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Strength

AUGUST

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Pearl Chern

Vol. VII, No. 2

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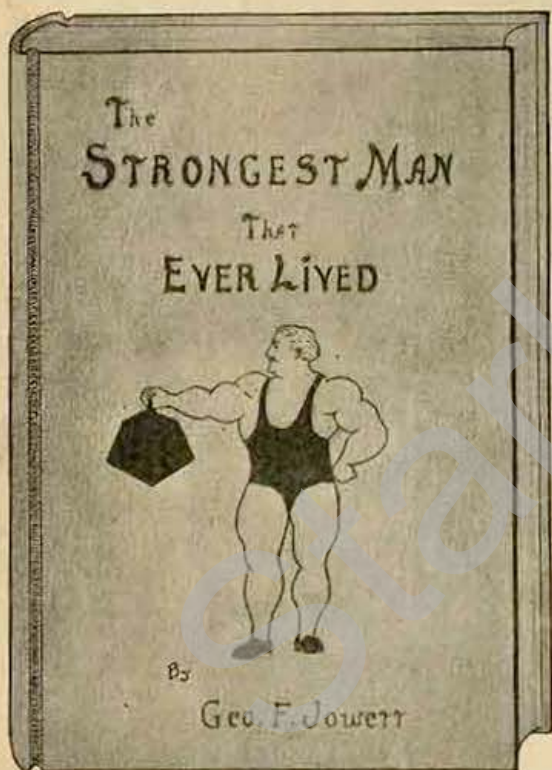
You will be better equipped to carry on your own training after reading "The Strongest Man That Ever Lived." You will profit greatly at this new price in enjoyment, knowledge and a better physique, health and strength.

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THEN READ THIS BOOK ABOUT LOUIS CYR.

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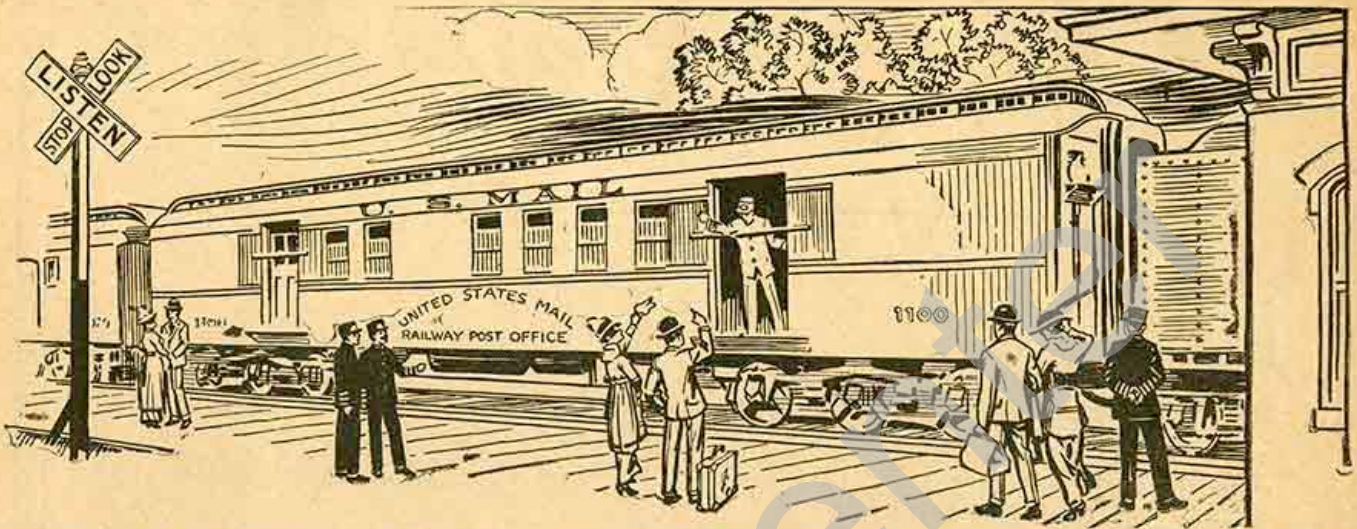
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Strength



AUGUST, 1927

Vol. XII

No. 6

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WILL YOU GIVE ME TEN DAYS TO PROVE I CAN MAKE A NEW WOMAN OF YOU?

BY ANNETTE KELLERMANN

MANY people will be surprised to hear that as a child I was so deformed as to be practically a cripple. The world knows me today as "the most perfectly formed woman," and it is natural to assume that I have always been fortunate enough to possess a symmetrical body.

Quite the opposite is true, however. I was formerly so weak, so puny as to be an invalid. I was bowlegged to an extreme degree; could neither stand nor walk without iron braces which I wore constantly. For nearly two years I had to fight against consumption. No one ever dreamed that some day I would become famous for the perfect proportions of my figure. No one ever thought I would become the champion woman swimmer of the world. No one ever dared to guess that I would be some day starred in great feature films, such as "A Daughter of the Gods," "Neptune's Daughter," etc. Yet that is exactly what has happened.

I relate these incidents of my early life and my present success simply to show that no woman need be discouraged with her figure, her health, or her complexion. The truth is, tens of thousands of tired, sickly, overweight or underweight women have already proved that a perfect figure and radiant health can be acquired in only fifteen minutes a day, through the same methods that I myself used.

In fact, so remarkable are the results that I have brought to other women that I find far greater gratification in helping others than in all the praise and acclamation I myself have received. It became my ambition to extend my service to womankind, and as a result I developed a method by which I could make my help available to any woman, anywhere, right in her own home.

So I now invite any woman who is interested to write to me. I will gladly tell you how I can prove to you in 10 days that you can learn to acquire the body beautiful; how to make your complexion rosy from the inside instead of from the outside; how to freshen and brighten and clarify a muddy, sallow, pimply face; how to stand and walk gracefully; how to add or remove weight at any part of the body, hips, bust, arms, shoulders, chin, limbs, waist, abdomen; how to be full of health, strength and

energy, so that you can enjoy life to the utmost; how to be free from colds, headaches, neuralgia, nervousness, constipation, weak back, and the many other ailments due to physical inefficiency; in short, how to acquire perfect womanhood.

Just mail me the coupon below or write a letter and I will send you at once and without charge my interesting, illustrated new book, "The Body Beautiful." I will also explain about my special Demonstration Offer. All this costs you nothing and may show you the way to become a stronger, healthier, more graceful and more beautiful woman, as it has already done for so many others. Just tear off the coupon below, and mail it, before my present supply of free books is exhausted. Address,



Annette Kellermann

Suite 448

225 West 39th Street

New York City

ANNETTE KELLERMANN,
Suite 448, 225 West 39th Street, New York City.

Dear Miss Kellermann: Please send me, entirely free of cost, your new book, "The Body Beautiful." I am particularly interested in

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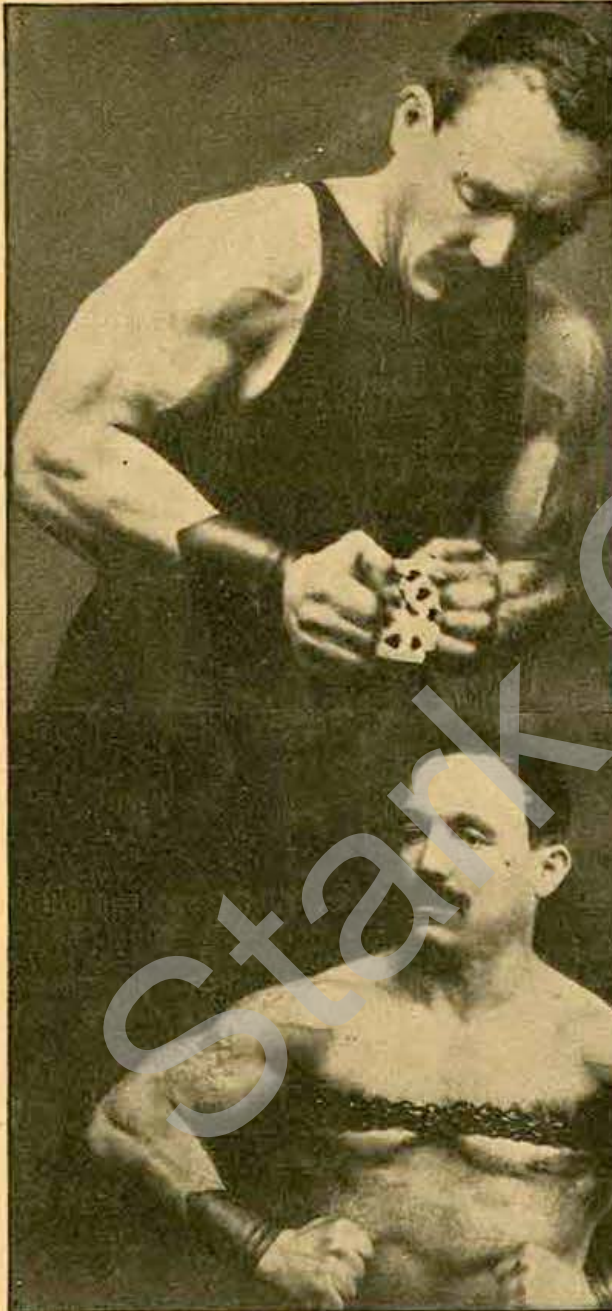


Figure 181 (above). Pierre Gasnier tearing two packs of cards.

Figure 182 (below). Gasnier doing a chain-breaking stunt. This famous athlete, who recently died of old age, was one of the most skillful and scientific lifters in the history of the game. He was at his best about thirty years ago.

"Super-Strength"

A novel-size book of over 200 pages. It is the most complete book on how to build the muscle and strength of a strong-man. "Super-Strength" contains 26 chapters, each of which cannot be improved upon by anyone. This book is illustrated by no less than 175 interesting and instructive pictures, like the one shown on this page. You will learn more from "Super-Strength" than you can imagine possible.

There you are—that's a rough sketch of the details of what is to be found in this supreme \$3.25 offer, and it is a rough sketch, for it's impossible to mention all there is contained in the pages of 12 issues of "Strength" and one copy of "Super-Strength."

Among the thousands who praise "Super-Strength," you will find the names of some of the strongest and best-built men of the present day. It should be observed that most of them place a very high value on the author's book as a practical teacher of body-building and strength-creating exercise.

Note how many of them comment on the extraordinary results obtained from practicing the author's special bar bell exercise for enlarging the chest. Even in cases where the athletes had trained for years and thought they had reached the limit of their development they succeeded in adding considerably to the chest-girth by practicing for a couple of weeks after receiving the book.

"Super-Strength" is really the most complete course of instruction ever issued. Most "courses" which you buy contain only about 5,000 words, and have 20 or 30 illustrations. This book, "Super-Strength," has 182 pictures and nearly 80,000 words of text; giving the author plenty of space to go into details and to give most complete instructions regarding each and every exercise.

He deals with each part of the body in turn. For instance, Chapter 2 is entirely devoted to exercises which strengthen the back; Chapter 4 to the legs; Chapter 6 to the sides, and so on. There are 26 chapters in the book and nearly half of them are given up entirely to the description of developing exercises—many of which have never been published before.

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"Super-Strength"

Improves your body, improves your lifting records, makes you healthy, and costs only 75c on this proposition.

"STRENGTH"

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"You Must Have Spent Years on Shorthand"

"No; I Learned it in 6 WEEKS!"

HER employer laughed aloud. Six weeks! You're joking, Miss Baker. No one could learn shorthand in six weeks."

"But I mean it, Mr. Chapman. When I came here to work for you I had only studied shorthand for six weeks."

The president of the large corporation hesitated; the girl was evidently sincere; she expected him to believe her. But six weeks!

"You're fooling, of course, Miss Baker. You have been with us not more than a month and you are by far the most competent secretary I ever had. Surely you don't expect me to believe that you gained your present speed and accuracy in only six weeks! Why—a great many young ladies who have been here with us had studied shorthand for ten months or a year or more and still they made a great many errors."

"That wasn't their fault, Mr. Chapman. That was the fault of the system they were taught. Old-fashioned shorthand requires months of hard study and practice and even when it is mastered it is difficult to read. But Speedwriting is very easy. I—"

"Speedwriting!"

"Yes. Haven't you ever seen my notes? You can almost read them yourself. See—"

The big business man took his secretary's note-book.

"Why, this is remarkable, Miss Baker. It's in simple A. B. C.'s!"

"Yes, surely. That's the secret. That's how I learned it in so short a time. Anyone can learn Speedwriting. There are only a few easy rules. There are no hooks or curves; every character you use is a letter

you already know—one that your hand needs no special training to make."

"And it's called Speedwriting?" Mr. Chapman was more than interested.

"Yes. Isn't it simple? Can't you read that? See—here is the first letter you ever dictated to me. Those notes are a month old, but I can read every word of them. That is another advantage Speedwriting has over all other systems—notes never get cold. And my notes are just as plain to another Speedwriter as your handwriting is to one of the salesmen."

"Well, that's the most remarkable thing I ever heard of. I could use that myself at board meetings and a dozen other places. You can write it rapidly, too!"

"You have never dictated too fast for me yet, and I haven't had to retype a single letter since I've been here. One boy I know who studied Speedwriting in his own home, took court testimony at the rate of 106 words a minute after only 15 hours of study."

"Miss Baker, where can I get some literature on Speedwriting? I am very greatly interested. I really believe I'll take it up myself!"

"I answered an advertisement in a magazine and Miss Dearborn sent me a booklet. I'm sure she will send you one if you want it."

"I certainly do. Will you take care of it for me?"

"Yes, sir!"

Two months later Mr. Chapman and all of his stenographers were Speedwriters!

Speedwriting

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Tens of thousands have been freed from the drudgery of the old-fashioned methods of learning and writing shorthand by this marvelous new

system. Speedwriting may be written with a pencil or on a typewriter; it can be learned in a third the time needed to master any other system; it is more accurate, and it can be written with amazing rapidity.

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Describes Speedwriting Thoroughly

Put this coupon in the mail tonight. It will bring you an illustrated book full of examples and stories of successful Speedwriters all over the world. No matter what your need for shorthand may be—you can fill that need better with Speedwriting.

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 No matter how hopeless your case may seem
 I guarantee to end dandruff—stop falling hair
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 or no pay! And you alone are the judge!

By Alois Merke

Founder of the Merke Institute,
 5th Avenue, New York

DON'T tolerate dandruff! Don't put up with thin, falling hair! Don't let baldness claim YOU as a victim! Grasp this "no risk" offer to gain a new healthy growth of hair in 30 days!

Here's My Contract!

No matter how quickly your hair is falling out—no matter how rapidly it is thinning on top—no matter how many expensive hair treatments you have tried unsuccessfully—my contract stands! I'll grow new hair in thirty days—or the trial costs you NOTHING.

Here's My Secret

Years of training and research and day after day experience in treating thousands of cases of loss of hair at the famous Merke Institute, Fifth Avenue, New York, have taught me many valuable facts about the hair—and this, the most amazing of all—that in most cases of baldness the hair roots are not dead, but merely dormant—asleep!

It's a waste of time—a shameful waste of money—to try to penetrate to these dormant roots with ordinary hair tonics, oils, massages

and salves. For such measures treat only the surface of the scalp, and never reach the roots where the real trouble lies. How could they ever possibly grow new hair?

My Method Reaches the Roots

You wouldn't think of trying to make a tree grow by rubbing a "growing fluid" on the bark. You'd get to the roots!

And that's just why my scientific treatment is growing new hair for thousands who never thought it possible! It penetrates below the surface of the scalp. It quickly reaches the cause of trouble—the dormant, starving hair roots. It awakens them. Hair begins to sprout again. It takes on new life and color. It becomes stronger and thicker. And in a surprisingly short time—sooner than you ever imagined possible—you have a new healthy growth of hair—OR I PAY ALL COSTS OF THE TREATMENT MYSELF.

And best of all, my system is so simple that it can be used in any home where there is electricity without the slightest discomfort—and for just a few cents a day!

New Hair or No Cost!

Many claim that my treatment is miraculous. I don't. I know that some cases of loss of hair are hopeless. But remember this—these cases are so very rare and so

many hundreds of others have regained luxuriant hair through my method, that I am willing to let you try it for 30 days—AT MY RISK!

Then if you are not absolutely delighted—say so. And I'll mail you a check immediately—refunding every cent of your money—and the treatment will have cost you NOTHING!

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"I have been partly bald for the last 10 years and have used your treatment only four weeks to date, but I can already see a new crop of hair coming in."—J. A. K., Anderson, Ind.

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You don't have to be one of this kind. You can be a real 100 per cent man. You can be just such a man as any one of the splendid fellows you see pictured on the preceding page of "Strength." The world holds no parallel for the work I have accomplished in upbuilding weak men. And what I have done for others I can do for you through STRONGFORTISM—my world famed Course of health and strength building.

STRONGFORTISM Develops Health and Strength

I have made powerful men out of mere weaklings. If you seek tremendous strength. If you want to become a professional strong man; *If you want good health and manly strength—every man wants that; If you want energy and vitality; If you want a clear, unflinching eye and a steady nerve; If you want courage, "sand", and pep you can get all of these by following in the paths in which I have directed thousands—you can be a real man!* Above all, you can rid yourself of disheartening weaknesses and blighting ailments, such as constipation, indigestion, rheumatism, nervousness, lassitude, insomnia, catarrh, chronic colds, etc., if you are so afflicted.

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Many young men write me the most pathetic letters about their sorry plight and their hopeless state of mind. What I reveal to them—what I do for them, transforms their lives, makes them happy, joyous souls, with an entirely new outlook on life. My methods give to them speedily a bodily feeling so new, so different, so vigorous, that they are like men reborn—vibrant with life, bubbling with energy, eager for contact with others, full of ambition and pep! Results are truly marvelous. *Thousands testify to this fact.* They tell a story of rejuvenation, restoration and rebuilding of the human body that is beyond dispute.

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In it are plain facts that will astonish you and help you out of your sorry plight. It will tell you frankly how you can make yourself over into a vigorous specimen of vital manhood with 100% pep, power and personality. It doesn't mince words. It will show you how to be true to the best that is within you—teach you how to be a real fellow. It is a man-builder—a success-maker and a life-saver. Just check the subjects on the free consultation coupon on which you want special confidential information. Send for your copy of this book right now—TODAY!



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Mr. Lionel Strongfort, Strongfort Institute, Dept. 366, Newark, N. J.—Please send me, absolutely free my copy of your book, "PROMOTION AND CONSERVATION OF HEALTH, STRENGTH AND MENTAL ENERGY." I have marked (x) before the subjects in which I am most interested.

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LEARN AT HOME, in spare time, Anatomy, Physiology, all branches Drugless Therapeutics, Chiropractic, Osteopathy, Physiotherapy, Massage, Dietetics, Preparatory and Post-Graduate courses. Enquire Garrison Institute, 512 Erie Building, Cleveland, Ohio.

Help Wanted—Male

MEN, get Forest Ranger job; \$125-\$200 mo. and home furnished; permanent; hunt, fish, trap. For details write Norton, 267 McMann Bldg., Denver, Colo.

BE A DETECTIVE. Work home or travel. Experience unnecessary. Particulars free. Write American Detective System, 2190 Broadway, N.Y.

Wanted

If you have a patented or unpatented invention for sale, write Hartley, 38 Court St., Bangor, Me.

Business Opportunities

\$15.00 Daily Easily Made—Great opportunity, men and women, experience unnecessary. 95c profit on every dollar. Whirlwind seller. Write quick. Particulars for 2-cent stamp. Loufers, save your stamps. Address The C. B. Ryden Co., 1039 Center Street, Johnsonburg, Pa.

SELL SHOES DIRECT FROM FACTORY. 85 stunning leathers and styles. Amazingly low priced. Sell every member of family. You need no experience. Send immediately for Free Outfit. Mason Shoe Mfg. Co., Dept. TA-14, Chipewa Falls, Wis.

Health

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

Drugless Physicians

Dr. Drew's Sanitarium, 4608-10 Wayne Ave., Philadelphia. Osteopathy, diet, electricity, lights, hydrotherapy, exercise. Fasting a specialty. Department for deformed children.

Personals

Imported Postcard Novelties, Pictures and Artistic Photographs. 10 samples, \$1.00. Photo Institute, McAdoo, Pennsylvania.

You will become strong through knowledge and conscious application of the Fundamental Principles of Life, as taught by Joseph Levitt, self-called Scientific Philosopher, in own handwriting, personal one letter form. One dollar. Joseph Levitt, Suite 1502 Knickerbocker Bldg., 152 West 42d Street, New York City.

Ventriloquism

Learn Ventriloquism by Mail. Small cost. 2c stamp brings particulars. Geo. W. Smith, 125 North Jefferson, Room S200, Peoria, Ill.

Pictures

20 pictures of scenic Wisconsin \$1.00. George Conroy, Lake Geneva, Wis.

ARTISTS: Have your portraits or favorite landscape enlarged. Oil painted pictures of any kind and every size made. Special introductory offer, \$3.95. Michael Costello, Box 89, Warrensburg, N. Y.

Health Home

Douglass Health Home, 2606 Tenth Avenue, Oakland, Calif. Rheumatism a specialty.

Revive the Vital Spark That Gives You Driving Energy!

YOU know what's wrong with your car when the lights get dim and the starter won't start and the engine wheezes and puffs and dies! The batteries are weak! They need to be charged. They need to be filled with the chemicals that are the LIFE of your car.

And when they need re-charging you take care of it; don't you? You don't go on driving and pushing and trying to make the machine do the impossible?

But what about YOURSELF? Do you ever feel "blah"? Do your lights ever get dim and your starter fail to start! Are you always full of pep in the morning? Do you always "turn over" as if your batteries were fresh from the factory? You know that you don't. You know that there are days and weeks when YOU DON'T SPARK!

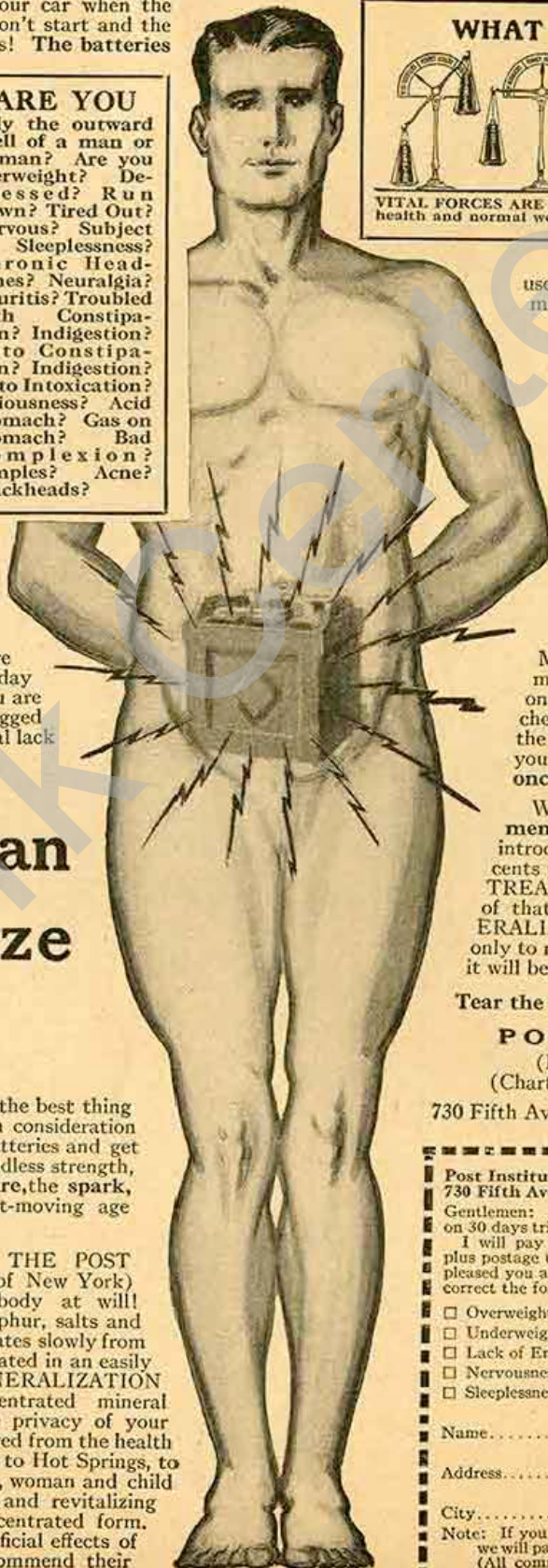
You think that's a far fetched comparison? You're wrong. Your body is the most marvelous and delicate machine in the world. It is the strongest machine, too, in its way. It will take more abuse than your car. It will go—after a fashion—even when the batteries are bone dry. But it won't run long under those conditions before something burns out. You'll snap some day—without any further warning than you are getting right now. The warning of ragged nerves, tired eyes, heavy legs and general lack of pep.

Now You Can Remineralize for PEP!

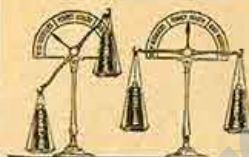
If you have received these warnings the best thing you can do is give your body as much consideration as you do your car! Re-charge your batteries and get back that easy, confident feeling of boundless strength, energy and stamina. Get back the fire, the spark, the vital, driving force that this fast-moving age takes out of you so fast.

A new and amazing discovery of THE POST INSTITUTE (Chartered by the State of New York) enables you to Remineralize your body at will! The iron you get from spinach, the sulphur, salts and other minerals that your blood accumulates slowly from the foods you eat have been concentrated in an easily assimilable form. The BAKU REMINERALIZATION TREATMENT, baths and super-concentrated mineral waters, place at your disposal—in the privacy of your own home—all of the benefits to be derived from the health springs of the world! We cannot all go to Hot Springs, to Wiesbaden or Spa, but now every man, woman and child in the world can have these curative and revitalizing waters always at hand in a super-concentrated form. Thousands of people testify to the beneficial effects of these waters. Doctors everywhere recommend their

ARE YOU only the outward shell of a man or woman? Are you overweight? Depressed? Run Down? Tired Out? Nervous? Subject to Sleeplessness? Chronic Headaches? Neuralgia? Neuritis? Troubled with Constipation? Indigestion? Auto Constipation? Indigestion? Auto Intoxication? Billiousness? Acid Stomach? Gas on Stomach? Bad Complexion? Pimples? Acne? Blackheads?



WHAT IS METABOLISM?



VITAL FORCES ARE IN HARMONIOUS BALANCE perfect health and normal weight are impossible.

Metabolism is the scientific name for the process which changes the food we eat into LIFE. This vital process, consists of two parts. ANABOLISM is that part of metabolism which converts the food into living cells, rich blood and energy. CATABOLISM is the second part of metabolism which expels from the body all its wastes and poisons. UNLESS THESE TWO

use without reservation, prescribing the mineral water as an internal bath.

By a new and thoroughly scientific process all of the minerals needed by the human body have been ionized (made assimilable) and concentrated in the BAKU REMINERALIZATION TREATMENT.

The scales in the panel at the top of this page explain in a graphic way exactly what causes you to be tired, easily worn out, ailing and nervous.

Send No Money

A generous supply of BAKU REMINERALIZATION, both baths and mineral water, will be mailed to you upon request. Send no money;—merely check the coupon in the square before the condition you desire to correct, fill in your name and address and mail it at once!

When the mailman delivers you treatment, deposit with him the special, low introductory price of only \$2.95, plus a few cents postage. Try the complete course of TREATMENT for 30 days. If, at the end of that time you do not feel that REMINERALIZATION has helped you, you have only to request the return of your deposit and it will be refunded in full.

Tear the coupon out and mail it at once!

POST INSTITUTE,
(Health Extension Division)
(Chartered by the State of New York)

730 Fifth Ave., Dept. 28 NEW YORK CITY.

Post Institute, Health Extension Division (Dept. 28), 730 Fifth Ave., New York City.

Gentlemen: Send me Baku Remineralization Treatment on 30 days trial.

I will pay postman \$2.98 (special introductory price), plus postage upon delivery of parcel. If I am not entirely pleased you agree to refund my money in full. I desire to correct the following conditions:

- | | |
|--|---|
| <input type="checkbox"/> Overweight. | <input type="checkbox"/> Chronic Headaches. |
| <input type="checkbox"/> Underweight. | <input type="checkbox"/> Neuralgia. |
| <input type="checkbox"/> Lack of Energy. | <input type="checkbox"/> Neuritis. |
| <input type="checkbox"/> Nervousness. | <input type="checkbox"/> Indigestion. |
| <input type="checkbox"/> Sleeplessness. | <input type="checkbox"/> Pimples or Blackheads. |

Name.....

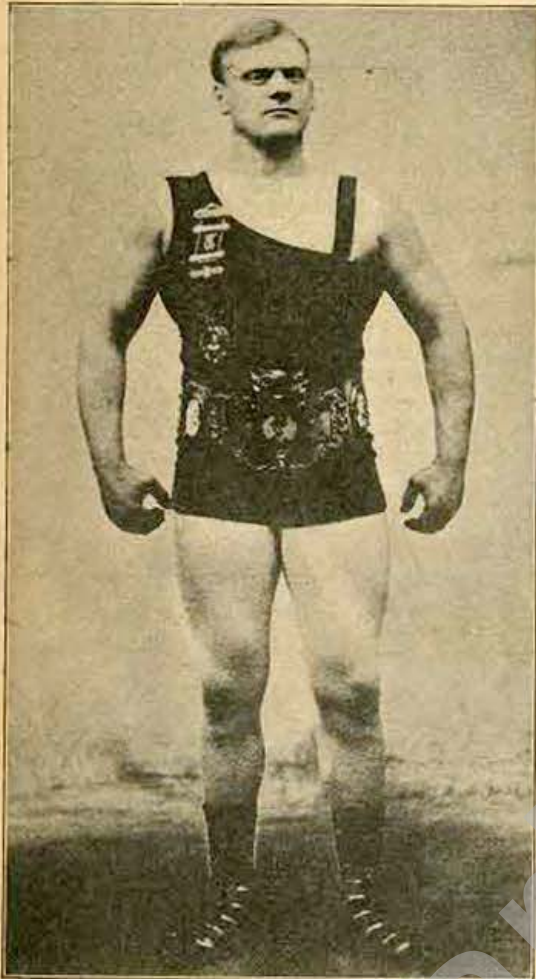
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Note: If you prefer, send \$3.00 cash with this coupon and we will pay the postage. Same Money Back Guarantee. (All communications strictly confidential.)

The Association of Bar Bell Men

Has Something of Value to Offer For Every Member. Read This Page and See For Yourself



WARREN LINCOLN TRAVIS

Successor to Louis Cyr as Holder of the "Police Gazette" World's Championship belt and Diamond Medal and Holder of Numerous World's Records at Weight Lifting. One of the members of the Board of Control of the A. B. B. M. See pages of this issue for further information.

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

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

We are also running a Posing Competition, open only to Amateurs and will present the winner with a handsome Silver Loving Cup, a gold medal to second place, silver medal to third place and bronze medal to fourth place, besides awarding diplomas to all who are worthy of honorable mention.

All members establishing records will be entitled to free Certificates.

In the columns of this issue you will find reference to further means of winning Diplomas. We are working out certain fair percentages on all the lifts so that ambitious members may win Gold, Silver, and Bronze Medals. We intend to promote Lifting Contests and Championships and will award suitable medals to all place winners, providing they are members of the A. B. B. M.

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

Remember, the annual membership fee is 25c to Strength Subscribers. Non-subscribers may enroll on payment of \$2.75, which includes a year's subscription. Canada, \$3.00. Foreign, \$3.25.

A. B. B. M., Care Strength Magazine, Dept. S-2,
2739 N. Palethorp St., Philadelphia, Pa.

Secretary: Please enroll me as a member of the Association, for which I enclose { 25c
\$2.75, including a year's subscription to STRENGTH.
Canada \$3.00 Foreign \$3.25

Name
Address
City State



OUR LAPEL BUTTON

IF YOU ARE ABITIOMUS

We will encourage you to make further gains both in development and strength. You need not be a champion to win diplomas and other worthwhile awards.

The yearly membership fee is only 25 cents to STRENGTH subscribers; if you are not a subscriber, it is only necessary to pay \$2.75 which entitles you to a year's subscription to STRENGTH besides a yearly membership in the A. B. B. M.

The A. B. B. M. has no connection with any other Association, and will henceforth conduct all Official Lifting in America.

What Does A. B. B. M. Mean?

All Strength Readers Should Be
Greatly Interested to Know

READ EVERY WORD OF THIS AD FOR INFORMATION.

MR. WARREN LINCOLN TRAVIS advises all physical culturists to join this organization, which is primarily interested in encouraging those who are ambitious to improve their physical well-being. Mr. Travis is a real American born Champion Strong-man and has been in active competition for well over thirty years, and is still unbeatable at the game of Back, Harness, Dead Weight and Grip Lifting. Mr. Travis is a living example of the benefits of weight-lifting for preserving youth and maintaining physical fitness.

We are going to make it worth your while to be a member of this Association by offering a number of schemes whereby you may win a large-sized highly decorative Gold Seal Diploma, and will also offer worth-while medals to those who are ambitious; and you may be sure the requirements will not be of an impossible nature. There will be no fee attached to the winning of a Diploma excepting the small charge of 10 cents to cover the cost of mailing.

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

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

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

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

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

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

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

All those weighing up to 168 pounds bodyweight must lift eight times their bodyweight for a First Class Diploma; six and one-half times their bodyweight for a Second Class Diploma; those who weigh from 169 to 200 must lift seven times the bodyweight for a First Class Diploma and five times for a Third Class Diploma; those who weigh over 200 pounds must lift six and one-half times their bodyweight for a First, Second and Third Class Diploma. We promise to give publicity to all Diploma winners who wish such publicity. It will not be necessary to have an Official Referee witness these lifts, but we will require the signatures of at least two witnesses, one of whom should be a member of the Association.

A. B. B. M., Care Strength Magazine, Dept. S-2,
2739 N. Palethorp St., Philadelphia, Pa.

Secretary: Please enroll me as a member of the Association, for which I enclose { 25c
\$2.75, including a year's subscription to STRENGTH.
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Name
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Association of Bar Bell Men

Care of Strength Magazine

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Philadelphia, Pa.

Now only
\$1.87

SMASH!

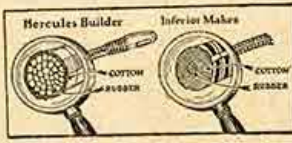
Goes the Price!

Look at this **Record Breaking BARGAIN**



GUARANTEE
Every Hercules Builder is sold under an absolute Money-Back Guarantee. If, after examining and trying your outfit, you are not entirely satisfied, if you do not agree that it is an overwhelming value, return it within a week and your money will be returned to you **AT ONCE AND IN FULL.**

FREE! Complete Course of Instruction. Act QUICK and get a complete course of Instructions FREE with this marvelous Progressive Exerciser. Written by a world-famous physical culture authority, these lessons tell you how to use the HERCULES BUILDER to develop every muscle in your body.



Proof of Real Quality. Sure, you can buy an exerciser for less money, if you want something CHEAP. The cross-section at the right shows what you'll get—a few weak strands of inferior rubber padded out with a lot of useless cotton to make it LOOK big. Now look at the cross-section of the

Hercules Builder—a solid mass of heavy, live rubber strands, packed full of POWER.

THE HERCULES BUILDER

Here's the offer that startled the whole physical culture world—and no wonder! This overwhelming BARGAIN will make you rub your eyes!

Think of it! Only \$1.87 for the marvelous Hercules Builder, the champion muscle making Exerciser! Don't judge it by the price! Don't confuse it with cheap exercisers that are simply thrown together to sell at a low price. The Hercules Builder is the real stuff all the way through. Its big, powerful cables are made of multiple strands of genuine live Para rubber, made especially for this purpose. The minute you try the Hercules Builder you will feel the difference; other exercisers feel dead and lifeless alongside this springy, snappy, peppy muscle builder. It develops tremendous resistance—that's the secret of BIG muscles. You can use as many cables as you please—the Hercules Builder is Progressive. All the way through it's made to stand the gaff—carefully selected materials, strong, durable construction.

Try to match the Hercules Builder at DOUBLE the price—then you'll realize what a whale of a bargain this is. And you don't risk a cent. Our iron-clad GUARANTEE makes YOU the judge and jury.

RUSH THIS COUPON

Don't Miss This Offer—First Come, First Served

This sensational offer will bring a flood of orders. Don't wait or you'll lose out. Shoot the coupon along NOW. State whether you want the Hercules Builder with 5, 10 or 15 cables. Your FREE INSTRUCTIONS will come to you with your Exerciser.

- 5 Cables { Develops over 200 lbs. resistance } for \$1.87
- 10 Cables { Develops over 400 lbs. resistance } for \$3.98
- 15 Cables { Develops over 600 lbs. resistance } for \$5.75

SEND NO MONEY

Just write your name and address on the coupon—that's all. Pay the post man when he delivers your outfit. And remember, YOUR MONEY RIGHT BACK if you don't agree that this is the greatest bargain ever offered the physical culture world. Tear off the coupon before you turn the page. And don't forget to mail it TO-DAY.

NOTE: The quality is the same with any number of cables. Free Instructions, with each.

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103 E. 13th Street New York, N. Y.

The HERCULES CO., (Dept. S-117),
103 E. 13th St., New York, N. Y.

- Please send (check which)
- 5 Cable Hercules Builder at \$1.87
 - 10 Cable Hercules Builder at \$3.98
 - 15 Cable Hercules Builder at \$5.75

I am sending no money and will pay postman the low bargain price, plus postage on delivery. If I am not thoroughly satisfied with my Hercules Builder, I will return it within a week and you agree to refund my money. Also send FREE COURSE OF INSTRUCTIONS.

NOTE: If you prefer, send price with coupon and we will pay postage. Same Money-Back Guarantee.

Name

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City State



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



The Late Sir H. Rider Haggard
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Frank P. Walsh
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Major-General Sir Frederick Maurice
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Admiral Lord Beresford
G. C. B., G. C. V. O.



Sir Harry Lauder
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Granville Barker
Actor and Theatrical Manager



Lucas Malet
Author



Baroness Orczy
Author



Dr. Ethel Smyth
Composer



W. L. George
Author



H. R. H. Prince Charles of Sweden



Bruce Bairnsfather
Author and Artist

Can it be "tommyrot" when such people advocate Pelmanism?

Here are only a few of many famous men and women who advocate Pelmanism, AND WHO USE ITS PRINCIPLES THEMSELVES. With this testimony before you, can you doubt that it will benefit you? Find out what Pelmanism has already done for over 600,000 people—send for a copy of the book illustrated below. It will be sent without charge.

NO doubt you have often heard of Pelmanism, but probably you have carelessly thought of it as "just another new-fangled movement. Some more tommyrot! The usual mental-pep stuff."

Can it, however, be "tommyrot," when such people as those pictured here, men and women of the highest intelligence and distinction—prominent statesmen, artists, novelists, jurists, business men, military men, publicists, advocate Pelmanism in the most enthusiastic terms?

Pelmanism has spread, with the force of a religious movement, all over the world. There is no secret as to how it performs its seeming miracles of regeneration among discouraged people. It takes the principles of Applied Psychology; simplifies them so that they can be understood by everybody, and then arranges them into a remarkable system of mental training.

The results of this system are sometimes almost unbelievable. It helps its users in the most practical way. It changes their outlook upon life; it changes their circumstances. They begin to accomplish things they had heretofore only dreamed of. They do more, earn more. Instances are on record (on file and open to inspection) where income has increased 800, 900 and 1,000 per cent. Yet, remarkable though they may seem, these results can be simply explained.

Be honest with yourself. You know in your heart that you have failed, failed miserably, to attain what you once

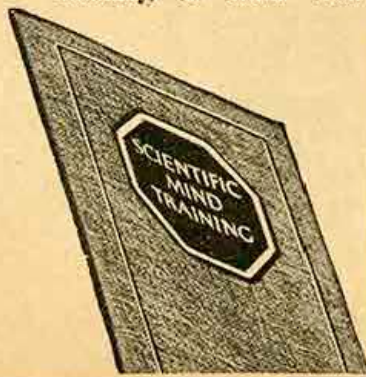
dreamed of. Was that fine ambition unattainable? Or was there just something wrong with you? Analyze yourself, and you will see that at bottom there was a weakness somewhere in you.

What was the matter with you? Find out by means of Pelmanism; then develop the particular mental faculty that you lack. You CAN develop it easily; Pelmanism will show you just how; 600,000 Pelmanists, many of whom were held back by your very problem, will tell you that this is true.

The whole remarkable story of Pelmanism is told in a little book, "Scientific Mind-Training." It explains in detail the simple principles; it tells stories—almost unbelievable, some of them—of people whose lives and circumstances have been revolutionized after a short time.

We will gladly send this book to you, free, if you are at all interested in Pelmanism. To ask for it involves you in no obligation whatsoever; you will not be bothered; no salesman will call on you. Send for this book now; when such distinguished people as those shown here advise you to take up Pelmanism, how can you justify yourself if you do not try to find out, at least, whether Pelmanism can help you "find yourself?" Mail the coupon below—now, before you forget about it.

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Please send me without obligation your free 64-page booklet, "Scientific Mind Training."

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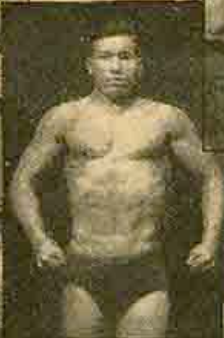
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The Whole Amazing Story of "Miracles Worked in Muscle" Now FREE to Readers of STRENGTH



Harry Ekeozian, of the U.S.S. Camden, shows a marvelous development. His biceps measure 17½ inches, forearm 14 inches, chest 42 inches normal and 47 inches expanded. No wonder he is a booster for Titus!



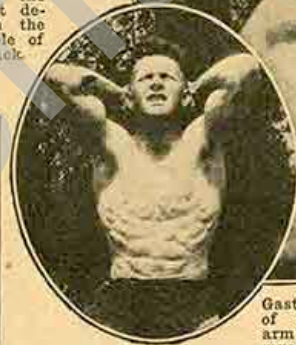
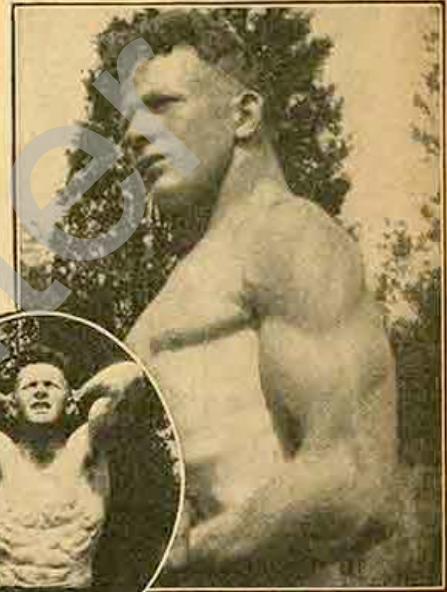
Harold Lloyd is another Titus enthusiast. He says: "Two weeks of your instruction—with your apparatus—made me over from my feet up."



The great feature of the Titus system is that it develops every muscle in the body. Here's an example of how Titus builds a back.



The superb muscular development of Julius Litewsky is another example of the amazing results of Titus training.



Gaston Vielte is a super-man of strength. Look at his arm; look at those stomach muscles, too. He says that he is glad to recommend the Titus system and apparatus for the betterment of mankind.

EVERY reader of Strength Magazine is familiar with the extraordinary muscle-building feats of TITUS, the famous pioneer in the field of physical training. Many photographs have appeared in these pages of men re-built by TITUS—photographs taken before and after. These pictures show real miracles worked in muscle—amazing transformations from puny, flat-chested weaklings into giants of strength—all in the short space of 30 days!

People who see these pictures can scarcely believe their eyes. "How in the world is it possible!" they exclaim. "What magic does this man Titus possess? What is his startling secret of building muscle?"

Now it can be told! A wonderful book has been written—a book that reveals the inside secrets of Titus Training—a book crowded from cover to cover with sensational facts about strength, power and endurance. It is a book worth its weight in gold to any man who has the slightest regard for his body, the slightest interest in developing tremendous, hard-hitting, panther-like muscles.

This book is yours FREE—if you rush the coupon. The demand will be overwhelming—every reader of STRENGTH MAGAZINE will take advantage of this remarkable opportunity. Send for your copy now.

The One **TITUS** 105 E. 13th St.
and Only New York City

Rush Coupon For YOUR Copy of This Astounding Book

Don't lose a minute. You want this book, you *must* have it. You will eat up every word it contains. You will marvel at the dozens of photographs—every one a sensational demonstration of Titus RESULTS. Stories of champion strong men, stories of invalids transformed into marvels of physical perfections, first-hand tips from the Master Trainer of them all.

Mail the coupon TODAY! First come, first served. No cost, no obligation, no strings of any kind. This book is yours, free and clear, for all time. Send NOW.

Titus (Dept. X-117),
105 E. 13th St., New York, N. Y.,

Yes, I want my copy of the Titus book disclosing the inside, first-hand secrets of building the most powerful muscles ever put on the human body. Send it to me by return mail—FREE of all cost or obligation.

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Handles. Only One is Shown Here

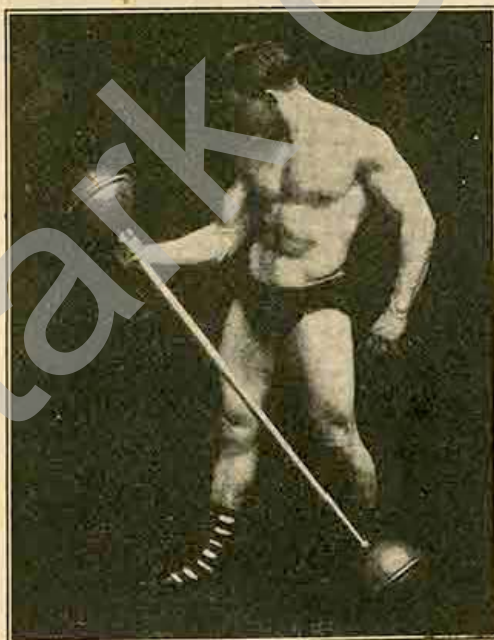
YOU CAN BE A MILO SUPERMAN

A Milo Bar Bell and the Milo Courses of Instructions, used at home, will make you a physical marvel, just as they have made countless other pupils who have followed our instructions and used our Bar Bells.

The Milo Bells and Methods of Using Them Are Pronounced by Experts as the Best and Quickest Means of Getting Physical Perfection

You can get enormous development and power in the shortest length of time by using our methods and bells. Bar Bells will impart shapely muscles to your physique and the power to those muscles that will enable you to accomplish herculean feats.

You don't need a preparatory course when you get the Milo system. Send for a Milo Booklet. It contains information and illustrations on our various styles of Bells.



S. KLEIN—A Milo Superman

The Milo System Is What You Are Looking For—It Is All You Will Need To Make You a SUPERMAN

Don't flounder around in indecision, for you will do the right thing when you enroll as a Milo pupil. The

type of men we produce are breaking world's records every now and then. What other system can claim that distinction for its pupils?

You Can't Come Anywhere Near Beating Bar Bells As a Means of Completely Developing Any Human Body

Everybody who knows says Bar Bells are the best body developers and strength creators. When everyone who uses or has used a certain system says that about it, there must be truth in it.

The Milo Is a Beginner's As Well As a Strongman's System. Send For Our Big Booklet. It Is Full of Pictures of Our Army of Strong and Exceptionally Well-Muscled Pupils

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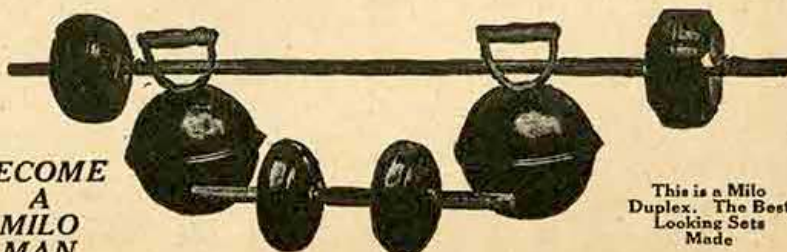
Gentlemen: Please send me, without obligation on my part, your free catalogue, "Health, Strength and Development and How to Obtain Them."

