

Can There Be Love Without Passion? *By* BERNARD  
BERNARD

# Health *and* Life

20 Cents

NOVEMBER, 1922



## RIDING THEIR WAY TO HEALTH

Here is a new recipe for obtaining and maintaining health. Get a partner such as one of the above and carry each other around. When you are fit and well you can enjoy such stunts as these.

## THE WONDERS OF EXERCISE

BY H. R. GROSS, M. D.

THE JOY OF THE DANCE  
By Mlle. Vallal and Roland Zermain

A DIET FOR OBESITY  
By Charlie Postl

# The Cleanest, Yet Most Outspoken, Book Published

There is not a man or woman, married or unmarried, who does not need to know every word contained in "Sex Conduct in Marriage." The very numerous tragedies which occur every day, show the necessity for plain-spokenness and honest discussion of the most vital part of married life.

It is impossible to conceive of the value of the book; it must undoubtedly be read to be appreciated, and it is obviously impossible to give here a complete summary of its contents. The knowledge is not obtainable elsewhere; there is a conspiracy of silence on the essential matters concerning sex conduct, and the object of the author has been to break the barriers of convention

in this respect, recognizing as he does that no marriage can be a truly happy one unless both



partners are free to express the deepest feelings they have for each other without degrading themselves or bringing into the world undesired children.

The author is an idealist who recognizes the sacredness of the sex function and the right of children to be loved and desired before they are born. Very few of us can say truly that we were the outcome of the conscious desire of our parents to beget us. They, however, were not to blame because they had not the knowledge which would have enabled them to control conception.

Let us, then, see that our own marriage conduct brings us happiness and enjoyment in itself and for our children.

## A Book for Idealists by an Idealist

The greatest necessity to insure happiness in the married condition is to know its obligations and privileges, and to have a sound understanding of sex conduct. This great book gives this information and is absolutely reliable throughout.

Dr. P. L. Clark, B. S., M. D., writing of this book says: "As regards sound principles and frank discussion I know no better book on this subject than Bernard Bernard's 'Sex Conduct in Marriage.' I strongly advise all members of the Health

School in need of reliable information to read this book."

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

# SEX CONDUCT IN MARRIAGE

By BERNARD BERNARD  
Editor-in-Chief of "Health and Life"

Answers simply and directly, those intimate questions which Mr. Bernard has been called upon to answer innumerable times before, both personally and by correspondence. It is a simple, straight-forward explanation, unclouded by ancient fetish or superstition.

A few of the many headings are:—

- |                                       |   |
|---------------------------------------|---|
| When the Sex Function Should Be Used. | The Initiation to Matrimony.              |
| Sex Tragedies in Childhood.           | Anatomy and Physiology of the Sex Organs. |
| The Consummation of Marriage.         | The Spontaneous Expression of Love.       |
| The Art of a Beautiful Conception.    | Why Women Have Been Subjected.            |
| Sex Communion.                        | Men Who Marry in Ignorance.               |
| The Scientific Control of Conception. | Hereditary Passion.                       |
| Sex Fear Destroyed.                   | Marriage a Joy to the End.                |
| The Frequency of the Sex Act.         |   |

Send your check or money order today for only \$1.75 and this remarkable book will be sent postpaid immediately in a plain wrapper.

To English readers 7/6, post free.

## HEALTH AND LIFE PUBLICATIONS

333 South Dearborn Street  
CHICAGO

Send for New Catalog  
Every known instrument illustrated and described. Many in full colors. All details of free trial easy payment plan.

THE WALTER F. WARE COMPANY, Dept. 2948  
115 E. 4th St., Cleveland, 201 Broadway St., New York  
120 W. 42nd St., New York; 229 S. Wabash Ave., Chicago

# Pull Your Disease Out by the Roots—



Some twenty years ago I first learned from my own experience, that disease can literally be "pulled out by the roots." I was then almost a physical and nervous wreck, suffering from what doctors told me, and what I myself firmly believe, was an incurable case of diabetes and other serious complications. And I was doing the usual thing—suppressing every symptom by the orthodox method of dosing myself with such medicines and drugs as the medical profession declared could afford me only a small measure of temporary relief.

## Nature Cure Brings on the Healing Crisis

It was at this juncture that a book on Nature Cure fell into my hands. It appealed to me as the true philosophy of life, health, and disease. I put its teachings to the test. The test did not fail me. Through the husbanding of what vital force I had remaining, through building up my impoverished blood on a natural basis and promoting the elimination of waste matter and poisons from the system—in short by giving Nature's own healing forces the ascendancy over the disease conditions, a healing crisis was brought about and the disease, itself, was banished as completely as if it had never existed. To-day I am hale and hearty, vigorous, full of life and vitality. And I am positive in my knowledge that Nature Cure will do for other disease-ridden sufferers all that it did for me.

I have proved conclusively that in the course of any disease, a healing crisis can be brought about by Nature Cure Treatment. And when, through the bringing on of the healing crisis, the disease has run its course and normal health has been restored, the system, having undergone its purgative, is stronger and more vigorous than before the disease attack. This has been demonstrated in thousands of the worst chronic cases which I have helped to restore to normal health. (Signed) HENRY LINDLAHR, M.D.

## Nature Cure an Exact Science

Since turning to Nature Cure for relief from his own sufferings, Dr. Lindlahr has elaborated upon the earlier Nature Cure teachings and has reduced them to an exact science, marvellous in its simplicity, so easy is it to apply and put into practice. Quite recently he has put into book form a full and complete explanation of Nature Cure philosophy, together with simple directions which make it easy for you to

## Treat Yourself at Home Without Drugs THIS \$2.40 Book Sent FREE

There is nothing that is vaguer or mystical in this book—"NATURE CURE." In Dr. Lindlahr's inimitable style and with remarkable clarity of expression, it throws the cold, white light of Scientific Truth upon the inconsistencies and contradictions of the hundreds of truths and laws which have so long bewildered those who are earnestly seeking health. It deals in a way that you can readily understand, with the simple, fundamental laws and principles of Nature that control the processes of—birth, health, disease and cure. It gives clear and explicit directions for applying to each individual's case at home, the same methods of Nature Cure treatment which Dr. Lindlahr himself employs at his two famous health institutes—the Lindlahr Sanitarium of Chicago and the Lindlahr Health Resort of Elmhurst, Ill. It tells you why and gives you proof of the fact that every acute disease is in itself, the result of a healing and cleansing effort of Nature. And it shows you how to bring about, either in acute or chronic disease, the healing crisis which leads to recovery.

You will find this book a revelation in the art of right living—a never-fading well of inspiration and helpful understanding for anyone who suffers from disease in any form. It is a book which should be in every home throughout this broad land.

Dr. Lindlahr considers his book, "Nature Cure," of such great importance to the health and happiness of mankind that he will send a copy to any address merely upon receipt of the coupon. Mail the coupon right now—today—and by return mail receive your copy of this remarkable book. You may keep it five days which will give you ample time to read it carefully. If you are then convinced that the truths it reveals, the information it gives on how to treat yourself when sick, how to keep in robust vigorous health—if you consider all this well worth ten times the small cost of the book, send us the price—\$2.40—and keep it. Otherwise tell us in 5 days that you do not want it and we will tell you where to send it. No obligation on your part.

Lindlahr Publishing Co.  
523 South Ashland Blvd., Chicago, Ill.

Name \_\_\_\_\_  
Address \_\_\_\_\_

# GUARANTEED To Reduce Fat!



DR. LAWTON, shown here, reduced fifty-four pounds!

Here is the certain way to dispel fat. Far safer, surer and easier, compared with dieting, exercising, drugging and taking thinning baths.

Dr. Lawton's GUARANTEED Fat Reducer for men and women. WILL subdue obesity. It banishes fatty excess sensibly. Just apply it to fleshy parts for 10 minutes, night and morning.

No need to "reduce all over." As you gently work The Reducer back and forth, round and round, corpulence vanishes from any part of the body. It does what expert masseurs do to eliminate fat—and does so at an inexpressible cost!

## A Money-Back, Bonded GUARANTEE!

Dr. Lawton's Reducer (not electric) usually brings about reduction in three or four days. But Dr. Lawton does not want you to feel that you take the slightest chance when you buy it. So he gives you a definite, money-back GUARANTEE, like this:—

If The Reducer does not show actual reduction taking place within ELEVEN DAYS, full trial period, send it back to Dr. Lawton and he will promptly return its cost to you without a word of argument. A real bond, backing this guarantee, comes with each Reducer.

## It Costs \$5.00 -- If You Are Satisfied!

The first, last and only cost of Dr. Lawton's GUARANTEED Fat Reducer is \$5, with 20c added for postage, packing and insurance, \$5.20 in all. Send your certified check or money order today. Write for your Reducer now—or send for indisputable Proof of results it gives.



Lose fat on any part of your body you NEED to!

DR. THOMAS LAWTON  
Dept. 305, 120 W. 70th St.  
NEW YORK CITY

**WURLITZER**  
Any Musical Instrument  
**On Trial**  
No obligation—money returned if you decide not to buy. Lowest factory price direct to you. Easy monthly payments—a few cents a day will pay.  
Send for New Catalog  
Every known instrument illustrated and described. Many in full colors. All details of free trial easy payment plan.

**MIZPAH JOCK No. 44**  
Gives you a feeling of real comfort and the assurance of perfect protection while exercising or playing games of any kind. All elastic. Perfect fit. Will not chafe. Perfect pouch. Patent opening in front. May be boiled to clean.  
**TWO WEEKS' TRIAL**—If not satisfactory return and money will be refunded. Mailed on receipt of price, 75¢, State waist measurement.  
THE WALTER F. WARE COMPANY, Dept. H, 1036 Spring Street (above Race), Philadelphia  
For sale also at Sporting Goods and Drug Stores

## When You're Sick

By Frank Strickland

If you are usually cheerful and agreeable, and all at once find yourself petulant, peevish, and unfit to be associated with, put it down that you're sick. You may not need a doctor, but there is a physical derangement somewhere, and if you are even a little shrewd you will be able to locate the trouble. It is generally the popular and convenient thing to blame the liver, though often this organ is innocent. Many people blame the nerves, and yet these same people don't even so much as know what the nervous system is supposed to do. But if your conduct suddenly becomes abnormal or sub-normal, you're sick. It's up to you to locate the trouble, and with a little diligence you can do it.

Maybe you're drinking more coffee than usual; or, what is about as bad for some temperaments, perhaps your wife has changed to another brand of coffee. Maybe you have introduced some diet into your menu that doesn't agree with you. The stomach is not slow nor uncertain about expressing its dislikes. Remember, too, there is a close connection between the stomach and the brain.

Maybe you're not sleeping enough, or what is as bad, maybe your sleep doesn't rest and refresh you. Statistics show that hundreds of thousands of people die each year from nothing else but lack of sufficient sleep.

Perhaps you're working too hard. I long to see the day when there will be a penalty put upon the person who works more than eight hours a day. "Some people are so busy making a living that they haven't time to live." Is it possible that I have fulfilled the purpose for which I was created when I succeed in keeping soul and body together for my allotted three score and ten years? Am I nothing more than a mere specimen in Nature's laboratory?

I am not advocating the neglect of all business and social duties, merely to pet and pamper the body. I would rather warn you against studying too much about your health. That is introspection, and it has killed millions. When your body is in ideal condition you are hardly conscious of its existence.

All I am contending for is conformity to the few fundamental principles of hygiene. Treat your body right and it will be your willing servant. But I do repeat that whenever you discover yourself or your friend doing or saying things out of keeping with past conduct and habit, you will feel more charitable toward yourself or your friends if you decide that there is a little something going wrong physically. If it is in yourself, correct it. A real friend won't object to your calling his attention to the matter.

## Developing Great Muscular Strength

By The Editor

[This article is essentially one for those who wish to develop the utmost of their strength and muscle. The healthiest desire of any man is to be strong, and I have tried to give you some practical help in becoming strong. The strongest men in the world have to my knowledge used very similar methods.—Editor.]

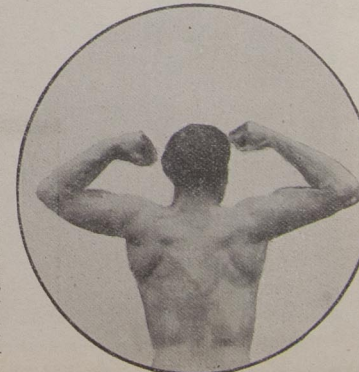


Photo International

This is a little trick performed by Gust Lessis, the great Greek strong man. This was a straight steel bar, but the weight of the ladies twisted it into the shape you see while it was held between Gust's iron teeth.

THE battle of life is always to the strong. No matter in what sphere your interests may lie, the strongest man will come out on top. In a battle of wits the mentally stronger man wins; in a battle of intellect the man of stronger reasoning power wins. And in a physical test the more muscular man stands best chance of winning.

I have seen the grimmest wrestling matches and boxing bouts that have ever taken place, and I have invariably found that the man of greater muscular strength had the advantage. But a matter which has to be taken into consideration is that strength—even muscular strength—takes on various forms. The man who trains as a wrestler entirely will develop a particular sort of strength, which will win him victories on the mat, but will



Your Editor's Back Muscles

put him at a disadvantage in the ring and on the track. A man who is purely a weight-lifter will develop strength that will enable him to raise aloft prodigious weights, and yet he may be incapable of exerting any strength against a wrestler.

I will give you an instance of this in my own experience. I was once at home entertaining a middle-weight weightlifting champion of international repute, and holder of numerous world's records. Somehow while on the lawn we began a little tussle, and I had the surprise of my life. I am but a featherweight, so he scaled some 40 lbs. more than I did, yet I found him as weak as a kitten for wrestling strength, and I was able to roll him about at will. Finally I just locked

(Continued on page 168)

# Animal Torture is Unnecessary

By Dr. Walter R. Hadwen, M.D. L.R.C.P., M.R.C.S.

In an Address at the Aryan Grotto Temple, Chicago

"THERE is no need for animal vivisection, and its use is a senseless abomination. Why, as far as mental physiology goes, the center of speech was the first to be located in the brain, and for this it is evident that no animal dissection was necessary because animals cannot speak."

With such clear-cut reasoning did Dr. Walter R. Hadwen, the distinguished English physician, flay the arguments of the pro-vivisectionists in his address at the Aryan Grotto Temple.

## Animal Dissection Not Essential for the Study of Surgery.

"There is scarcely a surgical operation which is performed today which was not done several thousands of years ago. The only progress which has been made in recent times has been in consequence of discovering the quality of ligatures and sutures best suited to human tissue. Again it is obvious that this is not due to animal experimentation; in fact, progress must be hampered by such experimentation.

"Everybody knows that human tissue differs entirely from animal tissue, and what will suit the animal will not suit men. Animal blood is poisonous to human blood.

"So those who would have you believe that vivisection has benefited the science of surgery have a difficult task to prove it.

"Could surgery connected with the human foot be learned by animal dissection? The dog's foot is not like the human foot; the horse's foot is not like the human foot. And also in other organs we find differences which show clearly that as far as surgery is concerned, animal vivisection is unnecessary.

"The pro-vivisectionists are fond of saying that germs and serums and antitoxins have been discovered by experiments on living animals, and that these have led to great advances in the cure of disease.

"The attributing of diseases to germs has delayed progress in their cure. They say that these germs cause the disease, but it looks as if it is soon going to be proved that when germs are found they are beneficial rather than otherwise.

## Facts About T. B.

"If germs are the cause of disease, it is very curious that in the early stages of tuberculosis the tubercle bacillus, said to be its cause, has never yet been found. Tuberculosis, as a matter of fact, is a physiological disease, not a bacteriological one. T. B. is always started by a common cold.

"I was once post mortem officer in a large hospital, and I noticed that practically everybody had had T. B. at some time or other. T. B. starts with a tu-

bercle in the lungs, which throws off mucus. In the ordinary course of events, Nature will take care of this and make the indisposition disappear. If, however, these tubercles become numerous the fluid they throw off is so

profuse that it causes inconvenience, and the medical doctor pronounces with a tremor in his voice, 'T. B.', and proceeds to try to find the germ, mostly without success, and usually his inter-

(Continued on page 169)

# A Diet for Obesity

By Charlie Postl

(Ex-Middleweight Champion Wrestler of America)

MOST people afflicted with obesity are also afflicted with abnormal appetites. This craving for an excessive quantity of food is very much like the appetite for coffee, intoxicants or tobacco, and when it once becomes abnormal and is not held under control, either obesity or chronic autointoxication will be the result. The matter of diet consists largely in not eating too much.

## Breakfast.

Choice of grape fruit, orange juice, stewed prunes or apricots, baked apple without cream, or any fresh fruit in season.

One poached egg, two bran or whole wheat muffins. Small cup of coffee without sugar. Postum is better.

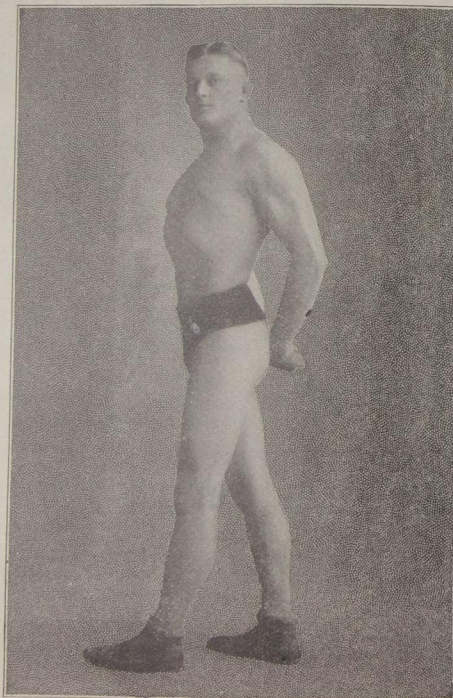
## Luncheon.

Luncheon should be omitted unless very hungry. Choice of two vegetables—spinach, string beans, baked beans, small baked potato, carrots, celery, onions, cauliflower or cucumbers. A lettuce and tomato salad with lemon juice. Two slices of bran bread.

## Dinner.

A small portion of either lean, tender beef, lamb, mutton, chicken or fish. Choice of two vegetables—spinach, beets, asparagus, cabbage, turnips, artichokes, cauliflower, baked potato, celery, lettuce or tomatoes. For dessert, fresh ripe fruit in season. If hot drink is desired, may have a cup of weak tea with lemon.

MUST NOT TAKE rich soups, veal, pork, hashes, stews, gravies, goose, duck, fats, pies, pastry, candy, ice cream, malt or spirituous liquors.



PROFILE VIEW OF CHARLIE POSTL'S MAGNIFICENT PHYSIQUE

He is "the chief" of the Postl Health Club, and was once Middleweight Champion Wrestler of America.

# The Joy of the Dance

Special Interview With

## Mlle. Vallal and Roland Zermain

[Mlle. Vallal and Roland Zermain interpret all the joys and wonders of life in their marvellous dancing. They are able to do so with such remarkable facility because they know life and really live all that is healthy and beautiful. This is the true secret of all artistic interpretation: to live the life which is expressed. They both have remarkably well-developed bodies; Roland's is a mass of muscle, and it is so splendidly proportioned that it presents the symmetrical harmony of the Apollo Belvedere. To see them is to realize what a wonderful and beautiful work of art the human body can be.—Editor.]

WHEN I went to the hotel and called the room number of these two delightful people whom I have just been interviewing, a very effeminate pleasant voice greeted me with, "Yes, this is Mme. Zermain and as I am just taking a little rest, I couldn't come down but we should be very glad to see you in our rooms." So you see, my first impression was very good, but not nearly so pleasurable as when I actually greeted Mr. and Mrs. Zermain. The little lady was reclining in a lovely loose negligee and her attentive husband was Jerry on the job.

As Mr. Zermain excused himself for a few moments I was able to get acquainted with his wife, or Mlle. Yvonne Vallal, as she is known to the public. As she sat propped up among her cushions gesticulating with her hands, dainty and expressive as the hands of a true artist, I was momentarily transported back to La Belle France and her gay Paris.

## "My Dancing Is My Life."

"You see," she said, "my dancing is my life, I could not live without some expression for my inner self, and that is what it gives to me. I love it, and it fills my whole life. As an author becomes proficient in expressing himself with words, there are things which I can only express in my dancing and gestures." But, it is

not all the body and the muscles which one must train. Should I, for instance, allow myself to become despondent, I should be helpless to float through my dances as I must. So I must use my mind to govern me. I must think pleasant, buoyant thoughts, or all these movements which I make will be as nothing."

Quaint and piquant she is, to be sure, but under her gentle exterior she holds a gem of philosophy. She related to me how she went through her training when as a child in California she learned the technique and the rudiments. Later she studied with Mme. De Fontenay of Metropolitan Opera in New York, to whom she says she owes her really serious interest in the artistic expression of herself. And later with the Opera Comique in Paris, which has accentuated the strain given her by her French ancestors.

## How Mlle. Vallal Keeps Her Body Beautiful.

I was anxious to learn what she did to retain the perfection of her beautiful body.

"Ah, that is it. For one thing, most people insist that I do not eat enough to keep a bird alive. But, on the contrary I probably do more physical work than

any of these who speak to me so. The truth is, the average person eats a great deal too much. It is a well worn expression, but none the less true, that the body is the temple of the spirit. And did I not care for it properly I should be helpless to express my life. This prompts me to a very careful study of what things keep me in a condition to do my very best dancing."



Mlle. Vallal and Roland Zermain in "Divertissements Characteristique." What a beautiful pose!

"First of all, my sleeping hours are regular. I do not allow my love for gaiety to keep me out on parties after the theater. It is fooling away my strength. I do not smoke cigarettes, neither do I drink coffee and tea. It takes all the pleasure from such indulgence, when I know all through that it is only lowering my vitality."

