

# STRENGTH

APRIL 1921

Hiking for Health



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Wrestling—  
The Scissors Hold



Spending the Winter

A Story of the  
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Vol. V

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No. 10

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# The Strength of a Strong Man

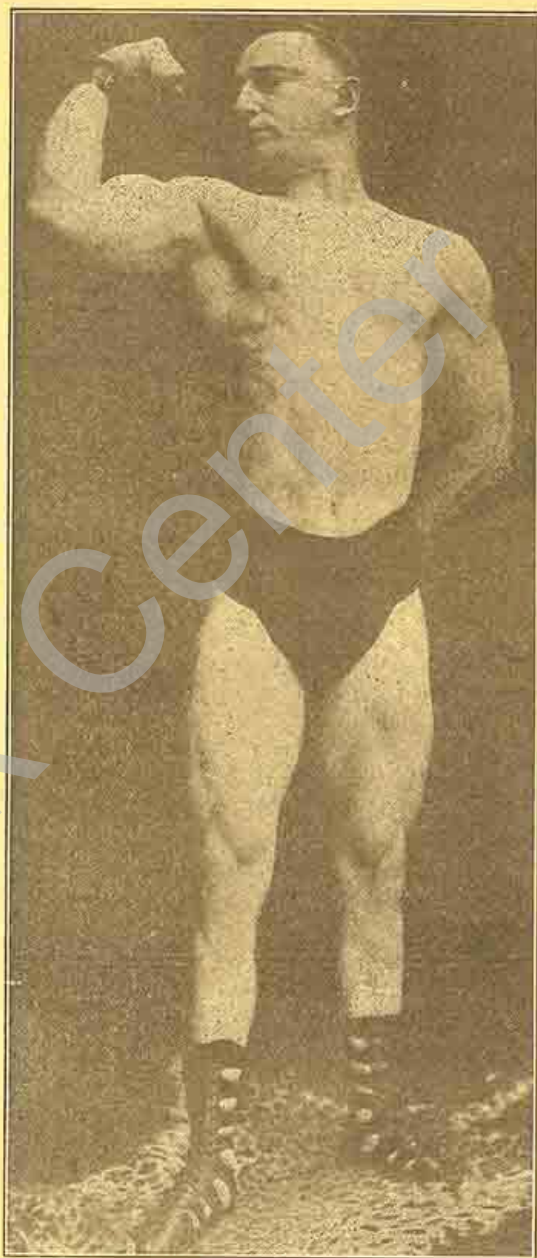
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Our illustrated booklet will show you how you can obtain all these things by exercising for a half hour every other day. Begin the new year right. Send for it today.

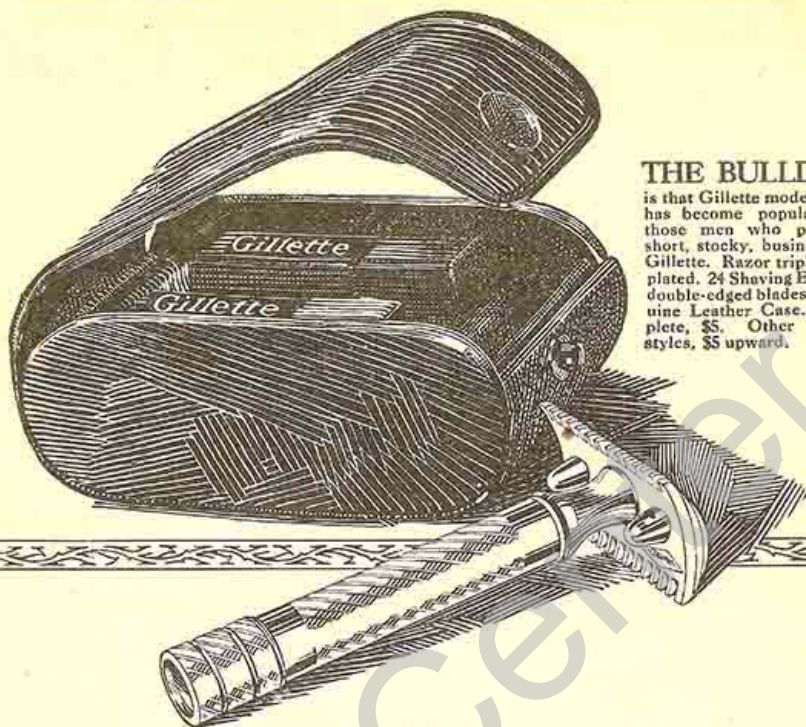


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# STRENGTH

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APRIL 1921

No. 10

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## Springtime

**S**PRINGTIME is here. The whole vegetable world is putting on new foliage and awakening from the long sleep of winter. It is the time of renewed life and activity. Why not the same in the physical world?

In the autumn, some animals accumulate a coat of fat and hibernate for the winter. And some men hibernate for the winter, and because of this accumulate a coat of fat. Right now is a good time to get rid of it. Fat may be a good thing for hibernating animals, but its value to man is questionable.

Each spring the trees awaken to a new life. The monarchs of the forest vie with the saplings in the glory of their new raiment. The only trees that do not show signs of life are the dead ones.

But what of human beings? The saplings—the youngsters—certainly show signs of life. The baseball diamonds work overtime giving lots of good, healthy exercise to embryo big leaguers, and the kids are always anxious to take the first dip in the swimming hole. The days of real sport, and unfortunate is the kid who misses them.

Not so with the monarchs of the forest, the older men. With spring, most of them begin to count the gray hairs, heave a sigh, and remark that they are another year older. And perhaps they are, but why not take a lesson from Nature? The only things in the vegetable world that do not show signs of life in the spring are those that are dead. And if a man is dead, he should never admit it, even to himself, lest some enterprising undertaker should come along and carry him off.

It is only natural that the youngsters should feel full of pep in the spring time, but there is no reason why an older man cannot also rejuvenate himself. Of course, if you are going to listen to those who are anxious to tell you that it can't be done—it can't.

It stands to reason that the man of forty or fifty cannot become a super athlete. But how many of them care to do so?

Not many. Most of them are glad if they can hope to develop enough strength to keep them moderately healthy. And this is within the reach of every man who is normal. It is just a question of getting enough exercise to bring into play all the muscles of the body regularly, and the whole system, both internal and external, mental as well as physical,—will be greatly benefited.

Are you old, dead timber, just waiting for the axe, or a sturdy oak, blooming year after year? You owe it to yourself to find out. Take your spring tonic, but take it in the form of vigorous, life-giving exercise, and not out of a bottle. It is the only way to have springtime the whole year round.

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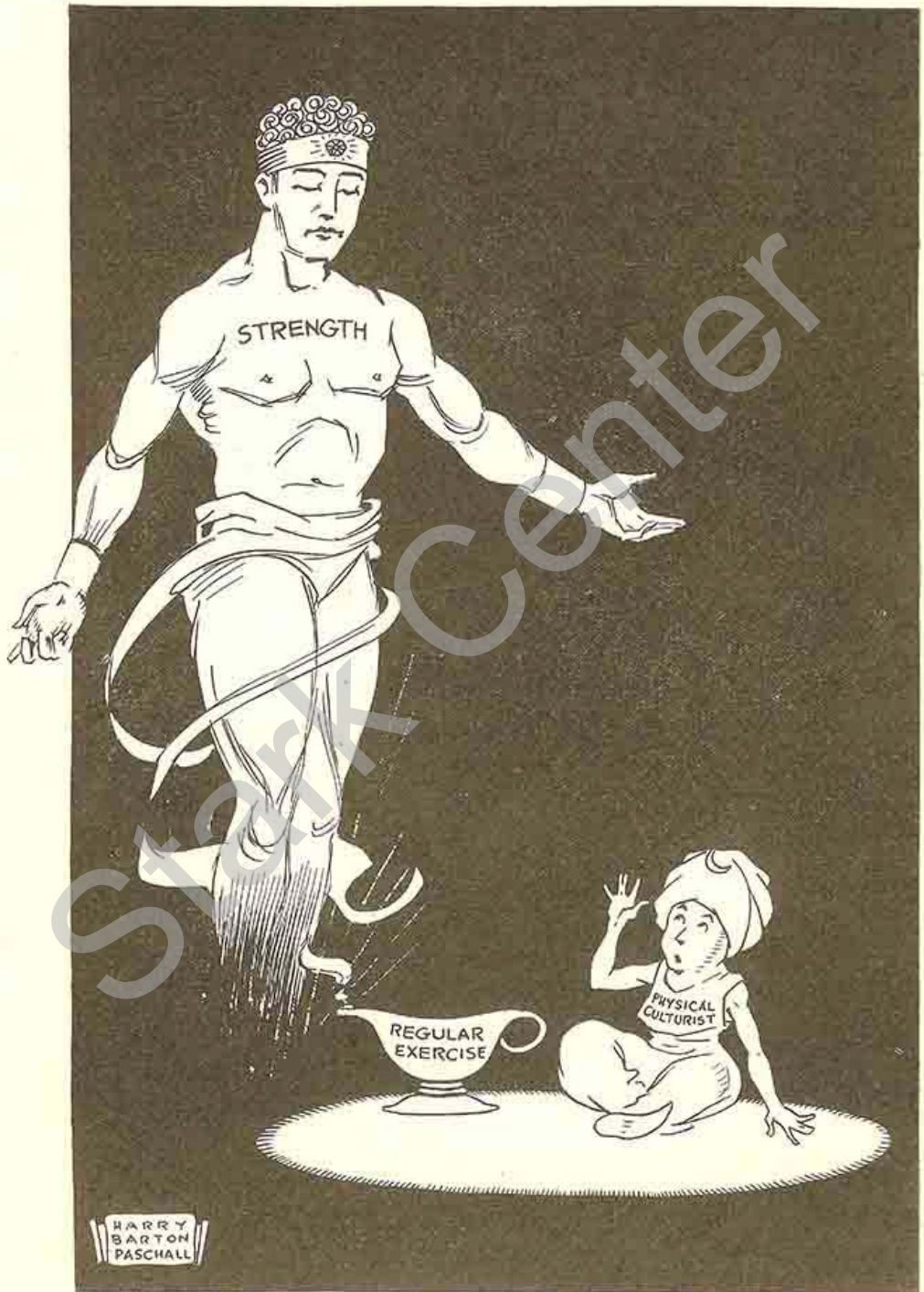
## The Best Time for Exercise

What is the best time for exercising? The early morning seems to be the most popular time, but it is not the most beneficial. A man likes to begin the day with lots of pep and vigor, and many physical culturists think that the best way of doing so is to take lots of exercise before breakfast. But, as a matter of fact, the best results can be obtained by exercising at night or late in the afternoon. A few stretching or setting up exercises are excellent in the morning, but heavy exercises should be taken later in the day. It must be remembered that upon arising, the body has been without nourishment for about twelve hours, and is in no condition to withstand the rigor of heavy exercise. And the man who indulges in a half hour or more of heavy exercise before breakfast is certain to eat a hearty repast, and this would bring the meal time too near to the exercising period, which would interfere with the digestive process.

Exercise should be taken when the physical powers are the strongest. This is certainly not after several hours of sleep. It has been determined that the average man is at his strongest late in the afternoon or early in the evening. For confirmation of this, you have only to reflect that all championship boxing matches and other athletic events are held at this time.

Ty Cobb, now manager of the Detroit Tigers, throws some interesting light on this question. He has eliminated all morning practice for his players, and they do not report for their preliminary work until noon. He has a reason for this.

"Ball players eat a heavy breakfast," he said, "and cannot do themselves justice when working in the morning. They do not have an opportunity to digest their food, and consequently are loggy in the early workouts. I believe better results will be obtained if the men come on the field about noon and do their hitting and other preliminary work. Then they will be ready to step into the game and do something."



THE SLAVE OF THE LAMP



# Hiking for Health

By L. E. EUBANKS

**A** LONG cross-country tramp is not only the cheapest form of vacationing but the most healthful. Automobiles and gasoline cost too much for a lot of us, horses and other pack animals, motorcycles and bicycles, also come high, and require considerable care. Even the dear little canoe and its outfit will "set one back" for a neat sum, besides confining one's range to the waterways.

But when you depend on "shank's mares" alone, with an outfit no greater than you can carry without strain, you decrease the expense to a minimum, eliminate a lot of worry and work, can go anywhere instead of having to stick to beaten tracks—and best of all, give the physical culture side of the vacation its due importance.

Anyone can take a trip in which he does nothing but ride and enjoy the same conveniences that he has at home; but it takes some nerve, proper training and preparation to hike it. No great muscular strength is required, it is more a matter of endurance and the feet's good condition. Do not be so indiscreet as to start on a hike without a spell of preliminary hardening. To walk far when soft and unused to it, even if unburdened, is not wise; and when you consider that cross-country hiking (usually) requires one to carry a pack, it must be obvious that a preliminary period of walking exercises is of real importance.

It may be that you have been taking daily walks as a part of your regular exercise. If you have not, better begin easily, say two or three miles at first, extending the distance gradually. Take a cool shower or sponge (cold if you are in vigorous health) when you get home, while warm, and a brisk rub-down—this to tone up the skin and make you less susceptible to colds from sleeping out and sudden changes of weather. Meantime of course, cure up any foot troubles, for you *must* have good "pedals" for this sport.

Lay out your course with a view to variety of scenery and frequent change of bodily carriage. A hill now and then will rest you both mentally and physically. Plan to strike a village often, for at best, the pedestrian's outfit has to be comparatively meager, and will need frequent replenishment. Assuming

that you will, for the sake of the change, go into unfamiliar country, study it well so as to know what you can get at such-and-such farm house or village, what you could do in case of sickness or other emergency, and that you may always know just where you are.

I think some writers on this subject overestimate the importance of a destination and object for the trip. Naturally, the walker desires some idea of the distance he is going to cover, and in this way he will of course aim at some definite place. I cannot see any further value to the "certain place" plan; it may even detract from the benefits of the hike by making the walker hurry or distracting his thoughts from the purely enjoyable features. As for object, purpose, I think the improvement of health, and the acquirement of woods-lore which may at some future time be of decided value, are incentives of the very highest order.

The hiker's outfit is a work of art. Condensation requires the elimination of everything dispensable, and the minimum quantities of these things that are taken. An experienced hiker can put in his pack-sack almost everything he takes—a small tent, blanket, folding grid, cooking utensils, food, clothing, etc. This pack-sack (of waterproofed canvas) should have two shoulder straps and a head strap. All styles are procurable from sporting goods dealers. The contents must always be so arranged as to place a soft, smooth surface next to the carrier's back. It is surprising what weight can be carried hour after hour by the husky, experienced hiker; but raw hands should stay within 18 or 20 pounds.

If the weather is warm, and reasonably dependable, the hiker can do without a tent, depending on one or two blankets; but it is always better to take a shelter. A lean-to tent 7 by 4 by 4, of the lighter tenting stuff, weighs only about 3 pounds and is fine for the pedestrian. With this, in summer, he will need but one 3-pound blanket, or two of these for fall weather. In packing up, roll the blanket inside the tent, but don't neglect to sun and air it every day.

Many hikers like to take some kind of tiny cookstove, but in summer, if one pre-

fers, an open fire with the usual supports for cooking vessels, can be used. Take a 9-inch frying pan, with folding handle, an aluminum pan, a pint cup, knife (one you can use about cooking), fork and spoon, a dish-cloth, dish-towel, hand-towel, toilet articles, matches, etc. A small axe, preferably a belt axe, is indispensable, for cutting firewood. A compass, a small first aid kit (preferably the belt style), a .32 caliber revolver or an automatic pistol for self-protection, and a camera can yet be "loaded on" without increasing the weight much.

Take just as little in the way of food as you can; estimate closely the number of meals between points where you can stock up again. This plan has another virtue in that it permits you to vary your food more than if you took large quantities from your starting place. Approximately, you might count on something like this for one meal: Four teaspoonfuls sugar; 1½ teaspoonfuls of rolled oats; 2 slices bacon; 1 cup flour; 1 potato; 1 teaspoonful salt; 4 slices fruit; 1 teaspoonful baking-powder; 2 spoonfuls of bran; 1 spoonful tea or coffee; 1 cup beans.

Keep your food in clean cloth bags; and it's a good plan to label each bag, to save time when you are hungry. Don't laugh at this; you have never known real hunger unless you've been in the woods and fields when the leaves are growing yellow and the tang of fall is in the air.