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MILO
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Then I Gave My Husband the Surprise of His Life

"DON'T be silly, Mary. You're perfectly foolish to believe you can learn to play music by that method. You can never learn to play the piano that way . . . it's crazy! You are silly to even think about it."

"But, Jack, it's . . ."

"Mary, how can you believe in that crazy music course? Why it claims to teach music in half the usual time and without a teacher. It's impossible!"

That is how my husband felt when I showed him an ad telling about a new way to learn music. He just laughed. His unbelieving laughter made me wonder. I began to feel doubtful. Perhaps I had been too optimistic—perhaps enthusiasm and the dream of realizing my musical ambitions had carried me away. The course, after all, might prove too difficult. I knew that I had no special musical talent. I couldn't even tell one note from another—a page of music looked just like Chinese to me.

But how I *hated* to give up my new hope of learning to play the piano. Music had always been for me one of those dreams that never-come-true. I had longed to sit down at the piano and play some old sweet song . . . or perhaps a beautiful classic, a bit from an opera, or even the latest jazz hit. When I heard others playing, I envied them so that it almost spoiled the pleasure of the music for me. For they could entertain their friends and family . . . they were musicians. And I, I was a mere listener. I had to be satisfied with only hearing music.

I was so disappointed at Jack. I felt very bitter as I put away the magazine containing the advertisement. For a week I resisted the temptation to look at it again, but finally I couldn't keep from "peeking" at it. It fascinated me. It told of a woman who had learned to play the piano in 90 days! She had mastered the piano by herself, in her spare time, and at home, without a teacher. And the wonderful method she used required no tedious scales—no heartless exercises—no tiresome practicing. Perhaps I might do the same thing!

So finally, half-frightened, half-enthusiastic, I wrote to the U. S. School of Music—without letting Jack know. Almost as soon as I mailed the letter I



felt frightened. Suppose the course proved to be horribly difficult . . . suppose Jack were right after all!

Imagine my joy when the lessons started and I found that they were as easy as A. B. C. Why, a mere child could master them!

While Jack was at work, I started learning. I quickly saw how to blend notes into beautiful melodies. My progress was wonderfully rapid, and before I realized it, I was rendering selections which pupils who study with private teachers for years can't play. For thru this short-cut method, all the difficult, tiresome parts of music have been eliminated and the playing of melodies has been reduced to a simplicity which anyone can follow with ease.

Finally I decided to play for Jack, and show him what a "crazy course" had taught me. So one night, when he was sitting reading, I went casually over to the piano and started playing a lovely song. Words can't describe his astonishment. "Why . . . why . . ." he floundered. I simply smiled and went on playing. But soon, of course, Jack insisted that I tell him all about it. Where I had learned . . . when I learned . . . how? So I told of my secret . . . and how the course he had laughed at had made me an accomplished musician.

One day not long after, Jack came to me and said, "Mary, don't laugh, but I want to try learning to play the violin by that wonderful method. You

certainly proved to me that it is a good way to learn music."

So only a few months later Jack and I were playing together. Now our musical evenings are a marvelous success. Every one compliments us, and we are flooded with invitations. Music has simply meant everything to us. It has given us Popularity! Fun! Happiness!!

If you, too, like music . . . then write to the U. S. School of Music for a copy of the booklet "Music Lessons in Your Own Home," together with a Demonstration Lesson, explaining this wonderful new easy method.

Don't hesitate because you think you have no talent. Thousands of successful students never dreamed they possessed musical ability until it was revealed to them by a wonderful "Musical Ability Test." You too, can learn to play your favorite instrument thru this short-cut method. Send the coupon. The Demonstration Lesson showing how they teach will come AT ONCE. Address the U. S. School of Music, 998 Brunswick Building, New York.

Instruments supplied when needed, cash or credit.

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

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

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|-------------------------|-------------------------------------|
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| Piccolo | Flute |
| Trombone | Harp |
| | Cornet |
| | 'Cello |
| | Guitar |
| | Hawaiian Steel Guitar |
| | Voice and Speech Culture |
| | Automatic Finger Control |
| | Piano Accordion |
| | Banjo (5-String, Plectrum or Tenor) |

Have You Any of These Symptoms of NERVE EXHAUSTION?

Headaches?

Sleeplessness?

Nervousness?

Irritability?

Nervous Indigestion?

Cold Hands or Feet?

Palpitation of Heart?

Rheumatism?

Lack of Vigor?

Dizziness?

Nervous Pains?

Depression or Melancholia?

THESE are only a few of the signs of a weak, run-down and unhealthy nervous system which may be robbing you of your youth and health, many years too soon. Any one of these symptoms indicate something wrong with your nerves, and several of them point to early nervous exhaustion, a serious condition which no amount of tonics or exercises can remedy. The serious lack of vitality and mental dizziness which you may already have experienced now and then make their appearance more and more frequently and gradually become chronic.

IN MEN, sick nerves are indicated by a noticeable decline in ambition, energy and endurance—a natural result of intense concentration, business worries, overwork, excesses, or undue muscular activity. The nervous system is so drained of its forces as to seriously impair the vitality and rob the mental powers of their usual endurance and keenness.

IN WOMEN, the first signs of sick nerves are wrinkles and worry lines which appear in the early twenties instead of in the fifties. Headaches, insomnia, depression, irritability, dizziness, restlessness—these and many other symptoms which soon follow are further signs of jangling nerves that drain your health and youthful charm and appearance much too soon.

How To Strengthen and Revitalize Weak Nerves

No magic tonic or system of weird exercises can ever restore the health and vigor to sick and irritated nerves. Drugs are not only useless but actually dangerous. To restore lost nerve force and build up strong and steady nerves, a thorough knowledge of the natural laws of nerve fatigue, of mental and physical relaxation and nerve metabolism is essential. Only thus can stubborn or severe cases of nerve exhaustion be overcome.



Richard Blackstone
Noted Specialist

New Freedom FROM ILLS Through Drug- less Methods

Drugless methods by which men and women may revive their waning nerve force and acquire the carefree health and overflowing vitality of youth are simply explained in a remarkably new book by Richard Blackstone, the famous nerve specialist of New York City. This book enables you to diagnose your own case correctly and tells in plain language how you may bring back your lost nervous energy and vitality by following certain easy rules.

"New Nerves For Old"

is the title of this new book which will prove a revelation to you. It will help you lay a new foundation for robust health, glowing vitality and future happiness. It contains no theories, but is based on many years of intensive experience and scientific experiments. You may obtain a copy by sending only 25c in stamps or coin to Richard Blackstone, 500 Flatiron Building, New York. There is no further charge.

WHAT READERS SAY

Testimonials from Readers of book "New Nerves For Old"

Before I read your book I was very nervous and irritable. My appetite was weak, and my digestion was very bad. I used to tire at the slightest effort. Now I feel like a new person. I can work and play all day long without tiring. I certainly feel great and I owe it all to your book.

I want you to know how grateful I am for the changes your book has wrought in me. The great improvement in my condition is apparent to every one, and I do not hesitate to recommend your book to anyone suffering from nervousness, indigestion, sleeplessness and that continual tired feeling and lack of ambition.

Since reading your book "New Nerves For Old," I feel myself again, and am happy and contented. Formerly every little contrary action upset my nerves, but after reading your book I am immune to all trivial annoyances and never lose my temper.

A few weeks ago I was a mental and physical wreck. Your book has proven of such benefit to me that I can hardly recognize myself to be the nerve-exhausted person I once was.

Thanks to the wonderful teachings in your book, "New Nerves For Old," I feel much stronger and able to do so much more without fatigue. My indigestion and sleeplessness have disappeared. I am sure that I will continue to improve as I follow your instruction.

25c

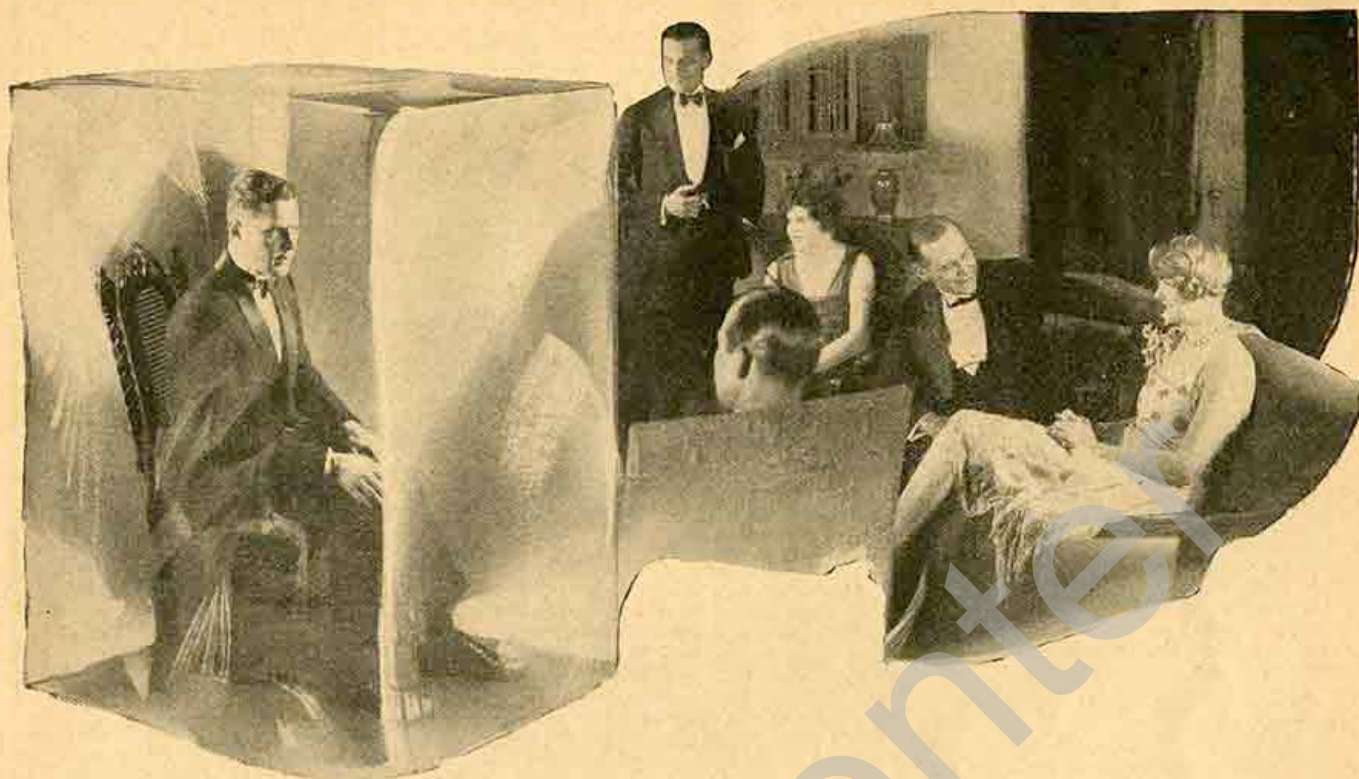
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Please send me a copy of your book, "New Nerves for Old." I am enclosing 25c in coin or stamps.

Name

Address

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



I Turned To Ice When I Tried To Talk

-But Now I Can Sway An Audience of Thousands!

I HAD always been painfully bashful. When trying to carry on even the most commonplace conversation my voice would sound unnatural and my hands and knees would tremble. Often I would listen to an argument among a group and become so keenly interested that I would want to voice my opinion—yet timidity would keep me silent. I never had the courage to stand up for what I knew to be my rights—I was always afraid of what people would say, ridicule. Since my childhood I had had a secret desire to appear in public—to be active in politics—but my shyness was so great that I turned to ice when I tried to talk—in even the smallest gathering!

My inability to talk was also affecting my business success. I dreaded going in and asking for a raise—I was afraid of any situation that meant using my voice—having to express myself. I didn't know how to present the ideas which I was sure the firm could use. I was just a plodder—a truck horse, capable of doing a lot of heavy work but of no use where brilliant performance was required. Often I would see men who were not half so thorough nor so hard working as I, promoted to positions where they made a brilliant showing—not through hard work, but through their ability to talk cleverly and convincingly—to give the appearance of being efficient and skillful.

In 20 Minutes a Day

And then suddenly I discovered a new easy method which made me a forceful speaker almost overnight. I learned how to dominate one man or an audience of thousands—how to say just the right words at the right time, how

to win and hold the attention of those around me, how to express my thoughts simply and clearly, yet in a pleasing, interesting and amusing way. In just a few months I was able to make campaign speeches for a local candidate—I who a short time before had turned to ice when I tried to carry on an ordinary conversation!

Soon I had won salary increases, promotion, popularity, power. Today I always have a ready flow of speech at my command. I am able to rise to any occasion, to meet any emergency with just the right words, to approach all types of people with ease and fearlessness. And I accomplished all this by developing the natural power of speech possessed by everyone, but cultivated by so few—by simply spending 20 minutes a day in my own home on this most fascinating subject.

There is no magic, no trick, no mystery about becoming a powerful and convincing talker—a brilliant, easy, fluent, conversationalist. You, too, can conquer timidity, stage fright, self-consciousness and bashfulness, winning advancement in salary, popularity, social standing and success. Today, business demands for the big-important high-salaried jobs, men who can dominate others—men who can make others do as they wish. It is the power of forceful, convincing speech that causes one man to jump from obscurity to the presidency of a great corporation; another from a small, unimportant territory to a sales-manager's desk; another from the rank and file of political workers to a post of national importance; a timid, retiring, self-conscious man to change almost overnight into a popular

and much applauded after-dinner speaker. Thousands have accomplished just such amazing things through this simple, easy, yet effective training.

Send For This Amazing Book

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

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WHAT 20 MINUTES A DAY WILL SHOW YOU

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

800,000 People Will Die This Year of Preventable Disease

BARRING accidents and suicides, only a small percentage of these 800,000 people should die. Every year more than ten thousand people die of bronchitis, sixty-four thousand die of pneumonia, seventy-five thousand die of kidney trouble, fifty thousand die of respiratory disease, one hundred and six thousand die of tuberculosis, approximately eighty-five thousand die of influenza, and more than ten thousand die of intestinal trouble.

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

That occasional headache, that tired, exhausted feeling, loss of appetite, the casual cold—all these are danger signals you should heed. Nature is warning you of impending sickness. Seemingly trivial symptoms tell of serious troubles taking root in your body. And yet, ninety-nine people out of every hundred will absolutely ignore these danger signals. As long as they are not flat on their backs, they will fool themselves into believing that they are all right.



BERNARR MACFADDEN

World famous Physical Culturist—guiding health seekers successfully for more than 30 years has qualified him for preparing the wonderful Encyclopedia of Physical Culture—the most comprehensive, valuable general treatise on health ever given to the world.

The Average Person Pays Thousands of Dollars in Doctor's Bills

Nature is merciless. If you do not understand her laws and her methods of preventing and curing sickness, you suffer. She knows no excuses—she accepts no apologies. Animals instinctively know what to eat and how to exercise to avoid sickness. And even if through close confinement or when wrongly fed they become ill, they quickly recover their health when allowed to eat and exercise as their intuition guides them.

How To—

possess exhilarating health every day in the year
know your own body
eat for health
diet for the cure of disease
know the art of food preparation
build a powerful physique
correct physical imperfections
become a physical director
avoid unhappy marriages
avoid disease
fast as a curative measure
cure by hydrotherapy (heat by the use of water)
apply all methods of drugless healing
give first aid in emergencies
apply home treatment for disease
recognize diseases by manifestations
build nervous energy
treat the common forms of disease
understand the process of reproduction
benefit by the laws of sex and marriage
treat diseases of women
diagnose diseases
have healthy and vigorous children
treat female disorders
treat male disorders
obtain virility and manhood
care for the complexion
manicure; care for the hair and feet
cultivate the mind
These are only a few of the matters explained in the Encyclopedia

You can rule your health as surely as you rule your actions. The person who does not understand Nature's method of preventing and curing sickness is ill an average of 21½ days each year. In fact, it is estimated that the average person in a lifetime spends \$4,100 on doctor and hospital bills, loss of time from business, medicine and other expenses due to illness. Thousands of people are living half-powered lives because they are ignorant of the laws of Nature. Many of these people will fall an early grave, when they might easily have lived to enjoy a ripe old age.

Nature's Methods and Secrets of Perfect Health Revealed

Bernarr Macfadden is the world's outstanding exponent of physical culture. He has had more than thirty years' experience in guiding thousands of physical wrecks to glorious health and vigor. Out of that experience he built his Encyclopedia of Physical Culture.

This marvelous work tells you how to build rugged health, vitality and strength. It is for every member of the family. No matter how young the person may be or how old, the great "natural methods" which this Encyclopedia teaches will be of inestimable benefit. It gives invaluable information on fasting, diet, exercise and hydrotherapy for health and beauty building. A thorough and extensive treatment is given of the laws of sex, the attainment of virile manhood and womanhood, and happy, successful parenthood, together with details for the diagnosis and treatment of all sexual diseases. Handsomely illustrated charts on anatomy and physiology are scattered throughout the book.

At 70 He Brought Himself Back to 50

Sanford Bennett was seventy years old before he learned Nature's secrets, yet in spite of his advanced age, he was able by applying the principles laid down in Mr. Macfadden's great work to restore the energy, vitality and vigor of fifty. Recently he wrote, "For the first time in the history of the world, what I regard as a complete presentation of the true curative measures in relation to all kinds of disease is to be found in this set of five most remarkable books."

What would it be worth to you to be able to instantly identify in its earliest stages any sickness that might overtake you or any member of your family? What would it mean to you to have glorious health, almost complete freedom from sickness or disease, no doctor bills to meet, no hospital bills to pay, no days of suffering and worry, no lost salary? What would it mean to you to be able to give proper treatment while any illness is in its earliest and most easily controllable stage and so effect a prompt cure?

Neither Dull nor Technical

Macfadden's Encyclopedia of Physical Culture is neither dull nor technical. You can easily understand every page and every word. It is comprehensive and complete in every sense. It is the crowning effort of Mr. Macfadden's lifetime of experience and its worth cannot be overestimated. You haven't any idea how valuable it can be to you or how many dollars it will help you save each year. It may even be the means of saving your life. Be sure and read the complete contents of this wonderful set of books on the following page.

READ THE DETAILS OF OUR AMAZING OFFER ON NEXT PAGE

An Amazing 10 Days' Free Offer!

There is now no excuse for any man or woman to be ignorant of Nature's laws regarding health. Bernarr Macfadden has authorized us to send to anyone requesting it, on a 10 days' free examination, all of the five beautiful volumes of his Encyclopedia of Physical Culture. And the request does not in any way carry an obligation to buy.

Mr. Macfadden believes this work is the crowning achievement of his lifetime of experience in guiding thousands to renewed health. He believes there is a need for this tremendously helpful work in every home.

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Thousands of letters like this literally pour in on Mr. Macfadden from thankful owners of his marvelous work. The sick have been restored to health—the well have been able to retain their health—the mother has been able to protect her own health and the health of her children.

Another grateful owner has written: "Permit me to thank you for the great work by Mr. Macfadden—The Encyclopedia of Physical Culture—which I got from you some time last month. I have read much of it already, and consider it to be one of the best books on health ever published. I wish to thank Mr. Macfadden for his great work. The Encyclopedia is going to be my best doctor now and always." (Name furnished on request.)

If you are not enjoying the perfect health which is your birthright, you haven't employed the methods provided by Nature to keep you well. These methods and secrets of perfect health are now unfolded to you in these five marvelous books.

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You can have these five books for your own personal examination for ten full days FREE. We don't want you to send one cent now—we do not want one single penny from you unless you feel positive that these five books will be of wonderful help to you in building and sustaining your health.

After you have made the ten days' free examination, if you decide that you want the Encyclopedia, just send us \$2.00 and then \$3.00 a month until you have paid the total cost of \$35, for the entire five volumes.

If you care to pay cash, then remit only \$31.50.

It is not necessary, however, to pay all cash—we gladly accept orders on the \$3.00 per month payment plan.

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To all who decide to purchase the Encyclopedia, we will include membership in our Advice Department, maintained and equipped to serve you.

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The general contents of each of the five volumes are:

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Vol. IV—Diagnosis and detailed treatment for individual diseases alphabetically listed.

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We will send you the entire set for ten days' free examination. All you need to do is to fill in and mail the coupon to us—or a letter will do—and we will immediately send the books to you. Remember this examination carries no obligation—if you are not entirely satisfied, you simply return the volumes.

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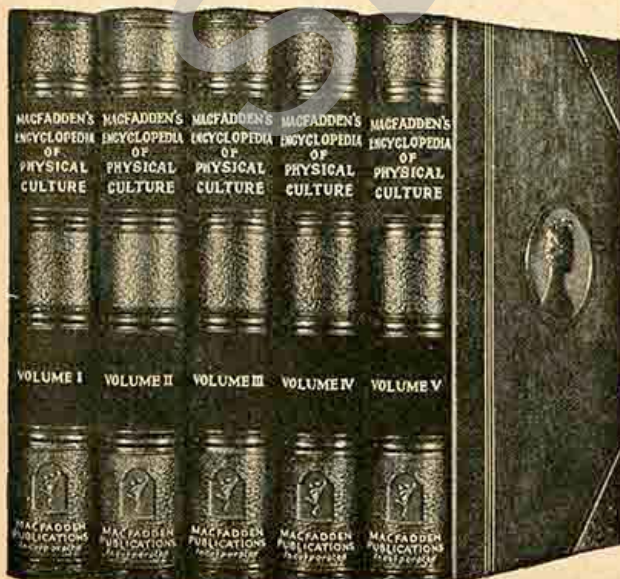
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If you had to pay \$10 for this book, and take a whole day off to read it, it would pay you to do so. But you don't have to do that. You get the book for nothing if you mail the coupon promptly. And you can read it in thirty minutes. And we guarantee that you will find it the most fascinating book of business opportunity and business success you ever read.

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Editorial

Results Count

AD. TALMAGE, of Lansing, Mich., a member of the A. B. B. M., stopped in to see us some time ago. His visit was prompted by a desire to say "hello," and also a desire to tell us about the remarkable development of a friend of his who had recently taken up bar bell work.

His friend had gained thirty-five pounds in considerably less than one year's time and had generally improved his physical condition. We are always glad to hear from our readers who are doing particularly well in their work.

Within twenty-four hours of his visit we had letters from three other men, one of whom was over forty-five years of age, in which they stated that they had gained twenty-five pounds each. Strangely enough, all three of them had been working less than ninety days with bar bells.

It is, of course, more difficult to put on weight than it is to reduce, and we were pleased with the eminently satisfactory results obtained. Had not Mr. Talmage called our attention to the fact, we would probably have failed to note the other names.

The truth of the matter is that we are always more concerned with our readers who are having difficulties in obtaining good results than with those who are getting along in excellent style.

Fall Weight Lifting Shows

In the September issue we expect to announce our plans for the fall and winter, insofar as weight-lifting shows are concerned. We expect to have the regular monthly shows in Philadelphia, and hope to have shows in New York City, Chicago, Baltimore and various other cities in the course of the winter.

We again intend to combine posing, tumbling and general development feats with straight lifting. Any clubs which would be interested in putting on shows get in touch with Mr. Berry at their earliest convenience, so that we can avoid any conflict of dates.

Interest In Body Building

We feel that the interest in body building which STRENGTH has helped to promote is such a healthy thing that we trust all our readers will

help us in interesting their friends in taking better care of themselves.

For several years now each fall has seen an increase in interest in exercise as such, and we hope that this fall will be no exception to the general rule.

We feel that we are in a better position than we were ever in before to be of real assistance to all our old friends and all the new friends we hope to make after the fall season gets into full sway.

We have on tap twenty-five years of records of progress made by thousands of individuals in body building and in weight lifting. Each year should find us with wider information and better information than we had the year before.

Certainly each year has found wider and wider interest in bar bell work, and we seem to be able to keep fairly well in touch with most of what is going on in this country and abroad.

STRENGTH is primarily interested in body building; therefore, we are interested not only in bar bell work, but also in all exercise and all sports, in diet and in hygiene generally. We have always considered that our field included health in general, but that our editorial policy must be shaped to stress not health alone but ever increasing good health for all our readers. We want everyone to want to be healthy, and then when he has become healthy we want him to want to become strong.

Therefore, we want to stress again the fact that any reader of STRENGTH may feel free to call upon us for any information we may be able to give him. Our "Ask the Doctor" and our "Health, Strength and Beauty" departments want to do as much for our readers as they can. The *Mat*, which is older, is perhaps better known, but we want all our readers to realize that our other departments, each in its own field, are trying to do just as good a job as the *Mat* has always done.

Records

Not only bar bell records seem to be constantly getting better. This year the Inter-Collegiate were held in Philadelphia, and the performances of not only the winners but also the place men were really (Continued on Page 84)

Strength on the Athletic Field

Can Our Present Weight Throwers Exceed Pre-War Standards?

By Mark Berry

THE question has often been asked: "Who are the strongest athletes?" Which might lead us into a very lengthy discussion if we were to consider every branch of sport and gymnastics that could be included under the heading of "athletics." However, herein we will deal entirely with the track and field events and the various specialties included in that

class of athletic competition. A list of these would include the sprints, hurdles, jumping, vault, middle distance runs, and about five different throwing events.

To what extent must a youth or man be possessed of strength in order to rank as a top-notch in track and field competition? After due consideration this question may have a greater amount of importance attached

to it than the average physical culturist would be inclined to believe. There is a great tendency to consider athletics more in the light of evidence of speed, quickness, endurance, knack and skill, rather than as a manifestation of strength in any considerable degree. Of course, it must be noted that the average citizen or sport fan, who is usually very much misinformed on matters pertaining to physical training and athletic fundamentals, will be most positive on the point that athletes are all exceptionally strong regardless of what branch of sport they may specialize in. At the same time they will see no connection between the kind of strength possessed by the runner, jumper or ball player and the stage "strong man," while fundamentally the possession of those qualities that make it possible for each to excel physically have a very close relationship.

Strength has a greater significance in athletic competition on the track and field than most persons at first might be inclined to consider as being manifestations of strength. To sprint the century or furlong distances calls for a certain form of strength, so far as the muscular power, organic power and strength of the nerves is concerned. It is to be noted that the dash men are generally a

pretty heavily muscled lot of young men. In our way of thinking, certain forms of speed are simply manifestations of power, which is another way of saying strength when you come right down to fundamentals. To produce speed in mechanics, as for instance in an automobile motor, you need an engine that is supremely powerful; likewise in an aeroplane engine or the motor on a racing boat. Of course at the same time it is essential that no excess weight be carried, so the machine is stripped down

Jack Merchant
throwing the
hammer.
Though small
in size for a
weight
thrower, his
muscular pro-
portions clear-
ly give evi-
dence of his
unusual
strength.

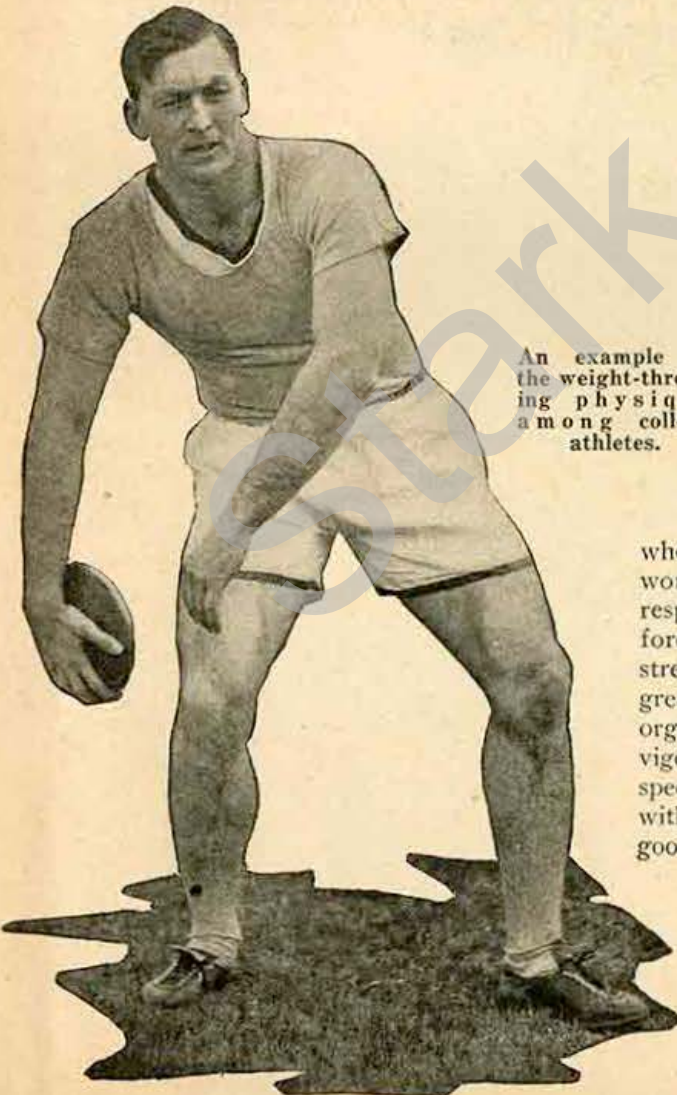


to mostly the power mechanism and enough framework to hold the entire unit together. In the case of a sprinter you will not find many who are very large around the waist, as they are trained down to a condition where the powerful speed-producing muscles stand out through the skin.

Strength is simply the power of muscles to contract with force against resistance; and in the case of a sprinter the muscles must hurl the weight of the athlete along over the surface of the ground, or in the case of a jumping or vaulting event the athlete must throw himself into the air with tremendous force, which is quite similar in muscular action to a feat of strength wherein a weight-lifter would snatch, swing, or jerk a heavy weight from the floor to arm's length overhead, while the feet remained in contact with the surface of the floor or ground. In the case of a fast sprint or hurdling event the action must be sustained over a period of repetitions, still the competitor is calling upon his muscles to contract to their utmost. The hurdlers, jumpers and

vaulters all are examples of well-trained muscular and nerve powers, or, in other words, they show the possession of strength.

The quarter-mile men must combine a lot of speed with a form of endurance, while the athletes who step over longer distances are trained more specifically for endurance. Some men are prone to speak of endurance or staying powers as strength, but, though this is another indication of power, inasmuch as it denotes the quality of being able to hold out and keep the engine going, we would say that stamina, rather than strength, is the proper term to apply to enduring powers. Endurance denotes the ability to keep the muscles going over a great length of time, regardless of



An example of the weight-throwing physique among college athletes.

The modern hammer throw originated from this ancient event, still included in some Scotch and Irish athletic games.



whether or not there is any great amount of resistance; the work is thrown mostly upon the vital organs, especially the respiratory and circulatory functions, and very little nerve force or muscular contractile power is required. Whereas in strength the nerves must impel the muscles to contract with great force, and very little strain is thrown upon the vital organs, although they may be called upon to work rather vigorously for a short length of time. In running at a great speed or in jumping or vaulting the muscles must be contracted with great force; therefore, an athlete who is exceptionally good in these sports must be possessed of great nervous energy as well as muscular powers.

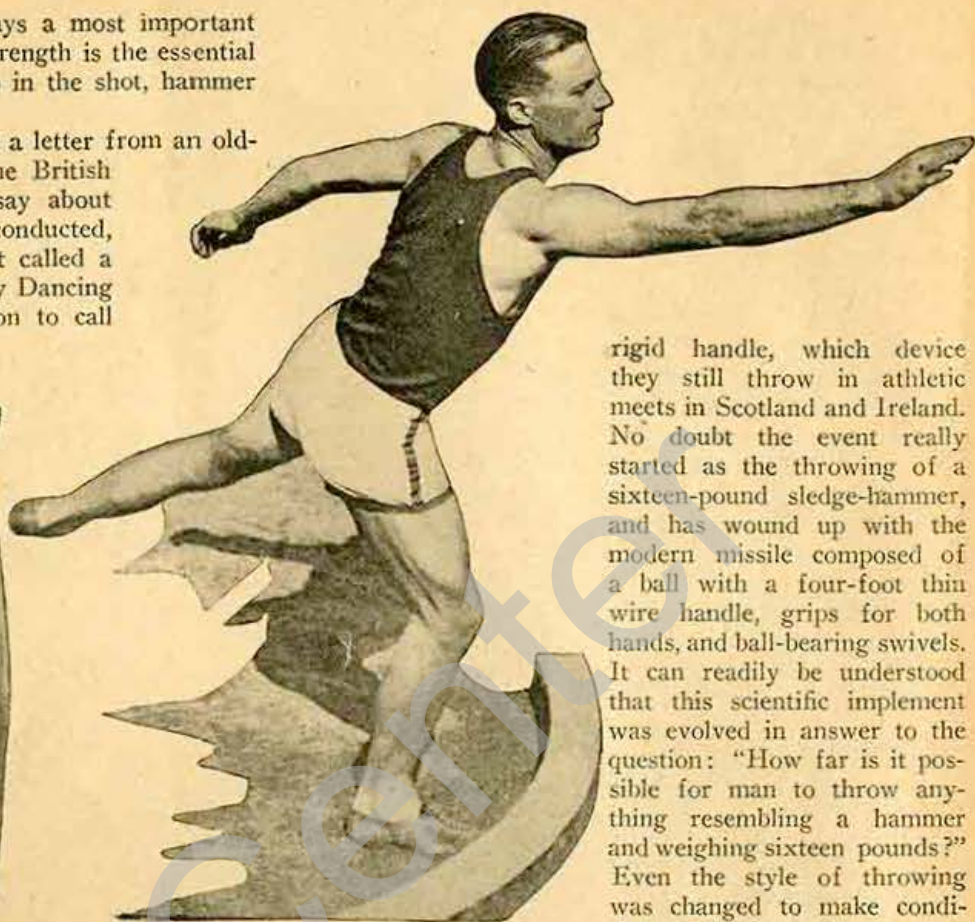
If the athletes who sprint and jump must possess strength, those who take part in the throwing events need strength of a more dynamic sort, it being necessary for this class of athletes to put everything they have into one effort. In this class are the throwers of the javelin and discus, the shot-putter and the hammer and fifty-six pound weight heavers. As in every other

athletic game, form or knack plays a most important part. However, all-round body strength is the essential quality, and particularly is this so in the shot, hammer and fifty-six pound events.

Not so very long ago I received a letter from an old-timer who formerly resided in the British Isles. This man had much to say about the way modern athletics are conducted, stating that the present-day event called a hammer throw is simply a "Rotary Dancing Act" and that there is "no reason to call the thing they throw a hammer" and further remarked that the competitions "waste acres of ground at an athletic meet." This brings us back to the early days of modern hammer throwing, which was originated by the Irish and Scotch. The hammer consisted of an iron ball with a straight,



Herbert Schwarze, one of the newer stars among the strong men of the athletic field, who has come within five inches of the shot-put record made by Ralph Rose.



Clarence "Bud" Houser, a comparatively small man who has made the giants step lively and has on various occasions triumphed over the Goliaths of the weight-tossing world.

rigid handle, which device they still throw in athletic meets in Scotland and Ireland. No doubt the event really started as the throwing of a sixteen-pound sledge-hammer, and has wound up with the modern missile composed of a ball with a four-foot thin wire handle, grips for both hands, and ball-bearing swivels. It can readily be understood that this scientific implement was evolved in answer to the question: "How far is it possible for man to throw anything resembling a hammer and weighing sixteen pounds?" Even the style of throwing was changed to make conditions more favorable for better records. The modern athlete now whirls around inside of a seven-foot circle, whereas the old-time Celts and Scots slung their "hammer" from a standing position.

Fifty-six pounds, or a half hundred-weight, has long been a standard of weight in the British Isles, so it is quite easy to understand how that event originated. Very little science can enter into such a throw, once the particular knack of footwork is mastered, but it is easy to see that none but an extremely hefty individual would have a chance of keeping within a seven-foot circle while heaving such a poundage. The ideal weight-throwing physique, judging from those who hold the championships and records, is that of a large-framed, beefy athlete. The most successful performers in this line of sport in the past have been men who were away above the average in height and weighed many pounds above the two-hundred mark, somewhere between 250 pounds and 300 pounds seemingly being the most efficient bulk.

The record holders and champions in the past have been of this type; however, of late years we have witnessed some remarkable performances by two men of rather light physique, though they are far from being light or slender so far as build and muscular proportions are concerned. The two athletes to whom I refer are Jack Merchant and Clarence "Bud" Houser, both of California, whose photos are among those used to illustrate this article. Although unable to surpass the existing records, these two husky and energetic youths were very successful in giving battle to the giants who have held sway for so many years; that is, so far as the shot put and hammer throws go, (Continued on Page 88)

A Bathing Beach Figure

Do You Wonder What Other People Think of Your Figure? Exercise and You Will Not Have to Worry.

By Elizabeth Hollister

THE height of the summer season is here, with bathing at the beaches in full swing, while thousands of sport lovers may be seen playing tennis and golf in addition to the countless numbers who enjoy themselves while disporting in the water. This is the time of the year when the girl with a beautiful form is in her glory, and I am wondering how many of my readers are wishing they had taken the trouble to follow some system of health and beauty building exercises during the long months last winter and spring. I feel sure the average girl who reads *STRENGTH* is delighted to get out to the nearest bathing beach whenever she can spare the time.



Fig. 1

everyone with our figures, still there must be many of my readers who appear in public with alarm, knowing they have neglected to take advantage of the opportunities to improve themselves offered in this and other periodicals.

Even when appearing in the more conventional attire worn while playing tennis or golf, a beautiful figure, with its appealing lines, will help to add materially to the personality of the fair sportswoman. And, if you happen to be fond of horseback riding, a splendid appearance will be presented in a riding habit, if your form is well proportioned and fully curved. It is my wish to see every woman and girl perfectly formed, and, although I can easily realize such a thing to be

Fig. 2

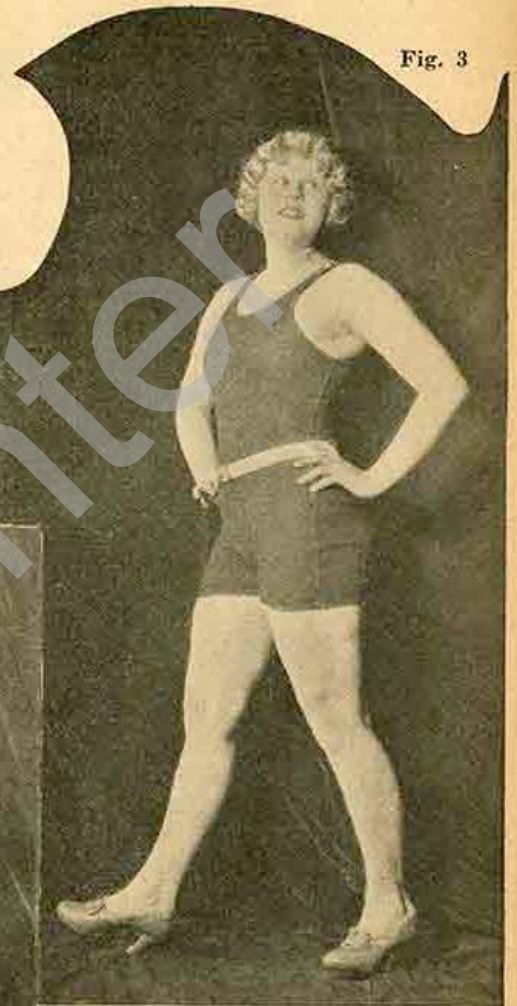


Fig. 3

Who can possibly appear in front of the countless staring eyes without wondering what the curious eyed gazers are thinking of them? It is only natural they should form some impression of every woman and girl who passes within the range of their vision and we don't have to stretch our imagination very far to know what they might be thinking. Those of us who care anything about our individualities do hope we favorably impress

nothing more than a dream, it is my desire to help as many of you women and girls, who read *STRENGTH*, as is possible. In each of my articles I give a few exercises which, if followed, will prove of great benefit to any woman or girl. You may continue to practice any particular set of these exercises month after month, or for the sake of making your exercise interesting try them as they are published each month; then if you take a particular liking to any certain exercises you may eventually work out a physical culture system to suit your individual tastes. The exercise ideas given in these articles each month are more or less the original ideas of two persons, one of whom is a capable male physical

instructor, the other being the writer herself. I say more or less original as they are only original to the extent that they are varied somewhat, with the addition of a certain amount of novelty wherever possible without making the exercise too difficult or foolish.

We think

duties to keep healthy and shapely by means of physical culture. Those who have plenty of time at their disposal should choose the sport they think will prove most interesting and play almost daily out in the open air during the pleasant days of the warmer weather.

In many of the larger cities hiking clubs have been formed, and you will find it a great source of pleasure and of everlasting benefit to join in with these happy-go-lucky seekers after health and fitness out in the open spaces, away from the noise and cares of the ever busy city. Any set of physical culture movements, to be truly beneficial, should include actions for the entire body, which you will notice is true of the present number of exercises.

The first will be designed to limber you up and at the same time add to the contour of the hips, waist region, and both the upper and lower limbs. Exercise No. 1—Stand erect with feet about twelve or more inches apart, toes pointing straight ahead. Place hands on top of head as shown in illustration No. 1; without losing the balance, squat down till you are sitting on the heels, or at least as far down as you can go while keeping the feet flat on the floor. Rise to the erect position and repeat something like a dozen times, in as snappy a manner as you can. Some of my readers may require special instructions concerning breathing; the correct method is to take a full breath before starting, then to exhale as you sit down, inhaling as you assume the erect attitude. Those who find it difficult to breathe in that manner should inhale while squatting, exhale when all the way down; then inhale while coming up and exhale after you are erect.

Exercise No. 2 is given for the purpose of benefitting the proportions of the ankle, calf and arches, but is also very good for the entire lower limbs and waist region. Assume a position with the feet spread well apart, toes pointing straight to the front and hands on hips as shown in the photos. Rise on toes, then swing both heels to the right by pivoting on the toes, at the same time turning the body so you face towards the left. Now pivot the body on your toes so you face the right by swinging the heels to the left. Keep on the toes during the complete exercise, turning from one side to the other, repeating the complete movement something like twenty times, performing the exercise in a peppy manner and breathing continuously; you might try inhaling while turning to one side and exhaling while turning in the opposite direction. This exercise is very well pictured in photo No. 2.

Exercise No. 3 is a variation of the previous one and affects pretty nearly the same parts of the anatomy, tending towards a fully rounded development of the lower limbs especially. Instead of pivoting on the toes, support the weight of your body on the heels, and turn from side to side as in the above mentioned movement. Repeat twenty times to each side as in Fig. No. 3.

The next movement is intended to benefit the lungs and general breathing capacity,

Fig. 4



Fig. 5

it best to take part in active sports, games and pastimes whenever you can spare the time, in addition to practicing the health promoting movements recommended each month. Even the busiest woman should spare the time from her regular routine of

and can be expected to beautify the shoulders and chest if persisted in for a sufficient length of time. Those girls and women who are inclined to be at all stoop shouldered will do well to spend a little time daily going through this exercise, in addition to forming the habit of holding the shoulders back and keeping the chin in. To practice exercise No. 4 it is necessary to have either two light dumb-bells, or hold a book in each hand as shown in illustration No. 4 and 5. Assume an erect position with the arms hanging at the sides; exhale the air from your lungs and then while deeply inhaling raise the arms sideways to an outstretched position overhead, keeping the elbows straight all the while. As the arms are brought overhead attempt to arch the chest as much as you possibly can and inflate the lungs to their utmost. Having reached the point where both hands are together overhead, you gradually exhale while lowering the arms in a wide circular movement; however, instead of bringing the arms to the position alongside of the thighs, bring the hands well to the rear in back of the hips, forcing the shoulders well back, meanwhile inhaling deeply; exhale slowly, then begin the complete exercise over again. Illustrations No. 4 and 5 show the different stages quite clearly.

Exercise No. 5; Figs. No. 6 and No. 7 will develop well rounded and shapely arms, which should add materially to the general appearance of being well built. As in the previous

exercise, we use dumb-bells, books or some other light object in the hands. Standing erect with the elbows bent so the hands are at the shoulders we are ready to start; first extend the right arm to full length overhead, at the same time extending the left arm down to full length alongside of the left thigh; the next movement is to simultaneously bring the right hand down to the shoulder, as the left



Fig. 6



Fig. 8



Fig. 7

hand is raised to the same position; the next double movement is to extend the left overhead as the right is lowered to the side, thus continuing in the same manner, while one hand is overhead the other is down at the side; in between the alternate extensions, both hands are at shoulder level at the same time. Inhale with each extension and exhale as the arms are brought to the shoulders.

The sixth exercise will bring the waist line to normal, giving the girlish trimness so much desired and sought after, at the same time straightening the abdomen and building up a natural corset as Nature intended it should be, a corset of firm muscles which will support the important internal organs in their proper places, thus making it entirely unnecessary to be artificially girdled. Sit on the floor, bed or other suitable place in front of some immovable object under which you may place your feet to serve as an anchor; the knees should be well drawn up as shown in photo No. 8; now lean backwards till the back rests on the floor, after which the exercise will consist of coming to a sitting position while the knees are drawn up, meanwhile assisting with the hands by holding onto either the knees or lower limbs, as is also (Continued on Page 78)

The Art of Hand Balancing

A Wonderful Body Builder—Easily Mastered by Persistent Training and Perseverance

By Robert L. Jones

Part II. With Poses by the Author

IN my first article we discussed the theory and practice of getting into and holding the simple handstand position. In this article we shall take up some of the more advanced feats and explain their performance in detail. The preceding article, which we might call lesson one, was somewhat monotonous, just as are all instructions dealing with the fundamentals of anything, but now that we are ready to go ahead with some real stunts things will be more interesting.

Now is a good time to practice a little on the parallel bars, preferably the low parallels, as one has more confidence on them. First practice kicking up to a handstand on the low bars, then try standing on the floor between them and pushing up to position. (Do not start from the knees-on-elbows position.) You will find that the pushing part is more difficult than when done with the hands on the floor, but that the balance is more easily kept as the hands are able to grip the bars. Next

advance to the regular parallels and push up to position from the rest position on them. In learning these pushups it will be necessary to "knot up," pulling the knees to the chest and the feet to the hips, until you get upside down, then straighten out. Later

you should learn to go up keeping the legs straight throughout. And take note — in these, as in all pushups, be careful not to bend the arms more than halfway when you turn upside down, for doing so, while making the turning easier, makes straightening the arms a much more difficult proposition, too difficult for most beginners to perform.

After putting in a little practice on the parallels, as above instructed, you will be ready to try the next stunt, one that is seen often and while neat and effective really is not difficult. Take an ordinary chair, one of the type with a rod instead of a wide piece



Fig. 1

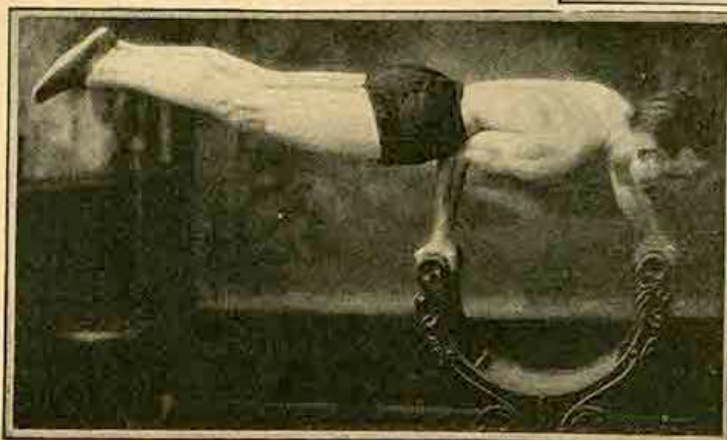


Fig. 2



Fig. 3

Fig. 1. An effective balancing feat, but should be learned on one chair.

