

# Strength

As Fit at Fifty as Twenty-Five

FEBRUARY

25¢



Frank Merrill-

"Tarzan of the Apes"

PEARL CHERRY

Marylin Miller

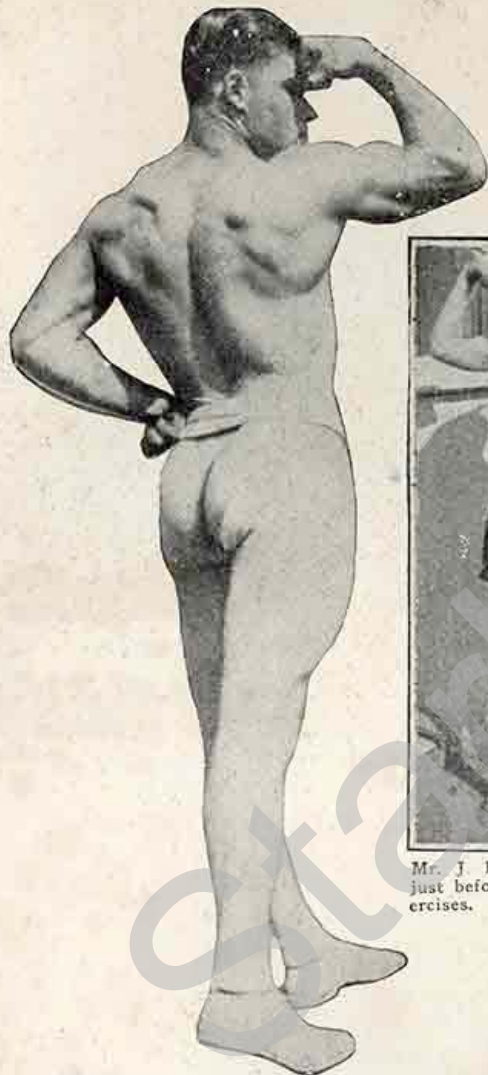
An Answer to the Question:

## WHAT IS A BAR BELL?

A bar bell is simply a long handled dumb-bell. It has many advantages over a pair of dumb-bells. For instance, it is far easier to handle a 50 pound bar bell than two 25 pound dumb-bells. Again, with a bar bell you can do certain back and leg exercises, where it would be awkward to handle a pair of dumb-bells. *The bar bell became the greatest of all body builders* when the adjustable feature was added—for then it became possible to employ the progressive method of exercise which has proven to be the only way in which a man of below average physique can gradually but steadily improve his build, his muscular development and his stock of organic vitality, until he becomes a physical superman—the very pattern of health, strength and manly beauty.

## WHAT WILL IT DO FOR YOU?

*Milo Bar Bells will fulfill your dreams of ideal development.* It makes no difference what your build may be—tall, average, short, small-boned, big-boned, large or fat, it's all the same. You will get the same results as Mr. Miller got and in just as short a time. Just imagine adding ten inches to your chest in less than one year! No matter what your physical make-up is now, use a Milo Bar Bell and you will soon equal your ideal of physical perfection.



Mr. J. H. Miller as he appeared just before taking up bar bell exercises.

Mr. J. H. Miller of Salunga, Pa., after, or one year later. His chest having gained approximately ten inches, and other parts proportionately. He stands 5 feet, 6¼ inches and weighs around 170 pounds.

**Mail This Coupon Now!**

The Milo Bar Bell Co., Dept. 752  
2739 N. Palethorp St., Philadelphia, Pa.

Gentlemen:

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

Name .....

Address .....

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

### Mr. Miller Is Just Another Of Our Successes

who have built their bodies up almost to perfection with the Milo Bar Bells. He stands 5 feet 6¼ inches and weighs around 170 pounds. He won a Gold Medal for his perfect body in a Posing Contest given by STRENGTH MAGAZINE a little over a year after taking up bar bell exercises. LET MILO BAR BELLS DO THE SAME FOR YOU!

### We Give Our Absolute Guarantee

All bar bells are sold with the same understanding. If within ninety days after enrolling you are not satisfied with the results you have obtained, you can return your outfit and have your money refunded. For years we have kept a careful record and find the proportion of returns is about 1-3 of 1 per cent. In other words, we satisfy 299 out of every 300 customers.

We make bar bells of different styles, different sizes, different prices.

### Our Literature Will Interest You

Send at once for our booklet,

*"Health, Strength and Development and How to Obtain Them"*

## The Milo Bar Bell Co.

Dept. 752

2739 North Palethorp Street

Philadelphia, Pa.

# Radium Is Restoring Health to Thousands

## Remarkable Discovery Brings Curative Powers of Radium Within the Reach of All

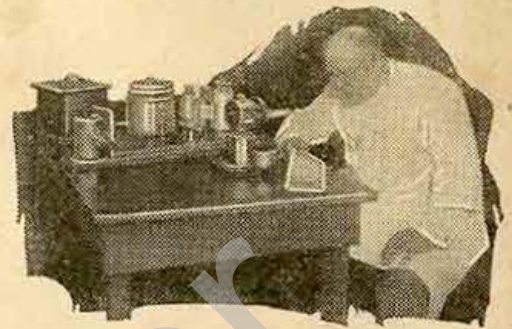
If you are sick and want to Get Well and Keep Well, write for literature that tells How and Why this almost unknown and wonderful new element brings relief to so many sufferers from Constipation, Rheumatism, Sciatica, Gout, Neuritis, Neuralgia, Nervous Prostration, High Blood Pressure and diseases of the Stomach, Heart, Lungs, Liver, Kidneys, and other ailments. You wear Degnen's Radio-Active Solar Pad day and night, receiving the Radio-Active Rays continuously into your system, causing a healthy circulation, overcoming sluggishness, throwing off impurities and restoring the tissues and

nerves to a normal condition—and the next thing you know you are getting well.

Sold on a test proposition. You are thoroughly satisfied it is helping you before the appliance is yours. Nothing to do but wear it. No trouble or expense, and the most wonderful fact about the appliance is that it is sold so reasonable that it is within the reach of all, both rich and poor.

No matter how bad your ailment, or how long standing, we will be pleased to have you try it at our risk.

For full information, send coupon today—not tomorrow.



## How It Is Possible for a Moderately Priced Appliance to Contain Actual RADIUM

While Radium is the rarest and highest priced substance in the world, it is also the most powerful, consequently a little goes a long way. It is difficult to form a conception of the vast amount of energy stored in even the most minute quantity of Radium.

A one-hundredth-millionth milligram will throw out one hundred thousand combined rays in twenty-four hours at a velocity of 12,000 to 180,000 miles per second. Radium will give out light, heat and other forms of energy for an estimated period of 2,500 years before total disintegration takes place.

Radium is usually produced from Curiumite ore by a very expensive process. From two hundred to four hundred tons of ore have to be treated to produce one gram of

Radium. The Laboratory of the Radium Appliance Company has succeeded in working out a scientific process whereby Curiumite ore of the highest grade in Radium content is stimulated and fortified by the addition of actual Radium. Several coats of this very expensive mixture are then applied on the surface of a light, comfortable pad, 4 1/2 in. by 11 inches in size. These pads are thoroughly tested as to Radio-Activity before being sold, and being covered with the same Radio-Active compound, there can be no variation in the Radio-Activity which they emanate continuously through a period of years.

This process, combined with the almost inconceivable power of an atom of Radium explains why these pads can be manufactured and sold at a price within the reach of practically everyone.

## Thousands Have Proven the Marvelous Effects of Degnen's Radio-Active Solar Pad Without Risking a Penny



Tens of thousands of people have tried out these pads, with the privilege of returning them if not satisfied. Read what people are saying—these are extracts from just a few of the many thousands of letters we are receiving all the time.

### RHEUMATISM

Whittmans, W. Va.  
"Some time ago I ordered a Radio-Active Solar Pad for my right side. I had been suffering from Rheumatism and could not work. About two weeks after I began wearing the pad I began to feel better and can now say I am a healthy man. I am working every day and do not have any pain."

### INDIGESTION

Philadelphia, Pa.  
"I tell you I was near death's door. I did not know what it was to go to bed and sleep, and in the day time I would almost walk like a drunken person for the want of sleep. Now I get a good night's sleep again and am not bothered with indigestion."

### STOMACH TROUBLE

Chicago, Ill.  
"After suffering from stomach trouble for 11 years, I wore your pad for a week. I have gained my health back. I am never tired any more like I used to be and I am full of pep. Never in my life did I feel as good as I am now feeling."

### ASTHMA

Rock Island, Ill.  
"He had had asthma since he was a young man and he is now past 75 years old. He bought one of your Pads. He began to get better right along—has no more cough and sleeps right along."

### BLOOD PRESSURE

Pittsburgh, Pa.  
"I have been wearing your Radio-Active Solar Pad for 45 days. It has done me a world of good. I am a woman 44 years old and had a blood pressure of 215. My blood

pressure could be brought down to very near normal, but would not stay down. The reason it would not stay down, was because it was brought down too fast. Then I got the Pad, knowing that the wearing of this pad continuously would bring it down slow but sure, which it is doing."

### CONSTIPATION

Madison, Wis.  
"I am feeling a whole lot better and have more ambition and my bowels move more natural every day now, that is something they have not done for several years."

### NEURITIS

Atlanta, Ga., June 10, 1925.  
"I suffered from neuritis of the spine, shoulders, hips, chest, and arms for twenty years, and I spent a fortune trying to get relief. At the end of twenty years I was worse. I ordered one of your Radio-Active Solar Pads; after wearing it five days I had no pain to amount to anything. I have been wearing it night and day since January 15, 1925, and I have never felt better in my life."

### PARALYSIS

San Francisco, Calif.  
"When I received the Pad I had been paralyzed all on one side of my face—couldn't close my eyes. When I would laugh, only one side of my face would laugh and I looked terrible. I saw your ad in the paper and thought I would try it. I had been that way for five weeks. In two weeks my face began to move. Now when I laugh I can laugh on both sides. And I love to laugh and when I couldn't laugh it was a terrible feeling. Thank you over and over for what you have done for me."

It is conceded by recognized medical authorities that sluggishness or poor circulation is the cause of nearly all human ailments, and that where there is a perfect circulation, disease in any form cannot long exist. When you stop to consider that the one underlying cause of nearly every known malady is CONGESTION—the one remedy CIRCULATION—all claims made for the Radio-Active Solar Pad are not only reasonable, but in strict accord with modern medical science.

### GUARANTEE

#### WE POSITIVELY GUARANTEE

First, that Degnen's Radio-Active Solar Pad contains actual RADIUM in sufficient quantities to be highly radio-active. Second, that you may try the Pad for a liberal trial period. Third, that if it fails to give you satisfactory relief from your trouble, whatever it may be, it will not cost you one cent for the trial.

Send COUPON Today.

## DENGEN'S RADIO-ACTIVE SOLAR PAD

RADIUM APPLIANCE CO.  
1679 Bradbury Bldg., Los Angeles, Calif.

### COUPON

RADIUM APPLIANCE CO.,  
1679 Bradbury Bldg., Los Angeles, Cal.  
Please send me without charge full information how Degnen's Radio-Active Solar Pad is helping sick people, and how I can try it in my own case without expense.

Name \_\_\_\_\_

Address \_\_\_\_\_



# Strength

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Vol XIV

No. 12



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Published Monthly by THE MILO PUBLISHING CO.

Entered as Second Class Matter November 20th, 1920, at the Post Office at Philadelphia, Pa., under the Act of March 3rd, 1879.

D. G. REMOND, Publisher, Publication and Subscription Offices, 2737 N. Palethorp St., Philadelphia, Pa.

Advertising Offices: 104 Fifth Avenue, New York City, N. Y., J. A. HISEY, Eastern Manager

London Agents: The Atlas Publishing & Distributing Company, Ltd., 18 Bride Lane, Fleet Street, London, England

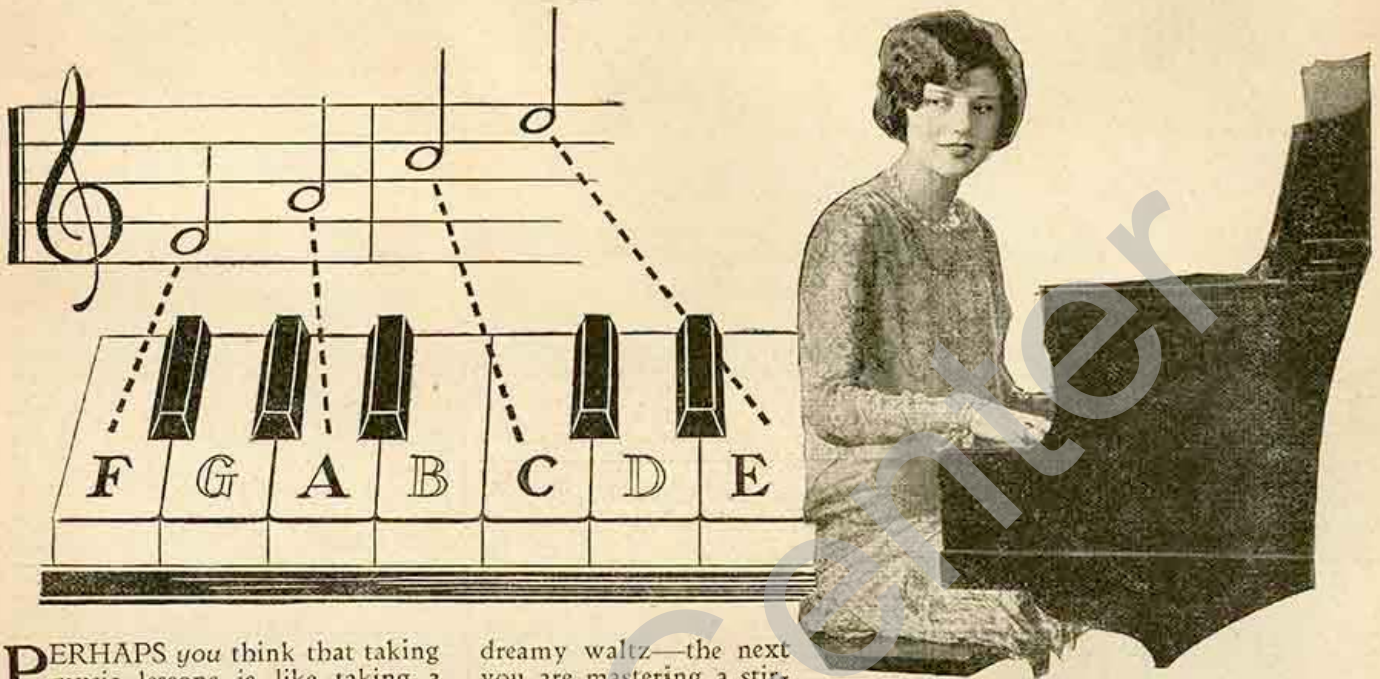
Chicago Office: 168 North Michigan Ave. J. F. Sloan, Western Manager

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

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# To those who think Learning Music is hard-



**P**ERHAPS you think that taking music lessons is like taking a dose of medicine. It isn't any longer!

As far as you're concerned, the old days of long practice hours with their horrid scales, hard-work exercises, and expensive personal teacher fees are over and done with.

You have no excuses—no alibis whatsoever for not making your start toward musical good times now!

For, through a method that removes the boredom and extravagance from musical lessons, you can now learn to play your favorite instrument entirely at home—without a private teacher—in half the usual time—at a fraction of the usual cost.

Just imagine . . . a method that has made the reading and playing of music so downright simple that you don't have to know one note from another to begin.

Do you wonder that this remarkable way of learning music has already been vouched for by over a half million people in all parts of the world.

## Easy As Can Be!

The lessons come to you by mail from the famous U. S. School of Music. They consist of complete printed instructions, diagrams, and all the music you need. You study with a smile. One week you are learning a

dreamy waltz—the next you are mastering a stirring march. As the lessons continue they prove easier and easier. For instead of just scales you are always learning to play by *actual notes* the classic favorites and the latest syncopation that formerly you only *listened to*.

And you're never in hot water. 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 clearer or easier.

Soon when your friends say "please play something" you can surprise and entertain them with pleasing melodies on your favorite instrument. You'll find yourself in the spotlight—popular everywhere. Life at last will have its silver lining and lonely hours will vanish as you play the "blues" away.

## New Friends—Better Times

If you're tired of doing the heavy looking-on at parties—if always listening to others play has almost spoiled the pleasure of music for you—if you've been envious because they

could entertain their friends and family—if learning music has always been one of those never-to-come-true dreams, let the time-proven and tested home-study method of the U. S. School of Music come to your rescue.

Don't be afraid to begin your lessons at once. Over half a million people learned to play this modern way—and found it easy as A-B-C. Forget that old-fashioned idea that you need special "talent." Just read the list of instruments in the panel, decide which one you want to play, and the U. S. School will do the rest. And bear

in mind no matter which instrument you choose, the cost in each case will average the same—just a few cents a day. No matter whether you are a mere beginner or already a good performer, you will be interested in learning about this new and wonderful method.

## Send for Our Free Book and Demonstration Lesson

Our wonderful illustrated Free Book and our Free Demonstration Lesson explain all about this remarkable method. They prove just how anyone can learn to play his favorite instrument *by note* in almost no time and for just a fraction of what old slow methods cost. The booklet will also tell you all about the amazing new *Automatic Finger Control*.

Read the list of instruments to the left, decide which you want to play, and the U. S. School of Music will do the rest. Act NOW. Clip and mail this coupon today, and the fascinating Free Book and Free Demonstration Lesson will be sent to you at once. No obligation. Instruments supplied when needed, cash or credit. U. S. School of Music, 992 Brunswick Bldg., New York City.

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

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

Have you  
Instr? \_\_\_\_\_  
Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_

### Pick Your Instrument

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

# Classified Advertisements

The rate for classified advertising in STRENGTH MAGAZINE is 10c a word. Cash must be sent with order. The closing date for each issue is the 24th of the second preceding month, viz., Feb. 24th for the April issue. Address all orders or inquiries to Miss A. M. Lorentson, Classified Advertising Manager, STRENGTH MAGAZINE, 104 5th Avenue, New York, N. Y.

## BOOKS

A Perfect Life and How to Live It. \$3.00. By Dr. Henry Hoffman, Box 814, Omaha, Neb. Information free.

Books, Magic, Imported Herbs, Perfumes, Gifts, Novelties. 100-page catalog, sample 75c. Morrele Company, SM-159 N State, Chicago.

250 page illustrated book on Physical Perfection \$1.00. Prof. J. A. Dryer, Box 1850, Chicago, Ill.

THE ABDOMINAL MUSCLES. Described and how to develop. Illustrated. \$2.00. COLOSSUS. Box 4991, San Francisco, Calif.

## HEALTH

Don't Starve, Feed. Improve Complexion. Ambition, nerve exhaustion, catarrh, constipation, indigestion, sex troubles, impotence, regulate weight. Booklet 10c. Vital Diet, 10, 811 N. Fourth St., Camden, N. J.

TAKE ADVANTAGE of gland discovery imported from Germany. TESTITOTAL (made from animal testicles, no drugs whatsoever) is a natural food and stimulant for ageing men. 50 tablets \$3.00 prepaid or C.O.D. (we carry postage). Descriptive circular free. RIGHT-O PRODUCTS COMPANY, 311 West 59th Street, New York City.

## INSTRUCTIONS

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

Great Strength quickly and easily obtained. Complete instructions and apparatus \$1.00. Noticeable results guaranteed in seven days or \$1.00 refunded. Prof. J. A. Dryer, Box 1850, Chicago, Ill.

## COURSES FOR SALE

Physical Culture Books, Courses, Magazines, etc. Treloar Saldo, Williams, etc. Catalog 10c. W. Smith, 760 Sixth Avenue, San Francisco, Calif.

## WANTED

Back numbers of STRENGTH, ARENA; Books by Jowett, Hachenmidt. M. Brown, Bin A, St. Petersburg, Pa.

## FOR SALE

Hunting Hounds less than half price; shipped for trial. Literature free. Dixie Kennels, X2 Herrick, Ill.

## HAIR

Original Private Instructions. Grow new hair, banish dandruff, itching scalp, stop falling hair. Absolutely guaranteed. Send only \$1.00 today. Enjoy clean, luxuriant growth of hair forever. Leo J. Awad, D. C., 606 Roxborough Avenue, Philadelphia, Penna.

## SCHOOLS and COLLEGES

Naturopathy Home Study Course. Fascinating, complete, simply written. Includes principles of Chiropractic, Massage, Osteopathy, Hydrotherapy, Dietetics, Naturopathic Reference Library. Write: Preparatory School of Naturopathy, 236 East 35th, New York City.

BECOME A SPECIALIST IN PHYSICAL DEVELOPMENT. Master course of correspondence instruction. Booklet free. Physical Training Institute, 4554-S Broadway, Chicago.

LEARN MASSAGE, HYDROTHERAPY, DIETETICS, Naturopathy, Physiotherapy and other methods through our home study course. Representatives near you give practical training if desired. Write for booklet testimonials and easy terms. Therapeutic Institute, York, Penna.

## BUSINESS OPPORTUNITIES

Free Book Start little mail order business. Hadwill, 23A-74 Cortlandt Street, New York.

## INVENTIONS

INVENTIONS WANTED—Patented, Unpatented. If you have an idea for sale, write Hartley, Box 928, Bangor, Maine.

## DETECTIVES

BE A DETECTIVE. Work home or travel. Make secret investigations. Fascinating work. Experience unnecessary. Particulars FREE. Write George Wagner, 2190 Broadway, N. Y.

## AGENTS WANTED

Make \$50-\$75 a week. Everyone needs shoes. Sell Mason's all-leather shoes, amazingly low prices. 85 styles—men's, women's, children's. No experience needed. Big outfit FREE. Mason Shoe Mfg. Co., Dept. 684, Chippewa Falls, Wis.

## PRINTING

50 Name or Business Cards, 25c. "Short Time Only." Gibson Printing Service, Box 262, Philadelphia, Pa.

## REDUCE

Do you want to reduce? Send only \$1.00 for Nature Reducing Plan. World Wide Co., 8864 Hudson Street, Vancouver, British Columbia, Canada.

## HYPNOTISM

HYPNOTISM MASTERED BY ANYONE. Professional secrets revealed. Information free. Dr. Lonk, ST-2945 North Ridgeway, Chicago.

## VENTRILLOQUISM

LEARN VENTRILLOQUISM BY MAIL—small cost, 2c stamp brings particulars, GEO. W. SMITH, 125 North Jefferson, Room S-388, Peoria, Illinois.

## HOW TO ENTERTAIN

Plays, Musical comedies and revues, minstrels, comedy and talking songs, backface skits, vaudeville acts, monologs, dialogs, recitations, entertainments, juvenile plays and songs, musical readings, make-up goods. Catalog free. T. S. Denison & Co., 623 So. Wabash, Dept. 88, Chicago.

## ASTROLOGY

ASTROLOGY—Learn what the Stars predict for 1930. Will you be lucky? Will you win in love? Will your investments prove profitable? Would a change in occupation give you a larger salary? Our Special 15-Page Astrological Reading gives predictions—month by month—with exact days, dates and happenings for 1930 based on your Sign of the Zodiac. Consult it before making any change in home or business affairs, signing papers, love, courtship, marriage, employment, travel, speculation, health, accidents. "Lucky days," etc. Send exact birth date with \$1.00 for complete reading. Franklin Publishing Company, 800 North Clark Street, Dept. 315 Chicago.

## SONGS

SONG POEM WRITERS—"Real" Proposition. Hibbler, D43X, 2104 N. Keystone, Chicago.

Songwriters—Substantial advance royalties are paid on publisher's acceptance. New booklet "Song Requirements of Talking Pictures," sent free. Newcomer Associates, 782 Earl Building, New York.

## PERSONAL

YOUR handwriting reveals many interesting traits about yourself—character, health, ability, etc. General analysis, \$1.00; detailed, \$2.00. L. G. Forristal, 25 West Street, Sydney, Nova Scotia, Canada.

LET me read your character from your handwriting. Sample reading, 12c. Graphologist, 2309-CR Lawrence, Toledo, Ohio.

CORRESPONDENCE CLUB! Free interesting particulars. Betty True, Box 796, Los Angeles, Calif.

## ART PHOTOS

20, \$1.00. Agents, samples, cartoons. STR-GPO 471, New York.

Miss A. M. Lorentson, Classified Adv. Mgr. STRENGTH MAGAZINE  
104 Fifth Avenue, New York City

Dear Miss Lorentson:

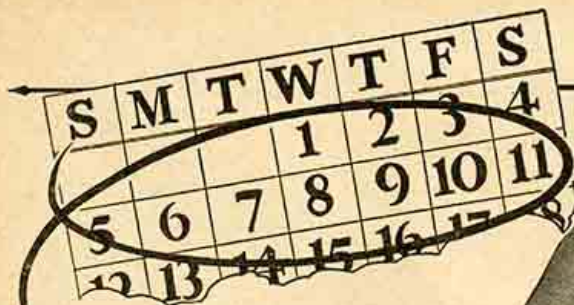
Please insert the attached advertisement of \_\_\_\_\_ words in the classified columns of your next issue. Enclosed herewith is \$\_\_\_\_\_ at 10c per word.

Name .....

Address .....

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

NOTE—No ad less than 10 words accepted. Each word in name and address must be counted.



You get the **PROOF** in  
the first 7 days that

# I can make a new man

**of YOU**--Add weight,  
increase measurements, develop  
powerful muscles...conquer timidity  
and strengthen your will...get new  
vitality and tireless energy...

**--my quick Dynamic-Tension way!**

By **CHARLES ATLAS**

Holder of the title: "The World's Most Perfectly Developed Man."

I'VE helped thousands of men—young and old—underweight and overweight—weaklings and even "strong men" and other physical directors who wanted *my kind* of Muscle Power. Now I'll show YOU my quick, sure way to build yourself a new body and make "a new man" of yourself.

It's easy my way—my secret of Dynamic-Tension *does the work!* You get the **PROOF** in your first seven days—in one week you begin to **SEE** and **FEEL** the difference in your bodily condition and physical appearance. Spending just a few minutes a day, doing what I tell you, without tricky apparatus, starving or gorging—using only my **NATURAL** methods of Dynamic-Tension—you build up or tone-down to reach the fighting trim that I am always in myself.

And besides getting this new muscle power and the strength and energy of an "Atlas Champion," my Dynamic-Tension

method digs down into your system, banishing such ailments as constipation, pimples, skin blotches and the others that do you out of the good things and good times of life. Your health, pep and vigor show even in your eyes, your hair and the way you carry yourself. If you're timid and bashful, you lose all that—you have a new, more forceful personality—you become a **NEW MAN!**

## Gamble a 2c Stamp

It's a shame if you are being held back by a below-par body—now that you can so easily and quickly make this new man of yourself. Do what my thousands of other pupils did—send for a free copy of my 48-page book "Everlasting Health and Strength." You'll get the stories of scores of other fellows and learn how I built myself up from a weak, no-muscle, always-tired "runt" to the powerful, evenly-balanced figure that you see in my photos and that won for me my title "The World's Most Perfectly Developed Man."

Where shall I send YOUR **FREE COPY**? Don't put off. Tear out my coupon, put it in an envelope and gamble a 2c stamp for the biggest prize that anyone can win—a handsome, healthy, husky body. I'm waiting to help you. Address **CHARLES ATLAS, (Dept. 292), 171 Madison Ave., New York City.**



There's a He-Man's strength and vitality in a back like this. I'll show you how to add the muscles where they're needed and what to do to increase the breadth of your shoulders. These two photos of me show that I don't go in for muscle-bound, lop-sided development—my secret of Dynamic-Tension gives even, **BALANCED** development, and muscles and strength where they are needed.



Photo taken  
Oct. 15, 1929

## FREE

The coupon below entitles you to a free copy of my 48-page book, full of photos of myself and pupils. Supply is limited—mail coupon at once.



CHARLES ATLAS (Dept. 292), 171 Madison Ave., N. Y. C.

I want the proof that your system of Dynamic-Tension will make a **New Man** of me—give me a healthy, husky body and big muscle development. Send me your free book, "Everlasting Health and Strength."

Name

Address

City  State

(Please print or write plainly)

Strength

# LEARN AUTO

New Easy Way to



B. W. Cooke  
Directing  
Engineer

**EARN**  
UP TO  
**\$100 a Week**

Say good-bye to low pay. Get into the Auto Business, where big pay—extra money—raises come quick! A brilliant future awaits you in the World's Biggest Business. If you're earning a cent less than \$60 a week, clip that coupon. Learn how \$50—\$75—even \$100 a week is possible for you now! Find out about this training which boosted Yancy of Perla, Ark., from \$30 a week up to \$90!



Send coupon for Free Auto Book. See how I train you right at home, in every branch of Auto work—Learn how I prepare you, quickly and easily, for the Big Jobs, paying up to \$100 a week and more. "Job-Way" Training includes all Mechanical and Electrical work—Starting, Lighting, Ignition—also Welding, Brazing, Vulcanizing—everything you need to get in line for a big pay Job as an Electrical and Mechanical Auto Expert.

## Open Your Own AUTO SHOP

My Free Book tells how men make extra money while training, and then go into business with no further Capital. It's the Training that counts, and it is complete training that I give you.

Aviation Course & 3 Working Outfits ~

**FREE of extra cost!**



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## Don't Put Off Being a Man

You can't go on covering up the truth about your miserable physical condition, your unfit state, your drift towards complete collapse and mental disorder. You can't hope to go on as you are, paying the price of the man guilty of neglect and waste and excesses that rob the body of every manly attribute and make marriage a thing to be dreaded. People spot such a man. There are tell-tale evidences that reveal to searching eyes the truth about your condition.

## Shame On Your Weakness

Weak, sickly, under-developed fellows, with no pep, power or stamina ought to be ashamed of their condition. Don't dare violate the trust your sweetheart has in you. Why plunge into marriage in such an unfit state? Let me warn you—disaster is ahead if you do. Wreckage, not only for the unoffending girl, but for yourself, is going to result if you foolishly undertake what you are so unfitted for. What is there to do? Just this: Take up my world famed Course in

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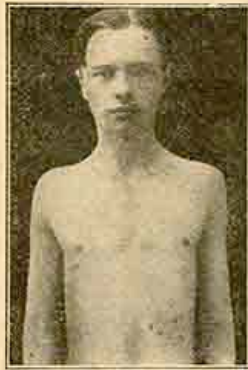
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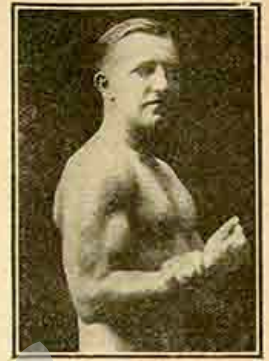
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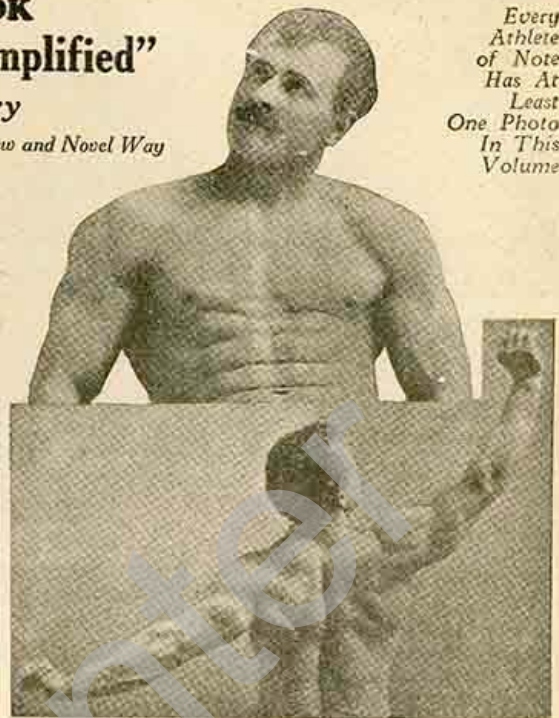


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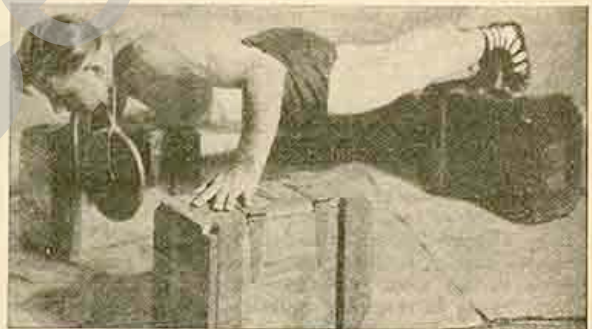
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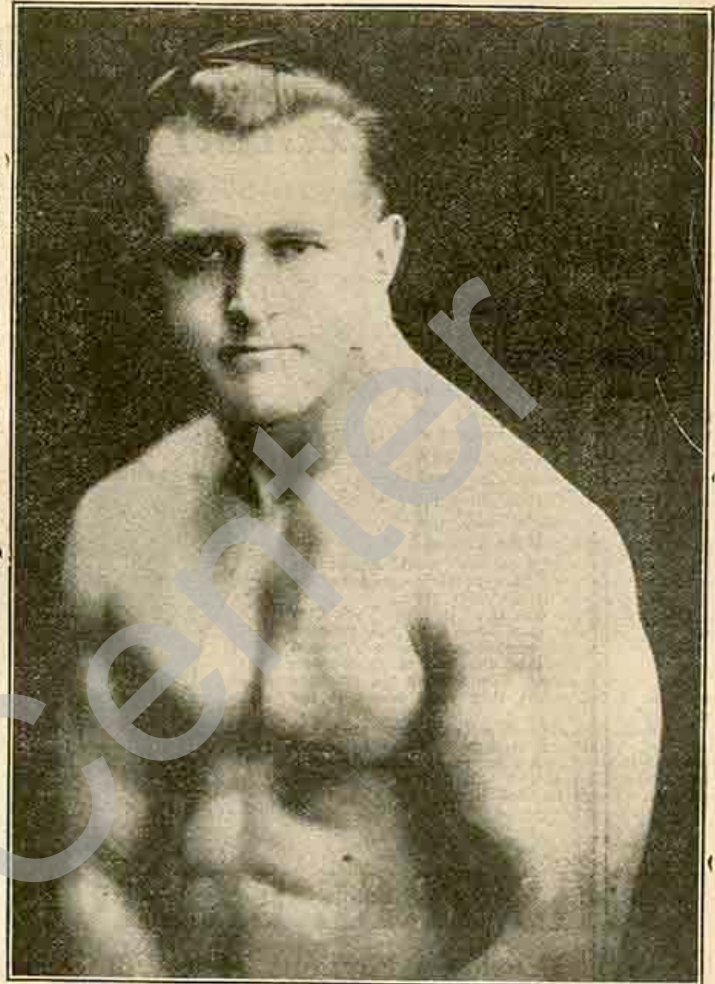
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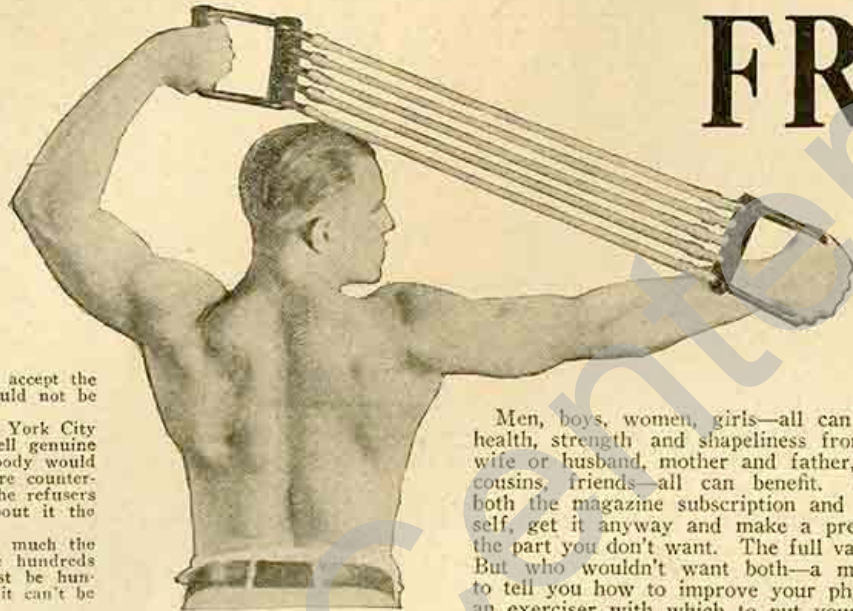
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There is a story that you probably all remember reading or hearing—we don't remember where it happened and it doesn't matter—about a man who stood on a bridge at the busiest time of the day and offered the passersby gold coins for nothing.

The story states that no one would accept the coins, because they thought they could not be free and genuine at the same time.

The same thing was tried in New York City not long ago. A man offered to sell genuine ten-dollar bills for one dollar. Nobody would take a chance, thinking the tens were counterfeit or stage money. How foolish the refusers must have felt when they read about it the next day.

We feel that this offer is having much the same effect on our readers. While hundreds have already accepted it, there must be hundreds who want it and still believe it can't be genuine. Don't be foolish.



# FREE

Men, boys, women, girls—all can use and benefit in health, strength and shapeliness from this offer. Your wife or husband, mother and father, sister and brother, cousins, friends—all can benefit. If you don't want both the magazine subscription and the exerciser yourself, get it anyway and make a present to someone of the part you don't want. The full value is in either half. But who wouldn't want both—a magazine and course to tell you how to improve your physical condition and an exerciser with which to put your new-found knowledge into practice is desired by everyone interested in his or her physical, mental and financial welfare.

## THIS FREE EXERCISER

Will Develop a Physique That Will Command  
Attention

Imagine getting big upper arms, steely forearms, a broad, powerfully muscled back, a deep chest with muscles that fascinate, a well-knit waist and a mighty neck, at no more cost than the little effort you spend in using this exerciser. Weigh all that against the cost and if you are not the winner by a mile we'd like to know why.

Your muscles will fairly bulge under your coat. You will be compelled to buy larger collars. We're sorry, but it's a fact. You will probably have to have the buttons on your vest moved back in order to give room for your additional chest development. Either that or buy a new suit.

## NOT A TOY—A STRONG EXERCISER

This is not a child's or lady's exerciser, but it's a real he-man proposition. The ladies might use it with one cable attached, but that lets them out until they gain additional strength. Two or three of these cables are plenty for the average fellow to exercise with. This leaves two cables for advancing purposes. It's a real strong one, fellows.

### We Pay All Mailing Charges

All you pay now or later is the price indicated on the coupon. We prepay each monthly copy of "STRENGTH" as well as the exerciser and course. There is nothing whatsoever to pay the postman. Can you beat that for an offer? Like the deuce you can.

### The Milo Publishing Co., Stands Back of This Exerciser

Don't get the idea that because this exerciser and course is free the cables are not strong and serviceable and the course no more than a chart like those that accompany most cable exercisers. If you have any idea like that about this offer you are *all wrong* and will regret it when you finally witness the truth of the matter.

# THAT'S ALL \$2.50

1 5-Cable Exerciser. 1 Cable Course. 1 Year's Subscription  
to "STRENGTH"



A SUBSCRIPTION TO  
"STRENGTH" S-2-30

WILL ENTITLE YOU

# FREE

TO THE BIG  
MUSCLE  
GETTER  
ABOVE

The Milo Publishing Co., 2739 N. Parkers St., Philadelphia, Pa.  
Please fill in names for which send me immediately  
Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_  
Consulting Orders  
add 50c  
40-10

## BOXING

If you have only a spark of real manhood you will want to be able to give a good account of yourself if the occasion arises. If you have that feeling of inferiority in this respect why don't you invest a couple of dollars in this boxing course and be rid of it.

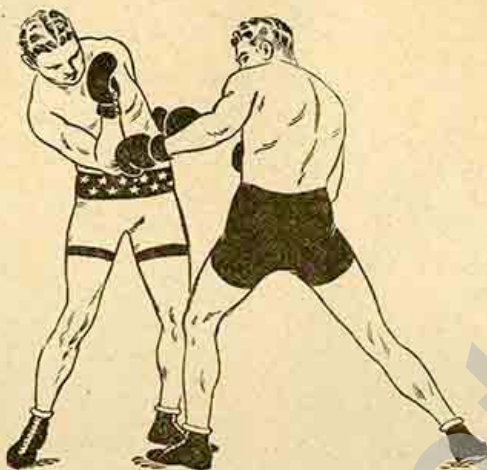
With this course as your instructor you soon won't have to take anything from anyone. You will learn how to train for boxing matches; how to spar expertly; how to feint, block, counter, side step, retreat, advance and deliver all the blows known to the art of self-defense. You'll be taught the proper way to do all those boxing essentials.

You will soon learn where and how to deliver the knockout blows—how to protect yourself from a knockout punch.

Oh, Boy! How the fellows will respect your ability after practice with this system of boxing. They'll all let you alone then or seek your company out of sheer respect for your fighting qualities. Believe us there is a real thrill in knowing that you can take care of yourself.

Then there is also the possibility that you may become a great boxer. We don't have to point out the advantages, financial gain, glory, popularity, etc., in such a career for you are familiar with all that. You may not become a great boxer or a boxer at all but it certainly is worth an investment of a couple of dollars to improve your boxing ability and to see if you have the ability to enter the prize ring.

Price—\$2.50 postpaid. Was \$3.00



## FIGHTING BAGS

There is only one way you can develop a mule-kick in those fists of yours and that is with a Heavy Fighting Bag. These bags are sold both empty and filled. They are made of powerful materials, strongly put together. They'll withstand the severest drubbing. These bags are 36" deep and 16" in diameter. At the bottom there is a laced mouth for filling purposes. The filled bags weigh about 60 lbs. and are filled with cotton packing. The empty bags can be easily filled with saw-dust or any other like material. Fighting one of these bags not only develops the punch in both hands, but is a fine all-round strength developer.



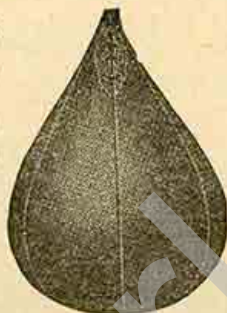
EMPTY BAG  
\$6.00 postpaid  
FILLED BAG  
\$12.00 Plus shipping charges

## Striking Bags

Punching the bag is an art and great sport. It is fine exercise and develops the speed of hand and eye making you quick as a flash.

"HYQUALITY" Bags are all strongly made of fine leather. They rebound true and fast. The bladders are made of good, live rubber that will withstand hard punching as well as wear and tear.

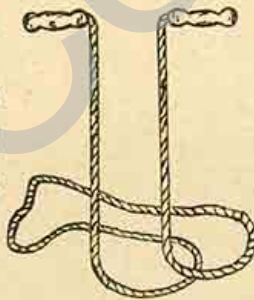
Price—\$5.00, \$6.50,  
\$8.00 postpaid



## Skipping Ropes

One of the best ways to put your legs in fine boxing condition is with a HYQUALITY skipping rope. With one of these ropes you will develop strength and endurance where a boxer needs it most, in his legs. It's great exercise for any one.

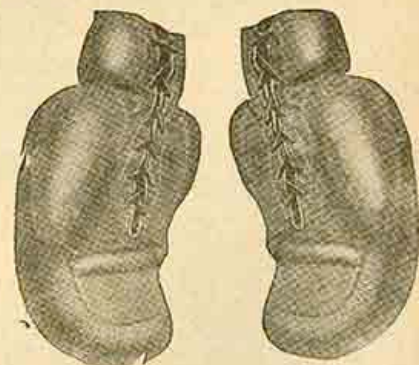
Price  
\$1.25



## Boxing Gloves

HYQUALITY boxing gloves are furnished in two weights—8 oz. and 12 oz. The 8 oz. gloves are the ordinary sized boxing gloves and the 12 oz. gloves are what are known as instructors' gloves. These instructors' gloves have a double wrist which extends well up the forearm and protects the forearm bones, muscles and the wrist itself. The 8 oz. gloves have the single wrist protection.

Both gloves are made of the finest of leather and are strongly stitched. The padding is of genuine hair. The prices below include shipping charges.

