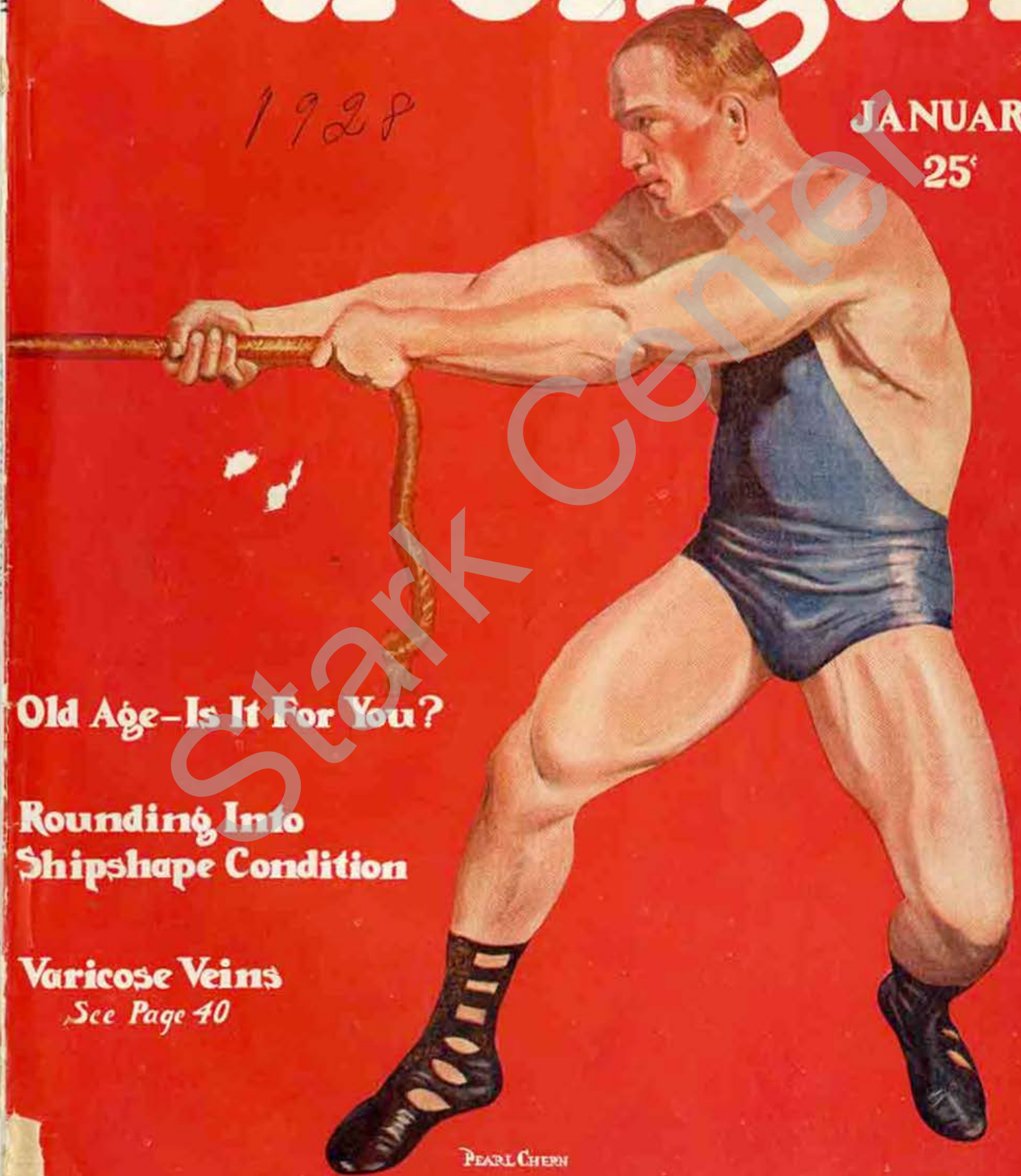


Ignorance and Indigestion

★ Strength

1928

JANUARY
25¢



Old Age—Is It For You?

**Rounding Into
Shipshape Condition**

Varicose Veins
See Page 40

PEARL CHERN



TAMPKE About to Drive 20-Penny Nail Through 2 Planks and a Board.

Professional Strongman Feats of Strength

Are Made Easy FOR YOU By a Milo Bar Bell

If you had the Milo System of Bar Bell Exercises and followed the expert instructions as laid out for you, your strength would soon be increased to the point where most of the sensational Professional Strongman feats of strength you see on the stage and in the circus would be easy for you with a little practice on them.

All the Milo Star Pupils are capable of performing sensational strong man feats as well as breaking records in weight lifting. This month we show you



Showing the Distance the Nail Went Through

Mr. Tampke (a Milo Pupil) Driving a Nail Through Several Planks

COMPLETE PRICE LIST OF MILO BELLS

- 500-lb. Plate Loading Bell, plain bars..... 60.00
- 400-lb. Plate Loading Bell..... 48.00
- Large Size Duplex, with Plates and Spheres..... 40.00
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100-lb. Plate Bell..... 15.00
 3 complete, illustrated courses are given with every one of the above bells, except the 100-lb. Bell, with which 2 courses are given.

ORDER BLANK

Date.....
 The Milo Bar Bell Co.,
 2739 N. Palethorp St., Dept. 191, Philadelphia, Pa.
 Gentlemen:
 Enclosed find \$..... in payment for Bar Bell set checked above. Please ship by
 { Express } to
 { Freight } County
 State
 My mail address:
 Name
 Address
 City..... State.....

MEASUREMENTS

Neck..... Weight.....
 Normal Chest..... Age.....
 Expanded Chest..... Occupation.....
 Upper Arm..... How Many Times Can You Chin the Bar?
 Forearm..... How Many Times Can You Dip on Parallel Bar?
 Waist..... Check off your aims below:
 Hips..... Improved Health—
 Thigh..... Great Strength—
 Calf..... Perfect Physique—
 Wrist..... To Reduce Weight—
 Ankle..... To Increase Weight—
 Height.....

WE DO NOT PREPAY SHIPPING CHARGES

Month before last we showed you Mr. Bonvicin supporting a large, heavy boulder while a friend pounded on it with a sledge hammer. There are many others we hope to show you in the future. Mr. Tampke uses Milo Bar Bells and obtained his marvelous strength and massive physique by following our instructions.

We Recommend

← This Milo 200-lb. Plate Loading Bell

There are eighteen beveled edged plates, grouped and weighing as follows: Four 25 lb., two 15 lb., two 10 lb., two 7½-lb., two 5-lb., two 2½-lb., four 1¼-lb. One 5-foot solid steel nickel-plated bar 11-16 in. in diameter, weighing 15 pounds, total weight of bar and plates 200 pounds. One solid steel nickel-plated dumb-bell handle and two kettle-bell handles, eight collars and three courses of instructions. Price \$24.00.



M. TAMPKE'S Development

This 200-lb. outfit seems to be the happy medium, being as popular a seller as the 100-lb. outfit. There is just enough weight in this bell to give the average man a thorough workout. He can build up ideal proportions for himself and vigorous health and manliness. Out of such an outfit, he can make up many diversified weights. He has at the same time a pair of 22½-lb. kettle-weights, a 50-lb. dumb-bell and a 115-lb. bar bell, including the weight of handles. Certainly a muscle builder has here just what he wants.

The Milo Guarantee Has Never Been Equalled

Our guarantee is simply this: If, at within any time during a period of three months after you enroll for our course of instructions, we fail to give you results or if you feel that we have misrepresented our bar bells in any way, you are privileged to return the courses of instruction and the bar bells to us, and your money will be refunded without question. Could anything be fairer than this?

Save Time and Money By Filling In and Mailing This Order Blank To Us Today

The Milo Bar Bell Co.

2739 N. Palethorp St. Dept. 191 Philadelphia, Pa.

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**Liver, Kidney and Stomach
Sufferers Now Have Keen
Appetites, Sound, Restful
Sleep, Regular Bowel
Action Through Nat-
ural Methods**

Noted Specialist Tells Exact Formula of Flaxolyn

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In the Lindlahr Magazine, "Radiant Health," many remarkable statements by doctors have appeared, showing what Flaxolyn, which is only nature's roots and herbs compounded with sun-baked flaxseed, has done in all sorts of cases.

Sleep Without Drugs Dr. George Starr White (M.D., Ph.D., LL.D., F.R.S.A., London), author of "Health," "Youth" and other books, states that the Flaxolyn Compound of herbs, roots and barks "helps to eliminate the irritants from the intestinal and urinary tracts, and by so doing makes possible quick, sound, restful sleep." Constipation, auto-intoxication, high blood pressure, dizzy spells and other disorders which are so

often caused by the presence of these irritants, are usually corrected by the use of Flaxolyn. Hundreds of doctors all over the world recommend Flaxolyn, which may now be obtained by Extension Readers who mail the coupon below.

Dr. A. W. Herr, formerly physician at the Battle Creek Sanitarium, has personally prescribed Herbal Flaxolyn to thousands. The London Health Centre, The Olympia Sanitarium Baths, the Academy of Physical Reconstruction of Los Angeles are but a few health institutions where Flaxolyn is highly recommended.

A box containing many treatments costs but \$1, and may be the means of starting you on the joyous road to health.

Don't wait. Start taking Flaxolyn. It does not gripe because it is natural. You will feel the tonic change at once. You will enjoy renewed vigor, a new grip on life. Full treatment sent postpaid on receipt of \$1.

Following Health Teachings of Great Rev. Sebastian Kneipp

The following letter has been sent by Dr. Benedict Lust, president of American Naturopathic Association:

"I have been using Flaxolyn in my treatment of a number of my patients at the Butler Sanitarium. I consider it a most modern and natural adjunct, and find it a great help in assisting the process of elimination of irritants from the system. It helps bring the body back to its normal stage. It is certainly a natural remedy and complies with the teachings and tenets of such as the great Father Kneipp and other authorities of natural healing."



Flaxolyn "Open" Formula

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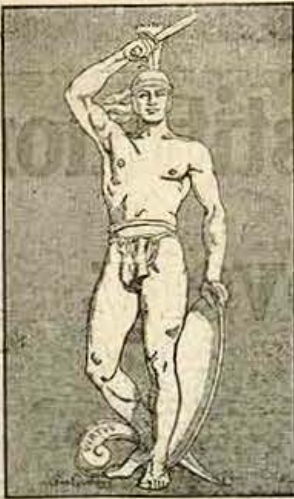
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Please send me.....cartons of Flaxolyn,
postage prepaid. I am enclosing \$.....
(\$1 per carton) to cover all costs. Also include
FREE—"14 RULES OF HEALTH."

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Address

CityState



Strength

JANUARY, 1928

Vol. XII

No. 11



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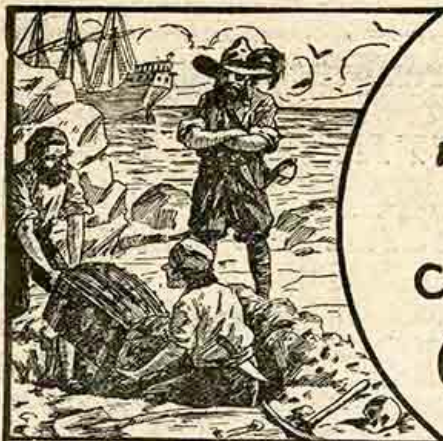
Published Monthly by THE MILO PUBLISHING CO.
Entered as Second Class Matter November 26th, 1920, at the Post Office at Philadelphia, Pa.
under the Act of March 3rd, 1879. Additional entry at New York, N. Y.

D. G. REDMOND, Publisher, Publication and Subscription Offices, 2737 N. Palethorp St., Philadelphia, Pa.
Advertising Offices: 104 Fifth Avenue, New York City, N. Y.; J. F. SLOAN, Advertising Manager.
London Agents: The Atlas Publishing & Distributing Company, Ltd., 18 Bride Lane, Fleet Street, London, England.
Chicago Office: 168 North Michigan Ave., FRED SWEEZY, Manager

Subscriptions: \$2.50 per year, Canada, \$2.75, Foreign, \$3.00.

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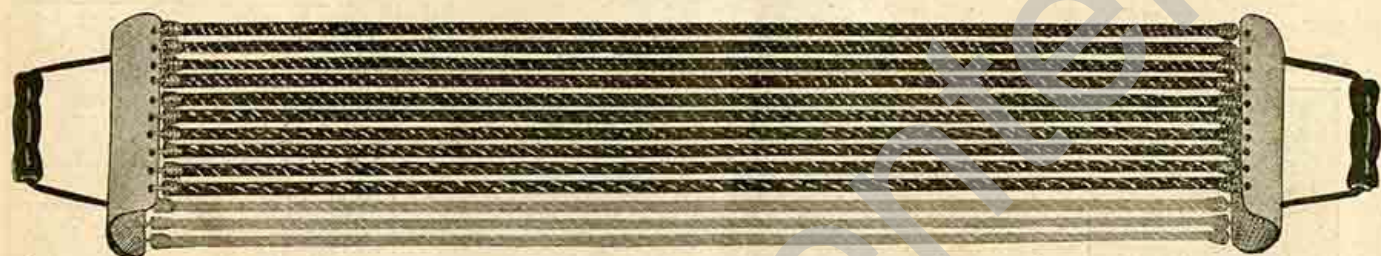
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Age..... Years Weight..... Pounds
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Normal Chest..... Expanded Chest..... Inches

Forearm..... "
(arm straight, tape 2 inches below elbow joint)

Upper Arm..... Inches Waist..... "
(smallest part)

Wrist..... " Ankle..... "
(right next to base of hand) (smallest part)

Neck..... " Hips..... "
(largest part)

Knee..... " Calf..... "
(largest part) (largest part)

Thigh..... "
(largest part)

Height..... Feet..... "

Your occupation is?.....

How is your digestion?.....

How is your general health?.....

Are you strong or weak?.....

Are you married?.....

How many hours sleep do you get?.....

Are your eyes dull or bright?.....

What is the condition of your heart?.....

Do you feel rested on arising?.....

How many meals a day do you eat?.....

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Because of his scientific conservatism, and his standing in his profession, the discoverer of Dermo-Ray made no general announcement of his startling discovery. But, as the head of his own hospital, his own case-records—with hundreds of men and women—proved scientifically, conclusively, that this new discovery grows hair when nothing else will—grows hair, ends dandruff, in NINE OUT OF TEN CASES. Now that the amazing power of Infra-red Rays is known to the entire scientific world—and DERMO-RAY has been proved to be one of the most startling scientific discoveries of recent years—now, for the first time, has he permitted public announcement of his discovery to be made.

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America's greatest writer
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The
Unfinished Story

The girl got 16 a week
—and was lonely. "Piggy"
—you know his kind
—was walking down
stairs. He knew where
music and champagne
could be had.
But that night she
didn't go. That was
Lord Kitchener's
doing. But another
night—O. Henry
tells about it in one
of his inimitable
stories.



When the Rattlesnake Struck

Judge, when you sent me up for four years you
called me a rattlesnake. Maybe I am one—anyhow
you hear me rattling now. One year after I got to
the pen my daughter died of—well, they said it
was diphtheria and poverty together. You've got a
daughter, Judge, and I'm going to make you know
how it feels to lose one. I am free now, and I guess
I've turned rattlesnake all right. Look out when I
strike.

Yours, respectfully,
RATTLESNAKE.
That is the beginning of one of the stories by
O. Henry.

O. HENRY

COMPLETE IN ONE VOLUME

THE cold frost-bitten street with one
solitary street light peering blinkingly
into the surrounding black; a molten
August night with the heat arising in shimmer-
ing waves from stifling pavements; cham-
pagne corks popping in the Fifth Avenue
Hotel, beer in a bucket from a cheap barrel
house, ragged cotton stockings and long slopes
of silk-clad legs—such are the fragments from
which O. Henry wrought his immortal tales.

All Angles of Life

The sophisticated and the naive; the ballet
dancer and the mountebank; the Wall Street
broker and the chiropodist; the preacher and
the confidence man—each furnish him with
a theme that will stir your heart and quicken
your pulse. Up to this time it has been
possible to obtain all these glorious tales of
O. Henry only in the complete set of eighteen
volumes—a large and expensive set. These
regular-sized sets cost many times the price
of this one volume in which every story O.
Henry wrote is collected.

Tragically sad, are these tales of O. Henry
that start tears to your eyes, wrench and tug
at your heart with their pathos. Dreary little
tales of New York's drab little shop girls—
limp fragments moulded by a careless Potter
—who long for fine clothes, beautiful jewels
—and a little romance. All their longings,
the innermost secrets of their lives, O. Henry
understood well. He probes deep into the
hearts of humans and lays them bare for you
to see. Sometimes as you read him you
almost wish he did not know so well for the
heartache he gives you. But then his gifted
pen will turn of a sudden and write of a
glimpse of happiness, a brief swirl of joy that
lightens your heart like a gay lilting song.

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His stories of New York (he called it
Bagdad-on-the-Subway); his stories of the
hot banana republics of Central America; his
stories of the great West as it was; his stories
of weird and odd characters—Jeff Peters, con
man par excellence; Fuzzy, dilapidated gen-
tleman; pathetic little Mazie, and a host of
others that wander through his crowded
pages—all prove the world was a playground
for his fertile mind. Each story is a minor
epic in itself; every single one has a deft
touch that only O. Henry is able to put in.
Dramatic and tense situations become laugh-
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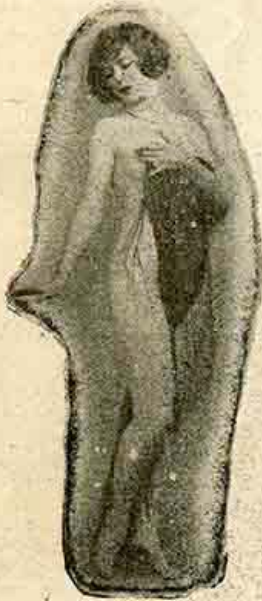
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Learn Massage, Hydrotherapy, Physiotherapy and other methods. Fascinating work. Low price. Easy price. Illustrated booklet free. Standard Institute, 4554-S Broadway, Chicago.

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

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Complete "Energos Method" \$1. Rocio's, 147 East 27th Street, New York.

It's so EASY!



BEFORE

This lad looked pretty hopeless when he came to me. His arms looked like sparrow wings with the feathers removed. His ribs stood out and his bones tried to poke through his skin all over his body. His chest was hollow, his neck was scrawny. He had sluggish blood circulation and jumpy nerves. He couldn't sleep. Then he mailed the coupon and found out about TITUS methods.

ONE-TWO-THREE! Just like that the boy you see at the right changed from a puny weakling into a physical GIANT! Study those pictures—they'll make you rub your eyes. Looks like magic, doesn't it? But there are no tricks about it. That's just an example of what Titus Training has done for thousands upon thousands of men. I've taken fellows of every size and condition—some of them so run-down and wasted that you'd think a stiff breeze would carry them away—and I've transformed them almost overnight into perfect specimens of manhood! I've been doing it for years. I've earned my reputation as the father of Physical Culture by mail on just such results as you see in the illustrations. "Miracles worked in Muscle"—that's what people call them. But don't forget that they are *scientific* miracles; I've made a *science* of building men.

YOU'RE NEXT

In 30 Days I'll Increase Your
Muscles By INCHES

Yes, sir, that's all I want—30 days—and just 20 or 30 minutes a day. In that short time I'll put layer after layer of muscle all over your body till they stand out like iron bands. And they'll be panther muscles, friend—muscles as live as sprung steel—with the speed of lightning and the power of a battering ram. Those are the kind of muscles that make champions, the kind of muscles that will make you laugh at men twice your size.



30 DAYS LATER

What a man! In thirty days I built the fellow you see above. I loaded his bones with muscles! I gave him a body that laughs at hardships and illness. Send TODAY for Titus' wonderful book that tells how he developed this man and thousands of others into physical GIANTS.

Now Watch YOUR Muscles GROW!

Yes, sir, you'll fairly see your muscles grow before your eyes! Day by day, they'll increase in size, get harder and stronger. You'll be proud of the man you see in the mirror! Your shoulders will broaden, your chest deepen, and all over your body you'll see beautiful rhythmic muscles swell out into the proportions of a Greek statue.

Titus Methods Are Scientific

Sure, you can develop a few clumsy hunks of muscle by swinging a pair of dumb bells, or pulling on an old-fashioned exerciser. But that's not my way. I train you *scientifically*. I've trained leading strong men all over the world—I've trained most of the trainers who are putting out their own courses today. My methods build up every nerve,



Wear This Medal

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

every cell, every vital organ, every muscle in your body!

A New Body in 30 Days

Don't think you haven't a chance if you don't happen to be a giant now. No, sir! You're just the man I want. There's nothing I like better than to take hold of a man who's run down, weak and soft—the one that has been given up for lost. That's when I do my stuff.

Thirty days—that's all I ask! I'll make you over from head to foot. Your friends won't recognize you. Boy! When you feel those big, brawny muscles rippling up and down your back, over your arms, down your legs! Let me show you what it feels like to be a PANTHER!

Get This Amazing Book TITUS REVEALS HIS SECRET OF BUILDING BIG MUSCLES

Tear off that coupon! Mail it today! It will bring you FREE the greatest book you've ever seen—a book filled with astounding photographs of men rebuilt—a book packed full of Titus's own secrets of making muscles GROW.

Learn how Physical Culture Authorities keep in the "pink" of condition. Read for yourself the story of Mr. I. R. Gaynor, a former invalid, who couldn't stand on his feet. See what a Physical Marvel and Athlete I made of him in 30 days. My record in muscle building will open your eyes. No cost or obligation—just rush the coupon to Dept. X-122.

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New York City

Titus, Dept. X-122,
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Dear Professor Titus: Sure I'd like to have your book.
Send it free.

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Saleswomen, Salesmen make big money, taking orders for our beautiful Dress Goods, Silks, Wash Fabrics, Handkerchiefs, Hosiery, Fancy Goods, 1000 samples furnished, National Importing Co., Dept. A-59, 573 Broadway, N. Y.

Great neckwear line now free! Features finest quality bubble-razor at factory prices. Collect big commissions daily. Write for FREE tie offer and FREE outfit. Nawco Neckwear, Desk 13-F, Covington, Ky.

New Rubber Goods Line. 47 Money Makers. Aprons, Baby Goods, Sanitary Garments, Gloves, Rubber Rugs, Cushions, Shopping Bags, etc. Big profits. Best values. Deal with factory at Rubber Center, \$39 weekly easy. Credit given. Write quick for territory, Catalog and Free Outfit Offer. Kristee Mfg. Co., 87 Bar St., Akron, Ohio.

Agents \$240 month. Bonus besides. New auto given. Sell finest silk hosiery—126 styles, color. Credit given. Samples furnished. Wilknet Hosiery Co., Dept. 635, Greenfield, O.

New Household Device washes, dries windows, sweeps, cleans walls, scrub, mop. Costs less than brooms. Over 100% profit. Harpers, 630 Third St., Fairfield, Iowa.

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Old estab. mfg. co. gives you credit! Starts you in business (city or country) selling 185 widely known household necessities. Permanent business; steady customers; large profits. McConnon, Dept. P.J., Winona, Minn.

Be a Real Estate Expert. \$5,000-\$15,000 yearly. Experience unnecessary. I'll teach you everything. Contact you with my chain of real estate experts. Write for FREE booklet. National Real Estate Institute, Dept. 500, Fort Smith, Ark.

I'll pay men \$100 a week for selling our tailored to measure all wool suits and overcoats at \$23.50 and \$31.50. Highest commissions. Extra Bonus for producers. Large swatch samples free. W. E. Gibson, Inc., 161 W. Harrison, Dept. N-672, Chicago.

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Agents—90c An Hour Earned Advertising and distributing samples to consumer. Write quick for territory and particulars. American Products Co., 1528 Monmouth, Cincinnati, O.

Free outfit and Assorted Samples of fine grade broadcloth get quick sales for our nationally known Bostonian Shirts at 3 for \$5.95. Liberal cash commission earns big profits for you. Bostonian Shirt Co., Desk SM-1, 72 Summer St., Boston, Mass.

Tailoring Salesmen sell Simpson's new \$23.50 pure virgin wool union made-to-measure suits, overcoats; commissions in advance; exclusive territory; big outfit 175 samples free. J. B. Simpson, 843 Adams, Dept. 1450, Chicago, Ill.

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Is \$10.00 a day extraworth a few postage stamps to you?

Then choose your opportunities and write to these reliable companies for a new start in a money making business.

Remember, you don't need experience. You don't need to invest any money to make money this easy way. All you need is honesty, ambition—and action! Spare time or full time!

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Men, get Forest Ranger job; \$125-\$200 month and home furnished; permanent, hunt, fish, trap. For details, write Norton, 270 Temple Court, Denver, Colo.

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Don't worry with small profits and un- known articles! Backed by tremendous national advertising, hundreds of Nogar salesmen are making \$500 to \$1,000 monthly! Right Now, World's longest wearing suits, \$12.50. Amazing wear demonstration makes big, steady sales certain. Write today for Free Kit, full starting instructions. Nogar Clothing Mfg. Co., Dept. CS-1A, Reading, Pa.

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Men Wanted for Automobile Work. No experience necessary. Best wages. Rapid promotion. Write John P. Ryan, 921 North Highland, Arlington Heights, Illinois.

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Big Rewards, travel, excitement fill life of Finger Print expert. More trained men needed now. Learn at home from world renowned school. Write for fascinating book now free. University of Applied Science, 1920 Sunnyside Avenue, Department 10-11, Chicago.

Railway Postal Clerks. Men 18 up, \$158- \$225 month. Common education sufficient. 25 coach-d free. Write immediately for full particulars. Franklin Inst., Dept. 8-91, Rochester, N. Y.

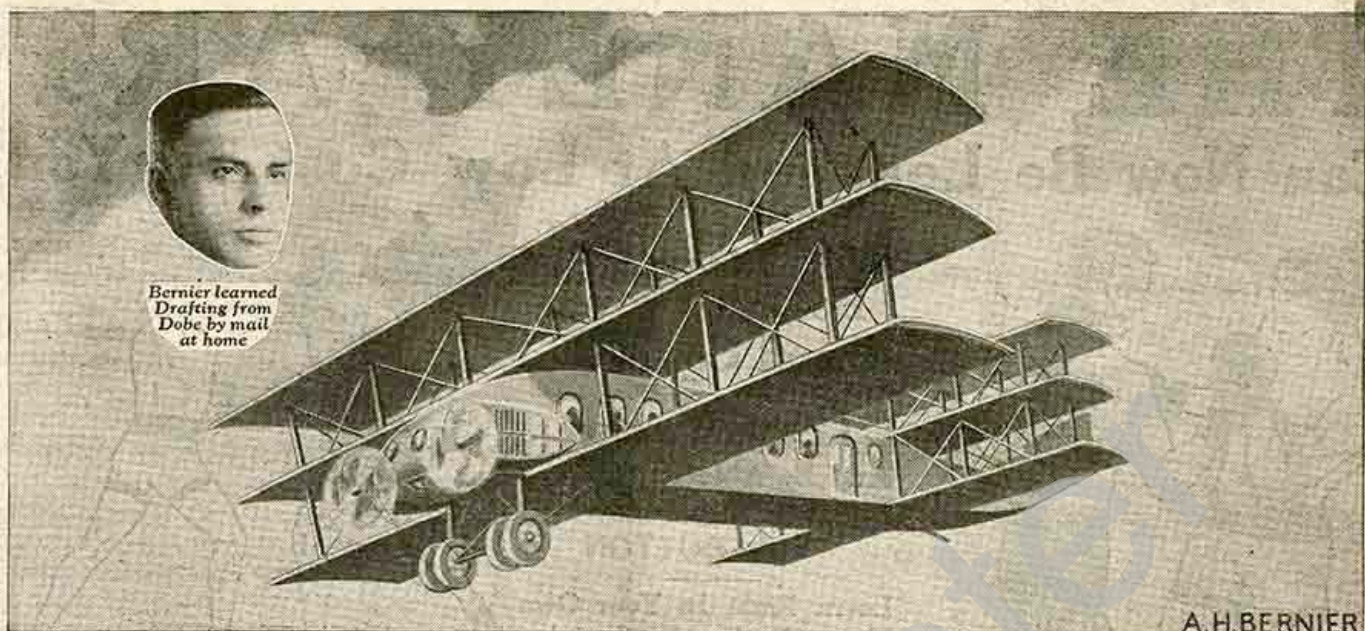
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Men—Women, 18-50, qualify for Forest Ranger, Ry. Mail Clerk, Special Agents, other Govt. Positions, \$140-\$200 month; write Instruction Bureau, Dept. 137, St. Louis, Mo.

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Build a beautiful, powerful, magnetic voice at home by marvelous method brought from Europe. 100 per cent improvement positively guaranteed or money refunded. Write for book and definite proof in advance. Address Perfect Voice Institute, 1923 Sunnyside Ave., Dept. 10-11, Chicago.



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Bernier learned drafting at home. He took the easy, quick, practical training given by Mr. Dobe while holding down his regular job. **You can also learn drafting at home**, just as Mr. Bernier learned it. You can go right on working just like you are working now. Mr. Dobe will train you, the practical, sensible way. You will get identically the same kind of training that was given to Mr. Bernier. Write for Mr. Dobe's catalog, "Successful Draftsmanship" today.

\$7,000 a year

Bernier makes \$7,000.00 a year in his own business. In a letter to Mr. Dobe he says he cannot find words to express how grateful he feels to Mr. Dobe for having taken a boy who left school at 12, who was only a helper in a factory earning \$12.00 a week, and made a successful draftsman out of him.

Just the week before Mr. Bernier told us about designing the aeroplane, he was given a job for making plans

and designs for a \$160,000.00 hotel which netted him \$8,000.00.

Bernier's case is out of the ordinary and somewhat unusual. But it does show what one young man, almost without education, was able to do by learning drafting in the easy, practical way. The first thing Bernier did was to answer one of my advertisements. That is the first thing you should do, now.

Write for FREE Book "Successful Draftsmanship"



Fill out, sign, clip and mail this coupon and I'll mail you, Free and Prepaid, my book "Successful Draftsmanship" immediately. Get this book anyway. You can then make up your mind. Do this today.

DOBE EASY DRAFTING
1951 Lawrence Avenue
Division 57-71 CHICAGO, ILL.

DOBE EASY DRAFTING

1951 Lawrence Ave., Div. 57-71 Chicago

Please send me free your book, "Successful Draftsmanship" and names of other big money earning draftsmen you have trained.

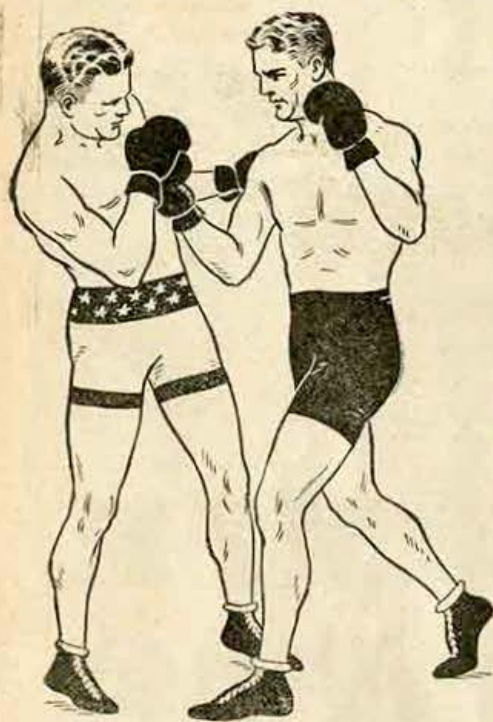
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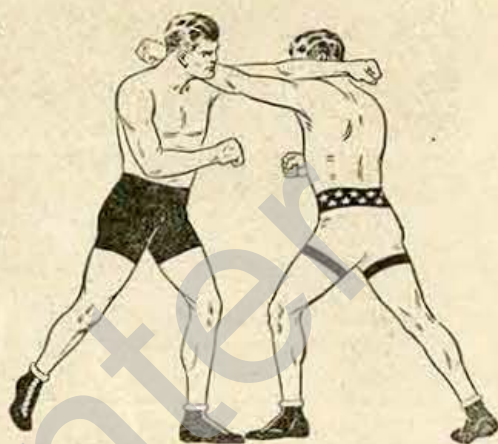
Can Now Be Learned At Low Cost To You



New VALUES In
Boxing Gloves
and Courses

Learn to Box
And Be Able to Sock the
the Other Fellow
On the **BUTTON**

Learn Right In Your Own
Home Without a Sparring
Partner



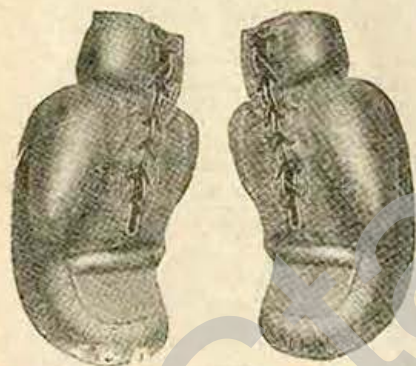
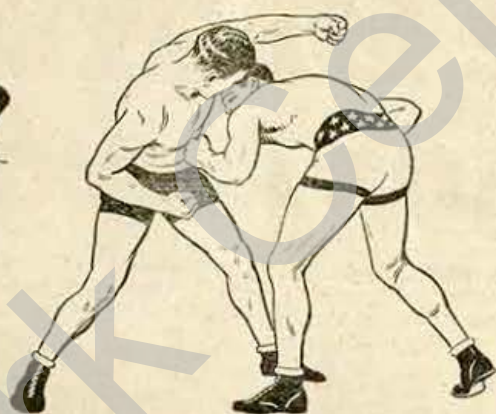
Could You?

Protect a Lady-Friend
From Insult, or
Would You Go Down In
Disgrace Before Her?

My Course

Will Show You
Every Boxing and Fighting
Trick and

Make a Man of You.



8 Oz. Boxing Gloves

"For Those Friendly Bouts"

Reinforced and Heavily Padded So
No Part of the Hand Can Injure
or Be Injured

\$5.00 A Set of 4 With Box- \$7.00
ing Course

WORTH TWICE WHAT I ASK



14-Oz.

Instructor's Gloves

CAN'T FEEL A BLOW—
NO MATTER
HOW HARD YOU HIT

\$15.00 A Set of 4 Boxing Course
FREE

Others Charge \$20 For Gloves
of This Quality

Note Extra Padding to Make Them Safe

Charles MacMahon,
180 W. Somerset St., Studio A-65,
Philadelphia, Pa.

Dear Sir: Enclosed find remittance for the
offer checked below.

- 14-oz. Instructor's Gloves with Course... \$15.00
 8-oz. Boxing Gloves..... 5.00
 8-oz. Gloves with Course..... 7.00
 5-oz. Fighting Gloves, with Course..... 6.00
 Boxing Course alone..... 3.00

Name

Address

City State

I Give the Biggest Boxing Glove
Value on the Market. The ma-
terials and workmanship in my
gloves are of the highest grade
and ordinarily go into the high-
est priced gloves. I want to
gain your confidence. Give me
an order and
prove it to yourself **NOW**

5 Oz.

Fighting Gloves

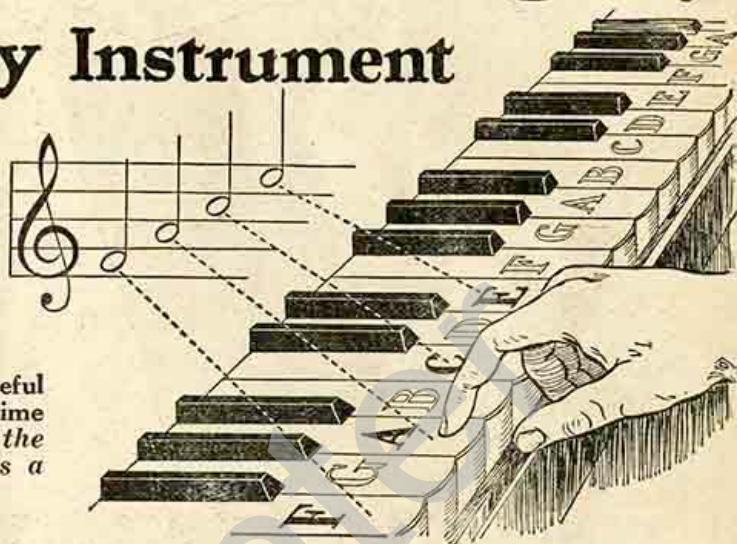
Regulation Size and Shape
For Ring Work

\$6.00 A Set of 4 Boxing Course
FREE

Easy as A-B-C !

You Can Play Any Instrument In a Few Months This Delightful New Easy Way!

Quickest because natural and pleasant. Grateful students say they learn in a *fraction* of the time old, dull methods required. You play *direct from the notes*. And the cost averages only a few cents a lesson!



LEARNING music is no longer a difficult task. If you can read the alphabet, you can now quickly learn to play your favorite instrument! That's actually true. A delightful new method has made it positively easy to become a capable performer within just a few months. And the cost is only a fraction of what people used to spend on the old, slow methods!

You don't need a private teacher, this new way. You study entirely at home, in the privacy of your own room, with no one to interrupt or embarrass you. Practice a lot or a little, as you like—according to your desire to get ahead—and enjoy every minute of it! For, strange as it may seem, the new method is agreeable as well as rapid!

You Needn't Know a Thing About Music to Take This Pleasant, Rapid Course

Even if you don't know one note from another now, you can easily grasp each clear, inspiring lesson of this surprising course. The things you must know are presented in such a concise, graphic way, that even a child can understand them—yet not a minute is lost on unnecessary details. You instantly "get" the real meaning of musical notation, time, automatic finger control and harmony. The lessons are delightfully human. You like them. You get ahead fast because everything you have to do is so reasonable and so pleasant. Even scale practice, the old bugaboo, is reduced to a minimum and made interesting! Almost before you realize your progress you begin playing real tunes and melodies instead of just scales. Thus the course interests you all the time—inspires you—encourages you.

No Tricks or Stunts—You Learn From "Regular" Music

Yes, the new way teaches

you to play from notes, just like the best musicians do. There are no trick "numbers," no "memory stunts." When you finish the U. S. School of Music course you can pick up any piece of regular printed music and understand it! Think what that means! You'll be able to read music, popular and classic, and play it from the notes. You'll acquire a life-long ability to please your friends, amuse yourself, and, if you like, make money (musicians are highly paid for their pleasant work).



The Surest Way to Be Popular and Have a Good Time

Do you sit "on the sidelines" at a party? Are you out of it because you can't play? Many, many people are! It's the musician who claims attention. If you play you are always in demand. Many invitations come to you. Amateur orchestras offer you wonderful afternoons and evenings. And you meet the kind of people you have always wanted to know.

Never before have you had such a chance as this to become a musician—a really good player on your chosen instrument—without the deadly drudging and expense that were such drawbacks before. At last, you can start right in and get somewhere quickly, cheaply, thoroughly.

How You Learn Any Instrument So Easily This Way

The amazing success of students who take the U. S. School course is largely due to a newly perfected method that makes reading and playing music almost as simple as reading aloud from a book. You simply can't go wrong. First, you are told how a thing is done, then a picture shows you how, then you do it yourself and hear it. No private teacher could make it any clearer. The admirable lessons come to you by mail at regular intervals. They consist of complete printed instructions,

diagrams, all the music you need, and music paper; for writing out test exercises. And if anything comes up which is not entirely plain, you can write to your instructor and get a full, prompt, personal reply.

Whether you take up piano, violin, cello, organ, saxophone, or any other instrument you find that every single thing you need to know is explained in detail. And the explanation is always practical. Little theory—plenty of accomplishment. That's why students of this course get ahead twice as fast—three times as fast—as those who study old-time plodding methods! Read some of the letters on this page and see for yourself. They don't guarantee that everyone can become a good player in three or four months; but they are written by people who didn't know any more about playing when they started the U. S. course than you do now. (Note that if you do know something about music now the U. S. School of Music grades you and instructs you accordingly.)

Learn to Play by Note

Piano	'Cello
Organ	Harmony and Composition
Violin	Sight Singing
Drums and Traps	Ukulele
Banjo (Tenor or 5-String)	Guitar
Plectrum)	Hawaiian Steel Guitar
Mandolin	Harp
Clarinet	Cornet
Flute	Piccolo
Saxophone	Trombone
Voice and Speech Culture	Automatic Finger Control
	Piano Accordion

Send Now for the Free Book and Demonstration Lesson

The whole interesting story about the U. S. School course can not be told on this page. So a booklet has been printed—"Music Lessons in Your Own Home." You can have a copy absolutely free for the trouble of filling out the coupon below—and in the booklet you will find an offer that makes the U. S. course available to you at a very low price. With it will be sent a Demonstration Lesson which explains better than words how delightfully quick and easy this wonderful new method is. There is a good reason for this big reduction, as you will see on reading the booklet, but since our offer makes the cost of the lessons average only a few cents each, we want only people who are seriously interested to take advantage of it. If you are really anxious to become a good player on your favorite instrument, mail the coupon now—today. Instruments supplied when needed, cash or credit. U. S. School of Music, 991 Brunswick Bldg., N. Y. C.

Please write name and address plainly so that there will be no difficulty in booklet reaching you.

U. S. SCHOOL OF MUSIC,
991 Brunswick Bldg., New York City.

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

Have you above instrument?

Name
(Please write plainly)

Address

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

PROOF!

"I am making excellent progress on the cello—and owe it all to your easy lessons." George C. Lauer, Belfast, Maine.

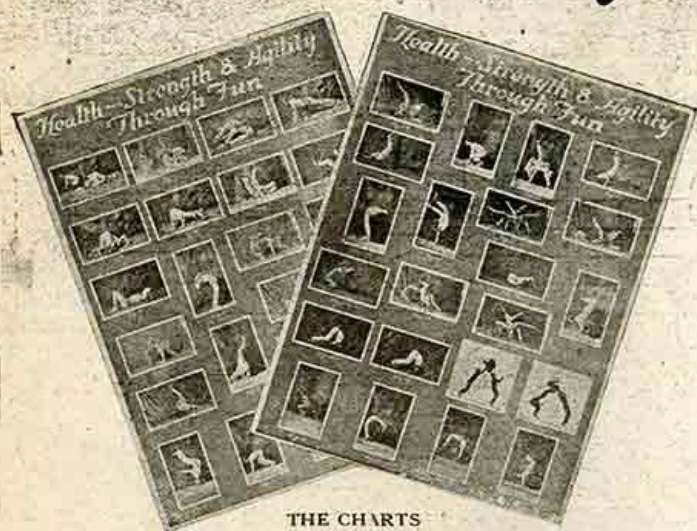
"I am now on my 12th lesson and can already play simple pieces. I knew nothing about music when I started." Ethel Harnish-Fejer, Fort Wayne, Ind.

"I have completed only 20 lessons and can play almost any kind of music I wish. My friends are astonished. I now play at church and Sunday School." Turner B. Blak, Harrisburg, Ill.

"Your lessons are the easiest way I know of learning to play. I am delighted with them." Mary P. Williams, Gest, Texas.

The Great Weyer Tumbling Course

IS AGAIN AVAILABLE
TO THOSE WHO LIKE TUMBLING



THE CHARTS

DOUBLE AND TRIPLE EXPOSURE ILLUSTRATIONS

These illustrations show the complicated feats in a much plainer way because of the double and triple exposures, which show several positions of the feats, taken from actual performances. They are far superior to the single exposure snapshot for teaching purposes.

THE AUTHOR AN EXPERT TUMBLER

Mr. Weyer not only knows the tumbling game from beginning to end, but he is a practical teacher who can perform all the feats outlined in this course in perfect form. He has been tumbling for years and what he doesn't know about it does not exist. It will pay any one who likes this game to get this course and it will pay them highly, while they are at it, to get all three propositions.

The Weyer course in tumbling entitled "Health, Strength and Agility Through Fun" is not new to the readers of *Strength* Magazine. This course when last advertised was spectacularly popular. There's a reason. All lovers of tumbling feats, whether beginners or experts, cannot afford to be without this one.

COMBINED WITH "STRENGTH" AT REDUCED RATES

Four combinations are offered you, ranging from \$2.00 to \$8.50. The famed Weyer Tumbling Course with illustration charts are yours at a price of \$2.00; *Strength* for a year and the Weyer Course complete at \$3.75; the Weyer Special Tumbling Belt and the Weyer Course complete at \$7.00; *Strength* for a year, the Belt and Course complete at \$8.00. They are all worth considerably more.

TUMBLING STUNTS

There are 193 tumbling feats and routines in this course. Many of them are illustrated by the charts. The art of hand standing is also included in the 193 feats. When you thoroughly complete this course you will be a better tumbler than most stage performers.



THE COURSE



A YEAR'S SUBSCRIPTION TO "STRENGTH". YOURS, OF COURSE, WILL BE FUTURE ISSUES.