A walker, if anyone, must have comfortable clothing. When the weather is warm one may wear but little—and benefit from the free access of air to the body—but every article must fit; especially the shoes. I do not believe in either extreme in weight; the hiker's shoes should, first of all, fit properly, be of medium weight, and equipped, as regards hobnails, slip-preventers, etc., with whatever the nature of the trail requires. Too many hobnails make shoes too hot in summer. When the shoes get soaked, as they often will in crossing streams, when you are caught in sudden thunderstorms, etc., do not dry them too rapidly; doing so makes them uncomfortable when next put on, and a corn may get started at this time. Pack the shoes with dry grass, or put hot pebbles into them, and do not set them too near the fire. You can spread out your clothing on brush and place it as near the fire as safety allows. Be sure to wear a broad-brimmed hat to protect your eyes from the sun, and have a

change of underwear and two or three changes of socks.

When you wish to sit down to rest or to eat, and the woods are drenched in a cold rain, roll a log over. The under side is usually dry, even during a heavy downpour. Big stones may be dried and warmed by your fire for seats. Even after days of rain, the outer bark of the white birch makes splendid kindling. The wise hiker will gather some of this, pack it closely and wrap it with bark from fallen trees. If you have occasion to use a torch at night in the forest a curled-up sheet of this white birch bark, or of the yellow birch, is fine; it is highly resinous and burns fiercely.

One of the best ways for the hiker to sit in comfort when an evening grows unexpectedly chilly is to build a fire against a big flat-faced rock in such way that the heat will be thrown out well by reflection. By piling evergreen or other boughs six or eight feet from the fire, in the path of the reflected heat, he will have a very snug nest. A pile of logs may be so arranged as to take the place of a rock, if the latter cannot be found. Many hikers, during spring or fall when the earth is apt to be damp, make it a rule to build a fire on the spot they intend to use as a bed, so that the ground will be drying and warming while they prepare the evening meal.

For cooking purposes, the driest fuel should be obtained. Bits of dry pine, hemlock and balsam make splendid cooking fuel, and a small fire will cook potatoes, boil coffee and fry fish, if directly under the pot or pan. A maxim among efficient camp cooks, says Ladd Plumley, is never to use more fire than will do the work, and this should be remembered by amateur campers. Two green logs placed side by side form an almost perfect camp range. The logs should be about eight inches thick, and brisk little fires built between them. Place your pots and pans on the logs over the flames. The cook need not scorch himself and have his eyes filled with smoke holding the handles of the cooking utensils. He can sit at ease on another log, and need only replenish the little fires with bits of fuel, test the potatoes with a fork, or turn over the frying bacon or fish. Beans may be baked in an iron pot by pushing the logs a little way apart and piling plenty of embers around the pot.

[Continued on page 42]

## Spending the Winter

By ROBERT W. MAXWELL

**W**AY back in 1513 there was an adventurous person named Ponce de Leon, who had a job as governor of Porto Rico. Ponce got along well with his constituents because the island was very wet and Volstead hadn't been heard of. However, the governor was not at all satisfied and one day, after listening to some hokum spilled by some of the Indian voters, hoisted the sail on his yacht and sailed northward to find a mysterious spring which was said to have the power to make the old young. The Indians said it was on the level, gave the exact location and all Ponce had to do was find it. Mr. de Leon sailed and landed in St. Augustine. There he found what now is known as the Fountain of Youth and thought so much of it that he stuck around a few years before he learned it was spurious, which is slang for phony. Ponce de Leon is gone, but the fountain remains and it is gazed upon thousands of times every week by wealthy tourists.

A couple of hundred years later the real fountain of youth was found on the West

Coast of Florida. There were no magic springs, but lots of sunshine, invigorating air and the town of St. Petersburg sprung into existence. Tourists came from all parts of the country to spend the winter and they still are spending it.

St. Petersburg is a town in a class by itself. It is the place where men ranging between the ages of 50 and 75 come for their winter frolic and indulge in their own form of sport, meaning roque, checkers, chess, dominoes and horseshoes. It is the greatest horseshoe pitching center in the world, but more of that later.

There are hundreds and hundreds of platers, some looking as if they had stepped out of comic supplements. They gather in Williams Park every morning at sunrise, stay all day and go home at sunset, tired, but happy and supremely contented. No matter what the age may be the tourist becomes young again as soon as he enters the park.

It is a sight worth seeing. These tourists are not spendthrifts—far be it from that—but they come here to spend the winter and they do it without a shadow of doubt. They



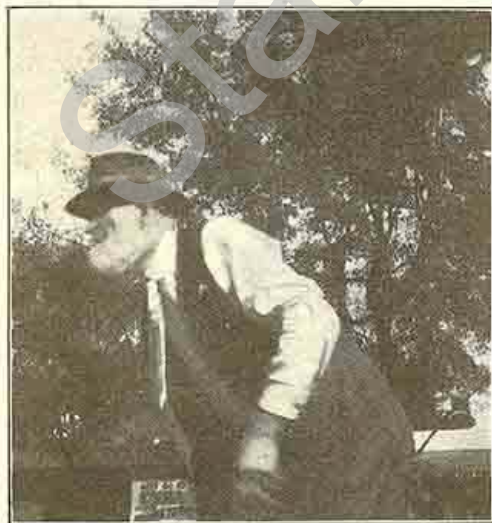
LAWN BOWLING

do not go in for society, but clean, pure, wholesome sport—sport for sport sake where the only reward is the glory of victory and the happiness of conquest.

These tourists seldom patronize the railroads. They crank up the flivver in the fall and travel sometimes as far as 2000 miles, camping along the roadside and keeping in close touch with the country through which they travel. They do their own cooking and enjoy a holiday from the time they leave home.

These modern juggernauts, the 1921 Jaxons in search of the golden fleece, comprise the largest portion of the winter population of St. Petersburg. This year the town had grown so rapidly and the houses were filled so quickly that thousands were homeless. Then, instead of turning them away, Major Mitchell established what now is called "Tent City." A plot of ground on the outskirts of the town was turned over to the travelers, the city furnished water and electric light and more than 2000 pitched their tents. This is the only city of its kind in the world.

The winter tourists live in the open. They start in their games in December and reluctantly give them up in May. Every morning in Williams Park one sees the domino experts who play on the outer fringe. Then come the chess players and in the clubhouse, which consists of a roof and four uprights,



One of the seventy year old kids pitching horseshoes

the checker athletes hold forth. They have exciting games.

Over in another part of the park are the roque courts. This game is scientific croquet, which brings in a knowledge of billiards. The athletes are all past middle age and, it is said, that no one can play unless he wears suspenders or whiskers. The form in playing is to hold the left ankle with the left hand, keep the nose three inches from the ground, take aim and shoot. Many experts are here.

But horseshoe pitching is the big sport.

World's championships have been won and lost in the prize ring, baseball diamond, football field, billiard table, golf links, tennis courts and other places, the champions have been crowned with zest and fervor, but never has there been so much excitement at any of these title events as in St. Petersburg on February 23 when Charles Bobbitt, of Lancaster, Ohio, won the horseshoe pitching championship of the universe. Bobbitt won with a clean slate, going through the tournament without losing a game. He met all of the expert pitchers in the country and just had to be the best in the business in order to win.

Horseshoe pitching is a new form of outdoor sport. Nearly all of us have tried it in the back yard or the sand lot, but never have we taken the game seriously. Down in St. Petersburg, Florida, the natives and tourists believe it is the greatest game in the world and there is as much excitement as at a world series. The contestants are all het up about it, they toil from morning until night and work harder for glory than a baseball player works in three seasons.

St. Petersburg is about the only town which could raise a crop of horseshoe athletes. This is because the tourists—that is, the majority of them—are well past middle age and their recreation consists of daily visits to Williams Park, the venerable playground. The trees in this park have grown clusters of Spanish moss which hangs from the branches, giving the foliage an ancient, dignified appearance. The gray moss blends with the whiskers of the athletes who immediately step into second childhood as soon as they become affected by the sunshine.

Four years ago somebody read in the paper about horse polo matches which were being staged in Miami. This was like waving a red flag in front of a color blind en-

gineer on one of the Florida locals. The folks at St. Pete, for some reason or other, are sore at the Miami citizens and decided then and there to go the Eastern Shorers one better. At first they thought of playing horse polo, as it is called, but this was abandoned when it was discovered that none of the athletes was strong enough to stay on a horse. Then, to give it an equine flavor, to say nothing of being original, horseshoes were substituted. The tournament now has become an annual event and the fans can't wait until it happens.

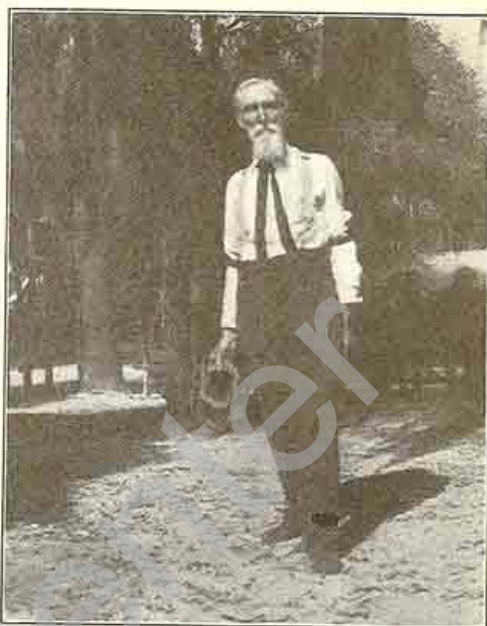
Yes, there are rabid fans in barnyard golf, the same as in other forms of sport, only more so. They are out every day and that means a whole day. They arrive at the links about 8 A. M., carry their lunches, find seats in the grandstand and remain until 5 P. M. At the end they arise, cheer the player nearest to them and call it a perfect day.

There are seats for 1500 in the amphitheatre and standing room for 1000. Therefore, some 2500 spectators are on the job every day. If the place was enlarged it is safe to say that 5000 would witness every match and crowds of that size are scarce below the Mason-Dixon line.

The horseshoe links are in the middle of the park, surrounded by temporary stands, giving it the appearance of an amphitheatre. There are five courses and the pitchers are working all of the time. Five games at once give the spectators lots of thrills and makes a three-ring circus turn green with envy. The fans do not find it hard to get their money's worth because no admission was charged. At the start the committee decided it was best to have a crowd instead of charging admission.

And the crowd is an unique feature. Grantland Rice, who visited St. Petersburg this winter, says that if some of the tourists stepped on the stage the audience would say they were over-acting the part. They are retired farmers from all parts of the country and the smell of alfalfa still clings to their scenery.

Another thing is the actions of the kids between 60 and 70 years old who arrive late and can find no place to see the matches. These youngsters who are clad in knickerbockers and giddy stockings, climb trees and act like gents who see a ball game through a knot hole in the fence.



P. F. Harris, of Pauling, Ohio. He is seventy-six years old and pitches horseshoes every day

This 1921 tournament was the greatest ever staged in St. Petersburg or any place else. It was a big success, despite the absence of Fred Jackson, of Kellarton, Iowa, the national champion. Fred had hard luck early in the month. He was doing the chores around the farm and while sliding down a ladder in the barn ran a nail in his trusty right pitching hand. Nobody can pitch horseshoes with a nail in his hand, so Fred reluctantly notified the committee he couldn't be present. Jackson felt badly about it because he had been guaranteed his expenses.

The opening exercises were impressive. The stands were crowded to the water's edge, the band was playing and the contestants wore nice clean little American flags pinned in their neckties to prove they were contestants. The pitching course was all dolled up, cleaned and pressed, to say nothing of half-soled and heeled.

Before the tourney began the Mayor stepped out. He had the honor of pitching the first shoe and did his work well. Taking a windup hizzonner let the shoe fly from his hand. It described the prettiest arc you ever saw and sailed—right into the crowd. The control was bad, but the Mayor had a reason. He used to pitch left-handed,

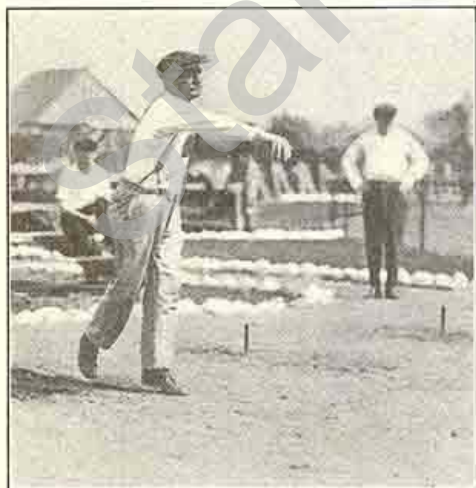
but broke his portside arm last summer when firing one of his officials. This made him shift to the right and made him wild. However, nobody was hurt by the flying missile, which wasn't any more dangerous than if it had been attached to a flying hoof.

After hizzoner put on his turn the fire chief hit the screen and the president of the Board of Trade flopped a couple near the peg. Then the contestants were introduced and the championships began.

One of the pitchers was a youngster named Harold Falor, of Akron, Ohio. He tipped the calendar at 13, being the youngest horseshoe athlete in the world. The boy did well and won several games. Hughie Palmer was the oldest. He admitted 74 years and was one of the experts. Hughie, however, had hard luck. He had to practice in the snow up in Ohio and the shoes were so cold that he had to wear gloves.

When he arrived in St. Petersburg he learned that he was more effective with the mittens on his mitts and he wore them during the tournament. This caused him to work with sweltering palms and the perspiration caused the gloves to slip. This, he said, was responsible for the loss of three games which put him out of the running.

At the start there were three favorites—Bobbitt, Bonifant and Harton. Bobbitt is 24 years old and got into the tournament when nobody was looking. It didn't take



Hughie Palmer, age seventy-three, in action in the horseshoe tournament

long, however, to learn he had the goods and all of the others were afraid of him after the first day. He won his matches by close scores like 50 to 10 and threw ringers whenever he felt like it.

Bonifant breezed along beautifully until the third day when he mingled with Vincent Grady, of Maora, Ill. Grady was in the championships last year and all he got was tired. When he went back to the farm he decided that his form was bad and changed it. He perfected a rolling shoe which trave s end over end and it was very effective. He was able to drape more ringers around the peg and improve his control.

He was in rare form when he met Bonifant and won the match by the score of 50 to 46. This was the biggest surprise of the week and the natives still are talking about it.

Horseshoes are pitched at a distance of 40 feet and the games are 50 points each. The players carry their own shoes and they are of standard size. They can't weigh more than two and one-quarter pounds, the length must not exceed more than seven and one-half inches and the opening, measured on the inside, three and one-half inches.

The athletes start practicing at 8 A. M. to get in shape for the games which begin at 10. They walk many miles up and down the course and never get tired. At least, they say they don't get tired. There is a lot of science in the game and the experts can put the shoes any place they desire. Ringers and double ringers are common and sometimes there is no count because both contestants made double ringers in the same inning. A ringer counts three, but if an opponents tops it the score is wiped out. If one man throws two ringers and another one the former gets credit for three points.

It is a nerve-racking sport and I asked one of the contestants how he kept his nerve.

"Well," he said, running his hand through his whiskers, "I just keep my eye on the bottom of that iron peg and let it mesmerize me."

Just the same, horseshoe pitching, backyard golf or whatever you wish to call it, is a great sport. It is gaining in popularity and it would not be at all surprising to see tournaments held all over the country in a short time.

# Club Swinging

## The Fine Art of Calisthenics

Healthy exercises, beneficial and adaptable alike to young and old, weak and strong, men, women and children, as well as to amateur and professional athlete in training for championship honors.

By

WILLIAM J. HERRMANN, "KING OF CLUBS"

One of the World's Recognized Leading Club Experts.

Holder of the Highest Club Swinging Honors.

**A**S A BENEFICIAL, strength-promoting and grace-enhancing calisthenic exercise club swinging stands in a class by itself. It is one of the most beautiful and graceful as well as interesting and pleasing of exercises.

It is a source of much pleasure to both club swinger and spectator. Of all forms of calisthenics it is the most attractive and offers almost unlimited possibilities for the development of skill, ambidexterity and co-ordination. Its fascination increases with one's proficiency. No one can help but admire, become interested in and enjoy the dexterity displayed by a clever performer swinging the almost unlimited number of circles, twists, turns, reels, scissors, tangles, double tangles, pull-throughs, drags, serpentine swings and intricate combinations.

The use of clubs has been in vogue from the earliest records of the world's history. Club swinging is one of the important forms of exercises practiced by practically all athletes in training, ever since clubs were used by the Roman gladiators and famous athletes of ancient Greece in preparation for the Olympian games.

Regular practice will noticeably aid you in becoming strong and graceful as well as proficient. It gives healthy activity to the muscles of the chest and strengthens and develops the grip, wrist, forearm, arm, shoulder and waist muscles.

### PRELIMINARY INSTRUCTIONS.

In learning start every exercise from the fundamental position. Do not grip the clubs too tight. At first practice each exercise with but one club before you attempt to swing both clubs together at the same time. Understand each movement thoroughly before proceeding to the next. Swing this particular group of club swinging exercises in as true a lateral plane as you possibly

can. In swinging both clubs to the right or to the left be sure you keep them parallel. Accuracy in swinging is of first importance. No movement should be performed in a careless or awkward manner. When you can perform each exercise in good form swing the series in one continuous combination.