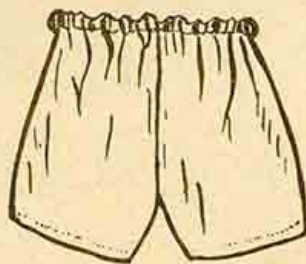


8 oz. (4) gloves—\$6.00  
12 oz. (4) gloves—\$12.00

## Boxing Trunks

If you want a good looking pair of boxing trunks you need a pair of these. We can furnish them in white, black, blue, and green colors. The rubber around the waist line is wide so that it does not cut into the flesh or bother you in any way. The legs are full, allowing ample leg room. The goods is light and smooth upon the skin giving complete comfort and no annoyance. You'll like them.

Price \$1.50. Was \$2.00



## STRIKING BAG GLOVES



These gloves or leather mits are for the purpose of protecting the knuckles from being skinned and bruised when punching either the striking bag or heavy fighting bag.

They have an elastic wrist which allows them to be easily slipped on. There is also a finger grip which gives the fist something to grip upon. The quality is the same, of course, as all HYQUALITY goods.

Price—\$2.50 per pair

HYQUALITY SPORTING GOODS  
Walnut Bldg., Phila., Pa.

S.230

Kindly send me the following sporting goods No. \_\_\_\_\_ for which I enclose \_\_\_\_\_ I understand HYQUALITY Sporting Goods are guaranteed.

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_

Any of these Sporting Goods articles will be sent to you C. O. D. if you live in the United States. All Foreign orders must be sent cash-with-orders.

# Give Us Just Sixty Days and We Will Make a New Man of You!

## For Only \$1.00

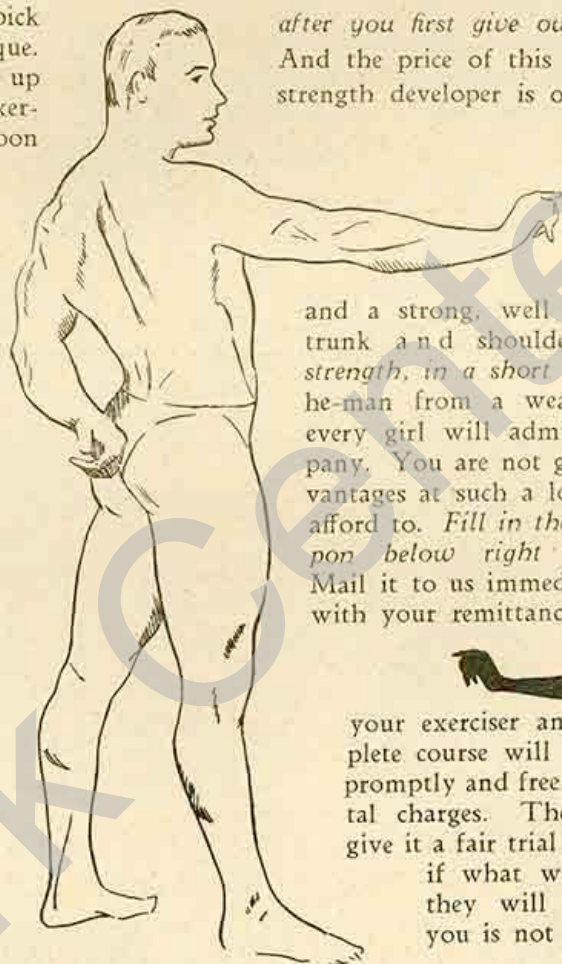
Are you satisfied with yourself? Look at the three illustrations on this page and pick out the one that fits in with your physique. If you are weak and skinny you can build up muscles with our 5 heavy strand cable exerciser; if you are fat and flabby you can soon rid yourself of both, and if you are well formed you must take some precaution to keep that development. In other words, no matter which is your case you can't afford to do without one of the remarkable 5 heavy strand cable exercisers that are daily getting more popular all over the world.

### Sure Results for Only \$1.00

Among the thousands who are using this exerciser each morning—and evening—we have received some remarkable testimony. In short they all find it a real muscle builder. And, after all, look at it any way you wish, there is nothing that gives one confidence like knowing that you have physical development of which you can be proud. *And in turn your sweetheart, wife or mother will be proud of you—for women admire strength and muscle in men.*



this—



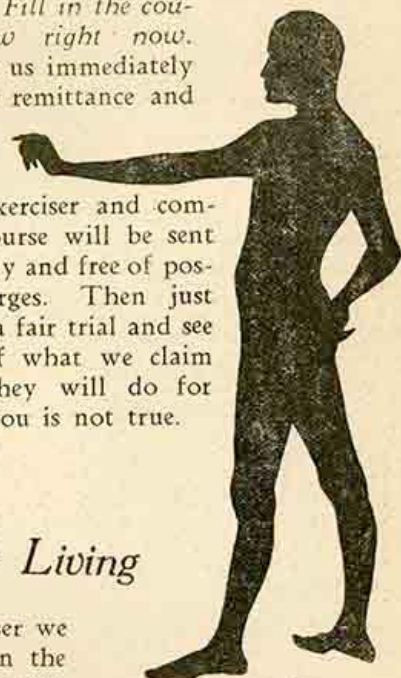
Are you this—

You won't have to be ashamed sixty days after you first give our exerciser a try-out! And the price of this wonderful health and strength developer is only \$1.00.

### It Develops Big Arms and Chest

and a strong, well muscled and shapely trunk and shoulders. *It doubles your strength, in a short time.* It makes a real he-man from a weakling, a man whom every girl will admire and seek his company. You are not going to miss these advantages at such a low price. You cannot afford to. *Fill in the coupon below right now.* Mail it to us immediately with your remittance and

your exerciser and complete course will be sent promptly and free of postal charges. Then just give it a fair trial and see if what we claim they will do for you is not true.



or this?

### Learn How to Make Life Worth Living

how to attract, sway and influence people. The exerciser we are offering you is 50% cheaper than the cheapest on the market today and 50% stronger than the strongest. The expense of a good, strong exerciser does not stand in your way now. Anybody and everybody can spare a dollar for an exerciser like this one, for it is so strong it will strengthen you beyond your expectations. Isn't all this worth \$1.00?

### It's Guaranteed to be Strong and Produce Results

Who said miracles never happen? Here's one right in this offer. A strong Five-band exerciser with complete course and mailing charges prepaid all for \$1.00, is certainly a miracle. It's a miracle how such a strong exerciser can be sold at the price of one dollar. The cables or bands, as they really are, are flat instead of round. There are five heavy bands. And boy! that means some resistance!

LEHIGH  
SUPPLY CO.  
5-230  
1138 REAL  
ESTATE TRUST  
BLDG.,  
PHILA., PA.

Gentlemen: I want one of those new, strong, 5-heavy band exercisers with complete course of instructions. Enclosed please find my remittance of \$1.00.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_



# "His Tail Between His Legs"

*What most men would see if they could see themselves*

**M**OST men are being whipped every day in the battle of life. Many have already reached the stage where they have **THEIR TAILS BETWEEN THEIR LEGS.**

They are afraid of everything and everybody. They live in a constant fear of being deprived of the pitiful existence they are leading. Vaguely they hope for **SOMETHING TO TURN UP** that will make them unafraid, courageous, independent.

While they hope vainly, they drift along, with no definite purpose, no definite plan, nothing ahead of them but old age. The scourgings of life do not help such men. In fact, the more lashes they receive at the hands of fate, the more **COWED** they become.

What becomes of these men? They are the wage slaves. They are the "little-business" slaves, the millions of clerks, storekeepers, bookkeepers, laborers, assistants, secretaries, salesmen. They are the millions who work and sweat and—**MAKE OTHERS RICH AND HAPPY!**

The pity of it is, nothing can **SHAKE THEM** out of their complacency. Nothing can stir them out of the mental rut into which they have sunk.

Their wives, too, quickly lose ambition and become slaves—slaves to their kitchens, slaves to their children, slaves to their husbands—slaves to their homes. And with such examples before them, what hope is there for their children **BUT TO GROW UP INTO SLAVERY.**

Some men, however, after years of cringing, turn on life. They **CHALLENGE** the whipper. They discover, perhaps to their own surprise, that it isn't so difficult as they imagined, **TO SET A HIGH GOAL**—and reach it! Only a few try—it is true—but that makes it easier for those who **DO** try.

The rest quit. They show a yellow streak as broad as their backs. They are through—and in their hearts they know it. Not that they are beyond help, but that they have acknowledged defeat, laid down their arms, stopped using their heads, and have simply said to life, "Now do with me as you will."

What about **YOU?** Are you ready to admit that you are through? Are you content to sit back and wait for something to turn up? Have you shown a yellow streak in **YOUR** Battle of Life? Are you satisfied to keep your wife and children—and yourself—enslaved? **ARE YOU AFRAID OF LIFE?**

Success is a simple thing to acquire when you know its formula. The first ingredient is a grain of **COURAGE.** The second is a dash of **AMBITION.** The third is an ounce of **MENTAL EFFORT.** Mix the whole with your God-given faculties and no power on earth can keep you from your desires, be they what they may.

Most people actually use about **ONE TENTH** of their brain capacity. It is as if they were deliberately trying to remain twelve years old mentally. They do not profit by the experience they have gained, nor by the experience of others.

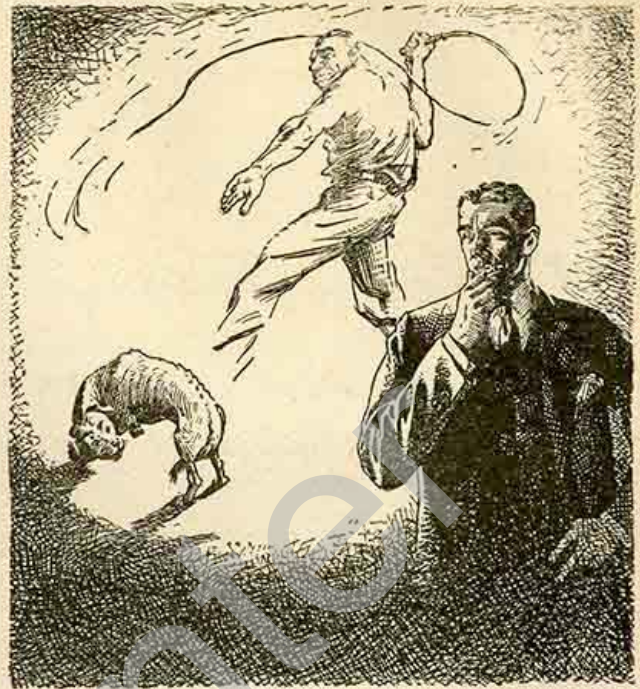
You can develop these God-given faculties by yourself—without outside help; or you can do as **SEVEN HUNDRED THOUSAND** other people have done—study Pelmanism.

Pelmanism is the science of applied psychology, which has swept the world with the force of a religion. It is a fact that more than **700,000** people have become Pelmanists—all over the civilized world—and Pelmanism has awakened powers in them they did not **DREAM** they possessed.

Famous people all over the world advocate Pelmanism, men and women such as these:

**T. P. O'Connor**, "Father of the House of Commons."  
The late **Sir H. Rider-Haggard**, Famous novelist.

**Frank P. Walsh**, Former Chairman of National War Labor Board.  
**Jerome K. Jerome**, Novelist.



**General Sir Robert Baden-Powell**, Founder of the Boy Scout Movement.

**Judge Ben B. Lindsey**, Founder of the Juvenile Court, Denver.

**Sir Harry Lauder**, Comedian.  
**W. L. George**, Author.

**Gen. Sir Frederick Maurice**, Director of Military Operations, Imperial General Staff.

**Admiral Lord Beresford**, G. C. B., G. C. V. O.

**Baroness Orczy**, Author.  
**Prince Charles of Sweden**.

—and others, of equal prominence, too numerous to mention here.

A remarkable book called "Scientific Mind-Training," has been written about Pelmanism. **IT CAN BE OBTAINED FREE.** Yet thousands of people who read this announcement and who **NEED** this book will not send for it. "It's no use," they will say. "It will do me no good," they will tell themselves. "It's all tommyrot," others will say.

But if they use their **HEADS** they will realize that people cannot be **HELPED** by tommyrot and that there **MUST** be something in Pelmanism, when it has such a record behind it, and when it is endorsed by the kind of people listed above.

If you are made of the stuff that isn't content to remain a slave—if you have taken your last whipping from life,—if you have a spark of **INDEPENDENCE** left in your soul, write for this free book. It tells you what Pelmanism is, **WHAT IT HAS DONE FOR OTHERS**, and what it can do for you.

The first principle of **YOUR** success is to do something radical in your life. You cannot make just an ordinary move, for you will soon again sink into the mire of discouragement. Let Pelmanism help you **FIND YOURSELF.** Mail the coupon below now—now while your resolve to **DO SOMETHING ABOUT YOURSELF** is strong.

## THE PELMAN INSTITUTE OF AMERICA

Approved as a correspondence school under the laws of the State of New York.

71 West 45th St. Dept. 342 New York City

The Pelman Institute of America,  
71 West 45th Street, Dept. 342,  
New York City.

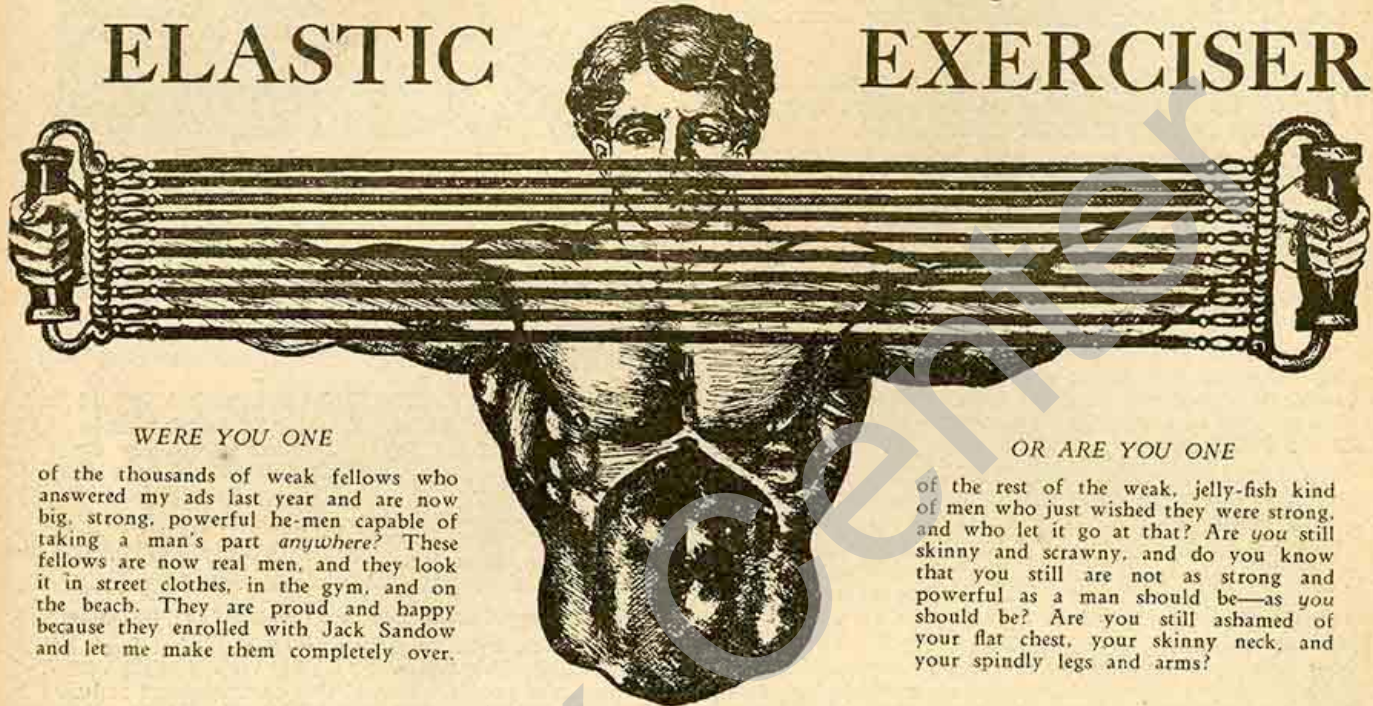
I want you to show me what Pelmanism has actually done for over 700,000 people. Please send me your free book, "Scientific Mind Training." This places me under no obligation whatever.

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_

# Sandow

## MAKES MEN

With His Powerful Many Cabled  
ELASTIC EXERCISER



### WERE YOU ONE

of the thousands of weak fellows who answered my ads last year and are now big, strong, powerful he-men capable of taking a man's part *anywhere*? These fellows are now real men, and they look it in street clothes, in the gym, and on the beach. They are proud and happy because they enrolled with Jack Sandow and let me make them completely over.

### OR ARE YOU ONE

of the rest of the weak, jelly-fish kind of men who just wished they were strong, and who let it go at that? Are you still skinny and scrawny, and do you know that you still are not as strong and powerful as a man should be—as you should be? Are you still ashamed of your flat chest, your skinny neck, and your spindly legs and arms?

## I CAN MAKE A MAN OUT OF YOU

What I have done for thousands of other men and young men I can do for you. I can make you over from head to foot, and I can give you a hurry-up job of it, too. In just three months—and only about twenty minutes a day, at that—I will make you know how it feels to be vitally alive. I will let you enjoy

the sensation of being stronger than the rest of the bunch, of knowing that *you* are a real man. I will make your flat chest deep and your narrow shoulders broad. I will cover your back with slabs and layers of muscles, and I will put on cords and sinews of power on your legs and arms. I will make a man of you!

### My Man Making Course is the One for You

5 Cable Outfit, 100 lbs. Resistance \$3.00  
10 Cable Outfit, 200 lbs. Resistance \$5.00

15 Cable Outfit, 300 lbs. Resistance \$8.00  
20 Cable Outfit, 400 lbs. Resistance \$11.00

Above Prices Include My Personally Prepared Special Three Months Course.

JACK SANDOW,  
Room S-2-30, Federal Life Building,  
Michigan Ave. and Randolph St.,  
Chicago, Ill.

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

Name .....

Address .....

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

If you are a weakling, ACT NOW! Enter on the road to health and manhood, and begin now to make yourself a real man.

If you are already well developed, ACT NOW, and let me show you how to get real development and super-human strength.

Use the coupon in the corner—you can't beat this offer at any price!

## JACK SANDOW

Room S-2-30, Federal Life Building

Michigan Ave. and Randolph St.

Chicago, Ill.



## “How that girl *can* dance (. . . yet only 30 days ago she was a wall-flower)”

**M**ILDRED and I were seeing a good deal of each other. We enjoyed the same things—dinners, theatres, long walks in the country. She was one of the cleverest girls I knew, seemed to do everything well.

Then our Regimental Dance came along, the one affair of the year for which all the old wartime “buddies” turned out. Not much of a dancer myself, this was the first affair of the kind that I had invited Mildred to.

You can imagine my surprise when she flatly refused to go!

“Now, Bill, please don’t ask me why. I simply can’t go. Won’t you let it end there?”

More disappointed than I would admit, and secretly provoked by the thought that she had refused to go with me because she had somehow discovered what a poor dancer I was, I determined to stop seeing her, no matter how much the effort cost me.

### Why She Refused

One night several weeks later I looked in at the Country Club dance. One couple in particular caught my eye. They seemed to glide along as if on air. There was a rhythmic grace about even their simplest movements that seemed to set them apart from the other dancers in the room. A deftly executed step swung them around and I saw the girl’s face—it was Mildred!

“How that girl can dance!” I exclaimed. Ed Sears, who was standing near me agreed. “And to think that only a month ago she was a regular wallflower,” he added, “couldn’t dance a step!”

I was dumbfounded. Then it all came to me like a flash. Rather than admit that she couldn’t dance, she had simply refused my invitation to the Regimental Dance without an excuse.

### What a Fool I Had Been

As soon as that dance was finished I went over to her.

“May I have the next dance, Mildred?”

She smiled. “You certainly may, Bill!”

But instead of dancing, I suggested that we sit it out.

“First of all, I’ve got something to ask you,” I began as we settled ourselves comfortably.

“Where on earth did you learn to dance so divinely?”

Mildred laughed happily. “You’ll never believe it, but I learned to dance—by mail!”

“What!”

“Yes. But let me tell you the whole story. I guess you know now that the reason I didn’t go to that dance with you was because I didn’t know how to dance then, and I was ashamed to admit it. I knew you were hurt at my refusal,” she said softly, “but I couldn’t help it. But that opened my eyes. The very next day I found an advertisement of Arthur Murray’s in one of the magazines and mailed the coupon for his five free lessons. That’s all.”

I could hardly believe my ears. Then an idea came to me. If Mildred, who hadn’t known a thing about dancing before she took this home-study course, had become such an exquisite dancer through Arthur Murray’s lessons, why couldn’t I improve my dancing, too? I decided to say nothing to Mildred about my plan, but send for the lessons at once.

They arrived promptly, and in almost no time I had acquired the poise, ease and

finish that had always eluded me before.

I learned all the newest steps and how to do them to the new slow music now in vogue.

You should have seen Mildred’s eyes as I invited her to a formal dance a week or so later.

“Let’s show the crowd some stepping!” she cried—and we did! That was just the beginning. Now Mildred and I enjoy all the dances and parties together. Our enjoyment of this popular pastime has proved a bond that is

slowly but surely deepening our friendship into love. . . .

### 5-Day Trial FREE

No matter how poorly you dance now, no matter if you’ve never been on a dance floor in your life—Arthur Murray’s method makes you a finished dancer, right in your own home, without music, partner, or teacher—or you don’t have to pay one cent. To prove it, Mr. Murray will send you his famous \$5.00 dancing course without one penny in advance.

Simply fill in and mail the coupon and the regular \$5.00 course will be forwarded immediately. When the package arrives give the postman only \$1.98, plus delivery charges, as a sign of good faith. Then try the course for five days—money back if not delighted. Don’t delay—you owe it to yourself to clip and mail coupon NOW—and surprise your friends by being a good dancer, sought after, popular, soon! Arthur Murray, Studio 980, 7 East 43rd Street, New York City.

ARTHUR MURRAY, Studio 980,  
7 East 43rd, St., New York City.

To prove that I can learn to dance at home you may send me your famous \$5.00 course for only \$1.98 C. O. D., plus few cents postage. I understand that if not delighted I may return the course within 5 days and my money will be refunded.

Name .....

Address .....

City .....

State .....

NOTE: If apt to be out when postman calls, send \$2.00 with coupon and save C.O.D. postage.

**REGULAR**  
**\$5.00 COURSE**  
**NOW ONLY \$1.98**

# TRY THESE PUNCHES



Delivery and block of left jab. Composite photos like this illustrate every punch and defense.

See how **EASY** it is to knock 'em cold When You Know **SCIENTIFIC BOXING**



How to deliver the right hook to jaw and how to defend yourself against it.

ONE, TWO—and the fight's over! Just try this on the next bully who gets rough with you. It works like a charm. Here's the way it goes—your opponent starts a wild haymaker that would knock you into the middle of next week if it ever landed. But it's not going to land—you beat him to it with a left jab—then cross with a right hook to the jaw—AND WATCH HIM DROP!

That's just one of the scientific attacks that will make you a match for ANY man. "The bigger they come the harder they fall," when you know how and where to hit.



There's just ONE right way to clench your fist. That's the first thing De Forest teaches you.



Brute Strength hasn't a chance against the tricky strategy of De Forest Training



The corkscrew punch which Jimmy De Forest taught Kid McCoy.

The Famous **Jimmy DeForest** Boxing Course NOW ONLY \$2.98

## World's GREATEST Trainer Reveals Secrets of Champions

Of course you've got to know how to put over that left jab—it's one of the most important blows in boxing. And that right hook is a killer when properly used. It's the punch with which Benny Leonard knocked out Richie Mitchell, and Stanley Ketchel knocked out Jack O'Brien, and Dempsey knocked out Fulton.

Then there's the deadly solar plexus blow that won Bob Fitzsimmons the Heavyweight Championship—the uppercut, the corkscrew punch, the "pivot" blow and all the rest. You can quickly master all these punches in just a little practice at home. Jimmy De Forest explains the whole Science of Boxing in his famous Course of Home Training that develops champions by mail.



The knockout spots and vulnerable points, one of the many charts, each worth the price of the course by itself.

every blow, every attack, every defense, every trick, every bit of ring strategy and generalship. Every move is described and illustrated. Even if you've never had a glove on your fists, you'll soon be the trickiest boxer in your crowd.

### BIG MONEY IN BOXING

If you're already in the professional ring or have aspirations, this wonderful course is worth its weight in gold to you.

Johnny Nemis won the Welterweight Championship of Eastern Canada after enrolling for the Jimmy De Forest Course. J.J. Clifton wires: "After finishing your Course, won first go in second round against old timer." Arthur de Champlain developed from a mediocre fighter in his home town to a star attraction at Madison Square Garden, N. Y. C.

Promoters are looking for new material—you may be next! You can learn just as much as you want from this fascinating course—it's all here from the first principles to the final tips on conducting your battle against every type of fighter. You'll know how to use your fists after the first few lessons—and if you desire, you can follow a 20 weeks' program that covers boxing from A to Z.

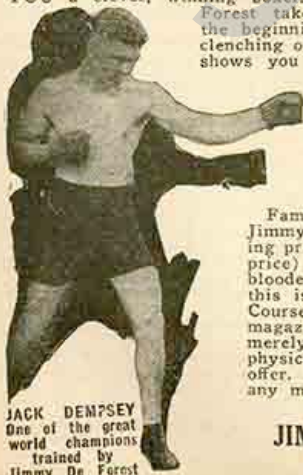
## EVERYTHING from the Clenching of the Fist to the Knockout

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(a bunch of flowers)  
beaucoup..... bow-koo  
(much, many)  
mais oui..... may we  
(but, yes)

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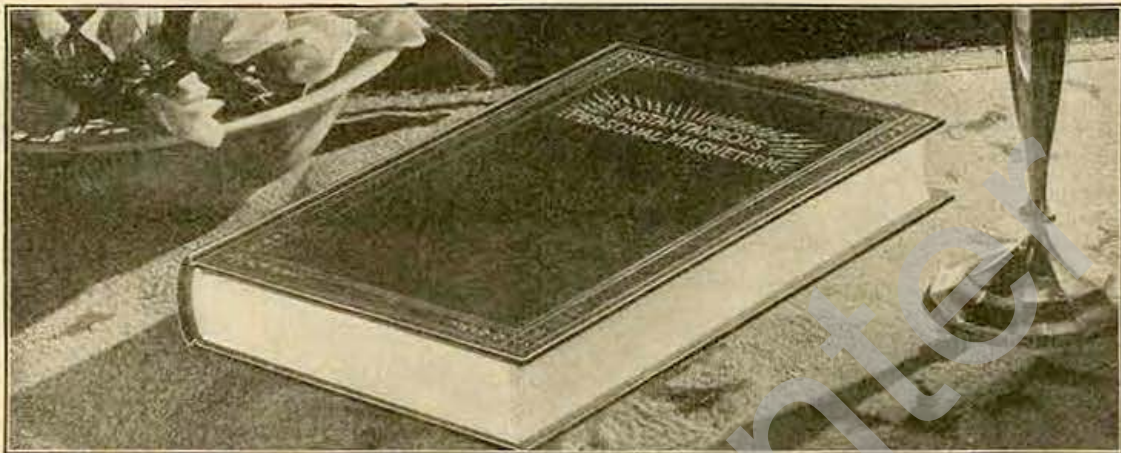
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## Editorial

*Real Life Insurance*

**P**RACTICALLY everyone is interested in lengthening his years in this earthly existence which we know as life. At times you hear people say they do not care to live to a great age, but a statement of that nature is not made in all sincerity. The impression they wish to convey is that an old age of decrepit helplessness is not desirable.

Truly, no sound thinking person looks forward to being useless and in the way during the later years of life. Many men of active habits would much prefer to "die with their boots on" before old age set in, if the remainder of their days were to cause them to be a burden to others.

Evidently the greatest need at the present day toward prolonging the average length of life is to find some satisfactory means of combating diseases which prove fatal through attacking and breaking down the structure of major vital organs. Principally, we might list heart, lung and kidney afflictions.

We read of the alarming increase in deaths from heart diseases and that in 1928 out of every 100,000 deaths 228 were attributable to this cause: lung and kidney diseases rank very high.

The premature breaking down of the vital organs must be due to improper care of the body and manner of living during the earlier life. To all appearances children's diseases are greatly responsible for a weakening in the organic structure, later resulting in a degenerating effect. It would seem as though the life of the child were prolonged by saving it from death by the class of diseases more or less peculiar to children, only to take the toll in middle life when the individual should be approaching greatest mental usefulness.

Changing times and more sensible ideas will undoubtedly eliminate this frightful cause. It used to be considered smart for children to take measles, chicken-pox, whooping cough, and other illnesses of this class; parents would even purposely expose their offspring, believing it better to "have it over with" at an early age.

A little more strict parental supervision in co-operation with modern health boards should serve to reduce this evil to a minimum.

Some mysterious foci of infection which seeps into the system is nowadays blamed as a further contributing cause; which results, it is thought, mainly from tooth and tonsil unhealthiness. We believe sound teeth are to be more certain with coming generations and tonsil inflammations should not take place if the health and well being of the child were better attended to by parents.

As for other contributory causes of a degenerating condition of the vital organs, we can just as well conclude that unnatural and unhealthy methods of living are largely responsible.

While we are firm exponents of strenuous exercise, properly moderated, as a means of health promotion, we are not so foolish as to condone utter disregard of dietary caution and violation of the rules of hygiene. It is our contention and belief that the average advocate of the doctrines expounded herein is a thorough enough student of the physiological laws of the human body to be capable of taking himself safely through the period of middle age when so many men fall prey to afflictions to which we have alluded. We are likewise confident that he is qualified to direct his offspring along the same path.

Our followers, by which we mean those who read *STRENGTH* consistently, we feel certain make some attempt to conscientiously put into effect the teachings and information which we publish for their benefit.

We are further convinced that those who contribute articles of a practical nature possess sufficient sincerity to practice what they preach.

Granting this to be a firm conviction, then we as practical Strength Culturists (which term can be rather wide in scope) have the interest at heart of attempting to sift out information of value in combating disease breeding physical conditions.

Such information is to be found in the feature articles and regular departments of this publication.

The testimonial proof which we offer in the form of photographs each month should attest to the value of our efforts in stretching out the average length of life.

# Marylin Miller—Trains for Dancing

*Miss Miller, a True Daughter of The Stage, Realizes How Important Good Health Is To Her. In Hollywood She Fixed Up Her Own Gymnasium.*

BY SUE WILSON

**P**ERCHED at a secluded height above the roar of the city, Marylin Miller was resting after her arduous task and ordeal in making her first talking film, "Sally." The agile footed songster, accustomed to dance and sing amid the plaudits of an ap-

proving audience, had spent a whole summer in the studios of Hollywood, appearing before the kleigs and microphone, doing her stuff before a hushed group of directors and caremen. The silence of the huge studios, only punctured by the whizzy rattle of the grinding cameras, at first scared her, made her feel ill at ease. All of her long years of experience before audiences did not help her in the ordeal before the camera.

As she sat bundled up in a corner of the big lounge in her beautiful suite of rooms in the new Sherry-Netherlands Hotel in New York City and recalled the torturous days she spent last summer in Hollywood she laughed at her own uneasiness. When she got through with the picture she was a very tired woman, and needed a month of the New York, or to be more exact, Broadway atmosphere to recuperate.

Miss Miller will of course spend the winter in New York, as she is bound by contract to appear in a production to be staged by Mr. Florenz Ziegfeld. But she is going back to Hollywood next summer to do another talkie, and perhaps more. Acting before the kleig lights is contagious, and although Marylin spent one of the hardest summers of her career in the movie studios she is very enthusiastic over the future of the talking and singing films.

Marylin's parents live in Hollywood, having settled there in order to bask in the California sunshine. When Miss Miller went to Hollywood last spring



*"Dancing is perhaps the best exercise I know of to develop grace, as is also swimming," says Marylin Miller.*



to make "Sally," however, she did not live with her parents. She, instead, rented a big home right near the studio, and fitted it out with a gymnasium and swimming pool, where she spent most of her leisure, getting back into shape after those "awful hot hours" spent in the studios. The gymnasium, where she spent hours playing handball, and position or complexion exercising with Indian clubs, was her first stop on returning home from work each afternoon.

Another reason she moved near the studio was so that she could arise at 7 every morning, yes, at 7, so as to be at her job no later than 8. Those Hollywood hours were just awful, Miss Miller complained. Imagine the woes of a Broadway darling who is used to spending her mornings in bed so as not to jeopardize her disposition or complexion when she is forced to creep out from under the feathers at the unearthly hour of 7 in the morning!

But when she became accustomed to it she liked it. The novelty of being out of bed in the late morning hours or before noon was a thrilling experience to her, and the work was really interesting, even though very tiring.

And how she worked! And what funny work it was. Why, for the first time in her life she was without an audience to respond to her charms. There she was, stranded before cameras, supposed to sing and dance and act. But no one to applaud her efforts. Do you want to know what it felt like? Well, it seemed just like a rehearsal, and because it was like a rehearsal, Miss Miller could never tell whether she was going over or just falling flat in her role. She just sang, and acted, and danced in a great void and felt funny.

Oh, yes! She wants all her friends to know of that terrible heat in the studios when they take the color pictures. Why, it was just horrible! The thermometer always flirted around the 130 or 140 mark, Miss Miller explained. Do you realize what such heat does with the make-up? The make-up just melted and flowed down her cheeks. She couldn't act more than a few minutes at a time before she had to rush to her dressing rooms to fix her make-up.

Movie acting, he explains, is just queer. You sit around and wait and watch, then you work a few minutes before a camera, and then wait and watch again for hours. But you have to be on the job all



*It took a lot of perseverance to climb that long and torturous path that brought her finally to Hollywood.*

the time, ready for the director's call to do his bidding.

Then there was the troublesome matter of her limbering up and vocalizing all the time. On the stage it was easy. Miss Miller knew just when she was due and she could dance for a few minutes, and exercise her vocal chords and she was ready. But out on location or in the studio it was different. Well, she was just limbering up and vocalizing all the time, or at least most of the time.

Yet, there were many nice things she could recall about the strenuous life in Hollywood and the hard work before the camera. What if the heat in the glare of those awful lights was so great that she could work only a few moments before the camera and then stumble away exhausted? She didn't mind, for the work was just too wonderful for words. And what if she did have to get up early in the morning and leave the cool pool for the hot and stuffy studios? Didn't they all treat her wonderfully?

Despite all the handicaps she likes Hollywood a great deal and will spend part of her time in the future in California. Of course she knows Hollywood quite well, for she lived there when she was married, if you remember?

And talking of marriage. Was there anything in the talk that she would remarry Jack Pickford? Are there any others? She laughed, evaded the question and pointed through her window on the twenty-second floor to the beautiful vista below in Central Park.

Now for a little history of Marylin. Although the world knows her as Miss Miller her real name is

really Marilyn Reynolds, her first name being a combination of Mary, her grandmother's name, and Lyn, after her father.

Marilyn was born in Evansville, Indiana, on September 1, 1900. When she was still a child her mother divorced her father and then joined a theatrical company, of which the leading man was Caro Miller, whom she ultimately married. For several years Marilyn was left with her grandmother in Memphis, Tenn. There were no children to play with except the pickaninnies, and it was from them, even before she was able to talk well, that the little girl learned to sing and dance.

When she was a lady of 5 the young miss joined her mother, stepfather and two older sisters, and became the fifth member of the "Five Columbias." Her first appearance was at a summer park in Columbus, Ohio. Her earliest efforts brought her forth as a toe dancer, and she was billed as "Miss Sugarplum," an infant prodigy. Because of her youth she was not allowed to appear with the troupe in large cities.

She was with the group for seven years, during which time the "Five Columbias" toured through France, England, Germany, Spain, Cuba and Honolulu. Returning to the United States, they opened on the "Big Time" in Chicago, where the authorities again intervened because of Marilyn's youth.

In 1914, shortly before the world was thrown into war, the Miller family sailed for England to appear in a revue, "Oh, Joy," under the management of Sir Oswald Stoll. Owing to an alleged breach of contract they left the revue and appeared at the Embassy Club, London's most exclusive night club, frequented by the Prince of Wales and others of the nobility.

Here, Marilyn, who was beginning to develop into the beautiful, graceful girl she is now, was a sensation, giving impersonations of Elsie Janis, Fritzi Scheff, Bessie McCoy, Stella Mayhew, the late Bert Williams, and Adalaide Genee, the dancer. It is said that the Prince of Wales almost split his gloves night after night applauding the young American girl. She had become the talk of the town.

Lee Shubert happened to be in London at the time. He visited the Embassy Club. He offered Marilyn a contract to return to New York and dance at the Winter Garden. Her Broadway debut was a sensation. Immediately the girl became the center of a stormy controversy. Because she was under age, her contract was made with her father as her guardian. Now every manager put in a bid for her services, but Caro Miller insisted that she live up to her five-year contract with the Shuberts. Later when Marilyn's mother divorced her husband, the girl was able to accept one of the other propositions because it was proven

in court that Miller had never been her legal guardian and had no authority to sign a contract for her, as he was only her stepfather and she was a minor.

So when Marilyn Miller announced that she was open for contracts, forty-two managers bid for her services. David Belasco wanted to make her a dramatic star. Charles B. Cochrane cabled an offer from London. The Shuberts were willing to forgive and forget and take her back on her own terms. John Golden wanted her. So did Sam Harris, Earl Carroll, Philip Goodman and dozens of others.

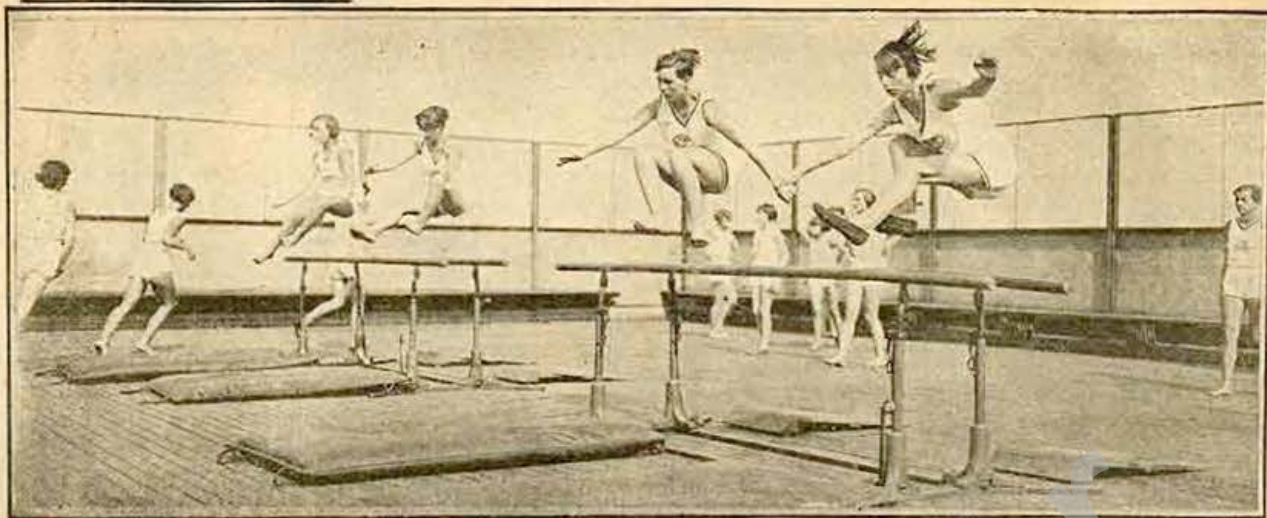
Under the Ziegfeld banner she scored a great sensation in the "Follies." Then came the big musical comedies with her name in electric light, "Sally" and "Sunny." Then she starred in "Peter Pan," her first role without music and dancing. Her most recent success was "Rosalie," which broke records at the New Amsterdam Theater, in New York, and scored a sensation in all the big cities where it was given.

Romance and tragedy has played a major part in the life of Miss Miller. She met and fell in love with Frank Carter, a

(Continued on Page 95)



Marilyn's love for sports and health probably has much to do with her success.



# Gymnastics for Health and Beauty

*If You Want The Above, Combined With Success,  
You Must Exercise.*

BY MARGARET SARGENT

**T**HE morning began badly because she arose from a sleepless night—she sat and stared into blank space over her cup of coffee and then made a wild dash for the trolley because she was late.

She arrived at the office breathless and fatigued—had to plunge immediately into a mass of work which had been accumulating on her desk for quite some time; and thus she continued through a nerve wracking day—day after day—week after week.

The above, dear readers, is a verbal picture of about 50% of our young business women of today, upon whom so much responsibility is placed and who are not at all capable of standing up under that strain of that responsibility. Who should be more wide awake, more fresh and alert than these young business women upon whom so much of the progress of the world depends today?

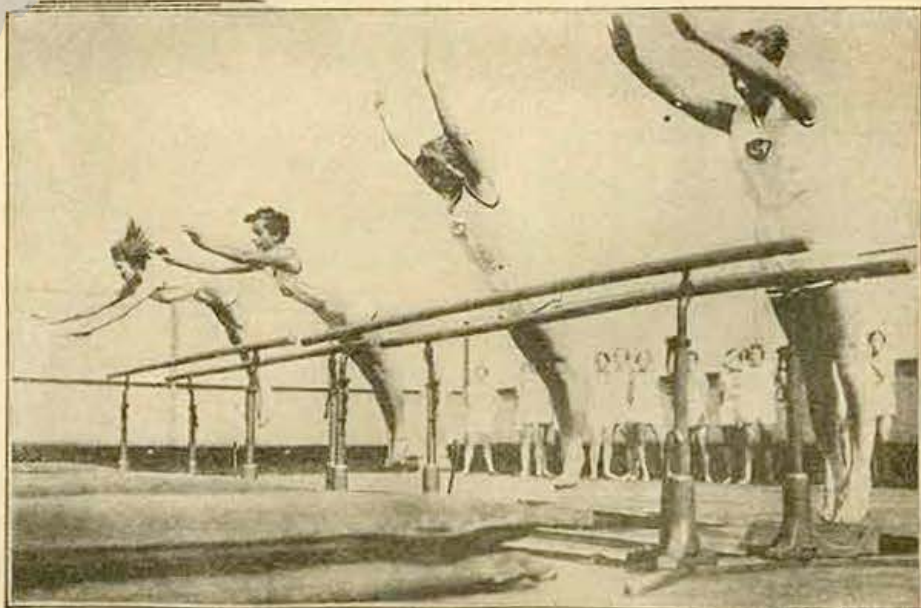
Now I will pick one case in particular—that of a young girl of my acquaintance—and tell you how she nearly—well I'll tell the story.

She had a very responsible position with a brokerage firm—and was indeed a very brilliant and clever girl—with a very promising future before her. But—she had one bad failing, and that was the neglect of her health throughout many years. She never gave her physical condition even the slightest thought.

So, one day on arriving at the office in the state described above, she found that her employer was already there—impatiently awaiting her arrival. There was a critical moment in the market and he wanted some valuable information that she was holding for him.

She went through this file and that, this drawer and that, lost her temper, called the file clerks down and finally located the papers buried under a mass of papers on her own desk.

That evening while still working at her desk, long after all others had gone, her employer came up to her and after asking her a few questions regarding her



*Girls who have mastered gymnastic apparatus acquire a beautiful shapeliness of body that emphasizes their feminine characteristics.*

work in its present state, shot a question at her.

"Miss Lee, what is the matter with you?"

She was completely taken aback, for all along she did not think that the trouble was her own. She asked him, "What do you mean?"

Then he told her that he had been watching her for quite some time and that he noticed her work was getting poorer all the time and that she looked half asleep all the time and that she was not getting in on time very morning, which was very important.

She was bewildered, stunned and broke down. He had always been very kind to her and thought very highly of her. Then he added kindly, "Let me give you some advice, Miss Lee. I still think you are very capable and for your own good I have spoken to you tonight. I do not want to lose your valuable services, but I am afraid it will come to that if you do not do something about your physical condition. I notice that you are very nervous, that you have been getting thinner and that you have a strained look about you. Tell me, do you ever exercise or do you ever go for long walks? What you need is just that. I have a young daughter who goes to gym regularly three nights a week and you should see her. She is a specimen of perfect womanhood. Why don't you join a gym? I'll tell you what I will do. I will have her stop here some evening and you and she can go down to the gym together. Believe me, Miss Lee, that is just what you need."