## The Important Ability to Relax.

"Then a second element is my ability to relax. That is very important. In a few moments I can let myself go completely. I float away, disembodied as it were, and when I come back to myself it is but a moment when I can buoy right up." And she raised her arms and snapped her fingers till I could fairly see her tighten the tension ready to fly away in the whirl of her husband's arms.

We had become very good friends with reminiscences about Paris, from whence I had just returned, when Mr. Zermain came back in time to allow me to give you a little glimpse of him.

I began by asking him how it was and where it was that he began his training. But that was a false lead for Mr. Zermain has grown up in this sort of thing "from the cradle," as he says. His father was very athletic and from the time he could walk athletics and acrobatics have been as daily bread. He is a human dynamo, and under his nicely tailored, slender-looking suit of clothes is hidden such unbelievable muscular development. He seems as slight as an 18 year old boy, and you will understand from the pictures on this page what "a beautiful body" he has. (As his wife expresses it.) His vigor expresses itself in every movement; for instance, when he shook hands with me I could feel the steady muscles in his hands, and it made me think of the facile manner in which he tosses his little wife around.



The ease, grace and superb facility with which Roland Zermain manipulates the body of Mlle. Vallal makes each movement an artistic masterpiece.

# A Study of A Boxer

(NATE SLOTT)

By Richard Bonner

IF you want to study the poetry of motion take the first opportunity you get of seeing Nate Slott, the feather-weight champion boxer of the Middle West in action. It is a wonderful and beautiful sight to watch the graceful movements of his perfectly proportioned body; the precision with which he executes a punch, and the adaptation of the rest of his body to a change of position, make perfect harmony.

This is what I felt when I saw the promising young featherweight training in Charlie Post's Health Club. His style in the ring is really picturesque, and as he tripped around he looked like an Adonis, with his handsome head suiting his god-like body.

I had a chat with Nate and a most interesting one, too. He is just the opposite of what you would conjure up in your mind as a professional pugilist. Clear headed, clean limbed, intellectual, sympathetic and refined, he demonstrates what I have always maintained, that the truly great athlete is an artist.

Nate Slott is a born fighter, physically and temperamentally naturally adapted. He told me that it was after the first round of a keen fight that he experienced the thrill that made it worth while. Once he felt this he became like a tiger, possessed of the one idea and desire: to win the fight.

That he has been in some tough battles is proven by the fact that he has fought such champions as Joe Burman, Bud Christiana, Benny Barres, Charlie Glayser, Eddie Faltine, Jack Smith and Sammy Frager. He is taking the road right ahead for the first place, and you mark my words when I tell you he is going to be world's champion some day.

There is nothing in his appearance, when he is fully dressed, to indicate the prize-fighter, and it is extremely interesting how he came to take up the profession of pugilism. Shortly after winning the amateur championship of the Middle West he went to watch some professional boxing at the Armory on the Chicago North Side. Kid Wielenberg was billed to meet a well known champion, but the latter failed to appear, much to everybody's disappointment, and not the least Johnny Behr, the present trainer at the Illinois A. C., who was then boxing instructor at the Armory.

Johnny espied Nate in the crowd, came over to him and never left him until Nate had promised to deputize for the champion who had not turned up. Nate had no outfit with him, so borrowed Johnny's boots which were about two inches too big for him, and his trunks which came almost up to his armpits and hung in folds down to his knees.

Clad in this ridiculous costume he entered the ring, and in less than three rounds he lowered the colors of Kid Wielenberg. He was supposed to receive five dollars for this bit of work, but re-

fused it because he did not want to lose his amateur status. However, the refusing of the money made no difference, he was declared a professional, so he determined he would live up to his name, and he is doing so with great success.

Nate Slott gave me some sound information in regard to training and athletics. He said:

"Those who have done any severe athletic work know that there is no pain felt even if injury is inflicted, because of the excitement of the contest. This is the case in boxing and the only danger here, as in every other form of athletics, is when entering a bout when out of condition. In every case where a man has been killed in boxing, it is possible to trace it to lack of scientific training. If a man enters the ring in an unfit condition he is sure of injury.

The professional—and in fact, any boxer—who wants to win honors must as the first essential keep in strict training and care for his body. Physical condition is ninety-five per cent of the battle. The mental quality of knowing the technique of punching, stopping, guarding and ring craft is useless if there is not physical correlation, and the body is not able to respond. To be a successful athlete a man must give up a lot of things that the ordinary person thinks are enjoyable; he must live a simple, clean, and strenuous life, keeping his attention always on the goal."

Nate Slott is right, and the finest thing for any young fellow to aim at is some form of physical distinction. He will grow into a true man and develop for himself a sound body, healthy and efficient mentality, and sterling character. The battle of life is won on the playing fields. Let the nation never forget that, and let it encourage every form of physical recreation.

Nate Slott is giving an exhibition of the noble art of self defense at the great Athletic Carnival of the Health and Life Campaign and the National Health Promotion League at the Armory on the Chicago South Side on October 20.

## WELCOME, MARGARET SANGER.

From the American Birth Control League comes the announcement that a public meeting will be held on the evening of Monday, October 30th, at Carnegie Hall. The purpose of the meeting is to welcome Margaret Sanger back to America, after her tour of the world, which was begun last February. She will give an account of the movement for Birth Control in its world-wide aspects, as seen by her in the Far East and as brought to her attention at the International Birth Control Conference in London last July, where she was one of the most important speakers.



NATE SLOTT  
in one of his "striking" poses.

## SUSPENSE

A business man who had a tendency to suffer from insomnia was annoyed each evening by a man in the room above him who constantly came home late and then took his boots off and threw them down noisily. It was not until he heard the second boot fall with a thud that he could manage to get his sleep. He could stand it no longer, and went up and requested the man not to make such a noise when he came home late at night.

The next night the man upstairs arrived at his usual hour, and took off his first boot and threw it down with the habitual thud and then remembered the request from the man downstairs. So he laid the second one down very quietly.

After he had been asleep for a considerable time he was awakened with a knock at the door and was confronted with the man from the floor below. "Say, mister," he began, "for goodness sake take off your other boot, I've been listening for it for three hours."

## THINK BEFORE YOU ASK

Fidgety old people often ask ridiculous questions and some receive the right answers. Like the old lady who worried the skipper of a fog-bound steamer with the question, "Oh, Captain, why are we going so slow?"

Captain: "Fog, Madam."

Old Lady: "But it's quite clear over head, I can see the stars."

Captain: "I dare say, but we're not going that way, unless the boilers bust."

Gentlemen: I think your new magazine, HEALTH AND LIFE, a very fine publication and in a class by itself. I hope you will meet with great success in the future with it.

Very truly yours,  
E. ALBERT RUST.

# The Wonders of Exercise

By H. R. Gross, M. D.

(Principal, Wallace Institute)  
In an Interview With the Editor.

ONE of the most pleasant interviews I have ever had was that recently with Dr. H. R. Gross, M. D., of the Wallace Institute. Here was a doctor, thoroughly trained, competent and expert in the marvels of medical and surgical science, just revelling in the wonders of exercise.

He talked with me for considerably more than an hour and his eyes glistened with the pleasure he derived in talking about his favorite subject.

## Men Do Not Die From Old Age.

"Men die from a toxic condition, not from old age," he said. "There is a change of the whole body tissue every seven years, and if it is allowed to become poisoned through inactivity the person will die. Exercise is the greatest tonic in the world. It will loosen the muscles and massage all the organs." Some time ago Dr. Gross had a patient 74 years of age, who was in a decrepit condition and almost ready for a wooden box. The man is now 80 and shows considerably more signs of rejuvenation than Harold M. McCormick. He has gained thirteen pounds in weight, increased his chest capacity  $3\frac{1}{2}$  inches, his lung capacity from  $1\frac{1}{4}$  to 6 inches, and feels good enough to carry on in business for another ten years at least.

If I were not so well acquainted with the wonders of exercise I should have been a little astounded at the wonderful things that Dr. Gross has been able to do by the prescription of exercises. But anybody who has given himself to exercise for a short time knows the wonderful effects of it, and I could refer to hundreds—nay, thousands—of fellows who have built themselves

from weakness and illness to strength and fitness.

Dr. Gross became interested in exercise during his college years, when he weighed 247 lbs., and was troubled with rheumatism. It was his recovery by scientific exercise which led him to devote his life to

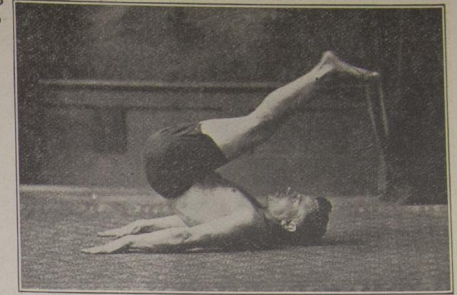


Fig. 1.  
Lie flat on the floor and raise your legs and lower them to the ground again

its study and to its use in making others fit and well.

## Inactivity Causes Deterioration.

The average person does not exercise enough and eats too much. "Disease cannot enter healthy tissue; there is nothing for bacteria to work on. Keep the blood circulating freely and keep it clean by muscular movement, and you will possess a body which is germ proof." So the doctor continued.

Faulty elimination is a great cause of disease and weakness. Dr. Gross told me of a man who was so bad that he had to be carried about and take his exercise lying down. The movements prescribed by Dr. Gross were very light ones to begin with, but gradually the man improved, and now he is able to indulge in quite violent exercise, and is good enough to tackle the best players in the handball courts. He has, in addition, taken out a life insurance policy for \$10,000.

## Having His Leg Pulled to Cure Sciatica.

A great deal of sciatica is caused merely by lack of exercise and the adoption of faulty positions. Dr. Gross has had several cases where he has just ordered the patient to lie down on a bench and he proceeded to pull one leg (literally, not metaphorically). The condition came about through the pel-

(Continued on page 178)

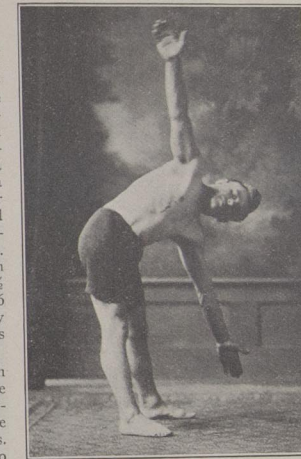


Fig. 2.  
Hold your arms outstretched, bend your body forward and then turn your trunk from left to right and from right to left

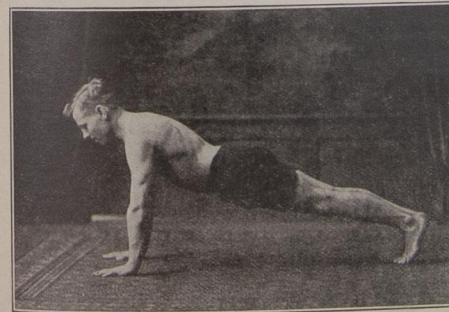


Fig. 3.  
Get into this position and bend and stretch your arms

## SOME EXERCISES TO CORRECT INTERNAL AILMENTS

The exercises given on this page are very valuable for the correction of internal ailments. If you do them each about sixteen times morning and evening, you will never complain of constipation, and your indigestion, if you have any, will quickly disappear. Fig. 1 illustrates an excellent movement for strengthening the stomach and the back; you will find sixteen repetitions sufficient to show you whether you have neglected important muscles. Fig. 2 rotates the trunk while the body is bent, and just compels irrigation of any stagnant contents in the intestine. Fig. 3 is a good exercise for the arms, but if you hold your body perfectly straight, as shown in the illustration, it will have a beneficial effect on the stomach muscles. The body muscles are the ones that count most, so don't neglect them.—Editor.



H. C. CRITTENDEN

Amateur Champion Club Swinger of the World. He swung these clubs continuously for 70 hours. Notice the way he holds the clubs; during record swinging the rules are that every revolution must be complete, the clubs must not stop for a fraction of a second.

CLUB swinging, when practised in its various and varied forms, according to the circumstances of which it is not the object of this article to discuss, affords a complete course of physical culture for the prevention (or eradication) of the common ailments to which the human body is subject, and ensures perfect health, symmetrical development, mental efficiency, co-ordination of brain and muscle via an efficient nervous system, nourished by an uninterrupted and pure oxygenated blood stream.

#### How to Train for Breaking Endurance Records.

To attain any marked degree of success in endurance swinging, one must possess a fair knowledge of the various organs of the human body, and appreciate their functions and the relation of one to the other. If one organ is being overworked or under-nourished, it is astonishing how quickly the remainder of the organs sympathize with that organ, so disorganizing the healthy cycle of the movement of life.

Special attention must be given to the correct method of breathing. This is very important, and it might be said, upon the complete understanding of the art of respiration largely depends the degree of success that will be attained. I cannot go too much into detail, as space will not permit, but I have alluded to these points to emphasize the fact of their importance in relation to success. The object of this article being to enlighten my comrades, of both sexes, of "Health and Life," as to the "secrets"

## The Secrets of Endurance Club Swinging

By H. C. Crittenden

(Amateur Champion Club Swinger of the World.)

[Mr. H. C. Crittenden is the hero of the world's amateur record in endurance club swinging. For 70 hours on end he swung the clubs continuously. Not only does such a feat require perfection in physical fitness, but the mere attempt requires the heart and courage of a lion. Mr. Crittenden in this article gives us the secrets of his methods of training, and what we may expect to experience should we ever attempt to break his record.—Editor.]

(so-called) of the art of successful endurance club swinging.

#### The Selection of Clubs.

The selection of clubs, bearing in mind the task to be performed, is a matter of very great importance. Their weight, length, varying circumferences in pro ratio (according to length and weight) to ensure perfect balance, must be very carefully thought out.

I do not propose to discuss the benefits to be derived from the practice of club swinging here; but anyone who may be sufficiently interested, may write me upon this subject, and I should be only too pleased to give information and advice.

When swinging for any length of time a cheerful optimism must be preserved. One should encourage cheerful and light conversation on any subject except club swinging. To illustrate my meaning more fully I will relate an experience that occurred to me during the swing which brought me the amateur world's record.

#### An Encouraging Spectator.

I had been swinging about 50 hours when some young fellow forced a conversation with me. It ran something like this: "Did you know Tom Burrows?" "Yes, very well," said I. After passing some remarks about his style of swinging, he went on, "Do you know that he is still in an asylum?" I replied in the negative, "Yes," said he, "I was present when he attempted to swing clubs for 110 hours in Aldershot in 1913. Yes," he continued, "jolly hard luck that he went mad at 104 hours, and he 'floored' his wife and one of his attendants before he was overpowered, and, poor fellow, he is still in an asylum." At this stage one of my own attendants, judging by the expression on my face, thought that everything was not quite as it should be, found a quick and effective excuse to draw our company to a close.

This is the sort of thing rigorously to avoid.

The following possible and probable eventualities must be provided for previously.

#### How to Keep Awake for 70 Hours.

(1) There is an overpowering tendency to sleep, especially during the first night. Between the hours of one

and four in the morning is usually the most troublesome time.

(2) The collapse of that wonderful arch, the instep. Owing to the abnormal and continuous strain put upon this delicate structure, the arch of the foot is apt to fall, causing intense pain, and, unless precautionary and remedial measures are taken, flat feet will result.

(3) After swinging about 48 hours swelling of the legs, commencing at the ankles, should be watched for. About this time trouble may begin in the abdominal and lumbar regions. These parts of a person's anatomy—no matter how strong that person may be—are the weakest and are the first to show signs of distress. The reason is quite

(Continued on page 170)



JOHN L. ROBERTS

The great South African Club Swinging Champion. Notice how peculiarly similar his physique is to that of H. J. Crittenden.

## The Most Powerful Enemy of Success

By T. W. Standwell

I WANT to begin my article this month by expressing my appreciation of that written by our editor in the issue of this magazine two months ago, entitled "How to Win Life's Greatest Battle." He sounded a note that should re-echo the whole world over; it would save millions of young people from the misery of vicious lives.

Life's greatest battle is that against the animal passions that assail adolescents; and the means to win that battle is knowledge, knowledge of the facts of sex and its evolution, and of the intense importance of keeping it under control.

In my estimation there is no greater work to which a man can devote himself than to assist young people in their fight for cleanliness. For upon sex control the whole future happiness of life depends. Let no man delude himself. There is no moral looseness which is ever forgiven by Nature. It has been my experience as a physical culture consultant and a specialist to note that the diseases and weaknesses associated with the sex function have their origin in the indiscretions of youth.

Make up your mind that your life is not going to be spoiled; that you are going to be strong, and develop 100 per cent of your qualities, and not waste them on ruinous practices. It is well to know that all men have to fight the same battle. So, when you find your temptation severest, just remember that you are not the only one to experience it, but that you are going to "make good" by pulling through successfully.



Fig. 1

#### HOW TO STOP YOURSELF BEING THROTTLED

It is the easiest thing in the world to break a man's grip on your throat. All you have to do is to force his arms apart as shown in this illustration.

Fig. 1 shows the way a rough-neck may spring at your throat and try to throttle you. (It is the way he does it in the movies, anyway.) Just jerk up your arms inside his and force them apart as in Fig. 2. Nobody in the world can hold you by the throat if you do this to him. You have infinitely more power than he has as you come up from underneath.

Unfortunately today, as always, there is a great reticence in the discussion of sex facts. Mankind, while holding everything sexual to be wicked, still allows its younger members to pick up doubtful information haphazardly from spicy conversations of the gutter, or worse.

The finest armor with which to fortify yourself is scientific knowledge. Unfortunately in our schools and colleges they have a habit of making science dull. This is because it is not taught in its relation to actual life. But science is, after all, but the story of Nature herself, and ought to be the most fascinating one that human beings can tell—and indeed, it is if only it is told properly.

To learn all the wonderful processes through which a man passes is truly a remarkable story, and to know them takes away the mystery and inquisitiveness surrounding sex problems. Personally I believe that this unhealthy inquisitiveness is very greatly responsible for the prevalence of unclean behavior. The constant morbid brooding over things sexual is entirely due to ignorance of scientific information. Let a boy know what his organs mean, and, I believe—in fact I know—that you will rid him of undesirable thoughts.

The story of life is a beautiful one. The flowers in all their splendor are not less lovely because we know that they are evolved purely for the reproductive purposes of the plant. Nor are the songs and the extraordinary plumage of birds less beautiful because we know that they have evolved as partly sexual characters. Again, following the same argument, the beautiful love stories which saturate our best literature are not less romantic because we are familiar with the facts that love is preliminary to sexual expression.

(Continued on page 178)



Fig. 2

# Have You An Instantaneous Mind?

By Dr. Harlan Tarbell

[One of the most fascinating of all subjects is that of the analysis of character by the indications given on a person's physiognomy. This month Dr. Tarbell gives us some more information as to how we can detect what qualities are possessed by people with whom we come in contact. He also shows us how we may know ourselves as we are rather than what we think we are, so that we can develop the good and put a brake on the bad.—Editor.]

**H**OW quickly do you think? Have you a speedy mind or a slow one? Can you rapidly think yourself through sudden emergencies, or do you kick yourself because you didn't think of the thing you should have done until it was too late?

There is a definite, easy way by which you can judge the speed of a person's mentality at a glance. You do not have to observe people's mentalities in action to compare their relative rapidity any more than you would need to see a turtle and a rabbit in action to compare their speed. The human face tells the story. When the bridge of the nose is even with the forehead it denotes an instantaneous mind.

### How to Detect the Instantaneous Mind.

The first illustration shows this very nicely. The black area shows the region which acts as a gage. Nos. 1 and 2 are good examples of the rapid mind. No. 3 shows a moderate indentation between the forehead and its junction with the bridge of the nose, while No. 4 shows a greater concavity and a slow mind.

The greater the concavity the slower the mind. By noticing a few people about you, it is very easy to note the relative proportions, and by observing people in action you can readily prove this for yourself.

At the root of the nose (black region in illustration) is the register of the power of unity—the power of mental recall—of bringing the mental forces into quick assemblage for a certain point. A well-developed power of unity gives an instantaneous mind, or a rapid explosive power of mental energy which gives one quick command over the brain faculties and functions. Such people can think with speed that is often amazing.

### People Who Need a Speedy Mentality.

Unity or instantaneous mentality is a powerful function and very necessary to those who need speed in mental action. It is usually very prominent in taxi drivers, racers, aviators, circus performers, lightning calculators, extem-

poraneous workers and speakers, stage mental experts, and those people who must dispatch their business in a quick, efficient manner.

A general in the army who has an

necessary for the immediate occasion. He strikes with the suddenness of a tiger. With a slow mind the general has to plan his battle in advance and is at a loss to know what to do when his plans do not work. The slow minded man must have time to think and act. It makes him nervous to hurry, and rush work upsets and confuses him. His instantaneous brother will have thought out the problem, and perhaps accomplish it, before the slow thinking one has brought his mental action into play.

### The Powerful Function of Unity.

Unity is a powerful function in the mental machinery, and like every powerful machine is very dangerous, if not fitted with good judgment and a reliable set of brakes that will function properly when needed. Nature in her infinite wisdom has provided this guide and

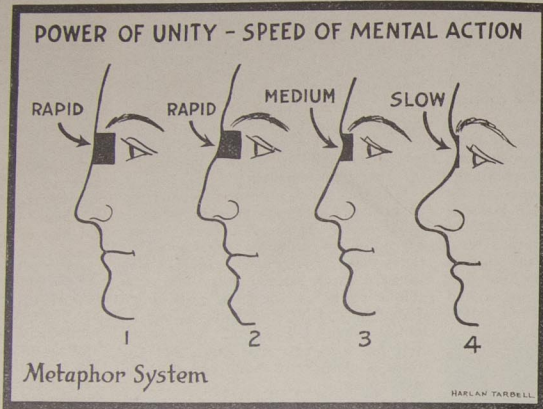
these brakes which will prevent disaster, providing the individual has them properly developed. Judgment and control are necessary to maintain proper balance.

