

January 1923

15¢

Strength

The Magazine of Good Health



Beginning
the "Strength Boxing Course"

Strength Boxing Course"

Another Milo Pupil Acclaimed as a Perfect Man

The highest praise you can give a well-built man is to say that he is like an Ancient Greek Statue. The beauty of the Ancient Greeks was not so much a matter of bulging muscles as of outline and correct bodily proportions.

"Built Like a Greek God"

Here is a young man, Sigmund Klein of Cleveland, whose body is as well proportioned, as strongly made and as beautifully muscled as that of any athlete who has been immortalized in picture or statue.

Klein Is a Milo-Made-Man

He acquired his "perfect-man" physique by practising with adjustable bar bells. While an accomplished lifter his principal object in training was to acquire a perfect body.

Though but 5' 5" tall, Klein can show a 43" normal chest (something tremendous for a man of his height). His arms are exactly correct in proportion, i.e., his flexed biceps (15") are precisely 20% larger than his straight forearm (12½"). Like all thoroughly well-built men, his general strength is greater than the special strength of any given group of muscles. He excels in feats and exercises that require strength from Head to Heel.

How Would You Like to Have a Body Like This?

We have thousands of pupils in every stage of development, from the new beginners who are building up weak spots by handling lightly loaded bar bells, to the finished products, like Klein, who can toy with hundred-weights.

Every case we handle has its own peculiar and individual features and problems. That is what keeps us fresh, and incidentally, has given us the experience and knowledge to turn out for 20 years such a constant stream of well-proportioned men and great lifters. And yet in training a man our first aim is to give him health, vitality, and physical proportions. The amazing physical strength is not the main object, but purely a by-product of our training methods.

If you are interested in body building and desire results that will justify the time you spend in exercising, you should investigate our methods.



"HEALTH, STRENGTH and DEVELOPMENT"

Sent FREE on request

A large, beautifully printed booklet, containing over 40 pages, explains our plan and shows you just what you can expect in the way of health, strength and beauty of body. It is lavishly illustrated with large sized photographs of many Milo pupils taken especially for us. If you'd like to read it, just send a letter or postal asking for a copy of "HEALTH, STRENGTH AND DEVELOPMENT—How to Obtain Them." It is FREE. Sending for it places you under no obligation whatever.

The Milo Bar Bell Co.

Dept. 34, 301 Diamond St.

Philadelphia, Pa.

See How Easily You Can Learn to Dance This New Way

If you can do the step illustrated in the chart on the right, there is no reason why you cannot easily and quickly master all of the latest steps through Arthur Murray's method of teaching dancing right in your own home.

NO matter how skeptical you may be about being able to learn to dance by mail, this new course will quickly prove to you that you can easily learn without a teacher on the ground to direct your steps—and without music or partner—right at home.

Even if you don't know one dance step from another, these new diagrams and simple instructions will enable you to learn any of the newest dances in an amazingly short time. You don't need to leave your own room—it isn't necessary to go to a dancing class—or to pay large fees for private instruction. All you need to do is to follow the instructions as shown on the diagrams, practice the steps a few times to fix them in your memory and there is no reason why you should not be able to dance on any floor, to either band or phonograph music and to lead, follow, and balance correctly no matter how expert your partner may be.

Learn Any Dance in a Few Hours

Whether you want to learn the Fox Trot, One Step, College Rock, Conversation Walk, Waltz, or any of the newer steps you won't have the slightest difficulty in doing so through this new method. Then, the very next time dancing starts, you can surprise your friends by choosing a partner and stepping right out with perfect confidence that every step you make and every movement is absolutely correct. Arthur Murray guarantees to teach you or your lessons won't cost you one cent.

More than 60,000 people have learned to become perfect dancers by mail, about five thousand people a month are becoming wonderful dancers through Arthur Murray's amazing new method.

Do You Know

The Correct Dancing Position
How to Gain Confidence
How to Follow Successfully
How to Avoid Embarrassing Mistakes
The Art of Making Your Feet Look Attractive
The Correct Walk in the Fox Trot
The Basic Principles in Waltzing
How to Waltz Backward
The Secret of Leading
The Chase in the Fox Trot
The Forward Waltz Step
How to Leave One Partner to Dance with Another
How to Learn and Also Teach Your Child to Dance
What the Advanced Teacher Should Know
How to Develop Your Sense of Rhythm
Etiquette of the Ballroom

How to Prove That Arthur Murray Can Teach You to Dance in an Evening

Arthur Murray has consented, for a limited time only, to send a special 16-lesson course to every one who signs and returns the coupon.

You may keep this course for five days and test it for yourself. It must prove to you that you can quickly learn to dance in your own home without music or partner through Arthur Murray's methods or the test will cost you nothing.

Arthur Murray is America's foremost authority on social dancing. In fact, dancing teachers the world over have been instructed by him.

Through his new improved method of dancing by mail, Mr. Murray will give you the same high-class instruction in your own home that you would



receive if you took private lessons in his studio and paid his regular fee of \$10.00 per lesson.

Send No Money—Not One Cent

Mr. Murray is eager to prove to you that he can quickly teach you to become a good dancer in your own home. Just fill in and mail the coupon—or a letter or postcard will do—and the special course will be promptly mailed to you. When your postman hands the special sixteen-lesson course to you, simply deposit only \$1.00 with him plus a few cents postage, in full payment. Keep the course for five days. Practice all of the steps, learn everything these sixteen lessons can teach you and prove to your full satisfaction that you have found the quickest, easiest, and most delightful way to learn to dance. Then, within five days, if you desire, you may return the course and your dollar will be promptly returned to you.

To take advantage of this offer you must send the coupon today—offer may be withdrawn without notice. So mail coupon NOW.

Arthur Murray, Studio 567, 801 Madison Avenue, N. Y.

Arthur Murray, Studio 567, 801 Madison Avenue, New York

To prove that I can learn to dance at home in one evening, you may send me the sixteen-lesson course and when my postman hands it to me I will deposit with him only \$1.00, plus the few cents postage, in full payment. If, within five days, I decide to do so I may return the course and you will refund my money without question.

Name

Address

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

If apt to be out when postman calls you may send Dollar with coupon, and we will pay postage.
(Price outside U. S., \$1.10 cash with order.)

STRENGTH

Vol. 7

JANUARY, 1923

No. 5

Entered as second class matter at the Post Office at Philadelphia, Pa., November 20, 1920,
under the Act of March 3, 1879.

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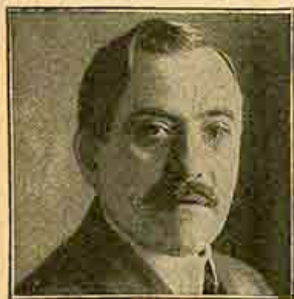
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Published Monthly by The Milo Publishing Co.

Alan Calvert Ralph Hale T. von Ziekusch, Editors
D. G. Redmond, Publisher O. H. Kosyk, Assistant Editor
Publication Offices, 301 Diamond Street, Philadelphia, Pa.
Subscriptions, \$1.50 per year. Canada, \$1.75. Foreign, \$2.00.
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"Have the Voice You Want"



Says Eugene Feuchtinger

YOUR voice can be rich, full and vibrant. Its overtones can be greatly multiplied. You can add many notes to its range, and have them clear, limpid and alluring. You can have a voice round, rolling and compelling, and so strong and magnetic that it will be the marvel of your associates.

Eugene Feuchtinger, A.M.

Master of Voice

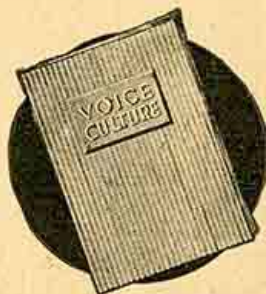
European Maestro. Creator of many of the greatest voices of the Operatic World. Teacher of Forena, formerly with Kubelik, Paul Bauer, and scores of others.

100% Improvement Guaranteed

By the Feuchtinger System, you can develop your voice by simple, agreeable methods in your spare time, and in your own home. Professor Feuchtinger, the eminent Maestro, will direct your efforts and a **REDOUBLEMENT** of your voice—an improvement of **AT LEAST 100%** is absolutely guaranteed. Think of being trained by one of the great masters of Voice Culture, in your own home, at a mere fraction of the usual cost, under a positive guarantee. It is the opportunity of a lifetime.

You Do Not Know Your Real Voice

THE FEUCHTINGER SYSTEM OF VOICE PRODUCTION will be a source of wonder to you. It arouses at once complete confidence and great enthusiasm. Results are assured and rapidly secured. Its secret is in the *Control of the Vital Vocal Muscles*, which you can understand in five minutes and practice to the point of perfection, **ANYWHERE—SILENTLY**. No tiresome, noisy scale-running is allowed; you can study *secretly* if you wish—and in a few weeks only—the increase in the range, power and beauty of your voice should be **STRIKINGLY** evident, a priceless joy to yourself and an astonishment to your friends.



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FREE Learn to sing well and be a Vital Personality. Get the handsome De Luxe book describing the Feuchtinger method. Send coupon or a postal now for this great book and particulars of the special price concession in the cost of Professor Feuchtinger's teaching now being made to readers of this publication for a limited time only. Act at once before this wonderful offer is withdrawn. Don't delay. Send the coupon or a postal today—**NOW!**

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A New Way to Health and Strength

Every Day Brings More Reports of Remarkable Self-Cures Effected Through the Pages of This Book.

ANYBODY Can Apply **COUÉ'S** Method of **AUTOSUGGESTION** in the Building of Body and Mind.

"Day by Day, in Every Way, I Am Getting Better and Better"

ALL the world is speaking about Emile Coué, the modest French chemist who cures diseases without medicines, surgery, diet, exercise or any other standardized healing system. Rheumatism, asthma and even paralysis and spinal deformity have been reported cured through his methods. Minor ailments of all sorts yield readily to his methods.

It is so easy to follow his personal instructions that anyone can apply them immediately after one reading. They consist of a few simple rules which have been thoroughly tested by thousands who have found them to be completely effective, in regaining or fortifying health, rebuilding human bodies, awakening undreamed-of powers, and creating new life.

LUTHER BURBANK, the great thinker and famous botanist, was so profoundly impressed that he wrote as follows:—*"Emile Coué merits our joyous admiration, universal love and immortal thanks for his wonderful emancipation proclamation contained in his book."*

A Few Unsolicited Testimonials Taken from the Scores That Reach Us

"I have cured myself of stomach trouble of long standing by application of Emile Coué's method as explained in his book."

Mr. L. A. H., Riversburg, Pa.

"I suffered for years from neurasthenia which involved the entire digestive tract. At last I have found what I consider the permanent cure for neurasthenia and that is by following the wonderful method taught by Emile Coué."

Mr. W. K. C., Barnesville, Ohio.

"Words cannot explain my happiness and joy. The doctors have been wanting to operate on me for nine years for a growth in the neck of my bladder—after receiving Emile Coué's book and applying his methods, all the inflammation is gone and the growth is also going away. I was having serious trouble with my eyes, which has also almost gone."

Mrs. A. B. C., Quincy, Ill.

"For years I had a spinal curvature and I had given up hope of a cure, two or three bones being misplaced, making a hollow in the back. I hardly know how to explain it. I am very thankful to Dr. Coué to find that my spine is straightening and the hollow has filled out."

Mrs. F. G. D., Poplar Hill, Md.

"Emile Coué's method is the most effective of any I have tried. In its simplicity it works wonders. I cannot begin to express the torture of body and mind which I suffered. Now, I am happy to say I am well and at peace."

Mrs. J. D. T., Charleston, W. Va.

"I have had an almost complete healing from a chest pain that for nine years has given me the most terrible suffering, almost a death agony, whenever I would go upstairs or walk hurriedly. I began to use the mental suggestion as soon as Emile Coué's book came to me."

Mrs. C. H. W., Mansfield, Ohio.

The Man Who Says— “Nobody Ought to be Sick” and Helps You Prove It



The Wonderful Achievements of EMILE COUÉ in Europe
Are Now Being Nearly Duplicated in America by Many
People after Merely Reading This Book.

Thousands of lives have been made richer in every respect by this book. Many who have been sick for long periods have been cured. Those who are in average health have found the secret of remaining so and building themselves up to a greater physical well-being. Some who were sound physically, but mentally and spiritually disturbed, have found peace in the pages of this book. Countless numbers of people are freeing themselves from the terrors of lurking illhealth, despondency, mental inertia and failure. You can benefit by Coué's teachings no matter what the circumstances in which you find yourself.

What Is Autosuggestion?

Emile Coué has made the discovery that it is not the will which controls our lives, but our imagination. He has demonstrated again and again in his clinic that through the subconscious or imagination, we can direct forces in ourselves which will contribute powerfully to our regeneration. His greatness lies in the fact that he has taken this idea away from the complexities of science and presented it in such a simple fashion that it can be understood immediately and applied with ease.

COUÉ Takes No Fees

Your guarantee of the sincerity of Emile Coué is that he accepts no fee for his treatment. He impresses upon everyone that all he can do is to show them how to use this element of Autosuggestion directly and effectively for one's own good.

And that is what he does in his book. He has written in the simplest language his own personally-uttered instructions as to just how you can apply his methods to yourself, and, if you wish, your family and your friends. No will power, personality or high education are necessary. Coué expressly states that there should be *no effort* put forth. And herein is the secret of the great success of this method; which he calls Conscious Autosuggestion. Coué discovered exactly the RIGHT THING TO DO to set to work these great forces in the subconscious which mould the body and controls the source of health and everything that goes to make a full and worth-while life.

And he tells YOU how you can do this yourself at any or all times without help from anybody else, in his remarkable book.

SELF MASTERY Through Conscious AUTOSUGGESTION

It contains a complete exposition of his theories and methods and amazing cures and gives in detail, step by step, word for word, just what you should do to get immediate and complete benefits from his system.

When people of the rank and importance of Lord Curzon, Foreign Minister of Great Britain, and Countess Beatty, who can afford the best of medical attention, sought out Coué last summer and were cured completely by him of serious illnesses, there must be truth and power in Autosuggestion as contained in Coué's methods, especially when these people out of gratefulness, made public announcement of the fact and gave Coué full credit for their cures.

Dr. Frank Crane, whose judgment on matters is read daily by 2,000,000 people, said of Coué: "He helps people get well by Autosuggestion."

Henry Ford, the great captain of industry and apostle of common sense said in a recent interview: "I have read Coué's Philosophy. He has the right idea."

Only \$1.00 makes this book and all its possibilities for your health, happiness and success your permanent possession. His book gives you the full benefit of his methods just as if you were receiving his personal treatment in his own clinic. Send for this book NOW and...Mail the coupon below.



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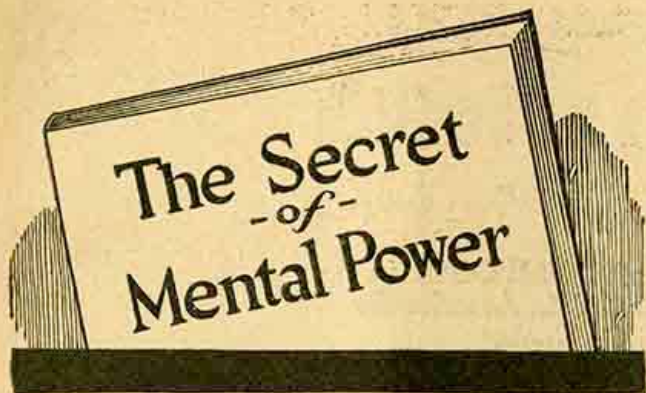
You may send me Coué's "Self-Mastery Through Conscious Autosuggestion," postpaid. I enclose \$1.00 in full payment.

Name

Address

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

Check here if you want genuine leather, for which send \$1.75.



"Why do so many men never amount to anything? Because they don't THINK."

—Edison.

This book will give you some valuable information about a new, practical system of constructive thinking that brings business and personal achievement.

MARK TWAIN once said that the average man didn't make much use of his head except for the purpose of keeping his necktie from slipping off.

And Prof. William James claimed that the average man uses only about a tenth part of his brain.

How about you? Are you using your head simply as a scarf-retainer? Are you using only 10 per cent. of your brain? Are you sitting, discouraged and discontented, at the foot of the ladder simply because you don't think?

Mind is the measure of every man. Mental power—not physical power—wins business battles and builds bank accounts.

The man with brains to sell fixes his own price, but the man who brings only brawn to market must be satisfied with the lowest wage that brute force brings.

In every age, in every clime and in every field of human endeavor the trained thinker wins where the thoughtless toiler fails.

Twain, James, Edison, Roosevelt, Rockefeller, Schwab, Carnegie, Woolworth, Wanamaker, Morgan, Hill, Hariman, Ford, Marconi, the Wright brothers and all other successful men reached their goals not because they knew how to use their muscles, but because they knew how to use their minds.

Only One Road to Success

Yes, indeed, there is only one road that leads to success, and that is the mental road. If you expect to accomplish anything worth while by any other method than the development and use of your mental faculties, you are simply deceiving yourself. And the biggest fool in the world is the man who fools himself.

Isn't it simply absurd, when you stop to think about it, that most people are striving for success and yet are doing it absolutely nothing to strengthen and develop their minds, which is the only part of them with which they can ever hope to win success.

The principal reason that the trained thinker gets ahead is because he has so little competition.

The unthinking toiler works hard for small pay because almost anyone can do his work.

What are you doing—as the days go by—to develop your mind? Are you more efficient mentally than you were a month ago—or a year ago?

Missing Success By A Hair's Breadth

The difference between success and failure is often but the breadth of a hair.

The man who is making twice as much as you are, has nowhere near twice the intellectual ability. The man who

enjoys an income of \$10,000 a year is not five times the mental superior of the man who receives only \$2,000.

Probably the man who makes \$1,000 a month is only 10% to 20% better trained mentally than the man who is trying to make both ends meet on \$100 a month. This is a fact. And it should be a most encouraging fact to every man who wants to be somebody and get somewhere.

Improve your mental power only 10% and you will multiply your earning capacity by at least 100%.

Get this FREE BOOK If interested in learning

- How to think like an arrow.
- How to compel attention.
- How to master important problems.
- How to overcome fear and worry.
- How to "tune up" your mental motor.
- How to develop new methods.
- How to originate new ideas.
- How to learn quickly and easily.
- How to attract valuable friends.
- How to have more time for play.
- How to out-think the average man.
- How to make your mind a mental mazda.
- How to stop thinking in circles.

Get This New Book

We have just published a new book—The Secret of Mental Power. We will gladly send you a copy free of charge upon request. And we want to state—as forcefully as we know how—that you will find it one of the most interesting, mind-spurring books you ever read.

Send for a copy today. It tells about the most practical, common-sense system of constructive thinking—the easiest and quickest method of mind-building ever discovered—the secret of developing mental power in a way that is as fascinating as a game.

Now Is The Time

Send for *The Secret of Mental Power* now. Do not delay. Do not put it off. Tomorrow you may forget all about it. And the loss will be yours, not ours. For although we have printed an edition of 20,000 copies, we do not expect to have a single one left at the end of thirty days. They are going—and going fast. Therefore, act at once, for as Sophocles so truly said: "Heaven never helps the man who will not act."

Mail the coupon now. Or, send a postal if you prefer. Independent Corporation, Dept. RM-1731, 15 West 37th Street, New York.

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Tobacco Tells on Nervous System



Tobacco Ruins Digestion



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Tobacco Robs Man of Virility



Tobacco Steals from You the Pleasures, Comforts, Luxuries of Life

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Quick Results

Trying to quit the tobacco habit unaided is often a losing fight against heavy odds, and may mean a serious shock to your nervous system. So don't try it! Make the tobacco habit quit you. It will quit you if you will just take Tobacco Redeemer according to directions.

It doesn't make a particle of difference whether you've been a user of tobacco for a single month or 50 years, or how much you use, or in what form you use it. Whether you smoke cigars, cigarettes, pipe, chew plug or fine cut or use snuff—Tobacco Redeemer will positively remove all craving for tobacco in any form in a few days. Your tobacco craving will usually begin to decrease after the very first dose—there's no long waiting for results.

Tobacco Redeemer contains no habit-forming drugs of any kind and is marvelously quick, scientific and thoroughly reliable.

Not a Substitute

Tobacco Redeemer is in no sense a substitute for tobacco, but is a radical, efficient treatment. After finishing the treatment you have absolutely no desire to use tobacco again or to continue the use of the remedy. It helps to quiet the nerves, and will make you feel better in every way. If you really want to quit the tobacco habit—get rid of it so completely that when you see others using it, it will not awaken the slightest desire in you—you should at once begin a course of Tobacco Redeemer treatment for the habit.

Results Absolutely Guaranteed

A single trial will convince the most skeptical. Our legal, binding, money-back guarantee goes with each full treatment. If Tobacco Redeemer fails to banish the tobacco habit when taken according to the plain and easy directions, your money will be cheerfully refunded upon demand.

Let Us Send You Convincing Proof

If you are a slave of the tobacco habit and want to find a sure, quick way of quitting "for keeps" you owe it to yourself and to your family to 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.

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Free Booklet Coupon

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Dept. 974 St. Louis, Mo.

Please send, without obligating me in any way, your free booklet regarding the tobacco habit and proof that Tobacco Redeemer will positively free me from the tobacco habit or my money will be refunded.

Name.....

Street and No.....

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

"Good-Bye - I'm Very Glad to Have Met You"

But he isn't glad. He is smiling to hide his confusion. He would have given anything to avoid the embarrassment, the discomfort he has just experienced. Every day people who are not used to good society make the mistake that he is making. Do you know what it is? Can you point it out?

HE couldn't know, of course, that he was going to meet his sister's best chum—and that she was going to introduce him to one of the most charming young women he had ever seen. If he had known, he could have been prepared. Instead of being ill at ease and embarrassed, he could have been entirely calm and well poised. Instead of blustering and blundering for all the world as though he had never spoken to a woman before, he could have had a delightful little chat.

And now, while they are turning to go, he realizes what a clumsy boor he must seem to be—how ill-bred they must think him. How annoying these little unexpected problems can be! How aggravating to be taken off one's guard! It must be a wonderful feeling to know exactly what to do and say at all times, under all circumstances.

"Good-bye, I'm very glad to have met you," he says in an effort to cover up his other blunders. Another blunder, though he doesn't realize it! Any well-bred person knows that he made a mistake, that he committed a social error. It is just such little blunders as these that rob us of our poise and dignity—and at moments when we need this poise and dignity more than ever.

What Was His Blunder?

Do you know what his blunder was? Do you know why it was incorrect for him to say, "Good-bye, I'm very glad to have met you"?

What would you say if you had been introduced to a woman and were leaving her? What would you do if you encountered her



again the next day? Would you offer your hand in greeting—or would you wait until she gave the first sign of recognition?

Many of us who do not know exactly what the correct thing is to do, say, write and wear on all occasions, are being constantly confronted by puzzling little problems of conduct. In the dining-room we wonder whether celery may be taken up in the fingers or not, how asparagus should be eaten, the correct way to use the finger bowl. In the ballroom we are ill at ease when the music ceases and we do not know what to say to our partner. At the theatre we are uncertain whether or not a woman may be left alone during intermission, which seat the man should take and which the woman, who precedes when walking down the aisle.

Wherever we go some little problem of conduct is sure to arise. If we know exactly what to do or say, the problem vanishes. But if we do not know what to do or say, we hesitate—and blunder. Often it is very embarrassing—especially when we realize just a moment too late that we have done or said something that is not correct.

Are You Sure of Yourself?