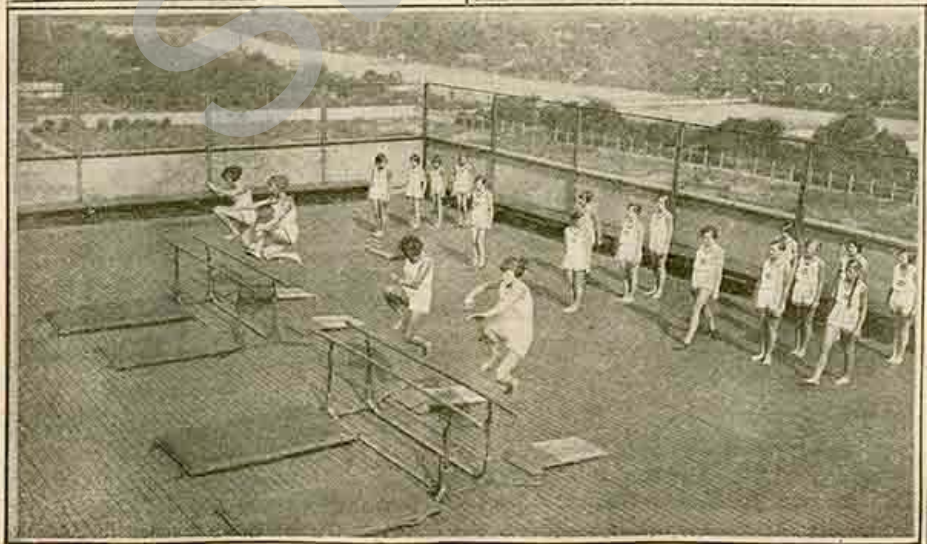
When she went home that night she thought the matter over and realized how foolish she had been, how near she had come to ruining a brilliant future that lay before her. She resolved to do all in her power to get into top-notch physical condition and stay there, at all costs. So, together with her employer's daughter, she went down to the gym—that was about two years ago—and she still attends that same gym today. I wish

you could see her. She has a beautiful figure and is active, alert and is buoyant with health—and a success in the business world as well as in the social world.

You, too, through your own carelessness and neglect might be ruining a golden future that is in store for you. Join a gym—take up gymnastics and acquire and hold health and beauty for all time. Profit by the experience of the girl mentioned above.

To exist is not sufficient. Every one longs to live—but how some of us live is another story. Activity is the order of life. Stagnation, which tends to be the order of civilization, is abnormal and is the basis of that abnormality of appearance which constitutes ugliness. One may think she is in good health because she feels no actual pain and is able to get around, but yet may still be far from the standard of life and health her sister enjoys, who exercises, attends a gym, etc. A girl suffers seriously if she is not presentable. The average girl cannot run, she can only walk with little grace. She can operate a typewriter and she can sit up by the hour and read, oh yes, but what else can she do? Yet she fondly imagines that she would like to possess shapeliness and grace like that of some famous dancer or screen star.

In the days of long ago, when a girl's proper place was to sit back and be seen and not heard, to be de-



*The modern athletic girl is enjoying life in full—for she not only gets a great deal of pleasure out of participating in the various sports but she also improves her figure, her health and her personality. She is admired by all and soon becomes the most popular member in her set.*

mure and blushing, girls did not really know what real living was. The modern athletic girl is enjoying life in full—for she not only gets a great deal of pleasure out of participating in the various sports, but she also improves her figure, her health and her personality. She is admired by all and always becomes the most popular girl in her set. So if you are still old-fashioned, and spend your leisure time with your hands folded, day dreaming, or devouring some cheap novel, do not ever hope to acquire the grace and buoyancy that your more fortunate sister who participates in sports and in gym work possesses.

Now I have not written this article only for the business girl. It also applies to the busy housewife and to all others. Those of my readers who are busy housewives will say that they get plenty of exercise in the course of their household duties and do not have to join gyms or go through a lot of monotonous movements.

Let me tell you that housework to a certain extent is drudgery—you can't get away from that. It is non-stimulating—monotonous and depressing. Most forms of housework bend the back, pull the arms forward, round the shoulders and cramp the chest; whereas gym work is of an opposite nature, tending to straighten the back, expand the chest, lift up the head and bring the shoulders back where they belong in an

attitude of natural grace and natural position.

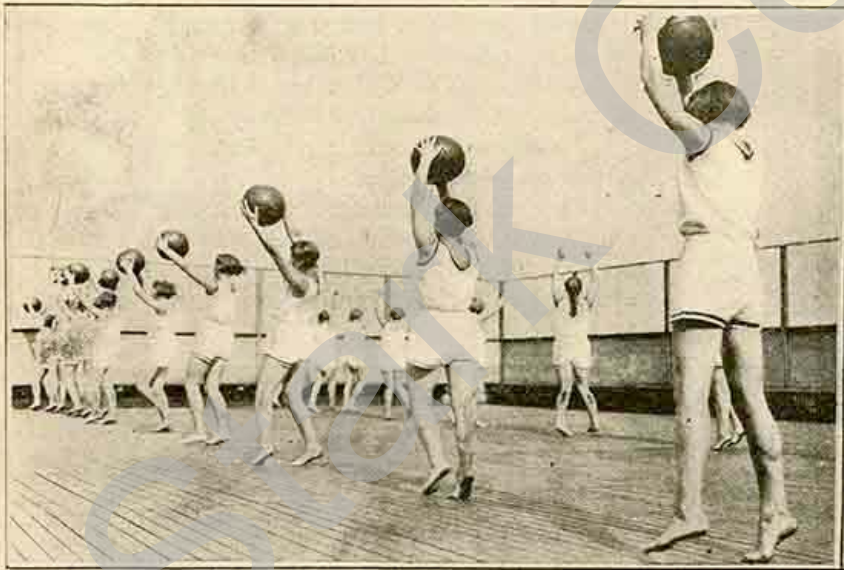
So you too, my dear housewife, would find it beneficial and entertaining to go in for gym work. You will make better wives and mothers and you will then make a success of your undertaking.

Gymnastics have universally been adopted for building up beautiful bodies and improving the health. All over Germany they are building beautiful gyms which vast groups of girls attend to develop their bodies. This is certainly a very good move and I for one hope to see the good work expand all over the world.

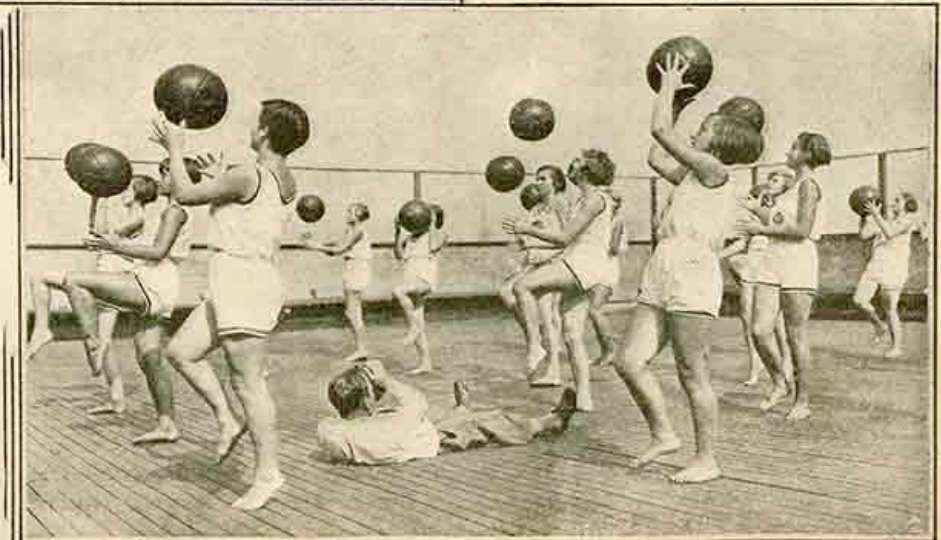
What gives you a greater thrill than the flying fish over the parallel bars or vaulting over the high horse? I know that those two are my favorites whenever I get near a gym. Did you ever try medicine ball playing? There's a great deal of fun in it too, and more so if you can do it in the open like the girls in the illustrations. Fortunate is the girl indeed who goes in for gym work, for she will retain youth and gain health and beauty.

Girls who master gymnastic apparatus acquire a beautiful shapeliness of body that emphasizes their feminine characteristics. Contrary to stupid prejudices on the subject such work never detracts from a woman's essential femininity of nature or appearance, but always accentuates it.

Exercise, it is true, antagonizes the feminine form as it was idealized fifty years ago with its spider waist and pretentious hips, but not even the most radical or prudish critic of this age maintains that such a form has any place in the affairs of the most "proper" modern miss. That being the case, one must admit the efficacy of exercise—taken sensibly, of course, and not radically. There is nothing more pleasant than to mingle with a group of girls going through the different movements. Not only do you gain wonderful results in body development but you free your mind of worries and cares and place yourself in good company.



*The girl gymnast who performs on parallel bars, vaulting horse and flying rings is interested in building up her body and improving her health, as well as being fascinated to a great extent by learning to do these stunts. The girl who becomes adept on gymnasium apparatus approaches the woman of the circus in respect to agility and perfection of physical development.*



# As Fit at Fifty as at Twenty-Five

*Systematic Lifting, When Practiced Consistently, Prolongs Youth As Nothing Else of Which We Have Any Record*

BY MARK H. BERRY

PONCE DE LEON sought the Fountain of youth. Various and sundry have been the efforts to locate or discover the secret of rejuvenation both before and since his time. Wooers of eternal youth are undoubtedly seeking a pot of gold at the end of the rainbow—that is, they are expecting too much.

The adventurous Spaniard sailed three thousand miles or more across an unknown expanse of water in quest of the fruit of his life's ambition. Many persons

of the present day and age travel more miles and spend fortunes vainly searching for some magic water, potion, or mineral to preserve or restore the mysterious something which gives one unlimited "pep," and forestalls the wrinkles of care.

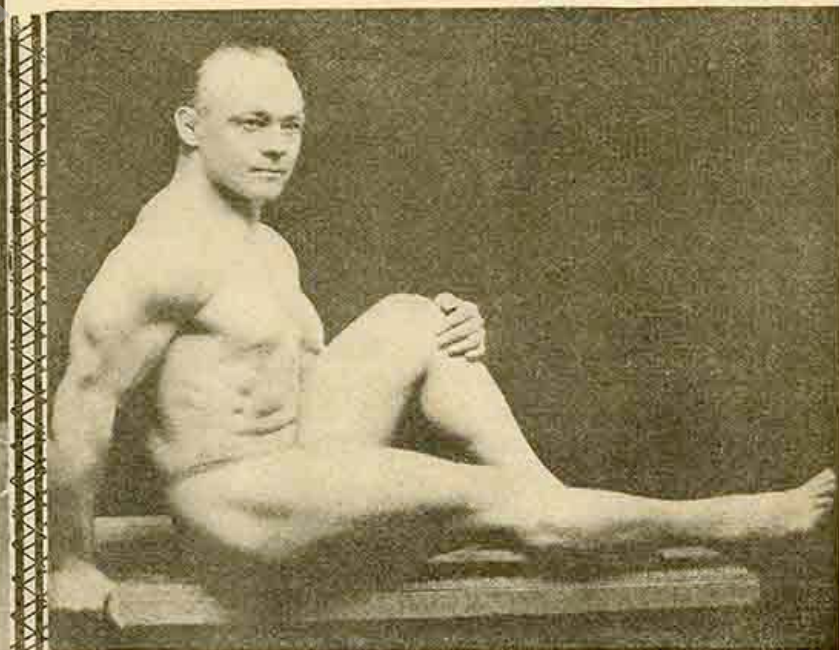
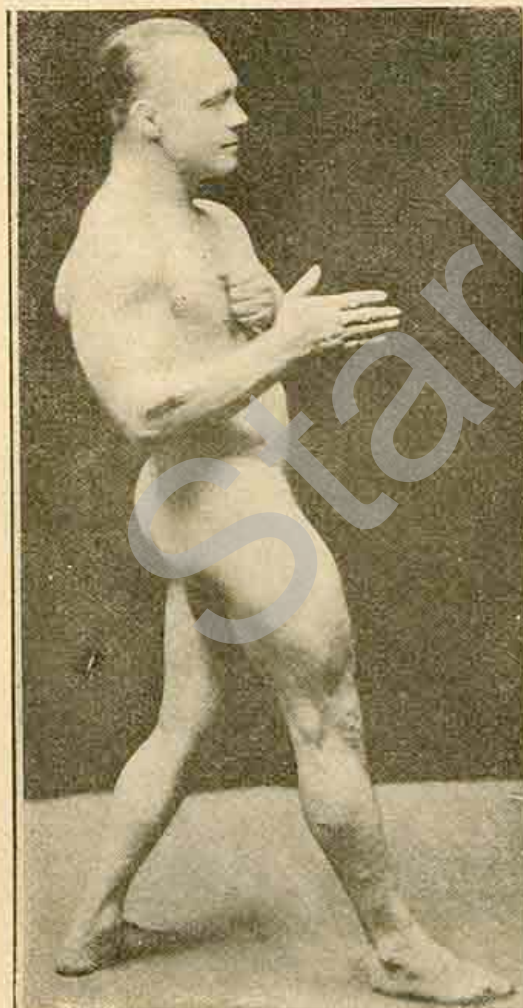
All so much misdirected effort. In their immediate vicinity they might place hands upon the very magic mineral which they seek; but, alas, few are gifted with the power of recognizing the truth when it is so near at hand.

The magic mineral, my friends, is the commercial product of iron ore, and the medium of applying it is through progressive bar bell exercise.

A truth—one which we shall endeavor to prove to your satisfaction.

First, we must call attention to why the truth is not so easily recognized.

Confronting the ambitious strength advocate at all times, is the question of the value of his activities to his state of well being later in life. This question is ever kept in front of him by acquaintances who entertain serious doubts concerning the usefulness of heavy



Two excellent poses of Otto Arco, depicting the degree of physical perfection he has maintained at the half-century mark. Splendid studies in muscular proportion.

lifting or strenuous exercise, making rash statements.

All lifters and exponents of advanced resistance physical culture are fully cognizant of this state of doubt and misunderstanding. The majority of those who have had any degree of experience will be inclined to dismiss the subject with a shrug of the shoulders whenever it is broached, but we must recognize that there are a number of beginners who are prone to attach importance to the discouraging efforts of a certain class of knockers.

The general populace seems to believe all athletes destined to a short life, with strong men having little if any chance of surviving to even middle age, much less to a term of years which might be referred to as a ripe old age.

Knowing such impressions to be utterly unfounded truth, we take this occasion to bring to the attention of those readers who may be interested, a few examples of men who have preserved a high degree of youthfulness at the half century mark.

I therefore present, as living refutations of the fallacious notion that heavy exercise will wear you out early, four athletes who have been exponents of the strenuous life for thirty-five years or more. The senior member of this quartet is a fifty-six year old "youth" who has been a physical culturist for more than forty years. The other three have each reached the half-century mark and began to practice lifting exercises at a very youthful age, certainly no later than fifteen in any case. Were you to see these men in action, it would be difficult for you to credit their correct age. Which is not the least surprising for anyone who is acquainted with a number of middle aged bar bell men. For, it is a matter of common knowledge to those who know the game that lifters preserve a youthful appearance as long as they remain active and seldom give evidence of their true age after the thirties are passed.

The Honorable W. H. Mer-  
ing wishes to challenge any man of his age in the world to duplicate his feats of hand balancing and other feats requiring perfect co-ordination of mind and body. He writes—

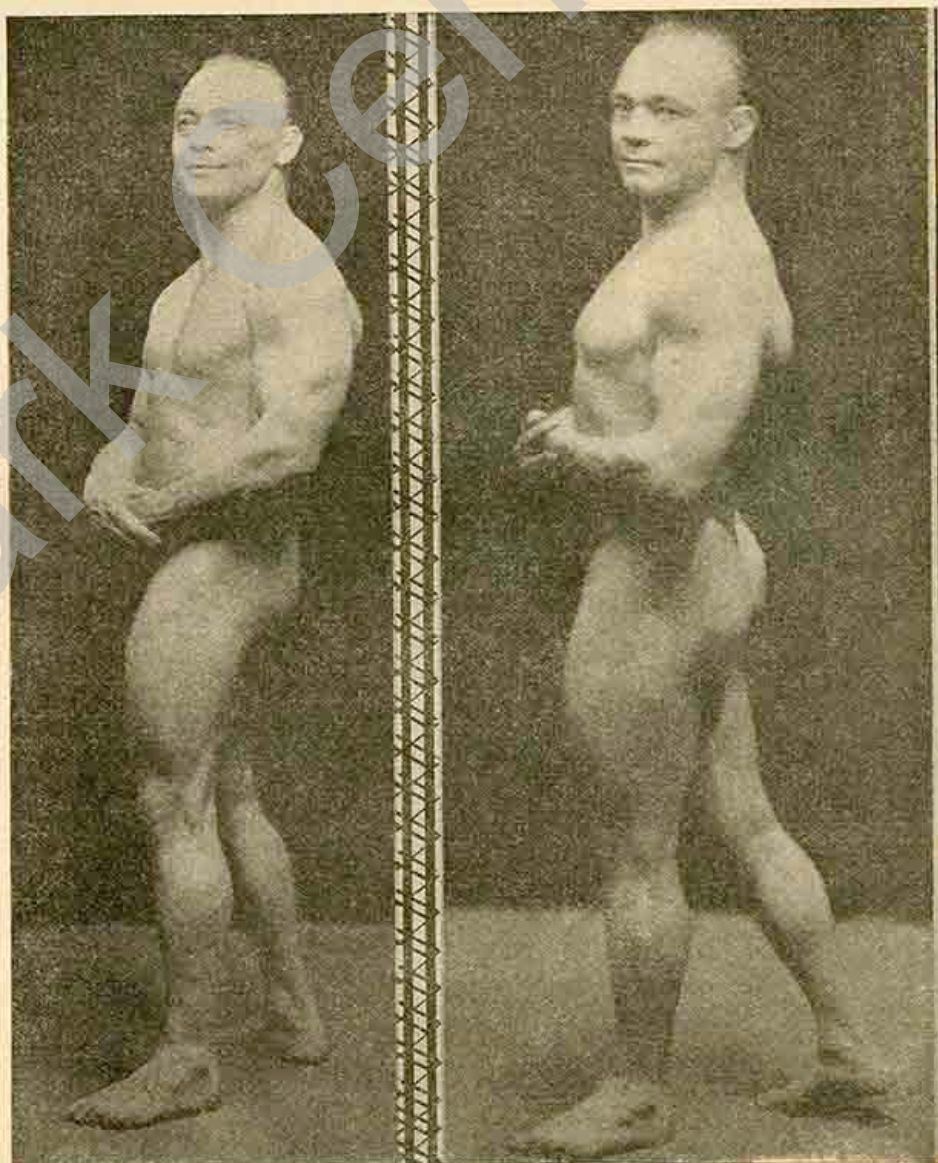
"I am enclosing one of my latest poses showing how a man in his fifties can keep fit and retain his athletic form. I am not a professional athlete, and have never appeared at a public performance. I am a lawyer by profession a member of the Supreme Court of Penn-

sylvania and of the Allegheny County courts. Am now a resident of California. I am a believer in bar bell work and make a specialty of hand balancing. Also enclose a small kodak photo showing my back development."

On the back of one of his photos, the Judge gave further data concerning himself. He was born in Pittsburgh, September 3, 1873. At the time the photos were taken he weighed 120 pounds at a height of five feet, six inches.

The above letter was received quite some time ago, and we regret not having been able to put it to good use at an earlier instant.

Arthur Dandurand is by no means a stranger to the readers of STRENGTH, as many photos of him have been published during the past several years and his ability as a strong man should be well known. A year ago he was acclaimed champion of Canada by official athletic bodies, primarily for the purpose of quieting the claims of certain others who talked in terms of huge numbers concerning their lifts but never did anything officially. By the time this appears in print, Mr. Dandurand will have contested with Albert Man-

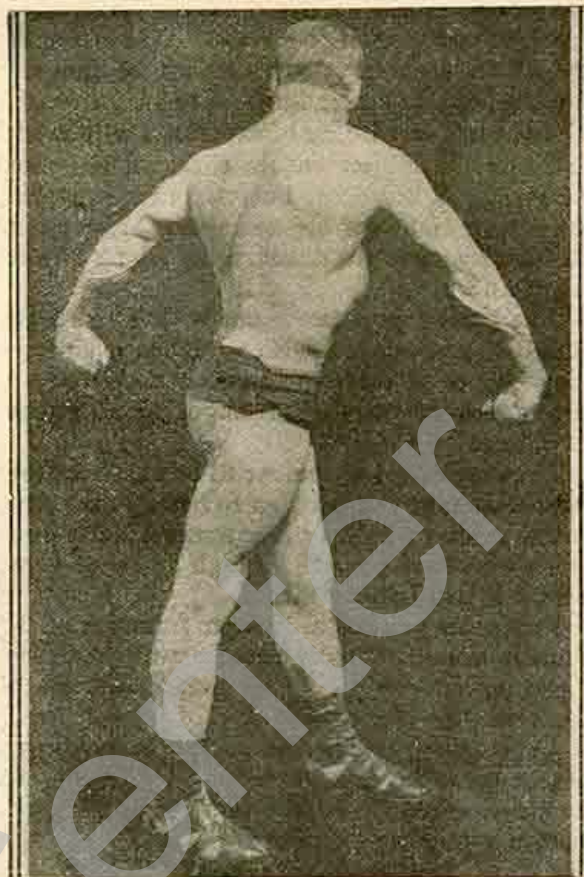


Two very similar poses, though each shows the muscles in a slightly different state of flexion and extension. Note particularly the development and contours of Arco's legs.

ger, thirty-year-old Baltimorean on a rather varied set of strength feats. It is, indeed, rather unusual for a fifty-year old man to risk his reputation in a contest with a first class opponent, who is in the prime of life; especially is this remarkable when the more youthful of the two is the heavier in bodyweight.

Arthur Dandurand has been aptly referred to as "The Canadian Sandow," and truly his physical proportions are exceptional even among first class examples of the well developed masculine physique. Another distinction bestowed upon Mr. Dandurand by some authorities is "possessor of the world's finest forearms;" beyond question, some strong men of greater physical bulk have had forearms of greater girth, but his have already been excelled for shape and impressiveness. Another point of excellence in the make-up of Dandurand is the shape and proportionate size of his chest.

Widely known as he is among strength and development enthusiasts, Otto Arco needs no introduction. To those new readers who may be with us at this time, and to whom the name might mean nothing, we can briefly state that Mr. Arco is fifty years of age and a world reknowned athlete. During his many years of experience in professional athletics and on the vaudeville stage, he has travelled extensively and earned a reputation second to none in his particular field of athletic endeavor. As a hand-to-hand performer at feats of a herculean nature and at the art of muscle control, he is second to none. Likewise having been a world's champion wrestler for a man of his bodyweight, he was most successful in contests with men in the heavyweight class, even though weighing hardly

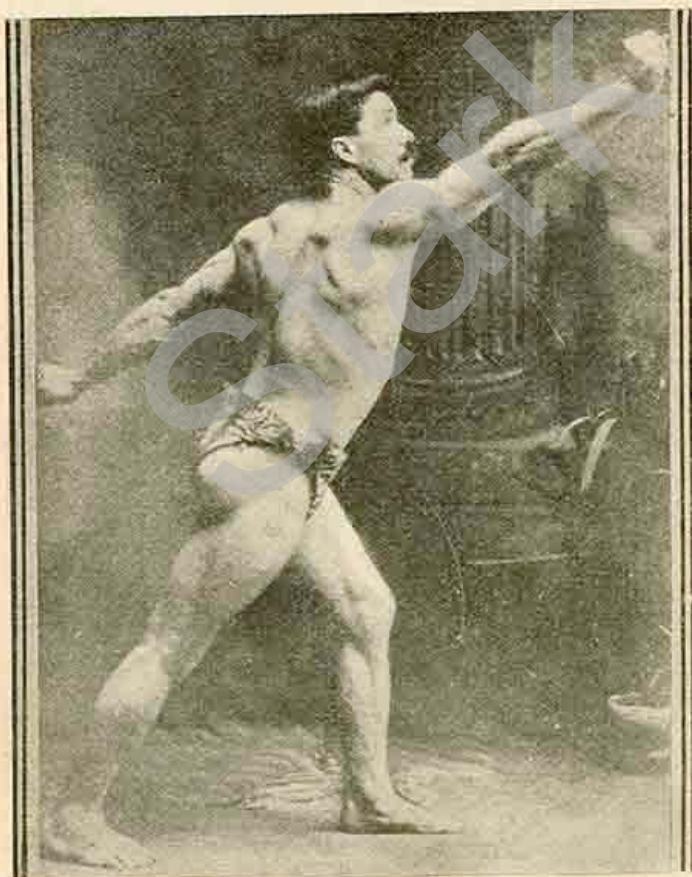


A recent photo of Dandurand showing the same proportions to have been preserved, though he now weighs around 180 pounds.

more than a featherweight himself, at that time.

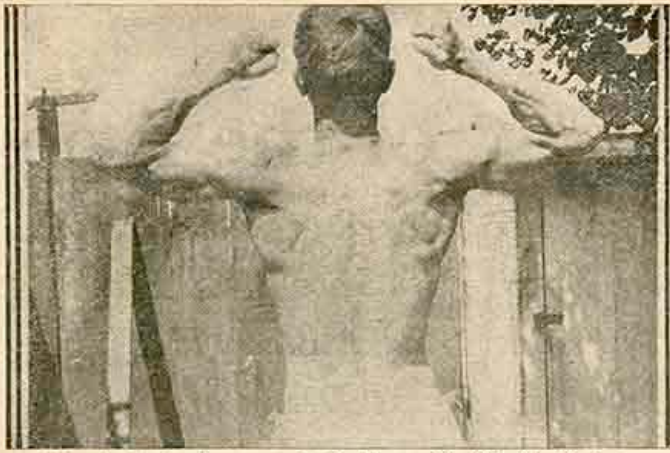
His success along these varied lines, has undoubtedly been due to his training as a weight lifter, having competed and exhibited at this sport in several countries of Europe, in Australia and all over the United States and Canada. Constantly strenuous as his life has been since the age of fourteen, his present physical condition bespeaks the benefit of the well regulated life of the average heavy exercise exponent. Obviously, two or three performances daily in vaudeville over a span of many years can hardly be termed a pink tea existence, yet the signs of wear and tear are missing and the greater number of athletes half his age would be proud of a build even approaching the perfection of his.

Last but by no means least, we have Joe Lambert, who has only lately come into his rightful prominence as a strong man and athlete of extraordinary ability. The son of a famous strong man and born in circus life, his athletic training commenced practically at infancy. So, in Joe Lambert, we have an example of the weight lifter and strength performer who has spent his life in a game which is supposed to bring on an early demise, and is still carrying on as ever, on past "man's most dangerous age." This term has often been applied to the years in the middle and late forties when so many men succumb to the ravages of the so-called degenerative diseases. Sometimes, this class of death dealing sickness has been attributed to the fast and furious pace at which modern civilized mortals travel. In other words, a life of dissipation, gluttony, over-indulgence, and soft living coupled with high-pressure



Arthur Dandurand, as he looked in 1908, when weighing 157 pounds stripped. He was certainly a first class strength athlete for a man of his weight.





*The back development of the Honorable W. H. Mering, who has been in training for over forty years, purely as an amateur.*

worry, mows down middle-aged men like a field of grain at harvest time. There used to be a saying that after a man passed the "dangerous age" he had a good chance of living quite a few more years. Weight lifters who keep up their training up to and through that period are known to preserve an almost surprising state of youthfulness.

There must be some sound reason for the prolonged state of first class physical condition which marks the man who regularly indulges in heavy exercise for a period of years. Beyond a doubt. In fact, there is a most logical explanation, as we shall now point out.

Of first importance, the bar bell trained man has strengthened his entire system, especially the internal vital organism, through a careful training period by means of which he stored up a reserve of energy. So many other classes of athletes deplete their vital reserve by over-training and too little rest, while bar bell men have long recognized the value of plentiful rest mixed in with the periods of exertion.

By starting on rather easy and untiring movements, the novice is gradually accustomed to more strenuous exertions, being content to build up at a moderate rate rather than to train for results within a short space of time by cramming in a quantity of work within every day and week. Just another case of quality being better than quantity. The strong man, whether he be professional or a business man or clerk who is an amateur for the benefit he can get out of it, becomes capable of doing a tremendous amount of work. Through the accumulation of a reserve of vital energy, he can stand a degree of exertion and perform an amount of work that

*Joe Lambert, fifty year old professional, who was born in the weight lifting game, and still giving a first class act.*



*Honorable W. H. Mering, at fifty-six, challenges any man of his age.*

would be impossible for the man who lacks his training.

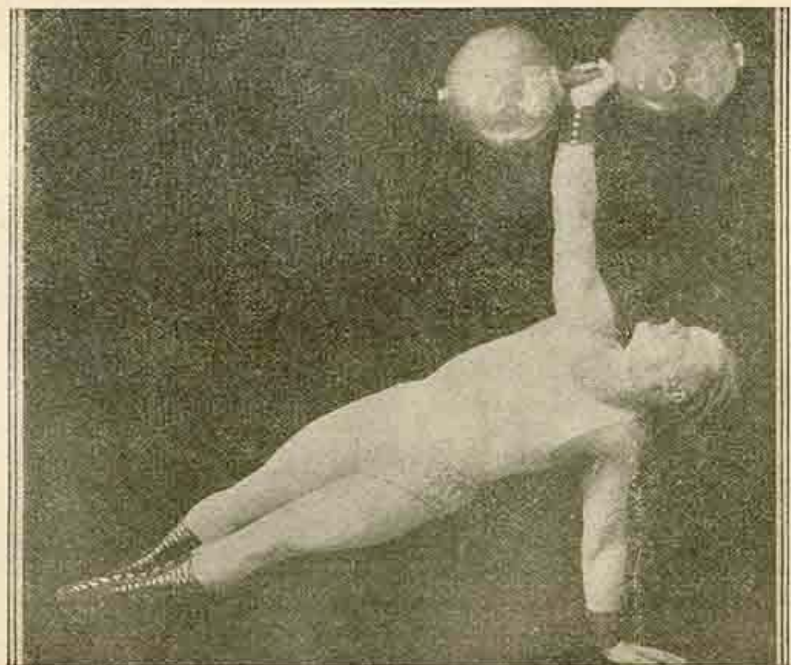
Now, the mention of an accumulated store of vital energy may sound like so much "bosh" to some of my readers. I can imagine some of you saying—"Pray, where is the extra energy stored?" And—"Is it lumped together in the bulging biceps or latissimus dorsi?"

Without wishing in the least to allude in a disparaging way toward the intelligence of my readers, permit me to call your attention to certain little physiological facts. One needs but a smattering knowledge of such facts to understand that which I am driving at, so we will proceed. Situated at various points throughout the human anatomy are certain small but vastly important glands. Every action and thought, in fact human behavior itself is controlled by the functioning powers of these glands. When they work harmoniously, in a healthy and normal manner, the individual gains health, mental as well as physical. Let this set of glands get out of balance, ever so slightly and things begin to happen, not only to your feelings of well being, but your actions and behavior are affected as well. Results are equally as bad, whether one of the glands becomes over-active or partly inactive. The blood stream continuously receives some small supply from all these glands.

There is every reason to believe that a man (or woman) becomes feeble and in the end is subject to death simply from the drying up or depletion of the glandular supply. The entire subject is most mysterious and thoroughly understood by no one.

Neither does anyone know just in what manner the gland reserve is

*(Continued on Page 94)*



# Frank Merrill—Tarzan of the Apes

*Tarzan, The Mighty Hero of Edgar Rice Burroughs' Series of Popular Stories, Has Come From Story Life Into Real Flesh And Blood. Frank Merrill, Universal Star Athlete, Has Repeated Before The Camera The Great Deeds of Fiction's Famous Character.*

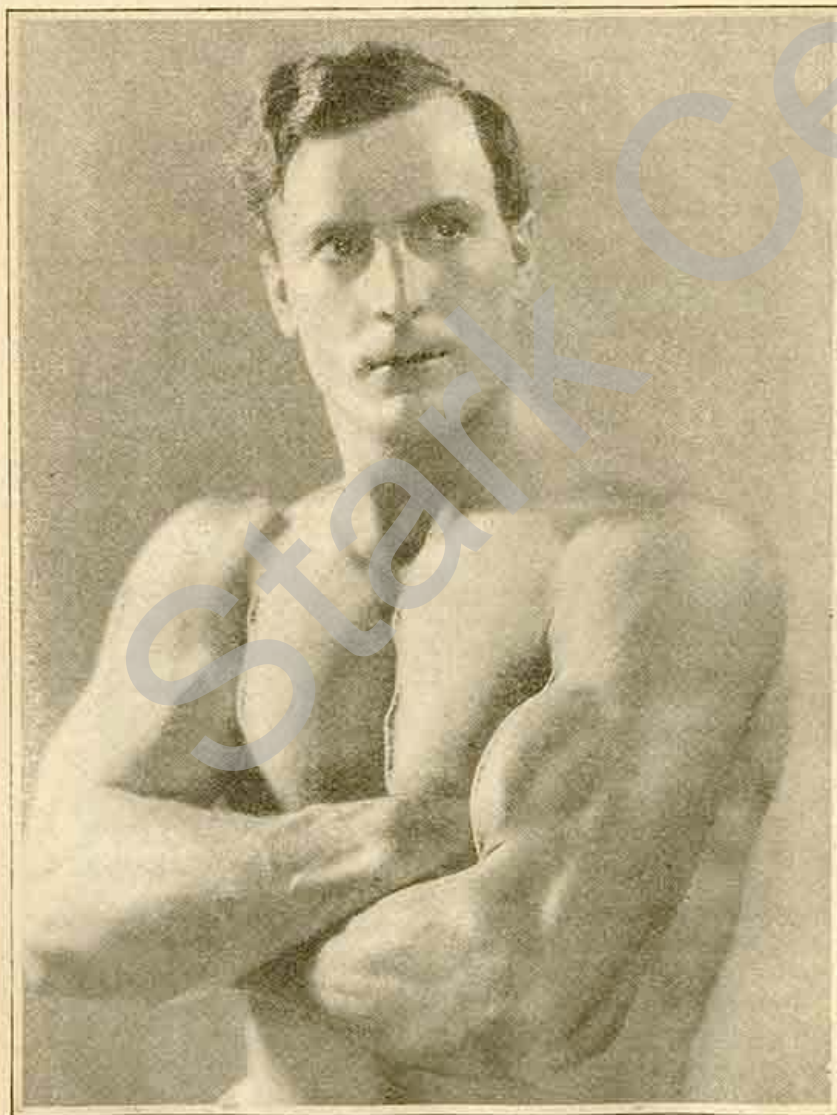
By ROBERT L. JONES

A WONDERFUL series of stories for screening, a most wonderful series, agreed the Universal Picture Corporation nabobs as they discussed the great Tarzan stories of Edgar Rice Burroughs; but one great obstacle lay in their path when they thought

of actually converting the absorbing fiction into a celluloid epic—where, oh where, could they find a man to play the part of Tarzan? Not even with the assistance of all the wonderful trick photography and such business at their command could they hope for any

actor of their acquaintance to duplicate enough of the marvelous feats of the original Tarzan to "get away with it." Their problem, however, was more easily solved than they had even dared hope, for as soon as the news got loose that Universal was thinking about doing the Tarzan series every chap in California who thought he had looks and strength and could act made quick tracks to the casting director. "Thinking" and actually "being" are different matters, and not one of the many ambitious applicants could fill the requirements of the part. Appearance, acting ability and unusual strength were required, and while most applicants had one of these qualities and some had two of them, not one had sufficient of all three to bring cheer and a thankful expression to anybody's face.

But wait—after many applicants had been rejected, there came along a big six-footer of striking appearance to say that he had no greater ambition than to portray the title role of the series. Even the dumbest sort of a casting director could tell at a glance that this new candidate had two of the necessary three qualifications — appearance and strength—and a perusal of his record and a quick trial convinced all concerned that the third was present also—acting ability. So it was that this comparatively unknown figure drew the assignment of the title role in the first Tarzan.



Frank Merrill has the wonderful development characteristic of the lifter and all-round athlete



story to be photographed, "Tarzan, the Mighty," in which he proved himself an outstanding success as an actor, strong man and daredevil.

It was not luck or "pull" which landed this great shot for Merrill, for the part was one which required all-round ability to the highest possible degree, and he had acquired that necessary quality only after years of effort. Frank was born in New-

ark, N. J., March, 1898. At childhood he gave promise of becoming a physical marvel. During his school days he was a leading athlete, and since entering the game of life's battle he has kept the good work up. Adjudged "the world's most perfect man" in a physical culture contest in Newark, passed as 100 per cent. physically perfect by the president of the Medical Association at Los Angeles, winner of many and varied athletic competitions, and holder of championships in boxing, wrestling, shot putting, jumping, hurdling, weight-lifting, rope climbing and Roman ring feats, he was most certainly well qualified to make the most of the opportunity offered him by Universal, and that "Tarzan, the Mighty" was an outstanding attraction caused no surprise among those who had been present while it was being filmed. Needless to say, the immediate success of this release brought forth the second Tarzan picture, "Tarzan, the Tiger." Nor was there any hesitancy or doubt about engaging Merrill to carry on in it as the principal character, with Natalie Kingston playing opposite him.

Of course, the Tarzan pictures were not Merrill's first movie work, for he had been in the game for several years previously. The full story is that soon after completing his education he put together a monologue act featuring athletic stunts and for a time appeared in stock. Later he journeyed to Los Angeles to compete in an athletic contest—that was seven years ago—and while there he drifted into the film game. From the start his acting, appearance and prodigious strength attracted the favorable attention of motion picture executives, and he forthwith went into pictures of the action type, his earlier films including "Perils of the Jungle," "Savages of the Sea," "The Gentleman Roughneck," "The Fighting Doctor,"

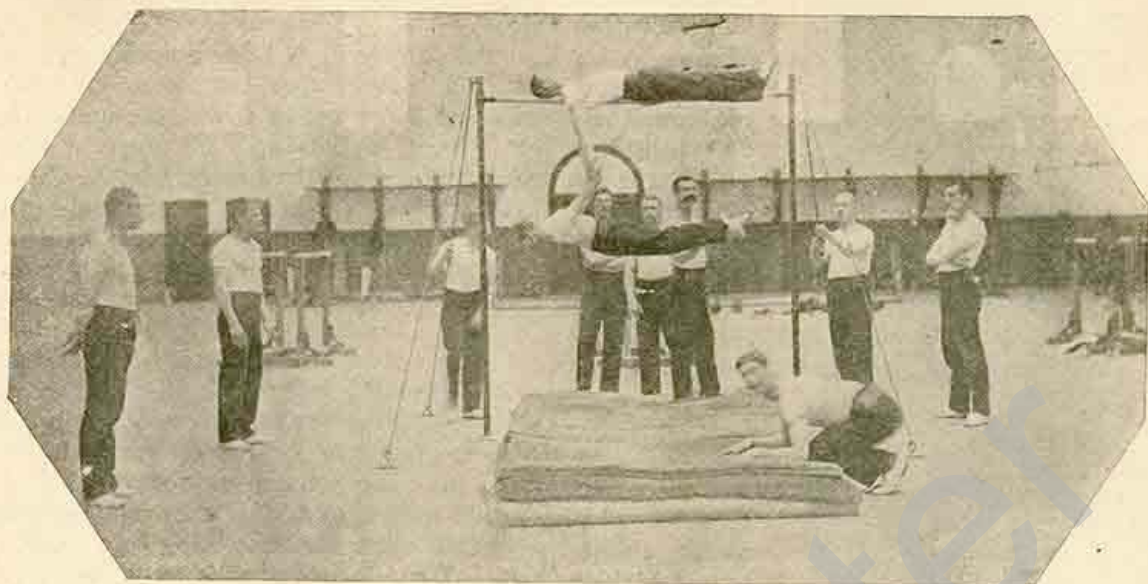
"The Hollywood Reporter," and "Cupid's Knock-out." Then came the Tarzan numbers, and that was that.

Frank Merrill is both a strong man and a wise man; he knows that his success depends primarily upon his body, and he is wise enough to care well for his physical well being. He keeps in trim by exercising regularly at the Los Angeles A. C. between pictures, and even when he is working—and he gets plenty of exercise then—he exercises regularly at home, twenty minutes every morning and a similar period at night. Rope climbing, Roman rings and weight lifting are his favorite sports; he has never been defeated in a Roman ring competition, and at lifting he recently broke a world's record of fifteen years standing in the lateral raise with two dumb-bells. In this lift the contestant lies flat on his back, feet together and arms outspread, and endeavors to lift two weights, one in each hand, until they are brought together above the chest, the arms being kept straight throughout. A short time ago he set a record in the rope climb by going forty-five feet hand over hand in sixteen seconds, the start being made from a sitting position on the floor, and the use of the feet being barred throughout the climb. His proficiency in this feat

(Continued on Page 70)



In these two poses we see "Tarzan" as he was in the celluloid version of the popular Tarzan stories



*A neat but not extra difficult feat. When college men are properly trained in the use of gymnasium apparatus, they will be inclined to keep up the good work later in life*

## Inter-Collegiate Gymnastics

*Inter-Collegiate Competition Is Growing in Popularity  
in All Colleges Throughout The Country.*

By CASPER H. NANNES

**A** FIGURE, lithe and lean, with shapely muscles rippling under his smooth white skin, approaches the mat on which he is going to perform. The spectators hold their breath in anticipation, for the man's skill is about to be judged. To one side of the room the chief judge stands; he gives the waiting gymnast the signal to begin and the latter swiftly steps onto the mat. The tumbling event is the one now scheduled; gracefully, quickly, noiselessly the figure performs his feats. All the different feats so well known to tumblers follow one another in rapid succession, while the breathless audience watches him in astounded amazement. The tumbler completes his act with an especially difficult tumblersault in the air, lands on his feet with the lightness of a feather floating to earth, and with unruffled hair and face steps off the mat.

The feats on the parallel bars then follow; then rope climbing, and the other gymnastic events. As each event is finished the spectators break into more and more applause, and become enthusiastic over a sport many of them have not seen before. The grace and ease of the athletes who performed, the self-assurance and co-ordination between mind and muscle displayed, the smoothness of execution and the symmetry of development shown by every participant cannot help but awaken favorable comment from those fortunate to watch the meet.

Has the day of the gymnast, particularly the gymnast who is in college and hopes to represent his Alma

Mater in the sport, passed? "No," say the officials of the Eastern Intercollegiate Gymnastic League emphatically, "the sport has been in the slough of despond for a long time but it is now showing unmistakable signs of gaining public favor and collegiate support. The good that the sport can do for the individual in developing his body is coming to be recognized by many universities, and teams to represent these schools in intercollegiate competition are becoming more usual."

The value of gymnastics for the well being man, woman, and child goes back to the early Greeks. The Spartans and the Athenians, with their worship of physical perfection, were among the first to recognize the value of gymnastic work. While we, today, do not conceive of the Olympic Games as an outgrowth of gymnastics that is its original inception. Among the early Greeks these sports were national in scope, and took the place of baseball, football, and other games that hold such a large part of the present day American life.

Before the Civil War gymnastics did not play a large part in American life. However, since that time the German people, through their Turnvereines, have had a tremendous influence upon our outlook toward the sport. This is especially true of the midwest, where gymnastics has attained a position that the east is only beginning to visualize.