Fig. 2. A more difficult chair balance.

Fig. 3. Position for learning the half-arm lever, or planche.

across the top of the back preferred, grasp the center of the front of the seat with one hand and the center of the back with the other, then push up to a handstand, one arm being straight and the other bent close, making the balance very easily held. After a little practice you can use two chairs as in the illustration (Figure No. 1), or use a small sewing rocker. The rocker looks much more difficult, but isn't. Now try an arm-chair, one that is long from front to back, and from a position seated in it push up to position with one hand on each arm. It will be necessary to "knot up" considerably to get over, and you may have to twist to one side in addition in order to get the feet past the back of the chair, but from that point it is just a repetition of the parallel bar handstand. In coming down twist to one side, coming down beside the chair rather than behind it. And in course of time and practice you can try this on a rocking chair. It is much more "scary" and somewhat more difficult. See figure No. 2.

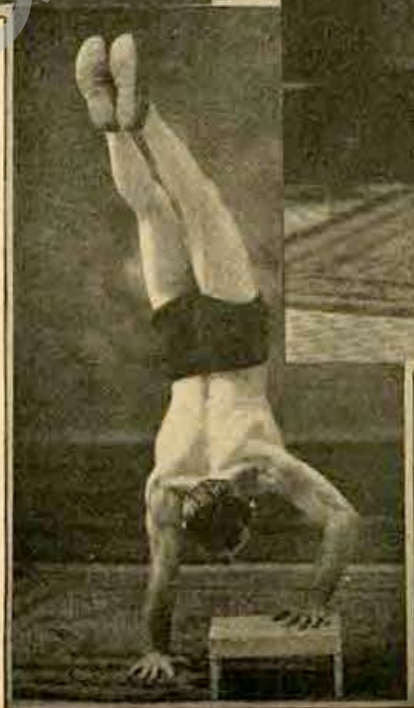
Another nice balancing stunt that can be done on the floor or on the arm of a chair is the half arm lever, or planche. I advise learning it on the parallel



Fig. 4. Dropping into position No. 3 from handstand. At about this position the body is rotated, bringing it into position over the elbow.

bars or a chair, as one can balance more easily by gripping the supporting object than by having the hand flat on the floor. Grasp the near bar with the palm forward, twist the elbow well in until it is almost halfway to the center of the stomach, grasp the far bar with the other hand and shift forward until your weight is supported by the elbow, keeping balanced with the other hand. The legs

Fig. 5. Wrong position for stepping on stair, using no side swing of body.



should be held straight and up, the feet, hips and head being in almost a straight line. In order to balance laterally it will be necessary to twist the body a little on its long axis, making the shoulder of the supporting arm a little lower than the other. (See figure No. 3.) As soon as you can balance thus, try releasing the far bar, endeavoring to balance on just the supporting arm. The principal trouble now will be that you "can't get weight enough forward to counterbalance the legs." The reason is that beginners invariably try this stunt with the supporting arm held at a right angle at the elbow, or even more bent, when it should be held just a little nearer straight than halfway in order to balance it. Of course, the proportions of the balancer will determine just what his arm position should be, as will the position of the other arm, which if held straight out ahead (making balancing easier) will require less elbow bend in the supporting arm than if held at the side or behind the back.

As soon as you can balance nicely in this position try dropping into it from a handstand, lowering as if doing the dip to about the position shown in figure No. 4, then twist sideways bringing the elbow and stomach into proper relation and come to rest in the position explained. A more difficult way is to twist to the side before beginning the drop. This stunt is more difficult when done on the floor, for the balance must be kept "in bounds" all the time, there being nothing to grip in order to pull back into balance, as is the case when using the bars or a chair. Now notice in figure No. 4 that the near hand on which the balance is to be made is turned well out, the thumb being almost straight forward. This makes it possible for the elbow to come under the side much more easily, and requires but a small rotating of the body before



Fig. 6. Correct position for climbing, assisted by swinging body from side to side.

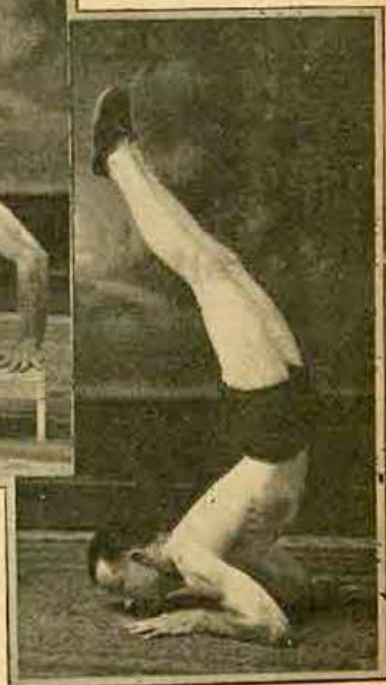


Fig. 7. The tiger-bend, or forearm balance. (More back bend would allow the arms to be held straighter, and the head and shoulders higher.)

the balance is attained, at which time the fingers will point almost directly *backward*. If you drop into position from the usual handstand position with the fingers pointed directly forward you must rotate the body almost half a circle before your hand will be in the proper position, but if you follow instructions as above, only about one-third that turning will be required. This position makes a good ending for the handstand on a chair, previously mentioned.

Before proceeding to another series of stunts I want to warn you again against allowing the elbows to bend too much at the beginning of any of the above push-ups—you'll learn the exact reasons after a few trials.

Descending stairs is another mighty good stunt and is not very difficult, being principally a balancing stunt and requiring no great degree of strength. Practice on a flight of only two or three steps at first (or better still, get the "hang" of it by using a low box for a few trials) then proceed to longer flights. Walk forward until the finger tips are on the edge of the step, dip slightly on both hands, then step down with first one hand, then the other, and endeavor to regain your balance before stepping again. Later you can learn to descend on your hands just as you do on your feet, touching only alternate steps with each hand, but that requires considerable

practice. Bear in mind that in stepping *down* you will not have to overbalance nearly as much as when walking straight ahead on the floor—in fact, it is a good idea to carry the weight well centered, placing the stepping hand with the heel at the back of the lower step, allowing the forearm to rest against the front edge of the top step. This keeps the weight well back, and tends to prevent any tendency to topple over forward. After mastering this feat try climbing stairs—a much more difficult proposition. From the handstand position pick up one hand and place it on the step, follow with the other, then push up to position and repeat. Do not try to climb with the body perfectly upright as in figure No. 5, for this causes too much bend in the stepping arm, making it exceedingly difficult to remain balanced on it while picking up the other hand, but rather use a side swing of the body which will allow you to get the hand placed on the step with the elbow only about one-third bent, or less, (see figure No. 6) then give a good push with the lower hand and arm, swinging the weight well

over on the upper hand until you can bring the other hand up to the same step, then push up and repeat. In fact, I recommend you not to start from a handstand at the step, but rather do a handstand a few feet from the bottom step and approach it with two or three steps before starting the climb.

Fig. 11. The "half-moon."

This will get you started using the proper side sway or swing so that when you start climbing you will be able to make a go of it. In this stunt, if you overbalance forward, merely arch the back well, bend the knees and allow the feet to drop to the steps above, then kick back to

Fig. 10. The half-split. From this position straighten the forward leg, coming into the full split.

balance.

Another neat little trick is the handstand jump—do a handstand on a box, table, etc. (be sure to start with some low object), dip down slightly and overbalance well forward, then spring from both hands at the same time, using a motion similar to the handstand dive in swimming. Have the arms almost straight (but *not* locked straight) when the hands strike the floor, allow them to bend well to (Continued on Page 80)

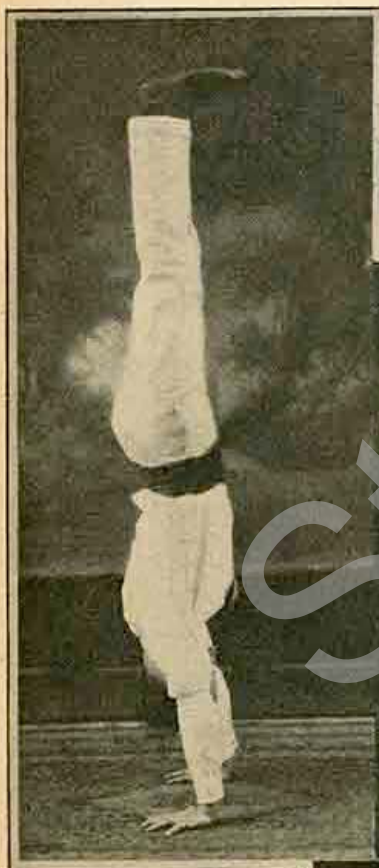


Fig. 8. The straight stand.

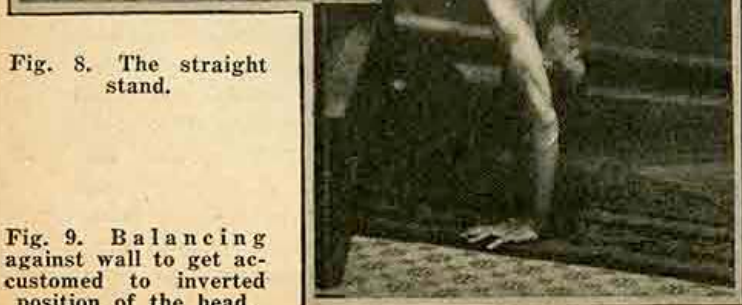
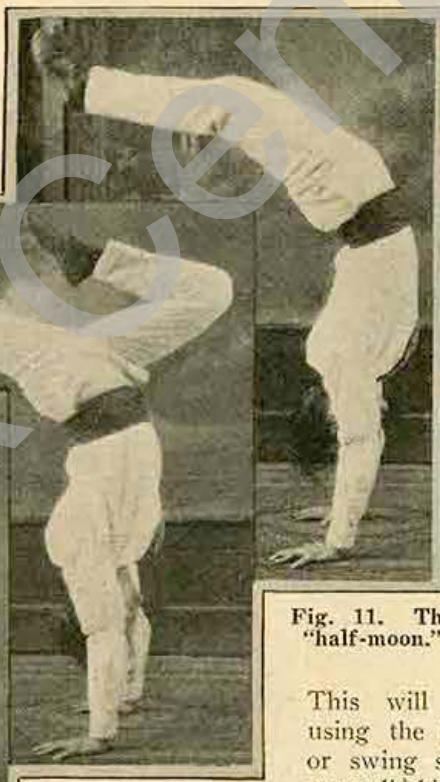
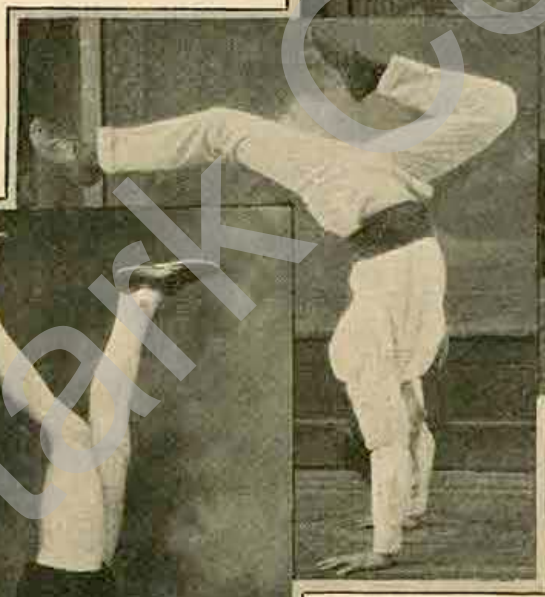


Fig. 9. Balancing against wall to get accustomed to inverted position of the head.



Ask the Doctor

Department for Solving Your Health Problems

By Dr. B. M. Middleman

Colitis—Ptosis—Intestinal Inflammation—Treatment for Constipation. A Short Review of the Above, With Symptoms and Treatment

IT is my desire this month to cover a popular subject in these columns. I say popular for the reason that I am literally "swamped" with letters seeking information on this particular subject; and regardless of the fact that we have covered this form of illness month after month in this department, the letters continue to pour in. Evidently those who read these pages cannot see any similarity in their case and the cases discussed herein. It seems to us, however, that no matter how similar two cases are, the stricken ones fail to realize the fact, even after reading the symptoms and treatment. In proof of this statement, we continue to publish pimple treatments at very regular intervals; nevertheless, I receive dozens of letters weekly seeking advice on this distressing trouble.

Judging from the letters received through this column more people suffer from Colitis or Ptosis than from any other ailment. During the past sixteen months we have printed letters and treatments concerning this illness at least ten times, still the letters continue to come in. Time and again I have considered writing an article on this ailment. However, we have refrained from doing so due to the number of times we have brought the subject before our readers. This month I wish to call your attention to some of the most important points to be considered in connection with gastrointestinal inflammation, likewise referred to as Colitis, Mucous Colitis, Spastic Colitis and, due to the characteristic sagging condition of the stomach and intestines, Ptosis or Interoptosis. The individual is thin and scrawny in appearance, and is greatly underweight for his or her particular height. They suffer with constipation of the most aggravating and stubborn nature, and after a length of time nothing seems to promote a bowel movement. Of course, they do occasionally have a movement,

such as it is, or life would soon cease; however, whenever there is an evacuation, it is likely to be accompanied by a discharge of mucus, blood or both. Such individuals hear of the value of bran, whole wheat bread and a diet consisting mostly of coarse foods containing a large percentage of roughage and cellulose. Evidently such treatment only tends to aggravate the complaint and instead of improving the patient seems to become worse.

Entirely too much has been written and preached concerning the value of the coarse diet for constipation. It is altogether wrong to assume that one form of treatment will correct all forms of sluggish bowel movement. It would be quite as sensible to advocate one form of treatment in a variety of diseases. In those who are normal in bodyweight or stout to the point even of being "fat," constipation is, no doubt, due to a lack of bulk in the food mass and can be corrected by the addition of whole grain bread and cereals, bran, and the use of certain fruits in the diet, besides including vegetables and greens containing plenty of roughage. Butter, fats and oils are likewise of immense value, as is the practice of drinking copiously of cool or cold water. It is understood that exercise is of immense value and where the individual is sufficiently active and follows a common-sense diet, constipation should be unknown.

However, when there is a lack of internal fat, which should support the internal organs in their proper place, thus causing the viscera to sag to such an extent that they are unable to properly expel their contents at the proper time, accompanied by a general condition of inflammation and internal muscular weakness, then the treatment should be of a different nature. Instead of a diet consisting of roughage and coarse particles of food, the patient needs a soft, bland diet such as olive

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

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

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

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

oil, butter, cream, well cooked and mashed cereals and vegetables, cream of wheat, corn starch, mashed potatoes, toasted white bread, buttermilk and junket, being sure to leave out all rough or coarse particles. Fruits should be stewed or made into jams, free of seeds and skins. To regulate the bowels use mineral oil, petrol-agar, agar-agar or milk of magnesia. You might also try yeast cake, starting with a half cake, three times a day after meals, to change the intestinal flora. We also recommend the taking of bacillus acidophilus, two or three wine glasses full every morning. Those who can afford to do so will be greatly benefitted by taking a complete rest in bed for two weeks, meanwhile following a forced feeding regime, eating as many as five meals daily, selected from the diet list which follows this item, and paying particular attention to the foods above enumerated. If you find it necessary to keep on the go, or if your case is not serious enough to require a bed rest, procure a properly fitting abdominal belt and wear it at all times when you are not in bed; this should be put on while lying down and taken off in the same manner.

Those who are in a very weak condition, greatly underweight and have a serious case of sagging internal organs, should take exercises while in a recumbent position; kicking with the legs, raising and lowering them and making all such movements. The following should be beneficial in any case: Press with the hands gently but firmly towards the diaphragm, as this will push congested organs upward and relieve sagging; try to widen diaphragm arch by taking a series of short, deep breaths, placing hands on lower part of rib-box. Also press upwards, working gradually from the lower part of the abdomen upwards to the chest.

You should encourage the habit of drinking cool water all day long.

Diet for Gastritis, Colitis or Other Inflammations of the Stomach or Intestines

Breakfast—Eggs, poached or boiled; cereal, milk, bread or toast and butter, coffee (if allowed).

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

Fish—baked, broiled or boiled.

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

Bread or toast and butter.

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

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

Raw fruits should be eaten between meals.

Avoid—Anything fried or fat.

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

All tinned, smoked and preserved meat and fish.

All pork, veal and game.

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

All pastries, preserves and candies.

QUESTION: Since I am interested in your "Ask the Doctor" column, I wish to ask you the following questions:

Does excessive eating of butter cause mucus? Excessive eating of salt? Taking of hot foods and drinks?

I frequently have a sharp pain around the region on the left side of my heart, under the ribs, usually after a meal. I wonder if it could be heart trouble. I am quite sure it is not heart trouble, because I can run one or two miles without any trouble. Even though I run a long distance, my heart doesn't seem to be affected. The pain lasts only a short time. When the pain starts I feel as if the region is being cut with a knife. The pain is not so serious. Will you tell me its cause? Kindly advise me its remedy.

By the way, I forgot to tell you that I eat rather heavy, because I am underweight.

About two years ago, while I was working in a factory one summer vacation, I found blood in my sputum; that is, in the mucus I spat. The blood was thick and black. Whenever I spat, I found blood; however, the blood gradually disappeared as weeks passed. During those days also I used to have nose bleeds. I thought it was caused by my breathing too much dusty air in the factory. I was then too young and was afraid to see a doctor. I was far away from home and alone in a strange city. I was afraid to see a doctor because I thought I might have tuberculosis.

It was in January of this year that I experienced the same thing. This lasted only about one week while my first trouble lasted several weeks. This one occurred when I was recovering from a cold. During this one I had no nose bleed, instead I had a sore on the region below my right eye beside my nose. The part was sore whenever I pressed or touched it, but there was no pain. The sore gradually disappeared as the blood in my sputum disappeared. I thought this was a catarrh of the nose. Will you explain this trouble to me? I wish to learn its cause and its remedy.

Furthermore, I wish to learn something about pimples, for I am very frequently affected by them. Why do the pimples appear mostly on face? Do they appear gradually or do they appear quickly? What I mean is this—if I eat plenty of chocolate or pork today, do they appear tomorrow, second day or week from today? Does excessive eating of raisins, dates, bananas or honey cause pimples, although they are good foods? Is it harmful to eat plenty of such foods? Why?

Is there any rule for eating certain foods first? If so, how?

When and how is mucus formed?

About how many calories per hour do we use while sleeping?

How many tablespoons equal one cup? I don't understand clearly the meaning of one cup, in measuring foods.

Does nocturnal emission disappear as one grows older?

When stomach makes a queer noise is that a sign of no food in there? Is overeating worse than wrong combination or eating unwholesome food?

What causes falling hair? How can I prevent it?

Is missing a meal or two better than eating foods lightly and regularly when not hungry?

The other day I heard from a speaker that human body changes every seven years. Is this true?

Is salad dressing good food? Is marshmallow good food? Of what is it made? Can we eat a lot of it without harm?

Is it harmful to drink too much water? Why?

Does yeast really cure pimples and constipation as it is advertised?

Why do people get seasick? What's the cause? How can we prevent or remedy it? Is it better for a seasick person to keep away from food or not eat much?

It was stated in a book I read that "to get diabetes one must first get fat." Is this true? Do thin persons get diabetes?

I am always wondering why I don't perspire profusely like my friends, while I am doing the same work. I drink plenty of water every day; in fact, I drink more water than my friends. While doing heavy (Continued on Page 62)

What Has Become of the Bent Press?

Continued from Last Month

By Arthur Allaire

IN LAST month's issue of STRENGTH I stopped with the bell over head, arm straight up and the body and legs in a squat position. Now I will continue from there and finish the lift. Before I commence, however, I advise those of you who missed last month's issue (July) to get a copy of it and read the foregoing installment on the bent press; otherwise you will not get the full sense of how it is performed. The Bent

month. From there we start to straighten up to a standing position with the bell. Your legs must be strong for it is difficult raising the body and bell when the legs are bent to such a great degree.

In illustration 7 in the last issue you probably noticed I had already used my free elbow (left arm) as an aid in performing the squat and getting the upper body itself into an upright position before standing up. Now I use the same elbow as an aid in straightening my legs under the weight. This is done by pushing down against the left knee and as I slowly come up I quickly change the elbow for my left hand on the same knee, which allows me to aid my legs further. This is clearly shown in illustration 8 of this article.

After straightening up to your full length you must

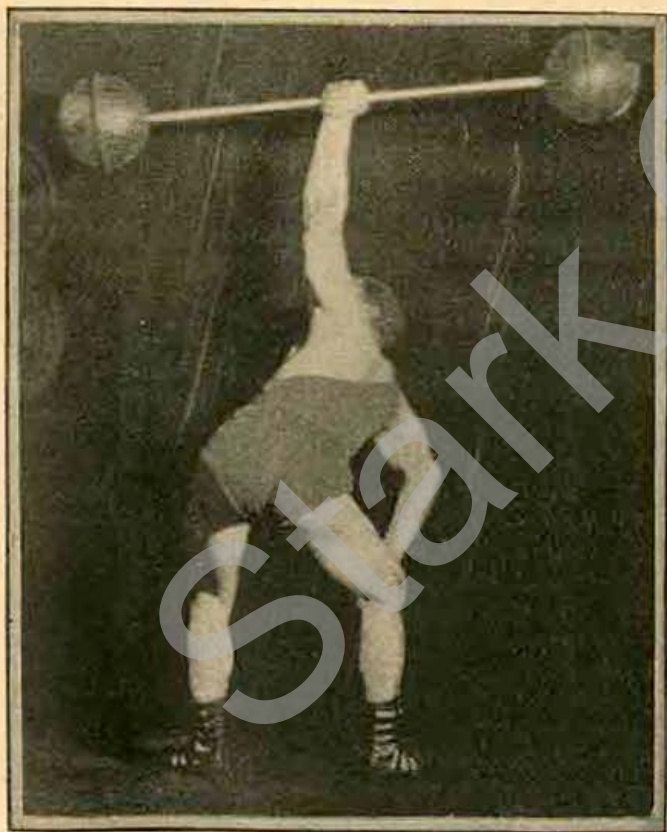


Fig. 8

Press is a complicated lift and you cannot have all its details too clear in your mind before beginning to practice it.

Furthermore, I have what I consider interesting facts to give you about a few of those fellows who made the Bent Press so popular before the war. So I'll get right into the last stages of the lift itself without further ado.

Illustration 7, depicting the squat with the bell over head, as I said before, was where we left off last

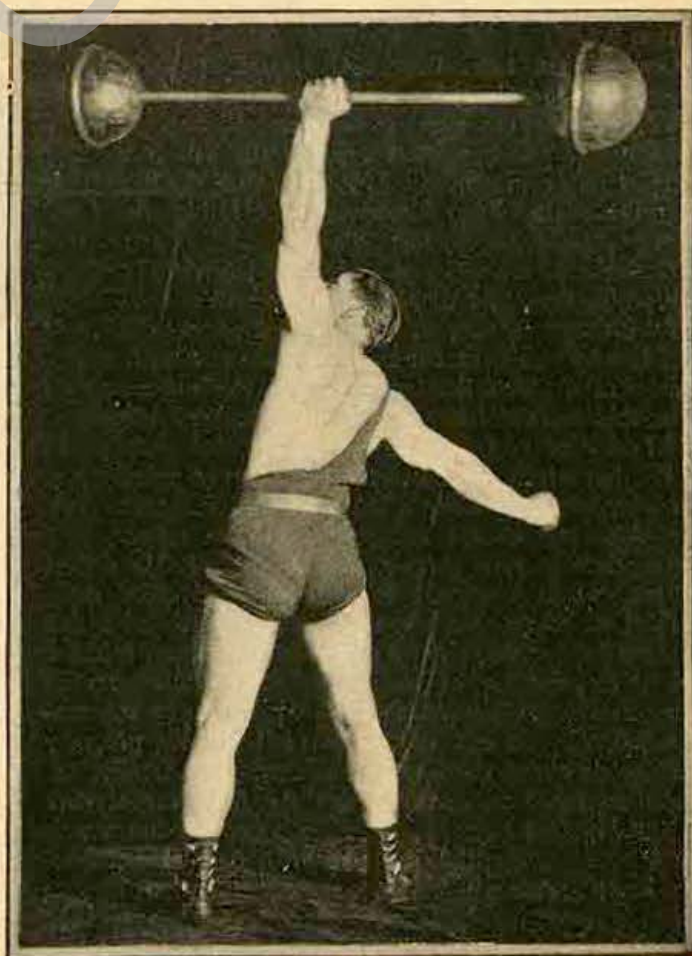


Fig. 9

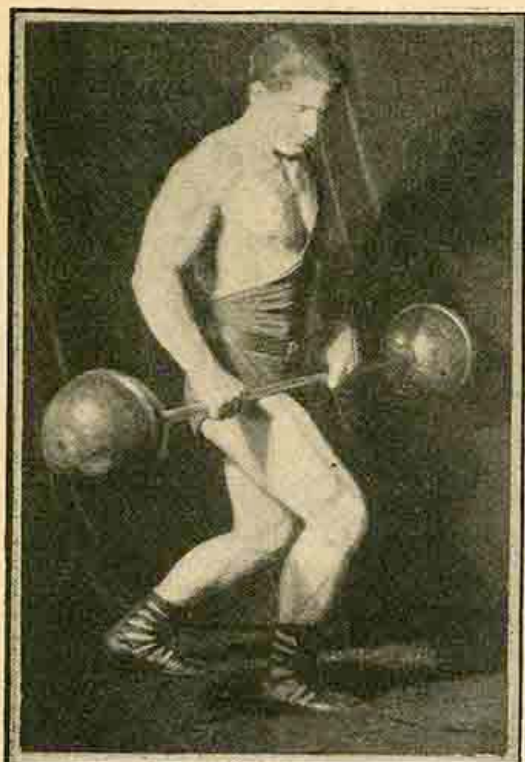


Fig. 10

hold the bell fixed above your head, by a rigidly straight arm, for several seconds. No struggling around trying to get the weight fixed will be allowed while the seconds are being counted off. The final position is shown in illustration 9.

One of the most important points in Bent Pressing is *keeping the eyes on the bell* or in reality keeping the eyes on the hand that grips the bar. If you take your eyes off the bell you will be likely to "lose it" which means, in the language of the lifter, dropping it or losing the balance.

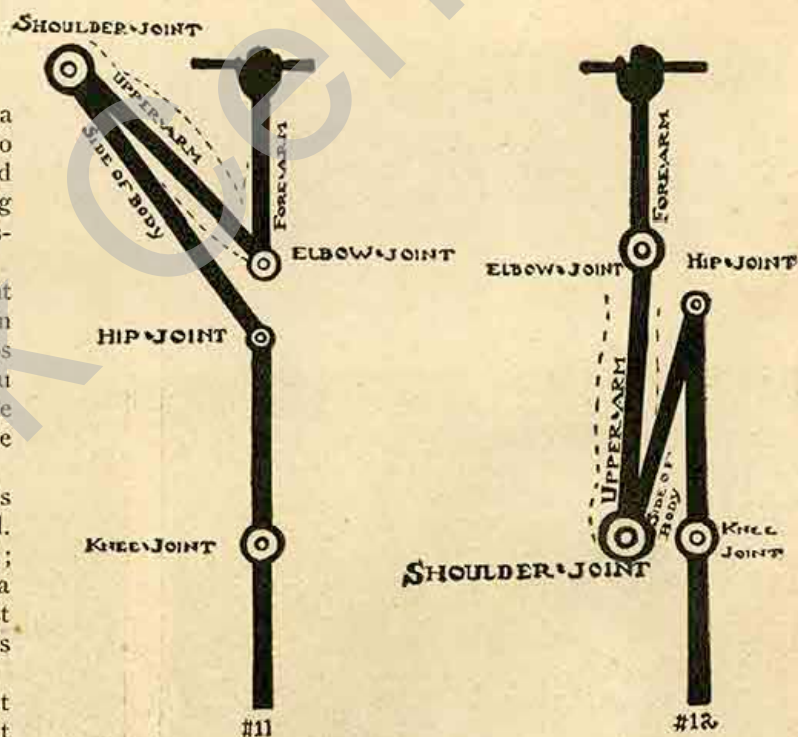
Concentration on the job of Bent Pressing is just as important as keeping the eyes on the bell. Concentration is part of the secret of strength; that is why you must concentrate when making a Bent Press. This lift being one of the longest in execution, the lifter must strive to keep his mind on it every fraction of a second.

We have now brought out about every point necessary in completing a Bent Press Lift. But one does not always succeed and so it seems appropriate to give pointers that are helpful in defeat as well as in success. What I have in mind deals with what to do when you lose the balance of a bell or how to get the bell to the floor or ground without injury or wasting of strength. If possible practice Bent Pressing either on the ground or a very substantial floor so you can let the bell fall without property damage or nerve shock to the rest of your family. A beginner, however, starting with say fifty, seventy-five or one hundred pounds can, if he is careful and strong enough to handle these weights with two hands, practice Bent Pressing in his own room. But when he gets up to between one hundred and fifty and two hundred pounds it is best to be able to drop the bell, for it is the safest way to prevent injury.

Suppose you are half way down in a press and lose the balance of the bell or find you cannot press it further, it is very easy, strength saving, and harmless to give the bell an added push with the pressing hand in the direction it has already started to go, step away at the same time and allow it to follow its own stubborn course to the ground without resistance on your part. Many a good lifter has failed to come through with record lifts when they were expected because he knew he could not drop the bell on the flimsy floor. Matyssek failed, I believe, at the old Lubin motion picture studio when they made a film of him lifting, because if he dropped the two hundred and thirty or forty pounds he knew that a dozen spectators and he would find themselves in the cellar.

The other method of getting a bell down is the one in which you use your strength and both hands in an effort to slow up the bell's descent sufficiently to make it come to rest lightly on the floor. Most lifters, where they can, quickly get the left hand on the bar, along with the pressing hand, and exerting all their strength against the bell's weight and downward momentum, allow it to be stopped by bringing the bar down across one or both of their thighs up near the abdomen. This is illustrated in illustration 10. Heavy weights should be dropped. There is no question about that. The fact that you can let the bell go when the balance is lost gives you confidence and less worry. It also saves strength and is dangerless.

I happened to run across an old copy of the English publication,



Health and Strength (in fact it was just twenty-seven years old) in which was recounted an interesting meeting of Arthur Saxon, the nonpareil Bent Presser of all time and Donald Dinny, the Scotch athlete and strongman. This Donald Dinny, I suppose you know, was conceded to be supreme at heavy athletics such as weight throwing of all kinds. Besides, he could run and jump as well as lift weights. Consequently he held many records, all of which, of course, have been eclipsed long ago. Some of his records were: $10\frac{1}{2}$ seconds in the one hundred yard dash; his running broad jump was 20 feet 1 inch; his high jump 5 feet, 11 inches; hop, step and jump 44 feet; $21\frac{1}{4}$ pound hammer throw 107 feet; his put with a 16 pound stone 49 feet.

Now this Great Scotchman was one of the many live-

long athletes who the "athlètes-die-young-believers" don't like to hear about and never, *never* mention. Dinny was an active athlete up to sixty-five years, and he had no cinch of it because at this late time of life he lost his life-long financial accumulations which naturally told upon him. How a Scotchman ever got into this predicament is beyond me. It certainly proves there are exceptions to every rule or belief.

Well, to get back to the meeting of these two great men of strength, it seems that Dinny, having enjoyed such great popularity as a strongman, couldn't believe what he heard about Saxon's Bent Press Lifts of three hundred and seventy-six pounds and would not be convinced by anything short of a performance. So it was arranged that the two should meet and that Dinny be shown. After the introduction Dinny was still so skeptical that he pushed his own bar bell weighing two hundred and thirty pounds towards Saxon, thinking that would stump the mighty lifter the first crack out of the box. Did Saxon lift it? No, he did not, nor would not, until, to Dinny's great surprise, a fifty-six pound weight was tied to the bar. Then he pressed this two hundred and eighty-six pounds easily. Lowering that to the floor he called for another fifty-six pound weight which was tied on the other end of the bar. This additional weight made the bell weigh three hundred and forty-two pounds. Saxon then Bent Pressed it with little more effort than on the first lift. Needless to say Donald Dinny and Saxon were the best of friends from that time on.

I had the great pleasure of seeing Arthur Saxon perform on two occasions, once in Ringling Brothers' Circus and once on the vaudeville stage. His lifts were marvelous, especially so to those who knew lifting and could appreciate the enormous weights he was working with. He was stronger than Sandow, but not as good a showman.

Twenty years ago or thereabouts, the question "who is the strongest man in the world?" would be answered—"Sandow." Even today there are many who still believe Sandow was the strongest. The readers of *STRENGTH* know he was not, but besides his incomparable physique his Bent Press record of two hundred and seventy-one pounds at about one hundred and eighty pounds body weight was real good.

Sandow, and Saxon, too, popularized the Bent Press by performing



Fig. 13



Fig. 14

this lift with what is known as a "human bar bell." Sandow had a special bar bell, with very large spheres, which he would Bent Press and then two attendants would push open the upper halves of the spheres and jump forth to the enjoyment of a pleasantly surprised audience. I have not had the pleasure, myself, of witnessing the feat nor have I ever seen Sandow. It has been quite a few years since Saxon last performed in this country and Sandow's hey-day was prior to that, which was before my time. I recall reading of a little trick that Sandow's trainer pulled on him when he was training for Bent Press records. It seems that this trainer had an idea that lifters, or some of them, could be scared by a weight that was a few pounds above what they had ever lifted. So, as the story goes, this trainer slipped two extra five pound plates on Sandow's bar bell while he slept one night.

Ignorant of the addition of weight and thinking it was the weight he had lifted before Sandow pressed it and was ten pounds to the good. Whether this story is true or not I do not know, but I do know the theory is correct because I have read of a more recent duplication of this trick which proved successful and which is authentic.

It happened, I believe, one time when Joe Nordquest was trying to break Sandow's record. Joe was having a desperate time of it and looked as though he would fail. It so happened that an experienced trainer named Teddy Mack was helping to load the bell for Joe. Well, as the report read, Mack slipped two, two and a half pound plates on while Joe was strolling around the grounds trying to pluck more strength from the air. This five pounds, I believe, put the weight of the bell over Sandow's record by a few pounds. Joe came back to the bell for another try determined to lift what he thought was still under Sandow's record. Joe was the only one present who had not seen the plates slipped on and he wondered at the great hand he got when he straightened up with the bell, and was dumbstruck when those present commenced to congratulate him on breaking Sandow's record. After the trick had been exposed Joe was very grateful to Mack. So, according to *STRENGTH* magazine of a few years ago, the trick works.

After going this far I have decided to go back to actual Bent Pressing again, long enough to explain the two

diagrams 11 and 12. These drawings show more clearly the idea of how a proper Bent Press should be performed. Saying it another way, if it were possible to bend the body as completely as shown in the diagram you will not have to press up with the arm the least bit. All you would do would be to bend down slowly until your pressing arm automatically became straight.

In illustration 11 we have what corresponds to the second position in Bent Pressing as shown in last month's issue of *STRENGTH*—in which the bell is at the shoulder ready for the start of the Bent Press which is, at this stage, a lowering of the shoulders by bending at the waist. The black lines represent the parts of the body as you will see and the circles are the joints. Look now at the shoulder joint and you will see that it follows a downward curve indicated by a dotted line.

Then in illustration 12 we have the other extreme position in which the shoulders are all the way down and the arm stands straight along the side of the body and is still steadied by the body. At no time, with this suppleness, would it be necessary to raise the back of the upper arm from the muscles of the side. No one, of course, can hope to perform the Bent Press to the height of perfection, but you should practice with this idea in mind and try to get as near to it as possible. The farther down you can bend before pushing the arm off the side the more weight you are going to lift.

Study these diagrams and compare them with the illustrations of myself making a Bent Press Lift until you are sure you understand the principle thoroughly. In these diagrams I have only represented one leg because I could show the idea more clearly. The leg represented is the right one.

In getting back to our lifters we have a photo of Mr. Melvin Tampke making a heavy Bent Press Lift, illustration 13. Notice that he is out on the ground where he can let go of the bar at any time he chooses. Mr. Tampke is either not all the way down or he is on his way up. If he is still going down he will slide his arm off his knee until the back of his shoulder rests on the same knee and simultaneously get the pressing arm rigidly straight, which it is not as you will see if you look closely. If Mr. Tampke is on the rise with the bell then he has allowed the pressing arm to bend slightly in the coming-up-process. This is bad for it often is the means of causing a lifter to fail. Probably the bell is not heavy enough to force Mr. Tampke all the way down or to cause him to worry about a slightly bent arm. But, in performing your heaviest lifts, the bend must be complete and the arm kept rigidly straight.

The *STRENGTH* magazine dug up from their files these last old pictures of two very (Continued on Page 65)

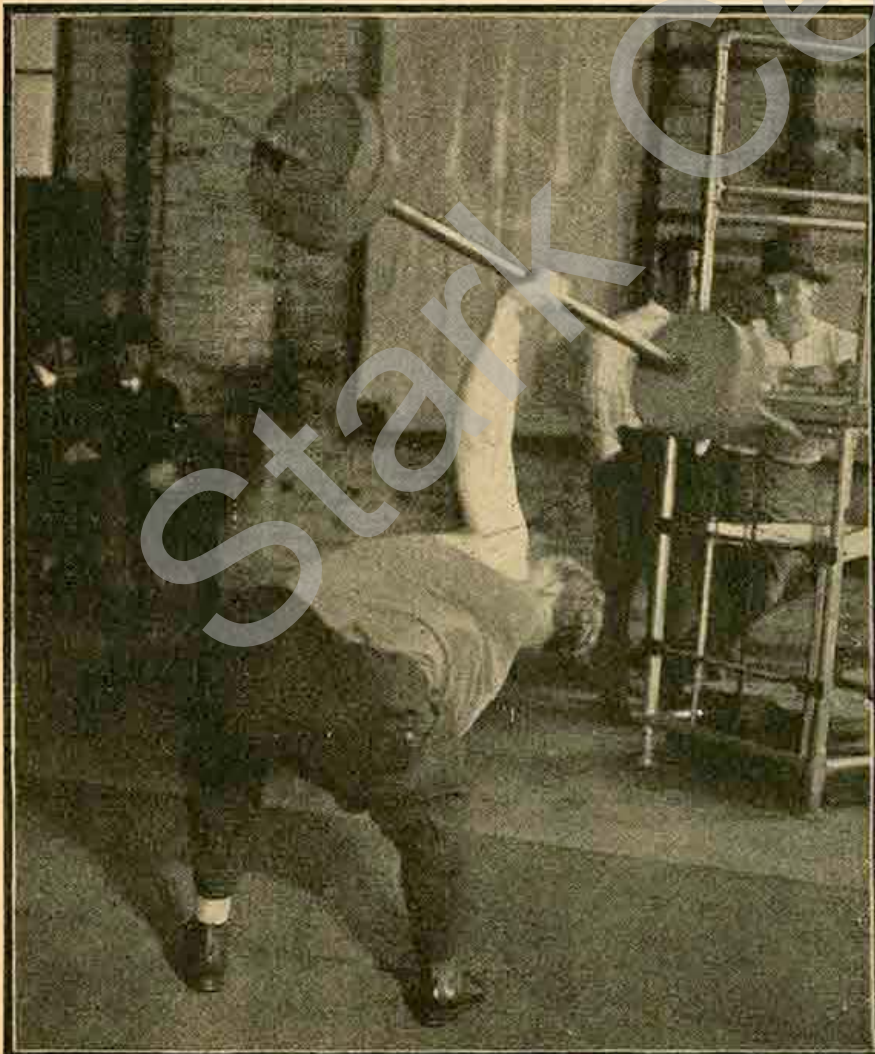


Fig. 15

Cooling Thoughts for Hot Days

By L. E. Eubanks



ALF the dread of summer experienced by many thousands of people every year is based on erroneous information and false impressions. The tendency seems to be to ascribe all deaths that occur in summer to the heat. It may help to cheer some of the fearful souls who regard summer as a dangerous enemy when I state that only a small percentage of the deaths reported to be from the heat are really due to that cause.

Not half as many people die directly from sunstroke as die from lightning stroke, and the latter is not regarded as a very common fatality. Further, the homicide rate in this country is twenty-five times as high as the death rate from sunstroke.

July, August and September, the months you may most dread, show the lowest death rate in the year, and this goes for North, South, East and West. September is the banner month, and this is significant; this month marks the close of summer, and our exceptional immunity must indicate that we have thrived through the summer.

We hear a lot about summer colds and summer dysentery, but these terms are misleading. Colds are far more common at other seasons (and more dangerous), and heat has nothing to do with dysentery, except indirectly. The disorder comes from contaminated food and intestinal indigestion, and, of course, food spoils more quickly in hot weather.

"Well," insists the complainer, "I may not die of sunstroke, but I would rather die than suffer; and it is undeniable that the summer is a punishing time to get through."

Usually, if we fear a thing and expect it so confidently that we go half way to meet it, we get it. Most of the people who suffer intensely in summer begin their suffering in anticipation, weeks before the heat arrives. They work themselves into a nervous, apprehensive state that opens up every possible avenue to the establishment of the very condition they fear.

That mental attitude and bodily temperature are closely related has been recognized time out of mind. This is proved by such old expressions as: "He felt his blood run cold," "Don't get hot under the collar," "The heat of embarrassment," etc.

As Dr. E. L. Fisk has said, any emotional excitement, such as anger, resentment and nervous irritation, affects the circulation, not by a real stimulation but a stagnation that leaves the extremities cold. When a person is angry, his cheeks flush and the veins in the neck become swollen.

He is literally "hot under the collar." You produce the same result when you shout fiercely, "I simply can't stand this heat!" You are resentful, angry, nervously irritated. And, largely because of this state of mind, you produce a sort of internal heat of your own.

Intolerance, the fuming and fretting attitude toward weather, becomes a habit. Often the same person who endures real hardships and misfortunes with admirable fortitude becomes terribly exasperated over a little heat, and raves as though determined to vent all the vituperation dammed up in other channels of his daily life on the weather. I know one man who seems positively vengeful; if the hot weather were suddenly personified and placed before him, he would fight like a retributory angel—or devil.

Such an attitude is foolish, even ludicrous. As I have tried to show, it increases our discomfort, adds easily combustible fuel to our internal fires; but even if there were no such positive effects, the resentment is useless. A man might as well fight his shadow on the wall as rave against the coming and going of seasons.

While you cannot actually control the elements, you can so govern your reception of conditions as virtually to do so. No person who is living intensely, is busy and happy, will have any quarrel with the weather. He of the normal instincts born of sound mental and physical health enjoys all seasons. Would that we might all retain the viewpoint of the small boy who loves summer because he can swim and winter because he can skate. But too many adults hate winter because they cannot swim, then hate summer because they cannot skate! Enjoying each season, welcoming it as a refreshing, healthful change and an opportunity to *do* things not so easily accomplished at other times, will help greatly to kill the bugbear of seasonal unhappiness.

I know of no better proof of the power of mind in keeping cool than is seen in the average person's belief on the matter of bathing. The superficially informed take cold baths in the summer to keep them cool and hot baths in the winter to prevent the contraction of colds. The scientific truth is that this program should be twisted around. The chief function of the skin is to regulate bodily temperature. Heat opens the pores and cold closes them. You are warmer while in hot water, but when you get out the pores are open and the internal heat passes through them—with the result that you are much cooler a short time after the bath than you were before it.

The cold bath is cooling for the moment, but it closes the pores and seals up the bodily (Continued on Page 82)

The Noble Art of Fencing

A Developer of Vigor and Manhood

By Jack Russell

WHAT marvelous schemes we could work out if we were off on an island somewhere, where folks didn't bother so eternally! What wonderful things we would discover! But, why not consider the whole earth an island—a speck—and perform our wonders, discover our things, right here and now!

We are finding things out right along; and one of the things eminent today is that getting old is a bad habit. A man who thinks he is old, is old, and the man who retires from business will shortly be retired by death if he doesn't watch out. Nature has no use for the person who quits, so she just takes his word for it and lets him out.

And another rather curious thing is, that the fear of death is the monopoly of young people. The man who has lived, lives long, and who has kept right at his work, cared for his health, living one day at a time and not bothering other folks any more than he had to, doing each task the best he could, keeping an interest in all good things—that man is not afraid to die. He is willing to go or stay, and the man who is willing to go or stay, stays quite a while. Exercise as well as mental work of a congenial kind is a great stimulus to bodily vigor—to think good thoughts, work them out like nuggets of gold and then coin them into words, is a splendid joy—and joy is life.

I remember seeing the great Professor Paulinetti for the first time on the stage. On the occasion

I have in mind he made a splendid speech, and explained that his retirement of eighteen years from the legitimate stage after a career extending over twenty-five years in vaudeville might slow him up, but he'd try to make an impressive showing in feats of hand and head balancing.

What the professor did that night made me gasp so much with admiration, it was well nigh several minutes before I resumed my normal respiration. I doubt whether his performance could be equaled by any of the present generation of acrobats and the professor was well beyond the age where men "settle down to die," being just sixty-five years of age the evening I witnessed his amazing performance. Professor Paulinetti's enjoyment in life is complete; thoroughly satisfied, grateful for his years of joyous activity, and showing his gratitude by filling the present with his good work. His achievements and his deeds are carved high up—yes, very high—on the mountain of honor and fame.

"Brain work," Professor Paulinetti says, "is just as necessary as physical exercise, and the man who studies his own case and then plays one kind of work off against another, finds a continual joy and zest in life."

To hold on to things is to lose them. Especially those which mean very little in the general scheme of things. I rightly exhort you to eschew the inactive mode of living and cleave to a life of activity. To clutch is to act the part of Yousif Mahamet, the Turkish wrestler, who came to America

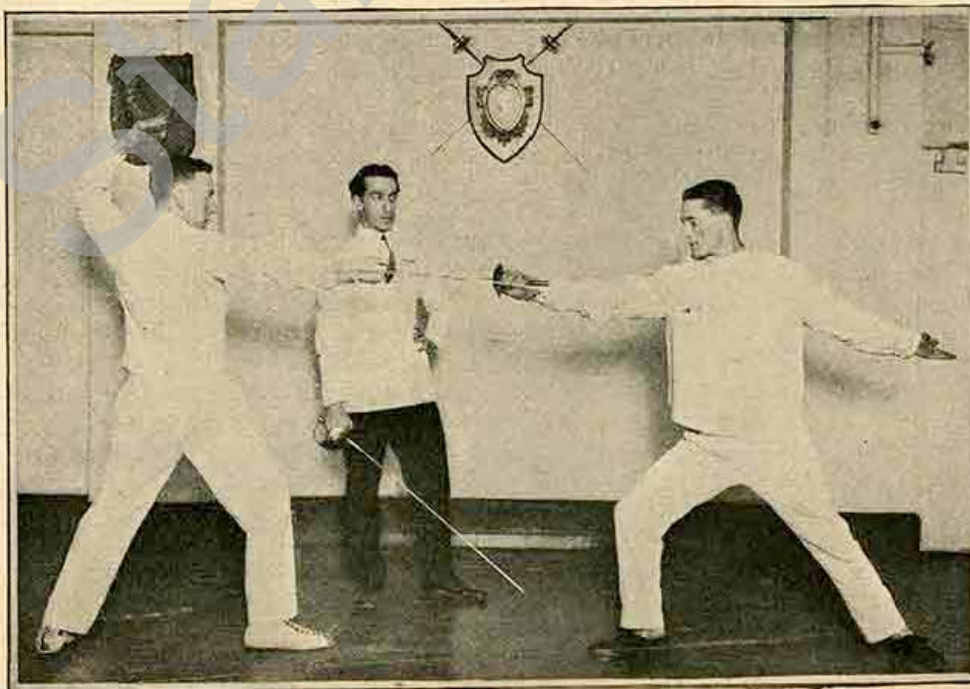


Fig. 1.—The fencer, galvanized in action, impresses one with his speed and agility.

and secured, through his prowess, a pot of gold. Going back to his native country the steamer upon which he had taken passage collided in mid-ocean with a sunken derelict. Yousif Mahamet, hearing the alarm, jumped from his berth and strapped to his person a belt containing five thousand dollars in gold. He rushed to the side of the sinking ship, leaped over the rail, and went to Davy Jones' Locker like a plummet, while all about frail women and weak men in life preservers bobbed on the surface and were soon picked up by boats.

