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Health and Life

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Spring Number, 1925



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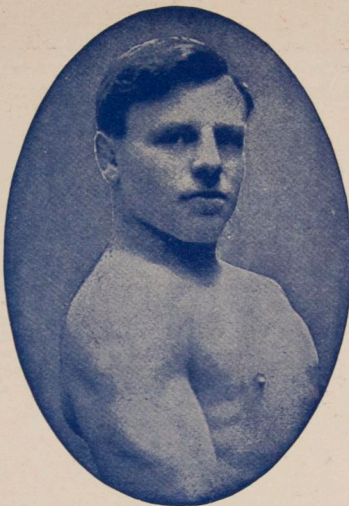
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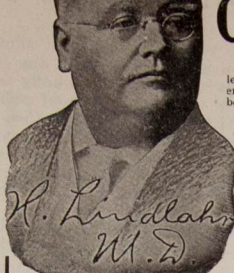
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Put Your Disease Out by the Roots-



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

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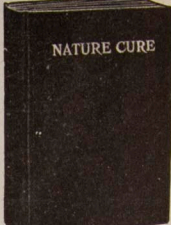
There is nothing that is vague or mystical in this book—"NATURE CURE." In Dr. Lindlahr's inimitable style and with remarkable clarity of expression, it throws the cold, white light of Scientific Truth upon the inconsistencies and contradictions of the hundreds of crisis and lams which have so long bewildered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

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They Were Friends, the Boy Buz and His Dog Fury

Perhaps you could not get better friends than a boy and his dog, both loving and understanding each other. Buz and Fury had some wonderful times together, and, alas, they had some unhappy times, too. But they had ever so many adventures, thrilling ones, too.

BUZ & FURY

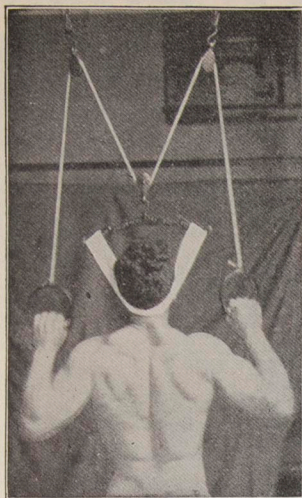
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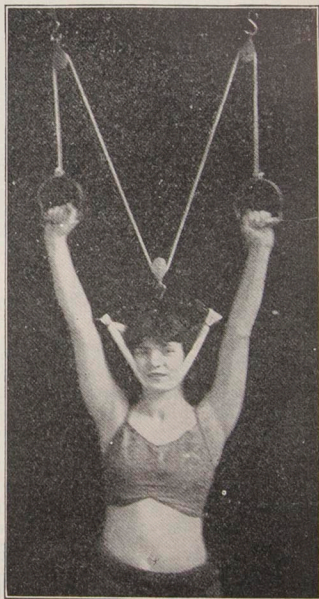
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JOSEPH RICHMOND

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Dorothy Merriman, an artists' model, using Jos. Richmond's spinal exerciser. She attributes her beautiful figure, which has served as a model for some great works of sculpture, to regular exercising on the spinal exerciser.

How I Learned To Love Confessions of a Former Roue

LIFE is what we make it. Love is what we make it. But we are, to a very great extent, what our surroundings make us.

Until a very short time ago I was determined that nobody should ever know my story. It was too terrible, too sordid, and I was too heartily ashamed. But recently a great urge came over me, and I felt that for the sake of others, who have been through like experiences, and because I now have found out the way to live and love, I decided if the Editor can use my story, to tell others what I have been through, and how I emerged from a hell of tormenting and unsatisfiable irritation, to realization of a full and happy life.

Before I go any further let me insist, especially for the sake of those younger readers, that it is far better never to have suffered at all, never to have fallen from the right paths, than to have gone through what I have endured. I have managed to extricate myself, but I am only one, alas, among many many thousands.

When I was a boy I was brought up very very strictly by my parents. They were determined that I should grow up into a good man, and they thought that the way to insure this was to keep me in ignorance of anything and everything that concerned my nature, and also in ignorance of the great world outside.

The latter was probably worse for me than even the former, because it gave me the idea that there was something wonderfully fascinating in the cabarets, the low class dance halls, and the saloons. For it does not matter how hard parents try to keep knowledge of these things away from children, those children are bound to find out about them.

And so it was, that very early in life—I could not have been more than twelve years at that time—I used to sneak out when everybody was in bed, in order to see for myself what was going on.

Then I met a "friend," who introduced me to more "friends." Then I began to learn what life was, or at least what they imagined life to be.

It was not many months before I had the most atrocious view of things. My immature mind worried about them. If at that time my parents had only been open and honest with me, or had even put into my hands a clear work of sex education, I feel quite sure that my curiosity would have been satisfied in such a way as to determine a different path for me.

Alas! I was not told. Unknown to

any of my people, I developed habits of which I was ashamed. But soon the shame wore off. For the conversations which I heard put the idea into my head that I was not injuring myself in any way. Perhaps that one impression I gained was more harmful to me than any other, because it dominated my life until three years ago.

At eighteen, perhaps in the normal course of events I should have fallen in love, because there is a very sentimental side to my nature, I am naturally affectionate, I like sympathy, and I like to extend a protecting hand towards others. I did meet a girl who was a very dear, sweet creature. But I saw only one reason for the existence of woman. So you can imagine what happened.

For many years I lived a double life at home, just the same, mark you, as many other young people are doing. Their parents have no knowledge of the lives they are leading. In one respect, it is because the children have some sympathy for their parents and do not

[These extraordinary confessions are proof that most of the difficulties into which folks get themselves are due to ignorance, and to that conspiracy of silence which shrouds all vital problems with a fascinating mystery. This man extricated himself from the results of his earlier unfortunate experiences when he learned the true significance of the vital facts of life and the reality of love.—Editor.]

wish them to know, because of making them suffer, but if parents took only a little more interest in their children and became very friendly with them, and had occasional intimate conversations with them, there would not be so many double lives.

From one girl I went to another, until finally I met a very fascinating beauty. I was mad with desire. She fascinated me beyond measure. I thought it was love, for such had been the impression given to me by the atrocious sources from which I had obtained my information, the only sources, alas, that were available to me.

I was twenty-one years old. She was twenty-eight, and had, evidently, a not very wholesome past.

Nothing seemed to matter to me except possession of her.

So it was that one night I left my home, without even saying "Goodbye" to my father and mother. Little did I know that I should never say "Goodbye," that I should never see them any more. Little did they dream that they themselves were to blame. If only I could have talked to them! If only I could have sought their help! If only, in the early days, they had given me access to knowledge of the things they had only succeeded in making fascinating to me by keeping them from me!

We went to a big eastern city. We had four weeks of h—-. Then I was left stranded. Another flame had come along. I was just one of a stream of them.

But the experience had hardened me completely. It had, in its way, taken some of the fire out of my restless soul, and I thought that it had done me good. I could not go home. I was too ashamed for that. So I began to make my way in the city life.

I was what the world calls "successful." I won in business. I became the head of a firm. But in it there was no satisfaction.

Then, by accident, another woman came into my life. I was twenty-seven. She was the same age.

To me the experience was unique, and it interested me. In her soul there was the fire of love, to which, however, I could not respond. I liked her sincerely, I wanted to protect her, and to care for her. She wanted to comfort me, and, being alone in the world, she was able to comfort me, and so, marriage, and a few very successful months.

I thought I had, after all, come through life pretty well. It seemed that my views were quite sound. I was respected among my fellows, and was looked upon as being a most fortunately married man.

It was not long, however, before I became irritable and dissatisfied. The novelty wore off, and I began to frequent my club more and more, until my wife and I lived pretty much our own lives.

I can see now that she had within her soul a great conflict. I can see now that she loved me deeply and dearly, but I somehow was just unable to get down to that love that was in her. In fact, I was not then conscious of it. My "education" in these matters had destroyed the appreciation, nay, even the knowledge, of love.

I probably diagnosed my case correctly when I determined that the nov-

(Continued on page 192)

I Have Found the Way to Fitness

By Sophie Tucker

(As Told to Our Representative)

"I HAVE FOUND the way back to youth. I have found the way back to fitness, and let me tell you, I am not going to rest up until I have restored all my health and beauty of physique!"

That is what Sophie Tucker is going the rounds telling her friends; Sophie Tucker, formerly the most outstandingly beautiful of the world's fairest women. It was not until recently that she realized that there is such a thing as carrying a little too much avoirdupois, and that to be rid of it would mean improved health and a greater abundance of vitality.

