

Blood Pressure

# Strength

1927  
JUNE

25¢



*33 Jump - J. J. Jett  
45 Hand - B. J. Jett  
52 Athletic Games for Strong*

Stark Center

*Dennis Snyder*

Feminine Ideals Easily Attained  
Swim the First Day  
Cash In On Trained Muscles

W.N. CLEMENT

# If You Want a Body Like Mr. Bonvicin's

If You Want **MUSCLES** and **STRENGTH** Like He Has—

# You Must Use a Bar Bell

A Milo Bell was the only kind of muscle building apparatus that Mr. Bonvicin could find that would come anywhere near developing his strength and muscles like they are today.

**HE FOUND IT SO, AND SO WILL YOU**

**Why Not Save Time and Money By Getting Your Bar Bell Today?**

**Clip This Order Blank When Ordering**

### COMPLETE PRICE LIST OF MILO BELLS

500-lb. Plate Loading Bell, plain bars.....	60.00
400-lb. Plate Loading Bell .....	48.00
Large Size Duplex, with Plates and Spheres.....	40.00
300-lb. Plate Bell.....	36.00
Standard Size Milo Duplex, with Plates and Spheres.....	32.00
200-lb. Plate Bell.....	24.00
100-lb. Plate Bell.....	15.00

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

#### ORDER BLANK

Date.....  
The Milo Bar Bell Co.,  
2739 N. Palethorp St., Dept. 168,  
Philadelphia, Pa.

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

{ Express } to .....

{ Freight } County .....

State .....

My mail address:

Name .....

Address .....

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

#### MEASUREMENTS

Neck ..... Weight .....

Normal Chest ..... Age .....

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

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

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

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

Hips ..... Improved Health—

Thigh ..... Great Strength—

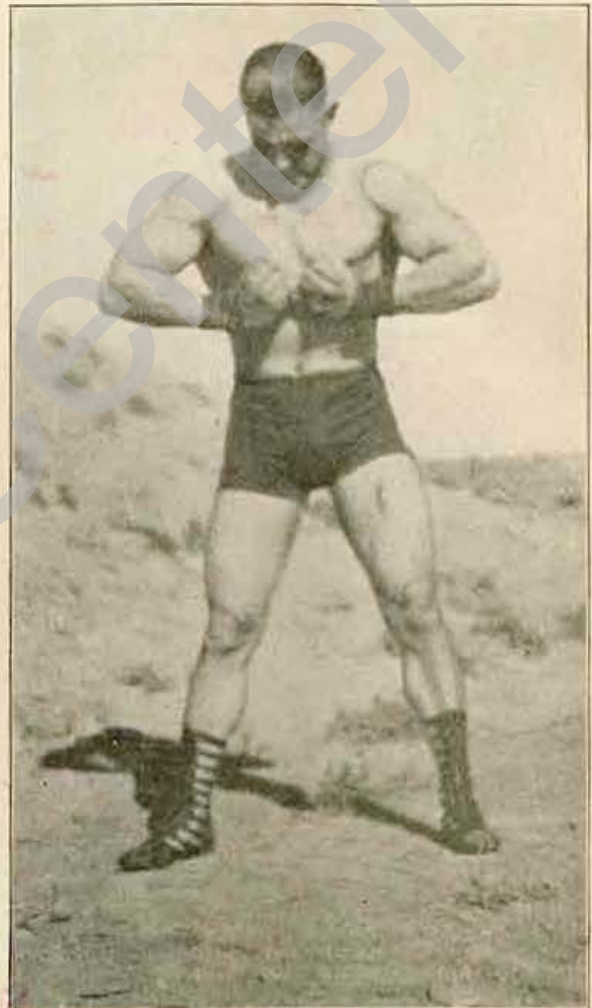
Calf ..... Perfect Physique—

Wrist ..... To Reduce Weight—

Ankle ..... To Increase Weight—

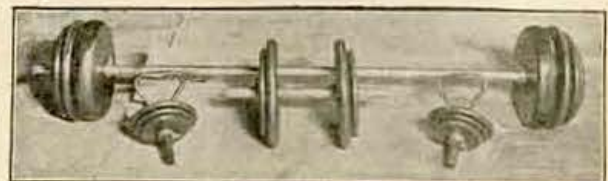
Height .....

WE DO NOT PREPAY SHIPPING CHARGES



**MR. BONVICIN**  
Bending a Heavy Spike With Bare Hands

The Milo 200-lb. Plate Loading Bell is just the right weight for you, for it doesn't take long for the average fellow to gain strength enough to use between 100 and 200 lbs. in the exercises. Consequently, you would soon outgrow the 100-lb. outfit, and you would then be confronted with the problem of getting a heavier bell or be handicapped in your training.



**A 200-POUND BAR BELL**  
READY FOR ALL EXERCISES WITHOUT CHANGING

# Wanted—Your Services

## As a Real Estate Specialist

**Make big Money—I made 100,000 in less than 5 years. Learn how I did it. Use my successful system. Begin at home—in your spare time. Make money my way. Start now. Free book tells how.**

Are you in the same hole I was in?  
Are you stuck in the rut of *hard work* and *poor pay*?

Are you dissatisfied with your job, your *income* or your *prospects*?

Are you having a struggle to make both ends meet?

Are you putting up with the *crumbs* of life while others are getting all the *cake*?

Then you are the man I want to talk to. Listen!

When I made up my mind to get started in the real estate business, in my spare time, I was receiving a salary of \$100 a month.

I was doing work I was not fitted for and which I thoroughly disliked.

I was living in a gloomy boarding house, wearing cheap clothes, striving to keep out of debt, and getting mighty few of the good things of life.

In less than two years after I started to specialize in real estate, I was making nearly *one thousand dollars a month*. And in less than five years, I cleaned up a net profit of *over one hundred thousand dollars*.

To get the whole story of my success in real estate, and how you, too, can succeed, write at once for my free book "How To Become a Real Estate Specialist." It contains *my history* and *your opportunity*.

### Follow in My Footsteps

If you want to learn the secret of my success—if you want to use my money-making methods—if you want to follow in my footsteps—this is your chance. And *now* is the time to get started.

I have studied real estate conditions in this country very carefully, and my investigations convince me that the next ten years are going to be banner years for real estate.

Furthermore, my experience satisfies me that there is no better business to get into. It is more healthful than most indoor jobs—you can start in spare time—you can begin with little or no capital—it does not require years of study like medicine, pharmacy, dentistry, law, engineering, electricity, architecture, etc.—the beginner is paid the same rate of commission as old-timers—the business is practically unlimited—it is estimated that there are thirty million properties in the country and that ten million of them are always on the market—it is a permanent business, not affected by fads or fashions—it is constantly growing as population increases—it puts you in touch with the best people—it is a dignified, pleasant and worthy occupation with great possibilities for big profits.

If you want to make big money as a Real Estate Specialist—if you want to use my amazingly efficient system—let me hear from you at once. I will send you—*without cost or obligation*—my free book, which fully explains how you can get started—in your spare time—just as I did—in a new kind of real estate business that



### Put Your Name Before the World

is as far ahead of the old, moss-covered methods of the average real estate agent as the automobile is ahead of the ox cart of our forefathers.

### What Others Are Doing

As positive proof of the success of my modern methods, read the following brief extracts from some of the letters that come to me from those who are using my scientific system—following in my footsteps—making money my way:

"It may astound some to know that I have made between \$8,000 and \$10,000 over a three-month period, which may be directly attributed to your splendid Real Estate System."—A. W. Fosgree, New York.

"I have been helped a great deal by your system. I have now a new car, two new typewriters, a stenographer and a dandy office, and money in the bank, all through my own efforts and without any capital to start with."—Alice Moore, Conn.

"I was a Ford salesman earning \$300 a month. Your Real Estate System increased my earning power 200%. I now own a Chrysler Sedan, up-to-date office equipment

and have increased my bank account."—Alfred J. Bennett, Mich.

"Your System is wonderful. Without giving up my job as stationary engineer I made \$900 in three months in my spare time."—Matthew J. Stokes, Penna.

"Without your Real Estate System I would still be making \$35 a week instead of around \$200 as a starter."—E. K. McLendon, Ore.

"I have sold many thousand dollars' worth of Real Estate and have deals pending that will go beyond \$300,000 mark. Owe all my success to your comprehensive System."—Carrie Marshall, Miss.

There isn't room here for any more such letters, but send for my free book, "How to Become a Real Estate Specialist." It is filled with stories of success. And it makes plain how you—*too*—can use my money-making methods to build a profitable independent business of your own—just as others are doing.

### Act Promptly

Investigate this splendid business opportunity at once. Learn how easy it is to follow my methods and get big money for your services as a Real Estate Specialist.

The business needs you. It offers rich rewards for trained men.

So, mail the coupon *now*—before you lay this magazine aside—and receive, without cost or obligation, a copy of my new book, "How to Become a Real Estate Specialist." From it you will learn how you can use my successful system to make money my way—how you can get started right at home—in your spare time—without capital or experience—and establish yourself as a Real Estate Specialist, in a high grade, money-making business of your own.

Be prompt! Your opportunity is here and now. "Wise men act while sluggards sleep." Write your name and address on the coupon and mail it at once to American Business Builders, Inc., Dept. 24-FF, 18 East 18 Street, New York. You will then have the satisfaction of knowing that you have opened the way to a profitable business career for yourself as a Real Estate Specialist.

**American Business Builders, Inc.**

Authorized Capital \$500,000.00

Dept. 24-FF, 18 East 18 St., New York

Send me—without cost or obligation—your free illustrated book, "How to Become a Real Estate Specialist."

Name .....

Address .....



# Strength



JUNE, 1927

Vol. XII

No. 4

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# You, Too, Can Realize Your Dreams

## By Developing a Strong Rich Voice

More than 20,000 men and women all over the country have developed powerful, beautiful voices by Physical Voice Culture. You, too, can build up a strong, magnetic, compelling voice that will be the marvel of your friends, and your key to success and fame.

Read the letters on this page from men and women who have made their dreams come true by this wonderful, scientific method of voice culture. You can continue your present occupation and mode of life while you study *in your own home*—and the cost is nominal—only a very small amount each month as you study

### 100% Improvement Guaranteed

It makes no difference whether you wish to improve your voice for your own pleasure or for professional singing. The man or woman singing in the home—the opera or concert singer—the choir singer—all can improve their voices 100%, at the very least, by Physical Voice Culture.

**We absolutely guarantee 100%** improvement or your tuition will be gladly refunded. You alone are to be the judge.



#### Gives Physical Voice Culture Credit for Grand Opera Voice

Each 24 hours brings me a stronger and better hold on my voice. I feel like telling you of it each day when I think back to six years ago when catarrh had just about finished my hearing and voice.

I joined the Los Angeles Opera Company this Spring and we will have five Operas ready in September. It is really pathetic to see the *star pupils* from the *great voice masters* try for a place in the Company. Some very pretty, but weak, palate attacks, throat and lip attacks. I work hard all day and your silent exercises are a wonderful rest.—Bert Longtre.



#### Harry Lompierre Finds the "Right Way"

I wish to give credit where credit is due. The past twelve years have been spent in professional singing.

Believing that I had at last found "the right way," I cancelled an entire season's bookings to apply myself diligently to your idea.

Today my voice is completely new. Formerly, I could sing only a fair "F" (fifth line). Now I can sing high "B" flat, with a rich, resonant, manly tone. — Harry Lompierre.



#### Church Singer Delights Congregation

I cannot help but say "Thank God" for everything you have done for me. As I sang in church yesterday people turned to see who was singing.

I hope you will always think of me as one who has made a big success in the work I chose to do.—Carolyn Baker.

**For obvious reasons the names signed to these letters have been changed. But the letters are all true and the real names of writers will be sent on request.**



#### Singer Triumphs Over Discouragement

Did you think one year ago that I would now be singing as high as high "C"? I am very sure that I didn't.

I often think of that hopeless first letter I wrote to you and I want to thank you for the help you have given me and especially for the cheering letters at the beginning when I needed boosting along the worst way.

Hoping that you will believe me to be ever your grateful friend.—Mrs. Mary Brown.

#### Send Coupon!

The coupon will bring you a FREE copy of "Physical Voice Culture"—a valuable new book on voice building. Do not hesitate to ask for it. It is FREE and need not be returned. This may be the first step in a great career for you. Send the coupon TODAY!

## Inspiring Book Now FREE

Perfect Voice Institute, Studio A-577  
1920 Sunnyside Ave., Chicago, Ill.

Please send me, FREE and without any obligation, Prof. Feuchtinger's new book, "Physical Voice Culture." I have checked the subject in which I am most interested.

Weak Voice Singing  Stammering Speaking

Name.....

Address.....

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

**Perfect Voice Institute, 1920 Sunnyside Ave., Chicago**  
Studio A-577



## They Thought I Was A Weak Sister -But I Took Their Breath Away!

ALL of a sudden the office was very quiet, as sometimes happens for an instant or two, and a few words reached me. "Oh, he won't dare kick," the manager was saying, "he's a pretty weak sister."

Mechanically I went on with my work, wondering vaguely who the weak sister could be. A new man had just been hired for our department and desks were being moved to make room for him. A minute later I looked up and saw the chief clerk standing at my side. "Bob," he crisply ordered, "move your desk back in that corner. I want this space for the new assistant I've hired." Then he turned and strode away.

I gulped and wilted down into my chair. I was the weak sister! And I was actually being demoted! The new man was being hired for my place. This was my reward for all my hard work—this was how I won out by waiting patiently for my turn to be promoted. I had even congratulated myself on my close-lipped, reserved manner—I thought I was showing strength of character by sticking to my work and not trying to push myself—to show off.

And that was the whole trouble. I had plenty of steel in my make up, but I had no ability to express myself. I was timid, self-conscious, and actually afraid of my own voice. I would study out the office problems and find solutions for our difficulties, but I didn't know how to present these ideas to the man up ahead. Several of the boys who had started at the time I did were now de-

partment managers—because they had the knack of forceful speech, self-confidence and personality—the very qualities I lacked.

It made me good and mad—and I resolved to show them—to get rid, once and for all, of my timidity and shyness—my bashfulness and lack of poise.

### What 15 Minutes a Day Will Show You

How to talk before your club or lodge.  
How to address Board Meetings.  
How to propose and respond to toasts.  
How to make a political speech.  
How to tell entertaining stories.  
How to make after-dinner speeches.  
How to converse interestingly.  
How to be the master of any situation.  
How to write letters.  
How to sell more goods.  
How to train your memory.  
How to enlarge your vocabulary.  
How to develop self-confidence.  
How to acquire a winning personality.  
How to strengthen your will-power and ambition.  
How to become a clear, accurate thinker.  
How to develop your power of concentration.

manager and the chief clerks with a complete plan for rearranging our department—stating it simply and clearly, but in a pleasing, interesting and forceful way. I actually took their breath away—they were so amazed that they gave me full power to carry out my ideas!

Soon I had won salary increases, promotion, popularity, power. Today I always have a ready flow of speech at my command. I am able to rise to any occasion, to meet any emergency with just the right words. And I accomplished all this by developing the natural power of speech possessed by everyone, but cultivated by so few—by simply spending 15 minutes a day in the privacy of my own home on this most fascinating subject.

There is no magic, no trick, no mystery about becoming a powerful and convincing talker. You, too, can conquer timidity, stage fright, self-consciousness and bashfulness, winning advancement

in salary, popularity, social standing and success. Today business demands for the big, important high-salaried jobs, men who can dominate others—men who can make others do as they wish. It is the power of forceful, convincing speech that causes one man to jump from obscurity to the presidency of a great corporation; another from a small, unimportant territory to a salesmanager's desk; another from the rank and file of political workers to a post of national importance; a timid, retiring, self-conscious man to change almost overnight into a popular and much applauded after-dinner speaker. Thousands have accomplished just such amazing things through this simple, easy, yet effective training.

### In Fifteen Minutes a Day

And then suddenly I discovered a new easy method which made me into a good talker—a forceful and powerful speaker—almost overnight. I learned how to say just the right words at the right time, how to win and hold the attention of those around me, how to bend others to my will, how to dominate one man or an audience of thousands. My self-consciousness began to vanish. One morning I got up my courage and presented the

### Send For This Amazing Book

This new method of training is fully described in a very interesting and informative booklet which is now being sent to everyone mailing the coupon below. This book is called *How to Work Wonders With Words*. In it you are shown how to conquer stage fright, self-consciousness, timidity, bashfulness and fear—those things that keep you silent while men of lesser ability get what they want by the sheer power of convincing speech. Not only men who have made millions, but thousands have sent for this book—and are unstinting in their praise of it. You are told how to bring out and develop your priceless "hidden knack"—the natural gift within you—which will win for you advancement in position and salary, popularity, social standing, power and real success. You can obtain your copy absolutely free by sending the coupon.

NOW SENT  
FREE

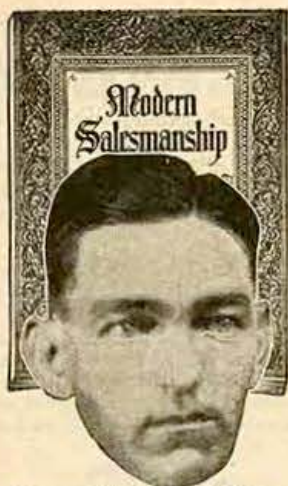


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CHICAGO, ILL.

Please send me FREE and without obligation my copy of your inspiring booklet, *How to Work Wonders With Words*, and full information regarding your Course in Effective Speaking.

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

**Over \$20,000 a Year**

V. H. Harelson of Florida formerly worked as a clerk in a grocery for what he now calls "the paltry sum of \$30 a week." His first year after reading "Modern Salesmanship" brought him over \$5,000, his second year \$7,500 and his third year \$22,500! He frankly says: "Without N. S. T. A., I know that I would still be a clerk at \$30!"

**Over \$10,000 a Year**

C. V. Champion, of Illinois, counts it a "red letter day" when he first read this remarkable book—"Modern Salesmanship." He says: "It enabled me to learn more, earn more, and BE MORE!" Today he is president of his company and his earnings exceed \$10,000 a year!

**Raised Pay \$2,500**

Kingsley Rowland of New Jersey was formerly a pattern-maker at a weekly wage which fell far short of satisfying his ambition. "Modern Salesmanship" opened his eyes and started him on the road to real pay. Today he earns almost as much in a week as he formerly earned in a month—300% increase!

**\$7,000 a Year**

F. B. Englehardt of Tennessee used to work for less than 45% of his present salary. "Modern Salesmanship" and N. S. T. A. led to big things. Today he says: "Last year I made over \$100 a week and expect to make \$7,000 this year. Some increase since enrollment with N. S. T. A."

# ~and They Started By Reading This Amazing Book!

Now—For a Limited Time Only—This Remarkable Man-Building, Salary-Raising Volume Is Offered FREE to Every Ambitious Man! If You Ever Aspire to Earn \$10,000 a Year or More, Read It Without Fail.

## Where Shall We Send Your Copy FREE?

A BOOK! Just seven ounces of paper and printer's ink—but it contains the most vivid and inspiring message any ambitious man can ever read. It reveals the facts and secrets that have led hundreds of ambitious men to success beyond their fondest expectations! So powerful and far-reaching has been the influence of this little volume that it is no wonder a famous business genius has called it "The Most Amazing Book Ever Printed."

This vital book—"Modern Salesmanship" contains hundreds of surprising and little-known facts about the highest paid profession in the world. It reveals the real truth about the art of selling. It blasts dozens of old theories, explains the science of selling in simple terms, and tells exactly how the great sales records of nationally-known star salesmen are achieved. And not only that—it outlines a simple plan that will enable almost any man to master scientific salesmanship without spending years on the road—without losing a day or dollar from his present position.

**From \$15 A Week To \$7,500 A Year!**

"A few years ago I was working in a shop for \$15 a week. When my factory 'friends' heard of my intention to become a salesman they laughed at me. Today these fellows are still working in a shop and I am making \$7,500 per year. I can only speak words of praise for N. S. T. A., for it offered me a position which I took and raised me from a \$15 a week job in the shop to \$7,500 a year as a salesman."

C. W. Birmingham, Ohio.

**\$7,000 A Year**

"I was working as a clerk earning \$1,000 a year when I enrolled with N. S. T. A. Last year my income tax showed earnings of \$7,826. My grateful thanks will always be due N. S. T. A. for opening my eyes to opportunities offered by SALES-MANSHIP as you teach it."

F. G. Walsh, Massachusetts.

**What This Astonishing Book Has Done!**

The achievements of this remarkable book have already won world-wide recognition. The men who have increased their earning capacities as a direct result of reading "Modern Salesmanship" are numbered in the thousands. For example, there is E. E. Williams of California, who was struggling along in a minor position at a small salary. "Modern Salesmanship" opened his eyes to things he had never dreamed of—and he cast his lot with the National Salesmen's Training Association. Within a few short months of simple preparation he was earning \$10,000 a year! Today he receives as much in 30 days as he used to receive in 365!

And then there is J. H. Cash of Atlanta. He, too, read "Modern Salesmanship" and found the answer within its pages. He quickly raised his salary from \$75 to \$500 a month and has every reason to hope for an even more brilliant future. And still they come! W. D. Clenny of Kansas City commenced making as high as \$850 a month. F. M. Harris, a former telegrapher, becomes sales manager at \$6,000 a year. O. H. Malfroot of Massachusetts became sales manager of his firm at a yearly income of over \$10,000!

**A Few Weeks—Then Bigger Pay**

There was nothing "different" about these men when they started. Any man of average intelligence can duplicate the success they have achieved—for their experience proves that salesmen are made—not born, as some people have foolishly believed.

Salesmanship is just like any other profession. It has certain fundamental rules and laws—laws that you can master as easily as you learned the alphabet. And through the National Demonstration Method—an exclusive feature of the N. S. T. A. system of SALES-MANSHIP training—you can acquire the equivalent of actual experience while studying. Hundreds of men who never sold goods in their lives credit a large portion of their success to this remarkable training.



**NOW FREE**

**Free to Every Man**

If we were asking several dollars a copy for "Modern Salesmanship" you might hesitate. But it is now FREE. We cannot urge you too strongly to take advantage of this opportunity to see for yourself what salesmanship has done for others—and what the National Salesmen's Training Association stands ready and willing to do for you. Find out exactly what the underlying principles of salesmanship are—and how you can put them to work for you. No matter what your opinion is now, "Modern Salesmanship" will give you a new insight into this fascinating and highly paid profession. Mail the coupon now!

**NATIONAL SALESMEN'S TRAINING ASSOCIATION**  
WORLD'S OLDEST AND LARGEST **EXCLUSIVE** SALES TRAINING INSTITUTION

Dept. G-21, N. S. T. A. Bldg., Chicago, Ill.

National Salesmen's Training Assn.,  
 Dept. G-21  
 N. S. T. A. Building, Chicago, Ill.  
 Without cost or obligation you may send me your free book, "Modern Salesmanship."

Name.....  
 Address.....  
 City..... State.....  
 Age..... Occupation.....

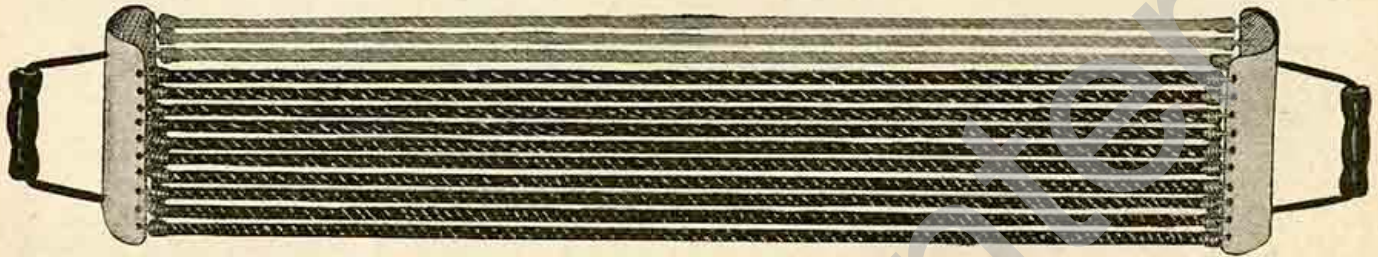
# The Greatest Improvement EVER MADE IN CABLE EXERCISERS

THE VARIED-CABLE EXERCISER IS A NEW APPARATUS IN WHICH THE  
CABLES VARY IN STRENGTH

This is an entirely new idea in cable exercisers. It enables you to progress in strength, health and development more steadily, more rapidly and advances you further.

The 20-varied-cable exerciser, as well as the 10- and 15-cable exercisers are made up of cables of 3 different grades of strength.

There is always a cable at hand that will take care of your increases in strength, no matter how varied these increases may be. No cable exerciser made takes care of the very weak or very strong nearly so efficiently as this new creation. You can see for yourself the many advantages of varied-cable exercisers.



THE NEW 20-VARIED-CABLE EXERCISER

## I'll Have You Exercising Very Shortly With the Whole 20 Cables

I'll make you so strong that 20 cables will be easy for you in many exercises. In feats of strength with the cables, you'll have your strongest friends stopped by a mile.

Mr. Charles MacMahon, Studio 6-27,  
180 W. Somerset St., Philadelphia, Pa.

Dear Sir:

I am enclosing \$.....for the cable exerciser I have checked off below.

10—Varied-Cable Exerciser and 16-Lesson Course, Price \$9.00  
15— " " " " " " " " 13.50  
20— " " " " " " " " 17.00

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

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

Age..... Years Weight..... Pounds  
(in street clothes)

Normal Chest..... Expanded Chest..... Inches

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

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

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

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

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

Thigh.....  
(largest part)

Height..... Feet.....

Your occupation is?.....

How is your digestion?.....

How is your general health?.....

Are you strong or weak?.....

Are you married?.....

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

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

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

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

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

Do you use alcoholics or tobacco?.....

Do you want to lose or gain weight?.....

Have you ever taken any exercise?.....

Who was your instructor?.....

Your arms will actually bulge with muscles. Your legs will become shapely and powerful. Your back, abdomen and chest will be thick with muscles—not clumsy, awkward muscles, but the quick, supple and useful kind.

## The Course Is the Most Progressive of Its Kind and Was Personally Designed, Written and Tested by Charles MacMahon

There are 16 lessons in this wonder course and each lesson is more strenuous than the preceding lesson. There are exercises for the entire body (a feature that has been sadly lacking in most cable exerciser courses). Even the biceps of the thigh are directly exercised and developed to great proportions as are many other muscles that are forgotten in most courses of any type.

## I Hereby Guarantee You Improvements Like Those Listed Below

With my varied-cable exercisers and my 16 lesson course, on how to use the cables for the biggest and best results, I will put, not 2 inches on your chest, but at least 4 inches in a few weeks, and even more in the course of the 16 lessons.

I have pupils who have gained 10 to 12 inches on their chest measurement after a few months consistent practice with my system and apparatus.

An inch on your arms sure makes a difference in the appearance and strength of them, but 2 or more inches is what you want on them. With 2, 3 or more inches of solid, useful muscle on your arms, you'll look like a real strong man and you will be even stronger than you look.

While you are quickly making these miraculous changes on your chest and arms, the rest of your physique will be keeping pace with them. I don't believe in exercising only the arms and shoulders. I believe in building a symmetrical body from crown to sole, and I've laid out this 16 lesson course accordingly.

**ORDER WHATEVER SIZE EXERCISER YOU WANT, BUT I ADVISE YOU TO GET THE 20-CABLE ONE, FOR YOU'LL NEED IT VERY SOON**

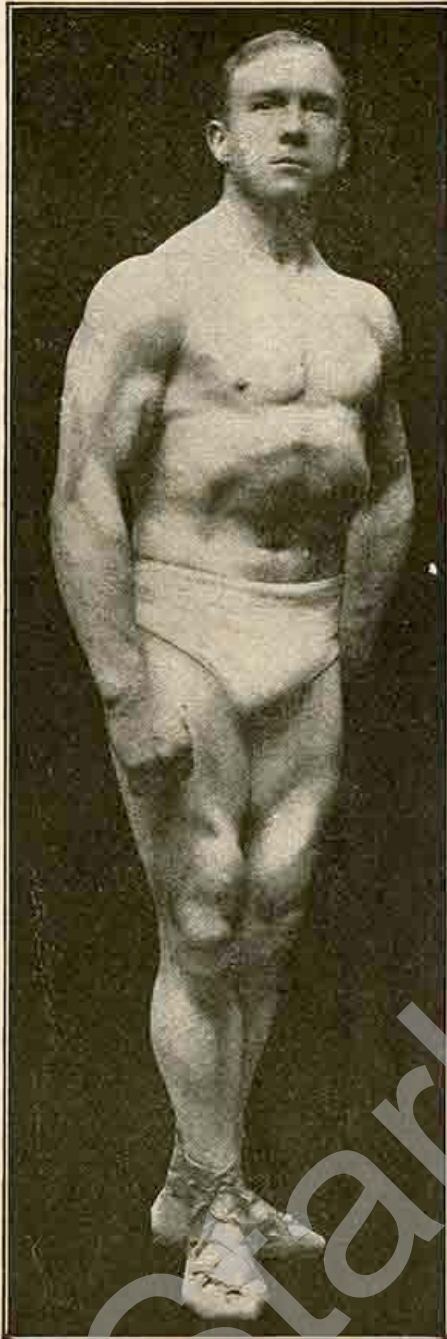
The way I increase your strength, you'll need a 20-cable exerciser in a few weeks if you don't get one at first. You'll save money by getting the large one right off the reel.

**HERE'S THE ORDER BLANK MAIL IT—I'LL DO THE REST!**



CHARLES MacMAHON





**STRONGFORT—Builder of Men**

Compare Lionel Strongfort's physique, faithfully pictured here, with that of any of the hundreds published of other athletes and strong men. Compare the lines. See the muscles. Note the fact that Strongfort is not crouching, nor pressing, nor expanding—he stands up straight, naturally, normally—the finest and most perfect specimen of physical and health development the world has known.

# This Is The Man Who Has Made Thousands of Weak Men Strong

Lionel Strongfort has been conspicuous in the field of physical culture and muscular development for over 27 years. He is known on both hemispheres. He made his impress on the public mind by developing himself to marvelous symmetrical proportions—his bodily perfection being the subject of wide comment wherever he exhibited—and while performing, in Europe and America, incredible feats of strength. He had "the goods" and he delivered them. Throughout the years he has devoted to upbuilding men and moulding them into fine, vigorous, muscular fellows, Strongfort has directed many in getting themselves into condition to become winners in whatever field of athletics they chose to enter. He has made other thousands powerful and developed them simply for the satisfaction that comes of being strong enough for defense in any emergency, or to command respect and admiration wherever they went.

## Look At Strongfort's Portrait

Look at those muscles standing out all over him! This portrait is not published for glory or as a boast of Strongfort's prowess, but as concrete evidence that his body was developed into a perfect physical and health condition by the very methods he uses in up-building other men and restoring them to health and strength. He did not develop only the EXTERNAL muscles, by physical culture, gymnasium or weight-lifting methods, but he began with INTERNAL development, which is the secret of health and manly vigor—the source of power that most instructors overlook. Strongfort went a lot further than ordinary physical culture. He evolved the STRONGFORT COURSE which builds health, gives strength and brightens the pupil mentally. It gives scientific direction to exercise and builds up reserve power and vigor. It helps Nature function in restoring weakened, broken-down bodies and in keeping them fine and fit—not as drugs and dope do, by stimulating, jazzing and pepping-up the system, only to have it fall back into the old rut again, with all its faults and weaknesses.

## Let Strongfort Direct You

THE STRONGFORT COURSE shows you how to get started right, and it keeps you on the straight path to vigorous health and manly strength. There is no other training like it—no Course that is so thoroughly scientific and based on experience in making all sorts of ordinary and weak men strong fellows with a punch.

A BROOKLYN PUPIL SAYS: "Your Course is so different from other courses—it's like leaving kindergarten and going into college—and I know whereof I speak because I've tried at least three others that are prominently advertised. You make these fellows look as though they did not know what a P. C. Course was."

From Bombay, India—  
Showing the widespread influence of Strongfortism.  
"I am only sorry I did not take up your Course before when I was a student in school, and my comrades mocked at me and shunned me because I was so skinny and thin. The effects of Strongfortism are simply marvelous and permanent."

## You Can Have Manly Vigor

You may be one of those fellows—weak, sickly, ailing, depressed, gloomy; with no real zest in life, no desire for action, no love of sex or society—maybe a recluse—afraid of strong men, timid about meeting healthy women; afraid, perhaps, to take the marriage vows; jealous of men who command admiration wherever they go because of their fine physique, their muscular prowess and manly vigor. If this is your picture, for heaven's sake, man, snap out of it! You can't afford to go on in such a deplorable state—not when joyous health and manly strength are readily within your power to possess.

# STRONGFORTISM

## Will Build Up Your Body

You can't get on your feet and become vigorous, alert and peppy by any other method so certainly as through the methods Strongfort has evolved and perfected. Give Nature a chance, and see how magically her restorative powers, her up-building processes, her health-giving abilities, will aid you in attaining a joyous physical condition. If you've slipped, embrace Nature whole-heartedly and completely, accepting her kindly aid in restoring you to vigorous health and manly strength by adopting this world-famous Course.

### ..... FREE CONSULTATION .....

*Absolutely Confidential*  
Mr. Lionel Strongfort, Strongfort Institute, Dept. 351, Newark, N. J., U.S.A.—Please send me absolutely free my copy of your book, "PROMOTION AND CONSERVATION OF HEALTH, STRENGTH AND MENTAL ENERGY." I have marked (x) before the subjects in which I am most interested.

The Educational Press,

4 E. 12th St., Dept. 186, New York, N. Y.

Send me "The Lazy Colon." I enclose \$2.62 (which includes 12 cents postage). If I am not entirely satisfied I will return the book within 5 days and my money will be refunded in full.

Name .....

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320 Pages  
Illustrated  
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Judge Gary, head of United States Steel Corp.: "I have read 'The Lazy Colon' with a great deal of interest and benefit. It is a fine piece of work, in a high degree original, wisely written, and packed with information from the most authoritative sources. I congratulate both the writers and publishers."

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**stop That Pain**

**With Violet Ray Vibration Ozone Medical Electricity**

*The Four Greatest Curative Powers Generated by This*

## Great New Invention!



Elco Health Generators at last are ready for you! If you want more health—greater power to enjoy the pleasures and delights about you, or if more beauty is your desire—write! Ask for the book on these inventions which has just been prepared. It will be sent to you without cost. It tells you how Elco Health Generators aid you in leaving the lethargy and hopelessness of bad health and weakness behind forever. Re-vitalize yourself. Bring back energy. Be wholly alive. Write today!

### Here's What Elco Users Say—

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"Wouldn't take \$1000 for my Elco."  
"Has done me more good in 2 weeks than doctors did in 3 years." "Cured my Rheumatism." "My Eczema gone." "Cured my stomach trouble." "Cured my weakness." "Now I sleep soundly all night." "Thanks to Elco my strength and vigor are back." "No more pain." "Colds never bother me now." "Chronic Constipation banished."

These great new inventions generate Violet Ray, Vibration, Electricity and Ozone—combined or separate.

They operate on the electric light in your home or on their own motive power at less than 50 cents per year. Elco Health Generators are positively the only instruments which can give you in one outfit Electricity, Violet Ray—Vibration and Ozone—the four greatest curative agents. Send the coupon below. Get the Free Book NOW!

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**Mail Coupon**

- How many hours sleep do you get?.....
- Are your eyes dull or bright?.....
- What is the condition of your heart?.....
- Do you feel rested on arising?.....
- How many meals a day do you eat?.....
- Do you use alcoholics or tobacco?.....
- Do you want to lose or gain weight?.....
- Have you ever taken any exercise?.....
- Who was your instructor?.....

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The way I increase your strength, you'll need a 20-cable exerciser in a few weeks if you don't get one at first. You'll save money by getting the large one right off the reel.

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CHARLES MacMAHON

# 300 doctors

built the foundation for this invaluable work on the most common *and most dangerous* of all human ailments. It contains, in simple, non-technical language, all of the vitally important facts derived from the investigations and discoveries of 300 physicians and scientists of international reputation, since the X-Rays were first used in studying the 28 feet of human intestine.

## The LAZY COLON

Scientists unite in the opinion that no other single cause known to medicine breeds so many dangerous diseases as does intestinal stasis (constipation). Every part of your body is affected by this condition.

Sir Arbuthnot Lane, King's Surgeon, of London, speaking before New York physicians in November last, said this condition is so charged with possibilities of gravest character that it may be considered one of the great scourges of civilization.

When intestinal tract becomes loaded with indigestible and putrefying material, certain poisons are developed which penetrate the blood vessels and are carried throughout the body,

thus infecting the entire blood stream. Here is ordinarily the source of heart disease, one of the commonest forms of premature death, pyorrhea, dry hair, suppurating tonsils, diseased liver, nerve weakness, neuritis, and neuralgia. Also, mental depression, premature degenerative changes of the eyes, cystic or other degenerative changes of the breasts (lumps), degenerative changes in the uterus, various forms of skin disease, ulcers of the stomach and intestines with tubercular involvement, chronic rheumatism of the joints, inflammation of the mucous membrane of the colon, degeneration and inflammation of the vermiform appendix, intestinal tumors, bad complexions with frequent offensive body odors, and cancer.

## Intestinal Stasis

(CONSTIPATION)

requires MORE than relief! Cathartics, laxatives, and physics are harmful to the sufferer. Each time you resort to these measures you increase the need for their further use, leading, eventually, to chronic constipation and its terrible consequences.

The scope of "The Lazy Colon" is indicated by this partial list of chapter titles:

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Surprising Theories of Water Drinking; Mysteries of the Intestine Revealed by X-Ray; Commonest Form of Stasis; Self-Poisoning; Story the Urine Tells; Hardening of the Arteries and Blood Pressure; Purgatives—Their Proper and Improper Use; Vitamin Facts; Greatest Menace of All; The Coated Tongue—Its Cause and Meaning; New Light on Longevity; Prominent Authorities on Good Complexions and Loss of Hair; A Bad Colon; Bad Teeth; Starting Right with Young Children.

## 21,000 Copies Sold

From intelligent men and women everywhere have come expressions of praise and gratitude to the authors for writing this book. It has been given the endorsement of leading authorities everywhere. It should be in your home!

"The Lazy Colon" treats a subject of such vital importance, treats it so completely and with such eminent authority, that your satisfaction with the book is assured. But to make doubly sure that you are entirely pleased, we offer to refund every penny of your money if, for any reason, the volume does not come up to your expectations.

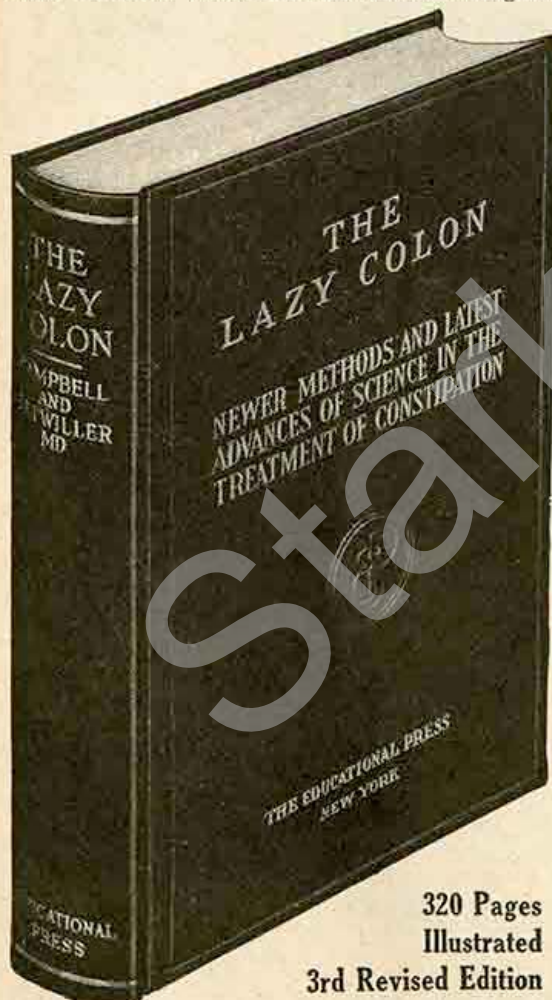
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320 Pages  
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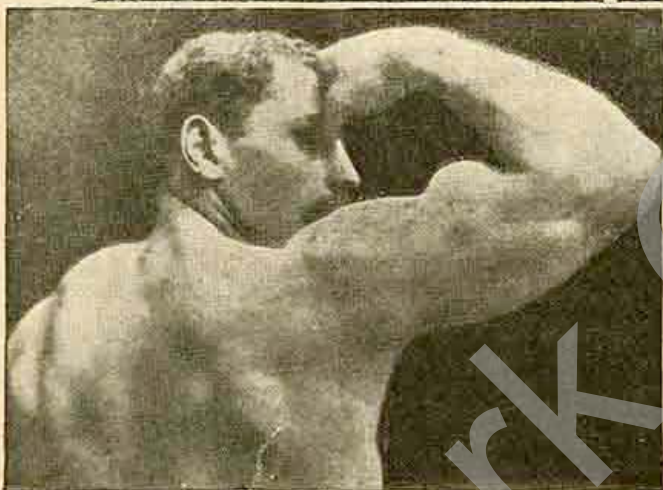
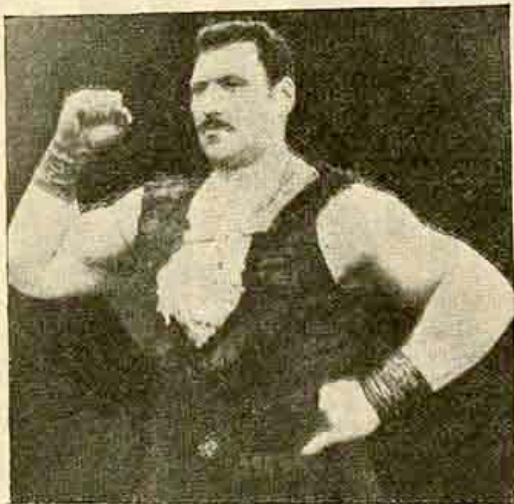
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# "The Key to Might and Muscle"



Will Give You  
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This book will enable you to develop splendid physical proportions, even when all other methods have failed.

115,000 words and just full of pictures that you will find nowhere else, outside of this interesting, instructive and practical book. The knowledge in this book is priceless

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They had access to the right kind of knowledge and applied it to their own training programs, with the result that they became famous physically. It works out in the same way as proper instruction in music, singing and art. There is a correct way of doing everything; and wrong methods are no better than useless.

## The Door to Physical Training Knowledge Leads You to the Realization of Your Dreams of Physical Perfection YOU NEED A "KEY" TO OPEN THAT DOOR

**MR. JOWETT**  
Will Autograph Your Copy

There are still a number of special copies of "The Key to Might and Muscle" gorgeously bound in limp leather, which Mr. Jowett will autograph for those who want one of these special copies.  
SEE COUPON

The chapter on developing stubborn muscles is worth many times the price of the book, and will enable you to build up such stubborn muscles as the calf of the leg and the forearm. It is possible to build up these sections when you know how. Many private exercises that Mr. Jowett learned through experience and from the greatest athletes are included in this book. In fact, each of the dozens of chapters deals with a different set of muscles; likewise the subject of scientific lifting is covered in a most thorough manner. You will find out why some men are much stronger than others and the methods prescribed for their individual cases. Open the door of knowledge.

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# The Crimes Women Commit Against Themselves!

By Annette Kellermann



NOT long ago a woman came to me for advice. She had been a robust young lady full of strength and vitality, cheerful, charming and tireless. Her bank of health seemed to be so full that she little dreamed it could ever be exhausted. One morning she woke up tired. Something seemed to have left her. Day after day she grew weaker, took less interest in her surroundings and then withered like a faded flower. She began to take pills and powders. She began to use creams and lotions, skin tonics and rouges. But she never could find her lost health in a bottle, and she never could get back her natural strength out of a box. She had to lean on tonics and treatments to keep going. Artificial stimulation whipped her into some semblance of activity. Pepsin digested her food; laxatives took the place of Nature. But after a while she realized the hopelessness and the foolishness of attempting to gain real health, real vitality and rich red blood out of a store. So she came to me for advice.

I told her not to worry, that if she followed my instructions she would soon be herself again. Today she gets more out of life than she ever did before. She builds strength into her system. So that, drawing upon it, she does not bankrupt her body.

The crime most women commit against themselves is to let themselves go. They are careless until it is too late. It does not require intelligence or common sense to be careful after it is useless to be careful. It does require intelligence and common sense to catch yourself in time.

If you suffer from headaches, are weak, run-down, anemic, tired and worn out, if your nerves are ragged, your digestion weak, if you are gaining weight too rapidly or losing it beyond reason, if you shuffle and slouch along instead of having the springy step of youth, you are dangerously near the breaking point. You are committing a crime against yourself for which you will pay the penalty. If your complexion is pimply, blotchy, sallow, if your eyes are baggy, your hair straggly, you are committing the crime of losing your own birthright, beauty and charm.

Few women understand how to avoid this crime. That is why I have made it my life work to teach them. I learned how in the hard school of experience, for I myself was not always strong, athletic and free from aches and pains, and my figure, which has been called the most perfect in the world was a development, not a birthright.

No,—as a child I was puny, weak, bowlegged, almost a cripple. For years I had to struggle against becoming an invalid. Finally I conquered my defects. Since then I have bestowed renewed health and beauty upon thousands of other women by means of the simple, natural methods that I discovered in my own case. I want to help *all* women, who are willing to give up their pills, powders and tonics, to become as perfect in every way, as

healthy, as vigorous, as beautiful and as happy as Nature meant them to be.