I would rather appreciate the things I do not have than to have things I do not appreciate. Take for instance, a yacht in the harbor—excellent model, splendid build, silken sails, rigging the very best—a cup winner. A junk man comes along and his eyes twinkle as he spies the brass trimmings and rips them off; a ragman appropriates the sails and running rigging; a gang of wood-pickers appear and make kindling of the hull. That's the way some folks regard their bodies.

"Some one ought to do this or that," you are that some one, and, if you would make better men, set them an example by attending to your bodily needs. People who pursue physical culture usually cause her to be panic-stricken on their approach. Which reminds me

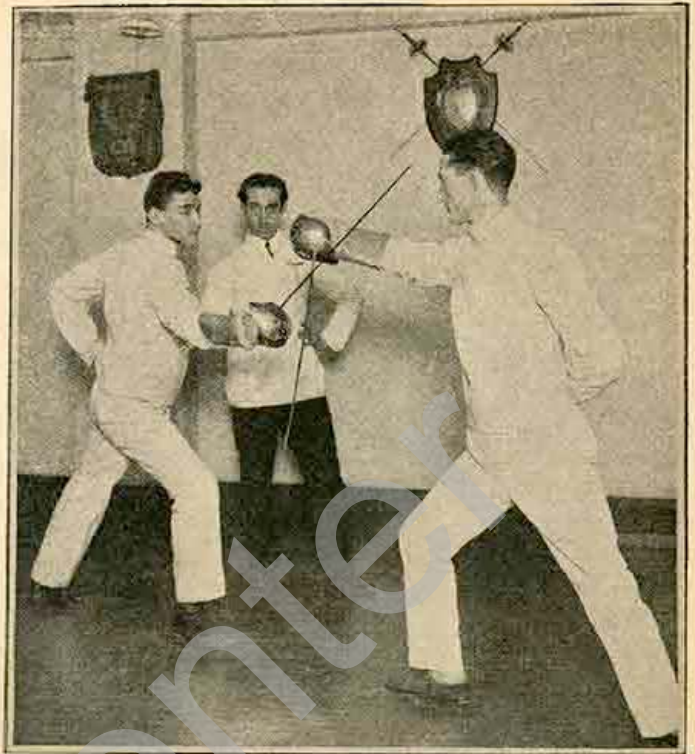


Fig. 3.—The noble art of fencing develops great vigor. Note how the thrust is parried.

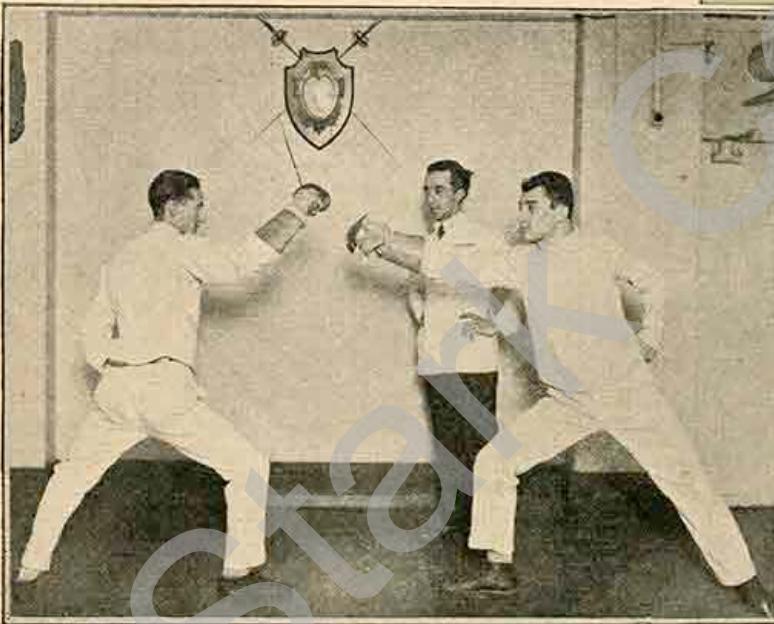


Fig. 2.—Signor Rombo, Italian fencing master, instructing proteges in the Philadelphia Y. M. C. A.

of an "arrangement in adipose" who had the temerity to inform me that physical culture was all right, but give him football. Personally, I think football is good competitive exercise, but for adipose people who need reduction, other methods must be considered. The game of football bears the same relation to physical culture that a bull-fight does to agriculture.

It is, therefore, the wisest plan to adopt physical culture methods and adhere to its principles. Fencing as all round exercise offers much to those who engage in it and is a sure-fire antidote for adipose. Signor A. Rombo, Italian fencing master and instructor at the Y. M. C. A., of Philadelphia, says this of fencing:

"Fencing, considered as an art, has the noble purpose of developing vigor and manliness. Among all exercises, fencing deserves our best consideration, being unrivalled

as a natural aid to the highest form of physical development and education. Muscles, as well as brains, can be educated. Every muscle is brought into play, individually and in combination. The exercise is surprisingly invigorating. It reduces surplus adipose tissue, making the figure trim and comely, rounds the chest, develops the lungs and stimulates the circulation of the blood, thereby improving the general health to a highly desirable degree.

"The fingers, wrist, arm, shoulders and legs are doubled in power by methodical fencing. The fencer, lithe, agile, and quick as a wild-cat, feels sure of himself at all times and under all conditions. In the business world he will be able to endure a great strain.

"Fencing has often saved a man's life, or at least preserved him from serious bodily injury or loss of valuables. Attacked by

footpads in a lonely spot, the fencer is able to keep his assailants at a distance with nothing more than a cane and possibly disable them. Fencing also gives a man a mental equipment superior to that which he originally devoted to the art. The exercise requires study, thought and memory. It is none the less a science for being a recreation. The brain is prompted to act without a moment's hesitation. It must change perception into action instantaneously. Readiness of wit is an unmistakable attribute of the fencer. He should be quick to detect the weakness or strength of an argument or a situation, and to act swiftly and unerringly.

"After finishing with the foils, a cold bath and a rub down with a rough towel will chop off at least ten years from the burden Old Father Time has rolled upon you. Finally, we must not over-look (Continued on Page 67)



Remodel Your Form

Wise and Unwise Methods for Reducing
Adipose Tissue

By Margaret A. Sargent

unmindful, in their ignorance, of the terrible injury they are liable to inflict upon themselves.

Of course, there is another group who would do nothing at all, but this group is better off, physically, than the first group ever will be. Then there is a third group who actually deprives itself of life-giving food, refusing to eat anything but a sufficient quantity of food that would keep a little canary alive. A large percentage of this group falls into a "decline." I believe in a sensible diet, but girls who adopt diet as a means of reducing "go the limit." They do not use the good judgment that was given them.

To illustrate the danger which lies in the taking of drugs and abstaining from food, I shall quote a few of the many cases that I know of where girls met with death as a result of their folly. Take, for instance, the case of the famous and beloved screen star, Barbara La Marr. Miss La Marr preferred to take drugs rather than devote a few minutes of her time to exercise and rather than deprive herself of luxurious food. The result was that she lost her life and the world lost a talented and beautiful actress.

Some of you remember pretty Kitty Banks. Kitty won first prize in a national beauty contest. Before the contest Kitty thought she was a little overweight and proceeded to get herself into condition by adapting a rash diet. She continued with this incorrect diet long after the contest was over, to keep her weight down, and the consequence was that she, too, lost her life—a martyr to incorrect and drastic reducing methods.

Not only is fat detrimental to health, but it is a dangerous foe to happiness and success. A very dear friend of mine is a fitting example of this. Phyllis held a very good position with an exclusive New York gown shop. She had worked hard and her untiring efforts gained for her the position of head buyer for her shop. She was required to go to London and Paris twice a year, each fall and spring, to purchase gowns and copy styles.

Phyllis became very successful and her new position lessened her many previous duties. While enjoying her success, she forgot her body, with the result that she very quickly put on extra weight, and inside of a year and a half became very fat. But I will let Phyllis tell you the rest of her story.

"Everyone began to poke fun at me about my getting fat, but I paid little or no attention to that—so engrossed was I in my success and possibilities of further success.

"It was a great shock to me when the following summer the manager came to me and said, 'Miss King, I think we had better send Miss Kent to Paris this summer. We are very busy and we will need you here all the time.' Miss Kent was my assistant buyer, a very pretty and intelligent girl. She had not been working with me very long and I was surprised as well as indig-

I was dumfounded as I viewed the many different types of girls and women who romped about the beach at the seashore this summer. Especially did the large, corpulent types of girls and women attract my attention. Why did they attract my attention? Because of their conspicuous waddle in bathing suits made for modern Venuses to wear and the loose, hanging flesh on their bodies.

If I were as fat as some of the girls I saw at the bathing beach I would want to run and bury myself in the sand—or, at least, I would not dare to venture forth in a one-piece or two-in-one bathing suit. It is ridiculous for any girl who is fat to try and make herself believe that because she dons a tight-fitting bathing suit her figure is presentable to the mocking eyes of the public. Why, they make their figures look more corpulent than they really are!

The great pity of the situation, however, is that these poor girls did not realize how fat they were until the bathing suit season had already made its appearance and they viewed their figures in the mirror. How much nicer it would have been if they had only known that they were getting stouter and had taken up some program of sensible exercises and adhered to a simple diet until the appearance of summer.

Their overly stout figures are the penalty of carelessness. Carelessness in either not paying any attention at all to their figures or carelessness in "putting off that exercise day."

There are many fat girls who absolutely would not hear of exercise and who think of the idea with horror. These girls believe in taking different kinds of drugs and lathering themselves with supposed reducing soaps,

nant and hurt. I knew that we were not so terribly busy that they could not afford to send me.

"I think I almost hated Miss Kent at that moment, although this was no fault of hers. When the manager left me the tears came to my eyes and I could not hold them back, so I rushed into the rest room and threw myself on a sofa and cried.

"As I lay there wondering what was really behind their sudden decision, I heard someone coming in and then another girl immediately followed. They could not see me, for I was behind a screen, but I could hear every word they said. One voice I recognized as being that of the manager's secretary and the other as that of the president's secretary.

"Did you hear about Phyllis?" said the first girl.

"No—what?"

"Why, they have decided to let Joan Kent go to Paris this summer instead of Phyllis."

"Really, but why?"

"Well, I'll tell you, but do not tell anyone else. They held a conference this morning, and Mr. André suggested sending Joan instead of Phyllis because he thought Phyllis was terribly fat and that it was poor policy for a shop like ours to send out a head buyer with a figure like hers."

"By that time I had stuffed my fingers in my ears and heard no more. What I heard was more or less of a revelation to me, for I had not given my increasing fatness any thought. But then and there I decided that I would not be made a laughing stock of and right that night I went home and exercised. I picked up a copy of STRENGTH MAGAZINE and began to do some

of the exercises described therein.

"When fall came around I had a better figure than I ever had. My health was better and my disposition was better. I went to Paris and have never missed a trip in five years. The humiliation of that one summer was enough to open my eyes to the fact that success goes hand in hand with health and a fat person is not a healthy person."

So, girls, you can profit by the experience of Phyllis. Don't let fat stand in the way of your happiness and success. It is so easy to have a good figure, and not only that but it is a lot of fun exercising. I enjoy my exercise period more than anything else I do. I look forward to that time of the day when I can do some brisk movements and take a warm or cool shower with eager



Fig. 1



Fig. 2

anticipation. I am going to describe the exercises illustrated in this article, so that you can start right now "exercising your fat away." If you are very much overweight I would advise doing these morning and night, following them at least once a day with a warm shower and brisk rub-down.

Figure No. 1 illustrates an exercise which not only gives the abdominal muscles plenty of work but which fairly melts away the fat around your hips. Lay flat on floor with arms at sides. Raise the legs up and over the head, endeavoring to touch the floor in back of your head with the tips of your toes, as illustrated. All the time you do this exercise keep the palms flat on the floor. Repeat this from ten to fifteen times.

Exercise No. 2 is rather difficult, but it is wonderful as a thigh and hip reducer. Lower the body into a squat position and, as illustrated in Figure No. 2, slide the left leg back, then bring it to position again. Now slide the right foot back and come back to the squat position. The idea is to slide the left and right foot back, alternately, while in the squat position.

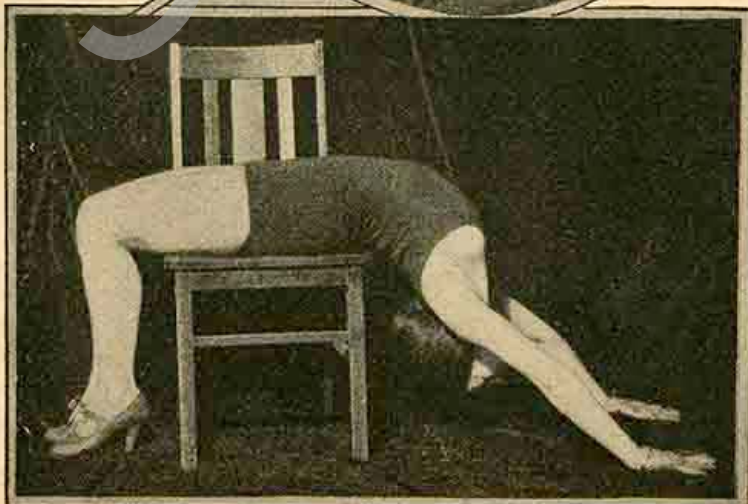


Fig. 3

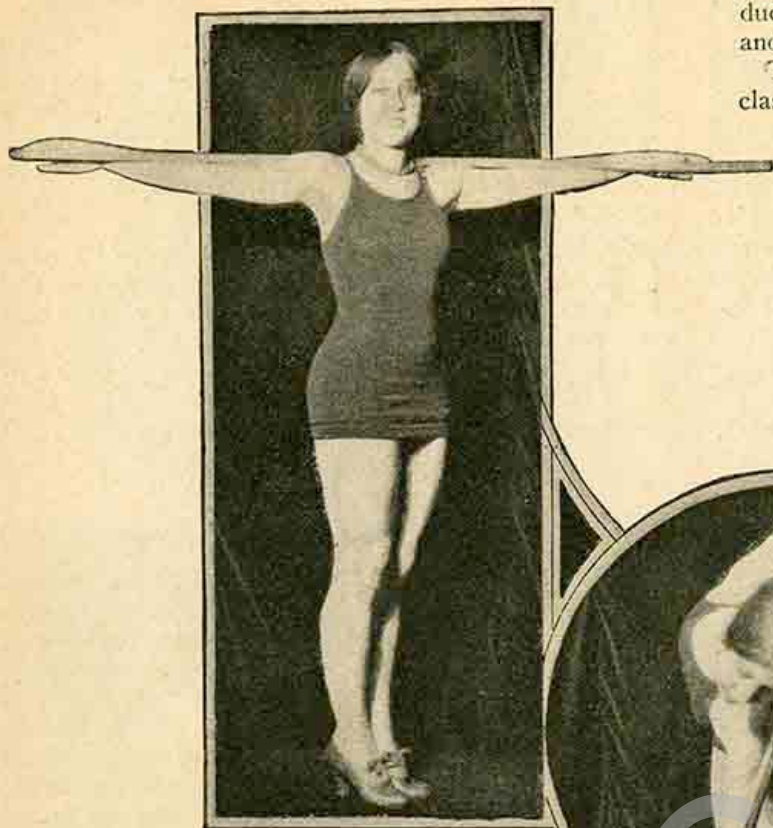


Fig. 4

Repeat this until you feel the muscles of the legs begin to tire.

Exercise No. 3 throws into action the muscles of the buttocks, hips and upper abdomen. Place your feet under some stationary object for support. First assume a sitting position, then slowly lower yourself into the position shown in Figure No. 3, throwing the arms overhead when going down. From this position endeavor to come up to the first position again. At first this will be very difficult and you will not be able to repeat it many times, but gradually it will get easier.

Exercise No. 4 is a trunk-twisting one.. This exercises the muscles of the sides and abdomen. To make the exercise more effective you hold a stick in your hands, as shown in illustration No. 4. You will find that this exercise also brings into play the shoulder, arm and upper chest muscles. Hold the stick as shown and twist the trunk first to one side, then to the other. Be sure to bend at the waist. Do not twist the hips around. Repeat this until you begin to tire.

Exercise No. 5 is also strenuous, but is excellent for removing the rolls of fat from off the abdomen, back of thighs and shoulders. Hold the stick as in Figure No. 4, spread feet wide apart. Now bend the body over and try to touch your left foot with your right hand, as shown in Figure No. 5; then reverse and touch the right foot with the left hand, as shown in Figure No. 6. Do not bend the knees while doing this exercise.

Besides these exercises, practice rope skipping, play medicine ball on the beach and take long hikes.

The plan of dieting in weight reduction is to eliminate the concentrated starchy and fatty foods and substitute for them bulky foods which contain less fat-pro-

ducing qualities, but which give adequate nourishment and satisfy the appetite.

The fat-forming concentrated foods are of several classes and consist of such substances as butter, cream, fatty portions of meat, salad oil and nuts; second, starchy foods, such as bread and pastry; bread, as a rule, is taken with butter, giving a very concentrated fat and starch combination, while pastry has both fat, in the form of butter, and sugar; third, sweets and sugars.

Eating between meals is very largely responsible for a great many cases of overweight; and of all foods taken between meals, candy is perhaps the worst. A few harmless-looking pieces of candy may contain more calories than a



Fig. 5

large meal.

The habit of eating only three times a day should be the first step in one's reduction scheme. If candy is absolutely desired, eat it at the end of the meal as a dessert. It is best, however, to eliminate it altogether from your diet.

The non-fat-forming foods consist in general of the bulky vegetables, fruits, lean meat and fish without fat. The ultimate test of whether or not the diet is the right one rests with the scales, and when body weight is gradually being reduced one can be reasonably sure that the diet is a satisfactory one. Too rapid loss of weight is not advisable. That is the mistake so many girls make. They want to lose all their excess weight at once.

Determination and persist- (Continued on Page 94)

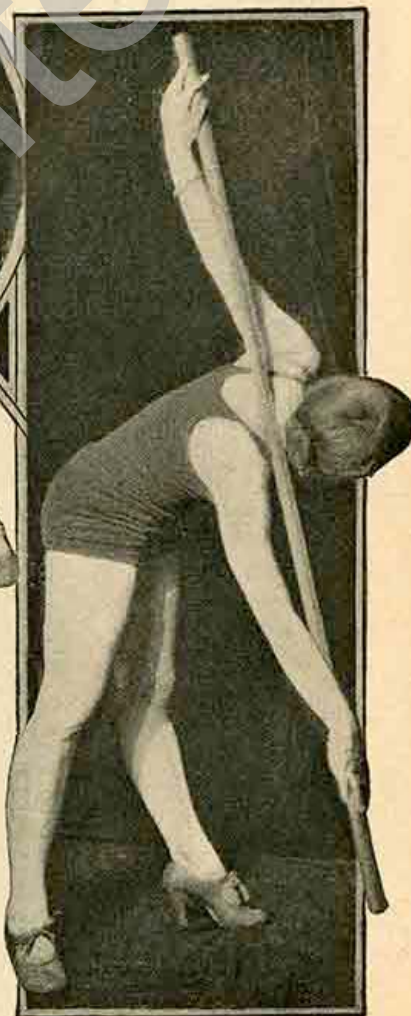


Fig. 6

The King of Wrestlers — *Frank Gotch*

History Has Never Repeated Itself in the Wrestling Game, Where Frank Gotch is Still Considered the Ace of the Big Deck.

By Dean Carrol

“**R**-R-R-R rah, rah. Gather around, good folks. Come closer up front so you can hear me better and I will introduce to you the world's greatest aggregation of rastlers ever collected on one platform,” so sung out the spieler from the “bally ho” of an athletic carnival, in the “off by heart” spiel of that tribe, sometime in the middle nineties, at a rural fair in Iowa where this particular carnival happened to be. Once in a while you still hear it, but not so much, as champion wrestlers, like champion boxers, think that carnival stuff is way beneath them. Poor Mutts, their hair slicked back and plastered down with vaseline and a copy of Shakespeare in the pocket of their bathrobe does not make them any better.

The best men sport history tells about are those that got their training in the sawdust circle, or struggled on a canvas stretched over the greensward. History has had its beginnings in such humble settings before, and as the people gathered around, in response to the call of this particular spieler, little did they think that the hand of fame had touched the ball that commenced to roll in what was an accumulation of fame for one in the crowd who had stopped to listen to the orator. To the throng curiosity turned to incredulity as a tall man of no extraordinary appearance was introduced as the world's champion. They thought it was a joke at first, but the way that collection of steel muscles trimmed the bunch who took him on and left them full of twisted, loose joints, was enough to make even Nero weep.

Among the crowd of spectators was one big husky fellow surrounded by a bunch of young bloods urging him on to try the “champean rastler.” After much urging he finally let his heels succumb to the persuasions, and with the joyous following yelping their defiances at the spieler, he pushed to the front and defied the champ to nail him down within the stipulated five minutes. He was accepted, and everybody charged for the entrance to see the spill as their hero disappeared under the flaps of the tent entrance to get ready.

Evidently this boy was well known and had some reputation as a wrestler, but still he was only a kid. Just the same the champion, with all his wiles and intrigues of wrestling, was not able to pin the shoulders of the farmer lad to the ground within the stipulated time of five minutes. The lad fought and thrashed around like a bucking broncho, making it impossible for the champion to retain a hold, while his strength was terrific. It was a rip roaring five minutes. The champ was quick to see the mettle that was within the boy, and by unstinted praise and encouragement, persuaded the lad to join the carnival and become a professional wrestler. Such was the advent of Frank Gotch, the man who is universally claimed to be “the greatest wrestler that ever pulled on a pair of tights.” Whether he is or not, there is no question about it that he carved a name and a niche in wrestling annals

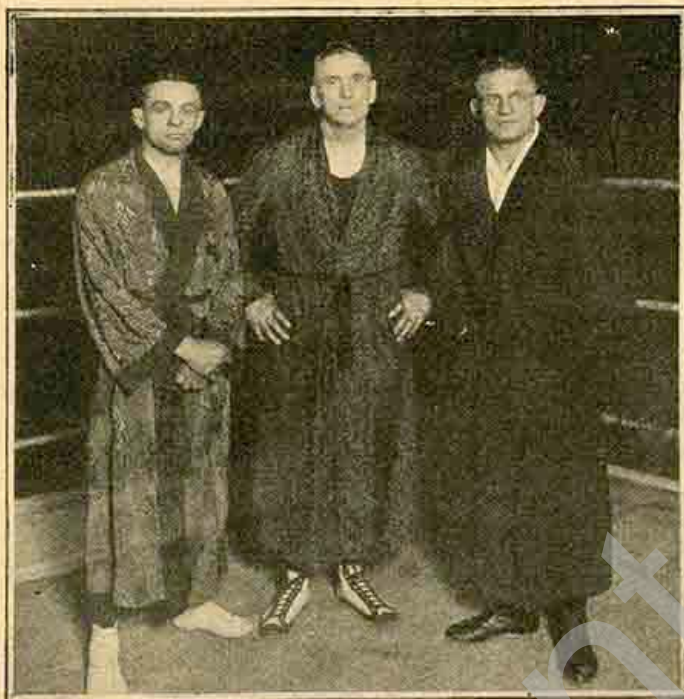


Wayne “Big” Munn, who held the world's title for a short while, is here shown supporting a basketball team and one substitute, a total weight of 1000 pounds. Munn weighs 240 pounds.

for himself that has never been equalled.

There is always an outstanding figure in every sport that comes to the mind quickly, like John L. Sullivan or Eugene Sandow.

Can any of my readers tell me a name in wrestling that will flash before the American mat fans as readily as the name of Frank Gotch? George Hackenschmidt was a wonderful man, and there are some who believe that he was the king of all man maulers. On the other hand, no one can cry patriotism for public selection of Frank Gotch; the facts are stacked too high



Johnny Reynolds, welter champ; Farmer Burns, and Gus Kallio, whom Reynolds defeated in two out of three falls.



Frank Gotch, the greatest wrestler to ever step on a mat. Famous product of the teaching ability of Farmer Burns.

otherwise. No matter what the singularities were in the first encounter between these two men, their second bout proved itself. When Hackenschmidt tossed Tom Jenkins at the old Madison Square Gardens, in New York, in the main bout of his first invasion, the dailies raved about the manner and the ease with which he handled the Cleveland Star. They said that Jenkins was like a pygmy in the hands of a giant. That being so, all I can say is that Gotch treated Hack like a flea in a cyclone; but this is getting ahead of my yarn. What I want to prove is that American Frank Gotch is the grand sultan of all mat assaulters, past and present.

We have with us today the Zbyszko brothers, chief of

foreigner was no match for the wonderful pupil of Farmer Burns.

Zbyszko always wrestled with his feet bare—he had not met the toe hold—but Frank was not long in introducing the gentle persuader to his ponderous foe. That was the time Stan wished he was wearing a pair of his native wooden shoes. He collapsed like a closed jack knife and really provided no match for the Iowa thunderbolt. Later he did do better, but I think it was because Frank let him. Anyhow, the end was the same as the first. My contention is, if a man was not champion when he was in the heyday of life, it must be a poorer bunch with whom he competes fifteen or twenty years later when he is too old for an insurance risk, and yet becomes top dog. It is not logical. My hat! how the mitt slinging followers would howl if Jim Corbett had to come back and clean up the heavyweight slate. Well, any way you look at it, it's as broad as it is long.

How strong Frank was! He was as rough as a tornado. He had no niceties but simply plugged into his man with all the meanness of a loving relative avenging the insults of his family.

You have seen the vendetta play called, "Vengeance is mine," where the "dago" pours over his enemy with an evil smile and an arsenal of knives? Well, Frank just cascaded over his man, minus the knives; he did not need them to carve his address on their knee. His kindest intention on the mat was "hot tomale."

During his career he was renowned for his famous toe hold, but that was more of a feint to clamp on his other favorite holds among which was the crotch hold. He worked them into position for it with his toe hold and fooled them all with that foot grab. There was no stalling with him; it was action from the word "go" until it was all over. One time the tables were turned on him in a very unexpected way. He was booked to meet Fred Beale, the famous Youngstown, Ohio, grappler. Beale only weighed between one hundred and sixty and one hundred and seventy pounds. (Continued on Page 65)

these being Stanislaus, the elder. You may remember it is less than two years ago that Stanislaus was the world's champion, and though the title has swapped hands between Zbyszko, Lewis, Munn and Stecher, the grand old man mountain, held it as long as any of the others and still claims to be on a par for merit with any of the bone crushing brigade. Now we all know that the Polish veteran is an old man, and no man is as good in his fifties as he is in his twenties and thirties, no matter how good he is or has been. When Frank Gotch first met Stanislaus, the latter was at his best, and Frank was a younger man, but the

The Mat

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

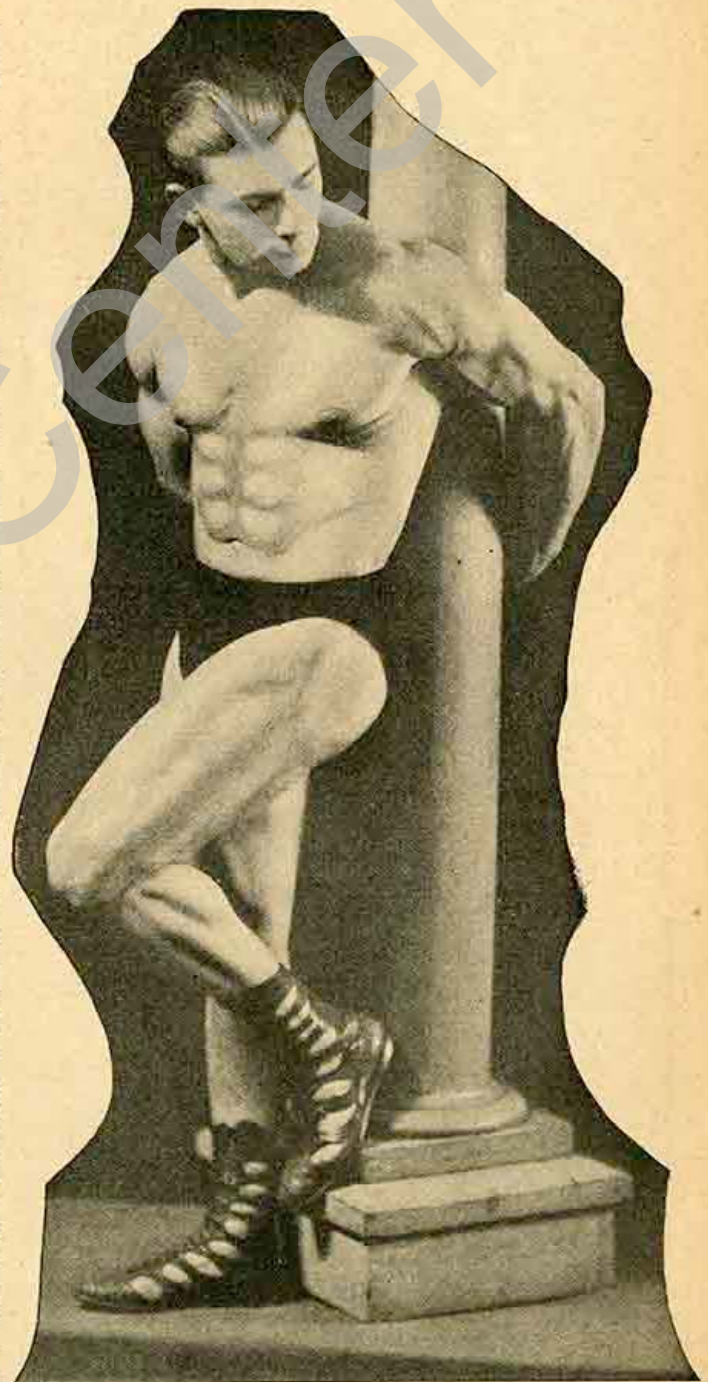
*Will You Lose Your Speed, Endurance and Suppleness If You Exercise With Bar Bells?
How "Muscle-bound" Started. Mat Training Program for August.*

Conducted by Mark H. Berry

THE Mat was started a few years ago as a department of counsel and advice for STRENGTH readers with the idea that training problems could be taken to the Mat and thoroughly thrashed out to the satisfaction of those readers who are interested in improving their physical condition. Primarily, the chief aim of this department should be to discuss subjects of interest to the largest percentage of readers, and, if possible, to be of assistance to the entire group of body-culturists. You can realize that it is very seldom we can cover a subject of importance for almost every reader, so the next best thing we can do is to be helpful to the greatest number at one time.

There can be little doubt that most of the Mat readers are Bar Bell users, or at least have at some time or other practiced with a Bar Bell outfit. Figuring on this basis, and supposing we have something to say to the physical culturist (or body culturist) who is interested in modern progressive methods, we believe the Mat to be the ideal medium of establishing such contact. If ambitious physical culturists would take full advantage of the opportunities offered them by the course they have enrolled in and consult such instructors at quite frequent intervals, as to the best routine of exercise practice, there would be little need for what I am going to say; but the trouble is, so many pupils of every system fail to take full advantage of the opportunities offered them in the way of information and assistance; instead of seeking expert advice, they try to stumble along with what they consider the correct way.

It is my idea that a good many novices in physical culture have some gravely mistaken ideas concerning the proper way to train for health, development and strength, and to make matters worse, they fail to consult the proper authorities who could set them right. The novice can do no better than to heed the advice of those who have experienced the same problems and profit by the example of those who have discovered the tried and true methods. When a man or boy enrolls in a course of Bar Bell instruction he is advised to practice either every other day or three times weekly, and is told to confine himself to the one form of exercise, at least until he has put himself in quite fair physical condition. After his chest has been properly expanded, his back straightened, and legs firmly set, besides a full muscular development covering his entire anatomy, he will be in a better position to indulge in other forms of physical activity, as his strength will have at least doubled by that time and he will have the general condition of physical fitness possessed only by athletes in first-class condition. During



"The Captive," by Siegmund Klein. This pose won first prize in a French posing contest, recently promoted by "La Culture Physique," a French magazine devoted to physical culture.



Joseph Yaroshuk, of Dryden, Ontario, Canada. A truly husky muscular development, showing the possibilities when correct exercise principles are followed.

who are just starting at bar bell exercise get the idea in their heads that they must go through a lot of free-hand exercises and various other forms of light exercises in order to keep from becoming stiff and "muscle-bound," and at the same time they will follow a daily program of running and other activities to keep from becoming short-winded. Such a program would keep anybody skinny, and those who are so foolish as to fall for such senseless talk can never hope to reach the limit of their physical possibilities. The idea that bar bell exercise will make anyone slow, stiff and short-winded is the worst kind of "bunk," or whatever you wish to call it. The average man or boy who enrolls in a bar bell course hasn't any endurance to speak of to start with, so how

the formative period, that is, the first few months, the ambitious pupil should confine himself to his bar bell exercises only, providing he earnestly wishes to attain the results for which he is striving.

So much foolish trash has been written by a certain class of "knockers" concerning the possibility of losing endurance and suppleness from the practice of weight lifting, that many novices

in the deuce is he going to become short-winded? And the average untrained individual is so stiff that he can't perform the most simple and easy bending movements, so how on earth is he going to lose his suppleness from practicing any form of exercise? I can tell you, the average physical culture enthusiast, who practices lifting as a sport and hobby, and lifts real heavy weights continuously, is more supple than the average well-trained acrobat or gymnast, and has a greater amount of really worth - while endurance than the average well-trained athlete in any branch of sport. By this I don't mean that he is a champion marathon runner, or a six-day bike rider, or a long-distance swimmer of the calibre of George Young, Norman Ross, Gertrude Ederle, and like specialists, of course not. But how many boxers or wrestlers, baseball and football players could turn in worth - while performances in any of those sports just enumerated? Each is a specialist in his own line



Harry L. Good, an athletic product of the progressive method of training. He has real strength to back up his development.



Sailor Jim White, one of our leading professionals, showing one of his stunts while he was in the Navy. Pulling four fully loaded five passenger cars with his teeth.

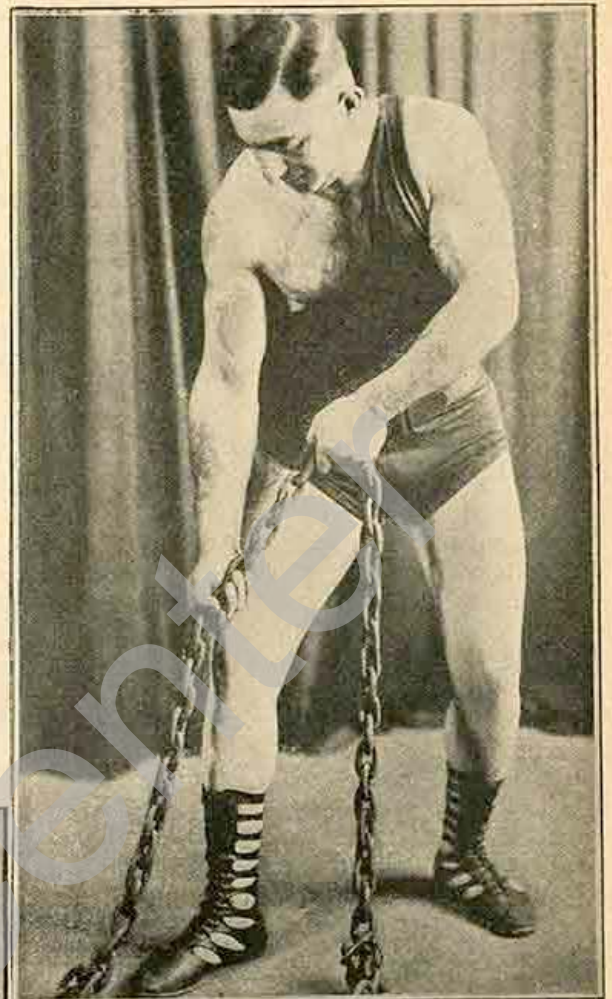
and excels only in that particular sport; let him try something else and he is completely lost. I claim the average weight lifter is a better all-round performer and has a higher average combination of endurance, speed and agility than the average specialist in any other form of sport. I didn't start this talk about lifters, anyway, but was re-

ferring to the man or boy who takes up bar bell exercise of a progressive nature for the purpose of improving his health and general physical condition. Such an individual should realize that he is not practicing lifting, and if he is wise, will leave real lifting alone until he has spent several months at body-building exercise.

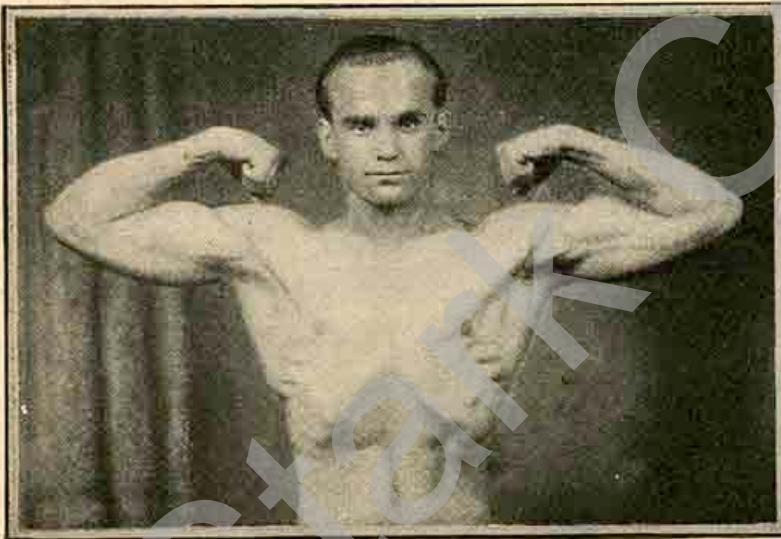
You can't be a marathon runner and at the same time possess a finely developed physique; therefore, if you go in for long-distance running, you will have to sacrifice something in the way of build and strength and keep trained down into a finely drawn condition. Likewise, if you wish to be a professional contortionist, you will have to keep pretty skinny and loose-jointed, with a relatively small degree of physical strength. You just can't have everything, so if you wish to be strong and well-built to the extent that your friends and acquaintances will class you as exceptionally well developed and away above the average in strength, you will have to sacrifice a little in the way of extraordinary running endurance and India-rubber joints.

In the pages following, I propose to point out the folly of including too many training stunts in your regular exercise routine, and at the same time to give you an idea of how these crazy ideas got started.

If you enroll at some school or college, you unquestionably take the advice and follow the instructions of the teachers and professors. In the same way, the pupil should take the word

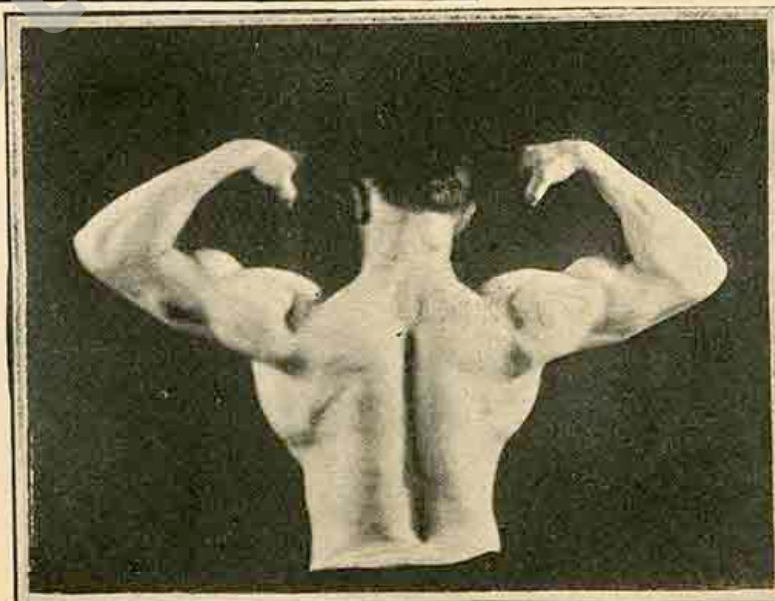


Sailor Jim White, who was known as "The Strongest Man in the Navy," is now exhibiting in vaudeville.



Another ardent Mat follower, who has taken advantage of correct principles of exercise and conditioning as outlined in "Strength" every month. Although well built, he has even greater possibilities.

One of the finest back poses we have ever seen, and he is an amateur. Earl Feather, of Allentown, Pa., one of the enthusiastic members of the Milo Club of that city.



of the bar bell instructor regarding the amount of time necessary to exercise and the proper movements to practice. Only in this way will he achieve worth-while results. It is admitted, a properly qualified instructor must be consulted. Due to ignorance of the true facts, many persons have come to believe this

lie, which claims the bar bell will cause the muscles to tighten and draw up on a man so that he will be useless for any kind of work or activity.

Some few young fellows who recognize the possibilities of improving their physical condition, hear these stories about the dangers of heavy exercise, and besides the time they spend exercising with bar bells, they add several hours weekly at bag- (Continued on page 69)

Breeding Real Men

Manhood's Challenge to the Boy of Today

By Russell Viohl

I REALLY don't know what I would do if I had only "two minutes to live," or what parting message I should give the world. If I thought life's candle would be extinguished in that time, I should like to think up an inspiring, noble message so that my last words might make humanity better for having heard them.

However, I think if I had the power to do for humanity what I wish to do, I would give every person the opportunity to go back to their boyhood days so that they may view their problems all over again.

In this way they would have the understanding heart; there would be no suffering, little poverty, no dissension and an equality that would forever induce peace. Every one would possess that culture which comes of the highest quality of the imagination, and that quality, I take, has been perfectly exemplified in the poets and saviors of the race, in that they were able to feel and suffer what others were feeling and suffering, and when we come to the time when we are cognizant of the other fellow's suffering, we will be moved by the desire to help him.

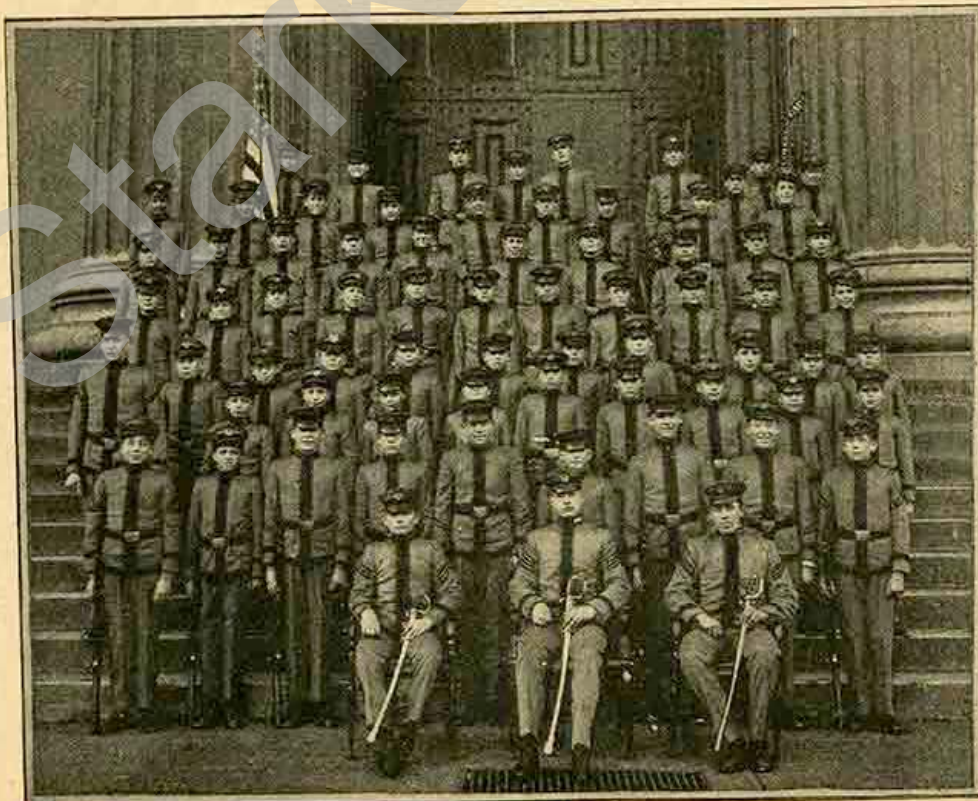
All of us were boys once and we should bend all our energies to help our boys to a clean and beautiful life. In my small way I shall try to give you an idea of what I think parents should do for their boys and how they may avert disastrous experiences which blight life and make

living a hell on earth. This, then, is my message. The message I would deliver if I had "only two minutes to live."

Parents are entrusted with a great and tedious duty, which is sometimes too great for their capacity. But if an effort is made to do the right thing in the conscious discharge of their duties, the parents need have no fear that their efforts go unrewarded.

That parent only is doing his whole duty who is training the child to do without him, and herein nature and necessity are usually wiser than fortune's favorites. You have heard the expression "tied to his mother's apron strings." Do not make a ninny out of the boy, but give him the right to go out and associate with other boys. Allow him to travel and thus broaden his vision. No one respects the man who is afraid or is too timid to meet other men. The ability to face men with clear eyes and without shame is acquired in boyhood.

It is the first duty of the parent to make the boy efficient, to teach him the principles of right living and how to adhere to them. We need stronger, more capable men to make a superior nation. You can develop his power by an intelligent application of the laws that control the culture of the physique. These laws can be found within the pages of *Strength* at any time. The value of efficiency is recognized everywhere. The great prizes of life come only to those



The education given freely to Girard College boys breeds the true exemplars of fine manhood.

who are efficient and strong physically and mentally.

The boy must be developed completely and splendidly by the right kind of exercise and out-door living. Equip him to bear up as staunchly as a granite wall, and if need be, charged like a rhinoceros toward his goal of achievement. Teach him to aspire high. As high up in the sky as the far away sun. So, if he does not attain his aspirations he can look up to them, see their beauty and try to faithfully follow where they lead. Develop the boy completely; develop him physically, mentally, morally, so he will possess a capital that cannot be measured financially. This is the real duty of the parent.

When a man's a man he will not hesitate to help other men. He goes your way hand in hand helping all he can and helping you to help yourself. He realizes that we will not be here very long, for death, the kind old nurse, will come back and rock us all to sleep. Therefore he helps men while he can.

Transmit this thought to the boy; tell him this story in order that he may become inspired to help beings to a bigger and better life. Once upon a day, three maidens met at cross-roads to decide whose hands were most beautiful. After considerable deliberation the decision was undecided, so they agreed to return at a later date and decide what made the hands most beautiful.

One little maiden, convinced that her formula was best, made straight away for an icy mountain stream whose quivering waters went brawling down into some misty blue sapphire gulf.

She cleansed her hands in the truculent water and each day she noted added beauty to her hands.

