

Ten Rules for a Happy Marriage

# Health and Life

25 CENTS

JANUARY, 1924

Keep Yourself  
Fit, Ladies

The Proof of a  
Strong Man

The Rational  
Treatment of  
Tuberculosis

A New Star in  
the Athletic  
Firmament

Strong Men  
of California

What Is Art  
and What  
Pornography?



Foods and  
Elimination

How to Become  
a Champion  
Hurdle Racer

The Prolongation  
of Life

Among the  
Grapplers

Judge Fisher  
on  
Voluntary  
Parenthood

## A BEAUTY AND HER TRAINER

Mrs. Earle Liederman (Miss Alaska), and Earle Liederman (inset), the famous New York Director Physical Education, who has the right to be very proud of his most beautiful pupil.

THE ATHLETE DETECTIVE — NEW SERIAL STORY BEGINS

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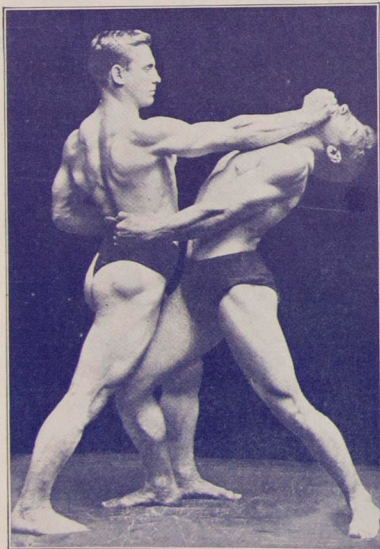
All lovers of the body beautiful will be delighted with this beautiful ART ALBUM, containing 120 glorious pictures of perfect men and women physical culturists. All the beauties of muscular development in men and all the glory and grace of the perfect contours of the best known women physical culturists are illustrated in this Album. It is indeed an art masterpiece, and no lover of the glories of the human body will want to be without it.

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The following is a list of the athletes, physical culturists, and artists' models who posed for the pictures:



## ATHLETIC CHAMPIONS

Ethelred Hledbrey (several poses).  
Charlotte Boyle.  
Ida Schmall (several poses).  
George F. Jowett.  
Bernard Bernard (several poses).  
Charlie Poel.  
Ray Johnson.  
Marie Curtis.  
Edward Aston.  
George Diminaki.  
Laura Bennett.  
Mary Jane Lowe.  
Carrie Keeley.  
Marion Fletcher.  
Nurle King.  
John G. Paice.  
Charles Shaffer.  
Al Treloar.  
Maurice Deriaz.  
Hilda Curtis.  
Strangler Lewis.  
David Willoughby.  
Al Rowan.  
Sam Chapman.  
Maxick.  
Walter Klee.  
Stanislaus Zyzdzo.  
Captain Johns (several poses).  
Outey B. Coulter.  
Antonie Matyjak.  
Sobli Bauer.



Jole Ray.  
George Calza (several poses).  
Arthur Saxon.  
S. V. Bacon.  
E. H. Bacon.  
Sergeant Swimmer.  
Joe Stecher.  
Jack Dempsey.  
Mark Jones.  
Arthur F. Gay.  
Marin Piestina.

## PHYSICAL CULTURISTS

Mrs. Earle Liederman—(Miss Alaska) (several poses).  
J. Richmond (several poses).  
Earle Liederman.  
Charles Atlas (several poses).  
Dorothy Knapp (several poses).  
Kathleen O'Connor.  
Olive Ann Alcorn.  
Lionel Strongfort.  
Jovita Dardon.  
Helen Chadwick.  
Joe Homosa.  
Madge Merritt.  
Marjorie Barker.  
Rev. B. E. Brown.  
Gladys Walton.  
Priscilla Dean.  
Dr. C. B. Severn.  
John M. Herlich.  
A. P. Hedlund.

Mrs. Hedlund (several poses).  
Rose Kinder.  
Polly Walker.  
Doris Wilson.  
The Vanities.  
Ann. Hyatt.

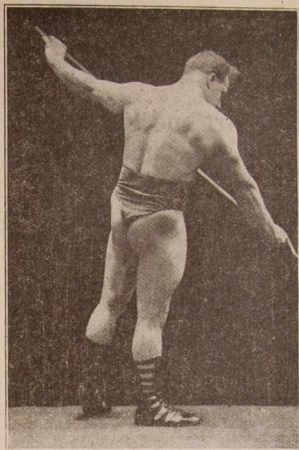
## ARTISTIC

Strength and Beauty.  
Les Syrenes.  
Salommo and Mattha.  
A Study of the Nude.  
The Saviors.  
The Vine.  
The Sundial.  
Eostay.  
Consolation.  
Le Balser.  
The Tempest.  
Rising Woman.  
Braced Nuoro.  
L'Aurore et Cephalie.  
Apollo.  
Energy in Repose.  
Psyche Receives the First Kiss of Love.  
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# Health and Life

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

DECEMBER, 1923

Vol. II. Number 12

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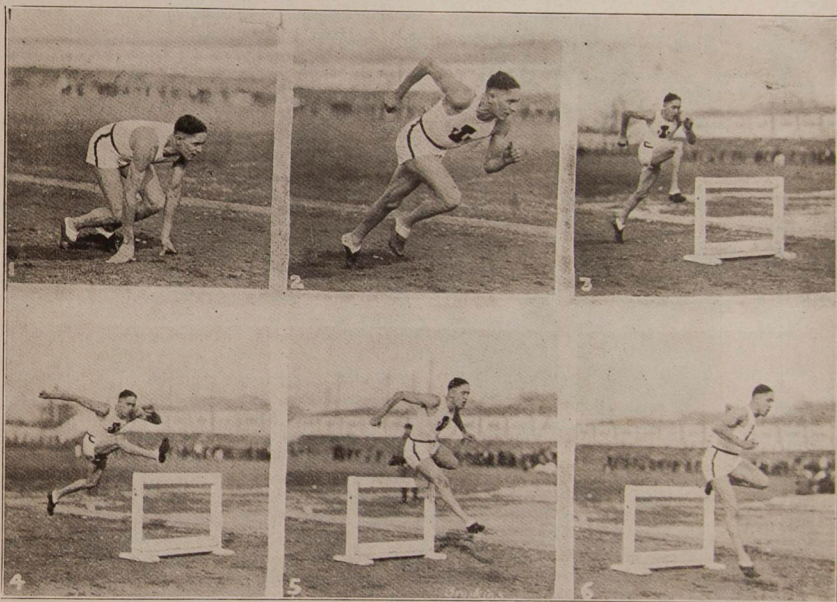
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## How to Become a Champion Hurdle Racer

By the Editor

[The fellow who trains well now is the one who is going to earn honors next season, so make good use of your gymnasium all the time.—Editor.]



Underwood & Underwood

### PHOTO STORY OF HURDLE CHAMPION

Here are six photos showing Charles R. Brookins of Iowa, starting from mark and clearing the first hurdle. Brookins holds the world's record for the 220-yard low hurdle, on a straightaway in the time of 0:23 2/10; and the world mark 220 hurdles around the turn: 0:23 9/10. He made the 200-yard hurdle in 23 flat last August, but the mark is not official. Brookins is captain of the 1924 track team and has run 100 yards many times in 0:09 8/10.

**HURDLE** Racing is undoubtedly one of the most strenuous of all sports. The successful hurdler must be a sprint champion and endurance man with enormous leg power. However, hurdle racing is a splendid form of training for other forms of sport, and readers of *HEALTH AND LIFE* engaged in making themselves fit, especially if they wish to develop well-

shaped legs, could very wisely introduce a little hurdle racing into their training.

On this page is a series of pictures showing Charles R. Brookins, of Iowa, taken at every section of clearing the first hurdle. Brookins holds the world's record for the 220 yds. low hurdle on a straightaway in the time of 23 2/10 seconds. He also holds the world

mark in the 220 yds. hurdles around the turn in 23 9/10 seconds. He made the 200 yard hurdle in 23 flat last August, although the mark is not official. Brookins is captain of the 1924 track team, and has many times run the 100 yds. in 9 1/2 seconds. So you see he is well worth studying.

(Continued on page 38)

# "Straight Stuff"

By Galen Starr Ross

Educational Director, Business Science Club, Columbus, Ohio.

## Character



GALEN STARR ROSS  
Columbus, Ohio.

To most persons with a limited thinking capacity or inclination, the term character suggests only a moral credential. No idea is more incomplete than that. Such people seem to think of character only as synonymous with goodness. Such a concept is far from sufficient.

While the habit of goodness is fundamental as a basis of character, many folks who never have made a misstep in their whole lives, so far as moral rectitude is concerned, lack entirely the great dynamics of true character. On the other hand, countless numbers of men and women, who possess no moral principle or moral determination whatsoever, have personal forcefulness to burn.

The ideal conception of character is that one which allows both for goodness and capacity in the proper ratio. Many good men are incapables. Many bad men are geniuses, but possess a

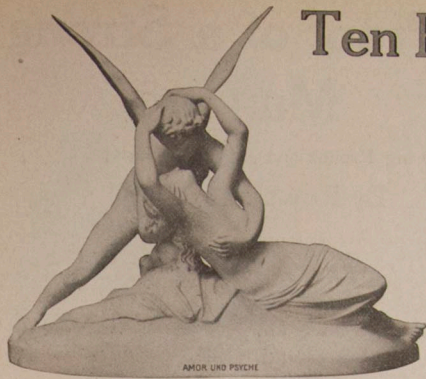
dangerous character. It is easy to see, therefore, that the term requires a designating adjective, good or bad, properly to define its meaning.

Society needs most badly the capable and willing honest man. These attributes of being, combined in one personality, constitute the ideal character. And, as character and personality are so absolutely interwoven, yet so absolutely inconsistent at times, just being good or just being capable, is not singly sufficient.

If you would possess true character, be prepared to give an accounting for your brains and energy as well as your dependable moral worth. Good men ought to be good for something every day of their lives in a practical world.

# Ten Rules for a Happy Marriage

By W. Peter Schramm



"The ideal marriage is one in which two lovers come together and dissolve all differences, becoming one in body, mind and soul."—Bernard Bernard.

**A** CO-ED is a co-ed—frivolous, care-free and free spirited. But a recent contest conducted at Vassar college shows that these young ladies have thoughtful, if not critical, ideas regarding marriage.

The following ten rules are an amplification of the recipes of the co-eds with some suggestions of my own as to what makes for a smoother sailing of the matrimonial bark over the turbulent waters of the sea of life.

**No. 1. TASTES.** "To make a happy marriage one must have equality in tastes and interests," says one.

This is the first and most important element in the nuptial game. If things were talked over more freely prior to making the big leap, there would not be near so many mismatings that are usually supplemented by divorce. If you are interested in literature and cosmopolitan society, and your wife-to-be would rather wear gingham on Sunday and look after a flock of chickens, there's a sure sign that the cogs of your wheels will not fit in between each other. If you love children and your partner says that they are only a nuisance, that's another sign. And there are many others.

So talk things over freely and candidly with your betrothed before you unite—be honest with yourselves. If an adjustment can be made that is satisfactory to both, so well and so good. If not, then it is better that the match be abandoned then and there. Then it is not sufficient that two hearts beat as one; tastes and abilities must be fifty-fifty.

**No. 2. ILLUSTION.** "Preserve illusion," says another.

"Marriage is an illusion; it's the false glamour of the thing that causes men and women to fall for it," say the cynical deans of philosophy. And they are right. Don't be so eager to look behind the scenes. Maintain each other's self-respect as if you were strangers.

age of perfection has not yet arrived. Overlook your mate's shortcomings and love him or her all the more for them. It proves but that he or she is human. To have faults is a necessary part of humanity. If things go bad, don't administer harsh criticism or nag. Kindly suggestions will go further. A man is justified in saying: "I will not permit my marriage to take away my little personal liberties." Marriage, although an institution, is not a penal one where it is "all lights out at nine." Man and wife do not marry to discipline each other; they do it to find joy in the love instinct and to be of mutual help to each other in the battle of life.

**No. 3. MONEY.** Come to an agreement about it. More marital barks are wrecked on the finance rock than any other. Have a budget. Let the wife take care of the weekly pay cheque. If she doesn't do it economically enough to suit your taste, do it yourself. But don't be stingy; divide up; remember that a wife must have some spending money outside of the grocery bill if she is to remain contented with you.

**No. 4. HUMOR.** Marriage is a game. Humor is the award. Always look for the funny side in your frictions. Remember that troubles and difficulties are as inevitable in normal married life as fleas on a dog. So never take them seriously. Look at them as they are—meaningless and temporary. Change off in getting mad—let it be one at a time. The angry one will always feel sorry, and the one that remains good-natured will pave the way to an understanding. Strive to keep the friction mountain at its lowest level. Every quarrel not settled heaps it up and causes it to grow bigger.

**No. 5. AFFECTION.** Don't be madly in love with your wife, and vice versa. It always ends either in jealousy or contempt for each other. In the average marriage Love ceases soon after the honeymoon; it is only affection—the liking of each other that binds you together. In the ideal marriage man and wife look upon each other as pals and the best of com-

panions, not as something angelic to lavish passion on. Love and affection are not synonymous. As with money, don't be close-fisted with your affection. Praise your husband's, or wife's good points and caress often; it will work wonders in keeping the liking for each other at its zenith.

**No. 6. DISPOSITION.** A good disposition is a capital ingredient. No matter what turns up, always keep your face square and your eyes bright. No one, no matter how close in relationship, likes to listen to a whiner. If you want sympathy, and tell each other's troubles just for that reason, better not; if you want sympathy, better look in the dictionary for it, because there you'll be sure of finding it right away. The only reason for knowing each other's difficulties should be for the purpose of working them out together. You are the two best pals in all the world and are supposed to work together. Besides, two heads are always better than one.

**No. 7. VACATIONS.** Separate, get away from each other at frequent intervals—especially when things get a little warm. I know of a couple, who, on having their little marital tiffs, and when unable to come to an agreement, one simply goes out in all good faith for a day or two, and on coming home, the ardour has not only cooled, but one of them has always thought up a solution that solves their problem. Then, absence will make your husband, or wife, realize what it means to be with you.

**No. 8. RELATIVES.** The greatest curse to the marriage institution are the often too "benevolent" relatives, the mother-in-law in particular. The further you move away from your kin, the better it is for you. If you think that you simply cannot get along with them, that you must be a "mamma's boy" or "mamma's girl," it is far better for you to remain with her in celibacy until she has passed beyond. The marital vow demands such a sacrifice. It cleaves some one to you who is nearer to you than your father, mother, brothers or sisters, and so it is for you to stick until you, or her. At the least, move fifty miles away; opportunities for success and a livelihood are present everywhere; often times they are better in a foreign town than in the local one; moreover, you create an excellent opportunity for "getting away from each other" every once in a while in the way of paying separately a visit to the folks back home. Furthermore, you can always work out the problems concerning your beginning better by yourselves; and your kin and in-laws will not know so much of your predicaments, or step in every day to give you counsel that is less than useless.

(Continued on page 38)



Magnificent arm, shoulder and chest development of Kronos.

# The Proof of a Strong Man

Featuring Kronos and Lionel Strongfort

By Roy Griffith

SOMEbody once said, "All men are liars." Whether this be strictly true or not, it must be confessed that a reasonable doubt exists in the minds of most people, as the truthfulness of any man who claims to be particularly healthy or strong. Coué, and his famous "Day by Day" litany, may be more or less responsible for this. At any rate, one-lunged weaklings continue to thwack their chests coughingly and proclaim themselves fit as fiddles, while amateur Ben Hurs keep on running around dizzily, challenging each other to chariot races (with the fore-knowledge that there are only about four honest-to-goodness chariots in the world—all in museums and each minus a wheel or something). It is not strange that there should be a lack of public confidence in self-proclaimed health-misers and strength-millionaires.

Some men "prove" they are honest, by keeping out of jail; others "prove" they are healthy by keeping out of bed; still others "prove" they possess great strength by—well, by challenging anybody to prove the contrary. So it happens that when a man says he is in the best health he is suspected of violating the 18th Amendment, and when he claims to be strong, somebody is sure to chant a derisive ditty concerning the banana shortage.

The really wise man, possessed of especially good health, usually keeps still about it and spends his time out-distancing his finicky-stomached, flabby muscled competitors in business. The man of great physical strength, as a rule, also does a creditable imitation of the Sphinx, knowing that when he is called upon to teach a masher and obnoxious annoy of pretty girls that the way of the wicked is painfully rough, the surprise of said masher will be all the more poignant.

Sometimes it happens, however, that a man of great muscularity desires to impress on the public that, compared with him, Hercules was a weak sister who did fancy work and embroidery in his spare time and that Samson was simply a fourth-rater with a good press-agent. In such a case, there are just two methods of procedure. One is to look up all the adjectives in Mr. Webster's well-known volume that are synonymous with "strong" and "marvelous" and then hire a high-powered advertising man to knit these adjectives or less brilliant scarves of "blat" by adding the necessary nouns and verbs. The other method is more difficult and infinitely more reputable. It consists of a sincere attempt to follow an adjective-surfitted public's worthy dictum: "Go get a reputation."

When Mr. Biceps fares forth to get a strangle hold on a reputation, he finds himself up against a hard proposition.

Thumbing a dictionary is very much easier. When he offers to prove his strength by lifting up one end of the Brooklyn Bridge, or getting a seat in a subway train, or carrying five cents worth of German marks, or anything like that, Mr. Average Citizen lifts a supercilious eyebrow and says wearily, "Yeah?" There the matter ends. And the reputation seeker, in chagrin, goes home and tears two New York telephone directories in two with thumb and forefinger. He would tear the telephone out, too, only he figures he may some day get Central to give him the right number.