"I don't mind at all being plump and rounded. Back until recently I was proud of every pound of flesh I possessed. But I found that I was getting just a little too much, and this made me feel poorly—even if you good boys who come to see me so frequently at the Palace and other places did not notice it. When I am singing to you or dancing to you, or even just talking to you, I put every bit of vitality I've got into what I am doing. Naturally, this takes a lot out of me, and after I have finished I'm just as limp as a rag. Mind you, I've really no objection to giving all my encores, on which you so kindly insist, but let me tell you they surely do make some drain on my vitality.

"Naturally, with this strain upon my whole system, time after time, all I felt like doing was resting up, and that is the reason why I began to put on extra flesh. At first I thought it was fine. I still think so, as long as it doesn't become too much. Well, the time has come when I've just had to do something, and now I know that I have found the way. I'm going to put as much energy into getting fit as I put into amusing you.

"It was through my friend, Mr. Benjamin Harrison Serkowich, the noted author and playwright, that I came to start these stunts. I took it at first as a joke, although, let me tell you, I always did some form of exercise, and plenty of walking to keep in some sort of a condition. Otherwise I never could have continued with what you will agree has been a most strenuous life.

"Well, Mr. Serkowich took me down to Claridge's Hotel, in Chicago, and introduced me to Joseph Richmond, and before many minutes I was knocking the stuffing out of the punch ball, pulling the rowing machine to pieces, throwing the medicine ball at Mr. Richmond's head, diving, swimming, and somersaulting into the pool.

"I thought all this tomfoolery, but I enjoyed it. I thought it a huge joke to pretend to be a flapper and an athlete, but, my, when I got through, after a massage and some limbering up exercises by Mr. Richmond's lady assistant, I felt a different girl—I repeat, girl—because I did not feel like a woman—I felt too young for it.

"Maybe you think that exercising took a lot out of me. Well, you're wrong! I went through my turns with greater ease and with more success than

Richmond's gramophone exercise records with me, and I shall do my daily calisthenics wherever I happen to be. The best place to exercise is, of course, in a club or gymnasium, but once get results from exercise, and you will realize that you cannot afford to go without them. You can imagine what these exercises are to me when I tell you that my salary is \$4,000 per week. It is the highest in vaudeville, and I cannot afford to miss a week, either. I have far too many unfortunate ones who depend upon me to keep them going. For, apart from amusing you boys, my hobby is to act as a fairy godmother to quite a number of poor old folks and little children who need my help.

"I have always realized that my success depends upon my dynamic personality. When I sing to you, or dance to you, play to you, or talk to you, I just give myself completely to you. I know that that is the secret of my success. I believe that that is the secret of all success. If a thing is worth doing at all, it is worth doing well, and so, 'Whatever you find to do, do it with all your might.'

"Of course, there is such a thing as originality. I have the honor of being the originator of jazz from the old coon songs, and I am known as the American 'Queen of Jazz,' formerly rag-time or syncopation. Call it what you like, it's all the same, and it interprets the true spirit of American rhythm and harmony. But it is of no use trying to do all this unless you have the foundation, which is health and fitness.

"I will give you an instance. Whenever I play the Palace Theater, Chicago, the management always does its best to induce me to stay over another week. The Chicago people are so good and kind to me that they request a number of encores. Sometimes this runs as many as fifteen, and even more. Recently, I have not felt good enough to carry on with this second week, much as I would like to have remained longer among my dear Chicago-friends. But I am now able to do my second week; have in fact just completed it without ill effects.

"Another thing, I have had to postpone going into the movies. I have



SOPHIE TUCKER AT THE ROWING MACHINE

There is nothing like the rowing machine to give valuable exercise to the general body muscles; that is, if combined with other forms of exercise of a general nature.

before. I felt the return of my youthful energy and vitality, and that progress has been marked for the last two weeks I have been training.

"I have lost a pound a day, and taken several inches off my waistline. Maybe I'll get myself down to a perfect thirty-six. Maybe I won't. But I'm going to assure you boys that you're going to have the sprightly young Sophie Tucker with you right along.

"Here is the oath I have taken: **I swear, by all that is healthy, to follow my exercises day by day.**

"I have contracts to appear all over the country, but I'm taking some of Mr.

signed a million dollar contract, for, as you undoubtedly know, there is no comedienne on the films, and I have been engaged to fill that need. I am sure that all picture lovers will be glad to hear that my physical training has now definitely enabled me to say that I shall begin my screen work very shortly.

"Inasmuch as it was Mr. Benjamin Harrison Serkovich who induced me to take up this physical training, I have made up my mind to begin by playing in his 'Halos of Hokum,' which will be one of the greatest pictures ever screened."

[In our next issue we shall have a photo of Sophie Tucker showing considerable improvements she has made.—Editor.]

Joe Bonomo

Escapes Death, But Can't See His Good Luck.

JOE BONOMO, who is starred with Louise Lorraine in "The Great Circus Mystery," Universal chapter play directed by Jay Marchant, may be somewhat proud of his prowess as a world's champion strong man—but one of the memories connected with his athletic career which he cherishes most is that of his football playing on the championship team which won honors for the New York Military school.

Recently at Universal City Marchant ordered the company on hand for night work in a burning set. A burning set is usually a very safe proposition for the actors. All precautions are taken to insure that. But, somehow, two or three men misunderstood their instructions and the set received an unusually liberal soaking in oil. The cameras

were set to photograph the interior through a hole in the side.

Right at the start of the blaze a timber fell across an opening and Bonomo, to escape, had to carry Miss Lorraine in his arms and with the force of one shoulder break through a flimsy side wall. Flames licked hungrily around them and they swallowed a great quantity of low grade smoke.

But when it came to congratulations over their escape, Bonomo didn't agree with Miss Lorraine that it was wonderful. His face wore a rueful expression. He ran his hand repeatedly over his vest.

"What's the matter, Joe?" Marchant asked.

"I knew I'd lose that gold football sometime," he wailed. The trophy of his successes in football, a little replica of the pigskin, had hung from his watch chain. It was gone.

When the fire was put out by several streams of water, Bonomo was the first into the ruins. He searched until his



FUN IN THE WATER

"Diving, swimming, and somersaulting in the water bring back youth and health," says Sophie Tucker. The camera man caught her just about to do a hand spring into the swimming pool from the springboard.

clothes and face and hands were black with smoke and grime—but never found the charm. Now he's inconsolable, and pays daily visits at noontime to the wrecked set.

Lines Written in Early Spring

I heard a thousand blended notes,
While in a grove I sat reclined,
In that sweet mood when pleasant thoughts
Bring sad thoughts to the mind.

To her fair works did Nature link
The human soul that through me ran;
And much it grieved my heart to think
What man has made of man.

Through primrose tufts, in that green bower,
The periwinkle trailed its wreaths;
And 'tis my faith that every flower
Enjoys the air it breathes.

The birds around me hopped and played,
Their thoughts I cannot measure—
But the least motion which they made,
It seemed a thrill of pleasure.

The budding twigs spread out their fan,
To catch the breezy air;
And I must think, do all I can,
That there was pleasure there.

If this belief from heaven be sent,
If such be Nature's holy plan,
Have I not reason to lament
What man has made of man?

—Wordsworth.



MEDICINE BALL PRACTICE

Here is Sophie Tucker throwing the medicine ball at her instructor, Jos. Richmond. Vigorous exercise, but my, the results are surely worth it!

A Guide to Health

By Wilbur F. Prosser, N. D., D. C.

HEALTH AND EFFICIENCY are in the order of wisely directed thought.

The treatment of disease must be very simple. **Nature cures** and all that man can do is to place the sick and diseased in a favorable state for a return to normal or to remove disease-producing and health-impairing influences.

Any habit or habits of life that weaken the body, check elimination. This causes a clogging-up of poisonous material in the alimentary canal, which, in turn, causes internal irritation, congestion, inflammation and pus formation or tissue decomposition. This toxic state is the cause of all symptoms and diseases to which the human being falls heir. When the appetite is controlled and the mind put to work in taking care of the body, health will predominate.

Make every effort possible to increase your physical and mental strength. Give to the body and its functions the care and study that you would give any other important organism.

Health, next to love, is the greatest thing in the world, and it can be obtained only by obeying the laws of Nature.

FOOD

Food is the chief fundamental in producing health or disease. If taken in moderation and properly combined it produces health and if too great a quantity is taken or improperly combined it produces disease. People in good health cannot build disease if they properly combine and eat the right foods. Improperly combined foods produce fermentation and intestinal putrefaction.