From the educational standpoint, that in learning anything, the easier should precede the more difficult and complex, it is advisable to first practice each exercise with your right hand unless you are left-handed, in which case practice each new exercise with your left hand first.

### NOMENCLATURE

"Arm Circles" refer to circling movements in which the arm is kept fully extended in moving the club with the shoulder the center of the circle.

"Hand Circles" are circles in which the hand is the center of the circle.

"Single Arm Circles" are circles performed with but one arm at a time.

"Double Arm Circles" are circles performed with both arms circling at the same time.

"Swings" are any part of a circle.

"Single arm swings" are swings performed with but one arm at a time.

"Double Arm Swings" are swings performed with both arms swinging at the same time.

"Parallel Right Exercises," swing parallel to the right from the fundamental starting position.

"Parallel Left Exercises," swing parallel to the left from the fundamental starting position.

"Inner" exercises are movements swinging from position towards the head.

"Outer" exercises are movements swinging from position away from the head.

As the club swinging is a rhythmical exercise, watch your counts in order to enable you to swing in good time. Let the counts fall on the lowest point of the circle just at the moment the base of your club passes it.

#### WEIGHT OF CLUBS

Don't make the common error of attempting to use too heavy a club. No arbitrary standard of set weight, length and shape club can be prescribed to meet the needs of all, owing to the varying degrees of health, strength, condition, arm length, etc., in persons of the same height, weight and age.

As a rule a pair of clubs of one pound each will meet the requirements of most boys and young men, while a pair of clubs weighing one and a half pounds each, will meet the needs of those in possession of more than the average strength. Two-pound clubs would suit the average man and a three-quarter pound club will do for children.

#### POSITION

Stand tall. Lengthen spine as long and straight as its conformation will allow. Do not sway the back. Lift chest walls high. Draw waist walls in and up and hold pelvis in line. The compression of the abdomen and wave of muscle contraction should begin from below and travel upward, so that the abdominal and pelvic organs are raised upward and held high in their proper normal position.

Keep body weight resting equally on the tread of both feet, not on heels. Keep legs straight, fully extended, heels and knees together. Hold body erect at your full height. Lift chest walls free from waist line. Carry head high and keep it well poised, free of neck and shoulders. Do not sag at ankles, knees, waist line or neck—stretch up. Poise and balance so that in rising on toes you do not have to sway forward, due to transferring the body weight from the heels to the front of the feet.

Carry arms, holding the clubs at right angles, elbows shoulder high. Keep elbows and shoulders squared and in line. Clubs to be held upright in a vertical plane in line with your forearms. Be sure you don't allow the swing of your clubs to sway your body out of position. Good posture must be observed and maintained throughout each and every club swinging exercise.

#### DOUBLE ARM EXERCISES

"Parallel Right."

1. "Parallel" three-quarter double arm swings right.
2. Forearm "tip" left.
3. Recover.
4. Position.

"Parallel Left:"

1. "Parallel" three-quarter double arm swings left.
2. Forearm "tip" right.
3. Recover.
4. Position.

"Inner:"

1. "Inner" three-quarter double arm swings.
2. Forearm "tip" at side horizontal.
3. Recover.
4. Position.

"Outer:"

1. "Outer" three-quarter double arm swings.
2. Forearm "tip" in front of shoulders.
3. Recover.
4. Position.

#### FIRST COMBINATION GROUP

Swing "right," left," "inner" and "outer" exercises into one continuous combination of sixteen counts.

#### SECOND COMBINATION GROUP

Repeat the preceding group in combination with "charging exercises." "Charge" sideways right with the parallel right exercise. "Charge" sideways left with the left parallel exercise. "Charge" right rear with the "inner" exercise and "charge" left rear with the "outer" exercise.

The forearm "tip" and "charging" exercises must be timed together and both completed on the count of two. On the recovery start to close heels together from the charge after the "tip" on the count of three—on the count of four, heels should be closed together and clubs in position. Three foot lengths should separate heel in a "charge." Only bend knee of charging leg. Keep other leg straight.

#### THIRD COMBINATION

The same as the second combination group with the addition of a double full length arm circle and a shoulder circle preceding the three-quarter arm swing and forearm "tip"

(Continued on page 40)



# The Development of the Hips and Thighs

By O. R. COULTER

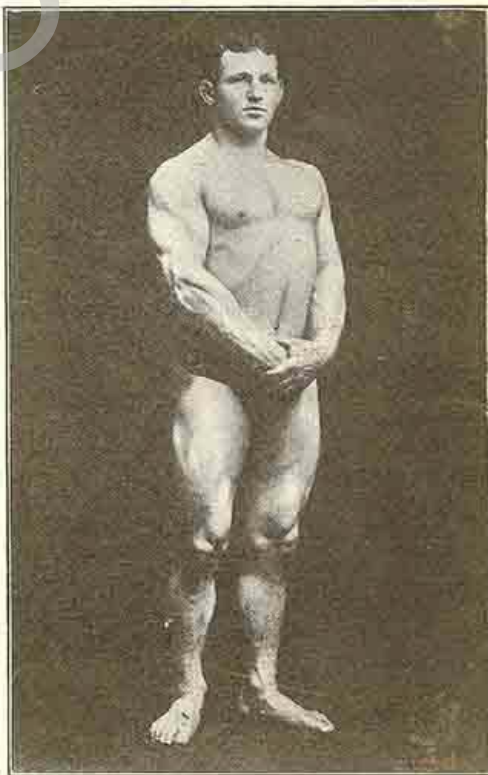
(Continued from last month)

**L**AST month I wrote about methods of exercise that develop the thigh and hips and this month I will give some forms of exercise that accomplish even more noteworthy results than those previously mentioned.

Tumbling, as I stated in the previous installment, is exceedingly good for the purpose of developing the thighs and hips, but it does not give as good results as are attained by those who practice that branch of acrobatics known to the profession as risley work. This consists in juggling human beings on the feet. The understander lies on his back with his hips slightly raised after the manner of the Japs in their somewhat more common exhibition of juggling barrels and other implements on their feet. But real risley work should not be confused with the light juggling on the feet, as the latter, while requiring considerable pedal dexterity, tends more to the development of the calves, as it does not involve the heavy work necessary to the highest development of the thighs. The advanced risley work, as performed by the greatest acts such as "The Seven American Belfords" and "The Great Lorch Family," shows nearly the limit of possibility in this kind of work, and the understanders in these acts possess wonderful thighs. The bottom men actually juggle other members of their troupe on their feet and toss them back and forth from one to the other: in fact, I have seen one risley understander catch a man at a time until they were sitting in each other's laps three deep on his feet and then finish this by causing all three to turn a complete somersault by giving a powerful pitch with his feet. It is evident from the wonderful work of this nature that has been performed that this style of acrobatic work offers almost unlimited possibilities of thigh exercise, but these feats are the results of over fifteen years' practice on the part of some of the participants; and how many men seeking merely thigh and hip development would have the fortitude to attain to such feats, and without accomplishing the work one could not expect the results in development

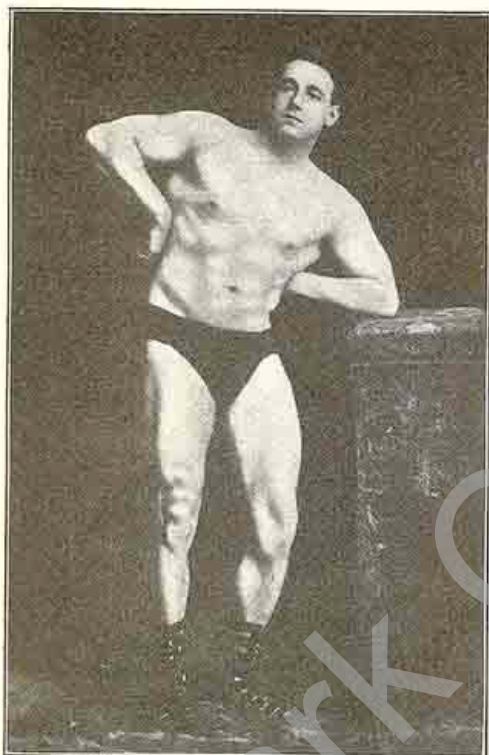
that the performance of the work would give. So we can readily see that such an uncommon system of thigh exercise would be of little use to the majority of seekers after thigh development.

Wrestling is recognized as a method conducive to a vigorous all-around physical development and wrestlers as a class have a magnificent physique. Wrestling involves an almost unlimited number of positions and necessitates vigorous action of all parts of the participant's physique. The application of the scissors hold affords strenuous exercise to the muscles on the inside of the thigh and the efforts involved in lifting one's opponent or endeavoring to escape from leg holds are conducive to the development of the thighs and hips, but few wrest-



J. LEMM

lers have the ability to use their legs to anywhere near the extent that they do their arms, and the inevitable result is that the arms and the upper body perform the bulk of the work and receive the most benefit.



THOMAS INCH

Wrestlers as a class are a proof of this contention, for while their thigh and hip development is good, it is not in keeping with their enormous necks and large pectorals. There are many noteworthy examples of thigh development among wrestlers, but as a class they are excelled in thigh and hip development by ballet dancers, hand-to-hand balancers and weight lifters; in fact, some of the best examples of thigh development among the wrestlers are those that have practiced lifting, shot-putting, jumping or some other vigorous thigh work in addition to their wrestling. "Hack" is one of the greatest examples of thigh development among the wrestling fraternity and nearly all of us know that he was a lifter before he took up the wrestling game. Lurich, John Lemm, Fristensky, Karl Kornatz, A. A. Cameron and Donald Dinnie are among

the wrestlers known to possess exceptional thigh development and all have practiced other forms of exercise in addition to their wrestling. Lemm has seen service as a mountain guide and, like nearly all continental wrestlers, has practiced some lifting. Fristensky is known as "the Bohemian Hercules" and is both a weight lifter and wrestler. Karl Kornatz is a Graeco-Roman wrestler and, in common with the most of the followers of this style of wrestling, has practiced lifting. A. A. Cameron is a Scotch Highlander, who possesses an enormous pair of thighs. He excels at shot-putting, hammer throwing, tossing the caber and, notwithstanding his heavy body weight (238 lbs.), is a good jumper. Donald Dinnie was another man of similar type from the highlands of Scotland, who excelled at shot-putting, running, hammer-throwing, caber tossing and weight lifting as well as wrestling. He was one of the strongest men produced in Scotland and one of the greatest all-around athletes that ever lived. A further investigation of wrestlers with exceptional thigh development would prove that, while wrestling is a very good thigh and hip developer, it is not quite equal for this purpose to some other forms of exercise that the writer will endeavor to explain.

Ballet dancing is a magnificent exercise for the thighs and buttocks. First-class ballet dancers invariably possess good development in these parts. The work involves innumerable positions and necessitates quick and powerful contractions of the muscles of the thighs and loins. Some of the positions are similar to jumping, but involve more complete movements, as the dancer often leaps into the air from the finish of a complete deep knee bend. It has been estimated that the famous Nijinsky, could all his leaps in two nights' performance have been combined in one, would have been able to leap over the Woolworth Building. Of course, this is a matter of speculation, but it gives a general idea of the amount of jumping exercise performed by ballet dancers beside the additional effort caused by the difficulty of the positions assumed at times; in fact, ballet dancing has the advantage of rope skipping, jumping and deep knee bending all combined in the one method of training. Briefly, it may be said that ballet dancing develops a maximum of agility and considerable power

in the thighs and hips. Most of those who have observed Pernikoff, Mordkin, Novikoff, Nyinsky or Kosloff in action have been impressed by their rapidity of motion and the ease with which it was accomplished. These dancers and many others afford unquestionable evidence of the merits of ballet dancing as a means for developing the thigh and hip muscles.

Hand-to-hand balancing, by reason of its name, seems to suggest the idea of hand or arm work and does involve more continuous effort on the part of the wrists, arms and shoulders than it does on other portions of the body, but all around hand-to-hand work necessitates extremely vigorous thigh and hip exercise on the part of the understander and even the top-mounter gets some exercise for these parts in the jumping involved on his part in the fast routines. The swinging and lifting of the top-mounter from the floor to arm's length above the head requires considerable work on the muscles of the thighs and hips of the understander. Many of the movements depend upon the strength of the thigh and hip muscles for their proper execution. Some of the work as performed by the understander when he ascends from a reclining position on the floor to a standing position, keeping his partner balanced on his hands throughout the movement, partakes of the qualities of a deep knee bend performed with the advantage of the bodily weight of the top-mounter as a means of intensifying the effort. The feat wherein the understander lies face downward on the floor and pulls up his top-mounter who does a hand-stand on his heels, gives direct exercise to the biceps of the legs, which, unlike the biceps of the arms, do not get their share of the work. Understanders for hand-to-hand usually have magnificent hips and thighs; in fact, general strength, which depends considerably upon strong thighs and buttocks is the main requisite of a good understander and men who follow this line of work almost invariably possess considerable strength and generous measurements in these parts. No doubt many of the readers recall many noteworthy exam-

ples of this. I have in mind Bobby Pandour, John Athes, Massimo and Theo. Coombis. There are also many other fine examples which would tend to lead one to believe that hand-to-hand work is the best method for attaining strength and development in these parts. However, a further investigation throws more light on the subject. The men I have mentioned are all practiced weight lifters with the possible exception of Athes; in fact, nearly all understanders have done some training with barbells and owe some of their strength and development to their use. Hand-to-hand work, while it lacks the variety of positions afforded by ballet dancing, possesses the advantage of being a better means of cultivating the ability to handle heavy objects, or, in other words, increasing one's lifting strength. However, only a few of us are fortunate enough to have a skilled top-mounter to work with and a man to play the part of a human dumb-bell is not always to be had for the asking. Hand-to-hand work requires far more strength at the start than that possessed by the ordinary man. It is magnificent exercise for two strength athletes, but it is impractical for the average physical culturist.

*To be continued next month, showing how weight lifting ranks as a developer of the thighs and hips and showing how to apply it to best advantage for that purpose.*

#### A LITTLE RING REPARTEE

Jack Britton was beating Ted Lewis in their twentieth fight, staged recently at Madison Square Garden.

"If you can fight, I can make a watch," sneered Lewis, during a clinch in the early part of the bout.

"Is s'at so?" sarcastically shot back Britton. "Well, if you think you can fight, loosen up a bit, and you will soon be too busy cutting out paper dolls to have any time for watchmaking."

The retort stung Lewis. He did "loosen up," and Britton gave him an artistic lacing. --Evening Bulletin, Philadelphia.

## Arithmetic in Weight-Lifting

By GEORGE F. JOWETT

**S**INCE the prospects for the establishment of an amateur weight-lifting association will embrace all the amateurs on the whole American continent look particularly bright, perhaps this article will be interesting and helpful to all intending members and future competitors.

There is one important factor that is just as essential as a proper preliminary course of developing exercises with moderate weight bar-bells, which they who wish to succeed as lifters will have to dwell on in order to get the best out of themselves. And that is the proper selection of bars and weights.

As yet competitive lifting is a new thing from an organized point of view, and lifters will find much to learn, and many new points to study with the careful selection of bars and weights; in addition to the correct form in lifting, before they can be as successful as they would wish in competitions; when lifting under a standard set of rules, before officials, whether lifting for a title or a record.

In Great Britain, where the British Amateur Weight Lifting Association has been an organized body for a number of years and is the greatest lifting body in Britain, tremendous strides have been made through scientific research and many experiments; conducted by those wonderfully able lifters, Inch and Pullum; on the selection of bars and weights. Feats that a few years ago would have seemed impossible have been accomplished simply by using proper judgment, which experience has taught them, as to the best type and style of bar that is required for their own peculiar needs in the different lifts.

And still they progress, till it is now thought nothing wonderful among British lifters for a lifter to swing his own body weight with one hand. A few years ago you could count on the fingers of one hand the men who could swing their own body weight overhead with one hand, and it was then thought a miraculous feat. Today we find amateurs in Britain scaling only 145 and 150 lbs. who are swinging with ease 164 lbs., and snatching with ease over 180 lbs.

They consider that one of the most im-

portant parts of lifting is the care that is needed in the selection of proper bars, and yet it is remarkable to note the number of professional lifters who are careless about this one important factor. Many buy a bar and think that it is enough, and wonder why they do not progress better than they do. Therefore it will be well for every prospective member of the American Weight Lifting Association, to pay as much attention to his selection of bars and the distance between discs, as he does to his physical training. By the expenditure of a little time, thought, and of course, a little money, a lifter will increase his total enormously on four or six lifts by bringing his bars up to date.