The American colleges were not quick to take up the game. It was not until late in the second half of

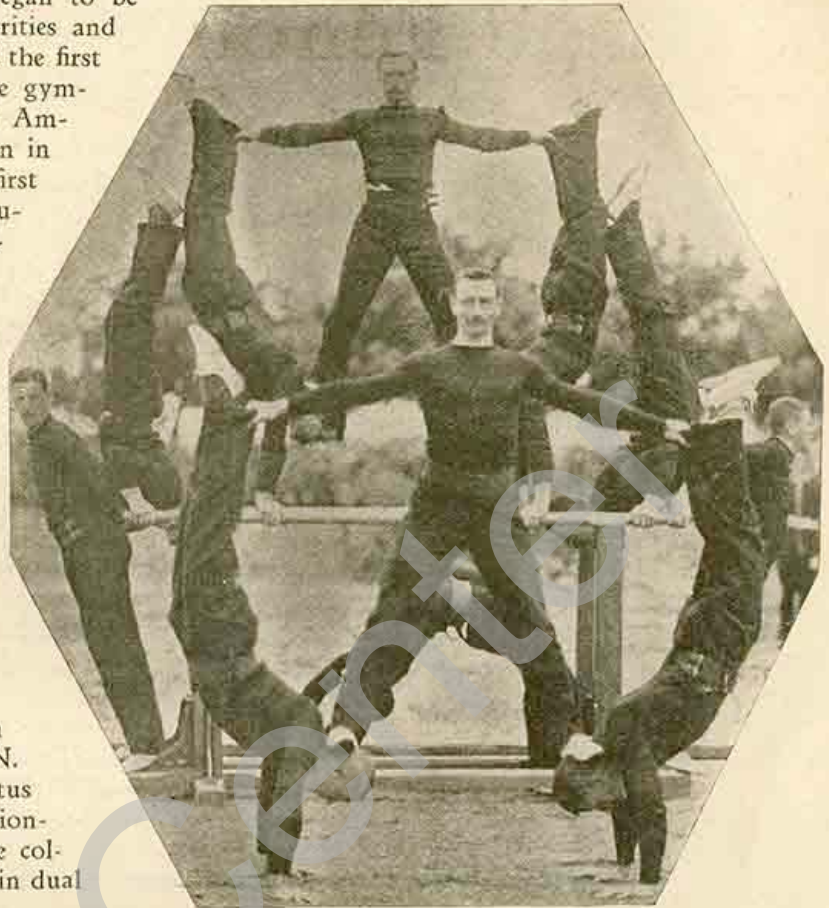
the eighteen hundreds that gymnastics began to be looked upon with favor by college authorities and students. The University of Virginia was the first institution of higher learning to introduce gymnastics to its students; it was followed by Amherst College, Harvard, Yale, and Princeton in rapid succession. While calisthenics at first occupied most of the attention of the students, the more difficult features of tumbling, rope climbing, and other exercises were not neglected.

Since the first introduction of gymnastic to American students the sport has made steady progress individually, but slow progress so far as team competition is concerned. However, the formation of the Eastern Intercollegiate Gymnastic League has fostered the game as a competitive sport and since the World War has made slow but sure advances in this direction.

The members of the association are Dartmouth, Massachusetts Institute of Technology, University of Pennsylvania, Temple, Navy, and Princeton. Army is an associate member of the league while N. Y. U. will most likely attain a similar status this winter. Before the individual championships are held late in March each year the colleges comprising the league meet each other in dual meets.

Perhaps the most stimulating thing was the placing into competition of a perpetual trophy by Dr. Delouski of Pennsylvania, in 1928. It was won the first year by Princeton while Navy carried off the honors last winter. The fact that there is a prize offered has aroused tremendous interest in the different colleges, and it is no uncommon thing for the team to draw as many as five hundred students to watch one of the dual meets.

The dual meets have six distinct events and they follow one another in a set order. The first event is the high bar. This is followed by the rope climb for speed with the high horse coming next. The parallel



*An impressive but not advanced feat common among gym classes when a demonstration is held. It exemplifies the spirit of team work without placing a premium on individual excellence.*

bars are fourth while the rings take fifth place. What many consider the feature event of the meet winds up the show; that is the tumbling. While the events are on the judges do not communicate with each other, but watch the performances from different parts of the hall. When the different performances are finished the judges rate the men on sheets of papers provided by the league; when the show is over these papers are collected by an undergraduate who adds up the scores and hand the totals to the chief judge.

As in track and field events the individual intercollegiate championships at the end of the season holds the greatest interest for all concerned. Although members of all teams in which there are individual crowns to be fought for at the conclusion of a season's play try their hardest during dual meets, the fact yet remains that the glamor and thrill of championship competition brings out unsuspected talent in men. To win an intercollegiate crown is the worthy ambition of every man who competes, those men comprising a gymnastic team are no exception.

Of all the championships competed for the one most coveted and most difficult to win is the all-around title. This is quite self evident, yet there are more men who, in proportion to other sports, try to capture this crown than any other sport can show.

*(Continued on Page 71)*



*Skilled gymnasts take extra pride in mastering feats of this nature. Many school and college men are adept at just this sort of feat and reap rewards in health and efficiency*

# Stage Fencing and Fencing Competitions

*Proficiency In Swordsmanship, Once So Necessary To Prolonged Life and Health, Remains In Modern Life As a Capital Sport and a Pleasant Exercise.*

BY RICARD P. WEST

*(Mr. West, fencing master, is a pupil of several eminent European fencing masters and instructors in the art in the French and Belgian Armies. He has for several years been in charge of fencing in Herrmann's Physical Training Institute, Philadelphia.)*

IT is a far cry from the days of knights and castles and ages when gun-powder was unknown, days when a man's lease on life was determined largely by his ability to wield a wicked sword, to the present age when battle is done by seventy-mile guns, gas, and aerial bombs, and when the invisible death ray is just around the corner. But, nevertheless, even though men no longer need to know swordsmanship

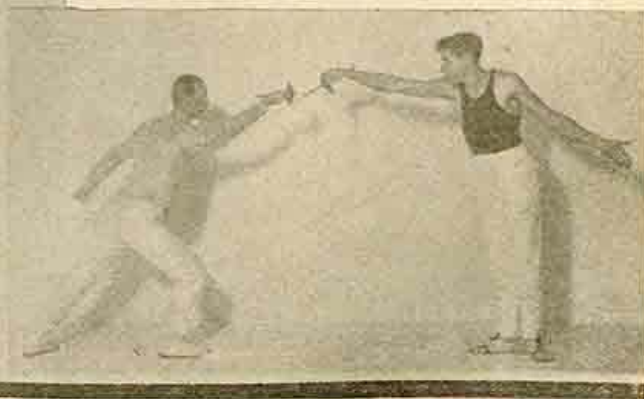
to protect themselves or conquer others the noble art of fencing still holds a great attraction and fascination for almost everyone. Anything "different" is interesting, and just as our remote ancestors would have been greatly astonished (and perhaps considerably frightened) by our automatics and sawed-off shot guns so are we interested in the occasional bits of sword play which we see from time to time on the screen, stage, or (occasionally) program of a competition. Two or three passes with the blades and we immediately think of all the mighty deeds of the heroes of other days of whom we have read or heard.

Long before the movies gave us spectacular sword bouts and swordsmen, the legitimate stage possessed modern actors—such as Sothern, Faversham, Hackett, and others—who staged bouts and carried them through with enthusiasm and in a creditable manner. In the movies we have Fairbanks, Tearle, Lewis Stone, William Powell, Barthelmess, the late Valentino, Anders Rudolf, and the many who took part in the "Three Musketeers" and many other plays.

The difference between a fencing competition, however, and a stage or movie bout should be obvious to all—competition is the "real thing" while the other is but an exhibition, a "bluff." Compe-



*Figure 1 shows a right-handed attacker and a left-handed defender, while in Figure 2 the opposite is true. The French foils are being used. In Figure 3, with the dueling swords, the attacker's thrust at the body above the hand is neatly parried and (Figure 3-A) the parrier sends in a deadly thrust. (In 3-A Mr. West's blade is back of "Billy" Herrmann's arm)*



tion requires a special outfit of fencing "tools" (not weapons) and special clothing; the stage bout calls for weapons of a kind peculiar to the period of the play and a costume which may be anything imaginable or almost nothing at all.

Nor is the action of one division to be confused with that of the other, for in competition the fencer concentrates all his energies toward winning the necessary number of points in the shortest possible time and in the simplest possible manner in order to conserve his strength for whatever bouts are to follow. Illustrations 1, 2 and 7, are likely climaxes of such bouts. But the stage or movie actor must strive to interest his audience during the course of the bout as well as in the climax, and with this in mind he and his opponent work up the general scheme of the bout, often assisted by the stage manager or anyone who thinks he knows something of swordsmanship (not necessarily fencing room foil fencing) and rehearse these cuts, thrusts and guards in more or less realistic and dramatic fashion. They fill in a certain number of minutes of time and finish as the play may direct, i. e., a death, a wound, or a disarm, or until an interruption occurs to stop the mock duel. Figures 3 and 3A show such a possible climax with a touch that could be either "wound" or "death."

Competitive fencing bouts are rarely spectacular, though sometimes sensational. Blades may be broken, but nobody cares for they are easily replaced. Competitors rarely are injured because the rules are strict concerning clothing worn and "tools" used—I write the word "tools" because everything in the fencing room is buttoned and blunt for ordinary general use. But of course no type of buttoned point would prevent an eye being put out if a mask be not worn during the lesson or bout. In competition the fencers are equipped in like manner in clothing and implements as nearly as possible. The length of blade is limited, as also are the weight, and the size of the guard. But on the stage the actor-swordsman may be pitted against "anything"—a pike, an axe or even a rolling pin! The play calls for a certain climax within a certain period of time and very often such movement is accompanied by song, speech or music, or all three. Figure 4 shows a possible climax to such a stage bout with sabres, which might be used by an "expert"

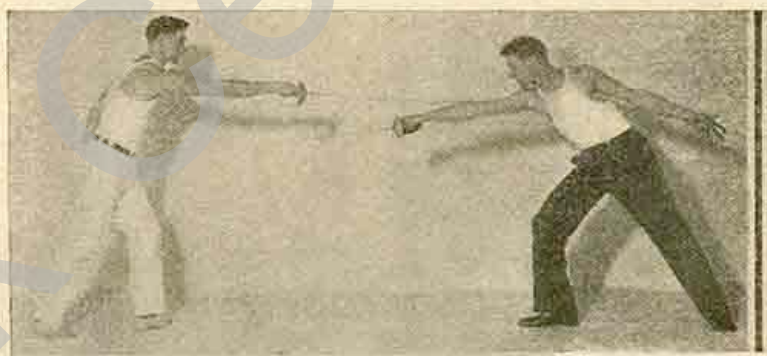
to show up an ambitious young gladiator. As the ambitious one thrusts for the leg the veteran warrior quickly steps back with it and plunks the point of his blade into the advancing forearm of his adversary, meanwhile favoring an attitude and smile registering something like "there now, what do you think of that? And, hereafter, keep your place and don't get fresh with your betters, ahhh!"

Competitive fencing is almost silent and should be deadly correct. Why waste time and action in wild flourishes?

The rules for competition are now almost international inasmuch as fencers meet regularly at the Olympic Games. There are often two types of foils or dueling "tools" used—French pattern and Italian pattern. The light sabre "tool" has various shaped guards but the guard is usually closed and solid in order to prevent the opponents "button" from going through it and hurting one's hand which always wears a glove or fencing gauntlet of special pattern. Figure 5 shows the sabres in use in a movement which would not be suitable for use with either the foil or dueling sword because the lighter weight of these weapons would render this counter very dangerous to the one who used it.

In competition the fencers, properly equipped,

(Continued on Page 68)



Figures 4 (Top) and 7 (Lower Left) are possible climaxes to rehearsed stage sabre bouts. (Tom Musser, in white trousers, and Harold Wood). Figure 5 (Center) is a deadly sabre thrust made in conjunction with a side step, while number 6 shows an attack at the leg being counter-attacked by a thrust at the arm with the French dueling sword. (Photos made at Herrmann's Institute).



# Health—Strength—Beauty

## (Our Girls' Circle)

CONDUCTED BY MARJORIE HEATHCOTE

**M**OST of us can recall things that we have been intending to do for years. One of these many things is, perhaps, exercise.

I have been swamped with correspondence lately, and it really is surprising to learn of the many ailments about which many of my readers complain. Indigestion; pimples and blackheads, tired feeling, constipation—these are just a few of the complaints I receive daily. In every letter I am asked if exercise will help, and my answer is always "yes." Whether or not

all of my readers follow my advice is hard to say, but I know of many who do; for they later write me telling how much they improved by exercise.

When you are very tired, and your stomach is not functioning properly, and your liver is lazy, the chances are two to one that you have not been giving your body the proper care. What I mean is; that you have not been exercising. Properly functioning digestive organs have a remarkable way of making the world look brighter and more cheerful.

A daily dozen may seem monotonous to many who have never performed an exercise (and this is one of the main reasons for putting it off), but you must, for the sake of your health, have some sort of a system of exercise. No matter what your ailment may be at the present time, get your body into good working order and see how much brighter the world will seem to you.

Reduce that surplus fat! Build up that undeveloped body! Get rid of those dark circles under your eyes! You can do it—quite successfully, too. I know of hundreds who have, and so can you.

\* \* \* \*

Girls, what has happened to your photos? Some time ago I asked you for photos of yourselves, but I received very little response! So you see I am very disappointed.

I certainly would appreciate receiving photos of you, together with a little information on how you keep fit. Don't be afraid to send me your photo. If I find that it is not suitable for publication, I will be truthful with you and tell you so. Also by seeing your photo I can perhaps tell you what parts of your body need rebuilding.

Surely, out of all the girls who read "Our Girls' Circle," there are many who have forms of which they are proud. Your photo may be an inspiration to some poor, sickly creature—and may be the means of setting her on the right road to health. Come girls, give me some co-operation!

\* \* \* \*

I am publishing herewith a letter that I think will be of interest to some of you.



*Dancing is the show girls means of keeping fit*



Dear Miss Heathcote:

I am a young woman of 17 and am always interested in your column for girls, as well as the rest of STRENGTH, for I am fond of strenuous exercise and sports. I read the article in the June issue by Mr. J. H., of Fresno, California, about his strong girl. I would certainly like to meet her. Weight lifting and wrestling are my favorite sports, as well as my chum's, even if they are supposed to be for men only. We have some great times after school: we have a plate loading bar bell and a padded mat for wrestling. Our last tussel lasted over an hour, and it sure was a battle!

I would certainly love to hear from girls who enjoy these sports and building strong powerful muscles. Los Angeles, Calif. Miss H. D.

If any of my readers are interested I will gladly forward your letters to Miss H. D.

\* \* \* \*

Dear Miss Heathcote:

I came across a copy of STRENGTH, a magazine my husband is taking, and was interested in your article in the July number, particularly with the statement on page 43, under the picture of a girl with a beautiful figure, that being past thirty is no reason for not being able to acquire a good figure.

I am willing to get busy at anything necessary, but don't know how to go about it. My age is 33, and I have been married nearly nine years. We have three lovely children, the youngest being now eight months old, and I am now in a position to start looking after myself.

My abdomen is too large and rather flabby, too. My breasts have become somewhat sagged; they were always inclined to be large and loose, rather than round and firm as I should love to make them.

I also need leg development; my legs from the ankles up are much too thin, although my thighs are better than the calves; still I need to help them along in order to reach what I have set my mind on becoming. The calves especially need attention.

Now have I given you too large an order, or can you help me to achieve the beauty you promised under the picture already mentioned?

I want to surprise my husband, so you see I want to do this without his knowing, and let him eventually see the results of the work I am willing to do.

I forgot to mention my height—5 feet 7 inches, weight round 161 pounds.

My husband is working on some system he got out of your magazine and it is doing him a great deal of good. It has made me more anxious than ever to fix myself up, and show him that I can, too.

Yours sincerely,  
M. C.

Edmonton, Canada

ANSWER:

I really enjoy receiving letters such as the one above. Here is a woman who, through neglect, has allowed her body to lose its de-

velopment, but is willing to do anything to achieve the beauty which rightfully belongs to her.

I certainly will try to help you, Mrs. M. C., and you have not given me too large an order.

Bear in mind that you will have to work hard, and have lots of patience in order to reach your goal. You will have to be content to build your body up at an average rate.

Sometimes as a result of childbirth the abdomen and breasts become flabby. However, if one took early precautions this defect would be soon overcome.

I am sure that through exercise you can build up your abdomen and breasts satisfactorily.

I note what you say regarding your legs. I know of no better exercise for building up the calves of the legs than rope skipping. You will also find this an all-around body builder and reducer.

For your calves you might also try squatting flat footed. While you are in the squatting position, raise yourself on your toes. Repeat this exercise until tired, and remember to remain in the squatting position throughout. Also be sure to feel the muscles "pull."

I am going to give some exercises for the abdomen which I have published several times before. But for your benefit I will repeat them.

(Continued on Page 75)



Ruth Zackey in a pose depicting beauty and poise

# Endurance and How to Get It.

*Endurance, What It Is Whence It Comes, And How To Get And Retain It, Are Made Clear In This Informative Article.*

BY DR. CLAUDE P. FORDYCE

*(Dr. Fordyce, the writer of this article, is a man of recognized position and authority in the medical profession. His article is written in the language of the layman, and is both interesting and instructive)*

A FAMOUS middle distance runner was speaking of his experiences and explaining the reasons for his considerable success. "Some say that a successful athlete owes his accomplishments to a wonderful gift of Nature in the form of an unusual physique," he began, "while others say that a 'fighting heart' or 'super-human endurance' is the cardinal factor. I grant that a wonderful physique in terms of muscles and bones may have much to do with a man's success, as may a 'fighting heart,' but I put my vote on endurance as being the most important factor in an athlete's success.

"Well do I remember a convincing incident which took place several years ago at the State Track Meet, which was held during my second year in high school. The meet had been closely and bitterly fought by the Red and the Gold, and the last event of the day, the two-mile run, found them tied for first place. Each had a good man in the two-mile event, and the situation was that either Caperton, of the Red, or Babcock, of the Gold, would beat the other and win the meet for his school. Knowing this, both runners lagged along for more than a mile, saving themselves for a final effort, and as they came within a thousand yards or so of the finish they started fighting it out. Soon they were ahead of the entire field, Babcock first, Caperton a couple of yards behind him, and I close on the latter's heels. Caperton, doubtless planning on making a final sprint to win, allowed the gold man to increase his lead until they were about 75 yards from the finish. At that point the Red athlete, as I had anticipated, began a mighty sprint and quickly closed the distance between himself and the leader, but as he drew up on Babcock's heels the Gold man uncorked a sprint of his own. Even as he made his first stride at the increased pace I could see that Caperton was a beaten man. He lessened his pace and continued to finish fully as far behind the leader as he had ever been, barely beating me to finish second.

"Endurance had told again! An athlete is like a racing car; his muscles are the engine and running gear, his 'fighting heart' (courage) is the driver which commands to go and keep going, and his endurance (stored up energy) is the fuel. Caperton in that final attempted sprint was like a driver who steps on the accelerator and finds he has run out of gas—his 'fighting heart' said to his muscles, 'GO,' but the muscles did not have the fuel necessary for the additional output of energy desired."

Very well, agrees the reader, this endurance is stored up energy, or fuel, but where is it manufactured, how is it built up, and how is it retained?

Your endurance varies conversely with your inclination to become fatigued and this in turn depends upon the accumulation of waste products in the body. They bear a direct ratio to each other, whether in relation to the energy you put into the ordinary tasks of your daily vocation in earning a livelihood or to the way your vitality stands up in your health recreation program. Relief of fatigue demands that you stop when you get tired. There are sound scientific reasons for all this. Take stock of your present physical condition; if there are foci of infection which throw undue waste into your system correct the trouble. The scheme of healthful living should be so operated that you can keep well instead of having to wait until it is necessary to institute radical means to get well.

Common sense hygiene is all that most of us need to correct physical mal-function and to maintain health. Because physical culture methods utilize God-given free sunshine, fresh air, sensible exercise and proper diet we look to these natural means to attain our goal. Most of use should give particular attention to more careful dieting, to regular and systematic exercise and to increasing the avenues of waste product elimination, especially the skin.

People commonly talk of having "bad blood" in springtime. It is not bad blood but the accumulations of waste products during winter's physical inactivity, bad habits of eating and lack of elemental care of the body which are the cause. No drug will set things aright. There are many other manifestations of self poisoning of the system. When the hiker gets sore muscles or the athlete overtrains and gets a "Charley Horse;" when anyone gets decreased mental and physical efficiency, he is suffering from a form of fatigue and this in turn means there is some type of poisoning going on in the system.

The signs of fatigue met with are Nature's danger signals to correct our way of living. These manifestations vary and include headaches, general weakness, dizziness, fainting spells, lack of appetite, sleeplessness, irritability, dark circles under the eyes, slowness to respond to stimuli, fear, apathy and they may amount even to pain. Generalizing, fatigue is considered a

*(Continued on Page 85)*



# Next! Zep Excursions to the North Pole

*Nothing Seems Impossible These Days. A Novel Write-up by a Newspaper Man on the Difficulties of Reporting the Arrival of a Dirigible.*

By JAMES AILERON

ELECTRICITY permeates the air. Not the electricity generated by motors, but the dynamic kind that emanates from the compressed excitement of humanity. Bustling, shoving, yelling newspapermen and women clutter desks and makeshift tables, getting in each other's way, talking, laughing, joking and getting sore at each other. Bustling without a purpose, because actually everyone is marking time. The Zep had already passed over the field. But any moment now, she will be back.

We have had the pleasure of being in on many important happenings which are featured on the front page of our dailies. Probably none of our experiences are quite so novel as that of writing the arrival of the Graf Zeppelin.

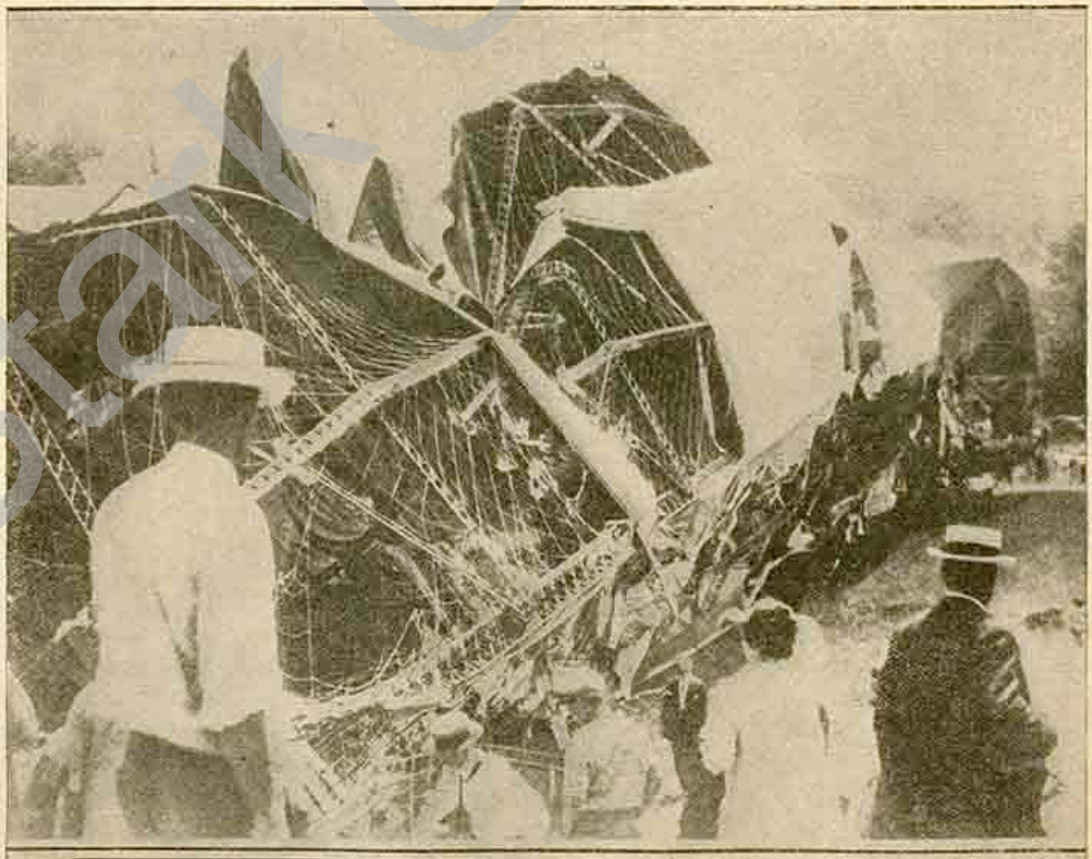
The big silver marvel of transportation progress had just toured the world. Why not a tour over the Arctic regions and return for civilians and not for professional fliers only? Yes, why not?

The dirigible has been proven safe for long and hazardous flights—winds and storm conditions leave the Zep undaunted. It should not take so many hours to sail to the polar regions and return. We even anticipate a landing station at the pole, or on the nearest solid ice, as a place to get out and stretch—and breathe the polar ozone. In years

to come this may prove a common occurrence in the lives of many. It will take but a few more trips around the world to wear off the novelty of world tours. The first world trip was a big sensation; the first passenger tour of the North Pole should prove another sensation—so far as news is concerned. As a reporter who knows the "low-down" on gathering news for the big headlines, we can give you our impressions of the safe return of the first passenger tour over the icy north, by telling what happened at the end of the last tour sensation.

Suddenly, a shrill whistle sounds in the long, narrow low ceilinged room.

*(Continued on Page 82)*



*The wreck of the ill-fated Shenandoah which was broken in two by a severe windstorm. Disasters of this type may seem discouraging so far as air trips are concerned, but we must remember that train, automobile and steamship trips come to grief at times*

# Hobey Baker—Hockey Star!

*Princeton's Greatest Athlete Was the First American-born Hockey Player of Note.*

(Part II)

BY CASPER H. NANNES

THE start of Hobey Baker's career as a national figure began with his matriculation at Princeton University. Until his entrance in the New Jersey institution Hobey was still something of a local prodigy, but once Baker became a member of the varsity team his fame was broadcasted throughout the country. This attention came to him despite his very evident desire to avoid publicity of any kind.

Baker viewed his entrance into Princeton as a student with tremendous keenness. He was not naturally of a demonstrative nature and so did not give as free vent to his feelings in this respect as most freshmen do, yet it was very clear to all his friends that his ability to carry on the "Baker" tradition at Princeton was a very pleasant one. Once installed in the college, he came to have that deep reverence for Old Nassau that all its loyal sons possess.

St. Paul's has always been a fertile school for sending men to Princeton, so that Baker was far from being alone when he entered college as a freshman. His first step was to take rooms with five boys of his senior class at the preparatory school in a small two-room apartment over a store that was then known as Penwich's, at 82 Nassau Street. Among his roommates at the time were Henry Laughlin, who later became the substitute goal tender on the varsity hockey team; Walter Huston, Bill Connett; Wendall Kuhn, the center of the teams on which Baker played; and Erich Kilner, another teammate of Hobey's.

The freshman year at that time did not provide for a hockey team, so that Baker had to confine his sporting activities to the games of football and baseball. At this time

Princeton had the so-called two sport rule; this rule limited a man in his athletic competition to only two major sports. If a man played football and baseball he could not play basketball; if he was a member of the basketball and hockey teams he could not represent the college on the football team. If it were not for this rule there is no doubt in the minds of those who knew Hobey that he would have earned more major varsity letters than any Princeton man has ever won since his athletic gifts were not restricted to any one of the sports mentioned above.

While Hobey could not play hockey for the school team during his first year he did not let his game retrograde by neglecting to practice. As soon as the ice was safe enough on Lake Carnegie he was out with his stick and puck skating around the lake. An idea of the very thorough way in which Baker practiced can be obtained by the method he used in perfecting his game. Hobey would spend hours on the lake in just skating around keeping the puck on his stick; by dint of this hard, mechanical work he got so that he could see the puck out of the corner of his eye and instead of having to watch the puck consistently, as practically every college player has to do and many professionals as well, he could watch his opponents instead. That, to a considerable degree, explains his outstanding preeminence in the game at the time.

Though Princeton did not have a hockey team the boys who were interested in the game would get together and play the prep schools nearby, particularly Lawrenceville Prep, pick-up games that were really more than just that. Lawrenceville in particular boasted of an extreme-



*Hobey Baker, idol of Princeton and foremost hockey star*

ly fine bunch of hockey players; they had the two famous Peabody brothers on the team at the same time so that the prep school did not have to make any apologies to anybody for their team.

With the start of his sophomore year at college Hobey began to fulfill that promise of greatness he had given since his earliest school days. The first field in which he blossomed forth as a man of exceptional ability in college athletics was in football. The fall game came first in the sport varsity calendar and it was but natural that the former St. Paulite should first shine there.

Hobey's training in football was quite interesting and equally as thorough. As I mentioned earlier in the article his father had been an outstanding player on the Princeton team in the latter part of the last century, and he had the football player's natural desire to see his sons follow in his footsteps. In accordance with this policy the older Baker took Hobey and his brother Thornton, who was a year older, out on the fields where they lived when the boys were no older than seven or eight years and put them through the essentials of the sport. With this expert training to embellish the natural bent Hobey had for all games it was no wonder that he quickly became able to handle a football with the ease and mastery that another man would handle a baseball.

From the former St. Paulite's first appearance on the gridiron he became one of the leading stars of the team. He was fast, shifty, a good forward passer, a marvelous open field runner, and an expert drop-kicker. Not only did Baker have the mechanical attributes of a great player but he also had that instinctive football sense that so few players possess. In this sport, as in all the other sports in which he excelled, he did not allow his natural ability to do the work for him but practiced conscientiously. He was invariably the first one to appear for practice and the last one to leave the field when the session was over. What was told to him rarely had to be repeated; he took his instruction seriously and tried to profit by it.

Perhaps the greatest game of football that Hobey ever played was the one against Yale in 1911. The day before and the day of the game saw the rain come down in torrents; the field on which the two teams were to battle was the worst bit of ground between New Haven and any point you care to mention. Pools of water, slushy mud, and a light but steady rain made the prospect of a football game anything but pleasant.

Yet these conditions did not stop Baker from playing his customary brilliant game. Where the others



*Hobey Baker in the U. S. service during the great war. He is second from the left.*

fumbled galore—there was something like forty or forty-five fumbles that day—Hobey kept his usual sturdy grip on the ball. The most daring part of his performance was his utter recklessness in running back punts. The men catching the punts for Yale consistently called for "fair catches;" Hobey refused to follow this procedure and would run the ball back every time without once fumbling or being thrown for a loss. Although Princeton did not win this game at no time did Baker's blond head—he never wore a head guard—show to more advantage than in tying the score that day.

When Baker was elected captain in his senior year everybody felt that he was bound to have a greater year than the ones before. But Hobey took his responsibilities too seriously, and as a result it showed in his game. The great importance that he attached to his position can be understood when it was no uncommon occurrence for him to be unable to fall asleep during the season due to worry over the team.

An interesting story of his firm belief in responsibilities came out in an occurrence that happened during the height of the football season. During his senior year the week before the Harvard game Baker had a two thousand word essay to be completed for the Monday following the game. He was in what is called a preceptorial class composed of eight men, one or two of them being football men. The day on which the essays were due came, and the professor got up to say that he had only received one essay on time. The others had been excused due to the game with Harvard at Cambridge. Baker had been the only one to hand in his composition; despite the fact that he was captain of the football team and played in the game. He had worked extra hard the week before the game and finished his essay on the Thursday before so that it would be done in time.

But while football attracted Hobey there was little doubt in the minds of those who knew him that hockey was his chief love. He enjoyed all games, but the ice game was the only one he passionately loved. Perhaps this was a result of the early childhood contacts,

*(Continued on Page 67)*

# What Is Your Physical Type?

*Before You Make Any Plans for Attaining Physical Perfection  
You Should Know What Your Physical Type Is and  
also What Perfection for Your Type May Be.*

BY CHARLES MACMAHON

**T**OO many young men start exercising with the idea that they must develop their muscles along definite lines. They pick out a man whose development strikes their eye best and then hope to build a body like that ideal.

Now it is a fine thing to have an ideal, but your ideal, when it comes to building your own body, should be more general. You are wasting effort when you try to duplicate some one ideally built strong man.

Of course I know that when most fellows say "Gee, I'd like to be built like that guy," they don't mean they would like or hope to be his exact twin. What they mean is; they would like to have muscles that are just as large and capable looking as the strong-

man's they refer to. Nevertheless, there are some who think they must actually duplicate the measurements of their ideal before they will have perfection.

Now, while a six-inch upper arm, forty-four inch chest, seventeen inch neck, twenty-five inch thigh and sixteen inch calf may be the average of all strong men of average size, there are no two exactly alike; you know that.

Even if you did succeed in actually duplicating to the fraction of an inch the measurements of your ideal you would not look exactly like him physically. Your muscles would be differently shaped. If you were of the same type as your ideal still you would look different in build. So what you should do is to set out with the sole idea of developing your muscles as much as is practical and your body as evenly as possible.

Why should any fellow want to look exactly like any strong man no matter how that strong man may be? If it were possible he would then lose his individuality. That may not seem so important to the beginner but when the beginner becomes fully developed and makes a name for himself he certainly doesn't want his own name and reputation overshadowed by such phrases as "the second Sandow" or some other such name.

I know personally a nationally known strong man who took the name of a famous strong man because he resembled him. He told me later he was never more sorry for anything he had done. He wanted to be known by his own name later but couldn't shake off the assumed name.

So, when you begin



Fig. 1

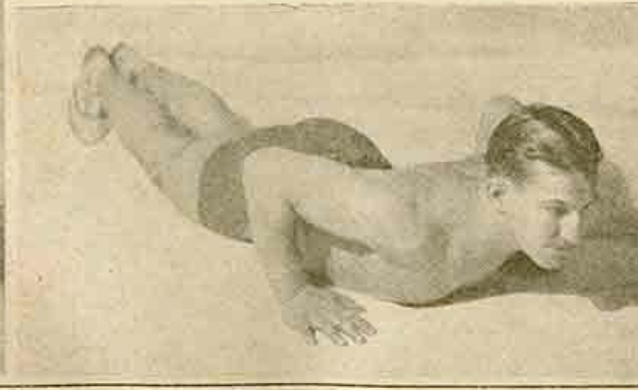


Fig. 2



Fig. 3

training be yourself and if you do become widely known for your development people will think of you as yourself instead of in terms of some other strong man whom you might resemble.

As I said before, however, there is little likelihood of you developing your body exactly like any one strong man, so why waste mental energy trying it. If you should happen to resemble a certain strong man you cannot help that either, but don't encourage the mentioning of the likeness.

Now there are several types of well developed men; such as the heavy, bulky type and the trim, lithe type. It is hardly worth while trying to develop into the type you were not meant to be. I am not saying it is impossible but I do think that every one should be satisfied to remain the type he was born to be. The thing to go after is the making of your body the best of its type or as near the best as is possible.

All the above does not mean that you must not attempt to change the shape of any part of your anatomy you are not satisfied with. If there is a part or two on your body that offends you put more time and thought upon it, or them, try to improve them.

Don't forget, however, that there is no strong man living or dead who is or was perfect. On the other hand, there are any number of them who are near enough to perfection to suit every one but themselves, perhaps.

I won't mention any names, but I know of one man who was called perfect by all except one authority and himself. The authority claimed this strong man had flat feet and the strong man claimed his defect was in the shortness of his legs. Another nationally known strong man used to become sick, figuratively speaking, when he looked at or thought of his forearms. Another was never satisfied with his calves and so on. Yet in all these cases, the general public called them perfect.

You cannot suit everybody, but in the case of your development it is usually more difficult to suit yourself than others, especially when the others are average men.

Some standards of physical perfection call for the same measurements for the calves, upper arms and

neck perfection. Personally, I never could see that. I believe the human neck was meant to be, at least, larger than the upper arm and larger than the calf too, for that matter.

It doesn't matter what type you are, for any human body fully developed is good to the eye. So, when you train, let the main object in mind be to develop your entire body as evenly as possible and as fully as possible.

My experience with beginners in physical training, I am sorry to say, has shown me that there is too much bother and worry about too many items that are not important enough to warrant bother.

For instance, take the matter of diet. Many beginners have the idea that they should eat only a few selected foods. This is all wrong, for a beginner who is in normal health should eat a wide variety of foods. That includes meats, vegetables, pastries, sea foods, etc. Of course, you should balance these foods and not eat too much of one class.

Special diets are all right for those who want to correct some ailment or reduce in weight. Always remember that those who train regularly and those who possess well developed bodies can eat anything in reasonable quantities with no ill effects. This is proven by the fact that most strong men eat what they feel like eating and forget about diets. After all, a healthy person cannot beat his natural inclination in regards to diet as a guide to what he should eat.

When a healthy person gets no exercise other than that connected with sedentary work, than the eating of three big meals a day may sooner or later cause trouble.

Another insignificant matter that bothers many beginners unnecessarily is the length of time they should exercise. I believe that any one who exercises

by the clock is no better than the fellow who works by the clock. In other words, keep your mind on

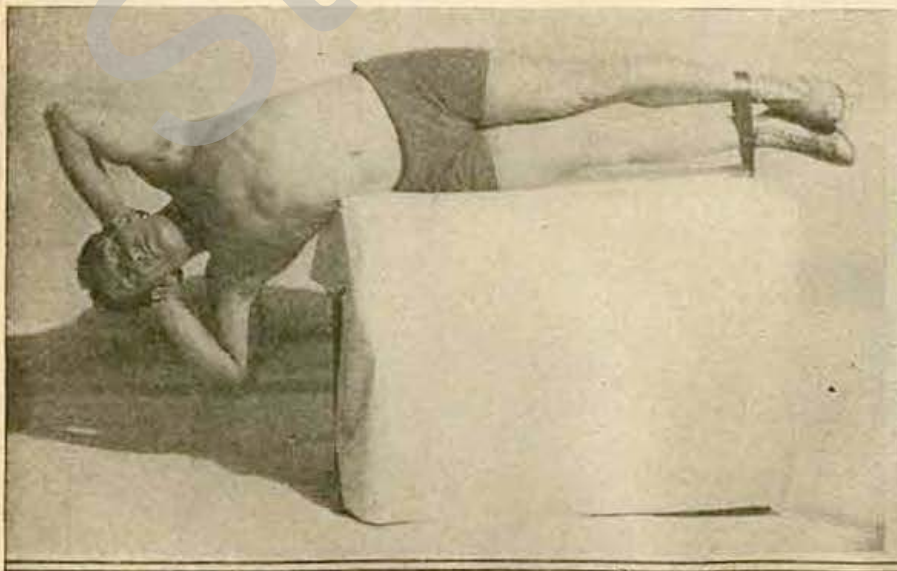


Fig. 4



Fig. 5

your body while exercising and forget the clock.

When you feel you have had enough quit exercising. Let your body tell you when to quit and not the clock, but in doing so don't mistake laziness for a feeling of fatigue. Also don't exhaust yourself before you quit. Be reasonable.

The following list of exercises are designed for all-around development: that is, they are as near all-around developers as it is possible to make only six exercises.

Fig. 1 shows a simple method of making the ordinary neck bending exercise a little more strenuous by using the hands to exert a resistance against the head.

As you throw the head to the right, by bending the neck, push slightly with the right hand in the opposite direction. Use this principle in all the neck bending movements.

Fig. 2 is more of a lung developing or expanding exercise than it is a muscle developing exercise.

Lay face down and place the hands on the floor as shown, but do not use them to aid in raising the upper body. Let the expansion of the lungs as you inhale deeply raise the shoulders and back a little higher from the floor. Repeat deep breathing. You can also do this one with the hands held out to the sides clear off the floor.

Fig. 3 shows a novel way of adding resistance to the free hand curling exercise when no apparatus is at hand.

Put a belt under the thigh at the knee and, as you start to curl the arm, pull downward with the leg. This will make it more difficult to curl and consequently develop and strengthen the biceps more than the ordinary free hand curl will do. Use the other hand to support yourself.

Fig. 4 shows an advanced waist exercise. This can best be done on a bed, but you will have to use some ingenuity in order to hold the feet down.

After the position is taken with the feet held



Fig. 6

down then bend at the waist from side to side. In other words, you raise the head and shoulders up and lower them by the strength of the side muscles. Exercise both sides, of course.

Fig. 5 shows a little more advancement for the ordinary deep knee bend. When you are all the way down in the squat let the knees go forward until they touch the floor and then bring them back and stand erect. You will find it stretches the fronts of the thigh muscles.

Fig. 6 is a calf exercise, but instead of raising on the toes in the customary manner you keep the heels on the floor at all times and bend the knees as much as possible without raising the heels. This pulls the calf muscles and contracts the shin muscles.

Figs. 7 and 8 are shown because I think it is a fine example for beginners. So many fellows think that these strong fellows are born that way I thought this would be good proof that it is not so.

Note the improvement and bear in mind that what this fellow did with his body and proper exercise any fellow can do if he really wants to. It's all in the desire and method used.

Fig. 7 shows the body after a short training period and Fig. 8 shows the improvement gained by further training. It is a good example of what the stick-to-it principle does for anyone. I hope it will be an inspiration to you and help cure you of whatever pessimistic ideas you may have in your own behalf.

There is a truth which all advanced physical culturists recognize, which is that a man with plenty of get-up may accomplish almost anything, providing he is willing to work. And at the same time (or still) he must be consistent and hoe along one row at a time.

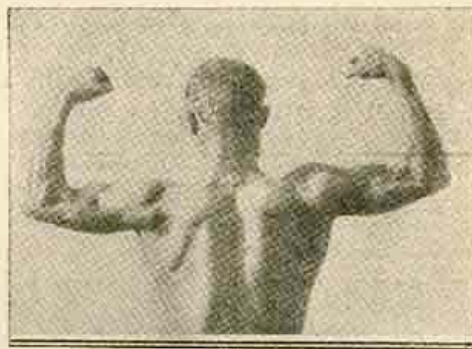


Fig. 7

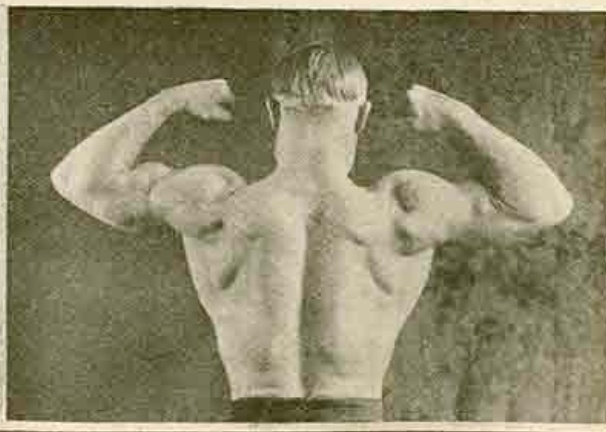


Fig. 8



# The Mat

## *Analytical Comments on Subjects Connected With Body-Building Muscular Development, etc.*

*Correct Lifting Positions for the Laborer. Distance Running vs. Racing, and the Effect On Immature Youths. How Much Did Karl Swoboda Lift? The Wrist Measurement of Sandow.*

By MARK H. BERRY

**M**ECHANICS and laborers who must handle heavy objects during the course of their daily work should find it to their advantage to study the difference between correct and incorrect ways of lifting, handling, and carrying heavy weights. Lifting is, as trained athletes know, an exact science and not only is it possible to handle more weight by mastering proper positions, but the possibility of injury becomes negligible.

Many men do suffer rather serious injury, such as muscular strains and even rupture, around factories, mills, and foundries. So much so, in fact, that efficiency experts and corporation heads have caused illustrated posters to be shown prominently in many plants where a great deal of heavy lifting must be done.

On these pages I have reproduced two illustrations from a poster given out by the National Safety Council. One of these illustrations shows the method of



*Sol Zorn, a youthful enthusiast of New York City. Shapeliness portrayed by the tall, light boned and naturally slender type*

lifting from the floor or ground, commonly employed by untrained men everywhere. The man simply bends over, keeping the legs straight, with a very sharp bend in the small of the back. The untrained man runs a serious chance of injury when in this position; a trained athlete can lift in that position without running such grave dangers, but the trained man will not bend over in that fashion. We will discuss the bad features of this position later.

On the National Safety Council



*Benny Meyer of Hanlontown, Iowa, supporting a bridge and auto*

poster, another position is given as "correct." However, as trained lifters and bar bell men know, this position is not so desirable even though it is far better than the common lifting position which they have properly labeled as "incorrect." The chief fault to be found with their conception of a "correct" lifting position is that it is awkward and does not give a man an opportunity to use his full strength. The back is fairly flat as it should be, the bending is at the hips and knees as it should be, but the knees are too close together and the heels are raised from the floor. In this position it is impossible for any man, trained or untrained, to exert his full strength. It is even most awkward to arise from this position when holding any weight at all in the hands.