If you received an invitation to a very important formal function to-day, what would you do? Would you sit right down and acknowledge it with thanks or regrets, or would you wait a few days? Would you know exactly what is correct to wear to a

formal evening function? Would you be absolutely sure of avoiding embarrassment in the dining-room, the drawing-room, when arriving and when leaving?

Everyone knows that good manners make "good mixers." If you always know the right thing to do and say, no social door will be barred to you, you will never feel out of place, no matter where or with whom you happen to be. Many people make up in grace and ease of manner what they lack in wealth or position. People instinctively respect the well-bred, well-mannered man and woman. They are eager to invite them to their homes, to entertain them, to introduce them to their friends.

Do you feel "alone" at a social gathering, or do you know how to make yourself an integral part of the function—how to create conversation and keep it flowing smoothly, how to make and acknowledge introductions, how to ask for a dance if you are a man, how to accept it if you are a woman?

Famous Book of Etiquette in Two Volumes, Sent Free for 5 Days' Examination

You have heard of the Book of Etiquette, of course. Perhaps you have been wishing that you could see it, examine it, read one or two of the chapters. Perhaps, even, you have had a secret desire to have your very own little problems solved for you by this famous, authoritative work.

Here is your opportunity to read, study and examine the complete, two-volume set of the Book of Etiquette absolutely without cost. For 5 days you may keep the set and examine it at our expense. Read the chapter on wedding etiquette, on the bride's trousseau, on speech, on dancing. Don't miss the chapter called "Games and Sports," and be sure to read about the origin of our social customs—why rice is thrown after the bride, why black is the color of mourning,

why a tea-cup is given to the engaged girl.

You be the judge. If you are not thoroughly delighted with the Book of Etiquette, if you do not feel that a set should be in your home—in every home—just return it to us and the examination will not have cost you anything.

Surely you are not going to miss this opportunity to examine the Book of Etiquette free? We know you are going to clip and mail the coupon at once.

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When the Book of Etiquette arrives, glance at the illustrations, read the introduction, read a page here and there through the books. Look up and solve the little problems that have been puzzling you. Within the 5-day free period decide whether you are going to return the books without obligation, or keep them and send us only \$3.50 in full payment. Remember this is not an order—it is merely a request for free examination.

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Learn it! Use it! It is the most important thing for you to know—the greatest money-making power you can possess

WHAT you want to know—what everybody wants to know—is how to make people say "yes."

It is the big thing we are all trying to do. It is the *one* great secret of success.

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And there are only *two* methods you can use in making people say "yes"—*talking and writing*. Therefore, it is perfectly plain that a knowledge of effective English—forceful language—*powerful, persuasive, positive* words—is of the utmost importance to every man and woman who is ambitious to *forge ahead and make more money*.

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The scientific way of using English in a way that makes people say "yes," has been discovered, after years of study by Frederick Houk Law, Ph. D., the prominent New York teacher, lecturer and writer in subjects relating to the practical use of the spoken and written word.

This important, new work of Dr. Law's—the biggest thing he has ever done—makes it *easy and interesting* for you to learn how to use English that makes money—how to talk and write scientifically, using *clear, positive, persuasive* language instead of *weak, hazy, negative* language.

And the very minute you learn this important secret, you will become a more powerful person, capable of influencing others and earning more money, no matter what your daily task may be.

Clip The Coupon

It is, of course, impossible to tell you, in the small space of a magazine advertisement, all about the many immensely important benefits that are sure to come to you, in every activity of your life, just as soon as you have learned Dr. Law's *simple, practical and scientific* method of using the English language in *talking and writing* in a way that makes people say "yes" instead of "no."

Therefore, we have prepared a booklet entitled *The Secret of Making People Say "Yes,"* a copy of which may be secured by you if you will simply sign and mail the "Free-Book Coupon."

This booklet will be a revelation to you. You will find it one of the most *surprising and fascinating* things you ever read. It will show you a *sure way*—and an *intensely interesting way*—to advance more rapidly—make more friends—make more money—become more popular—achieve greater prominence—win the admiration and regard of those you care for.

It will show you how to multiply your power of accomplishment by multiplying your ability to persuade others to do what you want them to do. It gives you the power of *conviction and persuasion*, which is the real secret of success.

Takes Only A Minute

If it were necessary for you to take a week off in order to get a copy of *The Secret of Making People Say "Yes,"* it would pay you well to do it. But it isn't. A minute's time and a postage stamp is all that is required.

Don't let the ease with which you can obtain this valuable booklet cause you to underestimate its value.

There is no way of measuring in advance the immense value to you of Dr. Law's secret of getting people to do the things you want them to do. But by showing you how to uncover greater opportunities—handle bigger deals—make more sales

—get a better position—*increase your salary*—it will quickly prove to you that it is the most valuable booklet you ever got for nothing, and that in mailing the coupon you took a *sure step* toward greater *personal, social, business and financial* achievement. Independent Corporation, Dept. BE-1731, 15 West 37th St., New York.

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Gentlemen: Please mail me at once—without expense or obligation of any kind—a free copy of your booklet, *The Secret of Making People Say "Yes."*

Name.....

Address.....

..... Strength 11-22
(The world makes way for the man who says, "I will.")

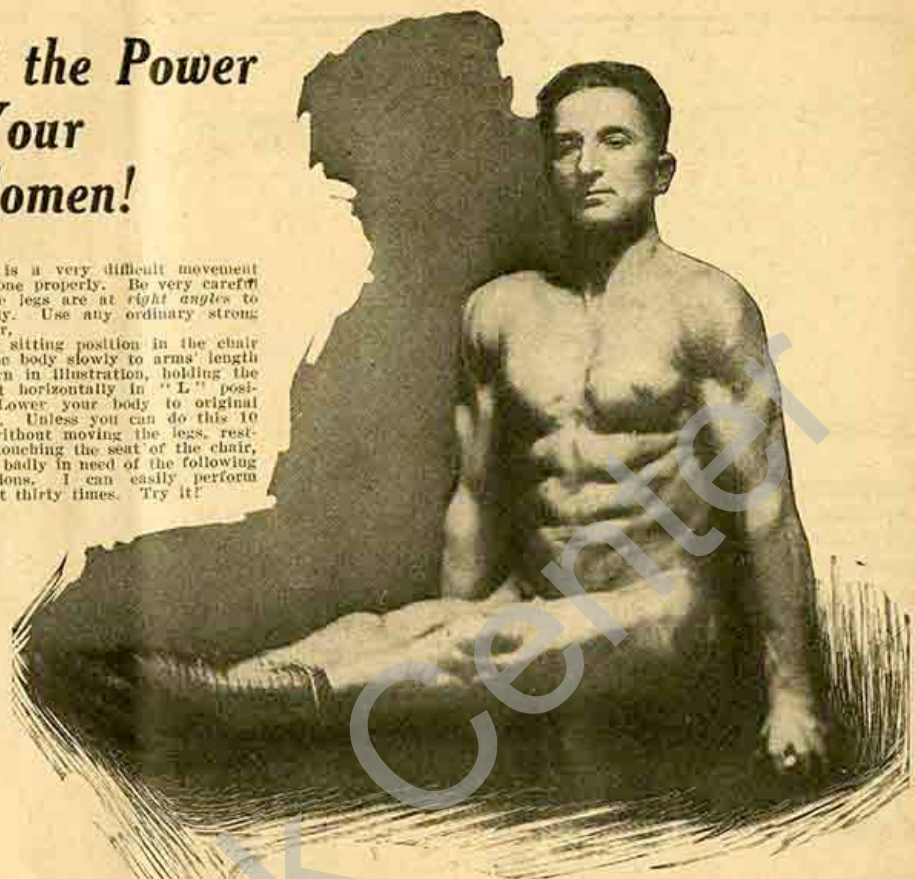


Whether the answer is "Yes" or "No" depends on what you say and how you say it.

Test the Power of Your Abdomen!

This is a very difficult movement when done properly. Be very careful that the legs are at right angles to the body. Use any ordinary strong armchair.

From sitting position in the chair raise the body slowly to arms' length as shown in illustration, holding the legs out horizontally in "L" position. Lower your body to original position. Unless you can do this 10 times without moving the legs, resting or touching the seat of the chair, you are badly in need of the following instructions. I can easily perform this feat thirty times. Try it!



Are you making the most of your strength?

THOUSANDS of men and boys with powerful biceps, thighs and legs are not making the most of their Strength because they have not yet learned the secret of a powerful abdomen.

Science discovered long ago that the condition of a man's midsection had more to do with his all round strength and general fitness than any other part of his anatomy. Big bulging muscles are a wonderful asset to any one, but unless they cover one's *entire* body you cannot do them justice. Practically all feats of Strength require that the muscles of the abdomen co-ordinate with those of the legs and arms, yet very few courses of physical education pay them more than casual attention.

As you will see from the above photograph, which I had taken for one of my articles in *Physical Culture Magazine*, the muscles are developed to a remarkable degree. If you could meet me personally you would know how powerful they really are—how when contracted they appear just as hard as the ribs. It is to these muscles that I must give most of the credit for the many feats I perform.

Most people are surprised when I tell them how I attained this wonderful development. Yet, it's a simple logical method that will enable any one to increase their general fitness 100% and make their abdomen many times as powerful as at present. I used no weights or apparatus of any kind, and the only reason I ever go to a gymnasium is to practice "stunts" or meet friends. Yet, many mistake me for a finely trained boxer, when, as a mat-

ter of fact, the only training I do is a few minutes each night at my home.

The amazing development my method has enabled me to attain so easily and the great strength it has brought many of my friends, made it easy for the publishers of **STRENGTH** to persuade me to publish it for the benefit of their many readers. This advertisement is my invitation to you to find out just exactly how much stronger and healthier you will be thru following the instructions in my course, "**ABDOMINAL CONTROL**."

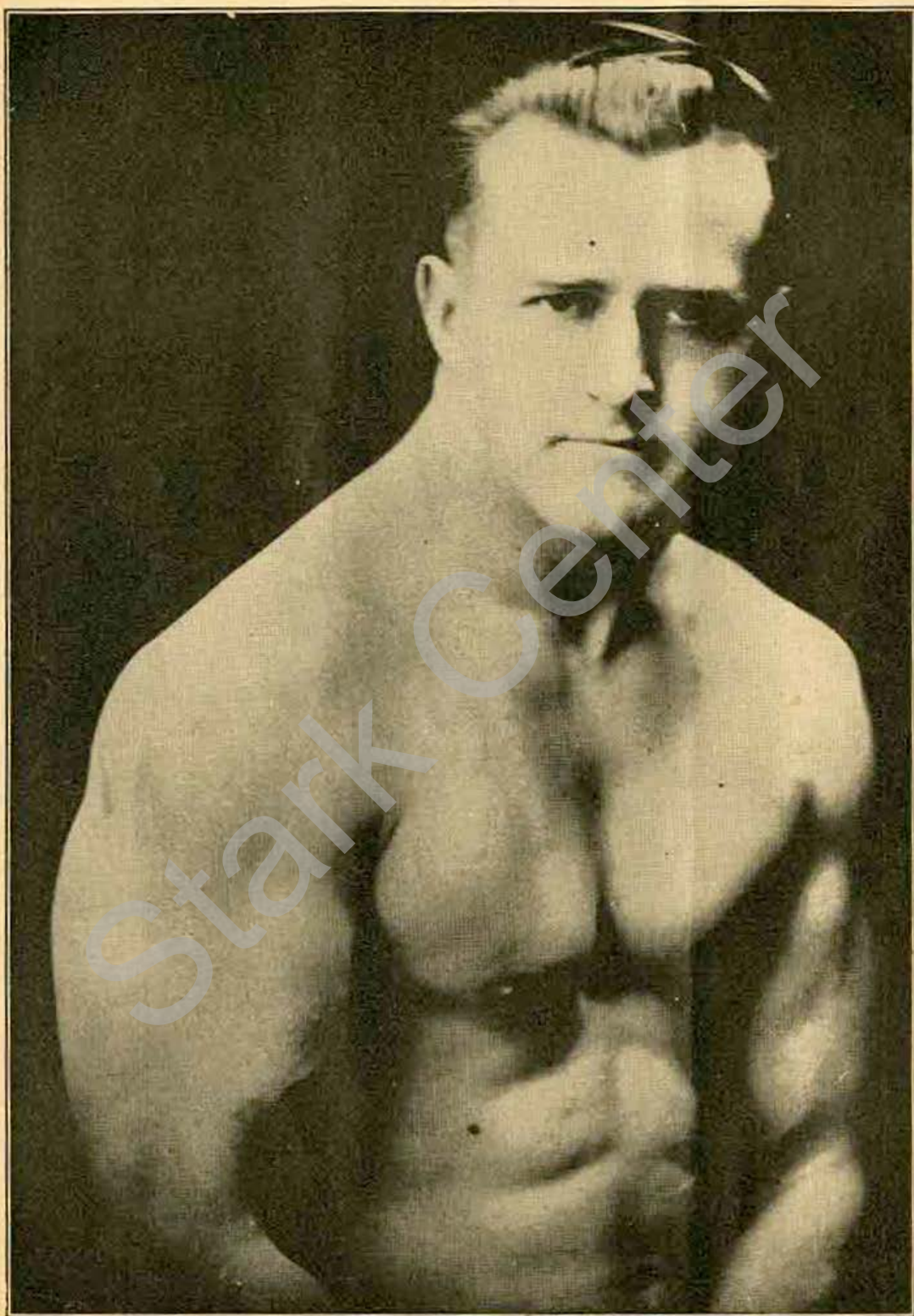
I honestly believe that "**ABDOMINAL CONTROL**" is better than any course of physical instruction ever published. It is so very easy to follow the instructions and they take up so little time that the results will surprise you. It will enable you to accomplish things which are now impossible, it will make you exceptionally strong, it will enable you to overcome indigestion, thinness, vital depletion, skin disorders, round shoulders, weakness and many other ailments.

Every one who really cares to have a strong, beautiful body and perfect health should take advantage of this opportunity to secure a copy of "**ABDOMINAL CONTROL**" at the present low price. It will be sent anywhere upon the receipt of \$2.00 cash, check or money order; all charges prepaid.

JOHN M. HERNIC

73 W. 49th St.

New York City



Start the New Year Right

Will 1923 Bring Success or Failure?

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

I Will Give You Wealth— Health and Happiness

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

I Challenge the World

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

Send for My New 64-page Book

"MUSCULAR DEVELOPMENT"

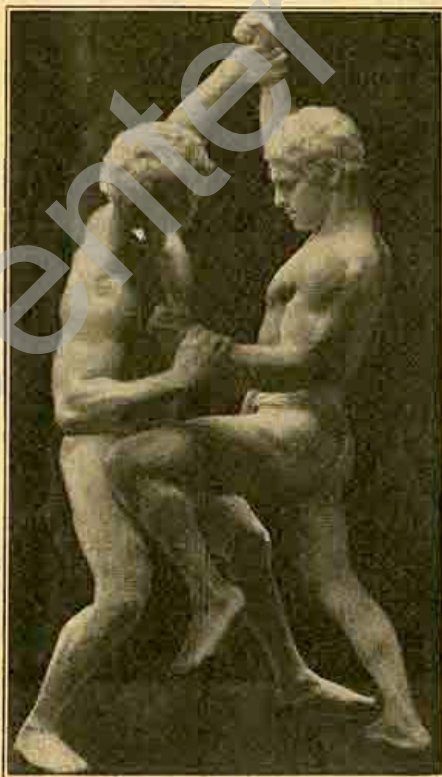
It Is Free

It tells the secret. It contains dozens and dozens of full page photographs of myself and some of the world's best athletes whom I have trained. Also contains full particulars of my splendid offer to you. This book will be an impetus and inspiration to you. It will interest you from cover to cover. This valuable book and special offer will be sent on receipt of only 10 cents, stamps or coin, to cover cost of wrapping and mailing.

Don't miss this opportunity. Sit right down now and fill in the coupon. The sooner you get started on the road to health the easier it will be to reach perfect manhood. Don't drag along one day longer—mail the coupon today.

EARLE E. LIEDERMAN

Dept. 701, 305 Broadway, New York City



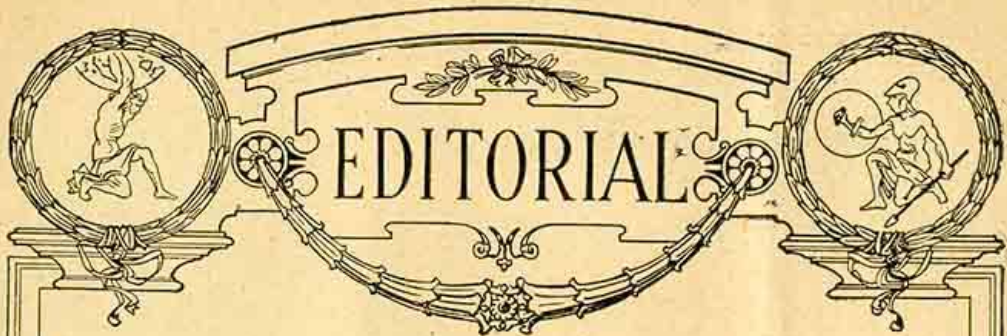
EARLE E. LIEDERMAN (left) and one of his pupils in an interesting statue pose.

This is one of the many attractive illustrations appearing in Mr. Liederman's 64-page book, "Muscular Development."

Earle E. Liederman,
Dept. 701, 305 Broadway, N. Y. City.

Dear Sir: I enclose herewith 10 cents, for which you are to send me, without any obligation on my part whatever, a copy of your latest book, "Muscular Development." (Please write or print plainly.)

Name
Street
City State



The Founders of Athletics in This Country

EVERY year 25,000 people attend the Penn Relay Carnival in Philadelphia. An equal number go to see the finals at the Inter-Collegiate Track Meet. Dozens of other inter-club, inter-college, A. A. U. and Y. M. C. A. athletic meets attract spectators whose numbers must run into the hundreds of thousands.

The next time you go to one of these meets, either as a spectator or competitor, raise your hat to the memory of the man who put athletics on the map in this country.

Recently we published an article on "FATHER BILL CURTIS"; one of the greatest of athletic pioneers.

"The Father of American Athletics"

A FEW weeks ago we received a notice of the death, in Brooklyn, of the famous HENRY BUERMAYER, a contemporary of Curtis, and widely known as "The Father of American Athletics."

Mr. Buermeyer was born in 1838 and made his debut as an athlete at the age of ten, when he competed in a swimming race. At the age of sixteen he won a long distance sculling race, and when eighteen he was adjudged the best all-around athlete in New York.

Even the Civil War did not interrupt his athletic activities. He served throughout the war, but found time to become the boxing champion of his regiment.

A few years later, Buermeyer, Curtis and others founded the New York Athletic Club. In 1872 he won the first 100-yard championship. He earned countless victories in sprinting matches, and his class, both as a runner and as a scrupulous amateur, is shown by the fact that he once declined to be credited with a mark of $9\frac{1}{4}$ seconds for the "hundred" on the ground that he did not think he had run that fast.

An All-Round Man

BESIDES his running, swimming and rowing victories, Buermeyer won *championships* at gymnastics and at shot-putting, lifting and boxing. In his youth he had the ideal combination of speed, strength, endurance and courage. His performances in any one line of athletics would have satisfied the average athlete, but his aim was all-round excellence.

No sport was too strenuous for him, and no exertion could exhaust his mighty frame. As a young man he made a dead-weight lift of 1250 pounds, and when he was over seventy years old he could still "put up" a 100-pound dumbbell in each hand.

"There Were Giants in Those Days"

WE have often wondered whether the past generation was stronger than ours. Certainly the athletes of 50 years ago did an amount of athletic work that would horrify the modern trainer. And since Curtis died of an accident in his "sixties", Buermeyer lasted to the age of eighty-four, and several of his contemporaries lived almost as long, we must conclude that their terrific and continued exertions did not cause "athletic heart" and that they are a striking disproof of the belief that "all athletes die young."

Athletics for the Love of It

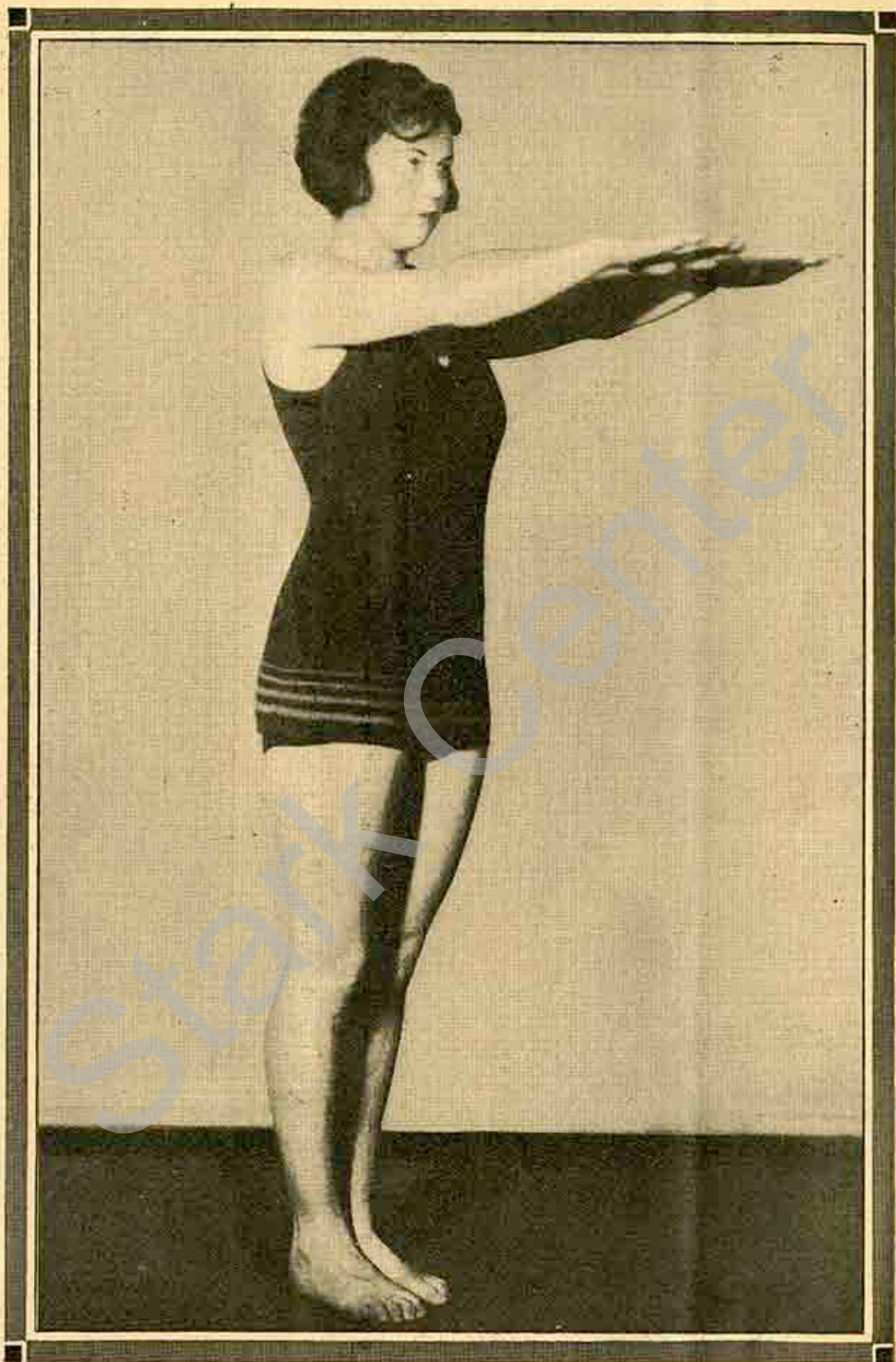
PIONEERS like Curtis and Buermeyer competed solely for the love of the game. In their time there were no huge, cheering audiences. There was no newspaper publicity nor any nationwide fame for the winners of athletic contests.

