby	142	L	R. Snyder	200
	<i>Right Hand Continental Press</i>		M	S. Klein (prof.)	233½
M	Frank Dennis	130	HM	W. Walters	222¾
HM	Frank Dennis (prof.)	152		<i>Two Hands Slow Press</i>	
	<i>Left Hand Continental Press</i>		B	R. Knodle	154
M	Frank Dennis	130	F	H. Freeman	187
HM	Frank Dennis (prof.)	148	M	S. Klein (prof.)	205
	<i>Right Hand Clean and Jerk</i>		HM	D. Mitchell	196½
B	R. Knodle	130½	LH	A. Manger	215
F	D. Canova	143		<i>Two Hands Snatch</i>	
L	A. E. Sundberg	168¼	B	R. Knodle	135
M	S. Klein (prof.)	190½	F	H. Freeman	160
HM	M. Betty	183½	A	Levan	160
LH	A. Manger	200	L	A. E. Sundberg	185
H	T. Tyler	213	M	H. Paschall	195
	<i>Left Hand Clean and Jerk</i>		HM	D. Mitchell	210
L	R. Bachtell	164		<i>Two Hands Clean and Jerk Behind Neck</i>	
LH	D. Willoughby	182	F	D. Canova	186
	<i>Right Hand Clean and Bent Press</i>		L	A. Sundberg	229
M	R. Straight	155	M	F. Dennis	235½
HM	M. Betty	190	HM	F. Dennis (prof.)	248
LH	D. Willoughby	193		<i>Two Hands Clean and Press Behind Neck</i>	
	<i>Left Hand Clean and Bent Press</i>		B	C. Schaffer	150
M	M. Campbell	169	F	H. Freeman	172
HM	H. Hall	174½	HM	F. Dennis	175
	<i>Right Hand Bent Press with Dumb-Bell</i>		LH	E. Goodman	203½
L	Arnie Sundberg	120½		<i>Two Hands Clean and Jerk</i>	
M	John Valentine	160	B	R. Knodle	182
HM	L. Lilly (prof.)	175	F	A. Levan	216
	<i>Left Hand Bent Press with Dumb-Bell</i>		L	H. Freeman	216
L	Gordon Strain	109¾	L	A. E. Sundberg	242½
HM	H. Hall	185½	M	S. Klein (prof.)	270
	<i>Right Hand Anyhow</i>		HM	D. Mitchell	261
H	N. Young	295	LH	A. Manger	280
	<i>Right Hand Bent Press</i>		H	N. Young	285
F	J. Webster	155		<i>Two Hands Continental Jerk</i>	
M	E. Faris	185	M	F. Dennis	255
HM	W. Stratton	215	HM	W. Stratton	260
	<i>Left Hand Bent Press</i>		L	G. Strain	217
M	E. Faris	175	M	E. Faris	220¼
HM	W. Stratton	209½	HM	F. Dennis	250
H	J. Nordquest	277¼	LH	R. L. Smith	272½
	<i>Right Hand Dead Lift</i>			<i>Two Hands Dead Lift</i>	
L	A. Losey (prof.)	376¾	B	Archie Leigh	327
M	Mike Dennis	330	F	J. Dettor	435
	<i>Left Hand Dead Lift</i>		L	A. E. Sundberg	458½
M	J. Smith (prof.)	450	M	F. Dennis	506¼
HM	F. Dennis	367½	HM	D. Mitchell	510
LH	M. Betty	400	LH	E. Pearson	540
	<i>Right Hand Dead Lift</i>			<i>Kennedy Lift</i>	
F	R. Smith	281¼	F	J. Dettor	630
L	A. Losey (prof.)	355½	L	G. Blymire	766
M	J. Smith	425	M	F. Dennis	861
HM	F. Dennis	400	HM	F. Dennis	1001
H	E. Rockey	440½	LH	R. L. Smith	1017
	<i>Right Hand Dead Lift Platform Style</i>			<i>Jefferson Lift</i>	
F	G. Blymire	425	F	J. Dettor	550
	<i>Left Hand Dead Lift Platform Style</i>		L	A. Losey (prof.)	690
L	Geo. Blymire	425	L	G. Blymire	702½
	<i>Right Hand Side Press</i>		M	F. Dennis	831
L	Gordon Strain	142		<i>Back Lift Platform Style</i>	
M	L. Schwartz	170	L	Charles Phelan (prof.)	2500