To properly exert the leg and back muscles when lifting a heavy weight from the floor, or ground, it is essential that the feet be planted solidly. You are placed at a great disadvantage when trying to stand on the toes; it is about the same as pushing against something with the fingers instead of using the entire hand; when you want to exert the strength of the arm muscles, a firm grip is needed.

There is a common expression about keeping on the toes; that is all very well when speed is required, but not when exerting the strength of the body as in lifting; then a solid base is necessary.

Refer to the correct lifting positions as shown on these pages. You will note certain points common to each of the four photos:—the knees are bent to a

considerable extent, the hips are lowered as far as proper balance will permit, the heels are kept on the ground, and the knees are fairly well apart. It is well for the average man to stand with the feet a apart, as in that way he comfortable distance may spread the legs the proper distance and be able to bend down while keeping the back flat without limiting the amount of power which he may apply to the effort. However, the majority of trained lifters can lift just about as comfortable with the heels together and the knees turned away out; this position necessitates turning the toes out at an acute angle and would appear awkward and uncomfortable to the untrained man; the advantage in lifting with the knees turned well out, is that the body may be centered directly over the work.

Now we will mention reasons for one method of lifting being correct and the other incorrect. Back strain is a frequent result of incorrect lifting by mechanics and laborers. When the back is rounded to any extent, or bent as in Fig. A, the muscles are stretched about to the limit and incapable of supporting a great strain; the back muscles are simply in an unnatural position for strong contraction; you know that if a rubber band is stretched to the limit, it is an easy matter to pull it apart. Instead of your back muscles being pulled apart in the strict sense, some of the small attachments (tendons and ligaments) are torn. The point of laceration, or tear, then becomes very sore until completely healed, and the muscles can hardly be used without pulling on the torn parts.

If a strained back is feared by anyone, another form of injury is a real bugaboo. Many men seem to be in mortal fear of a rupture when physical exertion is mentioned. There is hardly any reason to deviate in order to discuss the different types and causes of

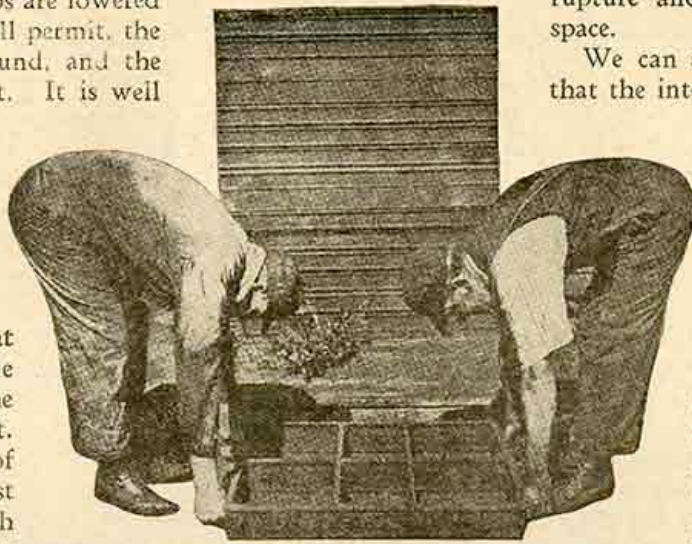
rupture and we can hardly spare the space.

We can simplify matters by stating that the internal organs of the abdominal cavity are heavy and should be supported by the pelvic arch (the bones in the region of the hips, which form a pocket for this purpose); if, however, the abdominal muscles on the front of the body are properly developed, they can support this internal weight handily when occasion arises. The abdominal muscles of the average man are not trained for such an unusual strain, and when the back is rounded or bent

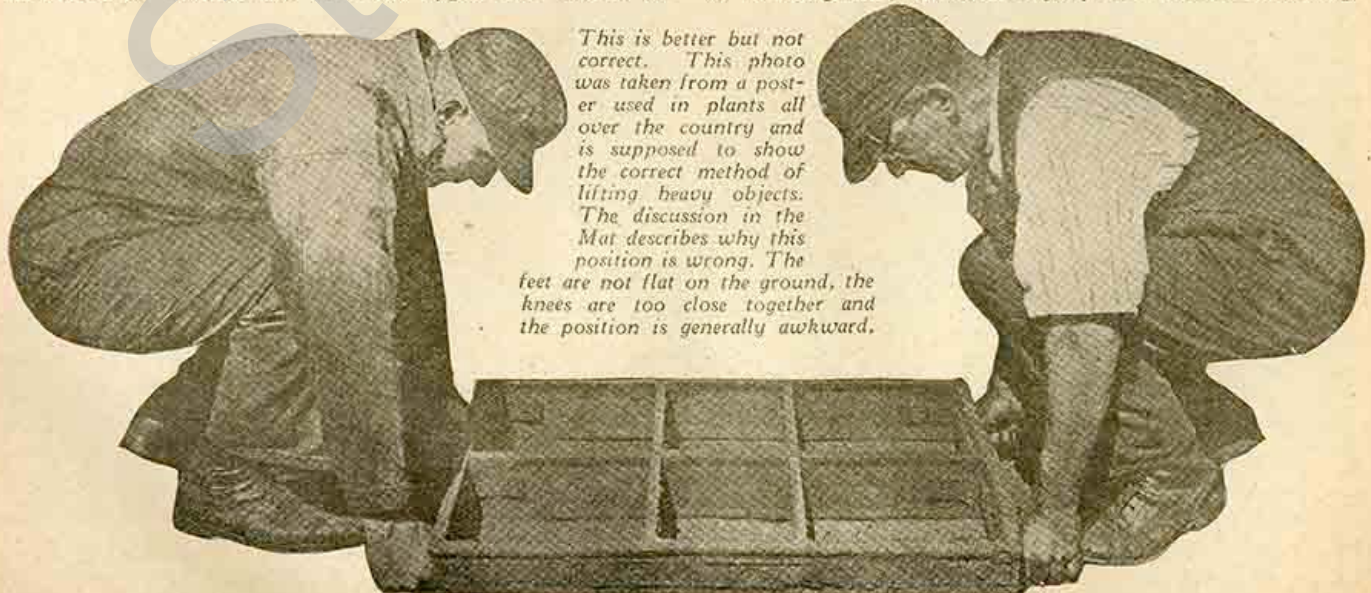
over with the legs straight, the internal organs are forced against the abdominal wall. When tension is placed on the back muscles, the abdomen is not tense and some of the intestines are liable to break through the abdominal wall. Of course, a trained lifter is going to be careful about subjecting himself to any unnecessary strain, even though he is able to withstand it without harm.

The positions (Figures C, D, E, and F) shown as correct may seem strange at first, particularly the position of the hips, but a slight amount of practice will soon accustom any man to getting into the correct position as though it were second nature. The average man also finds it strange to keep his heels on the floor when he bends his knees, but a little practice will soon get him into correct habits.

The leg muscles which bring you to an erect position as in lifting from the ground, are the most powerful in the human body. The combination of leg muscles, back muscles, and buttocks or hip muscles make the most powerful combination of which the human body is capable. These muscles are so combined when you lift as we show you here. There can be no sense in running the chance of injury, or even of handicap-



*Incorrect—but commonly used method of lifting heavy and awkward objects around foundries and shops*



*This is better but not correct. This photo was taken from a poster used in plants all over the country and is supposed to show the correct method of lifting heavy objects. The discussion in the Mat describes why this position is wrong. The feet are not flat on the ground, the knees are too close together and the position is generally awkward.*



When heavy boxes are to be lifted from the floor, bend the knees and hips as much as possible. The back should be kept as flat as possible, though some men find it necessary to bend the back to some extent when lifting from a low position.

ping yourself by lifting incorrectly. Here is something I would like you ardent readers to peruse with a careful eye. Especially am I desirous that the extra-ambitious younger members of the Mat fraternity give it an extra amount of careful consideration.

Mr. Lawson Robertson, as the majority of my readers must know, besides holding the position of chief athletic coach at the University of Pennsylvania, is recognized as a dean in the profession of coaching athletes.

Within the past month, the U. of P. cross country team was successful in winning the Eastern Intercollegiate championship. Directly after, Mr. Robertson was interviewed by a newspaper sports writer and quoted as follows in the Evening Bulletin of Philadelphia.

"Don't congratulate me, congratulate my runners. For courage and team spirit I have never worked with better men. It makes my heart ache that they had to punish themselves so much. It is gratifying to win the Intercollegiate title, but I rather wish cross country were not a part of college

competition. These men are too young to withstand the tortures one of these six-mile races calls for. I wouldn't care if the event was scrapped tomorrow. Understand, I believe cross country as a sport is extremely beneficial. In England, fathers and sons run over hill and dale, and find it a great sport. Men as old as fifty years run in England.

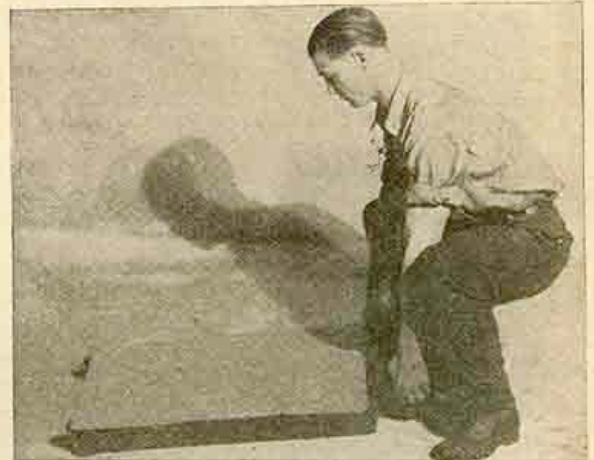
"I am talking about cross country as it is run in Intercollegiate competition. Six miles is too far for young men, mere boys, to run. A mile over hill and dale or even three miles is not bad, but to ask these boys to punish themselves for a half hour is a little more than I think is fair. I want my own boys to run

cross country. I think it will build them up, but I doubt if I would be anxious to have them participate in college competition. Running on a cinder path is different. There are no inequalities in their path, and consequently, there is not the strain.

"Do you know that it takes a boy



The proper position of the body when heavy objects are to be lifted from the floor. Arms straight, back as flat as possible, feet planted solidly, knees well apart and the bending should be done with the knees and hips.



Another correct position, only that the feet are placed farther apart and the man is more directly over the weight.



The correct position for lifting objects that sit well above the floor. Arms and back straight, feet flat on the floor, bending at hips and knees.

a week to get over one of these races. Cross country racing, not running, but racing, is a man's game. It takes matured men, the type who run in the Olympic marathons. Some of those men are forty years of age or more. It takes too much out of the boys and I don't think we ought to ask them to run it. They are primed for their race through a meat diet. Before the race I give them sugar to give them the energy.

"You can speak of rowing or football as being hard games, but these sports are nothing alongside of a six-mile cross country race. In rowing, a man can go through the motions. In football, he receives time

(Continued on Page 76)

# Running for Training

*Running for Training and Training for Running are Two Entirely Different Things. This Article Will Prove Enlightening and Instructive.*

By THOMAS BROWN

USUALLY one thinks of the subject of how to run in terms of increased speed. Most instructions on how to run deal with starting, timing of speed and motion, stride, breathing and so forth; all with the one idea of increasing your speed in whatever distance you specialize in, whether it be the hundred, four-forty or mile.

We will not concern ourselves in this case, however, so much with the details of how to run. Of course, a little form and pep should be put into it, but you need not worry about your stride being too long or too short or whether or not the movement of your arms is correct. The huge idea should be to put yourself into perfect physical condition.

It seems to me that it is a wise thing to explain, here and now, what is meant by perfect physical condition. The term is often used in the physical training world but the average fellow I am sure, has only a vague idea of the details that make up physical perfection.

This is what it means in this case, anyway: You

put yourself in such a physical condition by exercising, running and right living methods that you feel better than fine every day.

There are lots of folks who are not sickly nor often sick yet they are not in perfect physical condition. They feel lazy, tired, bloated, dull and ambitionless some of the time and often all the time.

Now, when one is in perfect physical condition he is strong, well developed, exceedingly full of pep, ambitious every waking minute and bubbling over with the joy of living. Then to, which is natural as well as necessary, his entire system of internal organs are functioning in perfect unison. They are not overly stimulated nor are they sluggish in performing their duties.

The lungs are capacious making it possible for the entire body to be flooded with that life giving element air or oxygen. Endurance is a thing that seems to be boundless in an individual who is in that physical state. One could go on and on ticking off the endless advantages of perfect physical perfection and the de-



*Jogging along at a good pace without attempting to break records. This is as fast as you ever need run when training to improve your wind. At first you should jog along much slower*

tails of what makes up perfect physical condition.

Our general idea of personal physical condition is that a man is either healthy, sickly or ready to die. However, there are more classes and degrees of physical condition than those three general ideas. One can be one-hundred per cent. physically perfect or ninety per cent, seventy-five, fifty, twenty-five and so on down to zero, the last of which means curtains very shortly. Of course, one cannot determine just how he stands on these percentages but he can make a fair guess. If folks would think of themselves in this light and remember that unless they change their mode of living they must go down, instead of up the health percentage scale, I think more would be making an effort to improve their health standard than do now.

Well, now that we all have a better understanding, at least of my idea of physical perfection, we will proceed with the question of running for perfect health.

Mind, I don't say that running alone will put any one or every one in perfect condition. I do say, however, that it is one of the best exercises for that purpose. It won't produce much strength and development but it does stimulate and massage the liver and all internal organs. It does fill the lungs to capacity with life giving air which in turn purifies your blood thoroughly. It does cause this pure blood to rush to all corners, as it were, of your being, giving the partly starved cells full nourishment. It does train your muscles to endure and remain fatigueless long after the average fellow is forced to quit.

Now we come to the actual running. It is best done in the country or suburbs for several reasons. First: the air is purer, being more free from the smoke, dust and dirt of the city. Second: it is less embarrassing to run on a country road than in the thickly populated streets of the city.

Some fellows live in the centers of big cities which will make it inconvenient to get out in the country very often. If you are one of these and are not easily embarrassed you can, of course, do the next best thing which is—run on the city streets.

The time of day or evening you do your running must naturally depend on your daily occupation. The main thing to avoid is running close to meal times, either before or after.

When starting a daily program take care you don't overdo it until your muscles and lungs become accustomed to the extra work. At first it is better to run a little, then walk a while and then run again. The distance you should run at the beginning depends on your age and how long it has been since you did any running to amount to anything.

If you are a young fellow in high school you probably will not be bothered by the ill-effects of running long distances. If you are twenty-five or thirty years old and have not done any running except to catch a car now and then, since you left school, then you must go easy for a while or suffer the consequences.

These consequences are not serious, you know, but very uncomfortable. Your leg muscles will become stiff and sore so that it will be misery to move them for a week or more. So be sure to avoid that by going easy at first and gradually increasing the distance

you run, and don't increase too much at one time.

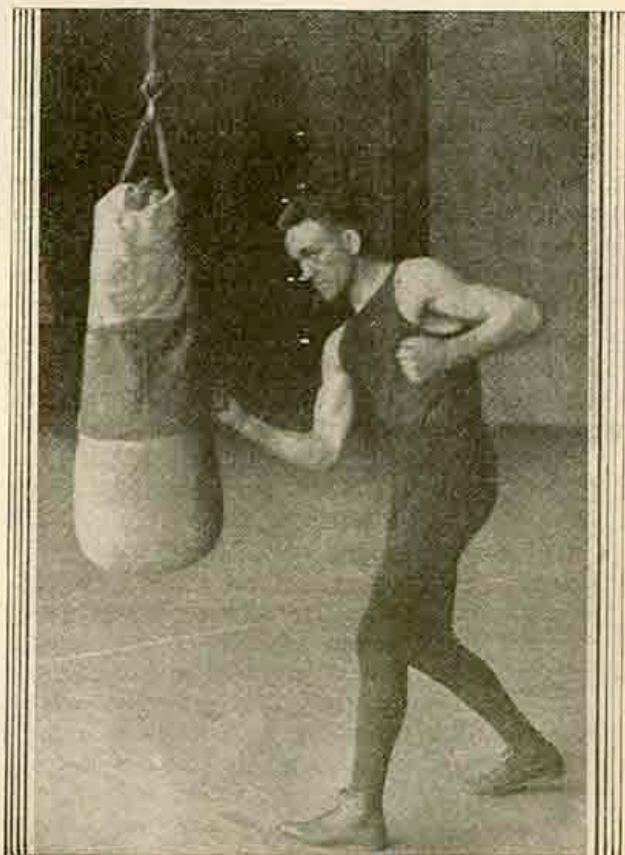
The speed at which such running should be indulged in is not so important; that is, you can suit yourself in that respect. However, more benefits will be derived from it if you will keep your speed moderate. A short sprint once in a while when you feel the urge is all right, but make your running program one of endurance rather than speed.

In that way you do not overtax your lungs and heart as one does when he tries to run as fast as he possibly can. Speed running is not hard on the heart of a young fellow, but after one has gone up in years and quit such activities for a long time it is not wise to then take up the dashes and put all you have into them. If such a course was contemplated by a person who had done no running for ten or fifteen years, a thorough training program for quite some time would be the only safe way.

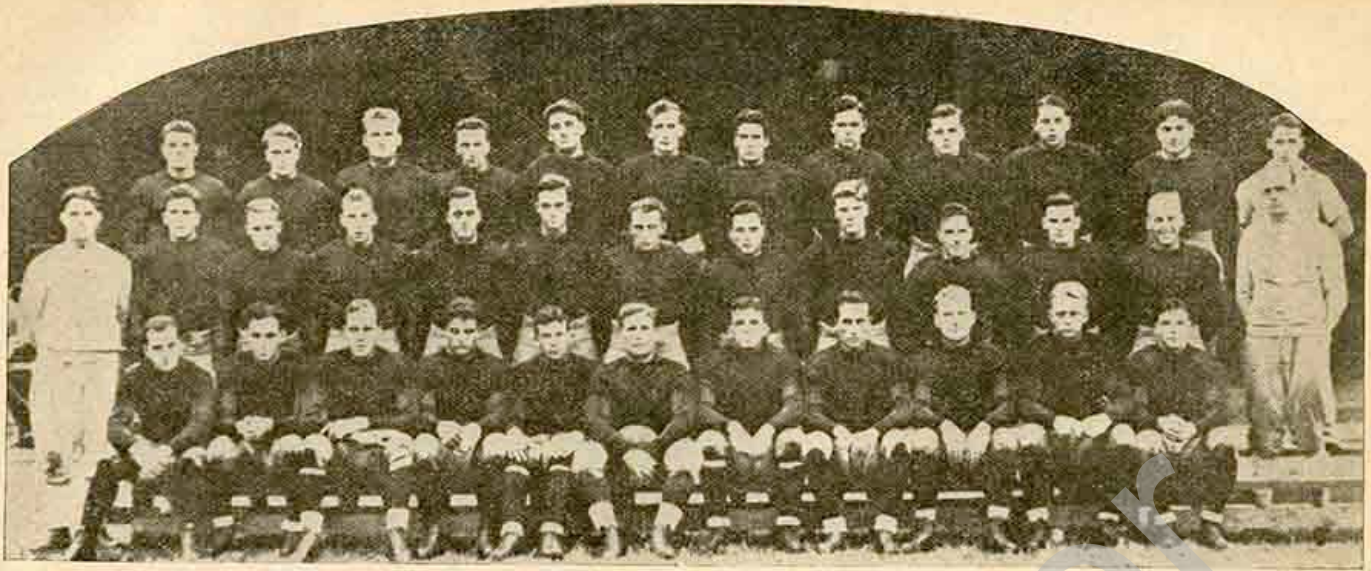
Some young fellows like to run early in the mornings, but the evening is probably the best time because then you come back fatigued and get sleep and rest immediately. The other way you must go on with your daily work after running, which isn't so good, especially for those who are not so young.

The jogging sort of running is the type for our purpose. It shakes up the liver and other internal organs yet it does not do it too violently. Besides, any one can jog along even if they couldn't run fast for more than a block.

Don't restrict your breathing by taking small breaths while running. Breathe more slowly but fill the lungs full of air each time. Breathe regularly and do not hold the breath.



*Punching the heavy bag or sand bag to improve the wind. Besides being fine for the arms and shoulders, it is also good for the legs when you keep stepping around*



Pitt—one of the greatest teams of the 1929 season. The University of Pittsburgh undoubtedly had one of the best teams in the country

## What The Hot Stove League Is Doing

*Some Timely Gossip—A Resume on Football and A Few Hot Stove  
Forecasts on The Baseball Situation*

BY ROLFE GARRETT

**K**ING COWHIDE has had his day and now millions of football crazed fans and experts are engaging in their annual meaningless hobby of picking mythical All-Americans and the championship team in the country.

The craze of picking All-American teams dates back many years to the days of the late Walter Camp, daddy of the gridiron sport. When Camp first started picking the All-American eleven it was a comparatively easy matter. There weren't nearly as many teams as there are now and the game had not yet developed to its present great skill. Now with the hundreds of teams and their many stars, picking an All-American eleven, that is really composed of the very best, is virtually impossible. Football has grown too big for anyone to be able to pick out eleven players and say that they are the best in the land. It is folly to do so and, therefore, we won't try it.

In the last few days we have scanned hundreds of All-American teams, teams picked by individual college coaches, by groups of coaches, by individual newspapers and press associations and we could pick flaws in all teams. All omitted some players of great merit. All disagreed on the abilities of this man or that man. There was no unanimity of opinion. If the men placed on all the All-American elevens were put together they would form a dozen teams and yet they are supposed to be only the best eleven. What folly!

And while we do not believe in picking All-American elevens we think it is within the realm of possibility to pick the best team in the country. There

really are only few outstanding teams in any given season and the season just closed was no exception to the rule. There is no denying that several teams stood head and shoulders over all the others.

Of the dozen or so undefeated teams there are four that stand high above all others. Few will argue with us in the selection of Notre Dame, University of Pittsburgh, Tulane and Purdue as the four outstanding teams. What else have you to offer if you don't agree with our choice? Sure, Tennessee has not been beaten, but it has been tied by Kentucky and even if it had not been tied it has not played as hard a schedule as any of the teams we have placed at the top. St. Mary's, Calif., is a great team, but compare its schedule to those of Pitt, Notre Dame, Tulane and Purdue. Fordham has been tied twice. That lets it out.

We know that there are other teams that deserve mention, but none has as good a record as either of the teams we place in class A. Therefore, the best team in the country must be selected from Notre Dame, Purdue, Tulane and Pitt and we can assure you that that is no easy job. The west coast had some good teams, Stanford, Southern California and California, but neither has gone through its schedule unbeaten and neither has shown itself to be of Class A caliber. We place them all in what we shall call Class B.

Now to get back to our four leaders: Purdue and Tulane are great teams, the former winning the championship of the Big Ten Conference and the latter doing the same in the south, but despite this we do not believe they would fare well in clashes with either

Notre Dame or Pitt. Some of our mid-western and southern readers may take exception to this. They may point to the comparative scores of our four leading teams and cite the small difference in both offensive and defensive strength, but to them we will say that the score of a game is not always indicative of the difference between two teams. There is the question of errors and breaks of the game that must be considered.

An important factor that makes us put Pitt and Notre Dame ahead of Tulane and Purdue is the difference in the opposition faced by the teams. We say that the former two elevens went through harder schedules than the latter did, and we say this in spite of the two easy games Pitt played early in the season. No one can deny that the Irish Ramblers played the hardest schedule of any team in the country. They engaged nine major opponents in nine weeks. Did any other team do as much?

Now we will try to show you why we think that Pitt and Notre Dame are about alike and have equal claims to the championship of the country. Pitt had more scoring punch than Knute Rockne's eleven, as is evidenced by the fact that the Smokey City eleven amassed a total of 274 points against only 145 for the Irish. Of course, the difference can be attributed to the fact that the Ramblers had sterner opposition. In defensive strength there was little to choose between the two, the opponents of Pitt garnering 43 points while those of Notre Dame had to be satisfied with only 38. The edge here lies with the Irish.

There is one other point of comparison between our two leaders. They both met Carnegie Tech, the only team each of them faced. Notre Dame beat Tech by the low score of 7 to 0 after a very hard struggle. Pitt, however, found the Tech team easy and romped away with the game by the score of 34 to 13. This game goes further to prove our contention that Pitt was the stronger team offensively while the opposite was true defensively.

The above leads us to the conclusion that Notre Dame and Pitt have a like claim to the championship. A combination of the stars of the two teams would form the greatest eleven in the history of football, we believe. What a team that would make! Thus we shy of picking a single champion and divide the honors between Pitt and Notre Dame. Let the bricks fly. We have our suit of armor on.

And while we will not attempt to pick an All-American team we will award honors to several individual players. The

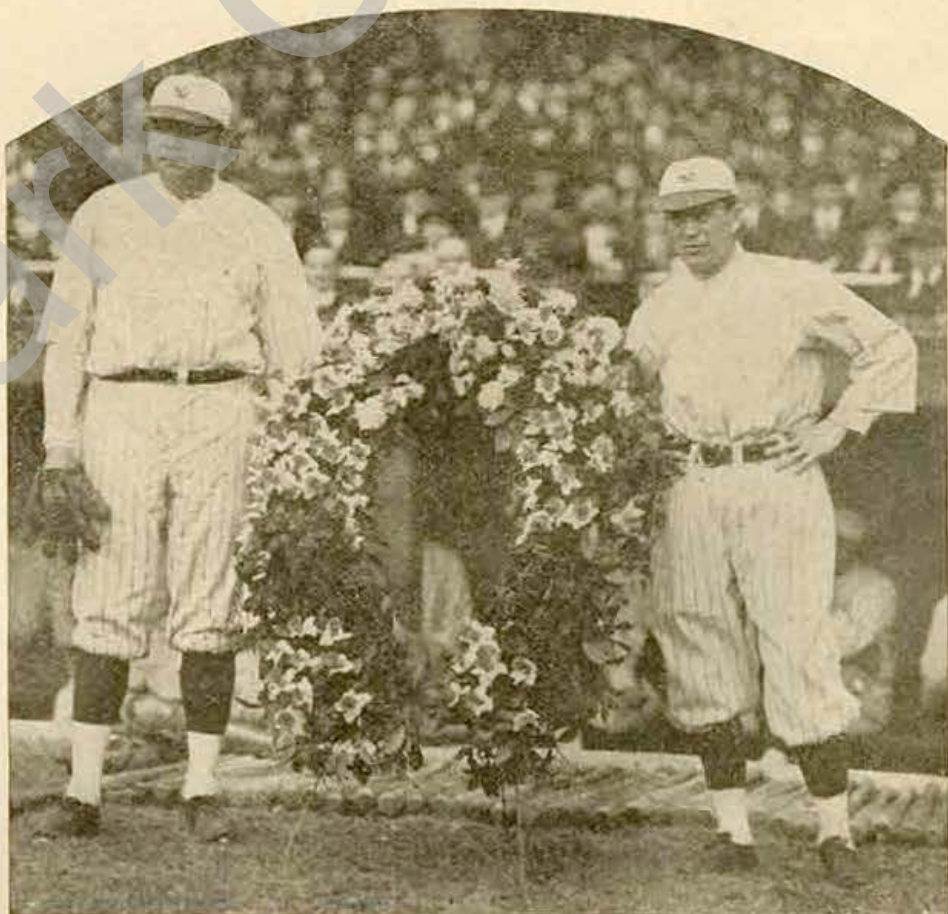
player who deserves greatest credit for his showing is Roy Riegels, the California captain and center. He played a bang-up game all through the season, the blunder that he committed last year in the post-season game with Georgia Tech not hindering his play. He made a brilliant comeback and because of this more than his playing we place him first on our honor roll.

The greatest player of the year, we think, was Carideo, of Notre Dame. No All-American team could be complete without him and we certainly are glad that there is an unanimity of opinion of all experts on him. Albie Booth, the Yale midget, also deserves ranking. Booth is only a soph and so he will have two more years at Yale. Whether he will again scale the great heights next year is a question. He has the ability and there is no telling but that he might make All-American material next year.

Now two more and we are through. Red Cagle, of the Army, has played his last game. He has been a shining star of the game and he covered himself with glory in his last season. Cagle was an all-around star and the West Pointers no doubt will miss him. Another who deserves a great deal of credit is Al Musters, of Dartmouth. He was the scoring ace of the country until he was disabled in the Yale game. He is a player par excellence.

And so from football we will take a journey and land on a diamond and see what the baseball future holds for 1930. Who will win the pennants in the

(Continued on Page 73)



One of these two may—the other will never—shine again. Babe Ruth has a chance of hitting the top again, but Miller Huggins has passed on. A great combination—Huggins and Ruth



# Association Notes

Rochester Show  
Cincinnati Show  
Multonomah A. A. C. Exhibition

Lifting at DuBois, Pa.,  
A new Sensation In Detroit  
Philadelphia Show

BY MIKE DRUMMOND

*The Rochester, N. Y. Show as Reported By Our Special Representative*

**T**HE first STRENGTH show ever held in Rochester was a great success. Having been given the assignment by Mr. Mike Drummond, we rolled around to the Gay Studio a little early, so we could be in a position to see and hear all that was going on, including a few things on the side.

Numbered among the audience were several prominent citizens, newspaper reporters, followers of the physical culture life and members of the A. B. B. M.

The show started at 8.15 sharp with a snort talk on health and physical culture by Arthur F. Gay. He explained how the boys trained by progressive methods with the weights, developed themselves to as near perfect proportions as possible, and how the A. B. B. M. and STRENGTH MAGAZINE stood for fairness in all lifting and strength records. The audience

seemed greatly interested in what Mr. Gay had to say. Concluding his talk, he introduced William Sharples, who recently created a world's record for the sit-up. Sharples was out to win a medal on the five championship lifts. After warming up, he started on the Two Hands Military Press with 121, and then did 126¾, failing on 130½.

Then on the One Hand Snatch with 100¾, 103 and finally 105½.

The One Hand Clean and Jerk with 105½, 116½, afterwards failing with 120½. On the Two Hands Snatch, he lifted in turn 100¾, 110¼ and 120½. The Two Hands Clean and Jerk came

last with 155 and 160½, failing with 166.

Weighing 124 stripped, his total of 629¾ brought him a good round of applause and entitles him to a silver medal.

Frank Reeg, weighing 143 stripped, lifted on the Three Olympic lifts, earning a bronze medal with a total of 495¼. His Two Arm Press was 148, Two Arm Snatch 145½, and Two Hands Clean and Jerk 201¾.

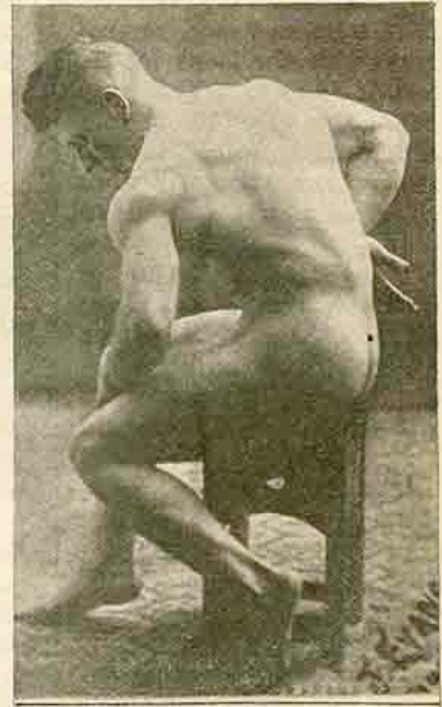
George Petroski, bodyweight 150 stripped, started with a Two Hands Press of 143 pounds, working up to 152¾ and 161. After lifting, he did ten easy breast-ups on the rings and a few other difficult feats. We were glad to see this feature on the program as it showed how supple and capable in other ways a lifter can be.

George Sym demonstrated his ability on the Dumb-Bell Bent Press. Using the right hand, he pressed in succession, weights of 131½, 141½ and 149. Besides this, we saw him go through the details of that fascinating lift, making a few repetitions with lighter bells. Sym weighed 154 pounds.

Mr. Gay then brought out a herculean looking young man, whose face looked familiar; I couldn't figure out whether I had met him somewhere or whether his photograph had been published in STRENGTH. When Mr. Gay told us his name, I wondered why I hadn't recognized him before. It was Walter Podolak.



Frank Charbin of New Britain, Conn., winner of gold medal in the monthly posing contest. Height 5 feet 5½ inches, weight 150 stripped, neck 16, chest 42½ normal, 45 expanded, biceps 15, waist 31, forearm 12½, wrist 7.



J. Evans, of Swinton, England, winner of silver medal this month





The first to congratulate Walter Podolak was Arthur F. Gay. Walter is only twenty years of age and should go a long way

Podolak could break the world's record for the Two Hands Dead Lift, if he extended himself. Walter started right out with 581 pounds, which exceeded the 552 pound lift of Frank Petruski. He then took 610 $\frac{3}{4}$  pounds easily and held it long enough for the photographer to snap a photograph. The next poundage was 641 $\frac{3}{4}$  which he also picked up easily and likewise held it for a picture. Next he picked up 657 but could not get it as high as his knees. The 641 $\frac{3}{4}$  pounds was announced as a new American record, and a world's amateur record, being a little shy of the 652 pounds record held by Herman Gorner. From what I have read of correct lifting, and from what little record lifting I have seen, there seemed to be something wrong with the style he employed. According to STRENGTH MAGAZINE, the heels should be kept together all the time the lift is being made and I remember reading where Gorner lifted in that style. Podolak stood with his feet about six inches apart, or it looked like that distance to me, it might have been slightly more or less. I had in mind saying something about it to Arthur F. Gay, but as my knowledge of official lifting is so meagre and the show seemed so successful, I held my tongue. (NOTE: Our correspondent is right, the lift should have been made with heels together.)

Arthur F. Gay told me afterwards that he thought Walter should have completed the 657 pounds lift if he had taken that instead of 641 $\frac{3}{4}$  on the third trial. Podolak had intended making other lifts but felt too tired after hoisting such tremendous bells.

It was announced that there would be another show on the second Saturday in January (January 11th) and we look forward to seeing another meeting with a world's record in the correct style by Podolak.

of Syracuse, who had made the trip of eighty-odd miles to perform for our edification. We were promised some rare lifting, Mr. Gay even stating we were going to see something we had never seen before and might never see again. He was confident

The officials, besides Mr. Gay, who acted as Referee, were Elmer A. Domke, Stoddard A. Lawyer, J. M. Curtiss, and Chester W. Sym.

*Cincinnati Strength Show of December 8th. As Reported by Our Local Representative*

Our show of December 8th went on with Walter Stratton absent. Stratton is now a professional wrestler and was matched for December 6th in New Castle, Pa., so he could not attend our show.

Norman Reeves started the ball rolling, doing a Right Arm Swing, of 118 pounds, a Right Hand Dead Lift of 350 pounds, a Left Hand Dead Lift of 316 pounds, and a Two Hands Dead Lift of 400. Reeves scaled at 150.

The show was marked by several newcomers from Indiana. D. King, of Princeton, Ind., did 336 Two Hands Dead Lift at a bodyweight of 153.

"Clint" Hudgens of Indianapolis, who looks like a small hercules, did very good on the Right Hand Snatch with 125 pounds and 120 pounds with his left. Next, he did a Two Hands Clean and Jerk of 216. "Clint" had a tough time using our bar, as he always uses a 7/8" bar and ours is a one inch bar. "Clint's" weight was 139. This boy from Indianapolis is great and I hope he sends you some pictures of himself.

Ed. Baker, a light heavy-weight wrestler from Indianapolis, gave an exhibition on the Wrestler Bridge Lift, doing 163 $\frac{1}{2}$ ; then when he had his arms locked with the bell over his face, Hudgens sat on the bar.

Emmett Faris lifted next on the Five Championship lifts: One Hand Snatch 110, One Hand Clean and Jerk 150, Two Hands Snatch 142, Two Hands Military Press 142, Two Hands Clean and Jerk 198. He made a total of 742 at a bodyweight of 155 $\frac{1}{2}$ .

William Tickel, of Middletown, Ohio, next took the plat-



Almost a new record! Walter Podolak of Syracuse lifting 641 $\frac{3}{4}$  pounds! The only thing preventing a new record is that he failed to stand with heels together. Remember that Gorner lifted less than twelve pounds in excess of this, though, of course, he kept his heels in proper position



A group photo taken at the recent Rochester show. Left to right, front row—George Sum, George Petroski, Walter Podolak, Frank Reeg, William Sharples. Back row—Elmer Domke, Arthur F. Gay, Milton J. Curtiss



Clifford Claycomb of Detroit, a new lifting sensation in the middle-weight ranks.

form and scored a total 745 on the five lifts. Tickle weighed 148 and did One Hand Snatch 120, One Hand Clean and Jerk 140, Two Hands Snatch, 150, Two Hands Military Press 120, and Two Hands Clean and Jerk 215.

Bob Brown, weighing 148, made a total of 700 pounds. His lifts were One Hand Snatch 105, One Hand Clean and Jerk 122, Two Hands Snatch 140, Two Hands Military Press 140, Two Hands Clean, Jerk 193.

Alton Combs, weighing 178 pounds, did the following—One Hand Snatch 132, One Hand Clean and Jerk 145, Two Hands Snatch 150, Two Hands Clean and Military Press 145, Two Hands Clean and Jerk 212, scoring a total of 784

pounds.

George Chaney, of Hamilton, Ohio, made a total of 674 at a bodyweight of 147. One Hand Snatch 100, One Hand Clean and Jerk 118, Two Hands Snatch 135, Two Hands Clean and Military Press 136, Two Hands Clean and Jerk 185.

Bob Arnett drove from Columbus and looked pretty much worn out, but was strong enough to total 718 at 158 lbs. His lifts: One Hand Snatch 108, One Hand Clean and Jerk 115, Two Hands Snatch 150, Two Hands Military Press 130, Two Hands Clean and Jerk 215.

Bob Grubbs of Ludlow, Kentucky, balanced the Fairbanks at 129 pounds and made a total of 599, lifting as follows; One Hand Snatch 90 pounds, One Hand Clean and Jerk 110, Two Hands Snatch 120, Two Hands Military Press 114, Two Hands Clean and Jerk 165.

D. B. "Dan" Mills was asked to take his shirt off and show us some real arm development. Dan had to be coaxed a little but after he got started there was no end to his strength feats. He Bent Pressed Reeves, made a Shoulder Bridge of 250, a Wrestler Bridge of 170 and a Two Hands Continental Jerk of 221 pounds. Dan also did several hand balancing feats.

Emmet Faris showed the bunch his skill at muscle control and "Clint" Hudgens did a very neat "tiger bend," which closed the show. The referee for the lifting was Harvey J. Siegel, the judges, R. Tanner, and D. B. Mills, Inspector of Scales, David P. Concannon.

It was announced that a show would be held again later on in the winter. Fellows living near here should get in touch with Emmett Faris at 907 Baymiller street, if as he says "they would like to see feats of man power."

Detroit uncovered a new lifting sensation in Clifford Claycomb of Hamtrack, Mich. He lifted for totals on the Five Championship Lifts on two occasions. On November 21st he made a total of 910½ pounds at a bodyweight of 165. One Hand Snatch 150½, One Hand Clean and Jerk 172, Two Hands Snatch 177, Two Hands Clean and Military Press 172, Two Hands Clean and Jerk 239.

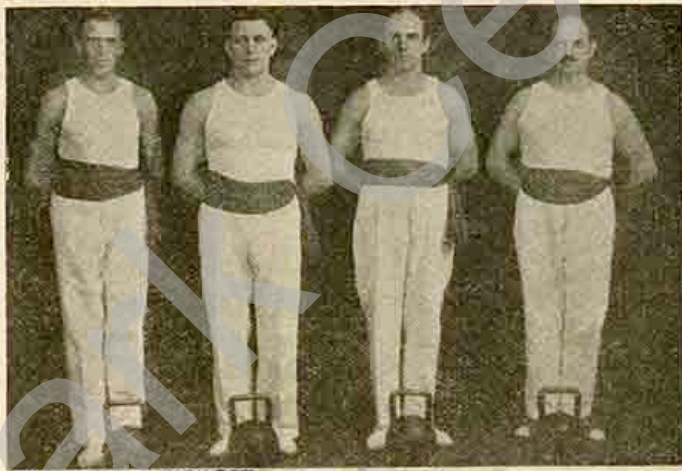
Then on December 5th, he made a higher total, when he scored 940¾ pounds at 165 pounds bodyweight, making Left Hand Snatch 164, Right Hand Clean and Jerk 174, Two Hands Snatch 179¼, Two Hands Clean and Military Press 177, Two Hands Clean and Jerk 246½.

After scoring the above total, Claycomb made a

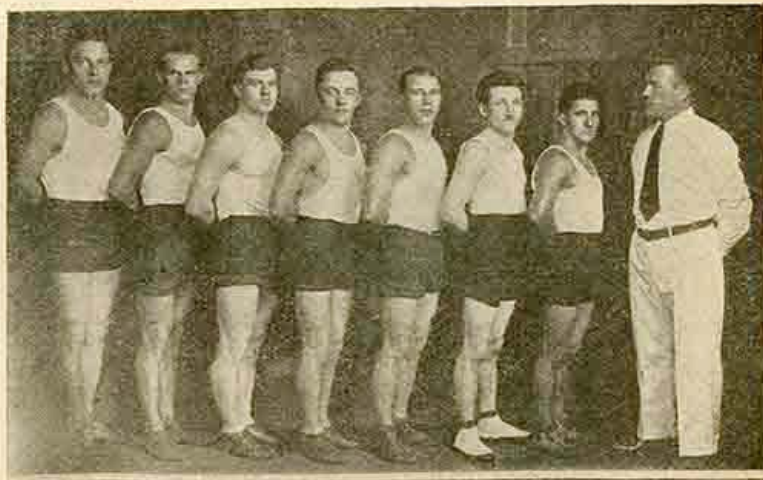
Left Hand Swing of 153 pounds. This lifting took place at the Dodge Community House in Detroit. The scales had been tested on November 21st by Frank Stawski, Sealer of Weights and Measures of Hamtrack, Mich., and had been locked up from that exhibition to the next.

The 164 pound Snatch and the 153 pound Swing are both records for the 165 pound (middle-weight) class.

A few words concern—  
(Continued on Page 79)



Jongleur team of Cooper A. C. They go through a routine of kettlebell juggling



The lifting team of Cooper A. C., Brooklyn, N. Y. There are three National A. A. U. Champions in this group. On the extreme left, Willie Rohrer, heavyweight; third from left—A. Faas, middleweight; fourth from left—Max Rohrer, welterweight. The instructor is Albert Schilling, former European middleweight champion

# Sports Served Short

BY LEE SIMPSON

THE football season is over, and that is that. Notre Dame, Pitt, Purdue, and Tulane being the season's class. No need, however, to tell you all the details—you have read them in the Daily Blast and have agreed or disagreed with them as you pleased, so it will be sufficient to say that enough All-American teams have been selected to lick everything rotten in Denmark (strangle hold barred) and that scarcely two groups of the vast army of selectors agreed on any half-a-dozen players as being undisputably "All-American." Depending on the territory peculiar to the selector concerned, various sections of the country predominate in the "All-American" outfit picked, and only such outstanding figures as Carideo (Notre Dame) for quarter, and two or three others were close to unanimous choices. Perhaps the most outstanding selections are those of the Associated Press, compiled by the voting of 215 experts, and of Coaches Roper, Zuppke, Howard Jones, and McGugin (Vanderbilt). They agree on but three besides Carideo—Donchess, Pitt, and; Nagurski, Minnesota, tackle; and Ticknor, Harvard, center. There is much variance between the A. P. selectors and the coaches named regarding the other seven places.

Personally, we agree with Coach Stagg, of Chicago, who commented upon the four backfield places by saying that "there are at least a dozen players who stand out from the pack—men who are entitled to consideration for All-American honors. Picking four of them will be a tough job for the experts." The same applied to the line positions, and we rejoice with Mr. Stagg that upon us does not rest the task of naming the All-American team.