Lifters should reflect that it is the poundage that wins all matches, and if in a competition where six lifts determine the winner; by using a better selection of weights a man increased his lifts by three or four pounds on each lift, his total would be eighteen or twenty pounds higher, which would probably decide the match. For you will agree that in a contest that amount is quite a substantial margin to have to your credit, and a big loss to lose.

The funny part of it is that a man can always see his mistakes after a match, when it is too late, and not before. It is easy to be wise after, but this can be all avoided by a little practical forethought. Since the advent of the disc bar-bell, weight lifting as a sport has been made possible for all. The great price of the old fashioned globes made it impossible for many to purchase. Now you buy the discs and you can arrange them to suit your ability.

Disc weights are the thing to train with and I can quite understand a man desiring to use them in competition also, as they are so efficient. With regard to bars, steel ones are the best, and care should be taken in purchasing a good one, then you are sure of getting the benefit out of it, which you will get with a good steel bar.

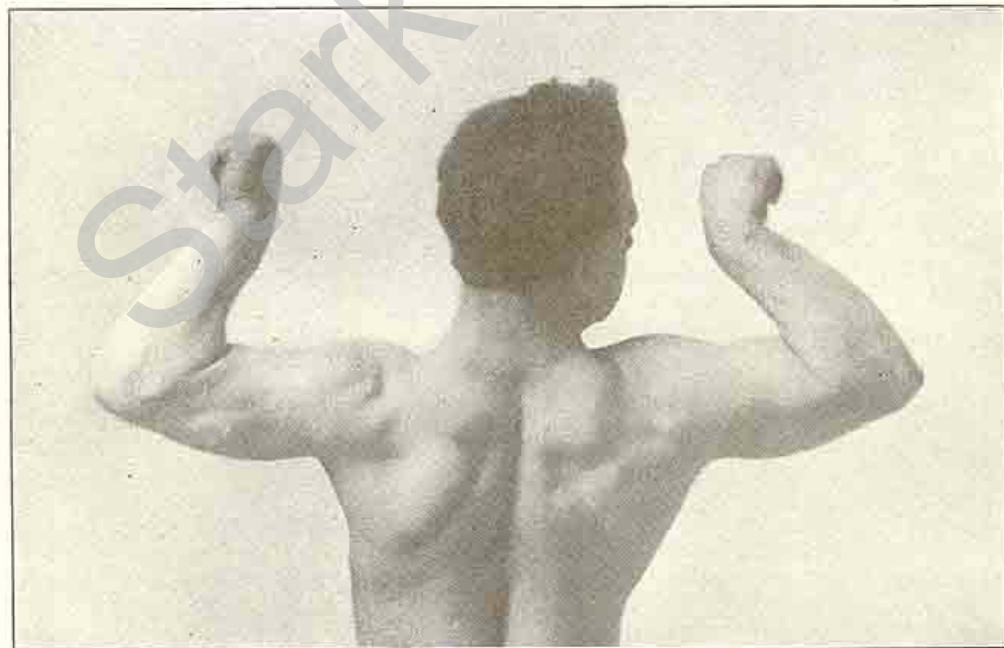
A good bar should have a certain amount of elasticity and spring. This is of great benefit in such lifts as the jerk, snatch and clean lifts. Care is needed to get the best results out of the spring in the bar by prop-

erly placing the collars at various distances to suit the different action. In the one-arm jerk, for example, when you give the pull on the bar it will give, and the rebound from the give or springing action will help the bar to the shoulder, providing that you are quick enough to co-operate with it. Also when jerking from the shoulder the rebound will help it in its upward flight to arm's length. But it will need practice to master. For the timing of the spring is the essential part and unless you time it correctly it will react on you. Once mastered you have added an important asset to your lifting progress. The best sized bar to be used for these lifts has been found to be a  $\frac{7}{8}$ -inch bar. Of course when you come to handle a large poundage you want to be sure that it is a good reliable bar. Thomas Inch used that thickness, although he has a very small hand, but where a man finds the grip to be not large enough it is well for him to wrap the grip with electrician's tape to suit his hand. This will not interfere with the spring of the bar. The range of the bar should not exceed 6 ft. 6 in.

In the one-hand clean many lifters prefer a cambered bar, one that is bent slightly in the center, also in the one-hand snatch.

Some lifters prefer to use a bent bar for the bent press. The idea of the bend in the bar is that it gives bias, or what is known in weight lifting circles as a dead point, though many of the best lifters in the bent press prefer a thick bar ranging from 2 in. to  $2\frac{1}{2}$  in. outside diameter. These bars are, as a rule, galvanized piping, that slips over the original bar and supplies the grip, leaving the original bar protruding so as to take the discs. It is a recognized fact that the benefit derived from a thick bar for the bent press is that it affords a greater space to push on, and takes the strain from the grip. To those who like a thick bar and a bent bar I would suggest that they pass the required size of tubing over the original bar and when this is centered to take a heavy weight and to drop it on the center. This will give the required bend.

Of course, as every one should know, one has to consider oneself in lifting and not blindly follow the multitude, or even a recognized champion. I have seen men do splendid feats in the two-arm jerk by using a long thin spring bar, but I have done my best and always feel at home with a thick bar, using a piece of tubing over the one-inch bar and not having the weights any



GEORGE F. JOWETT

farther away than is necessary. Again it is found that better results can be had by using a combination of globe and disc weights. I increased my record by 81 lbs. the very first time I tried it. I had the tubing cut the right length to suit me and then slipped it on the one-inch bar, then I put the globes on and made the rest of the poundage up with discs. It was stated to me that the globes gave a certain amount of buoyancy to the bar by being empty. At any rate I always did better in this manner and so has every other lifter I know of who has tried it. This combination weight of globes and discs is also preferable in the two-hand clean.

For all two-hand pushing and pressing lifts a thicker bar is better with the weights not too far away. For the two-hand clean to the shoulder, the two-hand jerk and snatch, a springy bar is considered better, but as I have said before use your own judgment by letting practical experience decide. For myself I prefer the springy bar for the clean and snatch lifts with two hands and for the rest of the two-hand lifts I prefer the thick bar. In the one-hand clean, Aston, the world's middleweight champion, claims that in timing the bar correctly and using a springy bar it can be gotten to the shoulder with 50 per cent less effort and a greater saving of strength. He claims that this was the one factor that helped him to defeat Inch for the title of Britain's strongest man.

When he would pull in he would almost sit down and instead of lifting the weight to the shoulder as Inch did and, I might say, as most lifters do, he would make a deep dip and let the arm rest on the thigh and by this method he saved nine inches of pulling in energy. That is, by letting the arm rest on the thigh and working with the springy rebound he had nine inches less to move the weight than his opponent who pulled the weight so that the arm rested on the hip.

In competitive lifting many lifters will find that they have done better in practice than they will do in the contest. There are many reasons for this—poor seconds, strange platforms, trying to equal their best in one and every lift, sometimes wasting strength by using strange weights, using resin when they have not been accustomed to it and, what seems a trifling matter but is really

very far from it, using different apparel and shoes on the night of the contest. Most of us like to dress nice on such an occasion, but believe me the best way to win is to use the same outfit in contests that you do in practice. Take no chances.

Do not even use strange discs. They may be half an inch lower or higher than those to which you have been accustomed, which will affect your balance. Use your own everything and, if possible, you should have your own seconds with you, who should be as well trained as yourself in knowing what is required of them. I once helped a friend to accomplish the dearest wish in his lifting career by ably seconding him, and it is a fact that he has never since been able to raise the same amount of weight. But he won the contest because I was well trained on just what to do and just what to not let him do. Save your strength. Some men waste enough strength to lift an elephant and consequently are beaten by a poorer opponent. Another thing, and perhaps the most important for all competitive lifters, is arithmetic in lifting. That is, prepare a schedule of all that you intend to do that you know you can do and to do it.

Perhaps no one has the arithmetic of lifting down as fine as the famous W. Pullum, the founder and trainer of the world famous Camberwell weight lifting club of London, England. Never was it more evident than when his famous pupil, C. V. Wheeler, won the middleweight, light-heavy and heavy-weight championship tournament. Before his pupils take the platform to contest a schedule is prepared as to what they are to lift in each attempt and whether or not they are to use the three attempts allowed for each lift. Seconds are there who know just exactly what to do and they do it, and the result is that there are more champions and record holders in that club than in any other in the world and all this is due to the magnificent interest shown in all pupils by the enthusiastic Pullum.

To give you an example of what I mean by arithmetic in lifting: Suppose that you have done the following lifts and know that you can do them again: Two-hand clean 200; two-hand military press 270, two-hand jerk 220, one-hand clean 160, one-hand snatch 140, one-hand bent press 180, and that these are the lifts that are going to decide the

(Continued on page 46)

# Is Your Stomach as Big as Your Chest?

By WALTER MANN

**T**O THE man who goes in for regular exercise this question may sound absurd, yet it is surprising how many men—yes, even young men—have an equal measurement or nearly so, for the chest and the stomach. Of course I know my reader is not one of these, but possibly he has a friend who would come within this category.

How many men going in for regular exercising who know they have well developed abdominal muscles are aware of the fact that it is due to the proper development of these much neglected muscles they owe their splendid digestion? While it is quite true that no one can develop every other part of the body without helping to some extent the abdominal muscles, and while it is equally true that a man taking exercises for every other part of the body but the abdomen would have fairly good digestion, it is a fact beyond question that really good digestion calls for exceptionally well developed "stomach muscles."

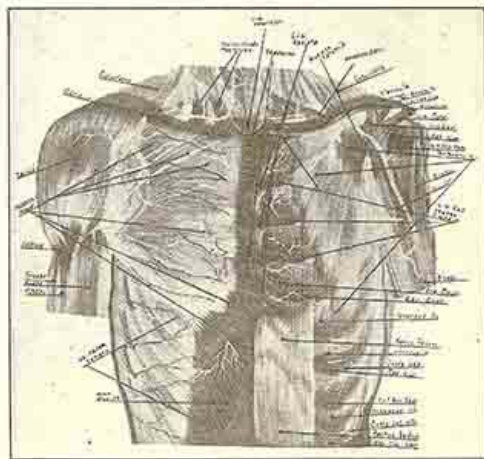
There are a number of abdominal muscles indicated in the illustrations, but there are only seven we need describe here, namely, the descending or external oblique, the ascending or internal oblique, the rectus abdominis, the linea alba, linea semi-lunares, the pyramidalis and the transversalis abdominis. We will consider these in the order given.

When all is said and done the most important muscle of the abdominal group is the descending or external oblique, as it covers practically the whole of the side and fore part of the abdomen. It is irregularly shaped, four-sided and though thin is a broad muscle. You may have wondered why, when you breathe, the abdomen moves. It is because the muscle now under consideration is attached, among other numerous affiliations, to each of the eight lower ribs. On both sides, of course. Like all the other important muscles, the descending has a partner to assist it in its work, and this partner is known as the ascending oblique, which lies immediately beneath the descending muscle. It is also irregularly shaped, four-sided and is thinner and smaller than its partner. And, as might be expected, its

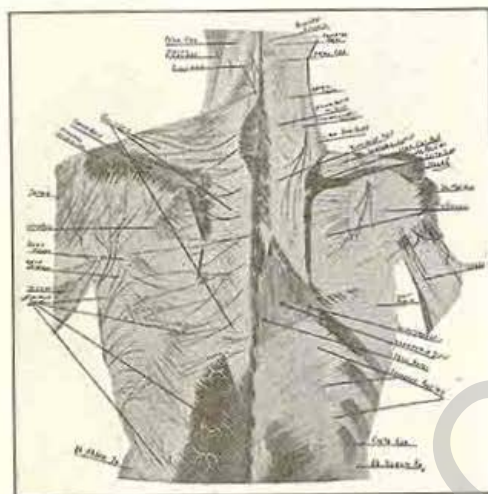
function is to bring the abdomen down when it has been raised by the external oblique. Here we find perfect harmony and the hand of brotherly assistance always stretched out. The external raises the abdomen and when it needs to be lowered the internal gets busy.

When you speak of deep breathing remember that this is made possible because of the rectus abdominis which is attached to the diaphragm. This muscle, which is long and flat, extends over the whole of the front of the abdomen. It is situated on either side of the linea alba, which latter is a somewhat long and thin tendon found running up the fore part of the abdomen; starting at the crotch, passing the navel on its way up to the chest muscles. It is wider at the top, naturally, than it is at the bottom.

Of the three remaining abdominal muscles the linea semi-lunares are found between the rectus abdominal muscles and the linea alba; the pyramidalis, whose main use is its assistance in inspiration, has its origin from the pubes and anterior pubic ligament and its insertion in the linea alba, while the transversalis abdominis, with chief functions of compressing the viscera and flexing the thorax, has its origin from poupart's ligament (found at lower border of external oblique muscle), the crest of the haunch bone and six lower lumbar vertebrae; and its insertion in linea alba, crest of pubes, pectineal line.



Right here let me say that the man with all the above muscles properly developed need never have recourse to the patent pill method for digesting his food. And though it may sound unnecessary, as most people know it already, I'd like to mention that the man who follows a good course of grad-



uated weight lifting exercises will have these muscles properly developed.

"My, what a well-developed back that man has." How often we hear this remark about some athlete, but this isn't very often said about the man who takes things easy and tries to develop with light exercises because the back muscles are tremendous. And remember the spine, that most important part of the anatomy, is in the middle of the back, and if you are to have plenty of "backbone" you've got to have well-developed muscles of the back.

The first back muscle to be considered is that known as the latissimus dorsi, which covers practically the whole of the back from hips to under the arms. One of the advantages of this muscle is that it is easy of development if sufficiently strenuous exercises are indulged in. Its construction is really what might be termed a network of muscular tissues, which interlace one another in such a way as to make it wonderfully strong. It is inserted in the humerus by a tendon, four-sided in shape, and has three main points of origin: the crest of the hip bone, the lumbar vertebrae and the lower (six) back vertebrae. The action of this

muscle is to draw the arm downward and backward and rotate it.

In case the reader did not read the description of the neck muscles in a former issue I wish to mention briefly that the splenius and trapezius muscles are considered by some as belonging to that group under the neck muscles and by others as of the back muscles group, and although these were taken up in the neck group it may not be out of place to repeat that the splenius will be found located immediately back of the sternocleidomastoid, running up and forward, its end being in the neck; that it is broad and flat and that with exercise it becomes most powerful. The trapezius is to be found at the back of the neck, extending over the shoulders. It is broad and flat and of triangular shape.

We now have the rhomboid muscles, major and minor. It does not take long for the weight lifter to see great improvement in the rhomboids. They answer the call almost at once. Stand in front of two mirrors arranged so as to give you a view of your back, then close the fists tightly, bend the arms at the elbows, throw the chest out and force the shoulders back. Try this and see how well your rhomboids are developed.

The major rhomboid muscle is inserted at the scapula, originating at the five upper (dorsal) vertebrae, while on top of this muscle we find the minor rhomboid muscle which is also inserted at the scapula, at the spine, its origin being from the top of the twelve dorsal vertebrae and the seventh neck vertebrae. The action of these muscles is to retract and elevate the scapula or shoulder blade.

Graduated weight lifting stuck with for a reasonable period will give you a back you can and will be proud of.

Usually when your friend clenches his fist, bends his arm at the elbow and invites you to "feel my muscle" he usually refers to his biceps and the fact that there is an equally important muscle of the upper arm called the triceps means nothing to him. All he wants is to bulge his coat sleeve. This is not the case when a man knows the formation of the upper arm, because he is well aware that there are several important muscles instead of one or two. Between the biceps and triceps we again find the "work together spirit." The biceps derives its name from the fact that it has two heads. The triceps is so called because



it has three heads. The chief work of the biceps is to bend the arm so that your friend can "flex" the arm and look proud as punch because of the bulge. The triceps, on the other hand, has to straighten the arm when the biceps has "done its bit." One may erroneously imagine when he sees a man knock another out that it is the biceps that gives him the punch, yet it is the little considered triceps (the arm straightener) that is responsible.

Of the two heads of the biceps one is shorter than the other. A flat but thick tendon is the start of the shorter head and it proceeds from the point of the coracoid process. The longer head goes over the head of the humerus, rising from the upper head of the glenoid cavity. While the biceps muscle has two heads it converges into a single main a few inches above the elbow.

The triceps, as has already been mentioned, has three heads; the first known as the scapular head, from the fact that its origin is from a flat tendon coming from a slight hollow (of triangular shape) on the scapula and immediately below the glenoid cavity; the second, known as the external humeral begins from the outer border of the humerus and the third, known as the internal humerus, has its origin from the back surface of the humerus shaft. These heads are also sometimes called the long head; the long humeral and the short humeral.