Starch, such as bread, potatoes, rice, peas, beans, cereals, spaghetti, macaroni, tapioca, or hominy, and protein, such as beef, pork, veal, lamb, fish, fowl, eggs, cheese, oysters or nuts, should never be eaten at the same meal or more than once a day. Cooked fruits, jellies or jams may be served with starch but not with starch. If served with starch they will set up a fermentation on the gastric and intestinal walls. Too much starchy foods is the chief factor in producing disease. Buttermilk, whole wheat and nuts are good substitutes for meat and eggs. Salad may be eaten with meat. Meat and eggs in excess will cause colitis, biliousness, appendicitis, gall stones, arteriosclerosis, Bright's disease and premature old age.

Eat at regular hours so as to maintain a normal rhythm of the intestinal paristaltic action which secures a daily movement of the bowels.

Eat only when hungry. Never eat simply because it is meal-time or because invited to eat.

Mustard, pepper, pepper sauce, vinegar, cayenne, hot, irritating sauces of all kinds should be discarded entirely. They irritate the stomach and intestines, causing gastric and intestinal fermentation. Chloride of sodium or the common table salt should be used sparingly.

Raisins, prunes, figs, dates and honey

are wholesome and natural sweets, and may be eaten freely.

Discard white or cane sugar, candy in all forms, and tobacco. They shorten life and lessen efficiency.

Fruit and vegetables should make up three-fourths of the food eaten in summer and one-half the food eaten in winter. A combination salad should be eaten once a day when it can be had.

Food should be positively forbidden when in discomfort. The body cannot digest and assimilate food when there is fever, pain or discomfort; and to feed under such circumstances will build more enervation. The body will do its work in throwing off disease if it is put to rest, kept warm and nothing but water taken into the stomach. Hot baths should be taken to relieve pain, and copious enemas used to cleanse the bowels of putrefaction. Wrong eating and lack of exercise cause enervation—autotoxemia, which brings on constipation and gastric and intestinal indigestion. The food should be reduced to liquid in the mouth before swallowing.

SLEEP AND REST

Sleep eight hours every night. Go to bed early in the evening and rise early in the morning.

If not strong, or if neuroathetic, take a nap before dinner. Assimilation, growth and repair are most active dur-

[Here are some simple rules by means of which you can keep fit and well. Dr. Prosser's principles are very sound, and worth putting into practice. We get the health we earn, and here's a way to earn it, for it is surely worth earning.—Editor.]

ing sleep. On the right side is the best position during sleep.

The surroundings at night should be quiet. Do not overheat while sleeping by an excess of clothing.

Fresh air should be breathed by the sleeper. This may be supplied by means of open windows, fresh air tubes or a sleeping balcony. Do not sleep for at least two hours after eating.

When you go to bed at night, put your thoughts on going to sleep and otherwise rest your mind.

Take one day a week of complete rest from work. Spend the day out of doors, if possible. A half a day should be taken for an outing in the middle of the week.

DRINK

Water should be taken in abundance only by those who are going without food. Drink as little as possible when in proper health.

Persons troubled with headache, biliousness, and coated tongue after taking milk may sometimes make use of fresh buttermilk, sour milk and cottage cheese with less difficulty.

Avoid stimulating drinks of all kinds, such as alcohol, liquid drugs, tea, coffee, cocoa and chocolate. They hinder digestion, damage the nerves and promote disease of the intestinal canal, the kidneys and the blood-vessels. Iced and soda fountain drinks should also be avoided. The acid in soda fountain drinks produces a fermentation on the stomach walls which creates a disturbance of digestion. The constant use of drugs and patent medicines is very harmful. The learned physicians of today denounce drugs in all forms.

THOUGHT

Think ever for the good. Let the mind dwell continually on clean, upright thoughts. Give more thought, time and study to intellectual achievement and less to evil, lustful and weakening thoughts and habits.

A healthy body promotes a healthy mind, and vice versa. They should be kept active in the betterment of themselves.

Set a certain length of time away each day for study.

Do not become self-centered. Do not talk or think about ailments and other unpleasant things.

Exercise self control and be moderate in all things. A long and pleasant life depends on moderation.

Worry breaks down—cheer builds up. Be cheerful and good natured.

The most essential thing in life is clean and healthy thoughts and habits. Start this day to make yourself stronger—mentally, morally and physically.

EXERCISE

It is one of the laws of life that we must exercise. In other words, we must earn our sustenance by the sweat of our brow. If we do not keep our body physically fit with our work, we should have a special system of exercises that we practice daily.

We should live in the open air as much as possible and take plenty of deep-breathing, tensing of the muscles and bending and rotating of the back exercises. Exercise especially the abdomen, the back and the whole trunk. If these exercises are taken vigorously enough they will relieve subluxations that have taken place in the spinal column and stimulate the nerves, the blood and the lymph vessels.

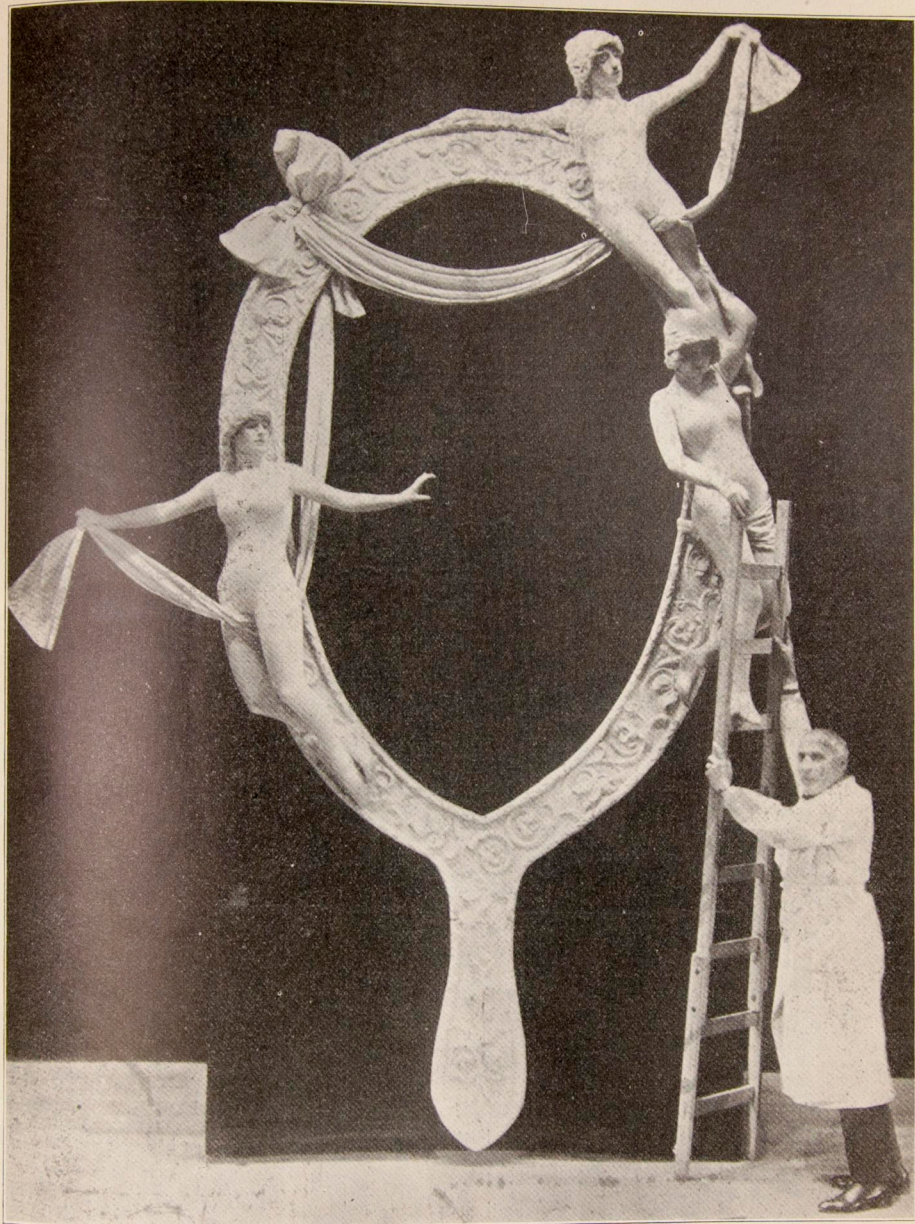
Flex every day every muscle possible in the body. Go swimming and hiking and play golf and tennis and take part in various other games to keep the body elastic and supple.

Keep the body clean, inside and out. Cleanse the mouth and teeth before and after each meal. Bathe daily in the summer and twice a week in the winter.