It is totally unnecessary for women who have *no organic trouble* to suffer as they do—totally unnecessary to be continually incapacitated by petty little ailments—headaches, indigestion, constipation—totally unnecessary to look old, haggard and worn, dependent upon “make-up” to keep up a counterfeit youthful appearance. Let me tell you how you can free yourself from your weariness, your feeling that you live only half a life; and become a vital, vigorous woman with a figure and complexion that reflects the abounding health and strength within you.

## Get My FREE BOOK—“The Body Beautiful”

In this book, which I will send absolutely free to any woman requesting it, I tell you exactly how I transformed my weak, semi-invalid body into a physique capable of establishing world's records. In this book are also a few of the thousands of letters I have received from women who have been completely made over by the same methods that restored me. Here, in a word, is the *proof* that *any* woman, by devoting only fifteen minutes a day to it, can obtain a perfect figure of her type, neither too stout nor too thin; mould each part of her body to graceful, youthful lines; can acquire a clear, healthy complexion; and can overcome the weakness and physical troubles that the majority of women suffer from.

If you would like to have a copy of “The Body Beautiful,” just request it. There is no charge or obligation. Simply write a letter to me, or mail the coupon that is conveniently ready right now. I will send the book, and also explain about my special 10-Day Demonstration Offer. Do it this minute—it may be the beginning of a new kind of health, happiness and good looks for you.

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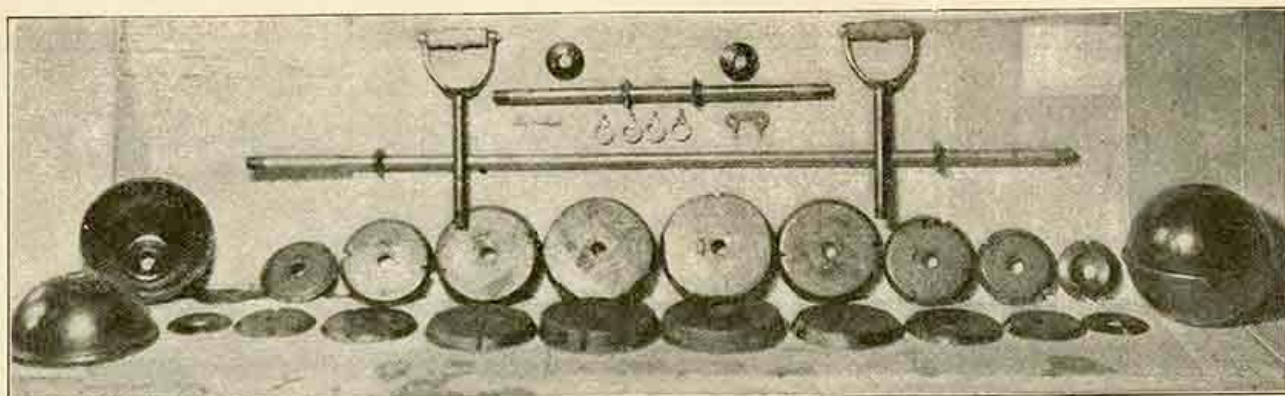
Dear Miss Kellermann: Kindly send me, entirely without cost or obligation, your new book, “The Body Beautiful.” I am particularly interested in

Body Building  Reducing Weight

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## The Bell Shown Above Is the Finest Made

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500-lb. Plate Loading Bell, plain bars.....	\$60.00
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3 complete, illustrated courses are given with every one of the above bells except the 100-lb. Bell, with which 2 courses are given.

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Gentlemen:  
Enclosed find \$..... in payment for Bar Bell set  
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#### MEASUREMENTS

Neck..... Weight.....  
Normal Chest..... Age.....  
Expanded Chest..... Occupation.....  
Upper Arm..... How Many Times Can You  
Chin the Bar?.....  
Forearm..... How Many Times Can You Dip  
on Parallel Bar?.....  
Waist..... Check off your aims below:  
Hips..... Improved Health—  
Thigh..... Great Strength—  
Calf..... Perfect Physique—  
Wrist..... To Reduce Weight—  
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WE DO NOT PREPAY SHIPPING CHARGES

There is not a Bar Bell of any make or style that can equal the Large Size Milo Duplex Bell for beauty and muscle-developing qualities. Above you will see each and every separate part of this magnificent outfit. Below you will see how it looks when assembled into two kettle-bells.

There are 20 plates of graduated weights, from 20 lbs. down to 1½ lbs. The four spheres are shown that cover the plates, making a beautiful bell. There are two heavily nickel-plated, solid steel bars—one short bar for dumb-bell work and one long 5-foot bar for bar bell or two-hand work.

Then there are the two kettle-bell handles for independent two-hand use. Next comes the four sliding collars and a special wrench for them. The two lock-nuts that hold the spheres on the bars are shown also, with the special wrench for loosening them.

Three complete courses complete the outfit.

### The Milo Large Size Duplex Will Do This For You

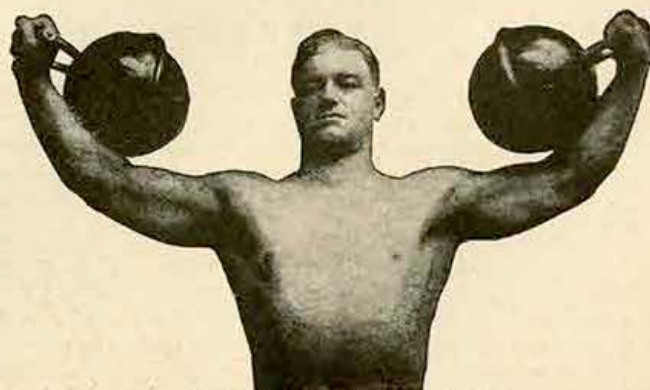
It will build you a chest that clothes can't hide. It will develop a neck that will require the largest collars made. Your legs will fill out your trousers, even if they are the wide, stylish make, your physique will, figuratively speaking, show right through those clothes. It will make people turn and admire your development, size, grace and appearance of strength. That is what a Milo Large Size Duplex will do for you personally.

Besides, it is a bell you will be proud to own, proud to show your friends, and proud to use in a public exhibition of your strength.

### DON'T HESITATE—

This Is the Best System For Body Developing  
Purposes.

Fill in This Enrollment Blank NOW!



THE TWO KETTLE-BELLS

WEIGHT: Empty, 30 lbs., each—Loaded, 107½ lbs. each.

# You Can Add 15 Years To Your Life!

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

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

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

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

### New Edition Greatest of All

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

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

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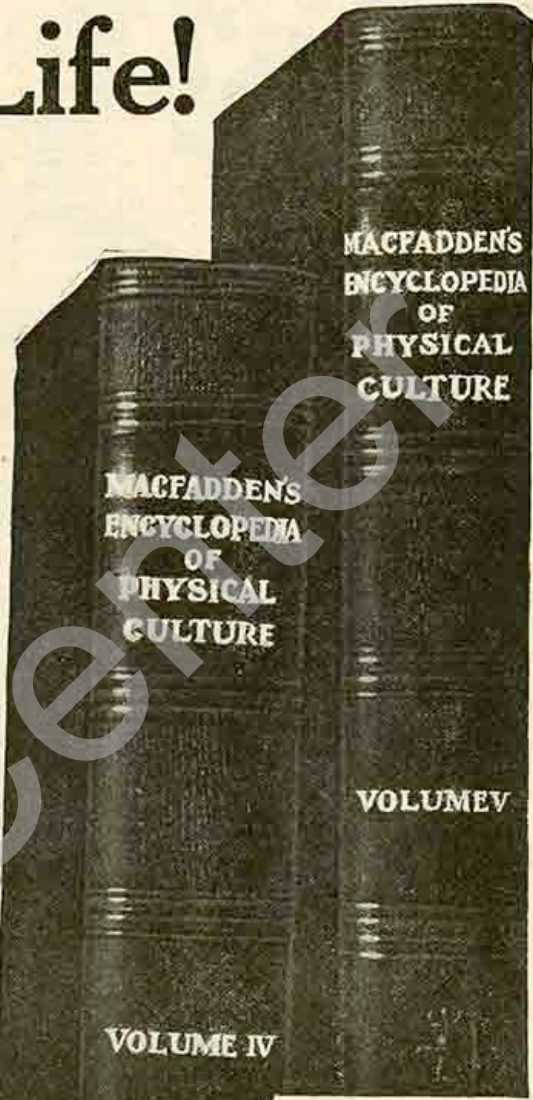
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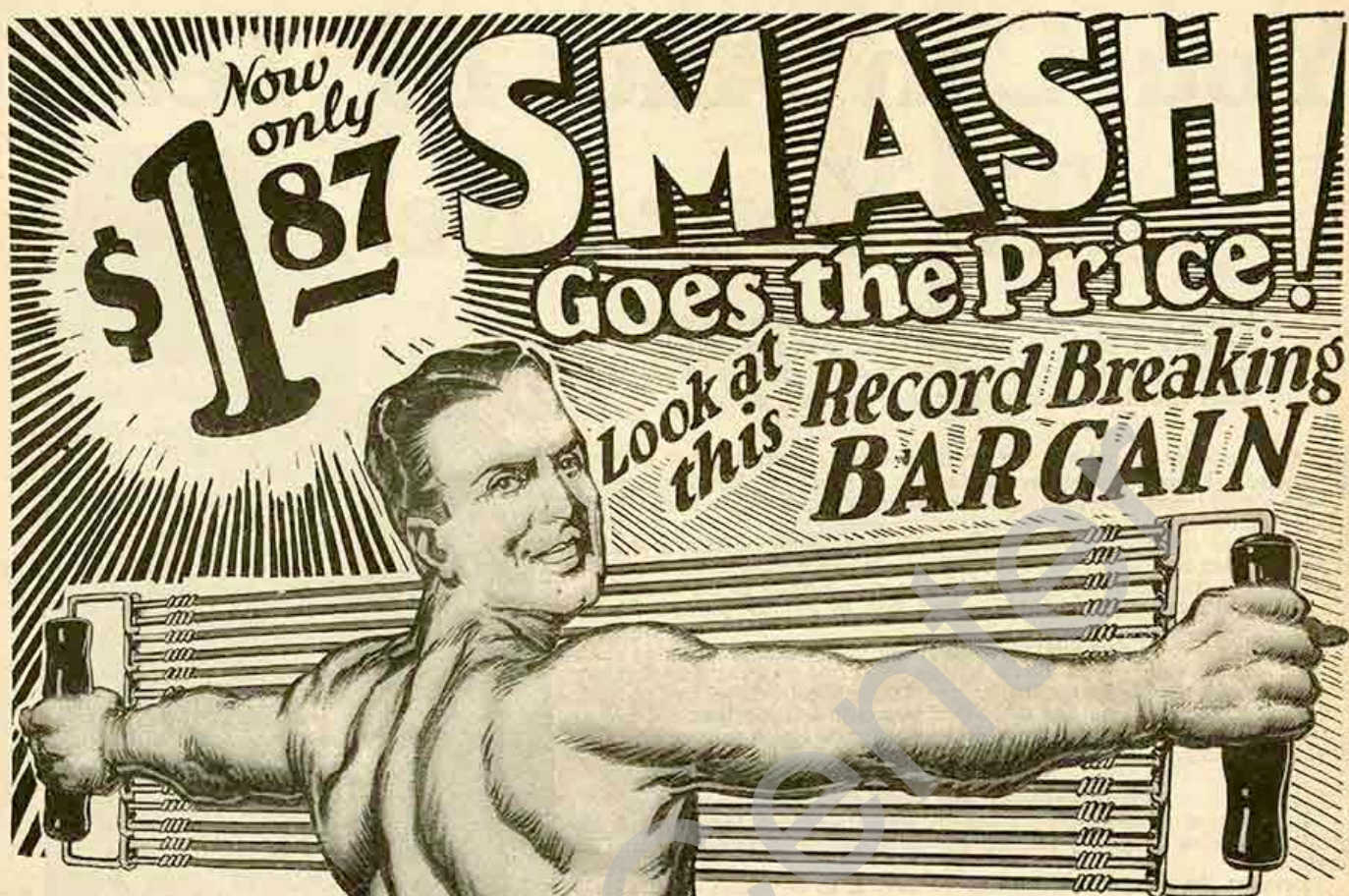
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## Editorial

## Physical Fitness and Effort

**N**O one who reads STRENGTH is interested in physical training alone. No one who reads STRENGTH, we hope, fails to realize the importance which physical fitness plays in everyday life.

When all the tooth paste and breakfast food manufacturers are basing their appeal to the public on the fact that their products are health builders, it is self evident that the advertising profession, at least, believe that more and more people pay some little attention to their physical welfare.

For years patent medicine advertising was the bane of publishers because so many claims were made which were not wholly true as, although in specific instances the product had performed the feat claimed for it, in other instances and under apparently the same conditions no cure had resulted.

Unfortunately for manufacturers of patent medicines, publishers and public alike, no one can tell in any individual case of ill health exactly what to do. In the first place the victim of ill health may totally misjudge what, not only the cause may be, but even what the nature of their ailment may be.

In fact it is not too much to say that frequently the largest part of the physician's task is in finding out what is really wrong with his patient. Once this is known the cure is comparatively simple.

The case we are trying to build may be stated in a few words. When you are ill do not depend upon anyone or anything for advice except reputable members of the medical profession. But do not wait till you are ill to begin to think about your health. Ordinary attention to the well-known rules of hygienic living is well worth while in any person's case whether they are well or ill.

Too often we pay no attention to our health until we realize that it has gone back on us. We value something for which we are striving and feel that we would gladly "give ten years of our life" if we could reach our goal.

*Do We Get What We Want?*

An old friend of mine, while he was a boy in high school, was an unusually good football

player. In his last year in school his shoulder was thrown out of joint. Now this is a painful and annoying thing, but not, by any means, fatal. Nevertheless, he was ordered never to play football again; an order he calmly ignored. On several occasions during his college career he met with the same accident.

Finally it got to be quite easy for his shoulder to be thrown out, although it never was easy to put it in again. I know that once he threw it out in his sleep and that once, while in the army during the war, it was thrown out from no apparent reason.

It has been some time since I have seen much of him and I do not know how he feels today, but I do know that five years after he left college he had no regrets for the fact that he had not stopped playing football after his first injury.

He had paid a definite physical price and he felt that the fun he had gained had been worth the price. Whether you or I would pay the same price for the privilege of playing football is not the point at issue. What counts is that he knew he would suffer certain distinctly unpleasant results if he continued to play. Knowing this he did continue and surely enough the unpleasant results followed.

The same sequence of events occurs when we commit so apparently serious a fault as over-eating or under-exercising or both of these sins. Perhaps we are equally at fault if we contract pyorrhea.

The editorial staff of this magazine knows well that not only all people, but probably no people, are going to lead a thoroughly sensible life from a health stand-point. Perhaps to lead such a life we would have to abolish cities and change our ways of making a living. But we do believe that every one, by some changes here and there, can materially improve the hygienic conditions under which they live.

Not one person in ten knows or cares in the least degree whether their diet is a sensible one or not. Not many more make any effort whatsoever to get in a regular amount of exercise daily. Both of these things are elementary and of immense value to all of us.

*(Continued on page 89)*

# "Ankles Preferred"

In Street Clothes or In Bathing Suit  
—Are Your Legs Shapely?

By *Margaret A. Sargent*

I CAN still picture myself rushing up to the box office of a motion picture house, early last spring—above which glared a huge electric sign "Ankles Preferred"—an hour before that theatre opened its doors to the public. I had been anticipating a large crowd that night, and I had guessed correctly that all husbands and prospective husbands would beg leave of absence.

We saw plenty of ankles that night—as most of you will remember—but not the kind that made you instantly exclaim "fire-plugs" or "pipe stems" or some such disrespectful term. And pretty ankles was what we wanted to see, for do not most of us yearn for shapely legs and trim ankles?

All summed up that particular photoplay strongly hinted that business men preferred ankles to brains, and in Madge Bellamy's case, she took the leading part, you could hardly blame the men, but in ordinary everyday life men cannot prefer ankles to brains or the world would be financially ruined. But this does not prove that they do not secretly admire pretty ankles and pretty figures. It is also no reason why women should fear a national panic and neglect their lower limbs. There are many ways and means by which they can "develop a perfect understanding." What is more unsightly than a scrawny pair of legs—no calves or ankles; or worse, a pair of fat legs with no shape whatsoever, reminding one of a chunk of beef?

Madge Bellamy suited the leading part in that picture to perfection. She has, beyond a doubt, a beautiful pair of lower limbs, and, doubtless, many of us looked on that picture with seeming pleasure, yet, somewhere within us a little green eyed demon kept gnawing at us. And you were so conscious of your boy friend or husband sitting next to you and wondering what he was thinking. I myself resolved that night that I would give anything I had to possess such a pair of limbs as Madge Bellamy's. And it would be a safe bet to say that at least fifty percent of the girls who saw that picture resolved to go home that very night and do something to improve their understanding. And another safe bet would be to say that forty-nine percent of that fifty did nothing at all.

Judging from the Easter Parade on the Boardwalk, in Atlantic City last April, Paris must have decreed that skirts be worn three inches above the knees this year. Now if girls must wear their dresses three inches above the knees they must do something to improve their legs, or they must bear the brunt of their more fortunate sisters' or sarcastic brothers' ridicule.

Nothing seems more pathetic to me than to see a young lady, stylishly dressed, with her dresses above her knees, displaying bulging knees and underdeveloped calves and ankles. Immediately she loses all her charm and poise.



Now that girl would look one hundred percent better if she would wear her dress three inches above her ankles and leave the rest to one's imagination.

The muscles of the legs are very, very stubborn to develop, as you probably are aware by now. It takes long, patient practice at some strenuous exercises and a good deal of walking, climbing, and rope skipping to develop a pair of limbs such as Madge Bellamy's or any other screen or stage star's you have admired. You might think you walk a great deal and get enough leg exercises when you walk to and fro from the cars, walk or stand around your place of employment or around the house doing your daily duties, but this is not one-quarter the amount of walking necessary to develop shapely limbs. You should strive as much as you can to put on a pair of low heeled walking shoes and go out for long walks, using the heel and toe motion. If you are in the house walk around in your stocking feet, or put on a pair of sandals.

Dancing is a splendid exercise as well as a pleasant one. If you are in a position to do so, take up acrobatic or fancy dancing.

Rope skipping is an exceptionally good exercise for producing trim ankles. If you cannot do this in your own room go down in the cellar or

better still out in the back yard every night and skip rope for about ten or fifteen minutes. First hop on one foot, then on the other, then on both and then alternately. Hop in the air and bring the ankles together with a sharp bang before landing.

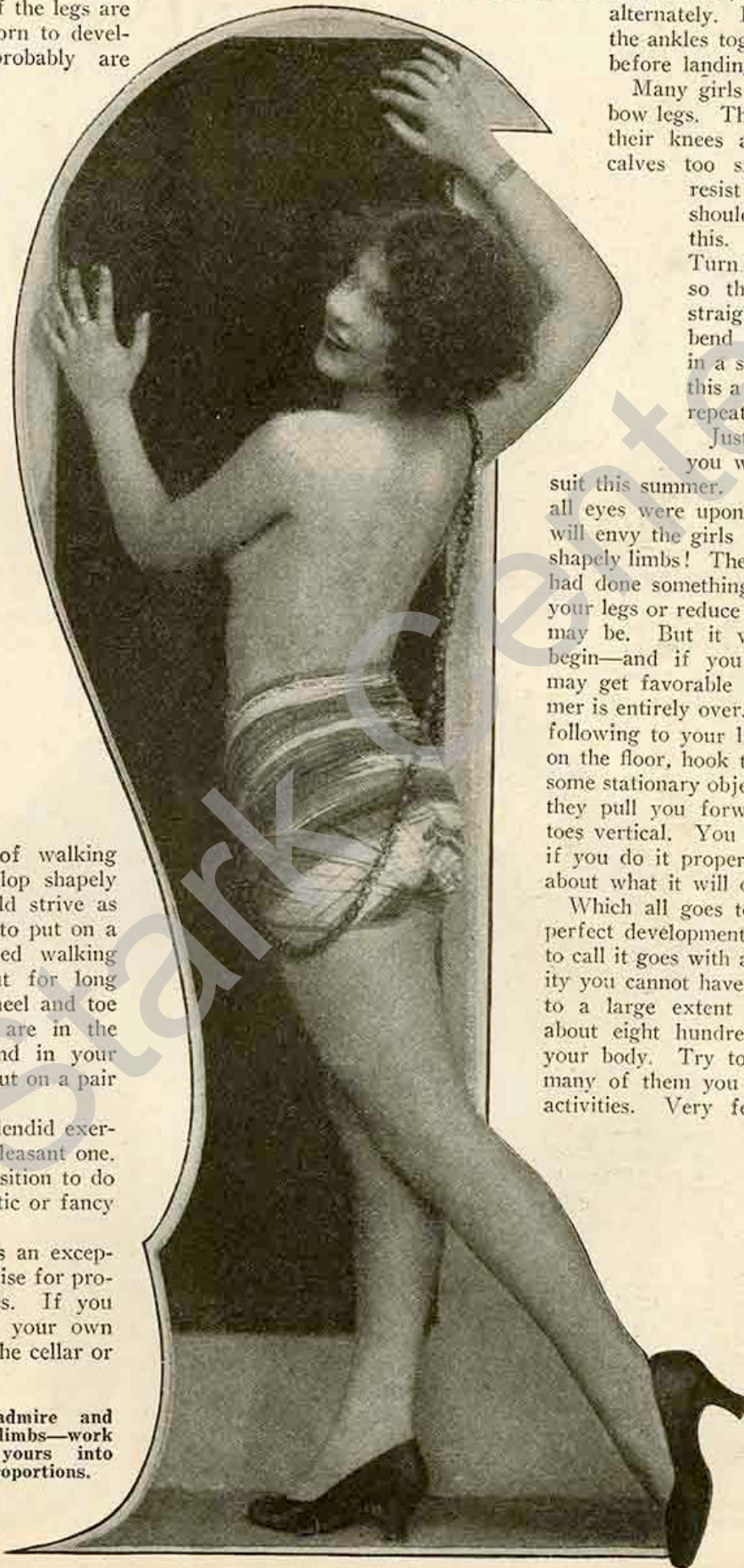
Many girls have the appearance of bow legs. This is due to the fact that their knees are too large and their calves too small. Movements that resist the bend of the legs should be taken to overcome this. For instance do this: Turn the toes sharply outward so that they approximate a straight line. Keeping them so bend the knees until you are in a squatting position. Hold this a moment, rise slowly and repeat ten times.

Just think how embarrassed you will feel in your bathing suit this summer. You will feel as though all eyes were upon you and my, how you will envy the girls with shapely bodies and shapely limbs! Then you will wish that you had done something last winter to develop your legs or reduce them, whatever the case may be. But it will not be too late to begin—and if you start right away you may get favorable results before the summer is entirely over. And you may add the following to your list of exercises: Sitting on the floor, hook the extended toes under some stationary object, bend the ankles until they pull you forward, finishing with the toes vertical. You can "feel" this exercise if you do it properly, not saying anything about what it will do for you.

Which all goes to prove that beauty or perfect development or whatever you want to call it goes with activity. Without activity you cannot have health, shapeliness and to a large extent happiness. You have about eight hundred different muscles in your body. Try to figure out about how many of them you use during your day's activities. Very few women in modern

life ever use more than ten or fifteen percent of the muscles that nature intended to be put in use daily.

What happens to the other ninety or eighty-five percent? They become underdeveloped, lose their flexibility and cause us much trouble as we grow



Don't just admire and envy shapely limbs—work to develop yours into pleasing proportions.

older. With this in mind, therefore, you should endeavor to indulge in some other pastimes besides exercise. Take tennis for instance. Almost every muscle in the body is exercised when engaged in this sport. Swimming also calls into play a large percentage of the muscles. Golf, for instance, is exceptionally good for those who desire to develop their legs to proper proportions as it calls for a good deal of walking, and the type of shoe worn is advantageous.

Every girl and woman will benefit by following at least one of these sports and I can assure you, your life will be worth living, if you have the time to take part in all these games regularly. Everyone, no matter how rushed or busy they may be, can find time to play, and there is nothing better than practicing one of these three. But, for goodness sake, if you choose tennis, really learn to play it as it should be played and don't go about it as most young ladies and women do. The average game of tennis consists of hitting a ball out of bounds and then running after it, with but few returns in the entire day's playing. Or it might consist of sporting around in a snappy "tennis costume"—a latest Paris creation—for the sake of "showing off."

Swimming specialists are the happy owners of fine calf development and perfect ankles; especially if they swim the crawl, as in adopting this method, the toes are well pointed and the calves get just the correct amount of exercise, with the muscles fully contracted, assuring splendid results.

If golf is your choice, and you want to acquire pleasing lower extremities, here is a little tip: while walking over the course, practice walking part of the way with the toes pointed, straight ahead; then for a while turn the toes in; and over another stretch of fairway turn the toes well out.

Stride right out as though you meant to get somewhere, and you will be certain to achieve satisfactory results.

Good leg development is worth working for, as every girl will admit to herself. A shapely leg denotes strength, grace and poise, and which one among us does not want all? To be sure, not strength of the rugged, mannish type, but strength of the kind that keeps us in health and active condition for work and play. No woman can be truly vivacious and the possessor of a pleasing magnetic personality without the possession

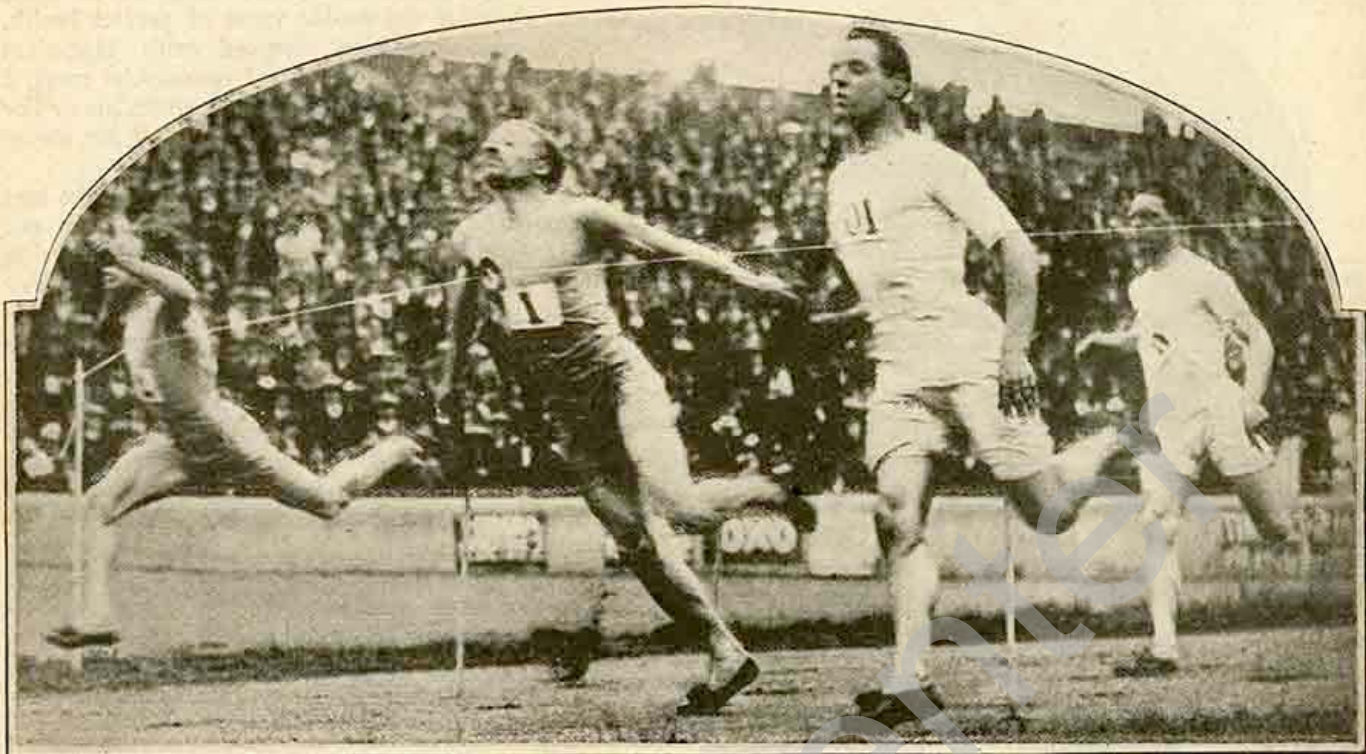
of an extra degree of that strength (vital strength, nervous strength) all of which denote that mysterious something that charges the human system with physical electricity, to the extent of almost brimming over with magnetism. Such women and girls seem to have an almost uncanny, spiritual power of drawing others toward them. Popularity and success, for which we are all striving incessantly, seem to be the natural right of those who are possessed of an unusual degree of strength. Physical strength has both a meaning and a foundation; there is a

reason for it. Usually it means that the individual is fully sexed—a real woman in the truest sense. There is no mistaking the fact that strength has a meaning, and the possessor should also have the other qualities—grace and poise. Any woman or girl with sufficient perseverance, who really wishes to possess these qualities, can acquire them in a very

(Continued on page 89)



Shapely limbs denote strength, grace and poise.



Good lungs, powerful and speedy legs and endurance will make you a winner in running.

# Cash In on Trained Muscles

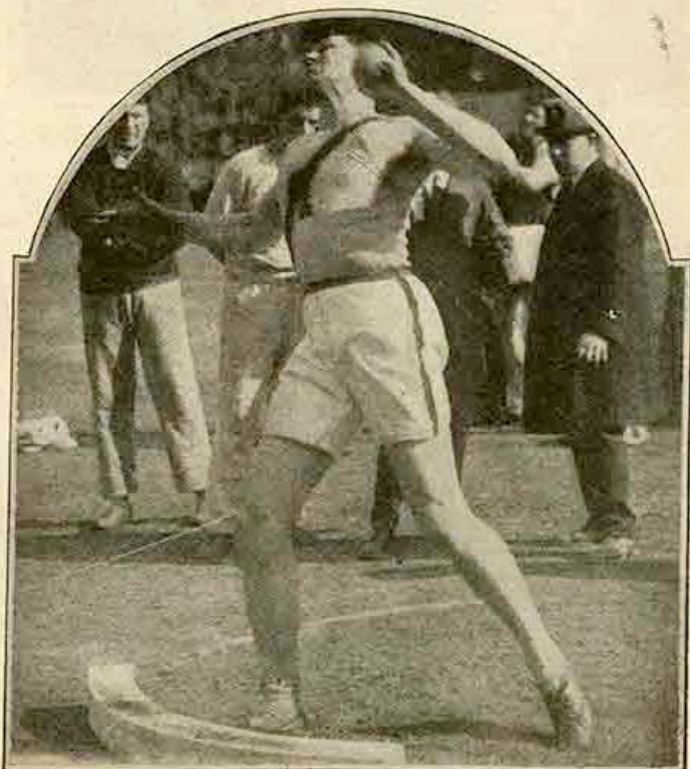
If You are Athletically Inclined Add Physical Training to Your Program and Go Up the Ladder.

*By Charles MacMahon*

**M**ANY young men and women, who are athletically inclined, do not appreciate the value of proper physical training for the purpose of making themselves better athletes.

I know good ball players who were prevented from going very high up because they lacked the shoulder power behind their hits; others whose possession of a weak throwing arm killed their chances, even though they were fast and accurate in the field and good hitters. There are still others who were held back by the lack of bodily weight and size; others, because they didn't have the strength to stand the hot pace of everyday-ball.

There are otherwise good football, tennis and basketball players, as well as swimmers and athletes of all kinds, who are kept back from athletic glory and big money simply because they lack some one or more essential bodily requirement. It may be the lack of endurance, speed, strength, weight, size, development, muscular co-ordination, clear head and eyes, and perfect health that is keeping you out of the real money class.



In weight throwing size, strength and knack are essential.



An illustration of how you can cash in on strength and a beautiful body in the show business.

And when it is considered that proper physical training can supply one or all of the above, it is a shame more would-be athletes do not know it or put it into practice.

Proper physical training methods can strengthen your wrist and arm so that a tennis racket, baseball, baseball bat, cricket bat, or any other sport apparatus, will be light for you to handle, thereby allowing you to handle them easily and accurately. You can make managers of all athletic pastimes take favorable notice of you by improving your ability through scientific training.

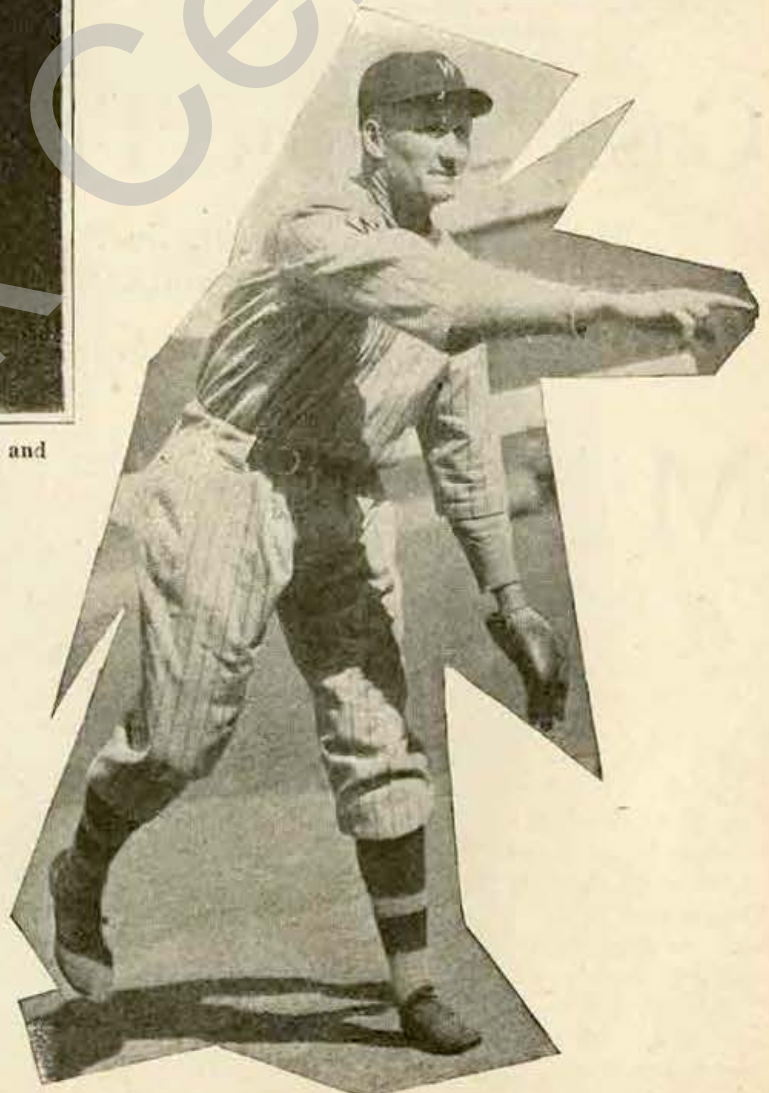
Think of the money made by professional athletes in all lines of games and athletics! Think of the glory in amateur school games and athletics for those who have the physical qualities that allow them to excel!

Body and strength building practice is well worth the time spent when the pupil desires

only perfect health, great strength and development, and yet many have made a good livelihood from these alone. Consider the double value of perfect health, strength and physique, coupled with high-class athletic ability. In these days of commercial sport, a fellow, or even a young woman, can make his or her favorite sport a profession, provided they are clever enough at it.

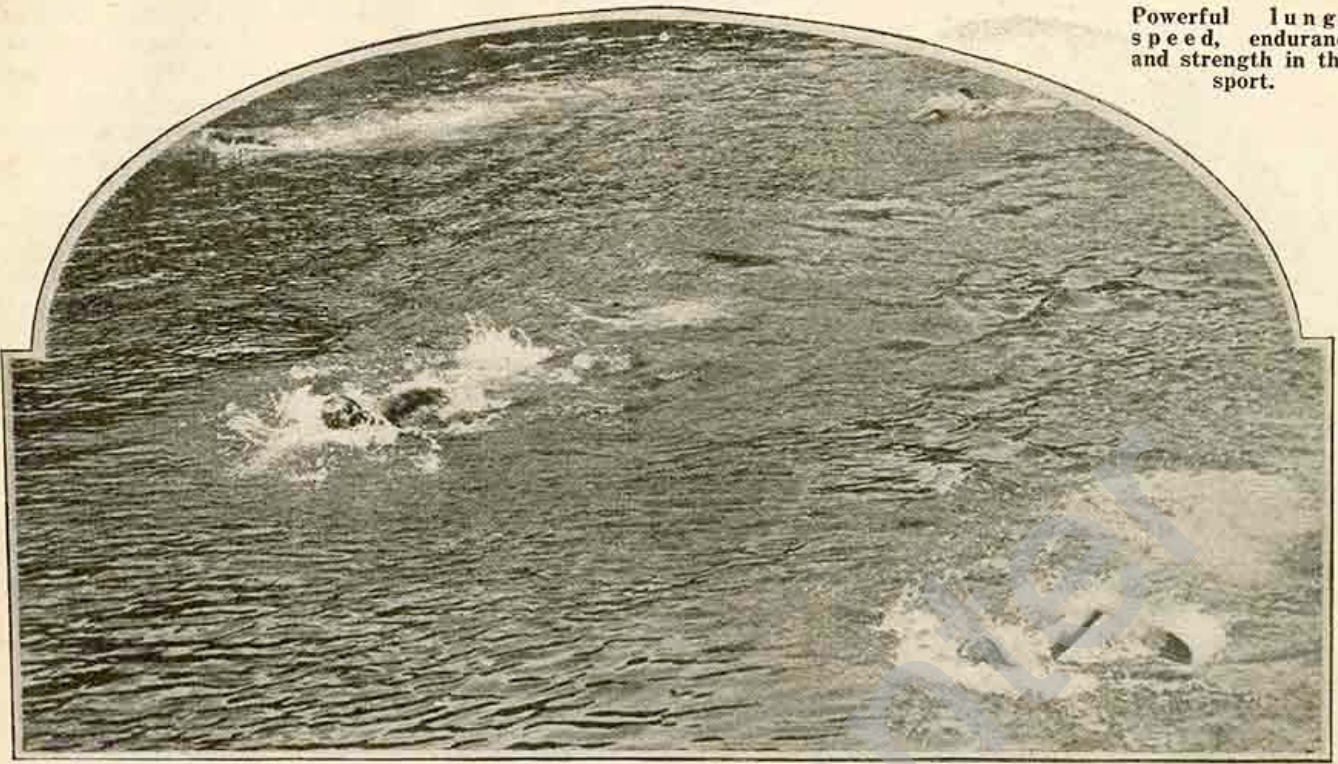
The thing to do is to select the game you like best and are most proficient at. Then try to pick out your weak spots, or whatever it is that is hindering your advancement, and work to eliminate them. For instance, perhaps you are one of those unfortunates who is prevented from joining in sports even for the pure joy of them by poor health and a weak body. If you are one of those, you need physical training to build up your body and strength, and, consequently, your health. Waste no time getting started on the road to health, for then you can enjoy games and athletics even if you never become proficient enough to make any one of them your livelihood.

Perhaps you have health and need only more strength, or more muscle and weight, or more endurance, or speed to make you an athletic success. Then, again, proper physical training will give you one or all of these essentials, and will probably be the making of you as a first-class athlete.



In baseball great size and strong tendons and muscles are an advantage.

Powerful lungs, speed, endurance and strength in this sport.



Many a young ball pitcher is handicapped because he doesn't possess sufficient stamina to last nine innings or more. You may be able to throw them up for nine innings, but the last three or four see you weaken considerably, which results in a flock of hits and runs that lose the game for you.

Besides recommending a complete physical training course for the purpose of improving your physical ability and staying power in athletics, I am going to give you a few hints on developing a strong throwing arm, making yourself a powerful swimmer, strengthening your arm and wrist for wielding a tennis racket, and the like.

You must keep in mind the fact that the human body adjusts itself to conditions. A man who does not exercise or do laborious work becomes soft and weak. If you exercise with 50 lbs. and never any more, you will not advance much, if any, in strength beyond that which is required to handle that much weight. The same principle applies to athletics. If you are used to throwing a regulation baseball and

it should happen to get thoroughly wet, you will notice the slight difference at once and say you cannot throw it properly because it is too heavy. On the other hand, if you should try throwing a nickel "Rocket" or boy's twenty-five cent ball, you will say it is too light, too. But the fellow with a weak throwing arm could throw the lighter balls better than the heavier regulation size.

I well remember, when I was a kid, we rarely, if ever, got a chance to catch or throw a full-size official ball. Consequently, we used the twenty-five cent ones. I was considered pretty good, as kids go, and so I got a tryout with a team of older and larger young fellows. This older team used the official ball and was at home with it; but when I tried to catch a fly in the outfield, the ball went through my hands and hit my chest as though it were a cannon ball, and it felt like one to me, not only when catching it, but when throwing it.

This was in the early spring and was only practice, but I realized I would have to do something quickly if I wanted to make this team, and I surely did want to, too.

After a little thought, I hit upon this plan: I obtained an old official ball from somewhere and drilled a hole in it and filled (Continued on Page 93)



A strong wrist, suppleness, speed and endurance needed here.



There is hardly a thrill to be compared with diving from a high platform, like this girl champion is doing. Your life would be much more enjoyable if you understood swimming and could indulge in fancy diving.

**A**NOTHER season at the "ole swimmin' hole" is drawing pretty close and a goodly percentage of the populace will soon be worshipping at the shrine of old Neptune. Happy, to most of us, are the memories of our kid days spent around the shady bank of a neighboring creek or pond. But, now that we have outgrown the shallow depths of the real fountain of youth, what sort of old swimmin' hole will we disport in this coming summer? Some of us will hie to the seashore, others to the mountain lakes, or the nearest river, creek or municipal pool; what is your choice? Oh, I hear some say they can't swim; tried many times, but without success, "guess I wasn't meant to be a fish" one says, by way of explaining to his self-satisfaction why he hasn't been successful in mastering one of life's most useful and enjoyable accomplishments.

There are many persons who have, seemingly, been earnest in their attempts to keep afloat in water, but without the least success to lend encouragement to hours of effort, they have quit trying, and, as a result, they belong to the ranks of non-swimmers, numbering thousands, who must be pulled out of the water by the more fortunate citizens who can swim. It is, indeed, surprising to know of the many capable athletes who are unable to swim, and in many cases simply because they wouldn't make sufficient effort to procure competent instruction. This article is written with the idea in mind of encouraging STRENGTH readers and enthusiasts to avail them-

# Swim the First Day

Learning to Swim in the Shortest Possible Time by Means of a Fool-Proof Method of Instruction

*By Mark Berry*

selves of this opportunity to master the art of natation.

A method by which you can learn to swim! Unbelievable, you may say, but is it not worth trying? Perhaps you are one of the many individuals who have tried repeatedly till you have given up in disgust. If so, won't you do us the favor of following this little discussion to the very last word? We are somewhat inclined to be positive in the assertion that your inability to master swimming has been due to misdirected efforts, and incorrect methods of applying yourself to the task at hand. This would embrace faulty instruction as well as poor personal discipline on the part of the learner.

In order to properly teach swimming, the instructor must insist on the advice and preliminary movements being followed to the letter; also that each step be taken in turn. In ascending a ladder you must first cover the bottom rungs before you climb those that are topmost; likewise the baby must creep before attempting to walk; so if you are in earnest about wanting to swim, and will prove your sincerity by reading every word of that which follows, and then give the described system some sort of a fair trial, we can promise that you will be swimming in surprisingly short order. We guarantee that you will swim the first day you enter the water, providing our instructions are carried out and some little time is spent beforehand in the practice of certain dry land exercises. Far fetched claims? By no means, and a trial that is something more than half-hearted is the most convincing proof we can offer.

Disregarding, for the moment, any arguments as to the best stroke to teach the beginner, we would suggest that the reader take our word as to the practicability of the method herein described.