Without these two powers an instantaneous mind is dangerous because it acts without reason and control. It sees a condition and acts without stopping to figure whether the action is justified and whether it is based on truth or falsehood. When aversion is strong, unity allows one to take a terrific sudden aversion or hatred to a person, and, unless judgment and control are in use, is apt to do damage. The development of aversion and destruction in combination with an instantaneous mind has caused people to strike others and perhaps kill them without reason. Such people commit rash acts and regret them later.

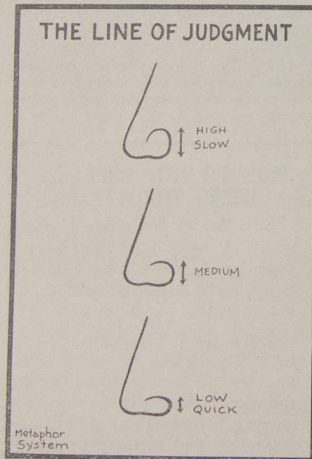
With a keen, clear judgment, good reasoning power, strong control and development of the higher functions, unity becomes a power for good. But it must have the proper mind in control, otherwise it is like dynamite in the hands of a child.

### How to Find the Judgment Line.

In the second illustration, showing (Continued on page 171)



It is easy to tell by the bridge of a man's nose whether he has an instantaneous mind. Study these diagrams and you have the key.



The curl under your nose also shows whether you judge quickly or slowly.

instantaneous mind is a man for emergency, for he can think and act at a moment's notice. He has the ability to re-arrange his plans and adopt those

# With the Men of Iron



GEORGE F. JOWETT

Middleweight Champion Weightlifter and Wrestler of Canada, Secretary of the American Continental Weightlifters' Association, and the Iron Men's best friend. He recently established a new one-arm military press record of 105 lbs.

**N**EXT month you men of iron are going to have a rare treat. David P. Willoughby, the Californian Representative of the American Continental Weightlifters' Association, has written a fine article on the strong men of the Los Angeles Athletic Club. It will appear together with a remarkable set of photographs of those wonderful men of the far west who have developed extraordinary strength.

\*\*\*

Several Canadian iron men are anxious for action. A. P. Giroux will meet Cabana, Lamarke or De Carries in a match. Giroux weighs 250 lbs., so he will be a formidable opponent to anybody who comes along to measure muscle with him.

A. Gratton, the light heavyweight, will meet any man in the province of Quebec.

Oscar Marineau is willing to meet any lightweight strong man on the whole American continent.

E. Bailey challenges any featherweight in Ontario.

\*\*\*

Gust Lessis, the great Greek strong man, has been doing some strength stunts on Brighton Beach, showing people what a glorious thing it is to have muscles of iron and be able to use them. He has been the admiration of enormous crowds. His feats are of the sensational type, and it would be interesting to know what he can do in the way of scientific lifting. Who is going to challenge him, so that we can find out?

\*\*\*

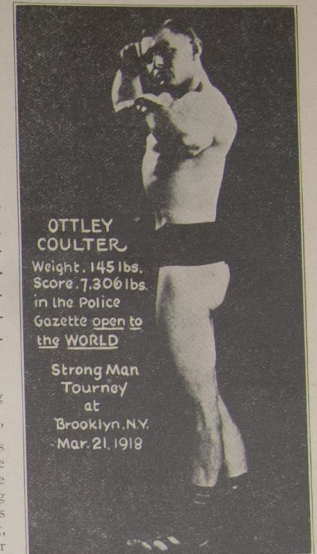
On this page is a photograph of George F. Jowett, the Middleweight Champion of Canada, who recently established a new one-hand military press record of 105 lbs. I am sure that you will all

Canadians Ready for Battle—George Jowett Breaks a Record—A. C. W. A. Representatives Wanted—Arthur Gay's Measurements—Max Cichon Challenges the World in an Extraordinary Contest.

join heartily with me in congratulating him on this splendid performance.

George Jowett is the weightlifters' best friend. He has given almost his whole life to the game, and what he does not know about it is a negligible quantity. Yet he is only too willing and anxious to help other enthusiasts who want any tips on scientific lifting, or information relating to records, or the style in which they were created.

He is a true sportsman, and I tell you I am very proud to be numbered among his friends. His greatest aim is to make the A. C. W. A. a real live body governing the iron game, and he can only do this by every one of you giving him your good will and practical co-operation. If you are interested in weightlifting join the Association. It will only cost you \$3 for membership, and this includes HEALTH AND LIFE for one year. George F. Jowett is the secretary, so when you ask him your ques-



OTTLEY COULTER

Weight: 145 lbs. Score: 7,306 lbs. in the Police Gazette open to the WORLD

Strongest Man Tourney at Brooklyn, N.Y. Mar. 21, 1918

OTTLEY COULTER

A. C. W. A. Organizer for Pittsburgh. He is an extraordinary lifter, and has raised 2,430 lbs. in a harness lift, and can stand on his hands holding a 150-lb. barbell in his teeth.

Letters just enclose your membership fee. His address is Inkerman, Ontario, Canada.

\*\*\*

F. J. Goldthwaite, whose address is 401 Tchoupitoulas Street, New Orleans, is the A. C. W. A. representative for the State of Louisiana. Weightlifters of that state should get in touch with him.

B. Snyder, of 126 N. Potomac Street, Hagerstown, is representative for Maryland; Arthur F. Gay, 59 S. Avenue, Rochester, for New York. We want other enthusiastic weightlifters to act as representatives in their states. Enquiries should be forwarded to George F. Jowett, our secretary. We want to arrange for some championship competitions and records, so this matter is an urgent one.

\*\*\*

Several readers have written us for the measurements of Arthur F. Gay, who is challenging all America for the "Strongest Man" title, so here they are:



Copyright International

### HEAVY WORK ON A FULL STOMACH

A gigantic feat of strength by Gust Lessis, the great Greek strong man. It took a horse and six men to move this boulder, but Gust held it on his stomach while it was pounded to pieces with a sledgehammer.

(Continued on page 164)

# The Pyramid

## By Warrington Dawson

Author of "The Gift of Paul Clermont."  
(Copyright in U. S. A. and Great Britain, by Warrington Dawson.)

[Here is the second installment of Warrington Dawson's great novel, "The Pyramid." What went before is as follows:  
From the tower of a Breton castle, George Alayn was watching a wonderful sunset. The sun stretched forth great bars of gold which took the shape first of a perfect cross and then of a pyramid. The author then takes us back to George's boyhood days. While out on a camping expedition the boy George was thrown in contact with Miss Delmer, of Paris. She burst out into song, and George joined in, astounding her with his remarkable voice. You will read what sort of boy George was in the following chapter.—Editor]

### Part II.—"THE BOY"

#### Chapter III.

##### Scions of Alain the Troubadour.

MUSICAL tradition in the remote ancestry of the Alayns had, from generation to generation, been accounted of no small importance in their character. They traced their origin to one Alain the Troubadour, a Norman received, patronized, and finally pensioned by Queen Bess. This musician, who had graced her court and charmed her ears, had invested to good purpose the sum of her royal bounties; his caniness had already been proved by his arriving with a designation which had passed out some two centuries before in France but was still good for publicity in England.

Matters of music, put under the ban by English Puritans and later shamed by the license of common adventurers, had then been wisely abandoned by descendants who had prospered, thanks to the contact of Alain's thrift with Elizabeth's generosity. Gradually, all trace of music seemed to vanish from the instincts of the Alayns, first well-to-do merchants in London, and then—it was when they changed the name to Alayn—modest squires in Sussex.

But though the family were fortunately freed—so their neighbors expressed it—from taints of temperament, they began to suffer from a certain lack of physical stamina. Perhaps the body missed the mental stimulus which music had given their troubadour forbear, or else it reacted under the strain of violent repression. None could deny that William Henry Alayn, for instance, had been doggedly repressed in youth, and had broken out afresh on all occasions so as to invite further discipline. Left to grow like a weed at home save when arbitrarily trodden upon, he had been sent to school and there clipped and chopped and sawed down to a regulation pole. When, during holidays, he would depart from the pole stage at school and revert to the weed stage at home, he put forth wild sprouts which met with prompt extermination. If his thought was thus pruned to conventionally unnatural lines, the life he led was abnormal, as he followed his father from one health resort to another whenever holidays interrupted his educational routine.

Unable to pride himself upon an interesting boyhood, William Henry

Alayn had aspired to atone for this in manhood—when his nerves had gone wrong like his father's and grandfather's, compelling him to renounce active occupations. Then his health, too, had weakened, exiling him in his turn from the climate of England. So he had started off, in his father's and grandfather's footsteps, on a tour of places where sensitive nerves and delicate bronchial tubes might exist with least discomfort to their owner.

He had rejoiced to be unlike his sires in at least the respect that he was single. No sooner had he awakened to the benefits derived therefrom, than he met on the Riviera a pretty American girl, loved her as bachelors of forty-five can love, and married her, one winter's day, at the British Consulate in Nice. Then, tired of Continental resorts, he went with his wife to the pine and balsam forests of the Southern States.

Paternity gave a new direction to the thoughts which William Henry Alayn had had the courage to evolve, leading as he did a half-nomadic existence detached from arbitrary rule, and seeking positive aims in order to combat introspection. He determined, as first act of duty to posterity, that his son George should neither grow wild as he himself had grown at home, nor be trimmed bare as he had been trimmed at school.

"The parents who bring up one child properly have done more for the world than the artist who has produced the greatest masterpiece of a century," he would say.

"Then the world is peopled with public benefactors," his wife would comment.

"No," his reply would come, "the more closely I observe, the fewer I find."

Young George developed into what was termed an essentially normal boy. He did not like going to school, and had no exceptional facility for absorbing knowledge. He was not morbidly fastidious about the cleanliness of his hands; he was good at games and sports, and could hold his own in a fair fight. He disposed of three square meals a day, and would sleep for ten hours out of the twenty-four. Neat in general appearance though notoriously indifferent as to dress, he loathed anything effeminate. Sturdy, well-muscled, indefatigably active, inquisitive, good-humored, and very happy when making

a prodigious noise—he promised to do well in any of the ordinary walks of life, but gave no sign of high attainments. Luckily, he was of the sort who thrive upon hard work even though it consist in plodding; just as his body would have been exaggerated in others, so his mind was most active when the demands upon it were heaviest. Finally, he had that soundest sort of health which comes not to youths who have "never known a day of illness in their lives"—but to those who have a faculty for contracting every malady, and who resist with astounding energy.

All the stamina which the Alayns, his immediate ancestors, had lacked, was possessed superbly by George in his well-set little person. His mother concluded that he was indebted to her heredity. His father merely said:

"A boy with such a love for nature has much Alayn blood in his veins."  
"Nature! I thought the Alayns stood for art!" the mother objected.

The father did not argue. But he knew that a boy who sang with the birds, who would leave his play to look at a sunset, who would stand at a window in a fury of excitement when storms shook the trees, and who responded intuitively to all strong griefs or joys with which he came in contact, could not be as free from temperament as the world liked to suppose. Mr. Alayn was in no fear before these symptoms when they revealed themselves, and considered the boy only the more normal since many-sided. Because of them, however, he devised an education to direct and utilize temperament instead of trying to crush it. His principle was that waterfalls do not run indefinitely without wearing away the rock, and so had best produce power to turn a plant, rather than disperse and transform fair fields into swamps.

Friends who had his interest at heart protested, of course, against methods not their own.

"Put the boy at boarding school, and let him fight out his battles," they said. "Everybody has to solve his own problems as he grows up, and we all manage somehow. If this boy loses much more time from his studies, his mind will never amount to anything."

"I intend him to have, first of all, sound health and firm character," Mr. Alayn replied. "If, later, his mind amounts to little, I shall reflect that without health and character it would have amounted to much less."

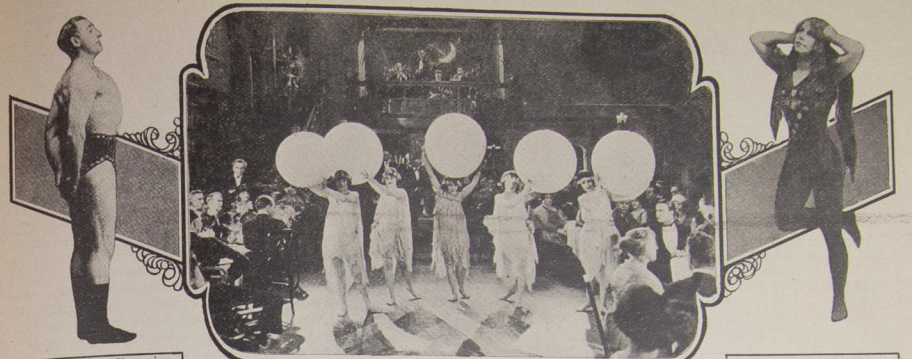
"Yet many geniuses —"  
"We are not talking of geniuses, but of men."

None suspected that this curt answer, which always closed such discussions, concealed the father's belief that this only son held all the temperament which had rested in abeyance with the Alayns since the day of the Troubadour.

The mother opined that the boy showed temperament only in an astonishing facility for giving away his heart. The father admitted the fact, but drew other conclusions.

When barely five, George bestowed

(Continued on page 177)



Rehearsing for the Movies. A beautiful scene from a Universal Star Production.

Joe Baddley, Champion Cumberland and Westmoreland Wrestler.

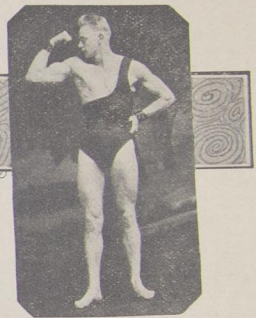
The late Miss Jessamine Sharpe, the Swimmer



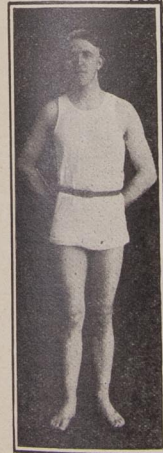
Oliver Bye, winner of "H. & L." Diploma.



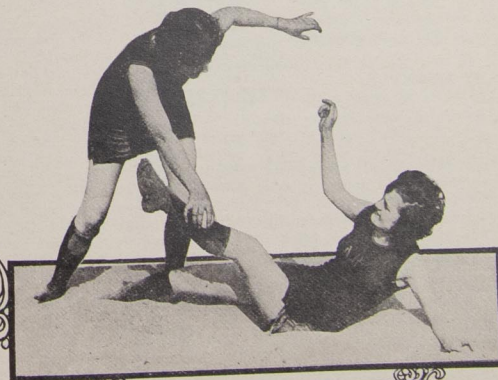
Mr. McArdle, a Champion Gymnast of England, doing the "Crucifix" in good style.



Michael Crapolichi, winner of "H. & L." Diploma.



Arthur Ringwood, winner of "H. & L." Diploma.



Are ladies going to take up wrestling? These two appear to be enjoying their tussle.



Aaron Beattie, a Champion Weightlifter of Australia.



# Health and Life

The National Monthly Magazine for Health,  
Physical Education and Right Living

## EDITORIAL

(Written by the Editor)

### THANK YOU, FRIENDS, FOR YOUR INSPIRING MESSAGES.

Before I begin my proper chat this month I want to thank all those of you who have sent in such beautiful messages of encouragement and appreciation of the magazine. Believe me, friends, they are all very, very welcome. They are messages of inspiration to me to go on fighting for the great cause of healthy living. I do not want to bother you by detailing the tremendous difficulties with which we in the editorial office here have had to contend. Some day it will make a romantic story; today it still appears too tragic. Let me just mention, however, that, in order to save this magazine as an organ of expression of the great health movement I have personally had to take over the full reins of running it. Thanks to a few genuine friends, I have managed to guide it through the obstacles, and it is now set right ahead as a true and spirited expression of your movement.

### THE AIM AND OBJECT OF "HEALTH AND LIFE."

I can assure you that HEALTH AND LIFE has a great program mapped out. It is going to stir things up all over the world for right living. It is not going to rest until every man, woman and child on this earth of ours has the message that will tell of the means to get the best out of life. It is going to be the inspiration for this end. By the mere fact of letting people know how simple are the laws of health and fitness, how happy we physical culturists are in the practice of our principles, and what a wonderful and beautiful thing the human body can be, this magazine will accomplish its purpose. After all, we do not want to force others to accept what we believe; we only want them to know what we know: that it is grand to feel the throb of health and life pulsing through our veins, and that they can possess all the joy of life that we possess by leading the active and natural life.

### LET US INSPIRE BY EXAMPLE.

Look at the wonderful figures of Charlie Postl, Earle Liederman, Roland Zermain, and the diploma winners of our development contest. Are they not magnificent inspiration to any young fellow to get the best out of his body? Look at the charm and grace of Mlle. Vallal, Miss Jovita Dardon and other ladies whose photographs appear in this magazine. Are they not pictures of beauty that will make every woman who looks at them long to make herself equally healthy and strong? Yes, friends, by inspiration we are going to make men and women the world over lovers of the healthy, the strong and the beautiful. That is the way we are going to make disease and misery disappear, and make this earth a clean, wholesome and happy place to live in.

### NATURE IS FAST BECOMING RECOGNIZED AS THE GREATEST PHYSICIAN.

The world needs our movement more than ever, and the time is ripe for our movement, too. Nature is fast becoming recognized as the greatest of all physicians; and the most successful of human physicians are those who study Nature,

and guide her so that she establishes the health she is always striving to give human beings. This is the fundamental fact underlying the majority of the schools of natural healing. That is why they are so successful. That is why, when those who have been poisoned and degenerated by drugs to a point of so-called incurability, once they come to a physician who understands the laws of Nature, he is able to guide them back to health.

### WEAKLINGS WHO HAVE BECOME GREAT ATHLETES.

Why, there are thousands, nay, millions, of us alive today brimming over with health and the joy of life, who are living examples of the truth which I write. Men and women who have been given up as hopeless cases of tuberculosis, heart disease, and so on, who have even become athletic champions. The great Eugene Sandow was a weakling when a child, and Earle Liederman was also weak and emaciated as a child, and he has developed one of the most magnificent bodies possessed by a human being. I had heart disease and other complaints in my youth, but they disappeared like magic as my body became strengthened and made wholesome by exercise and fresh air. So could I go on enumerating men who have distinguished themselves in athletics and feats of strength, who have conquered weakness and disease. Those of us who have done so are so thankful that in return we want everybody else to know how it was done.

### OUR GREAT ATHLETIC CARNIVAL.

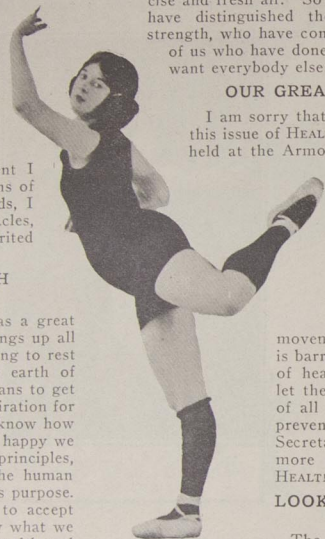
I am sorry that it is not possible to give a report in this issue of HEALTH AND LIFE of the great display to be held at the Armory on the South Side of Chicago on October 20. But next month you shall hear all about it. This is the first of a series of such meetings, so you can see that the National Health Promotion League is going to be busy. The Armory holds about 4,000 people, so we shall be able to do some good work. Please do not forget that the League is representative of the whole health movement and asks you to join it. Nobody is barred; its object is purely the promotion of health by right living, and it seeks to let the great world outside know the value of all Nature's methods for the relief and prevention of disease. Mr. Martintz is the Secretary, pro tem, so if you want to know more particulars write to him, care of HEALTH AND LIFE.

### LOOKING FORWARD TO THE 1928 OLYMPIC GAMES.

The Ontario Athletic Commission is operating a novel plan by which members of the younger generation will be given opportunities for the development of any abilities they possess. The Commission is conducting a series of free field meets open to the public and separate schools only, with no admission fees or gate fees, and giving prizes to winners. Best of all, the Commission is sending official champions to instruct in all events. George F. Jowett, the Middleweight Champion Wrestler and Weightlifter of Canada, and Walter Knox were at the meet at Cornwall, and they both agreed that some excellent material was being formed for future Olympic Games. This is a right sporting way to encourage the rising generation in amateur athletics, so congratulations to the Ontario Athletic Commission. All other athletic bodies will do well to do likewise.

### WHAT ATHLETICS MEAN TO THE NATION

Not only does the exercise afforded by games give the body the work it needs to keep it in good order, but the mind is trained to act quickly and efficiently. One learns how to take a defeat with determination to win the next time. Some people are misguided enough to think that strenuous athletics do more harm than good. But let them just look



THE DANCE OF HEALTH

Miss Jovita Dardon, the dancer, was not imitating the classical pose of "Mercury," but was snapped in one of her dance positions.

around and see what fine specimens of manhood and womanhood these athletes are.

The great thing to remember at all times is that exercise and athletics, and even attention to diet and hygiene are just the means to a greater end. That end is health, life, accomplishment, character and happiness. We are going to evolve the highest type of human being only through the application of struggle, and a universal participation in athletics as a hobby is the finest thing in the world for the human race.

### OUR MOVEMENT IS CREATIVE, NOT DESTRUCTIVE.

The early gymnastic and physical training movement was started by Father Jahn and others chiefly for political reasons, as a preparation for the physical strain of warfare. I will not say that it did not accomplish its aim. I was a participator in the recent great war and I saw with my own eyes how physical fitness was the savior of many, many thousands of men. But the cruel shrapnel and bullets made no consideration for the muscular development of a man, and the number of perfectly physically trained men that were slaughtered was legion.