ABOUT "STRENGTH"

A new year will soon be rung in, and the Editor of *Strength* hopes, at least, to make that magazine more interesting and instructive than it has been in the past. Each of the 1928 issues will be the result of patient effort to give you the best in photos and instructions.

Furthermore, you will save money on the magazine itself, on any of these propositions, against purchasing it monthly from the newsstands. The newsstand copies cost you 25 cents each, compared with only 12½ cents when obtained on this offer. Besides, the 12 issues will be delivered to your door, free of charge.

IT'S A BARGAIN



THE WEYER LUNGE BELT

is strongly made, well-padded, and handsomely designed. It is a great aid to beginners in all tumbling stunts and also an aid to others who are about to attempt a difficult stunt for the first time. Somersaults are more quickly and safely learned with the Weyer Lunge Belts.

MAIL THE COUPON TODAY

The Milo Publishing Co.,
2739 N. Palethorp St.,
Philadelphia, Penna. \$1.28

Gentlemen:

Send me the articles offered in the combination I have checked below. I have enclosed remittance to cover the cost of same.

- "Strength" for a year; the Weyer Course; the Weyer Lunge Belt.....\$8.50
- The Lunge Belt and the Weyer Course.....\$7.00
- "Strength" for a year, and the Weyer Course.....\$3.75
- The Weyer Course alone.....\$2.00

Name.....

Street.....

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

I Scoffed

at this new way to learn French —until I found it was easy as A-B-C

I WAS never so nervous in all my life as I was the night when I took Jacques Lebault to my home to dinner.

Jacques Lebault was a French banker. He controlled a large part of my company's foreign business. The vice-president of my firm asked me if I would mind entertaining Lebault.

"I shall be delighted to entertain him," I replied. But no sooner were the words out of my mouth than I realized I was letting myself in for a difficult time. For Lebault knew only a smattering of English.

While escorting the Frenchman to my home, I discovered to my horror that he spoke even less English than I expected. My heart sank. How could we carry on a conversation? I knew only a little French that I had learned in high school.

I did my best to talk to Lebault. But every minute the conversation grew more strained—more halting. When I thought of my wife who was waiting at home to greet us, I grew panic-stricken. She had never spoken a word of French in her life! What would she do?

"Hello, Frank," was my wife's cheerful greeting.

I smiled nervously. My heart beat fast as I introduced Monsieur Lebault to her. The Frenchman bowed low and kissed my wife's hand in true European style.

"Ah, Madame," he said, "enchanté de faire votre connaissance!"

My Big Surprise

Imagine my astonishment! Imagine my amazement! My wife answered Monsieur Lebault in French!



"Je suis très heureuse de vous voir," she said.

My eyes opened wide. My jaw dropped. I was so surprised that you could have knocked me down with a feather!

To my further amazement, my wife continued to talk French with Monsieur Lebault. All during dinner she chatted away—gaily—easily—as if French was her native language. The Frenchman was delighted.

As for me, I said nothing. I went through the dinner in a completely dazed state of mind. I could scarcely believe my ears. I thought I must be dreaming!

When Lebault departed he was all smiles. "Merci, Madame! Merci, Monsieur!" he cried, thanking my wife and myself for our hospitality. It was easy to see that, due to my wife's ability to speak French, he had thoroughly enjoyed himself.

The instant my wife and I were alone I started firing questions at her. "Jane!" I exclaimed excitedly. "Where on earth did you learn to speak French? Why didn't you ever tell me you knew French?" Jane laughed. "I kept it a secret because I wanted to surprise you," she replied. And then she told me the whole story.

"Do you remember that advertisement I showed you a few months ago?" she asked—that advertisement for a new kind of French course? I paused in thought. Then I nodded. "Why, yes, I believe I remember," I said.

"Do you remember how you scoffed at it?—how you said it would be foolish to try to learn French without a teacher?" my wife continued. "Again I nodded.

"Well, Frank," said my wife, "I had to give up the idea of learning French. And it didn't cost anything to see what the course was like, so I decided to send for it."

A New Way to Learn French

"Honestly, Frank, the course was wonderful—so simple—so easy! It's called the 'At-Sight' method. It is a method of learning French recently perfected by the Hugo Institute of Languages over in London.

"The authorities of the House of Hugo have condensed all their knowledge of language instruction—their years of experience in teaching French—into a course of lessons which any one can study at home!"

Then Jane showed me the French course. "You can see for yourself how easy it is," she said.

Jane was right. As I looked at the



lessons, I realized that here was an entirely new way to learn French. The method was absolutely ingenious—so clear—so simple. I became so much interested in the lessons that I decided to study them myself.

It was easy as A-B-C. learning French this new way. The "At-Sight" method required no laborious exercises—no tiresome rules—no dull classroom drills. It was actually fun learning. I didn't study much—just a few minutes a day. And in a short time I was able to speak French—read French books and magazines—and understand French when it was spoken to me.

Try It Five Days Free

This story is typical. You, too, can now learn French at home—quickly, easily, pleasantly—just as thousands of others are doing by the celebrated Hugo "At-Sight" Method. Twenty-four fascinating lessons, carefully planned. The most ingenious method of learning French ever discovered. Who's generations of language-teaching experience in all the leading European cities are behind this French course.

The wonderful thing about this simplified Hugo method is that it makes you your own teacher, at home—in minutes—that might otherwise be wasted—you learn phrase by phrase, sentence by sentence, to speak the language correctly and well.

We shall be glad to send you the complete course FREE for 5 DAYS so that you may see it and judge for yourself. Within the free examination period you have the privilege of returning the course without cost or obligation, or keeping it as your own and sending only \$2 as a first payment, and thereafter \$2 a month until the full price of \$12 has been paid.

You are the judge. Simply return the course within 5 days if you are not fascinated and delighted with it. If you act promptly a valuable French-English Dictionary, containing 45,000 words, will be included without additional cost.

We urge you to clip and mail this coupon today. Doubleday, Page & Co., Dept. F-221, Garden City, New York.

Doubleday, Page & Co., Dept. F-221

American Representatives of Hugo's
Language Institute of London,
Garden City, New York.

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

Name

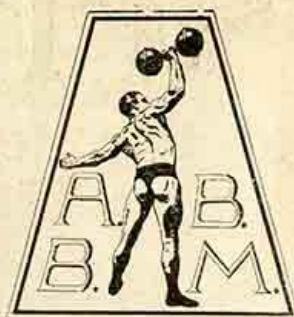
Address

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

Reference or Occupation.....
5% discount for cash with order.

A Universal Union of Physical Culturists

To Encourage and Reward Ambitious Members
Who Are Striving to Enter the Perfect Man Class



OUR LAPEL BUTTON

THE AIM and purpose of this Association is to encourage ambitious physical culturists by awarding them medals and diplomas for meritorious performances. As he improves he will give him certificates of merit for worth while gains in development. The membership fee is so low that anyone can well afford to take advantage of this chance to win diplomas and medals.



Even in such distant countries as China and India, we have many members who are always trying to accomplish greater physical deeds. Bar Bells are widely used in Asia as well as in all other parts of the world. We are interested in bringing recognition to A. B. B. M. members, no matter where they may live. Join now and take advantage of our many prize winning offers.

Prove to Your Friends That Your Time Is Not Wasted In Following Physical Culture. Sign Up Today and Qualify For One of the Many Awards We Have to Offer.

SHOW THEM A DIPLOMA OF THE A. B. B. M.

Proudly display the medal you were awarded.

And Lucky is the member who wins a Handsome Loving Cup.
JUST LOOK HOW EASY IT IS TO GET THESE.

**COMING
STRENGTH SHOWS**

**1628 ARCH STREET
PHILADELPHIA**

Saturday, January 7th, 8 P. M.

ALSO EARLY IN MARCH

HERE ARE A FEW OF OUR OFFERS FOR MEMBERS OF THE A. B. B. M. TO WIN DIPLOMAS:

Any member making a total gain of 10 inches in three months' time on the following measurements will be entitled to a Diploma:

Neck, Normal Chest, Both Upper Arms Flexed, Both Forearms, Both Thighs and Both Calf Measurements.

The only requirements are that two witnesses sign to the correctness of these measurements both before and after the period of three months.

ANOTHER SCHEME FOR THOSE WHO ARE INTERESTED IN LIFTING IS TO MAKE A CERTAIN TOTAL ON THE FOLLOWING EIGHT STANDARD LIFTS:

One Hand Military Press, One Hand Side Press, One Hand Bent Press, One Hand Snatch, One Hand Clean and Jerk, Two Hands Military Press, Two Hands Snatch and Two Hands Clean and Jerk.

We will award three different grades of Certificates according to your ability on these lifts and the necessary totals are as follows:

All those weighing up to 168 pounds bodyweight must lift eight times their bodyweight for a First Class Diploma; six and one-half times their bodyweight for a Second Class

Diploma; those who weigh from 169 to 200 must lift seven times the bodyweight for a First, Second and Third Class Diploma; those who weigh over 200

pounds must lift, respectively, six and one-half, five and one-half, and four and one-half times their bodyweight for a First, Second and Third Class Diploma. We promise to give publicity to all Diploma winners who wish such publicity. It will not be necessary to have an Official Referee witness these lifts, but we will require the signatures of at least two witnesses, one of whom should be a member of the Association.

TO ENCOURAGE THOSE WHO PRACTICE BACK AND HARNESS LIFTING, we will give first, second and third class diplomas for certain totals on a set of lifts composed of the Back Lift, Harness Lift, Hand and Thigh Lift, Two Hands Dead Lift, Two Finger Lift and Teeth Lift.

We are working out certain fair percentages on all the lifts so that ambitious members may win Gold, Silver and Bronze Medals. We intend to promote Lifting Contests and Championships and will award suitable medals to all place winners, providing they are members of the A. B. B. M.

We believe it will be to the advantage of every bar bell enthusiast to join this organization, whether or not he is interested in the Game of Lifting, as we can promise you that we are going to make it worthwhile to be a member. Every member will receive a Lapel Button, membership card, and the privilege of competing for any of our awards.

Diploma and five times their bodyweight for a Third Class Diploma; six times the bodyweight for Second Class Diploma and five times for a Third Class Diploma. We promise to give publicity to all Diploma winners who wish such publicity. It will not be necessary to have an Official Referee witness these lifts, but we will require the signatures of at least two witnesses, one of whom should be a member of the Association.

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NOTICE:---Beginning With January---All Memberships Will Be \$2.75

A. B. B. M., Care Strength Magazine, Dept. S-1-28,
2739 N. Palethorp St., Philadelphia, Pa.

Secretary: Please enroll me as a member of the Association, for which I enclose \$2.75, including a year's subscription to STRENGTH.
Canada \$3.00 Foreign \$3.25

Name
Address
City State

Send Your Enrollment to

Association of Bar Bell Men

Care of Strength Magazine

Dept. S-1-28

2739 North Palethorp Street

Philadelphia, Pa.



“Six Months Ago All I Got Was Sympathy”

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

WHY Ruth, what in the world has happened to you?” I knew what Frances Knight meant. She hadn't seen me for over a year. We were chums until she married and moved away. The last time she saw me I was on the verge of a breakdown. Now she found me the picture of health.

A year ago, yes, even six months ago, I was an object of pity. All my friends felt sorry for me. I was always tired, always weary, always despondent. My nerves were worn to a ragged edge. My head ached, my back ached, every bone in my body seemed to ache. All I got was sympathy—and advice.

Naturally I tried everything that sounded reasonable. I took tonics, pills and powders until I was a walking drug store. Still I had every ache and pain one could suffer with. I kept on growing weaker. I had no energy to dance, or join in the sports of my friends. My entire physical condition became that of an aging woman. Though I was seldom really sick enough to call a physician, yet I was always so tired, so worn out. I had to give up nearly all my social activities, because I was too weary to exert myself.

My poor physical condition was reflected in my appearance. My face was drawn and haggard. My eyes became dull and sickly-looking. My complexion was “pasty” and colorless.

Then one day I heard someone refer to me as having “one foot in the grave!” What a shock it was to hear that! How angry I felt! But my anger soon gave place to a feeling of shame that I should become an object of pity.

I decided then and there to find “the way out.” How well I did can be seen by just looking at me.

My secret is simply that of Annette Kellermann's methods! I read, in a magazine, of Annette Kellermann's life—how she, who is called the world's most perfectly formed woman, was once practically a cripple; puny, ailing, always sickly.

The story of how she dragged herself out of misery and actually made of herself the lovely, healthy, beautiful woman she is, gave me new hope and new faith. I wrote to her for her book, “The Body Beautiful” which describes her methods.

To that little book, I can truthfully say, I owe the wonderful health and exuberance of spirit that is mine today. It opened my eyes to the fact that it is totally unnecessary for women to suffer as they do. I learned that every woman—unless she has a serious organic derangement—can live a life as vigorous and strong and free from pain as a man's.

Today I am practically *never* tired. I am never nervous or irritable. I never have any of the petty ailments from which so many women suffer. My step is springy, my eyes are bright, my skin is firm and clear, my body is slender and graceful. I dance again as I used to. I play tennis

again as I used to. I am gloriously happy as I used to be.

And because I know that there are thousands of women who are now living as I did, because I know every one of them can actually be a *new* woman, with health and beauty such as they never knew existed, I am glad to tell them about this simple way out of their troubles.

Miss Kellermann is now anxious to give every woman the benefit of her simple, 15-minute-a-day system and invites you to write a letter or mail the coupon below for her new book, “The Body Beautiful.” There is no charge or obligation. No salesman will bother you. The book will be sent free, if you will only write for it. And you can judge at your leisure whether or not you can afford to miss this opportunity to make a “new woman” of yourself as over a thousand women have done.

Send for Miss Kellermann's book at once—now, while your determination to do something about yourself is strong. Just address ANNETTE KELLERMANN, Suite 441, 225 West 39th Street, New York City.

ANNETTE KELLERMANN, Inc., Suite 441
225 West 39th St., New York City

Dear Miss Kellermann:
Kindly send me, entirely without cost, your new book, “The Body Beautiful.” I am particularly interested in
 Body Building Weight Reducing

Name

Address

CityState

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

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

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

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

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

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

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

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

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

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

Why Pay Thousands of Dollars in Doctors' Bills

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

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

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

The Encyclopedia of Physical Culture

(7th Edition Greater Than Ever Before)

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

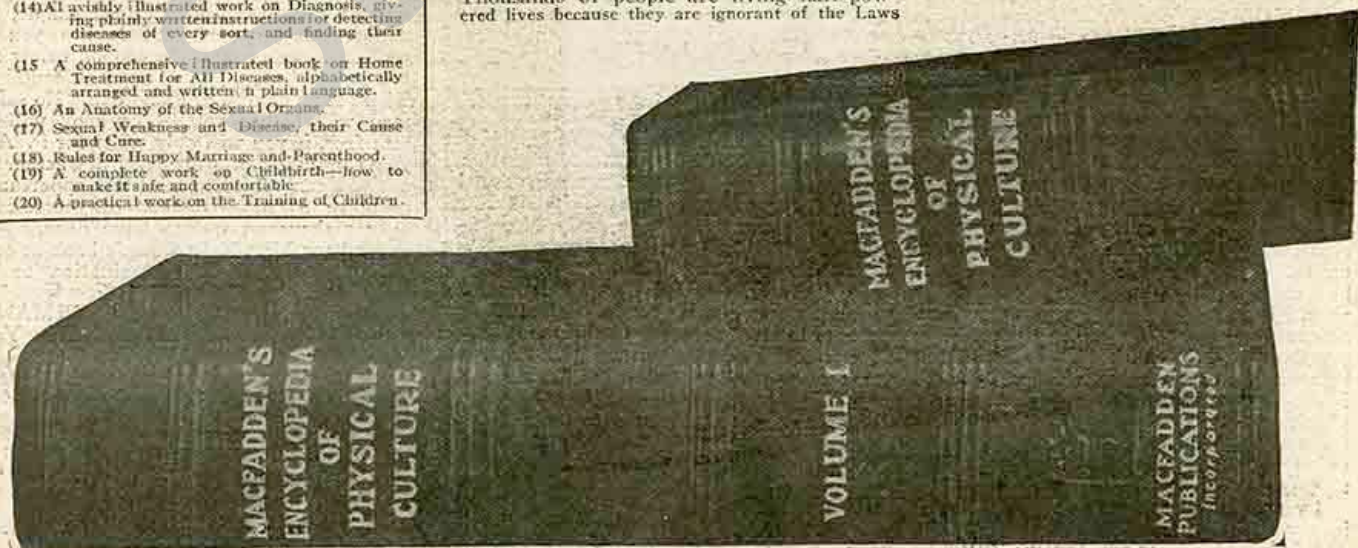
It is neither dull nor technical, but is simple, comprehensive and complete in every sense. It is the crowning effort of Bernarr Macfadden's rich, full experience in the science of health and physical culture. He has had more than thirty years' experience in guiding thousands of physical wrecks to glorious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

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

A Complete Education in Physical Culture

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

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



You Can Add 15 Years To Your Life!

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

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

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

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

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

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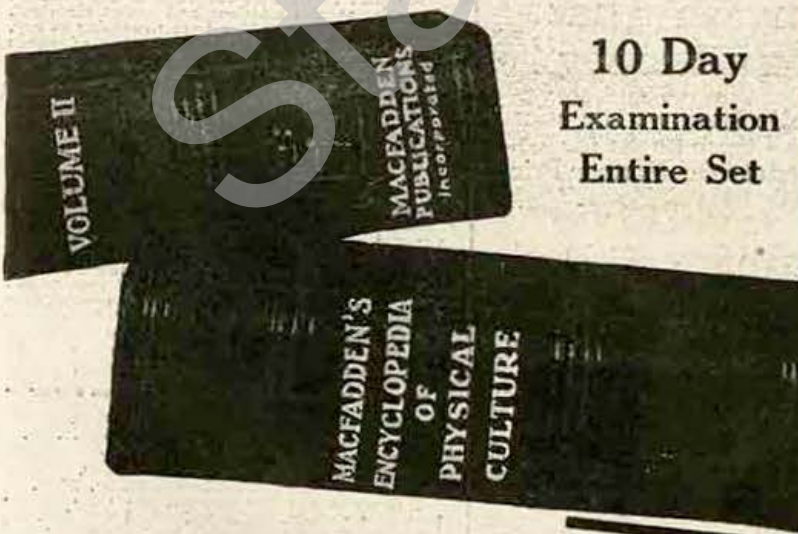
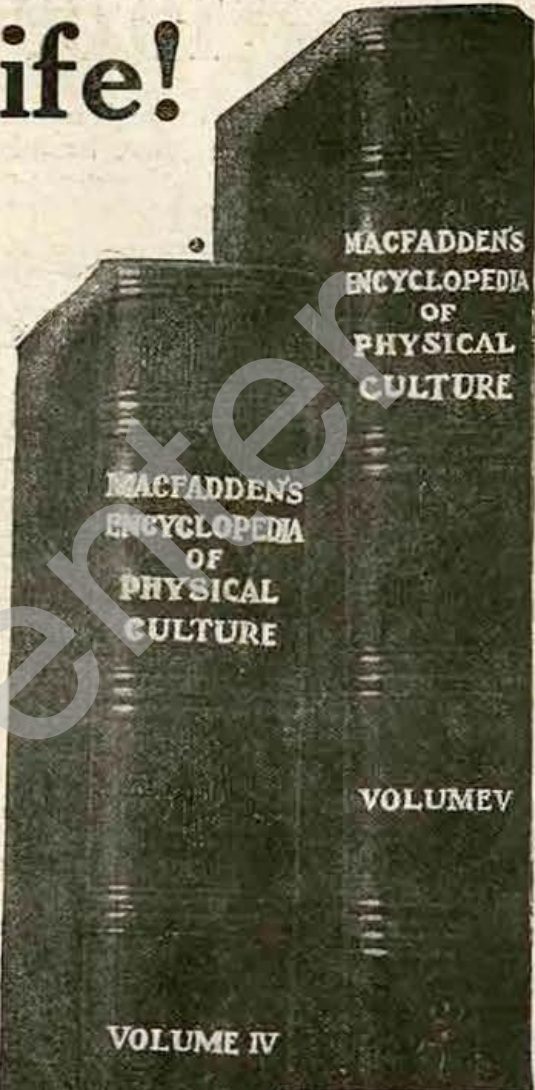
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Editorial

The Purpose of Strength

SOME magazines feel that their job is to entertain their readers, and it is a real job, too. Others figure that by reading their magazine each month you can have a general picture of what is going on in the world at large.

Almost all magazines reflect distinctly the viewpoint and interests of both their editors and their readers, whether in the field of fiction or the field of news.

STRENGTH is neither a news nor a fiction magazine, but it is interested in health in abundance and strength above the average. It is not satisfied if its readers have the same interests in an academic way. If they permit their interest in health and strength to be confined to reading and thinking about the subject, STRENGTH is not doing its job.

Getting healthy or getting strong is an active process. We have to do something about it now, tomorrow and the next day. No one can stay healthy unless he devotes some time and some thought and some work to the subject. To get strong, if you are healthy, or healthy, if you are below par, takes more time and effort than you need to expend to maintain your health.

This magazine feels that it should have something in it each month for the man who is healthy and wants to be strong, and for the man who is healthy and wants to stay so, and for the man who is not healthy, but wants to be. However, all we can do is suggest; our readers must take the action involved.

STRENGTH then sees its job as interesting its readers to the point that they are willing to do something for themselves physically, and it is anxious to have its readers feel that they want not only to read about strength, but to be strong.

We used to run contests each month to determine which authors and what types of articles were most popular with our readers. Like many other good things, we stopped these contests without any good reason for doing so, and now we have decided to run them again. So, if you have always felt you would like to make a few suggestions to us, now is your chance. We really believe such contests should show the edi-

tors what our readers like, and result in the reader getting more nearly the sort of magazine he would edit himself than any other single thing we can do.

We have always felt that we had to be on the alert that our writers did not become too technical, because we have realized that many of our readers are comparatively novices in athletics and in exercise.

Every month new readers come to us and at the same time our old readers are becoming skilled in exercise and in the theory of body building. We must have something for our beginners and something for our old friends.

Our medical department and our women's departments have grown in interest until we feel that STRENGTH is becoming cramped for space each month, and yet we know that they serve a legitimate purpose, and, like the parts of our magazine devoted to heavy exercise and heavy athletics, have a following which demand more space rather than less.

When you write us, do not let our problems trouble you, however. Let us know what you like, not what you think someone else may like. As a matter of fact, we will get letters praising and condemning everything we have done, and what will be of most value to us will be the suggestions that are included with either the praise or blame.

January 7th

On Saturday, January 7th, the A. B. B. M. will hold a weight-lifting show at the Grand Fraternity Building, in Philadelphia, which we hope will be the best show which has been put on yet.

Dandurand, who has never appeared in Philadelphia before, will be the star of the show, and we know that all of our Philadelphia friends who attend will be glad that they have done so.

Giroux, Dandurand and Fournier, who have all appeared in either New York or Philadelphia, have given shows that stood out in the minds of the spectators. These men are good lifters, and no one should miss a chance to see one of them.

Ventilate Your Mind

Be Gay-gaitered and Don't Think Too Much About Yourself!

By Jean Whitney

"IF you fail to recover your health in this wonderful, wonderful country," Mrs. Pomeroy said, half laughingly, to Eunice, the third day after their arrival at Biarritz, "I am afraid that your case is quite hopeless. What glorious sunshine! What a jocund, balmy wind! It is enough to make a poor old wretch fling away his crutches and jump around in high glee! Don't you think so?"

Eunice smiled in answer, but inwardly she sighed. Gorgeous as the scenery was, she could not disguise from herself that the temporary exhilaration of her feelings, caused by the novelty and bustle of her journey to Biarritz, slowly but surely was fading. The terrible apathy, against which she had fought for months and months, was again enfolding her in deep embrace and smothering her with its callous brutality. She did her best to struggle against it;

she walked, she rode, she laughed, and chatted with Mrs. Pomeroy and her husband, and forced herself into conviviality with some of the visitors at the hotel, who were disposed to show her friendly attention. She summoned all her capacities to beat back the insidious physical and mental misery that threatened to evaporate the very juice of life; and in some of these efforts she partially succeeded. But it was at night her condition sent her soul shimmering in hell. Then sleep forsook her eyes; a dull throbbing weight of pain circled her head and her imagination took license to rove. She saw terrifying visions and every moment throughout the entire night there were grotesque fiends that peopled her dreams and

shook her with atrocious horrors, she imagined they committed upon her.

So the days went on; for Sir Harvard Pomeroy and his wife, were full of merriment, those days sight-seeing, and enjoyment. For Eunice, though outwardly she appeared to share in the universal gaiety, they were laden with increasing despair and wretchedness; for she began to lose all hope of ever recovering her once buoyant health and strength, and, what was worse, she seemed to have parted with all interest in the theatre and other diversissements.

She was young and, up to within a few months, life had stretched brilliantly

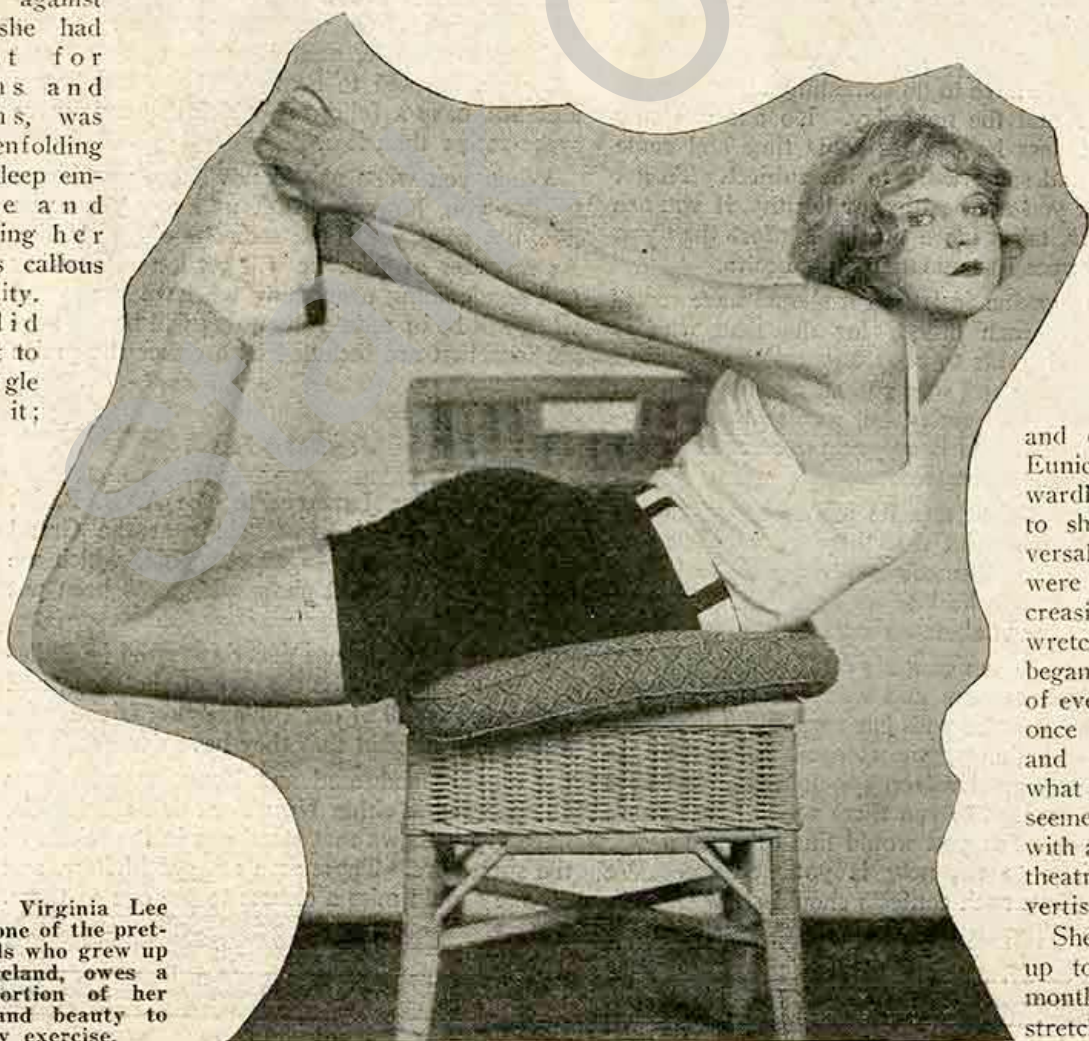


Fig. 1. Virginia Lee Corbin, one of the prettiest girls who grew up in Movieland, owes a great portion of her health and beauty to daily exercise.

and blithely before her, with the prospect of a dazzling career on the operatic stage. And now consider the pitiful figure she cut in this world that endured so long without her and that will again endure without her? A wretched invalid—a burden to herself and to others—a broken spar flung with other fragments of shipwrecked lives on the great ocean of Time, there to be whirled away and forgotten. But a rescue was approaching; a rescue sudden and marvelous, of which in her extremity, she had never dreamed.

As fate would have it, she chanced to meet a young doctor—a samaritan of humanity, a humanitarian—his name was Donald Grey. He diagnosed her case immediately and upon the instigation of Mrs. Pomeroy, set out to help Eunice who needed his help badly. The whole trouble with her was nothing but a bad case of *introspection*. Eunice allowed herself to fall into the habit of analyzing her emotions, of finding the ultimate reason for all her thoughts and actions; of becoming morbid in conscience and unhealthy in mind. The first procedure the young doctor took was to teach Eunice to turn her thoughts outward and not inwards; not to analyze processes but results. Invalids think only of their sight, the healthy think of what they see. The real beauty of character and action is when it is spontaneous and natural, the outcome of good and simple personality. Gradually the darkened hours of despair commenced to lessen for Eunice and with a healthy trend of mind there came a physical response that was soon to give her everlasting joy.

If we would always bear in mind that we are known not by our work, but by the fruits of our labors, then we would come to know the deep psychological reason why posing as this or that is artificial and unhealthy in nature. Work is our conscious effort, but the fruit bespeaks the unconscious energies of life that infallibly show the character within. The fruits are beautiful because they are unconscious, and too much introspection blights them; exactly as flowers become withered when we ever pluck them up by the roots to see how they grow. It was by this unconscious action that Eunice was rightly judged by one who knew, even in spite of her efforts to appear other than she really was.

Most of the train of ailments that we harbor are altogether mental and of

our own making. But they are none the less real on that account. The suffering from them is real enough—this much we know when we consider the pitiful figure Eunice cut; and yet Eunice was often told by Mrs. Pomeroy that there was nothing really the matter with her, that travel was the thing she needed above all else. But we saw what little good it did her until young Doctor Grey came along and corrected her mental impressions. When we have actual organic troubles the first thing we do is run to our family doctor. But in nervous disorders there is very often no organic trouble whatever. The trouble largely exists in the mind, and that is a matter for either a specialist or one who knows how to handle such cases. It is indeed the most baffling of ailments because the specialist is not treating flesh and bone but is dealing with stubborn mental and, oftentimes, spiritual conditions, and this certainly calls for a profound and sympathetic understanding. In order to make us understand ourselves the specialist must first understand us.

A friend of mine is the greatest bundle of nerves I ever saw. There are strange fears and worries which chase her around, relentlessly dogging her footsteps, and as ever-present as her own shadow. She is afraid of close rooms and subways; I think this is called claustrophobia, and, furthermore, to add more fuel to the fire, she is afraid of crowds; and yet it worries her to be left alone—a fear called phobophobia, which is nothing more than a dread of being afraid. All her relatives tell her there is "really nothing the matter." She appears capable enough, looking fine and robust, and yet, this woman cannot do the work in her home and even now her state of affairs are in chaos. When she gets ready to go anywhere she runs around at the last moment, much like a hen with its head chopped off. She goes to bed at night and locks every door, window and cranny in the house for fear someone will steal her. My room happens

to communicate with hers. Whenever I come home, which is in the neighborhood of midnight, I must knock loudly to awaken her so I can get into my room. Every night I awaken her from sound sleep and it is hours before she is resting peacefully again. All this because



Fig. 2. If you want to do a deathless performance and go great lengths in the career of fame, don't think too much about yourself.

of her silly imagination. In the morning she lays in bed. When she arises, half of the afternoon has slipped by before she starts with her daily house work. There are endless numbers of dishes to be washed, floors to be cleaned, washing to be done and yet, . . . it never gets done! So there you are. This is a fine case of "hypochondria" for you. The first words she ever utters to anyone, are lamentable about her condition. She talks and talks; always about herself, her nerves and about her fears till she gives one the "willies." For it is tedious to continually listen to a harangue about all sorts of ailments. Yet, she looks healthy and capable enough, as I said before, but really, is she? You bet your life she is . . . not! All day long she will sit and try to

guide to mental health. For those of us who brew our own worries the medicine is strong and stimulating, but the real underlying trouble is that most individuals are apt to think too much of and about themselves.

And yet, now mark you this with amplification, while thinking of self, the individual has no self-confidence. Self-confidence means the possession of an ample store of nervous energy; and the person I have reference to, has let down the bars so that he, or she, are deficient in nervous energy. The main symptom of this is an exaggerated impulse to protect self; and the result is an absorbing egotism that obscures one's whole vision of things and produces a state of morbid anxiety.

To free ourselves from these self-made fears and worries we must set ourselves determinedly to conquer the pernicious habit of introspection and self-examination. We must first make it quite clear to ourselves how completely our worries are exclusively about ourselves and not one iota about others; and then turning our eyes outwards and diverting our minds in things of interest and to service other than self, we can stifle this brooding

habit of mind and lose self by thinking a little about other people. The person that is vitally interested in the world and its current events, who is busily engaged in doing things that are worth while, has no time for worry or morbid fears. And I think that's pretty good, sound, and practical advice. "How about it?"

I found in the majority of men and women that self-reliance and general indifference to one's self are not so frequently found in women as in men. Men as a rule, the average man rather would I say, seldom cares a "hoot" about himself. I have always noticed in lectures on hygiene that my maxims were more readily assimilated and more implicitly followed by women than by men. All one can do, therefore, is to encourage in woman a greater spirit of self-reliance; a greater living in the light of actual experience and instinct than that of authoritative dicta; a less readiness to believe that sapience, or wisdom, always lies in the printed words; and above all a stern, fierce, implacable resistance against all internal knowledge of, or mental occupation with, all those physical processes that lie outside of ordinary consciousness.

If you want me to give you a recipe for doing a deathless performance I can only say: Do your work each day and let your thoughts and actions be such as shall keep your mind in agreeable channels. Avoid all introspection. Think of the future and what it (Continued on Page 88)

absorb the teachings of "Christian Science" with a hope that it will do her a lot of good. She heard somewhere that many people are cured of all their ailments through this marvelous science and she, being a very gullible person, firmly believes this is going to perform a miracle in her case.

To satisfy myself I procured several treatises on "Christian Science" and I found them full of interesting information and of the good strong sort of talk that helps. Their creed points out plainly just what we ought to know about ourselves and what we ought to do to better ourselves. Really, "Christian Science" is a mighty fine thing, but personally I'm of the opinion that books (don't get me wrong . . . I infer that reading books on the subject of "understanding ourselves") cannot treat a case of shocked and shattered nerves. That is a subject entirely for the specialist. But, however, for the individuals who can "take their own medicine" I would say that "Christian Science" and books about nerves, or "understanding ourselves," are a sound



Fig. 3.—Virginia Lee Corbin keeps her contract secure in motion pictures by healthy exercise, which keeps her "fit as a fiddle."

Meet Mr. Paulinetti!

Introducing to You *the* Gymnast of All Times.

By Robert L. Jones

EARLY in November, 1920, the word was passed about in the city of Calcutta, India, that an event of interest would happen at noon of a certain day atop the dome of the Empire Theatre Building. Their curiosity aroused, and spurred on by the fact that they would see something free of charge, the natives thronged about the square where stood the popular playhouse—promptly at mid-day a figure appeared as if from nowhere, arising from behind the ball atop the dome of the building. Seemingly he grasped the smooth sides of the sphere, leaned forward and placed his head on the top of it, and slowly pressed up into a perfect balance on the head, the hands being held on the hips, and the legs spread apart and inclined forward. There, clad in blue tights that made him visible for considerable distance, the performer remained at least thirty seconds—to the watchers below it seemed an hour—then, just as slowly as he arose to balance, he lowered his body and disappeared from view behind the dome by way of the same ladder by which he had ascended, while on the packed streets below the crowd roared its approval—they had met Paulinetti, and they liked him.

Mr. Paulinetti is now in his sixty-fifth year, and before proceeding with an account of some of his interesting experiences I want to give you a brief sketch of his life.

Born in this country of French, English and Irish ancestry, he started in the



professional world as a tumbler in 1873, at the age of ten, and rapidly developed into a high class worker on all apparatus, in tumbling and in dancing. In these lines he "majored" until 1899 when he broke his left knee cap in alighting from a horizontal bar—the accident laid him up for seven months, and although there has since been no stiffness in the member he decided it best to give up the former classes of work and take up hand and head balancing and endeavor to produce some original feats in these lines. Now, the peculiar condition is that while a tumbler he had a most wonderful development of the lower body, then, when he went in solely for balancing he built up a correspondingly superb development in the upper body. For instance, at a weight of 109 pounds he had a 14¼ inch upper arm, proportionately developed as to bicep and tricep, and in addition to performing the usual tricks requiring tremendous pulling (biceps) strength he could also do those feats requiring great pushing (triceps) development—at the above mentioned body weight he could press with either hand 125 pounds, employing only a limited amount of side bend. Also, at the same weight, he did a correct military press of 85 pounds, which still stands as a record. With such strength it can be readily understood how he could push up into the one handstand from the half arm planche, or from almost any other position he cared to use.

During his professional



The one hand planche as done in this position by Mr. Paulinetti has never been duplicated.

career, which lasted some fifty years, Mr. Paulinetti has played all the best theatres in this country and all the great show houses of the old world, some of them many times, and he is as well acquainted with such cities as London, Paris, Berlin, etc., as you are with your home town. His first foreign tour was in 1892, and his last terminated early in 1923, when he retired. Now he lives in Philadelphia, where he devotes part of his attention to instructing others in the arts in which he is so proficient.

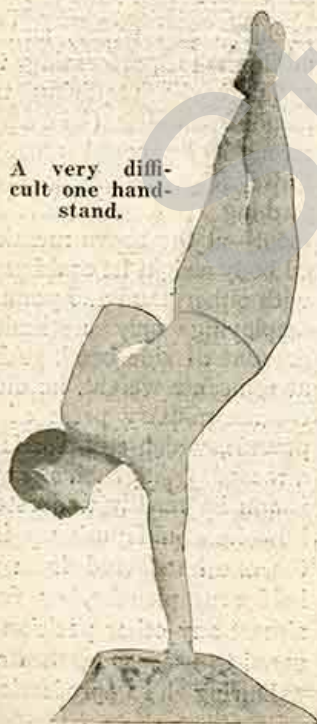
Having spent so many years before the public of the world it is only logical to assume that his experiences have been many and varied, as those who know him will testify. He has met all the great stars of the period, and he seems to carry always at his fingertips the interesting facts regarding them and their acts. And, being a man of keen intelligence and possessing personality to a considerable degree, his hearers never tire of listening to his legion of anecdotes of the "good old days" and the famous characters who then were in their hey-day, for each time one meets him he seems to have a new story about an "old-timer" and often has a photograph with which to illustrate it. In fact, he at one time had photos (mostly autographed) of all the great performers of the past several generations, but most unfortunately almost all of these valuable items were destroyed in a fire a few years ago, with the result that his present collection of photos is but a very small part of the original number he once possessed.

And now, of the many interesting stories he has told me I shall pass on to you some of the most outstanding:

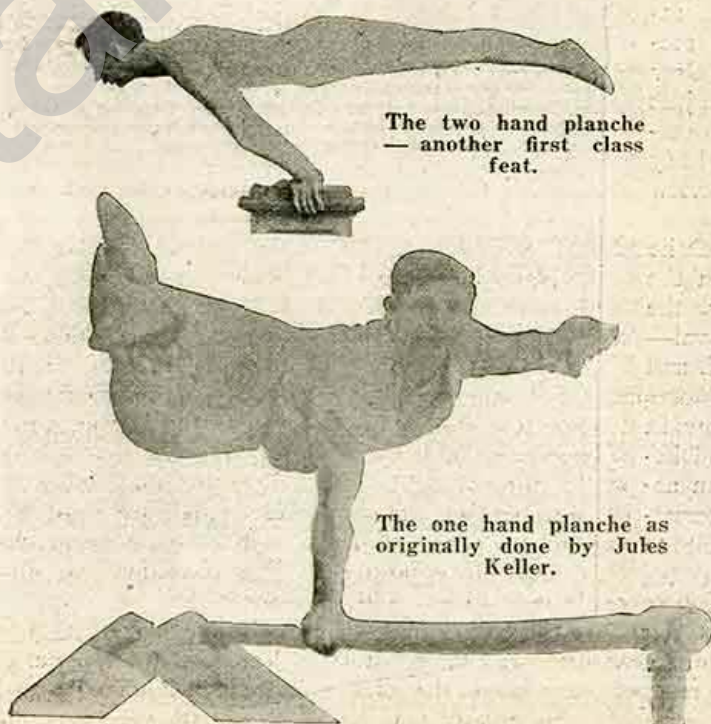
Most of you are acquainted with the great Cyclops (Bienkowski), the man with the powerful hands, whose specialty was bending and breaking coins. Paulinetti knew him for many years and tells the following story of the early career of the athlete. It seems that before Cyclops had become an established figure in professional circles he at one time became stranded in Paris and was having considerable difficulty in obtaining a booking.

So he appealed to Paulinetti for help—the latter was booked at the largest house in the city, and Cyclops thought perhaps he, too, might get on there if he could only get a try-out. But the manager was a very erratic, temperamental sort of a fellow, and would not even be approached by strangers. Paulinetti, however, persuaded him to give Cyclops a chance, so one day the strong man had his weights hauled over to the theatre and proceeded to do his act. As has been mentioned his specialty was coin breaking, and the manager had been very favorably impressed by Paulinetti's account of the feat. But Cyclops closed his act with that particular stunt, his earlier efforts being devoted to the usual strong man stuff with weights, etc. Now you must bear in mind that he was a very big man, and very broad—beefy, as we say. Also, he handled his weights more by strength than skill, and as can only be expected he was somewhat awkward. So when he stepped forward to a

A very difficult one hand-stand.



The two hand planche — another first class feat.



The one hand planche as originally done by Jules Keller.

An unusual position of the head balance.



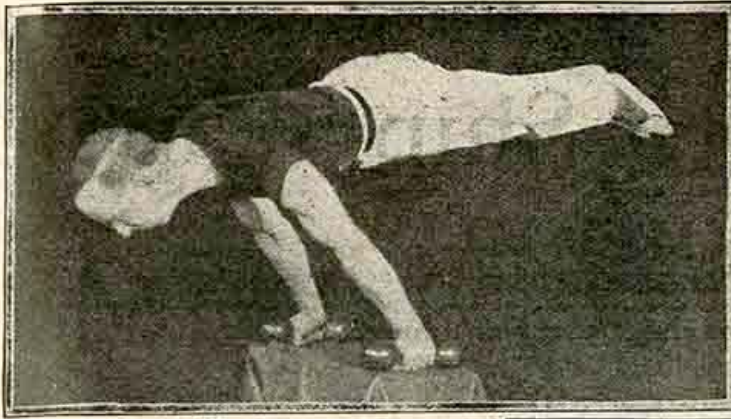


Fig. 6

These photos of the planche, head balance, slow push to one handstand, and one handstand were made recently in Mr. Paulinetti's 65th year. They prove the wonderful strength and balancing power he still possesses.

weight and made a graceful (?) bow and flourish of the hand preparatory to lifting it the strain was too much for the high-strung French manager—he leaped to his feet, yelled, "C'est tout, c'est tout (that's all)," and fled from the scene, leaving a dismayed strong man minus audience, minus booking, and minus funds. Now the point is this—Paulinetti had warned Cyclops to leave off the would-be-graceful gestures, but the hard-headed Teuton had paid no attention to good advice. It might be added, however, that he obtained various short engagements elsewhere about the city, and later succeeded in getting a very good contract with the first mentioned theatre.