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In 20 weeks, under the System of Jimmy DeForest, World's Greatest Trainer and Maker of Champions, you will master the priceless knowledge that has made champions and started hundreds of boys on the road to fame and fortune. Every six months 30 are selected from all classes and recommended to leading promoters for boxing engagements. That's how pupils are brought to the front at once. Boys who were once rank amateurs are today earning big money. The DeForest Course is also the greatest Physical Training System in the World. It has made weaklings strong, rebuilt men who were physically run down; develops energy, self-confidence and courage. Send today for the now famous book, "The Golden Age of Boxing," greatest book of its kind ever written; full of valuable information, photos of great boxers and pupils who became successes over night. Enclose 10c to cover cost of mailing, etc. Write now.



JIMMY DEFOREST BOXING COURSE  
347 Madison Ave. — Box 228 New York City





# Have You These Symptoms of NERVE EXHAUSTION?

DO you get excited easily? Do you become fatigued after slight exertion? Are your hands and feet cold? Do you suffer from constipation or stomach trouble? Is your sleep disturbed by troubled dreams? Have you spells of irritability? Are you often gloomy and pessimistic? Do you suffer from heart palpitation, cold sweats, ringing in the ears, dizzy spells? These are only a few of the signs of weak, unhealthy nerves that are steadily robbing thousands of people of their youth and health.

### What Causes Sick Nerves?

In women this is largely due to overactive emotions, and to the constant turmoil in their domestic and marital relations. In men, these signs of nerve exhaustion are produced as a result of worries, intense concentration, excesses and vices. The mad pace at which we are traveling is wrecking the entire Nervous Organization.

### How to Strengthen Them

No tonic or magic systems of exercise can ever restore the health and vigor to weak, sick, unbalanced nerves. To regenerate lost nerve force, to build up strong, sound nerves, requires an understanding of the action and abuses of nerves. It needs a knowledge of the natural laws of nerve fatigue, of mental and physical relaxation, and nerve metabolism. And it is only through the application of these laws that stubborn cases of Nerve Exhaustion can be overcome.

### Have You These Symptoms?

- Get easily excited?
- Become fatigued after slight exertion?
- Hands and feet cold?
- Suffer from constipation or stomach trouble?
- Sleeplessness?
- Is your sleep disturbed by troubled dreams?
- Have you spells of irritability, gloominess, pessimism?
- Suffer from heart palpitation, cold sweats, dizzy spells?
- Are you bashful - shy - afraid?
- Do you suffer from Sex Weakness?
- Are you troubled with Faints?

### WHAT READERS SAY

<p><i>Testimonials from Readers of book "New Nerves for Old"</i></p> <p>Before I read your book I was very nervous and irritable. My appetite was weak, and my digestion was very bad. I used to tire at the slightest effort. Now I feel like a new person. I can work and play all day long without tiring. I certainly feel great and I owe it all to your book.</p> <p>I want you to know how grateful I am for the changes your book has wrought in me.</p>	<p>The great improvement in my condition is apparent to every one, and I do not hesitate to recommend your book to anyone suffering from nervousness, indigestion, sleeplessness and that continual tired feeling and lack of ambition.</p> <p>Since reading your book "New Nerves for Old" I feel myself again, and am happy and contented. Formerly every</p>	<p>little contrary action upset my nerves, but after reading your book I am immune to all trivial annoyances and never lose my temper.</p> <p>A few weeks ago I was a mental and physical wreck. Your book has given me such benefit to me that I can hardly recognize myself as the nerve-exhausted person I once was.</p>
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### Read This Wonder Book "New Nerves for Old"

Based upon many years of intensive experience and study, the famous author, Richard Blackstone, has written a remarkable book entitled, "New Nerves for Old." In plain language he gives certain easy-to-follow rules that have enabled thousands of men and women to regain their lost nervous energy and to acquire glowing health and youthful vitality. It enables you to correctly diagnose your own case and shows you how to bring back your lost nervous vitality.