The following instructions are laid out in eight lessons, divided into three sections, and arranged for the beginner who knows nothing of the water, but graded so that one who understands a little concerning swimming can follow that portion of the instructions which they do not understand. If you do not thoroughly understand the crawl stroke of swimming, you should start on the first lesson and practice each one in turn, thoroughly mastering one lesson before proceeding to the next one. It will be a capital plan to put in quite a lot of practice on the "dry land" exercises, so that these movements will become more or less second nature when you enter the water. As



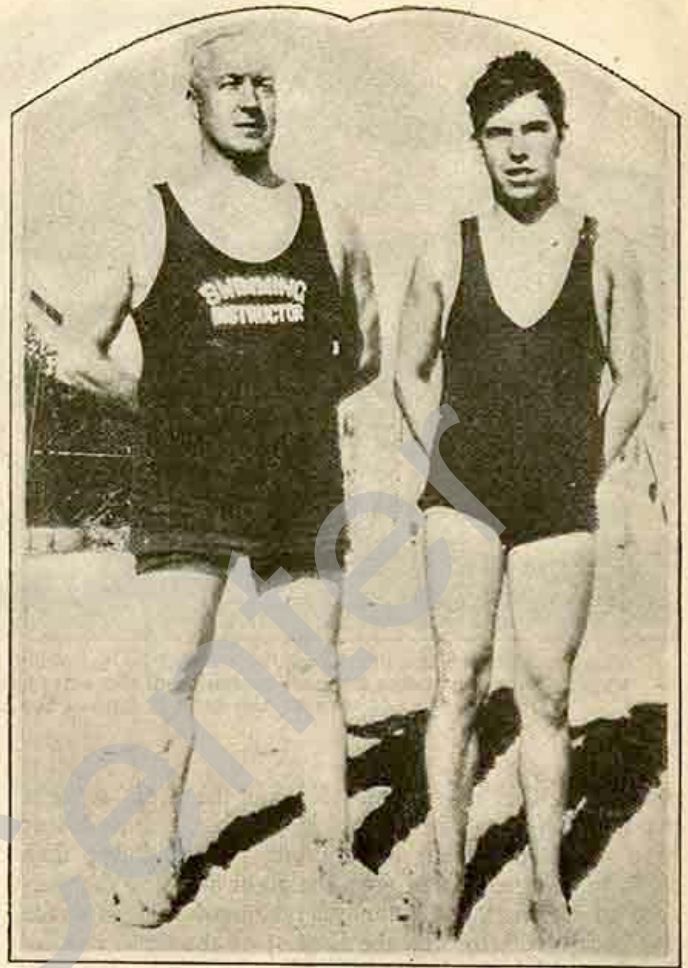
you will later see, the "dry land" exercises consist of learning to control the breath, the leg action and the movements of the arms. Next you will be given the first things to master on entering the water, preparatory to swimming. After which the pupil is taught the rudiments of keeping afloat, and quickly becomes able to swim by the use of the simplest stroke known to the art of natation. Having acquired confidence, the next few steps are comparatively easy and consist of breathing in the water, the arm action and leg thrash, following which the pupil finds him or herself gliding through the water. Please do not consider this an exaggeration, as we can assure you that the instructions are thoroughly practical; the proof lies in giving them a fair trial, after which you will entertain no doubts as to their practicability.

The first point to be considered by the would-be swimmer is the matter of learning to breathe correctly; one who understands the proper manner of breathing while in the water will have no trouble keeping the head above water, and in fact will not be greatly alarmed if they suddenly find themselves in the water. The greatest danger to the non-swimmer, once they find themselves in the water, is that the head will fall forward, due to its great weight and then, as a result of confusion and not knowing how to breathe, they inhale water into the lungs.

The most simple plan by which the mechanics of breathing may be mastered, is right in your own home out in the bath room wash-bowl or any other bowl of sufficient size to allow the face to be turned sidewise inside of the bowl. Fill the bowl with water till within about two inches of the brim; take a deep breath, then lean forward and put the face in the water, hold the breath for several seconds and then gradually exhale through the nostrils under water; when all the air has been expelled from the lungs, roll the face to one side and by suddenly opening the mouth, gulp down a whole chest full of air in one mouthful, as shown in drawing A, turn the face back down in the water and exhale slowly once more; repeat this procedure continuously for several minutes at a time every day, or better still, several times daily, till you have not the slightest trouble in controlling the breathing. An important point to master, is to keep the eyes open all the while; this is a very simple matter once you become accustomed to it.

The above breathing exercise should be practiced day after day till you are thoroughly familiar with having water in your eyes, ears, nose and mouth, and can keep from swallowing water while having the breath absolutely under control.

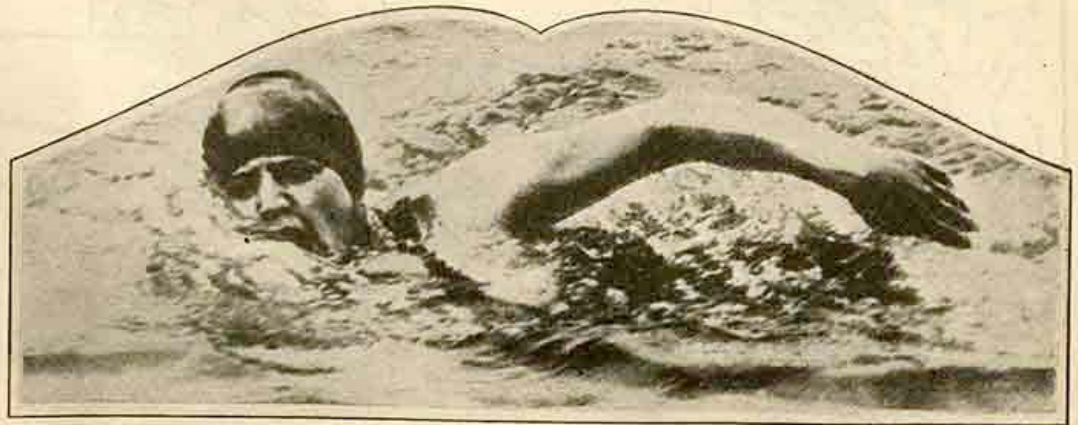
For the next few exercises you will need the aid of a bench or stool, or in the absence of these you can use a box or chair. Lie face downward so that the body is evenly balanced as in drawing B, using the hands to steady the body by holding



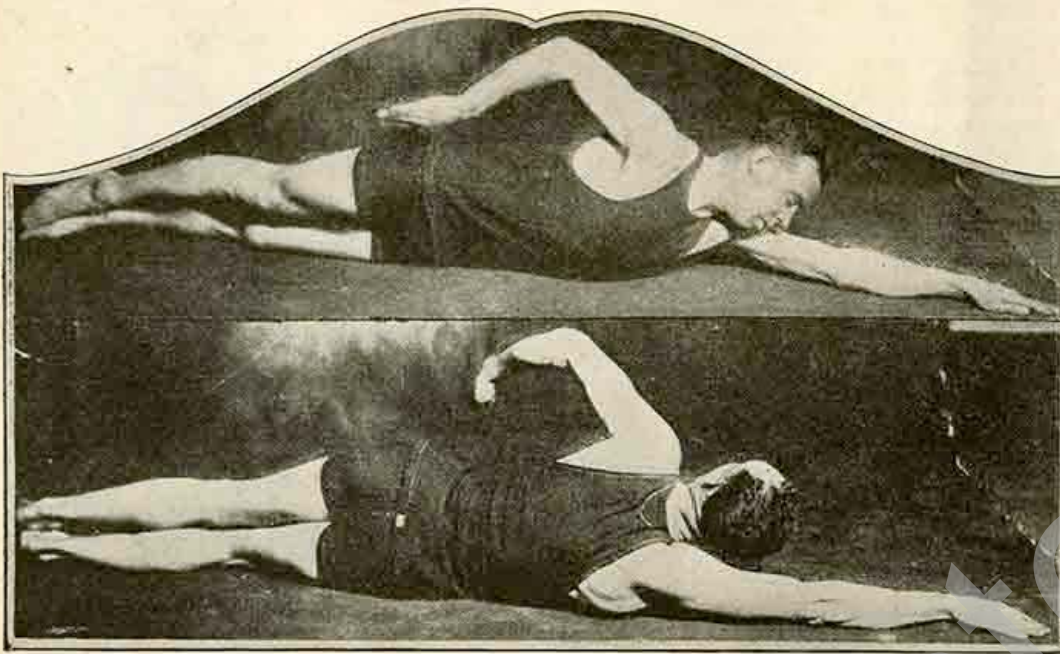
George Young, conqueror of the Catalina Channel, posed with one of his coaches.

the stool, extend the legs straight out in back; now, keeping the knees straight, but not stiff, commence to move the legs up and down, in a radius of about six or eight inches. Start this thrashing motion slowly at first, moving each leg alternately up and down in steady rhythm. As you become more accustomed to this continuous thrash, make the motion more rapid and practice steadily till you are able to continue without tiring. Please note that the knees are not bent and that the motion comes from the hips and waist region.

The next exercise is likewise practiced while lying face downward on a stool or other such object as previously mentioned. The legs will be held motionless during the



Gertrude Ederle, making headway by means of a powerful crawl stroke.



The positions of the arms may be studied by referring to the above photographs; the upper photo illustrates the arm action from the side; the lower depicts the stroke from above as the head is turned for inhaling.

while in this position, practice the complete double overarm movement.

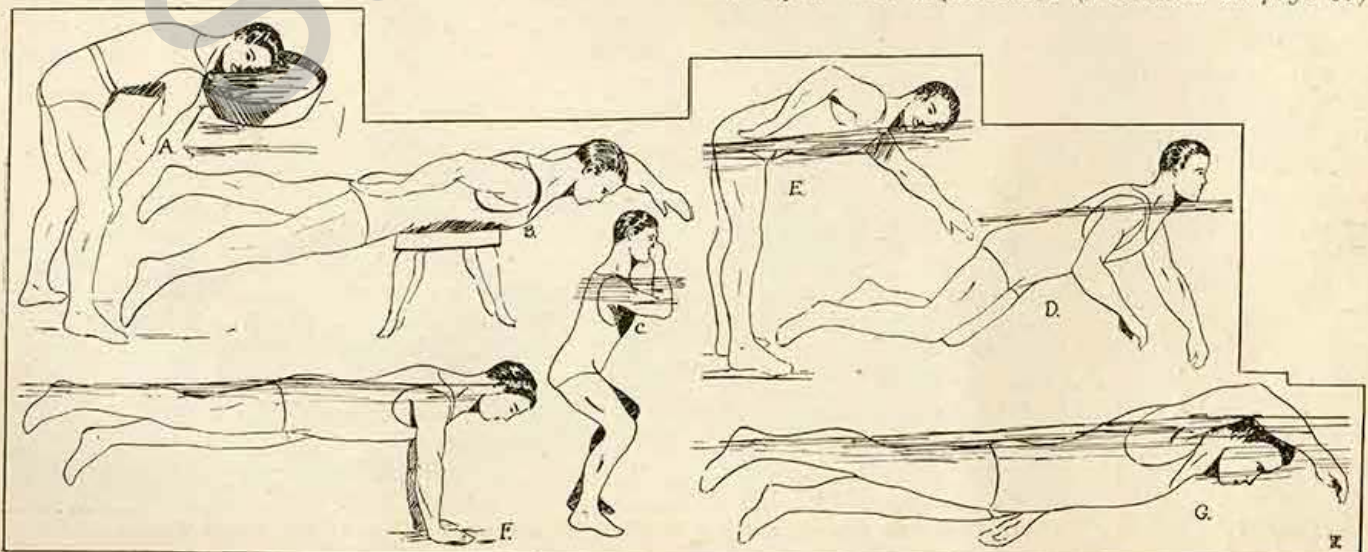
After you have thoroughly mastered the leg thrash and the continuous rhythm of the double over-arm movement, you should then determine to work both of these motions together, without making any attempt to synchronize the movements; make the arm motions quite slow and methodical, while you thrash the legs in quick succession.

The four exercises above, namely: breathing, leg thrash, arm movement, and combined arm and leg motions, comprise the

practice of this movement. Extend the arms straight out from the head in a parallel position, palms down; have the elbows bent loosely but very slightly; then begin to bring one arm (say the right arm for the purpose of clarified understanding) somewhat downwards and backwards towards the thighs; as the hand reaches the right thigh, begin to draw the left arm back in the same manner, meanwhile raising the right arm and bringing it back over to the starting position. As the right arm returns to the starting position, the left should just be reaching the left thigh, when it should be brought up and over and the right started all over again. In raising the arm and bringing it forward, the elbow is bent quite a little more than in the first half of the movement, and the forearm is swung somewhat as on a hinge. One good way of perfecting this motion is to stand with the feet solidly planted on the floor and lean the body forward at the hips so that it is more or less parallel to the floor;

dry land exercises which will enable you to master swimming very quickly once you enter the water. These foregoing exercises should be practiced day in and out, and as often as you can spare the time, so as to make you thoroughly accustomed to the movements; in other words, until they become second nature, more or less. If you are the average reader, I presume you will not go in the water till sometime around the first of July which will give you plenty of time to practice and master the dry land movements. At any rate, you should have several days to practice after reading this article. Not that so much time is necessary, as a couple of days should be sufficient to thoroughly accustom oneself to the continuity of the swimming motions, but the more time you can spend at such practice, the better you will be able to adapt yourself to the actual submersion. Especially is this true of breathing with the face under water.

Now comes the day when you go to the water and make your first acquaintance (*Continued on page 85*)



Explanations of these drawings may be found in the text of the article.

# Blood Pressure—High and Low

Do You Know What the Term Means? If in Doubt Concerning Your Own This Article May Enlighten You, and Suggest a Few Ways of Avoiding the Consequences in Later Years

*By Dr. B. M. Middleman*

ONE of the most feared conditions of ill health, especially among those of advancing years, is that of having either abnormal or subnormal blood pressure. Of late years, considerable publicity has been given the subject of high and low blood pressure, and the dangers of such an affliction have been impressed upon the populace at quite some length. Although it can truthfully be said that few persons take any intelligent precautions in the way of avoiding this condition, still it is something the general laity has come to fear. Speaking in a technical medical sense, blood pressure is known as arterial tension, hypertension denoting excessive pressure; while a pressure below normal is referred to as hypotension.

Of fundamental importance is the circulation of blood through the body; it is estimated that the quantity of blood in the human body equals about one-twentieth of the bodyweight, which in a man of one-hundred-fifty pounds would measure a little less than four quarts and weigh something under eight pounds. The blood has several functions, such as carrying oxygen from the lungs to the cells and removing carbon-dioxide from the cells; carries nutritive properties from the digestive organs to the cells and removes waste material from the cells; carries internal secretions to various parts of the body, thereby equalizing the chemical properties of the body, maintains an average body temperature. If the blood becomes heated in one part of the body, it is cooled in another and by means of its composition it is able to resist, to a certain extent, germs and bacteria that might enter the body.

The blood is contained in a closed set of branched tubes, which it completely fills, commonly called blood vessels, and is driven through these tubes by the action of the heart. The blood vessels consist of arteries, veins and capillaries. The arteries carry the blood away from the heart through the body, while the veins bring the blood back from the different parts of the body to the heart; connecting the arteries and veins all through the body are the capillaries, which are hair-like and form a network. The work of the blood stream is really carried on in the capillaries.

The pressure exerted by the blood on the blood vessels is known as the blood pressure. The arterial blood pressure is much stronger than the venous blood pressure; the arterial pressure is fluctuating, slightly greater in the larger arteries than in the small; the venous pressure is low and relatively even, stronger in the smaller veins as it flows from them to the larger veins. The blood flows at varying rates through the body of a normally healthy individual. When the cells need much

oxygen or food material, the circulation is more rapid than when this need is small. The blood supply to one organ, or to several organs, may be greatly increased without affecting the general circulation to a great extent. A contraction in one set of blood vessels can take care of a dilation in another set, yet, due to the limited quantity of blood in the body, this compensation cannot take care of all emergencies. So when large quantities are needed in several parts of the body at one time, the rate of circulation must be increased to furnish the added blood necessary. This greater need means a greater flow of blood through the body, consequently, a greater blood pressure in the arteries and more work for the heart.

For the purpose of clarified understanding of the subject at hand, it might not be amiss to delve into some of the mechanics of the circulation of blood, and the reasons for blood pressure.

The heart is divided into four sections, the right and left auricle above, and the right and left ventricle below, and is essentially a hollow muscular organ, having as its duty the pumping of blood through the body. To accomplish this pumping of the life fluid, there is a continuous opening and closing of each of the heart cavities in turn, first both auricles contract, then both ventricles contract, following which there is a pause, then this same procedure is repeated; this full cycle is known as the heart beat, or more technically the cardiac cycle. The muscular contractions of the heart muscles are known as systoles; the period of dilation or muscular relaxation being known as diastoles.

First, the blood moves from the right auricle to the right ventricle, then through the lungs where the life stream is thoroughly oxygenized and the carbon dioxide content kept down to the proper standard. From the lungs it moves to the left auricle, to the left ventricle, then out into the arterial system throughout the body, passes through the capillaries to the veins and back to the right auricle. This complete process takes a little over one-half of a minute, and is kept up continuously.

Two factors control the blood pressure in the larger arteries: the amount of blood pumped into the arterial system by the heart, and the resistance offered to the escape of blood from this system through the smaller arteries and capillaries. Of less importance are the elasticity of the vessel walls and the total quantity of blood in the body. It is possible for these various factors to interact upon one another in a most complicated manner. If the arterial pressure be increased from any cause, the vagus nerve is stimulated, with the result that the heart is slowed and less blood is delivered into the aorta;

while, if the volume of blood is rapidly changed, the blood vessels change their caliber, so that within certain limits the blood pressure is not altered.

Essentially, the arterial pulse is caused by the variations of pressure within the artery, produced by the intermittent expulsion of blood from the heart; the systolic pressure is the highest point on this wave of arterial pressure, the diastolic pressure the lowest point. The variation of pressure with each pulse, or the difference between the two, is called the pulse-pressure. By means of indirect methods, it is possible to determine these pressures with a fair degree of accuracy. The factors that affect the difference between the systolic and diastolic pressures are of special interest. The pulse-pressure might be influenced in three ways at least, as an increase in the amount of blood delivered at each beat from the heart into the aorta would tend to increase the difference; likewise, a rapid emptying of the blood vessels would also tend to increase this difference, whether or not the extra blood flowed through the capillaries into the veins, or regurgitated into the heart owing to an aortic insufficiency. The amount of blood pumped into the arteries and the amount which escapes from them in both directions must, in the long run, be approximately equal, otherwise large amounts of blood would accumulate in, or disappear from the arteries. An influence is also exerted upon the pulse pressure by the rigidity of the arterial walls. Were the arteries absolutely rigid tubes, the heart would be compelled to move the whole column of blood with each beat, while between beats the flow of blood would stop. We would then have a high systolic pressure in the arteries and practically no diastolic pressure, while the pulse-pressure would be exceedingly high. Patients with an arterio-sclerosis frequently show high blood pressures; in the same manner as described above, slighter changes in the rigidity of the arteries will affect the pulse-pressure, though to a less marked degree.

The work of the heart may also be increased by increased peripheral resistance; that is, greater contraction or constriction of the smaller arteries, therefore, necessitating increased work on the part of the heart to send the blood circulating throughout the body.

The heart possesses a wonderful power of adapting itself to the amount of work required of it, whether we are at rest or exerting ourselves to the maximum. It has been said that the best motor known to man is the heart; this organ instantly adapts itself to the demands made upon it, without hesitation or experiment. As soon as there is a demand, the heart accomplishes it, though its capabilities are greatly increased by training. By reason of becoming accustomed to much exertion the muscular tissue on the heart is thickened, giving it greater power to work, and making a rapid beat more easily sustained.

In order to give you an idea of the tremendous strength of the human arterial system, we might give you the following illustration: The arteries have strength enough to withstand the steam from a locomotor boiler, with a pressure of fifteen times the normal atmospheric pressure. And to give you an idea of the work the blood vessels are called upon to perform in connection with that wonderful pump, the heart: a barrel of blood courses through the vascular system in one hour; in a day the amount of blood would fill two railroad tank cars. The above illustrations may be some-

what out of place in an article of this kind, but they should make it easier for you to understand the wonders of the human vascular system.

The blood pressure is influenced by a great many things: as age, sex, activity, the general state of health, drugs and various diseases. Excitement and muscular exertion can increase the pressure, though if one is expert at performing certain tasks, the pressure may not rise at all. During the early hours of sleep there is a marked fall in mean blood pressure, though this gradually rises toward morning. The effect of constriction of the arteries upon the general circulation depends on the working of the left ventricle; were this to compensate always, it would contract more forcibly, thereby raising the arterial pressure and overcoming the resistance, such as is caused by certain drugs constricting the arteries; for instance, adrenalin. But when the arterial resistance and arterial pressure are both increased very much, the left ventricle does not empty itself completely, the pressure in the auricle rises, and a retardation of the flow of blood through the lungs takes place. The total quantity of blood in the body is insufficient to fill the blood vessels if they are all dilated, or stretched; so if, for any reason, the blood vessels are stretched, serious drop in blood pressure is the result, with a slowing of the circulation.

Stagnation of the blood in the veins may result from weaknesses of the heart. If in the pulmonary circulation, produced by a weakness of the left ventricle, this may be overcome to a certain extent by the right ventricle increasing its activities; whereas, stagnation in the veins of the general circulation, resulting from a weakness of the right ventricle, causes the entire blood current to be slowed, as such stagnation cannot be overcome. Diseases of the lungs, or pressure upon the great veins, may cause general stagnation in the veins.

Arterial pressure varies with the systole and diastole of the heart, being greater during the former; this pressure increases with age, as the arteries are less elastic; likewise, conditions of health may affect the normal muscular tone of the arteries and heart, if the heart loses its force or the arteries lose their tone—the blood pressure is low; while the blood-pressure is high if the arteries are over-constricted or the heart over-stimulated. The contractions of the ventricles force a certain amount of blood into already full arteries; due to their flexibility, the arteries extend to accommodate this extra quantity of blood. As long as the heart is contracting, the arteries extend, but as soon as the heart contraction is over the contractile powers of the arteries cause them to send blood into the capillaries rapidly enough to be at their normal size for the next heart contraction.

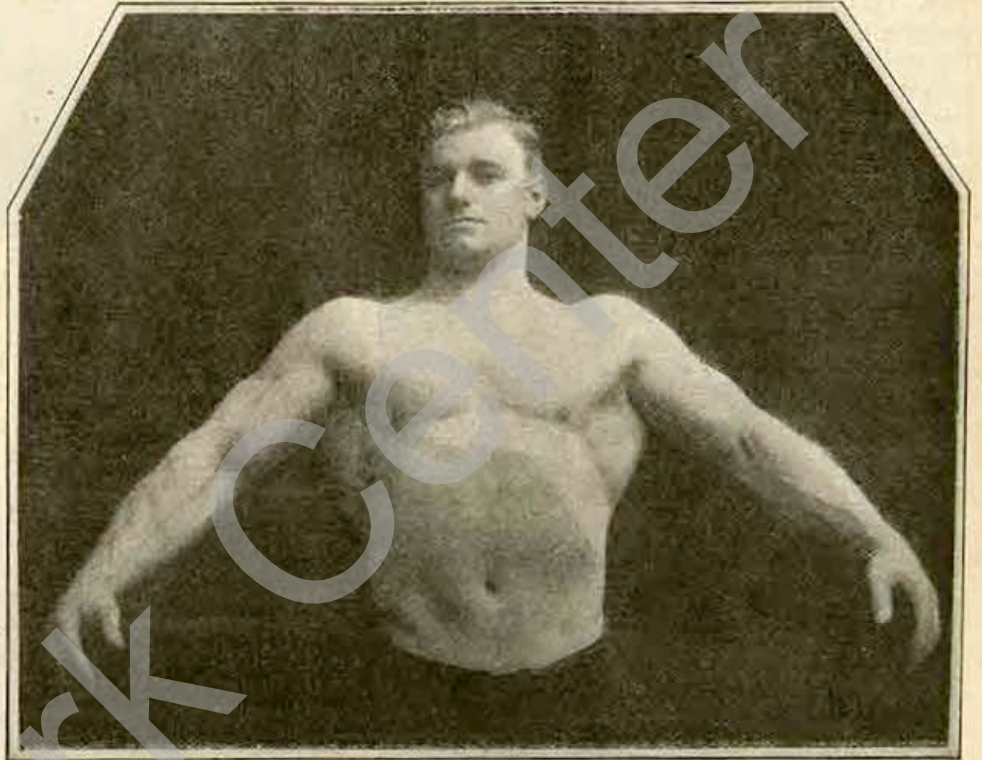
Arterio-sclerosis is a condition wherein the arteries become stiff and rigid, and less adapted for the unceasing work they are called upon to perform. This condition is the result of either advancing age or disease. Different instruments are used for the purpose of determining the blood-pressure. One of these is known as the "sphygmomanometer"; in using this a contraption is tied around the arm to obliterate the pulse; the instrument then records the pressure exerted by the blood in the artery. This is known as radial pressure. Another instrument has an attachment to fit over one of the fingers, which is tightened till the blood flow is stopped; the pressure exerted in the arteries and small capillaries determines what is known as (Continued on Page 60)

# A Grip Like Steel

Without a Strong Grip Every Man Is Weak, No Matter What the Extent of His Bodily Strength May Be

By George F. Jowett

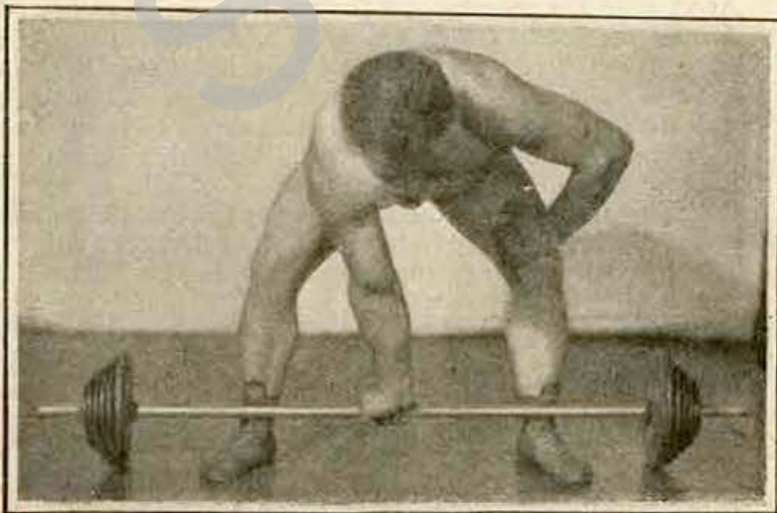
**S**OME time ago I was watching two powerful men struggling for supremacy. They heaved and pulled and rolled and twisted without thinking of the havoc that was being wrought to their clothing. They were pretty well matched as they sweated through the turmoil but, as is always the case, one man was getting the worst of it. What interested me was the manner in which he displayed his waning strength. It was rather out of the ordinary for a fight of this nature, although he was no more battered up than the other man, nor were his clothes more torn, but every once in a while the upper man would grasp the wrist of an ascending blow, and hold to it with the tenacity of a vice. His grip must have been terrific, for gradually the arm of the other man weakened so that he could no longer break away, and under the terrific grasp of the more powerful hand, the arm went white from cut-off circulation, and the fingers crooked, then straightened out as though paralyzed. It was the



The magnificent physique of Joe Nordquest, one of the mightiest Iron-Men of all times. His terrific strength and gripping power are very apparent.

beginning of the end, as the arms of the under man were finally forced back to be pinned upon the ground in a crucifix.

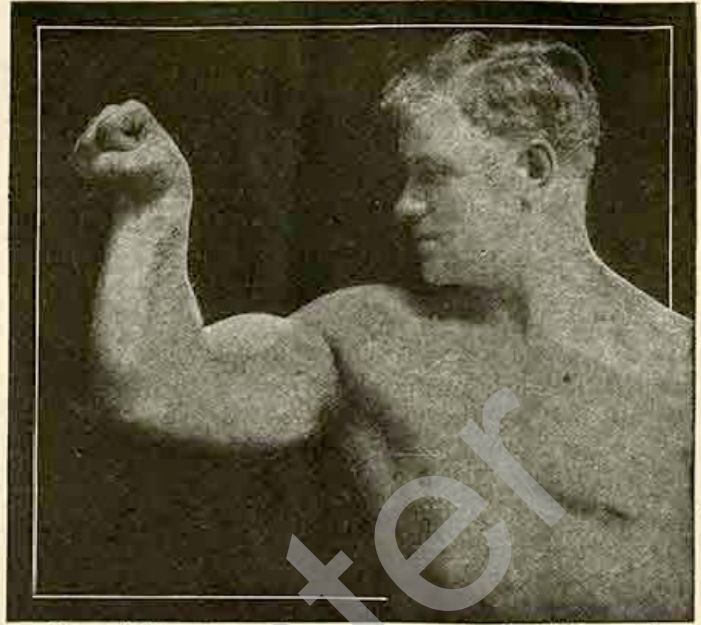
This fight was virtually won by the power of a stronger man's grip, the vice-like powers of which gradually reduced all other physical resistance to nothing. I have seen this happen with trained wrestlers and strong men, but it was the first time I had ever seen it happen between two ordinarily developed men. It amazed the on-lookers and they never ceased to talk about the remarkable grip of the victor. I noticed his hands, but they were not the huge hams that most people seem to feel go with a crushing grip. They were a little larger than ordinary, but powerfully developed, and the cords of his wrists were like steel cables operated from a switchboard. That was the impression I got, as I watched the hand bend and twist at the wrist with each muscular contortion. He had a well shaped forearm, which I later found out was the result of his occupation that called for a tenacious grip and a powerful arm.



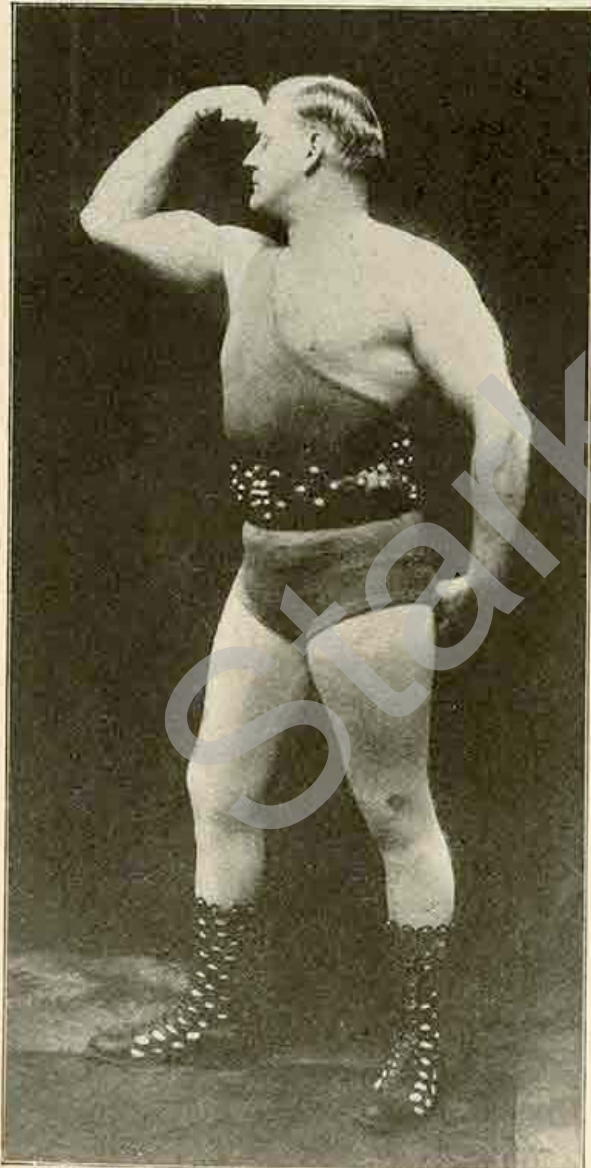
The author in a lifting pose, which gives you a good idea of the power behind his wonderful grip and arm strength.

Next to the calf muscles, the forearm muscles appear to be the hardest to make produce. This is not because there is any direct similarity in muscular tissue between the two. The muscle fibres of the calf are very dense and steel-like and very obstinate to move. The forearm is entirely different. Some forearms you will come across have muscle that is hard to the touch, but many are flabby, lacking in shape and size, and when this is the condition you rarely find a grip capable of much.

It is strange how a hearty grip fascinates most people; almost immediately they sense a man's strength, and the envious are eager to know how he got that way. Of course, there is a world of difference between the grip of a strong man, and the strong hand clasp of the ordinary person. The latter usually exhausts his grip with the crushing hand shake, and relies upon this one demonstration to impress his friends by demolishing their hand into pulp. They get a great kick out of seeing their victim pull the fingers of his hands apart and shake circulation back. You rarely see this



One of the strongest arms known in the history of muscular power and physical manhood; another pose of the remarkable Joe Nordquest.



Warren L. Travis, a super-man in every sense: after more than thirty years as a professional "strong-man" he is undoubtedly the king-pin in back, harness and grip lifting and has a standing challenge to contest with any man.

happen with a real strong man. I have shaken hands with thousands of them, but have had less to fear than I have had from a salesman of cream puffs. Personally, I hate such useless bone crushing manifestations, even though I own a pair of heavy hands, that apparently are able to comfortably resist these would-be punishing efforts.

I hope you wonder what the forearm has to do with your gripping machinery, because I want to get you away from the idea that the fingers or the hands, entirely, control your gripping destinies. They do not. The major part will always be controlled by the shape and construction of your forearm. Actually, the forearm is a confusing tangle of muscle, which terminates in straps and cords upon the wrist and hand. The real peculiarity rests upon the ability of the muscle to turn the hand around, and twist the muscles upon the bones. We generally speak of turning the hand at the wrist, but this is not true, the hand is limited to bending backwards and forwards at the wrist.

The actual turning movement takes place at the elbow, where the ulna and radial bone of the forearm fit in such a manner that the radial turns upon the ulna, and thus makes it possible for the forearm to go through its movements. Apart from the pronator muscles, we have the extensor and flexor muscles and the supinators to consider. All of these respond to different impulses, and have to be considered in order to make the forearm thoroughly efficient. The trouble with the muscles of the forearm is that they lack bulk. The fleshy belly of the muscles, especially those that lay on the inside of the forearm, are unusually devoid of bulk, seemingly expending themselves in the long tapering ligaments that show up so prominently on the front part of a well developed wrist.

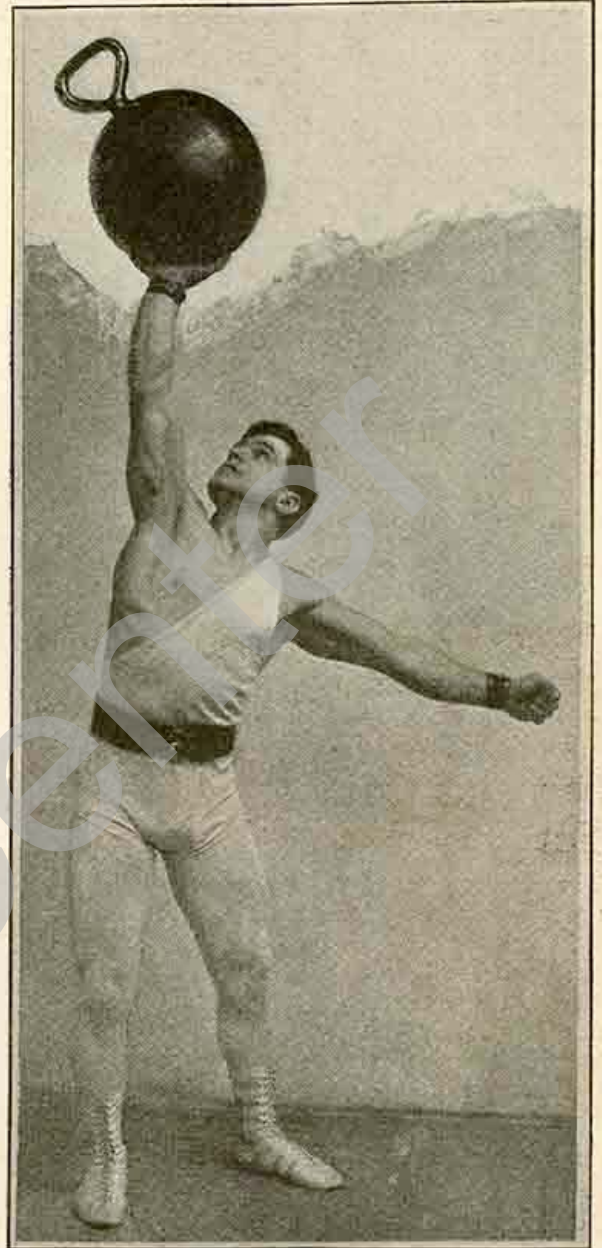
There is another singularity existing between the hand, wrist and forearm muscles when considering development. It lays in the fact that when actually developing the muscles, you are not able to handle a heavy weight for an exercise. As a proof of this, how many of you can hold the arms out level with the shoulders while holding a twenty-five pound dumb-bell in either hand, and hold them there while you twist the dumb-bells around in a circular movement? Very few, I wager. Why, in one exercise for the employment of the supinator of the forearm, I never used anything heavier than a pair of five pound dumb-bells. By restricted weight methods you are best able

to accumulate bulk, but, on the other hand, that is not going to make the ligaments powerful enough to increase the grip in proportion. In order to make them as you want them to be, you will be obliged to practice the exactly opposite exercises.

Lifting heavy weights off the floor with one and two hands and finger lifting are the most popular methods, and mostly a thick hand grip is used. These two or three practices will not only cause the ligaments to thicken and the grip to be more vigorous, but the digits will also acquire a muscular strength that will be extraordinary. Just the same, if you dwelt entirely upon this practice, the bulk of the arm would not increase to the appreciable size to correspond with the greater gripping tendencies of the hand, although it would increase somewhat.

This will, beyond a doubt, sound rather contradictory, but not quite so when you understand the nature of the muscles of the forearm. As you know, all the muscles of the forearm, when taken separately, are small, and although they can function collectively, yet, in order to get the best results, you must train them along the same lines that they are naturally best fitted to work. Bearing this in mind and the fact that the muscles are small, it is not correct to use heavy weights. The moment you do, the muscles will work collectively, not individually, and you will fail to get the bulk increase that is gotten when the practice is separately controlled. Heavy work densifies their structure, making them full of real strength, and the ligaments will thicken, thus increasing the wrist measurements, consequently, this should always come later on.

Training for the development of the grip and the forearms, offers some unique possibilities that effectively kill the bug-a-boo monotony which is often met with in exercising. Some time ago it was my regular habit to meet a bunch of doctors two or three times a week. They all had the desire to be strong, but lacked the ambition to work for strength. Just to pass



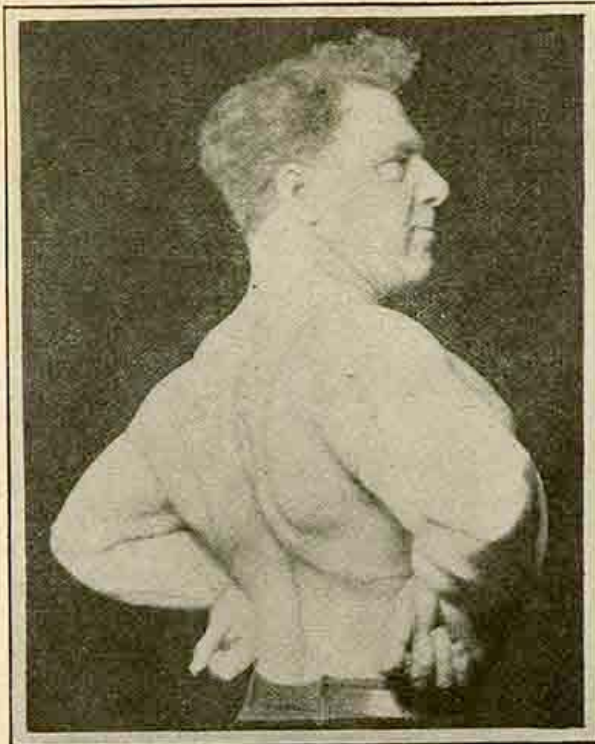
Ali Kotier, a lightweight professional, who is famed for his feats of off-hand strength. He never fails to excite comment due to his neat, compact build.



The arm of George Zottman, compared with that of another top-notch strength athlete; exceptional gripping power is apparent. Cover the arm of Zottman and you will see that the other arm is of more than usual size.

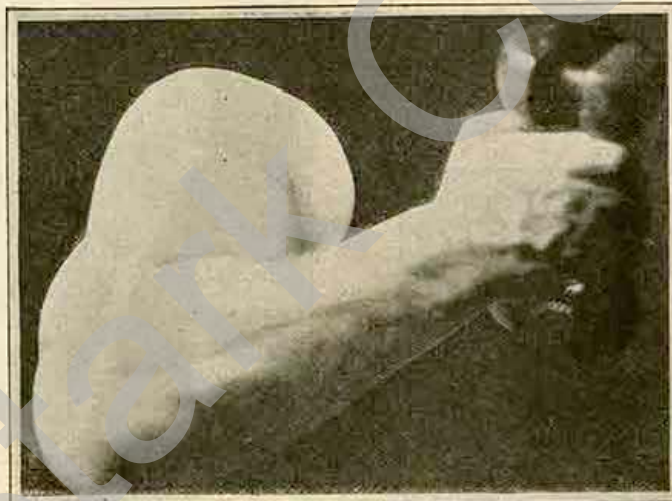
away the time I picked up a twenty-five pound plate of iron from off the floor, and stood it upon its edge on the seat of a chair. First I grasped the plate between the thumb and index finger only, and raised the weight several inches off the seat of the chair. Next, I employed the thumb and second finger only, releasing the grip of the index finger. In progressive stages I continued to use the next finger until I finally made the lift between the thumb and the little finger. The group of doctors became interested enough to try, then we began to have some fun. Gradually this piece of frolic grew upon them so that each day at noon time they practiced. Every man benefitted and one doctor became so proficient that he could raise the twenty-five pound plate with the little finger and thumb employed only.

Personally, grip stunts always appealed to me, and I know that I owe the strength of my hands, wrists and forearms to the many things I have practiced, more with the thought of sport in my mind, than under the

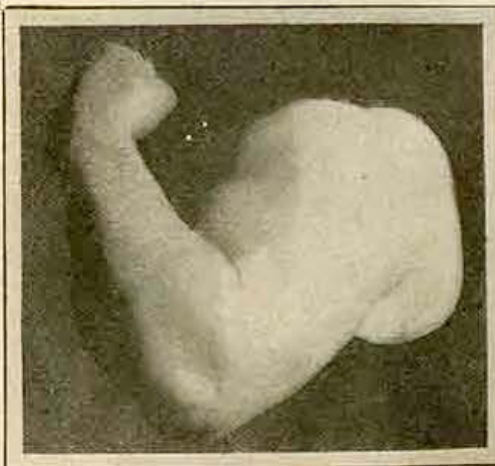


Giving you a few more reasons why George F. Jowett is famous for arm strength; it takes heavy shoulders and a chest of great volume to back up a real grip.

grind of exercise. The front part of my forearm became very heavily developed and I acquired unusually fine supinator muscles. This sounds like blowing my own horn, but I am as human as the next man, and no matter how disinterested I appeared to the admiration lavished on the shape and size of my arms, I was and am always secretly proud of them. Now, when I should, perhaps, know better, I still feel a secret sense of elation to know that my arms, wrists and hands, still retain all of their former qualifications. I am still able to do stunts that have stopped the best grip artists I ever met, and in my practice found the fifty pound block weight a very helpful article. I learned to juggle with it, and lift it in many interesting ways. One stunt my friends always had me do was what we term a "pinch lift." You just take hold of the bar of the block weight with the pressure supplied from the grip of the first joint of the thumb, and the first joint of the index finger. The finger and thumb is not crooked at the first joint so that the bar is hooked. The pressure must be applied in the same



The Jowett grip in action



The arm and shoulder of Arthur Giroux, the Canadian strong-man. His dimensions are simply huge, and his forearm strength is proverbial.

manner as you would hold the end of a pencil pinched between those two joints. I got so I could swing the block weight held in that grip, and also make a slow lift out of it, which is really harder, but not as hard as twisting the block weight in a circle held in the same grip. You can try these stunts on a dumb-bell just the same.

Finger pulling is a great pastime, and certainly does help to improve the grip. It is a favorite pastime of all strong men. The third finger of the hand, often termed the middle finger, is generally used for this purpose. The way this is generally done, is for each man to crook the fingers and lock them within the folds of the other, after taking up their position on each side of a table. The feet are braced on the floor, and the locked fingers over the center of the table. At the word "go" the pull begins and the one who pulls the other across the table wins. The greatest man I ever came across in this test is Professor Adrian Schmidt. He is a man sixty years of age, but I would like to see the man who can out-pull him despite his years and light bodyweight. He is a marvel. He does a finger stunt which I think is the greatest feat of all steel grip tests I ever heard of, or saw. Schmidt had suspended from the ceiling a piece of chain, by reaching overhead he could take hold of the last link between the thumb and index finger, and without any jerk he would chin himself from the power supplied by finger and thumb in this pinch lift. What have you chinning friends to say about that? Not very long ago I called upon the Professor and I was amazed on registering his grip. It is astounding. Stunt after stunt

he went through, and believe me, some of those feats would tax the grip of the strongest man living. He has a wonderful arm, and the ligaments of his wrist are the most unusual that I ever saw.

If I were to make a selection as to which were the most important muscles in the forearm, I would say the muscles that lay on the inside of the arm and the muscle that forms the outer part of the elbow. This is your supinator muscle, and on top of it is another strip of muscle known as the supinator accessory muscle. It is a real twister, commencing on the front of the forearm it rolls over the elbow to insert itself underneath the muscle on the back of the upper arm. This is the lever muscle that straightens your arm.

The bulk of muscle on the front of the arm is what does the actual lifting of the forearm. Joe Nordquest (*Continued on Page 78*)



# Feminine Ideals Easily Attained

The Sensible Woman Realizes the Only Sure Way to Acquire a Perfect Figure and Captivating Personality is by Adhering to a Regular Set of Exercises.

By Elizabeth Hollister

**W**ELL, girls, another month has rolled around, and I shall again endeavor to work up your interest sufficiently to cause you to start in real earnest to attain ideal curves and physical proportions; something to be desired by every woman. Just reading about these things will not, by any means, bring you in possession of such charming attributes. Honestly, girls, it is a relatively easy thing to acquire perfect measurements and beauty of face and figure by means of exercise and a regime of common sense living. The pity of it is that each month some of you will read about these things and resolve to start right in, then something intervenes and instead of getting into the perfect woman class you keep wishing you were there. When so many ideally proportioned women and girls are ready to testify to the benefits of the physical culture life, and exclaim with the profoundest sincerity the amazing ease with which these physical culture exercises will build one into a veritable Venus, you should quickly avail yourself of the opportunity to become like them.