Illustrations 1, 2, 3 and 4 were made in Milan, Italy, some twenty-five years ago, and there is an interesting story connected with the event. The photographer who made them was a very good acrobat himself—he did the one arm chin several times with either hand, did considerable apparatus work, etc., and was a good hand balancer. So of course he was greatly interested in the feats being performed before his camera. Things progressed very well—he had made successful exposures of several head balances, one handstands, etc., and arrived finally at the point where the one arm planche (figure 1) was to be snapped. Now, this gentleman had not previously seen Paulinetti perform, and when our friend did a one handstand and dropped slowly into a perfect planche—body perfectly horizontal, and arm straight—the photographer was so amazed at the feat that he forgot his camera—he just stood open-eyed and open-mouthed beholding the spectacle. Paulinetti held the position several seconds, then lowered to his feet, and not until he stood erect did the photographer "snap out of it." He apologized for his failure to make the exposure and promised to do the job correctly next time. After a moment's rest Paulinetti again went into the balance and held the position while the exposure was made. But when the photographer reached to remove the plate holder from the camera—behold! So greatly was he excited by the unusual feats performed he had forgotten

to put the plate holder in the camera! That made a third trial necessary, and this time the picture shown was made. But bear in mind that this was on the third attempt, and does not show the feat in the form in which Paulinetti regularly performed it. You must bear in mind, too, that the difficulty of this particular balance is so great that no one has ever duplicated it—only one man, Jules Keller, ever even approached it, and his feat would not compare with the position shown. Keller, you see, was a cripple; he stood but four and a half feet in height, and while his body was like that of a normal well built man, his legs and hips were very, very small as a



Fig. 7



Fig. 8



Fig. 9

result of infantile paralysis in his youth, and we are of no use to him. This lack of weight in the lower body of course gave him a tremendous advantage in leverage, his weight being centered almost in the shoulder instead of near the waist as in a normal individual. His planche, held with the legs curled behind the back instead of straight from the hips (see figure 5), was really little more than a one handstand—the arm was vertical, and held at a right angle from the body, whereas Paulinetti's planche is held with the arm at a considerable angle with reference to the vertical, making the feat exceedingly more difficult. Keller was so "top heavy" that he could not perform the half arm planche, a feat that is readily performed by almost anyone willing to practice a little.

Paulinetti's first appearance in Berlin was in 1892. But before proceeding with this little story let me remind you that in Europe almost everyone has gymnastic training to some extent, consequently the theatre audiences there are much more appreciative of difficult gymnastic feats than are those of this country, and, incidentally, such acts are much more in demand there than here. This condition was especially true at the time of this story.

It happened that at this time the great Cinquevalli, dean of all the jugglers, was playing at the same theatre at which Paulinetti was booked to appear, and as he and Paulinetti were very good friends they of course went out to dinner together at first. (Continued on Page 80)

Rounding Into Ship-Shape Condition

How Health Was Shanghied on the Journey Away from Trouble.

By Jack Russell

LADIES and gentlemen of the radio audience, this is ME broadcasting from station H-E-A-L-T-H, on board the good ship "Vigorous," sailing for Port Smile, in Happy-go-Lucky Land.

My gang of "Health Seekers" are coming up the gang-plank and are all set for the second leg of the journey to health with the exception of Mr. Lazy Gink, who got cold feet the minute the "Health Special" pulled into the terminal completing the first leg of the journey.

You see, friends, I fooled you a bit. You thought I was going to keep my passengers on board a train for the entire trip to that joyous, contagious land of Sunshine and Health. Aha! D'ya see what you missed? We're going to cross the ocean. Yes, sir. Sail on the briny deep. Gee, we'll have a lot of fun. But don't worry, folks, I'll broadcast what happens aboard the S. S. Vigorous and you'll have just as good a time.

However, there's one thing which worries me greatly. Instead of feeling tip-top as they should, the passengers are complaining about a host of imaginary troubles which are distracting them from the benefits of the first leg of the journey. The only thing I can do is to wait till we are ploughing through the high seas, then I'll figure out a way to relieve them.

We are embarking on a voyage of approximately 4000 miles. To the people visiting Happy-go-Lucky Land, the long voyage they have to make is an excellent preparative. From the moment they lose sight of



Fig. 1

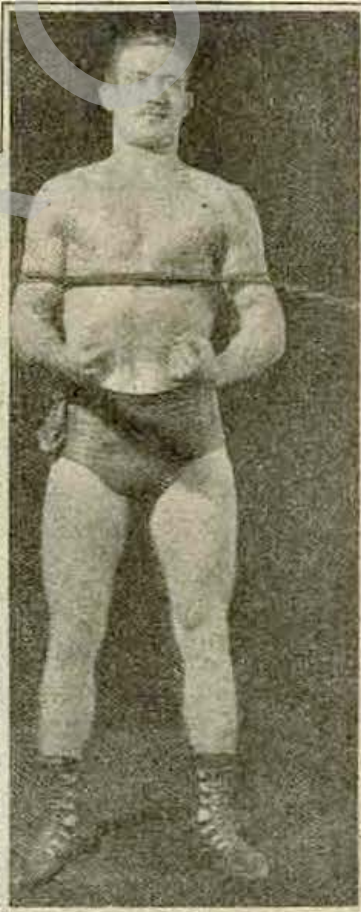


Fig. 2

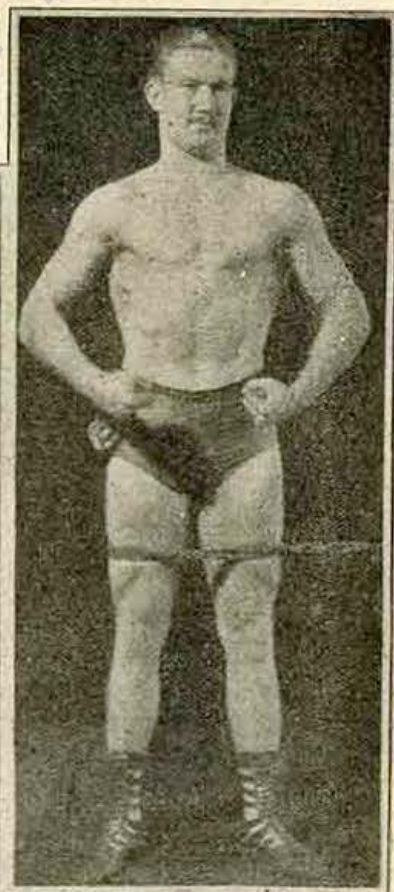


Fig. 3

land, all is vacancy, until they step on the opposite shore and are launched at once into the bustle and novelties of another world.

I have said that at sea all is vacancy. I should correct the expression. To one given up to the beauty of nature, and fond of losing himself in reveries, a sea-voyage offers many subjects for meditation. But then there are the wonders of the deep, and of the air, which rather tend to distract the mind from worldly

themes and personal affairs. On board the S. S. Vigorous, aside from the compulsory physical and mental stimulation for the rehabilitation of depleted nerve force and run-down physical condition, there will be games, musical concerts and amusements to occupy the passengers during the leisure hours.

The second leg of this journey to Health will be all of a month in entirety and I shall broadcast the feature events on board, leaving the rest for your imagination. But before I commence, ladies and gentlemen of my radio audience, I want you to allow your thoughts to come with us on this trip, and in this way you will derive just as much benefit as those on board. I make no exaggeration in this statement. I firmly believe that thought is not a mere definite abstraction, but a vital, living force, in fact, the most subtle and irresistible force there is in the universe. Through the instrumentality of your thoughts will you be able to take this wonderful voyage with us. The spoken word is the means whereby the thought forces are focused and directed along any particular line; and this concentration, this giving them direction, as I am doing through the microphone of this broadcasting station, is necessary before outward or material manifestation of their power can become evident.

None of us are just mere willowy creatures of circumstance unless we choose to be; we have the power to determine the order of thought entertained, or the order of influences we attract. Through our mentality we can either keep hold of the rudder and so determine exactly what course we take, what points we touch, or we can utterly fail, and failing to do this we drift, and are blown willy-nilly by every passing breeze. Welcome should be your thought, for then you draw the influence and the aid of those who wish to be of service to you. I believe you understand what I am driving at, so I need discourse no further, for I'm sure you are eager to learn all about this voyage to Health and how we got rid of trouble.

The gang-plank is being hauled on board. One by one they are slipping off the cables. Everybody is excited, and I wonder if you can hear the babble of voices. There; the last cable is off—the whistle is blowing; can you hear the deep, sonorous tones? We're moving—we're starting on our long voyage—good-bye! dear. Everybody, good-bye! You won't recognize us when we return laden with the treasures from that wonderful land of Health and Happiness.

The shore line is fading in the distance and the passengers are settling down to the contemplation of life on board the Vigorous; all of them can only guess what the future holds in store. Are you still listening in? Remember, I'm just as much concerned about you as I am about my passengers, and I want you to hear what I have to say about this trip.

The passengers are aware that before the ship sailed every inch was given a painstaking inspection. Hour after hour throughout the long voyage the same watchfulness will be continued. Our pilot is ready to cope with heavy seas, for in the fair weather he has prepared for storms that often burst unexpectedly. Each one of

you listening in on my broadcasting bears a strange resemblance to our ship as it sails seaward. Some of you are

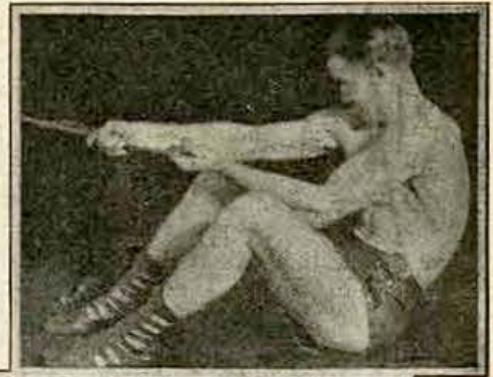


Fig. 9

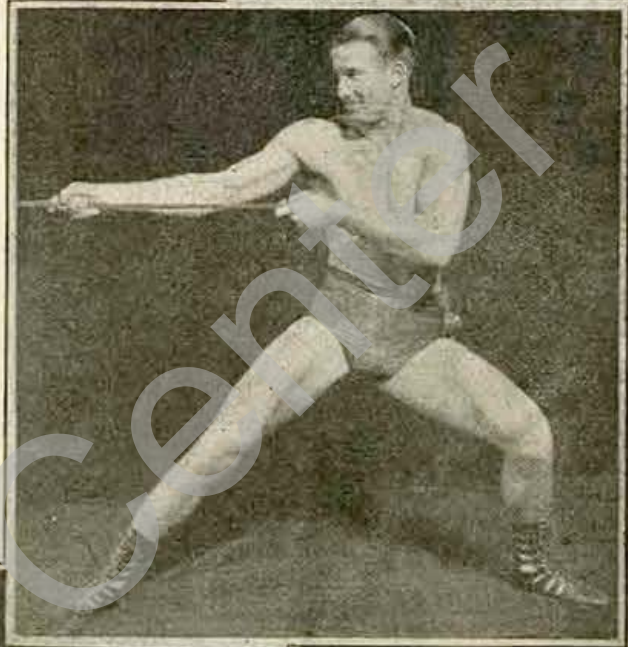


Fig. 8

sturdy and sound and ready for what may come; others there are who are weak and unfit for a crisis, still others needing only a slight overhauling to qualify them to meet the obstacles in life.

Among the passengers on board ship are many who have lived a reckless, careless life. Tired hearts and racked lungs make only a feeble fight for life; but from now on there is going to be a different story. A vivid story of joy, contentment and repose that slams the door on Trouble's nose.

Do you know, folks, I sometimes wonder if all the misfortunes of mankind were cast into a vast public depositing place, in order to be equally distributed among the people of this Jazz Age, whether those who now think themselves the most unhappy would prefer the lot they are already possessed of, before that which would fall to them by such a division. I must impliedly express the opinion that the hardships or misfortunes we lie under are more easy to us than those of any other person would be, in case we could change conditions with them.

Ruminating upon these thoughts, and stretched in a comfy deck chair, I insensibly fell fast asleep; when on a sudden, I thought I was transported to "Never, Never Land"; I found this land to be strangely beautiful. Nowhere could it be rivaled in its magnificence and grandeur. However, a vast movement seemed to be afoot . . . commencing with a music such as now



Fig. 7

I heard often in sleep—music of preparation and of awakening suspense.

Standing majestically before the huge throng was a mighty figure. He was dressed in kingly robes and he issued forth a proclamation. Bellowing in a loud voice which shook the trees and reverberated among the hills, I heard him say: "I, King Happy, of Never-Never Land, do hereby command every mortal to bring his griefs and calamities, and throw them together in a heap." Pointing to me, he said, "My Duke of Strength, I commission you to lend your vast estate for the purpose." I bowed in obedience, rode at the head of the multitudes, and took my place with King Happy.

So I was the Duke of Strength, King Happy the great was my lord and master. Ha! Ha! My laughter split the void and alarmed me with its unwonted sound. Groans and lamentation issued from the crowds behind

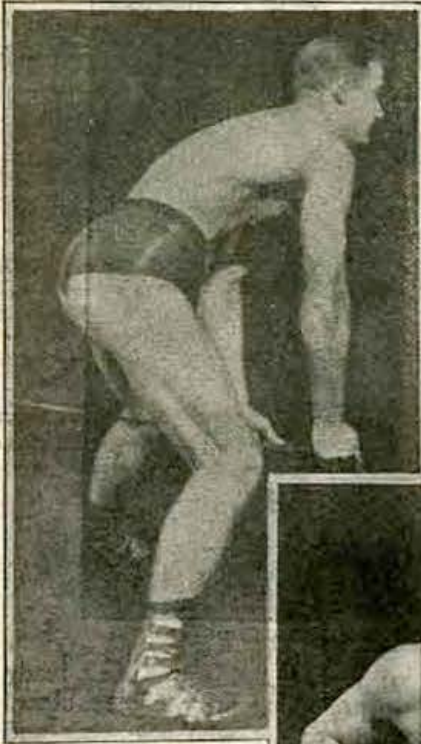


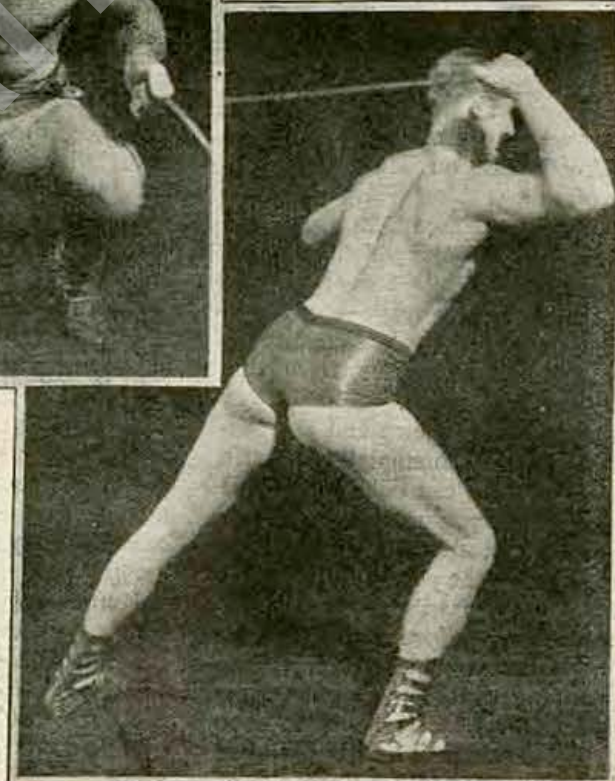
Fig. 4

me. Curious, thought I, that I should be leading this wretched mob to my estate, where I would offer it as a dumping ground. A myriad of moods attacked me. I became sad, but my King cheered me, and I became all sun, and air, and sparkle again. I was doing my bit for Humanity. I was possessed with the greatest pomps of being, strength, and I knew proud passions and inspirations. I was a king in the kingdom of Strength, and trampled the face of the uncomplaining dust. And yet, somehow, as I rode with the King into my fair estates, I gazed with jaundiced eye upon all the beauty and wonder about me. The air was wine and the



Fig. 5

Fig. 6



sun tinted the bastioned hills with gold and purple splendor, but all this was lost upon me; I must give up my fair land for wretched Humanity as dumping ground for their afflictions.

At last we came to a broad plain situated in the midst of my estate. I took my stand in the center of it, and saw with a great deal of pleasure the whole flotsam-jetsam stream of humanity wending their way one after another to the plain, and throwing down their several loads, which immediately grew up into a huge mountain that seemed to stab the heavens.

There was a peculiar edition of woman with the most singular shape and visage I ever saw, who was very active in this solemnity. She carried a magnifying glass in one of her hands. There was something wild and distracted in her looks. Her name was Chimera. She led up every mortal to the appointed place, after having very officiously aided him in making up his pack, and laying it upon his shoulders. My heart melted within me, to see my fellow men groaning under their respective burdens and to consider that prodigious bulk of human calamities which lay before me.

There were, however, several persons who gave me great diversion upon this occasion. I observed one bring in a package very carefully concealed under an old overcoat, which, upon throwing it into the heap, I discovered to be Headache. Another, after a great deal of puffing, threw down his luggage, and upon examining, I found it to be his wife. There were multitudes of smokers and drinkers saddled with very whimsical burdens, composed of cigarettes and gin bottles, but what was very odd, though they sighed as if their hearts would break under those bundles of calamities, they could not persuade themselves to cast them into the heap when they shuffled up to it; but after a few faint efforts shook their heads and marched away, as heavily laden as before.

I saw multitudes of old people throw down their wrinkles, and several young ones strip themselves of pimply skin. There were great heaps of red noses, blue lips, unclean sores and rusty teeth. The truth is, I was surprised to see the greatest part of the mountain made up of bodily deformities. There were likewise distempers of all sorts, though I observed that they were more imaginary than real. One little packet I took particular notice of, which was a complication of all the diseases incident to human nature and was in the hands of a great many (Continued on page 83)

Old Age—Is it for You?

And What Will it Bring You — Reward or Punishment?

By James Lawton

"Grow old along with me
The best is yet to be,
The last of life, for which the first was planned."

SO sang a poet of other days in "Rabbi Ben Ezra," admonishing his hearers to enter into the Fall of life with righteous expectations of finding there amid the glorious sunset of life well lived the golden harvest of a life well planned and a task well done. But sad, indeed, it is to consider how completely the great number of souls this world has known overwhelms almost to the point of blotting entirely from view the very small number who have actually reached old age (say, from 60 upwards), and it is even sadder still to realize how this very small group so greatly exceeds the veritable handful of men and women who have reached the Autumn of life and who have found there golden leaves instead of brown, who have found in their last days, rest and peace and happiness instead of care and worry and trouble, pain and sorrow and regret, grief and despair and resignation—realization that they have sown a crop of thorns and now must be resigned to the fate of being harvester thereof. Mind you, now, the harvest about which I am speaking does not mean entirely a harvest of gold—that is where most of our trouble lies. Everywhere is stressed the theme of preparing for old age by saving, by accumulating a fund of sufficient size to insure adequate income during the days ahead when one becomes unable to earn his required living expenses. And in every mind is a picture of what that mind considers a pleasant and ideal condition in which to spend those days of old age that they may be most happy—one man's mind sees a mansion in which are all the glory and pomp of a palace, all the symbols of wealth of a king, and all the luxuries modern genius can provide. In another's mind is the dream of control—through the power of gold and riches that mind craves to enjoy its Sabbath in the pleasure of ruling industries or empires. And still another draws a picture of a little cottage surrounded by expanses of well-kept grass, and with shade trees 'round about. Song birds must be in those trees, and the entire motif must be one of peace and quiet and happiness; it must be a place to rest and think, a place where one

might dwell on thoughts of the beauty of creation. Again, it is not at all rare to encounter in one of these mind's-eye pictures of old age dreamlands the original American's conception of his "next age." Verily, many a mind has as its desire for final happiness here a place where responsibility would be unknown and where happiness only would be found, and even that without the necessity of searching for it. Reverting to the primitive instinct of mankind that mind can think of nothing more nearly approaching Paradise than a place where outdoor sports would reign supreme, a rude cabin in a distant place where there would be game and fish and the sport of taking them just for the asking day in and day out—the happy hunting ground of the Indian is that mind's dreamland Paradise on earth.

It is needless to call to your attention the fact that each and everyone of these "air castles" is built firmly upon a foundation of financial independence—one can almost see about each picture a frame of \$\$\$\$\$\$\$\$. Almost our every thought is associated with money matters, we think much more in terms of dollars than in sense. Indeed, we are so entirely interested in "kow-towing" to the whims of Dame Fortune that we forget to reckon with the laws of Mother Nature. We forget that money is valuable not because of itself but because of the power it represents, the things for which it stands. That dollar you hold in your hand—what is it? Merely a bit of metal, or perhaps even only a scrap of paper in lieu of a small bit of metal held in a vault somewhere. But what does it represent? Ah, there! It is a "go-between," the intermediate stage that preserves value already given in a concrete form until such a time as it is desired to convert it into value not yet received. It may represent to you the work of an hour, or of a minute, while to another it may be emblematic of the work of half a day. And to your eyes it may be merely a "tip" for a servant, while to another it may mean an evening's entertainment, and to still another it may mean food for a day or two. So you see that money in itself means nothing at all if we take from it the power of representation it possesses—that regardless of how much of it one may have he enjoys it only when he converts

it into some other form, one of these old-age dream castles, for instance. Now you get my point—regardless of how successful one may be in providing for old age by gaining financial independence for the period, his success means practically nothing toward fulfilling his previous anticipations of happiness if he fails to care for his health and thereby makes impossible full enjoyment of the physical surroundings his financial condition permits him to possess—he *still* finds in the Autumn of his life, brown leaves instead of golden and red, and only then does he realize it is too late to change their color.

All of which brings us to the conclusion that the average individual is so concerned with the pursuit and accumulation of sufficient means with which to enjoy his present years and prepare for the lean years ahead that he loses sight of the most important thing of all—his health—the result being that his chances are most favorable of not even reaching the time of life in which he anticipates enjoying the fruits of his present labors. I merely mean by this that there are countless thousands of individuals who ignorantly commit suicide right at the time they should be at the peak of their ability and earning capacity—so absorbed are they in the business of getting ahead that they ignore the laws of Nature and then must pay the price of their folly. For the laws of Nature, like the laws of man, do not accept ignorance of their existence as an excuse for breaking them; they are not susceptible to bribery, but instead demand from each offender just retribution—they take an eye for an eye, with interest.

But of course not everyone who passes away early does so because of his failure to care properly for his body—accidents do take a pretty good toll, as do the comparatively small number of contagious diseases. But of all the diseases that prey upon the human race some 90 per cent. are directly traceable to diet, and the comparatively small number of persons who survive to enter the "and ten" of their allotted three score and ten years in spite of their unconscious attempts to side-step the issue do so less by design than by accident. Like those who unfortunately (or, for some of them fortunately) have dropped from the race before reaching the sixtieth mile-stone they, too, have let their conscience be their guide, but that conscience has been most subservient to the tyrannical dictates of a greedy stomach. And what a lot they are! Look about you and take stock of those persons above sixty years of age with whom you are in the least acquainted. Generally speaking, they are just a lot of "cranks," aren't they? (That is, excusing relatives and those in whom we have considerable personal interest). Get a group of them together and listen to their conversation—first thing you know it drifts around to the subject of health, or lack of health, and each one present has his pet affliction—the old Southern Negro has "de mis'ry in de laig," someone else has the "rheumatiz," and so on up the social scale we find a corresponding scale of diseases. And the pity of the thing is that the higher we mount the social ladder the more we

find diseases springing solely from wrong eating. The very people whose means and position afford them every possible protection from disease and every opportunity of having the best and healthiest food the land affords are paying for their folly of gorging the worst stuff and junk available for human consumption. They are giving retribution for something for which they solely are to blame, while the poor man and laborer suffers from troubles that are often brought on by too long hours of too hard work, a matter over which they have no control, in addition to the matter of improper and insufficient—or too-sufficient—food. And all classes find their ills greatly aggravated by the use of tobacco, alcohol, various dopes, and medicines. Mind you, I say their troubles are often aggravated by medicine which has been prescribed by well meaning and well paid physicians. Water puts out fire, but often the water does even more damage to property than the fire it extinguishes. Even so, medicine given for ills often causes special troubles of its own even though it may destroy the ill in question. The worst feature about medicine, however, is that its use with reference to a disease is curative rather than preventative, and once a disease gets a start in the human system it weakens the system regardless of how soon it may be eradicated. But of all, the worst feature about the matter is that nine-tenths of these diseases we know are due to diet irregularities which types of disease medicine does not cure at all, but merely arrests. The result is that as soon as the victim stops treatment his old trouble returns, rejuvenated by his continued trouble-making diet.

In these days of higher education the masses are being educated in every line from the use of the present participle in the plays of Shakespeare to the theory of relativity, and this education includes, incidentally, a whole raft of nice sounding names for a good many disorders emanating from one source, the malady vulgarly known as "stuffing," just plain overeating. Now, when this great broad field of education of the masses further broadens its scope to include a little simple information and teaching regarding the fundamental principles of sustaining life, proper diet and proper care of the body, the world will receive a darn sight more benefit from said education than it now derives. For with the masses receiving proper food and proper physical care they will be much more susceptible to mental culture with a subsequent greater advance in such lines, because with the body in good condition more time can be given to the business of living and enjoying life sensibly. Then will many more men and women than now live longer in complete control of all their faculties and will thereby be enabled to prepare all the more thoroughly for this thing called old age; and because they shall have lived correctly in physical matters in addition to providing financially for this same old age they will find it longer in coming, and when it finally arrives they will find in it fuller realization of their dreams of happiness. For theirs will be bodies unmarked by many of the present-day scourges of old age, but, active and strong, they will carry on into the sunset of life, minds still young in thought, each a personality radiating peace and cheer and hope. Each will find his good ship "I," sent out across the sea of Life years before in charge of the good crew, exercise; and carrying as cargo "proper diet" returning to him overflowing with untold riches of health, longevity, and happiness.

The Torso of a Classical Statue

The Principles of Developing a Strong Waist and Abdomen, Once Understood, Will Keep You in Perfect Condition for Life.

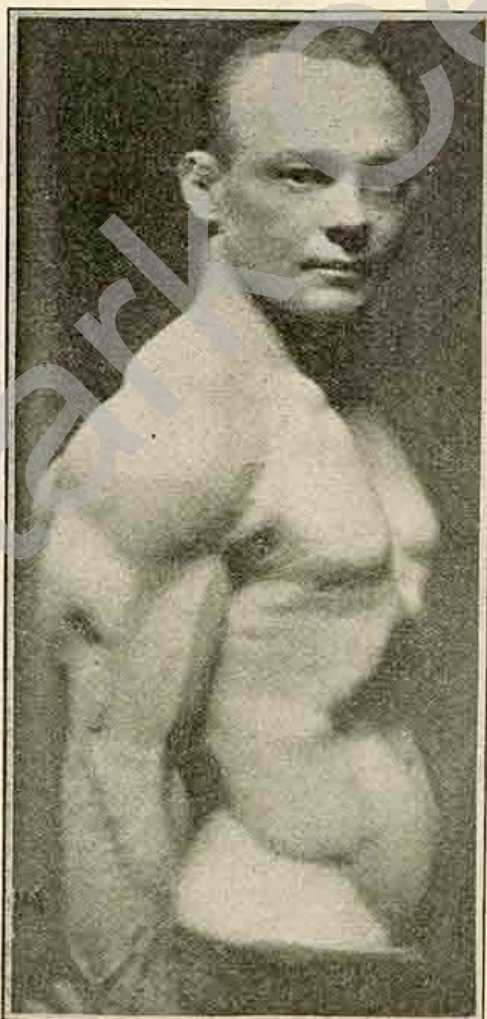
By Mark H. Berry

PROBABLY you have visited a Museum of Art and have greatly admired the marvelous examples of the human physique of stone and bronze by the great masters. You may have reflected that such examples of physical manhood are wonderful and very idealistic, but you entertain great doubts in your mind concerning whether any humans ever existed who possessed such perfectly molded bodies with muscles so finely developed and showing distinct separation, one muscle from the next.

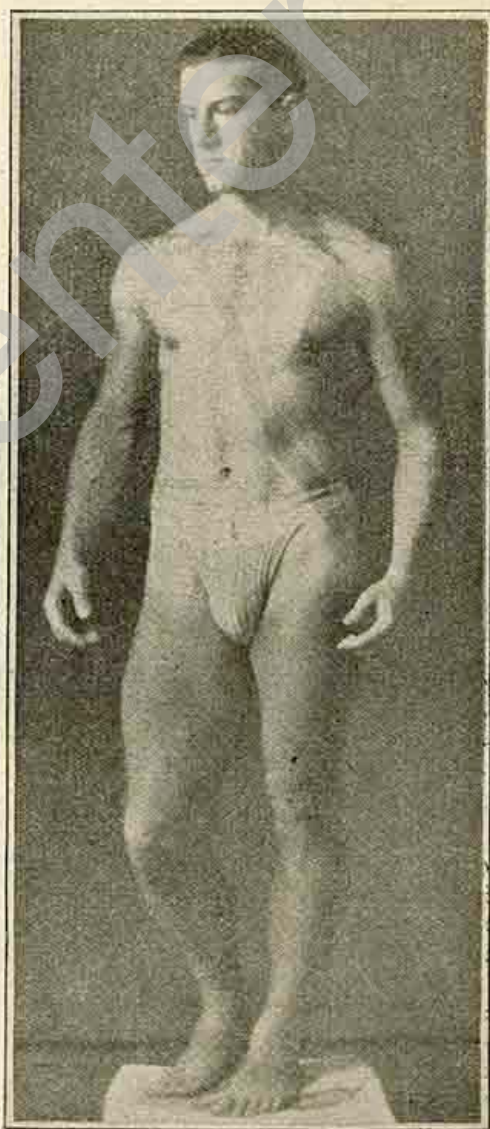
You, no doubt, came to the conclusion that these great masterpieces of sculpture simply expressed the ideals of the artists who created them.

Until I became better acquainted with the real possibilities of attaining physical perfection, I likewise shared this same belief. Now, I wouldn't go so far as to say that any human being is, or ever was, just as perfectly proportioned and wonderfully molded as the sculpture creations of the great masters. It must be remembered that the artist seeks perfection in every detail and failing to find it in any one human, he chisels his creation from a number of models, using one model for the arms, another for a part of the back, still another for a section of the torso, etc., combining a group of those who possess perfection in some detail, into one complete unit, thus arriving at physical perfection as he sees it. However, we are interested mainly in physical perfection as applied to living and breathing humans, who are never perfect. You and I want to see the average man develop himself to a state approaching perfection, so we are interested in determining the proper meth-

ods of acquiring a superb physique, evenly proportioned and possessing the greatest degree of manly



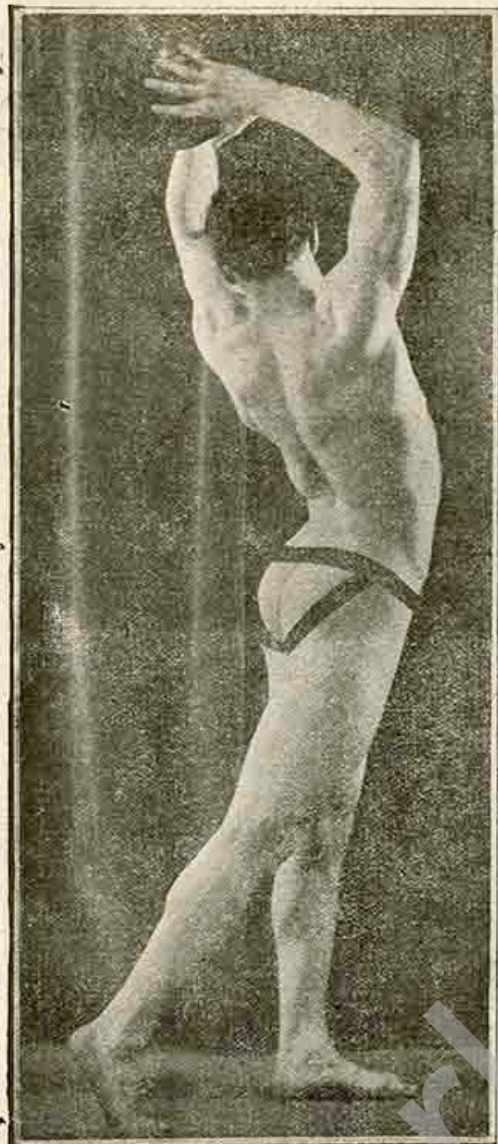
A combination of fully developed muscles and perfect control. Otto Arco, who has, for many years, been judged among the best examples of the masculine physique.



A large man with classical proportions. Harry Eavey, of Hagerstown, Maryland, who has lately entered the ranks of perfect men.

strength, which normally accompanies this type of development.

There are on this earth today many examples of athletic manhood who closely approximate the classical gods of stone and bronze in physical perfection. This is a familiar fact to those of you who regularly read



George Dembinski. A superb pose by a splendid model.

cles. A sufficient variety of physiques is exhibited in this group, to give you an idea of the possibilities in your own individual case.

For the present we will focus our attention on the "torso" or the trunk of the body. In its entirety this would include all the muscles attached mainly to the trunk, such as the largest part of the shoulder muscles, the larger muscles attached to the neck, and the muscles of the hips, as well as those which belong wholly to the torso or trunk; namely, the muscles of the upper and lower back, the chest, sides and abdominal region.

The athletes included in the present group could be used as models for any part of the perfect masculine physique, as you can readily recognize by referring to their likenesses reproduced herein. Two of the photos are not full length, but each of these men has

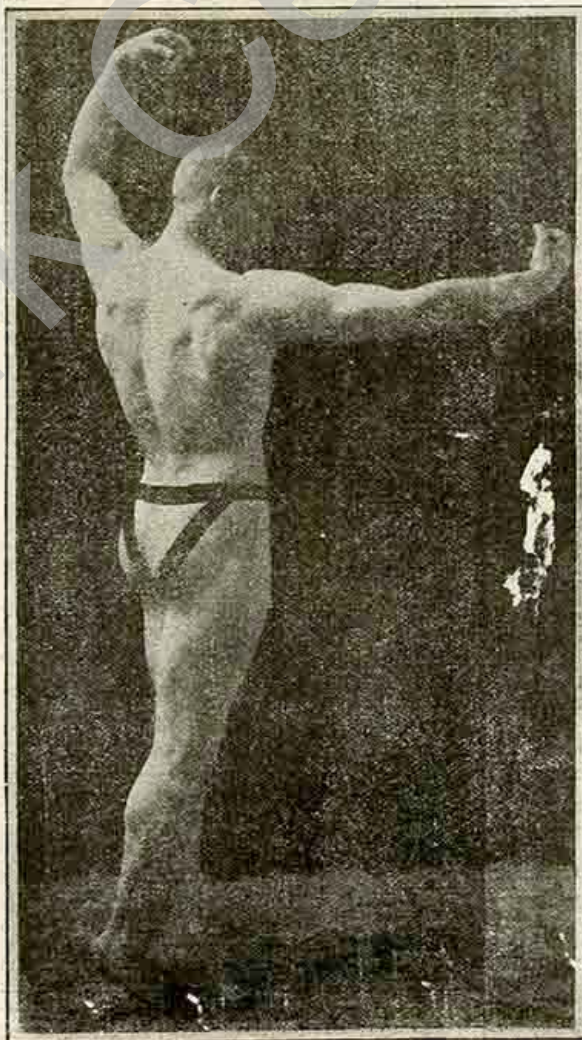
marvelous legs; to prove this you may recall pictures previously used in *STRENGTH* and you may expect to see several more poses of each man in the near future.

Two of our models are world-famous as athletes and artists' models; one is a renowned French model; another has met with considerable success at professional posing in the art schools of America; one is a successful Asiatic physical culturist; while three of them are amateur body culturists, intent on acquiring and preserving perfect physical fitness.

In these pages we are showing a few more, some of whom are already world famous, and others who are absolutely unknown, outside of their own small cir-

cles. In considering the torso alone, we should, undoubtedly, recognize certain muscles as being most important and confine our discussion more or less to them. Let us, then, consider the muscles of the waist region in this aspect; this will include the muscles of the abdominal region, the external oblique, the internal oblique, the transversalis, the rectus abdominalis, the erector spine muscles of the back, and involving to some extent the gluteus muscles of the buttocks, and the lower parts of the latissimus and trapezius muscles of the upper back.

Those who are noticeably well developed in the waist region have become so by reason of special exercise involving the muscles of that section of the anatomy, which exercises may be consciously directed toward the particular muscles, or the muscles may all be involved during strenuous exercise with no conscious idea of working for special development.



A very statuesque depiction of shapeliness by a heavyweight in this fine pose by Adrian Deriaz, of France.

It may help to make my meaning clear if several instances of this nature are cited. An athlete may engage in extremely strenuous exertion involving the majority of the muscles of the body, as, for instance, in the vaudeville act of Otto Arco, who lifts his brother above him while bent in every imaginable manner, all of which feats he performs twice a day, at least six days a week. He drops back into a wrestler's bridge, then, while supporting his brother in a hand-to-hand stand, Otto comes up from the bridge to a squatting position after which he assumes an erect position and presses his brother to arm's length. In this one feat, it can easily be said that every muscle in the entire anatomy is strenuously exerted; especially so is this

true of the muscles we mentioned a few paragraphs previously. A few of the other stunts of the Arco Brothers are just about equally effective in a general development way. Otto Arco has been doing such a routine for at least twenty years. Previous to that he was extremely active in wrestling and lifting circles.

As another instance we might mention the case of an athlete who is accustomed to the regular practice of several of the more strenuous standard lifts, such as the Two Arm Continental Press, the Two Arm Jerk (either in Clean or Continental style); also the One Arm Jerk, the Snatches, the Bent Press, etc.

Do not misunderstand me. Such a program should not be recommended for anyone but a very experienced student of heavy exercise, providing the best results in development are desired. An all-around program of exercises is preferable, and it is best to supplement a lifting routine with several proven movements of a repetition nature for development purposes.

Another first-class feat which reaches every muscle in the body has been performed by a few hand-balancing teams in vaudeville. Probably the best I have witnessed at this stunt was the team of Mang and Snyder, no longer in vaudeville.

The smaller member of the team takes a position on a raised platform on one side of the stage; the larger member is in position on a Roman chair on the opposite side of the stage, hanging over backwards; a large paper-covered hoop is in the center of the stage; the smaller member dives from the platform, headfirst, through the hoop, landing in a hand-stand on the hands of the man hanging over the Roman chair, who then sits up, assumes the upright position, presses his partner to arms' length, and walks off the stage. Work of this kind is effective for every muscle in the torso; you can easily see that.

You can imagine the strength necessary in the torso muscles of the man on the Roman chair. I do not know the exact weights of Mang and Snyder, and it has been several years since they showed this feat in their act, but if I remember correctly they weighed something around 175 and 155 pounds, respectively.

Men who perform feats of this nature twice daily, and sometimes more often, don't need to practice special exercises for any part of the body.

However, the average physical culturist has no interest

in performing such feats, and never would be able to master them, regardless of how much he should train. Those who perform extremely difficult feats have exceedingly good muscular development, which, by the way, was first acquired through the

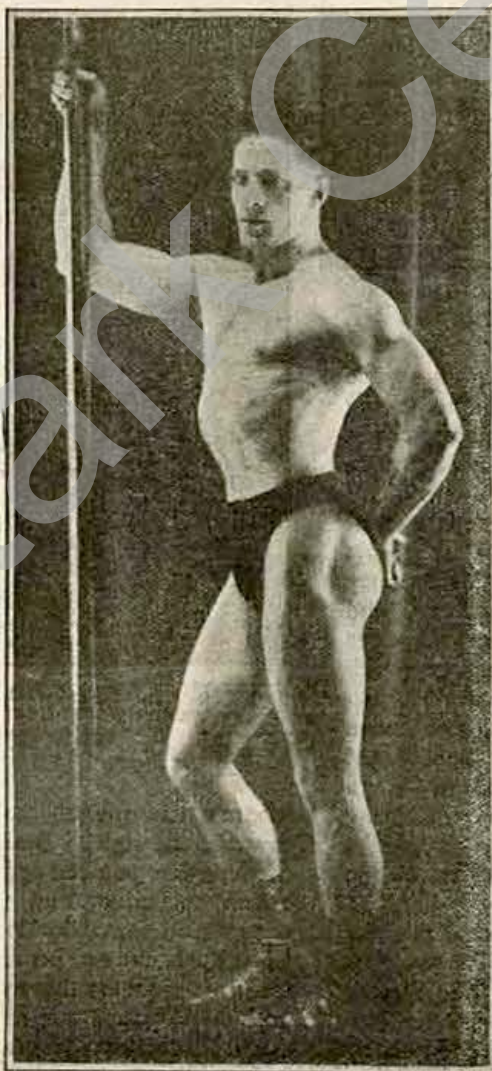


A living anatomical chart is Harry Lefkowitz, of New York. Every single muscle is clearly defined and proportionately developed.

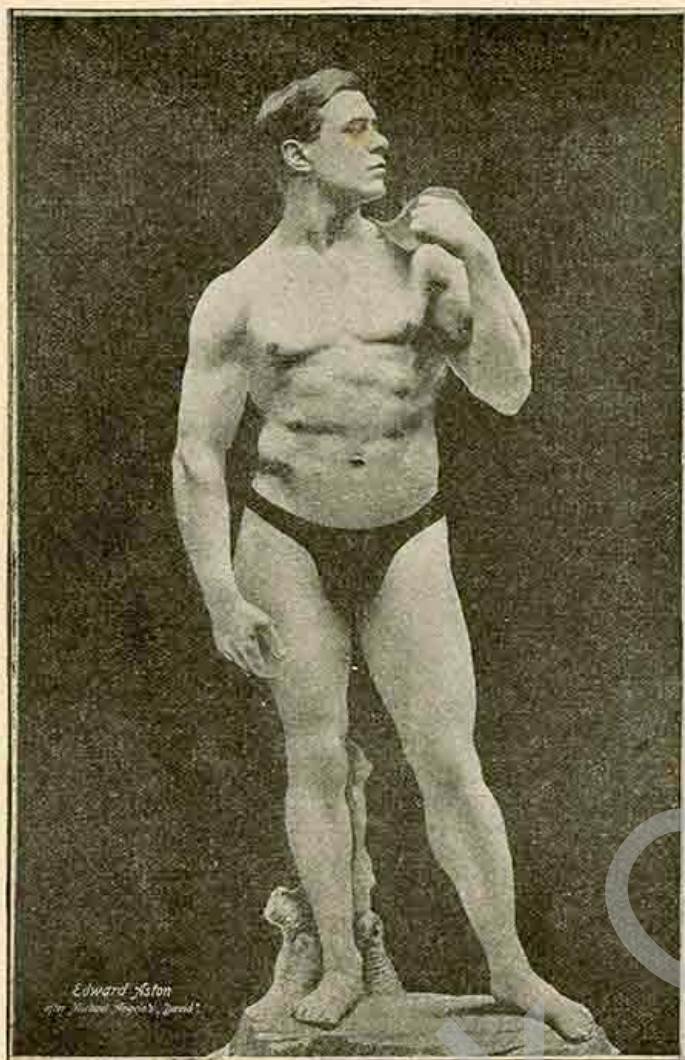
regular practice of general body building movements, which by degrees became progressively more advanced; but, it is not necessary to advance so far in order to acquire a worthwhile physique.

The persistent practice of any abdominal exercises, providing a fair amount of resistance is used, will soon bring very good results in a marked separation of the muscles in the abdominal region. Likewise, bending and twisting movements of a progressive nature will soon bring a decided definition of the oblique muscles.

In addition to the familiar and time-worn exercises, such as rising from a prone to a sitting position, and bending backwards over a chair, then to come up to the sitting position, a fellow will



Apollo could hardly be better portrayed than this excellent pose by Mr. D. W. Landau, of New York City.



Mr. Edward Aston, professional middleweight champion lifter. Living statuary of the highest order is seen in this physique study.

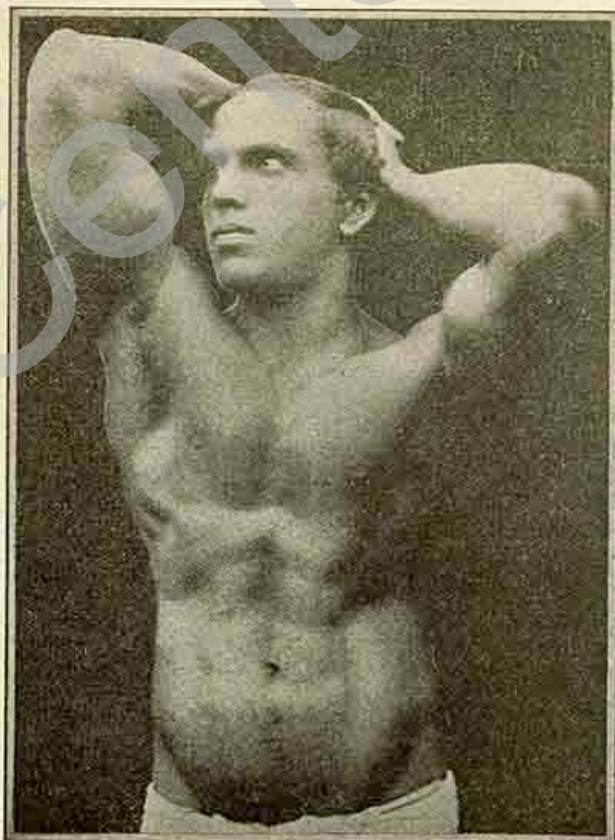
derive great benefit from the exercise of lying on a table or bench with the legs extended over the edge and tying weights to the feet and while keeping the knees straight raise the legs up over the body. It will be necessary to hold firmly to the table with your hands.