No matter how strong a man may be, no matter if his muscles stand out so that they make arms and legs look like pythons that have just swallowed a succession of water melons, he simply cannot get a rise out of a suspicious and jaded public. He offers to *show* what he can do, he promises *action*—and the public says, "Uh Huh; by the way, did you read what Mr. Muskles says about himself in this month's 'Language Magazine'? Wonderful vocabulary, that man!"

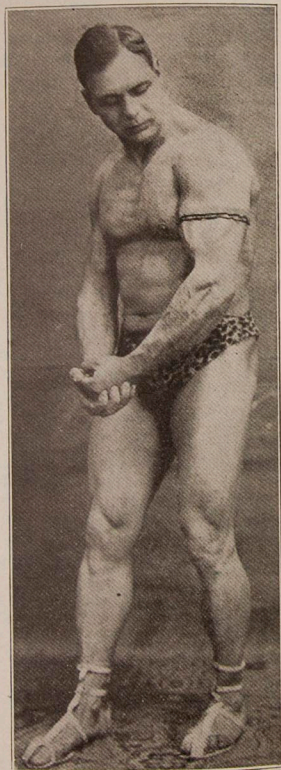
The most sincere strong man cannot make a dent in the average consciousness by simply performing feats that other men *cannot* perform. He must do stunts that other men cannot and *will* not perform. He must risk his life, undergo physical suffering, mortify his flesh, make himself a martyr. Only in this way can he get public recognition. He must have prodigious strength to begin with, of course. Then he must exhibit that strength in such a way that he risks death, torture and actual physical catastrophe. He gambles with Death for the applause of the multitude. A sense of humor on the part of our legislators would be fatal to his enterprise: Bull fighting, incendiarism and gambling with inanimate currency are prohibited by statute. Dumb animals must not be made to suffer, buildings must not be purposely set on fire and a man cannot, legally, risk his own money in chance, but a man, may do what he pleases with his own body.

Even then, the legitimate strong man has a hard time. It is difficult to combat the frenzied attacks of envious rivals, unable and unwilling even to attempt actual performance but, nevertheless, possessed of howitzers loaded full with the rich heritage of our English vocabulary, just by committing suicide.

A striking example of the real strong man, fighting for a foothold, is found in Kronos, European champion who recently arrived in this land of the more or less free and home of the self-confessed brave. Kronos, to use Americanese, was a riot abroad, he always

stopped the show. After collecting a few warehouses full of marks, kronen, francs, and such, he exchanged his holdings for \$96.80, American money, and bought a ticket for our hinterland, inside the three mile limit.

Arrived in America, he was confronted with deadly, dull, non-meal-ticket-producing apathy. The American situation was held well in hand by the purveyors of self-laudatory advertisements; they did not propose to allow



PAUL KRONOS  
Snapping a steel chain by simply expanding his biceps muscle.





"PROMETHEUS BOUND"

Miniature of the magnificent masterpiece by the famous European sculptor, Reinhold Begat, illustrating the Greek myth of Prometheus chained to a rock by Zeus. The figure was posed by Kronos and is a faithful reproduction of his extraordinary development, grace of form and muscle symmetry.

a foreigner who couldn't do anything but *prove* his physical superiority to dislodge them.

Kronos had been induced to come to this country by certain well-known vaudeville managers who, when they got him here, began for the first time to read the essays of the American muscle-conversation trust entitled, "What I Could Do If I Wanted To." And they began to doubt. They asked sundry representation citizens, "Would you like to see a strong man raise a ton of coal with one hand?"

"Now," was the reply, "Coal's high enough already. Besides, did you see what Mr. Dumb Bell wrote in —"

The managers began to intimate to Kronos that he make some inquiry about sailing dates.

Finally, however, Kronos, being persistent as well as strong, got an opportunity to open up his bag of tricks at a vaudeville house over on Third Avenue in New York. The vaudeville managers were there. Having spent the day, as usual, in listening to actors recite the reasons why they were better than Barrymore, Nazimova, Bernhard and Will Rogers, said managers were not going to be impressed with Kronos' act if they could help it.

Kronos walked out on the stage clad in a cave-man postage stamp—i. e.—a bit of leopard skin—accompanied by valiant heraldic tootlings by the orchestra. He was a glorious specimen of muscular Manhood. Then he began his act. The vaudeville managers, blasé at first, suddenly leaned forward in their seats. Kronos was performing the impossible. To quote a cynical vaudevillian, "It's *gotta* be impossible to know a manager outa his chair."

That night Kronos was given a contract to appear in a string of the biggest vaudeville houses in America. Also, several astounded musical word jugglers sent out a hurry call for more dictionaries.

The European strong man made his first regular appearance the following week in Chicago. The theatrical re-

viewers looked over the bill in advance, saw Kronos billed as a headliner and said, "Gosh!" They went to see him and afterwards they said—"Gosh!" They didn't mean the same thing both times; it is surprising what different meanings can be conveyed by the same word.

Just who is Kronos? What does he really do? Answering the last question first, here are a few of the things he does:

Lies on his bare back on the points of nails, rests a 450-pound anvil on his chest and permits two heavy gentlemen to beat a blacksmith's tattoo upon said anvil with 16-pound sledge hammers.

Lies on his bare back on the same bed of nails while eight men and a horse stand on a board across his chest.

Lifts a six-cylinder automobile with four passengers simply by placing a chain around his neck and placing himself in an elevated position over it.

Snaps heavy steel bars with his bare hands. Drives four-inch spikes into oak planks with his naked fist.

Bends iron bars—with his teeth.

All of these feats are spectacular and sensational in the extreme. They prove the all but super-human strength of this European wonder man. The early-Christian martyr stunt of lying on a bed of nails is possible only through remarkable muscular, contractile power. Bending and breaking heavy steel bars is conclusive evidence of powerful arm, shoulder and back muscles, as is also the feat of driving spikes with his fist. Lifting the automobile is proof of the most extraordinary development of neck, shoulder and back muscles.

Kronos looks the part of a modern Hercules. In any theatre, the only place for him is on the stage; his mas-

sive back and shoulders overflow the confines of an ordinary seat. He could exhibit his strength in other ways than by risking his neck and running chances of having his back ground into raw beefsteak or his teeth shattered. But unless he took these risks he wouldn't be strong, in the opinion of a thrill-seeking public. Other men, blessed with a good physique, *claim* to be strong as a whole zoo full of bulls and lions. To get a reputation as a strong man, in this land of the paid advertisement, one must, as has been said, perform feats that others not only *cannot*, but *will not*, perform.

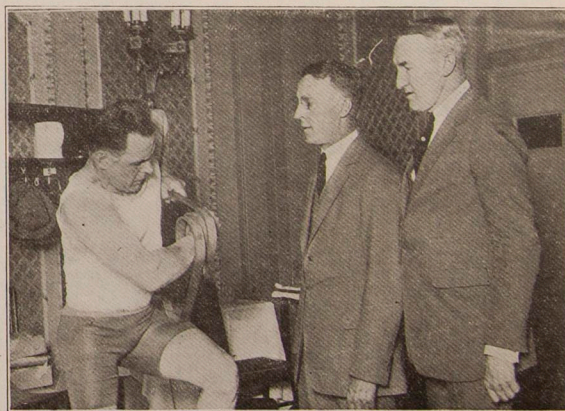
This brings to mind the achievements of one of the most famous strong men of all time—Lionel Strongfort, declared by experts of practically all the great universities of the world to be the most perfect specimen of physical development ever seen.

Strongfort started his career when but a boy of not yet seventeen, performing prodigious, but not especially sensational, feats of strength. Soon the envious "adjective boys" got on his trail. "Why, he ain't strong; he ain't near as strong as me; I'm stronger than strong; I don't have to *prove* it—I *admit* it." Thus sang his arm-chair rivals. So Strongfort determined on a strength feat that would make them gargle their words.

First, he attained supremacy by lifting overhead with one hand a bar-bell weighing 312 pounds. The real "fireworks" came after he had hung up his bar-bell record and invited all and sundry to try and take it away from him.

The aforesaid "fireworks" was Strongfort's world-known Automobile Feat—a neat, gentle little trick calculated to make the average daredevil in action look like a paralytic. In this feat, Strongfort, unaided by any mechanical

(Continued on page 25)



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KRONOS IS SOME MAN

Kronos made an appearance in Chicago before a bunch of newspaper men and high city officials to show what he could do in superman stunts. Kronos performed many phenomenal feats, among which was bending a crowbar a yard long and weighing about twenty pounds. One of his most thrilling stunts is to take twenty 10-penny nails, drive them with blows of his bare fist through a heavy oak plank, lay the plank on a platform with the nails protruding and lie down upon the nails with an anvil resting on his chest. Our photo shows him bending a bar of iron four times around his forearm while John Culleton, head of the fire department, and John J. Nash, manager of Palace Theater are looking on.

# Foods and Elimination

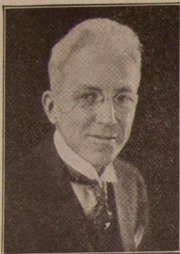
By P. L. Clark, B. S., M. D.

When the people fully understand that acidosis, or a lessening of the normal alkalinity of the body produced by bad living habits, and toxicosis, a poisoning of the body through the retained products of metabolism, with the added absorption of putrefying proteins as they pass through the alimentary tract are the basic causes of disease—then the people will arrive at the full realization that the correction of this acid condition, and the elimination of the toxic poisoning from the flesh and blood will enable them to restore themselves to that degree of good health which is normal for each particular body.

## There Is a Cause for Every Ill

Get back to first principles; there is a cause for every ill. If you are eating white flour, cooked in any manner you please, can you expect to have good health when this foodless food has been robbed of the elements necessary to nourish your body, and is so potentially acid and poisonous that a dog, fed exclusively on white flour and water will die ten days sooner than he would had he been given water alone; or, if you are eating polished rice, which has been robbed of the germ and the pentoxide of phosphorus, so necessary to the nervous system, and which will produce polyneuritis, or excessive nervousness in pigeons in six weeks, and kill them in eight weeks—can you expect good health? If you are mixing starches and proteins in

violation of known physiological law so that such an excessive amount of fermentation and putrefaction is produced in your alimentary tract that you are being poisoned three times a day by the absorption of this fermenting, putrefying mass as it passes through your twenty-seven or twenty-eight feet



P. L. CLARK, B.S., M.D.

of intestines—can you expect good health?

Now if you are poisoning yourself in this way, and that's what the masses of the people are doing, don't you think it is rather foolish for you to expect to go to a doctor and get a pill, powder, potion, a lotion or some charm

which he tells the druggist in Latin to give to you to relieve your trouble, without stopping the cause? Wouldn't it seem easier and a shorter way out of the trouble to correct the "bad habits," the cause? With a little time spent in acquiring information from those who have it to impart, no one need, in their eating and combinations of foods, violate known physiological law.

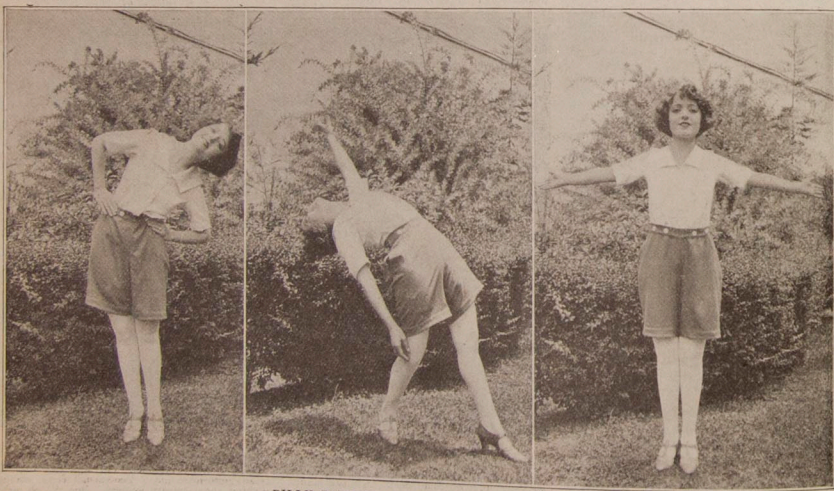
## The Problem

The problem then for the world and suffering humanity is to find out how to restore themselves to good health, or their normal condition and then to maintain themselves in good health by finding out what foods are fit to eat, the combination in which they should be eaten, and how to eat them, and this knowledge, combined with simple rules as to the care of the body, bathing, breathing, exercise and sleeping will enable people to maintain themselves in good health.

## It Is the Absence of Food Which Permits Elimination

Mother Nature, through your blood, is attempting every moment of your life to restore you to health. The upper part of your alimentary tract is the digestive apparatus—the lower part is the main sewer of your body. The blood traverses the flesh with extraordinary rapidity and becomes saturated with whatever degree of toxic acid poisoning exists in your flesh and re-

(Continued on page 36)



**BILLY RHODES AT HER "DAILY OCTETTE"**  
 Left, Hands on hips; trunk bending sideways. Bend the body to the left, as shown in this picture, and then to the right, getting plenty of body motion. Repeat eight times. Center, Lunge forward, and bend the body backward, as shown, raising the left hand. Come back to the attention position. Lunge with the other foot, and raise the right hand. Repeat eight times. This will stimulate the spinal chord and spinal column. Right, Arms raising and breathing exercise. Raise the arms from the side, at the same time inhaling fully. Lower the arms, and exhale fully. Repeat eight times. This is excellent for developing a healthy chest and good lung power.

# Keep Yourselves Fit, Ladies

By Clara Glover, L. L. A., A. C. P. (Hons.)



SOME GOOD HEALTH AND BEAUTY BUILDING EXERCISES USED BY BILLIE RHODES

Left, Bend the trunk sideways and downwards, touching the ground with the right hand near the left toe. Come back to the original arms-outstretched position, and do the same movement from the other side, touching near the right toe with the left hand. Be careful not to bend the knees. Center, Kneel on the ground with the hands on the hips. Now proceed to bend the body upwards as far as you can, and raise again to the upright position. Repeat eight times. Right, From the ordinary attention position reach down to the toes without bending the knees. Repeat eight times. You will never suffer from obesity if you do these exercises every day.

The Beauty Shop is not the only place in which to acquire beauty. True beauty comes from within, and there must first of all be a foundation of health and physical shapeliness before even the beauty parlor can make a lady look like what she wants to be. In my young days we used to sing a ditty. It went:

"Little puffs of powder,  
Little dabs of paint,  
Make a dainty lady  
Look like what she ain't."

But the woman who is really beautiful does not want to look like what she is not. If she allows the sunshine and fresh air to give her a complexion, if she gets her limbs rounded by some good systematic exercise, if she keeps her fat down by correct eating, she will find that the specialist in the beauty parlor will really enhance the loveliness that Nature gives her.

However, no matter how well Nature has endowed you, you cannot possibly be your best self unless you exercise. All the star beauties recognize this, and most of them have their own favorite exercises. Billie Rhodes, who is pictured on this page, insists on doing every morning what she calls her "Daily Octette." It consists of eight movements of each of the exercises illustrated here, and you too would find them as fine an aid to beauty as she does herself.

Naturally, Miss Rhodes is an ardent enthusiast of exercise, because nowadays a woman who has merely facial charm gets nowhere, on the stage or

on the screen. Practically every appearance necessitates the display of physical charm of the body as well as of the face.

Many ladies wonder whether exercises should be performed in the morning or the evening. For best results they should be done both in the morning and the evening. A few good movements practised in the morning and evening are far more effective than a large number practised at one time. For instance, I go through the Physical Culture Course compiled by our Editor, and given in "Health and Fitness," every morning and evening. I do not suppose that I exceed more than five to eight minutes, so I can spare this amount of time both morning and evening. Of course, in addition to these exercises, I frequently try all manner of tricks, and other exercises which I discovered are used by enthusiastic women physical culturists. However, I am assured of getting all my vital organs into good trim, and keeping them at their highest efficiency by following this regular course of exercises.

Those who omit morning exercises do not know the pep and life to be obtained from them. It is natural to exercise in the morning, immediately after awaking. You watch any cat or dog. Immediately it awakes, it stretches and puts its muscles into working order. The human body responds wonderfully to the same process.

If you have been in the habit of doing your evening exercises don't neglect them; but in addition do those given by Miss Billie Rhodes on this page and notice the effect.

## STANZAS ON MUTABILITY

Still on my cheeks I feel their fonding breath;

How can it be that days so very nigh Are gone; for ever gone, and merged in death!

This is a thing that no man fathoms quite,

And far too cruel for complaint or cry.

That all things slip and drip out of men's sight.

And that my own untrammelled I have found

To me unearthy, dumb, strange as a hound.

Then: that I was a hundred summers ere

My birth and that my forbears underground

Are closely kin to me as my own hair.