The movement that HEALTH AND LIFE is leading, friends, is to inspire a desire for construction and preservation. It seeks to spread the cause, in that it believes in the sanctity of the human body. When human beings are fit and well they can think clearly and efficiently. Just ask yourself how long this system of poverty, misery and selfishness will last when men and women the world over are able to think. They can't think today because their bodies are saturated with poisons that lower the efficiency of the nervous system, and their minds are saturated with pre-conceived ideas and superstitions. Our great movement will throw open the world to light and beauty, and show men and women that we are all brothers and sisters striving on the same little earth all for the same ideal—to get the best and happiest out of life.

### FACTORS WHICH MEAN HAPPINESS IN MARRIAGE.

The splendid manner in which our appeal for common sense and righteousness in regard to sex matters has been received shows that our work in this direction is needed. Thousands of lives are wrecked because there has been a shirking of responsibilities in the teaching of the vital things of life. Thousands of marriages are ruined from the beginning because of the utter ignorance of responsibilities and privileges. Millions of children are born as a result of luck and lust, because of the lack of the simple knowledge of conception control. Is it not time that we cast aside our hypocrisy on these matters and gave our children their right to be born as the result of a union that is the expression of love? Do you know that the babe within the womb is tremendously affected by the

(Continued on page 165)



## Latitudes

By Warrington Dawson

Author of "The Gift of Paul Clermont"

V.

### ON OPTIMISTS AND PESSIMISTS

I remember hearing Theodore Roosevelt say: "On examination, a pessimist will generally be found to be a not very competent person."

Also a very dangerous person, though perhaps less actively harmful than the foolish optimist who glosses over all unpleasant facts.

Only a selfish temperament, with a limited horizon, can be a thorough pessimist, stifling his happiness, atrophying his faculties, making a culture of a deadly microbe in the midst of life. For just as optimism is the principle of life, so pessimism is the principle of death.

But the man who dares to look on things as they are, and to describe them as he honestly sees them, is no more a pessimist than the man who states grim truths pleasantly is a cynic.

For a clear definition of what optimism and pessimism really represent, I could not improve on the reply made by the schoolboy at his examination: "An OPTIMIST is the man who looks at your eyes; a PESSIMIST looks at your feet."

# Pools of Poison

By **Ettie A. Rout**

Author of "Safe Marriage"

What is syphilis? Syphilis is a living poison. Therefore it is worse—far, far worse—than a dead poison, like cocaine or arsenic. It is a poison which may penetrate every part and organ of the body.

It is a poison which may lie latent in a man's body for months or years—and then suddenly attack him when he least expects it; when he has forgotten he ever had contact with it. Worse still, syphilis is a poison which a man, as husband and father, may sow in the bodies of his wife and children. Not simply the man himself, but his seed—the male cells manufactured in his reproductive organs—may be poisoned.

What then? The children whom he procreates may be crippled, withered, damaged, diseased—blasted from the hour of their birth; blasted by him even before this—from the very moment he fertilized a woman—the woman whom he has vowed to love and protect. On that woman he may have imposed life-long pain and misery. Could anything be worse for her? *Yes!* There is something far, far worse for a woman than to lose her own health and happiness. That something is the conceiving and bearing and giving birth to a cripple or imbecile! That something is—*Motherhood Defiled!*

Let every man remember that whenever he buys sex—whenever he indulges in unclean relationship—he is also risking the buying of syphilis. Most prostitutes—professionals or amateurs—are diseased. Contact with them means that the man runs into a Pool of Poison. It is a horrible idea—but true. The prettiest girl may be—*A Walking Pool of Poison!*

The best and safest plan, of course, is *Don't run into Pools of Poison.* Love one woman only and stick to her. But remember that, however wrong a relationship is it is still more wrong if it is diseased as well.

If you become poisoned with syphilis (or any other form of venereal disease), the fault is really your own. Either you should have avoided the poison altogether—or you should have applied the antidote immediately.

Every poison has its antidote. Against the venereal poisons—Pro-Ven is one of the most efficient antidotes. It has been certified by the Health Department as being efficient and non-irritating and suitable in every way. It is wrapped up with clear and careful directions, and it is sold by all good druggists at five tubes for a dollar—twenty cents a tube.

Look at these figures: If it is worth while spending \$2.00 for the chance of

*\*Safe Marriage* by Ettie A. Rout, with Preface by Sir William Arbuthnot Lane, Bart., C. B., M. S., Consulting Surgeon to Guy's Hospital, London; etc., published by Messrs. William Heinemann (Medical Books) Ltd., 20 Bedford St., London, W. C. 2.,—English price net 3/6.

being poisoned, isn't it worth while spending twenty cents more for the protection afforded by the antidote?

A man's a fool to risk being poisoned, but then—men are mostly fools over sex. Every man knows this. Then every man ought to carry a tube of Pro-Ven in his pocket. If he doesn't ever need it himself—some other fool may. If the other fellow is one of your friends, he might some day marry your sister. You never can tell. Of course, she'll think he's a



Ettie A. Rout

God; and he'll think she's an angel; and you'll think you know better. But at least you'll have done your bit for your sister if you've helped to keep her future husband Clean.

When I was in Paris in 1918 and 1919, helping to look after the soldiers, I always went round with my pockets full of prophylactic tubes. I'd see men talking to girls, men laughing with girls, men drinking with girls; no harm meant maybe; but—the next step was so easy; it just meant the girl was—a little more than kind. A few years further on—I saw blind babies, crippled children, invalid wives—ruined homes everywhere. So, just a word: Stand clear of the sex poisons if you can; if not—apply the antidote instantly. No man ever refused to take a tube from me; if he didn't need it himself—his mate might.

Am I my brother's keeper? Why, surely you are: We are all members one of another. We can all help. Mr. Bernard Bernard, the editor of *Health and Life* in Chicago is helping by publishing this article for me; Mr. R. E. Fitz-Gibbon, the manufacturer of Pro-Ven is helping at his laboratories at 1110 F. St., S. W., Washington, D. C., U. S. A., is helping by making and selling these anti-poison tubes; and I am helping in London by writing this little article.

But the men who are daily and nightly buying syphilis and the women who daily and nightly are selling syphilis to them, could help most of all—first, by cutting out this horrible traffic altogether from their lives; and second (if they don't quit the buying and selling of this poison) by carrying always and using instantly the antidote called Pro-Ven.

Remember always—*Cleanliness is the next best thing.* If you have been mad enough to risk being poisoned, be sane enough afterwards to carry out the simple precautions explained fully to you in the Pro-Ven Laboratory Preparations, and endorsed by the State Department of Health. But although this kind of Presence of Mind is a very good thing—a still better thing is *absence of body.* The microbes of syphilis and gonorrhoea cannot creep into your organs if you keep them right clear away from Pools of Poison; and they have very little chance of doing so if you do the next best thing—*Wash and be clean.*

## WITH THE MEN OF IRON

(Continued from page 159)

Weight, 200 lbs.; height, 5 ft. 10 in.; neck, 17 in.; biceps, 17 in.; chest, normal, 44 in.; chest, expanded, 47½ in.; waist, 34 in.; forearm, 14 in.; thigh, 25 in.; calf, 16 in.

\* \* \*

I was hoping to give you a photograph this month of Max Cichon, the great strong man who is challenging for the middleweight title of the World's Strongest Man. The challenge is a sensational one, and does not include weightlifting, excepting the picking up of weights and pressing them to arm's length above the head. He maintains that a real strong man is one who is strongest in all round combative athletics, and he wants the title settled by resort to a "rough and tumble." That means to say, he will enter the ring with another man and with no rules or regulations let the stronger man triumph over his opponent.

He is, however, also prepared to meet acceptants of his challenge in boxing, wrestling, weightlifting, running, swimming, rope climbing, separately, and then the one who wins the most points be awarded the title.

Max Cichon is willing to meet Jack Dempsey, Zbysko, Strangler Lewis, Arthur F. Gay, Battling Siki, or anybody else in the world in his unique idea of a strong man tussle.

He is a wonderfully muscular man, and could such an affair ever be staged, it would be one of the most remarkable contests in history. I am going to let you know more about him next month. He is to appear at the great athletic carnival arranged by **HEALTH AND LIFE** and the Army authorities at the Armory in Chicago.

### "COUNT ON ME."

You can count on me to boost your magazine.

FRANKLIN HOWLAND.

## Learn the Language of the Head

"Fundamental Character Analysis," by Drs. Harlan E. Tarbell, John B. Rolle, and Carl Loeb.

Your face and head express in outline all the characters you possess. All the inborn qualities show definitely in the head, and the use you have made of these is clearly marked in your face. Thus it is possible to learn what you and others have the power to accomplish, and also what you have accomplished. The exceeding value of this is obvious, and the authors of this book have given to the world a very fine work.

Just as letters form words which have meanings and make up language, and just as music and painting are languages, so is there a clear language of character analysis. This book presents it so lucidly, simply and scientifically, that it is possible to read it and go right away and analyze any person's character. It is certainly the most logical and scientific we have yet seen, based as it is on the recent findings of real scientific research, and not on a self-compiled pseudo-science.

We have always been sceptic of works purporting to deal with the problems of character analysis, but so pleased are we with this book that we should like to see it have a huge sale. It undoubtedly marks an epoch in the scientific study of character analysis.

## EDITORIAL

(Continued from page 163)

thoughts, acts and the health of the parents. Is it not, then, obvious that the most important time of all life is at the moment?

## THE SOUNDEST SEX EDUCATION.

But from childhood onward each boy and girl should be given a sound scientific sex education. The fault in the past has been that such education has had very little basis on which to work. The subject has always been broached with bated breath, and children have gathered, even from such lessons as have been given, that there is something terrible about the subject itself. Teach them the facts of anatomy, physiology and biology, cleanly and clearly, and tell them honestly that the biggest fight of life is to maintain control of their animal instincts, and the pure nature of the child will respond to the lessons, and, knowing the truth, will be armed against all dangers and grow up to enjoy a full, useful and happy life. And let us not forget to teach him that the finest antidote in the world to wrong thinking and impure action is a good hobby, and that the best hobby of all is the development of a healthy, strong and beautiful body.



## Lindlahr Nature Cure Institutes

Only organization maintaining both city and country sanitariums

LINDLAHR SANITARIUM  
Dept. X, 509-529 So. Ashland Blvd.,  
Chicago, Ill.

LINDLAHR HEALTH RESORT  
Elmhurst, Illinois.

## Health Restored—Strength Regained

at the Lindlahr Nature Cure Institutes, Where Nature Does the Work  
Assisted by Rational Co-operation on the part of the Patient and Doctor

Twenty years record for splendid success in the treatment of chronic diseases.

Every disease known to man is curable by the proper combination of individual requirements of diagnosis and treatment, provided there is sufficient vitality left to respond to treatment, and that the destruction of vital parts and organs has not advanced too far.

In our methods of examination, as well as in treatment, we combine all that has proved true and efficient in all systems from the oldest to the most advanced, whether "orthodox" or "irregular," provided it conforms to the fundamental laws of cure. No drugs, no surgical operations.

### Some of Our Healing Factors

All natural methods of healing are applied strictly in accordance with individual requirements. Among our healing factors are:

Natural diet reduced to exact science, adapted to any constitution and disease condition. Pleasure the palate, eases the digestion, unexcelled anywhere.

Milk Diet and Fasting Cures  
Hydrotherapy, Father Kneipp and other systems. Sun and Air Baths. Osteopathy, Chiropractic, Neprapathy, Spondylotherapy, and other manipulative methods. Massage, Swedish Movements, Magnetic Treatment, Corrective Gymnastics and Breathing Exercises by competent instructors. Chromotherapy, Homeopathic and Non-poisonous Herb Remedies. Mental Therapeutics, Applied Psychology, Suggestive treatment on a common-sense scientific basis.

Frequent lectures by Dr. H. Lindlahr and his able assistants teach you how to become your own doctor and the family physician for the future.

## CATARRH

TREATED FREE 10 DAYS to prove quick relief. Dr. Coffee had catarrh, deafness, head noises. He found a treatment that gave complete relief. Thousands used it successfully. Want you to try it free. Write Dept. 200, Dr. W. O. COFFEE, Davenport, Iowa.

## GOITRE Pay When Well

I have an honest, proven remedy for goitre (big neck). It checks the growth at once, reduces the enlargement, stops pain and distress and relieves in a little while. Pay when well. Tell your friends about it. Write Dept. 181 Box 737, Milwaukee, Wis.

### Electric and Electronic Methods

ELECTRONIC DIAGNOSIS AND TREATMENT: We are using the Abrams electronic methods of diagnosis and treatment—the greatest discoveries of the age. From a few drops of blood we diagnose the basic disease strains in the system, hereditary as well as acquired. The electronic treatment positively destroys the disease strains in the system.

Radiant Light and Actinic Rays: These are more powerful in their effects than direct sunlight and are used for general tonic treatment and for local applications.

Morse Wave: The latest improvement on sinusoidal electrical treatment for weak, atonic and protracted conditions of the digestive organs.

High-frequency Electricity: For the oxidation of disease matter as well as for general tonic and local curative effects.

### Send Coupon for Catalog

Rates reasonable and consistent with benefits received. Write today for free catalog describing each Institute in full and showing pictures of the various departments of each. Courteous attention given to all correspondence.

## Lindlahr Nature Cure Institutes, Inc.

Dept. X, 509-529 So. Ashland Blvd., Chicago, Ill.

Please send me free and postpaid, your catalog of the Lindlahr Sanitarium (Chicago) and the Lindlahr Health Resort (Elmhurst, Ill.), also literature describing natural healing methods.

Name .....

Street and No. ....

City and State .....

### Irresistible Eyes

are those which are Bright and Sparkling. Keep Your Eyes Young and Beautiful through the daily use of Murine. It has stood the test of time. At all Druggists

MURINE  
for Your Eyes



## TOBACCO HABIT BANISHED

Let us Help You Yes, positively banished almost before you know it. Pleasant, easy to take. Results quick, sure, lasting. No craving for tobacco in any form. Not a substitute. Contains no habit-forming drugs. Satisfactory results guaranteed in every case or money refunded. Tobacco Redeemer is an absolutely scientific and thoroughly dependable remedy for the treatment of the tobacco habit. Write for free booklet and positive proof.

Newell Pharmaceutical Co., Dept. 917 St. Louis, Mo.

# The Various Medical Cults of Healing

THE ALLOPATHIC AND HOMEOPATHIC SCHOOLS

By Dr. H. C. Engeldrum

[This is the first of a short series of articles, by an author who has been an instructor in ten different institutions in Chicago, Dr. H. C. Engeldrum. This is not a series of articles based upon a one man's idea, but facts from recognized authorities of each cult, thereby giving a correct definition and brief description of each system. After you have read the series of articles, you will clearly understand, and should be able scientifically to explain to others what ALLOPATHIC, HOMEOPATHIC, ECLECTIC, PHYSIO-MEDICAL and OSTEOPATHIC PHYSICIANS really are; there is a difference, although the first four receive the M. D. degree, while the fifth receives the D. O. degree.—Editor.]

For the past five years or more the writer has been asked hundreds of times what the various cults are, and why the drugless cults have surpassed medicine. The explanation lies in the analysis of the different schools of medicine representing the healing art.

There are two general divisions of schools of medicine representing the art of healing, namely, the *orthodox* school, represented by the Allopathic or regular school of medicine, and the heterodox schools, represented by the four schools homeopathic, eclectic, physio-medical and osteopathic schools.

It is a significant fact that the principles underlying the practice of heterodox cults have been evolved by orthodox physicians, and in consequence they have been obliged to be criticized by both the laity and fellow physicians, not invariably resulting in professional ostracism. But for the element of truth evolved in each case none would have lived to add to our store of remedial agencies.

Mr. Grote considers the historic period, apart from the illusions of legend, as commencing in Greece with the first Olympiad, 776 years before the present era. In the other countries the period may have been somewhat earlier, but this date will answer the purpose.

## The First Medical College.

The first medical college established in Europe was founded by the Saracens at Salerno, in Italy. It was founded under the authority of Emperor Charlemagne in 802. Dunglison seems to give it an earlier date, declaring that it was already celebrated in the eighth century.

In 1764 the Philadelphia medical school was founded by some of our first medical professors. This was sixty-one years before Dr. J. B. Gram introduced the Homeopathic cult into this country.

In taking up the various cults of healing, I will first give the underlying principle of practice of the Allopathic or regular school of medicine, which can be incorporated in the phrase "Contraria Contrariis Curantur." In other words, it is the system of counter action. This implies that symptoms of disease must be overcome by drug sufficient in amount to quell the particular symptom.

It becomes apparent that this may often result in misleading impressions as

to the real condition and progress of the patient, because beneath the drug-repressed function or drug-stimulated function remains the true status of the patient. This is not always externally manifested.

## The Drug School.

The Allopathic school has, until recent years, maintained that heroic doses of drugs are most efficacious and accordingly administered them until the point of tolerance was reached; that is until there began to be manifested symptoms of the drug. Scarcely a vegetable organism or compound or a mineral compound exists but what has been included in the role of medical agents, each having its time of trial and then abandoned to be succeeded by some new remedy.

The Homeopathic School, the first Heterodox school, was founded by Samuel Christian Friedrich Hahnemann. Dr. Hahnemann was born at Meissen, Saxony, April 10, 1775. He received the degree of Doctor of Medicine from the University of Erlangen, in 1789, settled in Leipzig. In 1790 he translated W. Cullen's "Materia Medica" into German. He was struck, during the progress of his work, with the fact that the symptoms produced on the healthy body by qui-

## Better Than Pulpit Preaching.

I think HEALTH AND LIFE will do more good than all the pulpit preaching. When young people know the plain, honest truth, they will take more notice to guard their moral health than they would whispered mystery. No one will walk into a ditch with open eyes.—W. K.

## Recommending a Good Book.

Gentlemen: Kindly find attached check for \$1.75 covering price of "Sex Conduct in Marriage," by Bernard.

It has been recommended very highly by a fellow traveler. I am a newlywed.

Respectfully,  
O. W. P.

nine were similar to those produced on the disordered body when quinine was administered as a cure. This is the underlying principle of the Homeopathic school, which considers symptoms as arbitrary attempts of nature to overcome disease. Drugs are prescribed which, when administered to the normal individual, will produce symptoms identical with those for which the drug is prescribed. The course of study pursued to gain this knowledge requires the student to learn both the symptoms of disease and the symptoms produced by the drugs administered, for the drug symptoms must exactly fit the disease symptoms.

## Dr. Hahnemann's Fight With Established Interests.

Dr. Hahnemann promulgated his new principle in a paper published in 1796 in C. W. Hufeland's Journal. Four years later, convinced that drugs administered in smaller doses than were usually employed effectively, exerted their curative powers, he advanced his doctrine of potentization or dynamization. In 1821 he was forced to leave Leipzig because of the hostility which his new doctrine had provoked among various established interests, particularly those of the Apothecaries. Upon the invitation of the Grand Duke of Anhalt-Coethen, he went to live at Coethen, and after remaining there for fourteen years, he removed to Paris, where he practiced with great success until his death on July 2, 1843.

Hahnemann based Homeopathy on two facts, one, the facts of disease, the subjective and objective symptoms of the naturally diseased patient; the other, the fact of remedy, the subjective and objective symptoms of the drug diseased patient. These two classes of facts were made to serve for the premises of a scientific therapeutic application. Dr. Hahnemann directed the cure of curable medical constitutional diseases by symptoms. The similitude of the effects of natural and drug diseases, together with this method which carries with it all the elements of historic permanency. In other words, the Premises are the sciences of Pathology and Pharmacology, and Homeopathy is "The method by which the facts of the science of Pathology and

(Continued on page 174)

# Can You Guess This Man's Age?

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

By WILLIAM R. DURGIN



HOBART BRADSTREET, THE MAN WHO DECLINES TO GROW OLD

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

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

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

The reader will grant Bradstreet's method of staying young worth knowing and using, when told that its originator (whose photograph reproduced here was taken a month ago) is sixty-five years old!

And here is the secret: *he keeps his spine a half-inch longer than it ordinarily would measure.*

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

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

Now, for proof that subluxation of the spine causes most of the ills and ailments which spell "age" in men or women. Flex your spine—"shake it out"—and

they will disappear. You'll feel the difference in ten minutes. At least, I did. It's no trick to secure complete spinal laxation as Bradstreet does it. But like everything else, one must know how. No amount of violent exercise will do it; not even chopping wood. As for walking, or golfing, your spine settles down a bit firmer with each step.

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

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

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

I know what these remarkable mechanics of the spine have done for me. I have checked up at least twenty-five other cases. With all sincerity I say nothing in the whole realm of medicine or specialism can quicker re-make, rejuvenate and restore one. I wish you could see Bradstreet himself. He is arrogantly healthy; he doesn't seem to have any nerves. Yet he puffs incess-

santly at a black cigar that would floor some men, drinks two cups of coffee at every meal, and I don't believe he averages seven hours sleep. It shows what a sound nerve-mechanism will do. He says a man's powers can and should be unabated up to the age of 60, in every sense, and I have had some astonishing testimony on that score.

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

The \$3.00 which pays for everything is not sent in advance unless you prefer. Just pay the postman who brings it. Requests will be answered in turn. Try how it feels to have a full-length spine, and you'll henceforth pity men and women whose nerves are in a vise!

HOBART BRADSTREET, Suite 407  
630 S. Wabash Ave., Chicago, Ill.

I will try your SPINE-MOTION without risk if you will provide necessary instruction. I will pay postman just \$3.00 for everything, on arrival. This deposit to be returned in full if I send back the material in 5 days.

Name .....

Address .....