"New Nerves for Old" is worth its weight in gold—and yet its cost is only 25c, stamps or coin. The book will prove a revelation to you. It will help you throughout your entire life, it will help you to build for yourself a solid foundation for your future success and happiness. Mail coupon for your copy today. Address, Richard Blackstone, N-25 Flatiron Building, New York.



25c

Richard Blackstone,  
Dept. N-25 Flatiron Building, New York City

Please send me a copy of your book "New Nerves for Old." I am enclosing 25c in coin or stamps.

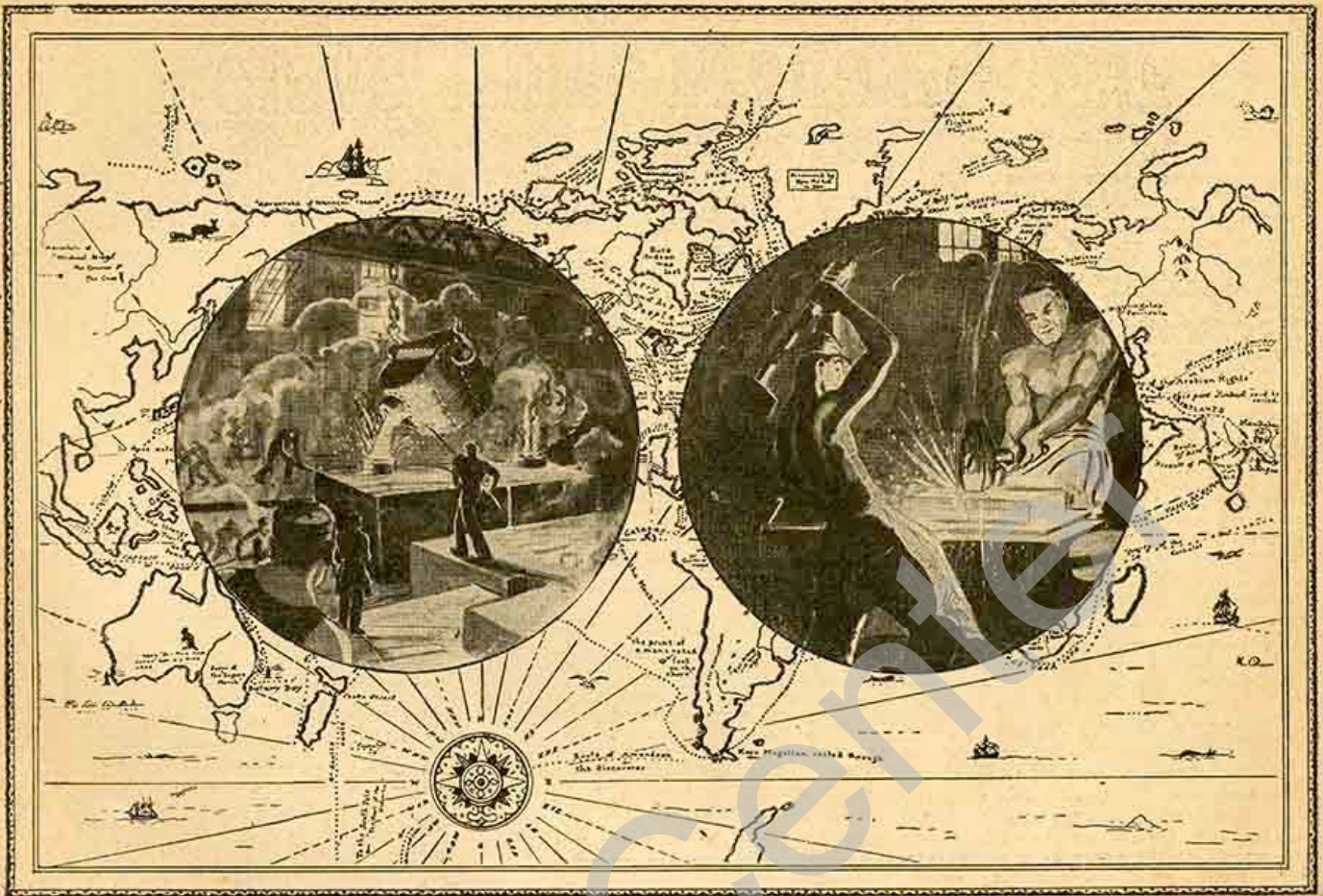
Name .....