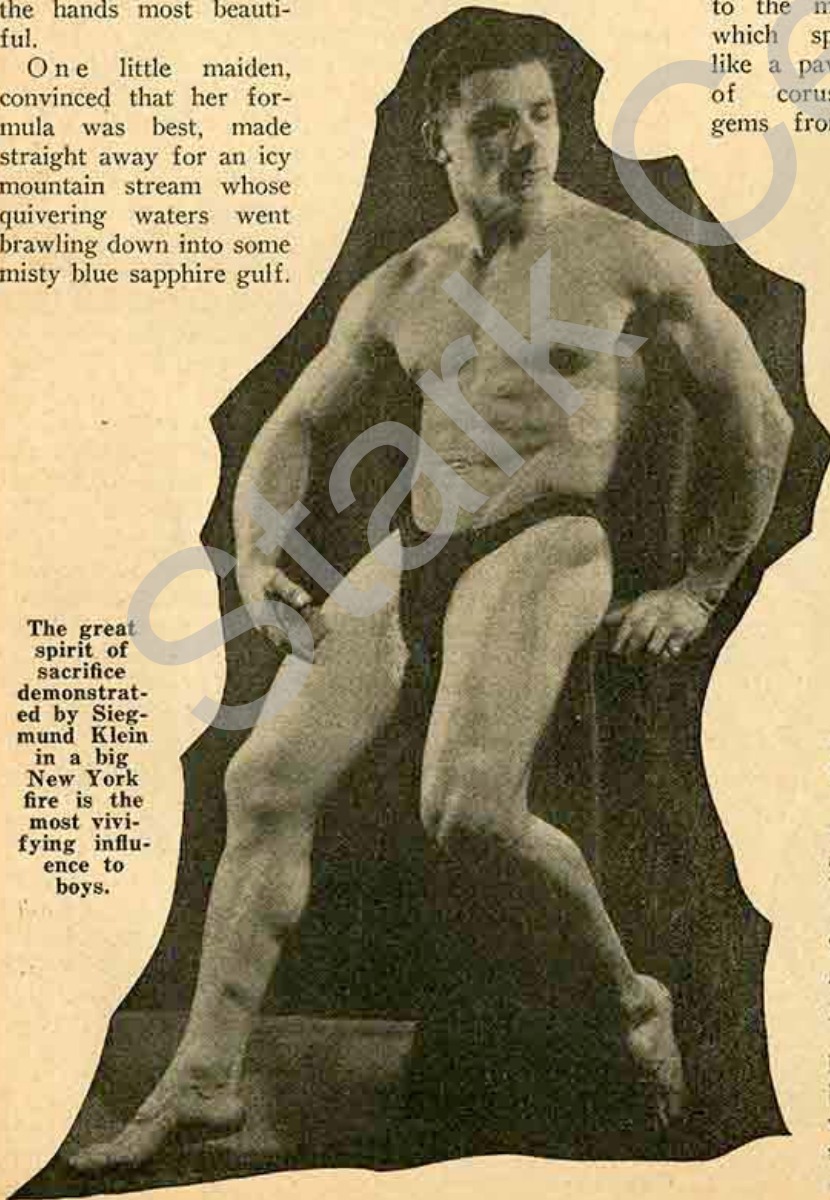
The second maiden repaired to a strawberry patch up on the hill-side where she rubbed her hands with fresh crushed berries of a luscious red-ripeness. And each day her hands turned to a magnificent shade of pink.

The third maiden arose early each morn and went down to the meadow which sparkled like a pavement of coruscating gems from the



Jackie Ott, the famous physical culture boy, is the embryo of a great man.

The great spirit of sacrifice demonstrated by Siegmund Klein in a big New York fire is the most vivifying influence to boys.



heavy dew. There she dipped her hands till they glittered and sparkled like diamonds.

When they met again to decide whose hands were most beautiful, they were interrupted by an old, decrepit woman, carrying a heavy basket on her back. She moaned, she bellowed for help. She stretched forth a bloated hand. Tearful, swollen eyes, blue lips, bristling rags aroused the maidens' pity. Oh! how horribly poverty gnawed that unhappy being.

The old woman's destination lay over the hill. Would they help her carry her heavy basket? No! They could not. Their hands were too beautiful to soil with such toil. Just then a gawky country lass skipped merrily along the road. She (Continued on Page 60),

Health—Strength—Beauty

(Our Girls' Circle)

Conducted by Marjorie Heathcote

DEAR MISS HEATHCOTE:
Will you kindly send me the correct measurements for a girl twenty-one, five feet one and a half inches in height? I have gotten so many different answers to this request that I'm wondering just what your answer will be. However, the photos of the girls you choose to adorn your articles are so up to my ideal of feminine loveliness that I think I'll let your decision be my guide.



Any girl who takes the time to exercise and live an outdoor life can also have a beautiful figure.

Won't you also send me a list of exercises to reduce the calves and ankles—especially the calves? Please, Miss Heathcote, make it a list of good, strenuous movements, for I am used to exercises and vow to take these "reducers" of yours twenty minutes every night and morning!

Thanking you for your help, I am,
Newburgh, N. Y.

C. D.

ANSWER: Your measurements should be approximately: Neck 12 inches, chest 28, waist $23\frac{3}{4}$, biceps 10, forearm $8\frac{1}{4}$, wrist $5\frac{3}{4}$, hips 34, thigh $20\frac{3}{4}$, calf 13, weight 112 pounds.

To reduce the calves you should practice rope skipping. You will find this very good for making the ankles trim. There are two other exercises that appeal to me for affording the calves and the entire leg muscles splendid work. Not only will they reduce adipose flesh, but they are capable of moulding the leg in firm, beautiful lines. The dancer ill disposes with these exercises, for they are infallible in maintaining perfect condition.

The first exercise is similar to the action performed in rope skipping. The difference lies in the fact that the toes are turned out and pointed well when lifted. Lift the right leg, toes pointed, up back of the knee and hop off the left foot. Now quickly shift the right leg and bring the left up back of the knee, landing on the right foot with the toes turned far out as you do so. Repeat the movement, keeping a regular rhythmic time with the legs and try each moment to speed the action in order to provide strenuous work. After considerable performance of this step, you will feel fagged, so rest a while and try the direct opposite movement, so that you will receive all-round benefit. The opposite movement is performed with the toes turned far inward in lieu of outward, and the same action of the legs is enacted. This exercise will limber the muscles that have been tensely contracted by the former movement and give elasticity necessary to alleviate stiffness and soreness that might result from the practice of the first exercise. Repeat both exercises each morning and night.

I am sure you will get good results, as you are very sincere in your wish to improve your legs.

DEAR MISS HEATHCOTE:

I am a girl just 19 years old and I am very much interested in athletics and sports, and I read your page every month.

I weigh 159 pounds, am 5 feet 9 inches tall and I like boxing and wrestling the best of all. This, I know, is something very unusual for a girl, but at that I can hold my own, and more than that at times.

In your articles you say that wrestling is not a good exercise for girls and women, but as for myself I find it the best body builder there is, and I am not knotty with muscles and rugged, as one would think.

Although I am no champion, I have defeated girls and women much heavier than myself. One, for instance, weighed 179 pounds, and to hear one say that the girls and women can never be wrestlers makes me angry at times.

I would like to know if it is possible for you to get some pictures of the Cora Livingston and Virginia Mercereau bout held in Boston, of which Miss Mercereau was the victor. I am interested and would like to see some pictures of such a match.

Montreal, Canada.

R. LAV.

ANSWER: Your letter is interesting. I do not recall saying that I am absolutely against wrestling for women. I did say that I do not advocate wrestling for women, because some of them go the limit, and as you are a wrestler you realize that a novice can hurt herself very easily.

I am sure my readers would be very glad to have you submit a picture of yourself for their benefit.

I do not have any pictures of the Cora Livingston and Virginia Mercereau bout held in Boston.

We hope to hear from you again soon.

DEAR MISS HEATHCOTE:

Will you please tell me what my measurements should be? I am 5 feet 7 inches tall and am fifteen years of age.

My measurements at present are as follows: Weight 125 pounds, waist 26½ inches, chest 32, calf 13, neck 13, thigh 20, wrist 6½, hips 33, forearm 9, upper arm 10, ankles 9½, shoulders 43.

Do you know of any exercises that will correct knock knees? Can you recommend Trility's Limb Straightener for that purpose?

I have large buttocks and they are flabby. Do you know of any exercise to reduce these?

I am also constipated and very nervous, but my worst trouble is during menstruation. I become sick every two weeks—ever since I was twelve years of age. Can you tell me anything (exercises or medicine) that will correct this?

I thank you very much for anything that you may do for me.

N. M.

V. C.

The correct measurements for a girl 5 feet 7 inches tall are as follows: Neck 13¼, chest 32¼, waist 28, biceps 12, forearm 9½, wrist 6½, hips 40, thigh 25, calf 15, weight 156 pounds.

You will note that you are away under weight. I would suggest that you consult a competent medical doctor, because I believe that your nervous and constipated condition has something to do with your being thin. Also you should see a doctor about your too frequent menstruation.

I would suggest that you cut out all starchy foods and live on a diet of whole wheat bread, milk, green leafy vegetables and fruits. If the doctor advocates exercises for your condition, write to me and I will be glad to lay out a routine of exercises to benefit your condition. However, I do not care to do so without your doctor's permission. Of course you may indulge in such exercises as swimming, tennis—in fact, all outdoor games—providing you do not do them too strenuously.

I have had no actual experience with Trility's Limb Straightener, but believe any articles advertised in STRENGTH are reliable. However, if your doctor suggests exercise, your condition of knock-knees can be remedied thus.

DEAR MISS HEATHCOTE:

I am enclosing my measurements, height and weight. I would like to know what my correct weight and measurements should be. I would certainly appreciate getting this information from you. Perhaps you could also tell me what to do to get the correct measurements.

I shall be anxious to hear from you. I have been exercising for over

a year and have always been interested in physical culture.

Measurements: Neck 12¼, chest 32, bust 34, upper arm 10½, forearm 9¼, wrist 6, waist 27¼, hips 36, thigh 30, knee 14, calf 13½, ankle 8½, height 5 feet 1½ inches tall, weight 128 pounds.

S. Dak.

L. I.

Your measurements should be like the measurements of C. D., of Newburgh, N. Y., given above. You will

note that you are 16 pounds overweight. I would suggest that you do the exercises prescribed by Margaret Sargent in this issue. Also adopt the simple diet given by her.

I would also advise you to go in for all outdoor sports, such as swimming, tennis, rowing and horseback riding, etc. These are the finest body builders when combined with a routine of indoor exercises.

DEAR MISS

HEATHCOTE:

I have read several difficulties of other girls and believe you can also answer my question.

I am 17 years old and 5 feet 6 inches tall. Is that an extreme height? What is the most perfect height for one, with other correct measurements?

I thank you very kindly for any information you can give me regarding heights.

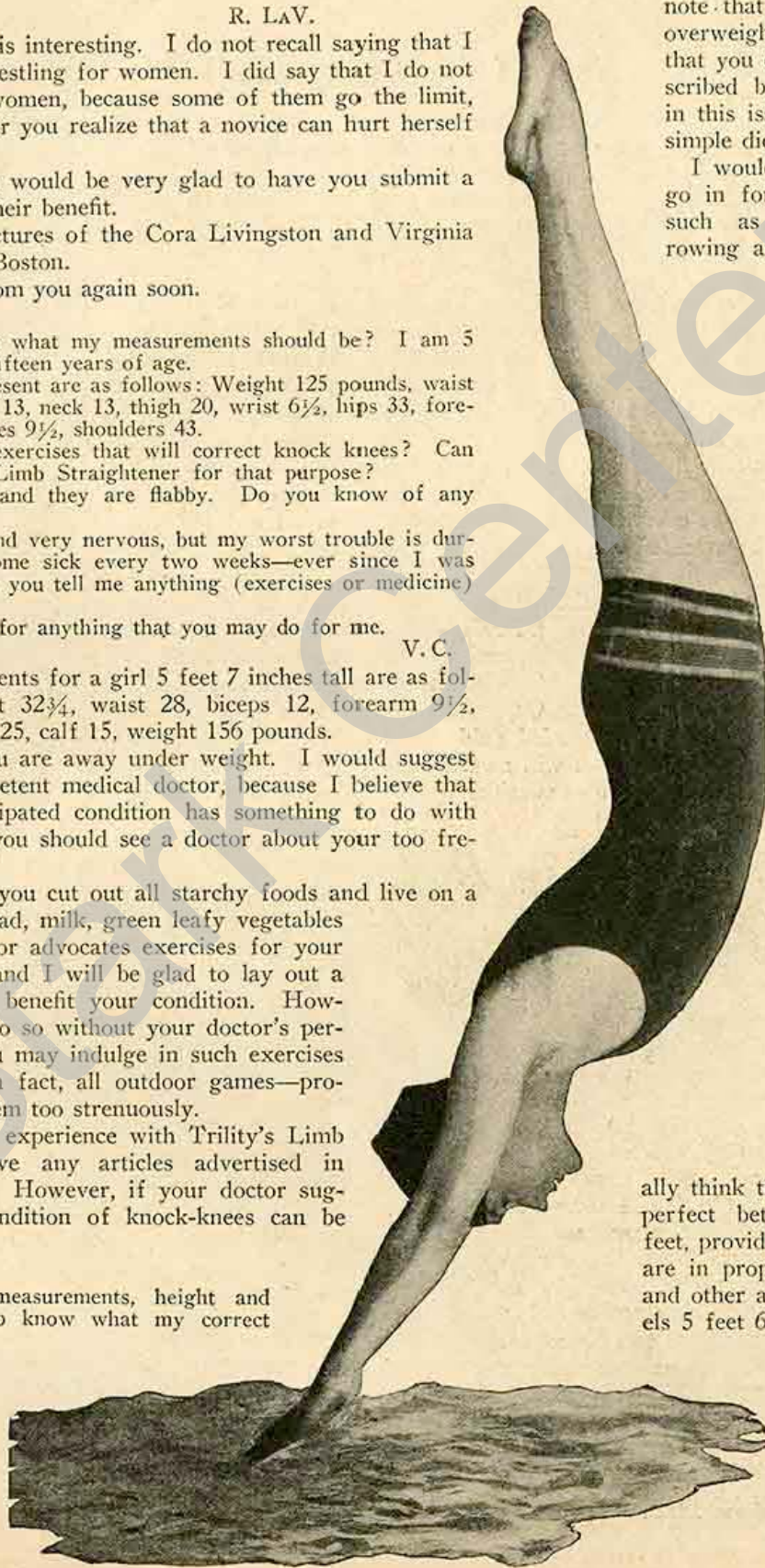
I. C.

Benson, Minn.

General opinion places the ideal height for women between 5 feet 3 inches and 5 feet 7 inches. I personally

think that a woman can be perfect between 5 feet and 6 feet, providing her measurements are in proportion. Many artists and other authorities favor models 5 feet 6 inches tall.

Betty Becker's form is the result of indulging in swimming, the best all-round developer that can be had.





Association Notes

By Mike Drummond

This month we give you an outline of the government of the A. B. B. M., with some Official Lifting Rules; A few more prize schemes; New records established and exhibitions in different localities; Austrian Champs; A. B. B. M. Posing Competition; Show to be held in Hagerstown, September 3rd.

WELL, fellow members of the iron juggling fraternity, I have further news for those of you who are ambitious to win distinction and earn a collection of diplomas, certificates and medals. Last month I mentioned a few schemes whereby members of the A. B. B. M. could win diplomas, but failed to mention that those succeeding in creating new records would receive a certificate, the only charge involved being ten cents to cover postage and wrapping. The certificates will be awarded for world's, American and State records.

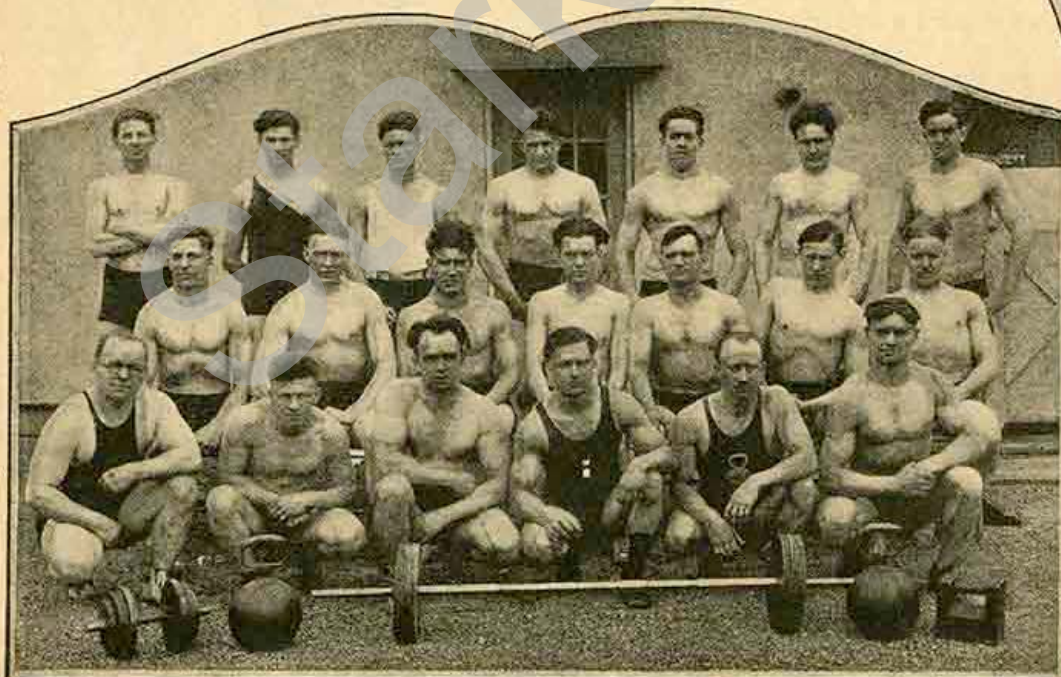
In keeping with our idea to make the new association worth while, we are this month starting a *Posing Competition*, which will run for three months, and will be open to every member of the A. B. B. M. The winner will receive a handsome Silver Loving Cup, while the next three place winners will be awarded gold, silver and bronze medals, besides which we will award large size gold seal diplomas to all whom we consider worthy

of honorable mention. We promise to give plenty of publicity to the winners.

Every entrant can be certain of a square deal by the judges, but the competition must, of necessity, be limited to amateurs. The only requirements are: Send us a photo of yourself, or as many as you may care to enter in the competition, as no limit will be



Not a bronze statue, but Tom Taylor, national heavyweight champion.



The Milo Weight-Lifting Club, of Allentown, Pa. Top row—R. Brady, A. Maria, B. Herd, W. Diehl, R. Glose, A. Coles, W. Glose. Center row—A. Gernert, J. Laros, Boyer, Trumbauer, Kocher, Kershner, Diehl. Bottom row—Charles Durner, instructor; A. Leigh, E. Feather, D. Canova, C. Potts, J. Fidock. The club has 72 members. W. Diehl, who holds the world's one hand dead lift record at 472 pounds, is the middle man in the upper row.

placed on the number of photos an entrant may submit. On the back of each photo please print your name and full address and "*property of Strength Magazine,*" with the understanding that we are to keep the photos.

Within a few months we will launch a contest to determine the most perfectly de-

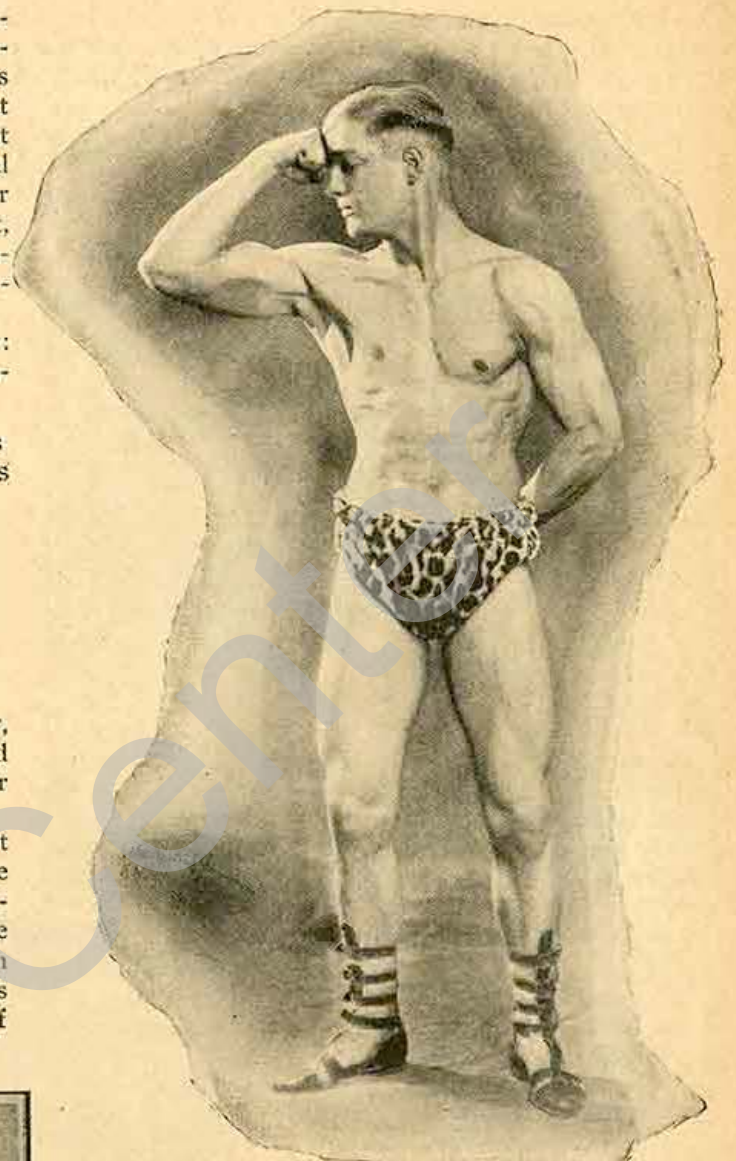
veloped man, open only to amateurs, with a very generous prize scheme. For the time being, we are announcing a scheme whereby other members may win awards of diplomas. For quite some time we have felt that some recognition should be given to that class of weight lifters known as body-lifters, who specialize in the real heavy lifts, such as the Back Lift, Harness Lift (or waist lift with hand supports), Hand and Thigh Lift, One-Finger Lift, Two-Finger Lift, Teeth Lift and Two-Hand Dead Lift from floor to hang position. Therefore, we will award diplomas as follows:

For making a total poundage on the following lifts: Back Lift, Harness Lift, Hand and Thigh Lift, Two-Finger Lift, Two-Hand Dead Lift and Teeth Lift.

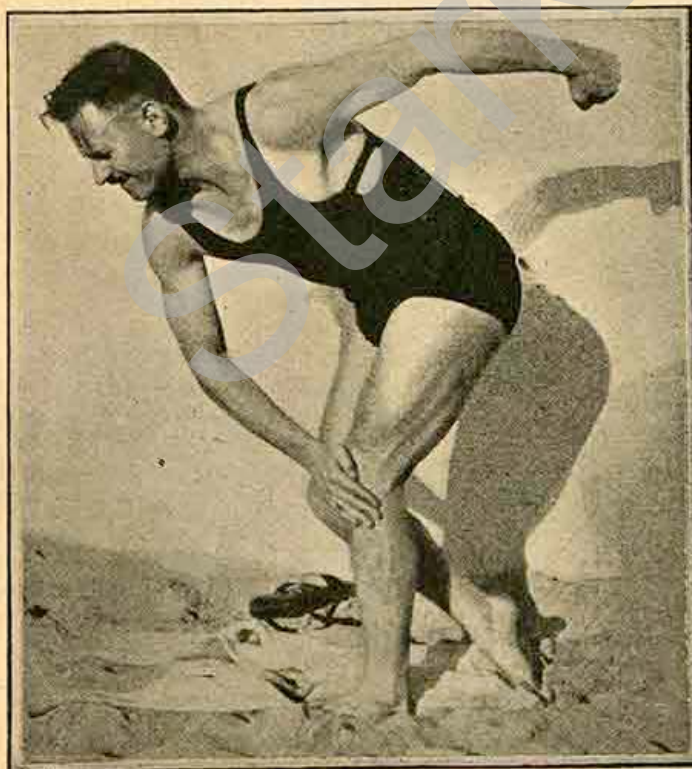
BODY WEIGHT CLASS	1ST CLASS DIPLOMAS	2ND CLASS DIPLOMAS	3D CLASS DIPLOMAS
Bantam	4900	3900	2500
Feather	5200	4200	2800
Light	5500	4500	3100
Welter	5700	4700	3300
Middle	6000	5000	3600
Light Heavy	6200	5200	3800
Heavy	6400	5400	4000

Two witnesses, one of whom is an Association member, are required to sign to the correctness of each lift and poundage. Every weight should be weighed in their presence.

No doubt, all members of the Association and most readers of STRENGTH are interested in the title lifts we are to recognize and the date of the National Championships. The Board of Control has decided to use the following five lifts: One-Hand Snatch, One-Hand Clean and Jerk, Two Hands Military Press, Two Hands Snatch, and Two Hands Clean and Jerk. The date of



Richard Thomas, of New York City, a young, enthusiastic physical culturist and "iron man."



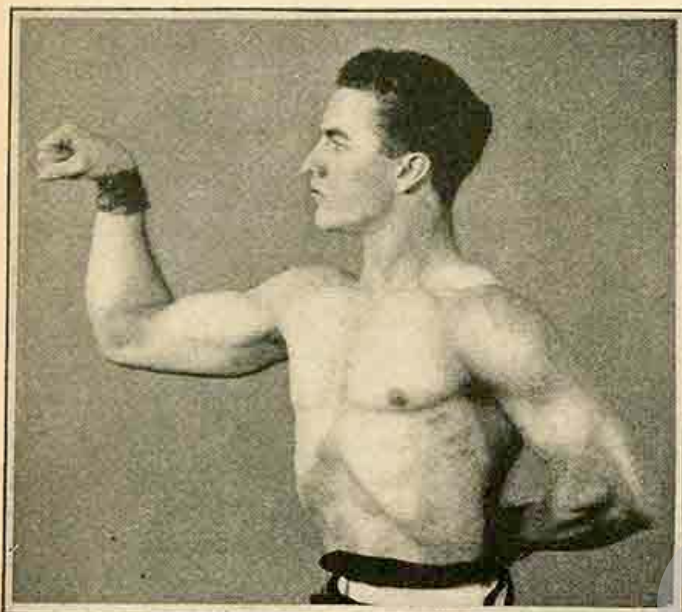
Marion Betty, of Los Angeles, Cal., well bronzed from the sun. He believes in open-air training with his weights whenever the opportunity presents itself.

the championships will be Saturday, November 5th, on which date we will have contests at different places. It is permissible for anyone entering these championships to lift any time before that date, just as long as all official requirements are conformed with, but nothing will be recognized that is performed later than that date. Besides championships for bar bell lifters, we will also recognize titleholders at body-lifting, in all the classes. The championship set for these boys will be: Back Lift, Harness Lift, Hand and Thigh Lift, Two-Finger Lift, Two Hands Dead Lift from floor to hang position, and the Teeth Lift. The total poundage scored will count, and the highest total wins in each body weight class. We will recognize title winners in the Amateur Ranks, as well as those who are professionals, so it will be up to the Professionals to establish totals and thereby win the championships in their respective classes.

Another thirty-one days has rolled around, and now we are in some sort of position to give out a few facts about the *Association of Bar Bell Men*. To begin with, let me state that the response to our call for members has been nothing short of wonderful.

The fellows are doing everything they can to assist in putting over a really worth-while physical culture organization, and you can take it from us, we will do our part to make membership in the *A. B. B. M.* interesting.

To begin with, I might inform you that the Association will have a Board of Control to rule on all important matters; the members of this Board will be Warren Lincoln Travis, Siegmund Klein, Charles McMahon, Mark Berry and two or more well-known professionals and authorities to be announced after they accept such membership. Further

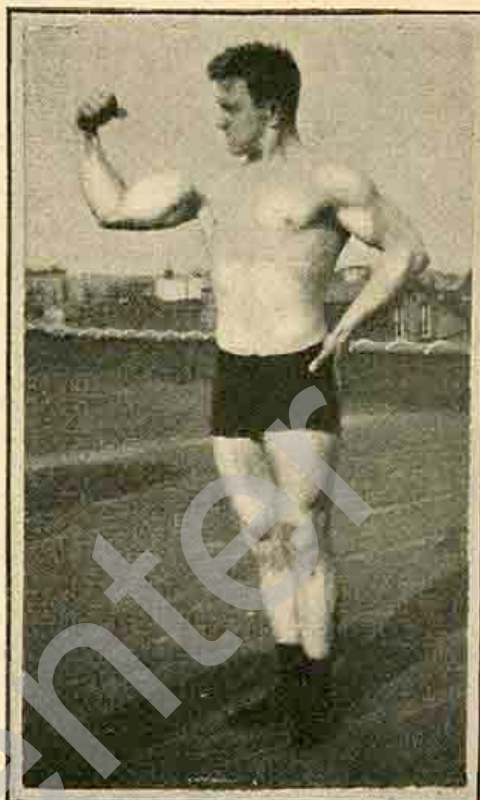


David P. Willoughby, one who has labored hard in the interest of the lifting game in America. One of our most capable bar bell athletes.

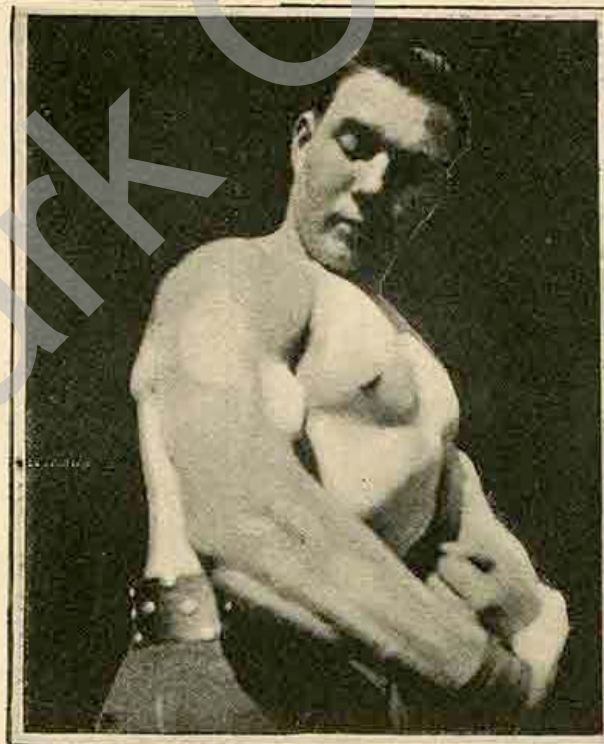
than this we will, from time to time, ask the members at large to vote on points of major importance. Any member will have the privilege of submitting suggestions to the president, who will in turn submit such suggestions to the Board of Control, after which all worthy suggestions will be submitted to the members at large, providing the Board considers it necessary and worth while to put such considerations to a popular vote.

The Association will continue to hold lifting and physical culture shows in Philadelphia; the next being early in September, the exact date and place will be announced in the next issue of *STRENGTH*. We will, no doubt, follow the old plan of holding them the first Saturday in every month in Philadelphia, and do everything we can to encourage shows and exhibitions in other localities.

As concerns Official Referees, and this is a most important point to be considered if we are to put this Association on its proper plane, as expediently as possible we will appoint referees in each locality who are well known for their ability in this respect, without charging any fee. We will not, however, have a referee test open to the entire membership. In order to make



Steve Hart, of Jersey City, a real husky who has improved wonderfully by reason of correct training methods. He weighs 192 stripped.



Melvin L. Tampke, of San Antonio, Texas, who has long been recognized as the possessor of a classical chest development. Read about his records in these pages.

a lift official it will be necessary to have an affidavit from a notary public, stating the weights were weighed on good scales in the presence of the officials, consisting of a referee and two judges. We consider the matter of official records to be serious enough to require this procedure in the future, and have decided on this course to protect those who are on the level from any others who might be inclined to take unfair advantage of the Association. If there are any members who consider this rule to be unfair, they would do well to consider the facts I will now mention:

In the past there has been a tendency to disbelieve certain performances, and the lifters on one side of the continent would be inclined to discredit the officials on the other side; likewise, the British lifters (not officially, it must be said) have had serious doubts concerning a number of feats performed in (Continued on page 85)

Neuralgia—Aches and Pains

Considering the Many Ways in Which the Nerves May Raise Havoc
with Our General Sense of Well Being.

By Dr. B. M. Middleman

WHAT can be closer to the torments of Hades, during this Earthly existence, than to suffer the pangs of intense pain known as neuralgia? The poor victim is certainly to be pitied, and we can safely conclude that many sufferers have chosen to become slaves of vile drug habits rather than to continue to be tormented with pains from which there is evidently no means of relief, except to quiet and still the agonies with dope or drugs of some sort. Upon investigation we find that even skilled physicians depended to a large extent upon such methods of bringing relief to their patients in days gone by, and not exactly so far removed from the present. When viewed in their proper light we know it was totally unnecessary in the majority of cases to resort to such extremes for relief, and it is positively conclusive that such methods carried not the slightest hope of definite cure.

By correctly analyzing the various forms of neuralgia and considering the reasons for being so afflicted, we may, with a definite degree of certainty, arrive at the underlying cause, and with such knowledge to guide us, point out the proper course to pursue in effecting a cure. We will begin with neuralgia of the face and proceed to discuss the more common forms of this class of afflictions as it affects various parts of the human anatomy, giving basic causes, possible relief, and suggest methods of treatment.

Neuralgia of the face is usually the result of some such condition as decayed teeth, direct injury to the nerves, diseases of the veins or arteries; the nerves may be infected due to some disease condition in other parts of the body; cold may cause inflammation of the nerve trunks, causing them to strangle in the bony canals of the face bones. Malaria may recur two or three years later in an attack upon the ophthalmic nerve, accompanied by vomiting and sweating, in addition to severe pains.

Neuralgia of the face attacks one of the branches of the trifacial nerve and very rarely attacks all three branches at one time. The distinct branches of this nerve are:—the ophthalmic; the superior maxillary; and the inferior maxillary. More generally facial neuralgia is located in the ophthalmic branch, and makes itself known by two different forms of pain, one of which is continuous and numbing in effect, the other sharp and paroxysmal; the patient suffers a series of painful shocks till the height of the attack is reached. These attacks may occur at very frequent intervals or they may only appear once a day or less often.

Neuralgia of the ophthalmic branch of the trifacial nerve will affect the upper part of the face in the region of the nose and eyes; neuralgia of the superior maxillary branch will affect the central portion of the face, particularly in the region of the upper teeth and nose, from which there is sometimes a continuous running of fluid matter as a result of such pains; neuralgia of the inferior maxillary branch will affect the lower jaw, and will cause chewing, talking and swallowing to be painful, with a continuous flow of saliva from the mouth. Sometimes facial neuralgia appears in what is known as epileptiform neuralgia; the patient is suddenly attacked by acute pain, which is so severe as to cause the sufferer to press or rub the affected parts with the hands, when after a few moments the pain ceases. The muscles of the face, during the period of the attack, are quite likely to show rapid convulsive movements, producing strange grimaces. This form of facial neuralgia very closely resembles certain symptoms of epilepsy, but has no direct connection with that disease. The most simple matters are liable to cause repeated attacks in those who are susceptible, such as simple movements and actions necessary in eating, speaking or expectorating.

Neuralgia of a migraine nature will always appear in periodical attacks, usually no more often than once a week and possibly only at intervals of one month, and is generally associated with some other condition. The first part of an attack of migraine neuralgia is characterized by symptoms of depression, loss of appetite and inability to continue at work; or on the other hand, by an unusual period of activity and excitation. Following this initial period the patient sleeps soundly, after which comes the headache and second period of migraine, in which there is a great sensitiveness to light and noise and the head seems to be splitting. The patient suffers continuously from nausea and there is a likelihood of the more severe pains shifting from one part of the cranium to another.

Nausea in the case of migraine is not accompanied by pain in the stomach or by diarrhea. This nausea becomes more violent, till vomiting occurs. The period of decline sets in, wherein the headache and nausea gradually disappear, and a condition of mental torpor remains till the patient has slept soundly.

Rheumatism, chorea and migraine are very closely related. They are usually associated with gouty diathesis, of which they are only a manifestation, and are hereditary like diathetic diseases. One suffering migraine during youth may likely suffer from eczema, asthma, gravel or gout. Migraine generally appears

while the individual is quite young, and if a person has not experienced a condition of migraine by the time they have reached twenty-five, there is little danger of being troubled by this disease, and it might even be said there is a certainty that it will not appear. Though as a rule migraine attacks are brought on by some definite cause, such as change in weather, menstruation, general ill-health, bad habits and any number of contributory conditions, there are times when the attacks appear apparently for no reason. This particular form has no connection with a headache of a continuous nature, and always appears in periodical attacks, as previously mentioned.

Neuralgia may affect the first four of the cervical nerves, and the pains may be continuous or paroxysmal as in facial neuralgia. During this form there may be a general weakening and atrophy of the deltoid muscle, the nerves of the arm may be affected, and there have been cases of hypertrophy of the heart associated with this form of neuralgia. Aside from the usual causes of neuralgia, we must mention direct injury either by fractures, dislocations or severe burns.

There is a form of neuralgia seated in the base of the thorax, particularly in the region of the diaphragm, and may also be associated with pain in the shoulders with numbness and a creeping sensation in the hands. The pain in the diaphragm makes breathing uncomfortable and all such acts as yawning, sighing and sneezing prove very painful. This particular form of neuralgia is known as neuralgia of the phrenic nerve and is frequently associated with angina pectoris and forms a part of the symptom-complex in diaphragmatic pleurisy. The causes of this particular form of pain may be cold, rheumatism, and diseases peculiar to the organs in that region, such as the liver, spleen; likewise diseases associated with the heart.

Some patients are troubled with a form of neuralgia which causes them to believe they are suffering from some disturbance of the lungs, heart, stomach and other internal organs, when in reality the pain is in the nerves of the skin over these areas. Intercostal neuralgia may attack in just this manner, as the intercostal nerves spread out from the spinal region, some of these nerves running to the skin of the arms, others to the skin over the chest and abdomen. This form of neuralgia is most common in women and is most likely to affect the left side. Chlorsis and hysteria are the most common causes, the former being a disturbance of the menstrual period. External pressure, friction caused by contact with the clothing, and the movements of respiration may all tend to aggravate this form of neuralgia.

Herpes Zoster is a form of skin eruption in which the eruptions follow the course of the nerves in the skin and may appear on any part of the body or limbs. Neuralgia accompanies the eruption, usually preceding it; following the full development of the eruption painful neuralgia may appear and last for a great length of time, sometimes for years. In young children or infants pain may not exist, while in those of advanced years the pain may be very severe. The underlying causes are either nutritional or due to some diseased condition affecting the nerves. The following may be applied directly to the rash:

Powdered Starch	40 parts
Oxide of Zinc	18 parts
Petrolatum	

Lumbar neuralgia may cause pain in the lower abdominal region, the small of the back, the sexual organs and if seated, in the legs, and may cause walking to be painful; the general symptoms being extreme sensitiveness, pressure of any kind causing pain, and repeated attacks of shooting pains may occur.

Sciatic neuralgia, or Sciatica, is more common than either of the aforementioned forms of neuralgia, and thus can be considered of greater importance. The great sciatic nerve, which lies in the buttocks and thighs, is affected, causing a pain that is both continuous and paroxysmal, and may be aggravated by walking or any position or movement causing a stretching of the muscles, consequently affecting the nerves by causing them to stretch. Shooting pains may start from various points in the foot, leg, thigh or buttock and may spread to the small of the back or into the abdomen. In connection with the direct attack, the victim has various other sensations such as burning, numbness and a creeping as of ants walking over the skin, with extreme sensitiveness of the skin. Severe muscular cramps may accompany the disturbance with a general weakening of the muscles, and in some cases, actual wasting of the muscular tissue.

Scoliosis, or bending of the body to one side, is very apt to follow continued sciatica, or at least to appear in conjunction with the nerve affection. If the sciatica is on the right side the patient is quite likely to attempt to relieve the pain by leaning the body to the left to take the weight off the affected side; consequently, the side on which the nerves are affected stands out with a bending of the spine towards the left. In other cases the bending may be towards the affected side, in which case the patient must attempt to keep the weight off the diseased area, with a continual contraction of the muscles on the affected side, which may later lead to a general weakening of the muscles or decided loss of control.

Sciatica may be brought on by exposure to cold or dampness, by some external pressure or as the direct result of a diseased condition, like tuberculosis, diabetes, tumor, cancer, gout, and venereal disease.

All of the above mentioned may be said to be the usual cases of neuralgia. The first step to be taken is to determine the underlying cause, after which we may direct treatment. If the fact is established that an underlying diseased condition exists, the sufferer may as well make an early step to eradicate the particular primary cause, and thus prevent the possibility of consequences of even a more grave aspect. Therefore, we would advise anyone suffering from any form of neuralgia to have a thorough examination to determine if there is any foci of infection, such as diseased tonsils, sinus trouble, decayed or ulcerated teeth, gall bladder disease; likewise, the kidneys, stomach, liver and associated organs must be in a healthy condition; auto-intoxication, due to the accumulation of putrefied matter in the intestinal tract must be guarded against.

There is always the possibility of pressure on the nerves as the result of an old accident or injury; sometimes an unnoticed twist may displace bones or vertebrae, which if ever so slight may result in a mystifying source of pain such as outlined above. We would, therefore, advise a thorough physical examination, local treatment to relieve pain, more basic treatment for the relief of underlying causes and a (Continued on page 60)

The Man I Pity Most

POOR OLD JONES. I see him now, standing there, dejected, cringing, afraid of the world. No one had any use for him. No one respected him. Across his face I read one harsh word—FAILURE. He just lived on. A poor worn out imitation of a man, doing his sorry best to get on in the world. If he had realized just one thing, he could have made good. He might have been a brilliant success.

There are thousands and thousands of men like Jones. They, too, could be happy, successful, respected and loved. But they can't seem to realize the one big fact—that practically everything worth while living for depends upon **STRENGTH**—upon live, red-blooded, he-man muscle.

Everything you do depends upon strength. No matter what your occupation, you need the health, vitality and clear thinking only big, strong virile muscles can give you. When you are ill the strength in those big muscles pull you through. At the office, in the farm fields, or on the tennis courts, you'll find your success generally depends upon your muscular development.

Here's a Short-cut to Strength and Success

But, you say, "It takes years to build my body up to the point where it will equal those of athletic champions." It does if you go about it without any system, but there's a scientific short-cut. And that's where I come in.

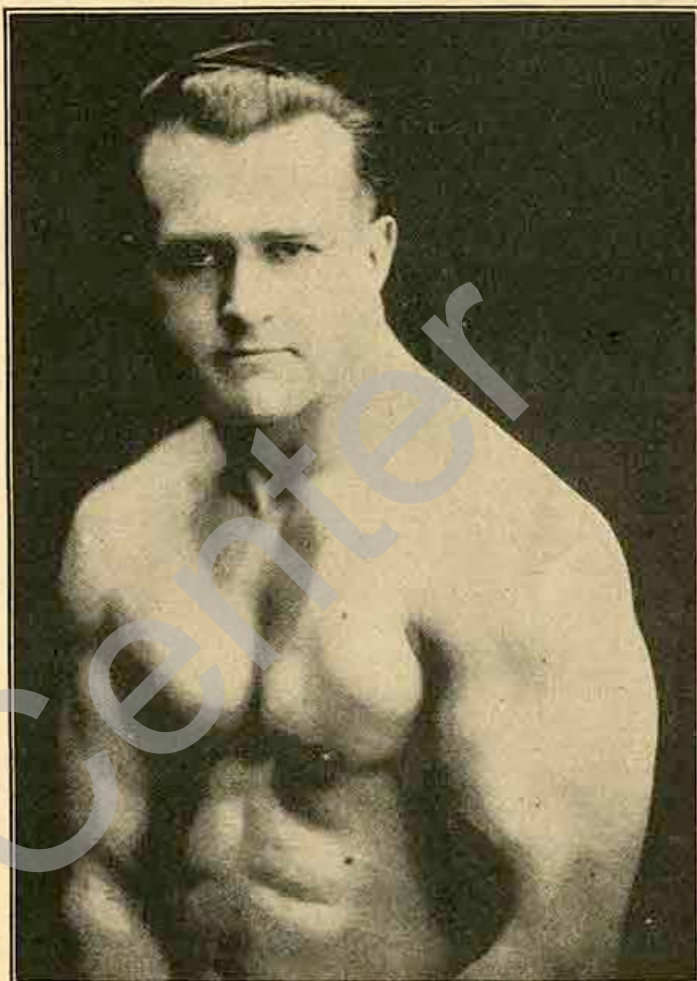
30 Days is All I Need

People call me the Muscle-Builder. In just 30 days I can do things with your body you never thought possible. With just a few minutes work every morning, I will add one full inch of real, live muscle to each of your arms, and two whole inches across your chest. Many of my pupils have gained more than that, but I **GUARANTEE** to do at least that much for you in one short month. Your neck will grow shapely, your shoulders begin to broaden. Before you know it, you'll find people turning around when you pass. Women will want to know you. Your boss will treat you with a new respect. Your friends will wonder what has come over you. You'll look ten years younger, and you'll feel like it, too. Work will be easy. As for play, why, you'll realize then that you never knew what play really means."

I Strengthen Those Inner Organs Too

But I'm not through with you. I want ninety days in all to do the job right, and then all I ask is that you stand in front of your mirror and look yourself over.

What a marvelous change! Those great squared shoulders! That pair of huge, lithe arms! Those firm, shapely legs! Yes, sir. They are yours, and they are there to stay. You'll be just as fit inside as you are out, too, because I work on your heart, your liver—all of your inner organs, strengthening and exercising them. Yes indeed, life can give you a greater thrill than you ever dreamed. But, remember, the only sure road to health, strength and happiness always demands action. Fill out the coupon below and mail it today. Write now!

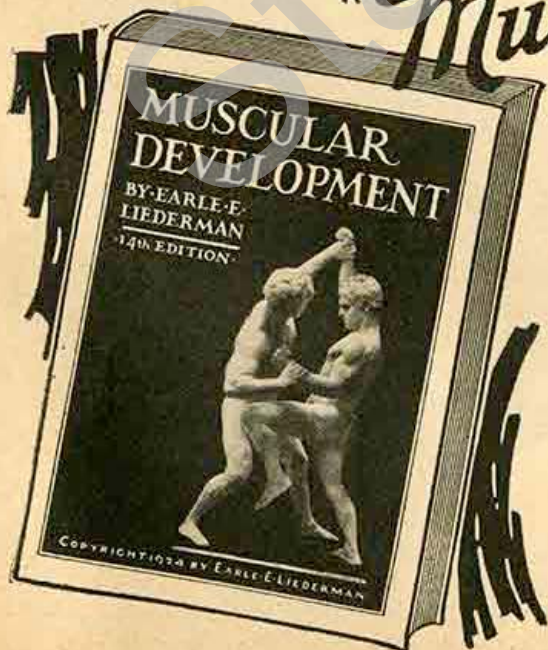


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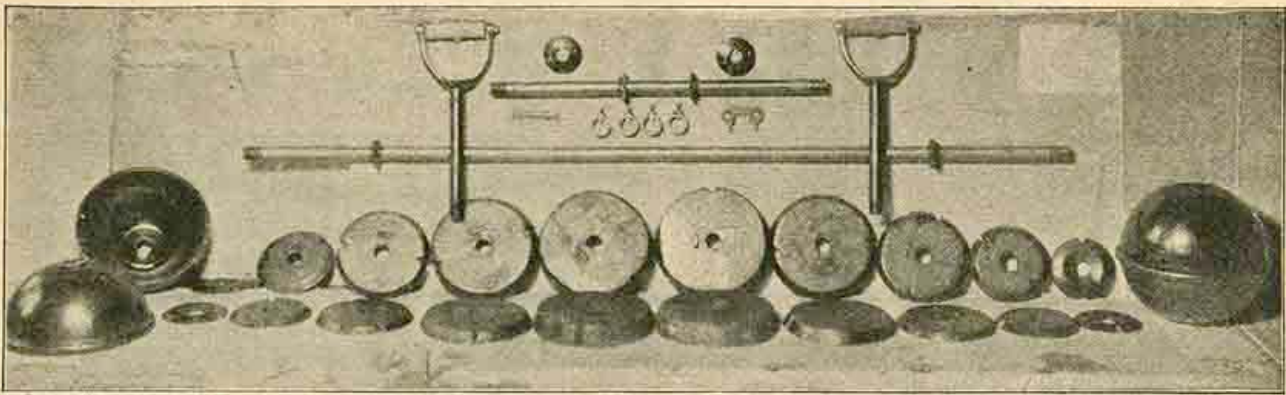
It contains forty-eight full-page photographs of myself and some of the many prize-winning pupils I have trained. Some of these came to me as pitiful weaklings, imploring me to help them. Look them over now and you will marvel at their present physiques. This book will prove an impetus and a real inspiration to you. It will thrill you through and through. This will not obligate you at all, but for the sake of your future health and happiness do not put it off. Send today—right now before you turn this page.