Even as late as 1883 there was no such thing as organized amateur athletics.

Dr. Randolph Faries (whose article on "Catarrh" appears in this number) was president of the Inter-Collegiate Athletic Association in 1888 and 1889, and he won the Inter-Collegiate Mile Championship in 1884, 1885 and 1886. He recently told us that in his time the University of Pennsylvania track team consisted of four men, who bought their own equipment. Every day they walked several miles, so they could practice on a horse-racing track. Each of them contributed a few dollars a week to pay for the services of a professional trainer, for athletics were not recognized nor supported by the University authorities.

There was simon-pure amateurism for you!

No wonder that there were so many record makers among the athletes of that period.



MISS GERTRUDE ARFELT, champion swimmer and "America's most perfectly formed woman," whose articles on "Improving the Figure" and "Reducing Weight" will appear in early numbers of **STRENGTH.**

The Value of Muscular Development

By J. Leonard Mason

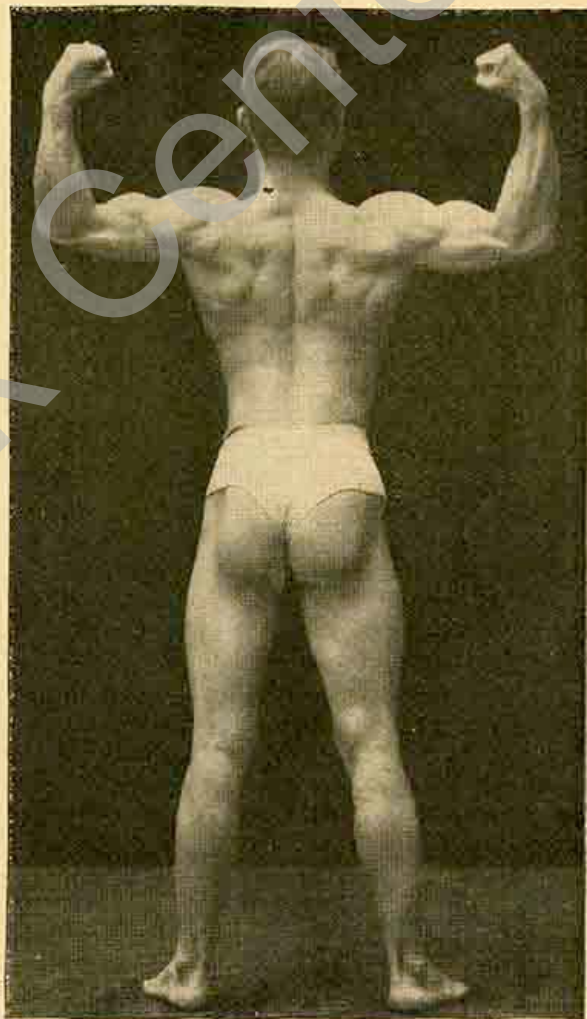
"A man cannot do his best life's work unless he is in the best possible physical condition." Many of our great leaders, among whom were Washington, Lincoln, Webster and Roosevelt, were all extraordinary athletes in their time.

They were strong in body, in mind and in spirit, and were universally admired for this. Their strong bodies gave them the power and endurance to do the great things for which their names will remain forever in the annals of history!

THERE still exists in the minds of some people the idea that muscular strength is of value only to the professional athlete. Others believe, in a more or less vague way, that a good muscular development is a help even to the person of sedentary occupation—but they make no effort to exercise regularly. Anyone who is being deterred from this by thinking that it requires too much time should read Nicholas Campion's article in the September number of STRENGTH in which he states:

"During the past five years I have averaged from ten to twenty minutes' exercise per week and I am just as strong as I was five years ago—if anything, a little stronger.

"Now the point I want to impress on you is this: You do not have to keep everlastingly at it in order to keep strong and healthy. Any man or boy who is willing to devote a half hour or so every other day to the right kind of exercise, and to continue this for three or four months or perhaps a year, until he has built a good, solid physique as a foundation, can virtually 'retire'



Dr. Eliason. Note his remarkable back development

and draw dividends from this for the rest of his life."

There is no doubt but what Mr. Campion enjoys exercise and that he knows from experience how to value the results attained thereby.

This is the point which I want to make clear; namely, that a man cannot do his best life's work unless he is in the best possible physical condition.

There is real joy in muscular effort, and in the accomplishment of physical feats, yet this is not the greatest value nor the chief end.

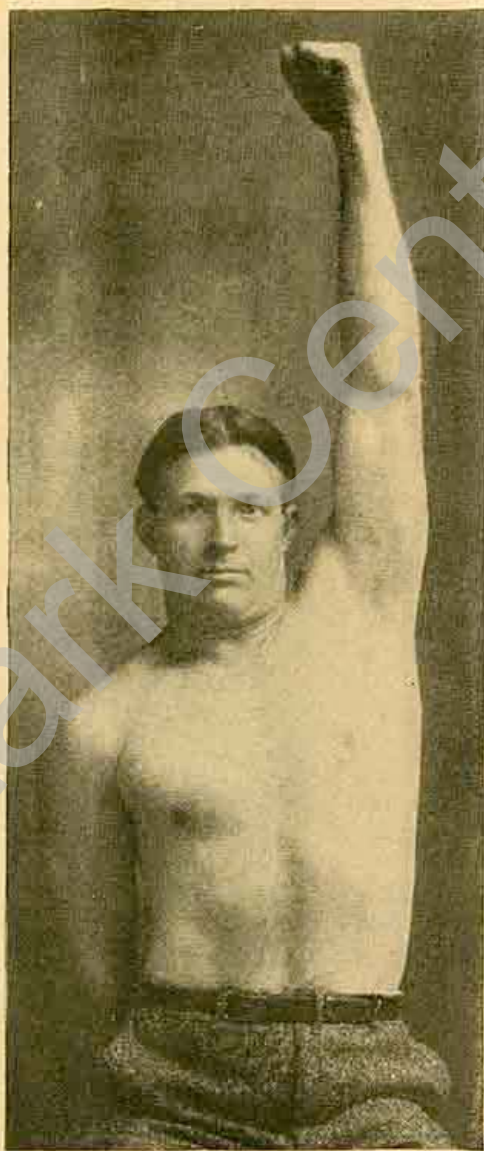
Theodore Roosevelt was a most forceful, hard-working president. Few men have had the lasting power, the endurance, he possessed. This was very largely due to his habits of regular physical exercise. His ideas of making the means serve the end is well expressed in one of his letters to his son "Ted" who was then in Groton school. He wrote: "I am glad you should play football; I am glad that you should box; I am glad that you should ride and shoot and walk and row as well as you do. I should be very sorry if you did not do these things. But don't

ever get into the frame of mind which regards these things as constituting the end to which all your energies must be devoted, or even the major portion of your energies."

He wanted his sons to be strong physically because he knew from his own experience that it would make them better men and better citizens.

Never in the world's history has there been a time when strong leaders were more needed in every walk of life than today. The weaklings can not do much. A strong mind and spirit is to be admired even in an unavoidably weak body but when the body, mind and spirit are strong we have a man indeed!

Such men were Washington, Lincoln and that great American Statesman Daniel Webster. These men were all extraordinary athletes. Of Webster it is said: "The mere look of the man and sound of his voice made all who saw and heard him feel that he must be the embodiment of wisdom, dignity and strength. He was a capital wrestler and often, when his two sons had become men, he would challenge

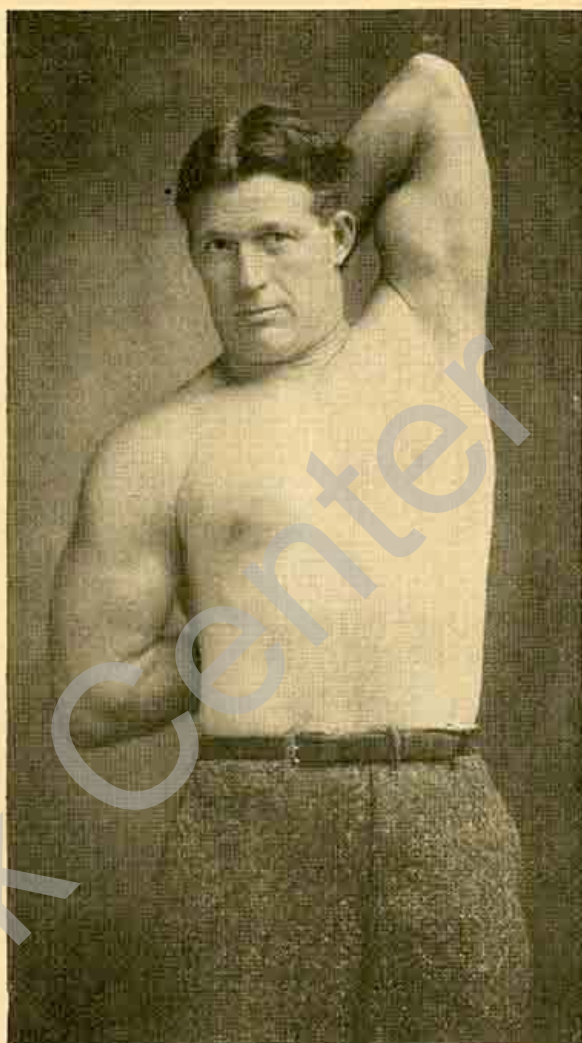


Exercise 1. Raising the arm sideways to straight overhead position, reaching as high as possible. Repeat as many times as strength will allow

them to wrestle; and could readily throw either of them."

When the writer was physical instructor at the University of Pennsylvania from 1905 to '07 there was one medical student in particular who attracted his admiration on account of his all-around athletic and gymnastic ability and splendid muscular development. This man was Eldridge L. Eliason who had won his Y for more than one major sport while at Yale and later continued his gymnastic training vigorously at the University of Pennsylvania gymnasium while getting his medical degree. That was some years ago and Dr. Eliason has become one of the busiest and most successful surgeons in Philadelphia. But he still keeps up his exercise regularly. He says: "There is nothing so refreshing after a hard day's work than vigorous exercise up to the perspiration point. Follow this with shower and rub down and the fatigue due to continued concentrated work will disappear. Regular exercise keeps one fit for the most demanding day's work." The photo of Dr. Eliason's remarkable back development shows the physical power of the man. There can be no wavering or lack of control when such a man holds a surgical instrument.

There are many other instances of men whom I knew as students whose later success in life is largely due to their strong physiques. One should not attempt to prescribe physical exercises for an individual without considering occupation and daily habits of living. Remember the story of the man who went to the doctor for advice regarding his health? "Sir," said the doctor, "you must be out of doors more, walk and see more people. What is your occupation?"



Exercise 2. Raising left shoulder and pulling down the right by grasping hands in back or attempting to do so. Repeat a number of times, relaxing between each effort

"I'm a postman," replied the man. Of course the doctor would have been right in ninety-nine times out of a hundred so far as his walking prescription was concerned. Desk workers would profit much by walking a reasonable distance to and from work daily, especially if a good position is kept with chest carried high, chin firm, shoulders square while breathing deeply. Those whose business requires much mental strain should get as much recreation from exercising as

possible. Golf is splendid, but more continued muscle action is needed, such as specific abdominal exercises, repeated many times, and volley ball playing up to the perspiration point. Then follow with shower bath and rub down. The warm and cold showers have a fine tonic effect on the nerve centers.

Among the most common physical defects is the low shoulder. This is generally accompanied by a slight spiral curve and an unevenness of the hips. Such a condition may become serious if not corrected. A man of thirty-five years with a decidedly low left shoulder, spinal curve and uneven hips reported recently for corrective exercise. This condition was due to a long continued habit of carrying one or several books

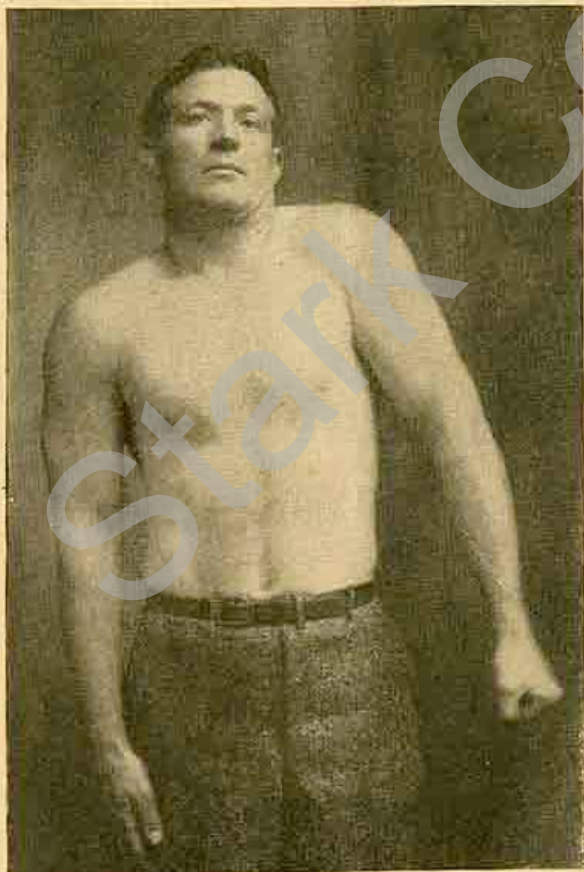
high up under the right arm, allowing the left arm to swing low with a general drooping forward of the trunk. (His work demanding carrying a book much of the time.) Fortunately this condition was only muscular as the bony structure had not become affected. At the end of a month's daily exercise this man built up his low shoulder, straightened his back and acquired a good walking and standing position. First of all he was placed in a correct standing position in front of a long mirror and shown the contrast from the poor position. He also got the "feel" of standing properly. He was advised to reverse the habit of carrying his book under the right arm to the left side.

Several of the specific exercises given to raise the low left shoulder are shown in the illustrations. These would be reversed in the case of a low right shoulder. Each movement is done ten times, twice a day, for four or five days and increased up to thirty or fifty times, as muscular strength and endurance increases. It is obvious that doing these exercises with strong contractions and high stretching will accomplish far more than with a listless, half hearted manner.

Besides the movements illustrated, abdominal exercises were included to correct a weak and flabby condition of these parts.

Those who labor with their muscles may profit by the practice of exercises which bring into play muscle groups that are not used in the day's work.

One's work rarely gives an even muscular development. It generally cramps or over-develops some muscles while leaving others under-developed or stretched. The farmer who spends much time bending over the hoe and rake often has a round back and stooped position. Perhaps this is somewhat helped

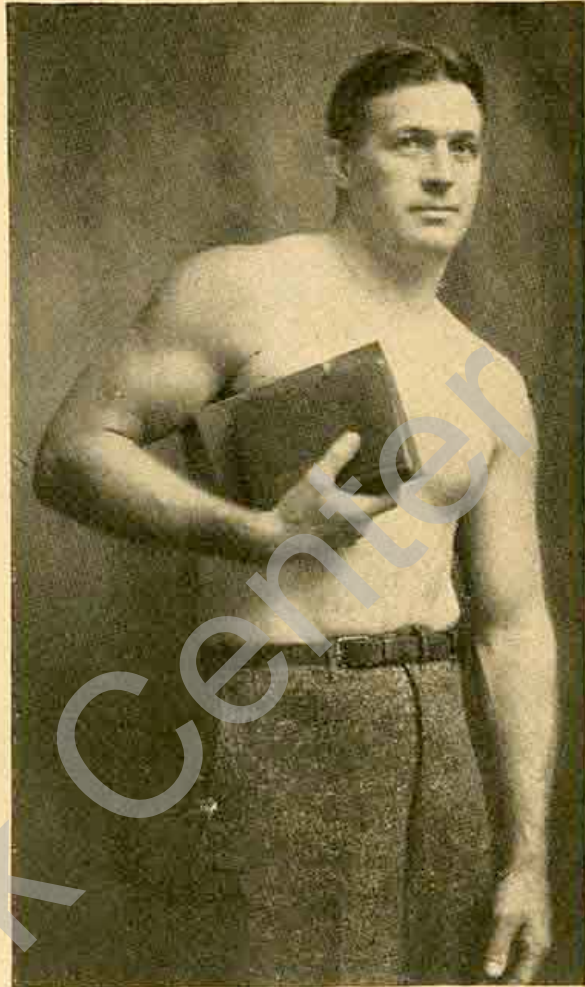


Exercise 3. Raising or shrugging the low shoulder with forceful strong contraction. This exercise can be repeated from 25 to 50 times

by reaching up and picking apples in apple season. But the man or woman working constantly over a machine has less change of position than the farmer.

Mechanics need to keep the elasticity of the chest walls and alleviate the tendency to cramp the vital organs through long continued contracted positions. A few exercises taken each day in which the arms are raised overhead and held far back as they are lowered will expand the chest and raise the ribs. A good Y. M. C. A. gymnasium or an athletic club, where the chief sport is not poker playing, is a fine place for a young mechanic to frequent.

How often we have been impressed by the vast throngs in our great cities. Each individual seriously concerned first of all with getting a livelihood. Then the desire for greater success; to possess home and happy family. Ambition is born and the fight to get ahead in the world is begun. We take account of stock to find out where we stand; what our chances are. Education, training, experience, bank account, friends, character, health and strength—all are factors to be weighed and measured for their value in the game of life we all have to play. And I want to emphasize the value of health and strength through muscular exercise and rational living. You cannot neglect these without serious handicap; with them you can face defeat after defeat and smilingly try again. Strength; bodily strength and vigor gives confidence, determination and courage so long as life lasts. It is a most precious possession and every man, woman and child in this great nation should be taught to so regard it.



The habit of carrying books continually under the right arm, allowing the left to hang low, causes uneven shoulders; the left being distinctly lower

The hardest of all things is to make a start. It sometimes takes months to persuade a man to join a golf club, but once he gives the game a trial, no further persuasion is necessary. From a wide experience I know that once you succeed in getting a man to try exercising for development, he soon becomes convinced of its necessity. Never thereafter will he willingly forego the feeling of supreme fitness that comes only from judicious exercises.



GERTRUDE EDERLE, 15-year-old aquatic marvel.

The Newest Mermaid

Only fifteen—she has broken record after record with apparent ease. Gertrude Ederle's rise to fame has been very sudden. Two years ago one scarcely noticed her; one year ago she was only one of the hundred or more promising swimmers. This year she stands out as one of the greatest in the land, and one of unlimited prospects. In September she broke six records in one single race—the 500 meters!

300 yds. in 3.58 $\frac{2}{5}$; 400 yds. in 5.22 $\frac{2}{5}$; 400 meters in 5.53 $\frac{1}{5}$; 440 yds. in 5.54 $\frac{3}{5}$; 500 yds. in 6.45 $\frac{1}{5}$; 500 meters in 7.22 $\frac{1}{2}$.

By **Thelma Kenyon**

SHE was born with the gift of laughter—this blue-eyed, tawny-skinned, bobbed-haired daughter of Neptune. She was born with the love of the outdoors and violent uses of her lithe muscles. She adores baseball and wrestling and swimming. She knows the value of a poker hand, and can shake as wicked a knee in the toddle as any professional dancer. Yet, though she is only fifteen years old, she is holder of a number of world's swimming records, and her name is Gertrude Ederle.

Young Miss Ederle's rise to fame has been meteoric. Two years ago she had not known the thrill of seeing her name in print coupled with laudatory adjectives that made her blush with pride. A year ago she was only one of a hundred or more promising girl swimmers. Today she stands out as one of the greatest in the land—certainly the one with the most brilliant prospects.

Her name is linked with that of Ethelda Bleibtrey, Bessie Ryan and Gertrude Artelt, and several other brilliantly gleaming stars in the firmament of sport. And she is from six to ten years younger than those famous swimmers. Scarcely more than an adolescent, she has broken record after record with apparent ease.

Gertrude Ederle started swimming in 1918, when she was eleven years old—using the "doggy paddle" to work her way through the water. Within a year

she was a member of the 400-yard relay team that set a new world's junior record.

Even that triumph did not set any particular championship aspirations burning in Gertrude's breast. Her school work and duties about the house kept her too busy for that. The Ederle family had a summer home at Highland, N. J., on the Shrewsbury River, and after the fun of the summer the youngster could not content herself with being athletically idle during the cold months.

So, with her father's consent, she joined the New York Women's Swimming Association, and there came under the critical eye of L. deB. Handley.

That was the best bit of luck that young Gertrude had encountered up to that time. Handley was a brilliant swimmer in his day, and when he gave up that competition he became equally well known as an instructor. He took her in charge and out of a promising kid made a brilliant performer.

Gertrude swam her first real race at the People's Palace in Jersey City early in 1921, and utilizing Handley's instructions, she won it. With that victory came a sudden desire to acquire others.

In those days she was a sprinter, pure and simple. The longer distances had not attracted her, and Handley advised against them then because of her immaturity. In the summer of 1921 she swam fifty yards in $30\frac{1}{2}$ seconds, a mark equal

to that which won the national senior women's title. She had then barely touched fourteen. At the same time she did the hundred yard dash in $1.08\frac{2}{5}$, the fastest time ever made by a girl under fifteen.

Still she wasn't hailed as a wonder, because other girls of immature age were monopolizing the spotlight. Helen Wainwright, almost as young as Gertrude herself; dainty little Aileen Riggin, who at the age of eleven years, had won a place on the Olympic team, and Helen Meany, at sixteen, rated as the greatest fancy diver among all the wonderful mermaids gathered at Antwerp, were in the forefront.

Even when Gertrude Ederle began to attract national attention some of her just dues were distracted because of the flurry over the performances of little Ethel Baker, the twelve-year-old, who had placed in the fifty-yard women's title swim, and had covered the two-twenty distance in better time than the winner

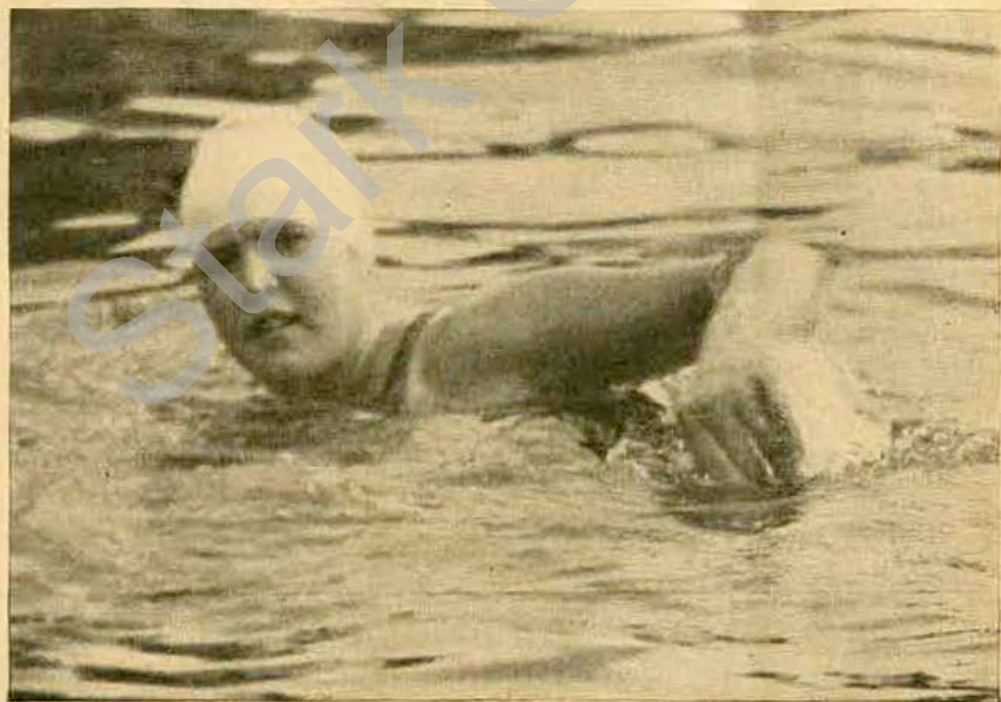
of the women's indoor championship.