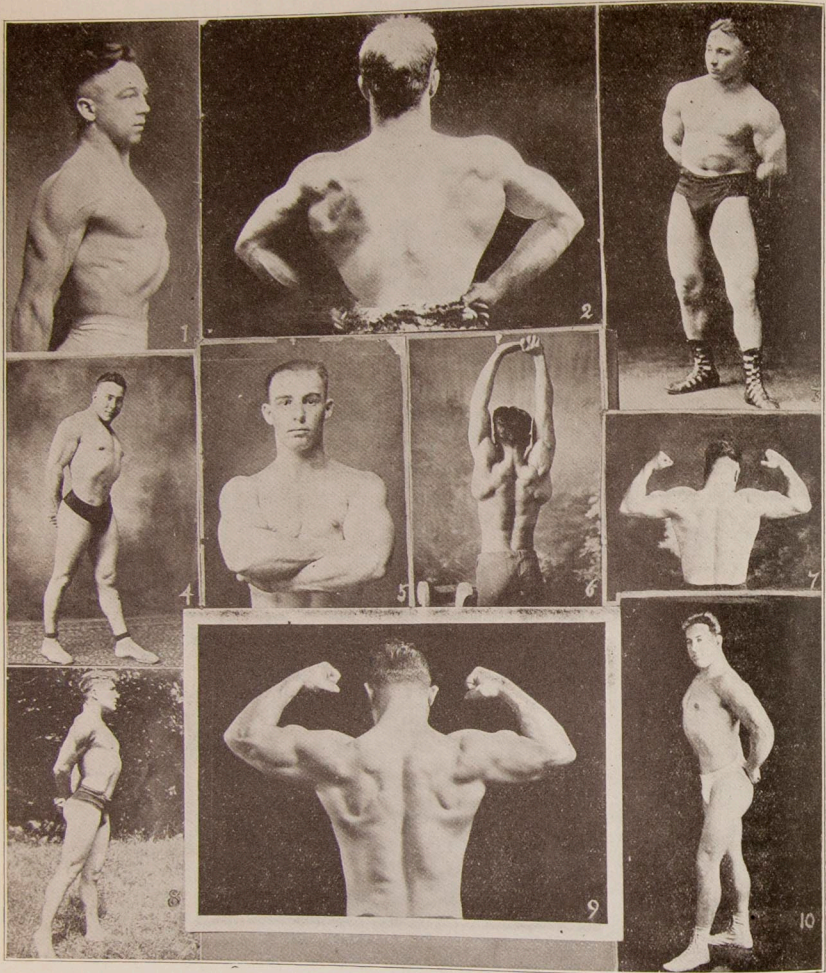
## THE BEST OF THE BUNCH

I have received your "Sexual Anatomy and Physiology," and have read it carefully. It contains much excellent information and deals with the subject in a more clear manner than most books on the subject. I have read several books costing upwards of \$10 each and yours is the best book—G. W. M., N. Y.

## WHEN STARTING MARRIED LIFE

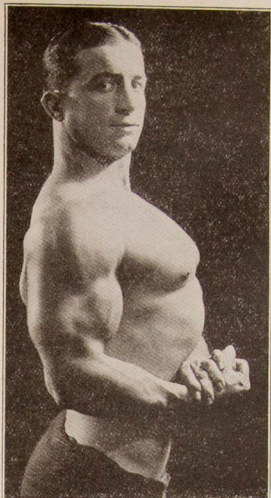
I wish that the book, "Beginning Marriage" could be read by every young couple starting married life together.—J. A. L., Iowa.

## Health and Life Enthusiasts



This month I am giving you a whole page of pictures of Earle Liederman's pupils. Earle Liederman is, as you know, a HEALTH AND LIFE enthusiast, and many of his proud pupils are the same. This page is particularly expressive of the wonderful results that are to be obtained by systematic exercise under the skilled direction of such a great master of physical education as Earle Liederman.

1. Earl Feather; 2. Arthur Hyson; 3. Joseph Tortorea; 4. Robert F. Page; 5. George Stone; 6. George Sullivan; 7. Joseph Alexander; 8. Jesse M. Lehman; 9. Andrew Passannant, winner of Earle Liederman's \$1,000 prize for improved development; 10. George Sullivan.



ANDREW PASSANNANT

He woke up one morning and found himself the winner of a thousand dollar prize. Prior to this he was unknown but he will undoubtedly figure as a coplaner in future athletic, strength and physical culture circles.

If you arrived home from business one evening and found a letter waiting for you, asking you to come round to collect your \$1,000 prize, what would you feel like?

That's what Andrew J. Passannant felt like when this actually happened to him a short time ago.

Last spring HEALTH AND LIFE concluded a Physical Development competition to try and inspire men and women to acquire a beautifully developed physique. Earle E. Liederman was interested, naturally, with any attempt to inspire others with such a laudable desire, and he determined right away to go one better. He maintained that the best competition of all would be one that would give honors to the man or boy who had made the most progress in his physical development under the Liederman system during a certain length of time.

He did not say a word until October 1, when he sent word to Andrew Passannant that he was the winner of a \$1,000 prize presented to the pupil showing greatest improvement.

The three photographs on this page will show you the remarkable development of Passannant, so you can judge for yourselves what, in addition to a \$1,000 prize this man has obtained through scientific physical education. He was chosen from the mass of pupils who had enlisted since January 1st, and, from all the information available regarding him, he certainly has won his prize.

There is not the slightest doubt that Passannant is a new Star in the Athletic Firmament. Not only has he a magnificent physique, but he is going to be a marvelous strong man. He is

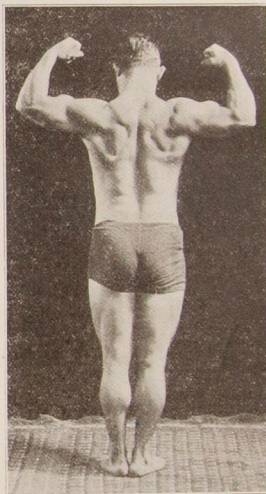
# A New Star in the Athletic Firmament

By the Editor

at present an expert gymnast, hand ball player, and all round athlete.

His measurements are extraordinarily interesting. They are as follows:

Height	.....	5 feet 7½ inches
Weight	.....	170 pounds
Neck	.....	17 inches
Chest	.....	48½ inches expanded
Biceps	.....	17 inches
Forearm	.....	13½ inches
Waist	.....	30 inches
Thigh	.....	23½ inches
Calf	.....	15¾ inches
Wrist	.....	6¼ inches



EXTRAORDINARY BACK DEVELOPMENT  
Andrew Passannant is the nearest duplication of Eugene Sandow that his trainer, Earle Liederman, has ever seen.

Note particularly the exceptionally small size of his bones, his wrist measuring only 6¼ ins. Earle Liederman himself says that in all his experience he has never yet seen a man with a 17 in. arm and a 6¼ wrist.

### A Duplication of Eugene Sandow

Passannant is the nearest duplication of Eugene Sandow that has ever been seen. Everybody remembers the wondrous beauty of development displayed when Eugene Sandow astounded the world. Photographs of Sandow were everywhere, and served to set aflame the popularity which the culture of the body still enjoys.

Like Sandow, Passannant, too, is

going to surprise the world with his extraordinary strength feats. He is not yet trained particularly in this direction, but Earle Liederman tells me that he is still under his care in this direction.

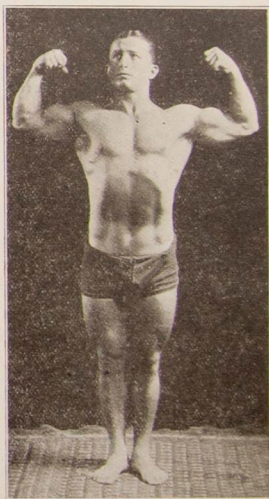
At any time of the day, he can take up a 50 lb. dumbbell from the ground, and lift it from the ground overhead, without stopping, 350 times. Liederman does not know or care whether this is a record, because just at present Passannant is not making any challenges in regard to strength feats.

An incident that happened recently shows that Passannant has far more strength than even he himself realizes. He happened to be present when a prominent professional strong man was straining at his stunts and feats, managing only one lift at a time. Passannant went on, and duplicated each one, with 25 repetitions.

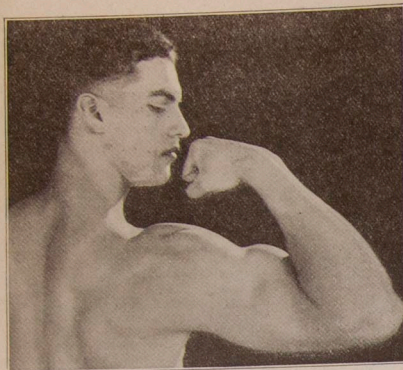
### Another Competition with Plenty of Prizes

But I set out to tell you all about the Physical Development Competition being run by Earle E. Liederman. He has determined definitely to run a

(Continued on page 37)



A CHALLENGE TO THE WORLD  
Andrew Passannant's trainer, Earle Liederman, says: "I doubt whether you can find his equal anywhere in the world. I feel perfectly safe in making this claim, and nothing would please me better than to see any athlete, whether amateur or professional, equal his appearance in any of his poses."



DAVID P. WILLOUGHBY

AN unusually fine Gymnastic show was held in the gym of the L. A. A. C. on Wednesday evening, November 21st. The main attraction of the evening was a Weight-Lifting Contest, between Albert Bevan and Alfred Martin. Other events on the program were: Boxing, Wrestling, Fencing, Tumbling and Hand Balancing. Owing to this varied program all attendance records at the Club were smashed, and to finish up a fine entertainment, the floor was cleared for dancing.

The Weight-Lifting competition was conducted under strict A. C. W. L. A. rules, and was, it is believed, the first contest ever held in the United States, in which an effort was made to compare American and English lifters on a definite set of lifts. These lifts were

these lift, the weight being increased in jumps of 5 lbs. on the "Swing," 10 lbs. on the Two Hand "Snatch" and

identical with those used in the English championship competitions.

They were (1st) "One Hand Swing," (2nd) "Two Hand Snatch," (3rd) "Two Hand Continental Jerk," and last, the "Two Hand Dead Lift."

Five attempts were allowed on each of

also, to still further make everything plain to the unfamiliar, the "score" of the contestants was "chalked off" on a large blackboard.

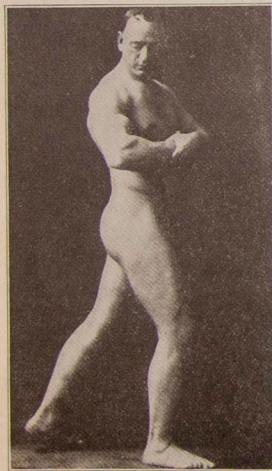
The stage was now set for the first lift, the "One Hand Swing," and the dumb-bell loaded to 120½ lbs; this being the poundage agreed upon by both lifters. Mr. Martin attempted this weight first, and "swung" it without difficulty; Bevan following and "swinging" it still easier. The next increase made the weight 125 lbs., and this weight also was raised with ease by both men.

#### An Exciting Moment

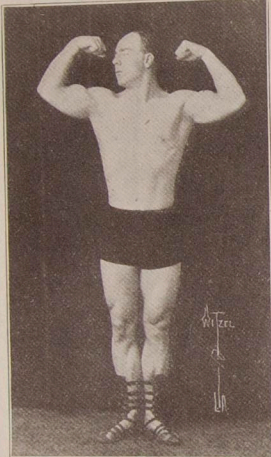
In increasing the bell to 130½ lbs., however, Martin failed to raise the weight, and 3 successive failures were recorded. Bevan had no difficulty with this poundage, so more discs were added, bringing the weight up to 136½ lbs. Bevan then attempted to swing it, but due to faulty loading, all the plates flew off one end of the dumb-bell, giving the audience a thrill (as well as a laugh!).

In our excitement, this failure was recorded as an attempt, though obviously, it was no fault of Bevan's. The scattered plates were then re-assembled and Bevan again lifted the weight, this time with perfect ease. This was recorded as Bevan's final attempt on this lift, but as before mentioned, he was entitled to one more try, and I am sure that 140 lbs. would not have stopped him.

(Continued on page 24)



ALFRED MARTIN

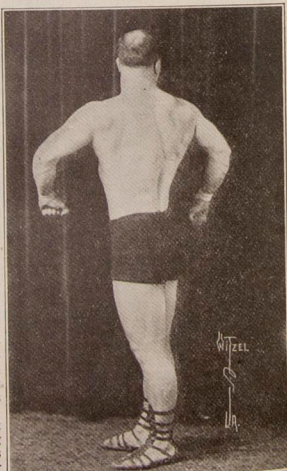


The Mighty Arms of Al Bevan

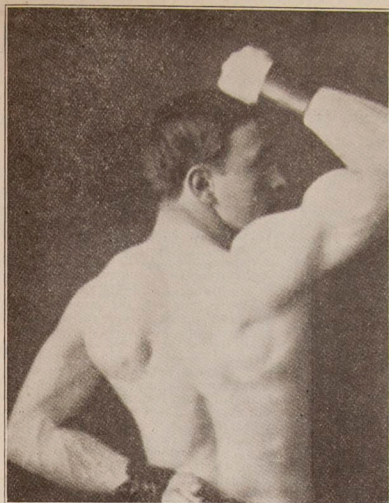
"Jerk," and 20 lbs. on the "Dead Lift." Many of the poundages were over or under due to the plates use.

Both men lifted in the Heavyweight class, Bevan weighing about 175 lbs. and Martin 185 lbs. The writer was the official referee of the evening, the Judges being Al Trelor, internationally famous P. C. authority, and Bernard Price, Gymnastic Instructor of the Club. The best lifts of each contestant were weighed on a tested Fairbanks Scale.

Before introducing the lifters, a short announcement was made, informing the audience of the British Records on these lifts, and explaining other points that would put the spectators into an appreciative state of mind;



Albert Bevan's powerful back.

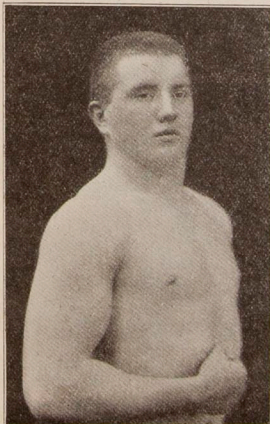


**ESTABLISHES NEW RECORDS**  
George Dembinski, trained by that great weightlifter, Jowett, has broken several records in the 126-pound class.

THE Superhuman challenge of Matysek, issued through HEALTH AND LIFE the month before last, still engages the attention of the men of the iron world, and it is to be hoped that some action will be forthcoming before long.

\*\*\*

August Freimont is a heavyweight European amateur lifter who is well-known at the Los Angeles Athletic



**HE CHALLENGES MATYSEK**  
August Freimont, European heavyweight.

## With the Men of Iron

Acceptances of Matysek's Challenge Still Come In.—Dembinski Breaks Records.—Jowett to Receive Presentation.—Presler Surprises His Home Folks.

Club. He is anxious to register his acceptance of Matysek's challenge, and will enter any competition arranged. He is a husky fellow, and the right build for a weightlifter. His measurements are:

Height—5 feet 9 inches.

Weight—180 lbs. stripped.

Chest, normal—43 inches.

Upper arm, expanded—16 inches.

Neck—18 inches.

\*\*\*

Another lifter sends the following letter:

To the Editor of HEALTH AND LIFE.

Dear Mr. Editor:

The correct lifts performed by Matysek at the Madison Square Garden Competition last year were as follows: 232 lbs. in the two hand jerk; 173 lbs. in the two hand military press; his back lift was only 190 lbs. This does not agree with the figures he gave in his challenge in HEALTH AND LIFE. The reason the great lifters were not present at the contest is that it was not under the ruling of the Association, and, as an unofficial contest, it kept out the cream of the strong men who would otherwise have entered.

Hoping you will publish this letter, I remain,

Yours for the sake of clean sport,  
John Sloan.

\*\*\*

Ottley R. Coulter, Secretary of the A. C. W. L. A., announces the following:

George A. Dembinski on Nov. 2, 1923, established three American Continental Records and one New York State Record in the Amateur 126 pound class. There are no official professional records at this weight for these lifts, so the three Continental Records are the best accomplished officially at his weight by either amateur or professional for this continent.

Dembinski performed these lifts before a duly appointed Association Referee who returned the certificates, properly signed by the Inspector of the Scales, three additional witnesses and himself.

Dembinski, in addition to fulfilling all the requirements of the Association, also sent affidavits, sworn to before a Notary of the Public and covering the lifts, size of discs, the accuracy of the scales and signed by the Referee, Inspector of the Scales and three other witnesses.

A New York State Record Certificate was issued for a Right Hand Military Press of 70 pounds and an American Continental Record Certificate was granted for each of the following:

Two Hands Dead Lift with Bar-bell of 355 pounds, Right Hand Swing of 110 pounds, and Two Hands Clean and Jerk with Bar-bell of 205 pounds.

He deserves great credit for accomplishing four lifts of such meritorious poundages on the same day. As he is young and exceedingly persevering, he will undoubtedly raise the poundages of these same lifts.

These OFFICIAL RECORDS of Dembinski are above comparison with the mere claims of so many others. That we may have more followers like him, is the wish of every real enthusiast of the Iron Game.

Yours sincerely,

Ottley R. Coulter,  
Sec. A. C. W. L. A.

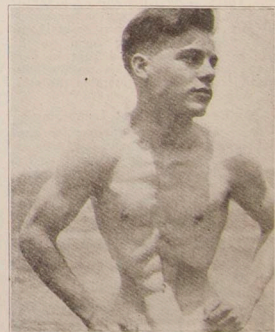
Charles Presler, the iron man who was featured in HEALTH AND LIFE a few months ago has been stunning his home folks with his gigantic strength feats. The sporting editor of the "Dallas Dispatch" gave him the following writeup:

**4½ Horsepower to Move a Street Car, But Dallas Strong Man Pulls One by His Teeth**

How strong are a man's teeth?

Charles Presler, 3631 Holmes street, Dallas strong man, does not know nor has he been able to find out for himself. Monday he pulled with his teeth a 15,000-pound street car half a block, bent a large horse-shoe all out of shape, held two 150-pound men up on a 12-foot, one-inch steel bar until the bar

(Continued on page 34)



**A MUSCLE CONTROL CHAMPION**  
H. McKrell, being trained by Ottley R. Coulter, and is a marvel in muscle control. He challenges Shafer for "Pocket Hercules."



THIS IS THE WONDERFUL ARM THAT NO MAN IN THE WORLD HAS YET TURNED DOWN

It belongs to George F. Jowett, the Champion Wrist-Turner of the World.

It was suggested to me that I write an article on wrist turning, and give my experiences in this sport that calls for great arm and shoulder strength. It is to be expected that the reader will want to know my most interesting incident, that would covet my keenest struggle for supremacy with these giants of arm and shoulder power.

I will have to take you back quite a few years, and into the picturesque setting and romantic province of Quebec.

#### Out in the Bush

At that time I was only nineteen years of age, and was following the trail of the wanderlust. I had just come back from Europe, where I had been for about three years, making my living as a professional wrestler and strong man.