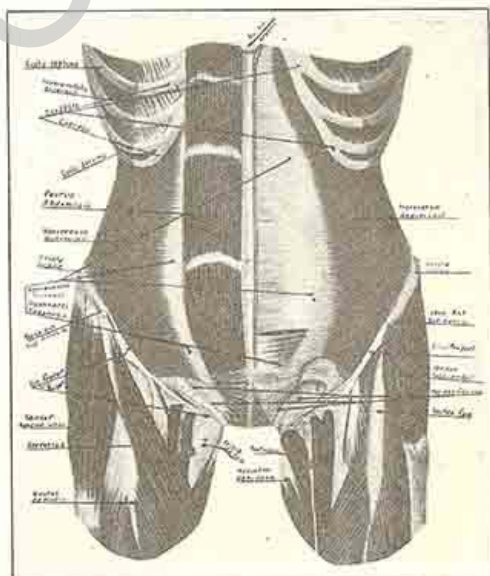
At the head of the arm in the vicinity of the origin of the biceps and very closely connected therewith, is a little known muscle called the subscapularis. It is triangular in shape and its main function is to assist in the raising of the arm. I venture the guess you never knew you had such a muscle, and the same remarks apply to the coracobrachialis muscle, which comes from the coracoid process. This latter muscle is situated at the inner, upper part of the arm and is very important, even if it is small. Another of the brachialis family is the muscle which covers the joint of the elbow and the front side, lower portion of the humerus. Its origin is in the lower part of the shaft of the humerus and through a strong tendon is inserted in the head of the large bone of the forearm.

I think from the foregoing short description of the upper arm muscles many of us have learned that there are more than the biceps and triceps to be considered.

The muscles of the forearm are many. Some deep set and others, the most important to us here, which can readily be felt and seen working. There are six or seven of the main muscles we must consider. Most of these have rather forbidding sorts of names, but they more than make up for this drawback by the assistance they give us in every day life.

First, in order of merit, is the pronator radii teres, which pronates the hand, a two-headed muscle, which, like the biceps, converges into a single point of insertion, in an indentation about the center of the outside surface of the radius. The radius is the smaller of the two main bones of the forearm, the larger of the bones being named the ulna. There are two points of origin for one head of this muscle, first, from the humerus, and second from the fascia. The second head of the muscle has its point of origin from the lower end of the humerus.

The flexor carpi radialis also has its point of origin from the lower end of the humerus and is attached to the forefinger metacarpel bone for its insertion. As its



name implies it is a flexing muscle. Close to this muscle is found the origin of the palmaris longus, which is always well developed in the man with a strong grip, and its insertion is in the covering of the muscles of the palm of the hand.

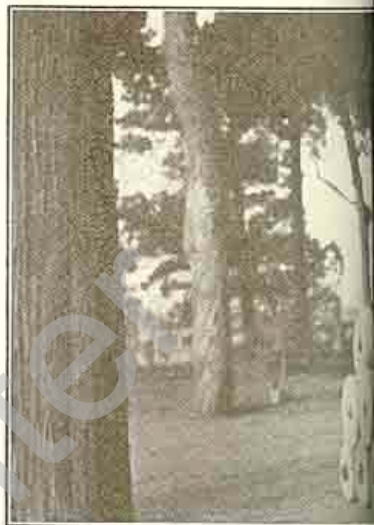
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CORNELL'S ARTIFICIAL-LEGGED WRESTLING MARVEL

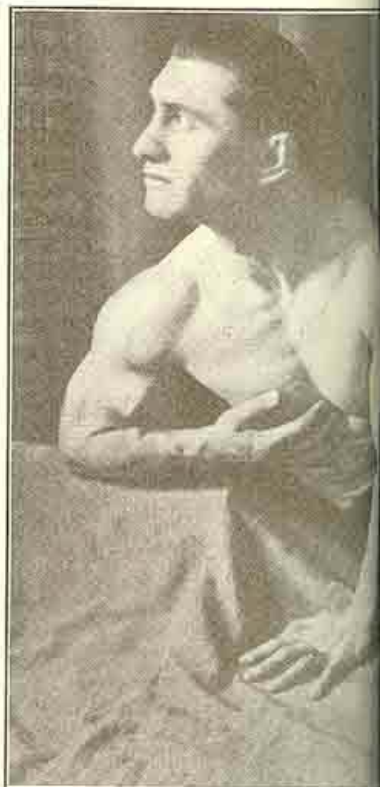
A. W. Snedeker, Cornell's artificial-legged wrestling marvel, who has won many matches in spite of his handicap. When eight years old he suffered from blood poisoning and his right leg was amputated just below the knee. Snedeker wrestled Bishop, the University of Pennsylvania wrestler, in the feature match of the recent intercollegiate wrestling tournament at Philadelphia, and threw his opponent several times, but finally won the last match. Bishop, in possession of all his faculties and unhandicapped, had the greatest difficulty in throwing Snedeker, who was given a great ovation by the crowd.

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BAR BELLS TH

These barbells consists of a wooden rod. In almost every village in North China, a pile of one in the village takes turns at lifting them. and gradually works up to a heavy one.



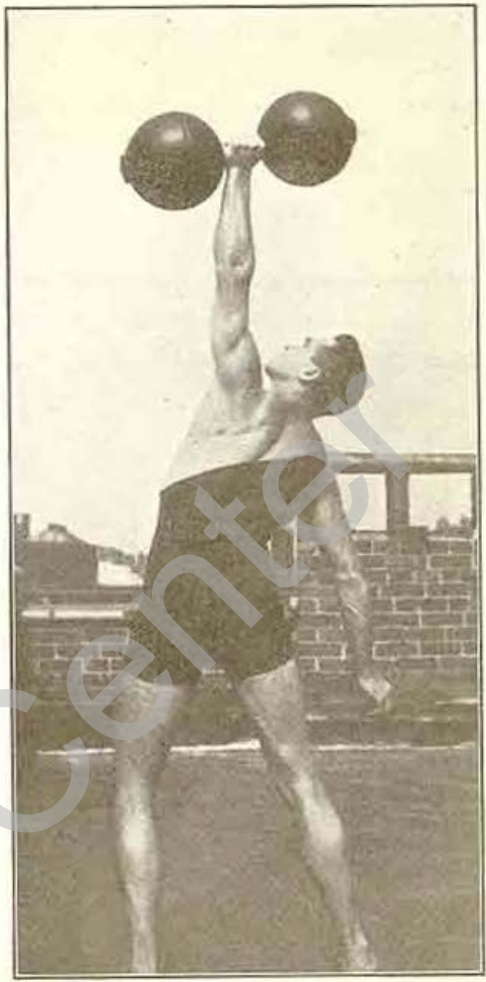
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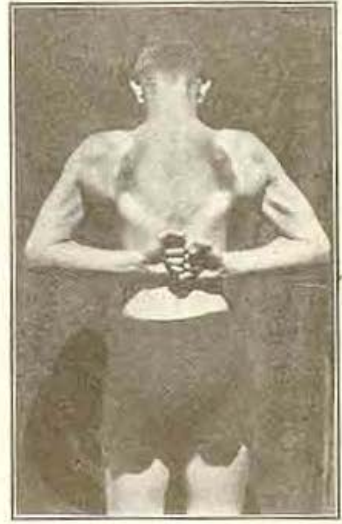
NATIONAL SPORT IN NORTH CHINA  
feet long, and have a large stone such as a grind stone, on each end.  
se stone barbells will be found in a centrally located place, and every  
e stone bells are not adjustable, and the beginner starts with a light bell



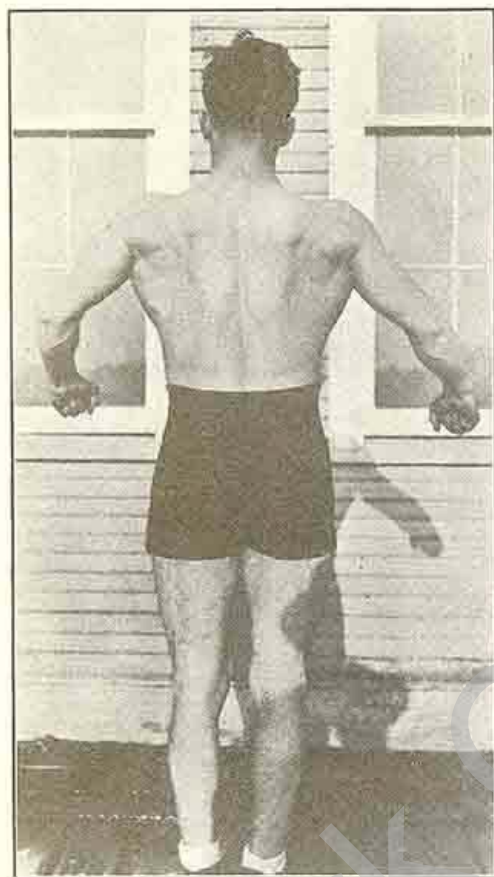
o, in an interesting pose.



F. E. Bayer, of New York City.



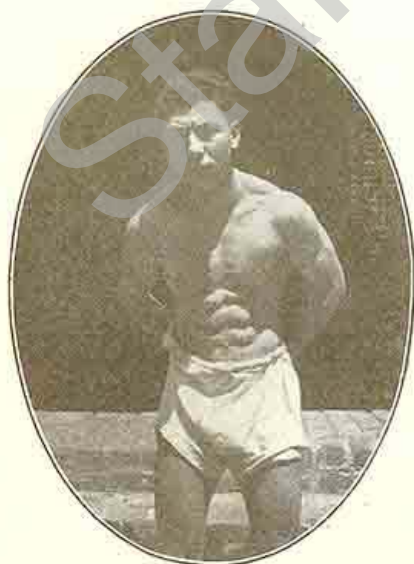
Fred L. Hunter, of Ossining, N. Y.  
showing unusual development and control of the shoulder muscles.



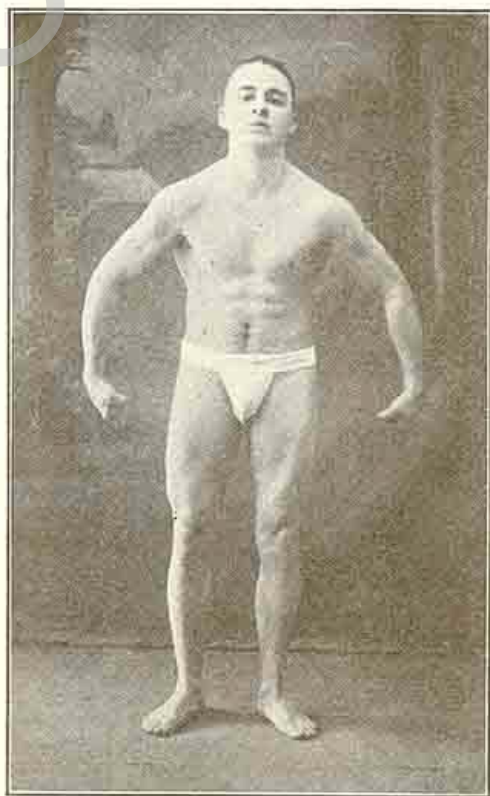
Lewis Pohlseno, Physical Director of Post Gymnasium U.S.  
Marine Corps, Quantico, Va.



R. J. Heintzman, Waterloo, Ontario, Canada.



Vernon Bemand, Kingston, Jamaica,  
British West Indies.



A. J. Erwin, of Portsmouth, Ohio, after training  
six months.



"SCISSORS" JOE STECHER  
Exponent of Scissors Hold.  
The man who made the scissors famous.

## Scissor Holds

by  
WILLIAM J. HERRMANN  
of  
Herrmann's Physical Training Institute  
Boxing, Fencing and Wrestling Academy  
Philadelphia, Pa.

\*The most instructive article on Scissor Holds in print, \*—  
"Scissor" Joe Stecher.

EDITOR'S NOTE—**Toe Holds, Head Locks, Scissors and Other Torture Holds.** This the first of a series of articles on these punishing holds, and will be without a doubt the most complete description of them ever printed. The Scissors will be completed in the May issue.

### THE "SCISSORS" HOLD

One of the most important holds used in catch-as-catch-can wrestling. This hold was made famous by "Scissors" Joe Stecher, the former World's Heavy-Weight Wrestling Champion. Stecher's success to a great extent

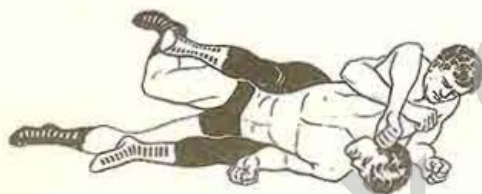


Fig. 1

was due to his development of and effective application of this hold. As Stecher's nickname implies, the "Scissors" was his favorite hold. His long and powerful legs were natural resources, physically adapting him to effectively use this hold. It won World's Championship honors for him. Stecher used it successfully against all contenders until he succumbed to Lewis's famous or equally infamous (just as you prefer) punishing Head Lock. A gruelling contest in which the respective merits of the



Fig. 2

Scissors and Head Lock—Legs versus Arms—were at stake. On this particular occasion the Head Lock was victorious, in spite of the fact

that the "Scissors" held a longer record of victories to its credit.

As its name implies, it is more or less descriptive of the characteristic leg action used in this hold. In this hold, the "Scissors" proper, your opponent's body is firmly held, scissor fashion, in between both your legs, with your upper leg at inside knee on your opponent's stomach or across his diaphragm, in order to apply pressure on this vital region. Hold him tight in a vise-like grip between both your legs. Cross your legs tight at ankles in order to better lock your hold. Straighten your legs to bring your knees in line. This enables you to apply even still greater pressure. Severe punishment can be unmercifully inflicted in



Fig. 3

this manner as you squeeze and squeeze and squeeze again.

Continued strain, pain and punishment will to a great extent weaken your opponent, even though he should be fortunate enough to break your hold. Like the Head Lock, Toe Hold, Hammer Lock, Double Nelson and other powerful torture grips, your opponent is usually forced to concede the fall in order to avoid further pain and punishment, even though you fail to fairly press his shoulders squarely to the mat for a fall.

Pressure on his diaphragm interferes with his breathing. Pressure on his stomach pushes abdominal viscera against opponent's heart,

temporarily interfering with the heart's action. A powerful wrestler applying punishment on a slender built opponent can give pressure on the solar plexus, besides bending inward opponent's false or floating ribs by pressure from this punishing hold.

At the present time there is some talk of barring both Head Lock and Scissors. In some few instances this claim would be justified. Also the contention that specializing in these particularly effective punishing holds leads to the development of so-called one hold grapplers instead of skillful, versatile, all-around wrestlers.

However, like most professional wrestlers, we really see no valid reason why the Head Lock nor the Scissors should be barred amongst professionals, any more than the Hammer Lock, Double Nelson, Toe Hold, Double Bar Arm Locks, Foot up the Back or any other of the so-called torture grips. Outside of the Strangle Hold and the Bar and



Fig. 4

Double Bar Hammer Lock, we see no valid reason why these holds should not be considered perfectly legitimate and permissible in matches as far as wrestling between well trained professionals is concerned.

Of course it is understood that the above opinion does not express our view as far as interscholastic, intercollegiate and amateur wrestling in general is concerned.

It's no load to carry, to be up and well posted in these particular holds. If trained to both take and break them, you at least are prepared for either self-defense in case of emergency, or straight wrestling for sport's sake as the occasion may warrant. Besides cautiously practicing these holds with your wrestling partner will give you a much better idea of them; while the practice will strengthen the muscles used in resisting them and eventually enable you to offer effective resistance to and even break away from them except against a far stronger and superior opponent.

Opportunities to suddenly apply this hold

without preliminary sparring may present themselves during the course of a "mix-up." However, this is not usually the case. Generally speaking, the scissors is not a one move hold.



Fig. 5

It is not a chip like a trip or trick that can be suddenly applied and as instantly be effective. As a rule it is necessary to first work your man into a position from which you can more readily and safely apply your scissors effectively.

For this reason the scissor hold proper is usually used in combination with some other assisting hold or holds. Not only in combination with some preparatory assisting hold or holds that pave the way for you to more effectively apply the scissor hold proper, but also in combination with so-called "pinning" holds—assisting holds or holds used in combination with the scissors after the scissor hold itself has been secured. These "pinning" holds in combination with the scissor hold itself effectually help pin opponent's shoulders fairly and squarely to the mat and earn you the fall.

Undoubtedly Scissors Holds at the present time are running a close race with Nelsons for supremacy in catch-as-catch-can wrestling. Unquestionably Scissors are becoming more and more popular every year. Nowadays Scissors holds are as common and used just as often,



Fig. 6

if not more, than Nelsons. At any rate Scissors are just as readily obtainable, besides, in themselves are far more powerful and punishing, due to the natural superiority of leg over arm muscles as far as strength and power is concerned.

### BODY SCISSORS

The following Body Scissors are described on the supposition that your opponent is on the mat "on all fours"—"in position" on both "hands and knees" at your right side.