## Free Book on Fasting and Diet

When Prof. Arnold Ehret, the great drugless doctor, fasted 49 days by a system all his own, he made astonishing new discoveries about the proper food of man. When YOU know and use these facts, you can greatly increase your vitality and efficiency. A radical departure in both eating and fasting, that cuts your board bill in two and keeps you strong, alert and magnetic.

The price of Ehret's three little books, "Rational Fasting," "Muscleless Diet," "The Secret of Vitality and Transitional Curative Diet" are sold together for \$5.00. Many copies have been sold at this price. For a short time, you may have a copy of each for \$3.00, postpaid, and get the new book,

### "THE CURATIVE DIET" ABSOLUTELY FREE

Same explains what foods restore and maintain health and how they do it. Almost every ailment or disease requires a special food care. This book gives the most important ones, with brief chapters on Milk Diet, Raw Vegetable Diet, Acid Fruit Diet, Mixed Diet, Vegetable Cooking, Devitalized Foods, Tissue Builders, Diet Don'ts, Rules for Fasting, Breaking a Fast, etc.

The regular price of "Curative Diet" is \$1.00, but we want you to have this helpful book. We will mail all 4 books now for \$3.00—a saving of one-half of the regular cost. Order Ehret's 3 books NOW and get "Curative Diet" free. Don't miss this special offer.

### DR. BENEDICT LUST

Dept. H. L. 110 East 41st St. New York

## Health and Life Fellowship

A Band of Men and Women United in Their Love of the Healthy, the Strong and the Beautiful.

President, The Editor of HEALTH AND LIFE:

We want all those who believe in the work which HEALTH AND LIFE is doing to inspire a love for the healthy, the strong and the beautiful, to join the HEALTH AND LIFE Fellowship.

Thousands of men and women now in the slough of despond need our help to show them the way to health and happiness, and by joining hands we shall become a great force for our cause.

Many of us are now working single-handed for the same movement; many of us with similar ideas and ideals would like to be brought together. It is the aim of the Fellowship to do this.

By becoming a member you make a pledge to keep your body healthy, strong and beautiful. This in itself is a great help to you personally to follow out the rules which mean everything in life to you.

Fill in your coupon now and send it in.

HEALTH AND LIFE FELLOWSHIP  
To the Secretary:

I wish to join the Health and Life Fellowship. I promise to do my best to keep my body healthy, strong and beautiful. Enclosed is my fee of \$1.00.

Name .....

Address .....

.....

## DEVELOPING GREAT MUSCULAR STRENGTH

(Continued from page 151)

his enormous arms behind his head and he was absolutely powerless. Yet that man in weightlifting could raise with one hand far more than I could ever raise with two.

### What Sort of Strength Do You Want?

It is necessary, then, to know exactly what sort of muscular strength you want to develop. But in my estimation it is best to aim at all around strength, and all around athletic ability. This gives the most picturesque kind of physique, and the most valuable sort of muscular power.

However, what I want particularly to tell you is that there is only one way to develop great muscular strength, and that is to work hard. Pushing up a pair of 2-lb. dumbbells will never do it, nor will free exercises alone, unless those free exercises involve the manipulation of the body in hard muscular work.

No, my friends, it does not matter what anybody tells you, the only way to put on great muscular strength is to go all out to get it. But, here again, we must be careful to avoid strains. It is possible to overexert and run off energy into waste, with the result that strength and muscular development will diminish. It is necessary to use common sense at all times, and, while taking great care not to strain to an abnormal degree, put sufficient energy into the work to give the muscles full action.

### How to Use Will in Building Strength.

This full action or effort is chiefly effective because it enables the full expression of the will. To take a weight of say, 20 lbs., and push it overhead with two hands requires little if any exertion of the will; but to take a 150-lb. barbell and push that above the head with two hands requires a very big bit of will. To accomplish it, one is bound to concentrate—unconsciously—on the effort, and it is just this will power which is thus strengthened and its force directed to the centers for the development of muscular strength.

To get the best basis for great muscular strength it is very difficult to beat heavy weightlifting. Weightlifting is a grand sport, and it is exceedingly interesting to watch one's progress in developing strength. The first time you try you may be able to push up, say, 50 lbs. with one hand; measure your strength each week and you will find you can do 10 or 12 lbs. more every time, if you practice consistently. This is why weightlifting is so fascinating.

It may take time, but so sure as you make up your mind and try to develop strength and muscle they will surely come.

### Do Plenty of All Round Athletic Work.

Having thus gained the foundation you can build up on it. Put in some good all round work. Throw the shot and the hammer when you get the chance. Do plenty of jumping to

strengthen the legs and keep them active. Wrestle anybody who comes along, and do not be backward in entering the boxing ring. Your reward will surely come in the end. Do not expect results too quickly. The professional strong men you see took years and years to achieve their ambition.

Now let me give you a few exercises that will help you to get muscular strength quickly. Be careful to do some light movements first. Do not go right straight away after resting and try to push an enormous barbell to arm's length. Preferably start with a few breathing exercises, feeling the air circulating your lungs and replenishing the blood with energy for the strength you are developing.

### Strength Developing Exercises.

(1) Get a barbell weighing just what you can comfortably push overhead with a little exertion, say, about 30 lbs. under your limit. Now pick this up and press it to arm's length and place it on the ground again. Do this three times in succession. Then rest and breathe deeply.

(2) Pick up the barbell again and hold it behind the neck. Now slowly bend the knees and straighten them. Do this three times and rest, and breathe deeply while resting.

(3) Load the bar to 30 lbs. under your limit in the one arm push. Put this in front of you and lift it in to the shoulder three times in succession; first the right arm and then the left. Pick up the bar with the right arm and do three pushes and three jerks. Then rest and breathe deeply. Do the same with the left.

Now give your muscles some good massage, rubbing and kneading the muscle tissue. I used those given in "Health and Fitness." I invented them especially for this purpose.

(4) Go to the nearest doorway and hang by the arms, and chin the ledge seven times.

(Note.—I am giving you the exact number of times you should do each exercise. It is important that you should adhere to this number.)

(5) Handbalancing is a wonderful exercise. It takes little to learn the simple balance, but later on I intend to give you a complete article, explaining the tricks of handbalancing. From the handstand lower the body until the head touches the floor, then press your body to arm's length again. Do this three times and then rest.

(6) Stand on a chair, raise one leg and lower the body on the other leg as far as you can go, and stretch the leg again. Do this four times with each leg and rest.

(7) If it is possible to take a short run out of doors, take one of about a mile at a good pace, and do the last quarter of a mile at top speed. If you cannot go out of doors do stationary running, raising the knees high each time and finish with a spurt at top speed. Better still, do five minutes skipping at your best pace.

## Chiropractic School

Investigate the fastest growing in this country, before making your choice

The Progressive College equips you for straight Chiropractic with a knowledge of drugless healing in its broadest sense.

Dr. Henry Lindlahr, the president of the Progressive, has spent his entire professional life in the development of drugless therapy.

Day and Evening Classes.

Earn while you learn.

Enroll now.

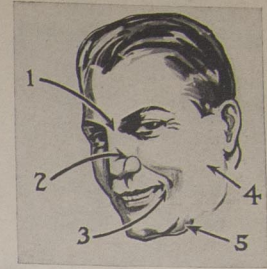
Send for catalog, Department X.

Progressive College of Chiropractic

517 South Ashland Boulevard

Chicago, Illinois

Chartered under the State Laws of Illinois



## Learn to Read Faces—Be a MASTER MIND

Above is a man with

1. An instantaneous mind;
2. Sound judgment;
3. Good control;
4. Executive power;
5. Rapid action.

The story is written on the face clearly, unmistakably. It can be read instantly by the simple, easily learned principles of the

### Metaphor System of Character Analysis

It unlocks the secrets of the people you meet. You can tell what they think—what they do—whether they are dependable—what they are capable of—how they will act in all circumstances.

### You Can Dominate People

You can overcome and control business, social and domestic problems because you understand people better than they know themselves.

### You Can Be A MASTER MIND

In a few short, fascinating lessons you can gain the knowledge to make you a MASTER MIND. You can

### Just Off The Press

"Fundamental Character Analysis," by Harlan Tarbell, John Rolle and Carl Loeb. Price \$2.50 at all book stores, or sent prepaid for \$2.65.

possess the principles to bend life to your ambition. You can develop power of mind, will, vitality—the keys to success are in your hands.

Write at once for full information.

1014 S. Michigan Ave. Chicago Ill.

## METAPHOR SYSTEM of CHARACTER ANALYSIS

(7) Take a bath and a good towel-ing, and give the body a good rubbing with massage exercises.

This program should be followed three or four times a week at least, if you want to develop the limit of your strength. It is hard work, I know, but what a glorious possession: the strength to do any feat without a moment's hesitation, and the development more beautiful than any statuary.

"The Glory of a Young Man Is His Strength."

## ANIMAL TORTURE IS UNNECESSARY

(Continued from page 152)

ference causes serious bother. People have yet to learn that Nature is the finest physician that was ever invented, the trouble is that doctors will interfere with her work.

### The Recent War Against the Germ of Kissing.

"Once a victim to the germ theory hoax, it is surprising at what absurd conclusions doctors can arrive. Some time ago, it was pronounced that germs could be passed from one person to another by kissing. In fact, one physician thought he had discovered this terrible kissing germ. In a town in one of our states the council passed a resolution forbidding kissing on this account.

"Another physician fortunately came along and announced that it was all a mistake. In his experience he had found these kissing germs very stimulating.

"Again, they will tell you that diphtheria antitoxin is a great blessing to mankind, and that it was discovered by vivisection. But has it done away with diphtheria, or with deaths from diphtheria? Of course it hasn't. The statistics they will put before you are very hollow if you know how to look through them.

### How to Suit Your Statistics to Your Argument.

"They will, for instance, say that out of 100 cases of diphtheria they will have nine deaths. But out of that number there is no mention of the cases that would have got well anyway. What used to be looked upon by our grandmothers as a simple sore throat, and cured by a hot bath, perspiration and castor oil, is now certified as diphtheria, and counted in along with the statistics. So, whereas in the statistics for former days, only the very serious cases were taken into consideration, today they will include practically any case of sore throat. That is how they make their statistics look so favorable.

"There is not a more dangerous drug on the market than diphtheria antitoxin, and the superstition surrounding it would disappear tomorrow but for the commercial interests behind it. The more antitoxin there is used, the more deaths there are. That is a genuine statistical argument.

"Wherever you look you will find that vivisection is unnecessary, so let

(Continued on page 170)



## Learn by Mail to Play Your Favorite Instrument

Of all the arts, music has the widest popular appeal. You hear orchestras, bands, singers, instrumental soloists every where you go—at dances, in theaters, hotels, amusement parks, etc. There has never been such a great demand for musicians as now. Play any instrument and the way is open to you for carrying big money.

The University Extension Conservatory now places at your disposal the teaching experience of some of the greatest Master Musicians of both America and Europe—lessons that are no less than marvelous in their simplicity and thoroughness, leading you from the first rudiments of music to a complete mastery of your favorite instrument. Endorsed by Paderewski. You are taught and coached every step of the way by the individual instruction of a specialist.

UNIVERSITY EXTENSION CONSERVATORY  
676 Siegel-Myers Building, Chicago, Ill.

.....

## "THE ABUSE OF THE MARRIAGE RELATION"

FOR single, engaged and married men and women. A powerfully written book on a timely subject and intended to prove a genuine help to all who read it. Saves disappointment, prevents disease and makes happiness. A delicate subject treated in a proper and understandable manner.

PRICE 50 CENTS POSTPAID

Order direct from

DR. BENEDICT LUST

110 H. L. East 41st Street, New York

.....

## Free Pose and Development Competition

Competition for Best Photographic Pose and Development.

**FIRST PRIZE**  
Sterling Silver Cup and Diploma  
**CREDITABLE POSES**  
A "Health and Life" Diploma

Where Two or More Competitors Equal Each Other for First Place, Each Will Be Presented With a Sterling Silver Cup and Diploma.

Entries Close October 31, 1922.  
Special diplomas have been awarded to:

**MICHAEL CRAPOLICHO, OLIVER BYE and ARTHUR RINGWOOD.**

They will, of course, still figure in the competition for the silver cup. The measurements of these competitors are:

**MICHAEL CRAPOLICHO:** Neck, 15½ in.; chest, 40½ in.; waist, 31½ in.; upper arm, 14¾ in.; wrist, 7¼ in.; forearm, 12¼ in.; hip, 36¾ in.; calf, 14¾ in.; thigh, 22½ in.; ankle, 8¾ in.; height, 5 ft. 8½ in.; weight, 152 lbs.; age 23 years.

**OLIVER BYE:** Neck, 16 in.; chest, 41 in.; waist, 30 in.; upper arm, 13½ in.; wrist, 7 in.; forearm, 10½ in.; hip, 36 in.; calf, 14 in.; thigh, 21 in.; ankle, 9 in.; height, 5 ft. 3¾ in.; weight, 148 lbs.; age 37 years.

**ARTHUR RINGWOOD:** Neck, 15 in.; chest, 36 in.; waist, 30 in.; wrist, 7 in.; forearm, 11 in.; hip, 36 in.; calf, 13 in.; thigh, 20 in.; ankle, 9 in.; height, 5 ft. 10 in.; weight, 162 lbs.; age 30 years.

For photographs see the pictorial page.

There is still time to enter this competition if you look sharp and send in your entry at once. (Two weeks extra will be allowed to competitors overseas.)

Fill in this coupon:

**HEALTH AND LIFE POSE AND DEVELOPMENT COMPETITION**

TO THE EDITOR OF HEALTH AND LIFE,  
333 S. Dearborn Street, Chicago.

Dear Sir—I enclose a photograph of myself which you are at liberty to use in HEALTH AND LIFE. I agree to abide by your decision, which shall be considered final.

Name .....

Address .....

### Measurement Form.

Neck .....

Waist ..... Chest (normal).....

Upper Arm..... Hip .....

Wrist ..... Forearm .....

Calf ..... Thigh .....

Height ..... Ankle .....

Weight ..... Age .....

## ANIMAL TORTURE IS UNNECESSARY

(Continued from page 169)

us stand for right and truth and humanity, even if we have to stand alone. "Seventy years ago a man walked the streets trying to get insured. No insurance company would take him, because he was a teetotaler. So he started an insurance company of his own, and soon had one of the largest concerns in the country. Orthodox medical opinion is no different now from what it was then; it only changes when it is compelled to; common sense comes from small minorities. Animal torture is unnecessary. We who realize this today may be few in numbers, but posterity will prove us to be right."

### SOMEBODY DOING GOOD WORK.

We have just received a postcard from a gentleman who writes: "A friend gave me your address telling me that you publish a good magazine. I would be very pleased to have a copy." —S. C.

Such propaganda work will soon make HEALTH AND LIFE reach every household in English speaking countries. So give a hand where you can. THE EDITOR.

## THE SECRET OF ENDURANCE CLUB SWINGING

(Continued from page 156)

obvious. Unlike the remainder of the muscle groups of the body; the abdominal region has practically no immediate support from any bony framework, the only support being five small bones (the lumbar vertebrae) of the spinal column.

### Keeping at Bay the Neurasthenic Headache After 60 Hours.

(4) During the third night (usually) nervous headaches are apt to make their presence felt. This indisposition is the worst enemy of an endurance club swinger (neurasthenics, only too well, know what these are).

If they are allowed to take their course, they will lead to temporary insanity (at least). This trouble was the cause of the failure of Tom Burrows to swing 110 hours in 1913. (He swung 104 hours.)

Having touched very lightly on obstacles that are likely to be met with during endurance swinging, I will now turn to the manipulation of the clubs. To enable the uninitiated to appreciate the remarks on this subject, I will first of all, explain briefly the basic principles of club swinging.

The general impression is that club swinging is a very complicated business, involving an enormous amount of persistent study and assiduous practice. This is a fallacy, as I shall prove.

### The Basic Principles of Club Swinging.

The whole art of club swinging is based upon TWO circles, and two only. The "intricate and highly complicated" movements, such as, swings, twists, slides and rolls are only varying combinations and modifications of these two circles. These two circles are called outward and inward circles of two

varieties, i. e., swings and twists. Swings are performed from the shoulder joint with the arm more or less straight; and always with forearm, wrist and club in a straight line. Twists are performed from the wrist. To describe more fully these two circles, it is necessary to know the parts of a club. A club is divided into four main portions, i. e., Knob, Handle, Bowl and Point.

Circles with the right club, held by the handle, in which the "Point" of the club describes a circle in the same direction as the hands of a clock placed in front of and facing you is called an "outward circle." Corresponding circles performed with the left club, in which the "Point" of the club describes a circle against the hands of a clock, placed as above, are also called "outward circles." Now reverse the movements of the club in each case and you have the "inward circles."

To be a little more explicit, and so ensure that everyone who reads this article will thoroughly understand the foregoing, I submit the following as an example.

### Practice These Swings.

If you haven't a pair of clubs, take a pair of shoes or slippers, one in each hand; grasping them by the heels, the toes of which will represent the "points" of the clubs. Now stand in front of a mantelpiece, shelf, table or something upon which is standing a

clock facing you. Extend the right arm to its fullest extent above the head, let the hand and "club" move in the same direction as the hands of the clock are moving, keeping the arm straight and the "club" in line with the arm, descending on the right side of the body, passing in front of the legs and ascending on the left side of the body, back to its starting point and you have performed an outward circle with the right "club." This particular circle is called an "Outward Front Swing." Now extend the left arm above the head and perform a similar movement, only this time allow the "club" to move in a direction opposite to that of the hands of the clock and on arriving back at the position from which you commenced the movement, you will have performed an "outward circle" (outward front swing) with the left "club."

As I have already said, circles are divided into "swings" and "twists," with which I do not intend to deal here, or the Editor will accuse me of attempting to write a treatise on club swinging instead of sticking to the original object of explaining the intricacies of endurance club swinging. So to proceed with the original idea.

### How to Grasp the Clubs.

The clubs must be grasped in the full of the hand, the knob not being allowed to pass inside the little finger. It is quite legitimate to relax the grasp of the clubs, say, by the 2nd, 3rd and 4th finger, in fact to accomplish certain combinations, it is necessary to do this, but when the club returns to the full of the hand, the knob of the club must return to its position of outside the little finger.

The "snake" twists, and twists of a similar nature, are not allowed as the grip is changed from "ordinary" to "reverse."

The clubs must be made to perform continuous and complete revolutions. Each change from one swing to another, or from one combination to another, must be so accomplished that the one merges into the other without breaking the rhythm of the swinging. For example, supposing an Outward Front Swing with an Outward Back Twist is being done with the right club, and an Inward Front Swing with an Inward Back Twist is being performed with the left club, and it is desired to perform this combination in the reverse manner, i. e., Outward Front Swing and Outward Back Twist with the left club, and an Inward Swing and Twist with the right club. It will be seen that a combination in an exactly opposite direction of swinging is required; or, in other words, it is desired to change from swinging in parallel on the right side of the body, to swinging in parallel on the left side of the body. The change is effected in the following manner.

### How to Change Swings Without Stopping.

Complete the front swing and half of the back twist. As the points of the clubs reach their lowest point of the back twist and are about to ascend in the second half of the back twist, pass the clubs across the shoulders to the left side of the body, stretching the arms to their fullest extent (right arm passing over the head, bent at the elbow), and allow the clubs to descend on the left side of the body, passing the legs in front and ascending on the right side. The change being a continuous movement, must be done smoothly and without break in rhythm of swinging. All changes are effected in a similar manner. The above will suffice to demonstrate the principles which govern all changes.

During endurance swinging, special exercises must be performed periodically to aid the work of the digestive organs, massage the kidneys, intestines and liver, stimulate the heart to continuous normal functioning, develop and maintain the natural lung capacity and function, thereby assisting the process of elimination of poisonous waste matters in the form of gases (chief of which is carbonic acid gas) from the body, and to increase the intake of that fundamental commodity so absolutely essential to life—oxygen.

Arrangements must be made to remove the deposit on the skin surface at least once a day. Have the feet inspected once a day and washed in specially prepared solution. The hair should be combed and brushed, and the mouth washed out periodically with a good antiseptic mouth wash.

### Special Training Exercises.

Finally, the following should have a place in your training curricula. Ball punching, skipping, wrestling, specially prescribed exercises on the wall developer and chest expander, rowing, medicine ball work (no boxing or weight-lifting), and a little club swinging.

(The longest swing I performed in my training for the 70 hours, was 3 hours.) Last, but far from least, a special process of hardening the hands to minimize the very painful results of the hands blistering. I don't mean to say that all these things must be done each day of your training; far from it. But here you have a great variety of work which really takes the form of play, every minute of which will be thoroughly enjoyed and that bug bear, monotony, will be a stranger to the camp.

## HAVE YOU AN INSTANTANEOUS MIND?

(Continued from page 158)

the line of judgment, one can easily see the three comparative degrees. The slow, high weighing and considering judgment line is high and deep set. The less a subject is considered, reasoned and weighed, and the speedier the judgment, the lower the line. A low line of judgment and an instantaneous mind has to be watched and guided by the powerful control and the higher constructive faculties. The higher faculties make the power of unity or root of the nose very narrow. Judgment considers the results of an act, it weighs consequences. Quality of decision depends on good judgment. With strong development of the faculty of language, an instantaneous mind, a low judgment and lack of control, a person talks "like a streak of blue lightning," similar to a runaway train running down hill without brakes or an engineer. He or she speaks out quickly and expresses opinion without reasoning. Such people are usually in "hot water" most of the time.