EARLE E. LIEDERMAN
 Dept. 708, 305 Broadway, New York City



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<p>DON'T SEND ONE PENNY</p> <p>—</p> <p>YOUR NAME AND ADDRESS ON A POSTAL WILL DO</p>	<p>EARLE E. LIEDERMAN, Dept. 708, 305 Broadway, New York City.</p> <p>Dear Sir: Without any obligation on my part whatever please send me a copy of your latest book, "Muscular Development."</p> <p>Name</p> <p>Street</p> <p>City..... State.....</p> <p>(Please write or print plainly.)</p>
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MILO LARGE SIZE DUPLEX BAR BELL SET

The Bell Shown Above Is the Finest Made

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



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

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

Three complete courses complete the outfit.

The Milo Large Size Duplex Will Do This For You

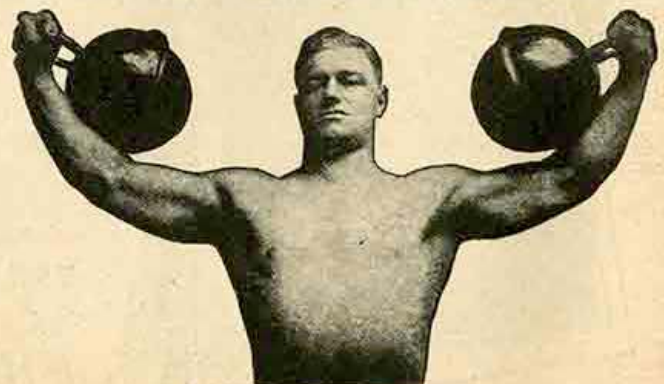
It will build you a chest that clothes can't hide. It will develop a neck that will require the largest collars made. Your legs will fill out your trousers, even if they are the wide, stylish make, your physique will, figuratively speaking, show right through those clothes. It will make people turn and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

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Fill in This Enrollment Blank NOW!



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{ Freight } County

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

MEASUREMENTS

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

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

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

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

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

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

Hips..... Improved Health—

Thigh..... Great Strength—

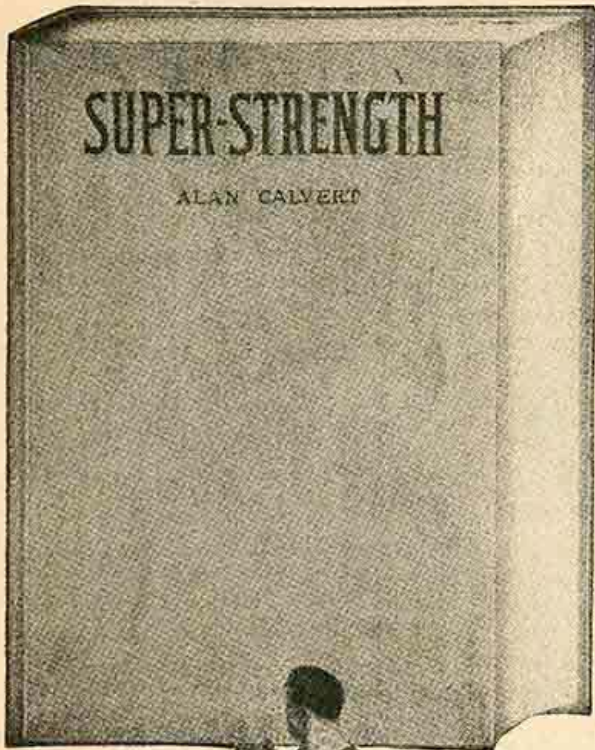
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Wrist..... To Reduce Weight—

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These books are full of professional secrets; special exercises used by the big men of the strength world; interesting incidents in the lives of strong men past and present, lifting feats and matches you have never read about elsewhere; inspiring pictures of the men who have made history in the strength and muscle world.

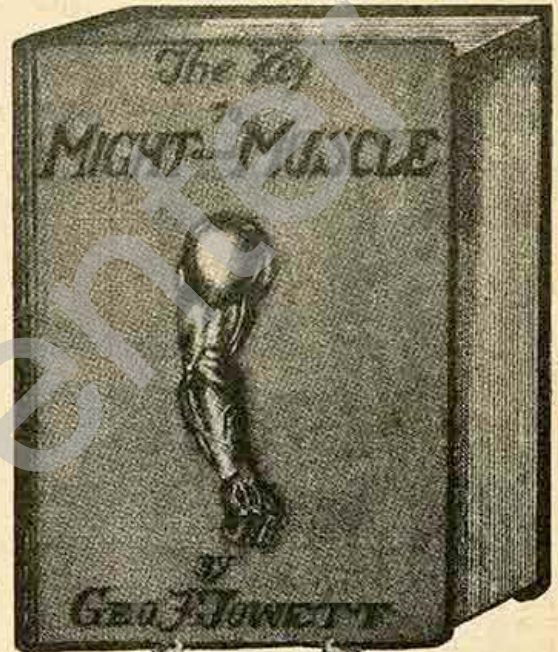
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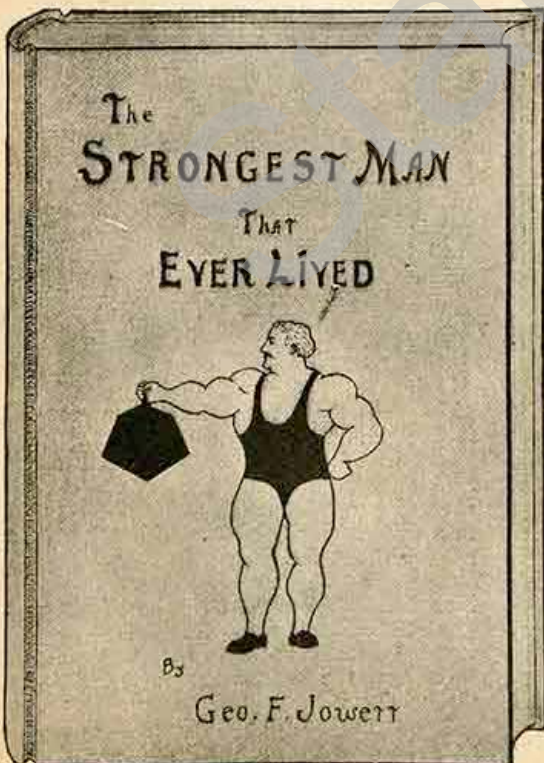
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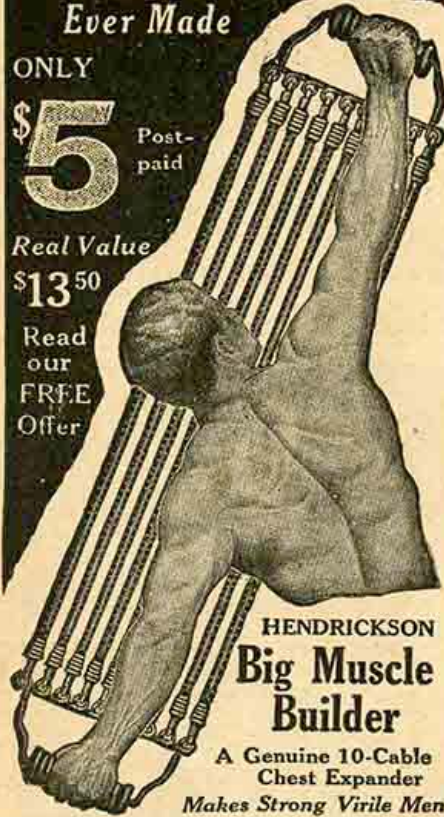
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S-8

Neuralgia — Aches and Pains

(Continued from page 56)

thorough study of the case to make certain of final eradication of the complaint.

As we have shown, in every form of neuralgia there is every probability of mistaking such pains for disorders and diseases of the vital organs, which may result in the patient treating directly for such troubles when they are non-existent. As the nerves branch out from the spinal cord, and in so doing must pass through the vertebrae of the spinal column, it often happens that the nerves are being pinched, constricted, choked or otherwise interfered with as the result of the spinal vertebrae being out of place. This displacement may be so slight as to pass unnoticed, if it were not for the condition of nerve pain experienced in other parts of the anatomy. In this connection it may at times be wise to consult a competent Osteopath or Chiropractor to determine if such a condition exists, in which case the entire course of getting relief would depend on correction of the dislocated vertebrae.

To begin treatment, regardless of which form of neuralgia the patient may be suffering from, we would suggest to first get the bowels moving properly, either by the use of an enema or the use of a mild laxative. The enema may be given with a fountain syringe, using a couple of quarts of water at or near body temperature. Mineral oil, petrolagar or agar-agar may be used for laxative purposes. Normal movements may be firmly established by the eating of fruits of all kinds, greens in abundance, whole wheat bread and plenty of butter.

Pain may be relieved by local applications of hot and cold water by means of cloths well soaked with the water. Electricity will likewise prove very beneficial, and in some cases massage when properly applied. An ointment, or saturated solution, of Methyl Salicylate will prove of benefit in relieving pain locally. If headache is present and mild measures seemingly are of no avail, the following may be taken:

Sodium Salicylate	6.0
Potassium Bromide	12.0
Sodium Bicarbonate	12.0

Mix and divide into 6 blue powder papers.

Tartaric Acid

10.8

Divide into 6 white powder papers.

Mix contents of a white and blue paper in half a glass of water. Repeat dose hourly if required. This is only to be given as an emergency measure.

There are many cases that will not respond to any but the most drastic treatments, in which case bromides must be given, but only by a reputable physician. Many physicians have had success with injections of alcohol into the affected nerves, which will prove of benefit for several months or possibly a year or longer. Likewise, injections of pure water have been used with good effect. In cases of trifacial neuralgia, or other forms caused by malaria, quinine may be necessary. In cases of Sciatica, prolonged warm baths, where the patient remains in the water for several hours at a time, will be of assistance in effecting a cure. In the same way it may be useful to try local freezing of the affected parts, when evidently nothing can be found to be at the root of the trouble.

As previously mentioned, Chiropractic, Osteopathy, Electrical Treatments, Massage, Hydrotherapy and other natural methods all have value and should be considered in any of the class of ailments herein referred to.

Some physicians in the past have favored regular use of such opiates and drugs as Opium, Morphine and Cocaine in either their pure or an adulterated form, but we certainly would advise against such methods until every other means had been given a thorough chance. We recognize that there are times when the pain is so severe as to require heroic measures, such as the prescribing of bromides, but only at the instance of a reputable physician.

We might add that the disease Syphilis is often responsible for one or more of the varieties of neuralgia, in which case the treatment would, of necessity, need to be directed towards the primary disease condition. This disease is quite certain to strike the nerves, and in stubborn cases of neuralgia, where the treatment of other probable causes brings no relief, a test of the blood may prove enlightening.

Breeding Real Men

(Continued from page 49)

was ragged, dirty, her hair hung in weird locks over her face. Her hands were stubby and ugly from incessant work in the fields. The beauty of the maidens' hands thrilled her. She always wanted to be beautiful, but contended that it was not her lot. Thus, eyes glowing with mingled pleasure and admiration, she offered to carry the heavy basket that the maidens might spare their beautiful hands.

The burden grew heavier each weary step of the way. At last the lass reached the top and lay down to rest her aching body. When she looked behind for the

old woman she beheld, instead, a glorious sight. There, in all the heavenly splendor of the firmament, stood an angel. She lifted the girl up and soothed her tired body, and wooed her into peaceful slumber. When she awoke she thought she had dreamed. Why! she seemed completely changed! Her hands were more beautiful than any she had ever seen. Then far away a voice sweetly spoke to her, "Rejoice, little one, the most beautiful hand is the helping hand."

Teach the boy the spirit of helpfulness; let him set the thought of it ever

before him. Let him take it with him as he goes about his daily duties in the school-room, behind the bench, or in the office. Teach him to love all living things and to show profound respect to his elders. Breed in him the spirit of gentleness and stifle the primitive urge, the fighting instinct and the gang spirit.

Teach him also the spirit of sacrifice. I remember Ray Chapman, the great shortstop of the Cleveland baseball team. Whenever he came to bat with a teammate on base he sacrificed himself, his own chances for glory, just to advance the runner another base. In his day he was the greatest sacrifice hitter in the big league and when a pitched ball snuffed out his life, baseball lost one of its most valuable players.

We never know when a crisis demands a sacrifice. The most splendid spirit of sacrifice was demonstrated by an eminent strongman, who staked his all to save the life of another. It happened one day in New York city. A fire broke out on the fourth floor of a building. A woman appeared at the window enveloped in smoke and her retreat entirely cut off by fire. Beholding the situation from the floor below Siegmund Klein, the middleweight champion lifter, climbed hand over hand up a huge electric sign to her assistance. Carrying the almost unconscious woman in his arms, the intrepid athlete made the perilous return trip on the swaying sign. A roaring gathering, like the tumults of a mighty anthem, greeted him as he kicked in a window, inflicting deep jagged wounds to himself, and bravely leaped to safety with the now unconscious woman.

Some time afterward, he told me that if it were not for his strict adherence to physical culture and his phenomenal strength, he was tolerably sure to end his life there and then. As a boy Siegmund Klein aspired to attain a perfect body and how well he succeeded is evidenced by the magnificent photo accompanying this article.

If you want a fine, strong, noble boy, then you must be fine, strong and noble. Boys are very impressionable. They imitate and are easily influenced by their elders. Very often they pattern their lives after someone, without that person being aware of it.

A group of boys surrounded me one day after my performance in a local Y. M. C. A. circus. They asked me all sorts of questions, particularly how to become strong. It, therefore, behooved me to tell them how I imitated all the wild animals in order to develop cat-like strength and agility. Greatly impressed with what I said they performed the weird antics of the animals they saw me depict in the circus. Recalling that I used a black substance on my body to give a more perfect imitation the boys, ignorant of the danger they courted, procured a bottle of ink and commenced to lather their bodies in high glee. Luckily one of their teachers happened upon the scene and becoming frightened, she called a policeman. When questioned about their conduct they tearfully cried, "You see, Mr. Cop, that there strong man what performed in the circus last night, he told us if we

wanted to be like him we should act like monkeys. So we stoled this here ink to make us look like him."

Can you beat that? Suffice it to say I caught "hallelujah" for putting such crazy ideas into the boys' minds and becoming very conscious stricken, I was careful of what I told boys and conducted myself in a manner most becoming to decorousness, ever since that eventful episode.

Education plays the most conspicuous role in the life of the boy. But just because you send him to school or college, this does not infer that he is going to learn to think. You must hold the torch ever before him and illuminate his way so that his thinking apparatus may not atrophy and he become the victim of the many vicissitudes of fortune which sink him into abject and hopeless poverty.

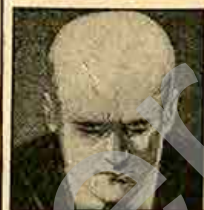
In Girard College, that famous institution for orphan boys, a complete education is given. With the finest instructors at their disposal they cannot help becoming the exemplars of the highest type of manhood. Yet many fail to appreciate the advantages given freely and unstintingly, and allow countless opportunities to slip through their grasp. It is far better for them to appreciate the things they do not have than not to appreciate what they have. This is one of the worst sins boys commit and symptoms of this must be fought to death if they ever hope to get over the frontier line of success. I am happy to say that the majority of boys in that wonderful institution take advantage of their unrivaled education and have gone out to engineer gigantic enterprises and further the progress of civilization.

An idle boy acquires dangerous habits. My suggestion is that study, music and outdoor play be given to alleviate its harmful tendencies. Let him read on a certain day a short extract or a poem, and let him wander with it, muse upon it, reflect from it, and dream about it, until it becomes stale. But when will it do so? Never. Whenever a boy reaches a certain ripeness in intellect any one grand and spiritual passage serves as the starting post to all the "two and thirty palaces." What a voyage of conception, what delicious, diligent indolence.

Music plays an all-important part in the education of the boy. He should make it a rule to listen to some music every day, so parts of his brain will not atrophy, but be active through use. The taste for music and poetry, if lost, may disunion his happiness, possibly injure the intellect, and more probably impair the moral character, enfeebling the emotional part of his nature.

One of the ideas that used to be abroad and one which I detest is for the parents to think that their boy is under obligations to them for taking care of him. This idea used to be abroad in countless ways, that the youngster must work hard to pay the debt—not only work with his hands, but must show a humiliation and devout gratefulness to those who brought him into the world without pushing him back into oblivion after he got here.

Falling Hair Dandruff Itching Scalp are Signs of Approaching BALDNESS



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

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Shucks! Who wanted to come here, anyway? If *anywhere* the obligation is on the parents' side. Motherhood is for the mother and it is her divine right, nay, her great privilege, to care for the helpless, to feed the hungry, and clothe the naked. Hubbard said, "It was love that brought children into the world and if the parents give more love to the child now, that much more will they have left for themselves," or words to that effect. If you want your boy to grow into a fine, loving and gentle man, then for heaven's sake, give, give your love to him. Love meets love with open arms. Love is the only bow on life's dark cloud. It is the morning and evening star.

Instil high ideals in the boy and do not allow him to be contented with his satisfactions which may be so hazardously little. His ideals should be like the stars; he won't succeed in touching them with his hands, but like the seafaring man on the desert of waters, he chooses them as his guides and following them reaches his destiny.

If the parent adheres to all that I have said about the training of the boy, the embryo man, a formidable power which adversity cannot dim will come to him. The energetic power of his training will surge through him, lifting him to high physical and mental planes, so that everything which is expected of him will be done. He will find joy in everything he performs and if placed by

circumstance or by environment in an atmosphere uncongenial to his temperament, he will understand that he maintains within him the thought power to rise above every circumstance and every condition, every limitation and every misunderstanding, so that he shall not live in actual unpleasant physical environment, but his real self will rise up and confront the situation squarely. His ambition and desire should ever be to do the thing—parents helping—that he has to do today, where he is placed, and the best way that it can be done. Knowing that it is necessary for his own unfoldment and for his greater development, he should experience the perplexities of the present, rejoicing in life and its variety of experiences. Teach him to send out his blessing to his environment, to his condition, praising the Lord that he has the privilege and the opportunity of living his life here and now as it seems to have been mapped out for him.

"A boy is a man in the cocoon," Hubbard once wrote. "You do not know what it is going to become—his life is big with possibilities. He may make or unmake kings, change boundary lines between states, astound the world with superhuman feats, write books that will mold characters or invent machines that will revolutionize the commerce of the world. Be patient with boys—you are dealing with soul stuff—Destiny awaits around the corner."

Ask the Doctor

(Continued from page 32)

exercise or heavy work only my face seems to perspire. Will you explain to me the reason for my not sweating? Does overeating have anything to do with it?

I will be glad to hear as quickly as possible.

A. Y., Hawaii.

ANSWER: You, no doubt, have a catarrhal condition of the nose and throat and very probably a catarrhal extension to the stomach caused by the mucus dropping from the back of your nose and throat into the stomach producing gastritis. As the food enters the stomach it displaces the lighter gas upwards to the diaphragm just under your heart and causes pain. You apparently have no heart disease since you suffer that way, and you had better eat five or six small meals rather than three large ones.

Above you will find diet list for gastritis. Try yeast cake for the indigestion and pimples, or better still get a bottle of Bacillus Acidophilus and take according to directions on bottle. You must also get Lactose and one week take Bacillus Acidophilus and the next week Lactose and so on. Evidently, your foods have been too rich.

I would advise you not to worry about measuring your food nor about calories, as this subject is so indefinite that you will only waste your time and possibly ruin your health by worrying about such matters. We advise against overeating, but believe it necessary to eat good sized meals in combination with a certain amount of exercise.

The scalp and hair should be greatly benefitted by rubbing Olive Oil into the scalp once a day.

We do not believe it possible to drink too much water.

As to information to cure pimples and constipation I would refer you to the columns of STRENGTH Magazine.

As to the matter of perspiration, some individuals perspire more freely than others, and if you were to exercise strenuously enough during warm weather I am sure you would perspire.

I am not taking the trouble of replying to all your questions as that would take too much time, but would refer you to some good books on the subjects in which you are interested—The Milo Publishing Co. will soon announce a book on the subject of Diet, written by Dr. H. H. Rubin, which, I can assure you, is the most practical and common sense work on this subject that has ever appeared. The title will be "Eating for Health."

QUESTION: I am interested in physical development and have been a reader of STRENGTH for three or four years. I am strong and healthy but for one ailment which has bothered me for two years or more. Have consulted several doctors and all they tell me is to use warm salt or soda douches and that every married woman has this trouble. I am 24 years old, married 5 years, and have a child one year old. I have a discharge that is very irritating and annoying. For some time it was accompanied by pains in both sides, but this has left me. I have been using two salt or soda douches daily, but this only re-

lieves the annoying symptoms and does not get at the cause. For two or three months after childbirth I did not have this ailment, but it gradually returned. Will you please tell me what causes this and what I may do to cure it? This trouble is always worse four or five days before menstruation and does not start in until about the same time after.

B. F., Washington.

ANSWER: I would advise you to try the following douche, and if it is not successful you had better consult a Gynecologist as to the cause of the discharge or leucorrhoea:

Menthol 1 dram
Camphor 1 dram
Methyl Salicylate 2 drams
Sodium Bicarbonate ... 3 ounces
Sodium Borate 3 ounces
Powdered Alum 2 drams

Use one teaspoonful of above to two quarts of water at a temperature of 100 to 105 F.

* * *

In case any of my readers may be interested in previous articles on disease conditions, written by myself, the following old issues may be procured by sending 25 cents in postage to the publishers of STRENGTH.

Backache—October, 1926.

Kidney Disease—November, 1926.

Nose and Throat Afflictions—December, 1926.

Rest for Consumption—January, 1927.

Heart Afflictions—March, 1927.

Digestion and Indigestion—April, 1927.

Children's Diseases—May, 1927.

Blood Pressure, High and Low;
Goitre and Other Thyroid Diseases—June, 1927.

I mention this fact as you may wish to read a lengthy treatise on one of the above mentioned subjects, and as it is quite impossible for me to reply to each individual at such length as the articles deal with these particular troubles, it is recommended that you send for the back copies.

QUESTION: I have had Pyorrhea for several years but it has only gotten real bad within the last year. My teeth are worn badly but none of them are loose, but the gums about my front teeth are eaten away nearly to the roots and are soft and spongy. I have been told by a friend to use a mixture of equal parts of Iodine and Arsenic and paint the gums where infected, one application he says is all that is necessary. All the dentists tell me my teeth have got to come out, but I don't care to part with them unless it is necessary for my health. I am 35 years of age.

R. C., Oklahoma.

ANSWER: Dentistry is not the field for a medical doctor; if your dentist is a competent dentist take his advice. Many young men have been benefitted by having decayed teeth extracted even if all have to come out, as the pus in infected teeth is very virulent even causing loss of life through infecting the general system.

QUESTION: I had a thorough examination and the doctor says I have gall bladder trouble. Would this cause constipation? Would it cause the urine to become clear with frequent desire to urinate? I feel much better when it is colored.

What causes the face and hands to be very red and the veins to bulge out? The doctor says my blood pressure is normal.

Chicago Health Institution Lauds Amazing Discovery For Constipation

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Constipation!

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"Flaxolyn is a natural food laxative, and priceless in all digestive ills."

Nation-Wide Endorsement

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Dr. J. M. Gardner, Idaho Falls, Idaho, states: "My patients demand Flaxolyn and are asking for more. They do not consider it as a medicine

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9. Culver's Roots—Stimulate the natural flow of bile and so purify the liver.
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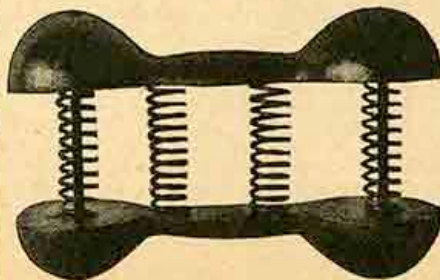
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I do very hard work and this condition is worse after exertion.

Please advise treatment and diet.

A. H., Alabama.

ANSWER: Most people with gall bladder trouble have sedentary habits. The latter especially would tend to cause constipation. Have the kidneys or urine examined for excess bile pigments in urine or the "Van Der Berg" test for excess bile pigments in the blood. Your urine is light for the typical smoky urine of gall bladder trouble. You may have some indication of irritation of bladder or kidneys.

I would advise you to follow the above diet and use Olive Oil in tablespoon doses twice or three times daily which is also good for constipation.

QUESTION: Being a constant reader of STRENGTH, I take this liberty of asking you a few questions.

I am 24 years of age, normal in all respects and with natural strength, but I lack that beard that makes a man. I have diagnosed my case as one of retarded growth sexually. Am I right? How can I overcome this and grow a beard?

My reason for wanting a beard is that I am soon graduating from college and do not look as old as I am. This is a detriment in securing employment.

I also would like to know if it is possible for a man, after reaching 21 years of age, to grow, by stimulating the gland action of the body. How can this be done?

Thanking you in advance for any information that you can give me, I remain,

D. G., Indiana.

ANSWER: I would say that many men of your age do not have much of a beard, and would say that generally this means nothing at all, and if you will continue to shave every day and rub vaseline into the beard you will soon have quite a growth on your face. Probably by the time you are 30 you will wish you did not have to shave so much.

It is not advisable to make any experiments with the glands of the body as you are liable to do yourself harm.

We do not believe there is any connection between the beard and strength in any way.

If you would take up a scientific course in physical culture so as to greatly strengthen your entire physical organism you would have no reason to worry about your powers.

QUESTION: In previous years I have been troubled with attacks of diarrhea during the summer months, especially when the weather is very hot. I admit my diet is not always as well selected as it might be. What would you suggest for me to do in order to avoid attacks this summer? Possibly you can suggest foods to be eliminated from my diet? Am otherwise in fairly good health and quite vigorous.

L. A., Penna.

ANSWER: Diarrhea attacks may be brought on by indiscretion in diet and by the eating of meats, fruits and vegetables that are spoiled, but generally is due to a chilling of the internal organism by continued drinking of cold or ice water, cold soft drinks, eating ice cream and a general preponderance of cold foods.

You will do well to eat warm foods

(Continued on page 94)

What Has Become of the Bent Press?

(Continued from page 36)

prominent pre-war Bent Pressers. Illustration 14 shows Mr. Anton Matysek performing one of his stage lifts—that of Bent Pressing two young men. A bell of this type always makes a better hit with the audience than a bell of iron does. The audience believes the lift genuine when men or women are used, whereas, when iron spheres are used they believe them to be hollow and think they weigh far less than claimed. I want you to notice how straight in line Mr. Matysek's forearm is with his leg beneath it. See how the elbow rests on the hip joint, thus throwing all the weight on bone strength instead of on the muscles.

The last picture, illustration 15, shows that unusual lifter, Mr. Joe Nordquest, performing the Bent Press with his left hand—Joe was left-handed as far as

Bent Pressing was concerned. This photo was taken, they tell me, away back before the war and at the Milo Bar Bell Company factory, which was then on Olive Street near Eleventh Street in Philadelphia, Pa. Perhaps some of you who read this had the pleasure of attending one of these shows and will recall this particular lift, although I believe there were other lifts by Joe Nordquest himself and other lifters that will be more easily remembered than this one.

In closing I want you to notice how Mr. Nordquest, regardless of his bulk, gets the outside of his shoulder well down on his knee. I hope again this article will promote more Bent Pressing than has been going on in the past since the war.

The King of Wrestlers

(Continued from page 44)

but like Pozello, of Chicago, at the same weight, he was a holy terror. No one knows what really happened, but Fred beat Gotch very quickly in a one fall bout. It left everybody stunned with surprise. However, it did not last long. Frank came back an avenging Nemesis and tossed Fred as high as the Woolworth Building for two straight falls, proving that the other bout was just an accident.

It was in Frank's time that the Masked Marvel sprang into the lime-light. This fellow was tall, big and bad. He knocked them all off worse than the Sheik of Alabam, until he became a sensation, then the papers began to suggest and say things for the benefit of Frank. The result was, the Iowan farmer boy met this colossus, and not only bumped him off, but tore the mask from off his face and revealed the crest-fallen, vindictive features of Mort Henderson, the Swedish wonder.

The foreign invasion commenced about this time, and with the advance guard came George Hackenschmidt, "The Russian Lion." Tom Jenkins was claiming pride of place at that time, but young Gotch was camping hard on his trail. The defeat of Tom by Hack, and the repeated defeat of Tom by Gotch, threw the invader and the American in line for a title bout. They went two hours in Chicago amidst the most uproarious scenes ever witnessed at any kind of a contest. Gotch is accused of doing all kinds of things illegal and otherwise to his huge muscled rival. Whether this is true or not—although I know Frank was rough—the Russian Lion walked off the mat after two hours of mauling and refused to continue under the conditions. Gotch immediately leaped to world fame, and the sport became the ace drawing card of American sport. The world had thoroughly believed that Hack was unbeatable, and people actually, especially abroad, could not believe that the pride

of Europe was beaten fairly. They argued that his shoulders had not been pressed to the mat, and foreign sympathy was all for Hackenschmidt. Just the same the world was crazy to see the American thunderbolt, and in response to many attractive offers, the Iowan went over. Everywhere he went the halls were jammed, but it was mostly with unfriendly people who razed Gotch crazy. For devilment, Frank made wrecks out of his foreign rivals by giving some remarkable examples of dislocation, distortion, and contortion at their expense. I remember when he was at Sheffield, in England, how the Yorkshire Lykes threw vile epithets, verbal and material, at the American despoiler. Some unwise bonehead threw a dead black cat at Gotch. Now the cat, being dead, was not accepted as a lucky mascot, as is usually a live black cat. The result was that Frank saw a misty red haze gather before his vision. He was supposed to wrestle a butcher named Dinnie; I said *supposed*, because that "hunk" of meat was only a ham for Yankee Frank. What Frank did not do to that beefy mortal beggars description. He rushed him off the mat and splashed him all over the wings. Back on the mat he slammed him, where he began to dissect him, to the chorus of the "limeys," who were calling him a "bloody bleeder" with all their lungs. It was all over in the shake of a lamb's tail, and Frank stalked off the mat in a towering rage, leaving the victim to wobble off the best he could, which he was trying to do in the fashion of a new-born colt endeavoring to support its body weight on a set of faulty props. Dinnie's cranium must have been affected in the rushing whirl of that one brief minute, for he paused in front of the people and cried aloud that he had not been thrown. To this the crowd wildly acclaimed, "urrah! Tha's a lad!" When Frank heard this he nearly



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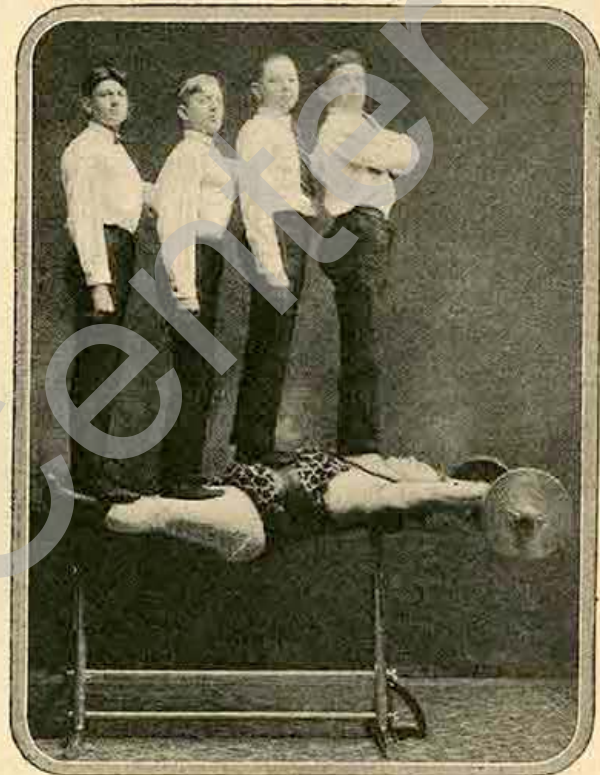
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This book is more than a book; it is a complete course on power and muscle building; an entire weight lifting program; and memoirs of strong men, past and present.

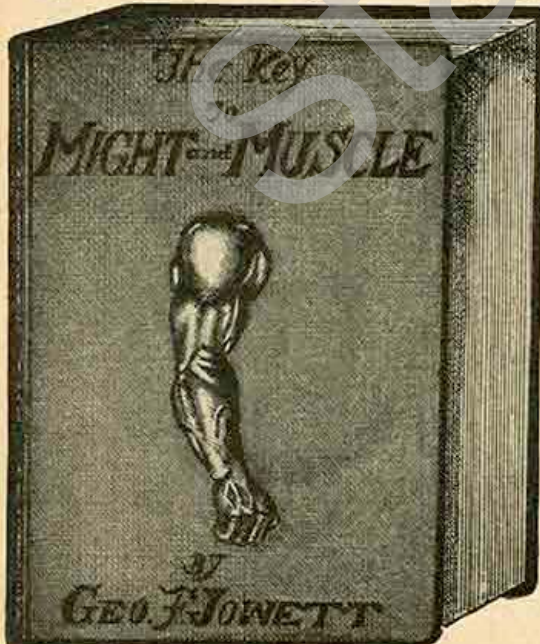
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In another chapter the much-discussed science of lifting weight is clearly given its just dues. Also some very valuable information on curative exercises are given in another chapter.



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choked on his molars, and with the blackness of descended night upon his brow, he walked up to Dinnie and said, "Is that so?" They sparred off, then Frank rushed with destructive force, and the undertakers crowded into the wings. Hot pups! there was a swirl of arms, legs, hair, and teeth, and a crash. The platform cracked and the foundation groaned. Then, "Bye-Bye, Black-bird!" In less than half a minute it was all over but the shouting, still Frank was not satisfied. He slammed Dinnie down again and roared, "If you are down, tell them so." The meat carver was glad to do so, and told the throng that Gotch was the best man he had ever met. I have often wondered why Dinnie said that, for the spectators all looked as though they could see good.

Gotch returned to God's country and met the one man that the world feared—the man who has been scouted as being so strong that no wrestler dared meet him—Yousif Mahmoud. He was a sight to make old Hercules go pale around the gills, and I know from good authority that when he arrived in England, too late to take part in the tournaments then going on, he agreed to throw the two best men on the mat at the same time within five minutes. Two of them obliged and rushed together upon the monstrosity from the land of sweet harems, but, like the goat that bucked Cleopatra's stone needle in Central Park, they were stopped with a shock and slammed on their backs, each held down with the might of one arm and the Turk's ponderous weight. Hackenschmidt, Essen, Lemm, and Connelly all refused to meet him, so he hired two boats and sailed for America. Gotch took him on and quickly beat him, despite his terrific natural advantages of weight and strength. Frank knew his stuff, and immediately roughed the big Turk, who seemed lost to know how to respond. Finally, he got the Turk's toe and wrung it out like a wet towel. How the Turk howled! You would not believe that there was so much noise in a human body, but Frank found it.

In the meantime, the supporters of the Russian Lion were clamoring for a return bout. Gotch agreed, and began to put himself into the best possible

shape, under the vigilant eye of Farmer Burns and the finest staff of grapplers that ever graced a stable. That match has become the epic of mat history. No bout since has ever equaled its proportions or immensity, in congregation or interest. The Chicago Ball Park was packed, and the gate receipts were a luscious harvest. As each man appeared in the ring the crowd rose and roared its acclaim. Gotch was the picture of the perfect wrestler, everything in the right place, and his movements were like that of a sinuous feline. Hackenschmidt looked huge, with his great, bulging muscle and herculean form, but it was of no use. At the clang of the bell Gotch rushed his foe bang into the ropes with terrific fury, breaking down the Russian's defense like nothing. A brief few minutes of this and it was all over, and Hackenschmidt's shoulders were pinned flat to the canvas. Gotch was as happy as a lark, and he sat in his corner and laughed over to his rival, who looked anything but in love with his job. The second fall was over quicker than the first, and the Russian Lion was the "Rushing Lion" no more. People forgot him as they rushed past him to acclaim Frank Gotch, who jumped the ropes and ran to his dressing room, laughing and full of pep. That is always the way. Hackenschmidt had the same experience when he beat the huge Madrale at Crystal Palace, in London. A hero today and a broken idol tomorrow. Nevertheless, Hackenschmidt still stands in line, next to Gotch, as the greatest wrestler of all time, but it was the American who has earned the title as being the greatest that ever lived. Those who saw him and have followed the game to its present state know it.

When Gotch retired he passed the title on to Schonlin, of Baltimore, who is better known to mat followers as Americus. Then the trouble began. Good as Americus was, also Jess Westergard, they were way below the calibre of Gotch. They lacked his fire, his aggression, and his spectacular persistence that placed the memory of the Iowa boy in the mind of mat lovers as the greatest wrestler that the world has ever possessed.

The Noble Art of Fencing

(Continued from page 39)

the fact that fencing has a great influence in the improvement of boxing and is as conducive to lightness of foot and all round gracefulness as dancing."

Now, let us turn our attention to the photographs illustrating several fencing positions in this article. Figure No. 1 shows how the fencer looks when in action. Pay particular attention to the position of the feet. In this position the toes are kept "turned out" during the manifold fencing maneuvers and the body is held rigidly erect, with the fencing arm stiff at the elbow and flexible at the wrist. The start of the thrust and disengages are made from this position. You move either forward or backward, and no matter how

furiously your adversary presses you, you must never lose the correct position of body and legs.

Figure No. 2 illustrates the thrust. Notice the powerful lunge, the tenseness of the whole frame, the annihilating purpose back of this vicious movement. One must have cat-like agility, an elasticity of hips and frame, to be adroit in carrying out the attack. It is a no less evident fact that every muscle must respond, every nerve be delicately attuned, and every human entity in the body co-ordinate with utmost precision, lest you be tolerably sure to end your peregrinations on the sharp point of your adversary's foil, if in a duel to death. Therefore, persistent and often

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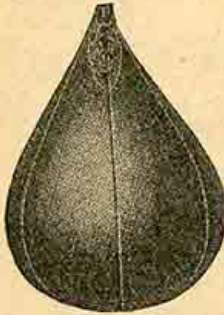
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tedious effort necessitates keen brain-work in order that skill be attained without falling into bad habits which telegraphs your inefficiency to an opponent.

The wrist is tensed only when used to parry a thrust by the opponent. See Fig. No. 3; otherwise it is held extremely flexible. To give a great impetus it is advisable to decline the hand a trifle, but with the foil tilted upward on a slight angle. This may be seen in Fig. No. 2. Whenever you practice the fencing positions move about as though an imaginary opponent was before you, adhering, of course, to all the proper positions shown in the accompanying photographs.

I often substitute the invigorating fencing maneuvers for shadow boxing prior to my daily work-out with bar bells, as I work up a good sweat and limber up the muscles for the heavier work. The major portion of my speed and agility is derived from this excellent exercise and I have discovered that my foot-work and ability in lifting weights has vastly improved. The fencing exercise, or "shadow fencing" as it is sometimes termed, also enables me to elude my opponents more craftily than ever before. This is especially evidenced in wrestling.

If you specialize in any one sport, I think it will pay you a hundred times to practice this noble art. Even if you do not have the benefit of the foils, a competent opponent, or an instructor, the movements are much better for your general physical excellence than any other light exercise. The German nation made this a compulsory exercise among her students and I am aware that from a physical standpoint, they are better equipped to carry out their life's work than the young men of other countries, with the exception of America, since we go in for other forms of athletics extensively.

If you are ever to crown your efforts with the halo of success then you must persevere. You ought to thank your lucky stars that you have an opportunity to enter upon this fine training for it will build your strength and bolster you where you are weak. It isn't so much who won the race, but how well you ran which counts. Even if you do not become an adept fencer, try to perform its movements correctly and I'll warrant you'll receive a harvest of benefit.

Be persistent in your daily program of exercise. Everything gives way before the firm, persistent method. That is the way Washington won, and that magnificent calm upon his face was the result of a faith that never faltered. He knew what he wanted to do, and he knew that some day it would come about—he could wait. It took nine years for the British to wear themselves out against that will which did not faint or falter. Ridpath says, "Washington was a great general, but not a great fighter. His army was often insignificant compared with that of the enemy, so he gave way, but always to reappear in an unexpected place. His persist-

ency never relaxed. Lincoln had this same quality of persistency. But why give examples! All success comes in the same way—through firm, calm and persistent thought. Opposition grows tired, hate gives way, fury subsides and the man marches through open gates into the Eternal City of fine minds and enduring bodies."

Know what you want to do, hold the thought firmly, and do every day what should be done and every sunset will see you that much nearer your goal. Success is for those who deserve it, faith will remove mountains of trouble and Nature is on the side of those who put their trust in her. Only through actual experience have these truths been scored to me, and I feel qualified to give advice of this sort.

A great many people remind me of the Mississippi steam boat, whose boiler was so small and its whistle so large that whenever the whistle was blown the boat could not run and when the boat was running the whistle could not be blown. So it is with some people, when they talk they leave off thinking and when they think they stop talking. If the whistle was blown very frequently the steam-boat would have made little progress. Which case explains why many people seldom cross the frontier line of success. It is not always the effort that counts so much—it is the issue of the effort.

A veritable demagogue was haranguing an attentive audience about the benefits of the cold shower baths in the morning; splicing that it was the greatest thing in the world, that when the cool, invigorating, vitalizing, crystal water played a jag-time tune up and down the body, a fellow went through a day's work with the speed of an adding machine knocking off an array of figures. Just then some one interrupted and asked whether he took the cold shower baths in the morning. "No! I'm going to start tomorrow!" he replied.

Let's, you and I, start right in today. Let us live our day here and now as it seems to be mapped out for us. Tomorrow sometimes never comes. Let's be real *he men* and fortify ourselves against the vicissitudes of fortune. And, finally, let us awake each morn with a smile brightening our faces, to greet the new day with a reverence for the opportunities it contains to develop, mentally, physically and morally, to hold ever before us, even in the doing of little things, the Ultimate Purpose toward which we are working; to be persistent and energetic in all our waking hours; to approach the night with weariness that ever woos sleep and the sense of joy manifested from work well done—this is how we can waste, wisely, our days.

The Mat

(Continued from page 47)

punching, shadow-boxing and various other kinds of light exercises, fearing that unless they do so, they will become stiff. Also, some of these exercise novices get the idea they must run several miles every week to keep their legs loosened up and for various other notions they get in their head.

As to the matter of becoming "muscle-bound" let me tell you that I have been searching for a victim of this condition for some few years, among thousands of athletes in all branches of sport and gymnastics, and my quest is still unsuccessful. Not once have I seen an individual in any such condition, and, furthermore, I will give my word that this condition of being "muscle-bound" is as vague to me as the first day I heard the term. Frankly, I don't know what the term means, never having seen such a condition. When a boy of twelve to fourteen I used to believe such stories concerning "strong men," simply from hearsay, as I knew nothing whatsoever about bar bell exercise or weight-lifting. It really is a wonder I ever became interested in heavy exercise after having a belief of such a nature implanted in my mind. Later on, I became interested in bar bell exercise, and to this day I have never seen one individual who was slow or stiff from the use of heavy weights. I know of many men who are slow and stiff, short-winded and generally in very poor physical condition, but they haven't done anything in the line of exercise since playing ball or swimming as school-boys. Likewise, I have known a couple of athletes who wouldn't think of moving quickly during the ordinary course of events, preferring at all times to walk about in a slow manner; they dressed slowly and took it easy at work, but when called upon to show their abilities in an athletic way, they could move like a flash, simply because of the training they had undergone in progressive exercise principles. Every muscle was fully developed and taught to move in coordination with all other muscles.

I will say that some laborers and mechanics who follow arduous tasks all day long do become stiffened in their movements and developed in a one-sided manner, but who would be so foolish as to say they are used to physical culture because they work hard? Such labor cannot be likened in any way to a scientific course of progressive exercises.

We will consider, for example, the case of an athlete such as a boxer or ball player who has been idle and leading a lazy life for quite a length of time. He is called upon to get in condition for an important contest or a strenuous season of playing; during the lay-off he has taken on a number of pounds of surplus flesh, and possibly has grown fat, so he finds it necessary to suddenly reduce to a trim state of fitness. He accomplishes this by a daily routine of continuous activity, including countless repetitions of light move-

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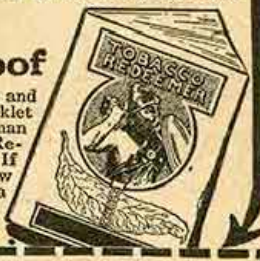
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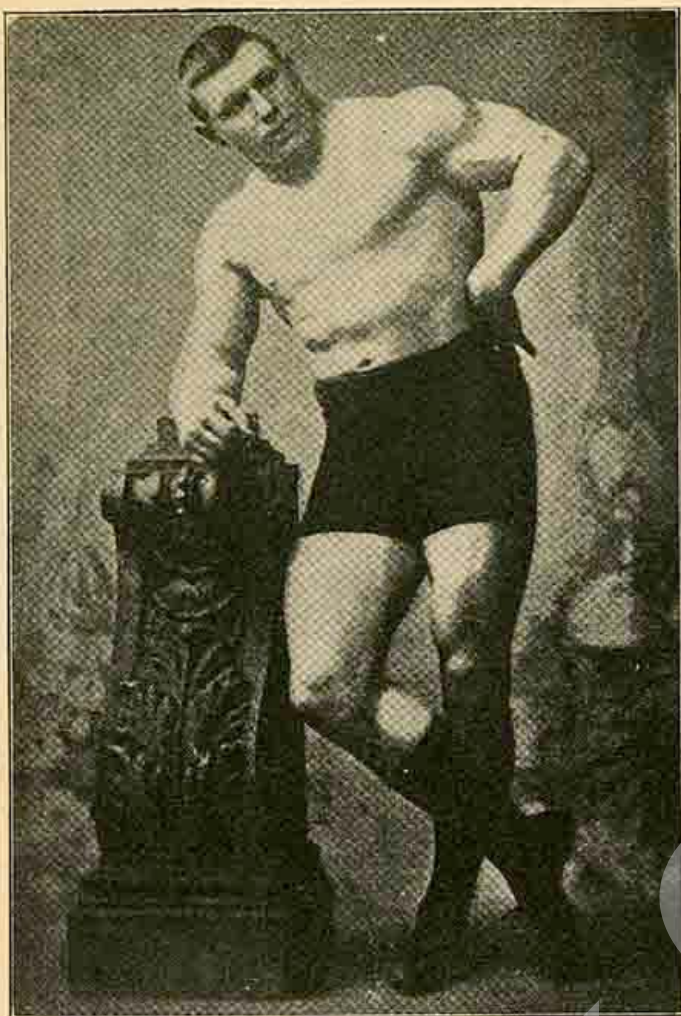
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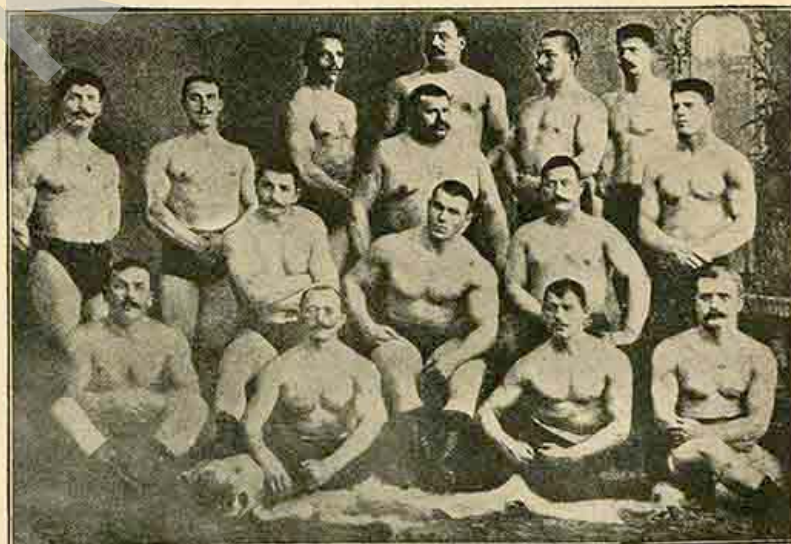
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ments and running in addition to the practice of his own particular specialty. By means of such activities he causes the fat to melt off rapidly. Please consider the condition the above-mentioned athlete was in before his short lay-off; he was, and is under his fat, in a hardened muscular condition and in perfect health as a rule, and needs no building up; he was built up years before and was trained into a hardened athlete. On the other side of the story, our physical culture novice is not a hardened athlete and does not need to take off a layer of fat to put him in condition; no sir, he needs a rigid course of developing exercises to give him firm muscles and a sound constitution, combined with plenty of rest in between practice periods to allow his system to build up and accumulate extra energy and vitality. Can't you see the folly of following a plan of training that is designed to take a number of pounds off an athlete within a few weeks time? The athlete has a solid foundation underneath, but our novice has nothing but skin and bones after training in a like manner for a length of time. I come across letters from many enthusiastic lovers of fresh air and exercise who think it is necessary to exercise an hour or more every day, and then believe they are doing the correct thing by hiking, climbing hills and keeping on the jump Saturday afternoons, Sundays and holidays. You will find the average of this class to be of the gaunt type and many pounds under weight. They write in and wish to know how to gain weight, under the impression that some magic diet or secret of some sort will cause them to put on flesh. When such an individual enrolls in a course of bar bell exercise, he usually inquires if he should practice his exercises on the same day he goes on a long hike. As one of my predecessors used to say, if hiking in the fresh air was so wonderful, mail carriers would be super-athletes (he didn't state it in these exact words, but he meant the same thing).