Personally, however, we like the selection of Bob Coyne, of the Boston Post; Steffanidies, Navy, and Cocorochio, Boston College, ends; Romanowski, B. C., and Hoagenauer, Haverford, tackles; Wisniewski and Szeskowski, Fordham, guards; Tassapoulas, Georgia, center, Skierkowsky, St. Bonaventure, quarter; Pieculewicz, Fordham, and Grossklosse, Amherst, halves; and Petrolonus, Albright, fullback. The reason for his selection is obvious—while the opponents would be trying to figure out who they were playing they would be getting thoroughly trounced. And say, we notice Fordham landed three of these places—maybe that had something to do with the successful season she had.

In the matter of scoring, Southern California led the way with 400 points to 42 for the opponents, while on the other end of the list Delaware scored but 18 to 142, losing seven and tying one, 0-0. Defensively, St. Mary's of California did well to the tune of 198 to 6, Oregon scoring in the last game of the season. An 0-0 tie with California is the worst that

happened to the Gaels. At the other extreme was Hobart, with 309 against her for the season. Individually, McEver, of Tennessee, leads with 130 points, Hinkle, Bucknell, is second with 128, and Marsters, Dartmouth flash, third, with 108. Marsters, you recollect, lost several games due to his injury, and it was only in their last game each that McEver and Hinkle passed him. They ran wild against weaker teams and piled up 33 and 50 points, respectively, to gain their present positions.

Lou Young, after a successful seven-year period as head coach at the University of Pennsylvania, has resigned. His record shows 49 games won, 15 lost and 2 tied for the entire period. Two games (California and Penn State) were lost this year, and the season was considered very satisfactory as a whole. The ex-mentor plans entering business. However, he will remain associated with the university in the capacity of assistant to the chairman of the Council on Athletics.

The Big Ten has given the gate to Iowa, alleging many and sundry charges of professionalism, semi-professionalism, and so on. In turn, Iowa has said a few things which would never, never be misunderstood as flattery or bouquets and, until the smoke clears away and things can be seen a bit more clearly, we shall refrain from committing ourselves.

Speaking of pro stuff, the Green Bay Packers took the national pro title by sailing through the season with no losses and but one tie. New York was second with but one reverse (that at the hands of the Packers) and the Frankford Yellowjackets were third.

A brief selection of the high lights of the past grid season is like this: Longest scoring run, 105 yards, by Capt. Weller of Haskell Indians vs. Creighton U. at Omaha, October 26th. This was the opening kick-off.

Longest run (not to score) 102 yards, Thad Brooks, Davidson vs. Duke, at Davidson, N. C., November 28. He took the ball from scrimmage seven yards behind his own goal and carried it to Duke's five yard line.

Most sensational run, 102 yards, Dick Gentle, Penn vs. Cornell, Philadelphia, November 28. He took the opening kick-off at the second half on his four-yard marker, fumbled it, and the ball rolled two yards behind his goal. Turning, he picked it up and streaked the length of the field for a touchdown.

Trickiest play: Roxbury Latin High, Boston, Boston vs. Brookline High. In the try for point following a touchdown little "Acorn" O'Keefe shinnied up the frame of his lofty end who had run with him

into the end zone, then while so perched high above the surrounding scenery he snatched in a pass accurately hurled by Pinkul.

Hardest view on sore eyes: Stanford's flaming red panties at the California game.

Easiest ditto: the little blond who wanted to know where section "J" was at the Penn-Navy game.

The Iron Man: Nelson Munson, Brown, who played every minute of every one of Brown's ten games this season.

Playin'-est gang: Arkadelphia Baptist Academy, cullud, Arkadelphia, Ark., who beat the Conway (Ark.) outfit 156-0.

Happiest crowd: Indiana outfit after beating Northwestern. Indiana lost one or two early season games, whereupon a number of her students formed a "no-shave" club and swore not to shave until Indiana won a game. For a while it looked as if Indiana would have to swear allegiance to the House of David, but after several weeks of anxiety bordering on despair along came Northwestern to bring Business to the Hoosier barbers and smiles galore to many faces.

\* \* \* \*

Twelve college and prep players were killed during the season, their average ages being slightly less than seventeen years. This record is the lowest since 1926, when 9 were killed.

\* \* \* \*

Night football came, was seen and approved, and is here to stay. It made much whoopee among smaller institutions, and next season will doubtless find it gaining more favor than ever.

\* \* \* \*

Here's one for the rules committee: Poss Miller, F. & M. coach, is in favor of abolishing the present try for point from the two yard marker and substituting a whack from the ten-yard line, with four downs to carry or pass the ball over, no place or drop kick to be permitted, and a pass over the goal line to be governed as now—ending the matter if not completed. This suggestion is worthy of considerable thought, as also is that of "Pop" Warner's that scoring be counted at six points for each touchdown and one point for each earned first down, thereby putting a premium on aggressiveness and offense. "Pop's" system was tried out recently by Long Island U. vs. Brooklyn C. C. N. Y., the former outfit winning 22-11, or according to present system of scoring, 6-0. Long Island made a touchdown and 16 first downs, to no markers and 11 first downs for the C. C's. First downs made through penalties do not count, nor is a try for point after touchdown allowed.

Just for the sake of argument, why not combine "Pop's" scoring by touchdowns and earned first downs with Poss' system of going after the extra point, and see how it looks.

\* \* \* \*

Now that football has journeyed into the limbo of the past (but decidedly not forgotten) sports followers have turned to basketball and ice hockey for their thrills, nor do they seek in vain in these fields for excitement galore.

Professional ice hockey underwent a rather generous revision the last time the rules committee got to-

gether, and a number of changes were put into effect with the intention of speeding up the game. They did, and how. These new measures have both weakened the defense (which used to be too strong) and strengthened the offense (which in other days was almost a negative quantity) and today hockey teams are sailing into the fray and doing things like nobody's business.

In other days Hockey was called by those who liked it (and especially by those who made their living from it) "the fastest game on earth." We neither agree with or dispute their claims, but will say that if hockey were last season "the fastest game," then it is now "the most fastest game." Under the old regulations a one point lead was sufficient excuse for the leading team to do the turtle act and stall the rest of the game, much to the disgust of the spectators, with but little likelihood of the opponents being able to do anything with the puck. Also, penalties for forward passing in the restricted zone were so frequent that many a game sounded like a whistling solo by the referee, accompanied by a chorus of boos, hisses, cat-calls, etc., from the side-lines.

But, as the hard-of-hearing gent said, upon returning to the old farm after an absence of many years, "you'd hardly know the old place now," for the new provisions in the little book have changed things much. The players go faster and keep at it longer, penalties are few and far between, being confined principally to called fouls, and scoring is frequent. The new changes, which have covered much of the game, do most good by permitting plenty of forward passing and by cutting down the last line of defense before the goal to a maximum of three players.

The official opening of the season in New York, November 17th, found a highly colorful and enthusiastic, not to say well pleased crowd of 17,000 who turned out to see how the new rules worked and who went away with nothing but praise for them.

It is too early in the season to orate much and make many forecasts, so ye scribe will continue to scribble, and leave the oracle business to somebody with a reputation of tough and rugged aspect.

\* \* \* \*

"If you've ever thought of quitting, do it now," is the caption under which the Los Angeles Times imparts the succulent information that W. B. Swam, Vancouver, B. C., playing golf for the first time in his life and using rented clubs at that, made a hole-in-one on the 117-yard eighth at Glen Eagles golf course. According to the caddy who has been working around there for the last ten days, the hole is an iron shot to a raised green, but Swam, with the ignorance that is bliss and the ambitious enthusiasm that is yet unshaken by the cold teaching of bitter experience, whaled into the pill with a driver, whereupon said pill, after many and devious bumps and bounds a-la the comic sheet, came finally to rest in the cup.

The greens committee, we understand, refused Mr. Swam permission to remove the cup and surrounding terrain to be mounted and framed for future adoration, so the fortunate golfer had to be content with a lovely action photo of the ball at rest in the cup, said photo

(Continued on Page 60)

# A Sure, Simple, Easy Way to Reduce Your Girth 4 to 6 Inches Instantly—

and Then Acquire a

## PERMANENT REDUCTION

No Dieting—No Exercise—No Drugs. Results Guaranteed—or Not a Penny's Cost to You

If you are sincere in your desire to take inches off your waist measurement and pounds off your weight you won't hesitate to accept the opportunity we now offer you. If excess fat meant only an unattractive appearance one could perhaps afford to take the matter lightly. But every thinking man knows that excess fat is an actual menace to health. Constipation, lassitude, that "fagged-out" feeling after the slightest exertion, shortness of breath, sluggish circulation and many kindred ills—are all too often directly traceable to overweight. To close your eyes to the seriousness of such a condition is bad enough. To ignore a sure and simple means of correcting it is worse.

### Make This Test

We want an opportunity to prove to you that Director will accomplish wonders in reducing your weight and waist measurement. So we ask permission to send you a Director for one week's free trial. Note



Don't continue to look this way

how this remarkable belt produces an instant improvement in your appearance the moment you put it on. Note how much better your clothes fit and look without a heavy waistline to pull them out of shape. See how naturally and comfortably you attain a more erect carriage and enjoy a new feeling of ease and comfort and lightness when the overworked abdominal muscles are properly supported.

### Fat Disappears

You'll enjoy the big improvement in your appearance that Director gives you. You'll enjoy the new feeling of renewed life and vitality it brings. But best of all you'll enjoy the knowledge that 'excess fat is surely disappearing every moment your Director is on. Temporary relief is one thing. A permanent reduction of fat and waist measurement is another. Director gives you both. For Director actually dissolves excess fat away.

### How Director Works

With every movement of your body, Director applies a firm but gentle pressure on the abdominal fat. Every time you take a step—every time you stand or sit down—

every time you bend or twist or lean over



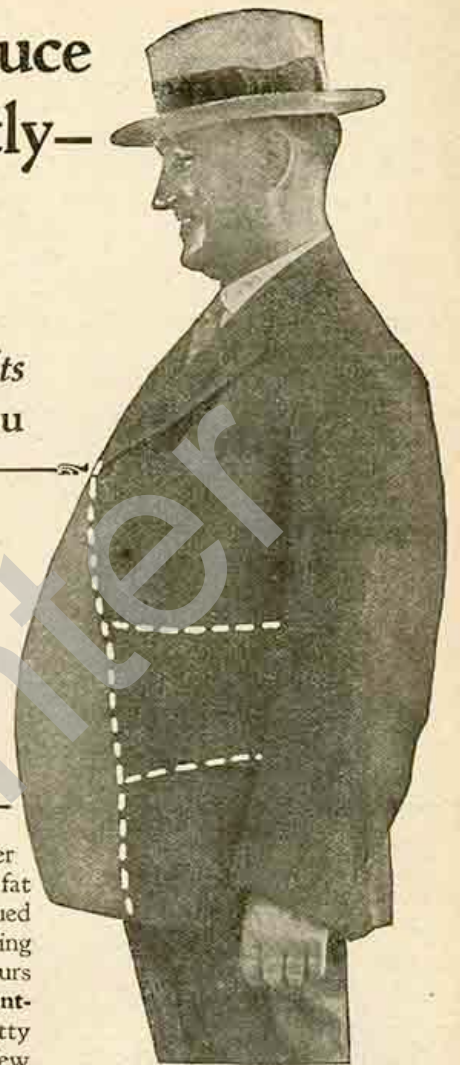
The "Director" will give you a waistline like this

—Director massages fat away. This continued kneading motion during all your waking hours quickly and permanently dissolves excess fatty deposits. Within a few weeks or months—the time required depending on the extent to which you are now overburdened with fat)—Director has accomplished a permanent reduction in a natural way without the slightest effort on your part. The strain and tension of excess fat on abdominal muscles is gone.

Compare this delightful simple method—this guaranteed method—with any other you have ever tried or heard about. Compare it with drugs—with starvation dieting—with violent enervating exercise—with expensive bath and massage treatments. Director is not only by far the most sure and satisfactory method of weight reduction, but the cost is so small as to be negligible in comparison with the benefits it brings.

### No Laces, Hooks or Buttons

Director is woven on especially designed looms—from the finest mercerized web-elastic—all in one piece. There are no buckles, straps, laces, hooks or buttons to bother with. Each Director is made to individual measure. so no



Gone—that ugly bulge and you feel and look so much younger

adjustment is necessary except an occasional taking in as the waistline grows smaller. It slips on easily and quickly and is delightfully comfortable to wear as thousands of business and professional men testify. It never puckers or gathers and always lies flat and smooth.

### TRIAL OFFER

We have tried to give you some idea of what Director is and how it is guaranteed to reduce excess fat. But nothing we can say will be half so convincing as an actual test. So we invite a test on this basis. Use the coupon and send today for trial offer and directions for measuring. Wear Director for one week. Then, if you don't agree with each and every statement we have made herein, simply return the belt and we will refund your money promptly and the trial won't cost you a penny. We can think of no more fair or liberal offer than this. In fairness to yourself please make this test. Fill in and mail the coupon now.

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Gentlemen: Without cost or obligation on my part please send me details of your trial offer, instructions for measuring, doctors' endorsements and letters from users.

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### Learn to Play Quickly

With our short cut method of instruction you will quickly learn how to play Hawaiian Guitar which will bring you popularity and social success. You learn to play from notes. If you never had any musical training, you will quickly get on, because our experts have perfected a course of home instruction which is as simple as learning A, B, C's.

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## Sports Served Short

(Continued from Page 58)

being generously enlarged and beautifully hand tinted.

\* \* \* \*

Baseball, like a turtle, dies hard, and we find it impossible to get by this month without making a few cracks about the grand old sport. Of much interest is Mr. Ruth, of the Yankees, and his expired contract, plus the renewal thereof. The Bambino's career is doubtless drawing very near to the time when the great one's bat will find permanent resting place in the Smithsonian Institute or a great Zoological Garden, and when the mighty deeds of the great one will be spoken of reverently as being of a time no longer present. Realizing this, the Yankee moguls say they are willing to sign for no more than one year, even if at a slight premium over the per year basis on a longer contract, and we think them wise at that. The Babe, great man that he has been, has always exhibited a weakness for letting up in his training program, and when a fellow does things that way he breaks fast when his time does come.

Ruth is talking in terms of \$85,000 for a one year contract or \$75,000 per year for a longer agreement, but we believe that he is wise to his condition and will take a bit less in a pinch—Mr. Col. Jake Ruppert, owner, and Mr. Controller Barrow, his chief executioner, we understand, can pinch, and the final figure, when it is made public, may be enlightening.

\* \* \* \*

George Toporcer, bespectacled star second sacker of the Rochester Club of the International League, was chastised to the extent of a year's suspension from organized baseball for his part in "inciting a riot" at the final game of the "Little World's Series" between Rochester and Kansas City, at Rochester, October 13. The Rochester manager, Billy Southworth, was also pegged \$500 for his part in the day's entertainment. All this dope was released by the powers that be on November 13th.

At a later date, however, the report was given to the public that the details had been gone over a second time and in a more thorough

manner, and that the decision was reached that the original penalties had been too severe. Accordingly, Toporcer's debit was decreased to a \$500 fine (in addition to the \$200 he had paid at the time of the trouble) with no suspension, and manager Southworth's agony was decreased to \$200.

An important side issue is that George was well lined up for a return next season to the St. Louis Cardinals, with which he had formerly played, when his suspension was announced, thereby automatically killing the opportunity for him. Now, however, it is likely that the coming season will find him wearing a nice red canary on his shirt.

\* \* \* \*

Not to be outdone by football, baseball has come forth at this rather late date with its "All-American" selection, to wit: Simmons, Athletics, left field; Wilson, Cubs, center; Ruth, Yankees, right; Foxx, Athletics, first base; Hornsby, Cubs, second; Traynor, Pirates, third; Jackson, Giants, short; Cochrane, Athletics, catcher, and Grove, Athletics, and Grimes, Pirates, pitchers. The selecting was done by Sporting News, the selections being based on the opinions of 187 writers in major league cities. Strange as it may seem, the judges were at much variance most of the way. Cochrane was the only unanimous choice of the list, the closet runner-up being Grove with 174. Then followed Simmons, 142; Traynor, 137; Jackson, 126; Ruth, 117; and Hornsby, 113. The rest scored less than a hundred each, Grimes coming in with 37 to beat out Earnshaw, of the Athletics, who had 34, for number two pitching position.

Of course, this selection will not be minus criticism, but we should like to see a team picked capable of trimming this line-up four out of seven.

\* \* \* \*

The National League has announced the selection of Rogers Hornsby, slugging second sacker of the pennant-winning Chicago Cubs, as its "most valuable player" for

# The Most Important Thing in the World

## IS THE WAY YOU FEEL

Your health means more than having just enough energy to get through your daily work. Life is hardly worth living if you haven't the energy to enjoy yourself as well as do a good day's work. Real health means the possession of considerable muscular strength and development combined with great powers of endurance. Good health means that your internal organs are in first-class working order—no missing cylinders, as it were. Good health means that you are immune from temporary sickness as well as from chronic disease, both of which are shortening lives daily by the millions.

## The Next Most Important Thing

### —IS THE WAY YOU LOOK

Your personal appearance counts for a lot in these times. It is nice to look well in a bathing suit, but it is far more important to be able to create an impression when in your street clothes. To have people exclaim, "My, what a finely built chap!" after one glance at the broad shoulders, deep chest, trim waist, and beautiful proportions which are noticeable even when you are fully dressed.

Your aim in training should be, not health, not appearance alone, not strength alone, but that combination of all three, which is the surest sign of real vigor.

I am looking for the man who wants those things and wants to save time getting them. I am looking for the man who knows that he needs to improve his physical make-up, who has very little time to exercise and who *must have results*.

## I'll Give You a Physique That

### Will "Knock Them Dead"

Yes, sir, you won't feel embarrassed under the public's gaze when I get through with you. And why? Because you will know that the public's opinion of your build is of the highest order—unconcealed admiration. Yours will be the type of physique that appeals to both sexes. You can't imagine the great satisfaction in possessing the type physique that I will develop for you. It's a grand and glorious feeling and no mistake about it.

## I Build You *Big* and *Useful* Muscles

In other words, I build large powerful-looking muscles all over your body and limbs, but they will be muscles that will greatly help you succeed in any endeavor. You will have power and development and you will know how to use both to great advantage. No one will say of you, "He is strong all right, but he doesn't know how to use his strength." You'll be strong all right, but you *will* know how to use your strength which will double your muscular efficiency. Big muscles in themselves are fine to possess, but how much finer it is to be able to use them correctly also. In that combination success is found.

## My 64-Page Booklet Is

# Free!

There are in this book over 75 photos illustrating the muscles I develop for my pupils. There are also illustrations of my own muscular development. No matter how thin or weak you are now you must get this 64-page proof of how I have developed and strengthened the thin, weak and stout and how I can develop and strengthen you. Fellows—it's a booklet that will make you want to be extremely strong and well built and it will show you how. SEND NOW!

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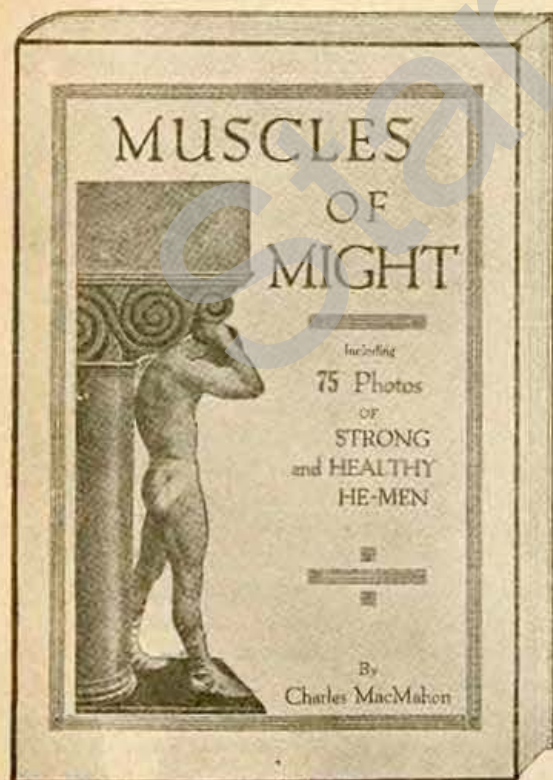
I am anxious to see one of your 64-page booklets containing pictures of muscular pupils and information concerning your methods. This does not obligate me in any way.

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## DON'T MISS IT!!



# Are You Bashful?



???

SHY?

NERVOUS?

EMBARRASSED?

DO YOU LACK  
CONFIDENCE?

\* \* \*

ARE YOU  
Self-Conscious?



NO WONDER YOU ARE A  
"STAY-AT-HOME"

**D**O YOU ever feel embarrassed in the presence of strangers? Are you always bashful and confused when you meet people for the first time or when you are in company of the opposite sex?

## You Are Self-Conscious!

Shame on you! There is no need for you to be nervous and embarrassed. Stop being shy. You can learn how to conquer the terrible fear of your superiors.

## DO NOT BE DISCOURAGED

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1929, which means in addition to the glory a nice bronze medal and a thousand iron men. The selection was based upon the ranking of the ten best players by a committee of eight authorities, working independently. Out of a possible eighty votes Rogers landed 60, Lefty O'Doul, of the Phillies, was a worthy second with 54, and Bill Terry, Giants, was third with 48.

This is the second time Hornsby has garnered the trophy, he having taken it back in 1925, while sporting about with Cardinals, and, incidentally, this is the last official award to be made, the National League following the example of the American League in abolishing the stunt. All of which means that Hornsby is the only man in either league who has won or who shall win the "most valuable player" award twice.

\* \* \* \*

Gone forever is the great "Iron Man" Joe McGinnity, hero of many a baseball game and a mighty figure in the rise of the sport to its present great popularity. His greatest claim to fame is based upon his tremendous endurance which he exhibited particularly while a member of the Giants from 1903 to 1908. In August of the former year he volunteered to pitch three double-headers—and won all six games. Full of fight, he worked whenever the manager would let him, out of turn, as relief man, or what have you.

His record shows a total of 1,012 games pitched in games under the national agreement, no post-season, exhibition, or semi-pro games counted, and of that number he won 490 for a percentage of .600. He is the only man to pitch over a thousand such games in all time. He also holds the modern record for most games pitched in one season, at 51 (with the Giants, 1904. The old time record is 72, made in 1884 by Radbourne, of Providence).

McGinnity was born in Rock Island, Ill., March 19, 1873. In '92 he was pestering the management of the Van Buren, Ark., outfit for a place, and the next year he was doing his stuff for Montgomery, Ala., of the Southern League. In '94 he was with Kansas City, and '95, with Peoria. Then he dropped out a while to run a saloon

and play semi-pro stuff around Springfield, Ill., and during this time he perfected his under-hand delivery which brought him his success. His control, however, was nothing to brag about, and his first year with Brooklyn (1900) found him socking 41 batters, but winning 31 games for a percentage of .769. Later he perfected his control until it was said a catcher could receive for him blindfolded, that Joe could put the ball in the mitt every shot.

McGinnity died November 14th at the home of his daughter in Brooklyn, as a result of an operation for removing a tumor, and was buried a few days later beside the grave of his wife in McAlester, Okla. Thus was terminated the eventful life of this great professional athlete, thirty-two years of whose fifty-eight had been devoted to active baseball affairs. He did much for the game, and the game and all connected with it join in sorrow at his passing.

\* \* \* \*

Leo Diegel defended his professional golf title with success, glory and some lucky "breaks" when he took smiling Johnny Farrell in the final thirty-six hole match play round, 6 and 4, in Los Angeles, December 7. By this it is not to be inferred that he did not play splendid golf—par for the course is 71, and only once did he go over that figure, when he carded 74 in his morning round against Farrell. Including qualifying rounds, he played 171 holes, par for which is 711, and his total was 696, so you can write down in your book that he was close to "right" for the defense of his title. How "right" he was may be deduced from his card of 64 against Hart in the first round. That was *seven* under par!

Nevertheless, while Leo played splendid golf and deserved to win, one cannot overlook three "breaks" which had plenty to do with his conquest of Farrell. In the final 36-hole squabble, they went out and came in in the morning even Stephen at 74. In the afternoon, with one up going into the twenty-seventh Diegel added the hole when Farrell's putt knocked his ball into the cup, and a few minutes later he added number twenty-eight by the same process. Each time Leo laid



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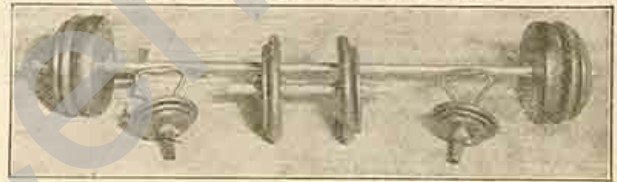
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You become one of them just as soon as you get your bar bell set. Milo bar bells produce the maximum results in the minimum amount of time. Ask any one who has used one. Practically all strong men use, or have used, them. What better proof of their worth as muscle, strength and health producers could be given?

Milo Bells are not made for the strong man or boy exclusively. They are designed and made for every male person between 16 and 60 years of age. They are used with great effectiveness by the extremely weak, the under-developed, the ailing, the peppy, the unhealthy, etc. And one of the many beauties of a Milo bar bell is that you use them **only every other day** and get the best improvements. Think of the time this saves you. In other words, Milo bar bells build you in half the time and make a better job of it.

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# Why Be Ill?

when you might easily  
eat your way to health  
--free?

Food is the best medicine—in fact the only medicine you may need. Animals take no drugs—why should man? Food can both poison and cure. 95% of all disease can be traced to wrong diet—and can be corrected only by right diet.

## Constipation

Normal health requires at least two evacuations daily. All diseases start as self-poisoning due to food retained too long. Nerve and muscle building foods both increase bowel activity if properly selected. Certain foods are intensely nourishing, strengthening, poison eliminating or solvent of artery deposits—according to choice and combinations. Tumors, blood clots, deposits in joints, catarrhal secretions, gallstones, skin blemishes can be dissolved within—without surgery, salves or medicines.

## Catarrh Asthma—Hay Fever

No relief for any form of Catarrh can be obtained except by dissolving the mucus which the blood tries to discharge through nose, lungs, throat and other organs, causing the irritation known by many names, such as Catarrh, Tonsillitis, Rhinitis, Hay Fever, Asthma, Consumption, Appendicitis, Bright's Disease, Pyorrhea, Gleet, etc.

**WHAT TO EAT.** Certain Citric fruits (without sugar) tomatoes, berries, apples, dissolve mucus and counteract acidity, if used with other suitable foods and laxative vegetables.

## Old at 30?

Heavy eaters of starchy foods, bread, grains, potatoes, rice, are slow, awkward, stiff, PREMATURELY OLD, with coarse, wrinkled skin. Suitable animal foods, fruits and vegetables rightly combined restore youthful grace and vigor in even most advanced cases. Even elderly people have been restored to youthful activity after only a few weeks of scientific nutrition.

## Low Vitality

Old age and senility with its lack of vitality is due to hardening of the arteries, i. e. their inner walls become encrusted with calcareous deposits just like the inside of a kettle or boiler. These deposits slow up the circulation and hinder the blood from carrying on its swift work of rebuilding and restoring the worn-out tissues.

## Headaches

Nervousness and Sleeplessness are all due to the same basic cause, i. e. self-poisoning by eating the wrong food combinations. The poisons accumulated in the blood and tissues and at certain points set up congestion (especially where the nerves enter the spine). The congested tissues press on the nerves which in turn sends a shooting pain to "headquarters" to tell you something is wrong. The right foods not only dissolve the poisons and remove congestion, but also restore normal health and strength to the weakened irritated nerves. These troubles are among the easiest to correct quickly and permanently.

## Kidney—Bladder—Diabetes

Kidney, Bladder and Skin Troubles begin when these organs try to do extra work because some other organ is congested or stuffed by wrong eating and faulty elimination. For instance, in Diabetes, the kidneys eliminate sugar which the liver should have utilized.

## Rheumatism

Lumbago, Sciatica, Neuritis, Neuralgia and Rheumatism (whether in joints or tissues) are all caused by a wrong diet, resulting in poisons and congestion, further aggravated by exposure to cold, dampness or draught. Swiftly relieved and permanently banished by eating solvent and eliminating foods. Meats are not necessarily harmful if properly combined and prepared.

## "REAL HEALTH"

### Through Natural Methods

is a new sensational book of sensible practical food knowledge. Tells what, when and how to eat to get the most from your food in the way of new health and real nourishment. It contains 200 pages of simple rules for eating, fasting, dieting, special foods for every common disease, sample menus, natural remedies, quick pain expellers, 18 medical charts, and a \$2 Wall Chart of Exercises. Fully equal to expensive courses. A sensational value at \$1.10.

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In fact, the foods recommended herein mean better health from cheaper foods. The book saves its cost the first week.

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his rival at half-stymie, and each time Johnny tried unsuccessfully to shave past and reach the cup. Also, on the twenty-ninth, the champion got a little useful help when his second shot plunked into the back of a spectator and bounded into the fairway instead of continuing into the tall and uncut. This enabled him to play from a good lie and end with a half for the hole. The (very slightly) injured spectator was Conway Tearle, the movie star, and the most regrettable feature of the incident is that the said injury was not sufficient to get any front page space for the recipient thereof, or even land his picture along side that of the champion in the sporting section.

\* \* \* \*

Speaking of golf recalls to mind a news item from Pensacola to the effect that F. M. Blount did some classy putting on the course there. His third shot came to rest in a palm tree, three feet above ground, and the club pro ruled it a natural hazard to be played accordingly. Thereupon golfer Blount whaled into the pellet with vim and hope and putted it thirty feet to make a par four on the eighteenth hole.

Mr. Ripley, we presume, has written for an autographed action photo for use in his "Believe It or Not" cartoon, the photo to show the ball in the cup, a dotted line to indicate the path it took to reach its destination from "x," the place where it lay in the palm. The thoughts of the golfer at the time he learned he had to play the ball from the tree fortunately will not be reproduced, same being beyond the present pale of photographic possibilities.

\* \* \* \*

The hunting season is in our midst again, and, as usual, is taking its toll of lives via the careless route. But not all its deaths have been due to lead poisoning, as we note a dispatch from Onamia, Minn., that a hunting party brought death to three Indians on a nearby reservation through the medium of an automobile. The pale-faces drove to the battle ground and set out a-foot to do their stuff, whereupon four redskins, ambitious beyond the usual bounds of their kind and "intoxicated by a little learning" as the poet opined, stalked the chariot and

drained the anti-freeze solution from the radiator. Then, after passing out congratulations all around on the wisdom and technical success of their feat, they hastened to put the substitute "fire-water" where they thought it would do the most good. Their judgment was three-fourths perfect—two of the quartet died within a few hours, number three kicked the bucket the next day, and the fourth, who had raised lusty complaints about the others "hogging" the water of happiness, lingered several days as a very, very sick Injun.

This tragedy, comments a capable columnist, illustrates how far back we have gone in sturdy, primitive manhood—time was, he opines, when the Red Men were made of sterner stuff.

\* \* \* \*

Once more civilized man has gone back into the dim, far distant ages when man was but an animal to other animals and has demonstrated that one doesn't need modern civilization to live. This adventure-some soul is Burt M. McConnell, of New York or thereabouts, who sallied into the Canadian wilds September 25th to wrest a living from Nature. It was intended that he should sally forth nude, minus tools or weapons, and remain three months to return to his fellow men well clothed, sleek and handsome, and beating upon his mighty chest a tattoo of triumph at his victory over Dame Nature.

Friend Mac went the first man one better, however, by taking along an automatic photo and movie outfit with a plenteous supply of films to record his periplegations hither and yon, and the story the pictures tell is indeed most interesting, and how. Primarily they reveal Mister McConnell as a wonderful diplomat of the compromising type the leading powers so badly need to settle armament, war and suffrage questions. First of all, the celuloid story shows the hero sallying forth from civilization clad in running panties and a gym shirt instead of a smile, as per original schedule. Furthermore, a suspiciously bright gleam where buttons were not needed resolved itself upon close inspection into a shiny, new hand axe. "Undies" being nix and verboten in cold weather, our hero

again compromised the matter diplomatically, and the movies portray his enthusiastic effort shinnying up a tree to rescue a moose skin which some farsighted Indian had parked there for future reference. Well, the Redskin will have one consolation when he returns and finds his moose hide gone—the fellow that took it sure needed it more than he (the Redskin) did. And, last but not least, the calendar shows that the civilized cave-man compromised on elapsed time, returning to electric lights, steam heat and corner delicatessens on December 2nd, some three weeks ahead of his schedule.

During his experiment McConnell subsisted on a few rabbits, birds and fish, and when he returned to civilization he bore mute testimony of his ordeal. A slight limp, caused by a blister (he must have been in a hurry to get somewhere) loose skin where his excess abdominal flesh had been, and a face urgently in need of a barber's attention and more in need of a few six-course dinners were in much evidence. He also had sufficient material for a novel, but our opinion is that regardless of how good the novel may be it will speak less thoroughly and much less forcefully than did the blister, the loose skin and the face as described tell their tale on December second.

\* \* \* \*

STRENGTH is always strong for sportsmanship and chivalry and all the sauce accompanying same, but we feel the limit has been exceeded by the native farmer, Marange, near Poona, India, who recently banged a tiger to death with a club. The beast had killed and eaten one of Marange's bullocks and had then taken refuge in a field. The native selected a likely shillalah and went on the war path. He found the tiger, a full grown specimen, asleep and could have finished him sans trouble, but being a bit chivalrous he stood back, threw pebbles at the beast to awaken him, and awaited developments. He got them. The tiger charged with a mighty leap, whereupon the farmer did a peach of a side-step and sent a home run to the striper's knob. The process was repeated ad infinitum, and in twenty minutes the quadruped was dead with a thoroughly crushed skull. Marange went to the hospital

## Did YOU Ever Take An INTERNAL BATH?

By M. PHILIP STEPHENSON

THIS may seem a strange question. But if you want to magnify your energy—sharpen your brain to razor edge—put a glorious sparkle in your eye—pull yourself up to a health level where you can laugh at disease and glory in vitality—you're going to read this message to the last line.

I speak from experience. It was a message just such as this that dynamited me out of the slough and dullness and wretched health into the sunlit atmosphere of happiness, vitality and vigor. To me, and no doubt to you, an Internal Bath was something that had never come within my sphere of knowledge.

So I tore off a coupon similar to the one shown below. I wanted to find out what it was all about. And back came a booklet. This booklet was named "Why We Should Bathe Internally." It was just choked with common sense and facts.

### What Is an Internal Bath?

This was my first shock. Vaguely I had an idea that an internal bath was an enema. Or by a stretch of the imagination, a new-fangled laxative. In both cases I was wrong. A real, genuine, true internal bath is no more like an enema than a kite is like an airplane. The only similarity is the employment of water in each case. And so far as laxatives are concerned, I learned one thing—to abstain from them completely.

A bona fide internal bath is the administration into the intestinal tract of pure warm water. Tyrrellized by a marvelous cleansing tonic. The appliance that holds the liquid and injects it is the J. B. L. Cascade, the invention of that eminent physician, Dr. Charles A. Tyrrell, who perfected it to save his own life. Now here's where the genuine internal bath differs radically from the enema.

The lower intestine, called by the great Professor Foges of Vienna "the most prolific source of disease," is five feet long and shaped like an inverted U—thus  $\Omega$ . The enema cleanses but a third of this "horseshoe" or to the first bend.

The J. B. L. Cascade treatment cleanses it the entire length—and is the only appliance that does. You have only to read that booklet "Why We Should Bathe Internally" to fully understand how the Cascade alone can do this. There is absolutely no pain or discomfort.

### Why Take an Internal Bath?

Here is why. The intestinal tract is the



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waste canal of the body. Due to our soft foods, lack of vigorous exercise and highly artificial civilization, nine out of ten persons suffer from intestinal stasis (delay). The passage of waste is entirely too slow. Result: Germs and poisons breed in this waste and enter the blood through the blood vessels in the intestinal walls.

These poisons are extremely insidious. The headaches you get—the skin blemishes—the fatigue—the mental sluggishness—the susceptibility to colds—and countless other ills are directly due to the presence of these poisons in your system. They are the generic causes of premature old age, rheumatism, high blood pressure and many serious maladies.

Thus it is imperative that your system be free of these poisons. And the only sure and effective means is internal bathing. In fifteen minutes it flushes the intestinal tract of all impurities. And each treatment strengthens the intestinal muscles so the passage of waste is hastened.

### Immediate Benefits

Taken just before retiring, you will sleep like a child. You will rise with a vigor that is bubbling over. Your whole attitude toward life will be changed. All clouds will be laden with silver. You will feel rejuvenated—remade. That is not my experience alone, but that of 900,000 men and women who faithfully practice this wonderful inner cleanliness. Just one internal bath a week to regain and hold glorious, vibrant health! To toss off the mantle of old age—nervousness—and dull care! To fortify you against epidemics, colds, etc.

Is that fifteen minutes worth while?

### Send for This Booklet

It is entirely FREE. And I am absolutely convinced that you will agree you never used a two-cent stamp to better advantage. There are letters from many who achieved results that seem miraculous. As an eye opener on health, this booklet is worth many, many times the price of that two-cent stamp. Use the convenient coupon below or address Tyrrell's Hygienic Institute, Inc., Dept. 282, 152 West 65th Street, New York City—NOW.

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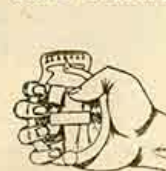
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to get re-assembled, but as most of his injuries were shallow scratches he was soon out and ready to protect his bullocks from the rest of the tiger world.

\* \* \* \*

This flying machine business is going great guns—all the sports and many prominent public figures are going in for it. Recently we had the pleasure of announcing the Prince of Wales as a pilot, and now we see that Saint Nick himself tried it a fling, but with questionable satisfaction, as per the headlines from a Pennsy paper: "Santa tries 'chute leap, plunges into icy river," screamed black-face type, while beneath in smaller letters came this: "10,000 children watch flying Kris fall into Susquehanna (at Wilkes-Barre, Pa.) fished out by policeman; will stick to reindeer." That's the most thoroughly told story in the fewest words we have seen lately, the last four words coming from the lips of Kris himself after he had been thawed out before a convenient furnace.

For a while we feared he might suffer a cold and be handicapped during his recent holiday delivery program, but latest reports are that he did right nobly, generally speaking.

\* \* \* \*

Indoor bike racing has returned. Reggie McNamara and Gaetano Belloni, the American-Italian team, won the six day race which ended in the Chicago Stadium November 13th. A lap behind were the French team, Letourner and Brocardo, and the Germans, Rausch and Deulberg, neck and neck. The French got number two prize, however, having amassed 407 points in the sprints to 303 for the Germans.

In New York December 7th Franco Georgetti and Gerard Debaets, Italian-Belgian combination, won New York's forty-seventh international six day event by one lap ahead of three rivals who were tied at second for distance. Spencer and Deulberg were second on points. Le-

tourner and Brocardo, third, and Hill and Walthour fourth. This was the fourth successive win for Georgetti.

\* \* \* \*

The A. A. U. has gone on record as "favoring the starting blocks" for sprinters, but has withheld recognition as official of records made with their assistance until they are officially recognized as legal throughout the world. Accordingly, while accepting George Simpson's 9 2-5 mark for the century, the Union has done so conditionally, labeling it "with starting blocks."

We can only agree with them in this action, inasmuch as giving starting blocks to a runner is like slipping an extra engine into a flying machine, and if our runners are to compete against those of other lands or of other years it is but fair that the conditions of competition should be similar if the records made are to be accepted as thoroughly indicative of the respective abilities of the athletes concerned.

\* \* \* \*

Helen Wills vs. Suzanne Lenglen  
Bill Tilden or Rene La Coste

vs.

Karel Kozeluh

Can you beat it!

The groundwork has been laid for such matches between pro and amateur tennis stars in open tournaments similar to those so popular in golf affairs, now that the U. S. Lawn Tennis Association has taken a step to have such meets sanctioned throughout the country and world.

This is indeed gratifying inasmuch as what the U. S. L. T. A. attempts it invariably accomplishes, and such matches as those mentioned between the greatest of both ranks of players would do much to increase the popularity and prestige of tennis. Of course, many things would have to be smoothed out, but the details are as nothing. The important fact is that the power that does things is behind the movement and that we can, therefore, look for results, perhaps by September.

**Hobey Baker—**

**Hockey Star**

(Continued from Page 43)

and the further impetus it received at St. Pauls. Whatever the reason, there is no doubt but that he entered into the stick sport with keener zest than he displayed in any other game.

When Baker entered Princeton his fame as a hockey player had preceded him. Yet he tried out for the varsity team in his sophomore year in the same fashion as a totally unknown player would make his bid for recognition. But Hobey, of course, was so far and away the best of those who were on the ice that his position was clinched the same day that he went out for the team.

Despite his undoubted supremacy on the ice Hobey was of so great a modesty that he did not realize the tremendous gap between himself and the rest of the team. In speaking with one of his former teammates, Erich Kilner, an amusing story brought this fact out more clearly than words could. In Baker's senior year he did not report for hockey practice until two weeks after the squad had reported; his delay was due to orders from the trainer that he rest up after the strenuous football season he had just gone through. When Hobey did report he was out of practice and as a result quite a bit "off" in his play—though even at that he was far above anybody on the team. The former St. Paul boy felt that if he was not doing at least the work of two men he was not doing his share and he really thought that he was not good enough for the team. Since the captain Wendall Kuhn, was a very close personal friend of his Baker asked his chum Kilner to find out if Kuhn did not displace him because it would be embarrassing to do so. Baker was serious in the matter, and would not feel differently until Kuhn told him that his place was clinched on merit and not past performances.

The Princeton star's performances on the ice against all teams, and particularly against the arch rivals, Harvard and Yale, were so consistently brilliant that it is almost impossible to pick out any one

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STUART'S PLAPAO-PADS are a patented mechanico-chemico self-adhesive device, designed to aid in supporting the weakened muscles and keep them in a position where the blood vessels will not be constricted. The circulation being re-established and the blood being brought through the parts in increased quantities by the adaptation of mechanico-chemico-plaster therapy and the Epidermatic principle—the tone and contractile power of the muscles increases, and when restored to normalcy, of course, all previous troubles disappear; then no artificial support is needed.

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The Plapao-Pad is made adhesive to keep the pad from shifting out of place, to supply the local pressure, and act as a sort of reinforcing muscle. The fabric is soft as velvet, and being adhesive, clings closely to the body without Straps, Buckles or Springs; thus averting notice through the clothing. Easy to apply—comparatively inexpensive and comfortable.

In case the muscles have unduly weakened, with a relative enlargement of the hernial orifice and consequent difficulty in retention, a padless support can be used as an adjunct.

**MERIT RECOGNIZED**

Awarded Gold Medal, Rome; Grand Prix, Paris; and Honorable Mention, Panama Pacific Exposition. Ruptured people in different countries have used the Plapao-Pads at home and reported maximum success in conquering some of the most stubborn cases, without delay from work. Over a million used. Patents granted in U. S. and foreign countries.



Send No Money—for a sufficient quantity of the remedial factor "Plapao" will be sent you for a ten-day test, free of charge. There are no strings to this offer; no charge is made, now or ever, for this Free Test. Write today and convince yourself.

**FREE TEST COUPON**

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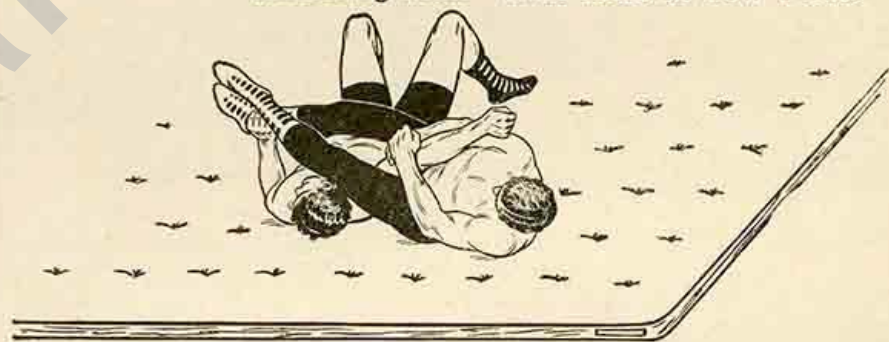
**MEN**—Enlarge any muscles; strictly confidential. Stamp appreciated. Address: Laboratory Manager, Box 534, Santa Ana, California.