### Necessity for a Forceful Speaker.

But with strong language, good vital and resistive power, high judgment and good control, we have a strong, forceful speaker who thinks quickly, but weighs what he says. He can bring his mental material together rapidly, but his high judgment and control only express that which is carefully considered. Unity, or instantaneous mentality, is emotional, strongly electrical and explosive. It makes mental action easy, just as a powerful, speedy engine makes it easy for an automobile to cover ground quickly. But a racing automobile turned loose in a crowd of people without brakes and a driver is a dangerous proposition. Judgment is the driver, control is the brakes.

The medium mind, as shown in No. 3 of the first illustration, is the ideal mind for most circumstances, but the fast and slow mind both have their respective spheres and are necessary for their particular purposes. If you have an instantaneous mind study yourself. If you have a mind with such a mind study it carefully and watch the guards. A master mind watches this power very closely. He knows how to pick a man for any purpose, and what to expect of him in times of emergency. His keen ability to judge all men correctly, and to understand them is what makes him a master mind.



## "I Knew You'd Make Good"

"I ALWAYS felt you had it in you to get ahead. But for a time I was afraid your natural ability would be wasted because you had never trained yourself to do any one thing well.

"But the minute you decided to study in your spare time I knew you'd make good. You seemed more ambitious—more cheerful—more confident of the future. I knew your employers couldn't help but notice the difference in your work. "Think what this last promotion means! More money—more comforts—more of everything worth while. Tom, those hours you spent on that I. C. S. course were the best investment you ever made."

HOW about you? Are you always going to work for a small salary? Are you going to waste your natural ability all your life? Or are you going to get ahead in a big way? It all depends on what you do with your spare time.

Opportunity knocks—this time in the form of that familiar I. C. S. coupon. It may seem like a little thing, but it has been the means of bringing better jobs and bigger salaries to thousands of men.

Mark and mail it today and without cost or obligation, learn what the I. C. S. can do for you.

**INTERNATIONAL CORRESPONDENCE SCHOOLS**  
Box 6851, Scranton, Penna.  
Without cost or obligation on my part, please tell me how I can qualify for the position or the subject before which I have marked an X:

**BUSINESS TRAINING DEPARTMENT**

Business Management     Salesmanship  
 Industrial Management     Advertising  
 Personnel Organization     Better Letters  
 Traffic Management     Foreign Trade  
 Business Law     Stenography and Typing  
 Banking and Banking Law     Business English  
 Accountancy (Including C.P.A.)     Civil Service  
 Nicholson Cost Accounting     Railway Mail Clerk  
 Bookkeeping     Common School Subjects  
 Private Secretary     High School Subjects  
 Business Spanish     French

**TECHNICAL AND INDUSTRIAL DEPARTMENT**

Electrical Engineering     Architect  
 Electric Lighting     Blue Print Reading  
 Mechanical Engineer     Contractor and Builder  
 Mechanical Draftsman     Architectural Draftsman  
 Machine Shop Practice     Concrete Builder  
 Railroad Positions     Structural Engineer  
 Gas Engine Operating     Chemistry & Pharmacy  
 Civil Engineer     Automobile Work  
 Surveying and Mapping     Airplane Engines  
 Metallurgy     Agriculture and Poultry  
 Steam Engineering     Radio     Mathematics

Name..... 6-26-22

Street Address.....

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

Occupation.....  
Persons residing in Canada should send this coupon to the International Correspondence Schools, Canadian, Limited, Montreal, Canada.

## Dr. B. LUST'S RECREATION RESORT "YUNGBORN" BUTLER, N. J.

In the Ramapo Mountains  
Natural Life and Rational Cure Health Home  
for Dietetic-Physical-Atmospheric Regeneration  
Treatment. Point of Youth, and New Life  
School for those in need of Cure and Rest, for the physically and spiritually weakened, for those overworked and for the convalescent.

**OPEN ALL THE YEAR**  
Winter Branch, Florida Yungborn, Tangerine, Florida

Gentlemen: I think your magazine, HEALTH AND LIFE, is a peach and hope you will not fail to make it better, so it will be first in its line.

Yours sincerely,  
JOHN POINTEK.

## Health and Life CONGRESS

[Reader's views and comments are invited, but the editor does not hold himself responsible for opinions expressed here.]

### DO WE WANT BIRTH CONTROL?

Sir:

On my way west I waited in Chicago a few hours for a train connection. Having heard of your magazine, and some of your books, I went up to your office to buy "Sex Conduct in Marriage." At the same time I bought a copy of HEALTH AND LIFE.

On the Burlington that very afternoon I began to look through the little magazine. And here is an article by Father Siedenbug, answering "No" to "Do We Want Birth Control?" It started with some of the theological, hackneyed arguments against "sin." It seems to me that no person with a "Father" or a "Rev." or a "D. D." attached to his name is qualified to discuss Birth Control as long as he persists in basing his opinions on the bible. This matter must be decided by people who are not prejudiced.

Now what do we find in this article by Father Siedenbug? Get the article and follow me. First column, page 12: "—for the limitation and prevention of births by artificial and unnatural means." Who is to say what is "natural" and what is "unnatural?" It is unnatural to wear glasses, to shave, to carry an umbrella, to arrest the lightning, and even to ride in automobiles or perhaps to season our food. "The Christian Church condemns this vice," he continues. Has the Christian Church, then, the final regulations for human conduct? Nobody but the ignorant would make such a statement. It seems to me that the "laws of nature" themselves favor birth control—Birth Control as understood by the proponents of the movement, not by self-indulging libertines. Please draw a line between the two.

Second column he again calls our attention to the "unnatural." How he loves that word! If the great Catholic Church would live naturally it would not impose celibacy on its clergy.

Third column has something to say about selling one's soul. If it comes to "selling souls" there are just as many souls sold by young people before marriage in "illicit" sex relationship (if it were not for the law prohibiting birth control information, many of these young people would marry, and have children as soon as financially able), as there are IN marriage by people who practice control of conception. And he believes that a limited control is "impossible." Were we to believe his quotation from Prof. Barrett as an indication of the attitude of nine people out of ten—then, indeed, have the sweet smile

and the soft, loving little arms of a babe lost their human appeal. No, Father, you can't bluff us like that.

Page 34: "—indulge themselves without consequences—" We might just as well put it "consequences without indulgence." Has the good father ever thought of the hundreds of married men who, not being able or willing to refrain, find opportunity for expression—elsewhere, no more babies being wanted at home. "Consequences!" Bah! But, of course, love, romance, the beauty of close companionship, a tender caress after a hard day's work—these and their climax can mean nothing to Father Siedenbug. Is it not a case similar to an unmarried woman writing about the bringing up of babies?

Now we have the last paragraph. "An opportunity to live humanely." "Christian brotherhood," "practical religion," "sacrifice," "self-control"—all this we find on the shelves of Calvin and Wesley and Calixtus. Isn't it time we tried something else?

No, Father, there is altogether too much "religion" in your article to make it worth while with thinking people. You are looking at life through the bible, not through LIFE itself. Can we not read between the lines: "I am afraid of birth control because it might prove to be dangerous to the stability of traditional dogma?"

## Advice Department

Enquiries will be answered through these columns free. Readers should give a non-de-plume; where this is not done, the initials will be used. Those desiring an answer by return of post must enclose 25c to cover cost of postage, paper, etc.

H. A., P. A.—Your blackheads and skin eruptions will disappear when you begin to eat and live properly. Have a complete sponge down or bath every morning, followed by a good brisk rub all over. Continue with your exercises and get out into the fresh air whenever you can, and do deep breathing exercises. HEALTH AND LIFE will give you lots of hints in regard to keeping the skin clean and the whole system toned up. Take plenty of salads and non-starchy vegetables in your diet. Don't mix starches and proteins. I notice that you are eating fresh fruit with the starches. This causes fermentation. With starches you should only eat sweet fruits.

B. J. F., NEW YORK.—You will find the key to a scientific diet in "Health and Fitness." If you follow the rules of health laid down in that book, I see no reason why you should not rapidly have a return to normal health and reduce your blood pressure. For breakfast take a salad of fresh fruit. For lunch a salad and one or two non-starchy vegetables. For dinner, one day a wholemeal cereal with sweet fruit, the following day the yolks of two eggs beaten up in orange juice. Alternate these as meals daily. The vegetables may be varied as you like. Continue with your exercises; they will do you good. Get out or doors whenever you can, and keep up the deep breathing exercises. You will find a lot of valuable advice each month in HEALTH AND LIFE.

S. W. T., NEW YORK.—Your best course of procedure is to eat nothing but salads, fresh vegetables and fruits for the next four weeks, and you will then have to give your diet very careful attention. The mixtures you are taking are very bad for you. If you read HEALTH AND LIFE regularly you will soon learn how to eat. Continue with your physical exercises, keep your bowels open twice every day, and should you fear missing a day, use an enema to obtain a motion. Let me hear how you get along.

J. R., LOWELL.—I quite appreciate the irksomeness of piles, for I suffered from them in my youth, but cured myself by right living and

eating and exercising. The exercises I did are given in "Health and Fitness," price \$1.75 from this office. You should practice the exercises exactly as they are stated, morning and evening. They apply particularly to the vital muscles of the body, bringing the internal mechanism into order. I include in your diet more vegetable food and salads. See that your bowel opens morning and evening each day. Fresh motion is forthcoming use an enema carefully. When at stool, do not allow an enema to intrude. This can be done by using the pliers to control the sphincter muscle. Do not take any pills or opening medicines. Do not take any food if you find it difficult to obtain motions, and use an enema.

G. V., IOWA.—Yes, it is all there in "Sex Conduct in Marriage." There is no danger of involuntary conception providing it is adjusted properly. The object is not only to prevent illness and disease, but precisely to allow free expression of the feelings without the fear of bringing another unwanted child into the world. We have nothing to do with "suckers after pleasure," our object is to make the world a happier and healthier, and we believe that knowledge of the means of controlling conception is absolutely essential for this end. We have little sympathy with the views you hold on that one matter, but agree with you on your other points.

Mrs. E. M., PHILADELPHIA.—The way you are eating is chiefly to blame for your condition. You must live in accordance with the laws of nature, if you desire to recuperate your health. Yours is quite a common condition, and gives way readily to eating and eating. For the next three or four weeks eat as follows: Breakfast—glass of milk and a glass of orange juice. Lunch—a good big salad and a non-starchy vegetable. Dinner—two non-starchy vegetables and plenty of vegetable broth. You must eat as much of this food as you like, but do not eat to strain, undoubtedly, to keep to this diet, but it is the only way you can get well again, but it is a long way. After three or four weeks, you can do down in "Health and Fitness," price \$1.75 from this office, including starches and proteins to build up your strength. Practice also the morning exercises given in "Health and Fitness," and do them in the evening as well. See that your bowels move twice daily, and if a motion cannot be obtained use an enema.

M. C., WASHINGTON.—The drain is one which is the result of those earlier bad habits. I appreciate how weakening it is. Do not allow yourself to think morbidly on sex matters; keep them out of your mind by taking up a hobby. There is every chance of your overcoming, if you live an active life in accordance with the principles laid down in this magazine. Get out into the fresh air whenever you can. Have a cool sponge down every morning followed by a brisk toweling. Keep your bowels in good order, and your blood clear by including plenty of fresh fruit and salads in your diet. Get to know your sex functions. Read "Sex Evolution," and you will trace the development of sex from its most primitive stage to its most complex. Having a scientific knowledge of the subject, you will easily be able to counteract the foolish and filthy conversations you mention.

R. T., TEXAS.—Your whole condition needs toning up by scientific physical exercise and a proper diet to suit your case. By the use of a few exercises night and morning, and food specially selected in regard to your condition, you would very quickly see an improvement in your health, and eventually all the distressing symptoms in joints and head would disappear entirely. "Health and Fitness" contains a great deal of information you need to know and also gives a valuable series of exercises. Your case, however, really requires a special course of treatment, and the best thing would be for you to place yourself under the care of a Health Specialist. Personally, I should advise you to do this, as cases of yours are often aggravated by insufficient attention.

P. N., NEW ORLEANS.—Everything depends upon the condition in which your hernia has developed. From the description you give it seems that an operation is the best thing for you; but after this operation it would be advantageous for you to undertake some carefully regulated exercises to strengthen the intestinal and abdominal wall muscles.

A. H., KANSAS.—You absolutely must conquer your desire to eat all those exciting foods, and you can do so by following a good course of physical exercise. Get out into the fresh air whenever you can and take part in some athletic games. Get a chart of exercises and practice these before going to bed. See that there are plenty of body lifting and stretching and twisting movements. Make up your mind that you are going to have three meals a day, and these meals only, with nothing between them. When you feel yourself thinking about nice pastries and candies, turn your attention to your favorite hobby. If you have none, get one. Make it well and strong and have a beautiful body by its means. This is the way to happiness, health and efficiency. Let me hear from you again.

# The Fountain of Youth—and How I Found It

By C. Frank Dilks

THIS is a true story of a weakling who became strong. A story of a man who at one time thought he had to stay 'put' because he was told so and thought so.

"I had most everything that could be in the make-up of a coward. As a lad I was very timid, was always alone, and, as a rule, did not have the courage to join other children in their games. If a would-be bad boy gave me a look I would quake within. I was afraid of everything. If I went swimming, it was usually alone. At the age of 14 years, I was a sick boy, and always had a headache from morning until night. I usually walked along like a dog; that is, always expecting to be kicked. I grew that way to manhood (if you can use that word).

"Then mother died and I was alone, for no one else understood me and this meant a struggle, for I was afraid to undertake a job. Rather than take a better job I would work for half wages. Being handy with tools, I did a lot of various things. I would figure in my mind what I should charge for my work when I was to be paid, but when the time came I would always do it for nothing; then go hide and lament because I had not the courage and strength to ask for what was due me. Oh, the hell of it all! I was afraid to die, was afraid of the world, afraid of the dark, afraid of the water, afraid of a crowd and afraid to be alone.

"As I stated before, I had everything that makes a coward. And why? Because I was a weakling. Things dragged along until I was 30 years old. I had secured some courage by then; that is, courage enough to read a Milo catalog that was given to me, and after reading it a thrill ran through that weak body of mine. Could it be possible for a weakling such as I was to be a man? Trembling, and with about as much faith in what I had read as a Quack Doctor has in his dope, I bought a bar bell. Of course, I knew it would do me no good. Wasn't I put? Wasn't the other fellow big when he started? He was born that way.

"However, I started. I had a ten-inch upper arm. Imagine a man 5 ft. 10½ in. tall with a ten-inch upper arm! I went according to instructions and put in it every bit of enthusiasm I had. Then and there I discovered what I had always wanted—Strength and Poise. As if by magic, my chest made a gain of five inches within six weeks. I then became like a man who had discovered a gold mine. I remember one evening going out into the yard. It was about dusk, and as I looked beyond the setting sun and away into space, I walked through the gates of a new life with a feeling of being well and strong. My breath came fast and a feeling came over me that I was master of the world. I had at thirty-two years what I did not have at twenty. I was old at twenty and young at thirty-two. I stood there, I don't know how long, with that joyful feeling surging through me.

"What the average man leaves behind at my age, I am just taking up; for instance, wrestling, throwing the disc, putting the shot, etc. There are lots of men who are strong and well when they read this and who will say that I was never the weakling that I was, and they know only one side of the question.

"Just one more word, a word to the weak; you, my sick friend, can do the same thing. I know what you think and how you feel. Get a bar bell and life will start anew!"

Do you desire health and strength? We can help you as we have helped Mr. Dilks, who, in spite of a weak, unhealthy body, succeeded in developing health and strength far beyond the powers of two or three ordinary men.

During the past eighteen years we have developed thousands of men and boys. The experience we have gained during this time is yours for the asking. We do not ask you to take our word for what we can do for you. We give you an absolute guarantee of satisfactory results or your money will be refunded without question. You owe it to yourself to be healthy and strong.

Remember, you can make more progress in one month with the Milo Method, than in a year by any other system. Our booklet, HEALTH, STRENGTH AND DEVELOPMENT—HOW TO OBTAIN THEM, will show you the way. It is free. Send for it today!

## THE MILO BAR BELL CO.

Physical Culture Specialists and the largest manufacturers and distributors of Bar Bells, Dumbbells and Kettle Bells in the world

Dept. A-1, DIAMOND AND THIRD STS.

PHILADELPHIA, PA.



C. Frank Dilks, of Bridgeton, N. J., the weakling who became strong, and who says: "I know that I got results, real results, with Milo bar bells."

# A COMMON CAUSE OF WEAKNESS

This month I propose dealing with a condition all too prevalent among young men. My purpose in selecting it is two-fold: Firstly, because I am so frequently called upon to treat it; and, secondly, because I find that in nearly every case where treatment has been tried, quite a wrong method has been employed. The opinion, falsely held by those who have not studied pathological reasons for this distressing condition, is usually that, being an involuntary loss of energy, it must arise from an excess of energy, and measures are therefore advised to reduce the energy of the body. This most harmful method of treatment, usually the outcome of ignorance and jumping to conclusions, has been so often the case with clients who have come to me, that I am taking this opportunity of warning readers most urgently to be on their guard against those who profess to be able to cure this complaint without giving proof of their ability to do so. I leave my patient to state his case:—

**He Writes:** "I wish to take up your course, for which I enclose your fee. I have read your cases in Physical Culture Magazines week after week, and I feel sure that I shall be well repaid for placing myself in your hands. I must admit that I have been very foolish to myself, but I think you will be able to put me all right in the course of time. I have filled up your form to the best of my ability, and shall be pleased to give any further information should you wish. I might say that my chief complaints are sexual weakness, and, if I exert myself, I am very short-winded. I wish to take up your course from a curative point of view."

### BUILDING-UP

Here is a case of general health deterioration, the causes of which had to be decided upon, and meanwhile the ever-weakening effect of them to be counteracted by restoring to the general system a new strength to make up for that which was lost. How soon readjustment of this strength-balance was attained may be seen by reference to my pupil's first report:—

**First Report:** "I have pleasure in sending you my first report. I might say that the exercises are a treat to perform. I am feeling better now than I have been for a long time past. I sleep sounder, and I waken in the morning quite fresh. Considering the improvement I have already made, I think by the time I have finished the course I shall have something substantial to report. I await the second month's program with delight."

### ATTACKING THE CAUSE

By this time I had, of course, become aware of the fundamental disabilities, to restore which to health and vigour was my main object. My pupil was in fit condition for his new exercises to operate beneficially, and by careful adjustment of them and a rearrangement of diet and attention to a hygienic regimen, that object, as my pupil himself bears witness, was soon attained.

**Second Report:** "I am pleased to say that I am still improving splendidly; the exercises are still a treat to perform, and I am glad to say that I am putting on weight. I have lost that feeling of shortness of breath during exertion, and I am keeping as fit as a fiddle. I must thank you for the kind attention you are paying me."

### THE RESULT

**End of Three Months:** "I now send you my last report, and I am pleased to say that I am feeling myself well repaid for the fee, which seems so small considering the benefit I have derived from my three months' course. I think it was a very good day's work when I decided to place myself in your hands. I feel as though I have started life afresh. I have lost all my old complaints, and I have gained 12 lbs. in weight, which I think is proof of the progress I have made, and I must thank you for all the attention you have given me."

I let others tell you what I can do; what I have done for others I can do for you.

If you are a failure, suffer from Mental Lethargy, Nervousness, Blushing, General Weakness, Nervous Debility, Thinness, Sexual Weakness, or Stunted Growth, all the mental gymnastics ever devised cannot improve your memory because the nervous system is below par. Learn how mental and physical health can be built up and virile manhood assured.

Write today for the books—

"Do You Desire Health?" } In England 6d  
each, post free. "Problems } 5/6 in England.  
"Sexual Neurasthenia" } In U. S. 15c. of Sex" } \$1.50 post paid.

## T. W. STANDWELL

15 Southampton House, High Holborn, London, W. C. 1 England

# THE VARIOUS MEDICAL CULTS

(Continued from page 166)

Pharmacology are brought into correspondence for the purpose of cure when disease is possible."

The college of Homeopathy teaches all the fundamental sciences, presents all the facts and theories of general medicine, and in addition, gives the student detailed knowledge of the *Materia Medica Pura*. The hospitals under Homeopathic control apply in a practical way the didactic teachings of the colleges. Both the colleges and hospitals recognize the limitations of Homeopathy and confine the application of the same to its proper sphere. Thus employed, Homeopathy has a sphere in medical practice that cannot be disregarded.

### Homeopathy a Therapeutic Application.

Homeopathy is not a system of medicine; it does not replace surgery, hygiene, biological medicine, chemical antidotes, physical therapeutics, or even the physiological dosage of the modern physician. It is but one of the many methods of treating sickness. It admits the possibility of eliminating, by other means, the evidence of illness. Properly understood, Homeopathy is nothing more than a method of therapeutic application. Its one and only demand for recognition is its peculiar way of determining the remedy for the removal of the symptoms of disease. "The size of the dose prescribed and the repetition of the remedy have little to do with the Homeopath." "Whether a given prescription is Homeopathy or not depends purely and simply upon the means of its selection. Homeopathy then is a method of therapeutic procedure. The Homeopathic method of treatment is founded on this hypothesis."

The school of Homeopathy encountered from the regular school of medicine a stormy path of resistance, but it eventually gained legal recognition, and has for a long time, been protected in its profession. The first physician who introduced Homeopathy in the U. S. A. was Dr. Johannes B. Gram. He began in the city of Boston in 1825, but received little notice or favor except from the German population. In 1835 Dr. Detweiler established, at Allentown, Pa., the North-American Academy of Homeopathic Medicine. It attracted attention but only received moderate support.

Dr. Constantine Hering was a participant in the enterprise, and resolved to extend its operations. Removing some years afterwards to Philadelphia, he procured from the Legislature, in 1848, an act of incorporation for the Homeopathic Medical College of Pennsylvania. In 1867 a division took place and the Hahnemann Medical College was organized. Other Homeopathic Colleges are at Cleveland, Chicago, St. Louis, New York, Boston, Detroit, Cincinnati, and San Francisco.