Wrestling was booming at that time, and Montreal was the stamping ground of all big grapplers and star contests. I was lined up for a series of contests, with some of the native and foreign grappling stars in my class, (middle weight then), and whilst I believed seriously in training, and was a most devout adherent to keeping in form, yet I did not always follow the same mode of training as many others, who spent their time in a gym only. I loved to see new sights. I loved the bush. I always felt happy with an axe in my hand, or a sledge, therefore I accepted work in one of the large lumber camps of Quebec, not a great way from Montreal. Thus I kept in form to the rhythm of the axe, and kept in perfect condition, making it possible for me to defeat the best stars in the middle weight division.

#### No Exercise to Beat Lumbering

There is no form of exercise that will develop as powerful an arm or shoulder, as swinging an axe, and it is work. No wonder that Quebec province has put out most powerful men that the continent ever boasted of. These men are remarkable for their wrist, arm and shoulder strength, and naturally they are tremendously strong generally. They glory in their strength, and every camp has its champion whom the men love to pit against the herds of rival camps. Many a great record of physical antagonism has been fought out amongst the giant trees that compose the bush of this ancient province, and lives in the stories of those who love to recite these wondrous deeds around the huge log fires through the winter months.

# The Unknown Champion

(Champion Wrist-Turner of the World)

By George F. Jowett

[In this article George F. Jowett tells us the story of a most interesting incident that occurred in connection with his wrist-turning adventures. You will enjoy it.—Editor.]

I found when I arrived at camp, that news of my physical accomplishments had preceded me, and many were the smiles of amusement on first beholding me. They had looked for a giant instead of a short, stocky-built young man, who looked so much like many others in dress. When I began to strip, and they beheld my arms, they began to admire instead of ridicule. Nevertheless I was not to get off easy, and the local camp strong men and I were involved in many impromptu grappling contests, which I very easily won, as my superior science and strength beat them, strong as they were.

#### Beating Their Favorites

The final test came when I met their best in their favorite contest, turning wrists. I won, but not very easy, and thus I proved myself in actual contest amongst men, whom we would term were from "Missouri."

Gradually they forgave me the fact of circumstances that made me an Anglo-Canadian, instead of a French-Canadian, and I became a favorite with the sturdy sons of nature.

#### Two Mysterious Strangers

I met many of the wrist cracks, defeating them all, until one night, when we were all assembled before the fire, some playing cards, some singing their favorite French ditties, and others taking part in a rough and tumble wrestle, for pure fun. I remember that it was an awful, bitter cold season. We were surprised to see two strangers walk into our midst, and be seated, after wishing us all "Good Night." In the interchanging of glances, it was easily seen that there was much speculation, as to what had brought these two strangers into camp on snow shoes, at such a time. For it was perilous, with zero weather, and hungry lynx and wolves about. I remember the one with whom I later turned wrists had part of his cheek frozen.

Gradually the conversation was brought around through various channels of wrestling and lifting, wrist turning. During the most part of the conversation, I sat looking on and saying little and sometimes how sensed that in the strangers' minds, I was the cause of the visit.

#### The Arm That No Canadian Could Turn

I had my sleeves rolled up, and that fully displayed my arms. When wrist turning became the adamant question, everyone took part in it. One lumberjack with pride, pointed at me with his pipe, and said: "There is the arm that no man in Canada can put down." I could not help but smile at praise bestowed in such childish simplicity. But

when the strangers asked who I was, I could not help but feel that they knew, or at least, expected me to be the man they had come to test. Their curious stealthy glances they had given me that night told me so.

#### "What Awful Big Arms"

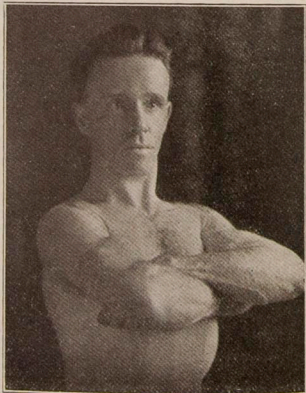
The younger of the two strangers rose, and coming over to me, exclaimed "Mon Dieu, what awful big arms. You should be a wonder at wrist turning." I said something to the effect I knew nothing about it much, and when he suggested that we make a trial, I did not feel very anxious. The fact that these two men had made such a hazardous trip was enough to prove to us that there was something behind it all. Nevertheless we prepared to twist wrists. We went over to where the anvil was, and each placed his arm from elbow to armpit level on the face of the anvil.

When someone shouted go, I went at it like a shot, and put him down easily, but in my anxiety to win. I did not notice it was not the appointed referee who had spoken.

#### A New Trick

The Frenchman prepared more cautiously the next time, and took very great care in how he locked his hand in mine. He employed a trick that was very little known, and to which I

(Continued on page 28)



ANOTHER CHALLENGER FOR THE "POCKET HERCULES" TITLE

John Fielding, of New Bedford, Mass., who is being trained by George Jowett, with a view to annexing the title of "Pocket Hercules." There are three in the running for this title: Charles Shaffer, H. McKrell, and John Fielding.



# Among the Grapplers

Amateurs Doing Well as Pros.—Judson is the Next Champion.—The Strangler Loses His Heart to a Princess.—Meyers Still Champion.—Plestina and "the Gang."

THE mat fans have been crying out for new names and faces in the wrestling game. The consequence is that we have seen a lot of very interesting bouts, for several amateurs have turned professionals, and are all doing well. Chief among the headliners of the newcomers is Frank Judson, the Harvard University Coach. He wrestled a long no-decision match with Stan Zhyzsko, and the old man was convinced, when the show was over, that Judson is the future World Champion.

Judson easily beat Big Bill Beth, of Portland, Oregon, in a one fall match in 30 mins., squeezing defeat out of Big Bill with a scissor hold.

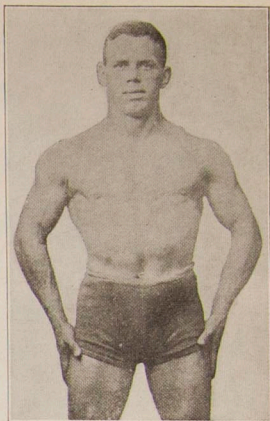
On the same evening, Freddy Meyers, who was National Amateur Heavyweight Champion soon swung a cross body lock on Bob Managoff. It took only 10 mins. 5 secs. of wrestling to accomplish this.

Ed. Strangler Lewis is back and at it after his European Tour, and has seen some action since his return. The event that has excited him most is a bout he has had with Dick Daviscourt, the giant Californian. There seemed to be a little misunderstanding in the match, and some blows were landed during some rough scuffling, and the Police interfered, and stopped the match.

However, what is undoubtedly engaging the Strangler's attention just now is his engagement to Princess Marie Troski, of Petrograd, Russia. Ed. is going to marry the Princess shortly after Christmas. He met the Princess while on his European Tour. The romance of the old world civilization was evidently too much for him.

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Everybody is held breathless during the matches in which Johnny Meyers, the Middleweight Champion, engages. On the last six occasions it has been predicted that he would lose his Championship title, but he retained it every time. The story now is that he himself is quite sure he is going to lose it, so no doubt he will. After he does it, he determines to go into the movies, and assures us that we shall see him rivaling Bull Montana and William S. Hart.



CLIFFORD THORNE  
The Wrestling Coach of the University of Michigan all ready for some of the boys. Read what he says about Marin Plestina and "the gang."

## Marin Plestina and the Gang

By Clifford Thorne

Wrestling Coach, University of Michigan

The story of the career of Marin Plestina is a most fascinating one. For

many years he was fat and displayed no particular ability. At that time there were quite a dozen men in America who could beat him, and in fact they did.

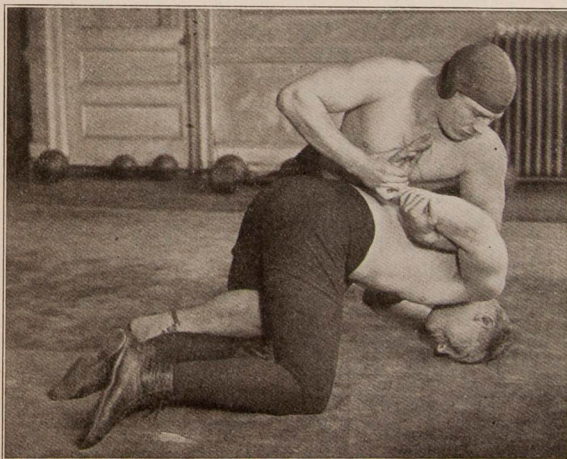
About five years ago Farmer Burns, the great Wrestling Master teacher, took him in hand, and after working hard with him, did what he has done for so many others, put him in the first class, making a wonderful wrestler out of him.

So pleased was Farmer Burns with Plestina, now that he was in shape, that he united with Bernarr McFadden, and offered to back Plestina against any man in the world for \$25,000.00 real money. At that time Ed. Lewis was bringing out his great head lock, and many were the newspaper stories of the men he had injured with it. Plestina offered to let Lewis clamp on his head hold, and maintained he would sing a song while in the hold, and then throw Lewis, but Lewis never took up this challenge.

Plestina found it very difficult to obtain matches. They were all afraid of him, so he offered to throw any two men in the world in a single night, or any single man twice in an hour and a half.

Plestina, like Joe Stecher, was at first a shooter, that is, on the level, but now there is a little doubt about it. The greatest wrestler in the world for his weight is John Pesek, of Nebraska. Pesek weighs only 190 lbs., but is a tiger in the ring. He loves to shoot also, so the gang sent him against Marin Plestina in New York, and, as

(Continued on page 29)



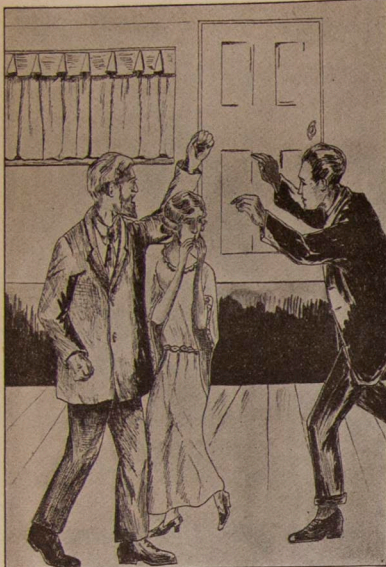
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### WRESTLING CHAMPION PRIMED FOR MATCH

Nat Pendleton, world's intercollegiate and Olympic wrestling champion, who holds the rare distinction of never having been thrown, is rounding into shape at Bohmer's Gym, N. Y. Photo shows Pendleton (wearing helmet) applying his favorite hold, the Hammerlock, to Charles Disch former Metropolitan Amateur Heavyweight Champion, and one of his training staff.

# The Athlete Detective

By Richard Bonner



"The words had hardly passed his lips when the whole of the floor on which they were standing began to lower. Blount ran to the door. It was tightly closed, and now all they knew was that they were in complete darkness, with apparently no way to escape."

"R-r-r-r-r-ring."

"Is that John Blount?"

"What if it is?"

"I'm a friend. Tell John Blount not to touch the Acme Case. The penalty if he does is Death."

There was a click. The man at the other end had evidently rung off.

John Blount paced the floor restlessly. He had frequently received telephone messages threatening his life if he attempted to take up some particular case.

In this instance, however, he knew that not only was the threat actually meant, but that there would be little hesitation on the part of the plotters in carrying it out if the occasion demanded.

The only thing that Blount knew about the Acme Case was that Fried Gilping, notorious to John Blount for his skill in avoiding half the detective agencies in the country, was somehow connected with the disappearance of a long mathematical formula, the solution of which meant the harnessing of the vibrations of gravity.

The outcome of this discovery meant that it would be possible to man a heavy airship, and by a series of trapdoor slides made of the substance the inventor had discovered, which would resist the rays of gravity, one could move about in the air without taking into consideration the actual weight of the vessel.

It was a wonderful discovery, destined to revolutionize the world's air service. However, along with this

mathematical formula there were other papers which gave legality to the salvage and ownership of numerous treasure ships which had been sunk during storms; but the salvage of which would be a fortune of enormous dimensions.

The owner and inventor was Errol Fieldlow, a man of genius, but of no consequence as far as business and ordinary worldly ability were concerned. But he worked in friendly conjunction with James J. Fennel, a retired business magnate, who made it his hobby to assist in placing the inventions of this remarkable man for the use of the public, financing them if necessary.

Mr. Fennel was pulled clean out of bed at four o'clock in the morning by Errol Fieldlow, who was in a most exciting condition.

"My work!" My work," he shouted.

"It has gone!" Fennel knew what he meant, because he had received a letter earlier, written anonymously, offering a substantial sum for the plan of the anti-gravity formula, and, failing acceptance, the correspondent would have the formula anyway. Coupled with this was a threat of death if any interference was made with his plans.

For three months a dozen detective agencies had been working on the case, but no satisfactory evidence could be obtained, nor was there any hope of getting the return of the papers.

It was then that Mr. James J. Fennel decided that he would communicate with John Blount. John Blount was now in the reception room, waiting for admittance to Mr. Fennel who was hurrying down to greet him.

"So you are Mr. John Blount. I am very glad to meet you," began Mr. Fennel.

"I am sorry to hear of Fieldlow's misfortune, and yours, too," said Blount, getting right down to matters without waste of time.

Mr. Fennel's white hair did not look quite so lustrous as usual, and the lines on his face showed that he was not a little worried over the case. The most remarkable thing about John Blount was his powerful appearance, and the feeling that he inspired in his clients that they could rest safely and peacefully if he handled their case.

The first thing Blount did was to as-

sure Fennel that he, at any rate, was in no danger.

"You don't know yet," said Fennel. "I'll show you something," and he pulled from his pocket the letter he had received from somebody connected with the robbery.

At that moment the phone rang, and Fennel answered it.

"You're wanted, Mr. Blount," he said. "Hello," said Blount, picking up the receiver.

It was Roy Jackson, sports promoter of the International Auditorium.

"I want to fix you up with an unknown," he began. "All we know about him is that he claims to have wrestled with and defeated all the champions of Europe. We don't know his name, and are not allowed to inquire. Will you take him on?"

"Sure I will," immediately answered Blount. "Give me the date, and I'll enter it."

"All right. Friday, the thirteenth," said Jackson. "I'll send confirmation at once."

"I'm sorry for the interruption," said Blount, addressing himself once more to Mr. Fennel.

"That's all right. But what about this case? I would like you to take it on."

"Sure! I'll take it on," said Blount.

"But," replied Fennel, "you have just arranged this wrestling match, and this case is so terrible that you could not possibly cope with it and at the same time undertake wrestling matches."

"Understand, Mr. Fennel, that I never allow any of my cases to interfere with my athletics. However, also understand, Mr. Fennel, that I never allow any of my athletics to interfere with my cases. This Unknown I am wrestling has something to do with the Acme case. There's a trick in it. I will not explain to you; it is not politic for me to do so."

Blount stopped. Through the open door waited the sound of pianoforte music, accompanying a woman's most wonderful voice.

"That's fine," said Blount, "wait a moment," and for two minutes he listened.

"That does me good; that keeps me alive; it gives me inspiration. But, say, Mr. Fennel, I have never yet been introduced to your daughter."

Hardly had he said the words than Miss Jessie Fennel was standing at the door.

"Oh! Excuse me. I did not mean to interrupt."

"That's alright, my dear," said her father. "Come here. Mr. Blount, may I present to you my daughter? Jessie, this is Mr. John Blount, world famous as all round champion athlete, but, what I think more extraordinary, the world's most successful detective."

"I am delighted to meet you, Mr. Blount," said Jessie. "I know why you are here, and I hope you will be

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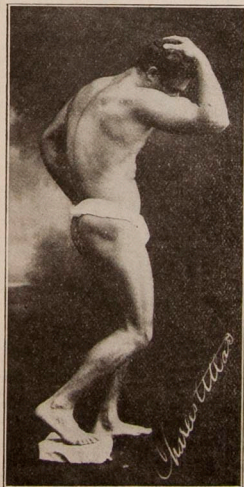
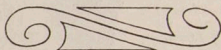
International

Olive Ann Alcorn, the Chicago girl dancer and artists' model. She is renowned for the graceful contours of her body which she has trained by exercise.



Keystone

Miss Ethel Wood, a Philadelphia beauty, who has carried off many prizes in beauty contests.



An artistic pose by Charles Atlas.



Pacific Press Syndicate

Roll call at Lake Arrowhead, Cal., sure brings out a few fine examples of the "weaker sex."

# Health and Life

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

## EDITORIAL

(Written by the Editor)

### A PROSPEROUS 1924 TO YOU

MAY this year, 1924, on which we are embarking, bring you all the prosperity you desire. This is my wish, not only for the New Year, but throughout the year, so that it may be the foundation for better years yet to come. During the festive season we hear so many expressions of temporary good wishes, but the real wish is the one which covers a whole lifetime.

### A TRUE HEALTH AND LIFE RESOLUTION

However, the new year is a time when most people review their lives, and see what resolutions they can make for self-improvement. The very best resolution you can make is that which most of you have already made: to keep your body healthy, strong and beautiful by adherence to the laws of Nature.

### WHY AMERICA IS NOT ARTISTIC

Bernard Sunny is a patriotic Chicagoan who wants to see Chicago made into a "City Beautiful." He recently took a tour through Europe, and was impressed at the wonders of many European art masterpieces. When he returned, the Chicago "Herald and Examiner" joined with him in lamenting the fact that America has not the appreciation of art so general in Europe. They very fairly point out that art has grown in Europe, whereas, in this country, everything has been made. However, neither Mr. Sunny nor the "Herald and Examiner" seem to know that art is not only discouraged in this country, but it is absolutely not understood; that many of the greatest European works of art are considered to be "lewd and lascivious," and reproductions of them are not allowed by law.