Be sure and practice all of these effective combinations not only when working on your man when he is on your right, but also when he is on your left side as well.

The numerous methods of applying Body Scissors are dependent not only on your position, but that of your opponent's as well. Some of the most effective ways that pave the way towards securing Body Scissors are as follows:

#### Body Scissors and Bar Nelson.

Apply a Bar Nelson on opponent's right side to act as a pry to force his right shoulder and body backwards toward you, to enable you to



Fig. 7

roll him in between both your legs preparatory to snapping on your Body Scissors. Work tight to your man to prevent him from blocking or using any counter move before you lock your scissors by crossing your legs at your ankles.

#### Body Scissors and Further Nelson.

After some preliminary feinting with your left hand in order to mislead him as to your original intentions, slip your left leg under your opponent's body, while at the same time you suddenly with your right arm pull him towards you and roll him on your left leg while you swing your right leg over your opponent's body preparatory to snapping on the Body Scissors. Instantly lock your ankles together in order to close the Scissors while quickly applying a Further Nelson.

Figs. 1 and 2 show the development of this hold, while Fig. 3 illustrates a fall finally gained by the use of this effective combination hold.

Another popular method of securing a Com-

ination Body Scissors and Further Nelson Hold. In this method you apply your Further Nelson preparatory to rolling your man into



Fig. 8

the Scissors, while in the preceding method the Further Nelson is not applied until after the Scissors.

Apply a Further Nelson, place your left leg close to the left side of your opponent's body, while you swing your right leg over his body on his right side. Use your Further Nelson to act as a pry to turn your opponent toward you and help roll him in between both your legs preparatory to snapping on your Body Scissors.

Fig. 3 illustrates a fall scored by the use of this effective combination hold.

Still another variation of securing a Combination Body Scissors and Further Nelson Hold. In this method you are working on your opponent with a Further Nelson Hold while on your knees astride your opponent's body. In this method your original intentions were to work out some other Further Nelson Combination. However, as your opponent attempts to escape from your Further Nelson by bridging towards you, take advantage of his attempt to bridge out by placing your legs so



Fig. 9

that your opponent rolls on your left leg and instantly snap on your Body Scissors.

#### Body Scissors and Near-Wrist Hold from the Far Side.

Secure a Near Wrist Hold on opponent's left wrist in the following manner: With your

left hand suddenly push his left arm inward, under and to the right towards the far side of your opponent's body. Hold your right hand in readiness to instantly seize his left wrist from the far side. Quickly grasp his left wrist with your right hand. With your right hand hold his trapped left arm tight against the right side of his body. Use this Wrist Hold on his Near Arm from the Far Side as a pry with which to turn him towards you and roll him in between both your legs preparatory to applying and locking your Body Scissors.

Fig. 4 illustrates the Near Wrist Hold from Far Side.

Another method of securing the preceding Wrist Hold on opponent's Near arm is by means of a well played feint. Apply either a Bar Nelson or a Further Nelson on his right side. This move, however, is merely used as a feint. The chances are your opponent will change his position, to enable him to offset the potency



Fig. 10

of your Nelson. This change in his position in all probabilities will give you an opportunity to quickly slip your nelson hand from off his neck to instantly grasp instead, the wrist of his left arm and hold it firmly against the far side of your opponent's body. Follow up this Near Wrist Hold on the Far Side and use it as a pry to turn your man towards you and to roll him in between both your legs preparatory to applying and snapping on your Body Scissors.

#### Body Scissors and Double Elbow Hold.

This hold is described on the supposition that your opponent is trapped in a Double Elbow Hold as illustrated in Fig. 5. Following up this Double Elbow Hold with a Body Scissors will obviously enhance the efficiency of your original Double Elbow Hold and enable you to more safely score a fall by means of this effective combination hold.

Fig. 5 illustrates the Double Elbow Hold, while Fig. 6 illustrates the Double Elbow Hold and Body Scissors in combination.

#### Body Scissors and Double Wrist Hold.

Secure a Double Wrist Hold as shown in Fig. 7. Work your man towards you and pull him over on your left leg while swinging your

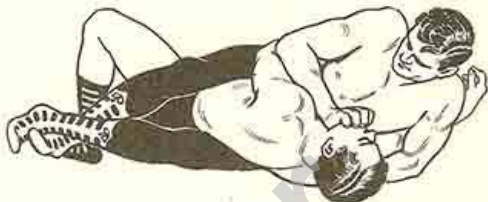


Fig. 11

right leg over his body to enable you to snap on a Body Scissors. Lock your scissors and hold him tight. Force your opponent's shoulders to the mat or punish him in order to compel him to concede the fall.

Fig. 8 illustrates a fall, while Fig. 9 illustrates Joe Stecher's favorite method of pinning his opponent with a Combination Body Scissors and Double Wrist Hold.

#### Body Scissors, Near-Wrist and Further Nelson Hold.

Secure this triple combination hold as follows: With your left hand secure a Near Wrist Hold on opponent's left hand. Follow it up by applying a Further Nelson with your right arm. Develop your hold as in the preceding methods by pulling your man towards you and rolling him in between both your legs preparatory to snapping on a Body Scissors. Hold all three holds firmly. Squeeze tight with your scissors. A strong and effective triple combination hold if properly used and applied. Fig. 10 illustrates a fall scored from this effective triple combination hold.



Fig. 12

#### Body Scissors, Arm Lock and Chin Pin.

Another triple combination hold is secured as follows: Circle your legs around opponent's waist and lock your ankles together. Apply a Further Nelson with your right hand. Use the Further Nelson as a pry with which to turn your man to the left. Use your body weight to the best advantage by leaning to



your left to help force your opponent "out of position." As soon as you get him on his left side, pull his right arm towards you and bring it under your left shoulder and hold it in this Arm Lock. Your opponent in all probabilities will try to raise up his head in his efforts to turn out of your hold. Offset this move on his part by placing your right hand on his chin and pressing his head down and his chin towards his left shoulder. This sequence of moves properly performed will secure for you this effective Body Scissors, Arm Lock and Chin Grip Combination as illustrated by Fig. 11.

### DEFENSE

#### Defensive Measures Against Body Scissors. Toe Hold Against Scissors.

This defensive move is described on the supposition that you are the "under-man" trapped by your opponent in a Combination Body-Scissors and Further Nelson Hold.

Press your right arm down close to your right side, while pressing your head and shoulders well back in order to weaken the



Fig. 13

potency of opponent's Further Nelson Hold. The moment you are free of his Further Nelson, grasp quickly your opponent's toes. Hold them firmly while you twist, tear and forcibly pull them apart in order to free yourself of his Body Scissors. Be sure and be ready to make a safe-get-away as soon as your efforts to separate his feet proved successful, or follow up with a toe hold.

Fig. 12 illustrates this particular defensive measure against your opponent's Combination Body Scissors and Further Nelson Hold.

#### Scissoring Opponent's Scissors.

Still another and exceptionally clever and effective method of breaking a Combination Body Scissors and Further Nelson Hold is as follows: In this defensive measure you practically break your opponent's Body Scissors Hold by scissoring in turn his Body Scissors with your Leg Scissors. Scissoring his Body Scissors with your Leg Scissors on his legs

will effectively break his Body Scissors Hold.

As you "Scissor his Scissors" throw your head well back and force your right arm down strong and close to your right side in order to weaken the potency of his Further Nelson.

This clever and effective defensive measure



Fig. 14

against a Body Scissors will, if properly applied, not only put your opponent on the defensive, but punish him severely as well.

Fig. 13 illustrates the defense Scissoring opponent's one leg, while Fig. 14 illustrates the defense Scissoring opponent's both legs.

### COUNTERS

#### Countering Head Spin with Body Scissors.

This counter is described on the supposition that your opponent is escaping from your Further Nelson by means of a Head Spin. Counter his Head Spin by lowering your left hip and upper part of your body, while raising your right leg high in the air to enable you to throw your right leg up and across your opponent's body in order to snap on a Body Scissors as opponent spins toward you. As soon as your Body Scissors is firmly locked, release your Further Nelson and hold your opponent's right arm down tight to the mat.

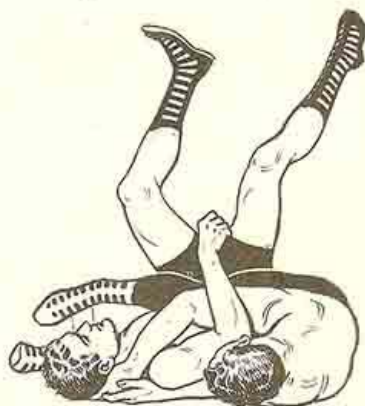


Fig. 15

Keep the weight of your upper body on his right arm. Force his head down tight to the mat by pressing on his chin with your right hand to

prevent him from raising the upper part of his body. Twist his chin towards his left shoulder to help pin his left shoulder to the mat.

Fig. 15 illustrates position preparatory to crossing your ankles to lock the scissors. Fig. 16 illustrates a fall secured from this effective counter.

Practice both this and the following counter when working on your opponent from the other side as well.

#### Countering Sit-Out with Body Scissors.

In the preceding counter you snapped a Body Scissors on your opponent as a counter against his Spin Out of your Further Nelson. The following counter is described on the supposition that your opponent has just escaped from your Near Side Half Nelson by means of a Sit Out. His Sit Out puts you in back of and to the left side of your opponent as illustrated in Fig. 17.

The moment your opponent has reached the Sit Out position instantly clamp a Face Hold



Fig. 16

on your man by throwing your left arm across your opponent's face between his nose and chin. Grasp him tight in the inner bend of your left arm with his lips at the crook of your elbow. The moment you have clamped on this Face Hold, pull him sharply backward and throw him across your right leg. As you pull him backward lower your right hip and right leg to the mat. As soon as you have thrown him across your right leg, throw your left leg over his body and snap on your Body Scissors. Maintain your Face Hold. Hold it tight and with your hold on his face force his shoulders to the mat while applying pressure with your Body Scissors, or punish him in order to force him to concede the fall to avoid further punishment.

Fig. 17 illustrates opponent going into a Sit Out to escape your Near Side Half Nelson. Fig. 18 illustrates clamping on the Face Hold. Fig. 19, pulling your opponent backward across your right leg preparatory to clamping on the Body Scissors, while Fig. 20 illustrates a fall secured from this Combination Body Scissors and Face Hold used as a counter against your

opponent's escape from a Near Side Half Nelson by means of a Sit Out.

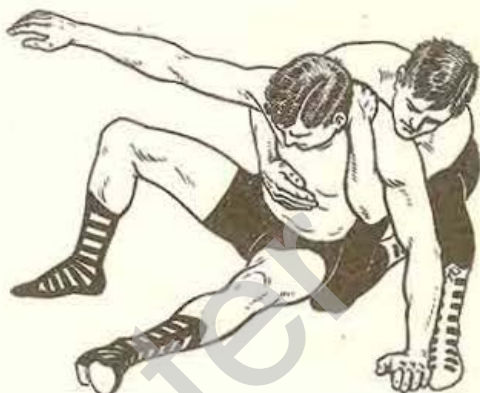


Fig. 17

#### UNDER WORK

#### Reverse Body Scissors.

An offensive-defensive chip by which the "under man" not only secures the superior position but also gains a direct fall by means of a Reverse Body Scissors. This hold is described on the supposition that you are the under man with your opponent on his knees between your lower legs as in illustration.

Place your right leg across opponent's right upper thigh, while your left leg is placed outside of adversary's left knee. By a sudden and unexpected quick turn of your right shoulder backward you can toss your man out of position and snap a Reverse Body Scissors on your opponent and score a direct fall from this effective counter. Fig. 21 shows the development of this hold, while Fig. 22 illustrates the fall secured from the successful



Fig. 18

application from this effective scissor. Be sure and practice this hold from both sides to enable you to throw your man in either direction.

### ARM SCISSORS

Another powerful and punishing member of the Scissors Family. As the name implies, Arm Scissors are applied on your opponent's arm, while Double Arm Scissors Holds are applied on opponent's both arms.

The following Arm Scissors are described on the supposition that your opponent is on the mat "on all fours"—"in position" on both "hands and knees" at your right side.

#### Arm Scissors and Further Nelson.

Your position naturally gives you the upper hand. It's up to you to make good use of your advantage in position to secure an effective hold or combination of holds to develop to a successful ending. The following Arm Scissors Combinations will be certain to ensure a fall in your favor if properly used and applied.

Be sure and practice all of these effective



Fig. 19

combinations not only when working on your man when he is on your right, but also when he is on your left side as well.

Reach over opponent's back with your right arm and obtain a Further Nelson by bringing your right hand under his right arm-pit and placing your right hand on his neck. To obtain an Arm Scissors swing your left leg around his left arm and instantly snap on your Arm Scissors by locking your legs together at your ankles. Bear down on his head with your Further Nelson and roll yourself over towards the left side, pulling him along with you. The upper part of opponent's body is now laying more or less at right angles to your own. Maintain your combination Arm Scissors and Further Nelson Hold. Hold them tight and firm while you apply pressure with both Scissors and Nelson to pin your man's shoulders to the mat for a fall.

Fig. 23 illustrates a fall gained by means of this effective Arm Scissors and Further Nelson Combination Hold.

#### Arm Scissors and Wrist Hold.

Another effective Arm Scissors Combination is the following. This particular Combination

of Arm Scissors and Wrist Hold can be more easily applied when your opponent lies flat, face downward, on the mat than when up in position on both hands and knees. However, in either case, circle your left leg around his



Fig. 20

left arm, grasping his right wrist with your right hand. Work yourself over his back. Bring his left arm along with you by the help of your left leg. Snap on the Arm Scissors by locking your legs at your ankles. This sequence of moves develops the effective Combination Arm Scissors and Wrist Hold, a combination hold from which it is difficult to escape if properly used and applied.

#### Arm Scissor and Bar Wrist Hold.

A combination similar to the preceding Arm Scissors and Wrist Hold, with the exception of applying Bar Wrist instead of a straight Wrist Hold on your opponent's right arm. This Bar Wrist Hold enables you to inflict greater punishment on your opponent's right arm. Otherwise this combination is secured and developed in precisely the same way as the preceding combination. Fig. 24 illustrates a fall gained by the use of this Combination Bar Wrist and Arm Scissors Hold.

To avoid confusion the following explanatory remarks in reference to the Bar Wrist Hold will not be amiss as some wrestlers term

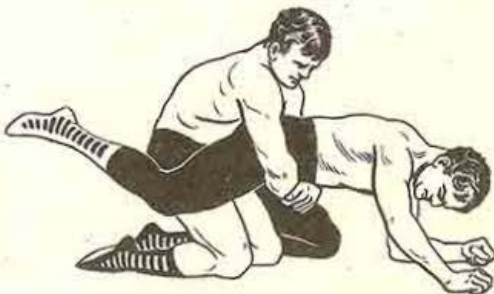


Fig. 21

this hold a "Quarter Nelson on the Arm," while others apply the term "Double Wrist Hold," and still others a "Double Bar Wrist

Hold." However, we are of the opinion that the term "Bar Wrist Hold" is the more popular name given this hold because it is more descriptive of the precise manner in which this particular hold is held and secured.

### DEFENSE

#### Counter Against Arm Scissor and Further Nelson.

Your opponent has trapped you in a Combination Arm Scissors and Further Nelson Hold. Unless an effective defensive measure is successfully applied in due time, few are the chances of escape from this powerful hold, especially if held by a determined, vigorous opponent. Although escape is difficult, the following sequence of defensive measures will save you from a fall providing they be properly performed and timely applied. Bring your right arm around his right arm above the

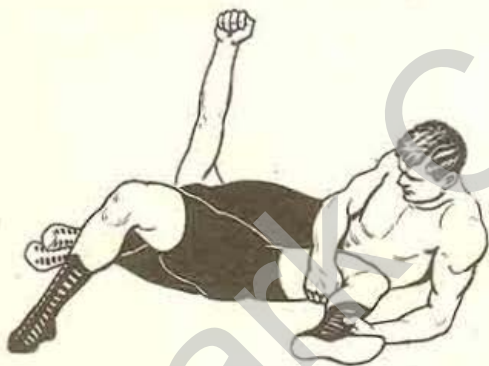


Fig. 22

elbow, which is under your right shoulder, and hold it tight. As soon as opponent scissors your arm swing your legs forward to the sitting position. Throw yourself backwards so that you will fall right across his chest and force him on his back. Hold him down by locking his Further Nelson tight to your right side while holding with your left arm both of his legs. Hold him firmly, lift his legs high in the air and pin his shoulders on the mat for a fall.

### CHEST SCISSORS

As its name implies, this particular form of Scissors Hold is locked on your opponent's chest instead of waist or other part of his body. Although the Chest Scissors in itself is not as punishing a hold as other members of the Scissors Family, it nevertheless has its own particular advantages.