The Thompsonian School (Physio-Medical School) in this country, so named from Dr. Samuel Thompson, its founder, was the natural successor to the "Brunonian" in Europe. The virtues of the remedies employed were learned largely from the Indians and from the

crude practices of the early settlers. They were generally vegetable rather than mineral products. Thompson encouraged the organization of friendly botanic societies and issued a call for a U. S. Thompsonian convention of delegates for such so-called convention of delegates at Columbus, Ohio, December 17, 1832. (This was seven years after the first Homeopathic College of Boston.) Annual meetings were held until 1838 (six years), when dissension rent the association asunder.

Dr. Alva Curtis, dropped the name Thompsonian, and it has been generally known since as the "Physio-Medical School." It holds a co-ordinate position in many states with the Allopaths or "regulars," the Homeopaths and the Eclectics. Its origin may be traced to Dr. John Brown, for many years professor of the theory and practice of medicine in Edinburgh University. His followers called burgh Brunonian System, in honor of his the "Brunonian System," in honor of its founder. The system was based upon the hypothesis of excitability. Diseases were either sthenic (Sirength, Strong, Active) or asthenic, the result of an excess or a deficiency of excitement. Bleeding, low diet, and cathartics were the remedies for the former; Stimulants for the latter. Brown's theories and practice found favor upon the Continent. Brussels, in France, promulgated similar doctrines and brought upon himself the hostility of the whole medical profession in Paris. He was the author of the famous dictum, "Bleed the patient till he is white," which became the ruling practice in America, under which the life of George Washington was undoubtedly cut short.

The Physio-Medical School is therefore identical with the Allopathic school in principle, but eliminates the use of any drug internally which would destroy a white blood cell or corpuscle by direct contact. Their fight for legal status was not fought with much difficulty for the reasons, that the Physio-Medical school is almost identical with the Allopathic school and the Homeopathic cult had already established their legal status. (In the next issue the Eclectic and Osteopathic cults will be considered.)

### Save \$1.80 by Subscribing Now to Your Favorite Magazines

HEALTH AND LIFE, as our readers know, stands in a class by itself as the one magazine consecrated to the purpose of bringing American manhood and womanhood to the highest point of physical, moral and intellectual development. It is edited by Bernard Bernard, whose helpful and inspiring articles have brought universal praise. HEALTH AND LIFE sells for 20 cents a copy, \$2.00 a year.

THE FLAPPER, as the name implies, is a magazine for the younger generation, cheery in tone, gay but clean in contents, up-to-date and progressive, and run for laugh-making purposes only. It has climbed to a circulation of 75,000 in five months, and is still going up. It sells for 20 cents a copy, \$2.00 a year.

BOTH MAGAZINES if purchased each month from your newsdealer would cost you \$4.80. You can save \$1.80 by subscribing NOW at the special rate of \$3.00 for BOTH. Use coupon below:

HEALTH AND LIFE Publications,  
333 S. Dearborn Street,  
Chicago, Ill.

Gentlemen: Enclosed find \$3.00, for which kindly enter my subscription for ONE YEAR to both THE FLAPPER and HEALTH AND LIFE.

Name \_\_\_\_\_  
Address \_\_\_\_\_

H. A. N., ST. LOUIS.—Be sure to obtain suffi-

# THE DEMAND FOR DRUGLESS PHYSICIANS

greatly exceeds the supply. Our school offers Post-Graduate courses in all branches of Natural Healing, such as: Natural Dietetics, Iridology, Liridology, Philosophy and Practice of Natural Therapeutics, Hydrotherapy, Applied Psychology, Laboratory Diagnosis, and Official Therapeutics. Send for illustrated prospectus and terms.

LINDLAHR COLLEGE OF NATURAL THERAPEUTICS  
Dept. X, 519 South Ashland Boulevard :: :: :: Chicago, Illinois

# MENTAL AND PHYSICAL EASE AND SUPREMACY

By C. FRANKLIN LEAVITT, M.D.

Man's evolution is now mental, and in the struggle for success the psychologist wins. Be master of your mind. Learn all there is to know of sound scientific psychology. A complete system of physical exercises is photographically illustrated. These will keep you fit and efficient mentally and physically.

Send \$2 now for this complete volume.  
HEALTH AND LIFE PUBLICATIONS, 333 S. Dearborn St., Chicago

# GOING UP!



Some predicament this little girl finds herself in—but you may be in a similar predicament if you don't act quickly. For the price of THE FLAPPER Magazine is *Going Up* next month—and all the king's horses won't be able to keep it down. *Beginning with the December Issue of the Newer, Better and Bigger Flapper* the price will be Raised to \$2.50 a Year—25 Cents the Copy.

### Well Worth the Money

That's what you'll say when you see the new size Christmas issue, just crammed full of good things. Better value for the price than you can get anywhere in this good old U. S. A. Just look at this Partial Table of Contents:

- Why Men Leave Home.....By H. Allan Perrill
- A Light Opera for the Light-Headed
- Kennedy's Kolyum.....By Dick Kennedy
- THE FLAPPER'S New Kolyum Konductor
- WINNER of THE FLAPPER Beauty Contest
- Most Typical Flapper in the United States and Canada
- THE FLAPPER PATTERN Department
- A New Feature Showing the Latest Flapper Patterns Each Month
- Announcement of Sensational New Contest
- Every Flapper Reader Eligible To Compete
- The Care of the Feet.....By Prof. McMcSpiffy
- You Will "Bust Your Sides" Laughing

Also a number of new features now being arranged for, latest flapper photos, humor, scandal, the usual departments that have made THE FLAPPER famous, Film Flickers, Politickers, Our Own Vaudeville Show, Have a Parody On Us, Kewpie, Funny Photos, etc., etc., etc.

To introduce THE FLAPPER (New Standard Size) into Every American Home the publishers have decided to make this

### 30-DAY SPECIAL SUBSCRIPTION OFFER

Mail a two dollar bill today to THE FLAPPER PUB. CO., 604 Ogden Bldg., Chicago. In return we will enter your subscription for One Year at the old two dollar rate, and mail you the Latest Flapper Ring, Absolutely Free. Enclose string for size. REMEMBER, this offer is STRICTLY LIMITED TO DECEMBER 1. After that go up automatically to 25 Cents a Copy, \$2.50 a Year. By subscribing NOW you save ONE DOLLAR from the regular newsstand price. And you get the FLAPPER RING FREE.



Mail Coupon On Right DO IT NOW

Cut

THE FLAPPER PUB. CO., 604 Ogden Bldg., Chicago, Ill. Gentlemen: Enclosed find two dollars, for which please enter my subscription to THE FLAPPER for One Year, under your Special 30-Day Offer. Also mail me the Flapper Ring Free. I am enclosing string for size.

Name \_\_\_\_\_  
Address \_\_\_\_\_

# A COMMON CAUSE OF WEAKNESS

This month I propose dealing with a condition all too prevalent among young men. My purpose in selecting it is two-fold: Firstly, because I am so frequently called upon to treat it; and, secondly, because I find that in nearly every case where treatment has been tried, quite a wrong method has been employed. The opinion, falsely held by those who have not studied pathological reasons for this distressing condition, is usually that, being an involuntary loss of energy, it must arise from an excess of energy, and measures are therefore advised to reduce the energy of the body. This most harmful method of treatment, usually the outcome of ignorance and jumping to conclusions, has been so often the case with clients who have come to me, that I am taking this opportunity of warning readers most urgently to be on their guard against those who profess to be able to cure this complaint without giving proof of their ability to do so. I leave my patient to state his case:—

**He Writes:** "I wish to take up your course, for which I enclose your fee. I have read your cases in Physical Culture Magazines week after week, and I feel sure that I shall be well repaid for placing myself in your hands. I must admit that I have been very foolish to myself, but I think you will be able to put me all right in the course of time. I have filled up your form to the best of my ability, and shall be pleased to give any further information should you wish. I might say that my chief complaints are sexual weakness, and, if I exert myself, I am very short-winded. I wish to take up your course from a curative point of view."

### BUILDING-UP

Here is a case of general health deterioration, the causes of which had to be decided upon, and meanwhile the ever-weakening effect of them to be counteracted by restoring to the general system a new strength to make up for that which was lost. How soon readjustment of this strength-balance was attained may be seen by reference to my pupil's first report:—

**First Report:** "I have pleasure in sending you my first report. I might say that the exercises are a treat to perform. I am feeling better now than I have been for a long time past. I sleep sounder, and I waken in the morning quite fresh. Considering the improvement I have already made, I think by the time I have finished the course I shall have something substantial to report. I await the second month's program with delight."

### ATTACKING THE CAUSE

By this time I had, of course, become aware of the fundamental disabilities, to restore which to health and vigour was my main object. My pupil was in fit condition for his new exercises to operate beneficially, and by careful adjustment of them and a rearrangement of diet and attention to a hygienic regimen, that object, as my pupil himself bears witness, was soon attained.

**Second Report:** "I am pleased to say that I am still improving splendidly; the exercises are still a treat to perform, and I am glad to say that I am putting on weight. I have lost that feeling of shortness of breath during exertion, and I am keeping as fit as a fiddle. I must thank you for the kind attention you are paying me."

### THE RESULT

**End of Three Months:** "I now send you my last report, and I am pleased to say that I am feeling myself well repaid for the fee, which seems so small considering the benefit I have derived from my three months' course. I think it was a very good day's work when I decided to place myself in your hands. I feel as though I have started life afresh. I have lost all my old complaints, and I have gained 12 lbs. in weight, which I think is proof of the progress I have made, and I must thank you for all the attention you have given me."

I let others tell you what I can do; what I have done for others I can do for you.

If you are a failure, suffer from Mental Lethargy, Nervousness, Blushing, General Weakness, Nervous Debility, Thinness, Sexual Weakness, or Stunted Growth, all the mental gymnastics ever devised cannot improve your memory because the nervous system is below par. Learn how mental and physical health can be built up and virile manhood assured.

Write today for the books—

"Do You Desire Health" } In England 6d  
"Sexual Neurasthenia" } each, post free.  
"Problems of Sex" } 5/6 in England.  
"Sexual Neurasthenia" } In U. S. 15c. } \$1.50 post paid.

## T. W. STANDWELL

15 Southampton House, High Holborn, London, W. C. 1 England

## THE VARIOUS MEDICAL CULTS

(Continued from page 166)

Pharmacology are brought into correspondence for the purpose of cure when disease is possible."

The college of Homeopathy teaches all the fundamental sciences, presents all the facts and theories of general medicine, and in addition, gives the student detailed knowledge of the Materia Medica Para. The hospitals under Homeopatia control apply in a practical way the didactic teachings of the colleges. Both the colleges and hospitals recognize the limitations of Homeopathy and confine the application of the same to its proper sphere. Thus employed, Homeopathy has a sphere in medical practice that cannot be disregarded.

### Homeopathy a Therapeutic Application.

Homeopathy is not a system of medicine; it does not replace surgery, hygiene, biological medicine, chemical antidotes, physical therapeutics, or even the physiological dosage of the modern physician. It is but one of the many methods of treating sickness. It admits the possibility of eliminating, by other means, the evidence of illness. Properly understood, Homeopathy is nothing more than a method of therapeutic application. Its one and only demand for recognition is its peculiar way of determining the remedy for the removal of the symptoms of disease. "The size of the dose prescribed and the repetition of the remedy have little to do with the Homeopath." "Whether a given prescription is Homeopathy or not depends purely and simply upon the means of its selection. Homeopathy then is a method of therapeutic procedure. The Homeopathic method of treatment is founded on this hypothesis."

The school of Homeopathy encountered from the regular school of medicine a stormy path of resistance, but it eventually gained legal recognition, and has for a long time, been protected in its profession. The first physician who introduced Homeopathy in the U. S. A. was Dr. Johannes B. Gram. He began in the city of Boston in 1825, but received little notice or favor except from the German population. In 1835 Dr. Detweiler established, at Allentown, Pa., the North-American Academy of Homeopathic Medicine. It attracted attention but only received moderate support.

Dr. Constantine Hering was a participant in the enterprise, and resolved to extend its operations. Removing some years afterwards to Philadelphia, he procured from the Legislature, in 1848, an act of incorporation for the Homeopathic Medical College of Pennsylvania. In 1867 a division took place and the Hahnemann Medical College was organized. Other Homeopathic Colleges are at Cleveland, Chicago, St. Louis, New York, Boston, Detroit, Cincinnati, and San Francisco.

The Thompsonian School (Physio-Medical School) in this country, so named from Dr. Samuel Thompson, its founder, was the natural successor to the "Brunonian" in Europe. The virtues of the remedies employed were learned largely from the Indians and from the

crude practices of the early settlers. They were generally vegetable rather than mineral products. Thompson encouraged the organization of friendly botanic societies and issued a call for a U. S. Thompsonian convention of delegates for such societies to meet at Columbus, Ohio, December 17, 1832. (This was seven years after the first Homeopathic College of Boston.) Annual meetings were held until 1838 (six years), when dissension rent the association asunder.

Dr. Alva Curtis, dropped the name Thompsonian, and it has been generally known since as the "Physio-Medical School." It holds a co-ordinate position in many states with the Allopaths or "regulars," the Homeopaths and the Eclectics. Its origin may be traced to Dr. John Brown, for many years professor of the theory and practice of medicine in Edinburgh University. His followers called his the "Brunonian System," in honor of its founder. The system was based upon the hypothesis of excitability. Diseases were either sthenic (Strength, Strong, Active) or asthenic, the result of an excess or a deficiency of excitement. Bleeding, low diet, and cathartics were the remedies for the former; Stimulants for the latter. Brown's theories and practice found favor upon the Continent. Brussels, in France, promulgated similar doctrines and brought upon himself the hostility of the whole medical profession in Paris. He was the author of the famous dictum, "Bleed the patient till he is white," which became the ruling practice in America, under which the life of George Washington was undoubtedly cut short.

The Physio-Medical School is therefore identical with the Allopathic school in principle, but eliminates the use of any drug internally which would destroy a white blood cell or corpuscle by direct contact. Their fight for legal status was not fought with much difficulty for the reasons, that the Physio-Medical school is almost identical with the Allopathic school and the Homeopathic cult had already established their legal status.

(In the Next issue the Eclectic and Osteopathic cults will be considered.)

### Save \$1.80 by Subscribing Now to Your Favorite Magazines

HEALTH AND LIFE, as our readers know, stands in a class by itself as the one magazine consecrated to the purpose of bringing American manhood and womanhood to the highest point of physical, moral and intellectual development. It is edited by Bernard Bernard, whose helpful and inspiring articles have brought universal praise. HEALTH AND LIFE sells for 20 cents a copy, \$2.00 a year.

THE FLAPPER, as the name implies, is a magazine for the younger generation, cheery in tone, gay but clean in contents, up-to-date and progressive, and run for laugh-making purposes only. It has climbed to a circulation of 75,000 in five months, and is still going up. It sells for 20 cents a copy, \$2.00 a year.

BOTH MAGAZINES if purchased each month from your newsdealer would cost you \$4.80. You can save \$1.80 by subscribing NOW at the special rate of \$3.00 for BOTH. Use coupon below:

HEALTH AND LIFE Publications,  
333 S. Dearborn Street,  
Chicago, Ill.

Gentlemen: Enclosed find \$3.00, for which kindly enter my subscription for ONE YEAR to both THE FLAPPER and HEALTH AND LIFE.

Name .....

Address .....

H. A. N., ST. LOUIS.—Be sure to obtain suffi-

## THE DEMAND FOR DRUGLESS PHYSICIANS

greatly exceeds the supply. Our school offers Post-Graduate courses in all branches of Natural Healing, such as: Natural Dietetics, Prognosis, Philosophy and Practice of Natural Therapeutics, Hydrotherapy, Applied Psychology, Laboratory Diagnosis, and Orificial Therapy. Send for illustrated prospectus and terms.

LINDLAHR COLLEGE OF NATURAL THERAPEUTICS  
Dept. X, 519 South Ashland Boulevard Chicago, Illinois

## MENTAL AND PHYSICAL EASE AND SUPREMACY

By C. FRANKLIN LEAVITT, M.D.

Man's evolution is now mental, and in the struggle for success the psychologist wins. Be master of your mind. Learn all there is to know of sound scientific psychology. A complete system of physical exercises is photographically illustrated. These will keep you fit and efficient mentally and physically.

Send \$2 now for this complete volume.

HEALTH AND LIFE PUBLICATIONS, 333 S. Dearborn St., Chicago

# GOING UP!



Some predicament this little girl finds herself in—but you may be in a similar predicament if you don't act quickly. For the price of THE FLAPPER Magazine is *Going Up* next month—and all the king's horses won't be able to keep it down. Beginning with the December Issue of the *Newer, Better and Bigger Flapper* the price will be Raised to \$2.50 a Year—25 Cents the Copy.

### Well Worth the Money

That's what you'll say when you see the new size Christmas issue, just crammed full of good things. Better value for the price than you can get anywhere in this good old U. S. A. Just look at this Partial Table of Contents:

- Why Men Leave Home..... By H. Allan Perrill
- A Light Opera for the Light-Headed
- Kennedy's Kolyum..... By Dick Kennedy
- Kolyum Konductor
- WINNER OF THE FLAPPER Beauty Contest
- Most Typical Flapper in the United States and Canada
- THE FLAPPER PATTERN Department
- A New Feature Showing the Latest Flapper Patterns Each Month
- Announcement of Sensational New Contest
- Every Flapper Reader Eligible To Compete
- The Care of the Feet..... By Prof. McMeSpiffy
- You Will "Bust Your Sides" Laughing

Also a number of new features now being arranged for, latest flapper photos, humor, scandal, the usual departments that have made THE FLAPPER famous, Film Flickers, Politickers, Our Own Vaudeville Show, Have a Parody on Us, Kewpie, Phunny Photos, etc., etc.

To introduce THE FLAPPER (New Standard Size) into Every American Home the publishers have decided to make this

### 30-DAY SPECIAL SUBSCRIPTION OFFER

Mail a two dollar bill today to THE FLAPPER PUB. CO., 604 Ogden Bldg., Chicago. In return we will enter your subscription for One Year at the old two dollar rate. Absolutely Free. Enclose string for return.

REMEMBER, this offer is STRICTLY LIMITED to DECEMBER 1. After that date the price will go up automatically to 25 Cents a Copy, \$2.50 a Year. By subscribing NOW you save ONE DOLLAR from the regular newsstand price. And you get the FLAPPER RING FREE.



Mail Coupon On Right DO IT NOW

**Cut**

THE FLAPPER PUB. CO.  
604 Ogden Bldg., Chicago, Ill.  
Gentlemen: Enclosed find two dollars, for which please enter my subscription to THE FLAPPER for One Year, under your Special 30-Day Offer. Also mail me the Flapper Ring Free. I am enclosing string for size.

Name .....

Address .....



## THE EDITOR'S FREE HEALTH ADVICE FORM

The Editor of "HEALTH AND LIFE" will be pleased to answer questions and give free advice through the columns of the magazine. Readers requiring a personal reply by letter, however, must enclose 25c for postage, paper, etc.

Name (Mr., Mrs. or Miss).....  
 Address.....  
 Age..... Occupation.....  
 Height..... Weight.....  
 Complaint.....  
 Duration of Complaint.....  
 What exercise do you do?.....  
 What do you eat for Breakfast?.....  
 Lunch?.....  
 Dinner?.....

On another piece of paper state tersely, but in detail, the peculiarities of your case.

To the Editor

"HEALTH AND LIFE"

333 S. Dearborn Street, Chicago

## Birth Control Review

BE INTELLIGENT ON THE FOREMOST QUESTION OF THE DAY

Read the BIRTH CONTROL REVIEW, and learn what doctors, scientists, economists and social workers have to say on this question.

Published monthly,  
 \$2.00 a year.  
 Single copy 25c.

### SPECIAL OFFER

Send check for \$3.50 and receive:

Birth Control Review for one year ..... \$2.00

Woman and the New Race, by Margaret Sanger ..... \$2.00

Address:  
 Room 1904W, 104 Fifth Ave.,  
 New York City

## FINANCIAL SUCCESS

rewards everyone who knows how to think and work for it. There is a modern science of making money. The world's rich men have learned it. You too can master these business fundamentals by studying my new 10-lesson vitalism course for overcoming Poverty for Success, Health and Efficiency. Originally sold for \$100, offered now for \$2.00. Ask for health literature also if you are interested in the broadest, finest system of healing the body and living well and long. Sample copy of my magazine "Herald of Health and Naturopathy" for 25c; subscription, \$5.00 a year. Book list and health store catalog free.

Dr. Benedict Lust, Dept. H.L., 110 East 41st St., New York

### CLASSIFIED

LARGE SHIRT MANUFACTURER wants Agents to sell complete line of shirts direct to wearer. Exclusive patterns. Big values. Free samples. MADISON MILLS, 603 Broadway, New York.

"STERILITY IN WOMEN" by J. Bessford Ryley, M.D., (Illustrated). Will sell copy for \$2.00. G. F., Box 505, HEALTH AND LIFE, 333 S. Dearborn Street, Chicago.

"TRAINING FOR TRACK, Field, and Road", by Harry Andrews Reader, will sell copy for \$2.00. G. F., Box 506, HEALTH AND LIFE, 333 S. Dearborn Street, Chicago.

CHRONIC CONSTIPATION CURED. Man-kind's most prevalent ailment is readily cured by means of S. L. Enema. Keep the lower intestine clean and enjoy good health. Send for one now \$2.50. S. L., Box 507, HEALTH AND LIFE, 333 S. Dearborn Street, Chicago.

Order your "HEALTH AND LIFE" in advance to make sure of getting it.