### STAMP OUT REAL INDECENCY

On the other hand, there is so much that is vulgar and truly degrading which passes under the name of Art served for the express purpose of catering to the vile minded. The laws which exist for the protection of morals are splendid in their way, but their interpretation and execution are robbing the people of America of works of true artistic merit, while permitting pornography.

### PUBLIC MEN AND WOMEN WITHOUT ARTISTIC UNDERSTANDING

Unfortunately, people with no artistic understanding are permitted to be the interpreters and judges of what is art and what is pornography, and people without the least understanding of art, in other words people with lewd and lascivious minds, are permitted to prevent the progress of artistic understanding. How can we expect any general appreciation of art when we find leading public men and women who ought to command our respect, insisting on such foolish regulations as making it compulsory for ladies in swimming costumes to wear stockings. You can just see how perverted the minds of such people must be, and how remotely distant they are from attaining the point of view of the true artist.

### WHAT IS ART AND WHAT IS PORNOGRAPHY

A great artist once discussing with a friend what is art and what is not art made this remark: "In my opinion a picture of the most beautiful woman in the world, expressive of some great idea, having the figure in the nude, would be art; but if I put a pair of stockings or any other undergarment on that figure, it becomes pornography." Yet this is precisely the morbid condition of suggestively veiling the nude to which many would-be moralists resort.

### THE ROMANCE OF AMERICA

A few brilliant men, like Mr. Sunny himself and Lorado Taft, could purge this country of purient and meretricious vulgarity which passes for art, but which injures the morals and artistic appreciation of innumerable people. They could also encourage true works of art which inspire and uplift. They could still make it possible for every man and woman in this country to appreciate the beauty and the glories of a well developed body. It will not be done, until those understanding art appreciating true beauty become the dominant minds, that Chicago, and in fact the whole of America, can develop the wonderful potential artistic resources. It is not that there are no great artists here; it is not that America has no romance or beauty. There is romance in this country which is nobler, finer, and will be more dominant than that of Europe. When all the great artistic works of Europe are crumbling into dust, the art produced by America will be attaining a zenith now unknown.

### OUR ART ALBUM

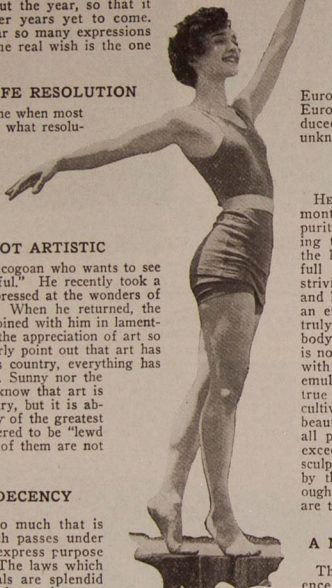
HEALTH AND LIFE endeavors, from month to month to preach a clean gospel, a gospel of the purity of mind, body, and soul. It is endeavoring to establish the idea of the sacredness of the human body as of the soul. Its pages are full of pictures of men and women who are striving to make their bodies healthy, strong, and beautiful. In the Art Album just published an endeavor has been made to produce a work truly expressive of the beauties of the human body, and the glories of perfect fitness. There is no doubt that the saturation of people's minds with the ideals there inculcated, will inspire emulation, and not only will there result real true artistic appreciation, but also the desire to cultivate the body. The human body is the most beautiful and artistic thing in the world. We all possess one, and each one is a masterpiece exceeding in wonder and glory any work of sculpture or painting that has yet been produced by the hand of man. That is what our bodies ought to be, and is what they can be, if only they are treated properly.

### A NEW BOOK ON AUTO-SUGGESTION

Those of you who are interested in the science of the mind will be glad to see the first of a new series of books to be published on Mental Power. The first is on the "Art and Practice of Auto-Suggestion." There has been so much trash written about Auto-Suggestion that many people have lost faith in it. However, there is a very great value in Auto-Suggestion, if only it is applied correctly.

### THE REAL ART AND VALUE IN AUTO-SUGGESTION

The fault has been that people exaggerate the value of repetition. The true value of the suggestion lies in the mental concentration upon the suggestion; whereas most people apply their auto-suggestion by meaningless repetition. If you really mean a thing when you say it, that is going to help you. If you repeat the saying with the same intensity of meaning, you are making a valuable auto-suggestion; but if you just repeat, without any deep mental force, a meaningless phrase, you are doing yourself more harm than good.



THE JOY OF LIFE

Maxima Arnold is a Chicago girl and lover of the healthy life. She was formerly with the Chicago Opera Company, and is now with the Antol Friedlander's troupe of beauties. When this picture was snapped Maxima was doing her exercises prior to her morning plunge, within a stone's throw of your editor's study.

**AN ILLUSTRATION OF SENSE-  
LESS REPETITION**

I remember when I was a little boy I was taught to recite a piece of verse, the object of which was to point out member by member mere repetitions. The verses related an amusing incident of a child being sent to the village shop, there to make many and varied purchases, thus:

A pound of tea at one and three,  
A pot of strawberry jam,  
A dozen pegs, some new laid eggs,  
And a pound of rashers of ham.

Village life proved interesting to the child on his solitary way to the shop, but, having been warned before starting of the importance of remembering the things to be purchased, he determined to make sure of this by repeating the several items to himself. His attention wandered, but he persevered.

A pound of three at one and tea,  
A pot of strawberry ham,  
A dozen of eggs, some new laid pegs,  
And a pound of rashers of jam.

The journey to the shop was long, and still more attractive seemed the games of his friends whom he met on the way, but at last came the time to make his purchases:

A pound of three at one and tea,  
A dozen of new laid ham,  
A pot of pegs, some strawberry eggs,  
And a pound of rashers of jam.

So you see repetitive auto-suggestion received criticism long before Coué gave us the opportunity to condemn it again.

**A GREAT PIANIST, WRESTLER  
AND GYMNAST**

I have just returned from a concert given by Benno Moiseiwitsch, the great Russian pianist, with the Chicago Symphony Orchestra. If you would know what really great music is, make sure of attending his next concert when it takes place anywhere near you. Benno Moiseiwitsch and I were boy chums together. We used to wrestle together, and he is really a fine wrestler, and gymnast, too. The greatest time we had together was when we read Charles Darwin's "Origin of Species." We used to meet at his home, and read aloud. He would read a chapter, and I would read a chapter. After about four chapters he would sit down at the piano, and play to me. We had got through about three-quarters of the "Origin of Species," discussing it together, and the interpretation of the world and life it gave to us, when Benno Moiseiwitsch turned to me and said: "Bernard, since reading and discussing this book with you, my music has suddenly come to mean something greater and grander than ever it meant before. I feel a joy and exhilaration which I cannot explain, but I will interpret it to you on the piano."

**ONE OF THE VERY GREATEST  
BOOKS YOU COULD READ**

If you want to develop a mind that is powerful, commonsensical, and able to grip the great laws of life as they are, read "The Origin of Species," by Charles Darwin. Never mind what criticisms you have read or heard of it, read it for yourself, digest it and assimilate it, and you will have an education that will be worth more than four years at a University.

(Continued on page 30)



**Latitudes**

By Warrington Dawson

Author of

"Opportunity and Theodore  
Roosevelt"

**XIX.—ON INTERPRETATIONS.**

There's not one person out of a thousand, or perhaps ten thousand or even a hundred thousand, who's capable of repeating a thing as he's heard it or as it occurred before his eyes.

The rest aren't necessarily inaccurate. The trouble is that instead of dealing with facts they drift off into their interpretation of facts. Now, the two are entirely different.

I am interested in whatever you—and by you I mean every individual reader of these lines—think on all the subjects you have really studied or considered. I may or may not agree with you, but I'm interested. Where it's a question of facts, however, you either know them or you don't, and I too, either know them or don't, and opinions have nothing to do with them, and arguments on the subject merely show that one of the arguers is ignorant.

We've all read the story of Sir Walter Raleigh who wouldn't finish his world-history because no two witnesses could agree with each other or with him about the dog-fight. They were interpreting the fight, of course. But if Sir Walter himself hadn't done more interpreting than he was aware of, he might have been easier in mind about the facts, whatever interpreters alleged.

Memories run to seed instead of being trained, copyists transcribe inaccurately and distort records, the books and newspapers of the day, like our own current conversations, are misquoted and misrepresented all because of the people who interpret as they go along instead of trying to understand and to retain.

Interpretations are often necessary for understanding, but they're the reverse of helpful unless based on accurate knowledge. Remember that the fact that your intentions are good won't help you near the hornet's nest, if the hornets choose to put an uncharitable interpretation on your movements.

# All About Vaccination

By Dr. H. C. Engeldrum, D. R.

(Concluded from last month)

**Eighteenth:** "Vaccine virus always contains bacteria. There is no such thing as aseptic virus." (Dr. M. J. Rosenau, "Preventive Medicine and Hygiene," pages 6 and 7.)

**Nineteenth:** The individual surely owns the blood in his body; therefore he has a right to say what shall be put into it.

**Twentieth:** The diseases which have been found or proved to exist in vaccine virus are as follows: Tetanus or lockjaw; different forms of the germ of "Sepsis," which produce the dangerous and often fatal, festering sores, abscesses and ulcers of different kinds; Actinomycosis or "lumpy jaw"; infantile paralysis; tuberculosis; cancers; and foot and mouth diseases of cattle. This being the case, why should anyone lower their vitality with vaccine virus or vaccination?

**Twenty-first:** In this day of sanitary science and aseptic surgery, why should vaccinationists think of the unparalleled absurdity of deliberately infecting the organism of a healthy person with the poisonous matter obtained from a sore on a diseased calf?

**Twenty-second:** Sanitation, isolation and hygiene have been and are the chief means of prevention and suppressing smallpox, independent of vaccination.

**Twenty-third:** If pure blood is essential to health, why put a foreign substance into the blood stream to make or assist an individual to healthy?

**Twenty-fourth:** Does it appeal to common sense, that taking poisonous matter from a sore on a sick calf or human, and putting it into the system by way of an open wound will prevent or cure disease?

**Twenty-fifth:** The verdict of all the great statisticians of the world who have made a special study of the question has been against vaccination.

**Twenty-ninth:** In the "Medical Standard" there appeared the following: "Every age has had its medical absurdities and inconsistencies. New fads of queer medical practice arise even during our own times, and get willing support, not only from the ignorant, but also from those of whom one has a right to suppose that they ought to know better. Thus history tells us how Bacon cured everything with whiskey and laudanum, and was a firm believer in charms and amulets; Martin Luther thought there was great efficacy in toads; Boyle held that the thigh bone of an executed criminal was a specific for dysentery; Berkeley humbugged his countrymen with the virtues of tar-water; Perkins set the world agog with his metallic tractors; Rush used the lancet excessively; Hamilton purged his patients; Aberdeen and Phillip called every disease dyspepsia; Johnson believed that everybody had disease of the liver; Cook used his liver pills in every case for supposed obstruction of the portal circulation." So it becomes apparent that vaccination and the so-called science of medicine changes from time to time, because the individual wants to be "cured" without going to the trouble of reforming his mode of living and violating the laws of nature.

The question now arises, what can an individual do to prevent contracting or acquiring a communicable disease? Observe all the rules of hygiene and sanitation; eat moderately good wholesome food; do not worry or become frightened when an epidemic of any kind occurs, because, the only way that an infection can be contracted is through an open wound and by means of the mucous membranes. As an example, if an individual should come in contact with the excretion of a sick individual, such as the excretion from the patient's eyes, nose, ears, mouth or throat, bowels, genitals, perspiration (sweat), open wounds, etc., that individual should be sure and wash the hands and whatever parts come in contact with that excretion, with good soap and water. Above all things, do not lower your own vitality by taking into the body a foreign substance, for

the reason that the body sooner or later must get rid of that foreign substance.

It is a well known fact in physiology that the main function of the Leucocytes or White Blood Corpuscles is to protect the body against pathological bacteria; help collect waste particles, etc., together with the various enzymes, internal secretions and unknowns with similar functions. It is also known that foods rich in protein raise the white blood corpuscle count 30 to 40 per cent as compared with the count before a meal and that fasting lowers the count, as does fear, superstitution, etc. It may be well to mention at this time a few words about fasting during an acute illness. When an individual has a fever that individual should fast until the temperature has returned to normal and remained so for at least twenty-four hours, in order to give nature a chance to get rid of the waste toxic material which the body has stored up.

Study the history of medicine and you will have less faith in medicine than you have thought it was possible for any human to give in the reverse is true of the drugless methods.

## The Rational Treatment of Diabetes and Tuberculosis

By A. W. Woolley, M. D. Ph. Sa.

Amidst the bewildering complexity of modern medical methods it is refreshing to note that when it comes to dealing with hopeless chronicities, as they once were, the medical world has seen the light and has come back to first principles in its treatment of them, notably in Diabetes Mellitus and Tuberculosis. The latter scourge survived the protean panaceas, Tuberculin, turtle serums and what not, so widely heralded of yore, and now succumbs to sunlight, fresh air, diet and exercise, all other methods being suggested apologetically when mentioned at all.

The rational treatment of Diabetes is a monument to Drs. Allen and Joslin, who have painstakingly worked out a regime so reasonably logical and simple that it strikes the lay reader as almost absurdly obvious, a diabeto-asis in the arid sahara of medical formulae.

### Rational Conditions.

Let us see what they say in regard to the conditions to be aimed at and the general rules laid down to gain the best results. Here they are:

1. Cultivation of poise.
  2. Suitable, regulated, graduated exercise.
  3. Conservation of bodily heat.
  4. Systematic bathing.
  5. Nine hours sleep (in the open air for preference).
  6. Well opened bowels.
  7. Water drinking 1 hr. before meals.
- Could the most ardent Sanatologist ask for anything better. Here we have our mental and physical rest; conservation of nervous force; bathing, fresh air and thorough bowel elimination prescribed.

These essentials complied with, the patient is given a modicum of physiological rest, being let down gradually

until he actually enters upon a fast of several days, using only broths and water until he no longer shows sugar in his urine. Then by the use of succulent raw and cooked vegetables and fruit in increasing amount the patient is coaxed back to a point where he begins to handle carbohydrates more efficiently. Then cautious starches in attenuated forms are added in greater and greater amounts until the "threshold" point is attained—that is, a diet has been calculated that will give him just the right amount of carbohydrates without waste.

This "tolerance" improves as the physiological balance, so recently regained, becomes permanent and constant, and, providing the rules for conservation of nervous energy are rigidly followed, the patient gradually becomes able to handle sufficient starches and sugars to keep vigorous and vital.

### Prophylactic Fasting

When the so-called "tolerance" is worked out, the patient still is watched closely and a prophylactic dose of fasting, one day in each week, is prescribed to allow the tired organism to catch up on a possible oversupply of blood sugar. By the Sanatologist the foregoing should be intensely interesting reading. In our philosophy we have as watchwords, Toxemia and Acidosis, believing and knowing that metabolic toxins and lack of chemical balance in the body fluids cause all diseases.

Now what does Dr. Joslin recommend in the treatment of Acidosis. Of course, when he talks of Acidosis, he means that the patient is in extremis—when the Sanatologist says Acidosis he means it in its incipency as well as more advanced stages, believing with Sir James Mackenzie that the true healer should recognize early danger signals and check trouble developing.

Dr. Joslin's Prescription

Dr. Joslin prescribes for Acidosis in extremis, bed, warmth, enemata, hot drinks, rectal salines, lavage, orange juice! Nothing medical about that, is there? Just common sense, Sanatological sense. Sanatologically speaking, the whole treatment of diabetes outlined is a very carefully practiced method of overcoming Toxemia by skin, lung, kidney and bowel elimination supported and enhanced by our great trio of essentials, mental, physical and physiological rest. In diabetic literature great emphasis is laid on the attenuation of carbohydrate feeding by the use of cooked and raw greens and fruits exclusively and almost no attention is given to a much more important result gained by their use, namely, the invaluable salts and vitamins needed to combat the ever present Acidosis.

The new science of Sanatology affirms that similar methods, adapted to suit cases, will vanquish disease in what ever manifestation it takes as long as a modicum of vital reserve force remains in the organism. That the overcoming of Toxemia by elimination, the restoration of chemical balance in the body fluids by diet, and the conservation of nervous force, will restore life, health and usefulness to all but the practically moribund.

Bernard Bernard

By Dr. M. N.unker

(From The Progressive Schoolteacher)

Along last spring I read an article in a magazine that struck home so that I determined to save it. I did, and some day I am going to reprint some of it in my section on physical training, because it is the best thing I have ever seen of its kind. The author was Bernard Bernard, author of half a dozen or so health books, and editor of HEALTH AND LIFE.

Almost daily I get letters asking about his magazines or about his books, and this is about the usual reply that I make: "Dear Miss Blank: If you want a magazine that inspires, and talks clean talk in a clean way that you can pass on to your school children, by all means go ahead and buy Bernard." This covers the subject pretty fully as to what I think of him, and his work.

Of the man himself there is a good deal I might say. He reminds me of a story we used to tell around the dormitory table while I was in college. Just off the campus there lived a man working toward perpetual motion. Of course he didn't accomplish his purpose, but after you meet Bernard Bernard you might believe he had, and this man is the product. He is simply a wonder. Takes part in athletics—he is a champion in two or three—and then writes books, edits a magazine, sees people who think they have something wrong, and those who do have, and takes care of both of them.

BLISSFULLY HAPPY

"I have read your Marriage Book. I think it is a fine book in general, and its ideas are very sensible, and would make many poor men and women blissfully happy if they could follow its advice."