It not only offers exceptional good opportunities to follow up with a Double Arm Scissors, but also makes it far more difficult for your opponent to scissor your scissors. Be-



Fig. 23

sides it enables you to more effectively follow up a Chest Scissors with a Double Wrist Hold and to more readily shift your Chest to a Body Scissors.

This hold is described under the supposition that you are the attacker with your opponent "in position" on both hands and knees—"all fours," at your right side. Throw your right leg across his upper back. Hook your right foot under his right arm-pit. Bear off to the left with your weight as you pry your opponent backwards over to your left with your right leg. Then throw your left leg over and across his chest and snap on a Chest Scissors by locking your legs at your ankles.

### DOUBLE ARM SCISSORS

Your opponent may be fortunate enough to escape your Chest Scissors or you may have used the Chest Scissors merely as a feint in order to give your opponent a chance to escape to enable you to follow up your Chest Scissors with a far more powerful Double Arm Scissors Hold. In either case, as your opponent

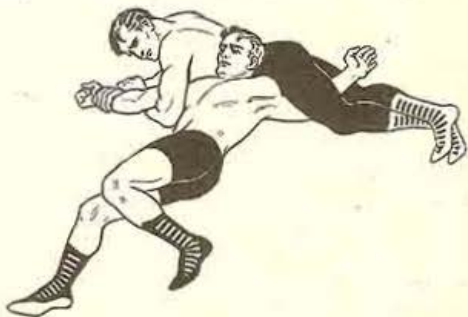


Fig. 24

escapes by throwing your left leg over his own head, follow up this move on his part by applying across both of his arms a Double Arm Scissors Hold as illustrated in Fig. 25. From this position, as illustrated in Fig. 25,

# How I Improved My Memory In One Evening

## The Amazing Experience of Victor Jones

"Of course I place you! Mr. Addison Sims, of Seattle.

"If I remember correctly—and I do remember correctly—Mr. Burroughs, the lumberman, introduced me to you at the luncheon of the Seattle Rotary Club three years ago in May. This is a pleasure indeed! I haven't laid eyes on you since that day. How is the grain business? And how did that amalgamation work out?"

The assurance of the speaker—in the crowded corridor of the Hotel McAbbin—compelled me to turn and look at him, though I must say it is not my usual habit to "listen in" even in a hotel lobby.

"He is David M. Roth, the most famous memory expert in the United States," said my friend Kennedy, answering my question before I could get it out. "He will show you a lot more wonderful things than that, before the evening is over."

And he did.

As we went into the banquet room the toastmaster was introducing a long line of guests to Mr. Roth. I got in line and when it came my turn, Mr. Roth asked, "What are your initials, Mr. Jones, and your business connection and telephone number?" Why he asked this I learned later, when he picked out from the crowd of 50 men he had met two hours before and called each by name without a mistake. What is more, he named each man's business and telephone number, for good measure.

I won't tell you all the other amazing things this man did except to tell how he called back, without a minute's hesitation, long lists of numbers, bank clearings, prices, lot numbers, parcel post rates and anything else the guests had given him in rapid order.

When I met Mr. Roth again—which you may be sure I did the first chance I got—he rather bowed me over by saying, in his quiet modest way:

"There is nothing miraculous about my remembering anything I want to remember, whether it be names, faces, figures, facts or something I have read in a magazine.

"You can do this just as easily as I do. Anyone with an average mind can learn quickly to do exactly the same things which seem so miraculous when I do them.

"My own memory," continued Mr. Roth, "was originally very faulty. Yes it was—a really poor memory. On meeting a man I would lose his name in thirty seconds, while now there are probably 10,000 men and women in the United States, many of whom I have met but once, whose names I can tell instantly on meeting them."

"That is all right for you, Mr. Roth," I interrupted. "You have given years to it. But how about me?"

"Mr. Jones," he replied, "I can teach you the secret of a good memory in one evening. This is not a guess, because I have done it with thousands of pupils. In the first seven simple lessons which I

have prepared for home study, I show you the basic principle of my whole system and you will find it—not hard work as you might fear—but just like playing a fascinating game. I will prove it to you."

He didn't have to prove it. His Course did: I got it the very next day from his publishers, the Independent Corporation.

When I tackled the first lesson, I suppose I was the most surprised man in forty-eight states to find that I had learned—in about one hour—how to remember a list of one hundred words so that I could call them off forward and back without a single mistake.

That first lesson stuck. And so did the other six.

Read this letter from Terence J. McManus, of the firm of Olcott, Bonyng, McManus & Ernst, Attorneys and Counselors at Law, 170 Broadway, and one of the most famous lawyers in New York:

"May I take occasion to state that I regard your service in giving this system to the world as a public benefaction. The wonderful simplicity of the method, and the ease with which its principles may be acquired, especially appeal to me. I may add that I already had occasion to test the effectiveness of the first two lessons in the preparation for trial of an important action in which I am about to engage."

Mr. McManus didn't put it a bit too strong. The Roth Course is priceless! I can absolutely count on my memory now. I can tell the name of most any man I have met before—and I am getting better all the time. I can remember any figure I wish to remember. Telephone numbers come to mind instantly, once I have filed them by Mr. Roth's easy method. Street addresses are just as easy.

The old fear of forgetting (you know what that is) has vanished. I used to be "scared stiff" on my feet—because I wasn't sure. I couldn't remember what I wanted to say.

Now I am sure of myself, and confident and "easy as an old shoe" when I get on my feet at the club, or at a banquet, or in a business meeting, or in any social gathering.

Perhaps the most enjoyable part of it all is that I have become a good conversationalist—and I used to be as silent as a sphinx when I got into a crowd of people who knew things.

Now I can call up like a flash of lightning most any fact I want right at the instant I need it most. I used to think a "hair trigger" memory belonged only to the prodigy and genius.

Now I see that every man of us has that kind of a memory if he only knows how to make it work right. I tell you it is a wonderful thing, after groping around in the dark for so many years to be able to switch the big search-light on your mind and see instantly everything you want to remember.

This Roth Course will do wonders in your office.

Since we took it up you never hear anyone in our office say "I guess" or "I think it was about so much" or "I forget that right now" or "I can't remember" or "I must look up his name." Now they are right there with the answer—like a shot.

Have you ever heard of "Multigraph" Smith? Real name H. Q. Smith, of John E. Eric & Co., Seattle, Wash. Here is just a bit from a letter of his that I saw last week.

"Here is the whole thing in a nutshell: Mr. Roth has a most remarkable Memory Course. It is simple, and easy as falling off a log. Yet with one hour a day of practice anyone—I don't care who he is—can improve his Memory 100% in a week and 1,000% in six months."

My advice to you is don't wait another minute. Send to Independent Corporation for Mr. Roth's amazing course and see what a wonderful memory you have got. Your dividends in increased earning power will be enormous.

VICTOR JONES.

### Send No Money

So confident is the Independent Corporation, the publishers of the Roth Memory Course, that once you have an opportunity to see in your own home how easy it is to double, yes, triple your memory power in a few short hours, that they are willing to send the course on free examination.

Don't send any money. Merely mail the coupon or write a letter and the complete course will be sent, all charges prepaid, at once. If you are not entirely satisfied send it back any time within five days after you receive it and you will owe nothing.

On the other hand, if you are as pleased as are the thousands of other men and women who have used the course, send only \$5 in full payment. You take no risk and you have everything to gain, so mail the coupon now before this remarkable offer is withdrawn. Independent Corporation, Dept. R-1734, 319 Sixth Ave., New York.

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| <input type="checkbox"/> By David M. Roth                        | <input type="checkbox"/> By Frederick Houk Law       |
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| <input type="checkbox"/> By Charles Lederer                      | <input type="checkbox"/> By Arthur Newcomb           |
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turn and roll your body completely over to your right. Your turn placed opponent's shoulders fairly and squarely on the mat for a fall as illustrated in Fig. 26. Your turn and roll completely reversed your position to the extent that your left leg, which at first was the upper leg, is now the lower leg after the turn.

Fig. 27 illustrates the back view of position Fig. 26. Fig. 27 also illustrates how to further subdue your man by punishing his right arm in case he offers exceptionally stubborn resistance against you.

#### Countering with a Double Arm Scissors.

This hold, in which you use a Double Arm Scissors as a counter, is described on the supposition that you are on the defensive—the "under man" on the mat, on both hands and knees—on "all fours," with your opponent working on you from above while you are on his left side.



Fig. 25

Opponent secures "Outside Crotch Hold" from the right side. He then lifts your left leg high over his head with his left arm. At the same time he circles his left arm around your left leg above the knee. Your left leg is now hanging over opponent's neck. Opponent now takes advantage of this position of your leg by swinging his right arm around your left ankle. By using his neck he increases the leverage of his hold by pressing down on your left ankle, thereby enhancing the effectiveness of his hold. Your opponent apparently has now a decided advantage in position. However, the following trick, now to be described, will not only turn the tables on your opponent and put him decidedly on the defensive but give him a surprise of surprises as well.

The following effective counter against this hold is applied in this manner. Place your right foot against his left leg just below the left knee-cap as illustrated in Fig. 28. Push sharp against his left leg with your right foot. At the same time suddenly straighten your

left leg which he holds around his neck. This move, if correctly performed, will not only throw your opponent clear off his balance but also by the proper use of your left leg literally

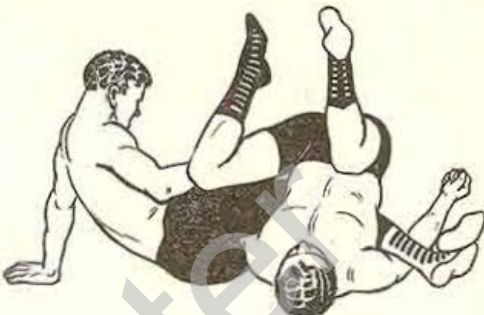


Fig. 26

"slam" your opponent on the mat. Your right foot was used to push him off his balance, while your left leg was used to slam your man as illustrated in Fig. 29.

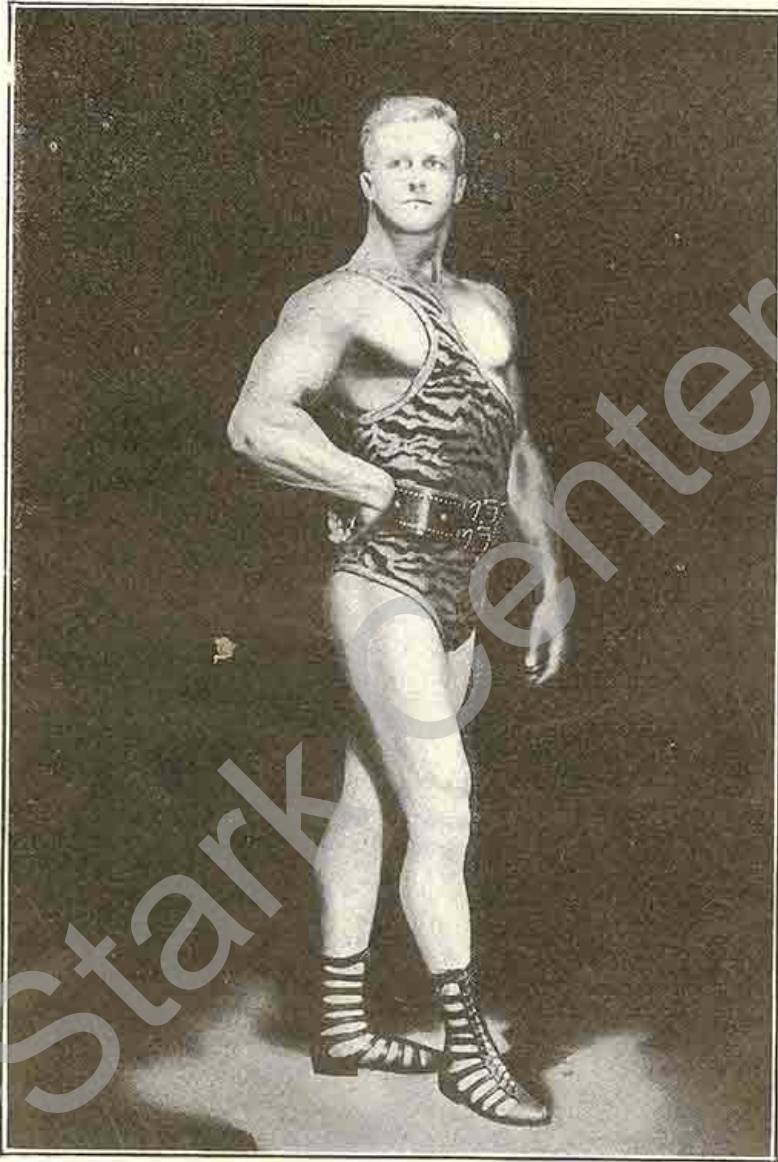
This clever and effective leg work puts your man on the mat with back of his neck on your left leg. Because of the fact that his head is on your left leg prevents you from scoring a direct fall from the use of this clever counter. However, your opponent as a rule will readily concede you the fall in order to avoid further punishment in his helpless position.

However, should your opponent successfully raise up his chest and weaken the potency of your left leg grip, then counter this move on his part by bringing your right foot up to your left and instantly snap on a Double Arm Scissors by locking your legs at your ankles.



Fig. 27

This hold leads to a direct fall if followed up by the Body Roll and Turn as described in the preceding Double Arm Scissors Hold illustrated in Figs. 26 and 27. One of the most powerful and effective leg chips in professional catch-as-catch-can wrestling.



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How to quickly make respond the inactive bowels; easily correct the rounded shoulders; in no time expel the bothering gas out of the stomach; promptly chase away the staleness of the body; strengthen the nerves and internal organs; control every muscle of your body—make them roll like the waves; store up energy for feats of strength.

Also complete relaxation and contraction—Effective breathing—The best way to arouse your inactive nerves—Creation of better blood circulation—Easiest way to increase your chest circumference—The famous shoulder blade control—How to thicken the shoulders—How to learn the art of making your shoulders supple from only three days' practice—Development and control of the neck muscles—Spreading of the back—Depression of the abdominal muscles and wall—Control of the Pectoralis (chest muscles) the biceps, triceps, thighs, calf and all other muscles—How to train the abdominal regions to be immune from rupture—How to master correct posture—Simple yet positive cure for insomnia—How to pose for good pictures—Advantages of perfect co-ordination of muscles and mind thru concentration which brings success and all the good things that go with it, and many other vital pointers you need every day too numerous to mention.



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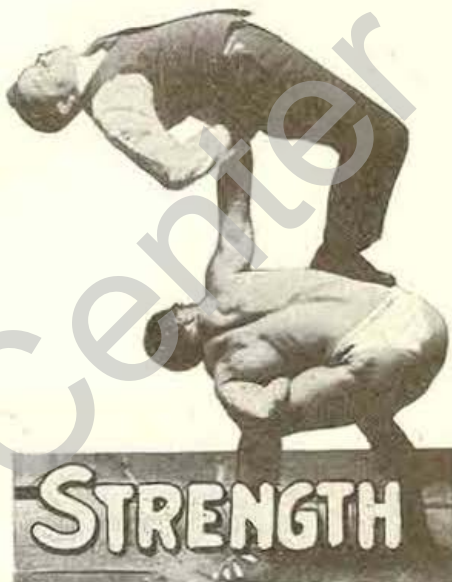
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## The Question Box

TO THE EDITOR:

I see, in the latest issue of *Strength*, the article on the Question Box. I desire very much to know the quickest and best method of developing the calf muscles. I have succeeded little in the past two years. There may have been some article on the subject, but I failed to get a specific idea on the subject. Thanking you, I am,

Yours truly,

J. B. B.

The best methods for developing the muscles of the calves are these:

Hopping on one foot: Hop along on the right foot as far and as fast as you can until the muscles of the right calf give out; then turn around and hop back on your left foot.

This hopping will build up the muscles on the back of the calf, but to get a really symmetrical development you must really take exercises for the muscles which cover the shins. The best exercise for this is as follows: Stand with feet about ten inches apart, and exactly parallel to each other (do not turn the toes out). Hold the arms out straight in front of you and bend down. Do not try to squat all the way down, and do not allow the heels to leave the floor. Bend halfway down and force the knees forward as far as possible, and if you keep the feet flat on the floor you will feel a tremendous demand on the muscles on the shins. Full development of these muscles is absolutely necessary if a shapely lower leg is desired.

These are special exercises for developing the calves. Other exercises are to lift a bar bell of moderate weight off the floor a great number of times with the arms and legs rigid, and also by squatting and rising on the toes with a bar bell on the shoulders.

TO THE EDITOR:

I have been training every other day, for one or two months' periods during the last year and this year, but I would give up for about a month or so, and then start

again without much results in strength or development. I have only made a gain of  $\frac{1}{2}$  inch, left and right arms, during the last eleven months.