Address .....

Class	Name	Poundage
HM	B. Shearer	3502
H	W. L. Travis (prof.)	4000
<i>Harness Lift</i>		
L	G. Blymire	1900
M	Frank Dennis	2620 1/4
HM	Frank Olender	2084
H	W. L. Travis (prof.)	4000
<i>Hands and Thigh Lift</i>		
F	N. Mammarella	875
L	Chas. Phelan (prof.)	1125
M	F. Dennis	1241
HM	Frank Olender	1508
<i>Abdominal Raise</i>		
F	Frank Ollendarsky	65 1/4
L	G. Blymire	90
M	A. Sell	100
HM	J. Kingsbury	114
LH	G. Trefrey	121 3/4
<i>Crucifix</i>		
F	N. Mammarella	65
L	C. Swift	90
M	F. Dennis	100
L	L. Lilly (prof.)	109 1/2
LH	A. Martin	110
<i>Rectangular Fix</i>		
B	R. Knodle	77 1/2
F	N. Mammarella	80
L	B. Steinmetz	105
L	O. Coulter (prof.)	109
M	Ralph Britsch	135
HM	Melvin L. Tampke	115
H	A. Manger	125
<i>Right Hand Slow Curl</i>		
F	Nick Mammarella	58 1/4
L	G. Blymire	60 1/4
M	H. Nocchi	70 3/4
<i>Left Hand Slow Curl</i>		
F	Nick Mammarella	58 1/4
L	Geo. Blymire	77 1/2
M	H. Nocchi	68 1/2
<i>Lateral Raise, Standing</i>		
F	Nick Mammarella	51
L	A. Schiemann (prof.)	65
L	Mike Dennis	65 1/2
M	A. Sell	55 1/2
HM	F. Dennis	80
LH	F. Dennis (prof.)	81
LH	A. Martin	90
<i>Lateral Raise, Lying</i>		
L	S. Levani	80
L	A. Losey (prof.)	91 1/4
M	A. Sell	81 1/2
M	A. Losey (prof.)	97 1/2
HM	F. Merrill	106
<i>Hold Out in Front, Raise from Below</i>		
B	N. Cippolini	55
L	A. Schiemann (prof.)	73
M	F. Dennis	78
HM	F. Dennis	75
LH	A. Martin	80
<i>Hold Out in Front, Lowered from Above</i>		
B	N. Cippolini	55
L	A. Schiemann (prof.)	68
M	F. Dennis	78
LH	A. Martin	80
<i>Two Arm Pull-Over</i>		
F	Nick Mammarella	80
L	W. Scharfer	89 1/2
M	A. Sell	137 1/2
<i>Pull Over and Press on Back</i>		
B	R. Knodle	185
L	C. Lessig	212 1/4
L	A. Schiemann (prof.)	210
M	F. Dennis	250
HM	F. Dennis	265
LH	W. Diehl	275
H	J. Nordquest	363 1/2

Due to lack of space we are unable to complete the remainder of the American Weight Lifting Records. However, there are only a few more, and we will publish them in the June issue.





## SCIENCE AND INVENTION

*... focused upon a world  
of interesting topics*

**R**EAD this popular scientific monthly magazine!—And through its many articles of intense reader interest, learn about Science, Invention, Astronomy, Electricity, Radio, Chemistry and all the phases of scientific endeavor.

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# Science and Invention

EXPERIMENTER PUBLISHING CO., Inc., 230 FIFTH AVE., N. Y. C.



# Greater Strength and Development

FROM A

## GREATER COURSE and APPARATUS

Why will this new idea in cable exercisers produce greater physical results? Here are the reasons: first, a cable course and exerciser must be so designed that it will exercise and develop every muscular part of your body. If it does not do that, then it will not produce results that are worth much. A cable exerciser must not develop the arms and shoulders only; it must develop the legs (thighs and calves), the lower back, the sides, the abdominal muscles also.