To promote hair growth, rub the scalp with the finger-tips to increase the retarded circulation.

Always train the bowels to move at a certain time, at least twice each day, to prevent intestinal putrefaction.

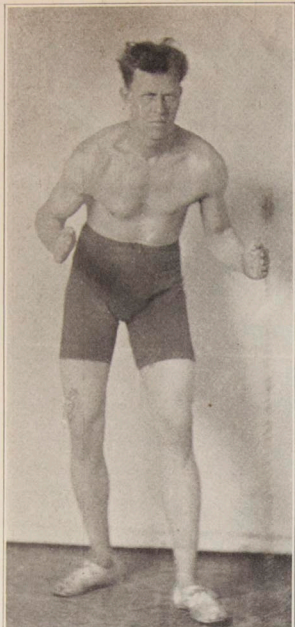
Eat, sleep, drink, rest, think and exercise—do all for efficiency. A man can be healthy only by obeying the laws of the mind and body.



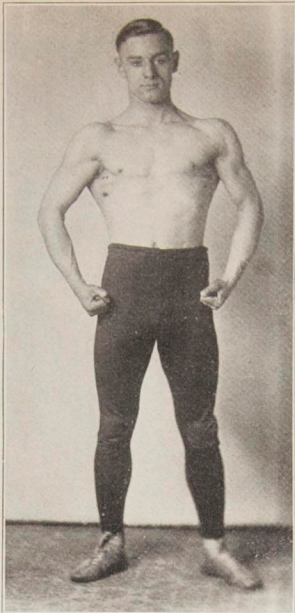
A MIRROR OF LIFE

International.

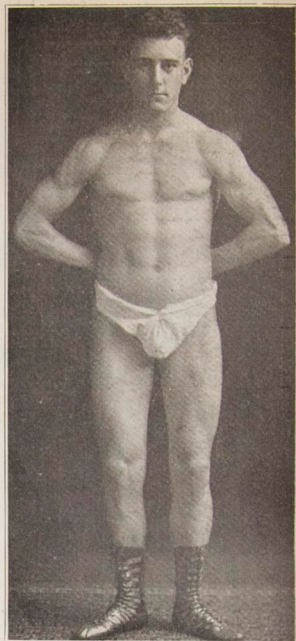
Giant mirrors and things are being ornamented with well-shaped women, as a means of attracting attention to advertisements in Berlin. The effect is quite artistic, and it is certainly a novel form of advertising.

**BIG BILL DEPEU**

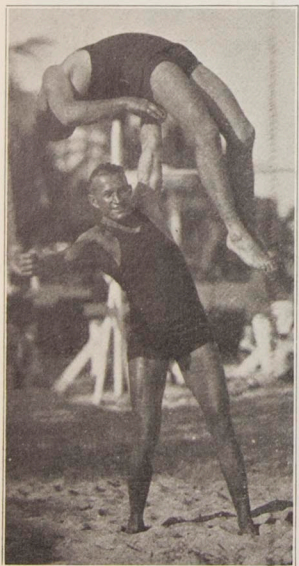
He is a light heavyweight wrestler, weighing 180 lbs., member of Herb Waddell's team.

**AL BENZER**

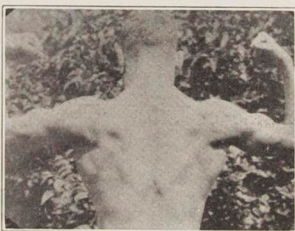
He is a 158 lbs. wrestler, a star member of Herb Waddell's team.

**WORLD'S RECORD HOLDER**

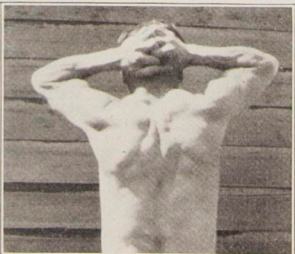
Harry Long does 4500 squats, which is the world's record. He is a pupil of Arthur F. Gay.



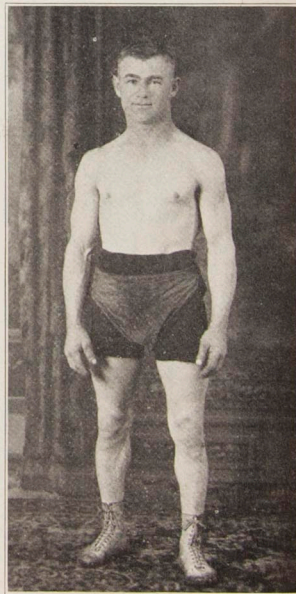
CAPTAIN! YOU'RE CERTAINLY FIT
Here's Captain Johns lifting Bill Webb, who weighs 178 lbs.

**WILFRID WHITE**

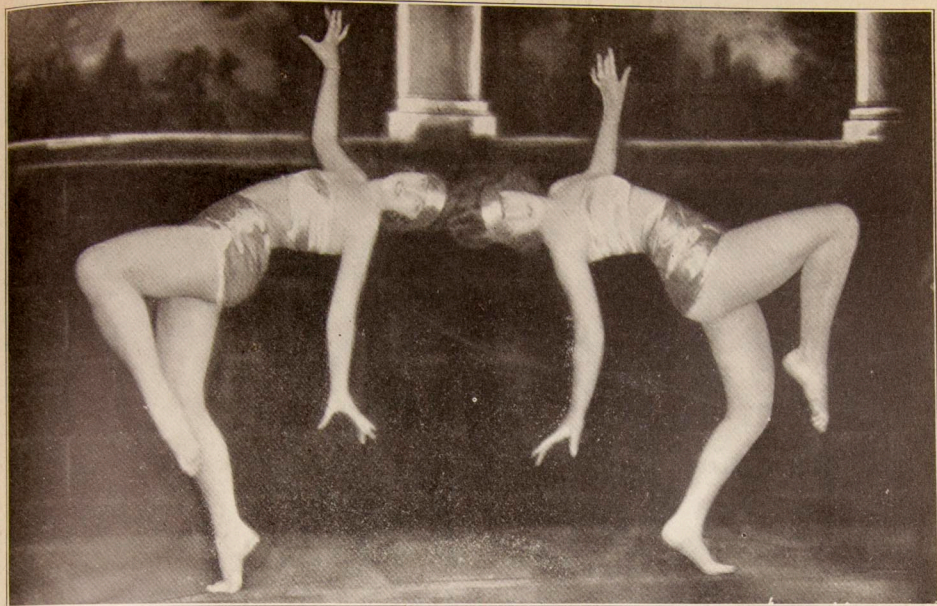
He is only 17 years old, and weighs 125 lbs. He does the Two Hands Curl—90 lbs., One Arm Swing—70 lbs., and other good lifts.

**ALFRED NOCSTRANDO AND HIS BACK MUSCLES**

He is an enthusiastic **VICOLAXING** pupil, and proud of the back muscles he has obtained by this scientific system.

**HERB PAASAVU**

145 lbs. wrestler. Herb Waddell, his trainer, is anxious to match him against any other welter weight in the country.



A PICTURESQUE TABLEAU

The Van sisters, Eleanor and Rita. They are dancers and singers in vaudeville. In private life they are real HEALTH AND LIFE girls, keeping fit all the time, trusting to calisthenics and gymnastics.



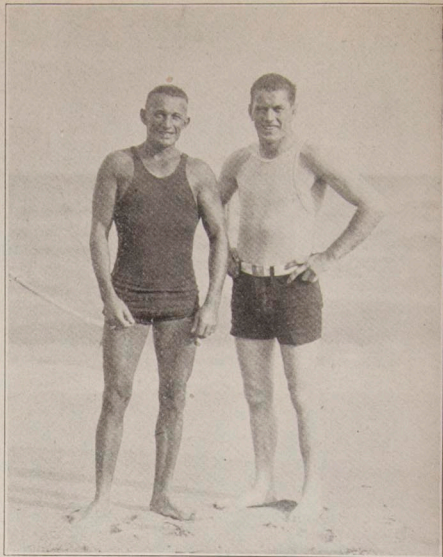
GILDA GRAY AND HER GANG TAKE A WORKOUT

International.

Here is Gilda Gray, the famous dancer, with her associates, rehearsing on the beach. "Amid beautiful surroundings," Miss Gray says, "we are able to put the real soul into our dancing. At the same time we gather health, the great essential to every artist."



CAPTAIN JOHNS STILL GETTING H. AND L. ENTHUSIASTS
Here's Captain Johns with "Big" Walter Monaghan, the 6 ft. 2 in. trainer of Jess Willard and many other champion athletes. Monaghan is conducting a physical culture class at Miami, and this photograph was taken prior to a go with Captain Johns.