Too many women are continuously looking for some magic potion or formula to bring about the desired results, but such a magic powder has never been found; and we are willing to bet it never will. Usually, one month is long enough to begin to realize results, so you should think seriously concerning this question before passing it



An example of attractive femininity, possessing a pleasing combination of pulchritude and perfection of figure. These may be yours by devotion to exercise.



Fig. 1

Fig. 2

up for another thirty days. If, in another four or five weeks' time you would be so greatly improved as to be a candidate for the photograph album in one of our magazines, wouldn't it be worth while striving for? That is why I am so earnest in my pleadings to you, as I know such things are being accomplished every day in every week, and many of those who become perfect start out with less than most of you women and girls have. Physical culture instructors generally charge a pretty neat penny for advice that will bring results, while you are being coaxed into trying without any charge on your part. Attend a gymnasium for personal instruction and it will generally cost you at least a few dollars weekly, not counting your loss of time going back and forth; and the results you attain will be no more satisfactory than you can get right in your private boudoir at home. Another thing, at home you can take your

own sweet time, which means something, too.

Any normal woman or girl, whether or not she will admit it, secretly feels a great deal of pride in her own physical proportions. Those women who really can be termed as having beautiful figures, are, they must admit, whole-heartedly proud of the fact that men, and other women, pay them compliments concerning their "shape" or "form." In some few cases the individual has had nothing to do with their perfect lines and curves, but the majority of finely formed women are that way simply because they took the trouble to pay a little attention to their daily diet and spared some time for exercise every day, possibly as much as ten or twenty minutes morning or evening (and presumably, some ambitious young things spent an equal amount of time both morning and evening). Really, wouldn't it be worth while to get up that much earlier for the sake of beauty, a wonderful form, and a peppy feeling? Just think, you could go to bed ten minutes earlier in the evening, by neglecting to read one chapter in the latest mushy love story, or "true-to-life" novel; sweet dreams for seven or eight hours; jump out of the quilts as soon as you hear the bustle caused by others going to work, snap into a half dozen novel little movements, and by being half sensible throughout the rest of the day, soon realize your fondest dreams.

Reading nice slushy novels of how the heroine overcame all the obstacles placed in the way of an honest, hard working girl may seem very wonderful. If you are interested in this sort of thing, why not analyze the moral of the story? The biggest appeal

in such a novel, is the fact that the heroine was a girl something like you consider yourself to be; and that is where you get the kick out of the story, there is hope for you to realize the same thing. But how? Not by reading about some other Sally, Jane or Mary; no, but you can strive to make yourself more beautiful and the possessor of a marvelous figure; then probably some truly wonderful hero may come along your way and a life of romantic love will be yours. Or if you are already married, possibly with a family, won't it be simply lovely to know that your hubby will be proud to tell all his friends he has the woman of his dreams; and think how truly flattering it will be to have your children know their mother is young and the possessor of a girlish form when the shades of middle life are falling.

And to think, it doesn't cost several dollars for a jar of some pomade, or flesh food; it doesn't mean the expenditure of money for a personal instructor; it won't cost you anything to accomplish all this.

We all have different ideas about what should be considered the feminine ideal. If we are blondes, then we most likely think that to be the only type; if we are brunettes, the blondes don't mean a thing to us at all. Of course, with the masculine sex it is all different, they seem to have the queerest ideas about beauty, though usually a man wants a sweetheart who is his opposite in complexion. They are not always that way, however. In the same way some think the stout girls are the most desirable companions, while still others call the little girls cute. If you are naturally of a certain type, it behooves you to improve yourself along those lines, and not to bleach your hair or try to look short when you are above the average height.

Another thing I should mention is, don't go around thinking



Fig. 3



Fig. 5

Fig. 4



Fig. 7

about your health and bemoaning your fate because you have something wrong with you. Worry is bad for anyone in good health, and a lot worse for those who really have some trouble to contend with. Worry will reduce the resistance to disease more than almost anything you can do. Don't worry about the food you eat; make a practice of eating only the best quality of everyday, wholesome food, and then, providing you are active enough, forget about the food and let your stomach take care of its work in a natural way without the hindrance of continuous fretting. Did you ever notice that those who go around weighing their food and worrying whether this or that is going to agree with them, are the ones most likely to have indigestion or dyspepsia, and a long string of ills mostly imagination induced? Also that those who keep weighing themselves and taking their measurements daily somehow or other never seem to get any results; and then they wonder why they make no improvement, whatsoever. Funny, isn't it, still you know they say, "the watched pot never boils."

Now, all ready for the daily "half-dozen" of health and beauty promoting exercises. Dress as comfortably as you can, that is, with as little on as your sense of modesty will permit. If you are in your own room all by your lonesome, suit your own little self.

Procure a stick such as is shown in the illustration. Exercise No. 1—Hold the stick with a hand at each end and raise it over your head and bring it down behind you as far as you can. Go easy with this movement till you are well accustomed to it. No doubt, at first, you will have trouble performing it without bending the

elbows; nevertheless, after a while you will find it comparatively easy to bring the arms all the way back with no undue effort or straining. Very good for the neck, shoulders, arms, chest and upper back; and particularly so for the bust. Figure No. 1 shows this movement in

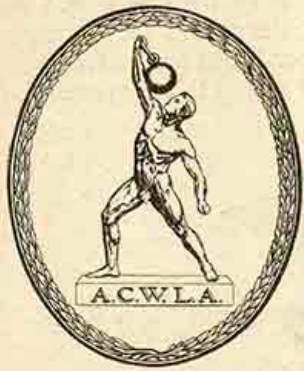
Fig. 6

Fig. 8

a most capital manner.

Exercise No. 2—Using the same stick, place it on top of the head and hold with the hands at each end; holding very tight to the stick, bend in a snappy manner to each side as far as you can without cramping yourself as shown in illustration Figure 2. Bend as well as you are able directly to the side and not to the front or back. Repeat several times in each direction. Very good for the sides and waist region, as well as for the hips, shoulders and arms.

Exercise No. 3—Before attempting this exercise study carefully the illustrations, Figures Nos. 3 and 4, which show a young lady performing the movement. You will see that it is necessary to have something to rest one foot on, or better still, under something, just so the leg is raised out straight in front of you. Extend the arms overhead, then you are ready to perform the movement correctly; to do so, lean back as far as possible, keeping the arms overhead all the while. Still keeping them in that position, lean forward so that the finger tips touch the leg, or at least go as far forward as your condition of suppleness will permit. (Continued on Page 90)



# American Continental Weight Lifters' Association Notes

By John Bradford

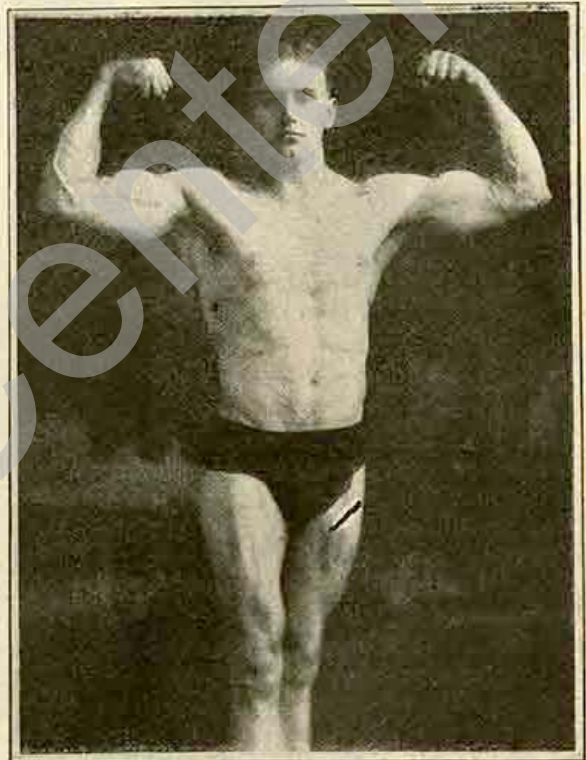
**Y**OUR attention is called to the following subjects, which are reviewed and discussed for the information of our members and readers. It would be well worth your while to read every word in a thorough manner:

*The Philadelphia Show; Some Splendid Lifting; Englishman Swings 171 Pounds; Gorner Lifts in England; Did Saxon Lift 448 Pounds?; French Championships; French Team Defeats Austrian Team; Complete List of American Records; New York Show July 9th.*



The night of April 2nd was the occasion for quite an unusual show, so far as weight-lifting events go, and anyone who was willing to brave the damp, rainy weather

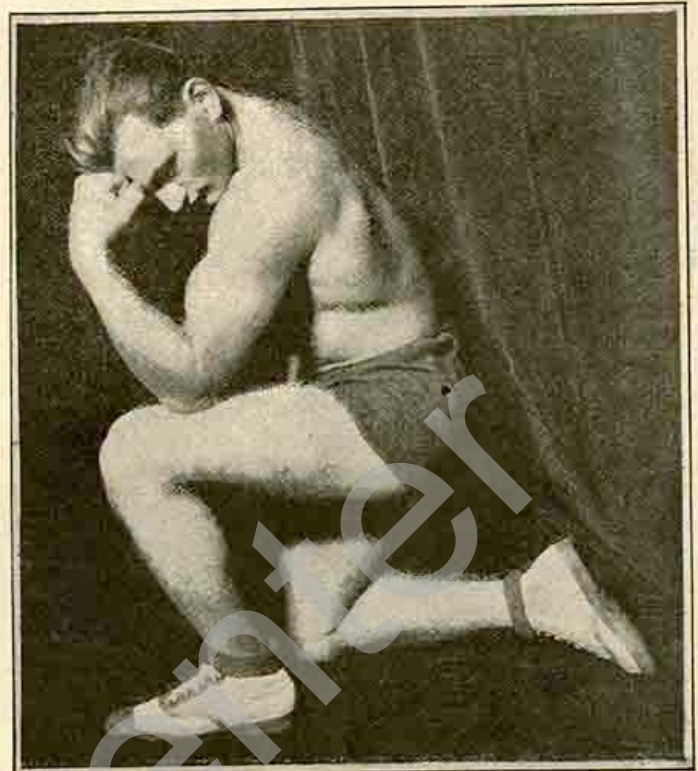
was well repaid for venturing out on this night. The crowds, for the most part at the Philadelphia shows, are composed of a high percentage of out-of-towners, who journey far to see the sterling examples of perfectly developed manhood, who are anxious to prove to the world that they are entitled to a place in the sun; at least so far as weight-lifting and allied feats of strength are concerned. On this night there were quite a few out-of-town athletes present, all of whom are top-notchers in their own particular specialities. The show opened with posing and muscle-control by Siegmund Klein, of New York City, who has this type of physical work down pat, as you might say; there isn't a pose or movement of muscle control that Sig. doesn't understand thoroughly. When Klein poses, the audience is certain to be spellbound and keep their eyes fastened on



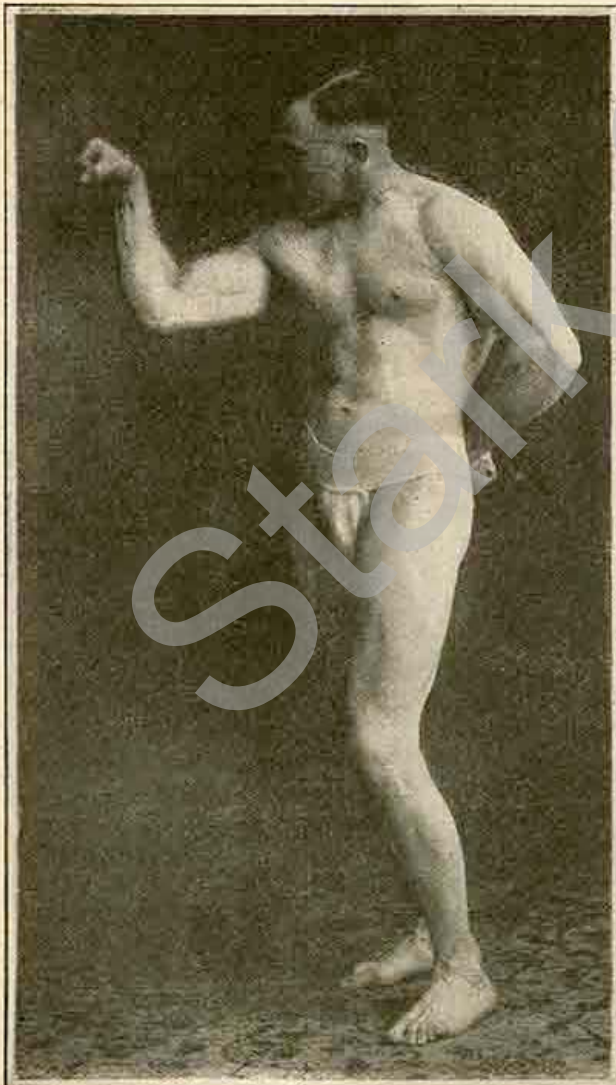
John V. McHugh, a coming husky who lives in New Haven, Conn., and has built himself up by training at bar bell exercises, lifting and wrestling; his lifts are recorded in these notes.

Siegmund Klein, who snatched 160 pounds with the right arm, which is twelve pounds more than his bodyweight, making a new record. This is one of the finest poses Sig. ever had taken, being one that the photographer snapped when he didn't expect it.

the perfect example of physical development in front of them. Prof. P. H. Paulinetti, the wonder of the art of balancing and gymnastics, unbeatable even to this day, though in the shadow of three-score and ten, gave us one of his usual remarkable exhibitions, performing the most difficult feats of leverage and balance with an ease that causes one to believe him almost super-human. Why the man simply defies the law of gravity as he assumes one impossible position after another; that is, to you and me the positions are just about unbelievable. Unless you have seen the Professor give one of his astonishing acts, you are utterly unable to appreciate the possibilities of the science of hand and head balancing. Speak to him personally and he will, in the most solemn and convincing manner, assure you that others can attain the same degree of proficiency, providing they train and persevere at practice the way he did. To look at the gentleman when he is attired in street clothes, you could not possibly imagine that he possessed any extra degree of strength, in fact you might doubt if he had any strength; but when you see him stripped and in action your doubts will have fled in very short order. Please remember, as a young man Paulinetti practiced weight-



Anthony Pellicciotti, one of our huskiest middleweights, who is always willing to try: he is an ardent enthusiast and keen student of the game.



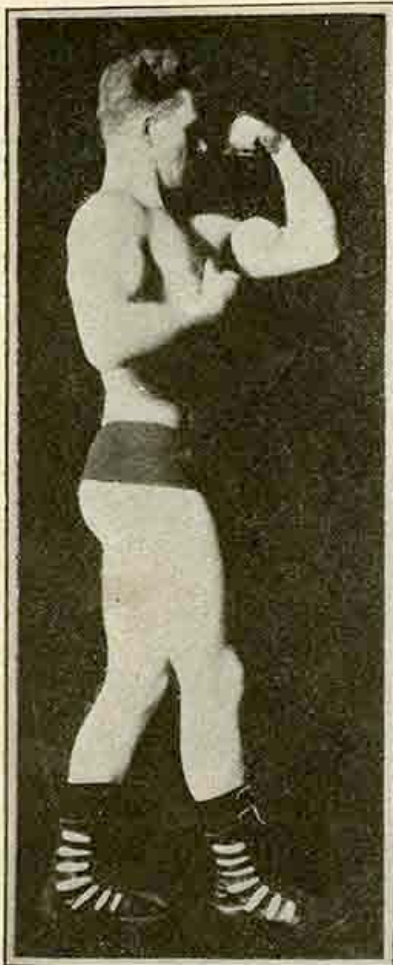
One of the pre-war examples of bar bell training who still keeps up his interest in the game. Melvin Tamke, whom our old readers should be glad to welcome.

lifting exercises under the direction of Richard Pennell, who was the premier among American strong-men of his day. Paulinetti, when only a bantam, performed a one-arm curl and military press with a dumb-bell of 86 pounds—which gives us something further to wonder about.

Two of the professor's pupils, the Andros Brothers of Philadelphia, gave a first class act in hand-to-hand balancing of the herculean type, combined with some very clever acrobatic work. These boys have been very ably coached by their famous instructor "Paul," and the difficult stunts they are capable of performing bespeak the careful training they have undergone. In the short time they have been practicing such feats could only be accomplished under the direction of an able instructor, such as the Professor is.

For some few months, Richard Bachtell, of Hagerstown, Md., has been threatening to visit Philadelphia and show us what he is capable of, and each month we have been somewhat disappointed to find him listed as missing. But on this night he came, fit and trim, to compete with Arthur Gauss; so the two boys stepped out on the platform to vie with each other on the five lifts for this year. Gauss weighed 126 pounds, making him a featherweight, while Bachtell was a full fledged lightweight at 137 pounds, and sure looked husky, as you will see by perusing his photograph printed on these pages.

His legs certainly look capable, with a pair of calves that should be the envy of any athlete. Their poundages were as follows: Two Hands Snatch—Bachtell, 150 pounds; Gauss, 155 pounds; One Hand Snatch—Bachtell, 130 pounds (he is left-handed); Gauss, 115 pounds; One Hand Clean and Jerk—Bachtell, 155 pounds; Gauss, 135 pounds; Two Hand Clean and Jerk—Bachtell, 210 pounds; Gauss, 200 pounds; Two Hands Military Press—each did 150 pounds. All of which is very classy lifting taken as a whole, with the handicap of eleven pounds bodyweight prov-



An unusual pose of Donald Mitchell, the heavy middleweight champion. Who said that the tall man can't look massive?

Bachtell wanted the five lifts, he quickly agreed to make a go on those. If the match had been on the three two-hand lifts he certainly wouldn't have fared badly, and, as you can see, would have stood a splendid chance of winning; then, again, he let Bachtell choose the order of the lifts, and was content to take a chance with things as they stood. The single handed lifting of Bachtell was of a high order and closely approached the best performances in his class. We hope to see more of this splendid athlete and feel sure he is capable of something better, as his development clearly indicates.

Siegmund Klein came out on the boards once more to demonstrate his skill in the juggling of the strength-athletes' stock-in-trade: bar bell, dumb-bell and kettle-bell. The secret of his success in this line, as well as in posing and muscle-control, is everlasting practice; day

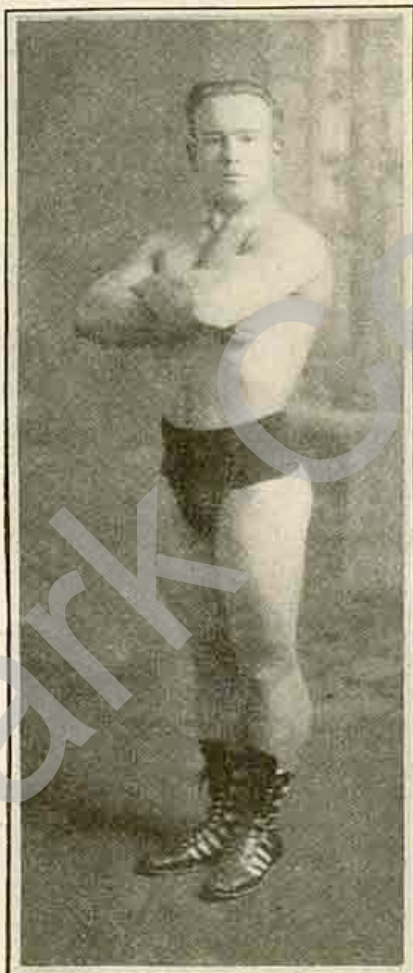
ing too much for Arthur to overcome. There is one characteristic of the three Gauss brothers—they are dead game sports, and never quibble over arrangements, rules or decisions. Arthur trained with the expectation of lifting on the three Olympic lifts, and when

in and out, he practices from morn till night. At any rate you can see him at all hours, posing and juggling. Some of his pupils up in the gym on West 48th Street are quite adept in such things, as you will find out by paying them a visit some time. I might mention that Sig. is different than most gym proprietors you will meet; the majority of gym owners and professors are so particular about who enters their sacred domiciles that you are constantly in fear of being insulted if you take a chance on visiting them. But when in New York, never be timid about visiting 207 W. 48th Street, for you will find a welcome written all over the place and a first rate bunch of fellows to greet you. No one will ask you to lift, so don't be afraid of someone showing you up; on the other hand you may chance to see some worth while strength stunts, and of one thing you are sure: there are plenty of well developed physical culturists exercising at all hours.

Another ambitious enthusiast from Hagerstown, was Robert Knodle, weighing 104 pounds, who claimed several records to his credit. He elected to contest with the former bantam champion—Philip Piantone, weighing 128 pounds, which is considerable light for him these days. Their poundages were as follows: Two Hands Snatch—Knodle, 115 pounds; Piantone, 125 pounds; One Hand Snatch—Knodle, 100 pounds; Piantone, 80 pounds; One Hand Clean and Jerk—Knodle, 115 pounds; Piantone, 105 pounds; Two Hands Military Press—Knodle, 135 pounds; Piantone, 130 pounds; Two Hands Clean and Jerk—Knodle, 165 pounds; Piantone, 175 pounds. Philip needed to jerk 185 pounds to tie Robert, but failed to do this. The lifting of Knodle was first class in every respect except in the One Hand Snatch, where he had a tendency to press out instead of throwing the weight all the way up. This was not a weakness on his part, simply a habit he has got into; if he hadn't this fault he would easily have done well over his bodyweight. In justice to Piantone, let me state that he didn't take Knodle seriously enough and was clowning continuously, doing all sorts of tumbling stunts and burlesque lifting in between his trials. No doubt he expected to make this up on the last two lifts, but was not equal to it, after fooling around so much. Piantone was easily the hit of the show, so far as amusing the crowd was concerned, by his antics and imitations of lifting stunts. Some of his acrobatics

were very good also.

The next turn brought out three of the very best, so far as development and muscular proportions are concerned—Sig. Klein in a record attempt, Bill Lilly to show the audience the possibilities of scientific muscle control. Lilly's act is always very well received and many who have seen him are of the opinion that Lilly is nothing less than a marvel; (Continued on Page 72)



Richard Bachtell, of Hagerstown, Md., one of the best lightweights, and a sturdy example of correct methods of training. Though this is a fine pose, it does not do him justice.

# Ask the Doctor

Department for Solving Your Health Problems

By Dr. B. M. Middleman

**QUESTION:** In reading recent issues of your magazine I became very much interested in certain articles. In one of these articles it is stated that the normal diet should consist of a balanced order of carbohydrates, proteins and fats with sufficient roughage to make bulk and other numerous ideas of eating, but the ordinary person does not understand just what kind of food this is. I would like to ask if you would publish in one of your future issues just what foods and exercises to do to relieve chronic constipation in either man or woman or if the same applies to either. I am deeply interested in this matter and would appreciate any information you would give me.

I am particularly interested in the case of a young woman who is underweight and has always been troubled with catarrh and constipation, and is at times so nervous that she must lie down before she can finish her housework. After various examinations her heart and other vital organs were said to be sound, though the blood pressure is somewhat high. She takes various physical exercises without effect.

C. D., Penna.

**ANSWER:** In treating constipation it is necessary to know something of the patient's condition, such as their weight and physical condition before prescribing a diet. Those who are overweight or average weight and constipated should eat plenty of coarse foods and follow a diet containing roughage of all kinds, while those who are underweight usually have sagging internal organs due to a lack of internal fat which should support the organs in proper place. In such a case a diet of mashed soft foods is imperative and all vegetables and fruits must be mashed in order to bring relief to the internal organs. The usual case of constipation requires plenty of active exercise, with a diet made up largely of foods such as listed below:

#### DIET—BREAKFAST

Any fruit (fresh cooked, preserved or dried).

Dry or cooked cereal with cream and butter.

Bread (Graham, rye, bran, whole wheat or corn).

Marmalade, jelly or jam.

Coffee with cream and sugar.

#### LUNCH AND DINNER

Soup (without milk or

flour).

Fish, meat, eggs (eat as much fat as possible).

Vegetables—Fresh or canned, greens, especially those with residues (celery, lettuce, spinach, cabbage, etc.), up to two cups full a day, salad with oils.

Desserts—Fresh or preserved fruits are best, jellies, pies, (except undercrust), water ices, ice cream, in small amounts.

Bread—See Breakfast—and butter.

Fluids—At least one glass of water on arising and otherwise freely up to eight glasses daily. Carbonated water, buttermilk, fermented milk, cider.

Avoid or use in moderation white bread, noodles, macaroni, cake, rice, barley, potatoes, cheese, tea, milk (only in some cases).

1. Have a regular time for meals.
2. Have a regular time for going to stool.
3. Take no cathartics or enemas unless ordered.
4. Take a daily walk in the open air.
5. Practice exercises daily.

As to the catarrh and constipation and nervous condition possibly she follows the wrong sort of diet. We believe she needs a rest in bed of at least two weeks. If it were possible for her to take such a rest it should be in conjunction with a diet of forced feeding in which she should attempt to eat as much as possible of fat foods, and even though she is unable to take the rest treatment, she should eat plenty of soups, mashed potatoes, spaghetti, macaroni, rice, cereals and cream, bread and butter, vegetables, greens and fruits both stewed and raw.

Possibly she is following a diet for the correction of her constipation consisting of rough materials such as bran, whole wheat bread, greens and other coarse foods. We would advise, if this is so, that she stop eating such foods and make sure that she has all the food mashed and strain all fruits so that she does not eat the seeds and eliminate all coarse products of food from her diet.

Generally those who are under weight and nervous the internal organs are out of place and easily aggravated by any rough food materials. The rest in bed

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

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

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

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

with the forced feeding would tend to build up the internal fat to support the organs in the proper place. If she is unable to take this rest, procure an abdominal belt of some sort and wear it constantly throughout the day time, putting it on while lying down and taking it off in the same way. This may tend to hold the organs in their proper place until she has built up the internal fat to support the organs.

In either case, the habit of copious water drinking must be cultivated.

QUESTION: Please prescribe an effectual stimulant that will produce concentration or something that will give inclination to study. I am twenty years of age.

Also can you brighten up my mind with a stimulant?

Furthermore, I am unable to obtain a refreshing sleep.

Where can I purchase a book dealing with the uses and actions of medicines? I have been to several doctors, but they seem to be unable to give me relief.

O. C., Penna.

ANSWER: Replying to your recent letter would say that your trouble seems to be lack of exercise. There is nothing you can take to cause your mind to concentrate or give you the inclination to study. You say you don't sleep well which explains your lack of concentration. To induce sleep I would advise that you follow some system of exercise or indulge in sports so as to become thoroughly tired and induce sound refreshing sleep.

Any book you might procure on the uses of medicines would do you no good, but might result in serious harm.

You should take up some method of physical culture, such as are advertised in the pages of this magazine.

QUESTION: I am an ardent reader of *Strength Magazine*. I am writing to ask you what advice you have to offer a man forty-eight years old who is suffering from Angina Pectoris.

After walking for only a block or two he has an almost agonizing pain in his shoulder and some difficulty in breathing, then after resting for a while can continue. Is this a very serious condition? Do you think the Ultra Sun Lights that so many doctors are advocating would help to clear up this condition?

Any advice you can give will be greatly appreciated.

W. S., New York.

ANSWER: True Angina Pectoris is of more or less serious omen. If the attacks are fairly frequent rest in bed is imperative. If not so frequent, exercise may be taken, but this must consist of walking on a flat surface and never against a strong wind. Diet is very important and meat should be used sparingly. Eliminate hot bread, fried or greasy meats, pastry, coarse vegetables, and highly seasoned dishes. The evening meal should be light. Bowels should be kept open regularly. Between the attacks no drugs are better than Potassium Iodide 10 grain doses three times daily in water or milk. For the acute attacks, inhalations of Amyl Nitrite crushed in handkerchief (3 to 5 minims) are of service and should be carried around with him.

QUESTION: I am afflicted with pimples on my face. Have a few blackheads and my skin is red and coarse. I have tried various remedies but none have ever relieved me very long at a time. I am constipated about two days in each week, the remainder of the time my bowels are normal. I have tried many remedies but without any improvement. I am a farmer's boy, sixteen years old and I get plenty of sleep and exercise, and eat no meat whatever. If you can help me in any way I would be very grateful.

R. N., N. C.

ANSWER: I give below two prescriptions for your benefit:

Have the following salve made up:

Sulphur precipitate .....1 dram

Starch and Zinc Oxide.....2 drams

Petrolatum .....4 drams

Rub in at night. Also take internally the following preparation:

Ferrous Sulphate .....2 drams

Acid Sulphuric Dilute .....6 drams

Magnesium Sulphate .....6 drams

Syrup of Ginger.....4 drams

Water .....9 drams

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

We would advise you to eat meat in your diet as you are a growing boy and should not limit your diet. By eating plenty of fruits and being active you should overcome the constipation.

QUESTION: I am a young man twenty-one years of age and have been troubled with Arthritis in both knees for the past thirteen years. My knees are deformed and I cannot straighten them all the way or bend them back all the way. At times the flesh right back of the knee gets hard and swells and my leg gets almost stiff. During the past two years it seems to be going to different parts of my body. I seem to be getting weaker and weaker. I will be very grateful to you if you will in any way help me in my present condition.

N. R., Md.

ANSWER: First of all get rid of any foci of infection that would cause arthritis, such as abscessed teeth, diseased tonsils, sinus or intestinal intoxication. Have Wasserman Test of the blood taken.

Eliminate from the diet meats, fish, cheese, greasy and highly seasoned foods. Eat plenty of vegetables and fruits, milk or buttermilk.

For the local knee treatment you might try baking with heat or the Ultra Violet Ray or Diathermy for the relief of pain. Internally try Cinchophen Tablets 7 grains in a whole glass of water every four hours. Locally try the following liniment:

Methyl Salicylic .....4 drams

Tinct. Capsicum .....4 drams

Alcohol .....2 ounces

Soap Liniment q. s. ....6 ounces

Rub in well on painful parts.

QUESTION: For the past two years I have been troubled with a sore burning bunion on first joint of large toe. I have used a half dozen bunion plasters but it always renews itself.

Please give be a remedy to rid myself of this annoying foot trouble. There is no foot doctor in a hundred miles of here.

M. A., W. Va.

ANSWER: We would advise you to try the following which you may procure from your local druggists:

Acid Salicylic .....15 grains

Petrolatum .....1 ounce

Apply freely for several nights, then soak feet in hot water and remove scale. A fine static spark through the shoe will benefit. In making these applications a point in the center of the bunion will be found painless—concentrate spark at this point for relief.

QUESTION: I am writing you in regards to my husbands health. He was taken sick with pneumonia thirteen weeks ago. He is up now, but has a pain in right lung, and has

(Continued on page 83)



# The Mat

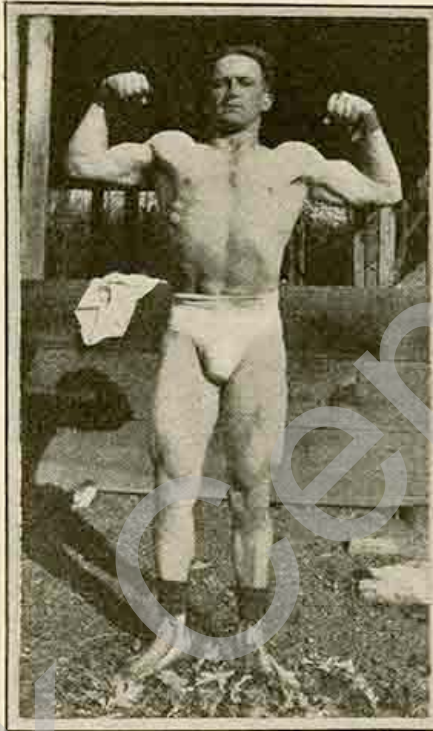
Analytical Comment on Subjects Connected with Body-Building,  
Muscular Development, etc.

Conducted by George F. Jowett

**B**ALANCE," a well informed authority once stated, "is the key to success."

Undoubtedly he was referring to mental balance, but the text is good enough to cover any subject. As body culturists we know that balance is the keynote of symmetry, and shapeliness, and from these two comes invigorating strength, which is usually backed with good proportions. I have preached balance in development consistently, but this month's talk is going to be on the balance of the body in its upside down state. For quite a while I have been considering this topic on account of the number of inquiries received covering the many difficult phases in hand and head balancing.

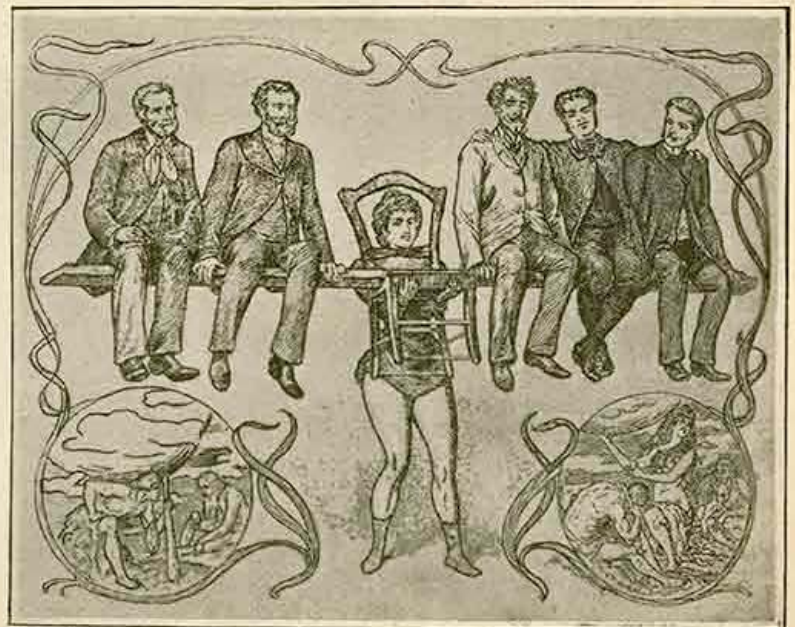
I do not know whether you have ever noticed that certain sports make one unusually proficient in certain other sports. You feel yourself developed in the same channel that leads to proficiency in those allied sports. Exercise is not a sport; it is done with the purpose in mind to make our body as supremely fit as possible. Sport is a recreation, a pastime, a deviation. Because this is so is why a body culturist is decidedly more versatile than even an expert in football or baseball. To my own satisfaction I have found that an exercise fan leans easily to three subjects—wrestling, hand balancing and the sport of lifting weights. Wrestling and weight lifting I have discussed at different times, so this month I intend to discuss the subject of hand balancing. Most people find balancing an interesting subject, partly because of the entertainment it affords and partly because of the help it provides as a builder of muscle and sinew. There are plenty who may not agree with me on the latter, but they are not apt to belong to the *Mat* circle; nevertheless, there are thousands who believe that balancing is pure knack and nothing else. The word "knack" is too often misinterpreted. It actually is a common expression to explain the science of a subject. The French people



Harry L. Good, who is rounding his muscles into pleasing proportions by being consistent in his bar bell training and MAT study.

call everything a trick. Even in lifting weights they rarely refer to the lift by name, as much as they prefer to speak of it as the first trick or the second trick and so explain the order of the contest. The first trick might be the Two Hands Clean and Jerk, the second trick the Two Hands Snatch and so on. I know plenty of people who have jumped to the conclusion, through this, that weight lifting is pure trickery and nothing else. There is a science to everything, even to sweeping around a lamp post, according to the street sweeper, therefore, it is only logical to assert that the more difficult the performance, the more science is required. Balancing requires plenty of science and the skill acquired in some feats often takes many years of hard labor to acquire. Just the same it requires real strength as the basis for success in the field of balancing.

'Zat So



This feat is credited to a lady strength performer who toured Europe quite a number of years ago. We do not ask that you believe this one. However, we do think it very interesting to MAT fans. The small sketches in the corners should prove enlightening.

Some time prove this to yourself by standing upon your head up against the wall and by taking away the hands supporting your whole bodyweight upon your head. The depression of weight forced upon the neck will be impossible for you to sustain at first, and the head will be inclined to be very wobbly afterwards. The heavier you are the more this will be so. Now it stands to reason that in order to be capable of head standing you must have a strong neck. Not necessarily a big neck, although if you do much of it you will be apt to get a large neck. Of course, poise is the fundamental thing. It is the one difficult thing to master. In fact it is a thing you have to acquire rather than be taught. To put it in a clearer way it is something you sense. When you get to a certain position, you know that you have arrived, as it were, and if you had to explain it to somebody else you would find it very difficult: like some fellows who are naturally strong, and do not know why they are strong, but they are. I was talking to Professor Paulinetti on the subject of hand balancing and he said that balance is something you have to feel for—meaning that it is a developed sense more than anything else.

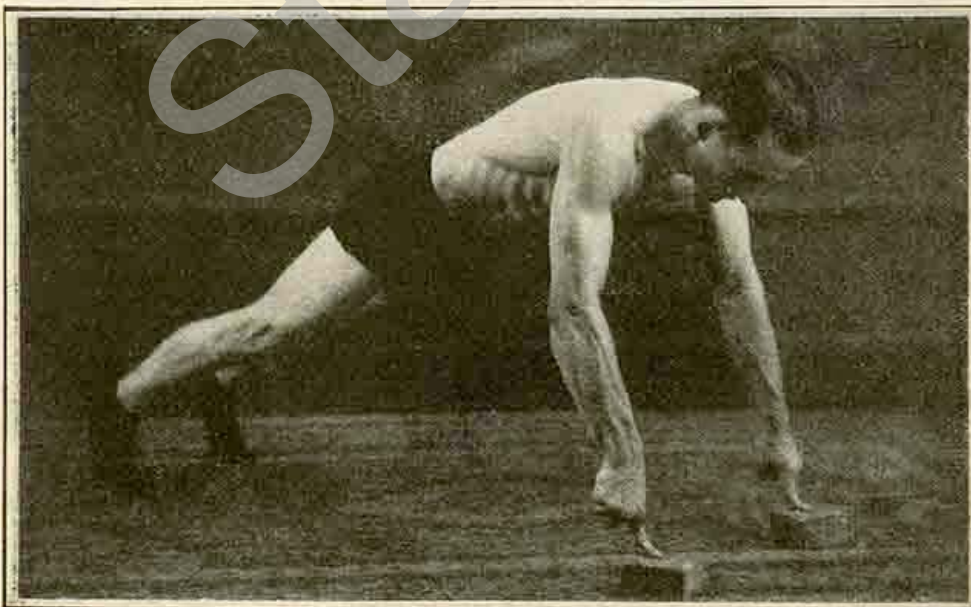
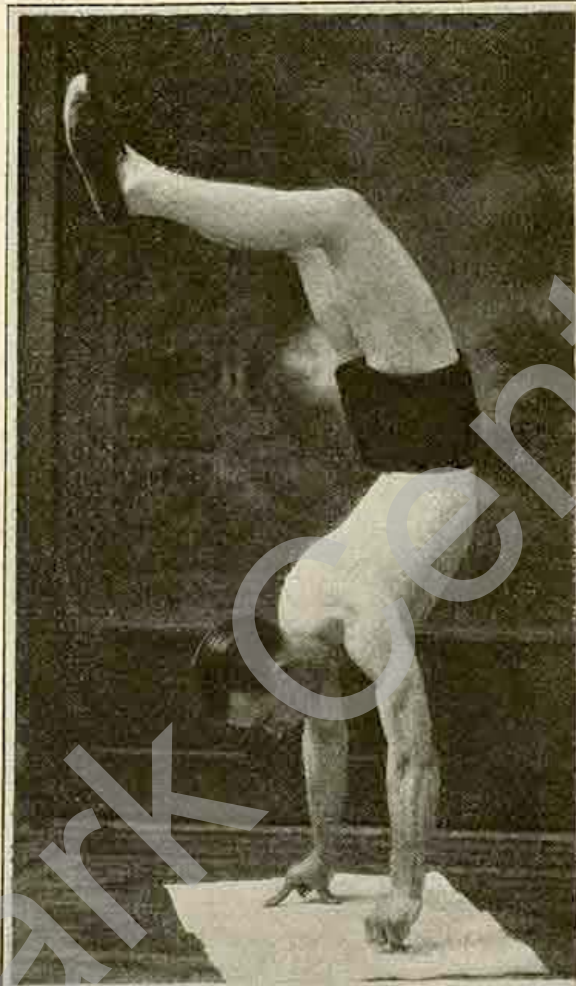
If anyone were to ask you in what position could a person stand longest motionless, I believe you would say the natural erect position. You

would be wrong if you did. An accomplished hand balancer will keep a motionless position in a regular hand stand, a one arm hand stand or a head stand, longer than you will in the natural erect posture. Just to satisfy yourself have somebody check up on you and see how long you can stand erect without a waver of the body, or the raising of the heels or toes off the floor.

Perhaps the fact that you are too conscious of your position affects you when standing erect, whereas the upside down position calls for greater concentration and leaves less room for the centered consciousness.

After learning the common hand stand, you find yourself trying the more difficult stages, and with each new stunt tried, you learn to recognize the different sense of balance required. Of late, I have had some very interesting correspondence with hand balancers and find the feats and pictures of Mr. Jones, the most interesting. Here is a man who is more than ordinarily heavy for a hand balancer, and yet I find that he is capable of doing some of the most extraordinary and intricate stunts in hand balancing. He is greatly interested in balancing on his fingers and so impressed am I with his strength and skill that I believe if it was possible to do a hand stand on one finger, he would do it. He has actually become so proficient that he can hold a perfect hand stand balanced upon the finger and thumb of each hand. I have some fine photographs of him in this difficult stand. He is able to perform a correct floor dip employing only the index finger of each hand, and he can make a one arm planche supported on the fingers of the hand. When you stop to consider that he can hold these positions without a waver, long enough for him to be photographed, you can appreciate how perfect a balancer he is.

It is wonderful to see Professor Paulinetti balance, particularly in the one hand stance and the head balance. The motionless positions he



Two examples of finger strength; note in the upper picture that he is using only one finger and both thumbs. Robert L. Jones, who has, through endless practice, almost perfected his sense of balance.

adopts, and the quick change to leg swinging and body twisting, while holding the position under full control, is marvelous.

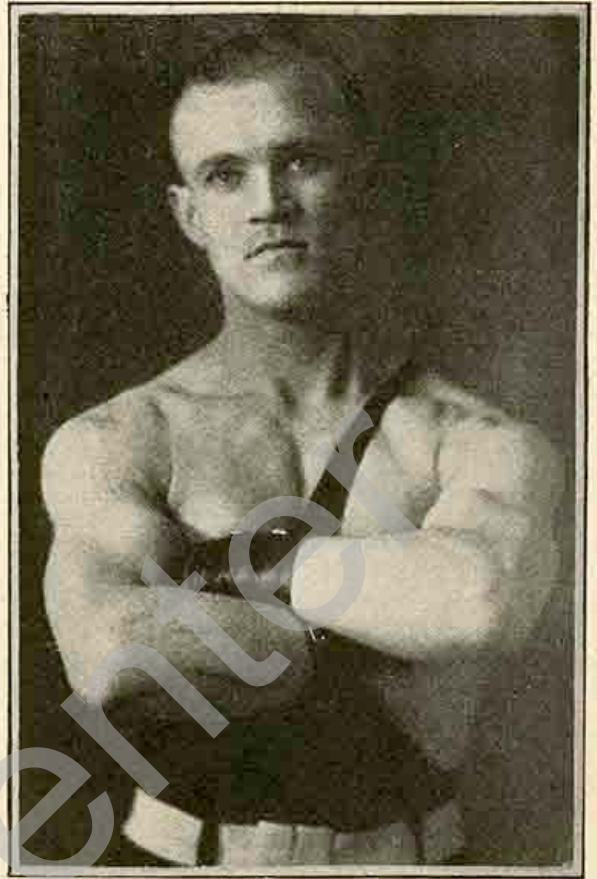
There are so many forms of balance that it is rather difficult to name them all, let alone explain them. The position of the hands is very important, and, perhaps, the most difficult thing is learning to keep the arms straight.

When you begin to learn hand balancing you feel that you should do anything else but keep the arms straight. Practice makes perfect. The results of practice will be that the wrist

becomes very flexible and strong and the forearm and the triceps of the upper arm become magnificently developed. As this development takes place it is quite reasonable to expect that the shoulders will show the effect of this training. In fact the entire body from the waist up always presents a magnificent sight on the hand balancer. It is the lower limbs that are neglected. A professional hand balancer does not

care so much about his lower limb development, because the heavier they are the more difficult some of the balances will be. Planches are almost impossible for a heavy legged balancer unless he is extremely powerful in the upper body; even at that he is never as proficient as a light legged man.

I suppose many of you have witnessed some grand balancing feats at the music halls or in the circus, and no doubt you can recall seeing some balancing done on some wobbly piece of apparatus. This always gives a more difficult appearance than the still stands; actually it is much easier because the balancer can pull the object under him to control his balance. It is like the dif- (Continued on page 64)



Jack Fogarty, a husky example of what MAT talks and practical exercise can do for those who are determined to become possessed of the triple qualities—Health, Strength and Development.

Two more poses by our friend Robert L. Jones, a sterling exponent of the art of equilibristic perfection. Also acquired by persistence and faithfulness to training.