## ORDER YOUR "HEALTH AND LIFE" IN ADVANCE

By ordering HEALTH AND LIFE in advance, you will be quite sure of obtaining it; otherwise you may have some difficulty. Tell your news stand manager that you want it regularly. Or, better still, fill in the form below and send a \$1.00 bill to our publisher, and you will have it delivered into your hands each month for six months. Fill in this form:

To HEALTH AND LIFE Publishing Company, 333 S. Dearborn Street, Chicago:

Gentlemen—I am enclosing herewith \$1.00, for which please send me HEALTH AND LIFE monthly for six months.

Name.....

Address.....

## TAKE A COURSE OF BOXING LESSONS BY GEORGES CARPENTIER

One of the greatest Scientific Boxers of all Time.

The Cost is Only \$2.50

Georges Carpentier is acknowledged to be the boxing scientist of the ring. He has accounted for men heavier and stronger than himself by means of some skillful yet simple ring tactics which he explains in this course.

Prior to the unfortunate Siki match, the stain of which he will wipe out on their next meeting, Carpentier held the Light-heavy-weight Championship of the World, and he will tell you the secrets with which he bewilders his opponents and accounts for them so quickly.

If you want to be a champion boxer and earn good money you want the best teaching and the best teacher.

If you want good health and fitness a little boxing will give it to you in a pleasant and valuable way.

If you want to learn how to protect yourself against roughnecks Carpentier will show you some simple, skillful punches that will enable you to do so.

In this course Georges Carpentier combines what is best in the European and American schools, besides giving the methods of his own invention and improvement.

Send your check, money order or bills for only

**\$2.50**

for this great boxing course to

HEALTH AND LIFE PUBLICATIONS

333 S. Dearborn Street,  
 Chicago, Ill.

## THE PYRAMID

(Continued from page 160)

his affections for the first time. A lady of thirty whose eyes, whose laugh, whose voice had often charmed him when she called at his mother's and he rested a chubby elbow on her knee to gaze up in her face, took the leading part in an amateur opera. He sat, transported, through the first act at the afternoon performance, beholding her as a real heroine in the romantic setting of the stage. His father had provided a bouquet to throw across the footlights at an appropriate place in the second act; but when the song was finished which gave the signal, George seized the flowers himself, crying and pointing to the card held by the ribbon:

"Write! Write on it!"

"Write what?" Mr. Alayn asked.

"Write—I love you, George!" the precocious youth commanded.

The father smiled and obeyed, while the mother watched anxiously. George took the flowers and marched down the aisle, handing them gravely to the leader of the orchestra who sat idle while the house roared its applause. Mrs. Alayn remarked:

"Henry, I really believe that boy will grow up to be a poet. It's dreadful!"

"I don't mind his being a poet, provided he is a man!" Mr. Alayn replied.

That very summer, George again offered his heart to a blue-eyed girl of four, daughter of some mountaineers at whose house the Alayns were boarding. He plucked twigs and flowers for her; one day he brought home to her an exceptionally beautiful specimen of caterpillar, all brown and gold, he had found far, far from the house—which specimen disappeared in a way he was never able to explain. He would spring from his bed in the morning to run and play with her, he went to his room at night thinking of her.

Mrs. Alayn remarked: "She is a nice child, but very common; it seems to me we really should not allow—"

"We should allow him to forget her, and that is what we are doing," Mr. Alayn replied.

George reached the age of nine, and was at school where there were girls. One had pink cheeks and red lips, and long chestnut curls with streaks of sunshine in them; their class was the same, he learned and recited poems with her; he walked to and from school with her, to carry her books; made paper-dolls for her out of pictures cut from magazines; constructed for her a doll's trunk, with a tray divided into four sections and a fringed paper lining throughout, from two cigar boxes his father had given him. He was flattered by the jeers of other boys, but grew sensitive when older people began to tease, and flashed anger when servants turned their wit against him. He declared that he would marry her when he grew up; but meanwhile he no longer dared to play nor cared to talk with her, he blushed when he thought of her, and the poems which he had recited so glibly at her side now halted on his

tongue. Some elderly fool interfered once too often with a cheap joke. George turned in the outraged dignity of a man.

"You have broken up a very beautiful friendship," he said.

"At last!" sighed the mother in relief, when left alone with her husband.

"Now is our time for watching," said the father.

But no outward sign rewarded watchfulness until that summer when George Alayn was thirteen and an abrupt change came in life, in nature, in aspirations, in all that made him what he was—and what he was to be.

(To be continued.)

## HIGH TRIBUTE TO "SEX CONDUCT IN MARRIAGE."

The following letter has been sent to "Clinical Medicine," by the famous physician, Dr. Thomas J. Allen: Editor "Clinical Medicine":

I believe that the readers of "Clinical Medicine," for whom I have written for twenty years will be glad to have their attention called to a book of more than ordinary merit that they will be glad to recommend to their patients, especially to women, married and unmarried—"Sex Conduct in Marriage," by Bernard Bernard, Phys. B., M. P. C. (London).

Of the scores of books on Sex that I have read, I regard this as the best for the married or for those who expect to have that misfortune thrust upon them. It is written in the most dignified and chaste language, gives much valuable information that any lay reader may readily understand, and must have a large influence in ameliorating the unfortunate conditions that are so sadly common in wedlock as a result of ignorance and of the absence of high ideals inculcated by the author.

I am glad to recommend the book to all my readers.

Sincerely and fraternally,  
 THOMAS J. ALLEN, M.D.

### TAKING HIS MEDICINE

Doctor: Did you follow my prescription?

Patient: I should say not. I should have broken my neck if I had.

Doctor: How's that?

Patient: I threw it out of the window.

### THINKING OF HIS FEES

What is the matter, Doc? You look terribly downhearted, have you killed a patient?

Doctor: No, I've cured one. One of my best.

### SIMPLE REASON FOR SIMPLE DIET FOR SIMPLE PATIENT.

Doctor's wife: You told him to diet himself?

Thoughtful doctor: Yes. I told him to live on the plainest of food and take very little of that.

Wife: Will that help him?

Doctor: It will help him to pay my bill.

## Digestible Brains Diet

Solvent fruit, such as grape fruit, berries, tomatoes. UNDER PROPER CONDITIONS.



(1) Dissolve or disintegrate tumors, polyps, gall stones, deposits of lime in joints.  
 (2) Dissolve phlegm or mucus, remove the source of colds, catarrh and consumption.  
 (3) Correct liver and kidney troubles; heads/aches.  
 (4) Dissolve blood clots as in paralysis.  
 (5) Dissolve the impurities which cause blemishes to the skin, as acne, eczema.

### Notable Results:

PARALYSIS. Age 61. Right hand and leg helpless three years; restored in three weeks.  
 Another, age 56, bedridden, hemiplegic. Sensation restored in three days. Could walk two miles daily after six weeks.

ARTHRITIS. All joints swollen with lime deposits. Knees and wrists locked immovable for eight months. Blind for two years. Can now see, walk and do house work.

DEAFNESS. Resulting from the first meal.  
 TUMORS. Case age 46. Tumors weighing about three pounds dissolved within a year.

GOITRE. Collar reduced from 17 to 15, normal size.  
 UTERINE HEMORRHAGE. Age 50. Three years in rolling chair; weak from constant discharges. Now does housework, including washing.

ECZEMA. Age 69. Erythema lost. Skin cracked and scaling. Normal in three months.  
 PYORRHOEA. Age 65. Pus ceased on seventh day.

PREGNANCY. Age 30. With last two children suffered no nausea, no swollen feet, nor constipation as previously. Delivery painless.

CONSTIPATION. Severe constipation yielded within a week. Stool statements. Over 3,000 pupils. Educational book 10c.

BRINKLER SCHOOL OF EATING  
 Dept. 10, 181 West 72nd Street, New York

## The Most Practical Health Books

### WINNING THE PRIZE OF HEALTH

By CARL B. EVERBERG, LL.B., LL.M. A most inspirational book on the conquest of disease, by natural methods, as its title implies. Part I devotes a chapter each to *Why Are We Sick?*, *The Human Being*, *Nature Versus Drugs*, *Nervous Disorders*, *Stomach Disorders*, *Constipation*, and *A Host of others*; Part II deals with *Fasting*, *Milk Diet*, *The Correct Diet*, *Exercise*, *Sunbaths*, and *The Sound Mind*. A book based on observation and experience in a health sanitarium. Price \$1.00

### CURATIVE MENUS

By E. C. CAROLINE, Food Dietitian. Daily Menus for curing constipation, indigestion, rheumatism, diabetes, obesity, anemia, and many other ailments. Price 50c

### EVERYDAY DIETETICS

By E. C. CAROLINE. Gives you the value of all vegetables and fruits. Contains many valuable raw food recipes. Price 50c

### BETTER HEALTH MAGAZINE

Monthly periodical devoted to health. Articles written by well known writers. Illustrated. Send 10c for sample copy.

BETTER HEALTH PUB. CO.  
 Dept. 5, Elmhurst, Ill.

## CAN THERE BE LOVE WITHOUT PASSION

(Continued from page 149)

themselves in their own estimation, and in that of their loved one, merely because they felt the inexplicable, intense longing for that which they believed to be a degrading thing.

### Let Girls Know What to Expect.

Surely it is much better to have these matters placed in their correct perspective, and have girls told of the necessities and requirements of marriage, and let men be inspired by the act instead of degraded.

Do you not see, friends, that all this wrong thinking about the most sacred of acts is responsible for misery and the feeling of inferiority among many people today? Why, only recently I was told of a young girl who married in entire ignorance of the responsibilities of matrimony. When it came to the time for realities, she just collapsed with horror to think that her hero could be so base. She ran away, and only after much coaxing from her aunt could she be made to see that nothing very terrible had really happened.

There is not the slightest doubt that the majority of people are similarly troubled, and there can be no true happiness in marriage unless there is mutual joy in its rites. Every man and woman should know this, and that it is the most sacred and beautiful of things in life, to realize complete unity with the loved one.

### When Passion Can Be Inspiring.

There can be passion without love, and such is most regrettable conduct, and only sought by base individuals; but love develops a passion that is pure and desirable. When this is the case, it is inspiring in its effects. People are beginning to understand that those who live loveless lives become morbid and irritable. Where there has been love between a man and woman and that love has not been allowed to express itself without a feeling that such conduct is wrong, then the effect on those concerned is even worse than a purely loveless life, because love itself is degraded.

Everybody knows that old maids and bachelors become peculiar and withered in their human sentiments. It is obvious that marriage is mankind's natural and most desirable condition. Well, then, is it not much worse for two people to be tied together, having been led to such condition by the early bonds of love, now to live in toleration of each other, cursed by a feeling that their essential conduct is degrading?

Thank goodness, however, the in-born good sense of the average human being is often superior to conventional beliefs and superstitions. Love frequently triumphs, and people give themselves freely to the great instincts within them. But here another difficulty presents itself. Children begin to come one after another. The first is a treasure, a being most desired to complete the happiness of the married couple. The second is quite welcome, but arrives just a little too soon. The

third is positively an intruder. He would have been a blessing if only he had given his parents a chance to care for the others properly before his advent. The fourth then makes an appearance, and he has altogether no place in the scheme of things. He is almost cursed within the womb, and his psychology distorted by these faulty prenatal influences. So, even here, the sex conduct which was rational to begin with becomes distorted in the end, and love, desire and children are all cursed.

### Knowledge of Conception Control Will Remedy Unhappy Marriages.

Yet all this might be different, if only men and women were honest enough to seek knowledge of the essential facts governing married life. The love which led boy and girl so beautifully to swear eternal friendship can be maintained by insuring the free expression of the feelings without unwanted children. The simple knowledge of the mechanical means of governing conception would enable the couple to space their children so that they are born when most desired. It would take away the fear of unwanted children that turns what ought to be an inspiring union into a nightmare.

Civilization is largely due to the control we have over Nature, harnessing her forces for our good. We make Nature produce corn where she would otherwise produce weeds; we use her waterfalls to turn the wheels of our engines where otherwise these forces would run to waste. Likewise, by mechanical means we shall have to control the forces of reproduction so that instead of numberless, undesired children, we shall bring into the world only those to whom we are capable of giving the very best opportunities. Thus in this manner, too, we shall maintain the happiness of the partners in marriage, for they will be able to give free expression to their love without fear or degradation.

## THE MOST POWERFUL ENEMY OF SUCCESS

(Continued from page 157)

On the other hand, these things make us see the sacredness of the sex function, and that impurity only applies to its wrong and degrading use. No true man will degrade himself, and once he sees clearly that purposeless indulgence is degrading he will strive to keep himself always clean.

Let us teach our young people these facts of life, then, and let us tell them the truth. It is useless to suggest in a round about way that it is sinful and immoral and wicked and so forth. It is better to say definitely that the practices are vile and degrading, and should be avoided, and then show by physiological facts why. Every boy longs to be a real man; why not give him the chance? What he needs to know most is his own sex evolution, so that he will understand all the problems that will arise for him, and so that he will not need to stand and listen for scraps

of worthless filthy information that fall from the lips of degenerates.

This magazine stands for Health and for Life; it is making a fine fight to bring about a better manhood and womanhood, and the methods it uses are without flaw. But the greatest value of it is that it allows its columns for articles such as this one. While it is only possible to achieve full development by maintaining moral cleanliness, it is also most valuable to adopt an active physical life as an aid to moral cleanliness. The fellow who is fond of physical exercise is usually a clean liver. It is the one who avoids physical activity who is usually a wrong one.

One of the very finest ways of diverting temptation is to have an absorbing interest in an athletic hobby. Physical exercise is a wonderful thing; it will keep the body in the condition in which Nature intended it to be, and, scientifically directed, it can be made to counteract the forces of disease. How it does this in regard to moral weaknesses I must leave for a future article.

## THE WONDERS OF EXERCISE

(Continued from page 155)

vis having been tilted on one side through continuous standing on one leg. The consequence was that the bone rested on the sciatic nerve, causing great pain and inconvenience. After Dr. Gross had adjusted the pelvis, the person was able to walk about entirely free from pain. With a little additional scientific exercise the sciatica has never returned, and the person has learned how to live the healthy, active life, free from pain or any other inconvenience.

A very good analogy which Dr. Gross made was between an auto tire and the human body. Everybody knows that the spare tire wears out quicker than the one that is used. It must be frequently changed over so as to receive exercise. Manufacturers advocate this change every one thousand miles, but it is better if changed every five hundred. The human body follows the same rule. If it is not exercised it deteriorates; so don't give your body less care than your auto tires; give it the exercise it needs, and it will surely last its allotted "three score and ten," if not a good deal more.

### SOMEBODY ELSE'S DRINKS

A young lady walked into a drug store and asked for some castor oil. "And please make it as tasteless as possible," she added.

She sat down, and after a moment the assistant came to her and said, "While you are waiting, allow me to offer you this glass of soda water." "Thank you very much," she said, and drank it.

After waiting for about ten minutes she went to the assistant and asked him if the castor oil was not yet ready. "Why," said the man, "you have already taken it." "Oh, gracious me," said the lady, "it was for my little brother."

# YOUNG MANHOOD

When a youth is emerging into manhood's estate, he is assailed by dangers which very few have the courage to warn him against. Yet the whole success of his life depends upon his knowledge of these things. He will gain knowledge, undoubtedly, but it will be that which is contaminated because it does not come from wholesome sources, but from the ribald jest and doubtful joke.

If ever there was a need for a sound book telling the young man all that he needs to know, that time is now. The editor of HEALTH AND LIFE has satisfied that want by writing his great book on "Sex Evolution."

It is a very human document, being as the author himself says, the knowledge which carried him through successfully to clean manhood.

Could a man have a worthier object than giving to others the message that has been the means of making him a great man?

Every man, of any age, ought to be acquainted with all the details in this book; there would then be less tragedies, less misery and unhappiness and less disease, and there would be more efficiency, cleanliness and purpose in life.

# YOUNG WOMANHOOD

Every young woman ought to know the facts of life; if she does not, she is in grave danger. It is a little slip which may hurl her into the abyss; and it is a little knowledge that will arm her for her battle through life. In "Sex Evolution," Bernard Bernard has dealt with sex facts so beautifully that every young woman can read with interest and inspiration the great story of the book of life.

There is not a passage in this book that could injure the susceptibilities of the most refined young woman, yet all that is necessary is contained in it.

Written in Bernard Bernard's own unique style, bearing the abundance of knowledge he possesses as a great student, it also has that in-

tense sympathy with the struggles that we all have to face. Probably there is no man breathing who understands so clearly and feels so deeply all the trials and difficulties of men and women; that is why he is such an inspirational writer, and why this book is a masterpiece. It gives light, peace and understanding.

# SEX EVOLUTION

(By Bernard Bernard, Phys. B., M. S. P., M. P. C., London)

### A FEW OF THE HEADINGS ARE:

The Principle of Reproduction.  
What is Birth?  
Love.  
Development.  
The Sex Apparatus.  
Copulation.  
The Embryo and Its Development.  
Comparative Sex.

Evolution of the Brain and Nervous System.  
Male Organs.  
Female Organs.  
The Correct Use of Sex.  
The Ovum.  
The Spermatozoon.  
The Origin of Altruism.  
The Urinogenital System.  
Why Two Sexes?

Comparative Copulation.  
Sexual Selection.  
Heredity.  
Cell Development and Reproduction.  
Fertilization.  
Recapitulation.  
The Secret of Human Success.  
Assuring Happiness.

The book is fully illustrated with diagrams.

Written in popular language, it can be read and enjoyed by young or old.

It fills the long-felt want of a truly reliable and scientific work of sex education.

Send check or money order for \$1.75 for your copy now to make sure of one.

### SPECIAL HEALTH AND LIFE COUPON

To the Publisher,  
Health and Life Publications,  
333 S. Dearborn Street, Chicago:

Please send me a copy of "Sex Evolution." I enclose \$1.75.

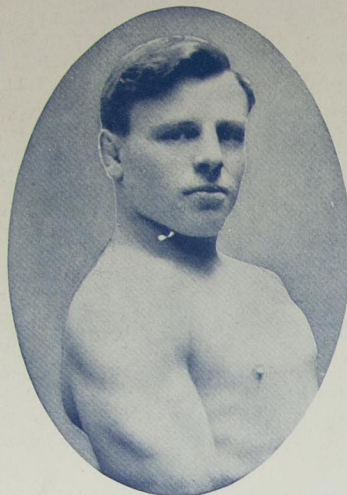
Name .....

Address .....

# You Can Enjoy Superb Health

Bernard Bernard is undoubtedly the world's leading figure in the physical culture movement. He has been praised and congratulated by the greatest physicians and physical culture authorities, not only for his profound knowledge of the human body and its functions, but because he has been able to apply that knowledge for the benefit of thousands of men and women in every part of the earth. In addition, he is a living testimony to the efficacy of scientific physical training; for, as a child he suffered from heart disease and other complaints, but he built himself up to such robust health and fitness that he was a competitor at the last Olympic games at Antwerp, where he was undefeated in wrestling.

This great book will show you how you can build up your own health and fitness in your home. It is recognized by all the leading authorities in the world that exercise is the one great necessity for everybody, and that carefully selected scientific movements can put the organs of the body into good condition and keep them so.



**BERNARD BERNARD**  
Phys. B., M. S. P., M. P. C. (London) International Featherweight Champion Wrestler, and the World's Leading Physical Culturist.

IN HEALTH AND FITNESS, Bernard Bernard has given those exercises which he used in building up his own superb health and strength. They were specially devised to give movement to the vital muscles and give auto massage to the viscera, and so put these internal organs into good order.

It is with these vital organs that Bernard Bernard concerns himself most, realizing as he does that they are all-important. When they are in good order the rest of the body can receive good nourishment, but when they go wrong, then the entire health breaks down.

You absolutely cannot afford to be without this book. It is a masterpiece of health literature, and if you are an athlete, a strong man, or just a common sensible person realizing the importance of health, you ought to be in possession of it, and be familiar with the easy and sure way to keep healthy and fit.

## HEALTH AND FITNESS

Beautifully and well written by  
**BERNARD BERNARD**

(Editor of HEALTH AND LIFE)

It is a veritable encyclopedia of health information; just read a few of the headings:

- |                                     |  |   |
|-------------------------------------|--|---|
| How the Body is Nourished.          | Night Wear.                                | Skin Ailments.                          |
| The Importance of the Body Muscles. | Developing Great Strength.                 | How the Body Keeps an Even Temperature. |
| Baldness.                           | The Teeth.                                 | Acne.                                   |
| Deep Breathing Exercises.           | A Remedy for Toothache.                    | Perspiring Feet.                        |
| How Women Can Cure Anaemia.         | How to Preserve the Teeth.                 | Liver and Kidney Troubles.              |
| Diet—What to Eat.                   | Internal Cleansing.                        | Rheumatic Troubles.                     |
| Animal Flesh Considered.            | The Hair.                                  | Asthma.                                 |
| Correct Mastication.                | Correcting Internal Troubles by Breathing. | Obesity.                                |
| Indigestion.                        | Scurf and Dandruff.                        | Colds.                                  |
| Blackheads.                         | The Causes of Disease.                     | Deformities.                            |
| The Morning Bath, a Grand Tonic.    | Constipation.                              | Etc., Etc.                              |
| Clothing.                           | A Diet Scheme, With Sample Menus.          |   |
|                                     | Headaches.                                 |   |

**\$1.75 Post Free**

**THREE DIFFERENT SETS OF EXERCISES ARE DESCRIBED AND ILLUSTRATED**

Send your check, money order, bill or stamps to the value of \$1.75 for this great book, now. You will treasure it as your bible of health and fitness, once you have read it.

### HEALTH AND LIFE PUBLICATIONS

333 South Dearborn Street

CHICAGO, ILL.