But that didn't bother Gertrude. She continued on the even tenor of her ways and forced that admiration that had appeared so reluctant in coming to her.

Last summer she won the 220-yard free style high school title, setting a new record at that distance, and captured several other junior championships.

Still a member of the New York Women's Swimming Association and a student of L. deB. Handley, she entered the three-and-a-half mile Day Cup race over the Manhattan-Brighton Beach course. She opposed some magnificent swimmers in that race, including Helen Wainwright and Hilda James, the British star. No one expected her to win. Even her mates did not concede her a single chance.

As a matter of fact, her club named her fourth among its entrants, and most of them told her that she would do well to finish at all, since she was a sprinter and not a distance swimmer.



Miss Ederle racing toward the finish of the 500 meter which she made in $7.22\frac{1}{2}$. Six international standards fell beneath her strokes

But young Gertrude Ederle fooled them all. She not only won the race, but set a powerful pace all the way, and to the astonishment of everyone finished at a 100-yard clip, strong and apparently able to go farther. True, she did not set any record, but the way in which she showed her heels to some of the best swimmers in the game was a tremendous boost for her and a vindication for her teacher, Mr. Handley.

It was not until September 5th that Gertrude made it known that her name would go down in swimming history with that of Olga Dorfner, Ethelda Bleibtrey and the other fame-starred mermaids. It was in a 500-meter race—a race that, by the way, also included as entrants Helen Wainwright and Hilda James—that Miss Ederle set the sporting world aflame with praise of her.

The fact that she, a fifteen-year-old, was able to beat Miss Wainwright by twenty and Miss James by forty yards should be enough to turn the head of almost any youngster. But that was the smallest part of her performance.

Gertrude Ederle did nothing less than break six world's records in that single race.

Six of them!

That is a record in itself.

And this is the way she did it.

	New Record.	Old Record.
300 Yards	3.58 2/5	4.08 3/5
400 Yards	5.22 2/5	6.02 3/5
400 Meters	5.53 1/5	6.16 3/5



Miss Helen Wainwright, another sixteen-year-old aquatic marvel of New York

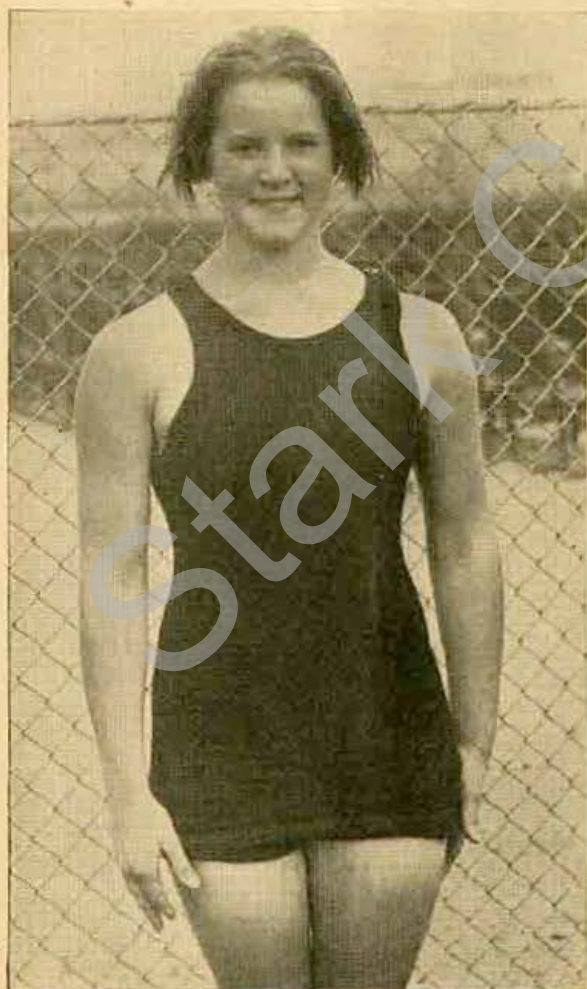
440 Yards	5.54 3/5	6.16 3/5
500 Yards	6.45 1/5	7.06 1/5
500 Meters	7.22 1/5	7.31 1/5

The 300-yard and 400-meter records had been made by Miss James, who was defeated in that race. The old 500-yard record was set by Fanny Durack, the Australian fish-girl, and the 500-meter of Miss McGary. To break all of these was the biggest triumph that any girl swimmer in the world ever set to her credit.

Our slim, attractive little heroine isn't going to rest on those laurels, either. She will be heard from during the indoor season in New York, and it is possible that she, as Gertrude Artelt did last winter, will seek to astound the deep water swimmers of the South with exhibitions of her skill during the cold weather.

Gertrude Ederle is five feet six inches tall, and weighs 135 pounds. She is considerably smaller than a number of her competitors. Gertrude Artelt, you remember, stands some four inches taller, and is twenty or twenty-five pounds heavier.

Though she has no such rating as an all-around athlete as Miss Artelt, Miss Ederle can keep the pace at baseball and ice-skating and other outdoor sports with her brothers. She likes a good boxing or wrestling match. As a matter of fact, any contest that brings muscular skill into play fascinates this blue-eyed girl, who was dubbed "tom-boy" in her youth.



A close-up of Miss Ederle after she smashed six world's records

The sporting page rather than women's page is the newspaper magnet for her attention.

Miss Ederle has no particularly strenuous method of training for her races. She believes in keeping in condition at all times.

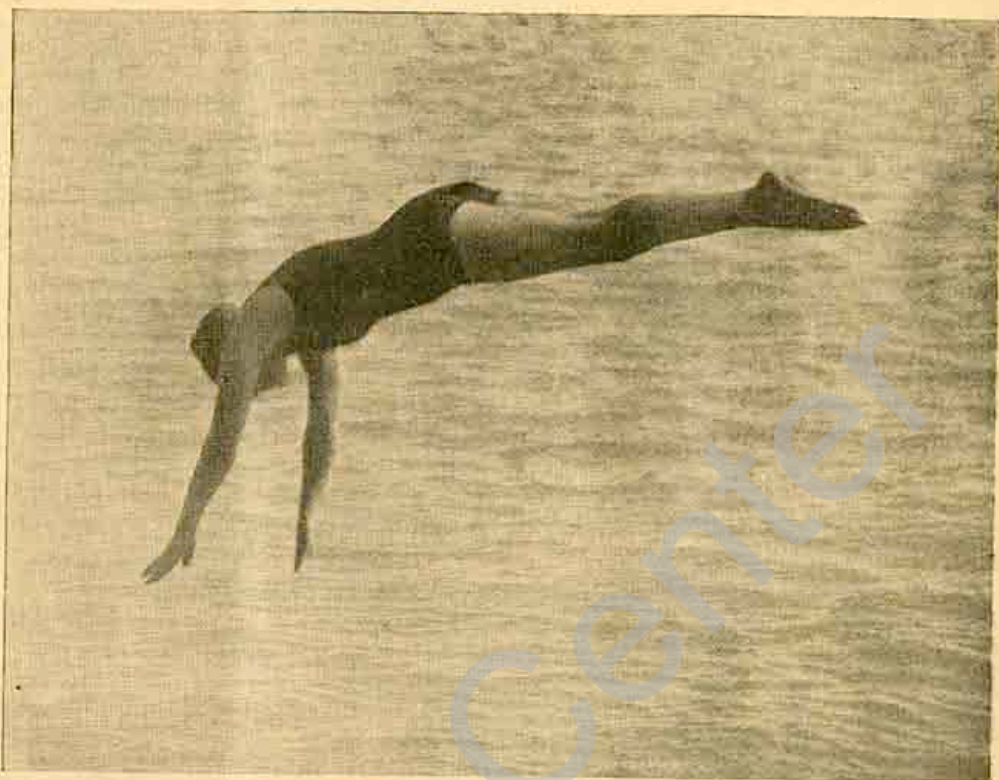
In the morning she is up at seven o'clock and exercises for fifteen minutes before an open window. Then she rests ten minutes before eating breakfast, which is always more or less of a simple meal. Her athletic commandments are plenty of sleep, and exercise in the open air—a program that will keep anyone in health, by the way.

Like other girls, she is fond of sweets, though not so much so as Gertrude Artelt, who would rather eat a pound of candy than almost anything else. She practices steadily, because the routine does not bore her, but is always enjoyable, and the thrill of winning a great race is reward enough for even the most strenuous efforts.

With all her newly acquired fame Gertrude Ederle is just a normal, fun-loving kid of fifteen. She doesn't seek the limelight, and adulation just naturally bores her. She would rather be out skirmishing around a ball field or a swimming pool with a lot of young friends than answering the questions of reporters and seeing her name in the metropolitan dailies.

There was an idea not so long ago that competitive athletics were not good for children just beyond the adolescent period. The success of girls like Gertrude Ederle, Aileen Riggan, Ethel Baker and others, who range from twelve to fifteen years, disproves that.

It is admitted, of course, that long distance running and some of the rougher sports may not be



Helen Wainwright performing a standing straight dive

the best thing, but when a slim young Miss like Gertrude Ederle can beat star swimmers in a three-and-a-half mile race and thrive on such hardy diet the theory must be wrong.

For you never saw in all your life a more bounding specimen of health than this New York girl. There is nothing wrong with her muscularly, organically or mentally. She is just what every mother and father would like their girls to be.

Of course, when she was a kiddie her folks used to taunt her with being a tomboy, but it was that hoydenish desire to romp that testified to her bounding vitality—the vitality that enables her to speed through the water with such incredible ease.

Gertrude Ederle in the water is a picture to remember. She uses the six beat, double trudgeon crawl in her distance swims. Her shoulders are well up on the

surface, her legs thrashing continuously her arms driving hard. You can see that she is going fast, but you don't realize just how fast until you see those other speedy mermaids dropping steadily toward the rear.

Swimming is a sport at which American women seem to particularly excel. Our girls' hockey teams cannot compare as yet with those of England—not because our girls are less physically able than their British sisters, but because they have not yet mastered the teamwork that has been drilled into the Englishwomen over a long period of time.

In golf our little champion, Glenna Collett, and the others of our star players—Alexa Sterling, Edith Cummings, Mrs. Barlow and the rest—compare favorably with the best that the foreign lands can send us, but it is an open question if Miss Collett is as good as Cecil Leitch was in her best days, or whether she is the

equal of Miss Joyce Wethered today.
But in swimming!

It was not so many years ago that the best women swimmers in the world came from Australia. The name of Fanny Durack was one to conjure with, and the lady from the Antipodes was declared to outclass any other woman swimmer in the world. But Miss Durack came to America, to see and conquer, and she went away—conquered. America proved that we had as good swimmers here as there were in world, and since those days the clan has grown.

Nowhere in the world can a finer group of women swimmers be found than in America, and the swimming capitols of our country are New York and Philadelphia.



Miss Aileen Rigger. This sixteen year old's stunts have amazed the aquatic world.

In Philadelphia a single organization—the Turngemeinde—has developed more mermaids than any other swimming association. Olga Dorfner, finest of champions in her day, was a Turngemeinde product, and Gertrude Artelt owes her success to the training she received there.

It is natural that the swimming stars of the country should come from the big cities. It is only in the far South that they can swim outdoors all the year around. In the North it is quite impossible, and only the cities offer the opportunities to swim in large-sized pools.

All-around-the-year swimming is necessary for a champion. A lay-off of even a few months would take the keen edge off a champion's condition, and so swimming in a pool has come to be just as important as out-of-doors work.

This applies particularly to sprint work, but even the distance girls can keep in trim in the big pools that are common in New York and Philadelphia.

There are so many swimming stars among the women now that it is hard to keep track of them. They start at tender years and reach great heights when they are still children. This tendency is not quite so pronounced among the men.

The greatest of other years was Duke Kahanomoku, the Hawaiian, but the Duke was no child when he set his records. The best of our male swimmers today is Johnny Weismuller, who broke all of the Hawaiian's records with such incredible ease. But John is verging on twenty.

Among none of the men swimming champions can we find stars as young as Aileen Rigger or Helen Wainwright or Gertrude Ederle, and the greatest of these at the present time is Gertrude Ederle.

The King of the Amateurs

In his article this month Mr. Calvert wants to assure every man over twenty-five that he is not too old to be benefitted by physical exercise.

He knows of a man sixty-five who added 3 inches to his chest, and $1\frac{1}{2}$ inches to his arm girth.

Look at Mr. Smith's photographs in this article. He started when he was thirty and today he has a physique that the average man can envy.

It is never too late to build up a fine physique; read Mr. Calvert's article and see for yourself.

By Alan Calvert

WHEN is a man too old to be benefitted by physical exercise? You answer that, for I cannot.

I have seen elderly men improve their figures and put on muscle. I have even known a man of sixty-five to add three inches to his chest and one and a half inches to his arm girth.

So it rather annoys me when some young chap of twenty-five or thereabouts says to me, "Oh, yes, I would like to take up exercise. But what's the use? A fellow has to start at that game before he reaches twenty if he wants to get results. I've got my growth and my bones are set. No matter how much I exercise I'd never get any bigger or stronger."

I suppose several hundred men have given me just about that line, and I wish I could get them all together and introduce them to Mr. Roy L. Smith, whose pictures illustrate this article.

I first met Mr. Smith in 1913, when he came to consult me about taking up heavy dumbbell exercise as a means of securing development. He was then thirty years old, a tall, slender man, weighing about one hundred and forty pounds. (He has since reminded me that his chest measured only thirty-six inches and his biceps

about twelve and a half inches at that time. Altogether he was as far removed as you can imagine from the popular idea



Fig. 1. Roy L. Smith, displaying arms that have muscles of the long, smoothly swelling type.

of the weight-lifting type of physique.

The average man has fixed ideas about the build of a man who handles the big bells. He is firmly convinced that a lifter must be stocky, thick-set and with short and very thick arms. He is equally convinced that all lifters are slow, clumsy and muscle bound, and that the muscles developed by lifting are short and lumpy.

As a matter of fact lifters are of all types of physique, from the short-statured, immensely broad man, like Mr. George Jowett, to the tall rangy men, like Mr. Smith—and every variation between those two extremes.

Certainly if there was ever a man who, in his own person, contradicted all the arguments against weight-lifting, it is Roy Smith. In the first place he stands five feet ten and a half inches in height, which most people think is too tall for a lifter, although Mr. Arthur Saxon was just that height.

His muscles are *not* lumpy or "knotty," although when he chooses, he can, like all "strong men," make his muscles stand out in ridges. Instead of being slow he is far more agile than the average devotee of outdoor exercise, and in addition, he is almost as supple as a contortionist.

All his business activities have been within the four walls of an office, in direct violation of the popular conviction that one must exercise outdoors to get growth.

And on top of it all he never trained until after he was thirty—an age at which most men despair of adding anything to their stock of vitality, energy or muscle.

Yet at the age of forty a man is supposed to be in the prime of life; at the very maximum of his physical, mental and vital powers. Let us see what Mr. Smith did with those ten years, for he is now at the end of his "thirties."

In the first place, most of his gains in size were made during the first three years he trained. In the second place, his training has been very irregular. There have been periods of weeks, and sometimes several months, when he has either had no time to exercise, or else has been separated from his beloved weights. But he says that during these periods of enforced idleness, he has never lost any of the gains previously made, and when

he resumed his training his progress in size and strength resumed likewise.

His gains in size have averaged around 15 or 20 per cent. His normal chest, for example, grew from 36 to 44 inches. His upper arm from $12\frac{1}{2}$ to $15\frac{3}{4}$ inches. His forearm from $10\frac{3}{4}$ to $12\frac{1}{2}$ inches.

Years ago a competition for a "best built man" was won by a Mr. Albert Treloar. Here is how Mr. Smith's present measurements compare with those of Treloar, at the time he won his prize.

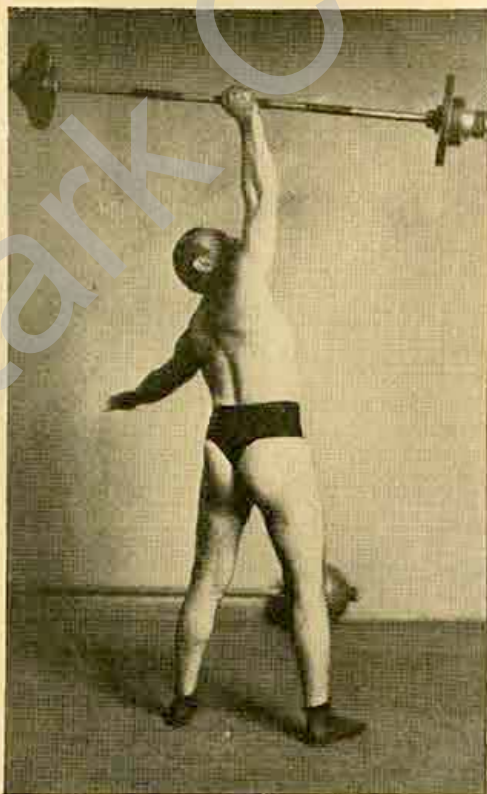


Fig. 2. The completion of a "one-arm bent-press."



Fig. 3. Mr. Smith considers that supporting 600 pounds in this way is hardly worth mentioning.

	Treloar	Smith
Height	5-10	5-10½
Weight	182#	183#
Neck	16	16
Chest—normal	43	44
Chest—contracted	37	37½
Chest—expanded	49	47
Waist	32	34
Hips	37	40
Thigh	24	24
Knee	14¾	15½
Calf	16	15½
Ankle	9½	9½
Arm	13	13½
Elbow	10	11
Arm—flexed	16	15¾
Forearm	12¾	12½
Forearm—flexed	14	13¾
Wrist	7	7½

Mr. Smith is the bigger boned man. I say *is* because there has been a distinct increase in the width of his hips and the size of his wrists, elbows, ankles and knees.

Mr. Smith believes, as I do, that broad hips are as much an indication of power as are broad shoulders.

We are willing to admit that Mr. Treloar *appears* to be the more muscular of the two men. That is because his hips and joints are smaller in proportion to the muscle masses. This is not said in detracting of Tre-

loar's build, because he had (and still has) a beautifully developed and gracefully proportioned figure. I am simply trying to indicate the variation in types, and to explain how Smith's wide hips and large bones help to account for his tremendous physical power.

Here is where we get Mr. Smith's most startling growth. His gains in size average 20% or less, but his gain in *strength* was at least 400%, perhaps more.

I *know* that at thirty years the very best he could do was to "put up" a fifty pound weight with one hand. And if you had asked him to raise four hundred pounds from the ground, he would have been utterly stumped. But at the age of thirty-five he raised 2,250 pounds from the ground in a hip lift, and raised 225 pounds in the one-arm press (see Fig. 8). At thirty-nine he can raise 245 pounds in the one-arm press.

THE STRONGEST AMATEUR

I consider that Mr. Smith is the strongest amateur we have in the country today. I base this, not on his ability to "push-up" heavy bells, (alho I doubt if any of our amateurs can equal him at that), but on his all-around ability. Strong arms are a thing to be proud of,

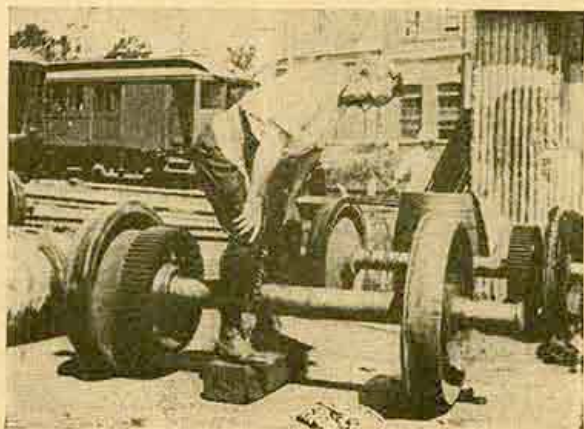


Fig. 4. Mr. Smith makes a "hip-lift" with 2,250 pounds. He raises the weight by straightening his legs.

but arms alone do not make a "strong man."

Strong as are Mr. Smith's arms, his legs are even stronger in proportion, and his back is the strongest of all. I say this after due consideration of his wonderful wrists and shoulders. It is his back, waist, hips and thighs that enable him to put forth his tremendous power. Add to this a solid heart and capacious lungs and you have the sources of his energy.

Mr. Smith formerly lived in Omaha, and after I first met him in 1913, I did not meet him again personally until after he moved to New York about the beginning of 1916. He used to come to our weight-lifting meets in Philadelphia. He was too enthusiastic over the big bells to ever miss a chance to see Nordquest, Matysek and other stars go after records.

His name was familiar to me through our regular correspondence, but he had to re-introduce himself when I met him again, as I never would have known him for the same man I had met three years before.

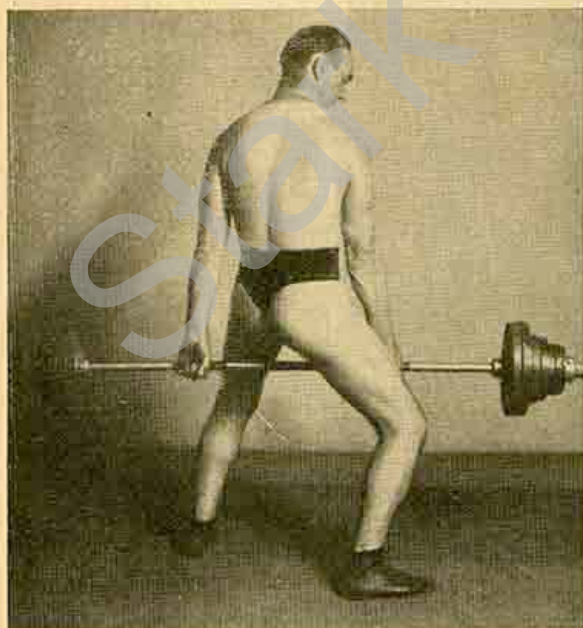


Fig. 5. The exercise which develops the leg strength necessary in hip-lifting.

For a couple of years I saw him frequently, but after 1917 I did not see him until a few weeks ago. As I wanted to introduce him to the readers of *STRENGTH*, I asked him to come to Philadelphia to pose for some pictures. I met him at the railroad station and once again I had the odd sensation of seeing a familiar face surmounting an absolutely unfamiliar body.

We are all used to seeing boys "shoot up" and "fill out," and we get accustomed to our adult friends putting on flesh and getting rounder and plumper as they approach middle age. But seeing genuine growth after maturity gives a sensation that now grows stale to me.