With this new idea that I call a Varied-Cable Exerciser, positively every muscle of your body is developed and strengthened. The course was laid out expressly for that purpose and the exerciser itself was designed for that purpose and for producing super-results.

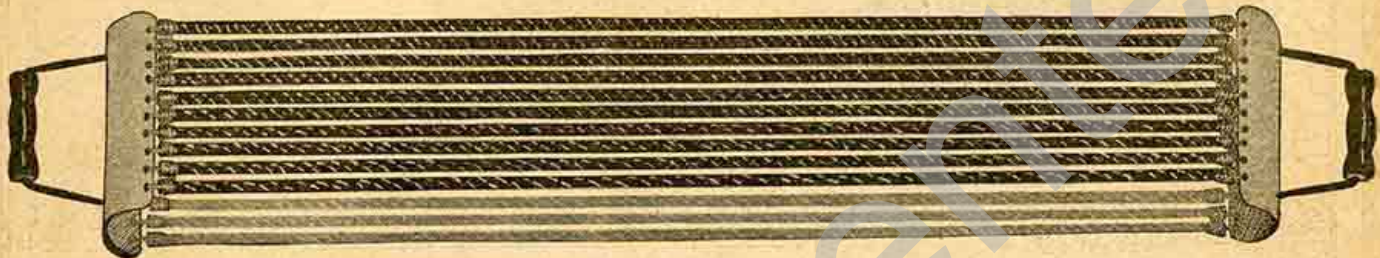
The second reason why this new varied-cable exerciser produces greater development and strength for the user is that it is made up of cables that vary in strength—10 strong cables, 5 medium cables, and 5 weaker cables.

### I Personally Stand Back of This Exerciser

This new cable exerciser is such an advanced type that it cannot fail to produce better results if used diligently. Consequently, I (Charles MacMahon) personally stand back of it. This means, that knowing, it will give each user great satisfaction. I do not hesitate to guarantee it to be all I claim it to be. If you are looking for the best in an exerciser and physical results then get this new 20-Varied Cable Exerciser and course without further delay. The price is very reasonable.

### Designed For the Weak As Well As the Strong

Because there are 20 cables to this new exerciser is no reason why the puny and weak individual should get the idea it is only for those who possess fair strength to start with. No man, boy or woman who is not sick in bed or crippled is too weak to start out exercising with one or two of my light cables. Therefore, anyone can use this exerciser and advance further, because it has enough cables to carry you further and a variation of cables that will always suit your gain in strength.



The New 20-Varied-Cable Exerciser:—10 Extra Heavy, 5 Medium, 5 Light Cables

### There Are No Other Cable Exercisers Like It

If, when using this unusual exerciser, you are pulling, say, 5 heavy cables in a certain exercise and you find you cannot advance in your training because you cannot pull six of these heavy cables, then you add a cable of medium strength or one of the weaker ones and continue on.

In other words, you must keep giving your muscles harder tasks to overcome or they will not continue to improve in strength. If you must continue with 5 cables indefinitely because you cannot pull 6 cables, your strength will never increase beyond the degree of strength necessary to exercise with 5 cables. But with this varied-cable apparatus you continue to improve without interruption.

### Many Feats of Strength are Possible with This Exerciser

Another feature of the varied-cable exerciser is the fact that many strength feats can be performed with it. The cables (especially the 20-cable exerciser) can be joined together for the overhead one- and two-hand presses while standing. Deep-knee bending can be performed against the great resistance of the 20-cable, as well as many other feats of strength. You'll like this course and exerciser.

### Get the 20-Cables For You Will Soon Need Them To Keep Pace With Your Strength

In exercising the powerful thigh, calf and back muscles, you will soon need the 20-cable, so save money and progress further by getting the 20-varied-cable exerciser first.

### My Personal Attention Is Also Yours WITH THIS COURSE —USE THE ORDER BLANK



CHARLES MacMAHON

Mr. Charles MacMahon, Studio S-5-28  
180 W. Somerset St., Philadelphia, Pa.

Dear Sir:

I am enclosing \$.....for the cable exerciser I have checked off below.