# Health—Strength—Beauty

## (Our Girls' Circle)

*Conducted by Marjorie Heathcote*

**D**EAR MISS HEATHCOTE:  
Will you please tell me how much I should weigh and what my measurements should be? I am twenty-one years old, weigh 118 pounds and am 5 feet  $4\frac{1}{2}$  inches tall. My measurements are: neck  $14\frac{1}{2}$  in., bust 33 in., waist 28 in., hips 38 in., thigh  $18\frac{1}{2}$  in., calf  $12\frac{3}{4}$  in., ankle  $8\frac{1}{4}$  in. Thanking you for any information you may give me, I am

M. B., Kingston, N. Y.

The correct measurements for a girl 5 feet  $4\frac{1}{4}$  inches in height are: weight 125 pounds, neck  $12\frac{1}{2}$  in., chest  $29\frac{1}{2}$  in., waist  $25\frac{1}{4}$  in., biceps  $10\frac{3}{4}$  in., forearms  $8\frac{3}{4}$  in., wrists 6 in., hips 36 in., thighs  $22\frac{1}{4}$  in., calves  $13\frac{3}{4}$  in.

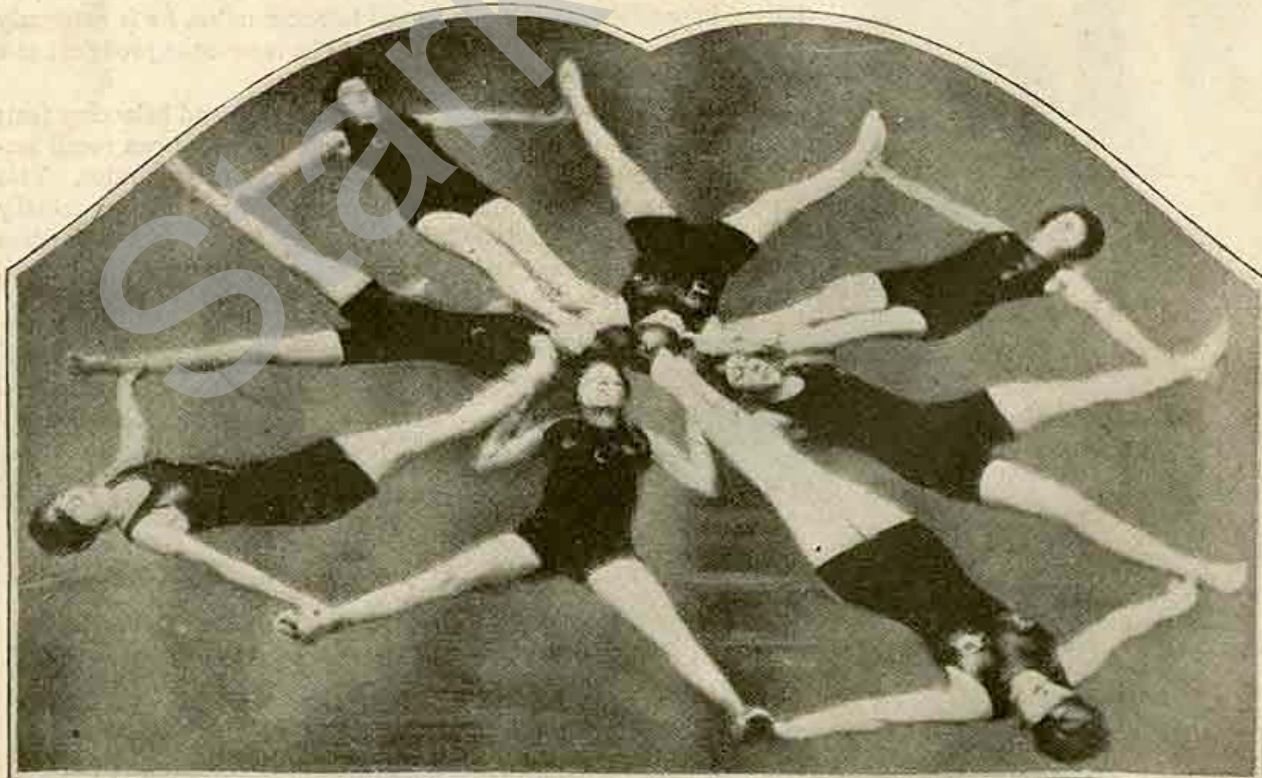
Your thighs and calves are a little underdeveloped. Here are a few exercises that will help develop them:

Stand erect with arms in front of you. Rise high upon toes; then slowly lower the body until it rests upon the heels, then come up and back into position. In addition to this exercise kicking is a very effective exercise for the thighs—front kicking, side kicking and back kicking. For a beginner, however, the front kick is the easiest and best. This can be done with the aid of a chair.

Stand about three feet behind a chair with the back toward you, arms outstretched. Kick moderately high over the back of the chair in a circular fashion, first with one foot then with the other, but be sure to keep the body perfectly erect and the foot on the floor straight. You can also practice the squat first with one foot and then with the other, but that is more for the advanced pupil. After you have mastered the plain squat thoroughly, practice this one leg squat. It will make twice as much work for the muscles of the thighs and calves as the plain squat does.

For the calves we also have the plain rising on toes and walking across the room, then to position and back again. This can be repeated ten to fifteen times. Rope skipping gives the calves the quickest development. I would suggest that you read Miss Sargent's article in this issue of *STRENGTH*, as I understand she gives quite a few suggestions on calf development.

Your neck, bust and waist are over-developed. You will find the following exercises very beneficial for reducing these parts:



A unique floating stunt. Try this with your friends. You will have lots of fun and gain a great deal of confidence.

For reducing the bust: cross one arm in front of the other at the elbows and raising them upward until high over head. Then continue the circular motion out and down, repeating the movement. Another is: hold a light dumb-bell in your right arm; raise it above the head, palm out and swing it five times in as wide a backward circle as you can. Then execute the movement forward five times. Alternate the movement with the left arm.

A good exercise for the neck is: stretch the neck forward, touching the chest, then back. Next turn the head (keeping the body perfectly still from shoulders down) as far to the right as possible, as if trying to see something over the right shoulder. Next reverse and repeat over the left shoulder. Then roll or circle the head around first to the right then reverse and repeat the movement to the left. Another effective exercise for the neck is done by placing the hands on back of the head forcing the head backward and forward against the resistance of your arms.

The following exercises are for the waist region: Raise the arms parallel with shoulders and turn body from waist up, facing left, then right. Keep the lower body perfectly still. Another is: stand with feet together, thrust arms forward and bend upper body backward from the waist at the same time lifting one foot from the floor and bringing the knee toward the chest. Flex the knee, and point the toe straight toward the floor.

DEAR MISS HEATHCOTE:

Will you please tell me how to reduce quickly and safely. I have taken all kinds of drugs and pills for reducing but they were not successful and I had almost given up hope until I read your column. I would like you to give me my correct measurements. I am 5 feet 6 inches tall and weigh 180 pounds. My breasts are very flabby. Can you give me an exercise to make them firm and smaller? Tell me how to reduce all parts of my body except the calves? I would like to have an exercise to develop them as they are too small.

M. H., Keyport, N. J.

The correct measurements for a woman 5 feet 6 inches tall are: weight 140 pounds, neck 13 in., chest 31¼ in., bust 35 in., waist 26¾ in., upper arms 11½ in., forearms 9¼ in., wrists 6½ in., hips 38 in., thighs 24 in., calves 15 in.

You will note that you are 40 pounds overweight. This is quite a lot to lose, and it will take time and patience.

First of all I want you to discard all the drugs and patent medicines that you have. They are absolutely of no value. If they do reduce they have a decided injurious effect on the nervous system and I would suggest that you discontinue using

them. No drug should be taken unless prescribed by a physician.

Next you must correct your diet, eliminating entirely all starchy foods, white bread, fried foods, candies, ice cream, nuts and coffee. Go on a diet consisting of whole wheat bread, fresh fruits, vegetables, lean meats and skim milk. Use little or no butter, very little cream and instead of using sugar use saccharine tablets which you can obtain from your druggist. I would advise drinking tea without milk and sugar, if you must have some beverage at your meals.

Drink plenty of water but not at meal times. Fruits and vegetables, especially cabbage, lettuce, celery, spinach, string beans, cucumbers, carrots, tomatoes, turnips and sea kale are valuable for persons desiring to reduce.

Here is a day's menu which you might try:

Breakfast: Choice of banana, orange or apple. Cup of coffee with milk. One roll or large slice of toast without butter.

Luncheon: Cup of consomme or bouillon. Choice of vegetable or fruit salad without dressing or average portion of cold meat. 2 small slices of whole wheat bread without butter.

Dinner: Choice of 2 lamb chops, 1 pork chop or medium sized piece of steak. 1 medium sized potato. Large portion spinach, string beans or cole slaw. 2 slices of bread without butter. Choice of stewed fruit or pudding (small portion).

On rising drink a glass of cool water and practice setting-up exercises for about fifteen minutes. Now that summer is here it is possible for you to take up swimming, which, in my mind, is a wonderful reducing pastime. Spend from one to two hours a day if possible swimming or playing tennis. You very seldom find a good swimmer or tennis player overweight. Practice rope skipping for ten or fifteen minutes daily and also the exercises contained in this issue of STRENGTH in an article by Elizabeth Hollister.

DEAR MISS HEATHCOTE:

Will you give me an exercise that will develop the space between my legs, just about three inches above the knee. My upper thighs are very well developed from athletics but I cannot seem to fill out the space mentioned. I will be very thankful for any help that you may give me.

S. D., Meriden, Conn.

The two following exercises should be very beneficial in aiding you to acquire proper upper leg development:

Stand about three feet behind a chair with the back toward you. Have the arms outstretched. Kick moderately high over the back of the chair, in a circular fashion, first with one leg, then the other. Be sure to keep the body erect and the leg remaining on the floor straight. First try six counts with each leg, then try six alternately. It is a bit difficult and a great deal (Continued on page 94)

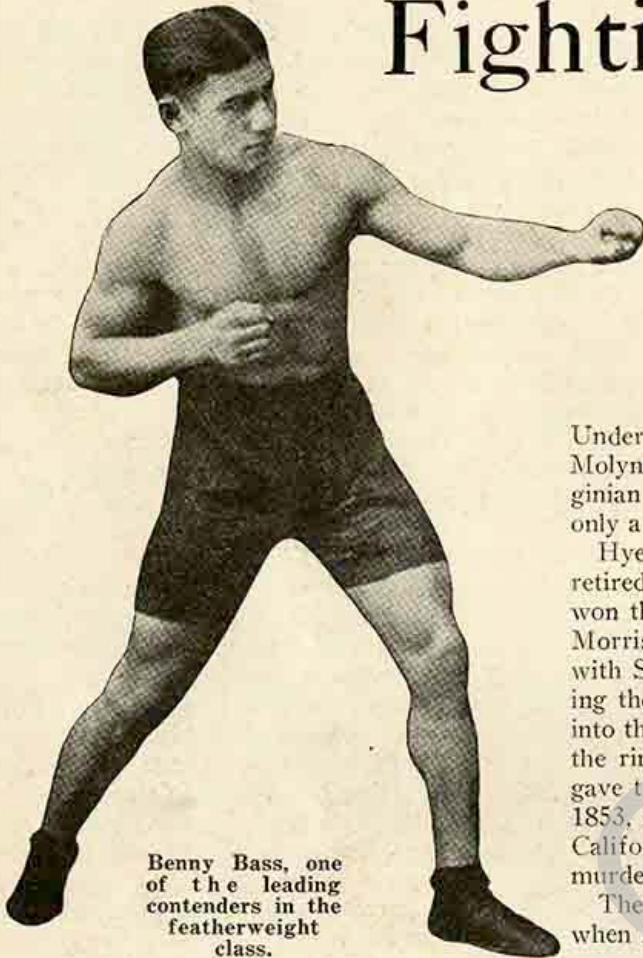


Ida Lange, swimmer and diver. Miss Lange has a beautiful form; attributed to her athletic life.

# Fighting Americans

Since the Days of Molyneaux, in 1806, America Has Produced Some of the Best Fighters

By *Wm. Boone*



Benny Bass, one of the leading contenders in the featherweight class.

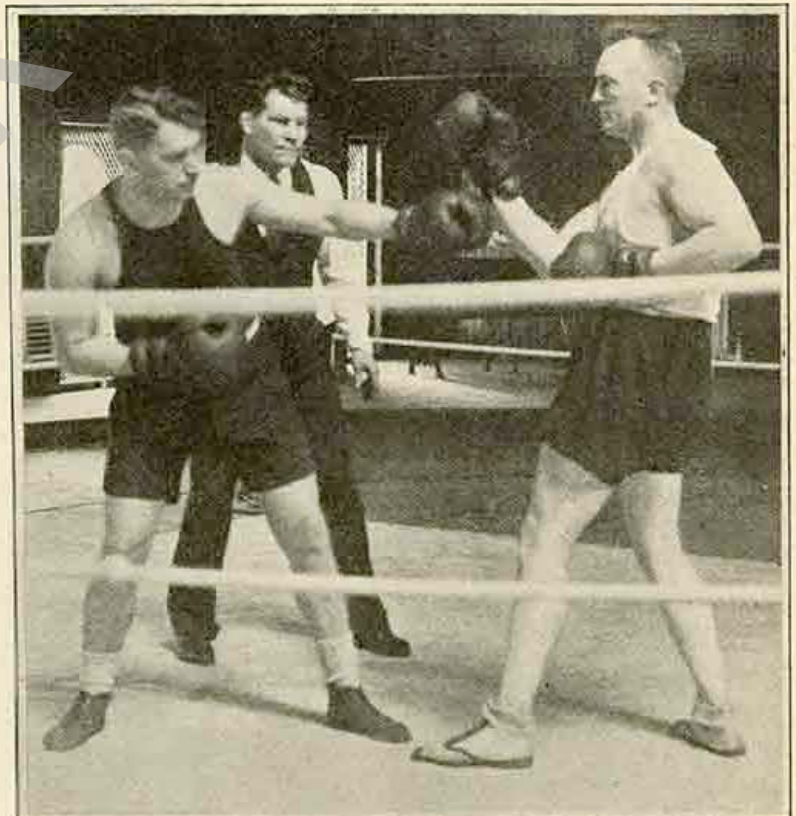
Under the care of Black Bill Richmond, the former champion, Molyneaux was put into shape to meet the Englishman. The Virginian was double crossed out of a win, and the second time was only a shadow of his former self and took a lacing.

Hyer only remained champion for about five years, when he retired, to be succeeded by Yankee Sullivan, from whom he had won the title. In the same year, Sullivan was matched with John Morrissey, for \$2,000 a side and the title. It was a terrible fight, with Sullivan capturing the honors as far as the fight went. During the scrap the crowd became so unmanageable that they broke into the ring. In the confusion that followed, Yankee Sullivan left the ring thinking it was all over, with the result that the referee gave the fight to Morrissey. That fight took place on October 12, 1853, at Long Point, Canada. After this Sullivan went West to California, where he got into some kind of a mix-up, and was murdered in prison by the Vigilance Committee.

The next fight of importance that Morrissey took part in was when he met John Heenan in 1857, about two years after Heenan

**J**UST the other day I was reading a long article on the history of boxing, and what struck me as being peculiar was that American fighters were barely considered, especially in the early days of the sport. I agree that England is the home of the leather pushers, and that the pugs of old John Bull did much to make the game popular, but Uncle Sam had a finger in the pie, and brought out some real knuckle dusters in those far away days. Generally we commence our fight history with Tom Hyer, who is supposed to have become the first American champion in 1848, when he lambasted Yankee Sullivan, in sixteen rounds, at Still Pond Creek, Maryland, for \$10,000 a side and the championship. This was, beyond doubt, the first organized battle for the championship of America, but there were several bitter fought contests before that time.

One of the first was fought around New York about 1806, when Tom Molyneaux, the Virginian slave, trimmed his white opponent very easily. This happened a few years before the black's master released him to go to England, and clean up the field of English pugs who ruled the roost entirely then, with Tom Cribb as the boss puncher. What the black did in England is pretty well known.



"Bat" Levinsky has attempted a "come-back." Here you see him working out with a sparring partner. Otto Hughes, proprietor of the gym and former Marine Corps middleweight champion is the referee.

came into public attention. Long Point, Canada, was again selected as the place of battle, and on May 20th, they squared up to each other in what was one of the most desperate battles fought up to that time. Morrissey won in eleven rounds, but he retired from the ring shortly after the victory, leaving the honor to John Heenan's care. The following August, two Philadelphia bare knuckle fighters, S. S. Rankin and Dominick Bradley, set up \$1,000 a side and fought for it and the title at Point Albino, Canada. It was won by Bradley after one hundred and fifty-two rounds of fighting. What I could never understand is where those bimbos came to figure that they were eligible to fight for the title. Both Morrissey and Heenan could have whipped the socks off either in jig time, if they had ever met.

However, after Heenan took charge of affairs he sent out a challenge defying the world, which led up to the famous Heenan-Sayers battle. Heenan went over to the old country to make all arrangements for the battle that eventually took place there. The fight was very sensational, and the ending was very unsatisfactory as far as Heenan was concerned. He did not get the honors to which he was entitled. This fight is given out as the first international battle for the honor of being the world's champion. Here again the fight chronicler forgets Black Bill Richmond and the Virginian, Tom Molyneaux. Richmond is always written up as an Englishman, and few seem to realize that he was black. He was taken over to England by an English officer in whose employ he had been all of the time during the revolutionary war. He fought some of the toughest battles in early English ring days, and fought up till he was past fifty. He was a man who was very well liked, being a popular honest scrapper. He was born on Manhattan Island, N. Y., the child of slave parents.

After the unsatisfactory battle with Sayers, Heenan fixed up a fight with Tom King for the title, and got beat for his trouble. Soon after that he retired from busting jaws and knuckles, and the next pair of American bare knuckle fighters we find contesting for the laurels of Heenan, were McCoolle and Joe Coburn. They met at Charlestown, Md., on May 16, 1863, and punched each other all over the lot for sixty-three rounds. In the end Coburn won, and like the former champion, Heenan, he thirsted to try his stuff on the English representative who was then Jim Mace, the Gypsy King. Mace has always been rated as a cracker-jack and I believe he was a tartar to whip. He and the American were matched to fight it out in Ireland, but it is claimed that the Gypsy backed out on the eve of the fight. I do not think they ever met, so Joe returned to this country a much disgusted man.

Coburn developed other interests and pulled out of the game, leaving the American title to whoever wanted it. Bill Davis, of California, was the first to claim the title, only to be contested by Jim Dunn, the Brooklyn gladiator. No time was lost between the respective backers to bring them both together. A wager of \$2,000 a side was put up along with the title that was fought for in Pike County, Pennsylvania on May 16, 1865. After a murderous forty-three round set to, Dunn was declared the winner.

It is strange to note the differences in attitude of the old time fighter over the present. The ambition of the old timer was to prove that he was the best man in the world. When he had done that he was satisfied and retired. It is just the



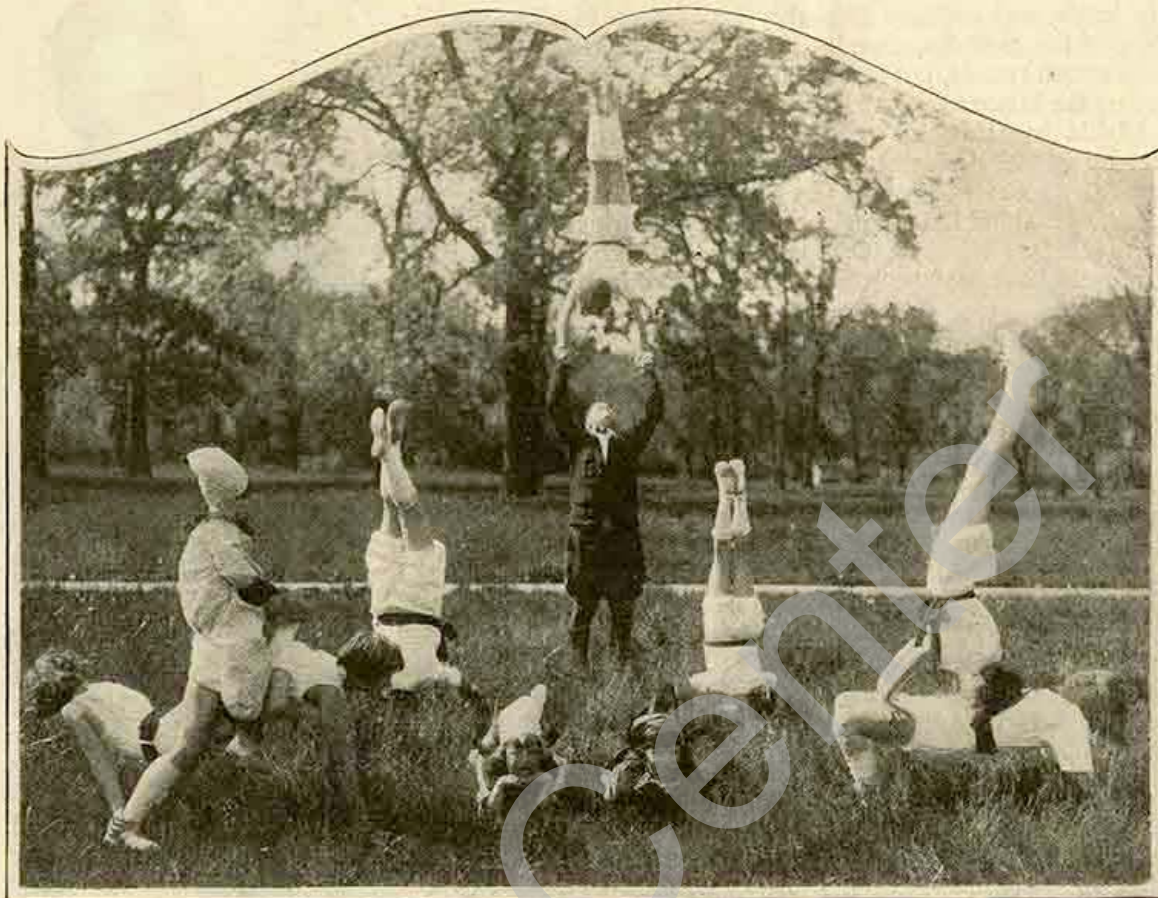
Bryan Downey, famous battler of a few years ago. We printed this photo in the April issue of STRENGTH, using the name of Mike McTigue in error.



Mickey Russell, a promising young pugilist in the light weight ranks.

opposite now-a-days. A battle wins the crown and after that let the other try and get it. Dunn retired right after his victory, and left the title with Davis. Right away Davis was challenged by the same McCoolle who had lost to Coburn. They got together for a wager, and toed the line on the afternoon of September 19, 1866, at Rhodes Point, Mo. The battle went over the route of thirty-four rounds, ending in the favor of McCoolle.

Fighting began to catch on better with the public, although they still had considerable difficulty at times evading the law, that was not so friendly towards the sport as a profession. With the increased popularity, more new fighters began to appear, and as long as they had the money to stick up as a side bet, no one was barred. Aaron Jones was one of those who turned out a little tougher than expected. He challenged McCoolle, and went thirty-four rounds before the champion (Continued on Page 77)



Outdoor acrobatic stunts provide plenty of fun for any youngster.

# Athletic Games for Growing Children

They Afford an Adequate Means of Developing  
Agility, Speed and Endurance

*By Hamilton Dana*

**T**HE question of exercises for growing children has been a matter of consideration ever since physical training began. The training of children was a matter of deep concern for the public as long ago as the time when Sparta was an important nation on the earth. The training of the youth of Sparta was of such a comprehensive nature that the Spartan method is a matter of history. It might be said to occupy an era in history. It is difficult to know just when physical training for children was first thought of. We know that athletic sports antedate the ascendancy of Sparta and it is quite probable that physical training for growing youths followed closely the advent of athletic sports.

Just what kind of exercise is best for children has been a subject of some difference of opinion. Those

who have made a study of child welfare and have had active association in training growing boys and girls; in other words those most competent to know, generally agree that a child's physical training should develop the child both mentally and physically. They consider that discipline should be a part of the training and that both self-reliance and fellowship should be developed. The physical characteristics to be sought for are agility and poise.

The best way to develop the fellowship idea is considered, by most educators, to be through the medium of games. The use of athletic games serves a manifold purpose in the physical training of growing children. They afford an adequate means of developing agility, speed and endurance and fit in with the growing child's natural instinct to play.





Baseball, probably the most popular sport in the country, is one of the finest games for growing children. —Ledger Service.

Games requiring skill and considerable activity are preferable to those requiring much strength or too long enforced endurance. Few, if any, games require too much activity for any healthy boy or girl. In case of heart weakness, all exercise should be taken only under the advice of a competent medical authority. The boy or girl with normal health need have little fear of too much exertion from any game of activity alone, providing the duration of the play is for moderate, sensible periods of time. The needs, in this respect, have been taken care of in the formulation of most of the popular games.

The needs of the growing boy and girl in the matter of exercise and the selection of games is very much the same. Girls, in their early childhood days, before convention interferes, have about as much natural energy and agility as boys of the same age, providing the environment is the same. The physical status of the female is as much a matter of custom and environment as of heredity and the girl who is dressed in overalls and plays the same games, climbs the same trees, eats the same food, and is subject to the same conditions as her brother will, as a general rule, have about the same physical ability as he does. Her greater speed in attaining maturity often makes her as strong as a boy of the same age. Experience has proven that the idea that a little girl should sit on a chair and read while her brother romps about to his heart's content is an idea that is detrimental to the development of the female child and consequently a handicap to the generations to come. Competent directors of physical education are more and more in favor of destroying the arbitrary barrier that has sep-

arated the sexes in the matter of physical training.

The quality of discipline which was previously mentioned as one of the requirements in the physical education of the child, is developed through the medium of drills and by the observance of the rules and regulations of competitive games. Discipline is of much more importance in physical training than one thinks at first thought. It develops self control, which is one of the prime forces in every human attainment. It is of special value in the formative period of life and should be a part of all physical education for the growing child.

Self-reliance comes from a feeling of physical fitness and confidence in one's self. This last quality is a mental condition, but it depends upon physical conditions to a great extent for its existence. In fact this last state is almost a direct result of the first. If a boy is weak physically, he is almost invariably timid. If his physique is increased, his courage grows in about the same ratio. Courage of the ordinary, everyday kind is largely a matter of experience; something that can be developed by the mere usage of the body. Competitive sports develop the ability to handle one's body. As soon as a boy finds that he can handle himself better, that boy acquires increased confidence in himself. This control over the body, that is attained by active participation in athletic sports, is one of the main reasons of his use in athletic training.

All competitive sports, properly regulated, are of considerable value for the physical training of growing youths, and swimming is equally beneficial to boys and girls. It is a sport that should (*Continued on Page 70*)

# Goitre — and Other Thyroid Diseases

Prevention, Treatment, and Relief are Better Undertaken  
After Thorough Consideration of This Class of Diseases

*By Dr. B. M. Middleman.*

A CAPITAL example of the advance of medical science may be seen when considering the condition known as goitre, and the rapid strides made by members of the profession during the past decade or so in treating and combating the disease. Likewise may we not hope for similar results in other mal-conditions and diseases? Don't misunderstand me; by this, I do not mean that the disease referred to above is better understood than many others, for such a statement would be far from correct, as several other branches of the medical field have been the subject of what must be termed astounding discoveries and revelations.

But, when you visit a section of the globe, known as a goitre community, and witness the unfortunate victims of the marring effects of this disease, which destroys an otherwise perfect example of beauty among the female populace, and causes the human physical economy to be sadly disorganized, and then consider how the physicians in other communities have, to a great extent, eradicated this blemishing affliction, you may indeed have cause to wonder after considering the simple means necessary to control goitre. All the above refers, let me say, to goitre of the simple variety. Now look back some years and recall to memory a journey through one of these regions of our dear old Earth where large percentages of the inhabitants, particularly the women and girls, were the sad victims of this health and beauty destroyer. In some ways Nature seems so cruel; without warning or in any way enlightening humanity, Mother Nature, seemingly, punishes her children for making their habitat in places where sufficient iodine does not abound in the water and food.

The question we were just aiming at above was that probably many other forms of human ills and sufferings are the result of similar misunderstanding of the laws of nature. Mayhaps the case of goitre will go a long way toward proving one of the propounded theories of evolution, Darwinian or otherwise, which would seem to be supported in the contention that animal life is not so very far removed from a marine environment, and therefore, must live closer to the ancestral element—the sea.

However, when you consider the simple steps taken to cure goitre, and the ease with which it is prevented, you may indeed wonder. The following treatise is written in the hopes that it will prove helpful to those who have already been afflicted; and likewise as a warning and means of prevention for others who, through circumstances and environment, may be under the

threatening influence of iodine insufficiency. For the various conditions of thyroid mal-adjustment we will suggest possible measures to undertake, as well as describe the symptoms and progress of such diseases.

The cause of goitre has been the subject of intensive study by medical men since very early days of history. The inhabitants of all corners of the earth, where the disease was prevalent, had scores of curious beliefs concerning the cause of goitre; probably the most common of which was the idea that some impurities in the drinking water caused the affliction; some thought it due to drinking snow water or glacial water; then others attributed it to the presence of minerals in the water.

Simple goitre may occur among all races and in all climates, and may occur among fish and animals of all kinds possessing a ductless thyroid. Though the disease may occur anywhere, it is most common to mountainous regions of the earth, most notable of which are the Himalayas in Asia, the Alps in Europe, the Andes in South America, and in North America among the inhabitants of the Cascade Mountains and to a lesser extent in the Rocky and Appalachian Mountains; it is also very prevalent in the regions of the Great Lakes and the St. Lawrence River, and to a certain extent in the central part of the United States.

Evidently the normal functioning of the body depends on a sufficient quantity of iodine in the drinking water and food; when this certain element is lacking for a considerable time, a derangement in the thyroid gland results. Simple goitre is three times as common among females as among males, and the periods of life when it is most likely to occur are: before birth, during adolescence, pregnancy and lactation, and at the time of the menopause. In other words, it is most likely to occur during those periods of life when the body is undergoing changes of a physical and chemical nature.

The thyroid gland, though very small, exerts an influence of extreme importance upon the human physical economy. The normal thyroid weighs, on the average, about one ounce; it is a small flat gland in the front of the throat and secretes a substance, the properly measured flow of which is essential to the continuance of normal metabolism. Goitre is a condition where the thyroid is enlarged and overactive, pouring too great a quantity of the secretion into the blood stream. On the other hand, if the thyroid becomes atrophied or is removed, a very serious physical condition results, accompanied by loss of mental power and other distressing symptoms. Cretinism is the term given to one of these conditions where the (Continued on Page 60)

# Once An Athlete, Always An Athlete

A Man Who, For a Quarter of a Century, Discontinued Athletic Activities, and at Present is in Condition as He Was in Days Gone By.

By *George A. Dembinski*

IT is strange to say, but, nevertheless, true, that people count the days of a great athlete. They believe that those who participate in any strenuous athletic endeavor are bound to burn themselves out early.

The subject of my story should convince you that an active life is the best; and that by adhering to proper hygiene and scientific exercises the average human life can readily be increased. I shall relate the career of a great athlete, who, after participating in several kinds of athletics for a number of years, and coming up to the standards as one of the greatest cinder path followers in America, still retains his speed, form, and physique that he had in days gone by, after discontinuing athletics for about twenty-five years. Arduous tasks as a means of earning a livelihood prevented him from carrying on an active, athletic career. Yet the subject of this story is a living testimonial of the benefits he derived from his youthful activities.

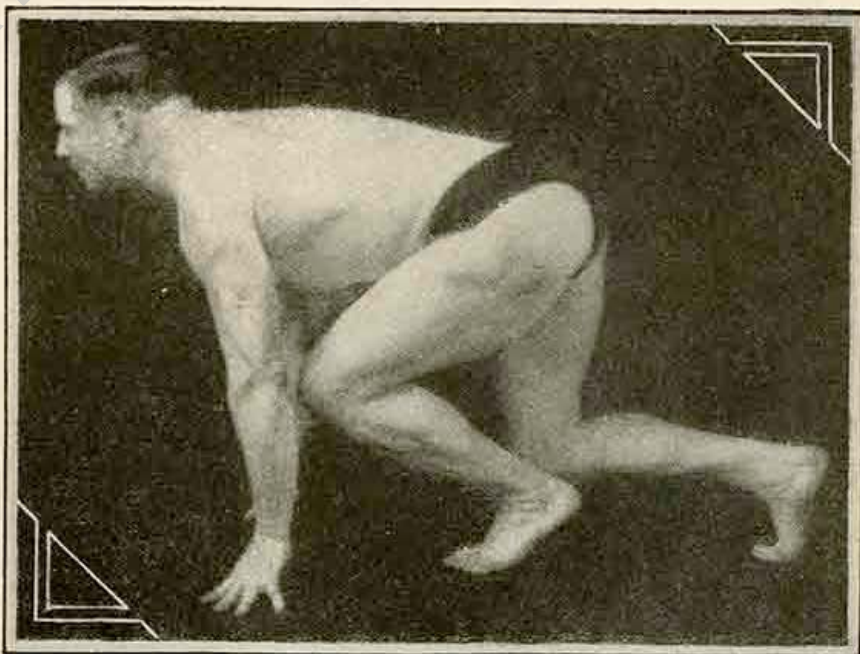
Now the question comes up: How has he maintained such a condition? This I shall endeavor to explain. The title of my story is "Once an Athlete Always an Athlete," and the example of this theme is John Naughter, of Albany, New York—the fastest man on two feet twenty-five years ago, and the same today at the age of fifty-five. By following the strenuous training period of his career, he has built up his constitution to such a state that his inactivity has helped him retain the great strength and endurance that the rigors of life demand. Today he is muscularly and organically sound; never has he witnessed a day of sickness. Being hardy, he is able to go out and do a strenuous day's work, and in the evening, during his leisure hours, follows his beloved hobby, running.

So you see, my dear reader, how a man of his age, who has "laid off," as it were, for so long a period, is able to come back with such wonderful qualities, to the surprise of all. It is truly an extraordinary achievement for a man of his age to do as well as he has. Many men at this age are considered old men, while Mr. Naughter is beginning life anew; so you may see the difference. I will state again, as has been written many times before in these columns, that if a person during his youth has followed some form of athletics he will reap the benefits when

old age approaches. This has been proven time after time. It is the same case as that of a man having a bank account; when he has reached the time of his inability to labor any longer he may depend on his savings. So it is with the man who has exercised his body during his youth.

Mr. Naughter is as active and agile as a young boy of ten. He has in past years led a good, hygienic life and is a great believer in diet. By following out the special rules attached to this science he has helped to maintain his present condition. Every summer Mr. Naughter takes canoe trips through the lakes of the Adirondack Mountains; this shows his great love for the outdoors.

Mr. Naughter started his cinder path career when he was a boy, about forty-five years ago. He credits his possession of extraordinary ability in this line to playing games with boys, such as tag, races, and other forms of pastime that were popular among the boys then. Naughter proved to be speedier than any other boy in the neighborhood, and whenever they would play a game his pals derived mirth and laughter watching him running around like a flash. One day his pals decided to put him up against another, who was known to be a veritable demon when it came to running. Naughter set



John Naughter, of Albany, New York—the fastest man on two feet twenty-five years ago, and the same today, at the age of fifty-five.

his mind to win for the honor of his gang; for a time he thought he was going to be defeated, but some existing latent force within him pulled him through, a winner by a large margin. The boys were so happy over his victory that they bestowed upon him the crown of the neighborhood. Mr. Naughter enjoyed telling me of this incident. He said that this race was the most exciting of his career and that he enjoyed it more than all others that followed thereafter. Whenever he wishes to think of his boyhood days and old-time friends, he recalls this great race.

Mr. Naughter told me of another interesting and amusing incident of his boyhood, which later induced him to follow the game. One day he felt all pepped up and decided to test himself and get rid of some of the surplus energy that was bubbling within him. As he was coming for all he was worth, cutting around a corner on about a forty-five-degree angle, he felt as though he had crashed into the side of a house all of a sudden. Immediately getting over the daze, he noticed a man sprawled out on the sidewalk as flat as a board; not knowing what it was all about, he started down the street and ran as he never did before, so scared was he over this accident and fearing that the man would come after him. The fellow, still in the stupor from the tremendous knock, swore offensively and felt as though he could

"knock the kid's block off," as it were, and looked around to see if the guilty one could be seen; but far off he could only see the dust of the little fellow. Being a running promoter, he thought it strange for one to be so far away in so short a time. All of a sudden he got up and started after him, shouting, calling the little chap back, but to no avail. The boy disappeared like lightning in the heavens. The promoter did not know what to make of it. He knew that the boy "had the real stuff." It happened several months later that the promoter, when walking through the street, noticed the little chap. Recognizing his face, he stepped up to him and said, "So you're the chap that knocked me off my feet a while back?" The little fellow tried to act innocent, and with great fear to suffer the consequences he slowly stuttered, "Y-y-yes, mister. I'm sorry."

"Sorry, nothing!" answered the man in a harsh voice. Then, in an admiring tone, he said, "Don't be afraid, buddy. I was only fooling." He then started to question him about his running, and before he knew it he was signed up to meet amateurs. Naughter was still a young boy to compete against those much older than he; but, nevertheless, this was no obstacle to stand in his way. He had the speed, strength, and form, the desired and required qualities of a runner, and with the proper training that was given him by his coach he at least had a chance.

The day of the big race came around; an enormous crowd was present, for it was to decide the amateur championship of the locality. The race was at hand—our little friend was ready, and standing among his larger competitors he looked like a midget. Those looking over the participants thought the little chap was game, but had no chance with his heavier and much larger brothers. The race started, everyone was shouting, applauding their own. The little fellow was falling back, way back, and all of a sudden he started to work up. To everyone's amazement, like a bird with wings, he actually flew past them and kept up that pace until the victory was his. On account of lack of space and time, I cannot go on to describe the wonderful honors and ovations that were paid him. By winning this contest he was acclaimed the champion of upper New York State. He held this championship from the years 1888 to 1892, when he turned professional.

In my interview I asked Mr. Naughter why he took up this sport and who was his inspiration and ideal. He answered that he merely took up running from the standpoint of building up his health and for the great fun he derived from following it up. "My inspiration," he continued, "was Jim Smith, America's professional half and one-mile champion at the time, whom I later defeated."

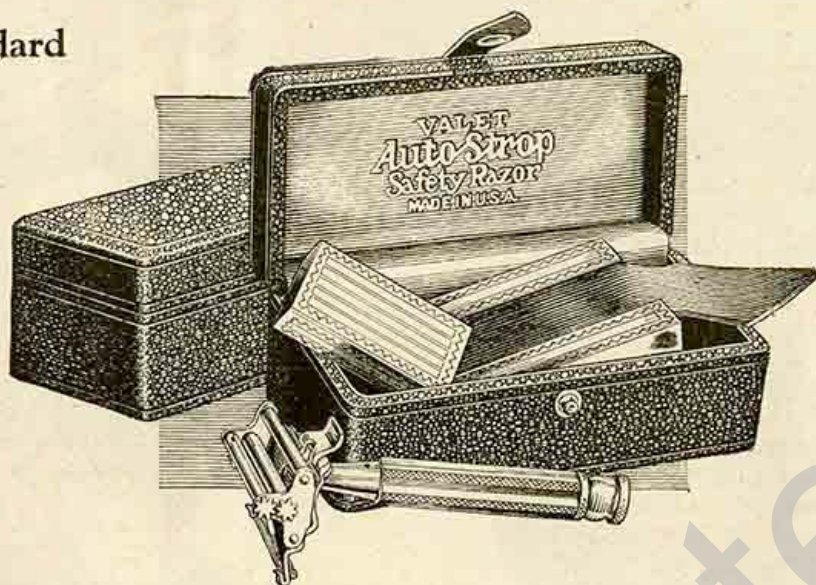
"What incentive caused you to turn professional, Mr. Naughter?" was the next question asked him. "Winning honors and prizes all over the country," he answered. I must tell you that during my visit with Mr. Naughter he showed me a trunk full of trophies and medals that were given him for his victories. In his discourse he related some of the events which occurred in the greatest period of his running career.

"My services were in great demand," he said. "Coaches and promoters induced me to turn professional and win money prizes instead of amateur honors, which would be toward my financial betterment. Walter Christie, the great track coach at the time, who at present is with the University of California, took me in hand and trained me to a state I would term perfection. Then I was in my prime, smashing record after record, competing and defeating the best in the country at the time. It is with honor I added to my laurels by defeating such men as Gallagher, Marsh, Hagaman, McClennan, Marks, Grant, and many others. These men were excellent performers, especially Gallagher and Marsh. (Continued on Page 69)



Mr. Naughter's development rivals that of men many years younger than he is.

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## Consider Your Face

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The cutting edge on all razor blades is dulled after each shave. The infinitesimal teeth which make up the blade edge should be stopped back into alignment—or your skin will be scraped and roughened with a dull,

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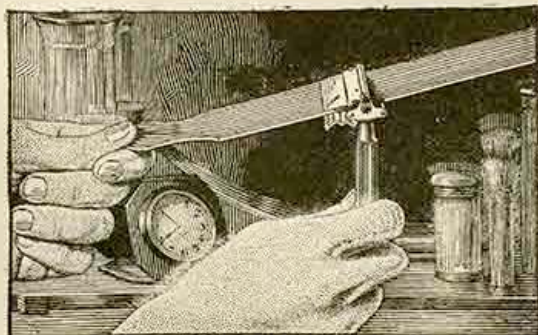
### GUARANTEE

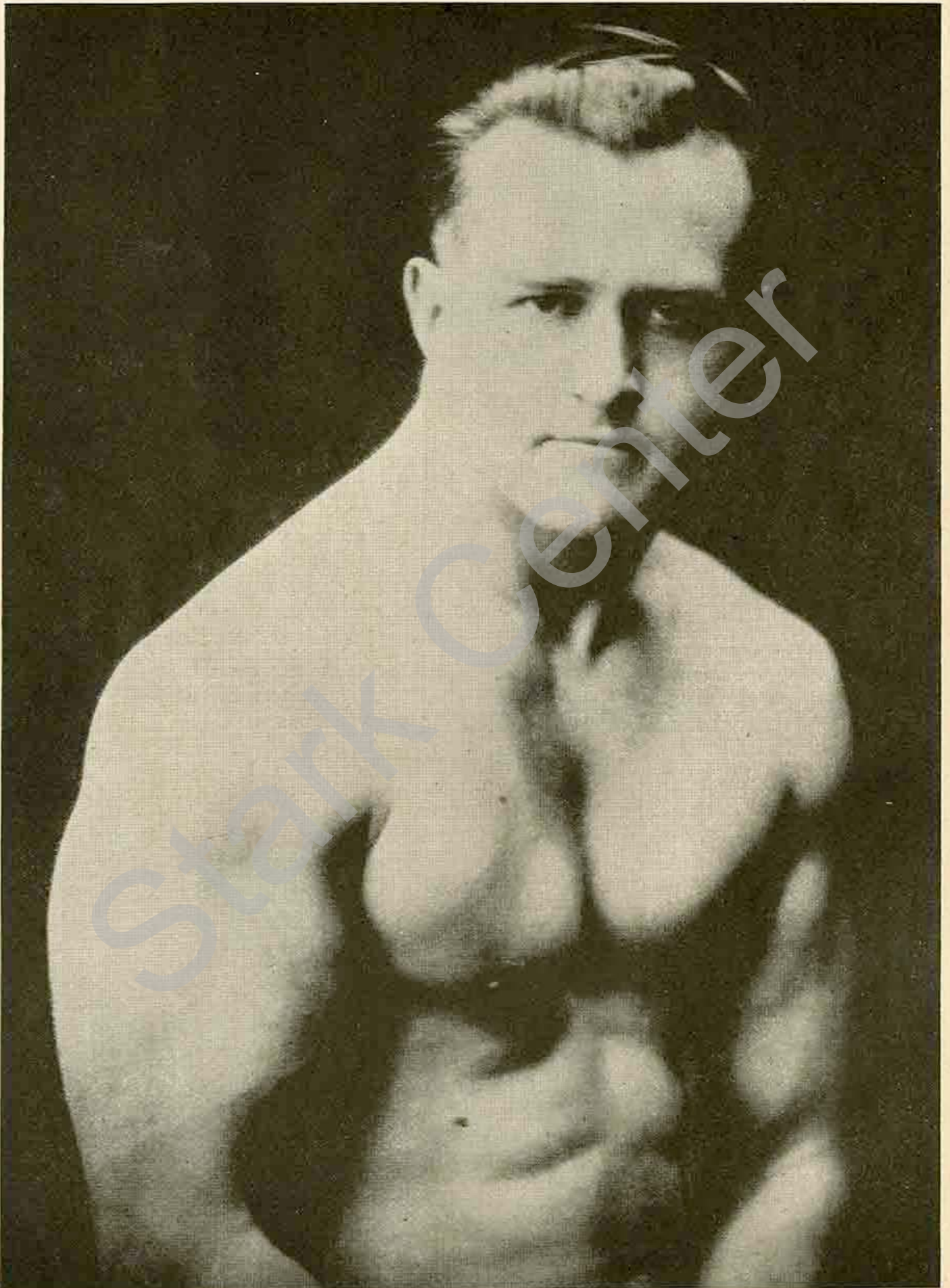
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*Author of "Science of Wrestling and Jiu Jitsu", "Muscle Building", "Secrets of Strength", "Here's Health", "Endurance", etc.*

# Bumping Your Head Against the Wall!

Take out your cocktail shaker. Put in one glass of gin, one glass of ginger ale, some cracked ice and a dash of bitters. Shake well, then drink the mixture, but the only good you get out of it is the exercise your muscles get in shaking the stuff.

Drink to your heart's content. Smoke plenty of cigarettes. Raise the old Harry. Kid yourself into thinking you are having a great deal of fun. But you're not! The next morning you feel like a worn-out dishrag. And enough of those parties will put crepe on your door, and you won't be there to mourn, either!