Every time I see Mr. Smith he seems to have occupied his absence in spreading out. It is like hunting up a college professor and finally finding his well remembered head, not on top of his equally well-remembered slender figure, but topping the shoulders of the huskiest football player of the varsity squad.

We spent a pleasant evening. It was getting dark when we reached the photographers, so all the pictures were taken by artificial light, except the two smallest ones, which are reproduced from snap-shots presented to me by Mr. Smith.

Of the two bar bells used, one was a big exhibition affair. The other was a special plate-loading bell which had been made for Henry Steinborn Milo and was used by him when he made his world's records in 1921.

First I wanted to show Smith's position after getting his lifting arm straight in a bent-press. We emptied the loading weights from the stage bell and took the picture shown Figure 8. The bell itself weighed about 170 lbs. We had some trouble in deciding on the exact angle from which to take the picture and

Smith pressed up that bell five different times inside of ten minutes. Apparently he could have kept on lifting it for hours. Finally when we were ready to shoot, the photographer suddenly discovered that some trifling adjustment of the camera was necessary, and he said to me, "Can he hold that position a few seconds, or will he have to make the lift over again?"

Before I could reply, Smith said, "You go out to supper if you like, Mr. Scott, and you'll find me right here when you come back. This weight is nothing."

In a one-arm bent-press, you bend over as in figure 8, in order to get the arm straight, and then you stand erect with the bell aloft as in figure 2. Mr. Smith's record in this lift is 245 lbs. That does not mean that on one occasion in the past he pressed 245 lbs., but that any day, at any time or place, he can take off his coat and "put up" a bell weighing that amount.

He takes surprisingly little interest in his own records. With him it is not a matter of training for weeks in order to make a record in one particular style of lifting. He exercises to keep his body in such trim that he can always make a high-class performance at any kind of strength test.

I have seen him make lifts that few others would attempt. He once lay flat on his back with his arms stretched out at full length to the sides (the crucifix position). Grasping a 100 lb. dumbbell



Fig. 6. Posed to show the great size and power of his back muscles.

in each hand, he kept his elbows touching the floor, and by bending his arms pulled the bells toward each other until they were above his chest. Of course it was nothing for him to push them up after he got them to the chest. It was the way he "curled" them to the chest that made the watching professionals gasp with astonishment.

As I have already said, there have been long periods of time when Mr. Smith has been unable to use his bar bells. For example, he was called to Washington in 1918 and left his bells in New York. One day he strolled into the car shops

in Washington and did a few stunts with car-wheels and such trifles. As a consequence he was invited to come and use the place as his gymnasium. If one really wants to exercise, there is always a way to manage it.

When he gave me the two Kodak pictures I asked him how much he was supporting in Figure 3. He replied, "Oh, not much. A piece of pipe and four men. Six hundred pounds or maybe a little less."

That it really was "nothing much" to him is borne out by the casual way he is standing. He has not even braced himself to support the load, nor spread his feet to keep his balance.

In fact the most noticeable thing about Mr. Smith's lifting is the apparent absence of effort. If he can't do a thing easily he will not force himself. Look at Figure 4. He is making, what we call a "hip-lift." Around his waist, and right above his hip bones is a heavy belt. A chain is attached to the belt and is passed around the object to be lifted.

To quote him, "I suppose I made a dozen trials before I got that chain on the right spot of the axle so that the wheels balanced. Then I straightened my legs and lifted the

whole contraption two inches clear of the ground. When we rolled it on the scale it weighed 2,250 lbs., so I can say that I have lifted ten pounds over the long ton." Then he became interesting. He said, "Of course you know how I got that strength. Good old exercise No. 6." And he proceeded to illustrate by performing the exercise with the big plate bell, which happened at that moment to be weighted to 250 lbs.

Figure 5 shows him doing the exercise and I recommend it to all of you who

want to make your legs bigger and stronger. You hold the bar-bell between your legs, and bend the knees, not more than he has done. Then you straighten the legs, and repeat as often as you can. It is a very valuable exercise because it throws all the work on the hips and upper part of the thighs. If you keep the back flat and the body upright you will not feel the least strain on the small of the back. Your fingers will probably give out long before your legs do, so there is no chance of over-doing the exercise.

But all the foregoing feats appeal more to the trained athlete than to the ordinary man. All right, here's another one! Suppose there is a heavy weight on

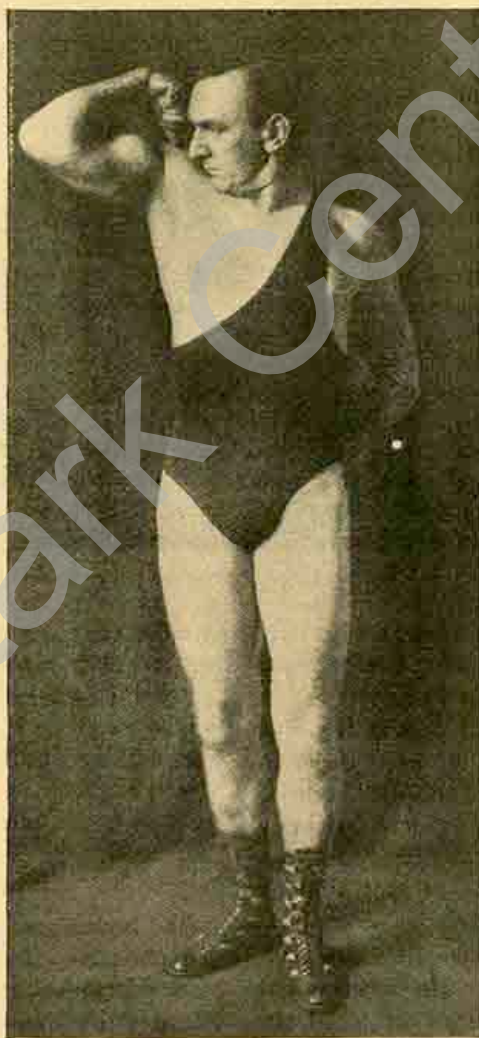


Fig. 7. It takes more than arms to make a "strong man." Mr. Smith's greatest power lies in his back, hips and thighs.

the ground and you bend your legs a little, double yourself over at the waist, grasp the weight and stand up straight with it. A very awkward lift, because most of the work is thrown on the small of the back. How much can you do that way? Well, 200

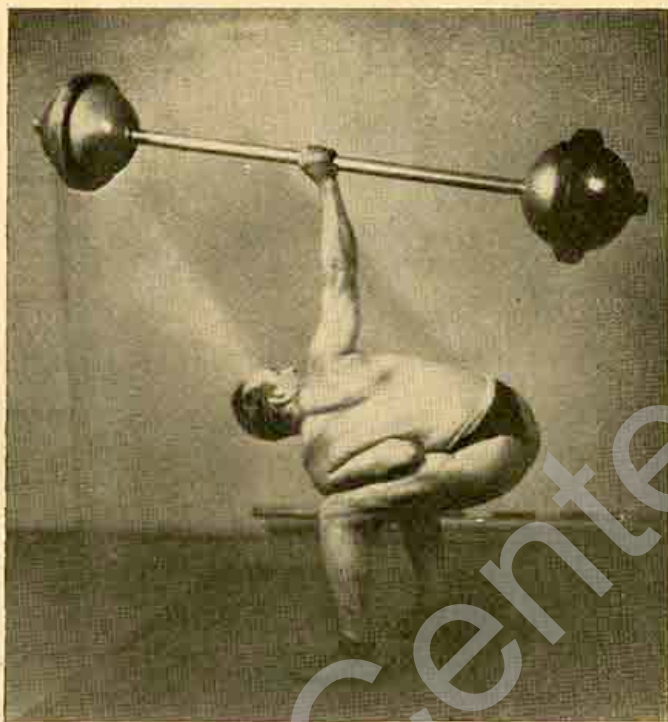


Fig. 8. Half-way down in a "one-arm bent-press." He has raised 225 pounds in this style.

lbs. if you are of average strength, 300 lbs. if you are strong, and 400 lbs. if you are very strong. Mr. Smith has done it with 520 pounds; that is, ten 50-lb. weights on a 20-lb. bar. The handle bar was five inches from the ground at the start of the lift.

Figure 6 does *not* represent that style of lifting. I put him in that pose, so you could get an idea of the size and shape of his lower back.

Now for his muscles: We hear a great deal of talk about the "knotted muscles" and the "short muscles" of the heavy-weight-lifter. Take Figures 2, 5 and 6, and see if you can find such muscles. Here is the man in action with his muscles working against great resistance, and yet they do not bulge out. When he concentrates his will power on his muscles he can make them big and hard, (note his arms in Figures 1 and 7) but always his muscles roll in long swelling curves, rather than in lumps or knots. He is a very long-limbed individual and

his arms and legs are big and round. His muscles are always firm, but only hard when under the stress of lifting or at the dictation of his will.

Smith's every movement betokens his energy. When lifting he always seems to have something

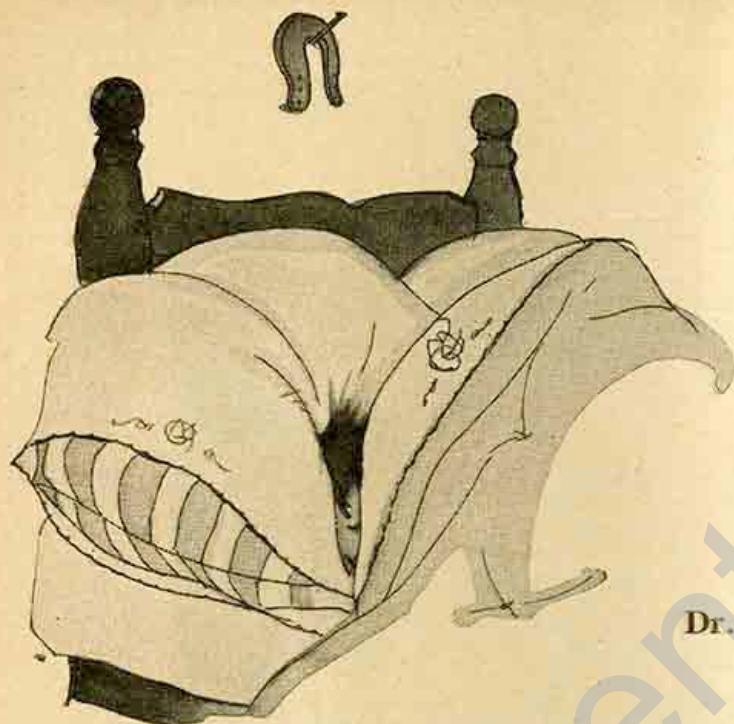
in reserve. Mr. Scott, the photographer, said to me, "You have had pretty near all the great lifters and strong men in this studio, and I have never seen one of them who does his work as easily as this gentleman."

I was greatly impressed by Mr. Smith's walk. He holds himself noticeably erect at all times, and he walks with the vigor of a steam-engine. It is not that he hurries, but he has a long swinging stride of tremendous driving power. You feel as though he could walk right through a brick wall.

I have never known a man to get so much pleasure out of his exercise as Mr. Smith does. He does not exercise from a sense of duty, but because he likes it.

He says that when he started out he had but one aim. He considered that he was too slender for his height and decided to see if he could broaden himself out by the means of vigorous exercise.

Naturally he had to start with very
(Continued on page 64)



How to Prevent and Cure Catarrh

By
Dr. Randolph Faries

Persons who sleep with their windows open do not suffer from catarrh.

When we ran an "Answers" department, we received so many letters asking how to cure catarrh that we decided that the majority of people suffer from that disease in one of its many forms.

This article is by a noted physician whose experience as a champion distance runner, as physical director in a big university, and as a writer of books and articles on training, lends interest to his statement that those who exercise properly never have catarrh.

BEFORE discussing the subject of catarrh, I feel it is better to acquaint the reader with some facts which will make him appreciate this article to its fullest extent. Every individual suffering with catarrh should understand that the human machine (man kind) is the most complex mechanism that has ever been constructed, and is absolutely controlled by a most complex nervous system. This regulates every function in our bodies, and should always be borne in mind. Catarrh always affects mucous membranes and where these are affected the result is a discharge which is unnatural, and often leads to disease.

THE BEST WAY TO PREVENT CATARRH
IS TO KEEP THE BODY IN PERFECT
WORKING ORDER

The question now arises, how can this be done? The best way to do this is to

observe the laws governing the following topics, viz.: Exercise, rest, bathing, food, ventilation and habits. Let us consider these in their order. First, exercise. Exercise is a most excellent means by giving tone and vigor to all of the mucous membranes in the body; it also stimulates every tissue we possess, and strengthens them so that they acquire a resistive power whereby any predisposition to catarrh is eliminated. Persons who exercise regularly do not suffer from catarrh unless they have acquired a strong habit for smoking, drinking, overeating, etc., and are unwilling to moderate the habit or give it up altogether, when necessary. Just here I may mention I have known scores of athletes and men who are not athletes who exercise regularly, and I have never known a single one who suffered with catarrh unless they were a slave to some exces-

sive habit such as I have mentioned. Rest plays a very important part in preventing catarrh, because it allows every tissue in our body to be reconstructed at a proper rate. The lack of rest, especially sleep, which is the most perfect form of rest, reduces our vitality; thus reducing our resistive power and in this way catarrh occurs.

THE VALUE OF BATHING

Bathing is essential to keep our bodies healthy, because the functions of the skin, namely elimination of waste products, and regulation of bodily temperature, are impaired and hence catarrh may result when these are neglected. Food plays a very important part in reference to catarrh. Individuals who over-eat, drink to excess, or smoke to excess invariably suffer either with catarrh of the stomach and intestines or throat and bronchial tubes. One may eat almost any kind of food in moderation; the best rule to be guided by is to eat whatever agrees with you, but be especially careful not to overload the stomach. Ventilation is a thing which should always be borne in mind. Fresh air never hurt anyone. The sleeping room should always be well ventilated. Persons who sleep with their windows open do not suffer from catarrh; while those who sleep with their windows closed are breathing vitiated air, and in this way contract catarrh, never dreaming it is the impure air in their sleeping room which is causing the trouble.

I will now come to habits. There is no greater preventive of catarrh than habits—especially when the other things I have mentioned are conjoined with habits. Individuals who pay the strictest attention to their bowels and urinary organs will not suffer from headaches, and as a rule are fine specimens of humanity. I do not know of any better way to cure catarrh (unless due to some bodily deformity where an operation is necessary) than by following the foregoing means I have mentioned. Take, for example, a dyspeptic person:

his cure does not depend alone on how he eats, but what he eats, and, therefore, no amount of dieting by itself will do more than palliate some of his symptoms which are due to catarrh of his stomach, and he will never be cured until he learns how to exercise properly, thus bringing all of the functions in his body into play in the proper way.

In the beginning, I made mention of the nervous system. With dyspeptics the nerves of the stomach become very irregular and unreliable in reference to their impulses, and until perfect tone and co-ordination is established a catarrh will exist. A person suffering with catarrh of the stomach should use great care to exert his judgment and learn to rely upon it and not simply upon his sensations, and also to consider the physician who has prescribed for him and follow out his prescriptions implicitly.

BAD HABITS INDUCE CATARRH

The individual who suffers with catarrh of the stomach is generally a person whose habits of life have been indiscreet and have continued over a long period of his life. Catarrh of the stomach results in a deterioration of the quality of the digestive secretions, and this in turn causes a morbid condition of the blood and of the general nutritive offices of the body connected with it. All of the causes mentioned above have an intrinsic and direct injurious tendency. The train of symptoms one suffers with from catarrh is greatly aggravated by disturbances in the nervous system; nervous susceptibilities of the digestive organs are excited by various causes and soon become morbidly active. Perceptions become unnaturally acute and erroneous, and one's judgment is led to false conclusions as to the condition of the system. From such a condition a reflex irritation results throughout the nervous system to all bodily organs, and nutritive changes take place in remote parts of the body. The nerve centers presiding over the digestive processes become inflamed and cannot perform

their work properly. The difficulty in such a case is to withdraw the cause, and I know of no better way than by exercise properly prescribed. Proper digestion can never take place when the stomach is constantly irritated by improper food, beverages or drugs. To remove any trouble one must eliminate the cause first, and until this is done a cure cannot be effected.

When this is once done, exercise properly prescribed will re-establish health quicker than anything I know.

I am not speaking of persons, for example, who have an incurable disease, such as cancer of the stomach. I am dealing with catarrh pure and simple. A very important cause of catarrh may be attributed to a defect in the general vital actions of the system. This should always be borne in mind and when prescribing exercise it should be done with a view of improving the general nutrition throughout the entire body. The kind of catarrh, as well as its quality, depends to a great extent upon the condition of the blood. An individual who has poor blood should always enrich it by a rational means, whenever possible, rather than by drugs, and exercise is the best natural means we have where a proper diet is added thereto.

EXERCISE AS A PREVENTIVE

When catarrh of the throat, bronchial tubes or lungs occurs it can always be traced to some cause that could easily have been prevented had the individual strengthened his body by the proper amount of daily exercise. Nervousness is often traced to catarrh of one kind or another, and if those who suffer with nervousness could only realize that well regulated exercise will cure this, they would exercise more regularly. I have seen many a patient suffering with nervousness, due to catarrh of one kind or another. Had they known that their nervousness and catarrh could be cured by exercise, I am sure they would gladly have exercised regularly. Unfortunately

it happens that such individuals think they must take medicine and immediately they consult a doctor, when nothing but regular exercise is needed.

CATARRH OF THE THROAT

Now let us consider catarrh of the throat. Here is a condition a great many people suffer with. The first thing to be done is to find the cause and eliminate it. After this there must be a general building up of the whole system, and this has to do with the blood, nerves, brain, muscles, and in fact with every organ and tissue in the body. The human machine is so complex that it cannot work perfectly unless all of its component parts are in perfect harmony, and when catarrh is present this is impossible. It has long been known therapeutically that mechanical agencies (exercise) often attain better results than drugs, because mechanical agencies employ physiological means to effect a cure, while drugs are used to cure pathological conditions. When prescribing exercise for catarrh it should always be borne in mind that every movement should bear a proper relation to the organization of the body. When prescribing exercise to cure catarrh the aim should be to develop a healthy body and frequently it is essential to begin with a primitive type of exercise and increase gradually, and such a course should never be considered in a trifling manner. Movements incorrectly prescribed for catarrh are worse than nothing if they are not in conformity with the laws of the body. When movements for catarrh are not in harmony with the body there results a discord in the mind, and this should never be lost sight of. The aim of exercise, especially when indulged in by those who suffer with catarrh, is to develop a symmetrical body and enrich the blood.

LACK OF EXERCISE MAKES THE TISSUES DETERIORATE

It has long been understood that want of exercise blunts all of our sensations and tissues. This applies especially to

catarrhal conditions. They are decidedly blunted and irritated, and until these conditions are properly cared for they will remain so, and if absolutely neglected result in chronic diseases of various kinds, such as chronic nasal and bronchial catarrh, as well as catarrh of the stomach, intestines, etc. If the average individual could only realize how easily he could free himself from catarrh, unless due to some malignant cause or bodily deformity, he would study the topics I have already mentioned, and cure himself without going to a doctor.

Catarrh in many instances has been so neglected that it has caused a multitude of symptoms, which result in a complete undermining of the whole nervous system, thus resulting in the individual becoming a hypochondriac.

CHRONIC CATARRH LEADS TO CONSUMPTION

Catarrh of the bronchial tubes is a

very serious condition when it becomes chronic, because it leads to one of the most loathsome diseases the doctor has to deal with, and one that has puzzled the medical profession for more than two hundred years. I refer to consumption. The medical profession well knows that two of the most frequent causes of consumption (tuberculosis of the lungs) are excessive drinking and smoking, especially the inhalation of cigarettes. The latter ultimately produces a nicotine-poisoning and so weakens the lungs that colds are easily contracted and aggravated by the nicotine thus inhaled, the result being pulmonary tuberculosis sooner or later. Where catarrh of any mucous membrane takes place it is extremely important to consider the vital phenomena in our bodies. These may be arranged in three fundamental orders: First, dynamical; manifestations of the mind, moral and intellectual; secondly, chemical phenom-



Unfortunately it happens that such individuals immediately consult a doctor.

ena, viz: nutrition, secretion, sanguification and assimilation; thirdly, mechanical phenomena, voluntary and organic, namely: circulation, respiration, deglutition and mastication. The harmony and union of all of these phenomena go to make up a perfect organization and our vitality is accomplished in the most perfect manner only when their influence is perfectly combined. If any serious derangement occurs in any of the phenomena, catarrh is likely to result, because there is a serious disturbance in our vital functions, which leads to this disease. The state of integrity of all mucous membranes depends upon the equilibrium and harmony of the functions of our bodies, and if any of the vital phenomena just mentioned are disturbed, catarrh of our mucous membrane results. When this harmony is deranged an intelligent effort should be made to re-establish it, and I do not know of any better way than by judicious exercise in conjunction with the topics I mentioned in the beginning of this article. My readers must not infer from this statement that all functions cease with the cessation of exercise or suppression of will power. The body is amply provided against such a condition. The body is so constituted that a certain amount of involuntary muscular action takes place which acts as a safeguard for the special protection of organic operations. This is particularly true of all movements of the diaphragm, abdomen, muscles of respiration, heart, arteries and gastro-intestinal tract. All of the foregoing movements help to ward off catarrh in a general way.

EXERCISE THE CHIEF PREVENTIVE AND CURE

Muscular exercise is the chief mainstay whereby all kinds of catarrh may be avoided and cured, because it possesses the power of toning up all other tissues in our bodies, and especially the mucous membranes. A healthy body is capable of protecting itself against all kinds of catarrh, because it can readily throw off many causes which are there to produce

it. On the other hand, an unhealthy body does not possess the same resistive power, and catarrh is easily established; this is because the many different functions are below par and they cannot fulfill their duty in a proper manner. If the functions are allowed to remain below par for a long period, chronic catarrh results, and the whole body suffers. In many instances such a catarrh becomes very annoying and is extremely hard to cure, because so many other tissues, in addition to mucous membranes, have become involved.

Individuals who suffer with catarrh, especially chronic catarrh, become peevish and nervous. This is easily explained. The nervous system is the most sensitive of all structures in our bodies and when catarrh is present the nerves are irritated, and these in turn, by their impulses to the brain, cause changes in the brain cells, which make us peevish and irritable. Furthermore the nerves cannot perform their functions properly, and in this way many other tissues in the body are affected. The circulation of the blood is also interfered with in severe catarrh because the mucous membrane becomes thickened, and this interferes with it. Chemical changes throughout the body are somewhat altered and digestive processes cannot take place properly.

CATARRH CAUSES EXCESSIVE THINNESS

When catarrh has persisted for a long time, all of the vital processes in our bodies grow weak and many times produce emaciation to such a degree that it is alarming. No one should allow a catarrh to become chronic because all that is necessary, when suffering with catarrh, in the beginning is to tone up the whole body by systematic exercises, bathing, etc. This can easily be accomplished if the individual will do it in a proper and scientific way. In conclusion, let me say if my readers will follow the substance of this article carefully, I feel sure they will never suffer with catarrh, because the topics I have mentioned, and the ex-

(Continued on page 64)



Future Greats!

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A Message to Beginning Physical Culturists

By L. E. Eubanks

This article is aimed at the real beginner in Physical Culture, the man who is just beginning to appreciate the value of health and strength and trying to determine the best method to pursue so that he can attain a strong, healthy body.

Mr. Eubanks has had a varied experience with such men and is unusually well equipped to give tips to anyone who is at all interested in building a better body. His advice is, of course, based on the practical experience which his teaching has given him.