GENE TUNNEY FIGHTS AND SWIMS
Here is Captain Johns with his friend, Gene Tunney, Light Heavyweight Champion Boxer of America. Tunney is very fond of swimming, and takes his daily dip at the Roman Pools and surf of the Miami Beach Casino. He always keeps in splendid condition.



THE FINE TYPE OF WOMANHOOD CALIFORNIA PRODUCES
From left to right, Vera Ellison, Maisie Johnson, Grace McGaffey, Bertha Rosenberg, and Gertrude Boynton. They are theatre ushers in the evening, but during the day they find time to keep in real good condition. They are splendid specimens of the fine type of womanhood produced by the far west.

International.

The Organs of Our Bodies Change Position As We Grow

The Individual Repeats Racial Development This Writer Maintains

By a Physical Culture Consultant

THERE are some peculiarities of human sexual development that are highly interesting and important from the point of view of the sociologist, as well as the biologist. It must have occurred as curious to many as to why in some persons we find, for instance, the descent of only one testis into the scrotum. Sometimes even this does not occur. In women we sometimes find the development of only one ovary and one Fallopian tube.

An understanding of the facts of biological development will help us to understand matters more clearly. Man, as he exists today, is a product of an evolution that has taken millions of years. Each individual person recapitulates that biological development. In other words, embryological development, and development through an individual human life, is just a re-enactment of a similar development taking place in the history of the whole human race. That being the case, we can see that

it is a very useful thing to be able to put our fingers upon some stage in the individual life and trace that stage biologically, that is to say, trace it in some animal belonging to a group through which human beings must have evolved. For we have to remember that, before human being were human beings, they were lower mammals. Before they were lower mammals they were amphibians. Before they were amphibians they were fishes. Before they were fishes they were invertebrate.

With this key let us examine some of the peculiarities of sexual development.

In the lower mammals there is no descent of the testes. They are situated in the body, and ply their function while contained in the body cavity.

As we examine specimens of living things higher in the group of mammals, we find that, on puberty being reached, the testes descend from the internal body cavity down through an opening in the lower abdominal wall, there to remain in a scrotal sac.

Sometimes there is a hindrance to this natural development, and one or both of the testes may remain internal. In this case they cannot, of course, develop, and consequently have not their full function. However, in the case where one testis descends it may be functional.

I believe that, with a knowledge of this, it will be possible to bring about a descent of the undescended testis. We have to remember that there is such a thing as correlative development. Sometimes a retardation in the development

of one portion of the body results in retardation of another, and this is certainly the case with regard to the sexual development. Healthy and normal sexual development depends upon general development of the body, and by development I do not mean necessarily the ordinary muscular development of the muscle enthusiasts, but general organic development, which is, of course, also dependent to a great degree upon the exercise of the muscles and their influence upon the organs.

So it is also with regard to the female system. Cases of retarded development of the ovaries or of the Fallopian tubes may be notably brought on by bad feeding in childhood, feeding which does not permit of the full development of certain parts of the body. We can see this in epilepsy, for instance, where a portion of the brain is retarded in its development, causing the very distressing complaint known as epilepsy. Experts in dietary have been able to bring

[As each individual human being grows the organs develop. Some of them make a considerable change of position. The development of the reproductive apparatus is exceedingly interesting from this point of view, and helpful in tracing the cause of weaknesses or mal-functioning. Such conditions as "floating kidney" may also be explained by the tendency of organs to change their positions during growth. You will find this a most informative article.—Editor.]

about the development of brain structure by the elimination of poisons which prevent nutrition, and by then supplying the nutrition necessary to further development.

Of course, the same applies to sexual development. It is equally possible to stimulate growth of important tissue, and also important movements of organs where such movements have not occurred during the normal course of events.

The whole essence of life is growth, or development. We are simply re-enacting in a small space of time the development gone through by the human race throughout its evolution. If we stand still, if there is no movement, our development is retarded. If there is not sufficient to supply the needs of development, that development is also retarded.

Another most interesting and most useful item of information is that before the descend of the testes they are at-

tached to the kidneys. In fact, one part of the testis, for it is a part, known as the epididymis, is nothing more nor less than what is the pro-nephros, or primitive kidney, in lower forms of life.

In order to examine the early functions of the epididymis, that is when it is playing the part of the kidney, and known as the pro-nephros, let us take one of the lower fishes, the skate, or ray, the shark or the dogfish. There you will find it playing its full part as a kidney. In the higher organisms, it becomes adapted to a new function, but not entirely. Even in the human being the epididymis really has an excretory function.

This epididymis remains attached to the testis as the latter descends into the scrotum. But sometimes we find another peculiarity, and that is the tendency of the remainder of the kidney to detach itself from the body wall. In such cases we get the complaint known as floating kidney.

This condition is one of bad body organization, and it is set up mostly through faulty habits of living. But also it is governed directly by the development of the sexual system.

In the female, lack of development of the ovaries and the Fallopian tubes means sterility. Sometimes development can be induced by electricity, radiation, or vibration. But to insure full and natural development, which, after all, is what we most need, is the leading of a normal natural life, so that parents may give birth to normal offspring and that these offspring may grow up to be normal in every way.

You would probably find, if you examined the matter closely, that most of the peculiarities of abnormal sexual development can be traced either to results of an unfortunate ancestry, where the results of bad habits of the parents have left their results upon the offspring, or through faulty conditions from conception to adolescence.

To obtain a normal body one must live a normal life. To recoup loss of development, or to accelerate development which has been retarded, Nature's own plan of directing energy to important nerve centers which govern the nourishment of those parts, and of supplying articles of diet which assist this, is certainly the most satisfactory method of procedure.

A VALUABLE COURSE

"I have received the copy of "A Course in Marital Conduct," and it is really worth many times more than what you ask for it."—W. M. S.

The Psychology of Love

By A. Basil Wheeler

FOREWORD

To them who think 'Love is blind'—

To those who say, "It is"—
To all, who through long and weary years of searching, and pursuit of the Truth, of sincere thought, and of Honest Endeavor, have yet failed to discover the "Bread of Life"—

To men and women, who, even now, are seeking for Love, Beauty, Intelligence, Will, Knowledge, Understanding—the Key to all Creative Thinking and Constructive Living—

To all, who have long sought for the "Life that IS"—the Life of Peace, Harmony, Health, Wealth, Happiness, Success—have sought for the fulfillment of their hearts' desires and for the realization of their dreams, great hopes and aspirations—

This Message is written.

It is for this generation, and for the generations to come ever more. It is for you, dear dearest, and yours—for the humanity that IS, and for the mankind that is yet unborn and to BE.

You know there IS Love—everyone knows "something" about it; few really understand it. Therefore, above all your knowledge, get the Understanding—that is the Key which can unlock the doors of this Message, as of every Temple of Truth.

Truth is the ultimate object of all Knowledge and Understanding—let that be your object in the pursuit of Love.

—A. B. W.

CHAPTER I

What Is Love?

Love has been variously defined, or considered, as (a) an element; (b) as relation; (c) as an emotion; (d) as a motive power; and, (e) as a law.

Of the general conceptions, we have (1) the Human Love; (2) the Spiritual or Religious Love; and (3) the Divine Love. There are other "kinds" or "types" of love, all of which may be classified under one of these headings.

As an element, love has often been considered as a power or force, in some mysterious way related to, or connected with, the reality we call "Life." Other writers have analyzed love as being quite identical with the term, the conditions, the powers and forces, of what we conceive to be our "life"—as representing all that life is, and all that "hath life and being" in it.

In the relations between all human beings, love penetrates into nigh every thought and deed of man. As just cited, love is believed to be related to the life at large. As affecting every individual, it is related to (a) his (or her) passions, or sex; (b) to their marriage, or the acts of procreation; (c) to the feelings and the emotions; (d) the motives, or the motive-powers of the individual; and, (e) to many physical, mental and psychic phenomena and conditions, including what we conceive to be as our "attributes."

[This will be a most fascinating series of articles, as you will ascertain by examination of the contents below.—Editor.]