You might just as well bump your head against a wall! Anyone who will deliberately bring injury to his body and slowly but surely tear down that wonderful life that a mother has taken such loving care to start on the road to healthy manhood—is simply crazy!

## Get the Greatest Thrill In Life

The greatest thrill in life is to feel full of pep—to be full of energy—rarin' to go! When you get up in the morning, do you jump out of bed, eat like a kid, bubble over with enthusiasm and vitality throughout the day, and when evening comes, still feel refreshed and anxious to do something else? Well, you can.

Gee! it's great to never feel tired. It's great to be healthy and strong. Get off the scrap-heap and learn to be happy! How do you expect your wife and loved ones to love you, if they can't admire and respect you?

Man alive, wake up! Make them proud of you. If you haven't got the pep and energy you wish you had, for the love of Mike, read the next paragraph!

## I Want You For 90 Days

No, you don't have to go to jail. It's much easier than that. I simply want to teach you how to live—how to build up those under-developed muscles—how to strengthen them—how to get real pep in that old backbone. It only takes me ninety days to remodel you—to rejuvenate your entire body, inside and out. You'll look and feel as you did before you sowed your wild oats.

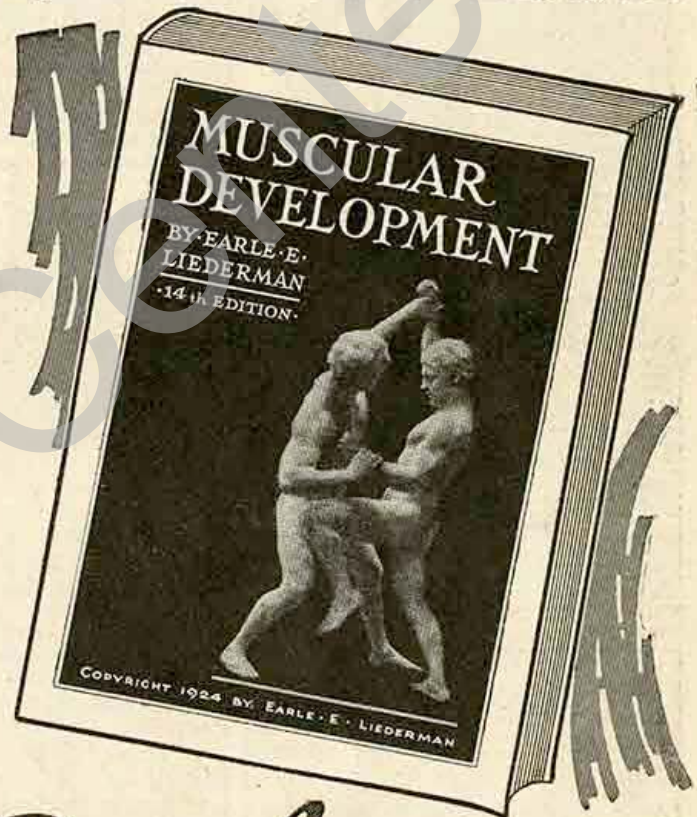
Remember how you felt the first day you fell in love? A grand and glorious feeling, wasn't it? Well, the thrill and feeling you get after ninety days under my watchful eye will give you a greater thrill than you ever had before.

Don't take my word for it. Make me prove it. It's so easy to come back—to become strong and full of pep and vitality—when you know how. Simply follow my system of pleasant exercises for about 10 minutes each day.

## I GUARANTEE IT!

Get that! I don't just promise it. I guarantee it! If you will faithfully follow my instructions for three short months—only 90 days in all, you won't know yourself. Your friends will marvel at the change in your appearance. Then, for the first time, you will realize what thrills life has in store for you.

Don't forget, he who hesitates is lost! Let's make this day the turning point in your life. Before you turn this page,



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	YOUR NAME AND ADDRESS ON A POSTAL WILL DO	Dear Sir: Without any obligation on my part whatever please send me a copy of your latest book, "Muscular Development."
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		City..... State.....
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## Blood Pressure—High and Low

(Continued from page 32)

the "arterio-capillary" pressure. The normal reading for an individual in perfect health is within the range of 140 to 180 millimeters of mercury, for the radial pressure, and from 110 to 130 for the arterio-capillary pressure. Though not strictly so in every case, as a rule the heart beats are slowed in proportion to the increase in blood-pressure, and made more rapid when the pressure drops below normal. High blood-pressure may mean any consistent reading exceeding 180 radial (or arm) pressure and 140 digital (or finger) pressure. Low blood-pressure may mean any continuous reading below 140 radial and 100 digital pressure. These figures allow for quite a little variation; also, the normal pressure is higher according to the age of the individual. One way the normal pressure may be figured is to add the age to 100, and then allow ten on either side of the figures for variation. This rule would only apply to adults up to middle life, but could not be used for old people.

Temporary high blood-pressure may be due to the labors of child-birth, hemorrhage of the brain, lead poisoning, tobacco poisoning, and certain affections of the heart and vascular system. High blood-pressure of a more permanent nature may be due to Bright's disease, arterio-sclerosis, diabetes, or certain forms of dyspepsia. In Bright's disease, the hypertension may be as high as 240 to 300.

The general symptoms of either high or low blood pressure are continuous headache and dizziness. The first symptom in high blood pressure is a consistent high reading of both radial and digital pressure. The radial pulse is hard; the temporal artery is twisted and knotty; the heart-beat becomes violent; a white line made with the finger nail on the abdominal wall lasts only one or two seconds. In the more severe forms, the vision may be impaired, pulsation or throbbing will be present in the various arteries in the neck; the patient will be troubled with hot flushes and excessive

sweating, becomes pale in the face, and the limbs feel heavy. The sufferer should avoid tobacco, alcoholics, animal products, such as meat, fish, eggs, cheese, and refrain from eating any foods that are spiced or highly seasoned. Milk and buttermilk may be used as meat substitutes, and the diet should consist mainly of vegetables, fruits, and greens. Medically: nitrates, iodides, purgatives, and diuretics (to increase flow of urine), and a quiet life, with bathing and general hygiene, will add to the health.

Low blood pressure may be either temporary or lasting. In the transient state, it may be seen in certain infectious diseases, due to reduced heart action and as a reaction from the higher tension of the early fever stages; also, in many forms of poisoning; from over-exertion, either physical or mental; sexual abuses or excesses; shock or collapse. In any case, it is the result of weak heart action, relaxation of the blood vessels, or deficient quantity of blood. The lasting state may be seen in goitre, chronic diseases of the heart, Addison's disease, and in chronic tuberculosis. The pulse is small and rapid; a line made with the finger nail upon the abdominal wall remains white for a long time. We find the skin is of bluish tint, coldness of the extremities, congested liver, and the urine becomes scant. To raise the pressure certain drugs are of benefit, such as suprarenal and pituitary extract, adrenalin, digitalis, and extracts from the organs of animals. In this case, the aim should be a general upbuilding of the health, and a diet calculated to furnish the body with an abundance of strengthening food. Meat and its by-products would best be eliminated and milk and buttermilk substituted; eat plenty of greens and fresh fruits and well-cooked vegetables and cereals, and include stewed fruits in abundance. Coffee, tea, tobacco, and alcoholics should be taboo, and an effort should be made to get some regular exercise and hours of fresh air and sunshine.

## Goitre—and Other Thyroid Diseases

(Continued from Page 54)

thyroid gland is lacking; another is known as myxedema.

Goitre is mostly found in mountainous and inland countries and communities, and is very prevalent in countries like Switzerland, where the people have lived for centuries in a mountainous country. Evidently it is due to an insufficiency of iodine in the system. Iodine is found to be present in sea water and all classes of sea food; it is also present in water near the ocean and traces may be found in the air within a distance of several miles of the ocean; the wind and rainwater carries it a considerable distance inland, to be mixed with the fresh water bodies and streams. At great distances from the ocean, iodine is almost entirely absent from the

water; in such communities goitre is very prevalent. The course, symptoms, and termination of the disease are rarely identical; certain manifestations may be more pronounced in some cases and slight in others, while in some individuals these may appear in quick succession, though, as a general rule, the progress of the disease covers eight to twelve years. Goitre is most commonly a woman's disease, though many boys and men are afflicted; it is most frequent among women of middle age.

As previously intimated, absence of the thyroid gland may produce a disease known as Cretinism, of which there are two kinds, endemic and sporadic; the former is common in certain districts of continental Europe, but does not occur



in this country. Sporadic Cretinism may start before birth and usually appears during infancy. It is characterized by lack of growth of the bones, enlargement of the abdomen and loss of muscle tone; the head becomes misshapen, the forehead low and sloping, the nose becomes broad and flat, the tongue is thick and protrudes from the mouth, and the skin has a greenish-yellow tint and puffy appearance. The hands are large, puffy and spade-like and the legs of disproportionate size. The mentality is dull and either idiocy or semi-idiocy develops. The child does not grow, but becomes a dwarf. Due to a tremendous amount of scientific investigation, certain doctors began administering iodine in the drinking water. This method was first used on a large scale in the prevention of goitre among brook trout in 1910; the first time it was used on an extensive scale for prevention among humans was in 1917 among school children in Akron, Ohio. Sea salt has long been known to have a beneficial effect upon the disease; the exclusive use of this kind of salt would have a widespread prophylactic, as well as curative effect. Another excellent form of supplying this necessary element is through consumption of salt containing sodium iodide or potassium iodide, in about a hundredth of one per cent. solution. As statistics show a preponderance of goitre during puberty, pregnancy and lactation, a most practical plan to prevent its occurrence would be a community-wide use of known preventatives during these periods of life. One such excellent means, is the taking of a tablet containing one-tenth of a grain of iodine once weekly. This pertains particularly to the simple form of goitre; however, it should have a marked effect on the more serious types of the disease.

In exophthalmic goitre there are several usual characteristics, mostly of nervous origin, namely: disturbances of the heart, disturbances of vision, hypertrophy of the thyroid gland, muscular disturbances, and disturbances of the mind. These various symptoms may appear either in succession or combination, depending on the nature of the individual case, and likewise each of the symptoms may vary in severity. One symptom that is never lacking is that of a rapid heart beat, it is found in early cases and is still present after all other symptoms have subsided. This may be termed the essential symptom of exophthalmic goitre. At times the heart may palpitate in such a way as to become very distressing and the heart-beats may mount to 150 a minute, the heart beating as though it would burst. Despite the extreme effect upon the heart and connecting vessels, there is seldom any permanent after effect, once the disease is overcome.

Very often the eyelids are incapable of entirely covering the eye-balls, and give to the patient an expression of astonishment and terror. Spasms of the upper eyelid may either precede or accompany this trouble. When the glance is directed downwards, the upper lid no longer follows the ball of the

(Continued on Page 63)

# I'll Teach You to 'Read' People At First Glance-Or No Cost!

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**By DAVID V. BUSH**

*The Man Who Astounded America*



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Everyone develops an unconscious character analysis of his own. But vague and unconscious as this character analysis is, they find it extremely valuable. They are lost without it. Think, then, how much more valuable a definite scientific system would be—a proved system which would give you the exact character of a man at a glance.

As a salesman you would be assured of more orders, more friends, more earnings. You would know just how to approach each prospect. You would be able to suit your appeal to each particular man or woman. You would understand each man's temperament and peculiarities before attempting to sell him.

As a business man you would be able to better understand other business men. You would know precisely how to deal with each customer.

As an executive you would know how to pick the right man for the right job. You would know exactly how to manage each employee to get the best results.

## Five Types of Character

There are five types of character. In every man, one of these types predominates. Each type must be appealed to differently. The correct appeal for one man may be the worst possible appeal for another.

Some men think slowly. They cannot be hurried into a deal. They are suspicious of anyone who attempts to hurry them. Others decide quickly. They pride themselves on their quick judgment. You must convince them in a short time or you will never convince them. Some men are strictly practical. Hence, only the practical side of a proposition will appeal to them. Others are theoretical. They must be approached in a still different manner.

I can teach you how to size up each different type at a glance. Each man's character is plainly written on his face by certain unmistakable signs. I can show you precisely the best appeal for each and every man.

## Contents of this Book

How to tell the different types  
Vocations for the different types  
Love and marriage  
The eyes  
The ears  
The nose  
Head shapes  
The handshake  
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Personal habits  
How to make people like you  
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Also 150 diagrams and photographs explaining these rules and just how to apply them.

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The book fully explains the five types—how to recognize each type—how to deal with each type. It explains the peculiarities of blondes and brunettes. It covers the front face, profile, hands, skin, nose, eyes, ears, mouth, chin, the walk, voice, handshake, personal habits, expression, and hundreds of other points that have a direct bearing on character. The book contains 84 charts and pictures, each one a direct illustration of some feature bearing on a particular type.

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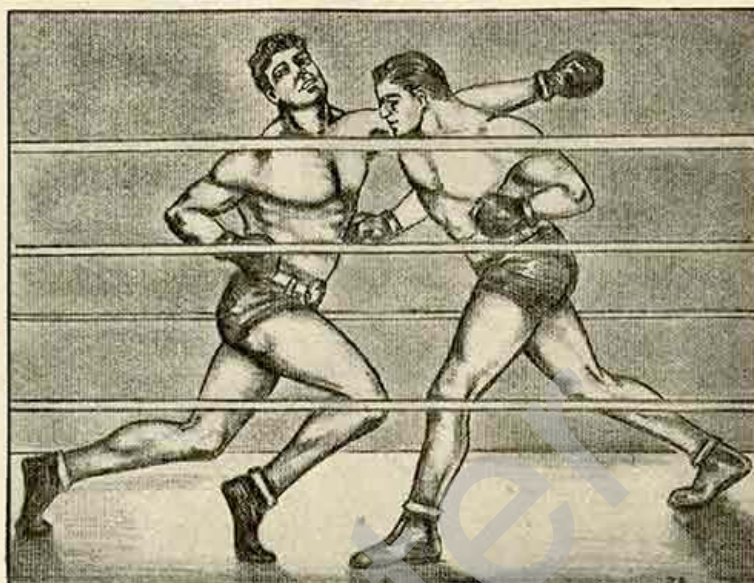
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# 3 PLACES

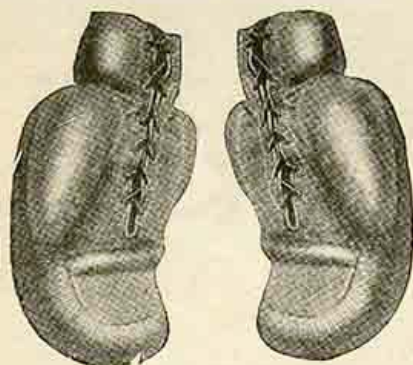
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ONE PUNCH WILL  
KNOCK  
A GUY STONE COLD:

The Point of the Chin,  
The Angle of the Jaw,  
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in such a thorough, understandable manner that you will be able to hold your own with any one in a few weeks' time. This is the most complete course on boxing ever gotten together. Every blow, block, counter, feint and side-step is fully explained and thoroughly illustrated; you learn when and how to duck, swing, cover and lead.

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(Continued from page 62)

eye, but remains fixed above it. In many cases the patients are unable to move the eyes from side to side, and must turn the head in order to see objects to the right or left of them.

The enlargement of the thyroid body may, in severe cases, lead to change of voice, difficulty in swallowing and periods of suffocation. Exophthalmic goitre may affect the nerves controlling the muscular system, and lead to tremors, paralysis and movements resembling St. Vitus Dance. The tremblings are generally seen in the arms and hands and may hinder the ability to write. While lying down the lower limbs are sometimes subject to tremblings resembling walking movements. The paralytic symptoms may be so severe as to make it impossible for the victim to hold any object or pick anything up, and while walking the legs may suddenly give way causing the patient to fall. In such extreme cases the patients are unable to feed themselves, dress, or go about without the aid of crutches.

Involuntary muscular movements and twitchings, resembling St. Vitus Dance, are often present in exophthalmic goitre; these choreiform movements have led many physicians to believe the two conditions to be closely associated; that is, true St. Vitus Dance and exophthalmic goitre.

Various other nervous troubles may be present, such as neuralgia in several forms and difficulty in controlling the organs of elimination. Likewise, the various internal organs are affected and function by fits and starts, as it were, causing trouble with the digestive and assimilative functions. Also the patient may have a sense of being greatly overheated, and may suffer attacks of suffocation and choking. Among women, the menstruation is nearly always affected, becoming either scant or irregular. Among men impotence is usually associated. Psychically, the patient suffering exophthalmic goitre may have a variety of mental troubles, such as melancholy or despair; they are easily depressed, likewise excitable; become impatient, surly and extremely emotional. The will power deserts them and memory is quite lost to them.

To resume, in simple goitre, prominent research workers have proven quite conclusively that it arises from deficiency of ingested iodine.

One means of combatting this menace is by means of preventive iodine therapy.

The importance of early recognition of the malady and the immediate institution of therapeutic measures is rapidly gaining general acceptance.

In exophthalmic goitre, rarely quite

typical, all the main symptoms may or may not be present; one symptom may either be lacking or be most pronounced. The course of the disease is usually slow and progressive and may last for a period of twelve years or more. At times we meet cases that are more acute, the symptoms coming on in quick order. The disease is by no means simple, but, on the other hand, is quite grave in aspect. The mortality at times is quite high in some localities. It is also supposed to be of nervous origin, usually occurring in those afflicted with nervous disorders. Likewise, it is quite hereditary in tendency among the females in the family, being quite singularly a disease of women. At times it has been noted that pregnancy has had a beneficial effect on women who previously suffered this affliction.

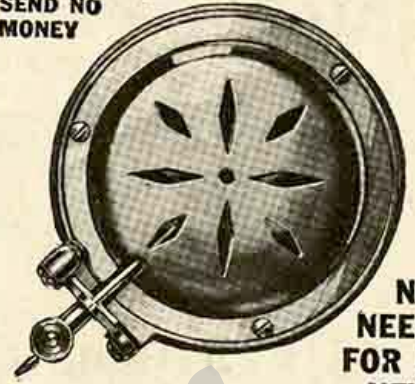
In dealing with acute attacks or paroxysms, when the breathing is difficult and choking seems imminent, pack ice around the region of the thyroid and throat. The accompanying heart palpitation should be treated with digitalis. Various other drugs are employed in the treatment of this form of goitre with marked success, namely iodine, extract of valerian, ipecacuanha, and bromides.

Electricity and hydrotherapy are splendid means of treating this disease, and have met with fine success. The electrical treatments are applied to the neck region, but should be given by one qualified to do so, by reason of extensive study and application of such measures. Any form of treatment should, it is understood, be given by a physician of reputable standing. Hydrotherapeutic measures would best be employed in the form of baths, both of the shower and tub variety, though the showers should be given at first, starting with a temperature of 75° or more and gradually reducing the temperature without discomfort to the patient. When the tub baths are started, the water would best be quite warm, then gradually reduced to suit the nervous system of the patient.

Surgery has not proven of decided benefit, after considerable research and practice in this respect, and although there are cases of quite remarkable recoveries after the use of the knife, the cases of doubtful results and the more numerous examples of severe reaction to the use of operative measures would lead one to the conclusion that, although medical means are very often ineffectual and cannot always be relied on to bring about a cure in exophthalmic goitre, it does not endanger the life of the patient; so we should claim a decided preference for the use of medical, hydrotherapeutic, and electrical methods rather than the doubtful results accompanying the use of the knife, excepting, of course, in those cases where the life of the patient can only be saved by the use of operative measures.

We would warn the reader not to confuse this latter type of goitre with the simple variety described in the early part of the present article, the use of iodine in the various forms proving very efficacious in simple goitre.

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## The Mat

(Continued from Page 47)

ference between a slack wire walker and a tight wire walker. Slack wire walking, while not easy, is the easiest of the two to learn; the walker can pull the wire under him if he feels that his balance is imperfect and he often exaggerates the sway of the wire to impress the audience. The tight wire walker must rely exclusively on his balance, therefore, he has a better control over his poise.

A group of performers and I were once talking this over, and to substantiate the proof that a slack wire walker has less control over his balance than a tight wire walker, one of the members of our group told the story of how one day he and a slack wire walker were strolling down the street of a certain town. It appeared that it had rained considerably and they had to pick their way through the streets, more or less, to avoid the water holes. At one place they came to, the slack wire walker began to walk the raised edge of the curb. Instinct became stronger than reason, and to maintain his equilibrium he tried to pull on the curb only to realize, when it was too late, that it would not yield to his leg pressure to be pulled under him; the result was that he toppled into the water hole to his great discomfort, professionally and otherwise.

If you had spent a few of the many years that I have among performers, and been observant, you would come across many such incidents that would prove all I say. You might ask, why do they not regulate these faults? In the first place they rarely ever happen, and in the second place, a professional, particularly, would not correct it if he could, for that is his living—to be efficient only in his particular line.

Pyramid building requires a tremendous amount of balancing control. The least deviation thrown upon the bottom man or men, by a topmounter misjudging his balance, is apt to topple down the whole works. Unfortunately we no longer see much pyramid building. It is great work and the Arabs are exceptionally good at it. I have seen some stupendous performances, and while I have marveled at the dexterity of the top men, I have been amazed at the supernatural strength of the men who sustained the enormous load, while standing erect and motionless. In one Arab Troupe I saw one man alone hold the weight of twenty-eight men. I have heard that forty men have been handled in the same way. It is truly marvelous. Unfortunately I do not have any good photos of these troupes in action, or I would be glad to reproduce some for your interest and benefit.

When a person begins to take up hand balancing he finds that his wrist is very stiff or weak—one or the other. The pressure borne by the wrist joint at the hand is much the same as that which I said exists when you first try a head stand without any hand support. You get the impression that the wrist is going through the hand. After the practice the wrist will feel stiff and

lame. That is its weakness, but constant practice will make it strong and flexible.

Speaking of professional hand balancing reminds me of a certain incident which will interest you, and help to bear out my statement that the knack of balance lies in the ability to sense it, rather than physically force it. Did you ever see a hand balancer climb up on top of a mountain of chairs and balance on them? Remember you thought what a precarious position it was for a man to attempt? Then when you saw him blindfold himself for his real difficult feat you actually thrilled at the evidence of his superior balancing powers. It looks good, but it is an evidence that he feels his way there, and by blindfolding himself he removes the danger of any other object distracting his concentration that is just then intensely devoted towards sensing the position. In much the same way does a bare back rider sense his timing to leap on his racing mount while he has a bag over his head. He knows when to take his tempo, as they call it, because his timing is as perfect as the sensing faculties of an expert hand balancer.

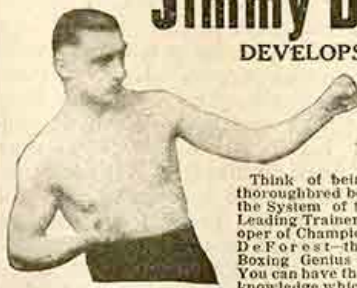
I remember a blind hand balancer who was very clever. He worked in an act with two partners who had their sight. The blind man was the sensation and as I recall, he gave me the first practical proof of the balancers sensing powers. I said to him, "How can you know when to do just thus and so, when you are deprived of the sight to enable you to see others do the stunts, which had to be taught you in the first place." He replied, "Balancing is a thing that does not require sight so much as it requires the sense of feeling your way through. Your sense of balance becomes your faculty. Look," he continued, "at the demonstration of the blind members of the blind athletic squad that is amazing everybody." He was alluding to a team of blind acrobats, tumblers, balancers, gymnasts and pyramid balancers which was just then startling the world. They did some wonderful stuff, but it is all a proof of how "sensing," "timing" and the art of knowing how to stake your tempo at the right time, is the exact science of the art of gymnastics. You cannot be shown how all this is done, as I have said before, you have to acquire it. The positions of holding the arms and the body can be shown you, and their many difficulties removed by the knowledge of a good teacher, but the subtle mental knowledge of sensing, which is a power to be developed within you, can only be gotten by patience and practice. This does not mean that it is a supernatural power. It is not. I fully believe it is within us all to a certain extent, as are other natural qualifications, but they have to be brought out and mastered. Of course a heavy man will never succeed like a light man, nor will a man who is heavier developed in the legs than he is in the upper body, especially if his legs are long.

Kellar, the great gymnast of a decade ago, was a wonderful evidence of this. He was paralyzed in both legs and they

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were both badly withered up. When he came on for his act he dragged himself on the stage with crutches which immediately won the sympathy of the people, then he would go through a routine of marvelous stunts. Stop and consider this man actually had no legs and that his upper body and arms were enormously developed. He was more capable of walking on his hands than walking with crutches. When he performed his planches his legs were doubled back on his hips. This lessened the leverage. He was great, but the fact that he was great from such an affliction causes us all the more to admire Professor Paulinetti, who could duplicate anything Kellar ever did while he had full use of all of his limbs. Kellar would do a handstand and to music wave around his legs in Indian club drill fashion.

I have often marveled at Paulinetti's head stand, and thought what wonderful spine construction he must have in the cervical region. He does not keep his head directly under him in a straight line with the neck, it is bent at an angle with the neck where it joins the shoulders. Incidentally, he has a very long neck and not the short thick set variety as one would expect. I have often heard people remark that it was a wonder it did not break off. Like a steel cylinder it is filled with tremendous resistance. This is proved by the great strength required to perform the revolving headstand, while in the head stand position he turns entirely around by a series of neck twists. What is more marvelous is that at his advanced age he still does it.

Balancing is as closely related to the body builders as ham is to eggs. The same instinct that impels you to one does to the other, and because of this I would advise all body culturists to study the art of hand balancing and by practice acquire the knack. It is a wonderful help as it quickens the mind into the paths of ingenuity and the development gotten is always very pleasing to the eye, as far as the arms and upper body are concerned.

DEAR MAY EDITOR:

How can I build up the muscles that are above the inside of the knee? Are they very important to leg development?

JAMES WALSH, Syracuse, N. Y.

As I look over this letter I feel like answering the last question first, because I do want all body culturist to realize that the internus vastus muscle, as the muscle that is located just above the knee is named, is of great importance. You have only to look at the legs of a sprinter, or those of a strong man, who is a good weight lifter, and you will readily see how well developed those muscles are. If they were not important in leg construction and efficiency, they would not show the pronounced development that is seen on the legs of these two different types of athletes who rely so much upon the great driving power of the entire legs.

Really, it is difficult to do any leg exercise that provides resistance, and not obtain some kind of development of the internus vastus. Of course, there is a great difference as to the extent of

development gained. No one can quite believe how much power these muscles have until they try to raise erect from a deep knee bend while holding a heavy object across the shoulders. The large muscles that are situated on the front of the thigh bear the major share of the raising movement, but it is that little hump of muscle above the knee cap on the inside of the thigh that actually locks the knee rigid in support. This muscle is termed by the Germans, the shenkel muscle. On the outside of the thigh lies the shenkel or externus vastus, whichever term you want to use, but the german strong man has a firm belief that the inside shenkel or shank muscle, is the one important muscle motor. Arthur Saxon once said that it was the main thigh muscle, and while I could not wholly agree with Arthur, yet I do agree that it is the main thigh muscle for a weight lifter. What good would all the strength in the other thigh muscles be if the knees failed to lock and hold the legs rigid while resisting the bearing down of an elevated weight? No good at all. I have no doubt that many of you have seen a man jerk a bar bell to arms' length overhead, but fail to hold it there. Almost immediately you saw it come down, and often wondered why that was so, when the weight had been jerked to a straight arm. The answer is that the supinator muscles of the fore-arms, were not powerful enough to lock the elbows and hold it. By this comparison I want to explain to you that the internus vastus muscles are to the leg what the supinators are to the arm; they are the sustaining muscles of leg support.

Here is another point to consider that may have escaped your observation when puzzling over the inability of the weight lifter to lock his arms and hold them stiff under a weight. As I have written, lack of supinator development is one cause, but very often lack of sufficient vastus existence is also the cause. For your own satisfaction try and hold a heavy weight over the head at arms' length with the knees bent a little, and you will find that it is not so easy to stand in that position. In fact the pressure of the weight will be inclined to force the knees into an acute bent position, which will make it impossible to hold the weight for any length of time.

Ordinarily, when a weight is tossed from the shoulders, you bend the knees quickly, and snap them back to aid the upper body throw in heaving the weight aloft. While it is in process the knees bend again in what is understood, in strong man parlance, as a "dip." The dip is made to enable the arms to straighten under the weight by lowering the distance of your own height. In other words, you get underneath it. Now no matter how deep the knee dip has been, you have to snap up while the inanimate weight is still going in order to finish the stunt. That calls for shenkel power, and if you do not have it, the rebound of the weight, as it dies in its flight, will react upon you in such a manner that unless the supinators of

(Continued on Page 68)

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# From The Depths To The Heights



**DR. BERNARD BERNARD**  
D. Sc. (Phys.), M. S. P., M. P. C.  
Chief, Physical Culture Consultants.

When a fellow says that he is "a complete wreck," and "needs help now or never," he is in a bad way. When you can take that fellow, suffering from numerous physical and mental troubles, and build him into a real, hundred-percent he-man, by means of scientific physical culture, there is certainly reason to be gratified. But most of you know already what physical culture can do. We are Physical Culture Consultants, and are specialists in our line. That is why we can take these seemingly hopeless cases and bring health and strength where illness and weakness were formerly present. Exercise is probably the most valuable therapeutic agent. By means of exercise we can direct the blood stream and nutrition to various parts of the body. We can divert nervous energy, thus preventing vital and nervous losses, and building up an abundant nervous reserve. With the aid of a little careful dieting, not necessarily very strict, for a week or two, a complete change can be made in the physical condition of a pupil. There is nothing mysterious about this. Everyone knows that when you exercise a muscle, you bring blood to that muscle, and it becomes healthier and bigger. We direct the blood stream to important vital muscles and organs, making them healthier. Of course, the real reason why we get such uniformly successful results is that we take each case individually, setting such exercise, diet, and instruction as the case warrants. Therefore, we are not surprised when we find our pupils emerging from the slough of human wreckage to superb health and strength. Here is another case we report this month. Just read it through, and you will know that in scientific physical culture lies the remedy for human ills of this nature, and that we, as scientific Physical Culture Consultants, are qualified to direct you.

## CASE REPORT

**First Letter, before commencing Course.** "I am a complete wreck. I need help now or never. I will write more about my case when I hear from you."  
**Second Letter.** "I suffered from the solitary habit for over seven years. I have prostate troubles, weak back, dizziness, stomach troubles, night losses at times. I also have a bad case of catarrh of nose and throat, and have sore eyes. I never sleep well at any time. I am neurasthenic and despondent. I am a nervous wreck. My mind wanders, and I cannot concentrate on anything. I am mentally trapped by fearful thoughts that I cannot overcome."  
**First Report, after commencing treatment.** "I have received your second lesson. I am grateful to you for having planned my lunch meal. It works out fine. I am improving, and feel a lot better. Of course, I still feel weak and am somewhat constipated, but my nerves don't seem to bother me so much. My catarrh is slowly leaving."  
**Second Report.** "Everything is going good, and I am beginning to feel like a real man again. Of course, I am still weak, but my constipation is going fast. The habit has not bothered me since I sent in my last report."  
**Third Report.** "I feel stronger and better all the time. Of course, I am not normal yet, but the habit seems gone, and I have had no more night losses. I sleep good now—something I never did before. My nerves are quieter, and I don't think of bad things. I am looking forward to a better life in the future."  
**Fourth Report.** "Everything is going good. I have made quite a gain in strength since I wrote you last. The habit is gone. I feel full of pep. I want to thank you many times for what you have done to get me back to normal."  
**Fifth and Final Report.** "I certainly feel good now. Everything is going good now—much better than I ever expected. I am almost normal again. I wish you success in your work as time goes on, and if only some other poor sufferer with sex weakness would come to you and follow your advice he would be saved from the brink of despair and a useless life. I cannot praise your advice too highly. In a way, it was a hard fight. But the fight is over, and I am on a path that I feel leads somewhere. Again, I want to thank you for what you have done for me." You are invited to consult us. All correspondence is held strictly private and confidential, and you are under no obligation in so doing. Make this a new era in your life; be a real man, a he-man, and manly man. We will deal with your case in a sympathetic manner, and you will find that we understand as you thought nobody ever could understand.

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(Continued from Page 66)

the arms and the shenkel muscles of the thigh are not sufficiently capable to do their stuff, you are not apt to be very successful.

Some athletes are capable of making extraordinary deep knee bends, and I have seen some of them fix the weight overhead to a straight arm first, while they were almost on the heels. In every case of this kind the development of that little mound of muscle has been very great. The appearance of the thigh is greatly increased by the vastus existence, especially on the inside, and the knee takes on a cleaner cut shape that takes away much of the unsightliness existing in poor leg construction. The question of what exercises to practice in order to build up the internus vastus, is very simple. Any exercise that compels an erect position after a very deep knee bend has been made, is the right thing to concentrate upon, but it is a case where a light weight means nothing. In all leg exercises that are of a vigorous nature, the exercise fan should use his head. In the first place, a few repetitions with a hundred pound weight are better than numerous repetitions with a fifty pound weight. Suppose you are only able to do six repetitions with a seventy-five pound bar bell, which is low, do not force the issue, relax, do an arm exercise for a change, and then go back to the knee bending exercise. In this manner you will avoid breathlessness that often makes itself very evident in vigorous leg work-outs. Remember that the heart is a long way off, and the thigh muscles are large, and even though you are concentrating upon the internus vastus, the other muscles are working, and have to receive their fuel to carry on with. Many exercise fans have written me explaining how certain leg exercises cause their heart to beat very fast; they become alarmed, and think that something is wrong. Do not worry. Consider how the engine of an automobile increases its labor when climbing a hill, but if you throw the gears into second or low, there is no harm. The harm comes from forcing anything at a high speed in high gear, so to speak, consequently you must use discretion. Never forget to breathe deeply, oxygen and plenty of it is what is needed if people will only think so. Very few people seem to realize that a fainting or vomiting spell can be overcome by breathing deeply. While this fact has little or nothing to do with exercise, it conveys something of what I want you to understand, that where any exertion is required you must learn to breathe deeply. Watch any animal under physical stress and see how it breathes and snorts. Animals lack the mental faculties to grasp the fundamentals of why they do many things, but nature has provided them with the necessary essentials that make the co-operation automatic or natural.

The externus vastus muscles, that lay on the outside of the thigh, and provide the contour for the leg from above the knee to the hip, are developed in a different manner. They are not what I would term a bulky muscle, being long,



and tapering into the longest tendon in the front part of the thigh. As is seen, the internus vastus is like a bump, or like a ball cut in half, but the outside member of the same name is more of the strap-like order. This muscle seems to be the most powerful in partial leg bending. Suppose you was going to lift a weight off the floor, and the grasping objects were just about on the line of the crotch, you would not be able to bend the knees much in order to cope with the lift, but in so doing it would not be any of the other thigh muscles operating so much as it would be mainly the externus vastus. Its long tendinous insertion, and shorter fleshy belly for its entire length, makes it more capable of doing its stuff at that stage. This being so, it is only logical that if you want to specialize on their development, you can best do so by practicing lifting a weight off the floor, in a more or less erect bodily position, by only bending the knees to about the limit of one-fourth, as required in a regular squat exercise. The main trouble, as I see it, in getting the most out of the externus vastus muscle, is that the muscle builder is not able to handle a heavy enough weight. He can hold it in the hands for a time, but that time is far too brief to do the trick. The grip weakens first, and the exercise fan sends up a cry to heaven that his grip is no good. He has found out another defect, so he thinks; but compare the arms with the legs, and then tell me who could logically expect a small limb of the body to be capable of supplying enough strength to give the big leg muscles a real work out. It is impossible, so please do not expect it, instead seek some mechanical aid. A very good thing is to make a harness out of heavy canvas to fit over the head and rest upon each shoulder; sew the ends together at each end, and sew or rivet into each end a hook. Hitch the hook to the weight and then begin to do your exercise. This way you can handle enough weight to give the externus vastus muscles all, and more, than they care to do. By this

method all useless exertion is removed from the grip and the slight knee bend is not apt to affect your breathing. The movement is less protracted.

As a rule, body culturists do not like leg work. Why, I cannot say, only I do not blame them, because I never cared for leg exercises. Whenever I look back upon the time I spent building up my leg muscles, I begin to perspire and offer thanks that it is all over now.

When I did not like certain exercises to develop certain muscles, I always began to think up some method that was different, more interesting and yet just as effective. I generally did it, but I know what real honest to Abe Lincoln exercise is. I was not a favored son of Mars in the first place. What I got, I won by downright persistence. There are fellows who do not believe this and think I was always a husky son of Vulcan, so just to disillusion those skeptics I pull out the album that contains the photographic biography of my physical culture life, and as they gaze upon those pictures of ill physical balance and small proportions, and compare them with those of later days, they are often led to feel ashamed in the realization that they had a better start and made such poor use of it. Too many look for a magic cure without any effort expended on their part, but believe me, there is nothing doing. No one yet has discovered the fountain of eternal youth that will rejuvenate us by its baptismal waters, and they never will. Like the road to heaven, it is a straight and narrow path marked at all cross-roads by perseverance, determination and confidence in yourself to get there.

I have watched the rise and fall of thousands, and at times when I have talked with them, their tone has been full of regret when they realized how foolish they were to discontinue. I have no regrets, for I am still in the full bloom of powerful manhood, with healthy cheeks and tons of pep, which they have long since sacrificed by neglect and the rust of an easy life.

## Once An Athlete — Always An Athlete

(Continued from page 56)

Either one of them could do half a mile in about two minutes flat.

"A meet I distinctly remember, as though it was held yesterday, happened in the year 1895, at Albany, when all the best in the country congregated for the National Championship in the half-mile and two-mile races. Smith, Haganman, Marks, and many other notable runners were there. We ran the half-mile, and this record I completely shattered, making it in less than two minutes. The next event was the mile run. I also won out on this race, creating a new record by running the distance in exactly 4.25. The third and last race was won by Jim Smith, who ran two miles in 10.20, winning by two feet, which gave me second place to him. Another race that was one of the greatest in the country at the time, and included the best runners from all parts of the world, was held in Philadelphia.

Al Shrubbs, England's greatest, was here at the time; thus he entered the contest. To make the event short, I ran a close second to Shrubbs. I reached my heights in that race, competing against all comers. I could not devote sufficient time to training after this match, as my work required much of my time. Thus I ran my last race twenty-five years ago."

Two years ago Mr. Naughter decided to make a comeback, and succeeded in doing so. He is above the average in stature and at present is in first-class shape, as you will see by examining his photo. His weight is 173 pounds and he possesses a harmonious development. To look at Mr. Naughter, you would not be able to judge his age as being anywhere near fifty-five; he impresses one as being about forty. His physique is so outstanding that you cannot help but marvel at it. He attributes his great comeback and conditioning to handball,



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boxing, lifting, and all gymnasium activities. Mr. Naughter is an inspiration to many, and I hope during my theme I have encouraged many of you, under and over the age of 55, to do as Mr. Naughter has.

Before I close I must make brief mention that Mr. Naughter is not the only one in his family that believes in keeping fit. He has a son who has been acclaimed by the world's greatest authorities on physical development, artists and sculptors as "the man with

a physique superior to that of Grecian gods."

So, in conclusion, Mr. Naughter's advice to all aspiring physical perfection is to start exercising. It is never too late, as many of you think, and the sooner you start the better. By following a good system of progressive exercise you will attain results in your great endeavor to better your health, develop your body and thereby make yourself a living testimonial of mental and physical efficiency procured by scientific application.

## Athletic Games for Growing Children

(Continued from page 53)

be mastered by every boy and girl as it may save their life. It exercises all of the muscles of the body and is, possibly, the best all around exercise for girls. It develops a robust type of athletic girlhood—the swimming girl of today is the robust woman of tomorrow.

Boxing and wrestling are primarily sports for the male. They are unequaled for developing hardihood, courage and general bodily ability. They have both been used successfully as exercises for girls, but have never been especially popular for that purpose. Although they are naturally rougher than is generally considered appropriate for the female sex, under proper regulation they are suitable for healthy girls. As a matter of fact, practiced in moderation, they are not near as strenuous as these channel swimming stunts that have become so popular among the matured swimmers in the weaker sex. This is but another proof that it is not only what you do but how you do it that counts. However, because of the nature of these two sports, it is doubtful if they will ever become more than a fad among girls or women, notwithstanding their possibilities for developing rugged womanhood.

The method in vogue among accredited directors of physical education in the use of boxing and wrestling for growing boys is to minimize the effort. They devote the most of the training period to teaching the fundamentals of the games. The various blows or holds are taught and but a small part of the time is put in at actual boxing or wrestling practice. The boxing is usually limited to three rounds or less, and the wrestling is timed by rounds. The aim is to give the boys all the benefits of the sports without any of the dangers of over-exertion.

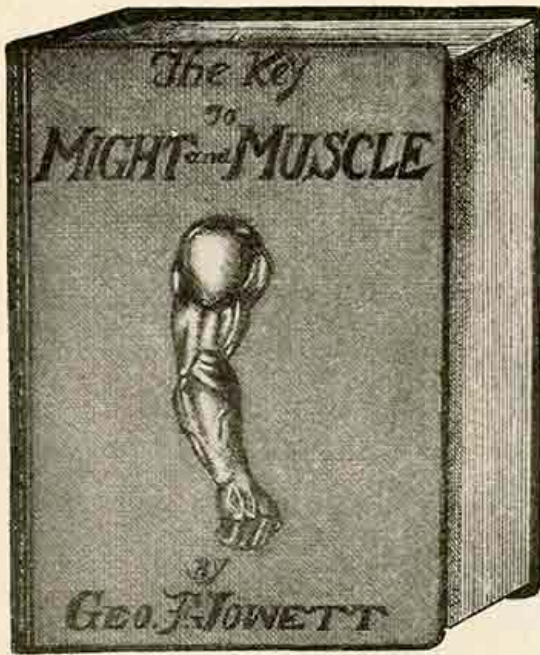
Track and field sports play an important part in the physical training of school boys. As previously stated, agility is one of the main qualities desired in children and the running events have long been recognized as a practical means of developing it. The moderate distances are the most favored among capable physical instructors and the accepted plan is to eliminate those with weak hearts or with any other physical infirmities by a medical examination.

The track events are favored more and more in the physical training of growing girls. Public schools, semi-

naries for girls, other preparatory schools for girls, as well as colleges for the older girls, are giving more time to these sports. The physical directors are realizing that the girls have the same natural need for agility and general activity as desired physical qualities, and that track sports, properly regulated, are a suitable means of attaining the same. The trend among the competent physical directors is to discourage any excessive competition among girls especially. They realize that the physical benefits of the sport are what is desired in adequate physical training and that winning races, in itself, is of less importance and may prove detrimental in cases of excessive effort. The style in running, carriage of the body and method of breathing is considered of more importance than mere speed, which is only a matter of time anyway.

Baseball is probably the most popular sport in this country and is also considered one of the finest games in existence for growing children. It plays a more important part in the early physical training of the American boy than any other sport, for the reason that it is practiced much more. Practically every boy of school age and many older and younger play baseball. Few parents, even among the most conservative, offer any objection to their children participating in the game. It combines about all the qualities desired in children's exercise in the one game. The enforcement of the rules and regulations gives the discipline. Self control is especially exercised in accepting close decisions in a closely contested game. Preventing errors and efficient playing develop the judgment. The running, fielding and batting offer all the general activity required in the training of growing youths.

Basketball is one of the most deservedly popular games in existence. It combines about all the good points required in a game for growing youths. It was originated with the idea of the needs of the boy and young man in mind, and with some modification in rules, it is now used by girls more than any other game. It was planned as a gymnasium game and has developed its popularity as an indoor winter sport. It is also being played in the summer season outdoors and most of the modern public playgrounds include an open air



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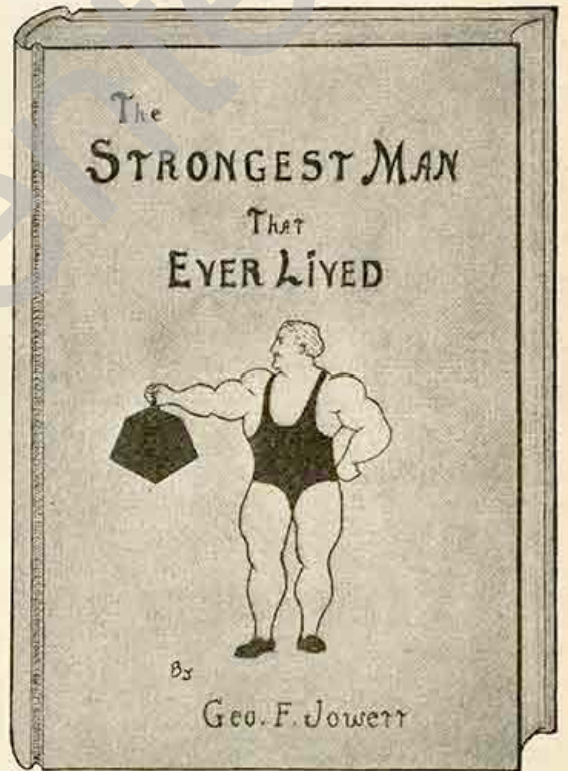
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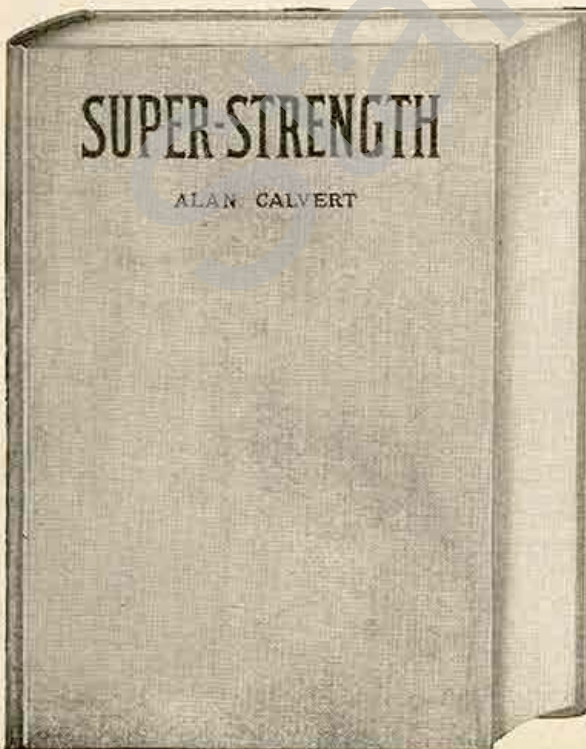
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basketball court. It is a faster game played on a regulation indoor floor, but it is doubtful if it is any better than when played outdoors.