I KNOW that this magazine is read by a great many young men who are still growing, or perhaps have only recently reached maturity. In a measure, a person at any age is a child when it comes to attempting a new study, or entering a strange field, and you young men past twenty-three or twenty-four who are not yet old-timers in physical culture, may find some interesting passages in this article. But my remarks here are intended primarily for the youth who yet has most of the work to do, the fellow who has wisely appreciated the

value of health and strength and has determined to possess a strong, beautiful body.

I have supervised the physical training of people of nearly all ages; have had under my instruction boys who had scarcely entered their teens. I know boys thoroughly, both physically and psychologically, and I want you to take what I say not as preaching or "orders from the guy higher up," but as tips from a good old pal who has been over every foot of the road, has been a guide on the trails of physical culture for a couple

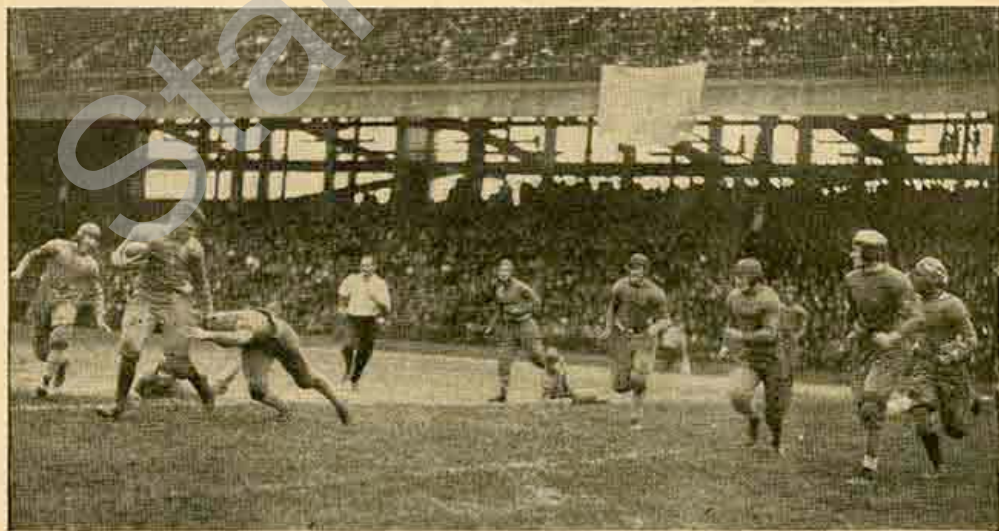
of decades, and can save you many false steps and painful disappointments.

First of all, do not let *anyone* shake your resolve to possess a fine physique. Always be open to sensible suggestions, but when you meet a person whose chief aim in life is to tear down other peoples' hopes and ambitions, the wiseacre who tells you "it's the bunk, there's nothing in it; you are born to be just so and you stay that way," etc.—when an acquaintance starts that line of talk break away from him and *stay* away from him. Such a fellow, having no respect for his physical self, will be found, usually, to hold similar views on other things. He will be sure to do you far more harm than good, and may, before you realize the danger, get you into some practice that will weaken or totally destroy your chance of reaching your physical ideal. Have clean, upright, optimistic companions or none! When you feel lonesome and are tempted to "buzz around with the bunch" at poolrooms, cabarets, etc., take a turn at the punching-bag or dumbbells and get under a cold shower. Get yourself a dog and a fishing-rod. A half day down on the creek with rod and reel, or in the duck marshes with a shotgun and a good

old Irish setter is man-making stuff; whereas every hour spent with the "butterflies" wastes your time and lessens your self-respect, if it does nothing else.

Don't try to rush things and hurry your development. In your teens, or even in the early twenties, you have ample time to reach the very best of which you are capable, and if you take, say, five years to reach a certain point of development, you are apt to be stronger and better all around than if you reached the same point (apparently) in half that time.

Don't try every form of exercise you hear about, but ascertain what you are best fitted for; what brings you the best results, and make a specialty of it. If you are naturally a very light framed lad, it will be better for you not to aim at weight-lifting championships, hammer throwing and such. In that case, do just enough of the heavy work to give your muscles girths proportionate to your frame, and make your special effort at some form of athletics requiring speed or endurance. On the other hand, if you have fairly large bones and a naturally vigorous organism, and if you find heavy work interesting, aim at exceptional



Football is a great body builder.



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Get a dog and gun. A half hour spent this way is "man-making" stuff.

muscles. But in either case, "make haste slowly," depend on *gradual* increase in the demands you make on your muscles.

The foundation of practical and permanent strength is good health. You will occasionally find a man of remarkable muscular power who is not in vigorous organic health; but invariably that power is for some particular line of feats. I have known two unhealthy men who had marvelously strong hands. One of them could quarter two packs of playing-cards, yet had tuberculosis in a rather advanced stage. He was *locally* strong, but had no lung power for any exertion that brought the breathing muscles into play. It is a simple mechanical proposition: development of power requires the generation of "steam"; if your organic mechanism is not equal to

the demand, if your "engine" is not big enough, you simply have not the "horse-power." Health and organic strength mean horse-power for you, and you can develop this foundation, to a reasonable extent, by clean living, healthful habits, and determined effort.

Exercise, of course, is a big feature in health culture, but it alone is not enough. It may surprise you, but the daily routine of training, especially if it is strenuous, may weaken a man steadily and progressively instead of having the opposite effect. I have seen just such results in young men who stuck to the "primrose path" (cabarets, cigarettes, the wrong kind of girls, etc.), while they were training. They regularly tore down between days what they built up in the day-time. You simply *must* have energy and ammunition (muscle making mate-

rial) if you are going to develop bulk and strength; and these come from long, refreshing sleep and lots of plain food. A vitiated appetite which craves nothing but dainties often comes from irregular eating, midnight suppers, the wrong kind of beverages, and it will hold you back in your pursuit of strength. The weights which you are trying to add to at definite intervals will grow faster than you do, your progress will stop and your interest will wane. Let dissipation entirely alone, anyway until you are twenty-five years old. By that time you will have a fine physique, and too much good sense to risk losing it.

Among the younger boys, I have seldom seen one, that is, among those who took up any sort of athletic work, who failed to compare his strength and agility in his early teens to his physical condition of a few years previous. From nine to thirteen growth is slow, and during this period a fellow has a chance to get some control of his muscles. The average ten-year-old lad is much more graceful, accurate and athletic than he is four years later. We might say that the age of ten is the half-way point be-

tween two periods of rapid growth, the first from six to eight, the second from twelve to fourteen.

From thirteen to fifteen is the clumsy age, the time when we seem to grow a foot a week in length and gain nothing in bulk. Usually boys are at their slenderest at thirteen, and many of them purposely stoop, in the hope of appearing better proportioned. This is a great mistake; you should be proud of your height, and you will be later, when you have filled out.

Mathematical statements may be fairly accurate when applied to the little fellows, but it should be understood that there is greater room for variations from any estimated average when we are quoting figures for children in their teens. As long as you are healthy, bright and vigorous, a few pounds or inches in either direction from the average, for your age, need not cause alarm. Another point: I appreciate that some of the figures in this article are somewhat higher than have been given in the past, but I am sure they are more nearly correct, as it is certain that both the height and weight of the human family are ascending. Comparison for the last twenty years prove this beyond question.

So I am saying that the average well-grown boy of fourteen should be close around four feet eleven inches tall, and should weigh ninety pounds. The prepubertal acceleration of growth is now under headway, and the lad is undergoing all those familiar embarrassments common to this period. He seems to have too much bulk for his motive power, and has lost all that grace and accuracy that he possessed



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If you are heavy-boned you will find hammer throwing an exceptional muscle builder.

during the retardation of growth from ten to twelve. In reality there is nothing to worry about; final adjustments will make all these things right—generally before the age of twenty is reached.

At fifteen the average boy says good-bye to the average girl, as regards physical growth. She may expect only two or three inches more of stature, while he will gain six or seven inches. He is now, at fifteen, approximately five feet one inch tall, with a weight of one hundred to one hundred and five pounds; but within the next year, his greatest for increase of height, he may gain three, four or even five inches. The average height of our American boy at sixteen I should place at five feet four inches, but any observer may see extreme departures from this. I myself was five feet seven inches tall when sixteen, and I well remember a six-foot schoolmate of that age, as well as one or two of only five feet. The middle column, following, represents our average boy at sixteen; the others may be termed reasonable departures from it:

	Height 5 ft. 2 in.	Height 5 ft. 4 in.	Height 5 ft. 6 in.
Weight	105	115	125
Neck	12½	13	13½
Chest	30	31	32
Waist	25	26	27
Biceps	9½	10¼	11
Forearm	9	9½	10
Hips	32	33	34
Thigh	17	18	19
Calf	12	12½	13

Bone growth is most rapid just before and just after puberty. Particularly in the fifteenth and sixteenth years, the bones lengthen and thicken, and you should be certain that your food is abundant and varied, in order that every bone-making element may be supplied. Arrested growth of the softer tissues, by

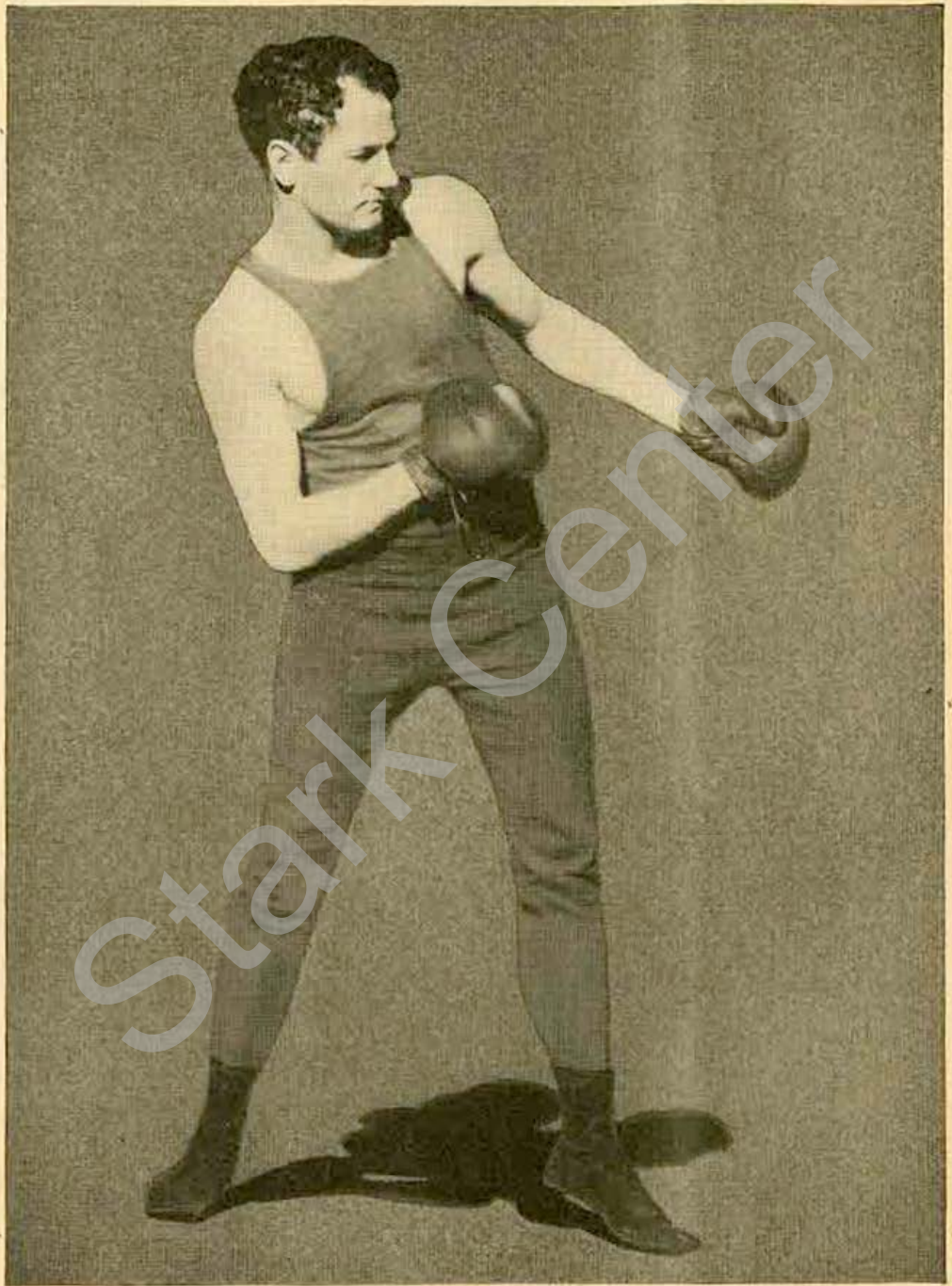


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If you have a light frame aim at some form of athletics requiring speed and endurance. Note this one miler's light frame.

deprivation, illness, etc., is often made up later, when conditions have improved, but in the case of bones "deferred growth" will be but slight. It cannot be too often repeated that ample nourishment and freedom from worry greatly lessen the embarrassments and dangers of these most trying years, the pubertal period. Muscles, too, have grown wonderfully now, and our sixteen-year-old owes to them about 44 per cent of his total weight. He is strong, in a rather clumsy way; ordinarily, a boy is twice as strong at sixteen as he was at eleven. Though the boy grows tall most rapidly during his fifteenth year, his sixteenth is the time of greatest weight gain. It seems Nature's plan, generally, not to increase the perpendicular and the horizontal dimensions simultaneously (that is, at a rapid rate), and her method imposes a minimum strain on the immature organism. The surprising gain in the middle teens is dominantly muscle growth, but all parts, organs and tissues, enlarge more or less. The danger of arrested growth is greatest between sixteen and eighteen, both as to parts of the organism and the body as a whole.

(Continued on page 62)



KID McCOY



BOXING

Prepared by William J. Herrmann

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RE—POSITION

ONE important factor in first learning to box is to acquire a safe, easy and graceful "on guard" position, as this preliminary fighting attitude, assumed when first "squaring off" before an opponent, is usually termed. Proper instruction which, if once thoroughly learned, is never forgotten. If, on the other hand, the novice gets accustomed to an awkward or clumsy style, he will have considerable difficulty later on in correcting the handicapping effects of a bad style, established through wrong practice. Besides, if a bad style is unfortunately developed, the chances of improving beyond a certain point are not as favorable. So strive to acquire a good style even in so simple a matter as that of "position" in order to more thoroughly establish a proper foundation that will be more likely to lead to quicker proficiency and ultimate success.

Of course, no inflexible cast iron rule can be laid down as to a man's position when on guard. Even among our best professionals there are few who stand exactly alike in every detail. Every boxer to a certain extent has more or less his own favorite boxing attitude, especially as to how he holds his hands, whether his left arm is more or less extended, whether he stands erect, leans slightly backward, favors the crouch, etc. In consequence, each mitman in time gradually adopts the pose that he, by experience, finds best suited to his particular requirements and needs. So, to state there is only one way to stand would be entirely too arbitrary, but in a general sense there is a right and wrong way to stand. There are certain fundamental

principles which in a general way should be observed by a beginner.

As success to a certain extent is dependent on a good position—that attitude from which you can instantly attack or defend, with equal degree of facility—it is important that the general pose should, as much as possible, conform to the important principles laid down.

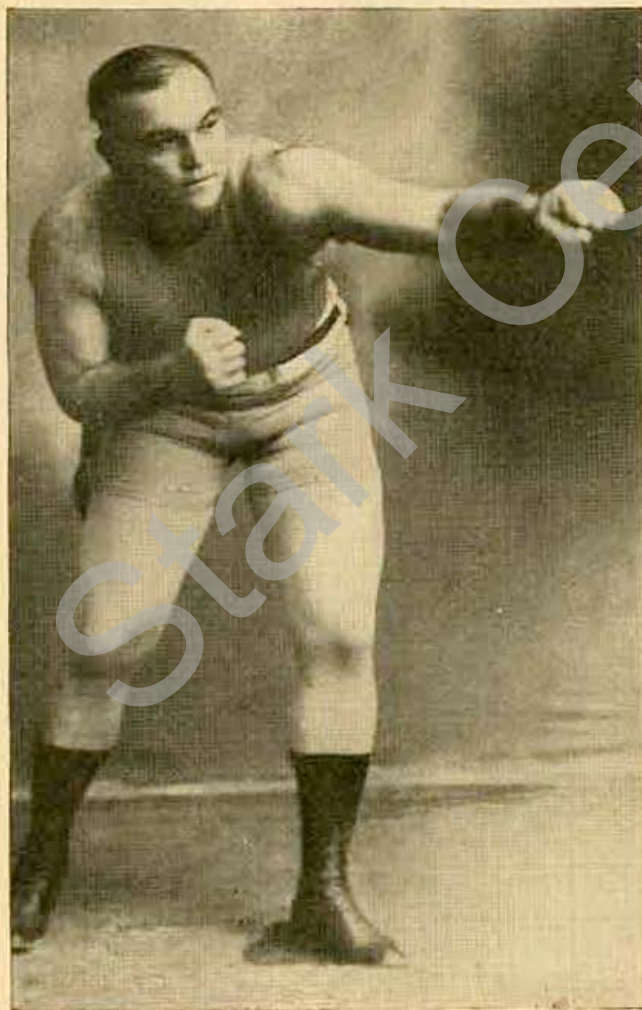
RE—THE LEGS

Those who have given the subject long and careful study are settled in the opinion that the proper placing of the feet is one of the first considerations.

Most men on first putting on the gloves naturally "square off" with the right foot and the right hand forward. However, there are several good reasons why the placing of the left foot and the left hand in advance is more preferable. Standing in the accepted position with the left foot forward enables one to more effectively use the right hand, which, if he be right-handed, as most boxers usually are, is his most powerful hand and arm. It also is the best position from which to make better use of your left hand for feinting, drawing and maneuvering, as the action of the left hand and arm is more free from this position. This left hand and foot in advance position also allows you to better defend yourself against your opponent's right hand, which, as a rule, is your adversary's more powerful hitting weapon.

The left foot should be pointed directly at your opponent. The toes of the left foot should be straight to the front, not turned out or in. Don't toe or knee in, as it has a tendency to shorten your reach and "pull your punch across," especially if partial to "outfighting" and playing for long, straight left leads. Some

boxers turn the left foot slightly towards the right side. This, however, is usually because some men naturally "toe in" more than others do. When such men attempt to forcibly stand with their left foot pointing directly forward at their opponent, they feel more or less uncomfortable, somewhat similar to the strain under which a bow-legged man labors when he tries to stand erect with legs straight, heels and knees together. Such exceptions but emphasize the fact that the left foot pointing directly forward at your opponent is the recognized accepted position.



Jim Jeffries

The right foot should be placed in back of the left. It also would be impossible to lay an inflexible, cast iron rule as to the exact number of inches the right foot should be in back of the left. This, to a great extent, is dependent on one's height and on the length of one's leg, and also whether one is partial to an erect or to a crouched position.

Although authorities on the subject differ as to what the exact distance between the feet should be, nevertheless, all things considered, it is best in a general way to stand erect with a space of about 16 to 20 inches from heel of left to heel of right foot. This would be fairly correct for a man of about 5 feet 8 to 10 inches tall, or, as a general rule, about two and one-quarter times the length of one's foot is a good separating distance between the feet.

Don't stand as the majority of beginners usually do, with their legs spread too far apart. When the legs are thus stretched and sprawled apart one is more clumsy and awkward. It interferes with rapidity of foot work. It is more difficult to quickly move about and the boxer thus anchored on his feet is an easy target for an opponent well drilled in foot work. Besides the further apart you spread your feet the more you lose in height. As a loss of height is a disadvantage, it may safely be said to place the feet just far enough apart to secure a firm position, but no further.

Don't go to the opposite extreme of standing with the feet too close together, or you are more easily bowled over if hit, besides you cannot get your full force into a punch from a position in

which the feet are too close together. Make the most of your inches, but do not stand bolt upright, stiff or rigid. The happy medium will be found by practice and experience. If feet be too close together there is loss of stability; if too wide apart a loss of mobility.

As a general rule, if standing with the left foot pointing directly forward at your adversary the right foot should then be placed in back of the left in such a manner that a straight line drawn through the center of the length of the left foot would cross or pass the right foot at the heel. Some favor that position in which the toes instead of the heel of the right foot are directly behind and in line with the left heel.

The right foot is placed in back of the left in order to give greater strength to the standing position, for if you stood facing front, with both feet toeing a straight line that ran parallel to your shoulders, a quick push from the front against your chest would easily put you off your balance.

This position of the right heel to the rear of and in line with the prolongation of the left foot acts as a brace against an attack from the front and also will better enable you to more effectively send your own body forward when you take the attack. Besides, standing in this position, it is easier to step forward, backward or to either side as combat conditions may warrant.

The right leg should be directly under the body, with the foot turned slightly out. You will soon learn by experience at what angle you can most conveniently place it for most effective work to suit your own individual case. However, in a general way it is best to turn your right foot out at an angle of about 45 degrees.

The heel of the right foot should be raised an inch or two off the ground. Raising the heel of the right foot places that part of the body-weight held by the right leg on the ball of the great toe, at an advantage, because from this point, by pressing firmly on the ground, most blows really start. Also raise the left heel



Billy Papke

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slightly but not as much as the right.

Don't stand stiff kneed or stilty, but let the knees be slightly bent, so as to be more springy on the feet. The legs should be just sufficiently bent to permit springing quickly and suddenly in any direction. Slightly bent knees will enable you to more readily get over the dead point of the boxing balance and thereby facilitate easy and rapid movement with least expenditure of energy.

Balance evenly on both legs so as to be able to instantly step in or step back, advance or retreat, step right or step left, as combat conditions may warrant. Some authorities favor keeping a little more weight on the left foot than on the right,

so that on receiving a blow one is not so easily overbalanced, as one would be if the majority of the weight was carried on the right leg. Others, especially defensive fighters, favor keeping the body-weight a little more on the right foot. However, not all authorities hold to these views as to the distribution of the body-weight on one's legs. A happy medium is to distribute the weight fairly equally on both legs and keep shifting from one position to the other as combat conditions warrant and thereby enhance your effectiveness by increasing your versatility.

The weight of the body should be carried mostly on the forepart of the feet, not on the heels. If at times the heels do touch the body weight should, nevertheless, be balanced on the balls of the feet,



John L. Sullivan

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not on the heels. Even if at times your left foot should be flat on the ground, let the body-weight be on the ball of the left foot, not on the heel. Keeping the body-weight on the toes, instead of the heels, makes a man quicker on his feet. A flat-footed ring man will obviously always be slower and more awkward in his foot work than the boxer who, when in action, is always up and moving about on his toes.

Quick hands are often sadly neutralized by slow legs. No skill with your hands will adequately offset the grievous fault of being too slow on your legs. In fact, of the two evils, to choose the least, it is better to be slow with your hands than slow on your feet, as slow moving feet will infallibly expose you to many a heavy punch that activity of movement would have enabled you to escape.

RE—THE HANDS

Standing as above, with the left foot forward naturally places the left arm and left shoulder in advance of the right. Obviously the left hand should be to the front. To get a good position of your left arm raise your left forearm until your hand is just a little above the line of your left elbow. Then advance the left elbow slightly. The left arm should be extended about half way and the fist lightly closed. Let your left fist be in a straight line from your elbow to the point of your opponent's jaw. Don't extend your left arm too far when standing on guard, because a fully extended arm handicaps you both in hitting and in guarding, besides an extended arm is more easily brushed or cuffed aside by your opponent.