D. C. K., Manns Choice, Pa.

The Prolongation of Life

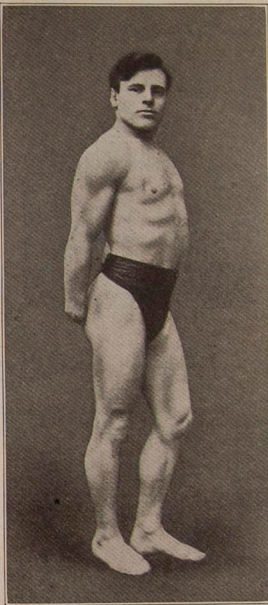
What is man's maximum natural age? Why should man die? These questions are not easily answered, although you may think they are. Scientists for many years have been engaged upon a search for the reason as to why a man should die. There is no reason at all why the cells which compose the human body should not be able to continue life indefinitely.

quence of them. Well, then, it is just the same with regard to other diseases. A correct life, a normal emotional existence, and right thinking, when perfected, will not allow for disintegration of the body. This is the art of life prolongation which is being sought, and which will, undoubtedly, more than double or treble the ordinary man's life.

If we can conquer tuberculosis and cancer, and other diseases, by avoiding their causes, we have only to find out the causes of senility, which is a disease, and avoid them, and then the body tissues will not disintegrate. In other words, death cannot ensue.

It is a physiological fact that the body renews itself every seven years. In seven years' time, your body will be composed of entirely different and new cells from those which compose it now. Every cell in your body reproduces, but never dies; each cell has the ability to divide itself, one cell living, and the other cell disappearing. A system in which the art of living is perfected, therefore, will permit cell division to continue indefinitely, and it will then be impossible to determine at what age the body will disintegrate, because physiological harmony has been perfected.

Mr. Ferris's views are extraordinarily interesting, and it will undoubtedly be along these lines that life will be indefinitely prolonged, as he himself has conclusively proved.



YOUR EDITOR, BERNARD BERNARD'S MUSCULAR DEVELOPMENT

However, we do know that most people die long before they need. They develop diseases—senility, after all, is only a disease,—the body as a unity ceases to function, and death ensues.

Charles Ferris, from Santa Ana, California, has puzzled out this question for many years, and has worked out an extraordinarily interesting and rational system by means of which it ought to be possible to prolong life indefinitely.

As Mr. Ferris states, it is faulty living, faulty thinking, and a faulty emotional existence that destroys life. If we can avoid all these, then life may be indefinitely prolonged. For instance, people die of cancer, others of tuberculosis, yet many of us are positive that we shall never die of either disease, because we know how they are caused, and we avoid their causes. Consequently, we do not fear them, and know that we shall not end our lives in conse-

THE SALVATION OF THE DAWN  
From the Sanskrit

Listen to the exhortation of the Dawn. Look to this Day, for it is Life, the very Life of Life. In its brief course lie all the Verities and Realities of your Existence: the Bliss of Growth, the Glory of Action, the Splendour of Beauty. For Yesterday is but a Dream, and Tomorrow is only a Vision; But Today, well lived, makes every Yesterday a Dream of Happiness, and every Tomorrow a Vision of Hope. Look well, therefore, to this Day. Such is the Salvation of the Dawn.

SNOW IS FALLING

Snow is falling on the ground. Shadows on the ground are falling. Leaves are whirled beyond recalling. The withered leaves are dead also. Snow and shadows fall around. It is as though dead angels knocked. The rusty knockers of the doors fast locked, Angels slaying us with ailings slow. And on the verge as clouds are trailing— All the houses are closed like sombre tombs, Slow snow is filling all the gathered glooms.

—Shelley.





**Health and Life  
Congress**

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

**REGENERATE THE RACE**

Dear Mr. Bernard:

I sent you a short message suggesting that you advocate the passing of the Senator Capper's National Uniform Marriage and Divorce law and the sterilization of misfits and degenerates. I have a letter from you setting forth that you would insert my message in **HEALTH AND LIFE** and do what you can to promote thinking along that line. I feel that nationwide eugenic marriages and the sterilization of misfits would in time regenerate the human race. Birth control, rightly handled, would also be a great help.

I have for more than six years cared for the insane in public and private institutions and fully realize that the prevalence of degenerates is due chiefly to the glaring laxity of our marriage laws. I wish you would do all you can to advocate these matters.

Thanking you for your kind interest, I am,

Sincerely yours,  
Edwin J. Kraning.

**WANTS BODY BUILDING EXERCISES**

Dear Mr. Bernard:

I am writing to tell you what a great interest my sister and myself take in your paper, **HEALTH AND LIFE**. We have been studying physical culture for the last 12 months, and feel all the better for it. I wonder if you could occasionally publish the measurements of some of the perfectly proportioned athletes in your magazine.

Wishing your magazine every success,

Yours sincerely,  
E. J. MONTGOMERY.

**HIS OWN DOCTOR**

I have been reading your magazine and am glad to have the chance to learn to be my own "doctor."

PHILIP W. DYE.

Tampa, Fla.

**THE WAY TO HANDLE THE SUBJECT**

I received the book, "Beginning Marriage," several days ago, and don't see how the subject could be handled any better than you handle it; a book that should be in every home.—T. B. S. Calif.

**MORE POWER**

I think I ought to say that I know your magazine is one of the best of its kind published. More power to you.

OWEN H. BLOTT, (Pharmacist).  
Mason, Nevada.

**WHAT "AMERICA'S NORTH-CLIFFE" SAYS OF BERNARD BERNARD**

Writing of Bernard Bernard's Marriage Book, E. Haldeman Julius, the Editor-in-Chief of "Life and Letters," "Know Thyself," and "Haldeman Julius," Weekly, and a myriad of associated

publications, and known as the "North-cliffe" of America, says:—"I am sure that you will find this book most valuable. It is genuinely authoritative, and a careful reading of this work will be very helpful. The author of the book is considered one of America's foremost authorities on sex."

**THE BEST HE HAS READ**

I am going to give my son and daughter copies of "Sex Development" and "Beginning Marriage" to read. They have been recently married. Please permit me to say that I believe that these two books are the best I have ever read on these subjects.

If it were possible to place a copy of them in the hands of every young person arriving at the age of maturity, I believe it would be the best thing that could be done to benefit our coming generation.

H. J. A., Portland, Oregon.

**The Proof of a Strong Man**

(Continued from page 9)

support whatsoever, upheld in the center a swaying massive wood and steel bridge (weight—a mere trifle of 1500 pounds) over which traveled a ponderous automobile carrying seven obese passengers. The total weight sustained was over seven thousand pounds—more than three and a half tons! A graphic description of this feat of Gargantuan strength appeared in the New York Times while Strongfort was exhibiting in the New York Hippodrome:

"The bridge, touting car and passengers aggregate a weight of 7000 pounds or 3½ tons. As the car crosses the bridge, the latter see-saws, Strongfort being compelled not only to support the weight, but also to resist the swaying tendency of the bridge. Finally, when the car has passed just beyond the center, tipping the balance the other way, the further end of the bridge pitches down to the final landing with a jar and crash which sent a shudder through the spectators at

the Hippodrome. The momentum of this pitching down is equal to more than twice the dead weight of the bridge and car, and the shock is beyond all human comprehension."

For several years, Lionel Strongfort continued to freeze people's spines with his spectacular strength feats, performed both in Europe and America. For years he studied physiology, anatomy and muscular development for the purpose of achieving the utmost degree of physical perfection and then keeping himself in that condition. It is generally understood that great muscular strength and control doesn't "just happen". It has to be perspiringly wooed.

Then he began to teach others out of the wealth of his practical experience. He has trained more successful strong men than all the rest of the present or physical instructors put together. Also, because bodily strength means health, Strongfort has personally taught thousands of people the way to health through scientific muscular development, co-ordination and control.

But to get back to Kronos. The European strong man sensation is a graduate pupil of Lionel Strongfort. He has been an apt pupil. Some day he too may toy around with steel bridges and automobiles loaded with corpulent gentlemen. In the meantime, he lies on his bed of nails nightly and comforts himself with the reflection that he is not nearly so badly off as Simeon St. Stylites. (Monsieur Stylites, it will be recalled, lived for a score of years standing on top of a stone column. Never during that time did not come off his perch.)

It seems, at first, a bit bizarre that a strong man should do sensational, death-defying stunts in order to interest the public in the human form divine. But, after all, the strong man, bed of nails and all, is getting the public interested in strength and muscular development. A nation of physically strong people is a healthy nation, a successful nation. So, more power to Kronos, and to his teacher, Lionel Strongfort.

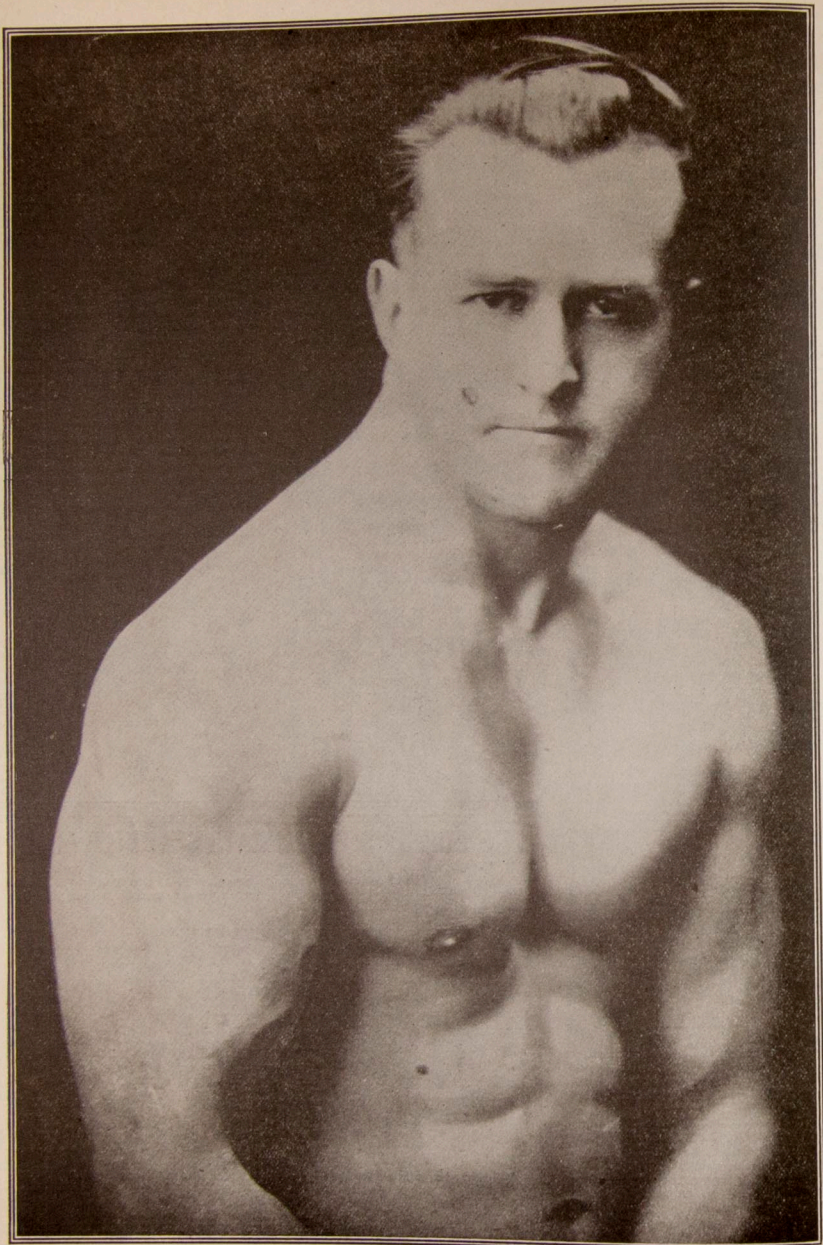
**THE EDITOR'S FREE HEALTH ADVICE FORM**

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

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

(Please print plainly.)  
 On another piece of paper state tersely, but in detail, the peculiarities of your case.

To the Editor "HEALTH AND LIFE"  
 333 S. Dearborn Street, Chicago



EARLE E. LIEDERMAN  
America's Leading Director of Physical Education

# Start the New Year Right

## Will 1924 Bring Success or Failure?

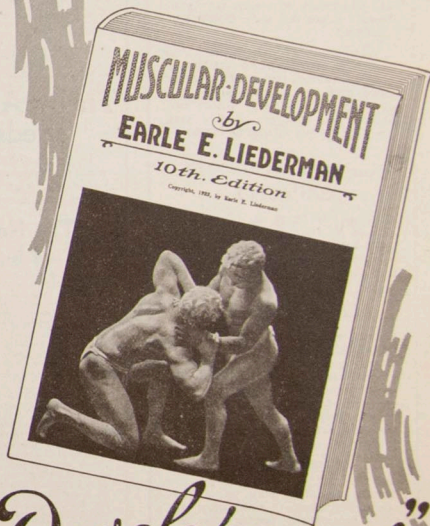
Right now is the time to decide. If you had started right one year ago you would be on the high road to success this very minute. Don't let another year pass you by. It is within your power to make yourself just what you will. Make this day the beginning of a new life and a better one.

### I Will Give You Wealth—Health and Happiness

I will transform that body of yours and make you physically perfect. I will make a real HE man out of you. I will built out your chest so that every breath means increased life, purifying your blood and sending vim and vitality throughout your entire system. I will broaden your shoulders and give you the huge muscular arms and legs of an athlete. I will put pep in your old backbone and strengthen every vital organ within you. You will be just bubbling over with life, having the keen alert brain, the bright flashing eyes and the spring and step of youth. You will be admired and sought after in both the social and business world. You will be a leader of men, and the good things of life will naturally come your way.

### I Challenge the World

If a man stood on the house-top and shouted to the people that he was the strongest man on earth, it would avail him nothing. Someone would make him come down and prove it. But records speak for themselves. I will gladly show anyone personal letters from the leading strong men in the world today that my course is absolutely the best and the quickest to acquire physical perfection. Come on then and make me prove it—I like it. I have the means of making you a perfect physical specimen of manhood, of making you a successful leader of men. You will be a credit to your community. I have done this for thousands of others. What I have done for them I will do for you. I don't care what your present condition is. The weaker you are, the more noticeable the results. Come on then, start the New Year right.



Send For My New  
64 Page Book—

# “Muscular Development”

IT IS FREE

It contains forty-three 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 from cover to cover. All I ask is 10 cents to cover the cost of wrapping and mailing and it is yours to keep. This will not obligate you at all, but for the sake of your future health and happiness, do not put it off. Send today—right now, before you turn this page.

**EARLE E. LIEDERMAN**

Dept. 901, 305 Broadway, New York City

EARLE E. LIEDERMAN,  
 Dept. 901, 305 Broadway, N. Y. City.  
 Dear Sir: I enclose herewith 10c. for which you are to send me, without any obligation on my part whatever, a copy of your latest book, "Muscular Development." (Please write or print plainly.)  
 Name .....  
 Address .....  
 City ..... State.....

## Indefinite Prolongation of Life

Do you wish to live as long as you desire?

Do you wish to perpetuate mature manhood?

Are you aware that man may live as long a time as he wishes?

Are you aware that the ravages of time may be defied?

Are you aware that it is possible to arrest degeneration of the body?

Are you aware that man may generate a healthy body **CONTINUALLY**?

A complete course of instruction in the art of **INDEFINITE LIVING** is now available. **NO OPERATIONS—NO DRUGS.** A clear, concise set of lessons by following which men and women who are capable may continue to live **INDEFINITELY.**

### You May HAVE THIS CAPACITY

It is an art that is taught and learned just as one learns music or sculpture. Not everyone has the capacity for music. Not everyone has the genius to learn to

### Live Indefinitely

If you want to be immune from **OLD AGE.**

If you are "well on" and want to arrest decay and return to maturity, get my questionnaire. Answer the questions faithfully, I will tell you frankly if you have the ability to learn the art of living the

### Indefinite Life

This is no child's play, but a serious undertaking. I want only sincere, determined pupils who see some vision of the **SUPERMAN.** Years don't count. The instruction leads you to a point where you say **I AM MASTER OF MY FATE.**

Write for Questionnaire

## Charles Ferris

211 West Chestnut  
Santa Ana, California

## SICK? TIRED? WORN-OUT?



## Throw Away Your Medicines!

Don't continue undermining and weakening your system with harmful, poisonous drugs. Let nature cure you of your ills.

### The New Blood Washing Method

Nature's own system—removes cause of disease—health and robust vigor restored. Chronic ailments washed away as if by magic. System freed of all congestion, accumulation of dead matter, etc. Brings back strength and vital power.

After considerable experimenting I have perfected a Bio Water Treatment Apparatus that can be quickly attached to any bath. You can now take the Blood Washing Treatments yourself in the privacy of your own bath.

This complete outfit together with the full course of instructions completely illustrated written about in recent issues of *Physical Culture Magazine*. The blood washing treatment is not a new fangled idea or cure-all—it has the highest endorsement of the drugless profession. I personally as a physician have had the most astonishing results for that reason I have decided to present this form of treatment to the American Public.

Write me to-day. Let me send you full description literature, learn all about this new form of **EXTERNAL NATURAL** method of relieving aches, pains and diseases.

**DRUGLESS DOCTORS, INSTITUTIONS, TURKISH BATHS.** This new blood washing method offers you an opportunity to participate in a new lucrative and successful practice. Write me to-day for full particulars about this treatment and outfit.

**DR. BENEDICT LUST**  
110 East 41st St., New York

The Bio Blood Washing Treatment is administered at  
"Youngborn", Butler, New Jersey;  
Tangerine, Florida; Bio Institute,  
7 W. 75th St., New York City.

## The Unknown Champion

(Continued from page 16)

was absolutely green. It was agreed that we go slowly, which I found out was in conjunction with the trick. It is not always the rule to go slowly, for when the word is given to "Go," you go, the best way you can, and employ your abilities to your best advantage. Yet I had agreed to go slow, more in ignorance than anything, because I was eager to win.