There are innumerable gymnasium and playground games that have been devised for the use of growing children. Their chief feature has been to give variety and thus stimulate interest in the juvenile mind. These have been used mainly in classes for beginners and are seldom played by boys or girls of intermediate grades.

All of the other games, so little known outside of playgrounds, have not accomplished near as much for the physical welfare of the growing child, as the more popular games that are understood by the general public. Basketball, tennis, handball, volleyball, and some of the other games previously mentioned, are those most used by accredited physical instructors for training the growing boy and girl. These games require the utmost in activity and that is the main requirement in training growing children of normal health.

Volleyball is used considerably in Y. M. C. A.'s, and municipal gymnasiums, in physical training classes for boys. It provides the necessary action demanded by growing boys for the retention of their interest.

Tennis is also very useful in the training of the young. It is as useful for boys as it is girls but has never had the appeal to boys that it has for girls and, consequently, has not been used much in their training.

Handball is the game par excellence for the thorough conditioning of the body. It is practically unequalled as a

general exercise and develops every quality but slow strength. The action of the game is very intense. To be a success at the game, one must be on the toes all of the time. It makes a child quick on the feet as well as with the hands. Even the eye is quickened. It develops all the speed, agility, endurance and co-ordination that one expects in an athlete. This game is one of the very best for growing children and will accomplish as much or more than any other game in developing their physical faculties. Moreover, if played in moderation, it is not dangerous to any normal child.

Summarizing the matter of plan of exercise for children, it can safely be stated that the trend is towards games and away from set exercises. Many physical culturists associate the idea of physical training with a system of fixed movements which are to be repeated an arbitrary number of times. However, repetition work in the training of children, at the present time, is largely devoted to rhythmic dance movements or special exercises used to overcome some specific defect rather than to slow calisthenics for general purposes.

It is true that calisthenics have their place in the training of growing youths but the active games meet with the most favor and have accomplished the most results. A series of fixed "setting up" exercises, have some value for discipline and also some worth-while hygienic effects. The trend of the time, however, is to encourage the natural play instinct of the growing child and leave the set exercises for those of a more mature age who will exercise for results alone.

## American Continental Weight Lifters' Association Notes

(Continued from Page 42)

but he doesn't stop at showing his muscles, he shows you what he can do with them, and if anyone thinks bar bell work and weight lifting will make a fellow muscle bound they haven't seen Lilly. One thing to be remembered is: that he doesn't practice quick lifts, but specializes on the slowest kind of lifting, like the wrestler's bridge, wherein he can handle considerably over 200 pounds at a bodyweight of 148 pounds, the Shoulder Bridge, in which he prides himself upon the lifting of 300 pounds; the One Arm Side Press, Bent Press, Two Arm Push and Lifts of that nature; and believe us, Lilly can wrestle, too. Don't misunderstand me, the above lifts were not performed at this show, but he did do some very neat stunts.

The other member of the trio to step up was Bob Snyder, former lightweight champion, previous to his temporary retirement from active lifting. This man has always been a great favorite with us, and I know the other boys in the game who know him think the same way. Bob follows a business that keeps him up all night, and as he had to journey from Hagerstown, Md., had no sleep since the day before, so he wasn't very ambitious to do much; neverthe-

less he tossed around a couple of bar bells and gave an exhibition Bent Press and Two Arm Military Press. It was a treat for sore eyes to see Bob back in "Philly," and we figure on seeing him again in the near future, even if we have to go after him.

While Lilly and Snyder were showing their stuff, we had the pleasure of witnessing Klein in an attempt on the One Arm Snatch record: weighing 148 stripped, he started out with 130 pounds to warm up and very cleverly tossed this up right and left, then he did the same thing with 140 pounds, adding 10 more pounds to make it 150 pounds, on which he was unlucky and missed several times in succession after getting the bell to arms' length. Klein always drinks plenty of water while exerting himself and kept filling up in between attempts; at last he succeeded—150 pounds with the right arm, and directly afterwards stepped up and in the most clean manner possible made a perfect Snatch with 160 pounds; 12 pounds over his bodyweight, which is one of the finest One Arm Lifts ever seen on this continent; previously the best we had seen Sig. do was 140 pounds in his gym. Harry Paschall, at the same bodyweight as Klein, snatched 150

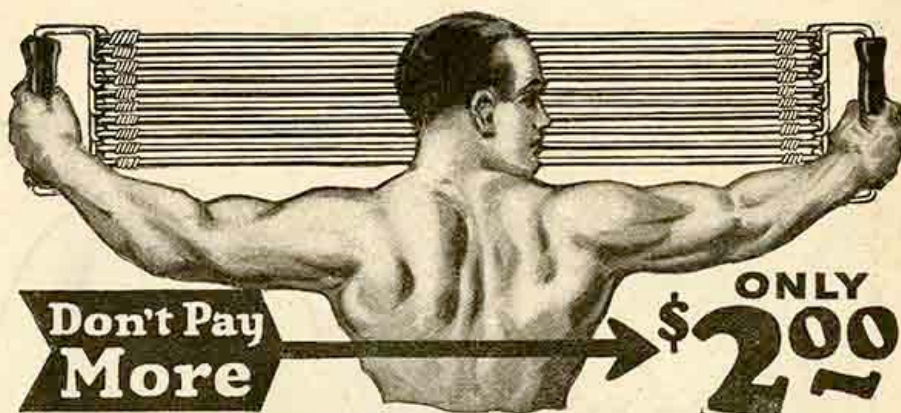
pounds on two different occasions last summer, and we were somewhat of the opinion that Harry was the better of the two on that particular lift; but Sig. has a wonderful group of boys to train with, and lately accomplished 152 pounds in practice. Some few years ago, our president, George Jowett, snatched 160 pounds when in the same class as Klein, so it will be up to Klein to beat this poundage to get the American record. It is a record for the United States at least, in two classes, the middleweight and heavy middleweight classes, and is on a par with the Snatches of the sensational European experts who have been thrilling us of late with their seemingly impossible work on this particular lift. We, personally, are quite a little suspicious concerning most of the Snatches performed in Europe, as they aren't very particular as to whether the bell is pressed out, and that is one thing no one can accuse our referees of, they don't pass Snatches unless they are Snatches all the way from the ground to arms' length overhead with heels together for two seconds. If any referee over here passes a Press-out Snatch, he ought to be put out of the game, as that is one lift that must be kept up to the rules.

During the intervals between Snatches, Bachtell and Knodle came out and showed us how easy they can do hand-to-hand work; boys, those two fellows work nice together.

The novelty of the evening, as previously mentioned, was the mixing in of some boxing, three bouts being inserted between some of the lifting. Otto Hughes acted as referee for these special bouts, the boxers who exhibited were: Joe Schonder and Phil Gross, paperweights in a three round bout; Charlie Bethel and Charlie Keim, featherweights in a three rounder; while Cliff Johnson, a clever little fellow, boxed two rounds each, with Charlie Mooney and Howard Flavel.

There were quite a few classy lifters who were disappointed in not getting a chance to exhibit their wares, but the card was too long and had to be terminated at 11 o'clock. The officials were very sorry to do this, but you can't keep a show on all night. The referee for the occasion was Mark Berry; judges, Ed. Allen and Jack Ayers; loaders, Arthur Levan and Tony Pellicciotti; our regular unflinching loader was there, but was indisposed for some reason or other. We are referring to Carl Collier, who has been loading for so long that we have sort of linked him up with the job permanently. Art and Tony did a most capable job, being two rugged specimens of weight lifting manhood.

A very excellent show was held in London, England, on March 15th, and some wonderful lifting feats were witnessed. On this occasion C. F. Attenborough, weighing under 168 pounds, was successful in swinging 171 pounds with the right arm, which is a new British record, and only 1½ pounds under the lift of our own George F. Jowett. Previously, Edward Aston had held the British record at 170 pounds.



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## Old at 23

OLD AGE depends on OSSIFICATION or hardening of the arteries. An excess of starchy foods such as oats, wheat, rice, potatoes, etc., is one cause of the encrusting of the inner walls of blood vessels, producing malnutrition, HIGH BLOOD PRESSURE, homeliness, OLD AGE and DEATH.



DOMESTIC animals, horses, cattle, sheep, etc., eating grains (herbivora) are SHORT lived, WILD animals, eating mostly animal food (carnivora) are frequently LONG lived, (100 years).

Observe the deposits inside old water pipes and kettles. Similarly an excess of calcareous substances from starchy foods with earthy matter from water, clog the arteries.

Watch the people who consume large quantities of starchy foods, bread and water! They look HOME-LY and prematurely old, are STIFF and AWKWARD in their movements, and their skins are often rough and scurfy. Suitable animal food, fruit and vegetables produce an appearance of youthfulness, grace, and refinement in coarse-looking starch-eaters.

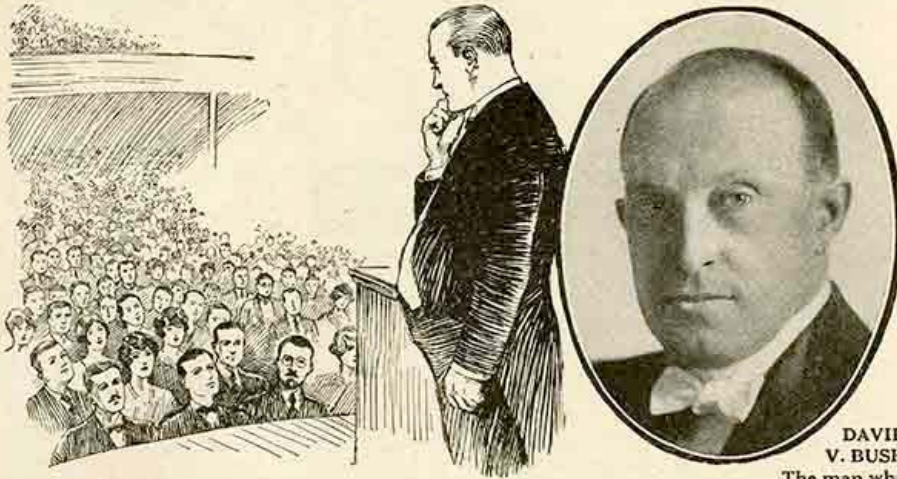
For quick proof try only aged persons, who have exhausted their reserve power. Send for statements of ELDERLY people who have experienced a wonderful change to youthful activity after only 10 days' trial of the new system of UN-DILUTED waterfree nutrition.

The injurious effects of water, table salt, cereals, fat, butter, sugar, etc., are explained in our booklet; also the one common underlying cause of all disease.

Write us for particulars of Government Bulletins, describing experiments on convicts, hens, cows, etc. Deficient feeding produced disease, whereas FULL NUTRITION corrected e. g., paralysis, blindness in hens, rats, etc.; beri-beri, skin affections, etc., in men.

From sworn statements—PARALYSIS. Age 61. Right hand and leg helpless three years, restored in three weeks. ARTHRITIS. All joints swollen from lime deposits. Knees and wrists locked immovable for eight months. Blind for two years. Can now see, walk, do home work. CATARRH, hay fever, and asthma, improved from the first meal. GALLSTONES. Age 30. Cholic every week for years, but not one attack since instruction over four years ago. TUMORS. Age 40. Dissolved within a year. GOITRE. Collar reduced 17 to 15 inches normal size. UTERINE HEMORRHAGE. Age 50. Bedridden three years. Now does housework. ECZEMA. Age 68. Skin cracked, scaling, normal in three months. PSYCHIC. See reprint from "Dental Digest." PREGNANCY. Age 50. No nausea, no swollen feet nor constipation, delivery painless. Waterfree Meals. Educational Booklet 10c. BRINKLER SCHOOL OF EATING, Dept. 207, 136 W. at 72nd St., New York.

# I Was Ashamed Before My Vast Audience



DAVID  
V. BUSH  
The man who  
astounded America

## But It Ended My Stoutness

My first and only attack of stage fright showed me the way to banish excess fat—forever!

MY heart beat fast! In 15 minutes I was going to face a vast audience! In 15 minutes I was going to speak in Carnegie Hall, New York—the most famous lecture platform in America! One of the largest crowds that had ever assembled in that great hall was waiting for me.

Why did my heart beat fast? Why did I hesitate to face my vast audience? I was a seasoned speaker. I had lectured for years. I had spoken before thousands of people in the greatest auditoriums in the United States. Why should I feel afraid?

The answer was simple. That very afternoon I had received a critical letter from one of my followers. Here's what the letter said:

"Why is it you are so fat?" my critic wrote. "You—David V. Bush—America's greatest authority on right living. You tell others how to live—what to eat—how to care for themselves mentally and physically. And yet you do nothing about your own stoutness."

This letter stung me like a lash! My methods of right living had proved wonderfully beneficial to thousands of men and women. They had proved beneficial in my own case. Yet there was one thing I had been unable to conquer—my stoutness.

### Vain Efforts to Reduce

For years I had tried to reduce. I had tried fasting, dieting, exercises, and mechanical appliances—everything I could think of. Nothing seemed to help. I remained as stout as ever.

I couldn't figure out the cause of my stoutness. I am not a heavy eater, but to look at my rotund figure, anyone would think I ate too much. Such was not the case. I ate moderately—lived temperately and took a normal amount of exercise.

### A Startling Discovery

That night after the lecture a comforting thought came to me. It was this: All the reducing methods which I had tried were other people's inventions. I had never tackled the problem myself. I had never tried to invent a reducing method of my own.

For weeks I studied. For weeks I tried to find the secret. Finally, I came to the conclusion that there was only one logical way to get rid of fat. Then I began to experiment on myself. Imagine my astonishment! Imagine my delight. In 24 hours I lost 2 pounds! During the next 24 hours I lost 3 pounds more! Day after day I continued my new method of reducing. Day after day I continued to watch my weight. And day after day I continued to lose excess pounds.

I felt better than I had felt in years. I felt vigorous—vital—overflowing with energy. I slept soundly. My appetite increased. I lost that sluggish feeling that fat brings. My mind grew crystal clear. I was able to go through a long, hard day without the slightest fatigue. Needless to say, I continued my amazing reducing treatment. In three weeks I was back to normal weight! To say that I was pleased would be putting it mildly. I was overjoyed!

### Nature's Method of Reducing. It Works or It Costs Nothing!

I want to tell you all about this amazing method of reducing which I have discovered. It is simply wonderful. I am delighted with it. My friends are delighted with it. Everyone who hears about it becomes enthusiastic.

I don't care how stout you are. I don't care how many times you have tried to reduce and failed. My amazing new method will make your excess fat melt away like magic—give you a normal, youthful figure—make you slim, buoyant, energetic, as Nature intended you to be, or the treatment won't cost you a single penny!

No starving—no exercising, no drugs—no external agencies—no mechanical appliances. You simply follow my instructions for a few days until your excess pounds disappear—until the scales tell you that you weigh exactly what you should.

This method is so simple that anyone, even a child, can understand how it works and why it works. It is so logical, so reasonable, so sensible that the moment you hear about it you will know instantly that it works.

### Send No Money

Merely send me your name and address. When the postman brings you my complete instructions, "How to Reduce," simply pay him the special, low price of only \$2.98 plus a few cents postage. If at the end of two weeks you are not completely satisfied—if you do not lose weight rapidly and easily—then simply tell me so and your money will be instantly refunded. You risk nothing. WRITE TODAY. DAVID V. BUSH, Dept. H-696, 225 N. Michigan Blvd., Chicago, Ill.

DAVID V. BUSH, Dept. H-696,  
225 N. Michigan Blvd., Chicago, Ill.

Please send me your complete method, "How to Reduce." I will pay the postman \$2.98 plus a few cents postage. I understand that if I am not completely satisfied at the end of two weeks, I may return treatment and you will refund my money at once.

Name .....

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Sometimes C. O. D. packages are delayed. To get quickest action send cash with order. If cash accompanies order, we will pay the postage.

On the same night, Herman Gorner made his first appearance before the English public and attempted some world's records. In the One Arm Dead Lift he started out with 553¼ pounds but was unsuccessful, then the weight was reduced to 510¾ pounds and again he failed. Next he tried a Two Hands Dead Lift of 652¼ pounds and failed on the first attempt, but on the second trial the lift was completed, which is, indeed a fine lift, but far from what has been claimed for him from South Africa. It should be remembered that Arthur Giroux succeeded with 650 pounds in Philadelphia in July, 1925, and lifted it in the easiest manner you could imagine. All of which leads us to wonder if Gorner will live up to the claims made for him. There is a law of averages in lifting as in most other things, and when you hear claims of one man lifting hundreds of pounds more than other men, it sometimes pays to be skeptical. However, the future will tell us more of Gorner as he will be in England for some time, and as the British rules are quite similar to our's and every bit as strict, we will soon have a measure of judging his true abilities.

The Eighth Annual Paris Championships, preliminary to the French Annual Championships, were held at the Gymnase Voltaire in Paris, with the following winners: (giving the results in order of Two Hands Slow Press, Two Hands Snatch, Two Hands Clean and Jerk); Featherweight—Suvigny, 176 pounds, 181½ pounds, 242 pounds; Lightweight—Arnout, 187 pounds, 209 pounds, 253 pounds; Middleweight—Francois, 214½ pounds, 220 pounds, 275 pounds; Light Heavyweight—Rolet, 203½ pounds, 220 pounds, 291½ pounds; Heavyweight—Fouré, 187 pounds, 209 pounds, 275 pounds. The Slow Press of Francois is a new French record; during the lifting, Rolet jerked the 291½ pounds four times from the shoulders. At another lifting show, Rolet raised 529 pounds in the Two Hands Dead Lift.

A French team defeated an Austrian team in Paris: The French team was composed of Suvigny, Arnout, Francois and Rolet; the Austrian team had Stadler, a featherweight; Haas, a lightweight; Treffny, a middleweight; and Schielberg, a heavyweight. The last named contestant did not complete the Two Arm Jerk. Had he done so, there would have been a different result; as it was, the team scores were, France, 2,596 pounds; Austria, 2,345 pounds. The outstanding feats were a Two Hands Jerk of 247½ pounds by the featherweight Suvigny; a Jerk of 282½ pounds by Haas, the Austrian lightweight, a new world's record; and a Slow Press of 242 pounds by Schielberg.

### Attention, Weight Lifting Fans

The very latest expose of Lifting Records concerns the Two Hands Anyhow claimed for Arthur Saxon. His brother, Herman Saxon, is now in this country and according to him the manner in which Arthur lifted the weight was as follows: the 336 pound bar bell was put up in a Bent Press, then the 112

pound kettle bell was lifted off the floor—without straightening the body. In those days they called that a Two Hands Anyhow; later the rules were changed so that both weights must be brought overhead; so you see, we have things to learn concerning some of the historical lifts. According to Herman, Arthur never was able to curl 112 pounds in one hand, something he would be compelled to do in order to get the kettle bell up. This is not intended to discredit "The Old Iron Master," Arthur Saxon, in the least, but only tends to prove that the main reason for old time records being better than present day records, is due to a change in rules to a more strict sense. This, then, gives Thomas Inch, of England, the world's record in the Two Hands Anyhow with 356½ pounds. Inch performed the lift by switching the bar bell from two hands to one, and then bringing the kettle bell up alongside.

I expect the above announcement to stir up considerable commotion in weight lifting circles, but we have always stood soundly on the policy of keeping you boys informed and you may expect to hear the final word on this matter after we get through receiving comments on the above. Another thing you can be sure of in the future: When a new "world-beater" is proclaimed, we are going to publish claims made for him, but will warn you to take such claims with a grain of salt.

### American Continental Weight Lifting Records

To save space the various classes will be denoted by an initial instead of the full name as: B—Bantam; F—Featherweight; L—Lightweight; M—Middleweight; HM—Heavy Middleweight—LH—Light Heavyweight; H—Heavyweight. The bodyweight limits in the various classes taken in their respective order are: 112 pounds; 126 pounds; 140 pounds; 154 pounds; 168 pounds; 182 pounds, and Heavyweight anything over the last poundage.

NOTE—The record holders are amateurs unless otherwise noted.

Class	Name	Poundage
<i>Right Hand Military Press</i>		
B	C. Shaffer	75
F	H. Freeman	81
L	R. Snyder	90
HM	A. Allaire	109½
LH	G. F. Jowett (prof.)	127½
H	A. Giroux (prof.)	138
Performed in Canada		
L	O. Marrineau (prof.)	92½
M	G. F. Jowett (prof.)	105
HM	G. F. Jowett (prof.)	115
<i>Left Hand Military Press</i>		
F	A. Levan	69
L	R. Bachtell	76
M	H. Hall	91
HM	A. Allaire	102
LH	A. Manger	110
<i>Right Hand Snatch</i>		
B	R. Knodle	115
F	A. Levan	125
L	R. Snyder	142
M	S. Klein (prof.)	160
LH	A. Manger	160
H	N. Young	172
Performed in Canada		
M	G. F. Jowett (prof.)	160

Class	Name	Poundage
<i>Left Hand Snatch</i>		
L	R. Bachtell	138¾
M	S. Klein (prof.)	140
HM	M. Betty	152½
LH	D. Willoughby	158½
<i>Right Hand Swing</i>		
B	R. Knodle	117½
L	A. Losey (prof.)	141¾
HM	G. F. Jowett (prof.)	172½
	M. Betty (amat.)	150
LH	D. Willoughby	151½
Performed in Canada		
M	G. F. Jowett (prof.)	160
<i>Left Hand Swing</i>		
LH	D. Willoughby	142
<i>Right Hand Continental Press</i>		
No records in the United States		
Performed in Canada		
M	G. F. Jowett (prof.)	200
<i>Left Hand Continental Press</i>		
Performed in Canada		
L	O. Marrineau	145
<i>Right Hand Clean and Jerk</i>		
B	R. Knodle	120
F	M. Berry	142
L	R. Snyder	166
HM	M. Betty	183½
LH	A. Manger	200
H	T. Tyler	213
<i>Left Hand Clean and Jerk</i>		
L	R. Bachtell	157¾
LH	D. Willoughby	182
<i>Right Hand Clean and Bent Press with Bar Bell</i>		
M	R. Straight	155
HM	M. Betty	190
LH	D. Willoughby	193
<i>Left Hand Clean and Bent Press with Bar Bell</i>		
M	M. Campbell	169
HM	H. Hall	174½
<i>Right Hand Anyhow</i>		
H	N. Young	295
<i>Right Hand Bent Press</i>		
<i>Two Hands to Shoulder</i>		
F	J. Webster	155
HM	A. Allaire	210
Performed in Canada		
L	O. Marrineau	245
M	G. F. Jowett (prof.)	265
<i>Left Hand Bent Press Two Hands to Shoulder</i>		
M	J. Valentine	170
H	J. Nordquest	277¾
<i>Right Hand Dead Lift with Bar Bell</i>		
L	A. Losey (prof.)	376¾
M	J. Smith (prof.)	450
HM	M. Betty	400
LH	L. Raftery	415
<i>Left Hand Dead Lift with Bar Bell</i>		
F	R. Smith	281¾
L	A. Losey (prof.)	355½
M	J. Smith (prof.)	425
HM	W. Mills	392½
H	E. Rokey	440½
<i>Right Arm Side Press</i>		
M	L. Schwartz	170
<i>Two Dumb-bells Clean and Jerk</i>		
HM	F. Dennis	205
LH	A. Martin	216
Performed in Canada		
L	O. Marrineau (prof.)	247
H	L. Cyr (prof.)	347
<i>Two Dumb-bells Clean and Military Press</i>		
B	R. Knodle	130
HM	F. Dennis	166¾

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Please send me your [10 cabled] EXERCISER [5 cabled] (Check the exerciser you want.) It is understood that I am to get the 16 booklets on the body absolutely free with this order.

Name .....  
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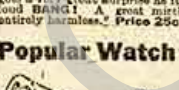
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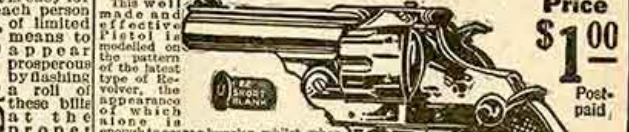
The Magic Flute, or Human-tones, is a unique and novel musical instrument that is played with nose and mouth combined. There is just a little knack in playing it which, when once acquired after a little practice will enable you to produce very sweet music that somewhat resembles a Flute. There it you can play all kinds of music with facility and ease...

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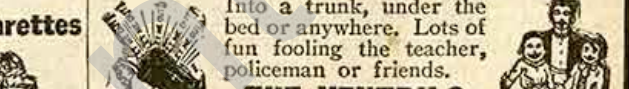
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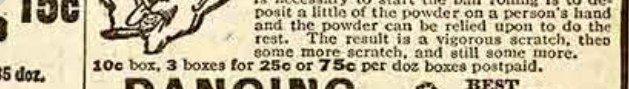
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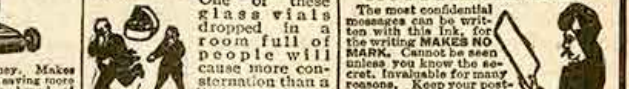
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Class	Name	Poundage
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B	C. Schaffer	150
L	A. Losey (amat.)	180
M	H. Hall	182½
HM	G. F. Jowett (prof.)	232½
HM	W. Walters	202¾
H	A. Giroux (prof.)	245
H	N. Young	210
H	J. Nordquest	245
Performed in Canada		
M	G. F. Jowett (prof.)	230
<i>Two Hands Continental Press</i>		
L	R. Snyder	200
M	S. Klein (prof.)	215
HM	W. Walters	222¾
Performed in Canada		
M	G. F. Jowett (prof.)	245
<i>Two Hands Slow Press</i>		
B	R. Knodle	135¾
F	H. Freeman	187
M	S. Klein (prof.)	205
HM	D. Mitchell	196½
LH	A. Manger	215

The above list comprises about half the total list of records; the balance will appear next month. When the Association was formed, it was decided to disregard most of the lifts performed before its inception, and give credit for those feats performed under our rulings; however, we will give a list of any creditable lifts and records we consider authentic. This will appear in the next month or two.

We realize the possibility of error, so if you have any suggestions to make as to some lifts that are not given due credit, or believe corrections should be

made, please write me and state your opinion.

On the evening of April 14th, at the Hughes A. C., Archie Allaire performed a Right Arm Bent Press of 210 pounds, a new record in the Heavy-Middle Class.

In these pages we print a photo of a husky athlete, in the person of John V. McHugh, of New Haven, Conn., weighing 160 pounds and standing 70¾ inches tall. He claims the following lifts, which are very good and should cause him to get out in competition: Two Arm Press, 185 pounds; Two Arm Clean and Jerk, 230 pounds; Shoulder Bridge, 300 pounds; Dead Lift, 450 pounds; Abdominal Raise, 105 pounds; Deep Knee Bend, 300 pounds, and Foot Press, 530 pounds, eight times; not official lifts, please note.

We also wish to call to your attention, the fact that the Philadelphia Shows will be discontinued till late summer or fall.

Sig. Klein is going to promote a high class lifting show in New York City on Saturday evening, July 9th, and we can promise a bumper crowd at Bryant Hall, on Sixth Avenue, just below 42nd Street, opposite the Public Library and Bryant Park. You will see all the strong men who belong around New York City there, both of the days gone by and the active boys of today. Klein has had some classy bar bell medals made up and intends awarding quite a number of them at this show; and promises plenty of music to liven things up. Watch for future notices.

## Fighting Americans

(Continued from Page 51)

could put him away. They fought at Busenbark Station, a little place in Ohio.

Coburn took a notion he would like to come back into the game, and sent a defy to McCoolle. The champ was eager to give the one man who had licked him a try, firm in the belief that he could turn the tables this time on his old foe. The fight never took place, both men being arrested on the day they were to face each other in the ring at Cold Spring Station, Ind. I do not know what happened to McCoolle, but we find another pair fighting for the title at Fosters Island, Mo., in the persons of Tom Allen, and Bill Davis, of California, on January 12, 1869. Allen cleaned up after a battle lasting forty-three rounds. After this mellee we see McCoolle back defending the fight destinies of his country against the English champion, Tom Allen. They clashed on a warm summer's day, June 15, 1860, at Foster Island, Mo. It was a sensational scrap; Allen beat McCoolle all over the ring. How the American boy stood up under the unmerciful battering no one but himself knows. Just pure grit. Although Allen had the fight from beginning to end he lost the referee's decision on a foul.

America began to be visited by more famous English fighters, one of the

most prominent at that time being Jim Mace, who, it will be remembered, backed out of his fight with Coburn on the eve of their intended battle. However, on May 10, 1870, we find the two Englishmen, Allen and Mace, backed against each other at New Orleans in a championship bout and \$5,000 a side. Mace easily proved his superiority over his fellow countryman, administering the sleep draught in ten rounds.

When Coburn heard that Mace was in the States, he got hot and said he would come back into the ring if a match could be arranged with the Gypsy King. After much preliminary talk a match was arranged to take place at Fort Dover, in Canada, on May 11, 1871. The funny part of this battle is, despite all the evident ill feeling between them, that not a blow was struck during the one hour and seventeen minutes that they were in the ring. The fight was called off, but they got together the following fall, fighting it out at Bay St. Louis, Miss., November 31, 1871. The fight lasted three hours and thirty-eight minutes, ending in being called a draw. Both men seemed to be afraid of each other despite all their previous big talk. After this Mace went back to England to return a few years later, when he brought with him Joe Goss. He was paired off with Tom Allen at a little spot in Boone County,

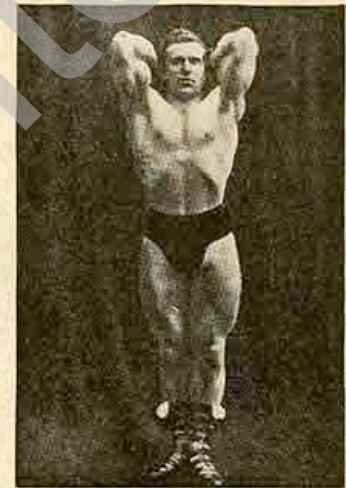
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Kentucky, on September 6, 1876. Goss won on a foul after twenty-one rounds of fighting.

A new American knuckle duster came on the scene named Paddy Ryan, and being Irish he thirsted to get a chance at either of the Englishmen. He got his chance with Joe Goss, at Collier Station, W. Va., on May 30, 1880. The fighting was stubbornly contested, each man giving and taking all he could. For a long time there looked to be no choice between them, but the Englishman began to weaken with the pace, and after eighty-seven rounds of fighting was defeated.

Fight history in America was now bordering on the edge of the wave that was to carry it past all foreign competition, commencing with a lad who was to become the most famed fighter in pugilism, John L. Sullivan. Two years after the Goss-Ryan battle, the Boston strong boy threw his burly proportions before the public and on February 7, 1882, his huge shadow fell across the form of Paddy Ryan. At this time Ryan was considered invincible, and no one ever believed that the Boston youth had a chance. Nevertheless, they were matched up and squared off from each other on February 7, 1882. It was no fight. The Boston boy battered the experienced and believed invincible Ryan to pieces in only nine rounds, in a ring staked out on the green at Mississippi City, Miss. This victory amazed fight followers and for a while people doubted the genuine ability of Sullivan; mostly on account of the fact that he absolutely refused to fight bare knuckle. Boxing gloves were introduced and young John L. was steadfast for them, but the fight following would not approve of a fight with them.

Among the most insistent of Sullivan's challengers, was Jake Kilrain. Jake wanted bare fists and John L. did not. What was more, he could not be persuaded, even though the *Police Gazette* put up a gold belt and \$10,000 in cash, emblematic of the world's championship. The result was that Kilrain was given the belt.

The next big battle is supposed to be the first official battle for the world's championship. Mr. Fox, the backer of Kilrain, brought it about by matching Jake with Lem Smith, the English champion. He put up the belt and a \$10,000 side stake as the issue. The scrap was pulled off on the Island of St. Pierre, France, December 19, 1887. The American boy was on the winning end, but darkness put a stop to the fight

after one hundred and six rounds had been fought.

Jake was given the belt, and Mr. Fox agreed to back the American against Smith in a return fight, but the Englishman refused. After this fight Kilrain was accepted as the world's champion.

During this time, a great pressure was brought upon Sullivan to fight Kilrain. Finally he agreed and faced the lion hearted Kilrain in the summer of 1889 for the title, belt and \$10,000. This memorable battle was fought at Richburg, Miss. It was one of the greatest of ring fights. Both men were born fighters but the size of Sullivan began to tell upon his smaller rival, and in the seventy-fifth round, Mike Donovan, Kilrain's chief second, tossed in the sponge to save his man further punishment. He was John L.'s advent into the ring as world's champ, which he retained through numerous battles for many years. Incidentally, it was the last battle fought under London prize ring rules.

The fight game took on many radical changes and the old school of fighting rapidly passed away. A newcomer in the field brought about another school, in which he proved that science, and a quick brain is superior to brute force. This newcomer was a bank clerk known to us all as Jim Corbett, the man who administered a beating to the great John L. Sullivan. The speed of Corbett's footwork was too bewildering to John L., whose hammer-like blows just thrashed the air. The twenty-third round saw the end, as Gentleman Jim sent over the sharp right hander that put the mighty Bostonian down and out of the ring entirely.

Fitzsimmons became the next champion, but he was the last foreigner to ever hold the title. An American regained it in the person of Jim Jeffries, and never since have fighting Americans let it leave our shores. From Jeffries it passed on to Marvin Hart, then Tommy Burns, Jack Johnson, Jess Willard, Jack Dempsey and finally to Gene Tunney, the present titleholder. By all appearances it is going to stay here, for nowhere does any other country seem to be able to produce the material that will give the best Yankee battler a work out.

As this article will show, America's place in fight history is longer, and more illustrious than at first thought. American fighters have always been among the best from the time that Bill Richmond and Tom Molyneaux first brought the name of America to the front.

## A Grip Like Steel

(Continued from page 36)

has an arm that is powerfully built in that region, and no one denies that he has a grip of steel.

I wonder how many of you remember George Zottman, the one-time famous German strong man? He had an enormous grip, and specialized in lifting bar bells and dumb-bells with very thick handles. But there is something

about thick handles that can fool you. It is possible to have a handle bar too thick, then there is no benefit at all, simply because the hand would be spread too wide for muscular effect. Most people, when trying to lift a heavy thick object, grip with all their power. Actually they force the object out of their hands, because the gripping space

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is too large. What they should do is take a light grip, allowing all the force to be utilized by the finger tips only.

If the object is a heavy bar, then the thumb should not be utilized. It should be free, resting on top of the bar on the same side as the fingers. The digits then cup the bar, and there is no opposing resistance as is the case when the thumb takes the under grip. If you were going to carry a heavy thick bar, you would find the best grip to be as explained, with the palm of one hand turned towards you, and the other palm turned away. In other words one hand takes the regular grip, and the other hand takes the reverse grip. This is the easiest method to lift, and also the best dead weight lifting method to increase the strength of the hands and fingers.

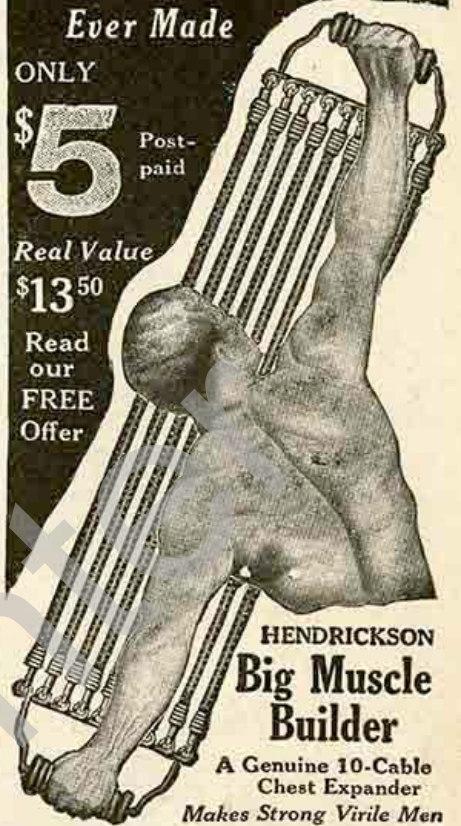
A practice among some people is to take a piece of iron, shaped with a double hook and enough space for a handgrip, hook it to a weight and walk with it. The object is to see how far you can walk with the weight before the fingers are straightened out. Incidentally, a weight should be carried in either hand to give a better balance, but before the weight is dropped I guarantee that your grip and the forearm muscle will feel the benefit of this practice.

There is one exercise which comes to my mind that is not so well known as it should be, but it never loses its popularity with an exercise fan, once tried. You take a light dumb-bell, of about five or ten pounds, and hold it in the hand, *endways*. This will oblige you to grasp it by the round bulk that forms the end. The exercise cannot be done otherwise. Now bend the arm at the elbow a little, and begin by describing a circle with the dumb-bell. Use it as you would a pencil to draw a circle on the wall. Then, as a variation, repeat the movement with a straight arm. Do you still remember the old biceps movement where you held the arms out level with the shoulders, and by bringing the hand to the shoulders, you flexed the biceps? It is one of my school day exercises. Well, try it, using the same twisting movement as explained in the first two exercises. You will find the variation of this old time exercise to be quite satisfactory. The wrist will get plenty of action, especially if you make each twist of the wrist go the limit. I dare say that you will never before have realized how weak your wrists are. It is not uncommon to feel a stiffness in the wrist after practicing these exercises, but as the wrist becomes stronger you will find that it is more flexible than it ever was. Hand balancers have very flexible wrists and a powerful grip, and it is wonderful to see how far back some can bend the hand on the wrist and still have the strength to control their bodyweight in the balance. That is what I call real strength, to have a flexion that is strong when taxed to the extremity of its leverage. Real wrist weakness proves itself by the lack of the individual to sustain the taxation of a leverage over the ordinary.

The biceps have quite a little to do with the forearm strength and size. On

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some people, the bicipital insertion is further down on the forearm than on others. Where this is the case, a longer biceps muscle appears and the size of the forearm is increased over the average. Men so equipped usually have very powerful arms, but, of course, this evidence does not have anything to do with the grip. Every time I think of the grip, I remember a story that was once told me of the encounter of a famous strong man and a priest. I do not vouch for the authenticity of the story but I will tell it to you as I got it, because I know it cannot fail to be of interest to you. Years ago there was a famous trio of strong men in Europe known as the Rasso Brothers. They were all exceedingly powerful men, especially the leader, George Rasso. During his travels in France, he heard of a rural priest who was famed for his great strength. It was claimed for him that he could grip an axe handle in one hand and defy any man to twist it out of his grasp even though they employed both hands on the extreme leverage that the axe handle afforded them. In his greatest feat it was reported that he was able to take a kernel of wheat between his finger and thumb and reduce it to a powder by the pressure. To me, it seems rather impossible, because I find that the pressure employed presses the kernel deep into the flesh, so that it is buried beyond yielding to the resistance. It was stated that the priest always carried some kernels of wheat in his pocket, and as he walked to his calls he constantly practiced. It may be that from constant practice, the flesh on the thumb and index finger became so calloused as to form a bone like surface, as I have often seen on the hands of old sailors, from years of handling rope. If it is really true, then it is a marvelous feat of finger strength.

Here is a good stunt that will test your finger gripping propensities in an interesting way. Get one of those tin caps that are used upon the top of a soft drink bottle, and try to squeeze it together with the grip of your thumb and index finger. Some are very difficult to bend, all according to the quality of the tin. It is a little easier if you take the flat piece of cork out, that is usually inserted inside the tin cap. I have had plenty of fun out of this little practice.

A little earlier on in this article I explained why you should not grip a thick heavy bar too tightly, when using the regular grip, with the thumb wrapped underneath the bar. I overlooked explaining just what caused the bar to be forced out of the hand. In the forearm there are two muscles connected with the thumb, which antagonize the retaining grip of the hand, when the gripping space is too large. They also have a bearing down tendency when raising an object overhead, that is, if you use all the grip you can muster. My idea of a steel grip is one that is capable from any angle. A grip that is restricted to a hand shake means nothing but a nuisance. In order to acquire a real grip you must practice a variety of exercises on the lines that I have here explained.

Some time, when you have the time to spare, rig up for yourself a thick pipe bar—not too large to be retained in the hand—and attach it to a pair of heavy springs. Fasten the springs on the wall about the height of the waist line, and without using your bodyweight, pull the bar towards you. If you do this right, the back of the hand will be held in a line level with the forearm, and your object should be to keep it so as much as possible by pointing the elbows out. It is a weak arm position and you will soon realize it. Nevertheless, that is what you want and by repeated exercise you develop the muscle from a position where the arms have less opportunity. This exercise can be varied by taking hold with the undergrip, but in doing each exercise you should commence with a straight arm, so that the biceps have little to do with it.

Chinning the bar is great for the grip, wrist and forearms, and the thicker the chinning bar is, the more difficult becomes the exercise. If you are not too heavy it is quite possible to practice chinning yourself by gripping the hold that is offered by a rafter, or scantling. This is very hard as the hand cannot encircle the timber. It fits into the hand flat and you are obliged to use a pinch grip, in much the same style as you would have to hold on to a wedge. It takes real gripping strength to hang on, let alone chin yourself. Just the same I know fellows who can not only chin themselves thus, but walk hand over hand while holding on to the rafters.

Here is a very fine feat I saw done by a man of one hundred and sixty pounds. He tied a fifty pound dumb-bell to his feet and by squeezing upon the lower edge of a rafter he chinned himself with the weight hanging onto his feet. Actually he chinned in this manner the equivalent of a two hundred and ten pound man. This shows that if you have the grip the bodyweight limitations are not so restricted after all. On another occasion I saw him do the same stunt on a swinging rafter. It was suspended by a rope tied in the center, and ill balanced at that, still he found no difficulty in chinning himself with these handicaps and a fifty pound scale weight tied to his feet.

I have heard many people, when talking about a powerful grip, mention the incident of some man they saw grabbing a number of billiard balls out of the box. This is not actually a gripping feat. In all cases I have encountered I have found the individual to have a huge hand or to have extremely long fingers. In the past there have been some wonderful men with the iron grip, among whom were Johnson the Swede, Cyclops, John Marx and Charles Vansittart. The latter was probably the most remarkable. At the present time we have Dandurand and Fournier, Joe Nordquest and Warren Lincoln Travis. Of them all Fournier interests me the most because he is the smallest man, and he can do stuff none of the others can duplicate. I have seen him take a heavy horse shoe nail between his fingers and twist it into a useable corkscrew. His

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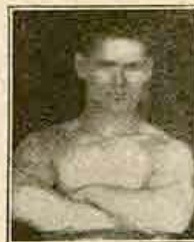
Mail the coupon below or send your name and address on a postal and receive our Free Booklet on the deadly effect of tobacco on the human system and positive proof that Tobacco Redeemer will quickly free you from the habit. If you are a slave of the tobacco habit you know that it is undermining your health and is a needless drain upon your pocketbook. Therefore you owe it to yourself and to your family to find out how easily, quickly and surely you can "quit for keeps" with the aid of Tobacco Redeemer. Mail the coupon or write us immediately. Don't delay. Send today!



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An elegant growth of beard and hair can be produced when using Comos Hair-Balsam during 8 days. This balsam causes hair and beard to grow on all bald-headed persons or persons with thin hair. "Comos" is the best product of the modern science of this domain, being the only balsam which really produces hair and beard even on persons of old age. "Comos" brings the dormant Papillae of the hair to grow again after having been used in a few days, and within a very short time you will have a very vigorous growth of hair. Harmlessness is guaranteed. If this is not true, we will pay a net amount of 1000 Dollars to all bald-headed and beardless persons, or persons with thin hair who have used the Comos-Balsam for three weeks without any result.