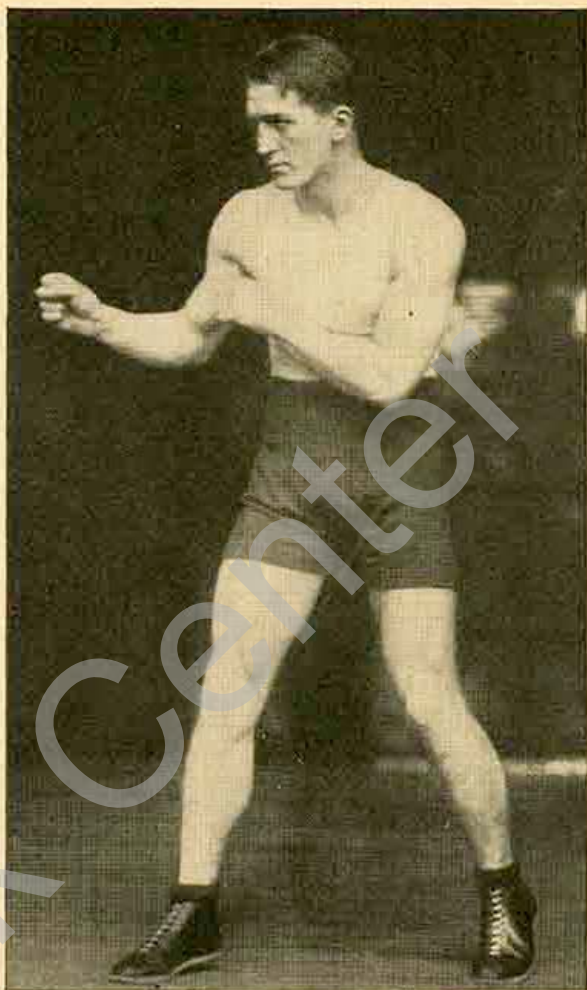
Let your left hand always be in readiness to instantly dart forward without the slightest hesitation at either face or body. Left hand must be in readiness to hit from any position without the slightest preliminary drawing back of the arm preparatory to delivering your hit. Don't get into the habit of dropping your left hand below your belt. Neither raise it much above the level of your shoulder

unless boxing with a man much taller than yourself.

After your left hand and arm is in a fairly good position next raise your right hand. Bear in mind that, as a rule, the right hand at first is usually used more for guarding than for hitting. Old-time boxers used to hold the right arm lightly across the pit of the stomach, just above the belt, or the "mark," as this vital spot was generally called, on which a well-placed punch can do much damage. However, in those days punishing the body was more in vogue, and they did not try so much for the chin or point of the jaw as do our modern boxers in the present era of boxing, which may be said to date from the time John L. Sullivan was credited with the discovery of the "knock-out" punch on the point of the jaw.

To a certain extent it is more important to use your hands to guard your body than your head, for the reason that blows at the head can be slipped aside so much easier than blows struck at your body. It is better to shift the head under or aside of an attacking blow at the face, because it leaves both your hands free with which to hit. However, as the novice is not likely to be skilled in clever ducking and dodging at this early stage of his lesson, it is advisable for him to keep his right hand a little higher when standing in guard position.

As the "left at face" is nowadays the blow most used by the majority of sparrers, and the most common defense against this hit, if blocked or parried, is usually with the right hand, it follows that it is advisable to keep the right hand not too far away from the face. A good rule to follow for general purposes is to let your right hand be about midway between your right eye and the posi-



Georges Carpentier

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tion your left hand is in when standing on guard. This puts your right hand in a position from which you can easily block a punch at either your face or your body with equal degree of facility.

Let your right hand be uppermost. This places your right fist higher than your right elbow and forearm. The lower you drop your right the more you expose both head and body, and the greater the distance your right hand must travel in order to be in a more favorable position for either guarding or hitting. Of course, those men who are exceptionally good at ducking and dodging, who

can avoid blows at the face by a quick, timely shift of the head, can afford to carry their guard a little lower than those less skilled in clever head slipping.

On guard keep your elbows down; don't let them stick outward. Keeping the elbows close to your sides will obviously better protect your body. Although "winging" your elbows exposes you to heavy punches over the ribs, it, nevertheless, is a common fault with beginners and difficult to correct when once firmly established as a habit.

RE—THE BODY

After both arms and hands are in a fairly safe position, ready to instantly hit or guard as combat conditions may warrant, it is necessary to pay some attention to the position of the body.

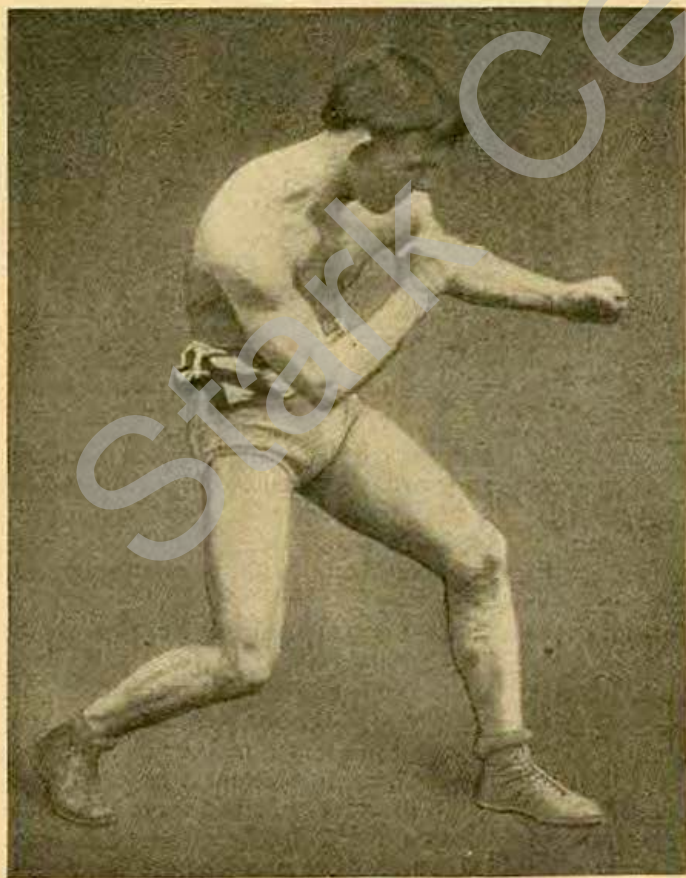
Twist your body slightly to the right and bend forward just a little. The body should be turned from your adversary in order that the stomach or ribs may be less exposed.

Some boxers stand very square and others very much on the slant, so as to present quite a side view to their opponent. The former method has certain advantages as regards rapid exchanges and bringing the right to bear more quickly, while the latter method may aid the possible scoring of some additional points by getting the left fist somewhat nearer to their opponent's face. Nevertheless, it is best to recommend a medium inclination of the body and shoulders for general use.

To prove that holding the body on a slant and inclined to the right is better than keeping it square to the front, face a wall and extend your left arm until your left hand just touches it, while keeping your body perfectly square with the wall; now by changing the front of your body, by bringing the left shoulder forward, while turning your body to the right and moving your right shoulder back, will give you a practical illustration of the additional length of reach obtained from the slant position.

An intermediate position about midway between the old school straight-standing-up method and the later school of an exaggerated crouch is advisable. The trunk should be turned partly sideways right, as this position presents a smaller target, withdraws the mark and puts your right arm in a more

(Continued on page 72)



Battling Nelson



Let's Hunt Ducks

"Von" went sniping not so long ago and he wants to divulge a lot of useful information to anyone thinking of doing likewise.

"One went up directly in front of us," says "Von," "straight up a dozen feet above the tops of the cat-tails. That snipe was right over our sights when we started to pull the trigger." Where it was afterwards is the rest of the story!

By T. Von Ziekursch

PERMIT us to introduce two acquaintances, one entirely casual, the other a gentleman, a scholar and a good sport. Folks, meet Mr. Jack W. Snipe and Newt.

'Twas Newt who made us formally acquainted with Mr. J. W. S. and we pass the acquaintanceship along for what it's worth. You've met him, you say? Very well, listen to the circumstances surrounding and connected with the way in which we first greeted him and see whether they dovetail with any of your own.

This was the way of it:

The door opened with a slowness that augured the approach of some dread fate, and in stalked Newt, solemn of face and dour of mien. A nod that portended evil

was his greeting to our cheery word, and he reached for our wrist, held it and looked impressively at the ceiling while the watch in his hand ticked loudly but unnoticed.

"Your pulse is bad."

He spoke with the weight of worlds in his voice.

"Your liver is dissatisfied and may leave home to sue for a separate maintenance."

We never knew Newt to be facetious and any thought that he might be making merry at our expense was quickly dispelled as he continued:

"Your heart has moved to a lower apartment and is demanding better janitor service."

We closed our eyes and trembled.

"Is there no hope?" we asked, falteringly.

His head nodded gravely but affirmatively.

"Yes. To use the world renowned words of Abraham Jefferson—'Where there's life it's better than two in the bush.' There is hope for everything except your sanity."

We felt a great relief at this, but our heart sank at his next words:

"Meet me at the ferry tomorrow morning at four o'clock."

He was gone, leaving us to our apprehensions, our fears—that the alarm clock might not be in working order—our dread thoughts that the river might freeze up over night and the ferry would not be working. We went home that night intent on finding whether it was really true as we had heard—that a human being actually could go to bed at nine o'clock in order to be up at an unseemly hour to meet another boob at the ferry at four. You can lead a horse to water, but you can not make him lay eggs, or whatever that old chestnut is. By the same token you can go to bed any time you please and have a lot of fun counting the clock's strokes.

Somewhere around midnight gentle Morpheus stole into our boudoir and belted us with a sand-bag. We slept as would any one else who had been successfully connected with a sand-bag. The alarm went off. We laughed at it and

said unpleasant things, but that alarm had heard so many unpleasant things it paid no attention. At intervals it cussed back at us in a most insolent way.

"All right! All right! Shut up you blankety fool."

With these entirely novel words we arose to turn it off and stepped into the basin of water we had put at the edge of the bed as a thing carefully calculated to thoroughly arouse us in case said alarm only half completed the job.

Then we remembered all. Resignedly and

bravely, like a Spartan going

to his own marriage

feast, we

faced the ordeal.

The world was arising; the

milkman clattered

by disturbingly; a

factory whistle hooted in

derision, or maybe

it was a foghorn; and we proceeded to

our destiny at the ferry in a car that had one flat

wheel and would not permit of our resuming the interrupted sleep.

What happened then? you ask. We will tell it to the best of our ability, as one who, mounting the guillotine steps, finds a kingdom offered to him at the top with said guillotine only a practical joke.

Not being entirely sure of what to expect, we had prepared for all eventualities. We had outfitted ourself for almost anything. We could have undertaken a campaign in Siberia, a hold-up, a job as an expert ditch-digger, an oyster opener or a movie actor on his way to location. We were gullible and innocent,





Where the marsh winds blow.

but we were going to spoil no man's party, and this was Newt's little affair.

And there he was, smiling and chipper, while we frowned and blinked our openly avowed displeasure at the world and all it contained at four o'clock in the morning.

On the trip across the river he had the nerve to abandon himself recklessly to the strains of "Many brave hearts," or whatever that song about being asleep in the deep is called, and we carefully selected the spot where we knew his pet corn to be located and dropped our gun case on it. His tune changed at that, but he undoubtedly meant well.

What happened from then on we do not recall, having slept soundly from the moment we settled in the train until Newt aroused us and dragged us forth. And there we were—a little station that you know must be a station because the train stops, a couple of straggling houses

graced by the name of hotels, and beyond—the marsh.

We had heard glowing tales of this and had become intimate acquaintances with swamps on previous occasions when our feet slipped—but never at five o'clock in the morning.

However, we felt something kindling in our bosom, something akin to the noble feeling that must have burned in our ancestors when they heroically faced the untrod wilderness beyond Jersey City to ascertain how much could be loaned on first mortgages.

Then came daylight in greater and greater quantities, and we didn't care what happened. Newt sidled over to us.

"Ought to be some snipe here," he remarked tensely.

"Eh? What? Oh, yes, snipe. Snipe who?" we asked pleasantly prepared to carry out his orders in anything as he trod off among the rushes and marsh

grass muttering something that sounded strangely like "damphool."

"Wham."

We sat down promptly in some cattails, not being entirely sure whether Newt was sniping a snipe or somebody else who had been idiot enough to get up at four o'clock in the morning was sniping us for a snipe.

It was Newt's gun, over toward the left, and he had sniped a snipe to perfection.

That brought us entirely out of our despond.

One went up directly in front of us, straight up a dozen feet above the swaying tops of the cattails, thirteen feet perhaps, if you care for the exact figures. We always have kidded ourself in the

belief that we were a fairly quick shot. If there happened to be any inhabitants on the moon looking down they probably received some of those shot in the eye. That snipe was right over our sights when we started to pull the trigger. By the time the load came out of the end of the barrel he was down among the rushes.

We hereby assert and claim that if the belief of some Indians that bolts of lightning are the weapons of powerful spirits hunting is true, said spirits must be hunting snipe and the lightning is zigzagging on the trail.

Our opportunities were many and varied and at last we saw one do a nose dive that was obviously unintentional following one of our shots. He disap-

peared in that maze of marsh grass and so did we, right to the spot where we saw him fall. We hunted—no champion setter dog ever hunted harder. We rested our gun on a dry point of land amid the rushes and hunted some more. Then we began to hunt in earnest.

Came Newt's voice over the marsh:

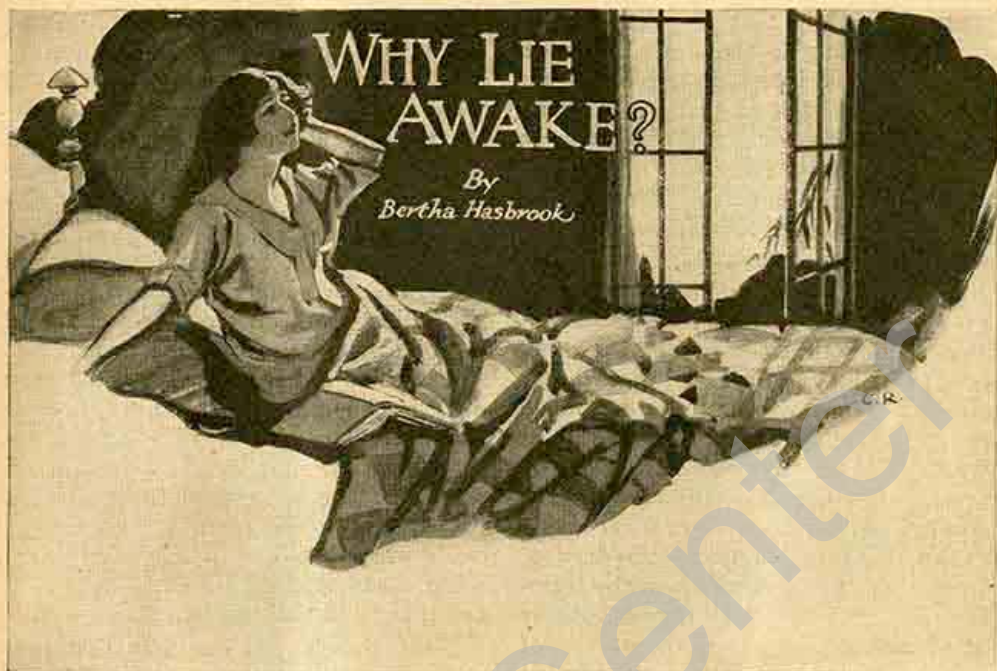
"You still hunting that snipe?"

"Snipe, h—!!" we chirped back. "It's the gun we're hunting now."

Then we began to hunt together. He left his gun on a bit of open dry land with his handkerchief beneath it as a marker and joined us. Then we searched together and from that moment on the entire tribe,
(Continued on page 65)



At the edge of the swamp.



LAST summer I paid a visit to a charming family who did everything they could think of to make my visit agreeable. They had egg-plant five times a week, because I love egg-plant better than my life; they gave me the room done in coral pink, because I love coral pink better than egg-plant; and they let me take my Persian cat along, because I love her better than all the rest. But in spite of all their noble efforts, I had to give up and go home—and why do you suppose? Simply because I couldn't sleep. They were all ridden with insomnia, and I caught the infection.

They discussed insomnia, they thought of insomnia, they lived with insomnia, not only by night, but by day as well. Every night they would toss upon their pillows and heave groans of restless misery and sometimes rise to pace the floor. Every morning they would ask each other about it at the breakfast table, in tender solicitude:

"Did you get even so much as a wink last night, dear Alice?"

"Hardly, Lucretia. I suppose you tossed as usual?"

"Worse. And I heard Mother beating her pillow nine times."

Then they would turn to me with the kindest, most commiserating expression.

"Did you suffer from insomnia too, Bertha?"

At first I cheerfully replied that I slept like a top in their fine country air; but I have to confess, and with shame, that in the end it was too much for me. The infection did its work. Living in the midst of a constant, conscious insomnia broke down even my grim will to be healthy. I succumbed—and departed, to "get slept up" in my own apartment, where I have only city air, plenty of street noise, the heat of city buildings, and none of the rest-inviting elements that I left behind—and where I sleep like a comfortable top.

Never has it been borne in upon me as powerfully that this matter of sleep and sleeplessness is (barring certain extreme physical exceptions) a *problem of suggestion and autosuggestion*. Never did I

realize as vividly that we sleep or lie awake according to the mental attitude that we assume towards sleep when we lay our heads each night upon our pillows. And never did I wish as strongly that the word "insomnia" could be blotted out of the language. Blotting out the word would go a long way toward blotting out the disease.

Now in regard to Emile Coué, who is at present one of the chief topics of discussion on both sides of the Atlantic, you may or may not accept his teachings entirely. Many of the most reputable physicians consider his claim to cure organic disease by autosuggestion as sheer nonsense, and often worse. If I had a broken leg I'd as soon try to mend it with autosuggestion as with darning cotton. But when it comes to the treatment of "nerves," it is unquestionably one of the most important discoveries of modern psychology, and in no ailment does it show its results more promptly and effectively than in this matter of the popular and much-cultivated disease—insomnia.

Perhaps you remember that, several months ago, we talked about Coué's teachings as they applied to Fatigue. What he really is doing, we found, was teaching people to put a new idea into their subconscious minds. It is in the subconscious that the machinery of sleep is stored; and you've got to get down into that cellar of your mind if you want to start the machinery going.

Now, to be brief, the modern psychology proves to us that any idea which takes hold of our subconscious tends automatically (if within reason) to work itself out to material results. Let the idea of lying awake take firm hold upon that subconscious, and it will tend, directly and surely, to work itself out into a night of miserable tossing. Your will has nothing to do with it. As Coué shows us, the imagination gets ahead of the will every time. The will believes that it can accomplish anything with its bulldog grip, and the harder it grips, the more

the situation gets away from it. All the while you are *willing* to sleep, that sly imagination of yours, acting down in the cellar of your subconsciousness, is whispering, "But I shan't go to sleep; I shall lie awake for hours; I shall toss and pace the floor; it's no use trying!" And the imagination wins.

The family I mentioned made matters even worse by adding suggestion to auto-suggestion. Not only did Lucretia hold to her own picture of lying awake, but Alice reinforced it by saying sadly each night as they parted for bed, "I do *hope* you'll sleep tonight, dear!" in a melancholy tone that implied, "Of course you won't!" They discussed their ailment, passed it back and forth, until a vicious circle was created, each one reacting on every other one, and insomnia flourished like a weed in their midst.

Now, there's just one way that psychology teaches to bring about a better condition, and that is to apply the law: *reverse the cause and you will reverse the effect*. That subconscious of ours, which is capable of doing so much damage, is just as capable of being a benign influence. It does whatever we tell it to. It is our most obedient servant. Give it an idea, and it will take it up and proceed to find some way of making that idea take on material form.

Tell it that you're going to sleep soundly tonight. Then leave everything in its hands. See what happens. You will sleep.

This is not nonsense. It is a substantial, scientific fact. The broadest-minded physicians of the day, psychiatrists and medical psychologists are doing away more and more with bromides and coal-tar products in such cases, and endeavoring to *induce sleep by forgetting sleeplessness*. For that's what the whole thing comes to: blot out that word "insomnia" from your mind, if not from the language, and you are well on the road to the Land of Nod.

If, under reasonably restful conditions, and in fairly good health, you do not suc-



"Why you look so fine—vat vas you done?"

ceed in sleeping, it is only because you have not persisted enough—because your subconscious has not yet taken firm hold upon the idea. "You will sleep." Secretly, you are doubting. You are still suggesting to it, "But probably I won't!" You must do away with all doubt; you must firmly believe that you are going to relax comfortably, and give way in body and mind. When your subconscious has fully accepted that belief, it will proceed to carry it out.

But remember that this is not an unqualified statement. First, you notice, we said "under reasonably restful conditions."

You can't ask for the impossible. For one thing, the muscles of your body cannot possibly relax in the wrong kind of bed. A bad mattress may interfere with your career, for without the needed amount of sleep you become inefficient. A mattress that is pleasantly springy but not soft; pillows that do not raise the

head greatly, or even no pillows at all; coverings that are sufficiently warm but always light in weight; and the absence of draperies, leaving the air free to circulate, are the essentials of a good bed. Hygienists nowadays advise an almost or quite flat position; the old-fashioned bolsters that strained the neck, and springs that let the body sag like a hammock are detrimental to healthy slumber.

Next: plenty of fresh air without a direct draught! Place your bed to avoid gusts, or let a screen cut them off, or insert one of the cloth ventilators that are made to fit into any window. But have air, and have enough of it. Fresh air is not like Eskimo pie and organdie ruffles—made for summer alone. It's good all the year 'round. The lack of fresh air has caused more colds than the air itself ever did, by aiding and abetting the Tyrant Germ. Dr. Royal S. Copeland, Health Commissioner of New York City, has called attention to the fact that

we have more colds in winter, not because the weather is colder, but because we seal ourselves up.

A quiet sleeping chamber is important, but not essential. I want you to think that matter over very soberly. There are dwellers in the most crowded streets of our cities who sleep the sleep of the just every night. Try to have conditions soothing as far as possible; but if there are unavoidable noises, don't accept insomnia as a matter of course. It's far more a matter of controlling your own "nerves," and ignoring the noises.

Sleep in darkness. If a night light is necessary for any reason, let it be faint, and so placed that it will not shine in your face. The dark is restful and sheltering, and your eyes recognize it even when closed. A street light, just outside the building where I live, is put out each night a short time after I retire, and before I am yet asleep; my eyes may be tightly closed, and I may be on the point of dropping off, when this happens, but on the instant I see the sudden darkness and a sense of great rest always comes over me when it occurs.

Make sure that the blood is not in your head at the time of retiring. This will keep you awake under any conditions. Too much activity, rapid thinking, mental work, over-stimulating gaiety up to the time of going to bed will get the blood started busily in the wrong place. The result is that you lie down to a continued mental activity—you relive all the events of the lively evening, or press on with the mental work you were doing. Try to "quiet down" for awhile before going to bed. And, if you are up late, or are required to work during the evening, you will probably need some light food before retiring. Dr. Thomas Denison Wood of Columbia University, who has worked among college students for many years, strongly recommends a very light refreshment after an evening of study. Its purpose is to draw the blood away from the head by luring it to aid in the digestive process, and so leave the brain to cool off, as it were.