To produce a classical and well-defined development of the oblique muscles, those exceptionally noticeable rolls of muscle just above the pelvis bone, it is necessary to practice rather strenuous bending, stretching, and twisting movements. Light forms of exercise will never assist you in acquiring the armor plate appearance which is so desirable and which so few physical culturists succeed in developing. Even vigorous athletics and active games will fail to give you results in this direction. Light repetition abdominal exercises, if persisted in for a sufficiently long period of time, will, in some cases, bring out the washboard effect of the rectus abdominus muscle, and will, at the same time, have a beneficial effect on the health.

However, no such results will be forthcoming to show for your efforts to develop the obliques, unless you furnish them with a fair degree of resistance. The student of heavy exercise may show splendid results in developing all other parts of the body from the practice of general exercises, but these waist muscles, so essential to the "perfect man" appearance, will not show up so well until the ambitious culturist steps up to the advanced work.

Those lifters who spend any amount of time on the Bent Press are sure to show results in strengthening and developing the sides of the waist; Bent Press specialists who are accustomed to handling very good poundages are certain to be strong in the waist. The Side Press lift, keeping the knees stiff, will also be worth practicing, and some well-known exercises follow out the principle of the Side Press; one of which is a modified variation of the lift; the other consists of holding a bell overhead in one hand while you alternately lean to the sides and regain the upright position.

A peculiar method of performing the Two Arm Continental Press may be greatly responsible for the development of the obliques possessed by Harry Lefkowitz. He stands with the feet spread well apart, one being well to the rear; while pressing he bends back to a remarkable extent, and while so bending twists his body around to the left side, so that when his body is bent back to the limit, it is also so twisted that the weight is mainly supported on the left leg, then as he



Mr. K. V. Iyer, of Bangalore, India; a professional physical culturist, who is creating considerable notice at the present time.

assumes the upright position, his body must be twisted towards the right. Besides requiring extreme flexibility of the spine, you can appreciate the effort required of the entire abdominal and waist muscles. By noting the exceptional torso development of those who have mastered the backward bending method of two arm Pressing, we must conclude there is some close connection between such development and high poundages on this lift. Sigmund Klein can be given as an example of this, and among the present group, besides Lefkowitz, we have George Dembinski.

Roman Chair and Roman Column Exercises are among the best forms of exer- (Continued on Page 66)

Shape from Shapelessness

This concludes a series of three articles which the writer hopes will be of real benefit to the reader.

By Charles MacMahon

THE developing of all round muscular shapeliness is largely a matter of proper exercise properly applied; that is, the right kind of exercise correctly practiced and wisely applied to the muscles or parts of the anatomy where they will do the most good.

The best way to determine to which muscle or group of muscles a certain exercise belongs is to go through the particular exercise thoroughly and notice what muscle or group it affects or tires the most.

Don't do the floor dipping exercise, for example, for the purpose of developing your abdominal muscles. I don't mean to say that this particular exercise doesn't bring the abdominal muscles into play at all, for it does. The point is that the floor dipping exercise should be practised for the arms and shoulders, and when you want to develop and strengthen your abdominal region you must practise some other exercise that tires that group completely and no other.

Of course there are what are known as all round exercises that are fine as far as general health and condition are concerned, but I believe that your muscles or groups of muscles must be specialized upon more or less separately if powerful, large and well rounded muscles are your aim.

Who of the experienced strongmen would think of practising the one or two hand curl if it were their triceps they wished to exercise? Which one of them would take a bar bell across his shoulders and raise and lower his body on his toes to develop any other part but his calves? I don't believe there are any who would train like that, but there are too many of the lesser experienced and even some with years' experience who are actually exercising one set of muscles and think they are exercising another set.

You surely can perceive how the latter class of men and boys defeat their own purpose by misapplied exercise, consequently, they never become as finely proportioned and shaped as they

could have been.

The physiques of many of the world's finest built men have been used as inspirations to the younger men who are just about



Illustrating pectoral development above and chest expansion at left. A combination of both gives the largest chest measurement.

ready to embark on a program which they hope will make them as finely proportioned as their ideals. To have an inspiration of this kind is a grand thing, no doubt, but oftentimes the ideal is so far ahead of the beginner in the way of form and measurements that he very soon becomes discouraged after exercising for a while.

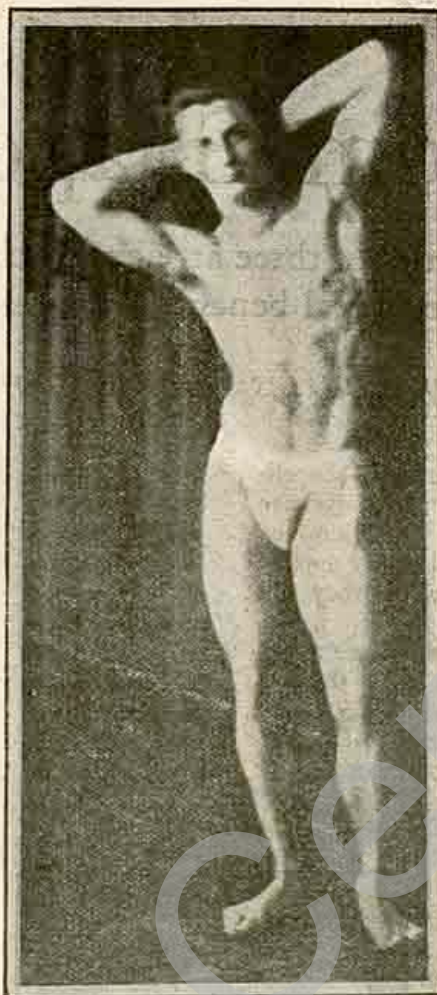
I think it is a mistake in many

cases for beginners to set out to equal either the measurements, strength records or particular build of the top notcher each beginner picks for his ideal. It is far better for beginners to forget the measurements of certain strongmen and simply train to steadily increase their present measurements and proportions. There is encouragement in the steady increases while there is discouragement in the former method of training, in which the beginner tries to equal the measurements or lifts of a real strongman. As a beginner you should enter into the sport of self competition. That is, forget what others are doing, at least in your training periods, and throw your whole heart, soul, strength and brain into continually beating your own records and measurements. You will find that method quite fascinating and you will also



A physique that, if developed correctly, will be very easy to make perfect.

certain strength tests or lifts and who write to ask the record in particular feats they thought they were good at. After telling them what the records are I personally know that most of them quit cold and others quit after a few more trials at their pet feats. Why is this? It is simply because they had not learned to get satisfaction from beating their own records or increasing their own measurements from time to time. The only time you should try to beat some well known strongman at his own game or lifts is after you have advanced to within shooting distance, so to speak, of his achievements. In



Showing fine muscular separation of the abdominal region, but lack of chest depth and breadth, and arm development.

find later on that it will carry you up to a close comparison with the physical proportions and strength of your ideal.

I have had many letters from young fellows who thought they were "great" at

the meantime be content with beating yourself.

It has often been written in this magazine by various authorities, that while the measurements of the parts of the body have some bearing on shapeliness, they do not by any means tell the whole story.

The shape of each group, if not each muscle, is not controlled entirely by size. This is proven by the fact that every sixteen inch calf, except on a six footer, is a large looking calf because it is large, but every sixteen inch calf is not a shapely calf. Furthermore, there are hundreds of fifteen inch calves, which for pure shapeliness would have some of the sixteen inch ones beaten.

Shapeliness of individual muscles is more difficult to produce than mere muscular size—there is nothing to be gained by denying that fact. On the other hand, controlling the proportions of the entire muscular system is no harder than increasing the muscular size.

The reason for the above is that by giving the inferior parts of one's muscular system more exercise intelligently these parts can be developed to compare favorably in size with the better parts, and, if a certain muscle or group is unshapely in itself mere quantity of exercise will not, as a rule, make it shapely. It takes specially worked out types of exercise to bring that transformation about and it is often slow work. However, I do

believe that as size is added to the inferior parts the unshapeliness is shoved into the background, as far as the unpractised eye is concerned.

I know that I could take any young man who needs physical improving and in a reasonable length of time make a very fine specimen of him. Of course I have reference to the average young man. I also mean that I could do that with any of them if I could have them directly under my eye. In this way I could pick out their defects and find out what exercises had the greatest effect on them. But it could not be done with more than one or two men at a time and be done right. That last fact makes it impractical and expensive for the pupil. The point is that you can learn to do the same in your own home if you will study your own physical requirements and use judgment in your training.

You surely must have an A-1 course of instructions until you do learn to train yourself. All the celebrities of the strongman field have first trained by such a course, but all of them are self-trained now because they learned what exercises and method of doing them suited them best.

So look yourself over carefully and measure yourself with extra great care. If you take your measurements differently or at varied points on each muscle or group you will get untrue measurements. If you measure cor-

rectly the first time and incorrectly the second it is as bad as measuring incorrectly both times. The best guide for getting correct measurements is to be sure that the tape is around the largest part of the muscle or group being measured and at right angles with the bone beneath the muscles. In the case of the chest the tape should be at right angles with the back bone and, of course, not the ribs.

Supposing, in your self-examination, you notice that your Adam's Apple protrudes overly far beyond the front line of your neck, consequently spoiling an otherwise finely shaped neck or making a poorly shaped one appear worse, whichever the case may be. Now there is nothing you can do that will cause the Adam's Apple to go back into your neck a respectable distance, but you can develop the front neck muscles so that



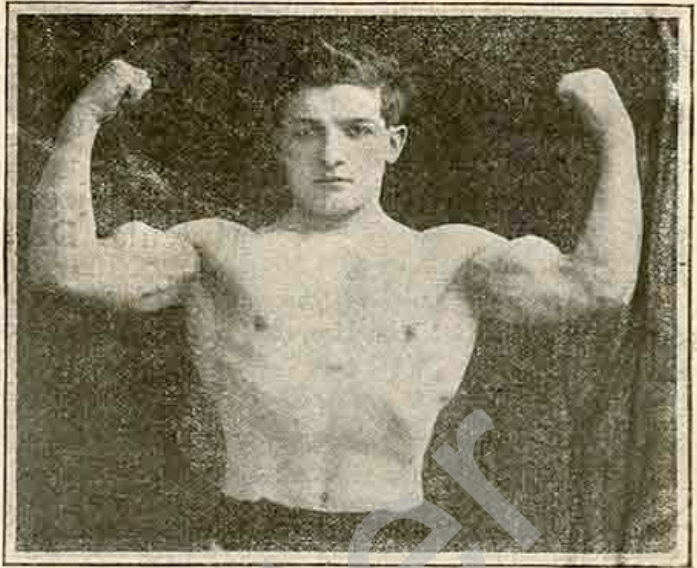
Back muscles that are so thick they stand out an inch or more from the spine certainly help to increase the chest girth.

gradually they will be on a plane with the point of the apple, hiding it from view or making it less conspicuous.

Now any neck exercise will not do. If you want to develop the frontal muscles of your neck where is the sense of exercising the back of it. Exercises for the sides of the neck are a little more to the point because the main muscles of the front of the neck begin at the middle of the upper chest and run up and around to the back of the ears. So twisting and side bending exercises help to develop the front of the neck but do not affect it as directly as when you lie on your back and raise the head up forward.

On the other hand, if your neck is merely small, and scrawny, exercises for all-round development should be followed.

Some men, through improper training, have a large cage or rib-box but no pectoral muscles on the front of their chests to speak of. Others, for the same reason, possess large pectorals and no lung capacity, which is practically the same as a large rib box. The way to get perfection of chest is to develop the pectorals as well as the lung capacity. If your lungs are naturally capacious make pectoral exercises the primary consideration of your chest developing. If you are naturally endowed with large pectoral muscles but a small lung capacity, the primary consideration should be given your lungs and



Showing the latisimus muscles, under the arms, which also add to your chest measurement when fully developed.

secondary consideration to your already well developed pectorals. Most men, giving their physiques the "once over," will find that they lack somewhat both lung capacity and pectoral development in which case equal time and thought should be put on both.

Going back to the matter of measurements, some authorities claim that for perfect proportions the neck, upper arm and calf measurements should be the same. For mine (liking a real he-man physique), I favor a neck noticeably larger than the other two parts. The calf measurement, for mine, should come second for size and the upper arm a very close third. A 17 or 17½ inch neck; a 16 to 16½ inch calf and an upper arm about 16 inches or slightly under would be about what I have in mind. Measurements like those, of course, belong to the big man but the proportion is about for the little man with probably a lesser difference between the measurements of each part according to the height of the man.

Clothes may make a man, as the saying goes, or hips may make a man or woman, as some authorities claim, but it seems to me that the calves a man or woman possess come as near to making or breaking them, as far as physical attractiveness is concerned, as any other one part of the human body.

If a man starts out for fine physical development with a naturally fair shaped pair of calves his hopes will be more easily realized than the man whose calves are unshapely to start with. There are exceptions, of course, but generally speaking I have found the above to be true. There is a saying among muscle culturists to the effect that the upper body of a human being is usually easier to develop into fine proportions than the legs. This saying, which is true, helps to prove that a man with good or fair calves has an advantage when it comes to building a fine body.

Certainly the other fellows have a chance. I have seen many a poor looking lower leg developed magnificently by proper exercise, but it took a little more will power and plugging than if the calves were fine to start with. A person who has ugly shaped calves can transform them into ones of fair (Continued on Page 79)

The Mat

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

The Floor Press—The Shoulder Bridge—Are Prominent Veins Dangerous?—The Correct Amount of Time to Spend at Exercise, and Several Other Points Discussed.

Conducted by Mark H. Berry

As a special means of acquiring development and strength the group of lifts and exercises known as floor lifts are very valuable. As a means of testing and exhibiting the strength an athlete possesses, they are particularly fascinating; especially is this true of the pressing movements performed with a bar bell while lying on the back. These two lifts are most generally referred to as, the Floor Press, and the Shoulder Bridge, although technically the former is known as the Pull Over and Press on Back without Bridge; the other being styled the Pull Over and Press (or push) on Back, with Bridge.

The Floor Press, or Two Arm Press on Back will be described first. The lifter lies prone and must keep his shoulders, hips and feet on the floor and the heels must also be kept together throughout the entire lift. You start by lying on the back with the head near the handle of the bar bell; as it is permissible to use fifteen inch discs, you can roll the bell over your face and save the necessity of lifting it over to the chest. From a position as shown in Figure No. 1, you must slowly press the bell to arms' length over the chest; Figure No. 2 shows the bell midway up, and is printed

for the main reason of illustrating the correct position with all points in contact with the floor.

A certain amount of method, science, or "knack" can be employed to assist in pressing a really heavy bell.

By spreading the latisimus muscles to form supports for the upper arms; then to swell the chest by inhaling deeply, meanwhile causing the latisimus muscles to press against the triceps, you will be able to greatly assist the pressing action of the arms. You must try out various hand spacings until you determine the width between



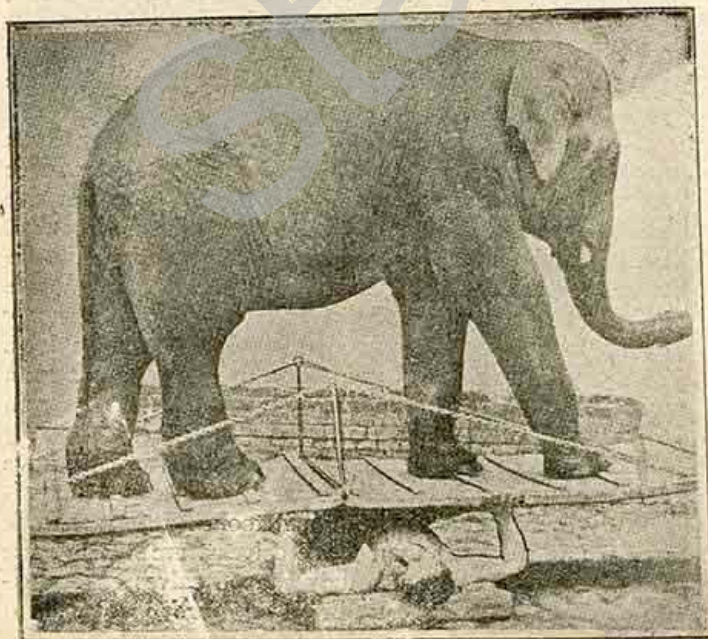
Looking for a better neck exercise? Try this one—it's effective in more ways than one. Photo shows Giovanni Racevitch, famous Italian wrestler, in a favorite training stunt. He is noted for his neck development and ability in the wrestler's bridge lift.

your hands, as at a certain width you will have the maximum use of your pressing power.

The Shoulder Bridge offers a great opportunity for the accomplished lifting athlete to make use of his all around bodily strength. The chap with plenty of perseverance and grit in his make-up should be able to raise very good poundages in this lift; and for such a fellow, double bodyweight can be surpassed with relative ease.

The bar bell should be brought across the face in the same way; then you draw the heels up towards the hips, bridge the body, keeping the shoulders in contact with the floor; bring the bell over farther so that it rests on the abdomen; now the important work begins; sag the abdomen slightly, then make a combined effort with

You can believe this or not—as you wish. This was copied from an old German magazine. This stunt is recommended as a try-out for strong men who think they are good.



the legs, body and arms, tossing the bell upward and forward; without allowing the bell to lose any of the impetus given it by the "body toss" continue to push vigorously with the arms, assisting the movement as much as possible by bridging to the limit.

When you reach a fair poundage, you will know why I mentioned "grit" in connection with this particular lift. The weight will cause the bar to cut into the abdomen in a manner which sometimes becomes rather painful, and may bring you to the momentary decision that the feat isn't worth the effort.

Some small athletes find the floor lifts to their natural advantage, due to the shortness of their arms when using fifteen inch plates, as compared to the great length of arms of larger men. Some of these diminutive strong men have such short arms that their arms are nearly straight when lying on the back under the bar bell, and some of them have been capable of lifting something around double bodyweight in the press on back without bridging.

On the other hand many first class lifters, who possess rather long arms, are incapable of making even respectable poundages, as they must start the press from a position with arms almost doubled up. Some of my readers may immediately think that these long arm athletes are simply poor at all lifts requiring great pressing power; while in fact, this is far from being true, as many great military press athletes have unusually long arms.

Of course, this length of arms should not keep them from mastering the Shoulder Bridge if they would persist in practising it. However, you generally find that the man who is relatively poor at the Floor Press will not bother with the Shoulder Bridge.

The Shoulder Bridge must always be finished by bringing the legs down with the heels together for the count of two, as in all other lifts performed while lying on the back.

Some wonderful poundages have been raised by the heavyweights in both of the foregoing lifts; however, eighteen inch discs were used in each instance, we mention, whereas fifteen inch discs must now be used.

George Lurich is credited with 443 pounds in the Shoulder Bridge. In some lifting circles, a differentiation in the method of performing this lift was recognized; instead of tossing the bell off the abdomen, the lifter bridged with his body but did not rest the bell thereon, but merely pressed it while in such a bridge position.

Besides giving splendid opportunity for the demonstration of manly strength the two lifts just described are also first class exercise movements, and should be practiced by all physical culturists who are ambitious to develop a superbly muscled physique and the great strength which accompanies a perfect build.



Arthur Saxon performing one of his show feats, holding a plank and nine men on his feet, a bar bell and his two brothers on his hands. This photo was taken nearly twenty years ago.

QUESTION: Among the fellows at our club, I have noticed some with prominent veins on their arms and legs; some even have small knotty spots appearing here and there in the veins of their arms, during and immediately after exercise. I have wondered whether or not this is a bad condition. Having also noticed a few enlarged veins at different spots on my own limbs, the question has come to my mind whether these are the beginning of varicose veins? In case this is an unhealthy condition, what must I do to correct it?
K. W., Ill.

ANSWER: There is positively no reason for alarm, simply due to the presence of prominent veins, regardless of where they may be present on the body or limbs.



A famous Swiss-French athlete. Last month we showed you Emile Deriaz, the oldest and largest of five great brothers. Here we have Maurice, who eclipsed some of Emile's world records.

Those who are accustomed to strenuous or continued exertion, usually have rather noticeable veins on the limbs which are used most. A man who works hard with his hands generally has quite prominent veins on his forearms and the backs of his hands; bike riders, skaters and distance runners will



The Floor Press almost completed, showing the shoulders, buttocks and heels in contact with the floor.

be likely to show large veins on their legs, especially on the lower legs. The gymnast, hand balancer and acrobat may likewise have them prominent on the biceps, shoulder and chest muscles.

The truth is, this condition is natural to one who has grown accustomed to any great degree of exertion; if the muscles are to function properly under the stress of extraordinary contractions, whether these be continued as endurance feats, or of a vigorous nature as in the performance of strength feats, then it is essential that they should be constantly supplied with a plentiful supply of blood.

As we explained to you last month, the process of respiration really takes place in the tissues throughout the body.

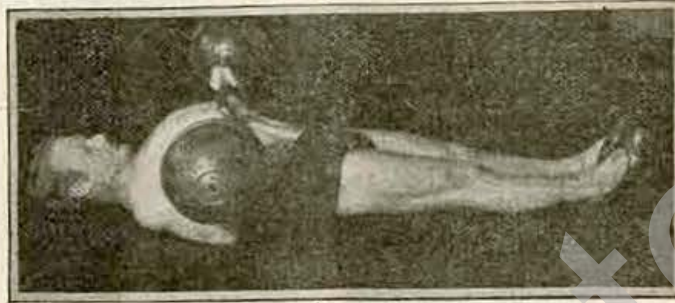
The veins relieve the tissues of carbonic acid gas and carry it to the lungs, where the venous blood is changed to arterial blood, charged with oxygen, which is carried to the tissues.

The contraction of a muscle serves to squeeze some of the blood out of the veins running through the muscle, but at the same time the contraction of adjoining muscles may tend to hinder the passage of blood through the veins, situated in these muscles, and as the walls of the veins are very elastic, they expand to accommodate the increased amount of blood in them.

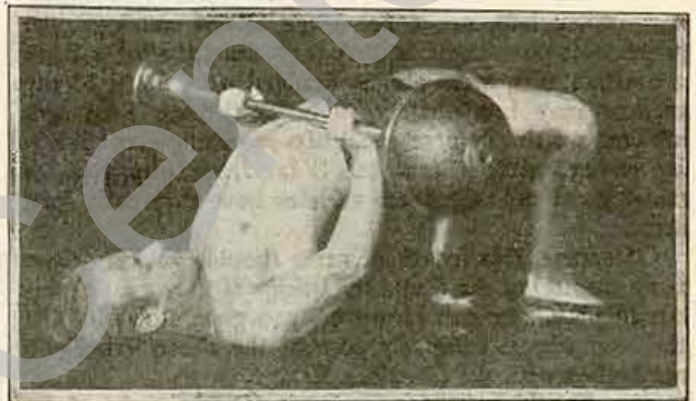
Situated at certain distances in the veins are small valves, for the purpose of preventing the blood from flowing backwards. The knotty looking places in the swollen veins show the presence of the valves, which bunch up due to the force of the blood trying to back up. You may determine the location of these valves by rubbing your finger along over a prominent vein; if you rub in the direction of the blood flow, the amount of blood in that part of the vein will be temporarily decreased; but if you rub the finger in the direction opposite to the natural flow, you will cause a little knotted place to appear, where the valve is preventing the blood from flowing backwards.

This may be a rather long explanation of this condition of prominent veins, but it is my endeavor to properly inform my readers, and as it is quite impossible to give any sort of thorough explanation with the use of fewer words, we must deal with a few relative facts.

I trust you now see the reason for, and seeming importance of, a certain degree of enlargement in the veins in some parts of the anatomy. These have no exact



The starting position for the Floor Press, or Pull Over and Press on Back.



The Shoulder Bridge, or Pull Over and Push on Back with Bridge. Showing the method of assisting by bridging with the body.

relation to what is known as varicose veins.

Varicose veins of any serious import are almost always present in the legs and lower part of the body, usually in the lower limbs, and are caused by a weakening of the walls of the veins; generally brought about by prolonged standing, the wearing of tight garters and other unnatural conditions. Although such a condition may somewhere exist, we have yet to hear of a case of what could be called serious varicose veins of the arms; it would probably be necessary for

one to stand continuously on the hands to bring about such a condition.

The enlarging of veins in the legs, due to athletics or physical exercise, is not very likely to advance to an unnatural state, as long as

the person is active and follows the period of exertion with sufficient periods of rest and relaxation.

It must be admitted that many athletes have a decidedly gnarled condition of enlarged veins, especially in the lower legs, but this does not necessarily mean that they are in danger of suffering with varicose veins. The veins of the athlete are strong like his muscles, and correspondingly larger to accommodate the amount of blood required to properly nourish the muscles.

It is a known fact that one of the laws of development of the tissues is that such development will generally be in proportion to the vascularity, or presence of blood vessels in the tissues.

You may notice that although a certain number of veins of the well conditioned athlete may swell considerably for a time, due to strenuous exertion, they shrink back to normal during periods of rest.

In some persons the veins are more noticeable than among the average, due to the nature of their skin, complexion, etc.

Persons in ill health and those who are physically very weak, are much more likely to be afflicted with varicose veins, than the man who is active and in first class physical condition.

QUESTION: Kindly permit me to trouble you with a question concerning my exercise program. I practice all of the standard bar bell exercises three times a week, (he lists the exercises and poundages; to save space we are not giving them); on the other four days I practice one repetition of the Two Arm Press exercise, using (Continued on Page 69)

Health—Strength—Beauty

(Our Girls' Circle)

Conducted by Marjorie Heathcote

DEAR MISS HEATHCOTE:

As a reader I would appreciate your advice. I am 16 years old, weigh 126 pounds, and am 5 feet 6 inches in height.

I am very bow-legged. Would you advise me to use a brace or something to help overcome this condition, because I am simply disgusted with my appearance.

I am willing to do anything to have normal legs, so please help me out. What should my correct weight and measurements be.

Thanking you very kindly, I remain

M. E. B., Chicago, Ill.

ANSWER:—The "Trility" Braces, advertised in the columns of this magazine, are supposed to be very effective in straightening bow-legs.

However, if you will try exercising your calves, you might improve your condition a great deal. Raising on toes and one leg squatting are very good exercises for this purpose.

The correct measurements and weight for 5 feet 6 inches are: Weight, 141 pounds, neck 13 inches, chest 31½ inches, bust 35¼ inches, waist 26¾ inches, biceps 11½ inches, forearms 9¼ inches, wrist 6½ inches, hips 38 inches, thigh 24 inches, calf 14½ inches.

DEAR MISS HEATHCOTE:—Am very much interested in your Health-Strength-Beauty Department conducted in the STRENGTH MAGAZINE. I would like to know if there is much faith to be put in the saying "that massaging the legs with olive oil or cocoa butter will help to fatten them"? If so, which is best to use, the oil or butter?

Can you also tell me what I can do to bring out the inside part of the calf of my legs? I have a slight slump in each and also on the inside of lower part of thighs.

I am very anxious to hear from you. Thanking you in advance, I remain

(Mrs) M. L. D., San Diego, Cal.

ANSWER:—To my knowledge results in development have been obtained from massaging muscles, using olive oil as a base. I think olive oil is better than cocoa butter. However, I would suggest that you practice the exercises mentioned in my answer to M. E. B. above, together

with the following:

Alternate leg raising; raising legs straight out in front of you and then straight out to the sides; also hopping around your room on your toes. If you practice these exercises faithfully you are bound to get results.

DEAR MISS

HEATHCOTE:—

I am very

much inter-

ested in your

columns. I am

19 years 6

months old, 5

feet 2½ inch

tall, and weigh

125½ pounds.

My measure-

ments are:

Neck 12¾,

chest 31, bust

32, waist 26,

hips 34, thighs

20, knees 14,

calf 12¾,

ankle 8¾,

wrist 6¼, forearm

9½, upper arm 11.

Are these what they

should be?

I have lost over

forty pounds, and

my upper arms are

soft and flabby. Can

you give me an exer-

cise or exercises that

will make them hard

and firm? Can I

reduce my ankles and

thighs? If so, how?

I am sending you

my picture to give

you an idea of how I

look. Am I too fat?

How much should I

weigh? If you don't

want my picture,

please send it back.

H. L. F., Mass.

ANSWER:—You

are slightly over-

weight, although

your measurements

are not greatly out

of proportion. This

may be due to the

fact that you are

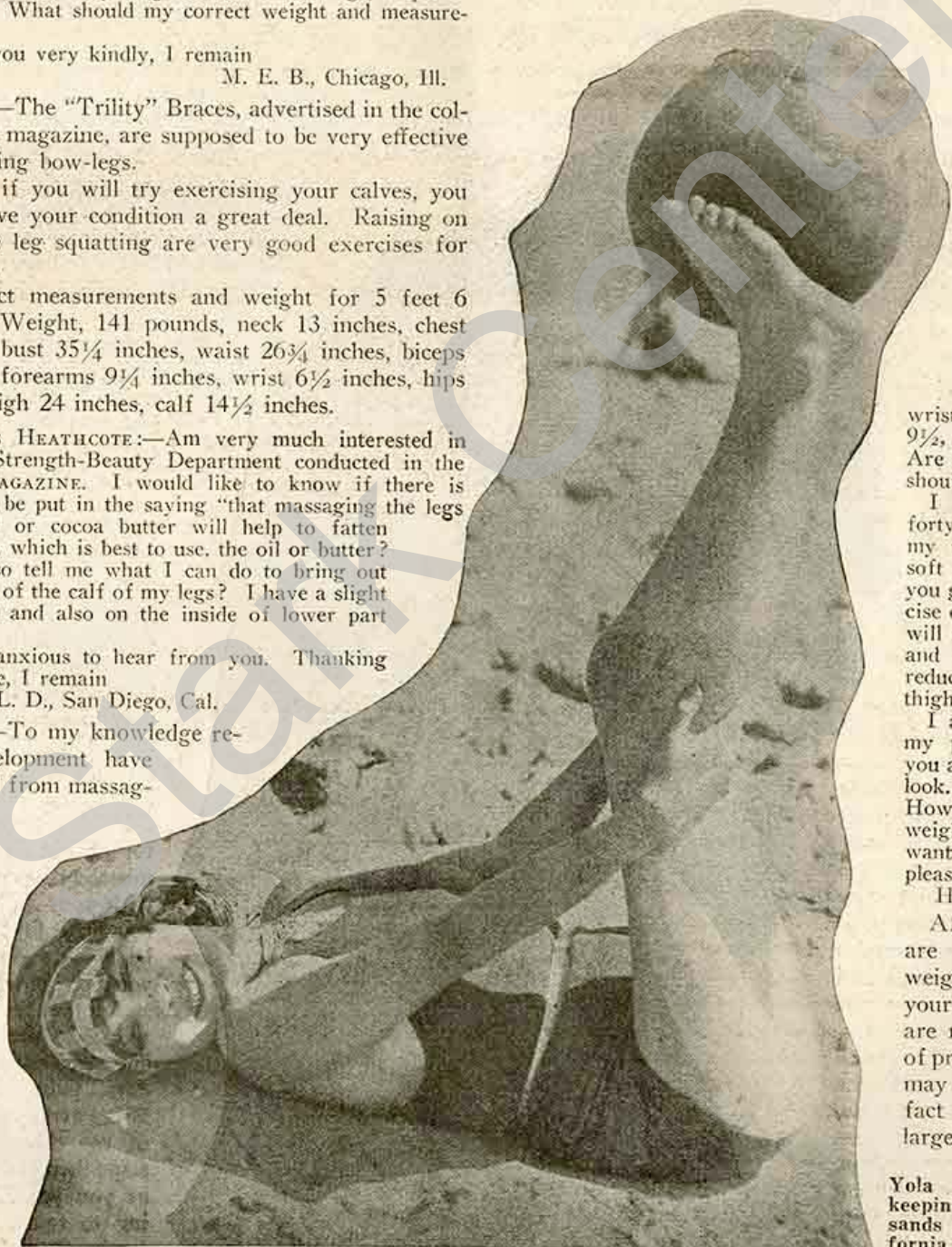
large boned, and if

Yola D'Avril

keeping fit on the

sands of a Cali-

ifornia beach.



this is the case you have nothing to worry about.

The correct weight and measurements for 5 feet $2\frac{1}{2}$ inches are:

Weight 115 pounds, neck 12 inches, chest $28\frac{1}{2}$ inches, bust $32\frac{1}{4}$ inches, hips $34\frac{1}{2}$ inches, thighs 21 inches, calf $13\frac{1}{4}$ inches, wrist 6 inches, forearms $8\frac{1}{4}$ inches, upper arm $10\frac{1}{4}$ inches.

To harden the upper arms, practice floor dipping and chinning the bar.

To reduce the ankles do rope skipping. You do not have to reduce your thighs, but you should develop the calves. Rope skipping will help develop the calves as well as the other exercises I have mentioned in previous answers.

DEAR MISS HEATHCOTE:—Some time ago Dr. Middleman referred me to you for some exercises. I have been suffering from a weak bladder, which seems only so at night. During the day, I have no trouble at all.

Also I am somewhat nervous, always seem to want to cry. If I can be helped by exercises, I'll follow them faithfully.

I am 30 years of age, 5 feet $3\frac{1}{2}$ inches tall and weigh 115

pounds. Am rather small boned, and rather big around the hips. Some people say it is from sitting, but that I can't believe, for I've always been so and I sit very little. Also am bony around the neck. Am following some of the exercises which I found in **STRENGTH**.

Thanking you in advance, I am
(Mrs.) H. N.

ANSWER:—I am in receipt of your letter forwarded to me by Dr. Middleman.

In your case I would advise that you practice the following exercises:

Lie flat on back, placing the feet under some object for support. Clasp arms on chest and raise the body to a sitting position, using the muscles around the stomach and hips. Now lower the body to position again.

Another is: Lie flat on back. Now raise the legs, knees stiff, in a circular motion toward the head. Lower the legs, but instead of resting them on the floor again.

Alice Adair, beautiful stage star, who takes the part of Aphrodite. Her beautiful form does ample justice to her part.

let them come to within an inch or two of the floor and repeat the movement. At first this exercise will be difficult to repeat more than three times, but after you begin to see the results it brings, you will increase the repetitions to about ten.

Also practice all bending exercises from the waist, back bending, side bending, and front bending.

I am very sure that these exercises will relieve you of your weak condition. To develop the neck and shoulders, I would suggest that you practice breathing exercises.

DEAR MISS HEATHCOTE:

I am sending you measurements of my sister. I have tried for some time to get her to try physical culture and have succeeded. Would you please send me her correct measurements and weight?

I have been a subscriber to *Strength* for a number of years and think it is great.

Age 18, weight 118 pounds, height 5 feet $3\frac{1}{2}$ inches, hips 33, bust 32, chest 31, waist $26\frac{1}{4}$, neck $13\frac{1}{2}$, biceps $9\frac{3}{4}$, forearm $9\frac{1}{4}$, thigh $22\frac{1}{4}$, calf $13\frac{1}{4}$, ankle 9, wrist $6\frac{1}{2}$. I hope this does not inconvenience you any. Hoping to hear from you, I remain,

B. McL., Wash.

ANSWER: I am in receipt of your letter and am glad that you are taking an interest in your sister's case. Her measurements should be as follows:

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

For her arms and chest, I would advise the floor dip. Lie down upon the floor with feet against something for support. Place the palms of the hands upon the floor about 18 inches apart. Then slowly raise the body, allowing the hands and toes only to touch the floor, trying to keep the body in a straight line. Then slowly lower the body until the chin touches the floor. Then repeat, but do not make the mistake of "flopping" down with your full weight. Of course, at first you will only be able to do it once, but you may as well start right.

Another is: stand with the body perfectly straight and arms extended at shoulders, palms facing front. Bring arms to meet in front of the chest with a quick slap; then swing back as far as you possibly can, striving to touch the backs of the hands and holding arms as high as possible. The
(Continued on Page 79)



Nature's Method

Consult the Osteopathic Physician
Health Queries Answered

By Dr. D. E. Stombaugh

QUESTION: For six years I have been troubled with a double leakage of the heart, and lately it has become much worse. I experience two pains per night, each about ten minutes in duration.

My bowel movements are not very loose and occur once daily. Some doctors tell me I have gas around the heart. I avoid all foods that form gases and eat only two meals per day, breakfast and dinner.

Mrs. K. S. B., Ind.

ANSWER: Your trouble appears to be mainly due to your inadequate bowel action. It is entirely possible to have a movement every day and yet suffer greatly from constipation and intestinal absorption, this in turn causing gas and pressure and pain about the heart. You should get at least two bowel actions daily, but do not use powerful purgatives in an effort to bring this about. Instead, try oil retaining enemas, etc., but depend principally upon correction of diet. Change your diet to include plenty of fruit both fresh and stewed; plenty of vegetables, greens, etc., and drink plenty of water. Eat sparingly of meat, and cut down on the amount of tea, coffee, etc., you use.

You might also find the use of Pysola effective, and you should follow regular daily habits and include therein some exercise, particularly those exercises that involve bending, twisting and stretching the waist, sides, and abdomen.

QUESTION: My wife has lumps or growths like a goiter on the right angle of her jaw. What could have caused that condition and what would you suggest as a remedy?

K. C., Ohio.

ANSWER: It would be impossible to advise you as to the condition of your wife without a personal examination of the patient. There are a great many things to be considered in an enlargement at this point—it may be the lymphatic glands of the neck, or perhaps one of the various types of tumors which are found on that site.

My advice is to have a careful examination made at once by a competent physician, for it is most important to begin treatment for some of these conditions as early as possible.

QUESTION: I am 21 years old and have been troubled with backache for more than a year, and osteopathic treatments have failed to produce favorable results. A urinalysis showed slight bile, everything else O. K. Now,

is urinalysis a positive proof?

About two months ago I took up exercise, but had to give it up on account of my back, and I would greatly appreciate your advice toward ridding myself of this trouble.

M. E., Penna.

ANSWER: A series of analysis of the urine would be almost positive evidence that no kidney pathology exists if each test were negative.

You evidently have some pathology present which your doctor has not located, and I would suggest an X-ray of the area of the back which troubles you. Also have your prostate examined—if found unduly large it might easily be the cause of your trouble.

QUESTION: I am 27 years old, and have had arthritis for the past two years. It is between the 11th and 12th dorsal vertebra. The left longissimus dorsi muscle is swollen, hard and sore, and there is a ridge of scar tissue on the left side of the spine. Now, I have done considerable exercising with weights, and want your opinion as to the advisability of continuing.

J. C., Ill.

ANSWER: I take it that you cannot move your spine very freely in any direction, forward or laterally. Now, was your arthritis due to trauma or gunshot wound or injury, and if not, have you had all foci of infection removed, such as diseased tonsils, abscessed teeth, prostatitis, etc?

I would not advise you to use much weight in your exercises until you first determine by thorough examination by X-ray, etc., the exact nature and extent of your trouble.

QUESTION: I am showing signs of baldness, and fear I may become bald. Will you please direct me as to the best way of curing, or at least postponing this condition and oblige?

M. P., Penna.

ANSWER: In male patients the scalp should be washed daily. It should first be wet with lukewarm

water, then rubbed with a handful of soap spirit, made with equal parts of soap and alcohol. Then it should be washed in several changes of water and thoroughly dried. In case the hair becomes too dry add the yolk of an egg beaten up in a glassful of water. In severe cases try the following pomade:

Sulphur precipitate	½ dr.
Olei theobromatis	1 dr.
Olei ricini	5 dr.
Tinc. benzoin compositae	5 min.

QUESTION: Kindly advise me as to cause and treatment of (Continued on Page 62)

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

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

Spirit of the Dance

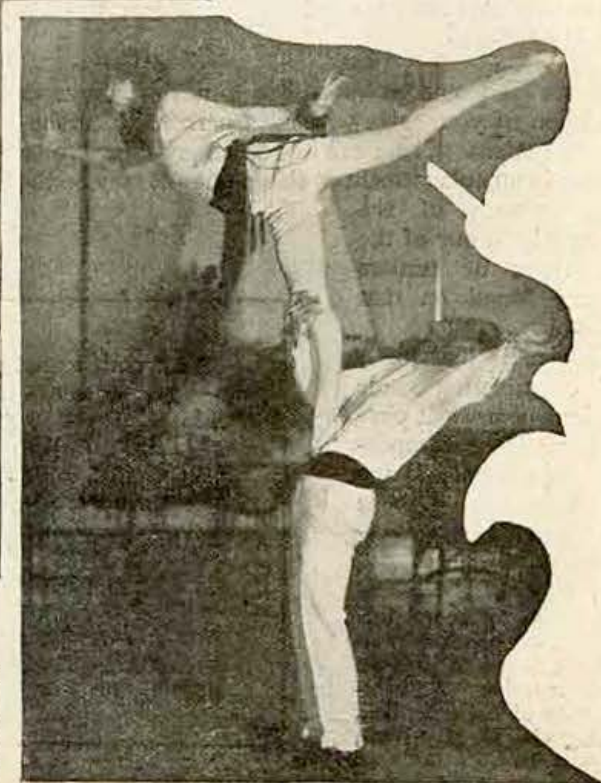
The Man Size Task of the Adagio Dancer

By *Ivan Vosiloff*

and this was the dawning of art, for art is only another word to express arrangement.

Today dancing is almost entirely a divertimento or splendid spectacle which makes hard to understand why it has one time been a religious rite. But this was its early impression and purpose; at least forty-five hundred years ago the Jews held in high honor sacred dances learned from the priests of ancient Egypt. The early Christians danced as part of worship, and even certain ceremonial portions of the Roman Catholic mass are sometimes spoken of as a traditional form of the sacred dance.

Dancing to the ancient Greeks meant every form of expressive gesture from the way one stood and moved about to the frenzied routs of the bacchanals. Dancing was part of the sacred mysteries of the Greeks, but pantomime and theatrical dancing was developed by the Romans. After the fall of Rome all these achievements toward an art were swept away, not to be revived until the Renaissance in Italy and France. In the interval there is little to show, but one may assume that the knights and their ladies trod the light fantastic in their gaudy costumes, and that the peasant people had their simple folk dances.



DANCING is sheerly a spontaneous release of energy denoting physical well-being and spiritual happiness. Dancing is, according to the bards, older than poetry, and man is incapable of a feeling that cannot be conveyed by bodily movement.

Man no sooner started dancing than he became consciously aware of the chance for display. This self-consciousness, peculiar to man, marked a new era;

Adagio requires strength and equilibrium—two much favored poses, and a third not so often seen.

Dancing has been revolutionized times without number until today, the fullest possible expression of it is rendered. Names like Anna Pavlowa, Fokine, Mordkin, Oukrainsky and Pavely, have been responsible for the origination of an exquisite art that will keep their names in the hall of the immortals of the dance for all time. And this type of dancing that I have reference to is known abroad as "Adagio Dancing."

The Adagio is practically the most difficult of all the modern interpretive forms of the art of dancing. As in the other types of dancing each partner must have the technique of his or her positions to a nicety, each position must be correct in all details all the time. Also, not only must each partner's position be correct, but these positions must be correct with reference to each other so that the entire pose may present a graceful and harmonious picture to the eye. Now, when we take into consideration the fact that the dancers are not all the time supporting themselves individually but that much of the girl's time is spent either overhead or in other positions in which her weight is supported entirely by her partner we can realize how much more difficult this task becomes, and just how so much of the responsibility of making the dance a success literally rests upon the shoulders of the male partner. This, of course, has its deplorable feature in that the male dancer, who works hardest, is rarely given the flattering encomiums which are heaped upon his partner. Only to those who understand is there an aura of romance surrounding him because of his self-sacrifice for the glorification of his partner, as the general public knows very little about him.

It is therefore my pleasure to extol the never ceasing labors of the "gentleman in the case" who has contributed so much toward placing dancing on the plane it occupies today. And when we understand that in adagio dancing he not only has the responsibility of handling his own body, but must also support his partner in precarious positions overhead throughout practically the entire performance we come to realize how severe is his task in proportion to the glory that

may come his way. Certainly this conviction is irresistible when one really comprehends how important a unit he is in the team's attaining a machine-like smoothness and precision in the performance.