One parcel of "Comos" costs \$5.—, two parcels cost \$8.—, "Comos" gives to the hair and beard a becoming wave, as well as a soft and delicate texture. "COMOS" is sent in a registered packet against prepayment—money order, cheque or bank notes (C. O. D. impossible).  
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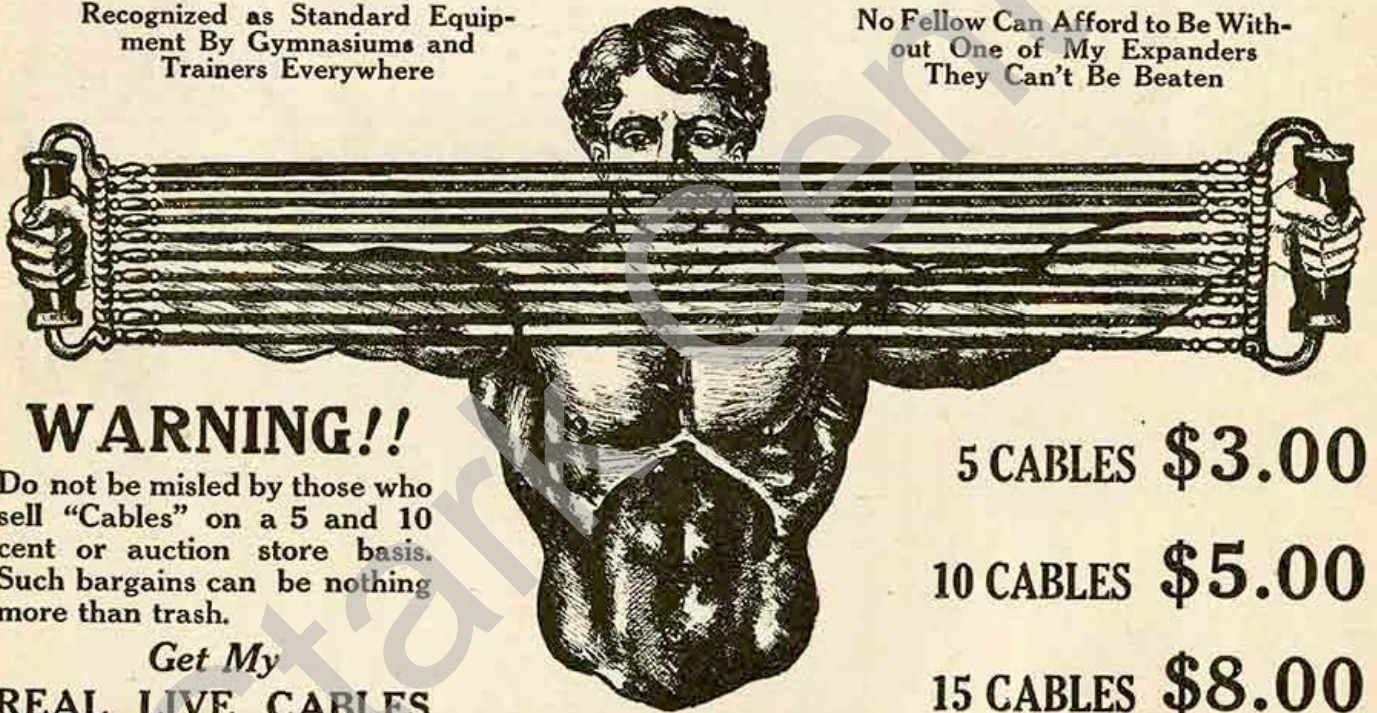
**STRONG MEN—GYMNASTS—ATHLETES—HUSKIES**

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Do not be misled by those who sell "Cables" on a 5 and 10 cent or auction store basis. Such bargains can be nothing more than trash.

Get My  
**REAL LIVE CABLES**

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10 CABLES \$5.00

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And you won't need to experiment with muscle building. Many fellows, when they start out to train, buy a lot of phoney stuff that they stick under the bed or throw out in the woodshed. You don't need a lot of cumbersome apparatus to get strength and big muscles. Why spend all your hard-earned cash for a roomful of systems? You'll only give the junk man more work to cart them away, after you find out how worthless they are.

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 \$3.00 for your 5-Cable Exerciser and 12 Weeks' Course.  
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Now Is the Time to Get Ready For a Summer on the Beach, Fellows.

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Greatest on Earth

finger strength is phenomenal and his grip is so crushing I doubt if I ever saw the like before. In hand squeezing and wrist turning he has offered challenge that he is able to beat the best. He claims never to have been beaten.

Without a strong grip, every man is weak, no matter what the extent of his

bodily strength may be. Every person should strive to cultivate a steel grip, for not only does it suggest physical virility, but it is a proof of your vitality, and by cultivating your grip powers you will be stimulating and invigorating all the muscles in the body, making it more possible for them to get the best results.

## Ask the Doctor

(Continued from page 44)

to wear a bandage to prevent a rubbing. He is also about twelve pounds underweight. Will you please give me a list of the best body building foods and tell me what will stop this pain in the lung. Also what is good to prevent chilliness and nervousness?

E. C., Tenn.

ANSWER: Replying to your recent letter, your husband is probably suffering from pleurisy as a result of pluropneumonia. This may also be a source of annoyance especially in wet weather. Locally he may rub in well the harmless iodex ointment with methyl salicylate till color disappears, applying this remedy every night. Internally try Cinchophen Compound Tablets every four hours with a whole glass of water.

As to foods, the following are very nourishing: Plenty of butter, mashed or baked potatoes, cream or milk, whole wheat bread and plenty of fresh vegetables. The addition of Cod Liver Oil or Olive Oil in tablespoonful doses would help nourish him. Be sure not to get him chilled or wet, and at the same time give him fresh air.

QUESTION: I am a young man twenty-nine years old, about 5 ft. 8 inches tall and weigh 155, am small boned. Have been troubled several years with nerves. Am depressed. I tire easily; in fact I seem to be "all in" all the time—no pep. Am nervous and grouchy. Have frequent headaches and pains in my head in back, top and sides at different times. Sometimes I have a creeping sensation in my head. Also have dizziness. For two days at a time I have headaches. When I lay down my back throbs. Some nights I lie awake for an hour and half before I can get to sleep. Am near-sighted (corrected by glasses), but my vision seems to be somewhat hazy.

I am a printer and am working steady. Some days after dinner I get so sleepy I have hard work to stay awake at my work. Am a quiet dispositioned chap, somewhat "moody," I guess. I took treatments (injections) from a nerve specialist here in town a few years ago, but didn't see any improvement.

Last September I used an axe up in Maine for two or three days and used my left arm up so I couldn't lift five pounds. It never has grown strong and pains me to hold it out level with the shoulder or to hold up a paper to read. I feel better while in the open. I have used a quart of milk a day for three years having gained twenty pounds. Is that good? Use quite a little fruit, oranges, apples, etc. Drink coffee three times a day.

What information you may give for the benefit of my health will be greatly appreciated. I haven't used tobacco for four months. Would you advise me to leave it alone or cut it out for good?

I am generally weak physically and my memory is poor.

B. W., Mass.

## Falling Hair Dandruff Itching Scalp are Signs of Approaching BALDNESS



The Result of Neglect

hair—and eventual baldness.

NATURE HAS WAYS of warning us when certain parts of our body are sick or under-nourished. In the case of our hair the danger signals are itching scalp—dandruff—and falling hair. If neglected, these conditions will result in thin, lifeless

## Curable through HOME TREATMENT

PROFESSOR MAURICE SCHOLDER, the internationally renowned specialist on ailments of hair and scalp, who has heretofore treated patients only at his Clinic, now offers a course of Home Treatment to any sufferer who is unable to come to his Clinic. Professor Scholder's Home Treatment System is based on the principle of individual analysis, diagnosis and prescription. In other words, he analyzes



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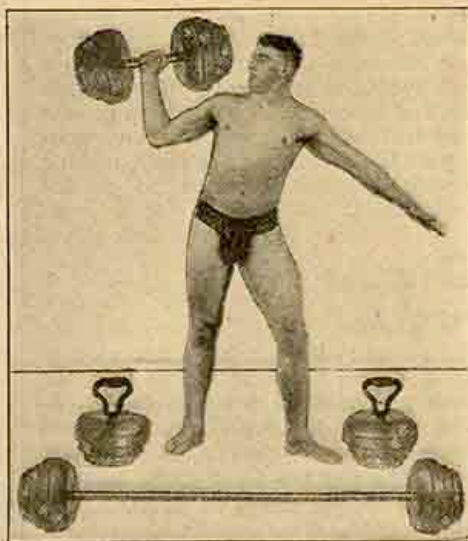
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Illustration Shows How Each Bell  
Will Look Fully Loaded



You can become a regularly enrolled pupil of the Milo Bar Bell Co., receive your plate bell (regular price \$15.00, f.o.b. Philadelphia), and both courses of instructions, the course in Body Building and Muscle Developing Exercises and the Second Progressive Course, absolutely free of charge, anywhere in the United States.

To take advantage of this offer, all you will have to do is obtain for us 15 new subscribers to "STRENGTH." The price of one year's subscription to "STRENGTH" is \$2.50.

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Gentlemen: Send me the 15 subscription blanks to "STRENGTH." I want that plate bell as quickly as I can get it.

Name .....

several of my fellow members of the medical profession. Right there you have the whole situation summed up, with a key to the solution of this vicious habit; if an individual of the male gender has any right to be called a man, he can stop that habit when he wants to; and regardless of all the treatment and advice given many of these victims, they continue as previously and worry over the expected consequences. What right has such an individual to the possession of manhood, with all that it implies, if he cannot control his impulses better than that? How on earth can a fellow be called a man, if he must be watched by someone, and has to be told to do this and that to keep from worrying himself into the depths of despair and self-disgust? Nature is wise, and takes care that only those who are entitled to become so, come into the full possession of manhood. As all advice is disregarded anyway, what good is it? The only thing for you to do, if you are a victim of this practice, is to resolve to take yourself in hand and stop; there you are, just simply stop; and then by all means forget about the past and determine to do different in the future. Quit worrying at all costs, for herein lies the greatest harm and danger, as worry is the worst destroyer known; worry robs one of his health; worry saps the strength and vitality of the strongest; worry kills ambition; worry deadens the intellect and paralyses the will.

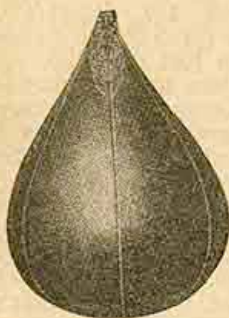
Even though you are a victim of that which we refer to—don't worry about the possible consequence. Don't let people frighten you, but resolve with all the manhood you can claim, to end the tortures your soul must endure, bring all your anguishes to an end by stopping the habit. Can't you be better than a vile degenerate and prove to yourself at least, that you are of a higher order than an animal. Take up some form of active exercise, enroll as the pupil of one of the great physical culture courses, determine to make a real man of yourself and live a thoroughly clean life. There is no time like the present, so start in today; not tomorrow, but today and start climbing the road upwards to manhood. Make the acquaintance of young men and women who are worthy, and be in the company of someone every waking hour. Keep away from suggestive shows and literature and be active and occupied at all times. Then, soon you'll be respected by self and friends alike. Stop today, turn around and start in the other direction.



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I have everything a boxer needs, at prices so low they will surprise you when you see the goods. My striking bags are durable, true, fast and beautifully made.

One of my striking bags will train the eyes and hands to lightning quickness, besides affording a fine pastime.

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### Striking Bag Gloves

Striking bag gloves protect the knuckles and fingers when punching a heavy striking bag. You must have a pair or you will have skinned knuckles.

These gloves are made of high-grade, soft leather and are slightly padded.



### Heavy Fighting Bags

OR SAND BAGS

I manufacture heavy fighting bags as well as all other sporting goods. I can send them to you filled or empty. The filled ones are packed with soft heavy packing and weigh about 50 pounds.

The empty bags can be filled by you with sand, sawdust or packing of any kind.

These bags are made with a mouth at the bottom, through which they are packed. When packed tightly, this mouth is laced up.

Fighting bags are wonderful punch developers. They will give you a mule kick in either hand.

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Striking Bag.....	Prices \$5.00, \$6.50, \$8.00
Striking Bag Gloves.....	\$2.00
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Name .....

Address .....

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

(To those who purchase a Striking Bag, a pair of Striking Bag Gloves and a Fighting Bag, I will allow a \$1.00 reduction on the price of all three.)

in the manner just described; that is, paddle while your friend is holding you, have him let go of you and see how far you get along unaided, keeping this up repeatedly. Of course, you should take a rest once in a while. It should not take you long to master the ability to keep afloat, providing you go about it in a whole-hearted manner and banish fears from your mind.

Having mastered the dog-paddle, which is the name given to the simple method of natation just described, we are now ready to take a few more advanced steps in the water. You may wonder why we gave you the dry land practice and then when you get in the water, instruct you to do something altogether different as the first practice in the water. The reason for this being that although ducking and the dog-paddle are the easiest ways to get used to the water, those methods wouldn't get you far as a swimmer.

Walk into the water about waist deep; lean forward at the hips and practice the breathing exercise you learned in the wash-bowl. After you are sure of yourself, begin to work the arm movement you learned while lying on the stool. At first it may be best to become used to this movement without breathing, so in order to do this, take a deep breath, lean forward with the face in the water (keeping the eyes open all the while), with the arms extended over the head, palms down; practice the arm movement by drawing the right arm back through the water till the fingers touch the thigh, then start the left arm back as you raise the right arm out of the water by bending the elbow and swing the forearm forward as though on a hinge; the right arm should reach the starting point as the left touches the thigh, etc.

Just as soon as you are thoroughly familiar with the arm stroke, you should incorporate the breathing with it, as shown in drawing E; to do this, inhale deeply, lean forward with the arms over the head, submerging the face; commence to exhale through the nose under water drawing the right arm back to the thigh, and as you raise it out of the water on the recovery, turn the face up to the right side, without raising the head, open the mouth and gulp down a mouthful of air; as the right arm drives forward, turn the face down in the water and slowly exhale through the nostrils. Remember to keep the eyes open at all times when you are in the water.

The correct way to work the arms is by a continuous roll of the shoulder muscles, keeping the back level and flat; that is, as the arm is extended over the head, the shoulder muscles move up toward the ear to allow greater reach; as the arm reaches back to the thigh, the shoulder muscles roll back to permit of freer action and greater extension of the arm.

Next we will consider the leg thrash, which is practiced best by lying face downward in shallow water, where you can place the hands on bottom, or if there is a stair or rope convenient, you may hold on to this; with

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Be on your guard! Beware of holdup men and toughs. Carry a "Pioneer Automatic" and protect yourself. Looks just like a real Automatic. Lots of fun scaring your friends. Made of light weight metal. Pull the trigger—and Zip!—it's a cigarette case.

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No. 1 has space for a pack of cigarettes.  
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To aid our agents we have arranged a plan that provides them with a free sample so they can equip their own car or carry it for demonstration purposes. The unique principles of this wonderful Timer will make themselves apparent to any Ford owner after a minute's examination. Send name and address for Free Sample Offer and particulars of our big money making proposition.

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Our agents can easily make \$5,000, \$9,000, yes even \$10,000 a year. Spare time workers make \$20.00 and even \$30.00 a day. John Cable made \$200 in less than 10 days. Many others report tremendous profits. You too can get into the big money class the same as John Cable and others.

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Price, 75c.

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the legs extended as in drawing F, practice thrashing them up and down with the knees straight but not stiff; the feet should open about six inches. At first you will do better by making this thrash slow and thorough, till you have no trouble in continuing the steady motion, after which you may quicken the leg beat till the water is churned much in the manner of a twin screw propeller on a steam boat. Try to point the toes without tensing so much as to cause cramps in the lower legs. You need not hold the head under water to practice this movement, still it would be a capital plan to work the breathing in with the thrash.

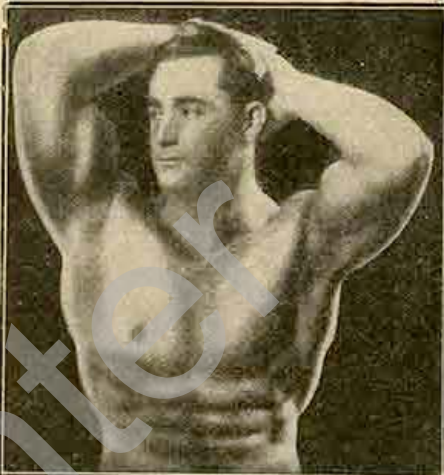
Having progressed to the extent where you can swim a little, using the dog-paddle, can duck under water without becoming frightened, and can smoothly accomplish the action of the arm stroke while breathing, and the leg thrash in the same way, you should start to think of propelling yourself through the water by means of some sort of a crawl stroke. Choose a spot in the water where no one will hinder you in your attempts, say in a depth of four feet of water, or approximately chest depth. Turn your head in towards shallower water, take a deep breath, lie face downward with the arms extended over the head, and then start to thrash the legs; as soon as you get under way get the arms working and you should have no trouble in natating for some little distance. Keep the eyes open and don't forget about breathing, but by this time you must be so genuinely used to this method of breathing that everything will be working in rhythm. Persevere in your attempts and you will soon be getting along great.

Drawing G gives you a general idea of how the body should lie in the water and the relative positions of the head, arms and legs. Though our artist put the water line slightly out of place; the feet should be well under water and the eyes at the water level. Photographs No. 1 and No. 2 illustrate splendidly the idea of the respective movements of the arms, legs and head.

It is not imperative that the face should turn up at the right side, in fact some authorities claim the left side is best. I personally favor the right and believe that most individuals will find it easier to turn to the right; as we are more used to thinking of the right than of the left.

For the purpose of better understanding, we will describe this stroke somewhat in detail. Right arm is lifted easily from the water, and swung forward by rolling shoulder muscles; as right arm is brought out of water, roll face to side, so nose and mouth are clear of water; open mouth and inhale, so as to fill your lungs in one gulp; head should not be lifted, but simply rolled to side, turn face down and begin to exhale as right arm enters water and left is lifted out at the thigh. Make the arm action slow, even and continuous, getting your power from rolling the shoulder muscles as freely as possible. The leg thrash should be continuous, power coming from the region of the

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*In fairness to yourself and those you love*



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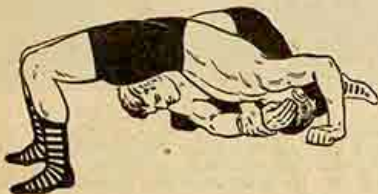
to LEARN one sensational wrestling hold that will enable you to throw many a good opponent. It couldn't cost much less.

Yes sir! There are, to be exact, 98 of these Sensational Holds, Counters, Blocks, Breaks, etc., in my Wrestling Course. The price is \$1.00. So near to 1c. apiece does this make the cost of each hold, that the fraction is nothing.

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hips and waist; knees straight and toes pointed as much as possible without cramping the calf muscles. Keep legs close together and thrash them up and down about six or eight inches.

Learn to keep up a rapid thrash continually, churning the water with the feet, which should not be lifted out of the water. The elbows should be somewhat bent during the complete arm drive; back rigid, and shoulders rolled as freely and completely as possible. Inhale through the mouth always and exhale through the nose under water; though later on you may learn to exhale under water through the mouth.

Do not try to make speed by thrashing wildly with the arms, but take it easy and endeavor to get as much power as you can into each arm drive by pressing firmly with the hands. You will acquire more speed with practice, but remember this is not the correct manner used in speeding; such instruction can only be learned properly from a personal coach who is qualified to instruct by reason of study and experience.

Practice swimming straight ahead, the idea being to get an even amount of pressure out of each arm. You may watch your direction by keeping the eyes at the water level and gazing ahead over the surface. Though, as before stated, this variation of the crawl is not particularly adapted to speed swimming, we believe it to be very ideal for general swimming purposes, and will get you through the water much better than any other stroke; unless you are interested in racing, in which case you should be instructed by a competent coach who understands speed crawling.

I certainly realize the responsibility of making a claim such as accompanies this article, nevertheless the claim is made that anyone may learn to swim by following the instructions given in these pages. Of course, it is understood, that if an individual has an unconquerable dread of entering water, as a result of some fright or other experience, he or she will not take very easily to any swimming instruction, however plain or expert they may be, or by whom directed, competent as such teacher may be. There will be a certain small percentage of persons who will not learn to swim, due to uncomfortableness in the water, but it is up to you reader, not to let yourself be included in this class. Determine to master the healthful and life preserving exercise of keeping afloat safely and comfortably in the water. In the majority of cases where the person fails to learn after receiving instruction, the

teacher has not used proper methods of teaching or has not understood the science of natation sufficiently to qualify as an instructor.

The crawl stroke is advised for the beginner as well as for those who can swim, simply because it is the most practical for general purposes; it being possible to make headway through the water quickly, with a minimum expenditure of energy. There is no stroke to compare with it for ease and beauty of action.

Not so long ago, it was quite necessary, and I should say, almost imperative to qualify any article concerning the crawl-stroke with arguments and statements of experts to prove that the stroke in question was the ideal one for swimming at all distances; even then, in view of the fact that many instances could be cited to prove its superiority at long distances, there were many (experts as well as those who knew nothing of the question) who held the opinion that the stroke would never prove adaptable to severe endurance tests. However, these opinions now belong to the past, and it is no longer necessary to resort to lengthy arguments to convince one's readers. We need only to point to the record books and to refer the reader to news columns concerning the achievements of Gertrude Ederle, George Young, et al, to settle the matter. By this, we do not wish to infer that other swimming strokes have no value; such a statement would be far from correct, as the breast and side strokes are invaluable should the occasion arise wherein the life of a fellow-human was in danger; necessity may demand use of the arms for the purpose of assisting those in need of help; in such case the leg flutter would have little value without the arm drive, whereas if you are accustomed to a strong scissor or frog-kick, the legs may be depended on to carry yourself and your burden of mercy to safety. At times, the trudgeon is quite as useful as the crawl, still it is so similar as to be entitled to identical classification. When one becomes tired or endangered by cramps, swimming on the back may be the only means of keeping afloat; so we see, each and every stroke has some value, and should be learned and practiced by every human.

Before concluding, I must once more appeal to my readers.

## Ankles Preferred

(Continued from page 24)

short time, by means of some form of activity, regularly indulged. To be frank with you it is downright laziness that most of us do not lead a more active life. We would much rather ride to our work, no matter what the distance, and ride back; instead of taking a walk in the park we ride around it. If we walked to work in the morning we would have to get up that much sooner, and in the evening we are too tired! You must sacrifice those few minutes' sleep, girls. Try it anyway, it will not be as hard as you think. Some of us wake up early enough, but instead of hopping right out of our beds we just lay there, letting the precious minutes fly. If we would hop out right away and spend those few minutes doing some much needed exercises or spend them in walking to our place of employment we would not only be building up a better "understanding" but our general health and happiness would be increased by such a practice. At least it is worth trying for a little while.

## Physical Fitness and Effort

(Continued from Page 21)

Probably no one knows how small a percentage of dentists' patients ever go near them until they have to, and any dentist can and does tell all his patients how foolish this policy is.

Periodic physical examinations are advertised by all the life insurance companies, and some people pay attention to this advice, but not one person in a hundred does so.

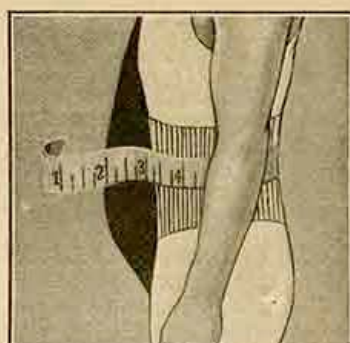
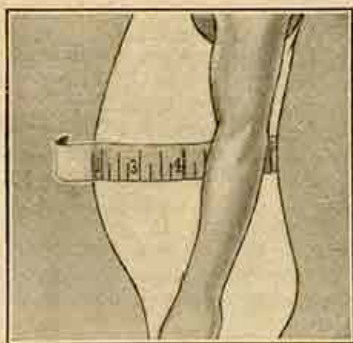
Practically no one, except athletes, ever thinks of actually improving the physical efficiency of his or her body and very few ever pay much attention to improving their appearance, although these two things go hand in hand and should, apparently, be of the greatest interest to all concerned.

It is only on rare occasions that we find a man like my friend the football player, who really feels that he has gained something to compensate for his physical disabilities, whether they are of major or minor importance.

### Why Do We Ignore Health?

How many men do you know who have physically abused themselves who are anything but sorry that they had done so? We do not have to ignore the rules of diet until we have really ruined our health to realize that this is a foolish thing to do, and certainly no chronic dyspeptic looks back on the days of his youth and decides that they were worth the price that they cost him; yet we all know there are many people treading the same path today.

How much of the widely discussed break-down of the nervous system, which is so wide-spread, could have been avoided by putting a little strain on our physical make-up as well as on our mental equipment? In general



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sound bodies and sound nerves go together and, in general, no man can neglect his body and get away with it and still again to generalize we are all trying to do the impossible thing.

Every month STRENGTH is engaged in pointing the need for care of our bodies, and showing how this need can be supplied. It is true that the circulation of STRENGTH is growing and, therefore, it is also probably true that more people are feeling this need to the extent that they will do something about it.

STRENGTH is for the man who wants to do something about improving his physical condition and STRENGTH earnestly hopes that each month more of its readers actually translate their wishes into actions.

**Feminine Ideals Easily Attained**

(Continued from Page 39)

Perform several times with the right leg extended in front, then change to the other leg and repeat an equal number of times. This movement is ideal for the region of the abdomen, waist, hips and lower back. For those who are inclined to be fleshy, there can hardly be a better exercise, and will give a trim waist to anyone who will take the trouble to practice this movement. It is also excellent for correcting any tendency towards constipation, or sluggish internal organs.

Exercise No. 4—Stand with heels together, arms hanging by the sides. Now squat by bending the knees; at the same time bringing the arms back; then in a peppy manner suddenly spring up as though you were going to make a dive, raising the arms overhead and going as high on the toes as you can. This is illustrated in Figure No. 5. From this position go back down to the squatting position, and repeat the movement several times in a genuine whole-hearted manner.

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No. 5—Using the same stick of the pre-

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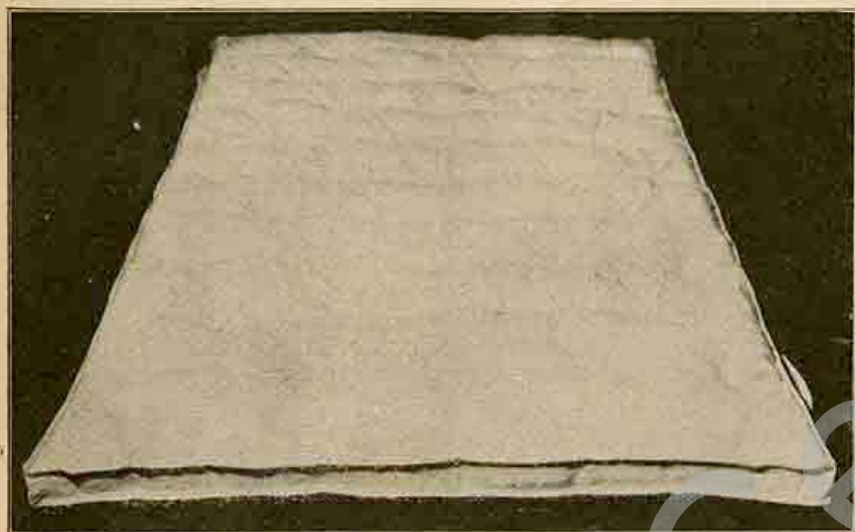
Strength

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fortably. Lower to the heel and bring the extended leg back of you and double the leg up so that the heel comes near to touching the hips; raise on the toe of the stationary foot, lower to heel and repeat the entire exercise. This exercise should have a beneficial effect on the hips and abdomen, and should tend to beautify the entire limbs. This exercise is shown in illustrations Nos. 7 and 8.

The time necessary to properly perform these exercises will depend mostly on the manner in which you go through them, and your aims in taking them up. The woman or young girl who already is the possessor of a splendid form will need to spend less time than those who have a lot to work for. Also the woman who is overly stout will need to spend a little more time than those who are underweight or very thin; the latter person will do best to limit the time at exercise so as to give nature a chance to build them up.

The stout lady will do best to exercise about ten minutes, both morning and evening, performing them as snappily as her comfort will allow her. The thin woman or girl should have one period for exercise daily, preferably in the evening before retiring, taking about twenty minutes and going through the

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## Strength

movements in an easy manner without rushing or becoming unduly tired. If it is inconvenient to spend that much time, or the work must be done in the morning before going to school or business, then make it ten minutes of faster and peppier exercise. The housewife will have the advantage here and should have nothing to deter her from attaining her ambitions, as she can exercise at any time of the day she wishes and finds most convenient.

Immediately after the exercise period you should take a shower if possible, but if this is inconvenient rub the skin with a towel to remove the perspiration accumulated in the pores. It is always good practice to take a shower or other form of bath in the evening before retiring. It is not necessary to use soap every day on the body, but you should take a soap bath at least twice weekly.

Isn't it funny, I haven't mentioned diet at all so far: for one thing, most people suit themselves on this point no matter what you tell them, and the average diet fad is not of much use even if you do care to follow a regime of restricted meals and a policy of don't eat this and shouldn't eat that.

Everyone should eat regularly, something or other, three times daily for the best health, but not between meals. Weight producing foods are white bread, rice, macaroni, spaghetti, noodles, potatoes, cereals, cream, fat meats and thick soups; the underweight woman should try to eat a preponderance of those things, while the stout girl will do best to avoid them. Eat lots of vegetables, greens and fruits of all kinds. The drinking of coffee and tea may not harm anyone but is best avoided. Milk and buttermilk are far better foods for the average individual.

Avoid candies and pastries in excess, and when you go to bed sleep with the windows open and breathe fresh oxygen charged air all night, to get freshened up for the next day. Dress sensibly and your health will be right every day in the year.

The exercises in this article are given with the hopes that you will really make up your mind to begin a new life and forget your days of mere existence. We are here to assure you that thousands of other women have reached the goal of an admirable figure and an appealing personality by this means alone; so my dear friends, the next move is up to you.

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## Cash In On Trained Muscles

(Continued from page 27)

this hole with a little lead shot. Then, after sewing up the hole in the cover, I went to work practicing with it. The shot made the ball slightly heavier than the official ball, but soon I learned to handle it fairly easily. Of course, I went back to practice with the regulation size ball each day with the team, and I found that my scheme worked fine inasmuch that this ball felt light compared with the other one loaded with shot. My hands and arms had strengthened by using the heavier ball, making the regular weight ball easy to handle and throw.

I used this principle later as an arm exercise when pitching professional ball. You can do it in your room, for as an arm and shoulder exercise it is not necessary to throw.

Take a ball like the one I filled with shot, or any other object that is slightly heavier than the league ball, and, holding it securely in your pitching hand, go through the motions of winding up and throwing it. Do not, however, allow the weight or heavy ball to snap the arm, but make it a follow-through movement and repeat until tired.

Now the same principle can be applied by those who play tennis, but who have weak arms and wrists that give out under the weight of a racket after a few games. In this case, the racket should be made a little heavier than the one you normally used. This extra weight will strengthen your arms and wrists so that your favorite racket will feel light to your stronger arms. It not only gives your arms lasting power, but it enables you to speed up your service with hard drives.

In running and jumping, you can apply the same principle by practicing now and then with extra heavy shoes on your feet. When you change to the light running shoes, your feet will feel light because the muscles of the legs have become somewhat accustomed to the weight of the heavier shoes, or, in other words, they have become stronger.

For creating endurance in the legs, the deep-knee bend is to be highly recommended. In playing most outdoor games, the art of running plays a great part. Now in running, as you know, the weight is thrown from one leg to the other while they are slightly bent at the knees. It is a fact that a slightly bent leg will tire far more quickly than a straight leg, because there is more

strain on the muscles and less on the bones.

By doing a considerable number of deep knee bends each day, you accustom the leg muscles to withstand the fullest bend the legs are capable of. Then, when they are subject to only a slight bend, they can withstand the exertion much longer. One-leg dips should be practiced, as well as two-leg dips. Learn to do the two-leg dips from one to two hundred times in succession, for they will give the legs the endurance to outrun and outplay your opponents.

Swimmers can improve their swimming endurance, speed and strength by following a course of exercises that will produce muscular strength and endurance. And by securely strapping 15 or 20 lbs. to your back when practicing, you have the same idea and get the same results as explained in the cases of the heavy baseball and tennis racket.

After swimming practice of this kind, you will feel more buoyant and stronger in the water when throwing off the weight.

Weight throwers of all types will find physical training especially beneficial in building the necessary size and strength. Physical training and this heavier-weight principle will work wonders with your weight-throwing ability. In this case, if you are specializing with a twelve-pound shot, practice some of the time with a sixteen-pound one.

Proper physical training will best fit you for the strenuous games of football and basketball. The salaries paid the professional players of these two games, are better of late years than can be made at most professions.

Then come those athletes who are "cashing in" on their great strength and fine physique in stage work. I know many who have built up their strength and muscular system by physical training methods who are now, besides enjoying perfect health, turning into cash those efforts spent in getting their beautiful body, and the physical ability proper physical training produces.

Don't fool yourself by being one of those who think that unless a fellow merely wants strength and muscles there is nothing else to be gained by systematic exercise, for that theory is all wrong.

Physical training produces the most vital physical qualities required in all sports: As I mentioned before, perfect

## Button Rupture Newest Way

[Without Pressure]



Science now advises discarding cruel, steel springs, barbarous leg straps, and other harness that press against the rupture and thus prevent nature from healing it. A new sensible method has been perfected, after thousands of test cases, called Magic Dot—entirely different from any other way. Instead of "pressing," it seals rupture, and of course allows users to run, jump, bend and cough in perfect safety.

### Breathes Air

With this 1-25th oz. device is a new kind of pad, air-porous and washable. It actually breathes air and cannot slip off the rupture—a feature, you'll frankly admit that is lacking in your present appliance. In fact, it is so superior and different that it is praised by physicians as an "entirely new departure." Users report they have forgotten they are wearing it. But don't buy it yet.

### See It First

By a special arrangement, you can now have it sent to your home without obligation to wear it. Don't send a penny or order it now. Just write for full description of Magic Dot and details of this unusual "no obligation" offer. Tear out this ad now and write today, for quick relief.

NEW SCIENCE INSTITUTE  
Stuebenville, Ohio

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\$29 First Day  
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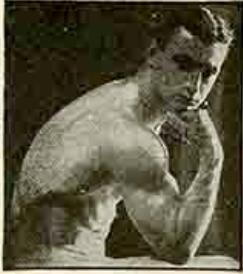
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**The Most Important Thing In the World**

IS THE WAY YOU FEEL. Health means more than having just enough energy to get through your daily work. Real health means the possession of considerable muscular strength combined with great powers of endurance. It means that your internal organs are in first-class working order. It means that you are immune from temporary sickness and chronic disease which shortens life.



Charles MacMahon

**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.

I am looking for the man who wants to save time. 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 Have an Entirely New Training Method** which contains a time-saving element found in no other course of training. Under my tuition, you never have to practice more than a few minutes a day. The effect is so sure and rapid that:

1st. Weak beginners who can't even chin themselves with both arms soon find that they can easily chin the bar with one arm.

2nd. Stout beginners who cannot even reach their ankles can soon learn to bend over and put the palms of their hands on the ground without bending their knees (and incidentally reducing their waist girth by eight to ten inches).

3rd. Scrawny beginners soon find themselves gaining weight and shapeliness.

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Dear Sir: Please send me, without charge or obligation, your great, 128-page book entitled, "The Royal Road to Health and Strength."

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A simple, safe home treatment—16 years' success in my practice. Moles (also Big Growths) dry up and drop off. Write for free Booklet.

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Science has found the way to add inches to your height. No need to envy and look up to the big fellows. No need to have the disadvantages of the little man. This course makes it possible for you to be on a level with your fellow men. Course is easy, inexpensive and results sure. Mail coupon for free information today!

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Without any obligation to me, send me full information on how to grow taller.  
Name .....  
Street .....  
City .....

health, strength, good physical proportions, endurance, speed and muscular co-ordination. You cannot possess too much of these in these days of high athletic standards, if you hope to excel in some branch of athletic endeavor.

Besides giving your body proper physical training, my advice is to specialize in the game or athletic event you like best, which is very likely to be the one you are most efficient in. And between these two suggestions and much practice, you should greatly improve your ability. Of course, one must have some natural ability to help him to the very top. If this wasn't so, there would be so many top-notch professional baseball, football, basketball players and athletes, that there wouldn't be room for them. But as it is, there is always room at the top for good athletes. If your aspirations are in this line, add physical training to your practice and go up the ladder.

**Health—Strength—Beauty**

(Continued from page 49)

of practice will be required to perfect it and the following exercise:

Stand with the arms outstretched and the legs close together; raise the left leg straight in front of the body, then bend the right knee until the body rests upon the heel of the right foot.

I hope that the above exercises will help you.

**Wrestling Book Free**



This FREE BOOK tells you about the greatest TRAINER OF ALL TIME. The greatest wrestlers of all, FRANK GOTCH AND EARLIER BURNS (both world's champions) are authors of the most wonderful course of lessons ever written on PHYSICAL CULTURE AND EXPERT WRESTLING. Don't fail to get this valuable FREE BOOK—Learn about this greatest athletic school on earth—with 150,000 enthusiastic graduates. All secrets of EXPERT WRESTLING revealed in this book. A physical culture course that SUCCEEDS when all others fail.

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a firm, well-nourished Prostate Gland in a Vigorous Body; to Re-condition the Strength and Vigor of Youth, inside and out. Particulars with signed letters of credit from 1905, the latest saying "I am 20 years younger than I was 6 months ago," and "you have the best thing of its kind I know of." Sent plainly sealed free. DR. MARK M. KERR, (Glandular Specialist since 1898.) BB Box 414 Cincinnati, O.

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"The trouble with fountain pens is they're always running dry—but not the POSTAL PEN!"

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And It Holds 3 or 4 Times More Ink Than Others.

No Other Like It In the World. Only One Way to Get It.

This one exclusive feature puts the POSTAL Pen in a class by itself. Regardless of how fine a fountain pen may be, it is useless when empty. The unbreakable ink reservoir of the Postal Pen is transparent. You can see right through it and always tell when your ink supply is running low.

And in addition . . . another exclusive Postal feature is its tremendous ink capacity. It holds from 3 to 4 times more ink than other self-filling pens, yet is actually no larger. Illustration at right shows actual size. The patented filling device—the simplest and easiest ever invented—eliminates rubber sac in barrel and provides additional ink capacity.

### Why the POSTAL Pen Costs only \$2.50

Judging this remarkable pen by its quality, fine workmanship, smooth writing 14-karat iridium-tipped gold point and its many other features found only in the highest priced pens, you would naturally expect it to cost from \$7 to \$8.75. And at that price it would be extremely reasonable.

But the Postal sales policy, direct-from-manufacturer-to-user, eliminates all in-between profits and brings the cost of this peer of all pens down to \$2.50. In no other way could such a superior pen be sold at such a surprisingly low price.

### You Do Not Buy a POSTAL Pen Until You Have Proved Its Worth

There's only one way you can get a Postal Pen. You must try it 5 days before you can keep it. Simply mail the coupon. Your Postal will be sent to you at once. Give it the hardest use you can think of for 5 full days. Then decide for yourself whether you want to keep it. If you do not agree that it is the best pen you ever saw, regardless of price, return it and your money will be promptly refunded. Every Postal Pen owner must be entirely satisfied with his pen. That's why the 100,000 people who are using Postals are now our best "salesmen".

### How You Can Actually Earn a POSTAL Pen Without Cost

With each Postal Pen you receive, absolutely FREE, 5 Premium Post Cards, each worth 50c on the purchase price of another Postal Pen. You can easily sell these cards at 50c each and earn back the cost of your Postal Pen. You do not have to sell them. Dispose of them any way you wish. Whatever you make on them is yours to keep. Merely an easy way to get, without cost, the most dependable and unusual fountain pen ever made—the one so sure to please that its manufacturer is willing to let you try it out before you buy it.

Actual Size Slightly Larger Than This



### Why More Than 100,000 People Have Purchased the Postal Pen by Mail

Because it is Transparent—You can always see exactly how much ink you've got. Can't run unexpectedly dry.  
 Because it is Unbreakable—You can even step on it without injuring it. A wonderful pen for lifetime service.  
 Because it's the Smoothest Writing Pen You Ever Saw—Big, solid 14-Karat gold point, tipped with the finest iridium.  
 Because it Holds 3 to 4 Times More Ink Than Ordinary Self-filling Pens—Fill it once a month—and get real "writing mileage."

### GUARANTEE

The materials of which the Postal Pen is made are absolutely guaranteed by the manufacturer to be exactly the same as the materials used in pens selling at from \$7 to \$10—big barrel and cap made of the beautiful new unbreakable material used in costly pens; the point of solid 14-Karat gold tipped with finest, smoothest writing iridium.

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Don't send a penny! If you are skeptical, so much the better. Merely try a POSTAL Pen. Pay only \$2.50 to postman when you receive it. If you are willing to part with it after 5 days' use, return it and your money will be promptly refunded. Have you ever heard a more liberal offer? Remember, the price is low only because our manufacturer-to-user sales plan eliminates all in-between profits, commissions and handling. You'll never know what real fountain pen satisfaction is until you use a POSTAL. Mail coupon NOW!

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 Desk 245, 41 Park Row, New York City.

You may send me a Postal Reservoir Pen on 5 days' trial. If I am not entirely satisfied with it, I have the privilege of returning it and you are to refund the full purchase price. I am also to receive 5 premium post cards, each worth 50c on the purchase price of a new Postal Pen. I reserve the right to sell these cards at 50c each or dispose of them in any way I wish. I will pay postman \$2.50 upon receipt of my pen. Send me the model I have checked.  Men's Size.  Women's Size.

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If you live outside the United States send International Money Order with Coupon.

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 RESERVOIR PEN \$2.50  
 POSTAL PEN CO.  
 41 Park Row, Desk 245, New York City



"Can he really play?" a girl whispered.  
 "Heavens, no!" Arthur exclaimed. "He  
 never played a note in his life."

# They Laughed When I Sat Down At the Piano But When I Started to Play!—

ARTHUR had just played "The Rosary." The room rang with applause. I decided that this would be a dramatic moment for me to make my debut. To the amazement of all my friends, I strode confidently over to the piano and sat down.

"Jack is up to his old tricks," somebody chuckled. The crowd laughed. They were all certain that I couldn't play a single note.

"Can he really play?" I heard a girl whisper to Arthur.

"Heavens, no!" Arthur exclaimed. "He never played a note in all his life. . . . But just you watch him. This is going to be good."

I decided to make the most of the situation. With mock dignity I drew out a silk handkerchief and lightly dusted off the piano keys. Then I rose and gave the revolving piano stool a quarter of a turn, just as I had seen an imitator of Paderewski do in a vaudeville sketch.

"What do you think of his execution?" called a voice from the rear.

"We're in favor of it!" came back the answer, and the crowd rocked with laughter.

## Then I Started to Play

Instantly a tense silence fell on the guests. The laughter died on their lips as if by magic. I played through the first bars of Liszt's immortal Liebestraume. I heard gasps of amazement. My friends sat breathless—spellbound.

I played on and as I played I forgot the people around me. I forgot the hour, the place, the breathless listeners. The little world I lived in seemed to fade—seemed to grow dim—unreal. Only the music was real. Only the music and the visions it brought me. Visions as beautiful and as changing as the wind-blown clouds and drifting moonlight, that long ago inspired the master com-

poser. It seemed as if the master musician himself were speaking to me—speaking through the medium of music—not in words but in chords. Not in sentences, but in exquisite melodies.

## A Complete Triumph

As the last notes of the Liebestraume died away, the room resounded with a sudden roar of applause. I found myself surrounded by excited faces. How my friends congratulated me! Men shook my hand—wildly congratulated me—pounded me on the back in their enthusiasm! Everybody was exclaiming with delight—praising me with rapid questions. "Jack! Why didn't you tell us you could play like that?" "Where did you learn?" "How long have you studied?" "Who was your teacher?"

"I have never even seen my teacher," I replied. "And just a short while ago I couldn't play a note."

"Quit your kidding," laughed Arthur, himself an accomplished pianist. "You've been studying for years. I can tell."

"I have been studying only a short while," I insisted. "I decided to keep it a secret so that I could surprise all you folks."

"Then I told them the whole story. 'Have you ever heard of the U. S. School of Music?'" I asked.

A few of my friends nodded. "That's a correspondence school, isn't it?" they exclaimed.

"Exactly," I replied. "They have a new simplified method that can teach you to play any instrument by note in just a few months."

## How I Learned to Play Without a Teacher

And then I explained how for years I had longed to play the piano.

"It seems just a short while ago," I continued, "that I saw an interesting ad of the U. S. School of Music mentioning a new method of learning to play which only cost a few cents a day! The ad told how a woman had mastered the piano in her spare time at home—and without a teacher! Best of all, the wonderful new method she used, required no laborious scales—no heartless exercises—no tiresome practicing. It sounded so convincing that I filled out the coupon requesting the Free Demonstration Lesson."

"The free book arrived promptly and I started in that very night to study the Demonstration Lesson. I was amazed to see how easy it was to play this new way. Then I sent for the course."

"When the course arrived I found it was just as the ad said—as easy as A B C! And as the lessons continued they got easier and easier. Before I knew it I was playing all the pieces I liked best. Nothing stopped me. I could play ballads or classical numbers or jazz, all with equal ease. And I never did have any special talent for music."

\* \* \* \*

## Play Any Instrument

You, too, can now teach yourself to be an accomplished musician—right at home—in half the usual time. You can't go wrong with this simple new method which has already shown almost half a million people how to play their favorite instruments. 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 be 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.

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Thousands of successful students never dreamed they possessed musical ability until it was revealed to them by a remarkable "Musical Ability Test" which we send entirely without cost with our interesting free booklet.

If you are in earnest about wanting to play your favorite instrument—if you really want to gain happiness and increase your popularity—send at once for the free booklet and Demonstration Lesson. No cost—no obligation. Right now we are making a Special offer for a limited number of new students. Sign and send the convenient coupon now—before it's too late to gain the benefits of this offer. Instruments supplied when needed cash or credit. **U. S. School of Music, 996 Brunswick Bldg., New York City.**

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

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| Drums and Traps                      | Guitar                  |
| Mandolin                             | Hawaiian                |
| Clarinet                             | Steel Guitar            |
| Flute                                | Harp                    |
| Saxophone                            | Cornet                  |
| Cello                                | Piccolo                 |
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