The phrase "under reasonably restful conditions" is fairly covered by the above points, pertaining to physical comfort, and we might top off by adding that any other discomfort of your own individual conditions should be done away with if possible. The second qualifying clause, you remember, was "if in fairly good health."

This is a very elastic phrase, and can be stretched to many varying lengths. One plucky little woman I know has an incurable digestive ailment, a congenital lameness which often causes acute pain, and is always worked beyond her physical endurance, which is far less than normal, and yet she calls herself "in fairly good health." Another I saw the other day, after several years' absence, and I unfortunately exclaimed, "How well and rosy you are looking!" *What* a blunder! At once her mouth drooped, her face lengthened, and she sighed deeply in self-pity. "Why do people say such a thing?" she moaned. "I've been under the care of four physicians during the past six months, and they say that my only hope is the Mediterranean!" Unhappily for her her husband, upon dying, left her enough money to afford four doctors and the Mediterranean. She'd be as well as she looks if she were poor.

Your health should always be the best that you can possibly make it by hygienic living and the prompt correction of any ailment. Beyond this, having done all you can to be well, if there is some discomfort so nagging, or some pain so acute, that you can't sleep, no matter how brave and sensible you are, then you may be honestly unable to practice auto-suggestion with full success. But suppose you try it, and see how far it will go; perhaps it will marvelously dispel the pain and ease the discomfort. And now for the method of carrying this out.

The other day I had a thorough talk with a physician in high standing in New York City—he is a graduate of one of the finest and most heartily accepted medical schools in our country, is asso-

(Continued on page 68)

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A Message to Beginning P.C.

(Continued from page 45)

Most sixteen-year-old boys have "just grown up," so far as special exercise is concerned. They have simply eaten, slept and played, and have what we shall term "natural development." But between sixteen and seventeen the young man may become sedate, and cut out most of his romping. Or, on the other hand, he may take up applied physical training. Both these courses are modifiers of growth that have to be seriously reckoned with. The boy that adopts sedentary habits at sixteen or seventeen will assuredly fall short of the height nature intended for him. A boy who threatens to be undersized at maturity should be out doors a great deal and take up regular gymnastic training. Remember this—and my statement is endorsed by dozens of authorities: The boy can gain from physical training between sixteen and twenty-one four or five times as much as his "natural growth" for those years.

But never forget that physical exercise may be overdone by those who have not yet finished their natural growth—by anyone, of course. Extreme efforts at development, like overwork, may bring sad results; many children have been stunted by over-exertion. Assuming that he has exercised all his muscles moderately but regularly, and obeyed the other important laws of health, our boy should at eighteen show something like the following measurements: Height, 5 feet 6 inches; weight, 135 pounds; neck, 14 inches; chest, 34; waist, 28½; biceps, 12; forearm, 10½; hips, 35; thigh, 20; calf, 13½.

At eighteen a young man's athletic and physical culture work can safely be made more vigorous. He is not yet through growing, but he is past the greatest danger of arrested growth, and his bones and organs are equal to more strain. This does not mean, by any means, that he can lay caution aside; in fact, it may be inadvisable to do very

much more at his exercise than he did from sixteen to eighteen. But if all has gone well thus far and his health is fine, he can make his training *harder, heavier*. I do not favor long, torturous periods of exercise, but recommend that the progressive element (and this is always necessary) be based on quality rather than on quantity of work. Make your dumbbells, clubs, pulley-weights, whatever apparatus you are using, a little heavier, your athletic stunts a bit more difficult, instead of adding to the time spent. This plan is very much the better for purposes of muscular development, as prolonged work-outs, though they bring endurance, have the tendency to keep down bodily weight.

Some fellows have their height at eighteen, but as a rule growth goes on, though more and more slowly, till twenty-one. Some men have grown until twenty-five, but we may say that the average is "done" at twenty-one, and that the average height for men is five feet eight inches. Of course, weight gain may continue indefinitely, though if the man is doing too little physical work, the flesh is liable to accumulate disproportionately, the waist and hips usually enlarging too much for the chest and limbs.

The column on the left, below, represents the average young man of twenty-one just as he is found. The other column is the measurements he may have by regular attention to physical culture on a progressive plan from his middle teens. The estimate is very conservative; I have many times seen it far surpassed:

Average	Age 21	Easily Possible
5 ft. 8 in.	Height	5 ft. 9 ins.
150 lbs.	Weight	165 lbs.
14½ ins.	Neck	15 ins.
36 ins.	Chest	38 ins.
30 ins.	Waist	30 ins.
12½ ins.	Biceps	14 ins.
11 ins.	Forearm	12 ins.
36 ins.	Hips	37 ins.
21 ins.	Thigh	22 ins.
14 ins.	Calf	15 ins.

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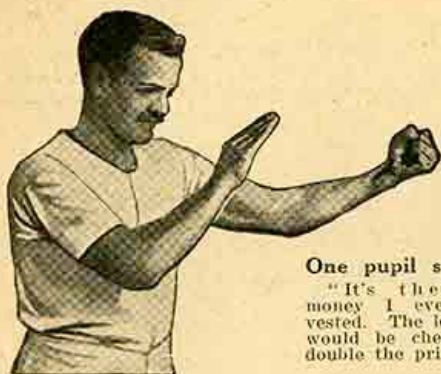
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Note.—Canadian and foreign orders must be accompanied by cash (\$3.85 U. S. funds) subject to money back if not entirely satisfactory.

How to Prevent and Cure Catarrh

(Continued from page 40)

planations I have given, are so easily understood that no one can fail to realize the benefit received by keeping the body in a state that is immune to all catarrhal conditions, as well as being protected from many other diseases which often result fatally. Moreover, I sincerely trust I have been very explicit in what I have written, and that the article has proved enjoyable and instructive.

King of the Amateurs

(Continued from page 35)

moderate weights. A man whose best record is 50 lbs. has to start near the bottom of the ladder.

He succeeded very quickly in broadening his shoulders and increasing the depth of his chest. The only complaint he has about the results obtained was that for a time he increased so fast that he was continually getting his clothes altered or buying new and bigger suits.

As far as I know he has no rules about diet. Taking pictures is an exhausting job, (it really is, I am not joking) and we recuperated our energy by putting away soup, a steak, potatoes, rolls, ice-cream and two cups of coffee each. A bar-bell devotee does not have to restrict his diet. He has the appetite and the "good digestion that waits on appetite."

Contrary to the general rule, Mr. Smith did *not* start with the ambition of becoming a Sandow or a Saxon. All he expected was a little improvement in his figure and a moderate gain in strength. But as he became stronger, he, like many bar bell users, became fascinated with the sport of lifting, and after he had gotten his measurements as big as he wanted them, he devoted much of his practice time to the scientific angle of the game.

In all our talk, he mentioned but one of his training rules. He keeps his bells in a gymnasium, and when he goes there

for a work-out, he judges his condition by the effect of the first few minutes work. If, at the end of five minutes, he feels full of energy he continues his practice for about three-quarters of an hour. But if he feels even a little bit below his best, at the end of the five minutes, he quits, takes his shower, and calls it a day. In other words, he lifts *only* when he has the physical enthusiasm for it. A professional could not follow that plan, but it is an excellent plan for an expert amateur, who uses weights only for fun and exercise.

Let's Hunt Ducks

(Continued from page 56)

genus and species snipe, made its presence manifest. They came in droves and families and flocks, wheeling and circling up over our heads. We could have fired straight up in the air and bagged a half dozen without the formality of aiming. If those snipe didn't know we were harmless at that particular moment, they at least acted so.

We became enraged; we were prepared to take affidavits that some one had sneaked in and swiped our gun right from under our nose. We said things that were not nice and covered ourself with mud that might have been warm last August, but from which Steinmetz himself could not extract a single calory of warmth now; and then we tripped and fell—over the gun where we had laid it among the reeds

"Bring a nurse and a safari boy along for you next time," quoth Newt. (He read somewhere about them calling gun bearers safari boys in Africa.)

With the gun in our hands once more we felt better, and we looked around for those saucy, whirling, darting fools of snipe that had been hopping about so pertly during the half hour or so in which our only weapons were the kind that hurt

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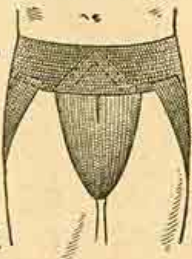
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nothing but the ears and chances of a hereafter. Was there one snipe, one lonely, measly, villainous, jumping-jack of a snipe in sight? Not so you could notice it. All of them had taken their families by the hand, figuratively speaking, and departed for parts unknown.

We worked that swamp for an hour and at last we aroused one. It acted lonely, probably had lost its way or its relatives or senses or something. At the same moment we fired Newt's gun went off. We didn't know at the time that he was within half a mile of us. We saw a puff of feathers as those two loads hit at the same instant. If that snipe had been a good snipe and charitable all his days he probably went to the snipe heaven. If not—well, it's hard to say. Suffice that you could not prove anything by us. We never found more than a few feathers. And while we were hunting for them came the sudden realization that it was raining. Now, if there is any place on the earth or beneath it or in the skies that is wetter than a swamp when it is raining, we hope never to even hear about that place, let alone visit it. And it was a cold rain at that.

In the midst of our thought came the voice of Newt. Mingled in it was something of disgust, resignation, the tonal inflection of the fatalist who believes that the world has given him a raw deal. His words were epoch making.

"Aw, c'mon over on the bay an' let's hunt ducks."

That solved it. We knew something was wrong, but we had not been clever enough to ferret it out for ourself. This was an ideal day for duck hunting—one of those rare, perfect days when the weather was fit for neither man nor beast nor anything that breathes, walks, swims or flies—except ducks.

"Yeah," we answered, blithely; "c'mon, let's go hunt ducks."

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Correct answers shown in panel at the right

1. Would You Write—

Between YOU and I	or	Between you and ME
I HOPE it would come	or	I WISH it would come
WHO shall I call	or	WHOM shall I call
It's just AS I said	or	It's just LIKE I said
How MANY are there	or	How MUCH are there
I WOULD like to go	or	I SHOULD like to go
The FIRST TWO lessons	or	The TWO FIRST lessons
He sat AMONG the three	or	He sat BETWEEN the three
The wind blows COLD	or	The wind blows COLDLY
You will FIND ONLY one	or	You will ONLY FIND one

2. How Do You Say—

evening	or	EVE-ning
ascertain	or	as-CEI-tain
hospitable	or	hos-PI-ta-ble
abdomen	or	ab-DO-men
mayorally	or	may-OR-al-ty
amenable	or	a-ME-na-ble
acclimate	or	ac-CLI-mate
profound	or	pro-FOUND
beneficiary	or	ben-e-FISH-ary
culinary	or	CUL-i-na-ry

3. Do You Spell It—

superCede	or	superSede	or	repEtition	or	repetition
recElve	or	recIve	or	sepArate	or	separate
reprElve	or	reprIve	or	aCoModate	or	aCCoMmodate
donkEYS	or	donkIES	or	traffIcing	or	traffCKing
facterIES	or	factorYs	or	aCSeSible	or	aCCeSSible

Answers

1

Between you and me
I wish it would come
Whom shall I call
It's just as I said
How many are there
I should like to go
The first two lessons
He sat among the three
The wind blows cold
You will find only one

2

EVE-ning
as-CEI-tain
hos-PI-ta-ble
ab-DO-men
may-OR-al-ty
a-ME-na-ble
ac-CLI-mate
pro-FOUND
ben-e-FISH-ary
CUL-i-na-ry

3

supersede
receive
reprieve
donkeys
factories
repetition
separate
accommodate
trafficking
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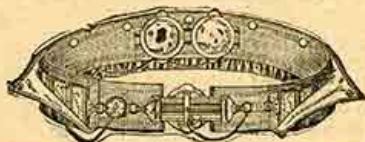
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Why Lie Awake

(Continued from page 60)

ciated with an older physician of national fame, and altogether stands for such thorough-going orthodoxy in the profession that I confess I was astonished when he revealed his belief.

"I not only think that there is much truth in the autosuggestion teachings—I go farther," he said. "A few weeks ago I sent one of my patients to Coué—that is, to his book—and she is practically cured."

"You mean that you gave up medicine?"

"I mean that it was a case where medicine was little or no use. It was a case of 'nerves,' pure and simple. I used a mild bromide a few times, to be sure, as much as anything to create in her mind the idea that she would sleep; but I realized that she would soon slip back into the chronic condition and merely have to resort to medicine over and over. I knew what was wanted was something to start her mental attitude to functioning properly, and I believed that it lay within the province of autosuggestion to do this. So I wrote her a prescription of the title of Coué's book, told her to follow implicitly, and the result is an amazing renovation. She is glowing with life. She is cheerful, ambitious, sleeps well, has an appetite—why, she told me as a joke that her butcher asked her, 'Why you look so fine—vat vas you done?'"

"As a cure for insomnia—would you recommend that Coué's method be followed to the letter?" I asked him.

"With most people, I think it is best. The idea of tying twenty knots in a string and telling them off, like beads, while uttering the formula, 'Day by day in every way I'm getting better and better,' is a mere form, of course, but most people in a state of nervousness need something like this to lean on. It's the letter of the law; the spirit of the law is, get your subconscious imbued with the belief that you're going, from now on, to sleep."



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EVERY day in the year men and women apparently in good health are suddenly stricken with a fatal disease. Men and women who thought themselves in perfect condition are finding that Bright's Disease, Diabetes or some other dreaded malady has gained a running start in their bodies before a single symptom was noticed. Some of these victims live for years—broken in health and spirit. Others die quickly. You are shocked at the suddenness of their passing.

Why is this tragedy so common? Why may it soon be true in your case? Simply because these diseases are as insidious and deadly as murder in the night. They approach secretly, stealthily. There are no evident symptoms—no outward signs. By the time noticeable symptoms develop it is too late; nothing can prevent a fatal ending.

And the pity of it all is that ninety per cent of these cases could be prevented. Medical science has perfected a simple yet infallible test. A test that shows the very first tendency to Bright's Disease or Diabetes. A test that shows their presence long before any outward symptoms are felt. A test that enables you to win the fight because you know the facts in ample time.

How To Learn The Facts

Urine is the barometer of your health. It forecasts Bright's Disease and Diabetes many months before any outward symptoms are visible. It proves the strength or weakness of each organ. Urine analysis is employed by hundreds of America's ablest executives—men who consider the facts about their health just as vital as the facts about their business.

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When you become a subscriber to the Robinson Health Service you will receive a complete chemical and microscopical examination of your urine every ninety days. These analyses give you the real hidden facts about your body and tell you exactly what to do about it. The work is done by expert chemists and biologists working under the supervision of a medical specialist.

If your case is serious you will be advised to take the report to your physician, and from the analysis

he will know exactly how to treat you. If the trouble is minor the report itself will tell you what to do.

In addition, every report will carry with it suggestions as to simple modifications of diet—modifications that will not only prevent disease, but noticeably improve your general health and feelings.

What It Means To You

Bright's Disease is second only to Consumption in the yearly number of victims. Yet the first indications are shown only by urine analysis.

Good health is absolutely necessary for your business success. Knowing the real facts and knowing them in time is the secret of good health. That is exactly what you get in the Robinson Health Service.

Perhaps you are as healthy as you feel. Perhaps you are not. However, you want to know—guessing is gambling against Death with your life as the stake.

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And it's that spirit of the law that every one of us ought to be mastering.

Lying in a restful position, with every muscle relaxed, with your eyes closed, your body thrown full length upon the bed as loosely as the body of an animal at rest, begin to picture to your imagination the night of repose. "How delicious the bed feels!" you say to yourself. "It's so soothing to come from a warm bath and get in between clean sheets!" (By the way, that matter of the warm bath at night is one for you, as an individual, to decide. To some it is soothing, to others stimulating.) "How quiet and peaceful everything is!" you go on. "Not a thing to do, not a thing to worry about, for eight or nine good hours. How pleasant and fresh the air is in the room! It makes me feel sleepy as it touches my face! I'm not going to think about any problems, or disagreeable incidents, or dislikes, or unkindnesses. I'm going to forget everything except that I'm getting sleepier—sleepier—sleepier. . . ."

Maybe it won't work the first night—or the second—or the tenth. Is that any reason for giving up? Not the least in the world. Keep it up, for ten times ten times if necessary. Make up your mind that it will work, just as soon as you have cleaned house of every doubt; just as soon as your subconscious has thoroughly accepted the statement you are giving it: *that you are going to sleep tonight and every night.*

It will work. I pledge you my word. I know. Because I've done it myself.



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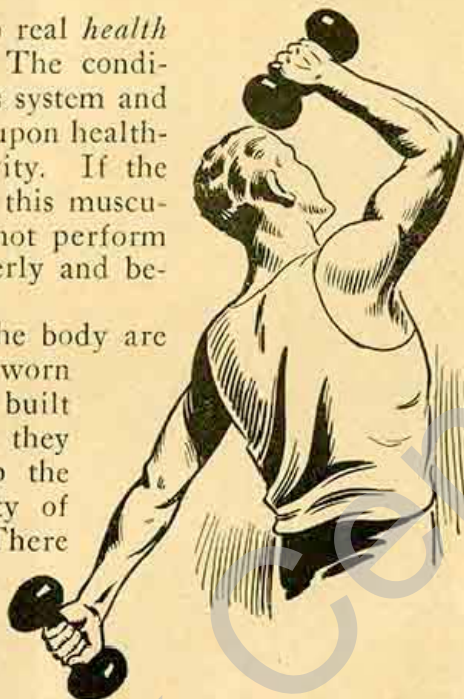
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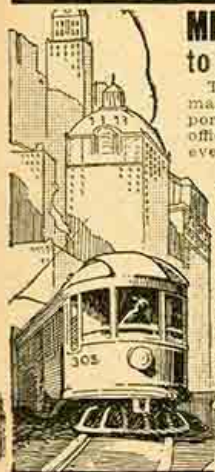
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Boxing

(Continued from page 52)

favorable position to hit or guard, as occasion demands. It is also claimed that this position helps to better protect the lower part of the body and also that if one does receive a punch on the mark, the abdominal muscles are better able to resist it.

Another advantage credited to the "crouch" if facing a man your own height is that it compels him to hit in more or less of a downward direction in order to get at you, and thereby allows you to take on the top of your head blows aimed at your face that you were unable to duck or to guard. A crouch also better enables you to get well in to your man, if possible between his arms, in order to drive home heavy punches to his body.

This crouching position is often called the American or the California crouch, as it was used as the preferred position by such noted boxers as James Jeffries, Eddie Hanlon, Stanley Ketchell and other Pacific Coast ring stars, but it really did not originate in this country, but was part of the methods used by some of the early school of the English boxers headed by Daniel Mendoza, who crouched forward, practically doubling over, as an additional protection to the stomach and other vital parts of the anatomy.

The bolt, upright position presents a bigger target and in consequence exposes more openings. The "crouch," although reducing the target, puts you in a position from which it is more difficult to instantly take advantage of unexpected openings. Besides, it is more difficult to hit as quick-

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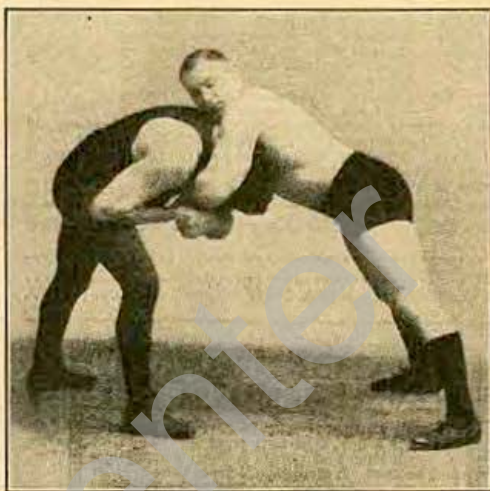
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ly and effectively from a too decided crouch position. Constantly favoring a decided crouch position also tends to more or less make its possessor a purely defensive fighter. Relying too much on blocking and "covering up" does not permit of developing cleverness in leading countering and otherwise combining both offense and defense effectively.

While the erect position is always to be preferred as a general standard and most to be used by beginners, yet a decided crouch can oftentimes be used to good advantage. Besides, it is often restful to the boxer as a change from the more upright position, as well as a means of deceiving one's opponent by a change of style and posture.

The majority of present-day boxers favor the intermediate or semi-crouch position, and use it as a key position from which they straighten up or crouch a little deeper as combat conditions or change of style warrants.

RE—THE SHOULDERS

Raise your left shoulder a trifle. The left shoulder should be raised slightly higher than the right. The object of this is to be able to protect the face at a place where a blow is most effective—viz., the left jaw, or the "point," as this spot is usually termed.

A blow, especially if a right hander, delivered square on the point of the jaw is very severe and at times cannot readily be guarded by the right arm. In consequence, the slightly raised left shoulder is an additional protection, especially if muscles are free and held in readiness to raise it a little higher still, should the occasion to do so warrant it.

As to your right shoulder, don't raise it, as you would your left, but instead slightly lower or sink the right shoulder a little, as this brings your right hand into a better position to deliver heavier blows on your opponent's body.

RE—THE HEAD

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held in such a manner that it can instantly and rapidly be moved in any direction in order to avoid a blow. Lean and also turn your head a little to the right, but not too far, just enough to avoid offering a full face to your opponent's attack.

Although both eyes should look at your opponent, the left cheek should be presented a little more than the right in order to prevent a straight blow at the eyes taking equally bad effect on both.

So the object of slightly turning the face is to prevent both eyes being hit at once, while the head is leaned a little to the right in order that it may not be directly in a line with your opponent's left hand and thus afford him an easy target.

Don't elevate the chin, but lower it slightly, while tilting the forehead a little forward. This position of the head, slightly tilted and the chin turned somewhat toward the chest, enables you to more readily duck or dodge, protects the throat and also lessens the danger of being hit on the "point" with your opponent's right. So be ever ready to cuddle your chin close to your chest, if need be, for the point of the left jaw is a most vulnerable spot in boxing. Holding the chin down is an additional protection against having your head sent back by a stiff left jab that lays you open to a telling "follow up" punch that may end all further hostilities.

Keep your mouth firmly closed. A blow on the jaw while relaxed is liable to dislocate it. Also be sure you never bite your lips nor get your tongue between your teeth, or a blow under your chin may do serious damage.

Get the habit of breathing through your nostrils—it is good training. Of course, it is understood that mouth breathing is practically unavoidable if winded from the exertion incident to a severe contest.

(To be continued next month)

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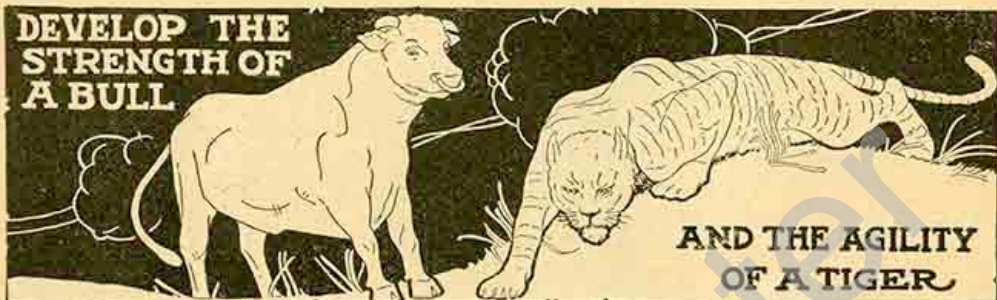
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