The word came to go, and somehow I felt my arm was devoid of power. I simply could not obtain control over it. I strove my hardest, and found that instead of holding my own I was going to lose, and quickly saw that he was employing a trick that had placed my thumb in such a position that gave me no gripping power. My sole asset lay in putting my bicep into power and merely hold my own. This I did, forsaking the arm pressure, and putting all my bicep and shoulder power into force. I gradually regained the ground I had lost. He had turned my arm about an inch from the starting point. I thought the sinews would crack, and the Frenchman was red in the face with his exertions. The boys became excited, for here they foresaw a struggle they had never witnessed before. I held my ground, and it took every nerve in my body to maintain it, and the same applied to my opponent. With our disengaged hand, we each clung to our legs to secure control.

### Watching for the Trick

In this condition we struggled until my opponent declared a rest which I was glad to have. I did not say a word to anyone about the trick employed, but tried to watch it next time. Twice more we tussled with the same result. I was not forced over a fraction, but could make no progression towards my opponent's defeat.

Excitement was running high, and the French language was being murdered in the "to and fro" discussion that was raging. I got advice in French so fast, (not being very good then in that language) I could make out nothing. What they could not explain in words, they did in their natural quaint gestures.

### Beating the Trick

I was determined that the stranger was not going to place that thumb *hors de combat* again; and when we took hold for the fourth time, I slipped my thumb from his hold to the regular grip. He began to expostulate, and I told him to take a fair hold. He was pulling no more stunts like that across me. The boys got wise, and were equally furious when they realized that he had been employing the trick so much heard of, but seldom seen; one that takes the power right out of the arm.

My opponent had to accede, and then became a real struggle, free of trick. I got him going, and the mob went crazy, but he reasserted the ground.

Calling all my muscular being into power, I began to see stars; but gradually, fraction by fraction, I forced him down.

We twisted again, and he tried all he knew, but I proved his master in a struggle that was exhausting. I realized that he was a master of the game, and whilst I said nothing, I was



convinced I had accomplished a feat that few men could do.

His Excuse for Losing

Later on, when we had recovered our breath to converse, the stranger said, that if I only knew the real trick, no man in the world could put my arm down, but he claimed he did not know it, so could I show me.

This was the worst he could say, as he was evidently trying to belittle himself since he was beaten, so as to make my victory less apparent. This made the boys sore, and for a while I thought they were going to overwhelm him with their denunciations.

Who Was This Stranger?

They told him he had come only to test me, and beat me one way or the other, and asked him why he hid come that night. He would not answer. They next asked him if he had turned wrists with Bougieux or Patenaude, two men who were respected all through Canadian lumber camps, the camps of Maine and through the great South woods, as men who never knew defeat, men who had struggled for supremacy between themselves but with no decisive satisfaction. The wrist turner's friend, said that my opponent had easily beaten them. This proved to all conclusively, that there was a champion who had heard of me, and knew he would have to meet me either in the winter or at the end of the log run, when all camps meet and generally hold revels. He had wanted to test me secretly, and chose a bad night and time, so none but his confidential pal would accompany him and so that none would be the wiser if he was beaten, which he was.

An Unknown Champion

He refused to tell his name, and I never knew it, or saw him again. In this stranger I knew I had met an unknown champion, the like of forearm power I never met until I met Dupre last month. I wonder if Dupre could have beaten him, for in those days, I had received no injury to my shoulder, but then I was not so heavy, which might have balanced matters.

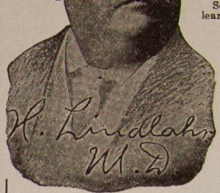
Many, many times since I heard mention of that titanic struggle, although quite a few years have passed since then, and there are still those who talk and remember the contest of the Anglo-Canadian and the unknown champion.

Among the Grapplers

(Continued from page 17)

explained in HEALTH and LIFE a few months ago, the bout came to a somewhat unsatisfactory draw. Pesek cut Pestina to pieces, but could not come anywhere near throwing him, while Pestina refused to tear in and play Pesek at his own game. The great star is too easy going, and will not tear in. As Pestina could not throw Pesek, the gang took heart, and occasionally arranged a go with him.

In a real shooting match these giants of the first class can wrestle all night, that is, if they do not try to throw, but just guard themselves. This is the way lots of matches are fixed. They are arranged to stop at twelve o'clock, so neither wrestler takes a chance, and



Nature Cure Brings on the Healing Crisis

It was at this juncture that a book on Nature Cure fell into my hands. It appealed to me as the true philosophy of life, health, and disease. I put its teachings to the test. The test not far from me. Through the liberating of what vital force I had remaining, through building up my impoverished blood on a natural basis and promoting the elimination of waste matter and poisons from the system—in short by giving Nature's own healing forces the ascendancy over the disease conditions, a healing crisis was brought about and the disease, itself, was banished as completely as if it had never existed. To-day I am hale and hearty, vigorous, full of life and vitality. And I am positive in my knowledge that Nature Cure will do for other diseased conditions that it did for me. I have proved conclusively that in the course of any disease, a healing crisis can be brought about by Nature Cure Treatment. And when, through the bringing on of the healing crisis, the disease subsides under its course and normal health has been restored, the system awaits undergo its purge, is stronger and more vigorous than before the disease attack. This has been demonstrated in thousands of the worst chronic cases which I have helped to restore to normal health. (Signed) HENRY LINDLAHR, M. D.

Nature Cure an Exact Science

Since turning to Nature Cure for relief from his own suffering, Dr. Lindlahr has elaborated upon the earlier Nature Cure, and has reduced them to an exact science, marvelous in its simplicity, so easy is it to grasp and put into practice. Quite recently he has put into print a full and complete explanation of Nature Cure philosophy, together with simple directions which make it easy for any man to

Treat Yourself at Home Without Drugs

This \$2.40 Book Sent Free. There is nothing that is vague or mystical in this book—"NATURE CURE". In Dr. Lindlahr's plain, simple and remarkable clearness of expression, it throws the cold, white light of Scientific Truth upon the inconsistencies and contradictions of the hundreds of claims and lures which have so long bewildered those who are earnestly seeking health. It deals in a way that you can readily understand, with the simple, fundamental laws and principles of Nature that control the processes of life—birth, health, disease and cure. It gives clear and explicit directions for applying to each individual's case at home, the same methods of Nature Cure treatment which Dr. Lindlahr himself employs at his two famous health institutes—the Lindlahr Sanitarium of Chicago and the Lindlahr Health Resort of Elmhurst, Ill. It tells you why, and gives you proof of the fact that every acute disease is in itself, the result of a healing and cleansing effort of Nature. And it shows you how to bring about, either in acute or chronic disease, the healing crisis which leads to recovery. You will find this book a revelation in the art of right living—a never-failing well of inspiration and helpful understanding for anyone who suffers from disease in any form. It is a book which should be in every home throughout this broad land. Dr. Lindlahr considers his book, "Nature Cure," of such great importance to the health and happiness of mankind that he will send a copy to any address merely upon receipt of the coupon.

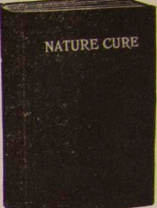
Mail the coupon right now—today—and by return mail receive your copy of this remarkable book. You may keep it free when it will give you ample time to read it carefully. If you are then convinced that the truth reveals the information it gives you on how to treat yourself when sick, how to keep in robust vigorous health, you can order all the books in the small size at the low cost of the book, send us the price—\$2.40—and keep it. Otherwise tell us in 10 days that you do not want it, and we will tell you where to send it. No obligation on your part when you whatever.

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

they just fool around until time is up. That is the way they wrestled Pestina. He is not fierce enough, and is too slow to beat them quickly. Stecher always shot honorably at first, so the gang decided to cure him of the habit. Lewis got into wonderful shape and wrestled Stecher, for nearly six hours to a draw. Yes, the wrestling trust is still going strong, but they sure can wrestle when they have to. It would be a six to eight hour match between some of them if they fought it out to the limit.

Put Your Disease Out by the Roots-

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



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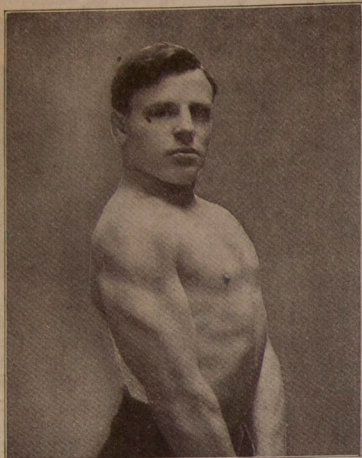
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Here is the way I dope them out, and I know them pretty well. The three best are Ed. Lewis, 235 lbs.; Stan Zbyszko; 240 lbs.; and Marin Pestina, 225 lbs. It would take from five to eight hours to tell the winner in any shooting match arranged between either two.

The second best are John Pesek, 190 lbs.; Wal Zbyszko, 230 lbs.; Toots Mondt, pictured in last month's HEALTH and LIFE, 225 lbs. Any of the three mentioned above would take (Continued on page 35)

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## Editorial

(Continued from page 21)

### MOST OF US ARE DYING FOR WANT OF FRESH AIR

Do you know that in this country we are all suffering from a lack of fresh air. If you look around you, wherever you go, you will find windows tightly closed, as if fresh air were a poison. The majority of people are suffering from over-eating of the ordinary foods, and under consumption of fresh air.

### WARMTH COMES FROM WITHIN

I am living on the shore of Lake Michigan. I hear the ever restless roar of the waves as they beat upon the beach. As soon as I awake in the morning, I can look out over the expanse of water towards the beautiful horizon, and naturally I keep my windows wide open to let in the fresh lake breezes. They are a little chilly, but never mind. I do a few breathing exercises, and get warm from within, for that is the place where the warmth really comes from.

### GET YOUR FRESH AIR

However my janitor is astounded to find such an abnormal being as myself who wants fresh air. He says it is against the rules, and insists on closed windows. He has cut off my heat, because he says it is useless to try to heat a place where the windows are kept open. But what on earth is the use of a heating system if it means the robbery of our most important food, fresh air? Heating systems should be installed so that we can obtain fresh air.

Health Commissioners are advocating vaccination, inoculation, serum treatment—are even polluting the water we drink with chlorine and iodine—and yet no one raises his voice to insist on people getting the fresh air without which they cannot resist disease. Neverthless, as individuals we can obtain fresh air for ourselves. Get out into the open as much as you can, and whenever you can, and do there plenty of deep breathing exercises at all times. Keep your windows open day and night; wear warm clothing if you are really cold; but do get fresh air.

### A TRICK AGAINST DR. LINDLAHR EXPOSED

You will all deeply sympathize with Dr. Henry Lindlahr in a despicable trick that was played against him recently. Unable to criticize honorably the great work Dr. Lindlahr has done for many years, somebody forged a diploma, and gave it to a newspaper reporter as evidence that Dr. Lindlahr was issuing physicians' diplomas to anybody who would pay a small sum of money. All the signatures on the diploma are forgeries, and there is no seal. This ought to be sufficient to convince any intelligent and honest person that Dr. Lindlahr was the victim of some vile trick. Nevertheless, the story went into the newspapers, and Dr. Lindlahr was held up to public condemnation. I am one of those who have followed the work of Dr. Lindlahr for many, many years. He has done yeoman service for a great cause. His name is honored all over the world. All through Europe, wherever I have been, the name of Dr. Henry Lindlahr stands out as one of the world's great contributors to the advance of really scientific healing. Nobody can do any real harm to the grand name of Lind-

lahr among those who know him, and are familiar with his work. It is, however, those who do not know, who do not investigate, and who are mere followers of orthodox and conventional medicine who are the ones who will get the wrong idea of Dr. Lindlahr and his work. That is undoubtedly what the trickster intended. However, the good will always prevail, and Dr. Lindlahr's work will grow and grow, and remain a monument for all time to its founder.

**VOLUNTARY PARENTHOOD IN CHICAGO**

Some of the finest people in Chicago have been trying to establish a parents' clinic to teach, where necessary, the scientific methods of voluntary parenthood. On several occasions the Health Commissioner refused to grant a license for this clinic, because he has a personal objection to spreading education in contraceptive methods. However, most of the opponents of education in this matter are antagonistic only because they fail to understand the real object of this education. They imagine that it will be used for wrong doing chiefly, while others still retain the superstition that sex is something wicked in itself, and its functions should be inhibited. By some freak of reasoning they believe that the outcome of a sinful act should have as its consequence the begetting of an unwanted child.

**THE SACREDNESS OF MARITAL COMMUNION**

Knowledge of the scientific methods of voluntary parenthood will bring with it only more happiness and more ability for the expression of love in married life. While husband and wife believe themselves to be sinning against each other when they should be experiencing the most sacred of communions, only disaster can come of it. But when husband and wife realize that there is the greatest sacredness in their relationship there can be a freedom of expression that will bind them closer together in love and comradeship. It will also give them true control. To inhibit the expression of love is not control; it is a negation, and counts for nothing, and every psychologist knows that it brings on an abnormal psychology, a diseased mind.

**JUDGE FISHER ON VOLUNTARY PARENTHOOD**

Judge Harry Fisher is a wise judge, a learned judge, an upright judge, as Shakespeare would have said; and he is insisting that the Health Commissioner grant a license for the establishment of this parents' clinic. He answered the above objections very aptly when, during the progress of the case, he said: "It is earnestly contended that knowledge of the methods of contraception would remove, to a great extent, the only restraining influence against sex immorality on the part of unmarried women. The fear of resulting pregnancy is said to be a great deterrent to immorality. If this were true, it would be sad to contemplate the weakness of our moral sense."

Yet there are those who hold our girls and women so depraved as to think that the granting of this education would mean increased immorality.

**QUALITY RATHER THAN QUANTITY**

Answering the argument which some opponents thoughtlessly put forward maintaining that contraceptive infor-

(Continued on page 38)



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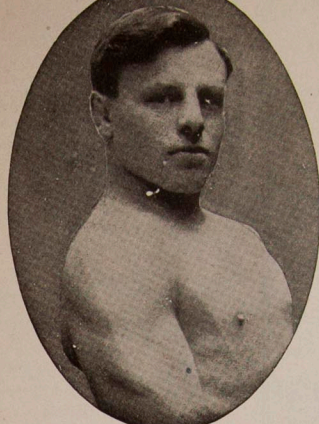
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(Editor of "Health and Life")

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

You absolutely must have a copy of this great book if you wish to know the right way to eat for health, strength and fitness.

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

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

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# NERVOUS DISORDERS AND THEIR CURE

It has long been recognized that the nerves govern all the functions of the human body, and, consequently, when anything goes wrong with any of these functions, the nerves themselves become disordered. It may be the reverse in order. The nerves may go wrong and upset the normal functioning of organs.

It matters little which it is, for one will positively affect the other. In order to put matters right it is necessary to detect the cause. This lies in the acid and toxic condition of the body. The nerves are bathed in irritating, poisonous blood, and the nerve cells are deteriorated and fail to send the vital spark at its maximum power to the organs governed, with the result that serious complications set in.

I have proved conclusively that the most serious attending evils of nervous disorder give way readily to scientific eliminative treatment. No drugs or toxins can do this, and that is why I have quit using them.

The following cases illustrate these points very well:

## Nervousness, Stomach Trouble and Obesity.

N. S., Female, aged 66. Had been suffering for 20 years with nervousness, gastritis, and enteritis off and on. Complained of violent pains in the stomach and sleeplessness. "Just feels as if something flopped in stomach." Felt sick, and was in a generally catarrhal condition, so that she felt useless and miserable. Was disturbed and worried by trifles. The gall ducts and gall bladder were infected, and she was 35 to 40 pounds overweight. Had taken medicines for stomach trouble.

This case is interesting because it shows that at 66 years of age, a morbid condition of 20 years' standing may be completely put right.

She was not only suffering from a bad state of acidosis and toxicosis, but the drugs she had taken had considerably aggravated her condition and thrown her organic functions out of natural order. Medicines were stopped, and for a few days she was put under special eliminative treatment. The acid condition of her stomach was neutralized by correcting the diet, and by not allowing starches or proteins to be eaten for some time.

After two weeks she began to feel the effects of her purifying blood stream; and the nervous irritability and fear and worry left her. The stomach ceased to have the heaviness, and all pains gradually disappeared.

A normal full diet was given in due course, and she became stronger in every way. Bowel action was forthcoming without aid twice each day. She lost 30 pounds of fatty, poisonous and superfluous tissue.

She is feeling perfectly well, and enjoys life more than ever she did in her younger days.

If you are troubled with Nervous Disorder of any description there is still hope for you. After the most renowned of practitioners of orthodox methods have failed to benefit patients they have come to my Health School and gotten well.

So write to me about your case.

## P. L. Clark, B. S., M. D., Ph. Sa.,

### THE HEALTH SCHOOL

Suite 150, 39 S. State Street, Chicago, Ill.

## With the Men of Iron

(Continued from page 15)

bent to the sidewalk, and held a 150-pound anvil while an employe of the Dallas Street Railway hammered on it with a sledge hammer.

Presler, an advocate of physical training, arranged the exhibit at the Peak street car barns. He not only pulled the street car and did the other stunts enumerated with his teeth, but tore two and a half decks of playing cards into halves, twisted a 20-penny spike in two, and did several other feats of strength with his hands.

Four and a Half Horsepower  
The "iron man," as he styles himself, is about six feet tall and weighs in the neighborhood of 180 pounds. He is not bulgingly muscled, but is unusually "smoothly" built for a "strong man."

The feat of pulling the street car with his teeth was the most spectacular in that an official of the street car company stated that it took about 4½ horsepower to move one of the one-man cars. It usually takes a good sized team of horses to move one, but Presler moves off with it as if it weighed only a few hundred pounds.

### Developed Quickly

The other feats of strength, while not new with the exception of tearing the 2½ decks of cards in two, were done with an ease that surprised many of the car barn employes who are used to handling heavy weights.