20-Varied-Cables..... \$12.00     10-Varied-Cables..... \$6.00  
 15-Varied-Cables..... \$9.00

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

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

Age.....Years    Weight.....Pounds  
(in street clothes)

Normal Chest.....Expanded Chest.....Inches

Forearm....."  
(arm straight, tape 2 inches below elbow joint)

Upper Arm.....Inches    Waist....."  
(smallest part)

Wrist....."    Ankle....."  
(right next to base of hand) (smallest part)

Neck....."    Hips....."  
(largest part)

Knee....."    Calf....."  
(largest part) (largest part)

Thigh....."  
(largest part)

Height.....Feet....."

Your occupation is?.....

How is your digestion?.....

How is your general health?.....

Are you strong or weak?.....

Are you married?.....

How many hours sleep do you get?.....

Are your eyes dull or bright?.....

What is the condition of your heart?.....

Do you feel rested on arising?.....

How many meals a day do you eat?.....

Do you use alcoholics or tobacco?.....

Do you want to lose or gain weight?.....

Have you ever taken any exercise?.....

Who was your instructor?.....





# I looked through a keyhole and discovered the secret of popularity

**"TOUGH** luck, old man! Too bad you aren't going to the dance our Athletic Club is giving at the Imperial. Did I show you my invitation?"

I was green with envy. Here was my old pal suddenly popular—invited everywhere—while no one seemed to care whether I came or not. What was the secret?

Bob and I were the world's worst dancers. And we knew it! That's why we used to spend most of our evenings together, at the movies or an occasional boxing match.

You can imagine how I felt when Bob began making excuses for not going out with me. He'd tell me that he had important work to do, and suggest that I run on alone.

Then came the invitation to the Club dance—and I didn't get one. That started me thinking; and that night when Bob pulled the old gag about working I made up my mind to hang around and see what he was up to.

When Bob saw that I wasn't getting out, he tried to fool me. He played sick, although he was the picture of health—and finally he said good-night and went into his room.

## What I Saw Through the Keyhole

After a while I was startled to hear strange shufflings coming from Bob's room. At first I didn't pay any attention to it; but when the shuffling continued I couldn't curb my curiosity.

Of course it wasn't just the thing to do, but maybe he really *was* ill, I told myself.

So I tiptoed to his door and looked through the keyhole. I could hardly believe my eyes. Instead of being sick, my pal seemed to be having the time of his life?

So *that* was the important work he had to do. Learning to dance—by himself—in his room. I'll bet he had been attending parties right along. And come to think of it, he once had mentioned that very idea to me—learning to dance by mail from Arthur Murray.

And I had laughed at him.

Well, I still thought it was a crazy idea. But there was that invitation . . . I made up my mind to "crash" the dance the next night and watch Bob without him knowing it.

When Bob left the house the next night, I wished him a good time—and said nothing of my plan. I gave him about a half-hour's start, and then set out for the hotel myself. It was an easy matter to go up on the balcony where I could watch everything, unobserved.

And what a revelation it was! Although I didn't know much about dancing, I knew a good dancer when I saw one—and Bob was certainly one of the best dancers on the floor. You could tell it by the way his partners were enjoying it.

Knowing Bob as I did, I was astounded. How graceful he had become. How confident he seemed! And how easily he now mixed with

everyone . . . especially the "fair sex." I just couldn't stand it any longer! I couldn't get home quick enough to write to Arthur Murray. Now I realized that it was he who had made Bob so popular, almost overnight—why couldn't he do the same for me?



## I Investigate

So I wrote to Arthur Murray asking for his free booklet and five free lessons. In doing so I didn't risk a penny.

The booklet and free lessons came promptly. I was completely sold on them. They showed me how many mistakes I had been making—how utterly ignorant I was of the modern style of dancing, yet in a few evenings I had learned the modern Waltz—the modern Fox Trot and many delightful variations of the very latest steps—without music, partner or teacher!

Now Bob and I go everywhere together . . . and you can bet we never miss a good dance. It's great to be popular.

## Will YOU Accept These 5 FREE Lessons?

No matter how poorly you dance now—no matter if you've never even been on a dance floor in your life—Arthur Murray's method makes you a finished dancer in 10 days, or you don't have to pay a penny. To prove it he is willing to send you five lessons from his remarkable course *absolutely free!* Just mail coupon (with 10c to cover cost of printing and mailing) and these valuable lessons will be forwarded at once. Also a free copy of his new book, "The Short Cut to Popularity." Mail coupon NOW. Arthur Murray, Studio 816, 7 East 43rd Street, New York City.