While the woman gets most of the credit I shall endeavor to show you why the male really deserves it. This is proven by the fact that a good male dancer can do a number of plastiques with a female partner who never attempted this kind of work and who never rehearsed with him. All that is mainly required of the girl is a complete confidence in her partner's strength and ability to handle her weight, although of course, she must have sufficient strength herself to assume and hold the various positions desired; but when we come to the realization that the man must have the utmost control and care regarding the technical correctness of each position and that he must meanwhile support and lift his partner, we get an idea of his great importance to the dance. And another feature—in lifting a dumb-bell it is perfectly proper for one to show considerable effort by jerky and spasmodic movements and by signs of strain in the face, but the adagio dancer must handle his partner just as if she weighs absolutely nothing at all, lifting her easily and gracefully and during the movement betraying no effort and showing no sign of strain in the face.

It may seem ridiculously easy to handle a woman, especially if she appears light and her scant costume adds to the illusion; but you cannot make a

*(Continued on
Page 71)*



Grace and poise also are prime requisites of this type of dancing.

Ignorance and Indigestion

A Little Knowledge is a Dangerous Thing, *but*—
“I Never Knew” is Much Worse.

By Dr. B. M. Middleman

THE great bard, Shakespeare, once remarked through one of his famous characters that all the world is a stage, and that the individuals are players on it. How wise a man was Shakespeare! And how, oh, how, is the wisdom of this particular statement of his brought home time after time to uncounted hosts of the army of mankind; and to none is it revealed more clearly and forcibly than to those of us who follow the profession of the man of medicine, for before us comes day by day a never ending procession of these players, each desiring his tragic part converted into one more pleasant. The happy things of life are often soon forgotten, but the sorrows—the tragedies—remain poignantly fresh within our memories throughout most of the allotted three-score-ten years that are ours. The reason—the happy things are taken for granted, they are enjoyed and passed into the discard with only a memory left behind, but the things that are sad and tragical almost without exception burn deep as they pass, and even after they disappear a deep seared scar is left in the heart—or *body*—of the afflicted one—a mark that is always a dreadful and not-to-be-ignored reminder of the dead past that still persists in living. And it is with this scar in the body, the physical trace that the *thing* has left, that I shall deal.

We who are physicians have each voluntarily assumed the task

of ministering to the physical needs of our neighbors, but in addition there is placed upon us the obligation of caring for a considerable portion of their mental pains as well—a man's physician is both his confessor and his counsellor; he is his hope, and, alas, oftentimes his despair. And all the while the man of medicine must act the friend, the big brother; he must share with his patient the burden, the anguish, of carrying the scar the *thing* has left.

I am sorry to say that, speaking for the profession, our duty still remains first and foremost that of caring for the ills of the world—how much better off the world would be, and how much more satisfactory our calling, if instead our duty were that of preventing the ills of the world. How much less sickness there would be, how much happier everyone would find himself, and how much more mis-used and arrested energy would be released to the upbuilding things of the world! What a place this world would be in which to live! Just think—suppose we could live each one his full three-score-ten years, each and everyone of them filled with healthy, happy days of work and play devoted to enriching a land in which no one would know the meaning of stomach troubles, heart trouble, rheumatism, obesity, skin diseases, and their allies. “Utopia?” you ask. Absolutely nothing of the sort. It is just as logical to believe that the aver-

(Continued on Page 72)



These three Graces might well be called Fresh Air, Proper Food and Exercise, the three Guides to the Road to Health.



Association Notes

Shows in Philadelphia and Other Cities—Several World Records Broken—National Champions: R. Knoale, A. Levan, A. Sundberg, C. Phelan, F. Dennis, F. Olender, R. Hoffman.

By Mike Drummond

THE STRENGTH show, held in the Grand Fraternity Building, Philadelphia, on Saturday, November 5th, was very well attended; at least, so far as lifting shows in Philadelphia are concerned it was well attended. This particular show was part of the National Championships, which were being conducted in several different sections of the country on that date. In some few localities, the ambitious athletes lifted for totals earlier in the week, while in Baltimore some of the boys contested a few weeks previously, keeping the totals a secret till the closing date.

The Philadelphia show opened with a posing act by Anthony Pellicciotti. Then the officials for the evening were introduced: Referee Charles Durner, of Allentown. Judges, John J. Ayars and George W. Ayars, twin brothers, of Wilmington, Delaware; Inspector of Scales, Mark Berry.

The first class on the platform was the middle-weight, with Pellicciotti and Robert Schroeder, of Allentown, contesting; the former weighed in at 154 pounds, the latter at 144 pounds. Both tried hard and went through the program with plenty of style, Pellicciotti winning with a total of 709 pounds, against 574 pounds

for Schroeder, who was disqualified on the One Hand Clean and Jerk.

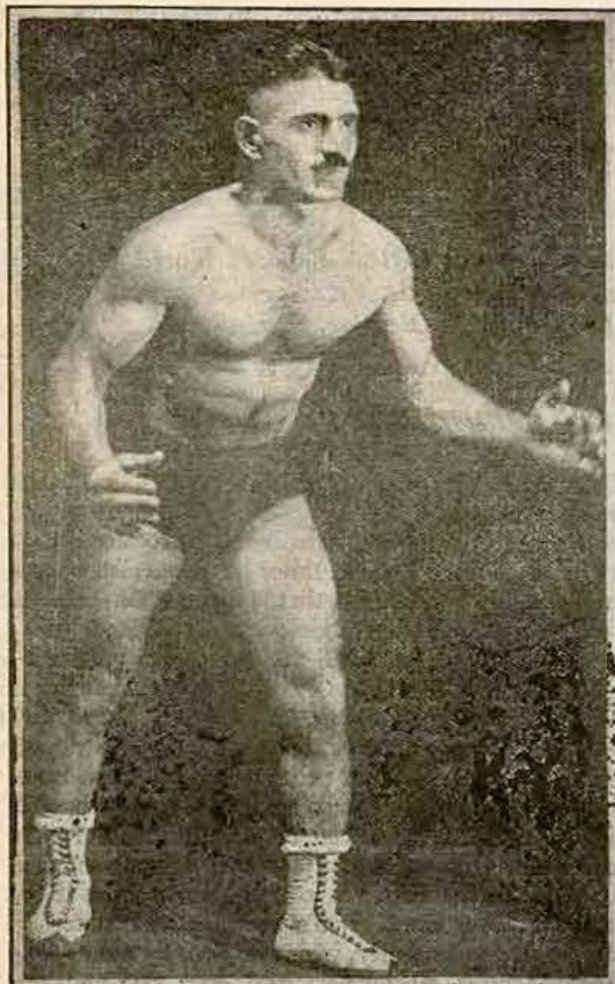
Prof. P. H. Paulinetti was next introduced amid plenty of applause. The old timer has a specialty act of balancing on head and hands that is unbeatable. He was also obliging enough to explain some of the finer points of balance to the audience, all of whom were willing listeners. The Professor was given a great hand as he walked to the dressing rooms.

Robert Hoffman, of York, Pa., weighing 205 pounds in a light costume, came out next for a trial in the heavy class. The big boy was not so successful as he hoped to be, and he certainly deserved better poundages for his gameness in appearing on the platform without sufficient time to practice the lifts, having been away from lifting practice for a long time. Bob's work makes it necessary that he travel continuously, which he does by automobile. He manufactures oil burners and goes out and sells them himself.

Due to his travels he finds it possible only to practice enough exercises to keep healthy and active, but was game enough to get up on the platform and try his luck. The total he succeeded in making was 843 pounds. The



A bar bell class in the Y. M. C. A. gymnasium at Pine Bluff, Arkansas, of which Robert L. Jones, who is in the front center, was an instigator.



Donald Constantine, a sterling example of muscular manhood; he believes in and follows strenuous exercises.

spectators warmly applauded him after he finished.

Frank Dennis was giving his fourth exhibition this week, as you will note later on in these notes, and having lifted for a total on both sets earlier in the week, he was not in any condition to make another attempt in the championships but he was on hand to do his part.

The first time he stepped out was to show his ability at hand balancing, tiger bends, dancing on his hands, mixing a little comedy in with it.

The featherweights next came out to show their wares. Arthur Levan, of Reading, 126 pounds; Darwin Canova, of Allentown, 122 pounds, assisted in the competition. James Messer, of Bridgeport, Pa., 135 pounds, also tried for a total. The lifts accomplished by these boys are worth mentioning, and will be listed in the following order: One Hand Snatch, One Hand Clean and Jerk, Two Snatch, Two Hands Clean and

Hands Military Press, Two Hands Jerk:

Levan—115, 120, 143, 160, 200. Total—738.

Canova—105, 135, 138, 140, 200. Total—718.

Messer—95, 105, 128, 115, 160. Total—603.

Following this class of lifting, Robert L. Jones, late of Arkansas, and who recently became a member of the STRENGTH staff, gave us a novel and interesting act of hand and finger balancing, such as the hand stand on both thumbs, a one hand balance while lifting fifty pound block weight with the other hand, and several other very good ones. Jones has a good line of talk to mix in with his stunts and amused the crowd with his unique way of demonstrating the suppleness of his fingers and wrists, and the control he has over his fingers.

To wind up the show, Frank Dennis and Anthony Pelliotti had something to show us in the way of a team act of balancing, acrobatics, and comedy. Frank tried rope skipping, and not proving successful in the regular way made it look real easy to skip rope on his back.

We had the same snappy orchestra on hand again to keep the audience in good humor.

The lifting, taken altogether, may not have been of the highest order, though the featherweights did some real classy work. Several fellows whom we expected to be on hand, disappointed us by failing to put in an appearance. Some of them undoubtedly had good excuses, having to work at their calling (for instance, one is a musician). One fellow who had been figuring for quite a long time on lifting, suffered the misfortune of spraining his best shoulder. There were also some good men in the audience who should have lifted, but were too backward. Probably after the final results are announced for the championships, some of the boys may wish they had taken a chance at a title.



J. Evans, of Swinton, England, weighs 134 pounds at a height of five feet.

Two new loaders found out that the job isn't as hard as it looks. Albert Verka, of Philadelphia, and Archie Leigh, of Allentown, are the fellows we want to thank for kindly assisting.

The title winners are announced at the beginning of the Association Notes, and a few of the contests are listed herein, but the final reports will be given in the February issue.

Some very remarkable records were recently set up by members of the A. B. B. M. Frank Olender, of Brooklyn, N. Y., a protege of Warren Lincoln Travis, made a few lifts which should stamp him as a young man worthy of world honors. Frank is only twenty, and at a bodyweight of 162 pounds he made a One Finger Lift of 602 pounds, a Two Finger Lift of 831 pounds, a Hand and Thigh Lift of 1,508 pounds, a Harness Lift (without hand supports) of 2,084 pounds, all of which can certainly be classed as world records. He also made a very nice total on the set of body lifts, for a First Class Diploma, the other lifts being a Back Lift of 2,726 pounds, a Two Hands

Dead Lift of 410 pounds, a Teeth Lift of 400 pounds, for a grand total of 7,959 pounds. Of course the One Finger Lift does not count in the total, but all the other lifts are included in the set, for which the A. B. B. M. awards diplomas.

On the same day, which happened to be September 28, Charles Phelan, of Brooklyn, a lightweight professional, weighing 140 pounds, made two records: a One Finger Lift of 506 pounds, and a Hand and Thigh Lift of 1,125 pounds; both of which should classify as world records. Charlie is also a pupil of W. L. Travis.

On Friday, November 4th, Charles Phelan made a total of 6,275 pounds on the body lifts, with the following performances: Hand and Thigh Lift, 1,125 pounds; Back Lift, 2,500 pounds; Two Finger Lift, 700 pounds; Harness (Hip) Lift, 1,600 pounds; Two Hands Dead Lift, 350 pounds, at a body weight of 140 pounds. You will notice the Teeth Lift is not included, as it was not advisable for Charlie to perform the lift.

All of the weights mentioned above were weighed on U. S. Government scales and we have affidavits covering the entire lot of performances.

Out in Portland, Oregon, on October 15th, two members of the A. B. B. M. got busy and did something that should stir up some little competition among their brother "iron workers."

Arnie E. Sundberg, National Lightweight Champion, weighing 140 pounds, made the following American records: Left Hand Snatch, 147½ pounds; Two Hands Snatch, 178½ pounds; Two Hands Dead Lift, 458½ pounds. And, at the same time, made a Two Hands Clean and Jerk Behind Neck of 204 pounds, which was not a record, as Dick Bachtell had lately set the standard at 212 pounds.

The Snatches and Dead Weight Lift of Sundberg are very wonderful, to say the least; the Two Hands Dead Lift was performed with heels together throughout, and the bell was pulled straight up without "dragging" on the legs. The Snatches compare very favorably with the sensational European performances and we can see that the day is not far off when our native sons will be vying with the Continental boys for premier honors. Sundberg would have a good chance against the boys "across the Pond" on Snatches and Jerks, but his Two Hands Press ability is quite low considering his other lifts. Of course, he would have to make 133 pounds bodyweight, which he might be able to do, as they are allowed to weigh in early in the day at the Olympic Games. Please understand that this is being written ten days before the U. S. National Championships.

Ted McKeon, of Portland, lifting on the same day as Sund-

berg, and also weighing 140 pounds, made an American record in the Right Hand Clean and Side Press of 122 pounds; and also made what he thought was a record in the Two Dumbbells Anyhow of 176½ lbs.; but he did not know that Bachtell had lately set that lift at 195 lbs.

We can look for more and



Antone Matysek, who is now back in first-class condition, with a challenge to all of the heavyweights. This is his most recent photo.



Mr. Gerrit Heytmayer, a professional physical culturist, of Johannesburg, South Africa.

greater things from these two young men of the far Northwest, and as we mentioned a little while ago, their efforts should serve to stir up some real record breaking lifting.

Affidavits accompanied these lifting reports, along with scale test slips from the Bureau of Weights and Measures of Portland, Oregon.

The featherweight record in the Abdominal Raise was raised to 65¼ pounds by Frank Ollendarsky, of Newark, N. J., at a bodyweight of 121 pounds. This was performed at Siegmund Klein's, on October 8th.

It may greatly interest old readers of STRENGTH to see the photo of Antone Matysek, who was such a wonderful example of physical manhood a few years back. It is true that his physique was the inspiration of thousands who (Continued on Page 58)

"We're Here Because We're Here!"

Making the Best of Life. Optimism vs. Pessimism and Cynicism.

By Russell Viohl

"**W**HY are you singing?" I asked tawny-haired Marie McCarthy.

"Oh, I don't know, Pat (she calls me Pat), without it's because me 'cart feels 'appy."

"Happy, are you, Marie McCarthy? Let me see; you don't own your home?"

"Own a home is it?" she cried, with a hearty Irish laugh. "Oh, what a 'and ye be after joking; why, I 'aven't a nickel, let alone a home."

"Your father is dead."

"God bless 'is soul, yes," replied Marie McCarthy, with a touch of genuine pathos; "may the angels make his bed in 'iven."

"Your brother's as bad as ever, I 'spose."

"Ah, you may well say that. There's bad in the best of us."

"You have to board and clothe your little sister, don't you, Marie McCarthy?"

"Sure and I'm proud av it. She's the foineest lil' shaver ever as axes fer jelly and bread."

"You haven't any up-to-date dresses, either."

"Up-to-date dresses is it? Sure, and O'ive sewed me the purtest garments that looks as nice as anybody's. But then ye says true, I hasn't but two dacent dresses to me name, and one pair of worn-out brogan to me feet, and one bonnet to me 'ead, barring the old 'ood ye give me."

"You haven't any beau, Marie McCarthy."

"Oh, be off wid ye—ketch Marie McCarthy gettin' a bloomin' man these days wid the toimes so 'ard. No, no, thank 'iven I 'aven't got that to trouble me yit, nor do Oi want it."

"What on earth, then, have you got to make you so happy? A drunken sot of a brother, a helpless sister, no father or mother, no beau; why, where do you get all your happiness from?"

"The Lord be praised, Pat, it growed up in me. Give me a bit o' sunshine, a clean flure, plenty o' work, and a good sup now and then, and O'ime all right. That makes me laugh and sing, and then if trouble comes, whv, the Lord 'elpin' me, I'll try to keep me

'cart up. Sure, and it would be sad if Mickey Flannigan should take it into 'is 'ead to come and ax me, but, the Lord willin', Oi'd try to bear up under it."

What a fine philosophy Marie McCarthy has. To keep smiling despite everything. I tell you, every day I see her, her bright outlook seems to make each misty morning the beginning of a new and fresh life for me. It is sufficient for her to know that the way she lives here today, determines her happy tomorrow. Marie McCarthy is an optimist, and in these days such a person is verily sent from heaven, because she sprinkles bits of sunshine all over God's place, to cheer people where they are sad and blue.

Now let us review the culprit Henry Ward Beecher writes so intimately about, the Cynic. He wrote, "The Cynic is one who never sees a good quality in a man, and never fails to see a bad one. He is the human owl, sinister to look upon, vigilant in darkness and blind to light, mousing for vermin, and never seeing noble game."

This type of individual not only puts all human actions into two classes—openly bad and secretly bad—but all virtue and generosity are to him just the appearance of good and quite selfish at the bottom. He holds that no man does a good turn, lest there be some strings attached, and he derives a great deal of profit for himself. The effect of his conversation upon your feelings is to chill and sear them; to send you away sour and morose. Through his blatant opinion of his fellow-men, he injures their delicate and tender feelings but does not stop to think that generally he hurts himself most grievously of all.

A man will be what his most cherished feelings are. If he encourages a noble generosity, every feeling will be enriched by it, but if he nurses bitter and venomous thoughts, his own spirit will absorb the poison and he will crawl among mankind very much like the snake that wantonly bites whatever crosses its path.

There is a saying "He who hunts for flowers will find flowers; and he who loves weeds will find weeds." I've always contended that in the degree that a person invites anything in just that degree will they get it. Like al-

(Continued on page 56)



"Taint no use to sit and whine,
Gittin' broke ain't any crime.
Laugh and tell the world you're feelin' fine,
Atta, boy . . . keep a-goin'."

Ask the Doctor

Department for Solving Your Health Problems

By Dr. B. M. Middleman

QUESTION: My age is 30, height, 5 feet 8 inches; weight, 130 pounds; have been married four years. Have never used intoxicants, tobacco or narcotics, and for years have not used tea or coffee, and my sexual life has been normal.

Prior to the war I lived on the farm and was in good health, but during service had severe dysentery for several months and suffered a great deal of pain and weakness. Have since been in very poor health—in 1920 had acute enteritis, later had tonsils removed. Had catarrh which turned into sinusitis and had to have permanent opening made in the wall of the right antrum for drainage, which relieved the trouble to some extent. I became weak, lost appetite, suffered from constipation, insomnia, headache, etc.

Last Fall I fasted absolutely 18 days, taking water only, and then for some time lived on orange juice, milk, and gradually worked in bran, fresh fruit, raisins, tomatoes, lettuce, etc., and became able to perform half an hour's exercise and eight to ten hours manual labor daily without difficulty. In three months I weighed 140 pounds and felt pretty good—no tremor, insomnia, headache, constipation or exhaustion, the digestion seemed good, although there was always some intestinal gas.

My diet has since been oranges, bran, milk, fruits, vegetables, and but little meat or cheese. My bowel action is good, but it takes about 24 hours for food to pass through the alimentary canal. My work has all along been farming and some engineering, so I get plenty of exercise and fresh air. My teeth have been X-rayed and found good.

But—I cannot increase my weight above 140 pounds, nor can I increase the resistance of my exercises. Insomnia is coming on again, and my weight is on the decline. Am not overworking, and get eight to nine hours sleep per night. My digestion seems shot and diarrhea occurs at times, though not due to the small amount of mineral oil I take. Tongue is coated, breath offensive and appetite excessive. After eating there is distension of the stomach that even 24 hours' fasting does not alleviate. Some gas rises after eating.

Will you please give me just a brief diagnosis with a few suggestions for improvement, and greatly oblige? G. C. G., Wis.

ANSWER: It has been argued by profound students in gastro-intero-logy such as Dr. Lyons, of Philadelphia, that fasts, unless especially prescribed for some acute condition such as hemorrhage from ulcer, or some acute condition such as rupture or perforation of any viscera or acute inflammation such as acute appendicitis, obstruction of the bowels, etc., are decidedly harmful. It has been proven that the gall bladder is active and pours out the very essential antiseptic and digestive bile best by ingestion of foods, particularly digestible fats such as cream, olive oil, egg yolk, etc.

You are evidently suffering from colitis and that is best treated by colonic irrigation twice weekly, using the special two-way tube for in and out flow, using at least six quarts at each treatment, lying prone. Consult an expert as to the procedure.

Use largely vegetable or carbohydrate diet and try the bacillus acidophilus milk with the addition of lactose, two teaspoonfuls at each bacillus feeding. During this treatment use no purgatives, but if constipated use enemas or glycerin suppositories. Some others get better results by the use of lacto-dextrose added to vegetable or carbohydrate diet, using as much as eight or nine ounces daily if needed, both as a food and digestant.

If the dose is not considered practicable I have found the following prescription helpful in cases such as yours:

Sodium bicarbonate	2 dr.
Sodium bromide	4 dr.
Tinc. belladonna	1½ dr.
Liquid panco-	
bilin, qs.	6 oz.
Take teaspoonful after meals.	

During the past few weeks this department has received more than the usual number of inquiries for pimple and blackhead remedies, so we now publish for the benefit of all the following reliable

Pimple, Blackhead and Boil Remedy

Locally you may use either of the following:

Lotio-alba (which must be fresh) to be procured from your local druggist and supplied at night after washing the face in cold water.

WHEN a man or woman is actually sick it is too late for them to seek the benefits of Physical Exercise. Then is the time to see a doctor. For the health seeker, as a distinct individual from the strength seeker, the gymnasium is not necessarily either the beginning or the end of his health problems.

Sometimes it is only by interviewing personally a thoroughly competent physician that he can get the advice that will bring his condition back to a normal state of health. Write us about any of your ailments of any type and Dr. Middleman will then advise you as to the proper treatments necessary. Every physical culturist should know his organic condition as thoroughly as his muscular system, and if possible we will aid you in accomplishing this.

We have been receiving many letters every month, and with the advice given by Dr. Middleman the "Strength" readers have successfully obtained better health and strength. Dr. Middleman will continue to answer such questions as he can, and will also publish a few letters each month, selecting from his correspondence those letters of the greatest general interest.

Inclose a stamped addressed return envelope with your health questions and we can assure you of a prompt reply.

Or have the following salve made up:

Sulphur precipitate	1 dram
Starch and zinc oxide	2 drams
Petrolatum	4 drams
Rub in at night. Also take internally the following: Ferrous sulphate	2 drams
Acid sulphuric dilute	6 drams
Magnesium sulphate	6 drams
Syrup of ginger	4 drams
Water	9 drams

This is very bitter. Take teaspoonful in half a glass of water through a straw to avoid contact with teeth, three times daily after meals. If you find this moves the bowels too much cut down on the dose for a while.

QUESTION: I am a young single girl, twenty years of age, and at present am in very delicate health on account of a severe nervous breakdown. Will you please answer these questions for me? Is there any danger of contracting tuberculosis by steady correspondence by mail with consumptive persons? Which varieties of the disease are most contagious—arrested cases, or persons who have it from being gassed in the late war? And can one with an arrested case get married and have children? Would the wife of such a person contract the disease? In what class do you put cases of tuberculosis of the bones?

R. T., Ark.

ANSWER: There is no particular danger of infection from handling mail, especially if ordinary cleanliness is observed—at least I have never heard of it. Most cases of arrested tuberculosis—those in which there is no positive sputum, no fever, or rales in chest—have married and pursued gainful occupations.

It has been found by those who have studied the after effects of gassing that tuberculosis never arose from that source, but that the person who was gassed had had the disease from some other source.

Many arrested cases of tuberculosis have married and have had normal, healthy children.

Bone tuberculosis may or may not be associated with pulmonary tuberculosis—as a rule they are entirely separate. The former is one of the most benign forms of the disease and generally occurs in children.

QUESTION: I am a married woman 28 years old and have two children. Seven years ago I had a peculiar spell which frightened me terribly—it came in the morning just before I arose, and while I was fully conscious I became entirely unable to move. This spell lasted about half a minute or so, and since then, at long intervals, I have had the same thing reoccur, always in the morning at the same time.

I feared they were epileptic attacks, but the disease runs in neither my father's nor my mother's family, and three specialists have told me my trouble is not epilepsy, but is due to nerve strain.

Please give me your honest opinion of my trouble—I will certainly appreciate anything you can do for me to remedy it.

Mrs. W. D., Mich.

ANSWER: You are probably suffering from a mild form of epilepsy of very little consequence, called "petit mal," in which the duration is very brief and the patient does not seem to lose consciousness. The best thing you could do would be to consult a neurologist as to actual cause and cure. It would be good, however, to make your diet consist mainly of vegetables and to reduce the amount of salt in it to a minimum. The bowels should be kept open by use of mineral oil and aar, etc., also colonic irrigation twice weekly would be good. Any foci of infection such as diseased tonsils, abscessed teeth, etc., should be removed, and you should avoid stimulating drinks and rich, highly seasoned foods. Drink liberally of water.

Your best meal should be at noon, with a light meal at night. In any event, do not worry about your condition, especially since you have them at side of bed on arising.

QUESTION: My daughter, 21 years of age, has been studying the various forms of dancing, adagio, acrobatic, etc., but her progress is being arrested by a severe case of sciatic nerve trouble in one leg. Now, as her progress means so much to our family, we will all greatly appreciate any advice you may give us.

Mrs. F. S. B., Calif.

ANSWER: The worst case of sciatica I have ever seen was a captain in the quartermaster's department in one of the camps during the war. A big, strong man, he suffered agony, being forced to lie in bed at all times. An X-ray of his teeth disclosed an abscess at the root of a molar—this tooth was removed, and in two days the captain was running around camp shouting for joy.

So by all means you should have the teeth X-rayed to find a possible source of infection, and if none is there, examine the sinuses, tonsils, and pelvic organs and gastro-intestinal tract, as it is evident there is infection somewhere.

QUESTION: What treatment would you advise for a nervous woman of thirty-five who is suffering from an inside goitre? A Basal metabolism test showed plus forty.

Mrs. M. N. Y., N. Y.

ANSWER: Plus forty shows distinct toxemia, but is not as dangerous as plus 75. However, to prevent any such catastrophe have complete rest of mind and body, preferably in bed, with plenty of fresh air and plenty of nourishing food. Avoid tea, coffee, alcohol, and stimulating food and drink.

When up and about a change of air and scenery are of value, and drugs are of especial value. However, their use depends on the condition of the heart, nerves, loss of weight, etc. Also X-ray treatment may be tried carefully before resorting to surgery, which in careful operations has produced excellent results.

QUESTION: Am 20 years old, 5 feet 2½ inches tall, and weigh 119 pounds with clothes on. Am single, and I work at night in a cotton mill. Now for several years I have been troubled with a cold, and nothing I do seems to help it. It was this way even while I lived on the farm before beginning my work here, so I think my present occupation is not responsible for it.

Will you please give me some advice about curing it, also tell me whether it would be safe for me to take up heavy exercise? I have a single rupture (from birth) have done considerable heavy labor, and it has never bothered me in the least.

D. T., Ga.

ANSWER: If your cold has existed as long as you say you will likely get no relief until you find the cause of it. You may have a condition of sinusitis or atrophic rhinitis which would require treatment and advice from a nose and throat specialist, especially since you have no excess fat, as you say. Have your chest examined by a competent specialist to locate any serious trouble that may be there.

If suffering from the ordinary catarrhal conditions you might find some relief by daily cold showers each morning, with an abundance of fresh vegetables in your diet for their purifying effect. Also get plenty of exercise in fresh air. Vaccine therapy such as Shuman's vaccine No. 40 might also help if taken as directed by your physician.

(Continued on Page 62)

Now You Can Buy Strength! How Much Do You Want?

Yes sir! Strength—that vital force and energy on which every man's health, happiness, success and very life itself depends—is now for sale.

Of course, I don't sell muscles at 10c each over the counter. You can't buy them like so many bars of soap. You've got to do your share, too. But it is simple if you will just follow my advice for 30 days. In one short month I can give you so much new strength that you'll have to pinch yourself to make sure you're the same man.

Over 100,000 Men Have Bought Strength from Me!

All over the world I am known as the "Muscle Builder." My scientific system of quick muscle building and method of developing new body energy by a few minutes' work with you each morning is recognized everywhere as one of the few sure methods of correct scientific strength building.

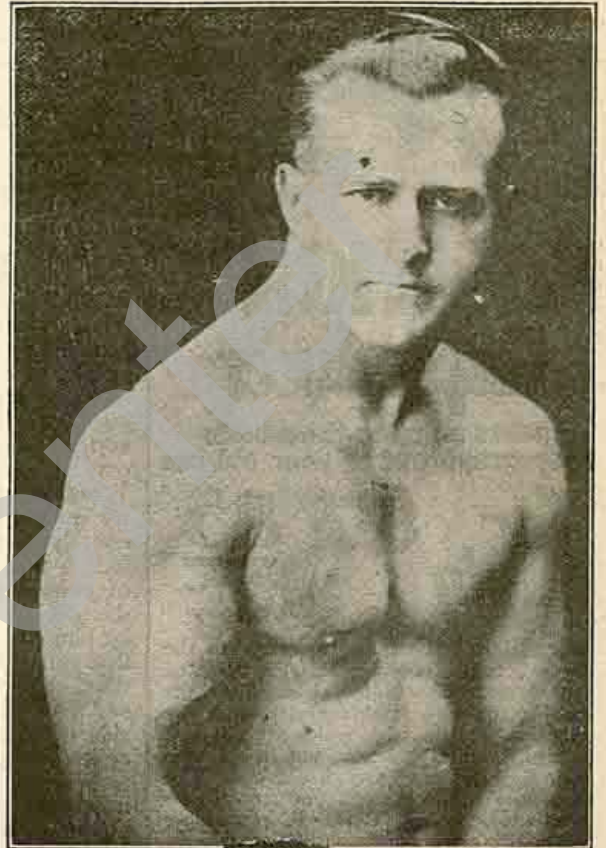
Within three short months over 100,000 men have acquired more health, strength and energy from me than they ever thought possible.

Here's What I Do for You

In just 30 days I'll add one whole inch of real, live muscle to each of your arms. In those same 30 days I'll also put 2 full inches of health producing strength on your chest. Your legs will grow graceful and sturdy. You'll begin to acquire the light, fast foot work the professional fighter, or any man has when in the pink of health. Your shoulders will begin to broaden—your head snap back erect. You'll gain the confident, sure stride of the man who feels sure he is on the road to success.

Then let me work on you a few minutes a day for 60 days more. It is in those final sixty days that the real fireworks occurs. What a change in you! You'll be a different man to your friends. A new, rejuvenated, husky, healthy he-man. A man they can count on in a pinch—a man that commands their respect and admiration. You'll be the sensation of your crowd. The women will all want to know you, and the men will envy you your health and strength.

Yes sir! Just reading this advertisement can be the turning point in your career. The difference between a happy success and a sorrowful failure. But you've got to do more than read. You've got to act—and act at once. The first step is to fill out and mail the coupon to me today. It won't cost you a cent and it takes only a minute, so act now!



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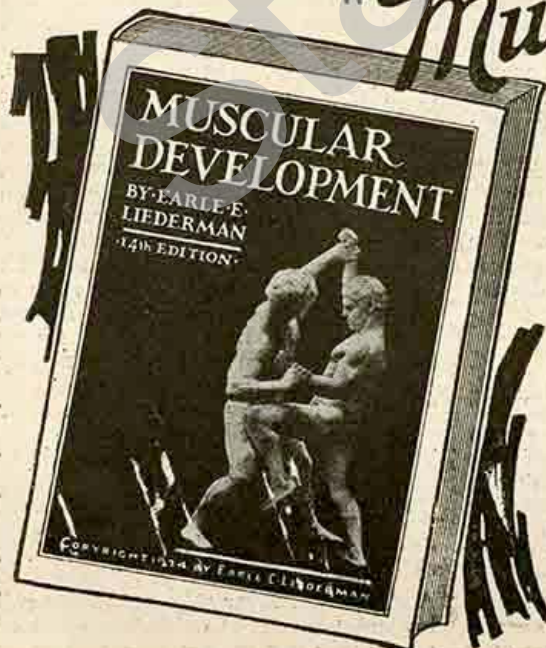
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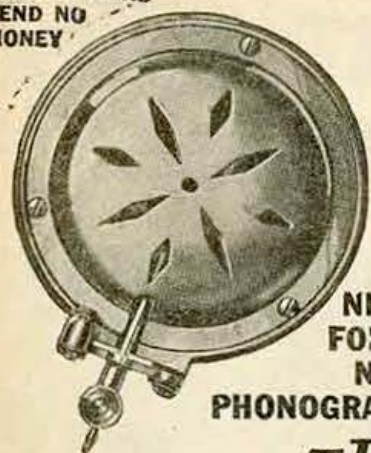
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You cannot realize how wonderful the New PHONIC is until you hear it. That is why we want to send it to you on 10 days' trial. Send no money now—just the coupon. Pay the postman only \$3.85, plus a few pennies postage when the New PHONIC arrives. Then if you are not delighted, send it back within 10 days and your money will be refunded. If sold in stores, the price would be at least \$7.50. Our price only \$3.85. Over 350,000 people have dealt with us by mail. You take no risk. Mail the coupon now for 10 days' trial. BE SURE TO STATE THE NAME OF PHONOGRAPH YOU OWN.

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Strength

"We're Here Because We're Here"

(Continued from page 52)

ways attracts like, and if this is so we continually attract forces and conditions most akin to those of our thoughts.

If our thoughts are pure and brimming over with the wine of life, we are bound to make all who come in contact with us feel elated for having met us. But if our thoughts are the reverse, we not only poison ourselves but others. Our thoughts can destroy us as unerringly as a bullet. Every thought has a literal value to us, in every conceivable way. The strength of our bodies, the strength of our minds, our success in business, and the pleasure our company brings others, depends wholly upon the nature of our thoughts. In whatever mood we set our minds, we receive inwardly of unseen substance in correspondence with that mood. Carry any kind of thought about with you, and so long as you retain it, no matter how we roam o'er land and sea, we will unceasingly attract to us, knowingly or inadvertently, exactly what corresponds to our dominant quality of thought. Thoughts are our private property and we can regulate them to suit our taste entirely by recognizing our ability to do so. A man will flounder in the trough of pessimism so long as he allows his thoughts to keep him there. But once let him struggle up from the anarchy of this poison mire, he will reflect the distilled essence of the very sun itself.

An optimist sees only the beautiful side of things. He has the power of seeing things in their complete fulness and in their right relations. The pessimist looks from a limited and one-sided point of view. The one has his understanding illumined by wisdom, the understanding of the other is darkened by ignorance. Each creates his own world from within and the result of the building is determined by the point of view of each.

An optimistic person, through his superior insight and wisdom, makes a heaven for himself and in the degree that he makes his own heaven is he helping to make one for all the world besides. The pessimist, by virtue of his own limitations, makes a hell for himself and all who come in contact with him.

Personally I think they are both right, but the one certainly differs from the other as the light from the dark. The determining factor in the life of each is their point of view, which decides whether it is a life of power or impotence, of success or failure.

Maurice Maeterlinck once said, "Nothing can hurt us unless it is through the medium of our own minds." Tell a man exactly what ails him and in a few minutes he will be worse off than if you had never mentioned anything to him; that is, of course, if he allows his mind to become affected by what you said was wrong. I know many people that way. They learn of something radically wrong with them through their doctor and right away it will seem a death-warrant and spread a gloom over the rest of their existence; others will

feel more or less uncomfortable, while a small residuum will remain quite unaffected.

No matter how vicious our circumstance or condition may be, we must never allow it to get our "goat." We must try to make the best of every situation. Marie McCarthy can smile despite the fact that she has to work from morn till night, actually slaving to give her sister the necessary things in life, and, furthermore, Marie McCarthy is happy while doing it for the little "tot." Instead of manifesting an optimistic attitude a lot of people sit and pine all day, and food and drink and all habits of life are anxiously regulated. Their life becomes one long-drawn-out tragedy, simply because they take this pessimistic attitude. Such a life is not worth living, but is becoming, I am sorry to say, increasingly common. Under such conditions life is really one long acrobatic performance, a balancing on the tight-rope of hygiene, and the least error on one side or the other is a source of grave apprehension, and the individual thus affected becomes entirely absorbed in an ascetic life, where health is made the sole object at the cost of his happiness and enjoyment. I think, and my friends will bear me up in this statement, this pursuit of health is entirely wrong. Oh, health is good, make no mistake, but for the pessimistic person, it is better if he has not his own to pursue. Just as soon as he thinks of himself then it's . . . phlooi!—good-night.

If you everlastingly keep plucking up the roots of a plant to see how it is growing, the plant will wither and die. So it is with us; we must beware of plucking capiously at every little thing, of analyzing our emotions, of finding the ultimate reason for our thoughts, feelings, words and actions; of becoming morbid in our conscience and unhealthy in mind. We must never turn our thoughts inwards, but outwards, and shun these analyzing processes as we would a plague. Let the results count. It is only invalids who worry about their sight; the healthy think of what they see. If we persist in worrying about ourselves and become pessimistic, you can bet your sweet life we will all soon be in the high road to Pandemonium, or better yet, "Hypocondria."

It's a good thing for a person when they are down in the bogs and mire to think of an elevating passage. I often recite this fine little poem. I forgot long since who wrote it, but it's mighty fine, however. It goes like this:

"When a bit o' sunshine hits ye after
passin' of a cloud,
When a fit of laughter gits ye and yer
spine's afeelin' proud;
Don't forgit to up and fling it at a soul
that's feelin' blue,
'Cause jest the minit ye fling it . . .
it's a boomerang to you!"

And, friends, invariably, the clouds roll by and I go about doing my meed of good again and the sun shines as never before. I tell you it's a joy to live; it

Would You Like to Feel Young?

You Can Easily Have That Youthful Feeling of Vim, Vigor and Vitality

THE average office man, professional man, banker, lawyer, business man, and in fact, any man or woman that does not obtain the proper exercise and fresh air that the body demands, in due time begins to lose that young feeling in life that goes with youth and exercise.

Improper foods, over eating, lack of exercise, too much fat or not enough fat, headaches, backaches, sluggish liver, that tired feeling that results in improper work and not enough earning power—are all things that must be seriously considered and dealt with.

You Can Overcome These Obstacles

And it will take but a very few minutes of your time each day to soon have a perfect, healthy body, with good strong muscles, sound healthy tissues and proper blood—resulting in good health

throughout—better earning power for you—and with that feeling of youth that goes hand in hand with happiness—

You Don't Need Pills or Medicines to Obtain This Goal

You need but know a few morning exercises that are different to ordinary exercises—

Ed. "Strangler" Lewis, the World's Champion Wrestler, used these same exercises—developing his own body and muscles to such a high degree that he has mastered hundreds of opponents simply because he used these same secret methods of training.

You may not care to become as expert as Mr. Lewis and exhibit before millions of sport fans throughout the world, as he does but you ARE

INTERESTED in better health for yourself and it is now possible for you to obtain that very same identical system which will benefit you to a high degree.

"Billy" Sandow, manager and partner of Ed. "Strangler" Lewis, compiled, edited and wrote the entire system of exercises, which contains numerous illustrations and photographs showing clearly and plainly every move and exercise necessary to use. (The photographs were posed by Ed. "Strangler" Lewis and other famous athletes.)

10 Days Free Trial

This entire system which has the endorsement of every person that has ever seen or used it, including famous men throughout the country—will be sent to any responsible person in the United States for 10 days and you can examine, and try out for yourself this famous system of training.

This entire system will be sent you on 10 days' free trial—the entire system costs you \$19.00—you can send a deposit of \$1.00, and we will send same to you and if you are well pleased and wish to keep same you can then remit us the balance of \$18.00 either at one time or in installment payments of \$1.00 per week. Should you not care to retain the system we will refund your deposit of \$1.00 if the system is returned within 10 days.

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Enclosed find \$1.00, my deposit on the complete Sandow-Lewis course. Send me at once all books and equipment for the 10 days' FREE TRIAL. If not satisfactory I will return same in 10 days, and you are to refund my \$1.00 in full. If not returned I will send you \$1.00 weekly until the balance of \$18.00 is paid.

Name

Address

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Deduct 5% if you remit in full.

Frank Williams, holder of strength tests for 10 years at the University of Washington. Athletic and physical instructor.



University of Washington crew, National Champions at Poughkeepsie Regatta for 3 years

Be Physically Fit and Physically Attractive

If you want the full, deep chest, broad shoulders, erect, alert carriage and trim legs of an athlete, I'll give them to you—quickly! You may be thin chested and puny now—if you are I'll build you up at once. Or you may be overweight and sluggish—if you are I'll take the fat off and replace it with live muscle.

Be Athletic

In short, I'll give you a body that you'll find *pleasant to live with*. You won't have knotty, bulging muscles—you'll have the lithe, whippy muscles of the man of action. You'll have muscular co-ordination. You'll play a better game of golf, bowling, baseball, tennis whatever your favorite sport is. You'll enter a room with grace—you'll dance beautifully—you'll be physically fit and physically attractive.

Twelve Minutes a Day

And it won't take long. Six minutes morning and evening is all that is required out of each day. In a month you'll be aware of a great transformation—in two months you'll be a new man—an ideal man. What have you got more precious than your body? Upon it depends your mental efficiency, your personality your happiness. The vigorous, athletic man is a leader. Men look up to him—women admire him—children adore him.

Have Snap and Sparkle

I want to prove to you that I can make you into that kind of a man. I want you to put my course to the test. I want you to feel the thrill of red blood racing through your veins—the snap and sparkle that results from my "tuning up" of your bodily motor.

Purpose

The purpose of my course is to give you a body pleasant to live with. I will give you scientific muscular development—strength with agility—Speed with stamina. You'll find yourself amazed at the immediate results. You'll be delighted to find that you can have the physical development of a college athlete—a physique that will make you outstanding among your friends.

Be Quick and Strong

You need no apparatus of any kind to take my exercises. You take them in the privacy of your own home. They are fascinatingly simple. They develop every portion of your body. They make you symmetrical in development. You'll be quick and strong in action. You'll have a physique to delight the eye.

Send No Money

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Three Books

Frank Williams' course consists of three well illustrated books. Book One gives scientific, easy-to-do exercises requiring 12 minutes each day. Book Two outlines diet suggestions which are not fussy or complicated, and which do not disturb your routine. Book Three gives a course in aerobics which you can do (if you wish) after a month or two of following the exercises in Book One.

means something to be happy and make others happy. There's nothing like it.

We're all here because we're here, and we ought to make the best of it. Instead of grumbling and complaining and standing outside shivering and thinking of the cold, let's pitch in and scramble through the best we can. That's the sort of thing that gets us somewhere and makes it really worth while.

I took a girl to a restaurant one day and I was shocked at what she ate. It is not my custom to watch the gastronomic efforts of my friends at a restaurant or at the dining table, but I must confess frankly that I watched the progress of my lady friend's meal with unpardonable curiosity. She ate at least three times as much food as I found myself able to consume, and I'm supposed to be able to eat a lot, judging from my muscularity. Really she baffled me with the enormous supply consumed. I thought at first she did not eat for weeks and weeks, but an explanation from her opened wide my eyes.

She told me before eating she experienced vague cravings and gnawings in her body and a horrible dryness in the throat, and sometimes a deadly, sickly faint feeling, all of which in some mysterious way disappeared whenever she ate plentifully. Her weakness gone, she always felt fit, her lassitude vanished, and she became alert, and her headache much better, but strangest of all, was the wonderful frame of mind she experienced after each meal. Before eating, life truly felt hardly worth living, she saw all too clearly how absurd it was, what failures there were; and even if this might be glossed over, the appalling misdeeds of everybody in general would still make life unbearable. A stark, gray gloom pervaded her on these occasions—but now, half an hour only after that satisfactory meal, all became, incredibly changed for the better. Sunk in pessimism before, she was full of optimism now. Life was really worth living after all.

Association Notes

(Continued from page 51)

became interested in bar bells and weight lifting. He is now in first class condition, and is heavier than ever before, without being fat, and expects this winter to accomplish his greatest triumphs.

Matysek is out with a broad challenge to all of our best professionals, and especially wants to meet Arthur Giroux, the Canadian giant of strength.

Antone will be 35 on January 11th, and wishes to call our readers' attention to the fact that he is a young man so far as strong men go.

Matysek won a strong man contest at Madison Square Garden, five years ago, and would now like to hear from all professionals in this country and Canada with the idea of competing for premier honors.

Let us hope that some genuine contest materializes from this new life shown by Antone.

As the season advances, the prospects

I asked her if she was afraid of getting fat and she quickly replied, "No, really I'm not. If eating does me good and if a heavy consumption of food tends to make people fat, I'm willing to counterbalance the harm it might do by exercising whenever it is possible. Certainly if eating is going to give me physical comfort, I don't care if I eventually weigh a ton, so long as I feel all right, but I should worry, my exercises take care of this for me, and so I can satisfy every caprice of appetite."