Chapter	Page
FOREWORD	Introduction
I. WHAT IS LOVE?	
II. LOVE AND SEX	
III. LOVE AND HUMAN BEHAVIOR	
IV. THE LAW OF ATTRACTION	
V. LIFE AND LOVE	
VI. THE EVOLUTION OF LOVE	
VII. LOVE AND HUMAN PERSONALITY	
VIII. LOVE RELATIONS	to (a) Human passions; (b) Marriage; (c) Individual and Social Problems; (d) Human Progress; (e) "Law and Order"; (f) Friendship
IX. THE LAW OF LOVE	
X. THE PSYCHOLOGY OF LOVE	(a) Its Scope; (b) Thinking and Love; (c) Feeling and Love; (d) The Will and Love; (e) Emotions of Love; (f) Motives of Love
XI. LOVE AND LITERATURE	
XII. THE CODE OF LOVE	

'TIS LIFE!

I love to live and feel the throb
Of things that come and go—
Of beating hearts, of moving stars—
Of all the lives that grow.

And as I ponder in my mind
—O'er the things we call "above"—
I cannot help but think how small
Am I—how great IS love!

There is no death—for all IS Life—
On Earth, in Heav'n's above;
Indeed, we think, we ARE, and
LIVE

In terms of, Boundless Love.
—A. B. W.

Here are only a few of the myriad relations of love to our human life and character, the rest of which may appropriately be classified under one or several of those already mentioned.

As a motive-power, love acts perhaps as the most powerful factor in all human struggles and existence. Here it finds its way into the very instincts, affections, and self-preservation reactions of man. Deeply seated emotions and motives of men and women in love are seldom revealed even between most intimate friends. Here love-motive is often found to be nothing more than the instinct of self-preservation, yet the motive of itself may be more than a mere preservation of "self"—it may have in view the preservation, or the life and happiness, of another,—not so much the life and happiness of the one who holds the motive. We have historical and other instances where the life of one was

sacrificed for the life or happiness of another—a fruitage that only love can bring.

From general observations, we note that love and lovers "attract" one another. The attraction may not be wholly physical, nor wholly intellectual; nor yet of sympathy or spiritual affection alone. It seems to penetrate into all these, to a degree at least, and at the same time, thereby synthesizing the reactions of the individuals affected, or attracted, by it. On the other hand, we observe love often going farther, irrespective of our "personal" gains or losses as we consider these in the ordinary sense. In other words, love then acts as a sort of law, governing our life, our actions and reactions, by some wholly mysterious and peculiar tendencies of Nature.

Thus, for instance, a man in love (presumably with a woman of his choice), will not steal from the object of his love. Or, if a man loves his father and mother, he need not be told to "honor" them, as Dr. Drummond has observed, in his little volume on "The Greatest Thing in the World." "He could not do anything else," he says. These reactions of love indicate, if anything, a law of Nature which tends to fix certain regularities or precisions, under "specific" conditions of adjustment of man, to his environment, or in his adjustment in relation to other beings of his kind. Love as a law, no doubt, has the background of the existing and known laws of Nature, such as are the Laws of Attraction, of Causation, the principle of Cause and Effect, the Actions and Reactions.

Now, what is then so-called "Human Love?" From the ordinary speech, we know of love as we hear others speak of it, or from what we read about it. Our histories talk of love of kings for their subjects and of subjects for their kings; of heroic patriots who "loved their country and loved their fellowmen" and of many political and social leaders who loved to see humanity progress in some one direction or another. Again, we speak of human passions, of sex, of marriages of men and women, of husband's love for his wife, or of wife's love for her husband. Mother's love for her offspring rings true throughout the ages, and so on and on. This is Human Love, in a general sense, and as such it motivates, directs, influences or governs, the lives and destinies of all normal and human beings.

Moralists, sages, reformers and teachers of various cults and religions had spoken of God's love for his creatures and of man's love for his "neighbor." This is Spiritual or Religious Love, and as such, we cannot slight the power it yields over the conduct, or behavior, of those adhering or following the particular teachers or teachings of that nature.

Then there is that love which is said to be of the Universal Power, the Universal Influence, which affects or gov-

erns the lives and conducts of all human beings. It is variously referred to as the "Cosmic Force," the Universal Mind, the Universal Spirit, the "All-in-all," etc. This is the conception of what we call the Divine Love. The benefits that are conferred by this Universal Love upon the individual, and the reactions of the individual to its influences, are said to be "Divine Works" or "Divine Providence" and "Divine Wisdom," and so on. The numerous conceptions and theories existing upon this kind of love, make it both difficult to approximate its general scope and meaning, or the significance in relation to "specific" human conditions of life and environment, or of life and being. For these reasons "Divine Love" is still being a subject of Mysticism more than of Science. Perhaps it is sufficient for a man to know, if he can only know it, that there is such Universal Power or Universal Love, which constantly hovers over the minds and lives of all and finds that "something" within each individual "Self" that reacts or responds to its various influences and actions.

Here we have a "brief" of several "kinds" of love. There are hosts of other kinds, such as are maternal-paternal love, the fraternal love, the sacred or the sublime love, the selfish or self-love, the inanimate or natural love, the brotherly (or sisterly) love, the love of children, etc., etc. Abstracted from persons, we even speak of loving this thing or the other. All of these "loves" may find their proper classification under one of those already mentioned. We have heard also of "blind love" and, speaking of the evolution of love, we have, as the histories themselves are divided, the Ancient, the Mediaeval, and the Modern "Loves." Swedenborg wrote even of what he called the "Celestial Love" and the "Angelic Love." "Then, what is love?" inquires the inquisitor.

Before we can even attempt to answer the question, and "attempt" we only can, we should in turn inquire of the questioner of which love, of which "kind" or "type" of love he or she seeks a definition. Is it of Human Love? of Spiritual or Religious Love? or of Divine Love? Then there is the consideration of the word "love" itself, which is generally defined in terms of human life and being, of human manifestations of love, but variously and differently interpreted by various and different teachings, theories of life, or types of the individual.

In most cases the enquirer means, when he or she asks the question, "What is love?" the "Human Love," the love as we all know it in the life of "here-

and-now" in the life that IS—of its relations to human beings, in their various acts, actions, and reactions, such as sexual relationship, the marriage question, the play of passions in human affairs, etc., etc. But even of this "human love," we lack, or seem to lack, much knowledge and understanding that is necessary or essential to its definition. One thing is here certain, that your definition of love is your "conception" of it, whether that conception runs in terms of human life and character, of some spiritual or religious attributes of man, or of the so-called "Universal Essence."

Again, there are those fundamental considerations, cited in the opening paragraphs of this discussion. Are we to define love as an Element? as a Relation? or, as a Law? Or, should we restrict our definition again to such expressions of human instincts and emotions as you and I and everyone else have? What is the point at which we should begin our definition, and proceed therefrom to its "ultimate" meaning, if there is any "ultimate" to it? If we begin in terms of human behavior, we will eventually step into hosts of con-

difficulty of summoning the particular branch of science which is, or should be, concerned with this subject or issue. Of all the human and scientific knowledge we now possess, it is surprising to find how little was attempted, or how little accumulated, of the knowledge and data on this great question, i. e., the knowledge and data of scientific nature.

We have explored the skies, the land and the sea, with all there is in them, yet little have we explored into those regions of "fact" and "reality" which are bound up in the human personality and human character, of which love, be it only a certain "type" or "kind" of emotion, surely deserves the attention and study of scientific nature.

CHAPTER II
Love and Sex

Time and again some writer would call our attention to the part played by the sexual organs and sexual functions in the life of the individual. It is well in this connection to present some facts as to the time when the specific sexual

functions begin to play a controlling influence over the individual's behavior and upon his process of adjustment in general.

Sexuality begins to influence the life and behavior of the individual at the period called "puberty." From this period on, the respective sex glands begin to influence the person because of certain secretions gathered in the glands, the influence extending to control, somewhat, his or her entire emotional life. From this emotional influence or control, results go farther to affect the individual's intellect, inasmuch as his or her emotions affect the activities of the mind. Thus this sexuality period, the secretions in the



International.

A LAND OF LOVE AND ROMANCE
This is a scene on the bathing beach at Liguria, Italy. Italy is looked upon as the land of love and romance. It is said that the atmosphere of Italy and other southern European countries has the effect of accentuating the emotions, especially those of love. In this series of articles on "The Psychology of Love" the whole problem will be entered into scientifically yet idealistically.

flicting theories and teachings, assertions and convictions, which, though we may study them a life-time, are hard to connect, and difficult to establish as terms in any concrete science.

Should we, for instance, entirely ignore such definitions as "Love is the fulfilling of the law," as given by St. Paul, or that "God is love," as conceived by St. John, the Divine? Or, should we weave them into the definition, together with the meaning and significance of what we generally conceive to be our "human love?" This is both, a philosophic and a scientific question. The answer may, likewise, rest upon both, the philosophy as upon the sciences of man, but more apt to be found, for the present at least, in the facts and truths known and revealed by science. Even then we are confronted with the

organs, begin to control and influence the entire life and conduct of the individual.