## Arthur Murray, Studio 816 7 East 43rd Street, New York City

To prove that I can learn to dance at home in ten days you may send the FIVE FREE LESSONS. I enclose 10c (stamps or coin) to pay for the postage, printing, etc. You are to include free "The Short Cut to Popularity."

Name .....

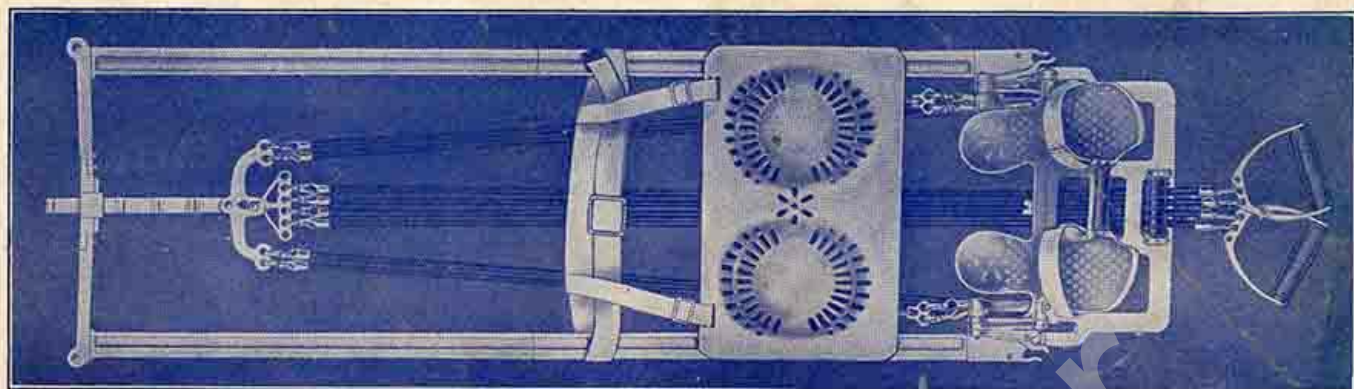
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See how easy it is to learn the  
Arthur Murray way!



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*Sliding seat, set on rocker arms, with shock absorbing springs, gives easy gliding action for rowing exercise.*

## Rowing Machine Abdominal Exerciser Hips Reducer



Can be used anywhere.

Space required for use  
only 52 x 15 inches.

Folds into a regular size  
suit case.

**Compact—Light Weight—Portable**

Made from Special Alloy Aluminum,  
**Strong and Durable**

Can be set up in a moment ready for use, and  
packed away just as quickly.

All Machines furnished complete with Carrying  
Grip as illustrated.

Health Developing Apparatus Co., Inc.  
550 Van Alst Avenue, Long Island City, N. Y.

Gentlemen:

Kindly send me, free, and without any obligation on my part, your  
completely illustrated 12 page booklet containing valuable health informa-  
tion and full particulars regarding "The Seat of Health."

Name .....

Street and No .....

Town .....

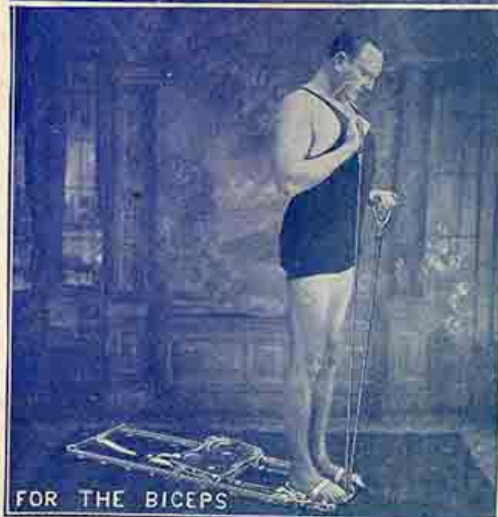
State .....



ROWING MACHINE



BACK EXERCISER



FOR THE BICEPS