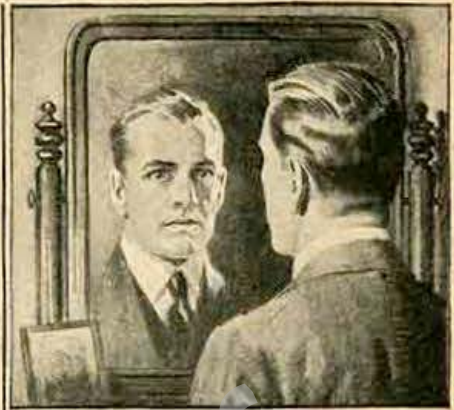
Before leaving this subject, let me assure those of my readers who happen to be overweight and wish to approximate a perfect physical condition, that it is not necessary to embark on any such strenuous training program, as above referred to, in order to reduce to the point where first-class solid tissue may be developed to replace useless fat. Here again we have the case of one who is not a hardened athlete, so a little more time must be taken in the process of reduction; otherwise there would be serious danger of injury to the vital organism, if we were to put you on a rigid daily routine of running and sweating. By being content to accomplish the desired purpose in two or three months' time, you are following a safe and sane program, without any daily system of torture.

You may be curious to know from whence this crazy fallacy emanated, creating a false impression concerning the value of bar bell exercises. As I have promised to enlighten you on the matter, please follow me. Light exer-

cises, calisthenic drills and simple physical culture methods have been taught and practiced in this country for quite a number of years with varying degrees of success and benefit. Years ago, an old school of light exercise "professors" sprang up and enjoyed a very comfortable income by signing up those who had hopes of regaining lost health and acquiring a certain degree of development and strength. These early "professors" had a big field to work in, and without any periodicals to give out information in those days, the seekers after physical improvement had to enroll in the private courses of the early professionals, there being no other way in which any form of physical development could be attained.

Then, during the first few years of the present century, the progressive bar bell was introduced to the physical culture public. Within a few years this scientific method of exercise was enjoying a wonderful success and continued to gain in popularity. Those who had striven in vain to acquire perfect health and development by means of light methods had discovered a means of bringing their dreams of physical perfection to reality. The light exercise "professors" became alarmed and sought some way in which to combat this new system that threatened their livelihood. They noticed one fact that could be used as a point in the disfavor of heavy exercise. Previous to the introduction of the adjustable bar bell, weight-lifters and "strong men" had performed with big, solid dumb-bells having thick handles, so that none but those who were naturally big and strong had any chance to take up the game of lifting as it existed in those days. The old-time "strong man" was a big "beefy" man and, due to the fact that quick lifts and progressive exercise methods were unknown, he did nothing but slow feats of strength. The light, quick man didn't have a chance in those days of thick-handled solid bells, so no one but big, husky men turned to the sport, and because they did nothing but slow movements, they grew heavy and fat.

So right here the advocates of light methods thought to throw a scare into the ranks of ambitious physical culturists and warned them of the danger of becoming slow and awkward if they were so foolish as to take up bar bell exercise. Of course, there was not the slightest connection between the methods employed by the old-time professionals and the modern idea of progressive exercise, but there was a hope of discouraging exercise enthusiasts who might be led to try the new system which was proving so popular. The "muscle-bound" bugaboo also, no doubt, started in the same way: as a means of explanation take the case of any person who is overly stout; you will admit they are not, as a rule, very supple or quick in action, and due to the thickness of their arms, the range of movement is greatly restricted. As many of the old-time "strong men" were big and "beefy" and fairly well covered with fat, there is a great possibility that they were not exactly supple, and due



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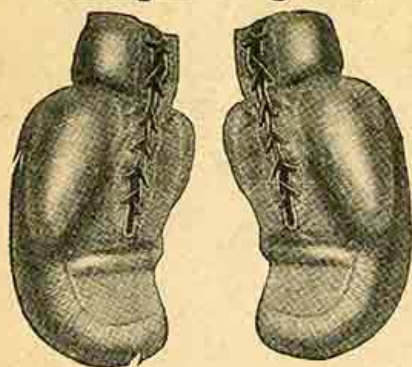
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to the comparative shortness and thickness of their arms, they, no doubt, had difficulty in clasping their hands in back of them. There is no reason to say that slow lifting movements with big, solid weights made them fat and clumsy, any more than to suggest such a reason for the build of the average fat man. Nevertheless, the fact that many old-time lifters were of such a build gave the "knockers" a chance to start the wild fairy tale of the "muscle-bound" goblin.

On the other hand, it does not follow that a weight-lifter is slow or clumsy, simply because he is proportionately huge. For instance, take the case of Karl Moerke, who stands five feet two inches and weighs around two hundred and twenty; I have seen him move as quickly as any lightweight. And Arthur Giroux might impress you as being "beefy," standing about five feet ten inches and weighing close to two hundred and fifty, but I have seen him jump on a fast-moving trolley car as nimbly as any conductor who is daily accustomed to hopping on and off the running-board. However, we must consider the fact that these men were trained along modern lines on quick lifts, even though they have accumulated considerable weight in the meantime. I certainly do not consider these men to be possessed of an ideal build, but wish to show you that lifters who are far from slender can be quick when trained along correct lines.

I trust my explanation of the origin of the anti-heavy-exercise propaganda will help you to see the folly of the idea that progressive resistance exercise is dangerous.

To sum up, we find it necessary to put you wise to the silly superstitions which started as nothing more than propaganda. We also find that our ambitious physical culturist who is following an exercise system with the idea of gaining anywhere from twenty to forty pounds, or in some cases more, needs a program of movements arranged at certain intervals to cause his system to build up and accumulate real honest-to-goodness muscular materials. He needs a course of training that will make his vital organs produce real flesh and blood. Those who wish to build up and add solid tissue to their frames, need to rest every other day, exercising no more than three or four times weekly, and by all means to forget about making a lot of useless free-hand movements, or spending valuable time and energy at other unnecessary exercises or forms of sport. By doing all this extra work and worrying about their condition, they really are doing more harm than good, and instead of following a program to build them up, the routine of excess movements and extra hours of effort is quite liable to work the reverse and keep them skinny. Please do not misunderstand me and think that I mean these other exercises and sports have no value, as I know as much as anyone of you that they are all very valuable in their place. After we have succeeded in building a man or boy into a veritable Hercules and

have given him a physique to be proud of and perfect health, then he can suit himself if he wishes to indulge in other sports and exercises, as he won't need to spend so much time at bar bell practice, and if he is athletically ambitious, he can soon excel in any branch of sport he takes an interest in. The main trouble with the young enthusiast is, that he gets to thinking he is the possessor of some magic that will make him good as soon as he begins to practice with bar bells, regardless of whether or not he follows the correct methods of exercise.

The Mat Training Program for August

Last month I suggested a double training program, one of which was for those mostly interested in Body Building Exercises, the other for ambitious Lifters, the complete program to cover a period of three months, with a change each month in the lifts and exercises making up each program. The lifters were asked to practice the following lifts during July: Two Hands Dead Lift, Two Hands Snatch, Two Dumb-bells Clean and Military Press, Right and Left-Hand Snatches. For the month of August I am asking those who are interested in this idea to train on the lifts enumerated below: Right-Hand Dead Lift, Left-Hand Dead Lift, Two Dumb-bells Clean and Jerk, Two Hands Clean and Jerk behind Neck with Bar Bell, and the One-Hand Clean and Jerk. The same rules are to prevail; that is, you take your weight and measurements at the beginning of the month, and then not again till the end of the month; likewise, you are not to test your abilities in any of these lifts during the entire month, but instead to follow out the scheme of progression outlined.

To determine the correct poundages to practice with, start out with three-fourths of your best performances. You are to practice three days a week only; so for the first week you practice with that amount of weight, repeating as many times as you comfortably can in each lift; the next week, add twenty pounds to each of the Dead Lifts, ten pounds to the Two Hands Bar Bell Lift, five pounds to each of the Dumb-bells and five pounds to the weight of the Bar Bell in each of the Single-Handed Clean and Jerk Lifts; practice with these poundages three days, then add again at the same rate, and so on till you have gone through four weeks or twelve practice days. Then on the next scheduled practice day, test yourself on all these lifts and see what you can do; or, if convenient, split the test up into two days, then you will be ready for the September schedule.

I am of the opinion that by practicing these lifts which I will outline for you during the three months' test, you will greatly improve in your lifting abilities, as these lifts progressively develop a firm foundation of the science of modern weight-lifting. By the time the entire list of lifts has been practiced you may feel sure your all-round



"I Was Never So Embarrassed!"

Just when I wanted to be so proud of you, you sat there all evening without saying a single word"

"AREN'T you a bit harsh?"
"Not in the slightest. Couldn't you think of *anything* to say?"

"No, I couldn't. How was I to get in on that kind of conversation?"

"And what did you expect them to talk about—business?"

"Really, Ja—"

"Oh, I'm so ashamed! I wanted to be proud of you, Ted. You are cleverer and more successful than any man who was at that dinner tonight—but you acted as though you were afraid to open your mouth."

"I was, dear! What do I know about that philosopher they were talking about—what was his name?—Nietzsche. I couldn't even follow their conversation half the time . . ."

"You should read more. It's pitiful! Why, you didn't contribute one idea or opinion all evening. I was never so embarrassed!"

"I'd like to read more, but you know how much time I have!" He helped her into the cab, then turned to her with a smile. "But you made up for both of us tonight, Jane! You were wonderful! How did you ever find out so many things to talk about?"

Busy People Enjoy This Way of Becoming Well-Informed

Jane glowed, flattered by her husband's praise. "Do you really think I made a good impression on those people, Ted?"

"I should say you did!" he laughed. "You seemed to know about everything. Well, you have plenty of time to read."

"Is that so!" she retorted. "I have even less time to read than you. I found all that information in Elbert Hubbard's Scrap Book."

"What's that?"

"You must have heard about it. It's quite famous. Now don't tell me you don't know who Elbert Hubbard was! One of America's most versatile men—a writer, craftsman, orator, business man—a many-sided genius. Well, when he was quite young he started reading the greatest thoughts of the greatest men of all ages. He marked the passages which inspired him most—the *highlights* of literature."

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"It sounds great," he said, as the cab drew up at their door. "Why didn't you tell me about it long ago!"

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lifting abilities will have greatly improved.

As the National Championships at Lifting will not be held until November, I would advise those who are ambitious to win titles to try this program as a means of working into condition; after which the month of October may be devoted to practice of the title set of lifts.

Follow each exercise period with a good bath, preferably with soap and warm water; rub down with alcohol or any other good emollient, and you will feel fine at all times.

Now for the Exercise Group who is interested in taking advantage of this three months' Official Strength Exercise Program. Last month I outlined a dozen exercises to be performed with a Bar Bell. It is understood that no one but those who have courses of instruction in Bar Bell work and have spent a little time on such exercises is to follow this training program.

In the following program are included twelve exercises, nine of them to be performed with Kettle-bells, one with a Bar Bell and two with either light Dumb-bells or plates held in the hands. It is suggested that you use poundages that are well within your limit of strength in every one of these exercises, it being best to be somewhat under, rather than too close to your limit of strength. Refer to whatever course of instructions you possess to give you an idea of the correct poundages to suit your case. Ex. No. 1: We will include the curl with two kettle-bells, repeating five times with each hand; Ex. No. 2: One-Hand Military Press exercise with each hand using a kettle-bell, and repeating five times slowly; Ex. No. 3: The Kettle-bell Swing, in which the bell is swung from between the legs to the height of the chest and switched to the other hand, then swung back between the legs, keeping the back flat all the time and doing all the bending with the knees and hips; repeat a dozen times with each arm; Ex. No. 4: Leaning forward with the hips, rest one hand on a chair, while you hold a kettle-bell in the other hand; now keeping the elbow straight out from the body, raise the bell by bending the arm; repeat five times with each hand; Ex. No. 5: The Crucifix, or muscling out, with two kettle-bells, repeat five times; Ex. No. 6: Calf Exercise of rising and lowering on one foot while holding a kettle-bell in one hand, repeat ten times; Ex. No. 7: Reverse Curl with kettle-bell, five times each hand; Ex. No. 8, the Alternate Pressing Exercise with two kettle-bells, repeating twelve times with each hand, and looking up at the bells as the arms are extended overhead; Ex. No. 9: An Abdominal Exercise of sitting sidewise on a chair with the feet hooked under some immovable object, bend back, hold a kettle-bell in each hand at the sides of the chest, and raise from the floor to a sitting position, repeat five times; Ex. No. 10: The Deep Knee Bend is performed with a comparatively heavy bar bell, the feet being kept flat on the floor, toes pointed straight to the front,

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you can manage best by keeping the feet no more than eighteen inches apart, sit down as far as you can, then come back to the erect position, repeat twelve times. The next two exercises are for the chest region and can be performed either with five-pound dumb-bells or by holding a plate of that weight in each hand; Ex. No. 11: Assume a prone position with a small stool or other object under the broad of the back, bend the head back so there is a decided arch to the chest, then begin an alternate two-arm pull-over, performing a complete half circle with each arm; as one arm is stretched full length overhead, the other should be at the thigh, repeat twelve times with each arm, being sure to keep the arms straight. Ex. No. 12: The other Chest Exercise will consist of extending the arms to the side while in the same position as in the foregoing exercise, start with both arms straight above chest, with five pounds in each hand; while inhaling deeply, lower the arms sideways to the floor, then return to the position over chest while exhaling, keep arms straight.

Once again let me caution you to use weights well within your limit, so that you are certain to perform the movements in a thorough manner. Breathe deeply at all times, through the mouth if necessary. As a rule you should inhale with every flexion of the involved muscles, but rather than to be compelled to hold the breath, it is better to inhale with every movement, both flexing and extending, and exhale at the end of each movement.

Follow every exercise period with a good bath, a warm soap bath is preferable. As a rub down you may use ordinary rubbing alcohol, or any of the good compounds offered for sale in drug stores. Be sure to exercise no more than three times a week, and try to limit each practice to forty minutes at the most.

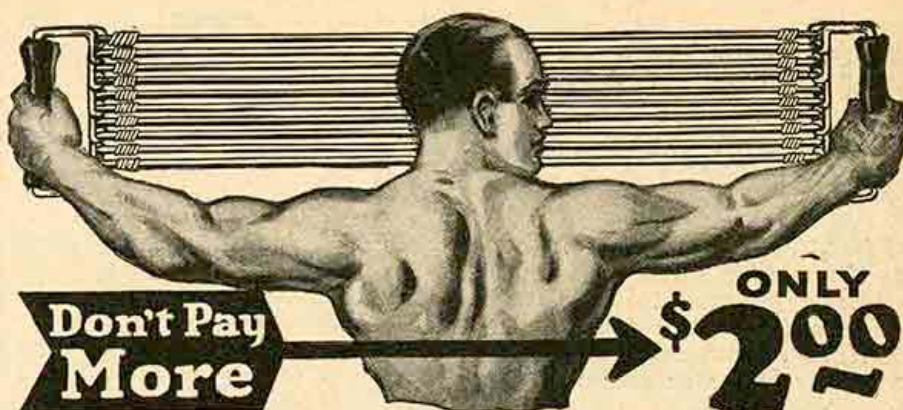
As you will find by referring to the Association Notes, those who enroll as members of the A. B. B. M. and take part in either of the above programs will be eligible for a diploma of the association, upon payment of the mailing charge of ten cents. You should have two witnesses when you measure both before and after the period of three months; send us the list of your measurements (and lifts, if in the lifting group) with the signatures of your witnesses and we will promptly award the diploma.

MAT EDITOR:

I am an ardent Mat fan and would like very much to know the height and weight of the following athletes: Saxon, Sandow, Hackenschmidt, Klein, Manger, Mitchell, Matysek, Arco.

W. M. E., New Jersey.

Five feet eight inches is the approximate height of the following, along with their weights: Saxon, 210; Sandow, 185; Hackenschmidt, 210; Manger, height five feet eleven inches, weight 182; Mitchell, height five feet eleven inches, weight 168; Matysek, height five feet nine inches, weight 180; Klein, height five feet four inches, weight 148; Arco, height five feet three inches, weight 140.



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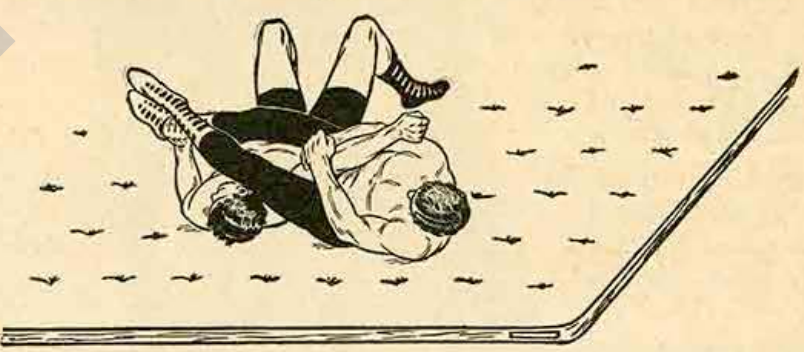
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EDITOR OF THE MAT:

I am wondering how in the world there are Two Finger Lifts of 881¼ pounds performed and One Finger Lifts of 500 pounds and over, when all they can lift is around 400 with one hand. How can Two Fingers lift more than the whole hand? If Warren L. Travis can lift 881¼ with two fingers he should make over 1100 pounds with the whole hand. Now I realize there is a different technique used in the Finger Lift and the One Hand Dead Lift, but don't know what it is. To those of us who are uninitiated it seems mighty queer.

E. A. A., North Dakota.

In performing the Two-Finger Lift, one finger (the middle finger) of each hand is inserted in the loop end of a hook: the loop into which the finger is inserted is wound with electric tape so that the finger joint fits tight with little danger of slipping; however, this is a very painful lift as the skin is usually peeled off the finger. In performing a one or Two Hands Dead Lift, the hand must encircle a one-inch bar and is quite liable to open from the pulling effect of the heavy weight. The Two-Finger Lift could be compared with the Two Hands Lift, known as the Hand and Thigh Lift, where the knuckles are pressed against the thighs to prevent them from opening. The world's record in this lift is 1897 pounds.

THE MAT EDITOR,

Dear Sir:—Is it true that a big man cannot equal, proportionately, a smaller man in strength and skill? In an article it was stated that many small men had succeeded in lifting overhead double their bodyweight, but that no heavyweight had yet done so. Is it possible for a big man to do the same? Will it be possible for a 250 pound man to raise 500 pounds if he perfects his science? Louis Cyr weighed 300 and would have had to jerk 600 pounds, but only accomplished slightly more than his bodyweight. Why? What I want to know is whether this is a matter of science or does a man, once he passes a certain bodyweight, forfeit strength for size?

K. B., Cal.

In the majority of cases it is true that a small man should be stronger, proportionately, than a big man, but this does not hold true in every case. Charles Rigoulot, weighing around 220 pounds, has accomplished 375 pounds in a Two Hands Clean and Jerk, which compares with the best performances of the small men. He is likewise correspondingly good in all the quick lifts. Rigoulot is also the heaviest man to snatch bodyweight with one hand, being the first man above the middleweight class to do so. However, there is a certain limit in size and weight where the large man is no longer so efficient as compared pound for pound with those who are smaller than he.

Generally speaking, the smaller classes up to 168 pounds are the most efficient, while men weighing over 220 pounds are most likely to be a great deal slower besides not being quite so energetic. This applies in boxing as well as in weight-lifting; for instance, note how much quicker the smaller men step around in the ring, while it is very rare for a man weighing well over 200 to be of any use in the ring. Jack Dempsey at his best was probably as efficient as

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any heavyweight who ever put on the mitts and he weighed less than 190 pounds in the pink, and in action resembled a middleweight more than a heavyweight. Sullivan, Corbett and Fitzsimmons were, at their best, lighter than Dempsey, while Jefferies and Johnson weighed over 200 pounds, with Willard being the only really big man who was champion in the ring. In wrestling it is somewhat different, as many really heavy men have been worthy contenders on the mat, though this is due more to their weight advantage combined with unusual body power, especially as they can lean on smaller men and wear them down. Real large men lack the coordination of the light men, while it must be understood that those of welterweight and middleweight physiques have vital organs approximately as large as the 300-pounder; also a brain and nervous system of at least equal power with much less bone and beef to be moved about.

In the case of the 300-pound Louis Cyr, he was capable of exerting more force or pure strength than any man on certain slow feats of strength, but as a bar bell lifter he was far from the best, as he was altogether too cumbersome to apply his strength to advantage in bar bell lifting.

Herman Gorner is the largest of modern lifters who possess a degree of physical efficiency corresponding to bodyweight, and weighs in the neighborhood of 250 pounds, but he is far from being a double-body weight lifter. The heaviest man to accomplish this great feat weighed around 150 pounds, and all of those who have been successful stood under five feet four

inches. Therefore, it is quite probable that such things as distance to be lifted, weight per square foot of floor space, and length of arm would all have something to do with the matter, besides the possession of relatively greater nervous energy and efficiency on the part of the smaller man.

MAT EDITOR:

I am quite accustomed to a daily cold bath, but have heard lately that certain well known instructors advise luke-warm bathing in preference to either hot or cold. Should I discontinue my cold baths?

I also find it necessary to do my exercising in the morning, but my instructor advises exercise in the evening or late afternoon. Will I injure myself in any way by exercising in the morning?

K. J., Mass.

Experience has shown that in the majority of cases, the most beneficial effects follow the regular use of a mildly warm bath, but where one is rugged and has grown used to cold water with no harmful after-effects, nothing but benefit can result therefrom. Continued hot bathing may have a depressing effect on the system. There are cases where hot and cold baths are prescribed by physicians and physical experts with splendid results.

As to exercise in the morning, certain experts have held the opinion that an individual is more wide awake later in the day so far as strenuous exertion is concerned; particularly is this so when one is sleepy the first thing in the morning, and thus liable to shirk exercising in the proper manner. If you get sufficient sleep and make sure to apply yourself as you should, there can be no harm in morning exercise.

A Bathing Beach Figure

(Continued from page 27)

depicted in the illustration.

I have seemingly neglected to make reference to the number of repetitions in each exercise, so now I will call your attention to this quite important matter. It is certain, there is no reason for anyone doing less than ten repetitions of each complete movement; if my reader happens to be very much over-weight, she should start with ten and gradually grow accustomed to as many as twenty times for each and every exercise; it is hardly advisable for you to go beyond twenty, as rather than to do so, you would better add other exercises to your set from previous issues of this periodical. If my reader is underweight and wishes to gain a little avoirdupois, I would advise fifteen times as an ideal number to work up to from a starting point of ten.

However, should my reader by any means be of somewhat perfect lines and curves, she may find ten repetitions as sufficient, in addition to her other health and pep preserving and promoting activities, which it is thoroughly understood she should take part in. The slender or very thin woman will do well to perform her movements in a slow, methodical manner without an undue waste of time. The plump or stout

woman who wishes to reduce must perform her exercises as though she meant it, pepping up the movements as much as she is able comfortably to do; it is never advisable to grow extra tired from your exertions; however, make an effort to keep on the move and do each exercise in a thorough manner.

Follow a practice of exercising from ten to twenty minutes every day and excellent results are bound to follow, even from such light and comparatively easy exercises as herein given. From a hygienic viewpoint, it is well to take advantage of your shower following each exercise period, though if you happen to reside where this convenience is lacking fill your tub and bravely step in for a few moments. From experience, competent authorities have arrived at the conclusion that a warm bath, neither hot nor cold, is preferable and has the most beneficial effect on the system. Generally speaking, the cold bath should be left to those who are quite accustomed to such practice and thoroughly enjoy the shock. And the hot bath may have its uses to induce sleep on occasion, but is hardly considered best as a regular practice. When stepping from the bath, rub yourself all over in a brisk manner with a

Why Is This the Best Time of the Year For YOU TO LEARN FLIPS AND SOMERSAULTS?

The summer time is the best time to practice and learn tumbling and hand balancing because you can get out of doors. This means that you need not have access to a gymnasium in order to practice, which is inconvenient to many novice tumblers. You can get out on a lawn, or out in the fields or woods and practice unmolested. Besides, tumbling and Hand Balancing feats are easier to perform when you have the blue sky for a ceiling, no close walls about you and soft ground or sod beneath you.

It Gives You a Feeling of Safety and Safety Gives Confidence

Then, too, the pure outdoor air gives you pep which makes you leap higher in somersaults and other feats where height is important. I recall when I was just learning the Back Somersault and Flips, I could do them perfectly and without fear out doors, but as soon as I came into a gym I would hesitate. Nothing will hinder you more than hesitating uncertainly before performing any tumbling feats.

Maybe you have noticed this already; if you haven't, try it out and see if it isn't so.

About This Course

The course starts you out with the very easiest stunts if you are a beginner, or you can start where your knowledge of tumbling and hand balancing stops.

Some of the many preliminary stunts are—The Forward and Backward Rolls; The Rolls with Shears; The Dives and Rolls; The Sit Down; Cart Wheel; Round Off; Bucking Bronco; Hand Springs and variations; The Tinsica; The Head Spring and variations; Shoulder Spring; Snap-up or Kip-up. A few of the more advanced single tumbling feats are—Backward Roll to Hand Stand; Flips and variations; Flips to Hand Stand or Half Flip; Back Somersault; Forward Somersault; Somersaulting with Weights; Spotters; Gainers; Twisters; Routines and so forth.

Then There Are Double Tumbling Feats

These stunts are done with a partner and start with the easy ones like—The Double Roll-over; The Swing; The Double Crab; The Pull Over; Knee-and-Shoulder Spring; Knee Spring; Arm Spring; and many others.

The more difficult double feats are such as the Somersault from Shoulders; Somersault from Hands; Somersault from Partner's Feet, etc.

Then After All This We Still Have the Second Half of the Course on Hand Balancing

This half, like the first begins with feats of balance that are easily and quickly learned and carries you on to the more advanced ones. The Knee-and-Elbow Stand or Japanese Stand; The Head Stand with Hands, etc., into the more advanced ones like the Two Hand Stand; Tiger Bend; Hands-together Stand; One Hand Stand and as usual many other sensational balancing feats.

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Feats in which you use one and two partners. Needless to say these feats are very interesting and produce very sensational stuff.

There are easy double and triple feats such as—The Knee-

and-Shoulder Stand; Shoulder and Arm Stand; Knee and Waist Stand; Hand to Hand Overhead and on Mat; The See-Saw Hand Stand; Neck Balance and others. Some of the triple feats are—Three High on Shoulders; Hand Stand on Feet and Hands; Three High to Hand Stand and quite a few special feats that are very difficult.

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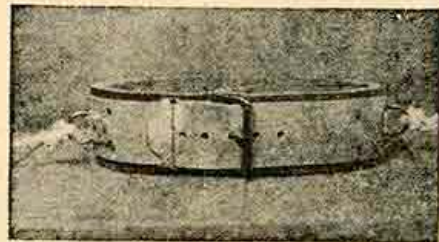
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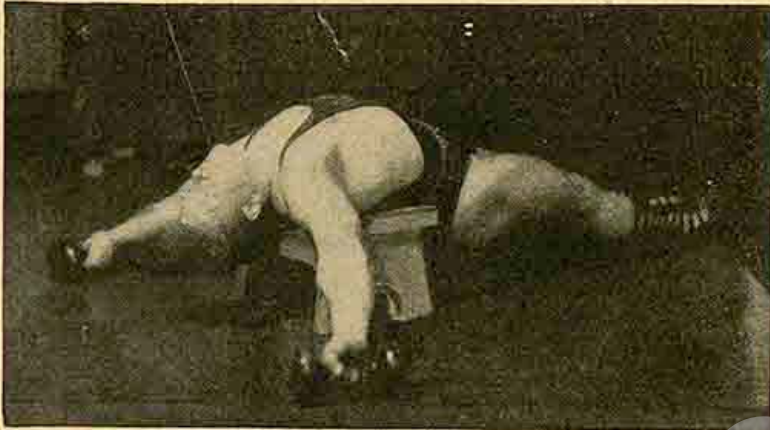


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rather coarse towel. Common rubbing alcohol, which may be purchased at the corner or "neighborhood" drug store is of advantage as a light massage medium after the bath, and will tend to keep the skin in a clear and clean condition, besides preventing any possibility of soreness as a result of your adventures in physical culture.

Endeavor to walk about two miles daily in the open air, even if it must, of necessity, be done on busy city streets, and likewise try to make your pace brisk and energetic.

The question of diet may be of interest. In this connection I would recommend three meals daily, regardless of your present condition of fleshiness or lack of flesh. Those who are interested in adding to the bodyweight should include plenty of thick soups, potatoes, macaroni, spaghetti, rice, cereals and cream, bread and butter, with a large proportion of greens, salads, vegetables and every kind of fruit. Those of my readers who wish to reduce will do well to leave alone candies, pastries, puddings, potatoes, thick soups, cream, ice-cream and white bread, relying mostly on lean meats, salads, fresh greens and vegetables of every sort and fruits of all kinds. Water should be included by the tumblerfull at regular intervals all day long; this water drinking habit will also help to gain weight for those who are thin.

The above suggestions, in addition to the regular practice of the accompanying exercises, should, I hope, prove of immense value to the feminine readers of STRENGTH, who are, like myself, interested in keeping up the high standard of efficiency maintained by our men-folks.

The Art of Hand Balancing

(Continued from Page 30)

absorb the shock of landing, then push up to position and walk off. After learning this you can try diving over a chair or another person and landing as above.

The handstand dip mentioned several times in this article consists merely of doing a handstand, then lowering until the face touches the floor and pushing back to position. The main point to remember is to carry the head and shoulders well forward, allowing the face and not the top of the head to touch the floor. The tiger bend (or forearm balance) shown in figure No. 7 is performed in a similar manner, except that in dipping the legs must be kept much farther forward than in the regular dip, the feet being kept almost directly overhead in the tiger-bend. Another thing to remember is that in the tiger-bend the elbows are brought straight back, the forearms being parallel, and are not held out from the sides.

In these various exercises you will find it of considerable advantage to use the bent knee position and allow the legs to separate, but learn the stunts in correct straight leg form as early as possible.

Now we are ready to take up a group of positions that are considerably more difficult than any previously described—those positions in which the head is held upside down and in which the "sense of balance" is literally in the hands. For, as mentioned in the preceding article, with the head so held the balancing organs in it cease to function properly, and the performer must judge his balance by the shifting of the pressure (center of gravity) in the hands, increasing his effort at the fingertips or heel of the hand to counteract any tendency to overbalance. These positions are the straight stand and its variations, the half-split, the split, the half-moon, etc., and require the utmost degree of concentration, judgment, and control of muscles, and not a little actual physical strength.

First we shall consider the straight stand, shown in figure No. 8. Begin by doing a handstand against the wall, placing the hands much closer to the wall than for a regular handstand and using but little back bend. Allow the feet to rest against the wall, then lower the head until it is completely inverted, you being able to see the edge of your chest, and remain thus a moment. First of all you will notice complete loss of all sense of balance and may get somewhat dizzy. Now straighten the hips and back and while keeping one foot against the wall bring the other out as if to do the split until you feel yourself coming into balance (see figure No. 9), then try to keep balanced by pressing the fingertips or heels of the hands, depending on whether you feel yourself falling forward or backward, respectively. This is where your ability to concentrate gets a thorough test, for you must keep your attention on the ever-shifting center of gravity, getting the jump on it each time it shifts. And bear in mind that all sensation of changing balance is felt first in the hands and later—or too late, rather—in the head. By this time you must have noticed that over-balancing backward relieves the fingertips of pressure and increases the pressure on the heels of the hands, while over-balancing forward results in just the opposite condition. Thus your hands become your balancing organs in the "inverted head" positions, and upon them you must rely for guidance in balancing.

As soon as you become able to balance fairly well in the above manner try it away from the wall in this manner: Do an ordinary handstand, then without trying to straighten the back into position endeavor to lower the head and remain balanced. Remember that lowering the head tends to pull you down backwards, so take care to carry the balance well forward on the fingers as you shift the head position. And if you overbalance forward you may either step forward *quickly* with one hand or duck the head, "round" the back and roll forward if you are using a mat. And just a word about mats—I never liked to balance on a mat, but prefer a smooth hard surface, like a tile floor or smooth wood floor, as I seem to get a better "grip" on it and there is

no "give" to such a surface. But I have often used a mat as above recommended, however, I would do the stand on the floor at the edge of the mat, so that in falling forward my head and body would strike the mat.

After due practice you should be able to straighten the back while holding the head inverted, and come to the true position as in figure No. 8. (There is too much arch in the small of the back in the illustration, and the arms should be more in a straight line with the back. Then the body would be absolutely straight in front from feet to chin, and the performer could see his feet distinctly). Some performers prefer to lower the head then straighten the body as above, but I always found it easier to do both simultaneously, gradually changing the head-to-heels curve of the regular handstand to the straight line of the straightstand position. The criticism of the illustration covers the greatest trouble one encounters in performing this feat—arching the back and bending the hips forward in order to see the toes, thereby causing the arms to be held out of line with the spring. The legs should be held straight at the hips, with the hips thrown forward taking all the arch from the small of the back. True, there is a position in which the back is well arched and the hips bent forward enough to bring the legs perpendicular, but that is a variation of the straightstand, and is an entirely different position.

Once you have mastered the straightstand the following stunts will be easily learned:

The half-split is performed by arching the back well, then bringing one leg as far forward as possible with the knee flexed. See figure No. 10. The head is usually held up until the leg position is attained, then it is lowered. Now you can straighten the flexed leg into the full split position, or you could come to that position before lowering the head. In either case, bear in mind that bringing the leg forward will tend to overbalance you backward, and you must accordingly keep the balance well forward while shifting. If you have lots of back-bend you can do the split with the legs at an angle of about forty-five degrees with the floor, but if your back is not so limber the legs will be more nearly horizontal as in the half-split illustration.

The half moon, see figure No. 11, is performed from a regular stand by arching the back more and more, lowering the head and continuing the arch until the feet pull the body far over, bringing the arms in line with the spine in order to maintain the balance. It is rather difficult. Another and more difficult way to get into it is from the split—without raising the head or bending either knee swing the forward leg over and back beside the other and attain the correct position. Now you must bear in mind that shifting this leg backward will overbalance you forward, so you must carefully keep your balance well toward the heels of the hands while changing positions.



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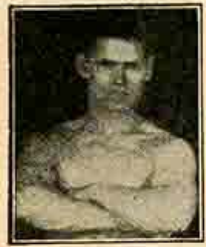
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A good routine employing these positions is to do a handstand with lots of back bend, then the half split, next lower the head and do the full split, shift to the half moon, then to the straight stand and finally return to the first position and drop down backwards, one foot first, and slide the other back into a split on the floor. Or you could close by dropping the feet over forward and coming into the crab position, then stand erect.

This is all easily said, but just try doing it once! And once again let me warn you—Rome was not built in a day, and you will not learn a difficult handstand in thirty minutes' practice. You must put in a proper amount of time coupled with your undivided attention, for it's much of a job to do a new handstand and ponder over the baseball returns at the same time. Just put your mind on what you are trying to do—pretty soon you'll do it!

Cooling Thoughts for Hot Days

(Continued from Page 37)

heat. This is why physicians advise that warm baths in winter should be finished with cold splashing—so as to close the pores against colds.

My point is this: In spite of the actual effect of a cold bath in summer, many people believe themselves cooled by it for the whole day. The theory sounds right to them, they have accepted it without the slightest question, and are cooler *because they believe they are*. If they could base the same degree of confidence on the correct course they would be physiologically as well as psychologically cooler—and even more comfortable.

Several times I have seen people immediately grow cold when they felt of the radiator and found no heat in it, whereas they had been comfortable before that discovery. Likewise, I myself was as comfortable as usual one night last summer until I discovered about midnight that I had forgotten to open the window. Then I was too hot to sleep until I got up and opened it.

Suggestion, particularly auto-suggestion, is a tremendous force. Perhaps you have heard the story of the novelist who, while describing in one of his stories an Alaskan snowstorm, grew about as cold as the fictitious characters who were fighting the blizzard. It was midsummer, but he built a fire in the grate to warm his room.

When a lad, I lived where extremes were the rule—hot summers and cold winters. One of our neighbors, a devout believer in suggestion, without even knowing a thing about the science, had two sets of pictures for the living room in her home. In winter she hung up views of summer scenery and activities; and in hot weather these gave place to snow scenes, frozen streams, icicles, polar bears, sleighing parties, etc. Try it this summer—decorate the walls of your home and office with pictures that will put the tang of fall in

your blood and the roar of Boreas in your ears.

When you feel yourself getting too hot, try to visualize an opposite situation—imagine that you are on the peak of a snow-clad mountain, unprotected and the target for a cutting northern blast; your ears and nose are freezing, your hands blue with cold, etc. See the thing in detail, and shudder as though with cold. It will not be long until you are decidedly cooler; you may even put on your coat, if your power of thought concentration is exceptional.

Back up the favorable mental attitude with other measures. You doubtless know that the summer diet should be largely of vegetables and fruit, but do you *act* on this knowledge? Temporary elimination of those heavy, heat-generating foods used in winter will improve your health in many ways besides reducing the bodily heat.

Exercise every day—an hour in the open if this is practicable. Avoidance of exercise in warm weather is a mistake; muscular work burns up in a short period the fuel that otherwise would "smolder" for hours, days or weeks and keep the bodily temperature uncomfortably high. The bodily functions cannot be at their best without physical exercise, and this law of life cannot be set aside at any season.

Keep the air in your rooms moving. Whether a fan or some other device is used is immaterial, but do it in some way. On the hottest days you can shut up the house and be the cooler for thus closing out the heat, but this course will be unhealthful unless the imprisoned air is kept vigorously on the move.

A wet sheet, or two or three wet towels, hung at convenient places, rapidly cools a room by evaporation, and on a hot, close day the effect of this simple measure is peculiarly gratifying.

On a particularly hot night, fill a water bag with cold (not iced) water

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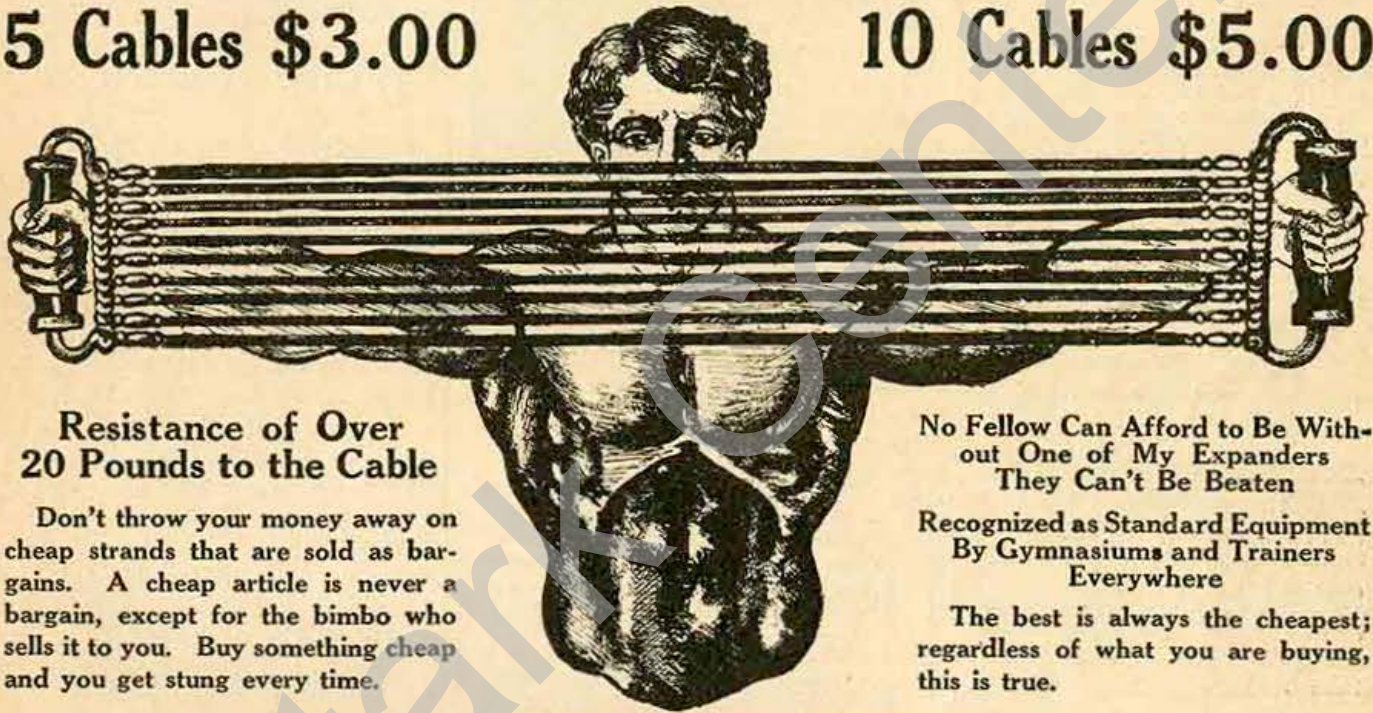
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and use it as a pillow. On a hot morning, when you seem unable to wake the body up or summon a trace of energy, hold your wrists under the cold water faucet for a few moments. Throw warm water, then cold on your face, and repeat this alternation half a dozen times. Wear loose clothing, light in weight and color.

Results Count

(Continued from page 21)

astonishing. In the pole vault Sabin Carr's, of Yale, vault of fourteen feet was astonishing enough, but never before in track athletics has it been necessary to pole vault thirteen feet to place, and to broad jump twenty-three feet only to place is almost as startling a result.

Certainly track and field progress seems to be constant and equally certain, although some of this progress must be due to better forms and some must be due to better men.

When records in all fields of sport are constantly being broken, we must be turning out not only better athletes but also a better race. Whether today's champion is really a better man than the champion of ten years ago has always been a question, but we cannot go on for years constantly improving without being forced to acknowledge that our improvement is not all the result of coaching and equipment. Our coaches thirty years ago may not have been as thoroughly familiar with their fields as our coaches of fifteen years ago, and in turn our coaches of today must know more than the men of 1912; but our performances are surpassing the normal increase in ability that coaches could give.

Our Covers

We wonder how many of our regular readers have noticed our change in cover policy during the last few months. Last April we changed from a blue background to a red one, and we have been running the red cover ever since.

Then along in June we ran Borotra, the French tennis ace, on our cover. This was the first male cover that we have run in more than two years. Although we do not expect to run all men, we do expect to have a reasonable number of male covers on STRENGTH in the next twelve months, and we hope that this innovation will be as pleasing to you as it is to us.

Association Notes

(Continued from page 54)

America. We wish to overcome this state of affairs and know of no better way in which it may be done than to require an affidavit on all official records.

There is such a thing as being sensible in the weighing of weights. We can hardly see where it is necessary to put every single weight on the scales when no records are threatened, and believe that if the highest poundage on every lift is weighed, that is sufficient. For instance, we will suppose two lifters are contesting on a certain lift, the record for which is 180 pounds; we will say both men start at 160 pounds, then proceed to lift 170 and 175 pounds; now so long as the officials are pretty certain of the weights used, there is no real reason to throw any of these fully loaded bells on the scale; but supposing one of the contestants attempts a weight in excess of the record, which is 180 pounds; then we must insist on the bell being weighed fully loaded. Of course, in the Championships where the total on all lifts will count, then it is necessary to weigh the best performance of each lift composing the total.

It should not be amiss to bring up the matter of rules for lifting—All lifts to be counted official must be held at the finishing position for two seconds, or the count of two by the referee.

In all standing lifts the finishing position will be the erect position with heels together, excepting in the One Hand Dead Lift where it will only be necessary to raise the lifting hand above the height of the knees with the weight clear of the floor and the knees locked.

In the One Finger Lift, Two Finger Lift, Hand and Thigh Lift, Teeth Lift, Back Lift, Harness Lift, Jefferson Lift and Kennedy Lift it shall be necessary only to lift the weight clear of the floor at all points, without the use of artificial aids to the grip, or other unfair means.

All weights to be weighed in the presence of the officials, consisting of a Referee, and at least two judges or two or more reputable witnesses.

For further information concerning the A. B. B. M. please refer to the Association Ad in another part of this magazine.

So far you will notice several schemes and methods whereby members will be able to win diplomas, certificates and medals, but please remember this is only a start, as we will keep you fairly well surprised with our offers to ambitious members, which we will announce from time to time.

No doubt the old readers of STRENGTH will remember the wonderful photos of Melvin L. Tampke, of San Antonio, Texas. Personally, we were always greatly impressed with those pictures, especially the proportions of his chest. Well, Tampke has been back in training for some little time, and recently performed a new world's record in the Rectangular Fix of 115

pounds, while weighing in the heavy middle weight class. He saw to it that everything was authentic, as he had his officials swear to an affidavit before a notary public, which is really the proper way to perform records. At the same time he performed a back-hand curl of 80 pounds, 14 times in succession, performed in correct style, which is some feat. I am sure we will hear more of Tampke.