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**ANY SIZE—ANY TYPE**

**SEE LOW PRICES IN COUPON**

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(I can supply you with any other size mat you desire.)

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# The Greatest Muscle Developing Course \$1.00 Can Buy

There are perhaps a dozen men in this country who have studied this business of body building. One of these men is Mr. J. Leonard Mason, Instructor of Physical Education at the University of Pennsylvania. Results count, and Mr. Mason's record covering the past fifteen years proves him to be one of the greatest physical directors in the country.

So we put this proposition up to him. We said, "We want you to write a course in Physical Development that we can offer to readers of STRENGTH Magazine. We want that course to contain all you know about training, body building and the development of great muscular strength. It must be clearly written, with exact directions, so that every man can carry out your instructions in his own home with certain results."

That course is now ready and, man, it is a wonderful course. It's got everything in it that a man wants to know. It takes you step by step, without strain, without excessive effort, toward the goal of perfect development. The directions are so exact, you can't make a mistake. Best of all, it costs so little that you do not have to give the cost a thought.

## LESSON 1

The introduction is a detailed discussion of training principles. What an athlete needs to know about eating, sleeping, bathing and generally keeping himself in the pink of condition. Special attention is given the effect of proper habits in standing, walking, breathing and in developing muscle control. You are also told how to gain or lose weight, what you should weigh, and what the ideal development is for a man of your build and height.

## LESSONS 2 AND 3

Beginning with the second lesson, Mr. Mason takes up exercises specially designed to reach every muscle and nerve in the body, and to the average man who keeps himself in fairly good shape, will be a revelation in disclosing unused and unfit muscles. With the third lesson these exercises become more difficult, surplus and subcutaneous fat are removed, the muscles become clearly defined throughout the body and springy in character, ready for the real business of development.

## LESSONS 4 AND 5

Lessons 4 and 5 are designed to produce great muscular strength. Beyond these exercises you cannot go in the science of development, and the development you personally secure will depend upon the time you devote to them. Fifteen minutes per day will give you a very powerful build and great muscular strength in three months.

## FIVE LESSONS—FIFTEEN THOUSAND WORDS

All that could be put into an elaborate and expensive course has been boiled down and condensed into these five lessons, and two large charts, and they are preceded by an introduction on standing, breathing and conditioning, which, to the average man, is worth more than is asked for STRENGTH and the course together.

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Gentlemen: I am checking off below the proposition I desire to take advantage of, and am enclosing a remittance to cover cost of same.  
[ ] 1 year's subscription to "STRENGTH"  
J. Leonard Mason's Five-Lesson Course \$2.50.

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(Canadian orders, 25c additional; foreign orders, 50c additional)

game he played and say that was his best game. In fact things got so bad from the rivals viewpoint that they often delegated three men to do nothing else but watch Baker.

While there is no one game to single out there yet remains several feats that stand out in the annals of hockey. The first of these remarkable stunts—for they almost reached that proportion—came in a game against Yale. The score was pretty close and Hobey was intent upon putting Princeton into the lead. Playing daringly he took the puck down toward the goal and reached it with three Yale men as the final barrier. Skating from one end of the rink he passed in front of the netting. As he went to hit the puck he was accidentally tripped. While turning in midair he hit the puck with a sudden twist of his wrist and sent it into the netting just as he crashed onto the ice. The Yale men were so astonished that they just looked at him in amazement; he merely picked himself up and skated unassumingly back to his position.

Another astounding feat of Baker's occurred in a game with Harvard. During the game Baker skated around with his usual speed and good results. On one play he skidded along the ice on his stomach; instead of forgetting about the game he still kept his mind on the puck and swung at it while going along the ice at full speed and

sent it into the goalkeeper's net.

Baker's chief excellence as a scorer lay in his uncanny ability to control the different angles to the goal. His co-ordination was so quick and his eye so keen that angles that appeared impossible to ordinary players were simple for him. In with this was his ability to out-guess and outskate any opponent who challenged his progress down the ice.

Before going into his last period another story about Baker might interest the reader. That Hobey disliked publicity is now well known, and this tale deals with an excited reporter who did not know this fact. The reporter stood before the dressing room before a league game waiting for Hobey to appear. When the Princeton man showed up the fellow immediately hustled up to him, and although he had never met him before, greeted "Say Hobey," he went on, "let me talk to you for a couple of minutes. I have a whole page for you tomorrow, and I'll put it on thick." He thought Baker would be tickled pink with the idea.

Baker turned to him. "Would you please do me a big favor."

"Sure, Hobey, anything for you."

"Well," answered Baker seriously, "please kill the article." With that he turned and walked into the dressing room, while the reporter stared at him open mouthed.

## Stage Fencing and Fencing Competitions

(Continued from Page 37)

come on guard out of distance, the word to commence is given and the bout continues until the combatants and judges decide something has taken place to warrant halting it. The president and the judges are present to assist the combatants to decide the validity of the touches received or given, for foil and light sabre play bouts are governed by rather artificial rules which are, however, quite necessary. The dueling sword bout permits a touch anywhere on the adversary.

Fencing masters well trained rarely need anyone to assist them when they are fencing with another of equal ability, though an interna-

tional and national matches of intense importance judges of repute often assist.

Fencing in the fencing room is now a complete science—also an art. Nothing new has been discovered during the last 80 years. LaFaugere, a French master of repute, in 1825 computed no less than 14,240 combinations of parries and attacks up to four movements in each combination, but keep in mind the science of swordsmanship is about 1,000 years old and that all the brilliant minds of the world were occupied for centuries devising means of attack and defense in order to live through the years of a

natural life. See figure 6.

In the fencing room one learns modern swordsmanship—dueling is prohibited as a felony in most civilized countries—and a fencer of intelligence and standing does not permit the word "duel" to enter his vocabulary. Some, however, prefer to "kid themselves" along in believing they are "fighting a duel," but I maintain one can be quite serious in indulging in a sport or pastime and win his bouts correctly without having to imagine he is cutting off his opponent's head or running him through the liver. The fire-eaters and swashbucklers of years ago are absent amongst fencers of today—fencing has become a "gentleman's sport" and the writer see no season it should not remain as such.

Fencing equipment of correct pattern is not so very expensive and lasts many years. A sportsman rarely objects to furnishing himself with a satisfactory outfit—it pays in the end. Blades may break but they are usually easy to refit to the modern fencing implement.

It is extremely bad form and a bad habit to teach or fence in the fencing room without a mask. It sets a bad example to younger fencers, but as the fencers without masks are absolutely unpitied by the more conservative fencers should an accident occur, who should worry? Again, to the ambitious beginner I say don't waste time listening to some budding fencer telling you what should or should not "be done in a duel"—get in the game and try out everything—sheer audacity has won many a fight!

To summarize the comparison between stage sword play and the real thing (whether in competition or in the duel of other days) the stage variety is a "bluff" from beginning to end, something like a verse of some poem which is repeated with more or less fervor, while a competition is a matter of intense mental concentration of almost deadly intent which calls into play almost every human emotion and extreme physical activity in some instances. The actor meets a partner who does the expected, while the competitor meets an opponent—often a rank stranger—who strives always to present him

# I Bulged Like This

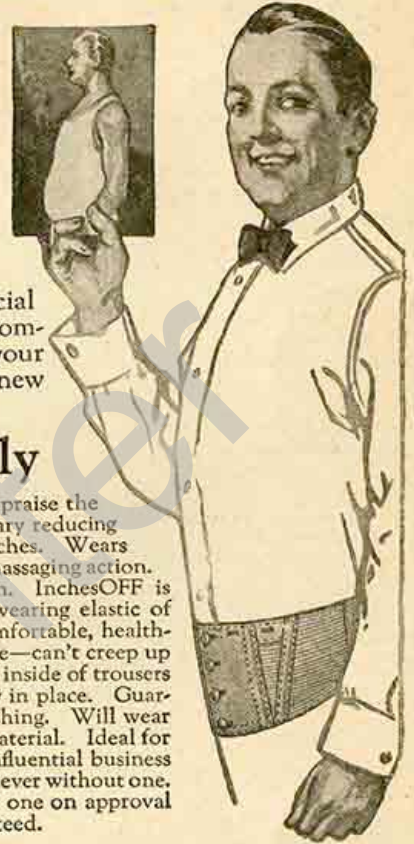
## LOOK AT MY STOMACH NOW

"Instantly this remarkable belt made me inches smaller around the waist. A month ago I had a real 'bay window.' Now I look and feel like a new man."

Bulging waistlines are physical and social handicaps. Why have a conspicuous stomach when it's so easy now to control your girth with this marvelous belt of new patented weave?

## Inches Off Instantly

Men of all sizes in all walks of life wear and praise the InchesOFF Abdominal Belt for its extraordinary reducing power. Will quickly cut your girth 4 to 6 inches. Wears down fat and fights accumulation by gentle massaging action. No other belt like it in body-shaped design. InchesOFF is the only belt made of this marvelous long-wearing elastic of patented weave. Worn over shirt. Cool, comfortable, healthful. Approved by physicians. Always in place—can't creep up or down. Attaches to suspender buttons on inside of trousers if desired. Holds shirt and trousers perfectly in place. Guaranteed not to shrink or overstretch from washing. Will wear three times longer than any belt of other material. Ideal for golf, sports, business and full dress. Many influential business men wear an InchesOFF Belt continuously—never without one. Will make you look ten years younger. Try one on approval—results will amaze you. Satisfaction guaranteed.



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If your waist is bulging or getting bigger this belt will work wonders at needed reduction. Our guarantee and responsibility backed by resources in excess of \$10,000,000. Write for all the facts and our 10-day approval offer. Mail coupon now.

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To advertise we are going to give over \$7160.00 in prizes. Charles Henning, between 60 and 70 years old, won \$4245.00 in last offer; Joe Hanslick, 15 years old, won \$900.00; Mrs. D. H. Ziller won \$1800.00. You can win \$3500.00 now.

## CAN YOU FIND THE TWINS?

Be careful! Don't make a mistake! It's not as easy as it looks because two, and only two, of the seven pictures are exactly alike. Find them—mark them—or send numbers on post card or letter. Over 25 prizes this time, and duplicate prizes in case of ties! Send no money. Anyone who answers correctly may receive prizes or cash. You can have cash or Waco airplane, or automobile, or new home. If correct you will be qualified for this opportunity.

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# Have You These Symptoms of NERVE Exhaustion?

Do you get excited easily?  
Do you become fatigued after slight exertion?  
Are your hands and feet cold?  
Do you suffer from constipation or stomach trouble?  
Is your sleep disturbed by troubled dreams?  
Have you spells of irritability?  
Are you often gloomy and pessimistic?  
Do you suffer from heart palpitation, cold sweats, ringing in the ears, dizzy spells?



These are only a few of the signs of weak, unhealthy nerves that are steadily robbing thousands of people of their youth and health.

## What Causes Sick Nerves?

**WOMEN** In women this is largely due to over-active emotions, and to the constant turmoil in their domestic and marital relations.

**MEN** In men, these signs of nerve exhaustion are produced as a result of worries, intense concentration, excesses and vices. The mad pace at which we are traveling is wrecking the entire Nervous Organization.

## How to Strengthen Your Nerves

No tonic or magic system of exercise can ever restore the health and vigor to weak, sick, unbalanced nerves. To regenerate lost nerve force, to build up strong, sound nerves, requires an understanding of the action and abuses of nerves. It needs a knowledge of the natural laws of nerve fatigue, of mental and physical relaxation and nerve metabolism. And it is only through the application of these laws that stubborn cases of Nerve Exhaustion can be overcome.

## Read This Wonder Book

Based upon many years of intensive experience and study, the famous author, Richard Blackstone, has written a remarkable book, entitled "New Nerves for Old." In plain language he gives certain easy-to-follow rules that have enabled thousands of men and women to regain their lost nervous energy and to acquire glowing health and youthful vitality. It enables you to correctly diagnose your own case and shows you how to bring back your lost nervous vitality.

"New Nerves for Old" is worth its weight in gold—and yet its cost is only 25c. stamps or coin. The book will prove a revelation to you. It will help you throughout your entire life; it will help you to build for yourself a solid foundation for your future success and happiness. Mail coupon for your copy today. Address, Richard Blackstone, N-22, Flatiron Building, New York.

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Please send me a copy of your book "New Nerves for Old." I am enclosing 25c in coin or stamps.

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with the unexpected maneuver.

Dueling rarely helps fencing—it has often brought it into disrepute—but stage and competition have served to keep alive this all-import-

ant art of other years. Long may fencing "with tools or implements" flourish to afford skill, health and recreation to our modern knights of a business world.

## Frank Merrill---Tarzan of the Apes

(Continued from Page 33)

stands him in excellent stead in doing stunts on jungle vines in the Tarzan pictures. On one occasion he picked up a 122-pound woman by placing one arm around her waist, swung with her into a tree, and clambored from tree to tree, having only one hand available for gripping branches and vines.

Among the other feats of strength required in the Tarzan series were tearing up trees in a frenzy, and bending the rifle barrel of one of his enemies, not to mention tonsorial work done on various enemy heads with his mighty war club. On one occasion he had to pick up a heavyweight "villian" to high above his head and hurl him through a window. It was all in the day's work to Frank, but it was the hospital for the "heavy." He must constantly guard against putting out anything like his full strength in fighting human beings, lest he do them serious damage. He prefers to stack up against wild beasts, where a little conscientious effort on his part is not productive of serious consequences to another human being. His body is covered with scars, souvenirs of his many conflicts and adventures in making jungle pictures. The animals he has fought hand to hand include lions, leopards, crocodiles and great apes, and not a few of his scars were inflicted by a certain great ape which Frank battled to defeat high in a tree. The story called for him to pick up the ape from the ground by wrapping his legs around its neck and swinging it into the tree. The ape hadn't read the scenario, so he put up an awful battle, biting Merrill severely several times before Frank finally won the argument by hurling the beast to the ground.

Frank regards lions as the most dangerous opponents, because the members of that family are doubly

dangerous because of their fangs and claws and the power of their mighty blows, a single one of which can crush a skull or half a dozen ribs, and lay a man's body open for a depth of several inches. He has defeated a leopard with his bare hands, the animal, in a jungle scene, having bitten his leg, inflicting a nasty wound, whereupon Frank got a grip on the beast's throat and held on until the leopard let go. Strangling a leopard is possible, he declares, if the animal be seized from behind in such a way that it cannot get to the man with its paws. But lions—they bring on more talk, and he says that they are beyond the scope of the bare hands of any man. A knife or club, ter chance against the king of however, would give a man a bet-beasts, as was demonstrated recently by a native of India who killed a full-grown tiger with a trusty club.

Again, in one of his pictures, Merrill had to battle two crocodiles, with nothing more potent than a knife. The script called for him to rescue his leading lady, Natalie Kingston, from the monsters, and with his bare hands he had pulled apart the jaws of one of them when a second made a grab for his legs. Some quick and fancy, if impromptu, footwork and knife play saved the day and the leg in addition to the lady concerned.

But not all of his animal co-actors are opponents—there is Tantor, the great elephant, almost human in his intelligence, who is greatly devoted to the star. Once Frank swung from the elephant's head onto a jungle vine, disturbing and surprising the pachyderm to a considerable extent. Tantor halted, looked about in surprise, and continued on his way only after he had located his friend safely swinging on the vine, high above the ground. On another occasion the



elephant of his own accord reached down his trunk to help Tarzan out of a pit.

Physically, Frank Merrill is much of a man. Thirty-one years old, he is six feet tall and weighs 185 pounds. His chest is 44 inches; biceps, 16  $\frac{1}{4}$ ; forearms, 14; wrist, 8  $\frac{1}{2}$ ; thigh, 22; and calves, 15. For the benefit of the ladies, we add that he has dark brown hair and brown eyes.

Mentally, he is a clear thinker, courageous and inclined to consider lightly the perils of his occupation. The dangers he has encountered he views in but a matter of fact way, as but a part of the day's work. There was the time, for instance, when he jumped some 14 feet from a point 25 feet above the ground to catch a vine. But as he jumped the wind blew it from his reach, he missed and fell, but avoided injury by turning somersaults to the ground, landing on his feet unhurt. Quick thinking saved him, as it did on another occasion when, while performing on the rings, his hands slipped and he fell 45 feet. Again he had the presence of mind to somersault to the ground, but this time so hard was his fall that he dropped forward to his hands, fracturing both wrists.

"I only sustained two broken wrists," he said of the incident, nor did he put any accent on the "only." That is courage, and a man, for you.

## Inter-collegiate Athletics

(Continued from Page 35)

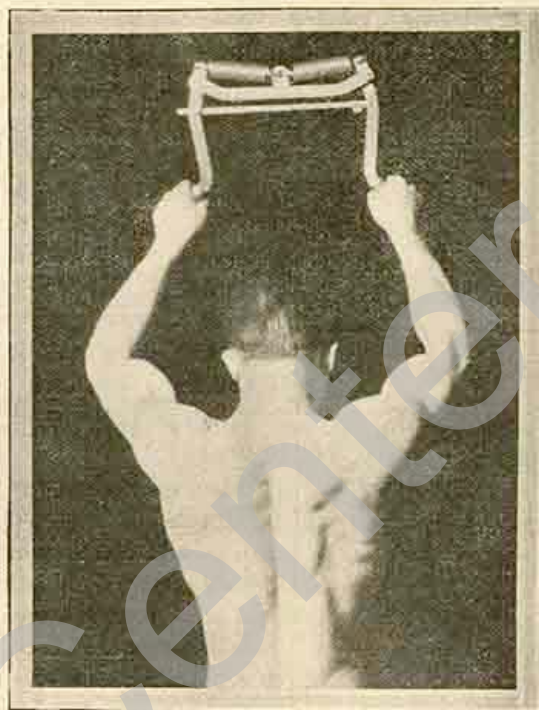
Most gymnasts are developed in every phase of the game, and seek to do all things equally well. That this feature is a desirable one cannot be gainsayed; while the specialist is often the outstanding star the man who can do all things well gets more out of sport—and life.

Although N. Y. U. had not applied for an associate membership in the league last year their capable star, Wotzie, was allowed to compete in the individual championships. However, his score did not count in the awarding of the titles, but were of value more for exhibition purposes than for competitive

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**Y**OU want to win the admiration of your friends and acquaintances—you want to be popular with both sexes—but somehow you can't put it across. WHY? Because you are skinny, you have no muscles, you are as weak as a fish or you might be fat and soft? These days the world bends its knee to the strong, muscled man—a man who can pit himself against any obstacle and will come out a WINNER. The fair sex demands that the male be a real strong he-man, who can take care of himself and her without any effort—and who can make himself popular and well liked no matter where he goes.

So you must wake up man! Do something—don't sit there idle while all around you others are developing their bodies to shapely proportions. There is now available a device of German origin, THE MUSCLE BUILDER, a perfect, improved muscle builder, designed along scientific lines for the purpose of developing the maximum amount of strength and muscle in a minimum amount of time and with the least possible expenditure of energy. This exercise is a wonder and sells for only \$4.95 postpaid—and a chart of exercises goes with it!

Just think of the muscles you can develop—of the wonderful physique you can build up for yourself—no one can afford to be without this new, scientifically made muscle builder.

## What Is The Muscle Builder?

—it is a progressive exerciser, composed of two arms affixed near their outer ends to the opposite ends of a supporting member. Between the outer end of each arm and connected to an anchor at the center of the supporting bar is a powerful coil spring which furnishes the resistance of the exerciser. There is a built-in scale for gauging and recording the degree of strength exerted in a given movement, and the use of the exerciser is made perfectly safe by automatic spring clips which guarantee that the resistance springs do not become unfastened.

The MUSCLE BUILDER is made of the finest steel, finished in nickel, with properly shaped black hardwood handles.

In use the handles of the exerciser are forced toward each other while the apparatus is held in various positions, thereby bringing into play the various muscles of the arms, shoulders, chest, upper body and the entire body in general.

Don't forget you get a chart of exercises with the muscle builder and the price of the apparatus and course is only \$4.95! You can't afford to be without it! Truly a remarkable offer.

Attach your remittance to the coupon and mail it at once so as to be sure to get your exerciser.

LEHIGH SUPPLY CO. 8-2-30  
1138 Real Estate Trust Bldg.,  
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Enclosed please find (Money Order) (Cash) for \$4.95 (Check)

for which kindly rush my Muscle Builder to me at once, along with my chart of exercises. I am anxious to develop my muscles and improve my health and appearance.

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## Catarrh, Etc.

Only your blood containing fruit acid can dissolve any mucus or "paste" in your system.

### Mucus-Making Foods

In its passage through the body mucus is secreted in various organs, causing disease. The effects or symptoms are then named variously according to location, but the source of the trouble is the same—fermentation, chiefly from butter, cheese, cream, fat, oil, salt, etc., in excess.

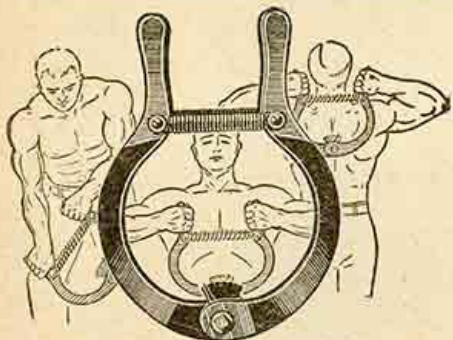
### 100 Names for 1 Disease

Mucus causes catarrh of the eyes (conjunctivitis), of the nose (rhinitis), of the ears (otitis, deafness), of the bronchial tubes (bronchitis, asthma), of the lungs (tuberculosis), of the stomach (gastritis), of the appendix (appendicitis), of gall bladder (gall stones), of gums (pyorrhoea), etc.

### Eat for Efficiency

Juice from grapefruit, without sugar, also tomato juice, berries, some oranges, apples, etc., when used as freely as water, combined with suitable brain-and-nerve foods, laxative vegetables, prepare your blood to dissolve mucus, and remove acidity.

A clerk wrote: "No mucus, voice stronger, head clear as a bell, gained 20 lbs., now earn 4 times as much." Educational booklet 10 cents. BRINKLER SCHOOL OF EATING, Dept. 20B, 138 W. 72nd St., New York.



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So positive are we that you will say the iron shoe is the greatest piece of muscle-building apparatus you ever saw, that we ship it to you on 14 days' free trial. Sign your name to the coupon below and rush it to us and receive full particulars about this special offer by return mail. There is no obligation for this information—it is free. We reserve one of our free sixty-day courses for those who write at once.

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Without any obligation on my part and without cost, send full particulars about your iron shoe and your fourteen-day trial offer. Also reserve free a sixty-day course for me.

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Dept. 20-B—Los Angeles, Calif.

counts. Wotzie's exhibition was received with great enthusiasm by the crowd, and a direct result of his fine work was the step toward application for membership in the league by N. Y. U.

Wells of M. I. T. carried off the all-around title for 1928. Despite the fact that Wotzie was an Olympic performer Wells came very close to him in most of the events and showed that he would have given him a good fight even if the N. Y. U's man scores had counted. This year the M. I. T. man is again favored to retain his title, provided that N. Y. U. does not send Wotzie to the championships. In that case it will be a battle well worth going to see.

The individual rope climbing championship was won by Waterman of the Navy, who climbed the twenty feet of suspended rope in four and four-tenths seconds. As in Wells case, Waterman is favored to repeat this year even though the opposition from Princeton men should be greater. The side-horse was won by Adamson of Navy, while the parallel bars crown went to Sadler of Dartmouth. The rings title went to Reynolds of Dartmouth while Dartmouth once again repeated in the tumbling event when Gould scored.

A close analysis of the meet shows that three colleges stood out from the others last year: Dartmouth, M. I. T., and Navy. Although these schools expect to be as strong as last year they by no means are certain of fighting it out among themselves for the trophy. Princeton has two new men from last year's freshman class who should aid the team materially, while Pennsylvania and Temple both look stronger than last winter. If N. Y. U. is allowed to compete they should cause the leaders quite a bit of trouble, if only because they have Wotzie.

Before leaving the intercollegiate angle an interesting case of what gymnastics can do for a man who is physically unable to participate in other sports can be cited. Two winters ago a young freshman at

Princeton reported to Richard Swinnerton, the able coach of that school's team, for gym work. The young man had two partially paralyzed legs; a condition which had been with him since childhood. Swinnerton looked at him, and decided that the best way for Charles Claggett to further his physical development was to work on the rings. But Claggett had already learned the fundamentals of ring work at the St. Louis Country Day School and merely expected to spend his required hour of exercise in that way. But Swinnerton had other plans; Claggett showed such marvelous aptitude that the physical director decided that he might make the gym team.

Last winter when the other teams came down to meet Princeton they were astonished to see a young chap hobble on his cane up to the rings to compete. But these teams did not laugh, for Claggett earned more than one first place for his team in these meets. Pure grit, plus natural skill combined to enable this young man overcome the almost impossible handicap of paralyzed legs.

While intercollegiate competition in gymnastics is the chief aim of the league officials, the fact remains that this type of sport is of even greater importance to the average student who does not care to participate in competition. For this student the parallel bars, the flying rings, and tumbling are wonderful means of health giving recreation. Gymnastics is possibly the only sport that a man can enjoy by himself.

Gymnastics, perhaps more than any other game, has the tendency to develop ones body in symmetrical lines, and to inculcate a quickness of body movement and suppleness of bone action that few games can match. This fact, plus the fact that a work-out does not consume a great deal of time, accounts for its growing popularity in all of our colleges throughout the country. And with this growing popularity the growth of intercollegiate competition is bound to increase.

## What The Hot Stove League Is Doing

(Continued from Page 53)

two major leagues? Will the great Athletic team of Connie Mack's be able to again conquer the Yankees and then fight its way to the championship of the world? How will the Yankees fare without the inspirational leadership of the midget Miller Huggins? Will Babe Ruth return to his old home run hitting form? Will Lou Gehrig get out of his 1929 slump? These and many other baseball questions clamor for an answer. They probably are being discussed these cold winter nights over many a stove in the village store.

We honestly believe that the Athletics will repeat their triumph of last year. The Connie Mack clan is without doubt the strongest team in baseball today. It is well balanced in all branches, both offensive and defensive, and should have no trouble in again winning the pennant next year. Of course, a great deal depends on Mack's pitchers. Last year Grove and Earnshaw and Walberg carried the burden through the greater part of the season, being assisted in spots by the veteran Quinn, the again Rommel and the practically all-through Ehmke. Realizing that he will need pitching reinforcements next year Mack has obtained new talent. Whether the new additions, particularly Leroy Mahaffey, of Portland, will pan out as Mack hopes and expects is something that we cannot say at the present time. Only time will answer this question.

The Athletics offensive last year was confined to a great extent to the bats of Simmons, Miller, Foxx and Cochrane. These four men carried the brunt of the attack. If any of them should fail the coming season then Connie Mack will be out of luck. However, there is no reason why they shouldn't be able to carry on. All are young men even in the baseball sense of age and have plenty of swats in them yet.

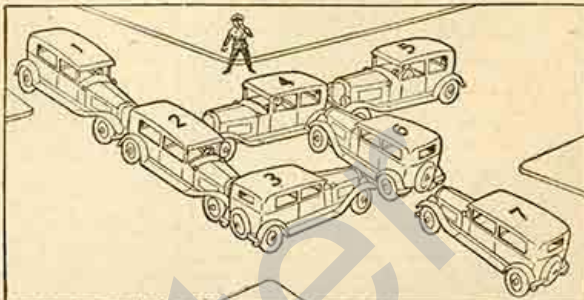
The chief rival of the Athletics this year again will be the Yankees. Last year the clan led by the great Huggins fell down both offensively and defensively. The team didn't

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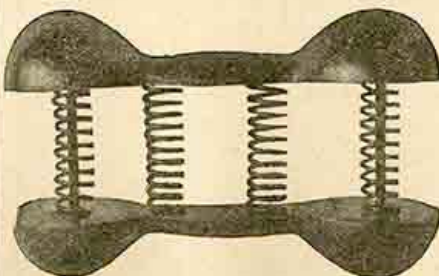
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hit as well as it can and its pitchers didn't pitch up to form. Bob Shawkey, the new manager of the team, has quite a problem on his hands. He must get strong reinforcements for his pitching staff and then must pray that his sluggers, Ruth, Gehrig, Combs, et al., hit up to form. Also, he must plug the hole left by the trade of Bob Meusel. Will Shawkey be able to lead his team to victory? Will he?

The great Yankee machine built up by Huggins is no more and Shawkey will have to begin rebuilding anew. Of course, he has a good start in the material left him by Huggins and should go far with the thousands of dollars Owner Ruppert will place at his disposal for the purchase of new material. However, the building of a great baseball combination is not the work of a day or even a single season and therefore we do not look for the Yankees to defeat the Athletics this year.

Everyone is interested in Babe Ruth and wondering, no doubt, whether the mightiest slugger of all times will come back, that is whether he will regain the form of 1928 and other great years. We believe that Ruth still has several years of great baseball in him and that 1930 will be one of his best years. Ruth has been sort of an in-and-outer. He always has had a great season after a poor one and while 1929 was not a real poor season for the home run monarch, yet it could hardly be listed as a great one for him. He therefore is due for a great season.

Another thing that makes us believe that Ruth will have a great year is the fact that he will want to make a good impression on his employer and so remain in the big money. Ruppert seems determined not to give the Babe any long contracts and so it is likely that Ruth will be fighting hard to convince his boss that he is not through. Also, Ruth is taking better care of himself since he has married than he ever has before and he will be in better condition when the baseball season rolls around than he has been for a long time.

Ruth's teammate, Gehrig, also should have a good year. Lou fell down miserably last year and we

believe it was only the case of a bad season, of his being off form. In the ring even the best fighters have their bad nights and there is no reason why this isn't to be true on the diamond, too. It would be folly to say that Gehrig has passed his peak. He still is very young and has plenty of good baseball in him. Watch him this year! He may scale greater heights than he has yet attained.

And now we turn to the National league. What is the outlook for the teams in the senior major circuit? Will the Cubs under Joe McCarthy repeat their triumph of 1929? We think the Cubs will win the pennant again and we will go further and predict that if they again meet the Athletics in the World Series they will come out on top. We suppose this bold prediction of ours will meet with much opposition, but we are prepared for this.

Wrigley, the owner of the Chicago team, has opened his coffers and is in the field to strengthen the weak spots in the Cubs. One of the weakest spots last year was at third base and already the Cubs have made a move that will go in a large way to fill the gap there. Lester Bell has been obtained from the Braves and when Bell is going good there are few third basemen who are better. Bell, no doubt, was obtained on the recommendation of Rogers Hornsby. Bell seems to play best when he is playing alongside of Hornsby. When the great Rogers was playing manager of the St. Louis Cardinals Bell played a great game for him. When Hornsby left, the playing of Bell fell down. When Hornsby went to the Braves he obtained Bell and again along side of Hornsby the playing of Bell improved. Without Hornsby, Bell was somewhat of a bust last year. This year he will again have Hornsby as a companion and we predict great things for him.

In addition to filling the third base hole, Wrigley and McCarthy are after some new pitchers. The pitching staff of the Cubs fell down in the World Series and no one knows it better than McCarthy. He wants to get reinforcements for Root, Malone, Carlson, Blake. If he obtains one or two more reliable

pitchers then the Cubs will be in a better position for this campaign than they were last year.

The stiffest opposition will come from the Pittsburgh Pirates, the New York Giants and perhaps the Phillies. The latter team has been in the cellar of the National League for so long that little is expected of it. However, last year the Phillies showed such a vast improvement that we are beginning to look for big things from the team. Burt Shotton has a few sluggers that are among the best in baseball and all he needs are a couple of more good pitchers. If he obtains them then the Phillies will have to be reckoned with in the National League scramble. Make no mistake though, dear reader, we do not predict a pennant for the Phillies nor do we say that the Bakermen will be the runnersup, but we do say that they will be in there fighting all the year and that they may be a stumbling block for the other leaders.

McGraw has not done very much to strengthen his team, evidently being satisfied with his 1929 combination. Last year he predicted a pennant for his team and was sorely disappointed when his team failed to come through. We predict another disappointment for him this year.

The Cardinals and Pirates, the other leaders, have some weak spots and they will have to strengthen them to get anywhere. The thing that is hurting the Cardinals more than anything else is the constant changing of managers. We think there is too much office management in the Cardinal outfit and that St. Louis will not win again until the manager is really permitted to manage.

Now what do you say?

## Health--Strength--Beauty

(Continued from Page 39)

This is the leg swinging exercise. Holding on to something for support with the left arm, swing the right leg as high forward and as high backward as you can. Make the movement vigorous, and hold the leg straight. On the back swing you may have to bend it a little, but in either case hold it as firm as possible and aim with each successive swing to raise it a little higher. Then try raising

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the legs sideways, still holding them stiff. When the right leg has tired, reverse your position and swing the left leg.

Next you can try lying flat on the back and raising the legs as high as you can, holding them stiff and straight. At first you will be able to raise them only a short distance, but as you continue, you will find it becoming easy to raise them higher and higher, and the encouraging part of it is that the higher you can raise your legs, the more the flesh is being worked away.

Also try waist bending; that is bending forward, backward and to the sides, being sure to get a full contraction of the muscles at each swing. If you do this work carelessly, you will do yourself absolutely no good. You must feel the muscles contract, but you must also be careful not to strain.

## The Mat

(Continued from Page 49)

to rest, but in cross country, as in boxing, a man must rely on his own ability and courage. It takes genuine courage for those sports. If you falter, you are out of the race or you go down on the canvas.

"The five men who finished for Penn today are all fighters. There isn't a quitter on the team and they are the ones I want to get the credit. Don't give me any. I don't suffer physically, though I do mentally."

Earl Eby, a former running champion, who interviewed Mr. Robertson, made a few remarks along the same lines. "Friends, if you have never run cross country in competition, you have no conception of the tortures these youths are asked to endure. . . . And one wonders whether the human body was built to withstand such punishment."

Now, we aren't so old, nor do we claim to be as wise as Lawson Robertson, but for quite some time we have been stressing the harmfulness of excessive distance running for immature youths. Particularly have we pointed out our belief that strenuous competition of this sort is harmful, or at least not beneficial, to the physical well being of young lads in their teens.

To reduce the bust, practice the following: Stand straight with hands on hips. Move your elbows back until they meet. Then stretching the arms in front of you, palms meeting, raise them above the head, again stretch them out and return slowly to first position. Make these arm movements vigorous.

Another good bust exercise is: lie flat on a couch. Now bring the arms down to the sides (do this vigorously). Repeat until tired.

It would also be to your advantage to bath the bust in cold water for a few minutes after each exercising period. You might add a little salt to the water.

Swimming will also strengthen your bust muscles. It will help you considerably to swim at least twice a week. Swimming will also help make your abdomen firm.

In the book I wrote during the past year, considerable space was devoted to a thorough discussion of this subject. Of course, being an advocate of weight lifting, a sport which is commonly considered the most terrible of all forms of physical exertion, our opinion on running might carry but little weight in some quarters; it is therefore with the most profound pleasure that we take this opportunity of quoting an athletic sage of such high standing as Mr. Robertson.

And, lest our intentions be misunderstood regarding the subject, permit me to state that an article on running to improve the "wind" which appears in another part of this issue was written by a fellow staff member at my suggestion. I recognize the value of such training for the purpose of general conditioning of the body, and so far as many individuals are concerned, nothing could be better for them. But, I wish to stress the difference between sensible training and overdoing the thing.

Some persons learn so much quicker than others! Here we have a noteworthy case in proof thereof. A well known lifter in the middle west has evidently been somewhat

of a vegetarian, at least he has been fooling around with food fads. This man is now thirty-six and has been lifting only since around the age of thirty. Up until last summer his occupational exertions consisted for the most part of sitting on a stool in a small office. Then he took on some new duties which called for considerable stair climbing during the day. I also believe he gives up lifting each summer and plays baseball. Well, it so happened that last summer he suffered a breakdown and was confined to a hospital bed for eleven days. Since then he has changed his habits of diet and eats almost anything. He is carrying on with the daily stair climbing and has been training at lifting for the past few months. He now finds himself gaining both in bodyweight and leg development and feeling better than ever. In a letter he remarks "it proves your statements to a lot of physical culture vegetarians on development and strength."

Providing an explanation is necessary, here is a case of an athlete being able to get by on a limited diet as long as his exertions were curtailed. But, when it was necessary to expend more energy, his body was unequal to the task. Now with a more wholesome diet, he is improving even on a daily program of greater energy expenditure. I have, at times, wondered why this fellow did not register higher lifting poundages. Evidently we have the answer, and can now expect him to improve.

Isn't it funny, though, how long it takes some fellows to realize the harmfulness of a stinted diet. Paralleling that case, we have another which was widely reported in the daily press last spring or early summer. A young lad who specialized on strength feats (but was not a bar bell man or properly trained lifter) and experimented on diets, especially a meatless diet, who passed away of impoverishment of the blood.

Those who do not exert themselves strenuously may be able to survive and evidently lead a satisfactory existence, but it can't be done when you continually indulge in manly exertions.

Editor of The Mat.  
Dear Mr. Berry:

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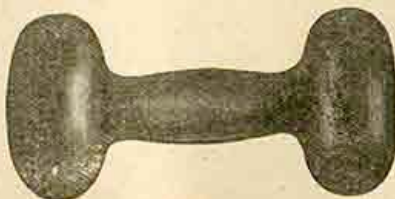
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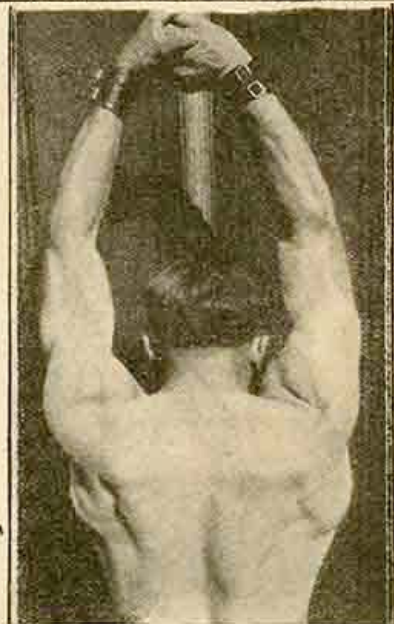
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In a recent number of STRENGTH it was stated that Rigoulot's two arm clean and jerk of 402 pounds was only six pounds less than the 408 pound record of the gigantic Swoboda in the two arm continental jerk. That is true, but Swoboda made his record of 408 pounds years ago, and since then he has lifted 425 pounds in the same style. This lift is not only mentioned in books on lifting, but it was recorded in all the prominent American newspapers at the time. It was, in fact, the only great lift of recent years that has been given space in the newspapers of this country.

I wish I could give you definite information about this lift, Mr. Berry, but I cannot. I had in my possession a newspaper clipping stating that he had broken the world's record in the two arm jerk with a lift of 425 pounds. My clipping probably gave the time and place, but with the traveling around that I have been doing, many of my possessions have been mislaid and are gone forever. I can only tell you that it was previous to 1927. If it was made, I should think that some of the Teutonic lifting publications would contain the information.

Yours,

An Interested Lifting Fan.

### ANSWER:

The highest authentic record I can find of a Two Arm Continental Jerk by Karl Swoboda was that of 408  $\frac{3}{4}$  pounds. I might say that it has been my privilege to read considerable German and French literature on the subject and nowhere have I found any reference to a higher poundage. It is correct that Swoboda jerked as much as 440 pounds after the bell had been placed at his shoulders, and previously had succeeded with various other poundages.

Certainly, we cannot rely upon newspaper clippings concerning lifting facts. I gave an instance of this in the pages of STRENGTH recently wherein the total of the three Olympic lifts was given as the overhead lifting ability of Tom Tyler. I have other clippings on hand of a similar nature. It is certainly true that the average newspaper reporter would be unable to distinguish between a correct Continental Jerk



and the type of lift with which Swoboda succeeded with 440 pounds.

I stand to be corrected on this matter, and if anyone can offer substantial proof to the contrary I shall be only too pleased to hear from them.

Mr. Berry,  
Dear Sir:

In your article in STRENGTH for December you say that Eugene Sandow "was gifted with a rather heavy bony framework for a man of average height. His wrists measured over eight inches and he was very broad shouldered for a man of his height."

It is curious that Sandow has been spoken of for years, by other writers, as an example of a rather small boned type magnificently developed. It has been said that it was the large size of his muscles in contrast to the small size of his joints which made him so impressive in appearance.

Now, Sandow was not small boned, but he was a man of average sized bones, and the supreme example of what the average man can accomplish. Surely, if you examine any photograph of Sandow's arm, you will observe that his wrists are not large in comparison with his forearm and upperarm; just as you will notice the opposite effect in any photograph of Joseph Nordquest, whose wrists did not measure over eight inches.

L. A.

ANSWER:

In regards to the bony framework of Sandow, allow me to assure you that the statements made in my recent article are positively correct. Very much has been written concerning the measurements of Sandow which is inaccurate, and in many cases exaggerated.

How can I be so sure? Certainly. I am taking the word of La Culture Physique Magazine of Paris; Prof.

E. Desbonnet, at that office, has kept accurate records for many years of the measurements of athletes. Not so long ago, that magazine had occasion to discuss at great length, the measurements of Sandow. According to their records, his wrist measurement was  $8\frac{1}{8}$  inches.

I confess to not having personally measured Sandow, and in the maze of inaccuracies surrounding the life history of the man, I choose to accept the figures given out by Desbonnet. It is a well known fact that considerable confusion exists concerning Sandow's measurements, and various tales have been published, some of which were absolutely impossible.

In "Physical Training Simplified," I have discussed this question. It is possible that some writers have wished to impress the public with the developmental possibilities of the average man and have attempted to use Sandow as a shining example. Study several photos of Sandow rather closely and you cannot fail to see that his bony framework was much heavier than average for a man of his height.

As to comparing the measurements of Sandow and Nordquest, according to reliable figures the largest wrist girth of the latter during the time he was in the public eye was  $8\frac{1}{4}$  inches, which is very slightly larger than that of Sandow. His arms were evidently somewhat larger than those of Sandow, though here again we cannot be too sure regarding forearm measurements unless the same individual does the measuring.

Undoubtedly the joints of Sandow were more round and compact than those of Nordquest. We all know that Sandow excelled in shapeliness, his muscles having that indescribable something which created an impression of larger measurements than he really possessed.

## Association Notes

(Continued from Page 56)

ing Claycomb should not be amiss. He has been lifting eight years. He wishes to credit his success to Mr. Thomas Robson of Windber, Pa., a graduate Physical Director who

has been lifting eighteen years. Claycomb says "I once had a long talk with Henry 'Milo' Steinborn and from his talk I have learned to go into deep squats in all the quick

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lifts. In the Two Arm Snatch my back knee was only about two inches off the floor. In the One Arm Snatch I have been using the same squat Sundberg uses. I have been practicing this squat for three years."

The Referee for the first total was John Valentine, and for the second Alexander Raies.

Up at Dubois, Pa., where Frank Dennis has been residing for some time, they had some lifting. Leonard Fischel, weighing 120 pounds, made a new American record for the One Finger Lift, raising 187½ pounds. With Two Fingers he lifted 305½ pounds, also a new American record for his class.

Out in Portland, Oregon, the fellows got together and put on an exhibition at the Multnomah Amateur Athletic Club, on the evening of December 6th.

Ted McKeon, weighing 146 pounds just failed to make 190 pounds in the Right Hand Bent Press. Arnie Sundberg made a total on the Five Championship Lifts, doing Left Hand Snatch 149½, Right Hand Clean and Jerk 172, Two Hands Snatch 199½, Two Hands Military Press 161½, Two Hands Clean and Jerk 263, for a total of 945½ pounds at a body-weight of 154 pounds. The Two Hands Snatch and Two Hands Clean and Jerk are both new records. On the single handed Snatch, Sundberg started at 149½ and failed twice on 170 pounds.

Dr. Collister M. Wheeler beat Sundberg in a contest at repetition jerking from the shoulders. The "Doc" is a lighter man than Arnie.