"Many of the responses," observes Dr. Stewart Paton*, "into which a sexual meaning has been read by an enthusiastic observer and described as symptoms of auto-erotism are in all probability movement, induced by irritation from metabolic changes in muscles or nerves, or both, and which are followed by a group of muscular activities due to the linking together and co-ordination of reflexes by means of paths already existing for the conduction of impulses.

"In women, the occurrence of puberty and the menopause is attended first by an increased and then a decreased

(Continued on page 194)

*Stewart Paton in "Human Behavior," Charles Scribner's Sons, 1921.

Health is a Family Affair With Us

By Mrs. "C."

(Photographs Posed for by Bebe Moffic and Jos. Richmond)

Way down in Iowa, where the tall corn grows, a little romance began three years ago. The girl was healthy and athletic, and the fellow a somewhat reserved but powerfully muscular man, overflowing with life and energy.

It may have been the tall corn, it may have been the rich fresh air that assisted in a certain moment when each found an "affinity" in the other, but true it is that from that moment the two were irresistibly drawn together, not only as lovers, but as chums.

Well, here we are, now married over two years! And we'd like to tell you that our marriage has strengthened our love of the healthy life and our passion for keeping fit.

We used to do our exercises separately. Maybe old-fashioned ideas grew up with us, John still wanting his "he-man" exercises, of a vigorous nature, while I still continued with my simple calisthenics.

One evening, however, John came home, apparently full of a new idea. I then learned that he had been persuaded into joining a Health Club, and that he had obtained personal instruction in resistance exercises.

The idea occurred to him, then, that this was an ideal method for married lovers obtaining their exercise together. And so, instead of going to our respective corners, John took hold of my arm, and put me through a series of resistance exercises. He made me move my head about and he resisted its movements, just sufficiently to give it a good work out without strain. Then I had to take my turn at giving resistance exercise to John.

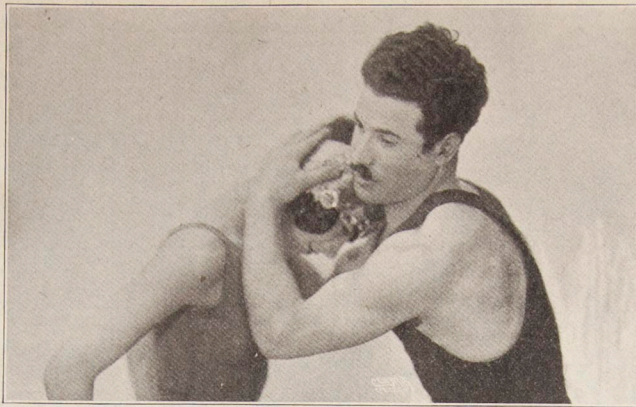
It wasn't long before we worked out an ideal system of exercises together, and made our exercising a family affair.

Of course, in addition, we do all sorts of tricks. John is very fond of hand-balancing. I love dancing. John has a shot at copying my dancing. But I won't tell you what happens when I attempt John's balancing tricks.

Well, to sum up, we have a right good time during our exercises together. And, what is more, we get results. We enjoy splendid health.

We have confided these exercises to a few friends, and the story of one friend in particular would interest you greatly.

An old school girl friend of mine had been getting into very bad shape. She married considerably earlier than I did.



RESISTANCE EXERCISES FOR HEAD, NECK, AND BODY

Mrs. will move her head forwards, backwards, and sideways, while Mr. will resist her movements, adjusting the resistance. Some fine exercise is procured. The same movements may be duplicated by motions of the body, giving valuable body exercise.

She had borne several children, and this she had allowed to prevent her from giving the attention to her own needs that she ought to have given.

One day when visiting I found my poor friend in a very sad state. For some reason or other, I don't know why, I started preaching at her, pointing out that she was one of those foolish people who allow themselves to get into a bad condition, when a little care and attention to the human body can give such wonderful results.

It is not a wise thing to "preach" at others. One often does more harm than

[Here is quite a new idea. Make your exercising a family affair. In addition to doing their individual calisthenics, husbands and wives may practice resistance exercises together. They are very efficient and novel, and they are very effective, too.—Editor.]

good. But somehow my school friend was so down and out that she just couldn't stand the preaching, and yet she felt that there must be something in what I was saying.

That evening we had an invitation to dinner with this same friend and her husband. Well, during the course of the evening, we told them all about our family exercise. We described the fun we had dancing, balancing, and jumping around. Then we began to explain our resistance exercises. We gave them a practical demonstration. Do you know, from that evening, this couple became ardent disciples of ours. They practiced faithfully the movements we had taught them. The results were remarkable. In a few weeks our friend looked a different

woman. She carried herself differently. Her chest began to develop, her face filled out, her eyes became brighter, her headaches disappeared.

If you were to try now and stop that couple from performing their exercises you would have some job.

There are other things, too, about which it is difficult to tell, but our friend and her husband were beginning to get a little irritable to wards each other. In fact, her husband was just arriving at that stage, reached so often by married folk, when they begin to wonder if they haven't made a mistake. Maybe,

if he had met that time one of those vampy, peppy, snappy sort of girls, he might have made a fool of himself. He knows now, however, that there is absolutely nobody in the world like his own wife. She gives him all the joy that she did in her youth.

So, you see, not only have they obtained health, fitness, and freedom from those petty ailments which make life so miserable, but they have found the way to remain mutually adapted to each other, which is a very big thing in married life.

As for ourselves, well, we are not exactly Darby and Joan, but we certainly find more in married life every day. Maybe next time we write we shall introduce other members of the family. If so, you will see the results of family exercise upon the coming generation.

Guess we'd better sign off now. Hope these exercises and ideas will do as much for married readers of HEALTH AND LIFE as they have done for us and our friends.

Two Great Thoughts

The cares of today are seldom the cares of tomorrow; and when we lie down at night we may safely say to most of our troubles: "Ye have done your worst, and we shall meet no more."

It is the woman who is the final standard of the race, from which there can be no departure for any distance, for any length of time, in any direction. As her brain weakens, weakens the man's she bares; as her muscle softens, softens his; as she decays, decays the people.

O. Schreiner.

Auto-Intoxication Causes Disease

"Man's Health is as Good as His Colon is Clean"

By G. R. Clements, LL. B., N. D.

AUTO-INTOXICATION means the poisoning of the body by substances produced within the body. The human body is an aggregate of billions of cells—little chemical laboratories. These cells are producers of poisonous acids, gases, and other chemicals. This is termed the waste within the body. It is virulent poison.

In the intestines, from the food residue, as a result of putrefaction and indigestion, a vast number of compounds are formed, partly through action and partly through bacterial fermentation. Some of these substances are acetic acid, butyric acid, valeric acid, sulphuric acid, ammonia, leucin, tyrosin, indol, skatol, cresol, phenol, etc. The latter is carbolic acid. It may surprise the layman to learn that carbolic acid is manufactured within his body. These products are all poisonous.

Auto-intoxication from the intestinal tract begins in early childhood, when we restrain Nature's call because we desire not to leave our play. It gradually increases in severity as the years go by, due to improper exercise and constipation. Constipation means a clogged colon, and the system is flooded with bodily waste. Since we see what a poison factory the body is, we should readily realize how injurious to the health constipation is.

We should all die quickly from the effects of auto-intoxication, if the blood were not so well supplied with many means of disposing of its fearful load of poison, absorbed from a clogged colon. Ample avenues are provided for by kindly nature for the elimination of this poison, and, in the case of one who lives somewhere near a normal life, these poisons are eliminated from

the body before having time to produce harmful results. These avenues are, in addition to the colon, the skin, the lungs, the liver, and the kidneys.

Part of the poison, in the form of carbonic gas, is carried by the blood to the lungs, and there exhaled on the breath, giving the breath of a constipated person a very obnoxious odor. The kidneys are also important eliminative organs, filtering the poison from the blood, as the blood passes through them, and eliminating it with the urine. If the kidneys should fail to act properly, the result is an intoxication termed uremia. If they should

stop functioning, life would soon end. The liver is a great poison destroyer.

All the blood from the bowels is carried to the liver through the great portal vein. The liver acts upon the poison in the blood, destroying it and rendering it harmless, unless the blood is greatly overcharged with poison, as in cases of constipation and overeating of harmful foods.