We also received word from Salem, Mass., that a show was held there on Thursday, May 26th, the program consisting of an exhibition of lifting by Emil Olsen, John Valentine, a middle-weight, performed a Right Hand Dumb-Bell Bent Press of 160 pounds, and a Two Arm Press of an exhibition nature. Leo Gandreau did some kettle-bell juggling, and showed how easy it is to drive spikes through wood with his hands, bent spikes with his hands and teeth, besides doing some lifting. Emil Pearson performed a Two Hands Clean and Jerk, a Two Hands Dead Lift of 480 pounds, and 420 pounds with each Right and Left Hands. Two wrestling bouts were given, followed by a half hour exhibition of Swedish Gymnastics and jumping by the Cambridge Swedish Gymnastic Team. Music was furnished.

Frank Dennis, our popular friend from Birdsboro, Pa., is certainly on a record breaking rampage lately. Last month we listed many records to his credit, and since that time he has seen fit to establish a few more standards. At a bodyweight of 152¼ pounds, he accomplished the following American records in the Middleweight Class: Right Hand Continental Press—130 pounds; Left Hand Continental Press—130 pounds; Hold Out in Front, Raised from Below—70 pounds; Hold Out in Front, Lowered from Above—75 pounds; and the following world's records: Shoulder Bridge—327½ pounds; Jefferson Lift—831 pounds; Kennedy Lift—861 pounds. These lifts were performed under the auspices of the Warren L. Travis Lifting Club, in Harrisburg, Pa., at the Pennsylvania Railroad Y. M. C. A., in that city, on May 28th, at which time a few more lifters showed their abilities. Nick Mammarella, weighing 120½ pounds, did a Rectangular Fix of 80 pounds, an American record, and a world's record of 875 pounds in the Hand and Thigh Lift. George Blymire, weighing 138¼ pounds, performed the following records: Abdominal Raise—90 pounds; Two Hands Clean and Jerk Behind Neck—190½ pounds; Kennedy Lift of 766 pounds, and a remarkable Curl of 140¼ pounds with Two Hands. On the same occasion, Ralph Britsch, of Harrisburg, at 145½ pounds stripped, did a Rectangular Fix of 102½ pounds, which is 2½ pounds under the light-weight record. It should be mentioned that Dennis also performed a Hand and Thigh Lift of 1487 pounds, but they did not bother claiming it official as

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

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

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

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

Intestinal Stasis

(CONSTIPATION)

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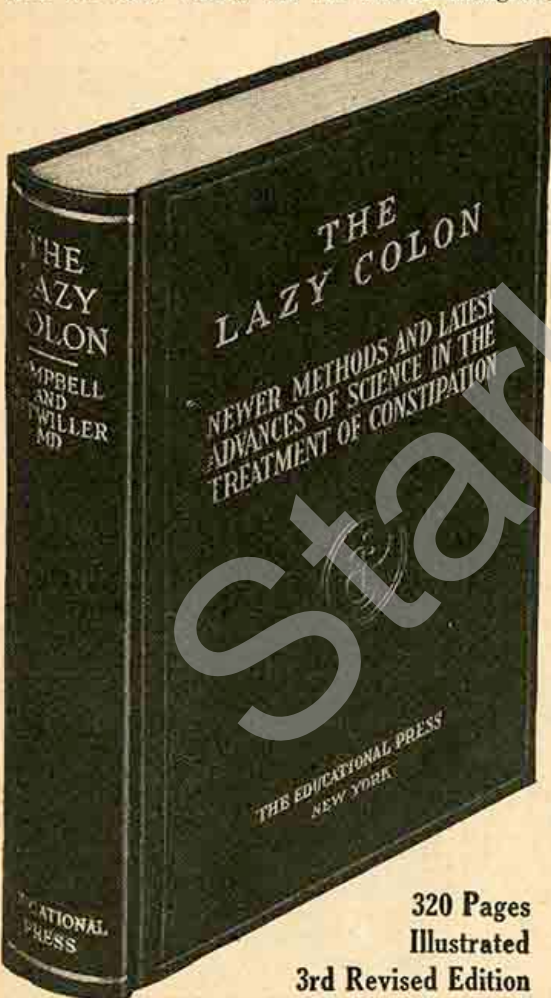
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Robert L. Owen, Esq., Washington, D. C.: "Am directing five copies to be sent to five of my friends."

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Frank wanted over 1500 pounds, which was more weight than the Club owns. Frank is steering for 1900 pounds, which he believes he can do.

You will notice, in this issue, a photograph of Siegmund Klein, posed as "The Captive." This pose won for him the honor of first place in a posing contest run by the French Magazine *La Culture Physique*, which was founded by Prof. Desbonnet, the world famous lifting authority. This particular posing contest was open to all the athletes of France, and it certainly is a high honor for an American boy to win such a prize. Some persons will tell you a native would certainly be favored by the Europeans and that an American, or other outsider, would never stand a chance. However, this instance leads us to think such assertions must be entirely wrong. This contest must certainly have been on the level, and the fact that the French judges should award first prize to an American is a great credit to the honesty and integrity of the officials concerned. Second place was captured by the French Light-Heavyweight Champion Lifter, Andre Rolet.

The Austrian Weight Lifting Championships were decided on the One Hand Snatch, One Hand Clean and Jerk, Two Hands Military Press, and Two Hands Clean and Jerk, with the winners scoring as follows:

Flyweight—Wagner, 126½, 165, 143, 209.

Featherweight—Prizbil, 148½, 165, 165, 242.

Lightweight—Hass, 176, 220, 181½, 280½.

Middleweight—Hipsinger, 165, 209, 192½, 286.

Light-Heavyweight — Kottik, 176, 198, 181½, 302½.

Heavyweight—Schielberg, 176, 220, 264, 286.

The World's Lightweight Record in the Two Hands Clean and Jerk was recently set at 292½ pounds by Willy Reinfrank, of Germany, beating the previous record by ten pounds. Andre Rolet, the French Light-Heavyweight Champion, recently eclipsed by 11 pounds, the French record in the Two Dumb-bells Clean and Jerk with a lift of 276 pounds. Quite recently the British One Hand Swing Record was raised to 172 pounds by C. F. Attenborough who weighs under 168 pounds, or 12 stone, as they say over there.

You may remember Edward O. Martin, of Attica, Indiana, who was credited with a record in the Shoulder Stand Press of 402 pounds. Just recently he wrote us telling of having raised the record to 562 pounds, and giving us a signed statement by a long list of witnesses. We are sorry this reached us too late to be included with our record lists published in the two last issues of STRENGTH. This is a world's record for this class of lift.

Those who reside in Chicago should take advantage of the invitation extended by Mr. E. H. Stewart, of 207 E. Ontario Street, Chicago, to visit him at his club room any Monday, Wednesday or Friday evening. He has formed a

small athletic club and would like to meet lifters and physical culturists in his city who are interested in forming a really worthwhile club. You will find him at the above mentioned address on those evenings between 7 and 11 P. M.

Just the other day we received a visit from Sailor Jim White, one of the leading professional strong men. It is possible you may be interested to know something concerning him after seeing photos of him on another page, so we will give you an idea of the man and some of his stunts. Sailor White has been interested in the strong-man game for seventeen years and while in the service, a few years ago, was known as the "Strongest Man in the Navy." Life was pretty easy for him then as he was put into service in the recruiting field and attracted much attention due to his ability to perform sensational feats. One such stunt we are showing this month, where he is pulling four fully loaded five passenger autos with a teeth grip. Another such feat was to pull a six inch field piece, such as is used in the Artillery, with twenty-six men sitting on it, a distance of one hundred and sixty feet, using only a teeth grip.

While at the office of STRENGTH he did one very good stunt, which we have not seen performed by anyone else. He wanted to know if we had a quart milk bottle which we could fill with water, stating that if we had, he would knock the bottom out of the bottle by hitting the top of the bottle with his open hand. On looking around we were able only to find a pint milk bottle, which we filled with water. White poured a little of the water out, then gripped the bottle tightly with his left hand and hit the top of the bottle a good solid wallop with the palm of his right hand and sure enough the old bottom of the bottle popped right out, the water splashing all over the room, even though we had placed a bucket under the bottle. (This is a stunt worth trying fellows, and I believe you can make quite an impression with it, if you are successful in accomplishing it.)

During the Winter months White appears in vaudeville in different parts of the country and fills other engagements in the summer months; for instance, last summer he appeared at Hubers Museum on 42nd Street in New York City, where he will appear for most of this summer. He has been billed as a headliner in many cities, and if he appears in your city be sure to see his act, which consists of the following feats: He opens the act by appearing in sailor costume and tearing two and a half packs of playing cards; he then leaves the stage for a moment and comes back in athletic costume, whereupon he proceeds to go on with such feats as placing a twelve foot steel bar weighing fifty pounds on his shoulders, he allows two men to hang on each end of the bar, and then turning rapidly around he swings the four men as though they were on a merry-go-round. Takes a nine foot piece of rim steel, ¾" by 1½" and wraps it around his arm till it resembles a spring shock absorber. Then drives a ½" thick machine bolt in a



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heavy plank and taking a grip on it with his teeth, breaks the bolt by bending back and forth. Having driven 3 eight-penny nails or eight inch steel spikes next to one another in a plank, he takes a grip on them with his teeth and bends all three at one time. He then winds up his act by allowing a team of horses to pass over a bridge, which he supports on his chest while lying on his back; the total weight being more than 5,000 pounds; horses—3700 pounds, bridge—1200 pounds, one man—150 pounds. Sailor White is always pleased to meet the boys who are interested in strength in every city in which he exhibits, so if he visits your town be sure to see him.

His measurements are:

Height, 5' 4".
 Weight, 150 pounds.
 Neck, 17½".
 Biceps, 16½".
 Waist, 33".
 Chest (normal), 44".
 Thigh, 24".
 Calf, 15¼".

The boys in Hagerstown, Maryland, wish me to announce that they are going to run a show within the next

few months and would like to have a large gathering of enthusiasts on hand. Any readers who live near Hagerstown should make a point of getting to their show; likewise, they are looking for performers from out of town to help them put on a good show. The exact date will be announced in the next issue of **STRENGTH**, so please watch for it. Those wishing to perform please communicate with Mr. B. F. Yates, Box 348, Hagerstown, Md.

On one of these pages we show a photo of 20 of the 72 members of the Milo Weight Lifting Club of Allentown, Pa. These boys comprise one of the most enthusiastic groups in America. The entire membership has enrolled in the A. B. B. M. Their instructor, Charles Durner, is one of the men whose pictures used to adorn the pre-war issues of **STRENGTH** and created no small amount of attention. Charlie is now endeavoring to make his pupils world famous, and, judging from the development and strength they show, he will be entirely successful. Witness the back development of Earl Feather and the group picture in this issue. We have more photos to be published so look out for them.

Strength on the Athletic Field

(Continued from page 24)

but in the 56-pound weight event the giants have too great an advantage in size and weight, and, incidentally, in strength.

Judging from the ability shown by these comparatively small athletes as compared to the giants of the athletic field, it will take someone weighing around two hundred pounds, possessing the physical characteristics of Merchant and Houser, if we are to see the records of Rose, Ryan, and McGrath eclipsed. When Ralph Rose established the shot put record he weighed 315 pounds, standing six feet six inches in height. Although the present records in weight- and hammer-throwing and the shot put have been on the books for fourteen to eighteen years, there is a decided general improvement in the calibre of the average exponent of this branch of athletics. For instance, 22 years ago the shot put record stood at 49½ feet, whereas now quite a number of our husky boys can heave the pill farther than that. During recent years some of our best performers have been slinging the "ball and chain" a very good distance, but simply cannot get it past the mark set by Pat Ryan in 1913.

Likewise, we have had some capable examples of manly strength in the 56-pound throw during recent years, but this particular specialty has remained in the control of a few giant Irishmen for a generation or so, the best mark having been established by one of them when he was a little younger and peppier than he is today. Before the days of these big "Cops," the standard was considerably lower, and it is sure hard to guess when

another brace of giants will grow up to make their performances look bad. Our weight-throwing athletes are improving; there is no doubt concerning this fact, even though the records were established some time back, and we are of the opinion that it is simply a matter of a little time until all of the present records are eclipsed. It is bound to happen when so many young stalwarts, along with the veterans who dominate the sport, are everlastingly heaving the weights within a short distance of the record marks.

In the shot put a record of 47 feet was established in 1893 and stood until 1905, when it was raised to 49½ feet. In 1907 Rose added a half-inch to that mark, and then in 1909 made his famous put of 51 feet. We now have a few men who are capable of beating the standards that existed before Ralph made that wonderful toss: Herb Schwartze has sent the ball 50' 7½"; John Kuck, 50' ¾"; while "Bud" Houser has accomplished 50' 1" in Amateur competition and holds the Collegiate record at 49' 11¾". We must not forget Glenn "Tiny" Hartranft, who has done 50' ¾". In addition these same young huskies have repeatedly made puts almost equalling their best marks. Just when the name of the California giant, Ralph Rose, will be wiped off the books is hard to say, but they certainly are crowding his record.

The discus throw, though not considered to be exactly a weight event, takes great physical strength and all-round efficiency, and you will notice that the boys who rank in the first class of this specialty are exceptionally well

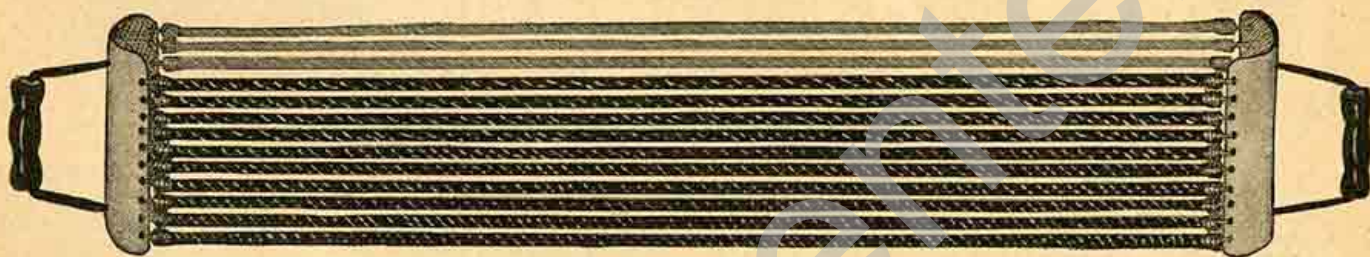
The New Varied-Cable Exerciser

(A MacMahon Production)

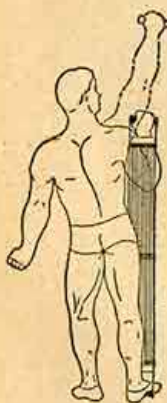
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Now that I am producing and selling my new Varied-Cable Exercisers and 16-lesson courses on a larger scale I can lower all prices considerably. These new prices will remain and are the same to everyone.

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20— " " " " " " " "	12.00

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

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

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

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

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

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

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

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

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

Thigh....."
(largest part)

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

Your occupation is?.....

How is your digestion?.....

How is your general health?.....

Are you strong or weak?.....

Are you married?.....

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

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

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

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

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

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

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

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

Who was your instructor?.....

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CURTIS A. HALE, Managing Director

built and husky and generally possessed of a finely molded physique. Note the record holder, Glenn "Tiny" Hartranft, standing 6 feet 3 inches and weighing over 200. Clarence "Bud" Houser also ranks high in this event, and such men as Tom Lieb and Hall, whose photo is shown, give you a good idea of the physical qualifications necessary to excel in throwing even so light a weight as a discus, weighing 4½ pounds.

I wonder if the reader ever stopped to consider why man engages in so many games in which his ability to throw counts for so much. It seems that we take the keenest delight in participating in any sort of throwing contest, and we all have fun in trying to knock down the dolls in the carnival concession at three throws for a nickel. The truth of the matter is that it is an inborn trait brought down to us from the days when man's very existence depended on this ability to throw.

Away back in history; in fact, farther back than written histories record, man had to be capable of throwing almost anything he could pick up. Life was extremely hazardous in those days when mankind was primitive and the game of hunting was not one-sided, as it is today; by which we mean that, instead of only man hunting the denizens of the forest, man was a much hunted creature and the prey of hordes of animals that roamed the earth. Man killed

animals for two-fold purpose—to keep from being killed and to eat that he might continue to live.

The man of the stone age is popularly pictured as always carrying a club—and probably he did, but this might lead to the wrong impression as to how he hunted and fought. It is our guess that he would last longer to hunt food for those who depended upon him for support if he threw stones and clubs, rather than to get close enough to use a club in his hand. He must certainly have been very adept at heaving and hurling rocks and sticks in those days.

The survival of the fittest would certainly apply to those early days of history, and if a small man happened to be so foolish as to engage a giant in personal combat, we can very easily surmise what happened to the foolish little "guy," at least in the majority of cases. By being able to throw things well and with a certain degree of accuracy, the smaller man would be playing pretty safe, providing the big man wasn't looking. Referring to our records today, it seems that the big, husky brute would have the best chance even in the game of throwing. Also note that baseball pitchers are not small as a rule. So far as the handling of firearms goes, size means nothing, and to a decided degree this might be said of spear-throwing and the use of a bow and arrows. So it is likely that improvements came as



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the result of necessity on the part of the smaller and weaker inhabitant. Then as the ages rolled on and the brain power of man increased, he found it possible to add to his throwing ability by employing missiles of a certain design, then later to employ slings, bows, etc., till, eventually, firearms were invented and improved. Now, in late centuries, man does not rely on his physical throwing ability in either hunting or warfare, as mechanical means and explosives accomplish the same purpose in a more efficient manner.

The normal healthy man and woman are naturally interested in contests of athletic prowess, as an exceptional ability in sports denotes the possession of the highest type of manly powers, and the most worshipped of all physical attributes—strength. And though today it is not necessary for man to be able to throw well in order to insure his health and happiness, still we carry in our blood from our earliest ancestors the hero-worshipping love of strength and physical prowess, which was a vital asset to the community in the remote past.

That the weight-throwing athlete possesses this essential quality to a great extent cannot be denied, as one look at their splendid physiques will assure you. Extraordinary size and strength are certainly necessary in order to excel at this strenuous sport, where none but

real he-men have a chance.

Those who are interested in athletics and physical training methods should note the number of years the weight-throwing athlete remains in first-class competitive form. It is the general rule for the champions in this class of athletics to remain on the top for a long stretch of years; more so than in any other class of sport, and it is not in the least necessary to point to the exception to prove this rule. Matt McGrath and Pat McDonald have been on top of the heap for about a score of years; going back forty years, George Gray first came into prominence and fifteen years later he was still good enough to win the national championships in the shot put; forty-two years ago James S. Mitchell ruled the world at hammer and weight-throwing and remained unbeatable for twenty years, leading the giants of Ireland, England, Canada, and the United States in these strenuous sports during that time. John Flanagan and Pat Ryan are two other Irishmen who held out over a stretch of years. It is likewise worth noting that Alma Richards, who won the Decathlon Championship in 1915, was competing against McDonald and McGrath at the Sesqui games last year in the 56-pound event, and is still a first-class man in competition.

The more you study physical education and athletic conditioning, the more you become convinced that the ideal method of physical training is to exert one's self rather strenuously for short periods, allowing a considerable length of time to elapse between each period of exertion. Please understand this method is ideal providing you are interested in maintaining a state of physical efficiency over a long span of years. After thorough investigation you will find this to be true in several branches of athletic endeavor; the more strenuous the exertion the more beneficial the effect upon the condition of the athlete, the other qualification being that he rests between the periods of exertion for a considerable length of time. In such events as weight-throwing, in its several branches, the vital forces are not depleted by continuing the exertion beyond the point of exhilaration, which explains, in part, the competitive length of life of these athletes.

Strength, once developed, will stick with an individual longer than any physical quality; and those athletes who possess strength and rely on it to display their powers are the ones who last long. The close student of physical training matters does not doubt in the least that strength is the important factor in the weight-throwing events on the athletic field, and after delving into the matter thoroughly can easily understand the importance of this particular quality in the other track and field events mentioned in another part of this article. In reality, strength is the real basis of athletic ability, the others points making up the sum total of the athletes' success simply being magnified according to their relative possession of organic and muscular strength.

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Mothers Should Be Interestd In Physical Education

By Mrs. A. H. Reeve

President, National Congress of Parents and Teachers

IN the funny old times when violent exercise was considered "unladylike," and helplessness was more admired than health, physical education was looked upon as a daring innovation—especially where girls were concerned—and pale cheeks and stooping shoulders were the normal symptoms of intellectual development. For nothing should we be more thankful than for the new gospel which is so old that it is published again as a novelty—that a sound mind requires a sound body for its successful demonstration. Never before has there been greater need for this teaching, for the stimulating effects of the modern rapid pace of living will be disastrous to the minds of our young people unless the physical motor they are driving at such a furious rate of speed is fitted to meet all emergencies as well as all ordinary demands.

We are suffering today from an excess of impressions, and the consequent high pressure will result in total wreckage unless a safety valve be provided; therefore the thinking parent welcomes physical education as a potent aid to the solution of the major problem of the day—the right guidance of the initiative, energy and intelligence of the twentieth century boy and girl.

We worry over what we term "bad habits" and try to check them, forgetting or ignoring the fact that habits cannot stop—they can only be changed by the substitution of a good one for a bad or the transfer of the activity wrongly employed over to a line of action which will be beneficial. "A child can never *don't*; it must always *do*."

Directed physical education provides the channel for this transfer, through which the super-vitality which is characteristic of this generation may pour itself in wholesome expression instead of finding its way through the sewers which underlie our modern life.

But physical education, like character-training, must begin with the parents. The products of the Victorian era will find the process a painful one. Those who for years have cuddled a headache, have been "exhausted" after a morning of shopping or an afternoon of bridge, who have really *enjoyed* poor health, will find it hard to present to the world the picture of a person uninterestingly well, to answer "Fine!" to the conventional inquiry about their health instead of yielding to the temptation to launch into the details of "my cold" or "my operation." The average parent who has passed a certain age usually takes refuge in the ancient excuse, "you can't teach an old dog new tricks," but that defense has been cleverly punctured by him who remarked that therein lies just the difference between a man and a dog. It may be too late to do much with our muscles

but we can do a vast deal with our attitude of mind.

The woman who undertakes to prepare a good meal, make a wearable garment or bring up a normal child must know something about her business; and it is very emphatically the business of a mother to know what kind of an education, mental, moral or physical, her child is receiving. The parent who says comfortably: "Oh, yes; Sam 'takes' physical training at school," and concerns himself or herself no further in the matter is as culpable as one who would say: "Oh, yes; Mary learns health at school" and feels no responsibility for its teaching in the home.

Fortunately the number of physically educated parents is increasing and the efficient mother is investigating conditions and is discovering whether Mary is playing basketball with boys' rules or on a team with a man coach and a heavy competitive schedule; whether she is sitting on the fence around the schoolyard shouting for the team or is being really trained in the care and development of that marvelous machine by means of which she must express herself not only through her own lifetime but even through the generations to come.

Just as what we usually refer to as "education" in general does not consist solely of Latin or mathematics or geography or English, so physical education is not restricted to gymnasium work or team play or even schoolroom exercises in breathing or relaxation. The interest of mothers in this subject might be thus outlined to bring into the world and develop through the pre-school years, perfect "little animals" with firmly established habits of sleep, cleanliness, right eating and an automatic craving for fresh air; to maintain these habits throughout the grade and high school years (after which they should take care of themselves); to study her business sufficiently to keep pace with the growing demands of growing boys and girls and be ready to meet them; to recognize play, and later, recreation, as definite branches of education both mental and physical and supply each as, and to the degree in which, it is needed; to establish with the physical educator as with the family physician, a friendly and co-operative understanding; to insist firmly and intelligently that the health of the individual boy or girl is of more actual importance than the success of the school team and cannot be sacrificed to it; and finally, to assure to her children, each and every one of them, the quantity and quality of physical education which is fitted to their needs as individuals, providing the possibility of achievement and the call for ambition at each turn of the road.

"Ignorance Has Been My Curse"



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

In this phrase the pupil quoted below sums up the main cause of all his troubles. If only we could rout this curse of ignorance, how much happier would the world be!

"Strength" Magazine and the Scout Manual first put this fellow on the right track. However, the results of his ignorance were a most serious nervous and vital drain, which made his life a misery. It is not merely the desire to lead a clean life that is sufficient. The drains are physiological and need physiological methods of treatment for their eradication. It is of little use to tell such a person to use his will power to stop the habit. He has lost the power to will because of the tremendous drain upon his vital resources. He needs to be enabled to will. By our physiological methods, which are the utilization of scientific physical culture, a little dieting, and special instruction, the vital and nervous losses are stopped and the will comes again into operation with the most beneficial results.

Where before there has been weariness and lack of "pep" there comes to be abounding energy. Where before there was despondency, there is developed cheerfulness and abundant hope and ambition.

You will also notice that this fellow was above the ordinary in mental capacity. This we often find to be the case. Those with potentially superior mental and physical qualities are often the victims of vital drains which spell ruin, or, if not so bad as this, prevent full accomplishment.

How can a fellow do his best and really enjoy life if his vital forces are being wasted? It is, of course, out of the question.

You can, however, become your true self, your full self. If you will co-operate with us we can help you, and make your life all that you wish it to be, full of health, happiness and efficiency.

Here is another case which will prove to you that no case is hopeless, and that our methods are perfectly sure.

Case 703—"Terrible Depression and Weariness. No Interest in Living. Losses—Constipation"

From First Letter. "Gentlemen: I recently purchased several numbers of 'Strength' Magazine, and have been unusually interested in the page devoted to your work. Ignorance has been my curse. . . . You can imagine the results. . . . Soon losses commenced to come in the night. . . . The desire became something like a passion, until Providence placed in my hands a Scout Manual. There I managed to learn that what I was doing was injurious, and I immediately gave up the habit. However, losses continued at more and more frequent intervals, and, by the time that last March had come, I was in despair. I could do nothing to help myself, and must have been a pitiable sight. I am yet for that matter. . . . But Providence again intervened in the form of two physical culture periodicals, and, of course, I had learned by this time that such actions were opposed to my religion. However, the deed was done, and I was cast lower than ever into despair and weakness.

I have never made a confidant of anyone before, and you can't imagine what a comfort it is to feel that someone is interested and sympathetic. There are yet a great many things I don't know. I don't know if there has ever been a case like mine. Consequently I am sending under separate cover for your book. I am six feet tall, and weigh only 126 pounds or less. I don't know to what extent my development has been retarded. The worst part of my condition is the fact that I love sports and outdoor games, yet all that I gain thereby is lost at night. The losses at present are occurring two or three times a week.

Had it not been for this trouble I would have entered college this fall, for I was admitted by examination last June. Upon graduation from High School I received the prize for scholarship. I am not telling you this to exalt my knowledge. I want to show you that I was not influenced to my actions by perverted morals, but through misunderstanding and misconception. . . . My hair is turning gray. I have no interest in anybody or anything. I have been so tired and listless that I hate to think of another day of living. May God repay you if you can do me any good!

From Letter Before Starting Course. "I have received your book, and it has done me a great deal of good. I am enclosing . . . for the first month of the Course. I will forward the other payments as soon as I see that you are doing for me what I scarcely dare dream, viz., restore to me an interest in life, and give me a little happiness. I can't go on much longer as I am now."

First Report. "At first I was unable to carry out the directions fully, due to an unfavorable situation; consequently I suffered about as many losses during sleep as usual. Lately I have been able to follow the directions exactly, and at present I am glad to say that my mental state is so good that I do not have to worry about what are my thoughts—they just naturally turn to the right channels. I

am delighted with this mental improvement. I like the exercises, and am beginning to see an improvement due to their employment. On the whole I think that I am already obtaining results from the Course; my skin is clearing, and I am sleeping better."

Second Report. "Improvement has continued, I think, but I shall be able to tell exactly how I feel in another week or two. I believe that the greatest improvement so far has been in my mind, in my complexion, and in my breath. I have, of course, lost weight, but I know I am so much better that this does not worry me. Altogether things are coming on in fine shape, and I thank you for your help."

Third Report. "I am becoming more and more encouraged as times goes on. I am almost startled with the improvement in my complexion, and I am happy to state that I think that I have acquired complete control in sleep. I have had no really bad loss since the second week, and I no longer worry about anything. Bowels are beginning to act naturally. I can control my eating, a fact which gives great satisfaction, because formerly I seemed to have a passion for 'stuffing.' It is interesting to note that at present I can eat onions, raw or cooked, whereas before I suffered severe indigestion every time I ate them.

Already I have received from the Course a value that is immeasurable and I cannot express my gratitude to you sufficiently."

Fourth Report. Since the weather has become better and I have been able to get sufficient fresh air and exercise, I can see a great improvement in my evacuation. In regard to my thoughts, I can state that I am now not troubled by morbid ideas about sex. I can readily banish undesirable thoughts if they happen to come. Many thanks for your last book. It is something that I have needed for a long time. I am enclosing advance payment for the fifth and sixth lessons. This seems a very paltry sum in comparison with the benefits which I have derived from the Course, and I don't know how I can ever express sufficient thanks to you for helping me to begin to realize my dream of living right."

Final Report. "I am sending in a final report, enumerating the benefits which I have obtained from your Course. To speak frankly, it would be impossible to tell you all the good that I have received from the instructions you have sent me; but I believe that the chief benefits may be summed up under three headings: i. e., in the way I feel, the way I think, and the way I look.

I do not deem it necessary to speak at any length on my condition, let it suffice to say that life would have meant nothing to me had I not taken the step of summoning your aid. My only regret is that I did not know of your saving principles sooner, and that perhaps there are many now struggling in ignorance and despair who do not know of your great work.

May you advance and prosper in your line of endeavor, and may others as despondent as I was three months ago hear of and take immediate advantage of your services."

What We Have Done For Others We Can Do For You

You are invited to consult us. The correspondence is kept private and confidential, and you are under no obligation by so doing.

Make this a new era in your life. Be a real man, a he-man, a many man. We will deal with your case in a sympathetic manner. You will find that we understand as you thought nobody ever could understand. Send your story to us, so that we may set you a special course. Send, as a preliminary, for the following book:

"Sex Weaknesses, Their Cause and Remedy"

It is full of most helpful information, and will point the way to virile manhood. Begin the new era of your life today.

CONTENTS

<p>INTRODUCTION. Sex Problems.</p> <p>CHAPTER I. Sex Weakness a Pathological Condition. The Physical Basis of Sex Weakness.—Barbaric Habits of Our Forefathers.—The First Step to Perdition.</p> <p>CHAPTER II. Inheritance From a Remote Ancestry. Heritages From Remote Days.—Sex Control.—Why Sex Excesses Cause Degeneration.—Human Life a Struggle Against Ancestral Passions.</p> <p>CHAPTER III. Does Man Progress or Retrogress? The Greatest Factors in Sex Knowledge.—How Perversions May Be Eradicated.—How Ignorance Leads to Sex Weakness.</p>	<p>CHAPTER IV. Physical and Educational Neglect. How Physical Neglect Induces Sex Weakness.—How Cases Become Chronic.—Criminal Neglect of an Important Subject.—Drive Away Ignorance.</p> <p>CHAPTER V. The Nervous System and the Sex Impulse. The Sexual Centers of the Brain and the Spinal Cord.—The Nervous Workings of the Sex Impulse.—Disturbing the Nervous Structure Sexually.—How to Avert Unwanted Sex Passions.</p> <p>CHAPTER VI. The Heredity Factor. Shall We Sterilize the Unfit?—The Mendelian Law.—Predispositions to Sexual Excesses May Follow Mendel's Law.—How Sex Excesses Cause Degeneration.</p>	<p>CHAPTER VII. The Psychology of Sex Weakness. Mental Functions and the Mental Apparatus.—The Importance of the Desire for Knowledge.—Mental Influences on Sex and Health.—Is the Sexual Instinct Due to Chemical Action?—The Mental Sexual Function.</p> <p>CHAPTER VIII. A Word of Sympathy. Our Duty to Those in Distress.—Footprints of Vice.—Hope and Encouragement.</p> <p>CHAPTER IX. Sex Weaknesses and Their Cure. Solitary Vice.—Involuntary Losses.—Promiscuity.—Sex Hallucinations.—Impotence.—Mental Sexual Obsession.—Prostatitis.—Sexual Neurasthenia.</p>
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Please send me "SEX WEAKNESSES, THEIR
CAUSE AND REMEDY." I enclose \$1.00.
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Physical Education, a Necessity In Modern Life

By *Jesse F. Williams, M.D.*

Professor of Physical Education, Teachers College
Columbia University, New York City

PHYSICAL education should be regarded as a part of the general education program, just as are history, and the three R's. The objectives of physical education properly conceived are much broader than physical training and health. Physical education has the same aims as general education and contributes much to the development of a well-rounded personality, a loyal and efficient citizenship.

Physical education of necessity under modern living conditions must become a part of the school system if we are to have men and women to carry on the tasks of life. The three aspects of this necessity may be termed the biological, the social and the political.

Vital to Growth

The biological necessity resides in the nature of young growing organisms and in their need for proper and adequate activity of a motor kind. It is essentially a need for development. The well-trained teacher of physical education is concerned not with the external signs of growth as represented by the skeletal muscles but with the development of organic systems, of certain instinct mechanisms, and of functional neuro-muscular controls. This is the basis for vitality and a contribution to heredity. It will help to offset the present increase in degenerative diseases of middle life.

Wise Use of Leisure

The social necessity for physical education arises from the fact that certain physical activities afford the only means for some educational results highly valued today. Education for the wise and wholesome use of leisure time is one. Evidence from the social-welfare field shows that many of the maladjustments and social disasters in individual and group experience arise from the improper use of free time. People do not know how to play, how to participate in wholesome recreative activities. The mass of the people's spare

time and recreation should and must take place largely through physical activity.

Safety First

Moreover, among the important objectives of physical education is that of helping boys and girls to acquire skill in, and love for, physical activities that provide satisfaction and that will continue after school days are over. To use the body easily and without undue expenditure of energy is a form of safety education, and in this age of increasing danger to life from moving objects it constitutes an important problem for the school.

Character Building

Physical education properly conceived is a necessity for training in character, in morals, in social behavior. Conduct is a product of many forces operative around the child, but physical education led by adequately trained teachers, offers the richest opportunity in the school for setting up and maintaining standards of fair play, justice, respect for the rights of others, honesty, courage and other values of social worth.

Political Necessity

The political necessity for physical education is based on the relation of the two preceding contributions to national strength and safety. A physically fit person is an efficient, happy and useful citizen. A physically fit nation is prepared for the tasks of peace and all emergencies demanding physical fitness.

The inter-relatedness of the physical, mental and social aspects of life is the basis of all-round education. Physical education trains for sound health, for worthy home membership, for the mastery of the tools and technique of learning, for useful citizenship, for occupational effectiveness, for the wise use of leisure and for ethical character. These are the seven cardinal objectives of general education. They are the specific aims of physical education.

Remodel Your Figure

(Continued from Page 42)

ence are the very essence of success in weight reduction. Unless you determine at the start to follow the matter through, it is best never to begin.

Through exercise excessive fat is burned up and got ridden of. By strictly following a sensible diet you will not add any excess fat to your body. So go to it, girls. See how well you can do the job.

Ask the Doctor

(Continued from page 64)

in the warm weather and to refrain from including too much of the cold articles just named. The drinking of scalded milk will tend to alleviate an attack, and you might continue to drink hot water to overcome the tendency. Compresses of cloths wrung out in hot water and placed over the stomach and abdomen will prove advantageous. If the attack persists for any length of time, you should by all means consult a physician.

stop That Pain!

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

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

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

Mail Coupon for Free Book

Do not put this paper down without sending the coupon. Don't go on as you are with pain and with almost no life and energy. You owe it to yourself to be a better man or woman. You were put here to enjoy life—not just to drag through it. So do not rest another day until you have put your name on the coupon here. That will bring the whole story of these great new inventions. Do it today—now.

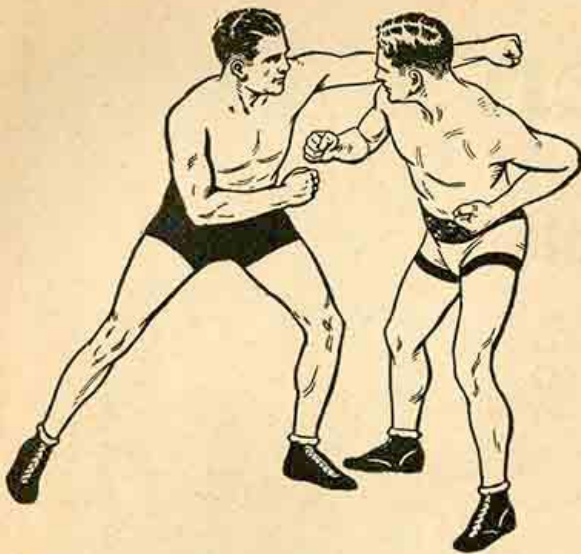


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BE A MAN

and Be Able to

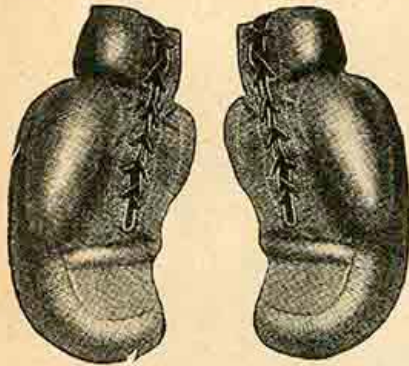
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THE MacMAHON BOXING COURSE

includes every known boxing trick as well as the most valuable methods of working into condition and keeping that way. Never was there a more thorough course written on boxing. In order to give you an idea of its thoroughness, here are a few of its chapters:—The Training Routine; Proper Diet for Fighters; Studying Your Opponent; How to Clench the Fist; What are Fouls?; The Hands; The Body; The Eyes; How to Practice; The Proper Use of These Parts of the Body; Clever Footwork; How to Advance; How to Retreat; Circling Your Man; Preliminary Sparring Motions; Back Stepping; Snapping Away; Taking Ground to Right and Left; Side Stepping; Dodging or Head Slipping; How to Dodge Right Hand Leads; Ducking Left-Arm Swings; Follow-Up Work; Feinting and Drawing; Feinting and Dodging; Defense; Guarding and Blocking; Cross Guards; Opposite Parries and limitless blows, blocks, counters, etc.

You never know when you will be called upon to defend a friend from the insults of street corner bullies and ruffians.



8 Oz. Boxing Gloves

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

\$5⁰⁰ A Set of 4 With Boxing Course \$7⁰⁰

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Note our special price on regular fighting gloves. Both gloves and course for \$5.00; these gloves are standard in every way and of the best workmanship.



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Will Make a Good Boxer Out of YOU

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Charles MacMahon
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Philadelphia, Pa.

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

- Set of 14 oz. Instructors' Gloves...\$12.00
- Instructors' Gloves with Course... 14.00
- Set of 8 oz. Boxing Gloves... 5.00
- Boxing Gloves with Course... 7.00
- Set of 5 oz. Fighting Gloves and Course... 5.00
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I Give the Biggest Boxing Glove Value on the Market. The materials and workmanship in my gloves are of the highest grade and ordinarily go into the highest priced gloves. I want to gain your confidence. Give me an order and prove it to yourself **NOW**

5 Oz. Fighting Gloves

Regulation Size and Shape For Ring Work

Special \$5⁰⁰ A Set With Boxing Course of 4

Milo Built Men

EASILY DO ALL THE

Professional Strongman Stunts

For instance, here is D. BONVICIN doing the anvil stunt except that he is using an honest-to-goodness boulder while his friend pounds upon him with a sledge. Holding the great weight of the rock in this awkward position is the real part of the stunt because the boulder (or anvil when used) absorbs the shock of the sledge hammer blows.



D. BONVICIN

You Could Do Feats Like This If You Had a
200-Pound Milo Bar Bell.

COMPLETE PRICE LIST OF MILO BELLS

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

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Date.....

The Milo Bar Bell Co.,
2739 N. Palethorp St., Dept. 176,
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Gentlemen:

Enclosed find \$ in payment for Bar Bell set
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Name

Address

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

MEASUREMENTS

Neck Age

Normal Chest Weight

Expanded Chest Occupation

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

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

Waist Check off your aims below:

Hips Improved Health—

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Calf Perfect Physique—

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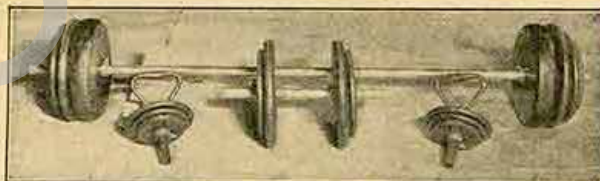
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WE DO NOT PREPAY SHIPPING CHARGES

All Milo Bar Bell sets are made complete. There are 2 Kettle Bells for exercises with both arms independently.

There is the bar bell or long bar for two hand exercises in which both arms are usually moved in unison, and there is the short bar bell for one-arm-only exercises. Of course, you get a sufficient number of plates of assorted weights that make up the weight the bell calls for. Besides, there are sliding collars and wrenches with the set as well as the three double-progressive courses. Yes, Milo Bar Bells are complete.



200-Pound Bar Bell

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

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

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

Fill in Your Measurements and Mail With Remittance

The Milo Bar Bell Co.

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If you're anxious to earn big money - here's your biggest opportunity for success

Carlton's Completeness of Line Guarantees You a Season of Big Profit



Just Added Neckwear and Fall and Winter Underwear

THE Carlton Sales Outfit pictured above, is "Worth Its Weight in Gold" . . . these few words come nearest to describing a line that can actually pre-assure your success with it!

Featured within its covers -- ready for Fall and Winter, is the most complete, and as facts prove, the easiest to sell Men's Wear Line in America.

Nine major business winning departments all closely related -- irresistible values -- count them!

. . . Backed by the one name -- "CARLTON" -- everywhere renowned for quality, respected for fair dealing and responsible for the tremendous earning power of its representatives.

No Experience Necessary No Capital Required

Through you, we reach an American market of 35,000,000 prospects. Ever new -- never exhaustible! . . . All you have to do is show our Sample Book -- quote our low prices and take orders without effort. We deliver, collect and guarantee satisfaction.

You are paid in cash daily. To those who are ambitious, we pay besides their big earnings, extra cash bonuses, and a 40% share in profits.

If you prefer, begin by devoting spare time -- your earnings will soon justify full time to this big money making proposition.

Complete Outfit FREE

Put it in Your Pocket and Put \$100.00 a Week in with it!

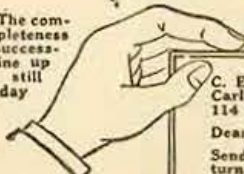
Upon receipt by us of special coupon to the right you will be promptly furnished with complete sample outfit -- prices -- order books, supplies and valuable selling helps.

The Carlton Outfit is by far, the most elaborate selling kit in the field, and contains hundreds of beautifully mounted, large-size swatches of the actual merchandise. No wonder Carlton Representatives meet with immediate success. . . The book itself does the selling, while you do the order writing . . . and plenty of it!

Act Now . . . via Coupon below

There is no time like "at once" when an opportunity such as this one presents itself to you. Fill in and mail the coupon -- your outfit will go forward by return post -- prepaid. In less than a week you will shake hands thankfully with the hand that wrote the coupon.

DISTRICT MANAGERS: The completeness of the Carlton Line guarantees successful district manager control -- line up while desirable territories are still open for assignment. Write to-day to C. E. Mandel, President.



DRESS SHIRTS
SPORT SHIRTS
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Biggest Commissions

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Actually the commissions plus bonuses exceed 25%. Commissions are paid to you in advance. Carlton's Superiority, Variety and Completeness of Line enable you to run this 25% up to real big money. You have unlimited earning power. Make the most of it!

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Bonuses too! Carltonians are given extra rewards with regularly paid bonuses in units up to \$300.00. Your daily earnings are thereby given a real boost. Full details of the liberal Cash Bonus Plan are outlined in your sales outfit.

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Paid in addition to your commissions and in addition to your bonuses. The most amazing and far-reaching move in the Direct Selling Field. Explained in "Earn Big Money" that goes with outfit.

FREE: TRANSPORTATION AND FREE COLLAR

It costs us \$100,000 a year to prepay order shipments. But it is a saving to your customers! The latter is an additional sales feature with shirts priced from \$2.95. . . Collars are worth from 50c to \$1.00.

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Dear Mr. Mandel:
Send me the Free Carlton Outfit by return mail -- prepaid. I am ready to put The Carlton Line and your Big Money Earning guarantee to a test!

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



carlton MILLS

114 FIFTH AVENUE - NEW YORK - N.Y.

That girl's diary! "showed me up"!



"There," she sputtered, "read that, and see if you can take your medicine like a man!"



— but when I met her again

WHEN Evelyn gave that party I naturally expected to receive an invitation. We had been good friends for so long. And yet when the night arrived most of our group went along—and I didn't. I wondered why!

The next time I called to see her I determined to find out. If she couldn't give me a good explanation I'd—I'd—anyway, I asked her point-blank. At first she dodged the question. "Just like a woman!" I thought. Then she became defiant. "All right, if you *must* know the truth, I'll give it to you!"

I Learn the Secret

In a moment she had rushed out of the room, returned with a small book, opened it and thrust it into my hands. "There," she sputtered, "read that, and see if you can take your medicine like a man!"

I was flabbergasted! *Her diary!* I read the hastily penned record. The last burning sentence came like a lightning flash—"I wish someone *would* give Jim a tip about his dancing!"

So that was it! Instantly I understood. I certainly did look foolish in her eyes.

All along I had been bluffing my way as a dancer and kidding myself that I was "getting by" with it. Now at last I realized that I hadn't fooled anyone but myself. They all knew I was a stiff, old-fashioned "walk-around"—they laughed up their sleeves when I tried to imitate the steps of really good dancers—and the pity of it was that I never realized how clumsy I looked on the dance floor—*until that diary opened my eyes!*

A Short-Cut to Good Times

The very next evening I wrote to Arthur Murray, world-famous dancing master. I knew that he charged \$10.00 a lesson in his studio, but I knew also that he had five lessons in dancing that he offered free. I asked him to send those five lessons to me.

When they came I followed the simple directions and diagrams, practicing before a mirror. What a fun-spoiler I must have been! The lessons showed me how many mistakes I had been making in dancing—how many unpardonable blunders I had been guilty of. I had been holding my partner wrong—leading wrong—pivoting wrong—doing the simplest steps incorrectly. And as for the modern style of dancing—I was utterly ignorant of it.

Yet in a few evenings I learned the modern waltz—the modern Fox Trot, and many delightful variations of the *very latest* steps—all without music, partner or teacher!

On the Road to Popularity

A week later I attended a dance. What a triumph! I glided around the floor like an expert. I did the most difficult steps with the ease and precision of a professional. My dancing was a complete success. And, best of all, Evelyn was right there to congratulate me!

Learn to Dance at Home

This story is typical and it shows you just the chance you have been looking for—a chance to become an accomplished dancer right in your own home at a trifling small cost.

No matter how poorly you dance now—no matter if you've never been on a dance floor in your life—Arthur Murray's new method makes you a finished dancer in ten days, or you don't have to pay a penny for the lessons.

Just think! In ten days' time you'll be able to do the French Tango, the Fox Trot, the Waltz and all the other smart new steps.

Five Lessons FREE

To prove that he can make you a finished dancer in ten days' time, Arthur Murray is willing to send you five lessons from his remarkable course absolutely free. Just send the coupon (with 10c to cover cost of printing and mailing) and these valuable lessons will be forwarded at once. Also a free copy of his new book, "The Short Cut to Popularity." Don't delay. Mail coupon NOW! Arthur Murray, Studio 726, 7 East 43rd Street, New York City.

Arthur Murray, Studio 726,
7 East 43rd Street, New York City.

To prove that I can learn to dance at home in ten days, you may send the FIVE FREE LESSONS. I enclose 10c (stamps or coin) to pay for the postage, printing, etc. You are to include free "The Short Cut to Popularity."

Name

Address

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