Sundberg attempted a Dumb Bell Bent Press of 199½, but was unsuccessful. J. L. Dill, the Referee for the evening also did some exhibition lifting as did Vernon Forrest. The audience was well pleased with the lifting of everyone.

At a previous exhibit, on November 22nd, Ted McKeon made two records for his class, weighing 147 pounds. He made a One Hand Anyhow and Bent Press of 175 pounds with the right hand, and a Right Hand Clean and Bent Press of 171½. On this same evening, Sundberg tried for some records but was unsuccessful. Arnie did a Two Hands Clean and Jerk of 255, and

after cleaning 265 failed to jerk it; Right Hand Clean and Jerk 175; Left Hand Snatch 161½, and then got 166½ up O. K. but touched one hand to the floor. He also did a continental Press of 200. J. L. Dill and Dr. C. M. Wheeler were officials on this occasion.

At the Denver, Colo., Y. M. C. A., a meeting was held for the purpose of forming a weight lifting and bar bell exercise class. Those in charge of the lifting activities are Mr. Mert Lampson, Ass't Physical Director of the Denver branch, and Mr. A. W. Bertchef.

The evening of Saturday, December 14th, saw another Strength show at the studio of Lynwood "Bill" Lilly in Philadelphia. The program opened with an act of muscle control by Rudolph Gambacorta, who had appeared in a like role the previous month. This young man, evidently still in his teens, has developed very well and his degree of muscle control gives evidence of long hours of practice. Rudolph is the newest prodigy in this line, one of whom shows up every couple of years or so. They generally go far in other ways providing they keep active and don't lose interest. We hope to be able to show you some poses of Gambacorta within the next few months.

The next turn was a young lady of tender years, six to be exact, a pupil of Prof. P. H. Paulinetti.

The idea which seemed to be uppermost in the mind of the Professor was to impress upon the minds of the audience the ease with which the youngest beginner could be taught difficult acrobatic dancing tricks. For instance, in starting, with the split, which looks hard to those who have never been properly instructed, little Miss Lawler showed how simple the split is performed when the hands are placed on the floor in a certain manner so as to relieve the legs of strain. Following this first demonstration, we were shown step by step how easily various other splits and roll overs could be mastered; she showed in turn, back and forward walk overs, diving tinsica on one hand, tinsicas on the spot, hand springs on one hand, walk overs using one foot, flip-flaps, and a round-off and a row of flip-flaps. After witnessing this

demonstration, no parent should hesitate to place their little ones under the direction of the venerable professor. Mr. and Mrs. Stanley Lawler, the parents of Virginia, should be proud of what their little girl has accomplished so far; a bright future must be in store for her.

Following little Miss Lawler, we saw Art Levan, of Reading, who was out to set up some new records in the new Featherweight class. Weighing just 128 pounds, he started on the Left Hand Snatch with 118 pounds. Succeeding with that, Art registered 128½ and then 134 pounds, which is quite a respectable record for his class. Levan next had his eyes set on beating the 205 pound record held by Darwin Canova on the Two Hands Clean and Jerk Behind Neck.

Of course, Canova made his record at a bodyweight of about 122 pounds, so his 205 pound lift still stands in the 126 pound class. Art progressed from 192 to 201½ and then to 213 pounds, all of the lifts being done very cleanly and without any great display of effort.

Last month, a little colored fellow Carlton Harris, weighing 130 pounds, made a new Lightweight record of 231 pounds on the Pull Over and Press On Back. Without a doubt, he could make 128 pounds and equal the record poundage, and quite possible exceed it by some little margin. In the absence of any such attempt this month, Art Levan took a shot at beating 231. After warming up with a little over two hundred, and then passing 211½, he tried 236. He pretty nearly got it, but lost the bell near the finish, though his hips were lifted from the floor in the effort of pressing. The bell was then reduced to 232, which he pressed to the finish all right but raised his hips in doing so, which of course disqualified him. A subsequent attempt was a failure, so Art passed on to the next lift on his list.

This was the Shoulder Bridge, which due to the rules permitting such action is more properly referred to by some of the fellows as a "Shoulder Bridge with Belly Toss." He was in turn successful with 252, 272 and 284, which makes a fairly healthy record for fellows of his bodyweight.



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### Forty—The Danger Age

These are the facts, just as I learned them. In 65% of all men, the vital prostate gland slows up soon after 40. No pain is experienced, but as this distressing condition continues, sciatica, backache, severe bladder weakness, constipation, etc., often develop.

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Wilbert McKishen, of Bridgeton, N. J., a war veteran and friend of C. F. Dilks and Allan Johnson, whom many of you will recall, came out to try a Bent Press with Dumb Bell. Weighing 145 pounds, he started with 143, was O. K. with 163, but failed on two attempts with 178. He then showed us an exhibition curl of 118 pounds, and although he curled 128, he resorted to shrugging to turn the trick.

Bill Lilly, tipping the scales at 167 called for two dumb bells to be loaded, with the intention of establishing a new record (professional of course) for the Two Dumb Bells Continental Press. The first attempt was made with 162 pounds, 80 in one hand and 82 in the other. The bells were increased to 93 and 92½; with this 185½ Bill scored two failures and then mastered the poundage: 95 in each hand went up all right, and then 196½ or 98 and 98½ went up easier than any of the other poundages. This exceeded the 175½ pound lift of Frank Dennis.

Bill next signified his intention of bettering his record for the Right Hand Bent Press with Dumb Bell. Wilbert McKishen decided to lift along with him. They warmed up with 130 pounds and then had the bell loaded up to 191 pounds. Lilly put it up with fair ease, making a new record for his class; McKishen failed to stand up with the weight

on two trials. This is a pretty good poundage for a 145 pound man, and had Wilbert been more steady we believe he would have been successful.

One thing which greatly impressed us, was the difference in effort between the two record lifts of Bill Lilly.

One might even ask, why go to so much effort and strain putting a total of 196½ up with two dumb-bells, when it is so much easier to put up one dumb bell weighing practically as much? For, presumably, he is capable of as much with one bell as he is with two, when the press is used.

The exhibition was wound up with an acrobatic turn by George Garthright. This young man has recently turned professional and came to perform for us after his theatre engagement was over, at the request of Prof. Paulinetti.

Garthright gave a demonstration of some of the most difficult acrobatic stunts. Here are the highlights in his routine: side somersaults, Boranis, a round-off, flip-flaps and a full and a half twister, and a standing full twister; and how he did them, his feet almost hit the ceiling in some of his tricks. George Garthright has trained and performed with Al Manger of Baltimore; they had a mixed routine of weight lifting, band balancing, and acrobatics.

## Next--Zep Excursion To The North Pole

(Continued from Page 41)

"Press, Attention!"

It is Lieutenant George F. Watson, U. S. N., 'a regular guy,' whom his superiors had assigned to the more or less thankless job of playing wet nurse for the assembled press at the United States Naval Air Station, Lakehurst, N. J.

The eyes of all the world are directed toward Lakehurst at this moment. The ears of all the world are listening for the droning sound of the motors which would indicate that the Graf Zeppelin, Leviathan of the air, had once more conquered the elements.

But the world sees only through these 200 newspapermen assembled in this room. And the world hears only through these reporters. The

color, the excitement, the nervous tension of the moment has to be translated into thousands and thousands of words, and into hundreds of pictures, for the world to see and feel and hear this great moment. And acting as liaison officer between the shock troops of reporters and the big event itself is Lieutenant Watson.

Behind a thin partition that separates the press room itself from the telegraph office set up there for the purpose, three dozen telegraph instruments are clacking at once, the staccato sound equalling the rat-tat-tat of a battery of machine guns. Watson stands on a desk in front of this partition, facing the press room. And in front of him, in addition to

the noise of the mob of reporters, is the riveting sound of a hundred typewriters going all at once.

"Press. Attention!"

Watson tries once again. Finally, a modicum of quietness is attained. Reporters crowd up towards his desk.

"Press," he starts again, and everybody, or nearly everybody, is listening now. "Press, let's get together on this and it will be easier for everybody.

"The Zep is fifteen minutes away from the field. She just reported by wireless. Arrangements have been made so that the press will get right through to the landing field without being stopped by anyone.

"Keep your pink cards where they can be seen. Men, put them in your hatbands. Women, pin them on your dresses or coats."

He goes on with the directions, and five minutes later, the order is given. "Press, let's go."

Ah—all is going to be sweet this time. It is all very simple. There will be no confusion for the reporters this time as there was at other landings of the Zep.

In a helter-skelter mass, the reporters pour out of the press room, down a stairway to the hangar. They look like little ants in that monstrously large structure, little ants crawling over the floor, dodging ropes, rails, motors. Little ants ducking under the giant form of the United States Navy's dirigible Los Angeles, which had been shoved to one side of the hangar, like a step-sister awaiting the guest who is about to arrive.

The hangar is dimly lighted. Out into a little dinky hallway the swarming mass of reporters move, a corridor entirely unlighted, where it is against the rules even to light a match because the space is filled with highly explosive gases.

"In between the doors," goes the order.

The reporters gather at one end of the hangar, between the massive doors on that side. These doors weigh ten tons each, and are operated by two giant motors, one for each door.

Now they are all gathered there, with the guardian angel, Watson, in front, waiting for the word to move.

A reporter flashes a hand search-

light and looks at his watch. A girl reporter shoves her face into the glare of the flashlight to examine her nose in a little pocket mirror, then proceeds to fix her make-up—as if anyone cares whether she has enough powder on her nose or not.

And now—

The motors of the Zep are heard. She is coming! She cannot be seen as yet.

The next moment, a cry goes up from the reporters' group.

"There she is—over there, between those two clouds."

A man points, and everybody looks. There are the lights of the Zep's cabin, all aglow. She is traveling fast. Right smack over the center of the hangar, and away, veering somewhat to one side and maneuvering for the landing.

"Let's go."

And the reporters are off for the landing field.

The plans had been perfect. The reporters were to line up right behind the 500 marines and sailors who make up the ship's landing party. But the landing party started its march from another portion of the field, up near the guard house.

Across the field the reporters go, stumbling over a rock here, a depression in the earth there, into a mud puddle, through a thicket of grass.

They hit a roadway which seems to lead directly to the portion of the field where the landing will take place.

The field becomes lighted suddenly, as if by magic. The air station's big searchlights are on, one of them having the power of five hundred million candle lights.

And in that glare of light, a figure on horseback is racing across the field, directly in front of reporters.

Behind the figure on horseback are a half dozen men.

The man on the horse is a sergeant of the State Police who are here to help control the crowds. The men behind him are Marines.

"Back, you can't get past here," the sergeant yells.

"We're the press," the handful in front reply, and they march on.

"I don't give a damn who you are, you can't get by here," he answers, and pushes his horse into the crowd, narrowly escaping hitting a few of the reporters who hur-



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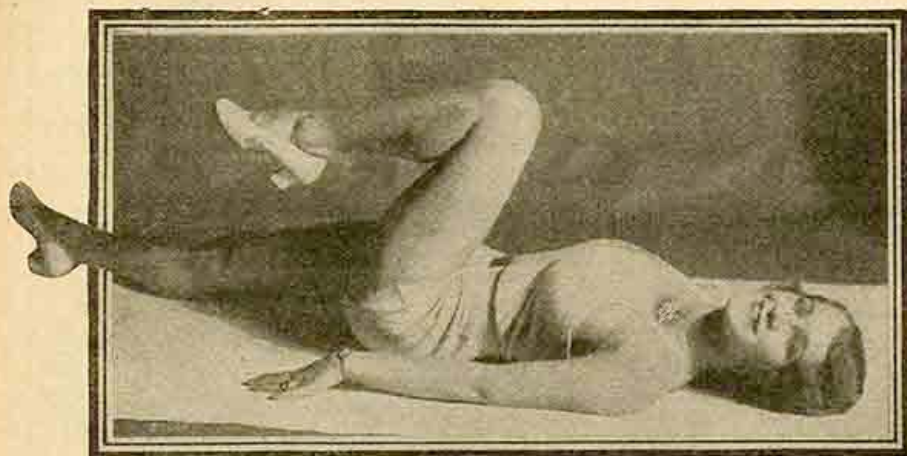
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Are you content to remain *fat* all your life? Well, if you are, don't bother reading any further. This message is for the stout girl or woman who earnestly desires to reduce and who is looking around for an easy and effective way to do so. *Jack Sandow* can help her. Beauty and attractiveness are now within her reach. Her success in life and happiness depend upon them. After *Jack Sandow* gets through with her she need never be ashamed of her figure again. She will be admired and sought after by every one with whom she comes in contact.

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You have dreamed about and wished for and envied a beautiful body, probably possessed by some friend, or such as you see on the stage or in the pages of this magazine, but you never thought it was possible that you could some day have a figure just like it or better. You might be surprised to learn that many of these girls, whom you have admired, have built their bodies up through exercise. Now, with *Jack Sandow's* Course, it is possible that you can do the same thing. Prove it to yourself by investing in his wonderful course.

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riedly jump out of the horse's way.

Now the whole flock of reporters is crowded about the horseman, while the half dozen marines raise their night sticks threatening to bring them down.

"Back . . . Press . . . Can't go here . . . We got permission . . ." Shout and counter shout mingle. The big searchlight had been shifted a little to one side, enough to throw this part of the field into semi-darkness.

It looks like a fight will occur here. The press insists on marching on at this point. Already, they see the Zep coming closer and closer to earth—and they've all got to be right there.

"Go ahead Press, don't let anybody stop you!"

The challenge comes from the rear, the press presses forward, the horse lunges, the night sticks are more threatening. . .

And then, out of nowhere, Lt. Watson appears, and all is well again. He explains, the press goes on.

On, on, closer to the big gas bag. As close to it now as it is safe to be.

A reporter lights a cigarette.

"For God's sake, douse that light," a dozen voices shout at once.

No smoking is permitted on the field. If the Zep's gas is lit by a spark, there won't be a reporter alive to write the story of the catastrophe.

Now, like silver tongues shooting forth from the gondolas of the Zeppelin, come the tow ropes.

Expert hands of the landing party grab for the loops of the thinner ropes that unravel themselves from the thicker cables.

"Heave, ho!"

The landing party grabs. They pull the big gas bag, its motors now shut off, first in one direction, then in another direction.

Slowly, she settles. The passenger cabin is about two or three feet from the ground. Like a huge bird, the Zep hangs there, suspended, not of the earth but no more of the heavens.

One man steps out of the cabin onto a platform. Another quickly steps in to take his place. The ballast of the ship must not be disturbed.

Then another, and another, of the Graf's passengers get off. A bus, aglow with light, waits a few feet away. They get in.

But there are no busses for the newspapermen. And the Welfare Building, where the passengers are taken, is a mile and a half away, across the wide fields.

Across the fields, then, they scamper, in groups of two and threes, each anxious to get there first.

In front of the Welfare Building, the "depot" for the Zep passengers, 16 "soundie" machines, are ready for the guests.

Here, big lights had been rigged up. Each passenger poses in turn before the cameras, the movie cameras and the still picturemen. And each one talks into the battery of microphones. These voices, with the movies of the persons speaking, will be heard as the pictures are seen in every movie theatre in the country and all over the world.

An airplane zooms low over the Welfare Building, and away, seemingly into the pine thicket. It's the signal for one of the cameramen that the plane is waiting for the pictures, to rush them to the New York studio, where the pictures will be developed and rushed, by air,

## Endurance and How To Get It

(Continued from Page 40)

special kind of paralysis, which reduces ones functional powers. We are apt to think of fatigue as meaning only "tired muscles," such as one experiences after a long Sunday walk to which he is not accustomed, but it is much more than that.

Fatigue may be of several kinds. "A" Ordinary physical fatigue due to muscular exertion; "B" Mental fatigue due to overuse of the mind and "C" Nervous fatigue in which the nerve force is exhausted from whipping the body to an exertion beyond the point of mental and physical fatigue.

A certain amount of temporary fatigue is normal in the body action and hence is harmless, for recuperation follows quickly. Normal fatigue is a direct result of what we term "metabolism" which is the building up and tearing down process going on all the time in every

water, motor and rail to every part of the world.

And then the rush for typewriters. Two hundred men and women write, click, click, click away on their machines. The telegraph instruments in the back room are working just as frantically. Millions of words pouring out over the wires. And that way, the world gets the stories which these reporters have written that night.

But, if all this hustling and bustling, and battling; all this shoving and fighting for space, for a look at this or that, for room at a desk where to put the portable typewriter, for a private wire to this newspaper office or that town—if all this goes on in the press room, not a word of it goes out to the world at large. The world gets the story of the event itself. The story of the newspapermen is not often written; the story of how the event is covered is not frequently told, because to the 200 reporters assembled there—all of them the aces of their staffs, what the public would call the "star reporters"—to them it is an everyday occurrence. Today, they are covering the Zep, tomorrow a murder that makes millions weep and pity, the next day perhaps a presidential tour.

tissue of the human body—we are wearing and wasting and growing and repairing all the time. Oxygen and food elements are being continually carried to every tissue by the blood. There it is oxydized or "burnt up" and the waste matter (which act as poisons if allowed to remain in the tissues) is then carried again by the blood to the organs of elimination.

Chiefly these body waste products are water, carbonic acid which is eliminated chiefly through the lungs and urea which goes out through the kidneys—the water helping all the organs, while the great mass of unused food materials are handled by the bowels. Does it not stand to reason that we should drink plenty of pure water, breathe lots of good air and take exercise to promote functional activity of the digestive tract? They are so simple and cheap that such mea-

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# You Can Be a He-Man

## But You Need the Right Physical Culture Course

By BERNARD BERNARD



D. Sc. (Phys.), M. S.  
P. M. P. C., Chief  
Physical Culture  
Consultants

Friend, have you been disappointed in your Physical Culture endeavors? Have you worked hard at your exercises and failed to make the progress you wished? Have you even taken Physical Culture Courses without obtaining satisfactory results?

If you are like the fellow from whose reports we quote below. For three years he had been floundering about, *experimenting* with various exercises. Yet after a few weeks of following instructions set by us he reports that "your instructions have done more for me than all the Exercises I followed for over three years."

Stop *experimenting* with yourself and wasting time. Take instructions from experts who know the positive way to real complete He-Manhood.

It is ridiculous to expect *any* sort of exercise to accomplish results. Exercises have to be adapted to your particular condition. As a matter of fact, ordinary exercises actually aggravated the particular condition from which this fellow was suffering. They undoubtedly merely drained further vital and nervous energies from him.

So it is easy to understand how, when he solicits the aid of the PHYSICAL CULTURE CONSULTANTS, he stops his drains, and utilizes the energies previously wasted in building up the strong, wonderful body of a He-Man.

Habits (conscious or unconscious) of energy drains form a beaten path along certain nerves, according to Professor MacDougal, the celebrated Physiological-psychologist. By exercise it is possible to change this path, thus break the habit, diverting the energy for the upbuilding of the body.

That is why our pupils make such uniformly rapid progress, and why we are able each month in "Strength" Magazine to quote from their reports and *prove* to you that our Course is the Right Course for you.

Stop persecuting yourself if you are a slave to any conscious or unconscious habit. You CAN be a real He-Man. Here is the way.

By continually worrying about your condition you fasten it even more securely upon yourself. Begin to think optimistically and cheerfully and know that there is a way out for you.

Of course you cannot expect to be a real He-Man, and accomplish the best that is in you, until you stop wasting your precious energies. You owe it to yourself, to your future and all that it holds in store for you, to build up a Manhood worthy of yourself.

Be at least informed as to the nature of your condition. Read "Sex Weaknesses, Their Cause and Remedy" and find out. It is packed with valuable scientific and inspirational information which you need anyway. Don't go on in ignorance. There is no light but knowledge.

Get knowledge, and *think*. Get health and strength and true He-Manhood. Abolish your slavery to habits of waste and be free—free to accomplish the ambitions you have set yourself.

Here, read what we did for R. D., of Colorado:—  
CASE REPORT, CASE NO. 4853, AGE 33 YEARS, SINGLE.

First letter, before starting Course:

"Would like to have some information in regard to your Course for restoring manhood and stopping the vital losses caused through early mistakes. My condition is this: Have losses at the stool every time and through dreams about every two or three weeks. Took up exercises a few years ago to remedy this condition but seems to have done no good. Would like to know if your course is a positive cure for this condition."  
R. D., Colorado.

Second letter, before starting Course:

"Herewith is a brief outline of my case. Was a victim of the habit for ten years. Broke myself of this several years ago. But since then I have vital losses every time at the stool and through dreams and about three times a month. Also have prostate trouble and at times a severe pain in my right groin. Also the organs are weak and undersized."  
R. D., Colorado.

First Report:

"The exercises are fine and I can feel some improvement already. Have had only two slight losses at stool so far. Am having two bowel movements daily."  
R. D., Colorado.

Second Report:

"Have had no losses at stool in the last three weeks and only one at night. Bowels are improving steadily, have two good movements every day. Have not lost any weight so far and am following the diet as closely as possible. So far your instructions have done more for me than all the Exercises I followed for over three years."  
R. D., Colorado.

Third Report:

"Am improving in every way. Digestion is good. Have two and sometimes three good bowel actions a day. Have had no losses at stool in a month now and only one slight loss in the last month. Am following the diet as closely as possible. . . . The exercises are fine, they give me more pep and energy than any I have practiced."  
D. D., Colo.

Fourth Report:

"Herewith is a report of my condition since following lessons 4 and 5 for the required two weeks on each lesson. My digestion is fine and my bowel action is fine; have two and three good movements every day. My sexual strength is gaining splendidly. Since reading your book on "Sex Development" I have an entirely different opinion on sex matters than I had before.

I believe with the fine work your course has done for me that with the aid of the next and last lesson I will be able to go on without any more assistance."  
B. D., Colorado."

Fifth Report (After finishing Course):

"My strength has increased very satisfactorily. I enjoy the diet fine also and still continue to have two and three good movements daily. I feel more full of energy than I have for several years."  
R. D., Colorado."

What we have done for others we can do for you. You are invited to consult us, and you are under no obligation in so doing. All correspondence is kept strictly private and confidential. All books, apparatus and letters are sent out with plain covers.

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### "Sex Weaknesses, Their Cause and Remedy"

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sure are apt to be neglected. I had a friend who did not get to taking proper exercise until he followed a system used in connection with a victrola. All he needed was the incentive for regular exercise and much to his advantage was the fact that these exercises were of a type which he particularly needed.

If the tearing down processes of the body are unduly prolonged, such as on a 20-mile hike, when the individual should have taken but a 6-mile jaunt, the poison waste products of muscle activity accumulate faster than they can be eliminated. Any kind of activity is harmful if it is carried on to the point where complete recuperation does not take place after a reasonable period of rest. If continued it may lead to lowered efficiency and finally it will undermine health.

The phenomena of fatigue is experienced by every one who undertakes too long a walking tour until he is built up to stand it. The average busy man often totally neglects exercise during the week and then goes out Sunday and overdoes it. A walker doing this will feel down-and-out, particularly on the Monday following, with his muscles feeling as sore as if someone had beaten them with a club. If one continues to walk after the signs of fatigue have manifested themselves or if one has essayed to climb a mountain and had reached the apparent limits of endurance when three-fourths the way to the top, yet forces on to the peak he might accumulate poisons which make him actually have feelings like those of an alcoholic drunk. Enough exercise is good for you but too much is bad for you. In our enthusiasm for the outdoor life do not let the force of competition or the allurements of nature permit us to go beyond our strength. Make your health sports an asset and not a liability.

The casual health hiker should never exert himself to the extreme point that is done by the athlete. The latter develops force to give all the muscular strength he can find available to the specialized task at hand. It is his habit to expend a prodigious amount of muscular energy and then apply more than is needed to things outside his specialty, which is a waste of energy upon



which staying power or endurance depends.

Another danger of athletics is known as "athlete's heart" and much harm results when an individual leaves the active field of athletics to engage in a sedentary life and he does not *untrain*.

The athlete, we must remember, builds up his muscles and organs, particularly the lungs and heart, to such a point that they can deliver great amounts of work without undue strain or permanent injury to themselves. This developing process requires some time, yet that athlete often discontinues his athletic program very abruptly without easing his muscles and organs out of training as gradually as he had previously inducted them into that state. The result is that the heart more than any other part of the body is unfavorably affected, there being no outlet for the surplus energy (over the demands of normal sedentary activity) which it creates. Rapid deterioration of the organ, in the form of accumulated fat, follows, and another case of "athlete's heart" is discovered by the anti-athletics propagandists.

A Chinese philosopher is credited with having said that "some laws are like the spider's cobweb which catches the fly but lets the hawk escape." True, yes, of the laws of men, but Nature knows no difference between the "fly" and the "hawk," and the sad terminations of the lives of the gentlemen just mentioned merely illustrates the fact that Nature judges man's obedience to her laws not by what he preaches but solely by what he does.

How can we adjust our activities to our strength and not overdo? No damage will result if we take a long course of preparation. Moderate exercise outdoors every day in the sunshine and fresh air, much sleep, eating sparingly and living simply will give you vigor and resistance to disease, and increase the content of living. Then you will be ready for the physical emergency which would otherwise disclose a weakness and breakdown.

### How to Build and Conserve Vital Energy

Health balance for efficiency and

endurance, which is as adaptable to the sedentary brain worker or factory hand as it is to the enthusiastic woods hiker, may be better understood if we look at some of the facts presented by W. R. C. Latson. He states that every movement of the body uses up vital energy produced by the vital organs acting upon the human body. This term "vital food, air and water taken in the energy" applies to the body the same as does the term "horse power" to a steam or gas engine, and the expert physiologist measures it by complicated laboratory apparatus. The greater the amount of energy produced and the less used, the more will you hold in reserve.

This economy of vital energy is the secret of endurance, but the individual who would seek to produce and conserve vital energy must be careful not to confuse it with fat—which is nothing more than "excess baggage."

Vital energy is increased as follows—

1. Eat moderately of simple food. Too much food is eaten as a rule by the average person not engaged in manual work. This throws a strain on the system, clogs the organs of digestion, assimilation and elimination and results in an accumulation of poisons resulting in fatigue. Fuel foods should be stressed.

2. Drink lots of pure water. All of the operations of digestion, assimilation and waste removal are carried on by water. When one exercises there is unusual water removal. You need at least two quarts daily. The Japanese soldiers, who are credited with unusual surplus of physical energy or physical power use from two to four gallons of water daily.

3. Provide for the elimination of waste products. These are constantly accumulated as undigested food products and dead and useless portions of body tissues. Active exercise outdoors and setting-up exercises indoors are imperatively needed by the sedentary group of people (and that includes the majority). This exercise is not so much to build up big muscles as to pep up metabolism and carry off the waste. Setting-up exercises are chiefly aimed at, first, the chest to speed up breath-

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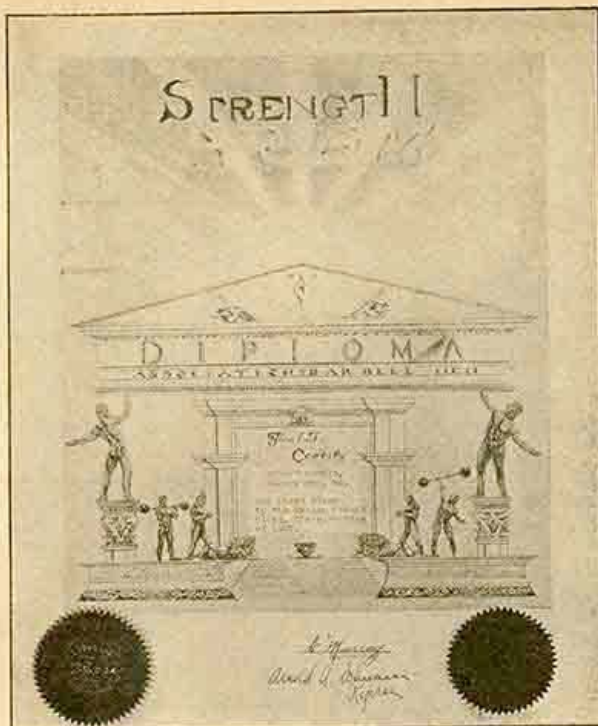
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All those weighing up to 168 pounds bodyweight must lift eight times their bodyweight for a First Class Diploma; six and one-half their bodyweight for a Second Class Diploma and five times their bodyweight for a Third Class Diploma; those who weigh from 169 to 200 must lift seven times the bodyweight for First Class Diploma; six times the bodyweight for Second Class Diploma and five times for a Third Class Diploma; those who weigh over 200 pounds must lift, respectively, six and one-half, five and one-half, and four and one-half times their bodyweight for a First, Second and Third Class Diploma. We promise to give publicity to all Diploma winners who wish such publicity. It will not be necessary to have an Official Referee witness these lifts, but we will require the signatures of at least two witnesses, one of whom should be a member of the Association.

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ing and to remove carbonic acid waste carried to the lungs from the tissues all over the body, and second, the *abdomen* to stir up sluggish organs to activity. The bowels may need special attention. Walking answers all the purposes of setting-up exercises. We hold that you cannot properly eliminate unless your daily exercise brings on a sweat as the pores of the skin form an important avenue of waste elimination. Drink much water for replacement and bathe the skin daily for cleansing purposes.

So much for the *production* of vital energy. Now how shall we *conserve* this?

*How to Economize Vital Energy*

Learn to save your vital energy as much as possible. By the proper exercise of all one's faculties it is possible to save two-thirds of the strength usually utilized to perform any given task. The action of walking, for example, may be made much less tiring if we remember that the body has a system of "A" *pendulums* which are the different units of the extremities working on joints and "B" *levers* working each pendulum by muscles. Let the pendulum action be in a rhythmical swing, then add enough force in muscle action to give the needed impetus which results in a high degree of forced propulsion and the greatest conservation of muscle power. The short man operates short pendulums and levers and has a decided advantage over a long man.

Begin a regime of exercise gradually and increase the dose daily, then your muscles will grow hard and fit and your heart will develop the necessary power to carry on under increased demands made of it.

*How to Prevent Fatigue*

This may be summed up in one word—REST. Sleeping, of course, is Nature's specific and the ideal form of rest. But repose in activity should be carried on during the day's work. If you are on an all day hike rest for 5 minutes each hour. Soldiers on long marches in the early stages of the World War were more refreshed during rest halts when they lay on their backs and elevated the limbs and slowly

wiggled the toes. In any type of muscular fatigue provide frequent changes in movements and in posture. The mental worker should relieve the monotony of too close a concentration by an occasional change in activity, preferably to the muscular type. In the period of rest accumulated waste products are eliminated and the supply of oxygen renewed. Nature provides heart rest by an interval between contractions which is about twice as long as the time used in contraction, hence this organ requires no additional rest to recover itself, but we can lower the rate of beats per minute by cessation from exercise which makes the beats faster.

By far the greater number of people seeking health are mental workers. The best form of "recreation" or rest is a walk amidst unfamiliar surroundings as new interests divert the mind and the necessary activity of walking speeds up metabolism. Every individual must choose the type of health recreation best suited to the type of his vocational work from which he is trying to get relief, and this exercise must be suited to his physique, to the vital power he has at his command.

There are no hard and set rules in the prevention of fatigue as constitutions and capacities differ. The main thing is not to overdo. Nature gives the cue when to stop. She announces the fulfillment of the purpose of activity by the onset of fatigue and after this sets in your diversion becomes work. Efficiency depends upon a healthy balance of supply and demand. For persons who are active workers physically tennis is an excellent exercise as it requires agility, alertness and mental concentration. It is however, too strenuous for the average, fat business man. Golf is better for him and is safe because it does not require forceful agility or enduring alertness. It is ideal for all those who are banned from running exercises because of physical disability. And golf is no more or less than walking, with the game as an entertainer and allurements. Field trips afoot are ideal and cost nothing but the effort and arrangement of schedule to do them.

## Stimulants

Stimulants should never be relied upon to relieve fatigue. They never change the basic condition which is an accumulation of waste products and which must be removed through the avenues of regular elimination. Drinking water, changing your activity and intervals of rest help most. The idea of stimulants helping gives one a false sense of security. It is customary for many people to pep up their flagging strength by the use of coffee, tea or cocoa. These drugs may help temporarily but in the end they add fatigue products. South American laborers have a habit of chewing cocoa leaves to whip up their strength to supreme effort. In this country it is quite the thing to eat sweetened chocolate to revive from fatigue. It has been found that it is the sugar content that really does the work, as it furnishes a quickly assimilated form of food which is rapidly formed into heat and fuel by the tissues. You could get ideal results by eating pure sugar. Alcohol was long thought to relieve fatigue, but, besides being a poison itself, its action is to make one indifferent to the feeling of fatigue, by removing regulatory inhibitions.

It was said that the German Army used extensively the product known as "acid sodium phosphate" to help fatigued soldiers to carry on hard work, when they had reached the apparent limit of their strength. Dr. Frederick B. Flynn of the United States Public Health Service made extensive experiments on this action. He gave it in a 4% solution of sugar and water. He kept the dose down below what would be needed for a laxative action and noted an apparent improvement as the patients felt somewhat better, had fewer headaches, were free from bad breath and had a little more capability. The drug however did not neutralize the waste in fatigued muscles—the good effect was due to the slight laxative effect of the drug. No doubt the increased pep in muscular activity was due to the sugar in the solution. We cannot forget in this connection that men who work at hard physical labor, such as Maine lumbermen, have what would be to us an abnormal

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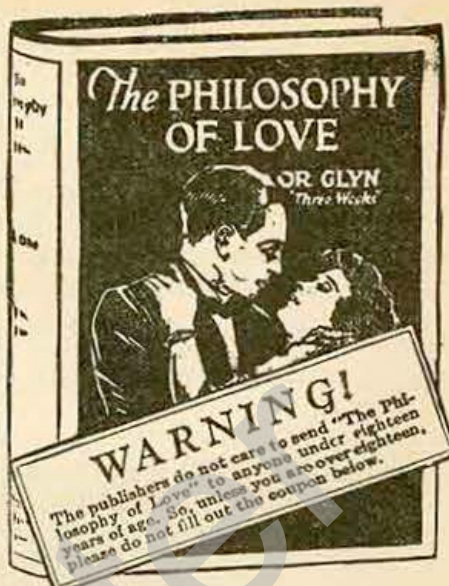
## As Fit at Fifty as at Twenty-five

(Continued from Page 31)

enjoys a perfectly balanced state of maintained, nor why the fluids supplied by the glands are curtailed. However, it is generally surmised by those who have delved into the subject that unhealthy living depletes the glands and careful living tends to impart longer life to these mysterious little store-houses.

We know positively that certain disease conditions become seated in the human body only as the result of a run down system, induced by bad habits of living. Some persons are subject to everything in the way of a sickness with which they come in contact; others seemingly are able to ward off all forms of contagion, no matter how much they are exposed. The one has a splendid vital reserve, the other has not.

What we wish to point out is, that the man who practices weight lifting exercises along modern progressive lines, trains in such a manner as to never draw upon his vital reserve. On the other hand, it is possible through overdoing, or too zealous efforts at training, to burn yourself out by continually drawing upon the mysterious vital reserve stored up in your system of glands. This is exactly what hap-



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pens when a youthful athlete becomes "burnt out," a term very commonly applied to hundreds of young fellows who have trained too hard at competition athletics.

Here is a question which may cause you to consider this matter in the proper light. Why do athletes in some branches of sport reach the down grade at twenty-five or possibly earlier, while the followers of other sports last to forty, fifty, and even beyond?

The answer simply is that some sports place a tremendous demand upon the vital reserve, or at least the generally accepted methods of training preparation bring about the deplorable condition.

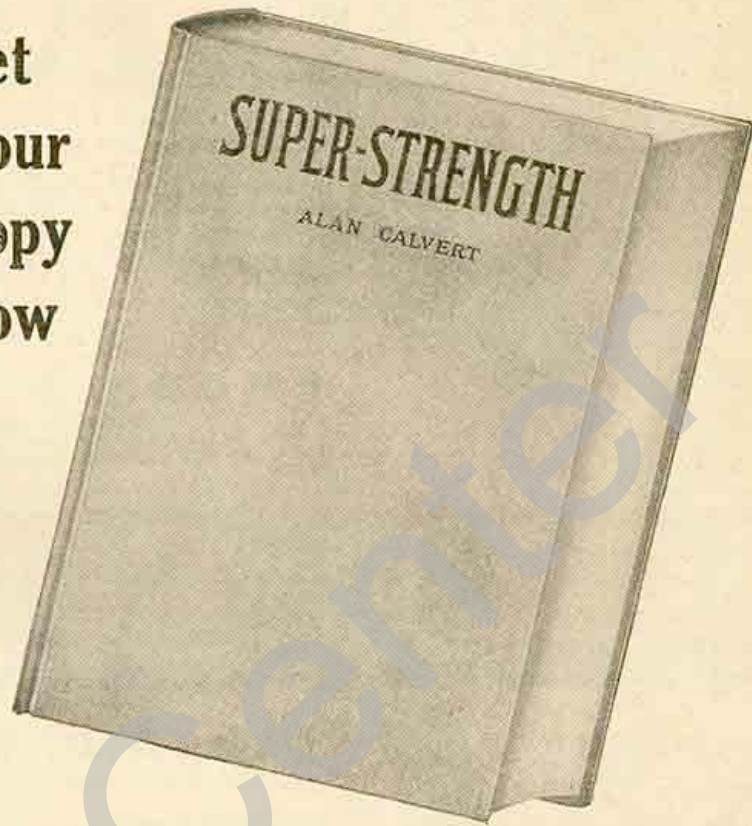
For instance compare boxers with wrestlers. The former keeps himself trained down to a fine state the greater part of the time, never giving his system chance to store up a reserve. The latter is even prone to allow himself to get slightly fat, but he does not burn out in early manhood and as long as he keeps up an interest can keep going on into middle age. Athletes in some other branches of sport last rather long, but none so long as the lifting enthusiast who keeps up his active habits.

The idea in the back of my mind in relation to this subject is that it is possible through regular and steady training of the proper sort to cause the glands of the body to store up a constant reserve. Moreover, by taking care of oneself, which means no more than leading a sensible life, there need be no reason for drawing upon the reserve beyond normal requirements. Thus, one is better fortified to reach a hearty old age in a fairly youthful condition.

Before going further, let us note that it is possible for the strong man to ruin his health and waste his strength through dissipation and utter disregard of the rules of healthful living. No one should be so foolish as to surmise that any system or method of exercise will make up for foolish excesses of drinking, eating, and burning the candle at both ends.

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The four gentlemen who are the subjects of this article has, as we have pointed out, followed the physical culture life for thirty-five years or more. They are sterling examples of what might be expected by the average bar bell enthusiast who begins to live the strenuous life in early manhood.

I certainly realize that a goodly portion of my readers are likely to be somewhat advanced in years. Rather than having years before them for the attainment of the physical condition possessed by the quartet of gentlemen whom we have discussed, they have either reached or approximated the same age.

As for this class of reader, I can proffer no better suggestion than "better late than never." While you can hardly hope to equal men who have devoted their lives to the state of their physical well being, the possibilities of decided improvement are well known. I am regularly suggesting exercise routines for hundreds of men past forty-five, and quite a few in the sixties. At other times, I have shown living proofs of improvement possibilities at these advanced ages. In the future I expect to present some startling examples of this very thing—men who have completely changed themselves in the fifties and sixties.

There are some men in the twenties and thirties who will even consider themselves old so far as exercise is concerned. This is indeed a foolish attitude. Certainly more satisfactory results can be expected before the age of thirty, but the ratio of lost opportunity is very slight and a high percentage of the natural inborn limitations can be achieved up to thirty-five and in some cases even beyond.

To make my meaning more clear, the youth who starts physical training before twenty has the greatest chance of attaining the ultimate. However in many cases, there is hardly any difference up to twenty-five.

From twenty-five to thirty, you have lost some degree of your chance to reach the utmost. From thirty-five to forty-three there is still some chance for many men to even become world beaters. After that, in direct ratio to the years, physical perfection may be approximated and perfect health regained.

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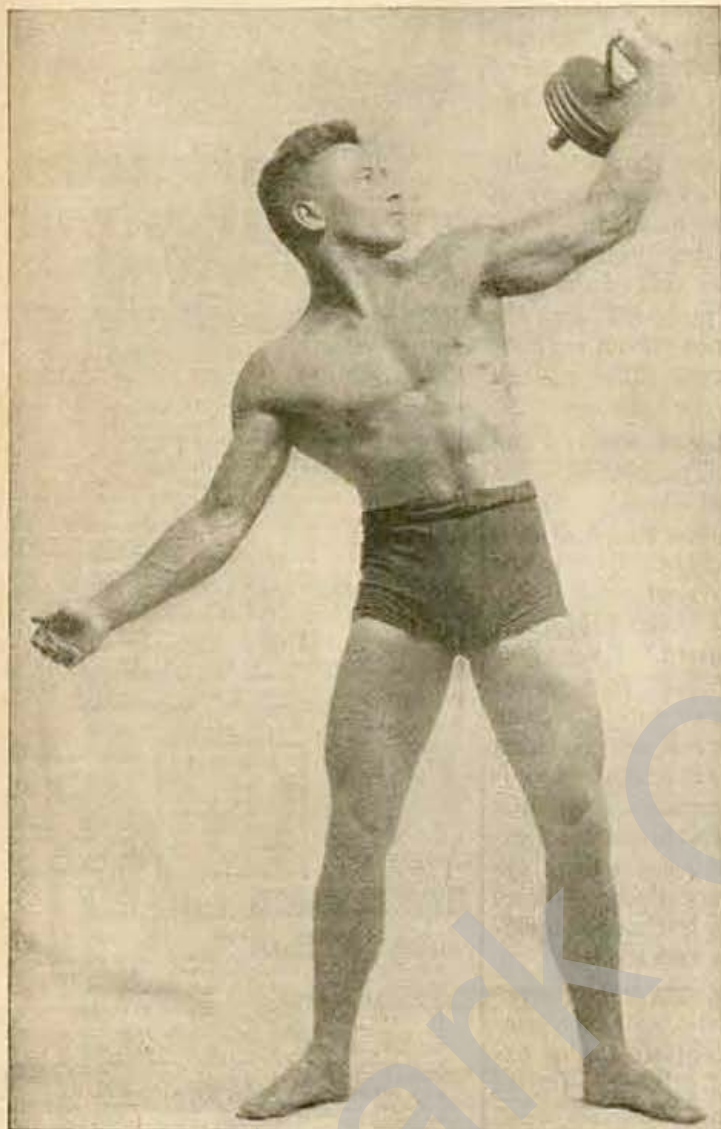
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**Marilyn Miller—Trains For Dancing**

(Continued from Page 24)

singing star of the Winter Garden. They were married. Then Carter left New York for Boston with the revue he was featured in. After a Saturday night performance he started for New York in a high-powered motor car to surprise Marilyn. On the way he crashed into a post and was killed. Marilyn was prostrated with grief.

A few years later she fell in love with Jack Pickford, brother of Mary Pickford. They were married. Incompatibility was the complaint. Ben Lyon, motion picture star, was then seen in her company. Reports flew but nothing happened. Marilyn played the role of Cupid herself recently when she reunited her mother with her father.

Marilyn's success has been unusual. But in spite of it she continues to study singing and dancing. She also studies languages. For a time she was fascinated by the glitter of the night clubs. She tired of them. After a performance she would motor to her home at Great Neck, Long Island, then rise at an early hour, and after a game of handball and a shower would motor over to her dancing instructor.

She loves dancing, and realizes, too, that her muscles must always be flexible. She likes swimming, golf, tennis, and horse. But most of all—the theater.

Her clothes are always in the best of taste, plain and simple to an unusual degree. For street wear she favors smart, severe tailored clothes. For an informal afternoon she wears a more frivolous gown; for the evening, something simple, but striking. She owns many jewels but does not wear them publicly. Her blond hair is bobbed, her eyes blue and her complexion fair—a beautiful woman glorified by Zeigfeld.

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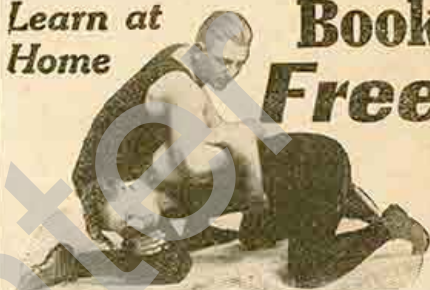
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