Those of you who are pessimistic about what you eat might "put this in your pipes and smoke it!" It would pay you to eat a full-course dinner and let your stomach do the worrying, rather than have yourself get worked into a temperamental fit over it. The man who is unconscious of what is going on in his body is nine times out of ten far better, mentally, than the man who thinks what might happen.

So, in closing, if you want me to give you a recipe for doing a deathless performance, I would say: Do your work each day, and if the darkened hours of despair overcome you, may you not forget the strength that comforted you in the desolation of other times. Beware of bitterness and the sharp passions of unguarded moments. Remember that poverty and riches are of the spirit. Though the world knows you not, may every thought and every action of yours be such as shall keep you friendly with yourself. Lift up your eyes from the earth and learn the uses of the stars. Do not judge others lest you condemn yourself. Don't follow the clamor of the world but walk calmly in your path. Choose a few friends who will love you for what you are, and though you do not come in sight of the castle of your dreams, be thankful for life. Though age and infirmity o'ertake you, be glad for time's olden memories that are good and sweet, and keep ever burning before your vagrant steps the kindly light of hope, and may evening's twilight find you gentle still.

look brighter for a good share of hefty lifting. We have lately been assured by three of the best heavyweights on this continent of their willingness to appear on our program.

Arthur Giroux just informed us that he is keeping in good shape even though the sport of lifting is not so lively at present in Canada. We figure on inviting the genial big fellow down for one of our shows, and who knows but that we may be successful in arranging a match between him and Matysek.

Arthur Dandurand, the Canadian Sandow, has also assured us of his desire to come down and give some exhibitions. Mr. Dandurand gives a first class strong man performance and is certainly worth going a good way to see.

Unless Mr. Warren L. Travis happens to be traveling on the dates we hold our shows, we expect to have him perform for us sometime during the winter.

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and
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in the
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and Skill Known to Man
Are To Be Found
IN THIS NEW BOOK

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There are scores of these 200 feats that can be done right in your room or in your parlor without mussing up the place. Get this book early and practice a number of good stunts and then

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You will have a world of fun watching them try, with great confidence, to do the stunts you do, or test their strength against yours or try the impossible feats. And watch them get a slight fall in many of the feats that they have never tried before.

But the more serious side of this book is the good it will do you personally in the way of improving your general health, strength and all other physical qualities.

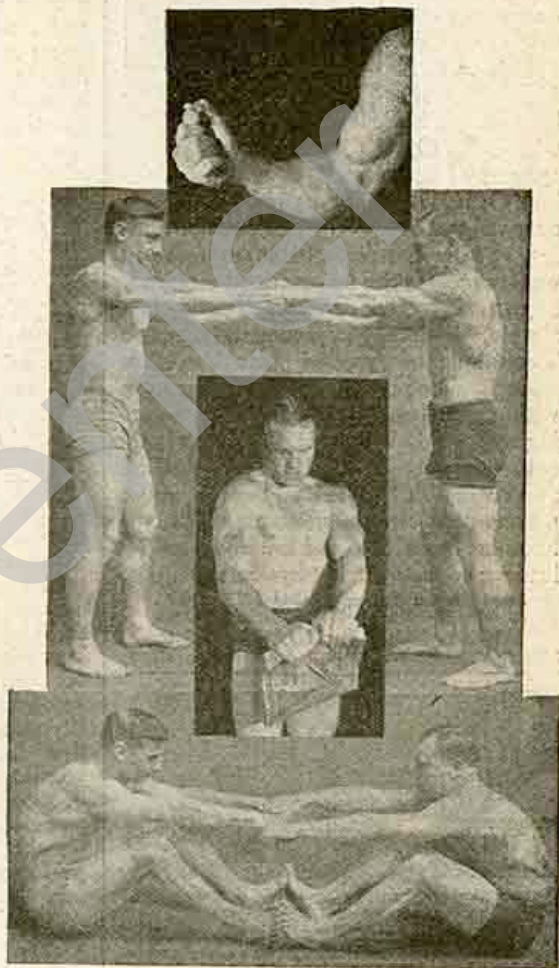
One of the reasons why consistent practice of these feats (that is practising a few at a time) produces bodily improvement, is because they are so enjoyable to perform. You will be more interested in this type of body exercise than in any other and consequently, will derive fine benefits from it.

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Then we should see some real heavy things elevated.

With promises of such headline material ahead of us, we can look for some interesting news in the strength game.

We also have our eyes set on Caouette, the Montreal giant, for whom such terrific lifts have been claimed. After the astounding poundages were reported to the International Federation of Weight Lifting, in Paris, certain of the officers of the Federation were skeptical and conducted some sort of a check-up in an attempt to determine the truth of the claims. We are taking this second handed from a well known German sporting paper, you must understand, so cannot personally vouch for the truth of the statements. However, the story goes that certain members of the club in Montreal, where Caouette lifted, wrote back to the International Federation stating that the lifting poundages had all been grossly exaggerated. At any rate, the International body has evidently not given Caouette credit for the lifts, and you have the story as we got it.

Some time in the near future we have hopes of having the giant lift in either New York or Philadelphia; then we can tell you something really authentic concerning his abilities.

The Milo Athletic Club, of Williamsport, Pa., just reported the first of a series of semi-monthly shows they intend running during the winter. You may recall that we published a photo of this club in the May issue. The feature attraction at this show was a combined act of lifting, balancing and comedy acrobatics by Frank Dennis and George Blymire. Frank performed an exhibition Left Hand Bent Press of 155 pounds, and created an amateur record in the Right Hand Swing of 135½ pounds for the middleweight class, his weight being 150. This Swing was performed with a straight arm throughout.

Blymire gave an exhibition of the Leg Press, using a bar bell weighing four hundred pounds.

Marvin Shank, a featherweight performed a number of lifts and gives promise of developing into a classy iron tosser.

Lee Fogleman and "Billy" Waiden wrestled nine minutes, the latter getting the decision. The Milo Club has 54 members at present and claim they will go well beyond that number as they are growing fast. If anyone wishes them luck, we sure do.

Up in Harrisburg they wanted to see some of the championship lifting, so they arranged a show at the Pennsylvania Railroad Y. M. C. A., to run for two nights. Early in the week of November 5th, Frank Dennis, weighing 148 pounds stripped, made a total of 935½ pounds on the title set, which included a Right Hand Snatch of 145 pounds; Left Hand Clean and Jerk, 165½ pounds; Two Hand Clean and Military Press, 187½ pounds; Two Hand Snatch, 187½ pounds; Two Hands Clean and Jerk, 250 pounds.

George Blymire, aged 48 and weighing 139 pounds, accomplished Right Hand Snatch of 105 pounds, Right

Hand Clean and Jerk 117½ pounds, Two Hand Clean and Military Press 140 pounds, Two Hand Snatch 140 pounds, Two Hands Clean and Jerk 190 pounds, for a total of 692½ pounds.

This all happened on the first night. On the second night both made totals on the Back and Harness set of lifts, as follows: Frank Dennis, bodyweight 148 pounds; Teeth Lift, 410 pounds; Two Finger Lift, 522¼ pounds; Two Hands Dead Lift, 506¼ pounds; Back Lift, 2,531 pounds; Hand and Thigh Lift, 1,410 pounds; Harness Lift, 2,620¼ pounds, for a total of 8,000¼ pounds.

George Blymire, bodyweight 139 pounds; Teeth Lift, 197½ pounds; Two Finger Lift, 390 pounds; Two Hands Dead Lift, 354½ pounds; Back Lift, 1,850 pounds; Hand and Thigh Lift, 1,110 pounds; Harness Lift, 1,900 pounds, for a total of 5,802 pounds.

Among the above are four world's records, the Two Hands Dead Lift, the Harness Lift, the Back Lift, and the Two Hands Clean and Military Press, though the latter can only be claimed as an amateur record. The Two Hands Clean and Jerk is an American amateur record.

It is worth mentioning that we have an affidavit on file covering the testing of the scales and the performances, and a fair size list of witnesses, including the physical director of the Y. M. C. A., all of whom are well qualified and keen students of the game. It is worth noting that the Dead Lift by Dennis was performed with the heels together throughout and pulled straight up.

In Sedalia, Missouri, Gordon M. Strain, lifting in the lightweight class, at a bodyweight of 137½ pounds stripped, lifted One Hand Snatch 133 pounds, One Hand Clean and Jerk 153½ pounds, Two Hand Snatch 158½ pounds, Two Hand Military Press 158½ pounds, Two Hand Clean and Jerk 218½ pounds, total 822 pounds.

After making a total he lifted for some records, the following being American amateur: Left Hand Swing, 111½ pounds; Left Hand Clean and Bent Press, with dumb-bell, 109¾ pounds; Two Hands Clean and Jerk with two dumb-bells, 158½ pounds; and a world record of 142 pounds in the Right Hand Clean and Side Press.

At the same time, Albert E. Michell, of Webster Groves, Mo., weighing 124 pounds stripped, made a total of 576 pounds, with a One Hand Snatch of 90 pounds; One Hand Clean and Jerk of 109 pounds, Two Hand Snatch of 113½ pounds, Two Hand Military Press of 114½ pounds, Two Hand Clean and Jerk of 149 pounds.

A number of records were established by British lifters. A. Hopkins, lifting in the 126 pound class, made a Two Hands Snatch of 170½ pounds; J. Heywood, in the 140 pound class, made a record in the Hold Out in Front Lowered from Above of 67 pounds.

Harold Wood, British amateur heavy-weight champion, made a Pull Over and Press on Back of 311¼ pounds, and a Shoulder Bridge of 360 pounds; both of which are world amateur records. Wood also made a new British record

Can You Guess This Man's Age?

See if You Can Tell Within 25 Years; the Author Couldn't; But He Stuck With Hobart Bradstreet Until He Revealed His Method of Staying Young

I USED to pride myself on guessing people's ages. That was before I met Hobart Bradstreet, whose age I missed by a quarter-century. But before I tell you how old he really is, let me say this:

My meeting-up with Bradstreet I count the luckiest day of my life. For while we often hear how our minds and bodies are about 50% efficient—and at times feel it to be the truth—he knows *why*. Furthermore, he knows how to overcome it—in five minutes—and he showed me *how*.

This man offers no such bromides as setting-up exercises, deep-breathing, or any of those things you know at the outset you'll never do. He uses a principle that is the foundation of all chiropractic, naprapathy, mechano-therapy, and even osteopathy. Only he does not touch a hand to you; it isn't necessary.

The reader will grant Bradstreet's method of staying young worth knowing and using, when told the secret.

And here is the secret: *he keeps his spine in trim.*

Any man or woman who thinks spine motion doesn't make a difference should try it! It is easy enough. First, though, you may be curious to learn why a healthy spine puts one in an entirely new class physically. The spinal column is a series of tiny bones, between which are pads or cushions of cartilage. Nothing in the ordinary activities of us humans stretches the spine. So it "settles" day by day, until those once soft and resilient pads become thin as a safety-razor blade—and just about as hard. One's spine (the most wonderfully designed shock-absorber known) is then an unyielding column that transmits every shock straight to the base of the brain.

Do you wonder folks have backaches and headaches? That one's nerves pound toward the end of a hard day? Or that a nervous system may periodically go to pieces? For every nerve in one's body connects with the spine, which is a sort of central switchboard. When the "insulation," or cartilage, wears down and flattens out, the nerves are exposed, or even impinged—and there is trouble on the line.

Now for proof that subluxation of the spine causes most of the ills and ailments which spell "age" in men or women. Flex your spine—"shake it out"—and they will disappear. You'll feel the difference in *ten minutes*. At least, I did. It's no trick to secure complete spinal laxation as Bradstreet does it. But like everything else, one must know

how. No amount of violent exercise will do it; not even chopping wood. As for walking, or golfing, your spine settles down a bit firmer with each step.

Mr. Bradstreet has evolved from his 25-year experience with spinal mechanics a simple, boiled-down formula of just five movements. Neither takes more than one minute, so it means but five minutes a day. But those movements! I never experienced such compound exhilaration before. I was a good subject for the test, for I went into it with a dull headache. At the end of the second movement I thought I could actually feel my blood circulating. The third movement in this remarkable SPINE-MOTION series brought an amazing feeling of exhilaration. One motion seemed to open and shut my backbone like a jack-knife.

I asked about constipation. He gave me another motion—a peculiar, writhing and twisting movement—and fifteen minutes later came a complete evacuation!

Hobart Bradstreet frankly gives the full credit for his conspicuous success to these simple secrets of SPINE-MOTION. He has traveled about for years, conditioning those whose means permitted a specialist at their beck and call. I met him at the Roycroft Inn, at East Aurora. But Bradstreet, young as he looks and feels, thinks he has chased around the country long enough. He has been prevailed upon to put his SPINE-MOTION method in form that makes it now generally available.

I know what these remarkable mechanics of the spine have done for me. I have checked up at least twenty-five other cases. With all sincerity I believe nothing in the whole realm of medicine or specialism can quicker remake, rejuvenate and restore one. I wish you could see Bradstreet himself. He is arrogantly healthy; he doesn't seem to have any nerves. Yet he puffs incessantly at a black cigar that would floor some men, drinks two cups of coffee at every meal, and I don't believe he averages seven hours' sleep. It shows what a sound nerve-mechanism



HOBART BRADSTREET, THE MAN WHO DEFIES OLD AGE

will do. He says a man's power can and should be unabated up to the age of 60, in every sense, and I have had some astonishing testimony on that score.

Would you like to try this remarkable method of "coming back"? Or, if young and apparently normal in your action and feelings, do you want to see your energies just about doubled? It is easy. No "apparatus" is required. Just Bradstreet's few, simple instructions, made doubly clear by his photographic poses of the five positions. Results come amazingly quick. In less than a week, you should have new health, new appetite, new desire, and new capacities; you'll feel years lifted off your mind and body. This man's method can be tested without risk. If you feel enormously benefited, everything is yours to keep and you have paid for it all, the enormous sum of \$3.00! Knowing something of the fees this man has been accustomed to receiving, I hope his naming \$3.00 to the general public will have full appreciation.

The \$3.00 which pays for everything is not sent in advance, nor do you make any payment or deposit on delivery. Requests will be answered in turn. Try how it feels to have a full-length spine, and you'll henceforth pity men and women whose nerves are in a vise!

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When Soul Meets Soul

book on this subject than Bernard Bernard's 'Sex Conduct in Marriage.' I strongly advise all members of the Health School in need of reliable information to read this book."

"I feel grateful but cheated," writes one man. "Grateful for the new understanding and joy in living that has come to us, cheated that we have lived five years without it."

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on the Two Hands Clean and Jerk Behind Neck of 275 pounds.

In the 112 pound class, W. H. Mathews accomplished records of Right Hand Military Press 75¼ pounds, Left

Hand Military Press 70½ pounds, Two Hands Military Press with dumb-bells 135¼ pounds, Two Hands Snatch 133¼ pounds, Pull Over and Press on Back 174¾ pounds.

Ask the Doctor

(Continued from page 54)

As to rupture, ordinarily wear a properly fitting truss to hold the bowel in place, but if contemplating heavy exercise it would be best to have a good surgeon operate. Then rest three to six months before exercising to prevent recurrence of rupture.

QUESTION: I am 21 years old, six feet tall, and weigh 147 pounds. For the past five years I have experienced considerable stomach trouble and ensuing nausea, faintness, biliousness, nervousness, etc. These troubles in connection with constipation have caused me to lose much social and athletic enjoyment, and just now I can see no good reason for tolerating these conditions any longer. I have to be careful of my diet, but nevertheless have considerable trouble with upset metabolism.

Do you think this could be due to an ulcer or tumor of the stomach? Or would it be more likely caused by a poorly functioning liver or pancreas gland? What is your opinion?

O. F., N. Y.

ANSWER: You are too young for any tumor formation such as cancer—sarcoma occurs early, but it grows readily and results fatally in a short time, so I am positive you are not suffering from any form of tumor.

The old saying of 20 years ago that we do not know what is in the abdomen until we open it up is not altogether true with the modern methods of gastrointestinal X-rays, duodenal drainage for bile infection, and gastro analysis. You are rather underweight for your height, and those individuals of this class are generally afflicted with posed or dropped stomachs and intestines from lack of abdominal fat.

If indeed distressed you should consult a gastro-interologist or internist. However, you might get relief from taking a tablespoonful of bacillus acidophilus milk with an equal amount of lactose in a glass of milk two hours after each meal (figuring three meals daily). Live on a vegetable diet—no meat, fish, eggs, cheese, etc., and if constipated use no purgatives, but instead use enemas or glycerin suppositories. After two weeks change to a quart of the bacillus milk once weekly instead of taking it daily as at first, and, if feeling better, you can then add gradually additional articles to your diet.

You are suffering at least from colitis with constipation, but if there is anything else ailing you its disclosure

would require personal examination.

QUESTION: Please advise me a cure for exhaustion. Also, could I get a tooth extracted while suffering from nerve exhaustion—a doctor whose practice is limited to exodontia and oral surgery said he could put me to sleep and extract the tooth that it would not affect me? Will you please give me your opinion, and help me solve my troubles?

ANSWER: Nerve exhaustion is best treated by absolute rest in bed, easily digested food of highly nutritious character, hydrotherapy such as sedative baths, and relief from constipation by mild laxatives such as mineral oil or agar, or colonic irrigations twice weekly. Now, since nerve exhaustion has a physical basis it is best to get rid of any infections, and if the teeth are abscessed it is best to have them removed under gas if necessary.

The following diet would be recommended:

Breakfast

Eggs, poached or boiled.
Cereal.
Milk.
Bread or toast and butter.
Coffee (if allowed).

Lunch and Dinner

Meat—Broiled steak, roast beef, lamb, mutton or chicken (broiled, boiled or roasted).

Fish—Baked, broiled or boiled.

Vegetables—Potatoes, peas, squash, cauliflower, asparagus tips (well cooked or mashed). Later carrots, beets, beans, spinach, macaroni.

Bread or toast and butter.

Desserts—Gelatin, jelly (Jello), tapioca, rice, stale bread or cornstarch pudding, custard, ice cream, stewed prunes, canned peaches, pears, plums, baked apple, apple sauce, sponge cake.

Drinks—Milk, buttermilk, cocoa, water, tea (if allowed).

Avoid:

Anything fried or fat.

Everything highly spiced or seasoned, all mustard, vinegar, ketchup, horse radish, relishes, sauces and gravies.

All tinned, smoked and preserved meat and fish.

All pork, veal and game, all raw fruits.

All stimulants, tea (unless allowed), coffee (unless allowed) and carbonated waters.

All pastries, preserves and candies.

Nature's Methods

(Continued from page 45)

skin irritation immediately following bathing. I am nineteen years old and in good health and of regular habits, and my diet is along physical culture lines.

Here is my trouble: About five minutes after bathing I suffer violent irritation of my skin, it does not become red or inflamed, but remains apparently normal except for the irritation, which, however,

is most uncomfortable. Will you please help me?
C. L. A., Calif.

ANSWER: It is possible that the water in which you bathe has some chemical irritant. After getting rid of dirt by usual bath try bathing in starchy water—take a box of ordinary Argo laundry starch and dissolve half of it

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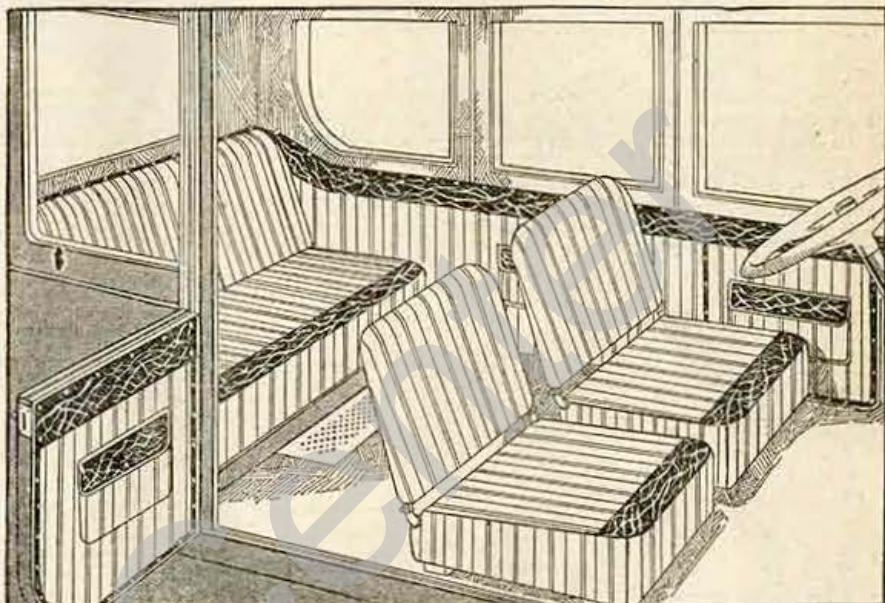
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IF you are discouraged and blue—if you want to get out of the rut and glimpse a fresh, heartening view of achievement—if you want to climb to even greater heights than you even had hoped for—if you want to be free from nervousness, worries, and mental depression—if you want to conquer fear, timidity, and self-consciousness—if you long for business advancement, social conquests and robust, glowing, vibrant health—then here is the most amazing message you've ever read!

For, no matter what your ailment—regardless of how long you've been in a rut mentally or physically—no matter how many other methods have failed to help you—I guarantee to show you the way to obtain robust health—nerve vitality—mental power and real joyous happiness. What's more, I can show you the easy, quick, sure way to make more money than perhaps you ever expected!

No Mystery—No Guess Work

There is nothing mysterious, nothing hard to understand about my method. It's simply the result of my 20 years' intensive study and experience. I was once a poor, ailing minister. Today I have plenty of money, glowing health, and hosts of friends. And I did it all by simply harnessing a powerful, dynamic, elemental force within me—a health-bringing, money-getting force which you, too, can now develop without any drudgery, experiment, or tedious waiting—without costly mistakes or any trusting to blind chance—without any lessons to practice or any magic catch-words to repeat or without any exercise, discomfort, or self-denial!

Amazing Results Come Quickly

The moment you apply my teachings you begin to think straight and quickly; you eliminate discordant or negative thoughts; you banish worry, nervousness, fear; you overcome timidity, self-consciousness, and self-pity; you acquire charm, and magnetic personality; you become courageous, strong, and confident; you surmount all obstacles, avoid mistakes, overcome hereditary handicaps—you tap the reservoirs of amazing unused powers within you—and make yourself a king among men!

When I first began revealing my method in public lectures, thousands came from great distances to hear me—but—many thousands more were turned away from the great theatres and auditoriums because even these vast halls could not accommodate a fraction of those who are eager to hear the amazing secret of my success!

And almost immediately after each lecture came reports of astonishing results. Sick, worn-out men and women had regained their old-time energy and vitality; men and women whose lives were almost wrecked by long drawn-out nervous and physical ailments, had overcome their troubles and began walking about in glorious health with hardly a trace of any aches or pains.

But perhaps the most remarkable reports of all come from people who have been helped in busi-

ness, and in social life. Men and women who were in a rut for years, have jumped the barrier and climbed into positions paying double or triple their former salaries. And thousands of others whose lives were continually harassed by dark fears, worries, unhappiness—have acquired the secret of mental poise and courage, have banished the negative qualities that held them back, and have emerged from near-failure to complete and glorious success!

Read My Secret Free

So great has been the demand for my lectures that people have urged me to write a book revealing my secret of power.

This I have done, in an absorbing, interesting volume, entitled "APPLIED PSYCHOLOGY AND SCIENTIFIC LIVING." It is a book which has lifted thousands of men out of mediocrity. Many have headed for fortunes from the powers and inspiration gained from just a few pages of this wonderful volume. Salaries have been raised overnight—new ideas have been created—new plans that meant thousands of dollars have been formulated—simply as a result of a single reading of portions of the astonishing volume!

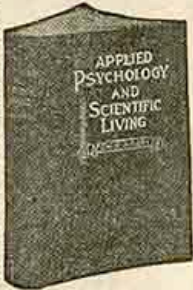
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The Greatest Law in the Universe, Just Lately Discovered, and How to Use It	What the World Owes You and How to Get It
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in lukewarm water, and bathe in the solution without the use of soap. This will likely give you relief.

QUESTION: I am a young girl, 15 years of age. My weight is 109 pounds, and height, five feet six inches. I have no appetite, suffer terrible headache continually, and have pain in temples and eyes. I eat lots of sweets and drink soda. I menstruate only once every three months—do you think that is responsible for the trouble? It was the same before I ate sweets.
Miss R. P., Penna.

ANSWER: You are rather underweight for your height, 66 inches, which in turn is rather tall for a girl. It may be that you have some underlying constitutional disease that causes your trouble, such as anemia, heart disease, tuberculosis, hyperthyroidism, etc. You should have a thorough examination to determine about this matter, also have a pelvic examination to see if your genital organs are at fault. It may be that you should live on a diet of easily digested foods and cut out sweets and soda water.

At most, however, you must understand that treatment of such trouble as yours would necessitate first of all personal examination, and continued treatment would most likely have to be of personal nature.

QUESTION: Several months ago I suddenly developed a serious trouble with my breathing—I cannot, at times, seem to get a full breath, and I have to gasp for breath.

The doctor whom I have been consulting has been giving me a nice collection of pills, but, though I am now on my fourth box, no good seems forthcoming. Now, will you please give me your opinion regarding this trouble—it seems when I breathe my rib-box is not large enough to contain the supply of air the lungs take in? Do you think exercise would either alleviate or aggravate the condition?

G. C., Ill.

ANSWER: Consult a chest specialist as to the cause of your shortness of breath. If the lay people only knew that no treatment can be prescribed by mail without a diagnosis there would be more effort on their part to get a competent diagnosis before seeking information through the mail.

It may be your heart, or it may be a form of asthma that is causing your trouble, and of course you understand violent exercise, running for instance, would cause the same condition.

An X-ray of the heart region might help clear up the cause, and you should look also for any foci of infection such as nasal obstructions, diseased tonsils, abscessed teeth, sinuses, etc., which might cause by reflex action a condition of spasm of the bronchial tubes.

If examination shows you have no organic disease you can exercise to your heart's content—of course, using reason with it.

QUESTION: I am a boy, 17 years old, 64 inches tall, and weigh 88 pounds. My stomach is always sore, and I have had wet catarrh of the head and throat for some six years. My appetite is uncontrollable. For the past three months I have had bad breath and a bad taste in my mouth and I wonder if this could be catarrh of the stomach? Have tried diet for catarrh, but it leaves me very weak. Whenever I swallow there is a cracking sound in my ears, and they are always wet inside. Have

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Does a petting party stop with a kiss or does it go further? Is spooning dangerous? At last the question is answered. See "Safe Counsel" Page 199.

Are You Afraid To Love?

Has true love come into your life—or didn't you recognize it when it came? Are you afraid now of the baffling, perplexing mysteries of sex relationship? Are you discontented with the stupid lies and furtive ashamed answers the world gives you in place of the naked, fearless truth you desire? Do you want some safe, sane, unsham'd advice on sex questions? Do you hesitate asking your doctor certain questions? Clip coupon below, send it today without any money and in a few days you will receive the most startling surprise of your life.

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At least a book has been published that digs into sex matters without fear or beating around the bush. This startling 612-page book, "Safe Counsel," written by Prof. E. G. Jefferson, M. D., Ph. D., and Prof. J. L. Nichols, A. M., contains just the information you want. You will be amazed at its frankness. Words are not minced. "Polite" phrases are forgotten—the right word is used in the right place. "Safe Counsel" contains nine startling sections: I. The Science of Eugenics; II. Love; III. Marriage; IV. Childbirth; V. Family Life; VI. Sexual Science; VII. Diseases and Disorders; VIII. Principles of Health and Hygiene; IX. The Story of Life. Here are a few of the subjects discussed: Love, Secrets of Marriage, Anatomy of Reproductive Organs, Mistakes of Bridegrooms, Advice to Newly Married, Birth Control, Results of Excesses, Spooning, Private Words to Maidens, Rejuvenation, The Social Evil, Sex Magnetism, Answers to Sex Questions, and scores of other intimate subjects. Nothing withheld. Frank and fearless. Over 100 illustrations. 612 Pages. You owe it to yourself, to your health and happiness to read this wonderful book.

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tried seven doctors—without success. Do you think a milk diet would help me? Have already had tonsils and adenoids removed.
J. P., Penna.

ANSWER: First, I would advise you to have a complete X-ray made of the intestinal tract, then have a gastric analysis made by means of a fractional test meal.

Regarding your catarrhal condition I am sure it is confined entirely to the head and throat, and is not responsible for your stomach trouble.

As for the milk diet, it might help, but I would advise you to have the suggested examinations made first in order to determine just what is wrong and the exact treatment required. Incidentally, you might profit by having an X-ray made of the chest, as well.

The Torso of a Classical Statue

(Continued from Page 36)

cise for the waist and abdominal sections.

There is no doubt that the snatches and jerks, both with one and two hands, should tend to greatly strengthen the torso, but the same results in decided development will not be obtained, as from the continued use of exercises which call for a more prolonged effort to be placed on the muscles in question.

It may seem as though I am over-stressing the importance of the muscles covering the abdomen and sides of the waist. However, there is some reason for doing so.

am over-stressing the importance of the muscles covering the abdomen and sides of the waist. However, there is some reason for doing so.

A man may have a very strong back, with an exceptional development of the shoulders, arms and legs, and at the same time his abdomen and waist may be thickly covered with a large quantity of fat. It is possible, in some cases, for an abdomen of this type, fat and protruding, to be extremely strong and the athlete of this type may be possessed of almost superhuman power. This type of build is often seen among the wrestlers and strong men of middle age, and there is no denying the fact that they are efficient so far as strength is concerned. A build of such proportions, however, will never evoke comments of admiration, and few ambitious men and boys care to strive for such physical ideals.

The athlete with well defined abdominal and waist muscles will be judged as the possessor of a more perfect physique, even though his arms and legs are not quite so shapely as those of the athlete with a waist covered with fat.

Those who spend any great amount of time at bar bell exercises and other forms of advanced physical training methods will be certain to possess well developed pectoral muscles. There is hardly anything desirable in acquiring an over-development of the pectorals or front chest muscles; by which I mean developing them at the expense of the adjoining muscles; by developing the

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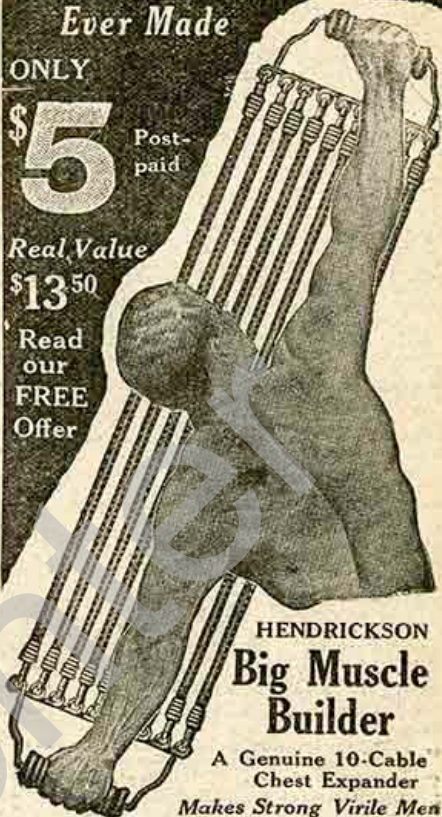
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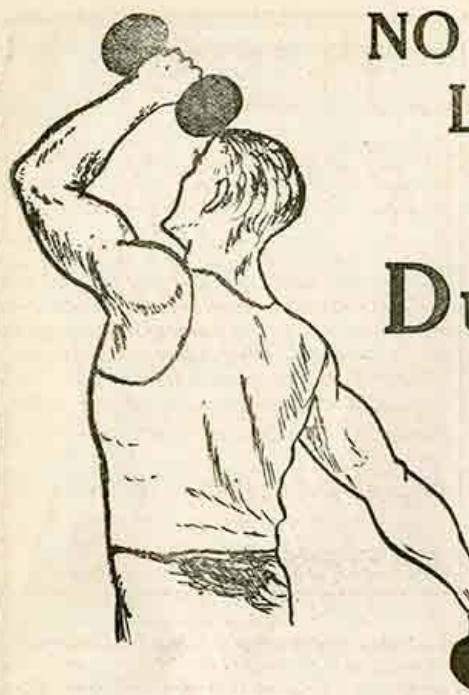
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front part of the chest at the expense of the back part, the shoulders are apt to present a hunched or stooped appearance. The bar bell user, wrestler and herculean hand balancer is not likely to neglect the upper back muscles, whereas the gymnast very often is found lacking in the development of the upper back muscles, which tend to pull the shoulders back. The light exercise advocate may find it easier to acquire some muscular bulk in the pectorals by floor dipping and like exercises, but will find no movement of a light nature to properly strengthen and build up the upper back. In fact, it will be impossible to strengthen any part of the back, unless rather strenuous movements are indulged in.

Such exercises as the regular Two Arm Pull-Over with a bar bell, the Floor Press, Wrestler's Bridge and Shoulder Bridge, used as exercises rather than as lifts, will all bring out the best results in developing the front of the chest. The movement of pressing a bell while lying on the back will be found to be more effective for this purpose, if the pupil lies on a narrow bench, so that the arms may be lowered well below the body as the bell is brought down to the chest. Several other valuable movements can be practiced while lying on a bench, using iron dumb-bells of 5, 10, 15 or 25 pound denominations, depending on your strength. Starting with the arms in the crucifix position, bring them up over the chest while keeping the elbows stiff.

A variation may be practiced by crossing the arms, instead of stopping with the bells directly over the chest. Also extend the arms back of the head while lying on the bench, and bring both bells over to the thighs, in a half-circular movement; vary this by alternating the arms. The advantage of lying on a bench while performing these exercises is that the arms are given a chance to move farther, consequently stretching the muscles and giving them a greater range of contraction. The dumb-bell movements have a certain value, but only in a supplementary way; so if your time is limited, you will do best to disregard them.

The back, shoulders and legs have recently been covered in other articles, so it will hardly be necessary to call attention to the best methods of developing those parts.

You may be able to draw your own conclusions concerning the methods used by the perfect examples of manhood, to be seen in the present issue.

Without a doubt the most famous of the group is Mr. Otto Arco, who is still active on the vaudeville stage at the age of forty-eight. Arco has been adding to his long list of admirers by appearing in vaudeville for many years. Although his professional specialty is herculean hand balancing, and he has held a world title in wrestling, he is always ready to give credit to bar bell exercise as a means of gaining a worthwhile development and keeping it. Arco is one of the few athletes who succeeded in jerking twice their bodyweight.

Mr. Edward As'ou, of England, has long been recognized as one of the

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greatest middleweights in the history of the strength game, and in fact, holds the title of Strongest Man in Great Britain and claims the world professional middleweight title.

He has some splendid records to his credit and, considering his ability to perform a Bent Press with either arm, he is generally accepted as the best two handed performer on that lift. His greatest feat was a Right Hand Bent Press of 300½ pounds, using only one hand from the floor to arm's length overhead.

He stands five feet, eight and a half inches in height, his most efficient body-weight being one hundred and sixty-one pounds.

Harry Lefkowitz is a newcomer to the pages of **STRENGTH**, although he is not exactly a stranger in the **Strength** and **Physical Culture** game, having been a seeker after physical perfection and great strength for the past few years. He has taken part in some of the New York lifting shows, but happens to be one of those bashful fellows when it comes to having his photo published. Harry is a living chart of anatomy and due to the scarcity of fat under his skin, his muscles are all very clearly defined. There can be no doubt but that he has worked hard for his build; nor can there be any doubt about him being ambitious, as he is always eager to learn the correct performance of every new strength feat he sees.

Harry Eavey is a new recruit in the ranks from Hagerstown, Maryland, which small city has produced some of our best strong men in the lighter classes: Robert Snyder, Richard Bachtell and Robert Knodle; however, Mr. Eavey is not, by any means, a small man, standing within an inch or two of six feet and weighing just around 180 pounds, stripped. He has a splendid pair of legs, as his photo shows and possesses a very neat build for a man of his size and weight. If you happen to hold any beliefs concerning the quickness and agility of a heavy man who practices heavy exercise and indulges in lifting as a sport, your opinion might be changed somewhat by witnessing Harry in a workout of tumbling and hand balancing.

Mr. D. W. Landau was introduced to you two months ago, in an article on powerful legs. The present likeness of him will give you an even better idea of his very capable musculature, but is shown chiefly to illustrate the classical possibilities of the modern physique.

This young business man has no interest in lifting in a competitive or record breaking sense, though he practices quite a few of the lifts as part of his training routine and is capable of giving competition to the best athletes of his bodyweight.

Mr. Landau has been attending the studio of Sigmund Klein for quite a length of time, where he regularly practices all manner of bar bell exercises.

In addition, he also derives a great deal of pleasure and benefit from horseback riding and swimming, and a small amount of bag punching.

The new pose of George Dembinski, which is included in the present group,

STRENGTHEN YOUR NERVES

The stronger your nerves are, the stronger you are in muscular power, organic power, and mentality—for in the *nerves* lies the source of all power. To be dull-nerved means to be dull-brained and dull-bodied—insensible to the higher things of life.

If you are seeking that mysterious something that will give you a high degree of Health, Courage, Ambition, Endurance, Personality—that mysterious IT, that all long to possess, **STRENGTHEN YOUR NERVES**, for there lies the answer to your wish.

Thousands of people suffer from bodily ailments which stubbornly refuse to yield to direct treatments. In nearly every case, the cause is weak nerves—nerves that have been depleted through worry, anxiety, fast living, and endeavor to keep up with the present day mile-a-minute life. These are the real enemies of Health, Happiness and Success.

Beware of Nerve Strain

I have carefully analyzed the cause of physical and organic weakness in over one hundred thousand persons during the last thirty years. I found the main factor *not* to be the lack of exercise, improper diet and violation of ordinary health rules, but mainly *Nerve Abuse*. It is this that tears down the health, weakens the body and makes men and women prematurely old and decrepit.

By nerve abuse is not meant excesses and vices alone, it includes needless wasting of Nerve Force through emotional and mental strains, especially through undue worry and anxiety, groundless fears, and a twisted philosophy of life.

Neurasthenia

Nerve weakness (Neurasthenia) is recognized as a specific malady, but it is, in fact, the vicious center of a vast number of maladies, reaching all the way from simple nervousness to raving insanity. All the so-called "common ailments" that harass the life of mankind are mainly due to weak nerves.

Nerve weakness may be described as existing in three stages and is manifested by the following symptoms:

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

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

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

If only a few of the symptoms mentioned here apply to you, especially those indicating mental uneasiness, you may be certain that your nerves are weak and deranged. Fight this weakness as you would fight for your life. **Conquer it, or it will conquer you.**

Medicine Useless

Medical treatment for nerve weakness is worse than useless. Taking drugs to stimulate jaded nerves is like making a tired horse run by dragging him behind an automobile.

Physical Exercise May Be Harmful

Don't be deceived into believing that some magic system of exercise will restore lost Nerve Force, as is so often claimed by physical culturists. More often it wastes the little that is left, for exercise demands expendi-

ture of Nerve Force. Bear in mind that some of the worst nervous wrecks may be found right among our physical culturists, prize fighters and noted athletes. Nerve abuse wrecks the strong as well as the weak.

Important Book on the Nerves

Many excellent books have been written on the care of the nerves, but they are entirely too technical. I have written a 64-page book in every day language, entitled *Nerve Force*, which contains a vast amount of practical advice upon the care of the nerves. It is the result of over thirty years of intensive study of people with weak and deranged nerves. The cost is only twenty-five cents, prepaid (coin or small denomination stamps).

Nerve Force is in no way an advertisement of any course in Nerve Culture I may have to offer, as is proved by the fact that it is on file in many public libraries, and at the National Medical Library, Wash., D. C. Over a million copies have been sold, a record never before reached by any other book on health.

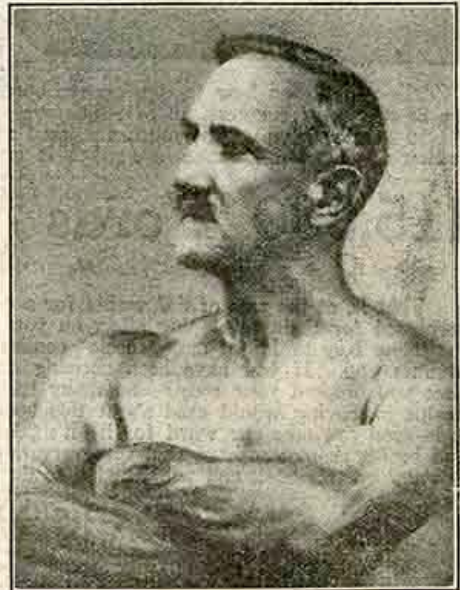
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Nerve Force is guaranteed from cover to cover. If, after applying the advice it contains, your nerves do not feel 10 per cent calmer and better, your money will be refunded **PLUS** your outlay for postage. There is no time limit to this offer.

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PAUL VON BOECKMANN

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

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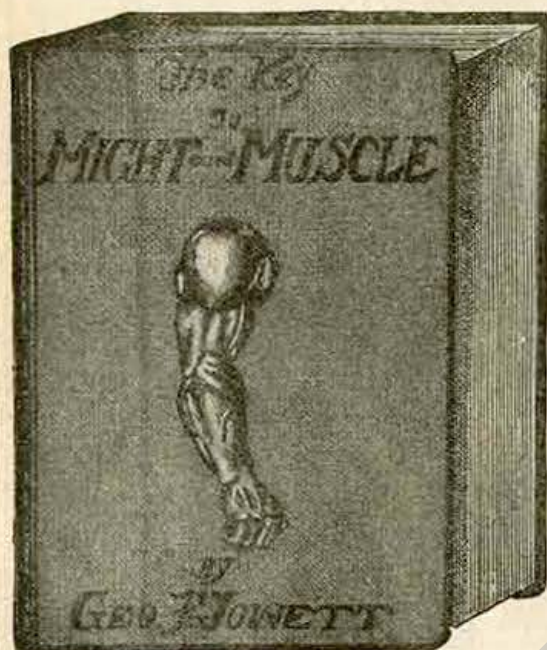


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The chapter on how to develop stubborn muscles alone is more than worth the price we ask for the whole book. But there are 23 additional chapters, all of which are as valuable as the one on stubborn muscles.

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

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

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



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is certainly about the best we have seen of this finely developed young man and, without any doubt, compares most favorably with the best of artistic muscular poses.

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Mr. K. V. Iyer is the marvelously proportioned Indian physical culturist who has lately made his bow in the "perfect man" class. In the October issue, we called attention to the development of his upper back and shoulders; now we want you to particularly notice the development of his torso. Of course you can't help admiring his arms, deltoids, and pectorals, but it is the section of anatomy below the pectorals, in which I want you to be interested. It is clearly evident that Mr. Iyer has spent countless hours at hard exercise, otherwise his muscles would not be so shapely and thoroughly developed, nor would every portion of his physique be so correctly proportioned.

A physique of this type is possible only when the culturist uses great resistance and studies each muscle and group of muscles, so as to properly understand the correct methods of giving them exercise.

Mr. Adrian Deriaz belongs to the Swiss-French family of five famous brothers, all of whom have won considerable distinction as physical culturists and athletes.

A short sketch appeared concerning the oldest brother, Emile, last month in one of the departments of STRENGTH, and we are showing you an excellent pose of Maurice in the Mat this month. Both of these brothers share almost an equal amount of fame, and while Adrian is not so well known outside of France as his brothers are, he is rated in his country as a first class artist's model and a sterling example of classical masculine shapeliness.

The Mat

(Continued from page 42)

ninety pounds. Have been exercising about three months, and have made satisfactory progress in every way excepting on the ability to press a bell with two hands. The plan just outlined seems to help me but in view of your advice to exercise only three times weekly, I want to know if there is any harm in doing this.

T. C., Conn.

ANSWER: To most of my readers, a question of this nature may seem to be nothing short of foolish; however, my reason for giving it publicity is to show there is a certain degree of value in an idea of this sort. I regularly receive letters of this kind, and of a thousand and one other varieties.

Now certainly no harm could result from such a procedure, as our friend follows; and, it is doubtful if any great amount of good could result from it, directly. Still, by allowing him to continue with this idea, he keeps his mind contented and free from worry, and should, therefore, derive benefit, indirectly, from the idea.

In Europe exceptionally well developed men are known to be the products of bar bell methods of exercise and the Deriaz Brothers are no exceptions to the rule.

Those of my readers who are searching for ideal positions in which to display their muscularity and shapeliness, will do well to study the eight poses here given.