I have come to a new idea that if I train ten times in thirty days I will be getting better results, because when I train every other day I seem to feel stale or rather no pep, but when I would let up for two or three days I would feel full of pep. So now I train as follows: Say, I begin on a Monday, on Mondays, Thursday, Sunday, Wednesday, and so on. Do you think it will be better for me?

In the two-arm curl, do you rest your elbows on the waist a little when curling? I will honor your advice very much.

Your pupil,

P. KOLOGRAF.

1734 East 33rd Street, Cleveland, Ohio.

P. S.—I would suggest that all weight-lifters living in Cleveland would get together and form a branch of the American Weight-Lifters' Association, or getting together and become friends. That would put more pep into every lifter.

P. K.

You may be able to get better results by training every third day instead of every other day. The big idea in training every other day, rather than every day, is to give the muscles a chance to recuperate after the exertion. If one day is not sufficient for this, take the two days and exercise every third day.

In competitions in which the two-arm curl is used, it is considered a foul if the elbows leave the side, so it is, of course, permissible to rest the arms against the waist.

## Club Swinging

(Continued from page 14)

and also following the three-quarter arm swing after the "tip" on the recovery.

The complete combination of exercises in this third group swings to thirty-two counts.

### VARIATIONS

You can vary the preceding third group by introducing in the parallel swings the forearm tip with the one club in back of the body or instead of the forearm tip in back of the body, simply keep the club in back of the body in line with the forearm. Perform these parallel exercises in combination with trunk bending sideways. In the outer and inner swings introduce the step backward and lower lightly on rear knee instead of charging to the rear.

The third combination group can also be varied by introducing step right, cross step, step left and cross step with knee bending. All to be timed in combination with the club exercises. This enables you to travel right when you swing right, left when you swing left and right rear and left rear, respectively, on the inner and outer swings.

### NOTE

This series is purposely arranged to time and in progressive groups that in case an occasion should arise it may be used for display or where a series of pretty and progressively arranged elementary club swinging exercises for class exhibition to musical accompaniment may be desired.

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If you were a runt or a weakling, what would you give to become a real two fisted chunk of nerve and brain? A thousand dollars? All you need to give is a half hour every other day to the *Milo Body Building* system, and we do the rest. Results are not promised, they are *guaranteed*—with an absolute guarantee of more than satisfactory results or your money refunded. Mr. Larson succeeded in developing a strong, robust body from very poor material, and so have thousands of other Milo pupils.

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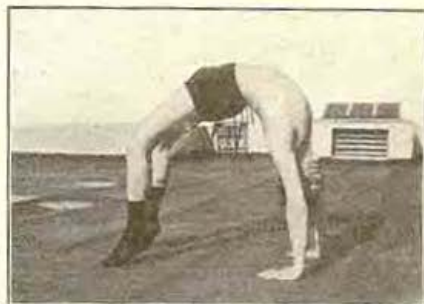
Dear Sirs:

It gives me pleasure to write and tell you of the benefits I've received from the barbell I purchased from you about ten months ago. In my estimation progressive barbell exercise is unquestionably without an equal and the only method where results are proportionate to the effort made. In my case it has in a few months produced a good physique and perfect health, and this from poor material. I have made from  $1\frac{1}{2}$ " to  $2\frac{1}{2}$ " gain in limb measurements besides correcting a displaced vertebrae, a condition resulting from an injury received in early childhood.

I exercise for development only and I have not practiced much in the lifts but can put up my barbell (100 lb. type) quite easily in the bent press and one arm jerk. I am 25 years of age, 5 ft. 6 in. in height and weight 145 lbs. I hope to make greater gain in development in the future.

Wishing you every success, I am

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(Continued from page 8)

Every year the daily papers give numerous accounts of persons who lose their way in unfamiliar country and die of starvation or freezing. In the state of Washington, where there yet remains much wild country—snow-clad mountains, dense forests, lakes that "look alike," and streams of puzzling, circuitous courses—these lost man accidents are very, very common; and every part of the country has more or less of them.

A good sense of direction is a very fine thing, and if we have it not we have to be all the more careful. Systematic training to develop this sense, and at the same time practice of certain "artificial aids" which woods men's experience has proved valuable, is something hikers and campers should never neglect.

Perhaps it is unnecessary to tell you not to enter unfamiliar country without a compass and map. But it may save time and trouble to remind you of several things concerning this compass. First, don't lose it. An acquaintance of mine wandered in the Cascade Mountains for three days as a result of carelessness in carrying his compass.

Some of the best known sportsmen regularly carry *two* compasses. By having them in separate places you have a double protection against the misfortune of losing your "silent guide;" but there is another reason, one which may strike you as foolish—until you sometime go through a convincing experience. A lost person, particularly if he has been in that section before, is inclined to argue with the needle. "Surely that can't be north," you may say; "something is wrong with this instrument," etc. Calling on the other "witness" decides the thing.

And the compass, even a fine one, may mislead. What we call local attraction has to be guarded against. Proximity to an axe, a knife, a belt-buckle or such object may cause the indicator to deviate from north. You can get a compass for 50 cents, but I advise a better one; \$2 or \$3 will buy quite a reliable one. Select the hunting case (that is, covered like a watch), aluminum dial about 1½ inches in diameter, pocket size, and agate bearing. Here are the three big don'ts: Don't drop the compass; don't open and tinker with it; and don't oil it. I know it seems strange, but you must not oil the bearings.

But if you have been so indiscreet as to enter puzzling country without any guide but your sense of direction, or have lost the compass which you started with, these few hints may help you out of a pinch. "Watch your step"—literally; the main reason why a person walks in a circle when lost is because, in the absence of some guiding purpose in his locomotion, he strides a bit unevenly, reaches just a little farther with one leg than with the other. Of course, this turns him, but so gradually that he does not realize it. I heard of a lost man's walking almost steadily for six days and nights, then stumbling into a camp only six miles from his starting point! Five miles *straight* in any direction would have brought him to help.

Knowing of this tendency to circle, you may curb it. If in the woods, pick out three trees some distance apart that make a straight line from you. Walk to the first, then before going farther select another to extend the straight line. Keep this up, and you are bound to be walking straight.

Lost persons, if they have had but little experience in the wilds, nearly always lose their head, and this is the very worst thing that could happen. One needs his senses then if ever. Stop immediately when you suspect that you are lost. You are apt to be nearer camp than if you wander aimlessly for hours. Build a fire and calmly make yourself comfortable. The smoke may attract your friends' attention. If you have a gun with you fire several odd groupings of shots, repeating with a regularity that may impress hearers as signals.

If you know enough of your surroundings to be helped by a determination of which is north, and if the sun is not out, examine the trees. The heavy moss will be found on the northern side of tree-trunks, because the south side dries out. Another way: Wet your finger in your mouth and hold it perpendicularly. The side getting cold the quicker is on the north.

Noting the direction in which the streams flow is a big help, if one knows this beforehand. But since not all rivers flow the same way, you would have to know that this particular stream was the one you observed on the map. Sometimes water is so sluggish that you will have to throw in a chip or twig to ascertain the direction of its flow.

If you are crossing a mountain range, follow some of the game trails; you can count



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| ... Obesity    | ... Insomnia     | ... Gastritis        |
| ... Headache   | ... Short wind   | ... Heart Weakness   |
| ... Thinness   | ... Flat Feet    | ... Poor Circulation |
| ... Rupture    | ... Stomach      | ... Skin Disorders   |
| ... Lumbago    | ... Disorders    | ... Dependency       |
| ... Neuritis   | ... Constipation | ... Round Shoulders  |
| ... Neuralgia  | ... Biliousness  | ... Lung Troubles    |
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| ... Deformity  | ... Indigestion  | ... Muscular         |
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## LIONEL STRONGFORT

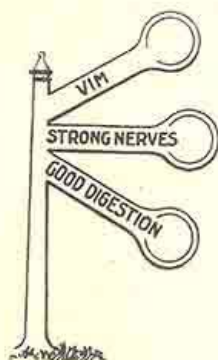
*Physical and Health Specialist*

Dept. 313

Newark, N. J.

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## WHY Do You Commit Slow Suicide?



Your body is a chemical composition of 24 elements (iron, calcium, phosphorus, chloride, sulphur, potassium, etc.), and if one of these important elements is lacking or not present in sufficient quantities, disease sets in.

Your body is made over all the time. Old cells break down, new ones must be built. There is no particular month in the year for this process, the change is constant.

For example. Your kidneys are composed of millions of single cells. When these

are worn out, they break down and must be replaced. Now if you have not sufficient building material in your system, the new cells will be poor in quality. Many poor cells make a poor kidney. Result—faulty elimination and Auto-Intoxication. Slow suicide begins.

Your heart is nothing but a muscle made up of millions of single cells. A weak heart composed of weak cells is a constant danger to life. The same takes place in your lungs, liver, and every other organ. YOU WILL SEE NOW THE IMPORTANT PART MINERAL OR CELL SALTS PLAY IN YOUR LIFE.

What we have said of the different organs holds good for the blood. Without healthy blood no healthy, normally functioning organism. Rich, properly composed blood is life itself, evidenced by bright eyes, ruddy cheeks, the elastic step with bloom and vigor of youth.

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consists of YOGHURT, VEG. COMPOUND, VEG. BOUILLON. The first will eliminate accumulated poisons from the system, the other two supply the lacking MINERAL—or—CELL SALTS in organic form (prepared by NATURE, not chemicals, hence perfectly assimilative and digestible). The cure lasts 2 months and it is indicated for all ordinary ailments and diseases (Constipation, Anemia, common Liver, Bladder, Bowel, Skin, Heart troubles, Rheumatism, Neurasthenia).

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on it that all these trails will converge at some gap.

It is well, too, to remember the habits of our feathered friends; if it is spring the high-flying birds will be northward bound; whereas in the fall they wind southward.

Do not rely too much on a snow trail; many people have left camp with the intention of following their trail back, and learned to their sorrow that new snow and wind can soon obliterate foot-prints. True, an experienced woodsman, if there is not too much of the snow, can locate his old trail by the appearance of the drift covering it; but this is not to be relied on, and even when feasible otherwise, may require such slow going that the man will freeze. I am aware that some sportsmen have claimed that there is less danger of getting lost when the ground is covered with snow; but I am sure the great white blanket, by making everything look alike, adds to the troubles of the inexperienced person. Further, there is always the danger of freezing, which we do not have to think of in summer. My advice is to be always careful, but particularly so in winter.

Study woodcraft at every opportunity; it is not only interesting but of great potential value. I have written at some length on the art of keeping direction, because it is, perhaps, the most important of all knowledge for the hiker in an unfamiliar section; but it is not by any means the whole of woodcraft. Study distances, how to judge them, wind velocities and weather signs, how to tell time by the sun, etc. Study the trees and other vegetation, learning everything you can from our great mother, Nature. Learn the animals, their nature and respective habits. Trailing is a fine sport for the cross-country hiker, and a useful art to him, since by knowing tracks when he sees them he can be prepared for any dangerous animal near his camp-site. Trailing often brings adventure as well as instruction, and if you count on much of it better have a reliable gun with you. I have not mentioned picture taking, as this is certain to be one of your first thoughts when you plan the trip.

In conclusion, do not forget that your purpose is, first of all, physical improvement. As you know, walking is a part of most successful athletes' training, and this must be highly significant.

(Continued from page 23)

The flexor carpi ulnaris, which flexes and adducts the wrist, is a two-headed muscle lying along the front part of the forearm. The insertion of this muscle is near the inner side of the hand and the origin of the two heads is first from the lower end of the humerus and second from the "funny bone" of the ulna. The ulna, you will remember, is the larger of the two bones of the forearm.

The muscle which is closest to the surface and incidentally the largest of the forearm muscles is the supinator longus. While towards its extremity it is in the nature of a tendon the greater portion of this muscle is well nourished; what might well be termed fleshy. This tendon close to the base of the radius is its point of insertion and its origin is from the lower end of the humerus. This muscle supinates the hand and flexes the forearm.

The foregoing are what might be termed the main muscles of the front portion of the forearm. There are many others, but while they may be shown in the illustrations, they need not be described here, more so when it is known that the development of the muscles which are described is sure to also develop the ones of less importance. Before leaving the forearm, however, there are two main muscles of the back part of the forearm which we must consider.

The extensor communis digitorum is the first and the extensor carpi ulnaris is the second. The former is located on the back of the forearm, in the center, its points of insertion being at the base of each of the four fingers, which insertions are made by tendons, its origin being from the lower end of the humerus. When you open and close your hands you can see these tendons at work. It will readily be seen that this is a most important muscle. The latter muscle can be seen at work when you lower the bell. The insertion of the extensor carpi ulnaris is in the form of a tendon at the base of the metacarpal bone of the last finger and its origin is from the lower point of the humerus. The main function of this muscle is to straighten the forearm after it has been flexed.

Learn to know the muscles you see developing through your exercises and you will the more appreciate the old latin saying that "Labor ipse voluptas."

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(Continued from page 20)

contest you have entered and that on each one of these lifts three attempts are to be allowed. Would you not be foolish to try your limit on all of these lifts just because you were allowed three attempts on each lift?

And yet it is surprising to see how many do just that and after two or three lifts with three attempts on each lift find themselves exhausted and do pitifully on the rest of the lifts and fail to win. Supposing that you have done the lifts with the poundage mentioned, does it not stand to reason that if you made a schedule as follows, with your seconds supporting, that your chance of winning would be more rosy?

Two-hand clean 190, with two attempts; two-hand military press 165, one attempt; two-hand jerk 220, three attempts; one-hand clean 160, three attempts; one-hand snatch 130, two attempts; one-hand bent press 175, two attempts.

You will notice that on two lifts I have given you the limit to do, the reason for this being that it is always better to do your very best on the lifts that you are best on, if you wish to do your best on any lifts at all when competing. You would be lucky if you managed two of your limits in a contest, but this is just an example of arithmetic in lifting. And then when near the end if you find that your opponents are crowding you and you think that you have a good chance to win you still have five attempts that you did not lift and have thus saved strength, besides making a good average on all of your lifts. You can then let out on the last few lifts and gain up, or claim your other attempts in order to pick up. Then you would have a chance to win where

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otherwise you would not be in it. Never get rattled because your opponents are winning, but work for a place among the first three. Some recognition is better than none at all.

Practice outdoors as much as possible, for the ever-changing background gets you accustomed to changing scenes, which will be a great aid when lifting on the various and different platforms. Out in the fields is the best place for practicing. I have found that any one practicing in one room all the time is apt to take judgment on the lift, especially the bent press, by the one background, which sometimes makes him lose control when going upon a strange platform. I once practiced in a room the floor of which was not level. I soon became accustomed to the floor, but found that when I got out on a level platform, especially on the bent press, I lost control and judgment of the weight, and failed to come anywhere near my best on that lift. I then began to practice outdoors, which, in the end, gave better results. I never had any trouble with strange platforms after that.

It will behoove all intending members of the proposed lifters' association and intending competitors to carefully study these points, both in contest and in practice, and then we shall see a wonderful improvement in all of our records and in time will be able to enter into friendly rivalry with members of the Camberwell Club. For what one does others can do also if they put their minds to it. For the summit of lifting is not yet, despite the wonderful records that have gone up in the last few years. Some years ago Thomas Inch gave a schedule of what he expected to be accomplished at the various weights. At that time he was ridiculed, but today we see that many of the lifts have been beaten time and again and others will also follow. So much for the far-seeing lifter.

I for one will be glad to see the grand old iron game come into its own and to see the association in full swing, with its members creating records and winning contests, which will soon put us on the top of the pile.

Letters for the Weight Lifting and Records Department were received too late for publication. They will be used in the May issue.

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**WRESTLING**—The Scissors Hold, by Wm. J. Herrmann. The second of a series of articles on Toe Holds, Head Locks, Scissors and other torture grips. The most complete and instructive lesson ever published on these punishing holds. "Scissors" Joe Stecher, originator and exponent of the scissors, says: "The most instructive article on scissors holds in print." Don't miss this number.

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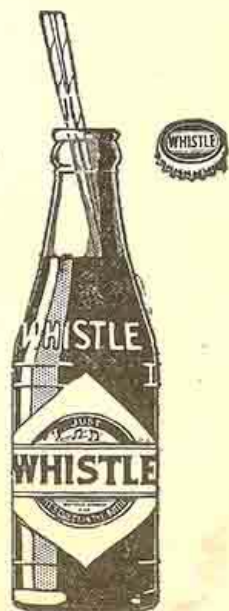
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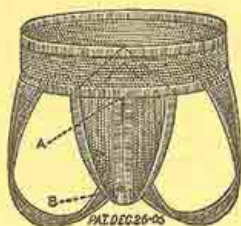
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