Presler stated that he has been working only about three years building up his muscles and that before that time he had not been considered particularly strong. The regularity of exercise in weight lifting and diet were credited with having caused the unusual development that made it possible for him to perform these unusual tricks. He has been performing before fairs and carnivals over the state during the past season and pulled two automobiles with his teeth at the Fort Worth Diamond Jubilee recently.

A crowd of about 200 people watched him Monday.

\* \* \*

H. McKrell issues a challenge to Charles Shaffer for the "Pocket Hercules" title. He weighs only 108 lbs., but has done a one arm bent press of 160 lbs. under official ruling. He is one of Ootley R. Coulter's prodigies, and has achieved a marvelous muscle control. He expects to tour vaudeville, so that many of you will get a chance to see him personally, and give him the glad hand.

\* \* \*

In having the title of "Champion Wrist Turner of the World" conferred upon George Jowett, the committee has also determined to present the champion with some record of its appreciation. It will probably be a large medalion, and I hope to show you a picture of it when it is all prepared. The committee was particularly impressed with the sportsmanlike acceptance by Jowett of his challenges. It would be a wonderful thing if all challenges were responded to, and resulted in such speedy action, would it not?

John Fielding, of New Bedford, Mass., is also a challenger for the "Pocket Hercules" title. Jowett, who has trained him, has great faith in him.

## Among the Grapplers

(Continued from page 29)

four to five hours to beat Pesek, three to four hours to beat Wal Zlyszko, and two or three hours to beat Toots Mondt. John is the best of the second bunch.

Among the Amateurs there is much excitement. The champion this year will be one to represent the United States at the next Olympic Games at Paris, in August of this year, so you can guess the amateur grapplers are all training very seriously.

Some good wrestling was seen when the University of Chicago Team defeated the Lake Shore Playground Team by 22 points to 9. The results were as follows:

115-Pound Class—Paraisi, U. C., defeated Busch, L. S.; decision, 8 minutes. Grabel won decision over Schmitz.

125-Pound Class—Graham, U. C., won one fall over Kiermier, L. S., in 7:05. Ball, U. C., won decision over Chamiz, L. S.

135-Pound Class—App, U. C., won decision over Swamp, L. S.

145-Pound Class—Gavorski, L. S., won decision over Standish, U. C., Schmeke, L. S., won decision over Key, U. C.

155-Pound Class—Jensen, L. S., given decision over Hamilton, U. C., in overtime period.

175-Pound Class—Sarpaluis, U. C., won one fall over Busch, L. S., in 4:05. Dr. C. Furness, Illinois, referee.

## Health & Life Fellowship Notes

By the Secretary

Dear Friends:

This month our magazine is absolutely crammed full of articles of almost an entirely physical culture nature. I would like you to write and tell me whether you prefer this to getting more articles of a general nature.

What our Editor and President of our Fellowship seeks to do is to inspire rather than to preach. We have had many thousands of years of preaching. Many people seek to ram morals down our throats, with the result that we feel that to be moral must be a most objectionable thing. What we want to do is to get people to see what joy in life there is for those who live in accordance with the principles of cleanliness and right thinking.

We also want to let young fellows know that there can be no true happiness, and no success in life if they are victims to any bad habit.

Smoking is not a sin in itself. It just poisons the body, prevents development, stimulates wrong desires, perverts the blood stream generally. Therefore it is most unwise to smoke, and the man with a truly clean body does not feel the desire to smoke.

But, with regard to what are called immoral acts, it is not only the physical harm resulting from impure living, but the loss of character which is so deplorable. Every boy begins his career

in purity of thought, word, and deed. When he first does wrong, he is highly conscious of the fact, and it worries him no end. If he conquers the habit, he maintains his moral judgment and his character, if he succumbs, he loses both.

But a boy can fall into bad habits, and lose everything there is to lose, if he is not given sound information on matters that concern him most vitally. Therefore, it is most essential that he should be given some sound sex education, so that he is warned against the dangers that will surely beset him. But any such work of sex education should combine with it an inspiration to live a clean, pure, and wholesome life. That is the work we are trying to do in our Fellowship, and through our official organ, HEALTH AND LIFE, and also its associated publications.

One of the most gratifying things is that the National Education Association has listed Bernard Bernard's "Sex Development" so giving teachers an opportunity of using it as a text book in our schools. If only this could be done, and every child be given the information that is vitally necessary to it, there

(Continued on page 38)

## Health and Life Fellowship

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

President, The Editor of HEALTH AND LIFE.

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

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

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

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

Members of the Fellowship are entitled to the following benefits:

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

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HEALTH AND LIFE FELLOWSHIP  
To the Secretary:

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

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

## Employ Natures Way

Keep the bowels open and the system in a state of health—use a pure and perfect food laxative, rather than restore to means that may prove dangerous. Certain foods are constipating; while others are laxative. Certain fruits, scientifically blended, form a laxative that works in natural form upon the system. They produce no bad after effects, no harmful habit forming results, which sometimes develop serious intestinal troubles. Use a laxative that contains

## NO HARMFUL DRUGS

one that can be taken with absolute safety by anyone. Use Allen's Fruit Laxative. It is a safe, simple, sensible and natural food laxative, unfailing in its results. Nothing but a nourishing blend of dates, figs, raisins, prunes, a few simple herbs and brands. Delightfully palatable, absolutely harmless. Very pleasing to take—children love it. Nothing better can be found than this pure and wholesome food—it constitutes a natural food laxative.

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taken as directed, you should never be troubled with a clogged system and its long train of ills. It is unfailing in its results in keeping the bowels open and the system in a state of health. If you are in any way troubled with constipation then send \$1.00 for two eight-ounce size packages. Sufficient for the entire family over a long period. It will give you perfect results, otherwise your money refunded.

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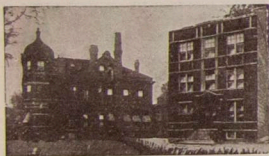
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## Foods and Elimination

(Continued from page 10)

turns and dumps its load in the main sewer. If I could put a hose in the mouth of a person who is sick and flush the main sewer with water, and keep it so flushed every six or eight hours, the dribble or virulent acid toxic poison which the blood throws into the sewer would be rapidly washed out of the body and the flesh and the blood made clean. But this process of elimination cannot go on without help. It cannot be accomplished without expert advice and it can never take place when starches and proteins are eaten.

The greater part of the food taken is absorbed from the small intestine, passes up through the portal circulation or through the liver, and is then poured into the blood. When the poisons of the body are thrown into the alimentary tract by the blood they mix with the digested food, and food and poison pass up through the liver and are thrown into the blood. The blood again throws the poison into the alimentary tract and it again mixes with the next meal of food, is carried through the portal circulation and into the blood; so around and around in a circle, into the blood, into the intestines, into the blood again, into the intestines again goes this poisonous material, and elimination never takes place. But, when the food is restricted and only such food taken as contains the mineral elements needed to restore the normal alkalinity of the body, elimination can take place, provided proper help is given the liver and bowels. Nature is so kindly to us that she forgives and will permit us to correct our bad habits and eliminate, in a few weeks the poisons we have been a lifetime accumulating.

The lack of understanding of this basic principle of Sanatology (The Science of Health) is the reason the medical profession has not in the last 2400 years discovered the cause and cure of disease.

Health Is Restored Only When One Has Passed Through the Period of Elimination

Health is restored only when one has passed through the period of elimination, to eliminate the toxic poisoning and restore the normal alkalinity of the body so that clean, wholesome alkaline blood nourishes your brain and your nervous system and makes it capable of sending out the impulse which raises every organ of your body to its highest efficiency. Poisoned flesh, poisoned blood and the nervous system constantly bathed with acid, toxic blood is so reduced in activity that in most people the organs of the body are functioning at about 30 to 40 per cent of their efficiency.

If your brain were inhibited with a dose of strychnine or morphine three times a day your kidneys would cease to function properly, your skin would close up, your bowels would stop acting, your liver would cease to function and every gland in your body would be clogged and proper functioning could only be restored by the elimination of the strychnine and morphine.

So I repeat, you can only restore your body to good health by getting

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(Consulting physician; advice by letter)

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the acid toxic poisoning out of your flesh, and out of your blood by passing through a period of elimination, and taking these elements into your body which will restore the normal alkalinity, and you won't find these remedies in a drug store.

**CAN'T WAIT FOR NEXT ISSUE**

"Your November issue of HEALTH and LIFE was very interesting, and I can't hardly wait until the next issue comes out."

C. A., A HEALTH and LIFE reader, Johnsonburg, Pa.

**A New Star in the Athletes Firmament**

(Continued from page 13)

competition in progressive development each year. He is giving \$2,000 worth of prizes, besides ever so many gold and silver medals and diplomas.

I would like to see a good entry from HEALTH AND LIFE readers. Earle Liederman is a great favorite with us all, and, what is more, HEALTH AND LIFE is one of Liederman's favorite magazines. In a personal letter before me he says: "HEALTH AND LIFE has been a wonderful help to me in turning out these husky chaps, for its pages are filled with inspiration and health, magnifying the desires of the weak to reach the acme of physical perfection. Wishing you continuous success in your life's work."

This competition has only just begun, so you are in good time for it. It closes October 1, and I want to see HEALTH AND LIFE enthusiasts topping the prize list.



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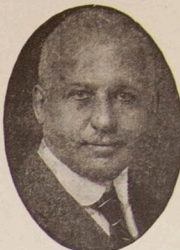
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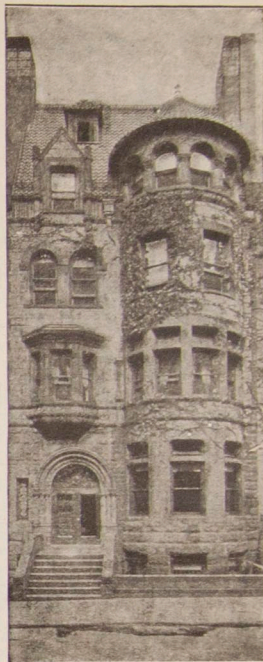
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## Ten Rules for a Happy Marriage

(Continued from page 7)

No. 9. CHILDREN. Children are eminently desirable where the income warrants it. They add lustre to the home fires. Get a thorough understanding of sex. Tear aside the veil of superstition and false glamour that surrounds it for most couples. Where there is true love the "understanding" is instinctive. There is nothing lascivious connected with reproduction. It is an impulse to perpetuate the race. It has something in common with your appetite, breathing and other normal bodily functions. No more than the latter are vile or impure, no more is sex. Your wife is your equal, your pal, your best friend, and not a chattel. She has a right to respect; no more than you would outrage a pet or faithful friend by subjecting it or him to brutalizing tortures, no more would you do it to someone who is still closer to you. Read a few good, reliable and well meaning sex books. They will do you a world of good.

No. 10. HUMAN RELATIONSHIP. There is no simpler word for marriage than Human Relationship; it is all that; it is the consummation of the highest ideals and faculties that two humans can have. It embodies a number of supreme qualities. Equality, Loyalty and Sublimity are the most important. Equality means understanding. Man and wife are equal, only then can there be a complete understanding when this is recognized; a wife can respect her husband, but she need not fear him. If she does, he is her superior; he has the qualities that betoken a tyrant. Loyalty; let faith and sincerity exist between the two; it is as fundamental to relationship as a foundation under a house. Sublimity; it speaks for itself. Be a man, not a weakling, grouch, or monarch over the household. These three qualities spell harmony; and only through harmony can there be happiness.

## The Athlete Detective

(Continued from page 18)

able to clear up the mystery, and get poor Mr. Fieldlow's papers back for him. He's in such a state. It is the only formula which exists of his anti-gravity discovery, and he feels sure that he will never be able to duplicate it. In addition, there are all those valuable salvage papers belonging to father. I am so glad that you are going to help us. I know you will succeed.

She cast her head aside in an impish sort of way that was most fascinating, and it had a fair share of influence over John Blount.

"I will not guarantee success, Miss Fennel, but I will do my best," he said modestly. "No man can guarantee anything; he can just do the best that is in him. If he does that, no more can be asked of him. However, I would

like to assure both you and your father that I shall guarantee your safety personally. Whatever happens to scare you, rest assured you will come to no harm."

The words had hardly passed his lips when the whole of the floor on which they were standing began to lower. Blount ran to the door. It was tightly closed, and now all they knew was that they were in complete darkness, with apparently no way of escape.

(To be continued next month)

## How to become a Champion Hurdle Racer

(Continued from page 5)

You will notice that the start is made in the same way as the ordinary 100 yd. sprint. Notice particularly in picture No. 2 how the body leans well forward, giving the ability to use the entire leg force for propelling the body forward, the springiness of the toes giving the maximum of effect.

Judgment of distance is a very important factor. That is why practice is so essential to the hurdle racer. The hurdle is cleared by only a fraction of an inch; everything extra is waste of energy, so it needs a keen eye and a very fine judgment of distance.

In No. 3 you will notice how Brookins takes off for the first hurdle. The front foot is turned upwards, and the leg well raised. Immediately it reaches the level of the top of the hurdle it is put forward, toe pointing downwards, ready to spring off to the next hurdle.

If you follow each picture of Brookins through carefully you will notice the movements as explained above, and you will also observe, in the last picture, how, before he alights, he is ready for the sprint to the next hurdle.

The regulation distance between the hurdles is 15 yds. exactly. In 1920, at the Olympic Games, the writer had quite a long talk with Earl Thompson. One thing that Earl Thompson mentioned was the clock work precision necessary to successful hurdle racing. The hurdle racer calculates each step from start to finish. At the psychological moment he lifts his leg and takes the spring, clearing the hurdle, as above mentioned, by just a fraction of an inch. At no point of the race is there the least slackening or rest; it is an intense effort all the way, and the man who uses the limit of his strength, energy, and not to forget his eyes and ability to calculate distances, as well as the strength of his legs and the springiness of his toes, is the one who is going to make a champion.

### NEXT TO THE BIBLE

"I wish to say that I think this book is needed, almost next to the Bible. I hope it will prove a great blessing to humanity, for truly the people are being destroyed for lack of knowledge—a lamentable fact. God's blessing upon the book."

S. O., College Corner, Oregon.

## Editorial

(Continued from page 31)

mation would mean race suicide, Judge Fisher said: "It is universally admitted that ignorance of contraceptive methods prevails mostly where smaller rather than larger families should be desired. The effect upon society, of the continued increase of children born to parents who through physical, moral or economic handicaps are the least fit to raise large families is said to be most threatening.

"The child of the drunkard, the immoral woman, the gambler, the user of narcotics, or general anti-social individual, is, with rare exceptions, compelled by law, to grow up under the influence of such parents. Still we demand of that child the same degree of obedience to law, the same loyalty and devotion to the ideals of our nation, as we expect of the child born to parents to whom nature has been much more kind."

### LET THE IMMORAL DIE OUT

According to Judge Fisher, you see, it would even be a wiser plan to give contraceptive information rather to the immoral than to the moral, for it would assist in stamping them out in their own generation, and the survival of the children of moral parents only. However, we know that these people are immoral only because they have been improperly educated, because they are ignorant, or because they are subjects for a psychopathic physician.

### THE DAY THAT IS DAWNING

One day the world is going to be peopled practically entirely by clean, moral, and healthy individuals. That will come when we really understand that the great purifying force of the world is education; it will be when we recognize that "Nature is the healer of all diseases," and that if we live according to Nature's laws we shall never suffer disease. It will come when we take our children, educate them to know the facts of life, warn them against the dangers of bad practices, give them inspiration and uplift in the desire to develop strong and healthy minds, strong and healthy bodies, and strong and healthy morals, so that they will grow up into adults free from any abnormal taint.

## Health & Life Fellowship Notes

(Continued from page 35)

would be so many less tragedies, there would be much less misery, less disease; and in place, there would be a desire for achievement, for the development of a strong and healthy body, and for an appreciation of the truly beautiful.

Go forth, my comrades, through this next year, stand firmly for the cleanliness of your own body first of all, then pledge yourselves on the side of true purity, and appreciation of the healthy, the strong, and the beautiful.

Yours fraternally,

THE SECRETARY.

# MANHOOD

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

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

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

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

# WOMANHOOD

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

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

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

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It is every married person's right to have the knowledge that will secure ability to express love freely and beautifully; and it is also every child's right to be born of love, and not of a chance act. Therefore, it is essential that the laws of voluntary parenthood be known thoroughly, so that love in marriage may continue and children be forthcoming only when they are ardently desired.

## "BEGINNING MARRIAGE"

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(Editor of "Health and Life")

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

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CHAPTER III TO THE BRIDE-TO-BE How to Discover the Right Man Things Necessary to Know The Romance of Courtship	CHAPTER VII MARITAL ABNORMALITIES AND HOW TO CORRECT THEM Results of Solitary Habits Spermatorrhoea Prostatorrhoea Sterility in Men Sterility in Women Impotence in Men Lack of Response in Women Lost Manhood Hysteria
CHAPTER IV THE HONEYMOON Initial Intimacies Technique Securing Mutual Response	CHAPTER VIII PHYSIOLOGICAL HYGIENE Technique of Cleanliness
CHAPTER V BEGINNING PARENTHOOD Prenatal Influences Marital Conduct During Pregnancy The Best Diet for Easy Delivery Twilight Sleep A Child of Love	CHAPTER IX THE ART OF COURTSHIP IN MARRIAGE Arnold Bennett's Rule Artifices to Maintain Love

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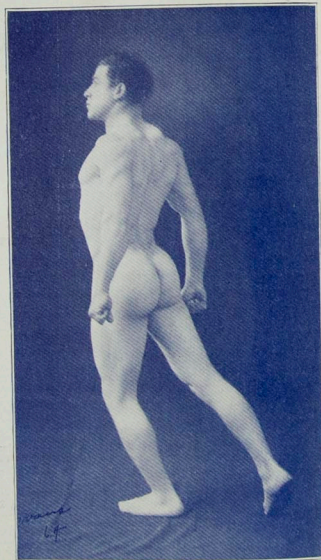
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