Those who are ambitious to become well built and stronger than the average athlete will be wise to carefully consider the training principles followed by these "perfect men" and adapt a like system to your own training program. In the present article the various movements can only be hinted at, but the general idea behind their success, both individually and collectively, can plainly be seen. The muscles to be developed, must be thoroughly understood by the one who is selecting the exercises, otherwise, there can be no assurance of success.

The strength limitations of the muscle groups must be known and a degree of resistance, commensurate with the contractile powers of the muscles, must then be furnished.

Degree by degree, and step by step, the medium of resistance must be increased, thus coaxing the vital powers to greater activity, in which way the natural building processes of the body are encouraged; the nutritive functions having become strengthened, the muscles quickly increase in size and power.

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Aim high; let your goal be physical perfection; be satisfied with nothing till you reach the ever increasing class of modern "perfect men."



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The Follies of Youth



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

By
BERNARD BERNARD

There is an old story told of a philosopher taking in hand the moral education of a youth. They agreed between them that every time the youth told a lie, the philosopher guardian would hammer a nail into a board. Eventually, the board became full of nails, and, showing the youth the board full of nails, the philosopher was easily able to convince him that he had indeed become a serious prevaricator and that a mighty effort should be made to overcome this disastrous habit.

By using great persuasion, the philosopher was able to get the fellow to stop his lying, but it was obvious to both of them that the board full of nails hammered into it stood as an eloquent exhibition of the lies he had told, and they could never be wiped out. However, it was further agreed between them that every time the youth committed some good and worthy act, the philosopher would pull a nail out of the board.

Finally, on account of the many good acts committed by the youth he was gradually freed of its nails. At this time, the youth was viewing the board with great satisfaction, but the philosopher tapped him on the shoulder and reminded him that, although the nails were drawn, the holes still remained. Nothing could ever get rid of them.

We could draw a parallel between this story and what actually happens with those practices which are the follies of youth. Each time the habit is practiced, a nail might be said to be hammered into the board of character of that youth. Finally, the board is full and something happens, as, for instance, in the case quoted below. The youth is led to break his habits. By living wisely—a Physical Culture life, and utilizing the information given in the columns of Strength Magazine, he even manages to recoup some of his lost powers, so that we might say he has succeeded in withdrawing the nails from the board.

But the holes (the losses, or nervous and vital drain, conscious or unconscious) remain as evidence in this case and in many thousands of other cases. It is, however, wrong to say that nothing can wipe out the holes from the board. Maybe it is impossible without help, but this fellow found the Physical Culture Consultants. He lived according to our instructions for a matter of three months, and now he is another of the huge number of pupils who, having suffered, know now what it is to enjoy real health and happiness and ability to put out the best within themselves.

These "follies of youth" are, of course, intensely serious. No fellow who succumbs to them can hope to be his true self. He cannot hope to develop into a full man, in the true sense of the word. He cannot even hope to become the best husband and father later on in life until all the nails have been withdrawn from the board and, finally, the holes also eradicated.

Preserve your honor. It is your greatest asset. If you have given it to the Follies of Youth, you are still pounding nails, or, if you are drawing nails out and still have these holes remaining, let us counsel you to begin now the life that is worth-while. You will never regret the step you make. Our methods are scientific and absolutely positive and certain. Each month we give proof, actual proof, for you to read, that we really can do what we say. Read what this fellow has to say, and then take the step that he took.

Case Report 772: From first letter: "I am suffering from involuntary losses at night, and constipation. At the age of eleven I began to practice the school latrine. It grew on me until I reached the age of seventeen. About that time I read an article which caused me to stop the practice, which was no easy matter. At this stage I began having bad dreams and involuntary losses. For the past two years I have had no bad dreams, but the involuntary losses continue sometimes twice a week while I am asleep."

First Report: "This is my first report, and I would like to say that I am feeling fine. Bowel movement is much freer and oftener, especially this last week. I am full of confidence and feel that I am on the road to health unknown to me before."

Second Report: "I am glad to say that I am feeling fine. I have had but one loss since my last report."

Third Report: "I have now been under your guidance for four weeks. Since my last report I have had but one slight loss. Bowel action is good and I feel that I will soon be well again."

Fourth Report: "Everything is going fine."

Fifth Report: "I have never felt better in my life. It is now well over a month since I had any losses, and my complexion is getting better every day. I am full of pep and my bowels are moving two and three times a day. As this is the report preceding my last lesson, I want to take the opportunity of thanking you for your kind attention and help, which has certainly worked a miracle, or so it seems to me. I think that with the final instructions I can continue on the road to health and happiness alone."

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CONTENTS

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sons are endowed with the proverbial "constitution of iron" and can, for an evidently unlimited time, stand up under a terrific amount of hard work. Some of the champions in the strength game and, in fact, in all other branches of sport and endeavor are naturally gifted with such an "iron constitution"; therefore, they are able to train every day, month after month, and not only enjoy it, but seemingly hold up under the strain with no ill consequences.

However, such men are rare exceptions, and it must be understood that in dealing with thousands of men and youths, as we must do in the articles appearing in STRENGTH, we must give the most sane and sound advice applicable to average individuals.

We are constantly aiming to improve the physical condition of those who are physically below par; and showing those who have attained a good physique and strength above the average, through the medium of progressive exercise, how they may progress to even a greater extent, by working along the correct lines.

Under personal instruction, even by correspondence, it is possible to deal with a man in a more direct manner, and as he progresses with his exercises, the instructor can note his individual characteristics and instruct him accordingly.

For general purposes of muscle building and strength development it is advisable to keep well within your limit of physical reserve; which procedure, at the same time, is best from the standpoint of maintaining a normal state of health and general physical efficiency.

Regardless of how much I may write, or anyone else may write on this subject, a certain percentage of men and youths, especially the latter, will decide to do different and continue to train as they think best. In some ways, it is best that they should continue to suit themselves, as long as they don't overdo the thing. If by so doing a fellow can keep himself from worrying, it sometimes may be better than for him to follow instructions and keep thinking the instructions don't apply in his case.

There can be no doubt concerning the fact that those who believe their instructor to be right and follow his advice, will make the greatest improvement in a stipulated length of time and show the highest degree of progress in the long run.

From observations it can safely be said that those who follow directions and don't pay too much attention to watching the different muscles grow, who eat a sufficient quantity of wholesome food and don't have time to worry about whether the food is digesting, will get along best and show the greatest results.

There is absolutely nothing to be gained by constantly wondering if this and that article of food is going to agree with you; likewise, you will gain nothing by being afraid to do one thing or another outside of your regular routine. Try to lead an orderly sort of life, with regular habits, etc., but don't be afraid to stay up late once in a while and don't be fearful of dire consequences, if you eat a little candy, or an extra plate of

ice cream one day. Such things, over a stretch of time, are of minor importance, and while it is certainly correct to cultivate the habit of eating only at meal times, it will not ruin you to vary from this rule once in a while.

Please don't misunderstand me; I am not advocating that you should become careless in your habits, or that you should eat all kinds of trashy things sold as foodstuffs and delicacies. I am simply urging a sensible mode of life.

It is true that pugilists, oarsmen, track athletes, and others, are at times required to live according to very strict schedule; but only for a relatively short period of time. It becomes very tiresome and nerve racking to continue on a training program that is extremely strict and ties a fellow down to a clock work schedule. Athletes on a training table become high strung and irritable and are keyed up to such a high pitch they find it hard to control their emotions. An example of this is seen where a pugilist will break down weeping after losing a fight.

We are not saying these training methods are wrong for the purpose of preparing athletes for particularly exacting contests; but they certainly are the wrong methods so far as the physical culturist is concerned. You, Mr. Enthusiast, are interested in reaching a condition of physical perfection and keeping it by a program of regular training, continued throughout the year. Such training methods as followed by the classes of athletes above referred to can only be followed for relatively short periods of time, with long intervals of rest in between; otherwise, the athlete becomes "stale" and breaks down.

Certain very wise men have repeatedly urged moderation as the best single rule to be followed in the habits of life; in reference to physical exertion and exercises, a better word could not be used. Follow the advice of your physical instructor; if you had confidence enough to sign up with him, you should have confidence enough in his judgment to pay strict attention to directions. After you have gained a little experience you can work together with him to decide just what is moderation in your case. Keep in close touch with your physical instructor, or if you have none, write to the Mat Department of

STRENGTH concerning your problems. Or, in fact, any one of the writers on the STRENGTH staff will be pleased to be of assistance to you, if you will call upon them.

QUESTION: My Adam's Apple is so prominent I am always conscious of it and sometimes feel ashamed to think it should show so prominently. Having read sometime ago of some exercises which would cover the Adam's Apple, I tried for a long time to do so, without any success. Why should that part of my throat protrude so? If it is possible for exercises to remedy this fault, why have my efforts met with no success?

N. L., Indiana.

ANSWER: To begin with, you are mistaken in believing a prominent Adam's Apple to be a fault or deformity. It is a decidedly masculine attribute the same as the beard on the face of a man. It is extremely rare for it to be noticeable on a woman.

The Adam's Apple is, in reality, the Thyroid Cartilage, the most prominent part of the Larynx; scientifically, it is known as the Prominentia Laryngea, and the Pomum Adami.

The man with one that is very prominent is quite apt to be possessed of a rather deep voice, though this is not always true. Some men, especially if naturally inclined to be more or less slender, will find it impossible to cover the Adam's Apple, no matter what they may do. On the other hand, the fat individual, and the thick set, heavy muscled man are both likely to have this part pretty well hidden. However, many men with extremely heavy neck development will still show a fairly prominent Thyroid Cartilage.

To develop the muscles surrounding this part of the anatomy, you will merely need to concentrate on movements wherein you force the head forward and downward against great resistance; also practicing twisting movements; the Wrestler's Bridge is likewise first class, particularly the variation of it, where you rock the head while holding a bridge.

Attention Old Readers of Strength

The New York Public Library wishes to complete its files and is desirous of obtaining all issues of STRENGTH previous to 1920. If any of you have these copies kindly notify this office.

The Spirit of the Dance

(Continued from page 47)

hundred and twenty-five pound woman one ounce lighter by putting filmy material on her, nor is she easier to handle with such a costume. Most of the female dancers or dansuses as they are generally called, average about 110 pounds, this is considered the ideal weight. So you see how necessary it is for the male dancer to have a rugged physique to withstand the rigors placed upon him by the adagio routines. It is also imperative that he possess more than average strength and symmetry of form as these add to his efficiency and are the requisite foundations for building a great reputation.

Most of the male dancers of my acquaintance are towers of physical strength and have excelled in other sports as well in their own profession. Their nicety and finesse distinguishes them from the ordinary run of athletes and it is generally conceded that their gracefulness has added a maturer power in the various branches of sport in which they frequently indulge for diversion.

One of the principal factors in the training of the male adagio dancer is the paramount importance of good chest development. When a boxer, wrestler, or track athlete becomes winded from his exertions it is considered quite a

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natural thing, but let the dancer be faint for want of breath and he would have condemnation heaped upon him. No audience would stand for such a spectacle, for the girl is considered not as just so much weight to be "toted," but rather as a fairy flitting along with the breeze, and it would be decidedly improper to shatter this illusion with a show of puffing and heaving of the chest. To obtain good wind the dancer shadow boxes, skips rope, and sometimes runs across country for five or six miles.

Adagio dancers practice with their partners all the various plastiques, but as beginners are apt to injure the girl it is advisable first to handle a dummy which should be of the same weight as the partner and then when ability is acquired, perfect a number of routines with another man until a certain degree of perfection will warrant risking the difficult positions with the girl. When two men practice together they should alternate in the feminine role and thus get a knowledge of the treatment and sensations experienced by the girl in the convolutions and gyrations she is forced to go through.

Adagio dancing requires very little costuming and therefore one should not look with carnal eyes upon the whirling plastiques or think that there is a suggestive handling of the girl partner in any position. It is an art which purports to the highest and cleanest of ideals and the light delicacy of touch which is required after constant prac-

tice does not convey any notion of indecency. It is only a sensual mind that conjures these ideas contrary to the Ultimate Purpose of the dance itself.

In Russia the spirit of dancing was heartily encouraged by the Czars who reigned after 1672. When the ballet which was then the highest form of art commenced to decline in France and Italy, the Russians continued to carry on the traditions of dancing in their own country. Gradually, under men like Petipas and Fokine, the present Russian school of the ballet evolved, later the adagio or the plastique dancing was originated. It was during this time that the great Anna Pavlova was produced and the adagio owes, in a measure, its inception to her. However, the Russian school of ballet is on the decline; and the ballet, once the chief delight of the playgoers, today occupies a subordinate position to the plastique or adagio type of dancing so prevalent in the theatre today. The applause that was once evoked as much by group dancing, as by the star, is now reserved for the "first dancer," and the Grand Ballet D'Action is almost a thing of the past.

There are dancers who shine like stars in the firmament—and are distant. And they are Michael Mordkin, Andreas Pavely of the Oukrainsky ballet, and the Kosloff brothers. These men are to the dance what Babe Ruth is to baseball, or Lindbergh is to aviation. Their names will go down in history and be handed down as legends to future generations.

Ignorance and Indigestion

(Continued from page 48)

age individual springing from healthy ancestors can live his allotted span of life (barring accidents) as to believe that two and two make four. Well, then, why doesn't he? Ah, that is because of this *thing* I shall tell you about.

In China, we are told, the doctor is paid to keep his patients in good health, and as long as they remain so his pay continues, but let a man become ill and the doctor's pay promptly ceases and remains suspended during the period of sickness. But the fly in the ointment in that country is that the doctors there are as ignorant as their patients; they know not even the first principles of physical culture and hygiene, and their treatment (?) consists of the usual magic and incantations of the Far East. But, nevertheless, I maintain that the fundamental basis of the system is absolutely correct—prevention rather than cure of disease. In this respect we, of our great Western civilization, would do well to copy after the "heathen Chinese," for we would profit greatly in the bargain—the fact is that there are today not a few really prominent men, the *big* men, of the country who are doing this very thing. They have retained personal physicians whose duty it is to keep their patrons constantly advised as to exact physical condition; desired changes, and the proper manner and method of bringing about these changes. And the men invariably report themselves more

than pleased with the system.

But these particular men are not true sons of this age, they are far-sighted indeed, and are, I believe, fore-runners of the future age. Indeed, the great multitude of the present era are of an entirely different hue—their frame of mind recalls to me the story told when an airship made a round-trip voyage from England to this country and back several years ago. At the time the big ship left on the return voyage our government granted a special dispensation permitting the crew to take on several barrels of rum for use during the flight. Now, it also happened that a Bible Society presented each member of the crew with a Testament at about the same time. Well, some wag commented on the facts in the press to the effect that as long as sailing continued fair the crew would remain on good terms with the rum, but that if a storm should arise they would get acquainted with their Testaments post-haste. And that is exactly the way of Mr. Average Man; he comes to his physician only as a Court of Last Appeal, and really *expects* that perfectly human individual to perform the miraculous and return him overnight to the condition he has not known for fifteen or twenty years. His physician observes with sorrow that the *thing* has visited itself upon another unsuspecting mortal and in going has left its scar that no man can remove.

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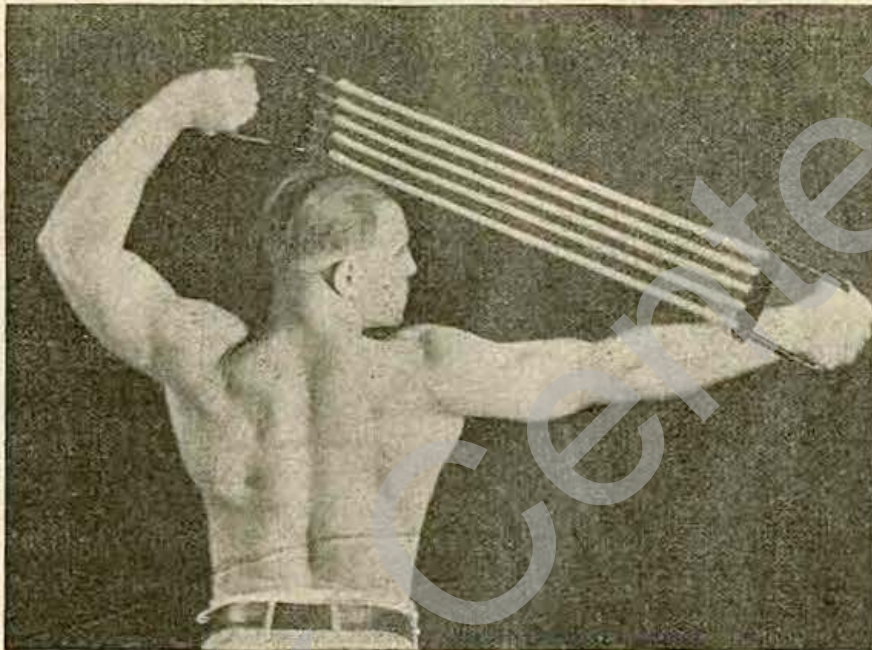
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BON-OPTO

"Is it a new disease, or is it a new name for an old malady? What is it, anyway?"

First, let me say that this thing is not a disease; that is, a disease of the body. It is a condition of the mind. And it is not new—it is, rather, as old as the world, but happily it is becoming weaker as time comes and goes. During the last hundred years it has lost much of its strength, and during the next century will lose most of what remains, so that in time it will become almost nil.

This thing that has caused so much trouble, so much sorrow, so much death—and which is still causing these conditions—is just plain ignorance. Mankind, even a hundred years ago, knew but little regarding causes, cures, and contagion of diseases, and knew nothing about germs and microbes. But today even a grammar school boy can tell us how germs cause diseases, and even so how these germs can be killed or avoided. Thus the mighty malefactor, ignorance, lost much of his sting when men discovered these facts and succeeded in obliterating many pestilences of other days and learned to control still others. No longer do we hear much of great plagues sweeping through a country of the civilized world and leaving behind a desolate wake unpopulated by living human beings. Indeed, the "fast workers" of the army of ignorance have been tamed, but there still remain a host of "inside men" who go about their duties of devitalizing mankind in an underhand way, killing slowly so that the blame is always cast in other directions than the guilty one. Of if they do not kill outright they at least leave only a wreck, a shell of a human being instead of the glorious creature God intended him to be. So now take heed to what I shall have to say:

Did you ever realize that the food you eat and the way you eat it has more to do with your well being—or lack of it—than anything else in the world? And do you know that, accordingly, just about nine out of every ten diseases that afflict human beings are due to improper eating? And do you know that the next greatest scourge of the race is caused by improper treatment of the glands of the body, particularly those of reproduction? If these statements are news to you, don't be amazed at your lack of information—you are but one of about 95 per cent. of the population of the land.

In the "Ask the Doctor Department," which I conduct in each issue of this magazine I endeavor to answer as fully as space permits a fair number of inquiries each month, and try to select inquiries that are of interest to as large a number of readers as possible. But do not think for once that all inquiries received are answered through the columns of STRENGTH—I should say not. Every mail brings in a stack, and each day finds its quota of answers being sent out. And by far the majority of these inquiries can be put directly at the door of improper eating—the troubles about

which information is desired are constipation (of which there are several distinct types), then come the various troubles caused by constipation, such as bad eyesight, headache, "nerves," and kidney trouble. Yes, a good bit of kidney trouble is due to constipation, for when the intestines fail to carry out their part of the process of elimination, extra work is thrown on the kidneys with the result that they generally begin registering righteous complaint. A great many individuals do not know these simple facts, so when they get a headache they proceed to doctor the head, faulty vision always calls for glasses, "nerves" calls for a tonic or some sort of dope, and kidney trouble calls for specific kidney treatment. And all the while they try to cover up the effect without removing the cause—if they only realized that constipation is the whole trouble and that it is not generally difficult to remedy, how much better off they would be and how much less trouble and expense they would have to undergo to effect the desired change in conditions.

Not yet do the people of any land realize what a wonderful machine the human body is, and what a science there is to eating. That body of yours is a thousand times more delicate than the car you drive, but there are 1,000 chances to 1 that you give the car much the better treatment. The average car has its oil changed occasionally and is kept supplied with sufficient water in the radiator and, to say the least, is given the fuel it needs in the gas tank. And when a knock develops in the motor it is generally repaired properly and not merely covered up temporarily by some means or other. No man likes to put muddy water in his radiator and he is not so foolish as to try to operate his car on kerosene or crude oil, but just look you once at the stuff he puts in his stomach! He eats and drinks—and thinks he "enjoys" because his stomach craves (?)—an assortment of stuff that even a "yaller" houn' dog would investigate closely before risking it in his "innards." And invariably when trouble shows up the poor, deluded fellow tries to find some guiltless thing on which to place the blame for his affliction—he never looks at his diet; he knows (?) it is all right, for he does not want to compromise at all his pleasure of eating. Therefore his troubles continue and increase in number and power because he himself continues fostering and cultivating them. Then, when he has completed his task of slow suicide, another mark is made against apoplexy, or Bright's disease, or some other only partially responsible factor. Yes, I tell you, as long as eating continues on its present high (?) plane of senseless stuffing the profession of physician or undertaker will be both popular and profitable. Now, the sad part about the whole thing is that this waste of energy and life is ab-

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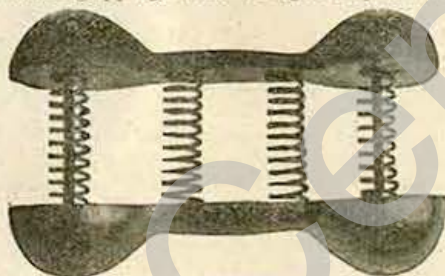
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solutely uncalled for—men realize that water will drown them, yet we have millions of swimmers in the water every year, and only a very, very few deaths from drowning, all because they, knowing the definite and positive danger awaiting their carelessness, go as far as is safe and stop there. Even so, when these same men come to realize that there is a death equally as sure and certain and which, though slower, is much more painful and agonizing because of its very slowness, staring them in the face thrice daily then will they come to their senses and change their tactics. Then will we become a race of healthy people, free from 90 per cent. of our present day troubles. Many a good citizen has dropped out in the prime of his life, and many a prospective leader of men has been taken away as he stood on the threshold of a mighty career all because of ignorance of the first principles of sensible and healthy eating—"I never knew," might well have been on his lips as he stepped into the valley of the shadow.

And now for a few words about the other subject mentioned—ignorance about the functioning and care of the reproductive system of the human body. How many of you know enough of this most important matter to explain it intelligently and understandably to another? And the information you have—where did you get it? The chances are at least 25 to 1 that you received your information—or mis-information—not from a reliable source that would instill in your mind a clear understanding of sex matters approached in a clean way, but that your knowledge came from the gang on the street and that it was given you in a manner that left in your mind an unclear regard for the opposite sex—a beautiful figure thrills you not because of its grace but because of and only because of its sex appeal. Even a beautiful statue or wonderful painting draws from but a very small percentage of those who see it an appreciation of its charm and the beauty that its creator placed in it—the eyes that gaze upon it look too often through a hazy fog of tarnished ideas which were generated by early mis-information, fostered by lack of proper instruction, and cultivated by continued association of evil with good until all became evil. This deplorable condition is everywhere evident—we attend a revue at the theatre and see a chorus of beautiful girls go through a series of intricate dance steps with the grace and finish that bespeak perfection acquired only by untold hours of practice. But how many of us actually see and appreciate the beauty of the spectacle—isn't it a fact that the crowd is much more attracted by the girls than by their performance, and isn't the most interesting feature generally regarded as the amount—or lack—of costume favored by these young ladies, and the corresponding amount of their anatomy exposed to

public inspection? If you don't believe this is true, just make a study of the faces and expressions of the holders of the first ten rows of seats at the next revue you attend—even if you have to turn around in your own seat to do it.

And speaking of revues and dancing, there is a particular type of dancing known as adagio, in which the man performs various lifts with his girl partner, swings her around his body, over the shoulder, etc., and catches her in various positions from springs, jumps and dives. These dancers almost invariably wear scanty costumes, particularly the girls, and time after time I have heard remarks like, "Whew, I'll bet that fellow gets a lot of 'kick' out of that—I'd like to try it a fling myself, I'll say." And the speaker's eager expression and glistening eye speaks almost aloud of his inward thoughts. Those who perform this dance know it is work of the most difficult type and that their entire attention must be focused and held on the routine performed—the only thrill they get from it is the applause of the audience commending them for a task well done. But very few, however, save the dancers themselves, really understand how this state of affairs can possibly exist. The same is true with artists and sculptors—they see in their model only a guide by which to fashion the product of their skill—the layman rarely sees anything but the flesh, and all because he never knew—all because he was taught only the evil of the secret of life, the evil entirely and none of the good.

I daresay you will grant me the truth of these statements without argument. And then you ask me to explain the cause and propose a remedy. The cause? The cause of this condition in your son is you; the cause in you is your parents; in them, their parents, and so on back to the time Sin became a fact. And the remedy? You can't teach an old dog new tricks, you know. Well, likewise those who now have the wrong outlook on life will find it difficult to substitute another in its place, for always those old thoughts, cast aside but not forgotten, keep bobbing back into the mind. But those who are now young, so young they have not yet had their thoughts bent at a tangent from the right path, can be saved from this deplorable condition if you who now realize only too well its pain and penalty will but take them by the hand, so to speak, and lead them into the right line of thought. Give them the information they desire and need—and will obtain—in such a way that they shall see in life the beauty and wonder of God's masterpiece instead of the gloomy evil man has put in it. And while you are at it (rather unpleasant task to undertake, wasn't it?) tell that innocent and ignorant child (regardless of age, the individual is a child in this respect until properly educated by others or until he learns for himself by experience—and often at a great price) whose future depends so much on you



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the full story. Give him to understand not only that the wages of sin is death, but also that sin is ignorance of and disrespect for the laws of Nature, and that the wages are not only death but living death as well. Look here: How many of the girls and women we good Christians (?) now look down upon would be in their present plight if they had known—if someone who loved and cared had only foreseen and provided, had given them to understand the real truths of life? And how many men and boys are there whose lives now stand wrecked who would have followed their downward path if they had known? But no one had told them; they had to learn for themselves that "each ounce of dross has its ounce of gold," and now they are paying a thousand times over for their experiences. Yes, I declare to you, this matter of ignorance regarding sex is the greatest scourge we have—other evils come and go and leave death and terror, but they almost invariably affect only the individual—this evil we are discussing, however, comes and stays, ever broadening its field of pain and sorrow, and ever increasing the stream of tragedies entering the door of the physician's office. Verily, is it not written that the iniquities of the fathers shall be visited upon the children of the third and fourth generations? Ask your minister, then ask your doctor.

Health—Strength—Beauty

(Continued from page 44)

swinging of the arms should be done with force. In time, you will be able to make the palm of the hands meet in back of you.

The above two exercises are also very good exercises for the waist. The following is also good for the waist: Stand with feet together, hands on hips,

As has been mentioned the greatest number of inquiries received from readers of this magazine are about stomach troubles, but many are received requesting information along the line just discussed, and they are the tragedies of the lot. The boy in his teens (who knows, he may be your son), the young man, the middle aged man, the man past middle age—they all come seeking information to remove the scar the *thing*—IGNORANCE—has left, a scar that is indeed difficult to efface. And then the physician comes oftentimes face to face with the after results of these mistakes—succeeding generations that are destined to go through life burdened by the load assumed for them by those who lived ahead. Yes, Mr. Shakespeare, the world is a stage, and we are the players on it—and many, too many, of us are tragedians, if you please.

So now in closing I appeal to each and everyone of you, friends, to do your part toward destroying this *thing* whose methods of working we so abhor, lest in time to come that son or daughter of yours may be forced to consult his court of final appeal only to be condemned there to his fate because he violated laws he never knew to exist. Do your part to prevent that oft-repeated tragedy of a broken figure leaving the doctor's office mumbling to himself, "I never knew, I never knew—."

keeping the body perfectly straight. Then slowly roll the upper body in the form of a circle; back as far as you can—to the sides and away down in front. Five or six repetitions will be sufficient, but they can be increased to ten or fifteen after you become limbered up.

Shape from Shapelessness

(Continued from Page 39)

proportions very easily, which after all is a great deal. It certainly will give you a better feeling to stroll out on the beach next summer with calves that have a fair appearance, than it did to stroll out last summer with two ugly ones.

Regardless of what miracles have been and are being performed by proper exercises upon thousands of men throughout the world, there never has lived a perfectly built man. By a perfectly built man I mean one that is so finely built every expert critic and physical authority would be forced to admit they could pick no defects. You can imagine how impossible it is.

Sandow himself, who according to most of his photos I am familiar with, was as finely built as any, if not the finest, was criticized. Away back between 1900 and 1905 he was criticized by an English authority who claimed that Sandow was flat footed and that his shoulders sloped too much. Another authority claimed that statement was untrue and that Sandow's feet were not

flat and that if his shoulders did slope it was the best type, for square shoulders were not the ideal kind on a strongman. So there you are.

Maybe the first authority was sore on Sandow, who knows; and perhaps the second authority was Sandow's press agent, who knows at this late day.

Personally I believe they were both right and both wrong. Of course my opinion is based on a few photos of Sandow, for I did not see him personally when he was in his prime. Consequently I may be wrong also. However, I believe that Sandow was somewhat flat-footed when posing in bare feet. He did not possess fallen arches, but the arches weren't as arched as they might have been. This slight defect I noticed long before reading that someone else had noticed it. But I have never noticed that he was anything but ideally built around the shoulders. It is my belief that a strong man's shoulders can be too square and also too sloping. I prefer the happy medium where the shoulder slope is concerned.



An American scientist has perfected a new health plan for men at or past the prime of life. Thousands of men, some as old as 80 and 90 years, report the quick elimination of distressing symptoms—that they are now living youthfully. Serious gland operations have been avoided in other cases. Noted sanitarians and doctors endorse the method.

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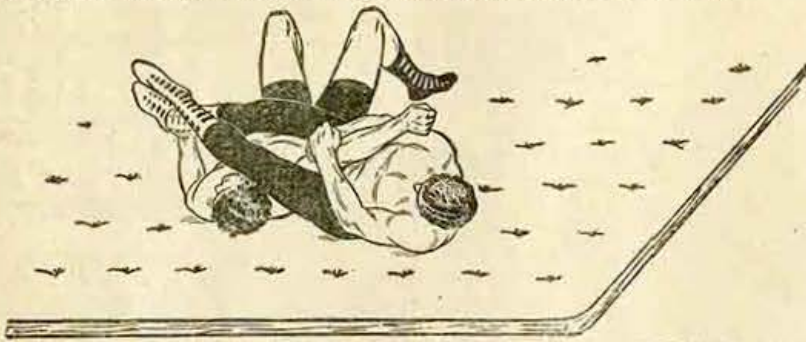
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Meet Mr. Paulinetti

(Continued from page 27)

opportunity. Now it goes without saying that the manager had taken proper steps to advertise the coming of the great gymnast, with the result that the theatre-goers were keyed up to a favorable pitch. And, appreciating the difficulty of the feats advertised, they anticipated seeing a very powerful looking individual—you can imagine the surprise of those present when Cinquevalli introduced to his friends at the cafe a slight chap about five feet five inches in height, and weighing less than 120 pounds. This party was Paulinetti, and his slight build was further emphasized by a Prince Albert coat and tall silk hat. The crowd, being of decided Teutonic persuasion, did not endeavor to mask their feelings—indeed, they were almost derisive, and some even questioned Mr. Cinquevalli about trying to play a joke on them. This sort of reception did not please Mr. Paulinetti at all, but his friend prevailed upon him to hold his peace until next day—next day they again entered the same cafe, and everyone crowded around with "Hoch, hoch," and the German equivalents of "wonderful, marvelous, how-do-you-do-it, etc." Seeing was believing, and they had seen.

Once there was a certain prominent foreign athlete who had never seen Paulinetti's performance—he had only heard of his wonderful balances, but was jealous and disbelieved. One day he accosted our friend in a cafe—you are a good balancer, but you haven't any strength, was the gist of his remarks. "Is that so?" replied Paulinetti, "let me see you try this." Whereupon he grasped the front and back of the seat of a chair and straightened into the planche (figure 3) and held the position—completely dressed, even to hat and top-coat. The skeptical strong man slipped quietly out the back door, lest someone should ask him to try the feat.

Paulinetti pressed up into the one handstand position from many positions—on a walking cane, on the corner of a table, on the floor by bending forward and placing the hand ahead of the corresponding foot, curling the other foot around to the rear, and leaning forward into balance (see figure 8, which was taken an instant before the foot was raised from the floor), and also by sitting on the floor, placing the hand between the legs, and pressing up. He often used this last feat to "stump" scoffing rival athletes.

Just here it might be of interest to mention that when he showed me a part of his collection of photographs of performers contemporary with him I noticed that all the men had curly hair and I remarked to him about it. "Oh, yes," he replied, "you see, in those days all professionals believed in curly hair as part of their stock in trade, and it was the custom for the artists to make up, then go down and get their hair curled just before going on for their performance. There was always a shop for this purpose conducted in each theatre. Yes," he added, "I had my hair curled regularly, too."

As has been mentioned, Mr. Paulinetti has done work in almost all the various acrobatic lines—bars, tumbling, dancing, etc., as well as balancing, and he was a top-notch in everything he undertook. In this line he did various ring and bar feats that have never been duplicated by a normally formed man, and of course he performed all the ordinary feats of advanced work on such apparatus. Just the other day, however, he told me of one occasion when he was "stuck" by a rival performer—there was a Spanish ring worker whose specialty was doing the crucifix, one arm rolled up, one arm chins, etc., in fact all work requiring tremendous strength of the bicep and latissimus muscles. This chap weighed but 102 pounds, yet he had an upper arm some fifteen inches around, and almost entirely bicep at that. Well, Paulinetti met him one day in a gymnasium and of course they began matching their skill. The Spaniard did the one arm roll up, the hand balance in the rings, the crucifix, etc., all of which Paulinetti easily duplicated. In turn he "stumped" the Spaniard by doing a back planche hanging below the rings, then while keeping the body horizontal throughout he pulled up through the planche at the hips and pushed up into the planche with straight arms above the rings, then went into the handstand. The Spaniard could go as far as the tricep and shoulder development necessary to push from there up while keeping the body horizontal. But he would not admit defeat, no, sir—he still had an ace up his sleeve. Calling for a 56 pound weight he held it in one hand and did the one hand chin with the other—imagine a 102 pound man chiming himself plus 56 pounds additional, and with one hand! Paulinetti told him to keep his blooming weight, he might need it for a watch charm!

And now just a few words in closing about Mr. Paulinetti as he is today. Were you to meet him on the street you would readily take him for a banker, or a lawyer, or a doctor, and you would estimate his age at about forty-five. In fact, he has the clear, sharp eyes and the springy step of a man even younger. He has retired from the profession, but he has not given up exercise. The truth is that he still does many of his major feats of other days, particularly the head balances, and he does all of his hand balances, save one (the one arm planche). I refer you to the photos, numbers 6, 7, 8 and 9, which were made last October 15th. And bear in mind that these were not made with a graflex or even a snapshot camera, but were made with an ordinary studio camera with "bulb" exposure. This is to convince you that not only were positions held for a good length of time, but they were also held without motion. In addition to the feats shown he does his head balance and revolves by action of the muscles of the neck; also he disrobes while balancing on his head, and he does these feats in such a way they appear easy to perform. Really, one must see him perform to appreciate fully the wonderful degree of control he has over his body.

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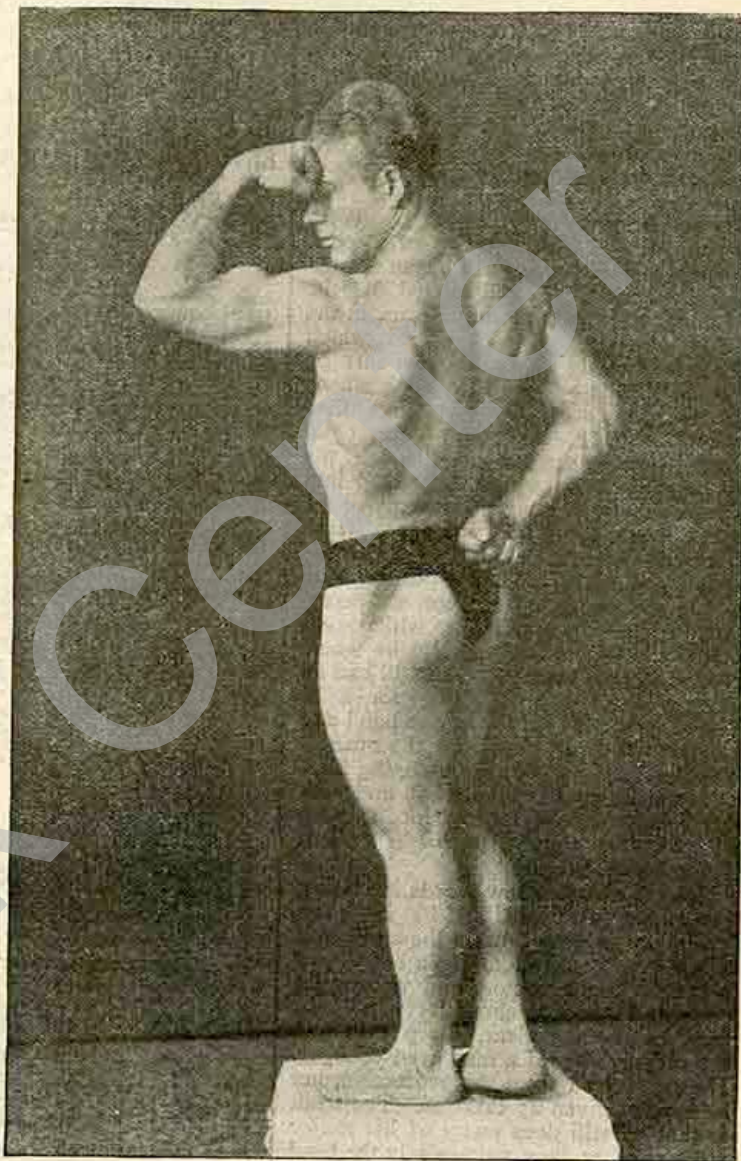
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Rounding Into Ship-shape Condition

(Continued from Page 30)

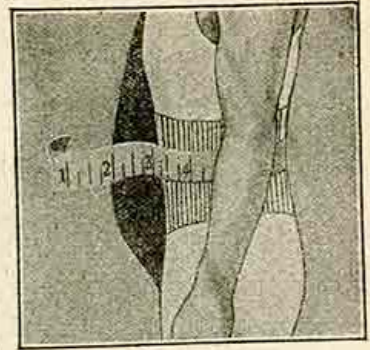
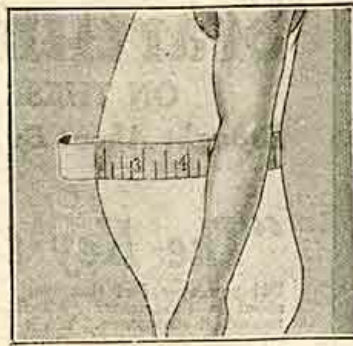
fine people . . . this was called the Spleen.

I saw with great pleasure the whole drift of humans delivered from their sorrows, though, at the same time, there was scarcely a mortal in the vast multitude who did not discover in the huge pile what he thought were pleasures and blessings in life, and was perplexed that the owners had ever comprehended them as burdens and grievances. As we were regarding this confusion of miseries, this chaos of humanity, King Happy, the merry old soul, issued a second proclamation, which stipulated that everyone was at liberty to exchange his affliction, and to return to his abode with any bundle he would be pleased to accept.

Upon this Chimera began again to bestir herself, and parcelling out the whole heap with incredible activity, recommended to everyone his particular package. The hurry and confusion at this time was not to be expressed in the frail medium of words. A venerable gray-headed man, who had laid down the Gout, and who I found wanted a son to carry on his work, unfortunately snatched up a vagrant and undutiful son that had been cast away by his angry father. The graceless youth, in less than ten minutes, had the old man by the beard and tried to thump his brains out; so that meeting the true father, who came towards him in a fit of Worry, begged him to take back his son and return his Gout; but both of them were unable to recede from the choice they had made. A poor, wretched prisoner, upon throwing down the chains, took up the old man's Gout instead; but made such wry faces that it was easily perceived he was no great gainer by the bargain.

It was pleasant enough to see the several exchanges that were made. Sickness against Poverty, Hunger against Pain. Most of the women folk were very busy among themselves bartering for features and fashionable shapes. One enormous woman was trucking her oversize shape for a perfect "thirty-six" gown. This evoked ribald mirth from King Happy and myself.

However, the heap was at last distributed among the two sexes, who made a most piteous sight as they wandered up and down under the pressure of their



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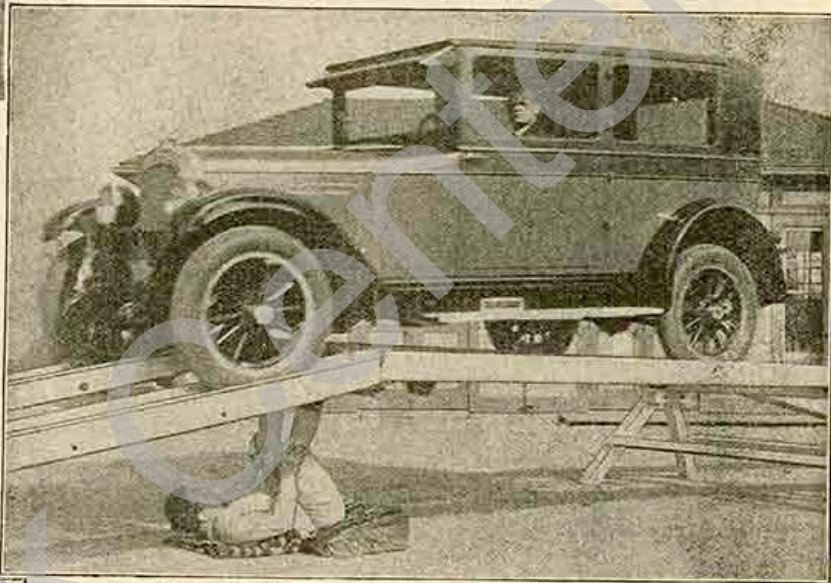
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The Unmatched Physique of Eugene Sandow at 19

new burdens. The whole of my estate was filled with murmurs, complaints, groans and lamentation. King Happy at length, taking compassion on the poor people, ordered them a second time to lay down their loads, with a design to give everyone his own again. They discharged themselves with a great deal of pleasure, after which Chimera, who had led them into such gross delusion, was commanded to disappear. A goddess was commanded and her name was Patience. She no sooner placed herself by this mount of sorrows, but—what I thought very remarkable—the whole heap dwindled to such a degree that it did not appear one-third as large as before. She afterwards returned every man his original calamity, and teaching him how to bear it stoically, he marched off with it contentedly, being very well pleased that he was spared of his own choice as to the kind of evil which fell to his lot.

King Happy then dispatched his couriers to go among the hordes and aid them where they needed it. He importuned me, the Duke of Strength, to aid all the weak and pitiful and distribute my wealth among them. The charming Prince Joy dealt barrels of Fun, and soon all rejoiced and went their way, blessed with peace and contentment and singing loud the praises of their King and the heir-apparent to his throne, Prince Joy.

I awoke from this amusing dream convinced that I had at last found a solution to the vexing problem of freeing my passengers from their troubles, the method of procedure in dumping their troubles could be accomplished through the medium of the mind. The mind, as you know, is closely allied with the body, and if the body needs relief from the incumbencies that harm it, then the mind must be the channel through which this relief is administered. To illustrate how I went about this work on board ship, I first demonstrated to each man how the mind influences the body.

To one man I brought sudden alarming news. He grew pale, then trembled and nearly fell into a faint, until I reassured him I was merely experimenting, whereupon he grew better instantly, it was through the channel of his mind that this news was imparted to him and, therefore, it was the condition of the mind which affected him. At dinner one day I said something of an unkind nature to another man. The man was hurt by it, as we say. He had been enjoying his dinner, but from that moment his appetite was gone. What I said entered into and affected him through the channel of his mind, which in turn affected his appetite. There again the relationship of the mind and body was illustrated.

I planned a sudden emergency on board ship to prove my point further. Every man stood trembling and rather weak with fear. Why were they powerless to move? Why did they tremble? It takes no broad mind to figure this out. And yet there are some on board who insist that their minds exert little influence upon the body and consequently play no important role in the quest of

health. When one man became dominated by a fit of anger and for hours afterward complained of a violent headache he was unable to see where his thoughts and emotions had a devastating effect upon his body.

Fear and worry have the effect of closing up the channels of the body, so that the life forces flow in a slow and sluggish manner. Hope and tranquility open the channels of the body, so that the life forces go bounding through it in such a way as to ward off disease and prohibit it from securing a foothold. The only way to shanghai trouble is through the mind. No matter what the nature of the trouble might be, the mind is directly or indirectly responsible for it.

There was a peculiar case on board the "Health Special" last month. One grumpy old fellow came bawling to me about a serious physical trouble and he stoutly claimed that my Health trip was a lot of "hokum." He couldn't see where it would do him any good, and so he decided to quit at the end of the first leg of the journey.

Before I signed him up he delineated his troubles to me and stated that he hated his brother most strenuously. The brother was also taking the trip to Health, and I had the opportunity of hearing his side of the case. Therefore, when this grumpy old man decided to leave the "Health Special" I looked him squarely in the eye, and in a firm but kind voice said: "Forgive your brother." He looked at me with a sort of horror and excitedly exclaimed: "I can't forgive my brother!" "Very well, then," I swiftly replied, "this trip will do you no earthly good and you may be free to leave when we stop at the terminal. You can keep your stiff joints and your kindred rheumatic troubles."

However, when we boarded the S.S. Vigorous the man was among the number. I noted particularly that he ran up the gangplank with light, springy steps, and when I ordered him to his quarters he pleaded to allow his brother to stay with him. "Mr. Russell," he said, "I took your advice and brother and I have become the very best of friends, and I don't know how it is, but somehow from the very moment we made up our troubles seemed to end and there seems to be no trace of my old difficulties, and, furthermore, I know that I shall enjoy the voyage very much."

A famous doctor once wrote: "The mind is the natural protector of the body. Every thought tends to reproduce itself, and ghastly mental pictures of disease, sensuality, and vice of all sorts, produce scrofula and leprosy in the soul, which reproduces them in the body. Anger changes the chemical properties of the saliva to a poison dangerous to life. It is well known that sudden and violent emotions have not only weakened the heart in a few hours but have caused death and in some cases insanity."

Thus, the irrefragable fact remains that various mental states, emotions and passions leave their imprint upon the body, and each induces in turn, if indulged in to any great extent, its own peculiar forms of disease, and these

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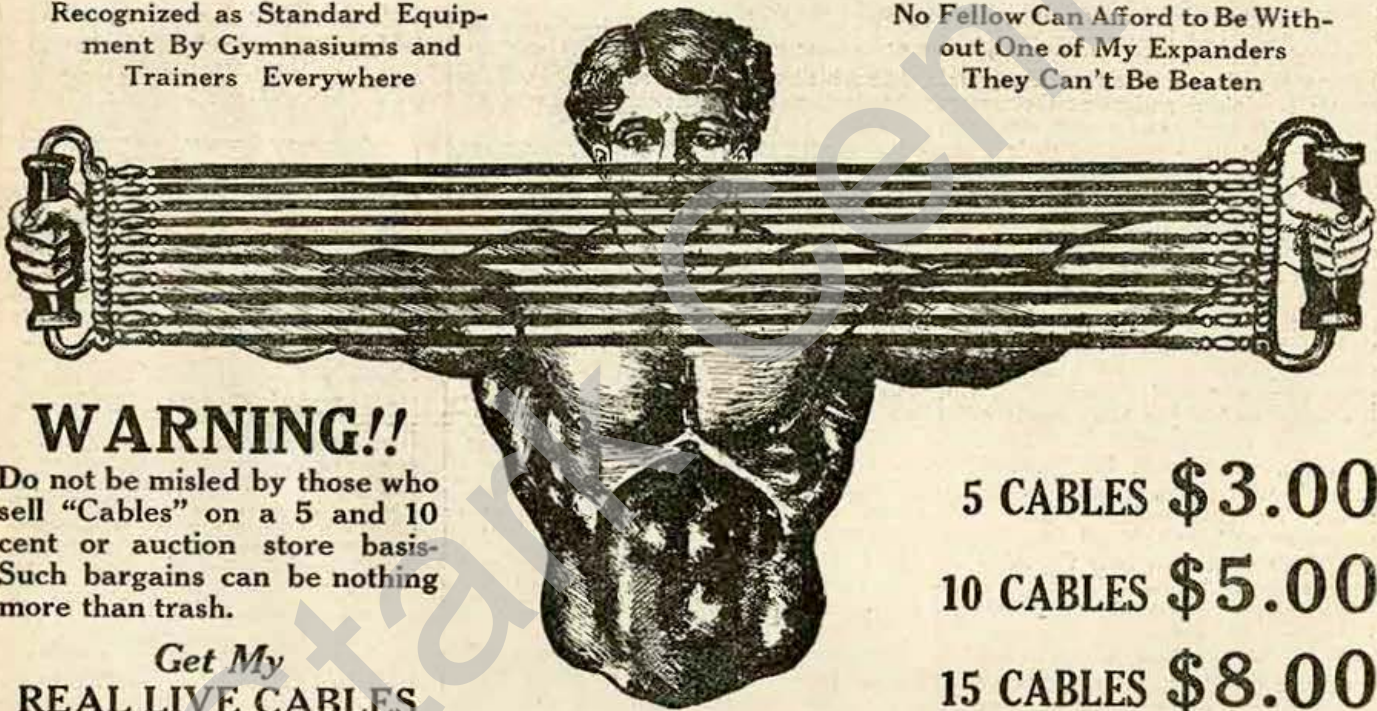
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in time become chronic. The only way I can cure the passengers of their various troubles is wholly through the mind. If I was vested with the power to relieve humanity of their calamities and troubles in the manner I dreamed about, it would probably be an easy task aboard ship. However, through the powers of auto-suggestion, hope, cheer, and good habits, I believe success will be achieved in this direction.

The entire human structure can be completely changed, made over within a brief period of time, provided, of course, the mental properties function agreeably. "Do you mean to infer, Mr. Russell, that the body can be changed from a hopeless, run-down state to a normal, healthy condition through the operation of the interior forces?" Absolutely, my friends, this is the one and only cure and, plus exercise and good food, there is no doubt that anyone can be ninety-nine and ten-tenths per cent efficient. Remember, folks, that health is just as contagious as disease.

There used to be an old trough in my backyard through which muddy water flowed. The dirt clogged on the sides and bottom, and continued to collect as long as the muddy water was permitted to run through the trough. One day I got a bright idea and changed this condition and allowed a swift-flowing stream of clear, crystal water run into the trough. In a very short time all the dirt was carried away and the trough began to look clean. It presented an aspect of beauty and was no longer an "eye sore" to the surroundings. But the beautiful part of it was, that the water coursing through the trough was a valuable agent of refreshment, health and strength to those who used it. So it is with the passengers on board ship. They will have to clean the mud off themselves, as it were, dump their troubles overboard, and then actualize their latent powers before they can possibly exchange dis-ease for ease.

I can only point out the underlying principles, and it is up to the men to apply them to their particular case, and what may be "one man's meat may be another's poison." Nevertheless, each hour the great ship Vigorous ploughs through the leaping billows the thoughts of every man on board will be constructive in their texture rather than destructive. To banish trouble one must get to the rock bottom, and, therefore, in order to perform this on board ship men must rise up and overthrow the power of their pernicious habits. Habit is generally at the bottom of every trouble. All of us are slaves of habit, whether good or bad. For instance, there is the worrying habit, for worry is really a habit, and it is a splendid plan to give those afflicted by this habit a mental antiseptic.

Let me introduce a short sketch, ladies and gentlemen of the radio audience. Have you ever visited Niagara Falls? Well, folks, I shall never, never forget my first sight of that beautiful work of Nature as it roared like a thousand fiends in its mad rush. The spell and enchantment of the place, the sense of magic suspense that seemed to pervade the air, gave me the yearning desire to

follow the mad torrents. A myriad of impulses seized me as I stood on the banks of the Niagara River contemplating the sheen and sparkle of its watery depths, and suddenly I became enamoured with a foolhardy zeal to launch my frail barque on that bright, shimmering bosom. There was such a surfeit of the sublime that it weighed upon my spirit and vaguely impeded my respiration.

I saw myself, in fancy, excursions down stream and the roar becoming audible with each lunge towards the brink of the falls. I heard someone cry out from the bank, but I waved an assuring arm as if to say I could easily steer shoreward. On and on my frail barque was swept until I could see the water now foaming all around. What care I for the future! Hurray, I will enjoy life while I may, I will enjoy the pleasures of this swift sailing. This was enjoyment, time enough to steer out of danger when sailing too near the brink.

But alas! I began to pull for my life. Closer and closer I came to the brink that would send me to oblivion. The veins stood out like whip-cords on my brow, my muscles were straining, tearing, breaking. Oh, the agony of it—shrieking, howling, over I went. Ah! it was too late.

And, folks, that's how thousands go over the rapids of intemperance every year through the power of habit, crying all the while, "when I find out it is harming me I will give up." Therefore, on board the S.S. Vigorous we must overthrow the power of bad habits and substitute in their place good ones.

I'm going to sign off in a few minutes, friends, for you must be tired now; but, before I do, please remember I'll broadcast soon again and tell you what happened when auto-suggestion and the power of good habits were inaugurated on board ship. The sailing is great and the weather fine and I'm hoping for a bon voyage. Stand by a few minutes, ladies and gentlemen, and I'll broadcast the first series of exercises given on board.

"Manhood means strength." At least it ought to. Any man between the ages of thirty and fifty who lacks at least average strength is almost bound to lack also a certain degree of self-respect; that is, if his instincts are normal. If you are not strong, vigorous, quick, alive in every inch of your being, then it is high time you do something for yourself.

I have been on the air long enough, my friends, and yet haven't told you hardly as much as I would like to. When I broadcast again I shall give you a thorough routine to perform each day with the men aboard ship. In the meantime the following exercises will be given on board, although our most important work at this time is dealing with the mind and its influence upon the body.

As ropes play a conspicuous part in the work on board vessels, I am having the men perform a unique series of exercises devised especially to strengthen the vital parts of the body and keep the



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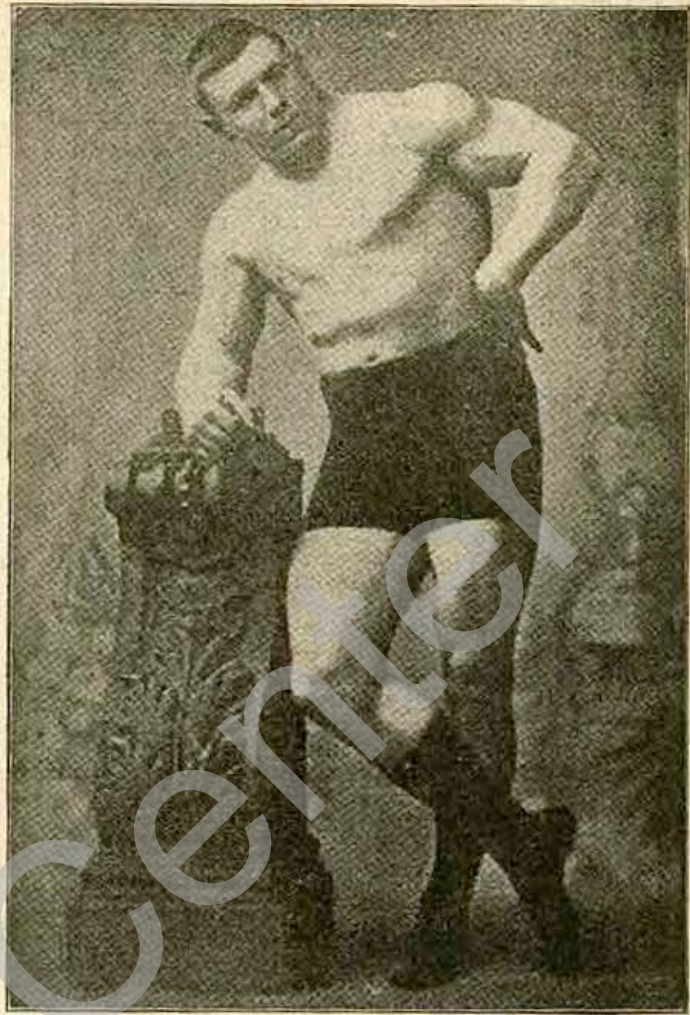
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tissues firm and elastic. In Exercise No. 1, the athlete stands on the rope and then pulls gradually until there is difficulty in exerting more power. The muscles of the abdomen, shoulders and arms receive most of the work, which in turn sends the blood romping to those parts to cleanse and carry away the waste tissues. It is not advisable to repeat this exercise more than five times, for if enough force is exerted in the pull, the muscles will have all they can do to cope with the sturdy test placed upon them.

In Exercise No. 2, the rope is knotted tightly around the arms and body and placed conveniently below the chest. Now inhale deeply and try to break the rope encircling the body. You will notice your shoulders bulge and the upper lobes of the lungs fill out in a balloon-like shape. This exercise is particularly invigorating for the vital organs situated in this region. I must caution you not to overdo this exercise. Three repetitions are sufficient each day to strengthen the chest and shoulders, and they will in time attain the rugged aspect necessary to young athletes and those who wrestle, although you older gentlemen need not be afraid that you will acquire an over-developed, bulky appearance, where the muscles become parasites preying on the vitality.

Let action be your watchword. Non-activity means non-existence. Action always means life. And life, in the big sense, means strength and achievement. Exercise No. 3 is similar to No. 2, but different in that the rope is tied around the thighs. By endeavoring to spread the legs apart against the pressure and resistance of the rope, the groin and hip muscles are thus influenced by this fine work. Do not repeat this exercise more than four times each day, but put all you have into each exercise until comfortably tired.

In Exercises 4 and 6, tie the rope to a post or fasten it onto a wall and then pull first between the legs and then alternate pulling the rope with each arm over the back of the shoulders, as you see demonstrated in the illustration. Fig. No. 5 is the same as No. 1, only in this exercise the starting position is with the legs squatted. Do not repeat any of the foregoing exercise thus men-

tioned more than five times, and cease pulling on the rope when the muscles commence to tire and you feel the breath coming in quick gasps.

In Exercise No. 7, brace your feet against a wall while lying supine (on the back) and then pull upon the rope for all you're worth. The old grandpapa men will find this exceedingly good, especially for the lumbar region and stomach, and I'll bet a dollar to a doughnut when they finish with this exercise, after repeating a strong pull for five repetitions, their tummies will cry out for all the savory dishes to satisfy cravings of every caprice of appetite.

In Exercise No. 8, assume the position shown in the illustration and heave on the rope until tired, then change the positions of feet and arms and pull vigorously once more. Exercise No. 9 is the last exercise and familiar to all of you, but I need not explain it in detail, as it is quite obvious how to perform it. Please remember not to repeat this exercise more than five times.

All the exercises are simple. You have the photographs to help you. They are vigorous enough to help you attain great strength, though in reality their purpose is to put you in sound condition. It remains entirely up to you whether they will profit you much. It stands to reason that if you pull on the rope with might and main until the veins stand out like whip-cords, they will be of great benefit to you. It is advisable to rest fully between each exercise before attempting the next one, as the work is quite vigorous and must be taken gradually lest the muscles become strained.

In closing, if you keep your thoughts cheery, allow the mind to remain in rich and elevating channels and perform these exercises faithfully, you will round into ship-shape condition in a very brief period. I shall broadcast from aboard the S.S. Vigorous next month and tell you about "The Magic Wand of Health." So, good-bye until then, everybody—don't forget, there's quite a varied program next time.

This is station H-E-A-L-T-H signing off from aboard the good ship Vigorous, sailing for Happy-Go-Lucky Land.

Ventilate Your Mind

(Continued from page 24)

holds in store and avoid bringing up all that has gone on before. And if you feel physically "punk," try the exercises that you see pretty little Miss Virginia Lee Corbin performing in the illustrations accompanying this article. Eat sparingly and chew your food and do all things in moderation. Remember it "isn't the use of a thing, it's the abuse" that is so harmful and detrimental to the general welfare of the body.

Figure No. 1 shows Miss Corbin, the pretty baby-girl of the movies, in the starting position of a corking good exercise which guarantees reducing adipose flesh around the hips, "tummy," and

buttocks. Catch hold of the ankles as seen in the illustration No. 1 and then throw back the head, raise, or rather, pull up the knees and actually "spread eagle" the body. This is very, very good for the kidneys as it is an exercise which massages them and stimulates healthy activity. Be sure to pull the legs up and throw the head as far back as possible, the rounder the arch the better the exercise influences the muscles and the parts involved. In Figure No. 2 we have the ordinary sitting up exercise from a supine position on the floor. This exercise is familiar to you all, and I need not discourse upon it at length. Lie perfectly flat upon the back and

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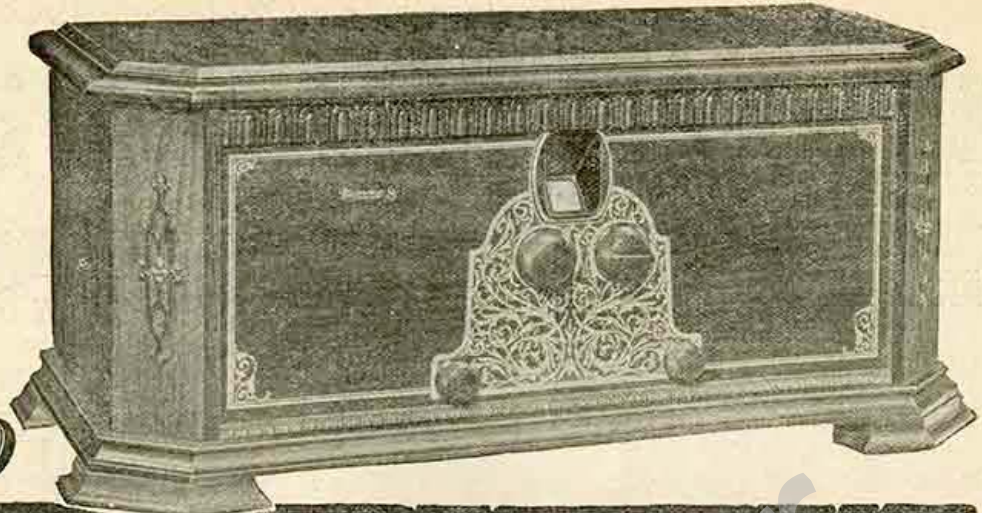
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raise the trunk, touching the toes when sitting in an upright position. This exercise should be repeated until a comfortable tiredness is felt in the region of the abdomen and small of the back. In exercise No. 3, Miss Corbin illustrates a simple trunk rotating exercise. Stand erect with the hands gripped overhead. Bend the body forward and then commence to rotate from left to right, increasing the width of the circle described, with each rotation. This exercise is exceedingly fine for the hips and lower base of the abdomen.

In closing, please pay particular note that neither stated rest nor exercise, however, are nearly so essential to health as a quiet, happy, well-ordered mind, which in itself is a continual spring of well-being; and will keep you in decent health through a whole year of continuous work or of sedentary life, or indifferent sleep. In all health considerations, my good friends, the first great matter is that happy state of the mind, not the details of the physical life; and people are at last beginning to believe that this is true.

Prize Contest

Beginning with the January issue we are awarding each month two prizes of Five Dollars (\$5.00) each for the best criticisms, in under two hundred words:

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2. Of the article in this issue which you find least interesting and informative.

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The contest will close on the 20th of each month. The prizes will be awarded on the 25th, and the winning criticisms will be published in the second month following: That is, the contest for the May issue will close on May 20th; the prizes will be awarded on May 25th, and the prize-winning criticisms will appear in the July issue.

It is not necessary to be a writer to win one of these prizes. Literary merit is not first essential. The reasons why you like or do not like a certain article are of more importance than the way you express your likes or dislikes.

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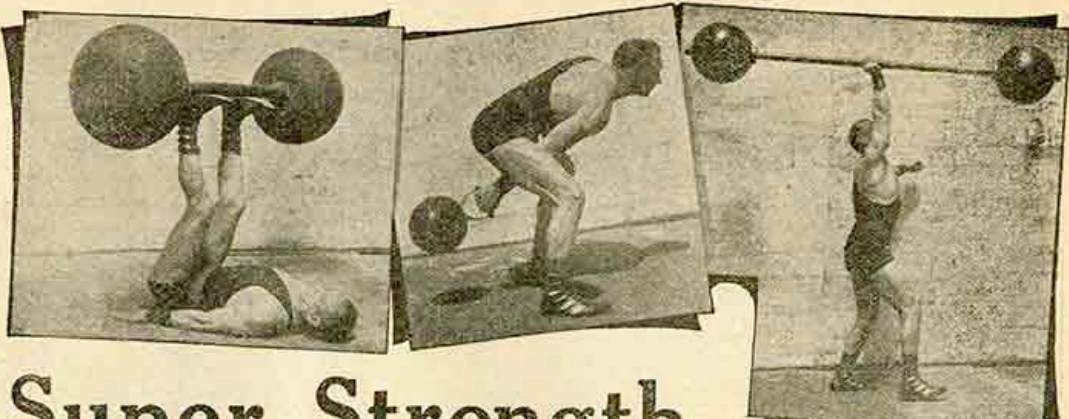
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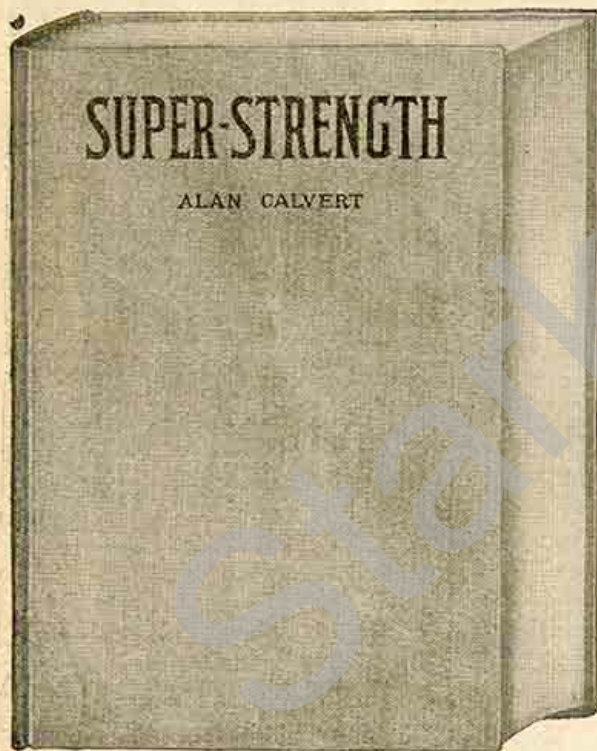
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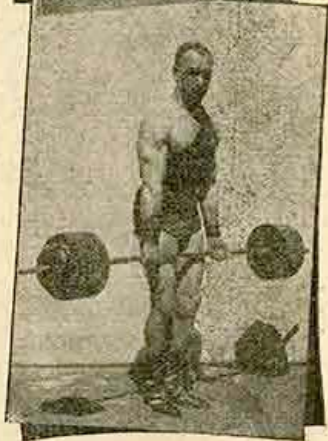
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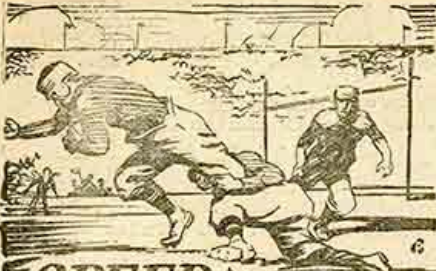
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Let's hear why you like or dislike the articles, and the reasons for your preference.

The contest will be held each month, but remember, the January contest will close on January 20th, 1928. Address Contest Editor, 2741 North Palethorpe Street, Philadelphia, Pa.

Cold Hands

Just recently our medical department received a letter desiring information about the why and wherefore of coldness and numbness in the hands. In this particular case the complaint was that there was numbness in part of the right hand at all times and most particularly in cold weather. The cause in this case is doubtless due to interference with the one of the cutaneous nerves either at the elbow or wrist, and such a case requires personal examination to determine the location of the block and effect its removal. Such cases, however, are not the usual causes of cold weather trouble with the hands; they are rather the exception.

Here is another, and more typical letter dealing with this little matter:

"My girl friend, 17 years of age, appears to be in good health, except that her hands are always cold—just like ice. This condition is present even in summer, and I would appreciate if you would give me some method of remedying it, etc."

Now, if our medical advisor had possessed the address of the young lady in the case he could have given three possible answers, but since he had only the address of the writer his reply was limited to one method—exercise. The young lady, however, he could have advised (1) to get another boy friend, or if she preferred keeping the one she already had she might (2) try sitting on her hands.

But our staff physicians never treat lightly the inquiries they receive, regardless of how amusing some of them really are, for they realize that to the writer of the letter each little matter is a thing of personal importance, and they therefore give each question a thorough and correct answer. Accordingly, this particular inquiry was answered about like this, and you may find the information interesting for your own use.

Cold hands are generally due to faulty circulation which in turn may be caused by tight clothing at the shoulder, or

(Continued on Page 95)

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Are you a slave to your nerves? Do you fret about little things? Are you "blue" and melancholy? Do you suffer from indigestion, heart palpitation, dizzy spells? Do you worry about your job? Money? Your future? Be careful! These are Nature's warnings that unhealthy nerves are leaving you open to a complete mental and physical breakdown!

It Works or Costs Nothing!
Psycho-Analysis is the mighty power that has restored lost nerve force to thousands. In my 140-page book "Psycho-Analysis—Kinks of the Mind," I tell you all about this great power—how you can use it to end nervousness—to restore lost vigor—to win back the glowing vitality and tireless energy of youth. I show you how to become master of your nerves—once and forever.

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WHAT I THINK OF PELMANISM-

By Judge
Ben B. Lindsey

PELMANISM is a big, vital, significant contribution to the mental life of America. I have the deep conviction that it is going to strike at the very roots of individual failure, for I see in it a new power, a *great driving force*.

I first heard of Pelmanism while in England on war work. Sooner or later almost every conversation touched on it, for the movement seemed to have the sweep of a religious conviction. Men and women of every class and circumstance were acclaiming it as a new departure in mental training that gave promise of ending that *preventable* inefficiency which acts as a brake on human progress. Even in France I did not escape the word, for thousands of officers and men were *Pelmanizing* in order to fit themselves for return to civil life.

When I learned that Pelmanism had been brought to America, by Americans for Americans, I was among the first to enroll. My reasons were two: first, because I have always felt that every mind needed regular, systematic and scientific exercise, and, secondly, because I wanted to find out if Pelmanism was the thing that I could recommend to the hundreds who continually ask my advice in relation to their lives, problems and ambitions.

Failure is a sad word in any language, but it is peculiarly tragic here in America, where institutions and resources join to put success within the reach of every individual. In the twenty years that I have sat on the bench of the Juvenile Court of Denver, almost every variety of human failure has passed before me in melancholy procession. By *failure* I do not mean the merely criminal mistakes of the individual but the faults of training that keep a life from full development and complete expression.

It is to these needs and these lacks that Pelmanism comes as an answer. The "twelve little gray books" are a remarkable achievement. Not only do they contain the discoveries that science knows about the mind and its workings, but the treatment is so simple that the truths may be grasped by anyone of average education.

In plain words, what Pelmanism has done is to take psychology out of the college and put it into harness for the day's work. It lifts great, helpful truths out of the back water and plants them in the living stream.

As a matter of fact, Pelmanism ought to be the beginning of education instead of a remedy for its faults. First of all, it teaches the science of self-realization; it makes the student *discover* himself; it acquaints him with his sleeping powers



JUDGE BEN B. LINDSEY

Judge Ben B. Lindsey is known throughout the whole civilized world for his work in the Juvenile Court of Denver. He says, "The human mind is *not* an automatic device. It will not 'take care of itself.' Will power, originality, decision, resourcefulness, imagination, initiative, courage—these things are not gifts but results. Every one of these qualities can be developed by effort, just as muscles can be developed by exercise."

and shows him how to develop them. The method is *exercise*, not of the haphazard sort, but a steady, increasing kind that brings each hidden power to full strength without strain or break.

The human mind is *not* an automatic device. It will *not* "take care of itself." Will power, originality, decision, resourcefulness, imagination, initiative, courage—these things are not gifts, but results. Every one of these qualities can be developed by effort just as muscles can be developed by exercise. I do not mean by this that the individual can add to the brains that God gave him, but he can learn to make use of the brains that he has instead of letting them fall into flabbiness through disuse.

Other methods and systems that I have examined, while realizing the value of mental exercise, have made the mistake of limiting their effort to the development of some single sense. What Pelmanism does is to consider the mind as a whole and treat it as a whole. It goes in for mental team play, training the mind as a unity.

Its big value, however, is the instructional note. Each lesson is accompanied by a work sheet that is really a progress

sheet. The student goes forward under a teacher in the sense that he is followed through from first to last, helped, guided and encouraged at every turn by conscientious experts.

Pelmanism is no miracle. It calls for application. But I know of nothing that pays larger returns on an investment of one's spare time from day to day.

(Signed) Ben B. Lindsey.

Note: As Judge Lindsey has pointed out, Pelmanism is neither an experiment nor a theory. For almost a quarter of a century it has been showing men and women how to lead happy, successful, well-rounded lives. 650,000 Pelmanists in every country on the globe are the guarantee of what Pelman training can do for you.

No matter what your own particular difficulties are—poor memory, mind wandering, indecision, timidity, nervousness or lack of personality—Pelmanism will show you the way to correct and overcome them. And on the positive side, it will uncover and develop qualities which you never dreamed existed in you. It will be of direct, tangible value to you in your business and social life. In the files at the Pelman Institute of America are hundreds of letters from successful Pelmanists telling how they doubled, trebled and even quadrupled their salaries, thanks to Pelman training.

"Scientific Mind Training" is the name of the absorbingly interesting booklet which tells about Pelmanism in detail. It is fascinating in itself with its wealth of original thought and clear observation. "Scientific Mind Training" makes an interesting addition to your library.

Your copy is waiting for you. It is absolutely free. Simply fill out the coupon and mail it today. It costs you nothing, it obligates you to nothing, but it is absolutely sure to show you the way to success and happiness. Don't put it off and then forget about it. Don't miss a big opportunity. **Mail the Coupon Now.** THE PELMAN INSTITUTE OF AMERICA, Suite 341, 71 West 45th St., New York City.

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long you have been using tobacco, how much you use or in what form you use it—whether you smoke cigars, cigarettes, pipe, chew plug or fine cut or use snuff. Tobacco Redeemer will positively remove all craving for tobacco in any form in a very few days. This we absolutely guarantee in every case or money refunded.

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Cold Hands

(Continued from page 93)

elbow, or gloves too tight. Or it may be that the heart action is just sluggish and needs a little encouragement in the form of exercise, which is generally the case. Now, in restoring, or rather, improving circulation in the hands we must see that the path is open and clear all the way from the heart, so first we will "warm up" the shoulder. Hold the arm straight out to the side, then rotate it first right, then left. Now let it hang at the side, and while keeping the elbow straight swing it in circles across the front and at the side. Next flex the elbow rapidly several times in succession; then, while holding the upper arm at the side with the forearm straight out in front rotate the hand vigorously several times. Good. Clench the fist (not too tight) and bend it down, around to the side, to the back, and so on, working it in a circle about the wrist. Then alternately clench it tight and open it as wide as possible until you feel fatigue in the fingers. And last we have the old reliable "limber up" exercise of writing school days—hold the hands completely relaxed, then shake them this way and that, allowing them to flop

around like so many pieces of string as you give them a good "shaking out." These exercises will not only do much to increase circulation of the hands, but they also serve to make the fingers much more flexible and "obedient" for such work as using a typewriter or musical instrument.

Finally I have a few words to address particularly to a good many of our most stylish (?) young ladies—if you have spent the past summer dieting to get a string-bean figure you have no complaint coming if your hands just won't stay warm—after depriving yourself of food you really needed and robbing yourself of the vitality that is rightfully yours, it is not to be doubted that you have a fine case of poor circulation at this time of the year. Exercise would do you some good, but what you need first of all is a series of good wholesome meals to restore your entire system to normal condition. It will add a few pounds to your weight, perhaps a few inches to your measurements, and doubtless a few years to your life, in addition to a few degrees of warmth to your whole underfed body.

Sex Mysteries!

Today everyone must KNOW all about Sex. You cannot afford to guess. Nature says "Obey That Impulse" but mistakes, errors, excesses and ignorance cost dearly in money and lifelong misery. Why should life's only important facts remain shrouded in mystery? Dr. Cowan's scientific frank book leaves nothing to the imagination. The Mysteries and Science of Sex are explained in every detail, in plain words. Sex Organs—Anatomy, Love and Passion—Birth Control—Safety—First-Suppressed Desires—Eugenics—Liliasms—Remedies—Conception, Birth and Care—Mistakes to Avoid—Spotting—Dangerous Habits—Femal Complaints—Advice to New Twains—Rejuvenation, etc. More thrilling than any movie or novel—more complete than all others put together. Clothbound, gold stamped. Sent postpaid sealed, in plain wrapper for \$2.45 (cc. pay U. S. D. plus postage). All books sent care of General Delivery must be prepaid.

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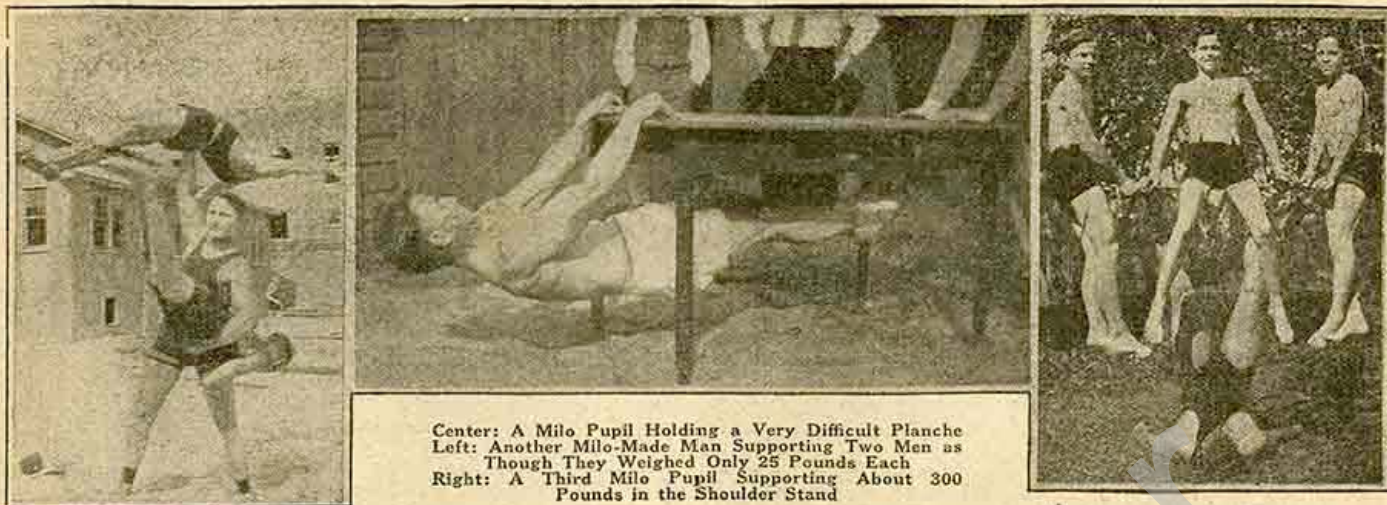
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Center: A Milo Pupil Holding a Very Difficult Planche
 Left: Another Milo-Made Man Supporting Two Men as
 Though They Weighed Only 25 Pounds Each
 Right: A Third Milo Pupil Supporting About 300
 Pounds in the Shoulder Stand

Because They Have the Strength MILO PUPILS Can Perform Sensational Feats

Every day we receive photos from many of our pupils showing their muscular developments obtained from the use of Milo Bar Bells; some of these, in order to show their improvements in strength, as well as their improvements in development send in photos showing the feats of strength they can now perform.

We venture to say that any average young man can perform many or all of the sensational feats performed by professional strongmen, if they will follow our instructions once every other day as prescribed.

Hundreds Have Succeeded

Such men as Manger, Mitchell, Joe and Adolph Nordquest, Matysek, Snyder, Pitts, Klein, Cunningham, Newbauer, Ruckstool, Bonvicini, Goodman, Alvarado, Carr, Rhode, Girardi, Faris, Dennis, Dilks, Hall, Coulter, Coffin, Tampke, R. L. Smith, Faris, Paschall, Karasick, Tauscher, Adams, Tyler, Stratton, Brewster, Urlacher, Bachtell, Alair, Klee, Gillespie and many, many others could, and many of them do, perform the feats of strength seen on the stage today or in the past. They all have the strength it takes to do them.

The Performers Shown Above Are Not Professionals

Yet they, like all Milo men who go in for feat performing, can do difficult feats with ease. Can the average man perform any one of the three feats illustrated above? Not on your life. But could you, Mr. Average Man, do feats like those if you had a bar bell to develop for you the great strength needed to accomplish them? Could You? Why, with a few months with a Milo Bar Bell and a little practise on the feats themselves you would be doing them with ease.

And You'd Have the Development

that should go with strength of that greatness. In other words you will look the part. No one will be able to truthfully remark, "There must be some knack or trick to that feat of strength—he don't look strong enough to do it right."

Instead they will say, "If I had his muscles I could do that, too." And that is just what you should say about the Milo men who perform strongman feats, but follow it up by getting a bar bell now. Talk and dreams actually get you nowhere—you must make a start today.

The Milo Booklet Is FREE!

The Milo Bar Bell Co.

Dept. 190

2739 N. Palethorp St.

Philadelphia, Pa.

Start With a MILO BAR BELL and

You'll Not Be Compelled To Start All Over Again Later

Don't get off to a bad start. The method by which all truly strongmen obtained their strength and development, is the right method for you. Bar bells are acknowledged by all the leading strongmen throughout the world, the one and only means of obtaining super strength and a super development. What better recommendation would you desire?

For the Weakling As Well As For the Strong

We like to have men of the weaker class enroll with us because we take great pleasure in proving that the Milo bells and instructions will and do make strong men of them. We have cases in which the pupils were far below the weak average man—nothing more than skeletons, but we built them to a degree of strength and development that is far above the average.

It seems a shame—almost a crime that so many full grown men should be handicapped with an 11 or 12 inch upper arm; a flat chest, and skinny legs.

It's Not Right

Every man with any red-blood in his veins at all wants a he-man physique and strength, even if he doesn't choose to be a weight lifter or strongman.

Those who have never, at any time in their lives, at least desired to be really strong and well built—well, its more than we can understand.

Don't put it off a minute longer, fellows. Not that a minute matters when it comes to getting that strength and development, but it tempts you to make it two minutes, an hour, days, weeks, and so on. Then it does matter. Send for our Booklet or order now from our direct sales page in this issue.

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I came near being a "chair-warmer" for life

—when suddenly I learned how easy it was to be popular...

"Who's dead, Don? Why don't you join in the party—this is no funeral—it's a party."

I tried hard to smile. But I just couldn't dispel my gloom. "I'm enjoying myself a lot, Ray," I lied.

"Well, why in the world don't you dance then—just look at all the charming partners here tonight . . . and you stuck to your seat. Man alive! if you don't brace up you'll be a chair-warmer for life."

A chair-warmer. Yes . . . Don hit the nail on the head alright. That's what I was coming to. My only fun at a dance was a smoke with the boys. When the music started I was invariably on the sidelines. Now and then I'd try to "get by" with the latest steps that I thought I had learned by watching others. But I was so clumsy and awkward. I hopped. I knew that I continually fell out of step. No girl ever accepted me for a partner twice. And I never blamed her.

But Don's remark struck a sore spot. My pride had been hurt. I could suppress my feelings no longer. So I blurted out my whole tale of woe to him. "If I could only dance like you, Ray, I'd be a happy fellow."

"What's stopping you then?" he retorted.

"Don't rub it in, Ray.

Do you think for a minute I'd be sitting around watching others have a good time if I knew how to dance? But what's the use? It would take months and months for me to learn the latest steps correctly . . . and think of the expensive fees that private teachers charge."

"Who said these things were necessary?"

"Well, aren't they?" Now I was becoming curious.

"Of course, not. I learned to dance right in my own room without music or partner. And it only cost me a few cents a day."

"You're kidding me," I scoffed.

"I'm *not* fooling. And to prove it I'm going to write to Arthur Murray, who made it so easy for me to become a good dancer, and ask him to send you 5 lessons from his famous set of home instructions. You'll find them as easy to follow as a thrilling novel and I'll wager at the next party you won't sit out a single dance."

A Pleasant Surprise

Ray was right. When the five lessons arrived I was enthusiastic. Arthur Murray's simple instructions worked marvels for me. In a few short evenings I had learned many of the very late dance steps and within a month everyone admitted that I could hold my own with the best of dancers.

Until now I never enjoyed the numerous personal social benefits that are afforded every good dancer. Yet almost overnight my good times have

increased. My circle of friends has broadened. I am invited to social functions and gala parties, where I make the acquaintance of prominent and influential people. I have overcome timidity and acquired self-confidence and poise that I always lacked. Arthur Murray has surely taken me out of the wallflower class and put me in the whirl of things.

Take the Short Cut to Popularity

This story is typical and it shows you just the chance you've been looking for—a chance to become an accomplished dancer right in your home at a small cost.

No matter how poorly you dance now—no matter if you've never been on a dance floor in your life—Arthur Murray's new method makes you a finished dancer in ten days or you don't have to pay a penny for the lessons. You can learn right in your own room without music or partner.

Just think! In ten days' time you'll be able to do the French Tango, the Fox Trot, the Waltz, and all the other smart new steps.

Five Lessons FREE

To prove that Arthur Murray can make you a finished dancer in ten days' time, he is willing to send you five lessons from his remarkable course absolutely free! Just send the coupon (with 10c to cover cost of printing and mailing) and these valuable lessons will be forwarded at once. Also a free copy of his new book, "The Short Cut to Popularity."

Don't wait. Mail this coupon NOW. Arthur Murray, Studio 769, 7 East 43rd Street, New York City.

Arthur Murray, Studio 769, 7 East 43rd Street, New York City.

To prove that I can learn to dance at home in ten days you may send the FIVE FREE LESSONS. I enclose 10c (stamps or coin) to pay for the postage, printing, etc. You are to include free "The Short Cut to Popularity."

Name

Address

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If You Can Do This Step

Arthur Murray will make you a finished dancer in 10 days.



Arthur Murray has developed an entirely new method of teaching through which anyone can become a brilliant, finished dancer by just learning five simple steps!

All modern dancing is based upon these five fundamental steps. Once you have mastered them you are able to do any new dance—no matter how complicated it may appear—with ease and assurance.

I'll make
YOU a



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FREE
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Nothing to buy—no course to pay for—no experience necessary. Millions of dollars now being spent by city, state and national government in nationwide fight against fire losses. Make this mammoth campaign pay you \$20.00 a day, sure, steady income! Get into this interesting, red-blooded field at once. Thousands of Fire Prevention Experts needed. To meet the tremendous demand we will train 500 ambitious, intelligent men FREE. Employment absolutely guaranteed to every man we accept for training.

Double Your Income in this Amazing New Field

**\$3,000 to
\$10,000 a
STEADY INCOME
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Read these amazing letters of Big Pay from a few of our men who are reaping a golden harvest as Fire Prevention Experts.

They make this big money, and so can you, by simply recommending the proper kind of fire protection for hotels, homes, hospitals, schools, factories, farms, stores, etc. The training shows you how! None of these men had previous experience.



\$10,000 a Year

Louis George, Illinois, took our free Fire Prevention Expert Training and now earns an average of \$10,000.00 a year. He says, "I would not take ten thousand dollars for my Fyr-Fyter position."

\$159 in First Three Days

Mr. L. D. Payne, Iowa, made \$159.00 his first three days, even before he had completed his training. "I have any number of days paying me \$50.00 and \$60.00", he says.



Monthly Average \$600

T. S. Gill, Louisiana, now knows how much his Fire Prevention Expert Training is worth. His average income per month is \$600.00.



Get Into Big Business at Big Pay
as a Fire Prevention Expert

This is a brand new field—not nearly enough men to fill the positions—incomes enormous. We must place a trained Fire Prevention Expert in every city, town and village in the United States within the next two months. Send the coupon today to get on our generous short-time offer.

Income Starts At Once

Your income starts immediately, as soon as you have started training. It costs you nothing. I will furnish you with a complete working outfit, advertise you and give you steady employment with an increased income! We take all the risk.

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We show you how to service big industries like these where, a single call often brings you from \$200 to \$600.

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\$570,000,000 worth of property, thousands of lives lost through fire in the United States during the past year. This appalling loss of life and property has awakened the nation to the immediate need of Fire Prevention Experts.

We train you right in your own home. You receive a complete training given under the personal supervision of nationally recognized Fire Prevention Engineers. The training shows you how to consider fire hazards and how to make recommendations for property protection.

Earn While Learning

Short training qualifies you for the big earnings of Fire Prevention Expert, but your income can commence at once. The Complete Fire Prevention Expert Working Kit comes with the very first instructions. Start on business we already have established in your neighborhood.

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