Through the skin the blood discharges, with the perspiration, much of the poison. A few of the compounds found in the perspiration are animal matter, with lime, sulphates, and substances soluble in water; chlorides of

sodium and potassium, and spirit-extract; acetic acid, acetates, lactates, and alcohol-extract. Traces of organic matter, mingled with a free volatile acid, are also found in the perspiration. It is the acid which imparts to this secretion its peculiar odor and acid reaction.

Symptoms of Auto-Intoxication

It is the innumerable symptoms of auto-intoxication that Medical Science designates as "diseases." The blood is poisoned by the filth of a clogged colon. This deranges the functions of every organ of the body. They are poisoned by the very fluid by which they should be nourished. This weakens them. They are further weakened by lack of nourishment, which they fail to receive. This gives rise to numerous aches, pains, eruptions, etc. We will review some of these symptoms.

Constipated persons are afflicted with hydro-bromidrosis (stinking sweats), and various skin disorders, such as pimples, blackheads, blotches, boils, eczemas, etc. Flesh wounds (Con. on p. 189)



PRELIMINARY POSITION FOR ARM AND CHEST EXERCISE



BOTH HUSBY AND WIFE GET EXERCISE IN THIS MOVEMENT

Mrs. bends and stretches her arms, being resisted by Mr. She also bends her body forward, while he exerts a little pressure against the bending movement. Then she straightens herself and stiffens her arms. He again resists the movement, sufficiently to make the exercise beneficial. Mrs. can take her turn at resisting the movements of Mr., but in both cases each gets a valuable amount of exercise.

The Basic Causes of Women's Diseases

Nervous and Emotional Derangements

By Dr. Victor H. Lindlahr

IN THIS article we will briefly discuss the effect of various emotions and mental states upon the menstrual function. It is desirable that the influence of the mind upon the organs of generation in maintaining a state of health or in producing disease be appreciated. However, it must be clearly understood that we do not stress, to the exclusion of all other factors, the facts cited herein.

The Mental Factor

According to Nature Cure philosophy, disease or diseases may be caused by one or many factors, ordinarily a number of contributing causes being at the root of a disorder. To combat disease by adjusting the mental state alone is fallacious and inadequate. To attempt the conquering of disease without due consideration of this important factor is foolhardy. Given with this consideration and due importance to all the possible causes of disease and employing suitable corrective measures is ideal treatment, and the only method countenanced by Nature Cure philosophy.

To begin with, the proper functioning and correct anatomical state of the uterus, ovaries, vagina, urethra, and tubes, which comprise the female generative organs, is largely dependent upon certain secretions.

Each organ or tissue of the generative tract has a special secretion or excretion. These fluids act as lubricants, in a protective capacity, and in other ways. Oil is necessary to smooth running machinery. Trouble follows when too little or too much oil is placed in an automobile. Poor quality makes for trouble. So it is with the secretions of the body. They are most important and their amount and composition must always be normal. Disturbance results in discomfort, symptoms or disease. While thoughts and emotions affect the flow of blood, the position, and other states of the female organs, it is through the secretions that the most marked and easily demonstrable changes occasioned by mental influences occur.

How the Emotions Affect the Glands

All the secretions of the body are under the domination of the nervous system. Emotional states find immediate response in glandular activities. Think now of sour pickle or a juicy lemon being squeezed. Your mouth waters! Your gastric and intestinal juices flow more readily. From just a thought. Excitement causes perspiration to flow readily. Sorrow brings tears. And so on. The secretions of the generative organs are most intimately connected with the emotions. A little reflection will recall this.

Fear makes the secretions of the female organs cease. Worry markedly diminishes them and alters the composition, raising the acid content. Anger diminishes the amount slightly and markedly changes the composition. Irritation

has an effect closely allied to that of anger. Sex thoughts cause a copious secretion; passion increases the flow and normalizes composition. Joy and good cheer have a like effect in a lesser degree. Faith, sympathy and optimism all tend to maintain normal composition.

How the Emotions Affect the Menses

It follows, then, logically, that an existence steeped in anger, fear and worry must have a profound influence on proper functioning of these organs. The contented woman, cheerful, giving of love, faith and sympathy, and receiving in kind, is certainly more apt to be free from menstrual troubles than her neighbor of the opposite disposition.

A constant lessening of the secretions of the generative organs tends to produce a dryness of the tissues, an atrophy of the cells, a disturbance in the normal menstrual cycle, characterized ordinarily by increased and painful menstrual periods. Over-production of the secretions tends to catarrhal states and leucorrhoea, while the marked change in the composition of the secretions under con-

[Most women have the idea that it is their place to suffer the many inconveniences so common to their sex. Dr. Lindlahr, in this article, tells the why of most of these troubles, and how they may be avoided by right exercise, right thinking, and right control of the emotions.—Editor.]

ditions of worry, fear and anger produce an irritant action which undoubtedly favors growths such as fibroids and cancer.

Cancer Incompatible with Cheerfulness

In the many cases of cancer which have passed through our hands I have rarely seen this terrible malady afflicting a person who was of a cheerful, joyful disposition. The cancer subject, the person who one expects to have cancer, is usually of a crabbed, irritable disposition, the fault-finder, the person given to fits of temper. I know of no scientific data to support this view, but most certainly observation confirms it.

A physician learns to sense things accurately. After a preliminary interview and history-taking of the patient, without regard of symptoms or indications of cancer, you are often certain that you will find the disease. Just exactly the factors that make for this conclusion are indefinable, but in a surprising number of instances conclusions are verified by examinations. In this wise I have been struck with the fact that cancer occurs far more often in the unhappy, worried or harried individual. This would infer that one of the best preventative measures against cancer is the maintenance of a cheerful, joyful disposition.

Emotions That Produce Acids

To return to the secretions—fear and worry produce acids. The woman constantly worrying and constantly being harassed mentally is very likely to have a menstrual disorder. Often women suffering from menstrual disorders find relief and comfort almost immediately upon their arrival at the sanitarium— independent of treatment, etc., and a return to a distressing environment frequently institutes a partial reappearance of the old troubles again.

A Typical Case

I recall a case which illustrates this point nicely. A woman of thirty-four—private secretary to the manager of a large insurance office. She was the buffer for all his troubles and assumed no small part of his responsibilities, being a sort of complaint department. She consulted us about a very severe menstrual disorder—each period characterized by severe cramps, headache, backache and shooting pains throughout arms and legs. The periods were from eight

to twelve days in duration. Lately she was obliged to spend one or two days in bed each time, and during these sieges she forced herself to carry on her work—going on pure grit. To be brief—local treatment, dietetics, manipulation and other methods proved of no avail. Finally we advised changing her occupation to one less trying and free from worry. This was some years ago. I saw her again during the holidays of last year.

She told me that her first month in her new work (tea room), was almost free from trouble and succeeding months still more so. She had had two years of complete freedom from distress and trouble. The purpose of her visit was to assure herself that she was fit to marry. Such a change—she actually looked ten years younger than when I last saw her, and she said she felt it.

The ovaries play an exceedingly important part in maintaining the anatomical and physiological integrity of the uterus. Fear, anger, worry and irritation inhibit ovarian secretion. The flow of ovarian secretions is maintained and accelerated by the emotions of love, faith, etc., etc. The woman who spends her entire time in the pursuit of business, in club work or similar endeavors develops an ovarian atrophy. Unless this organ receives stimulus through the emotions which are a part of every normal woman's life it shrinks and becomes hardened. The body and other generative organs, deprived of the all necessary ovarian hormones, suffer extensive changes, which influence character, physiognomy, character growth and development.

The average layman appreciates the fact that the business woman, the club woman, the suffragette, the leader, is likely to be mannish, harsh, and unwomanly.

(Continued on page 192)

Man-Facture

By Thos. J. Allen, M. D., D. O.

AN AMUSING picture represents a child inspecting newly arrived twins while she asks, "Are we going to keep them both?" according to an established plan of selecting the best from a litter of kittens; and, a few years ago, the nation was stirred by the report that a family physician had assumed authority to snuff out the life of an infant at birth which seemed to him not worth saving.

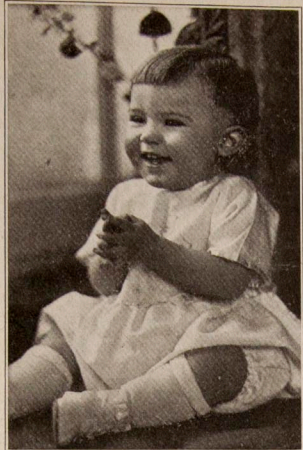
We hesitate to admit that any human life is worthless, but in the act of hanging we declare our right to rid society of lives that are worse than useless. How much better is prevention than cure. We know that the laws of heredity can be applied as definitely in the improvement of human, as we have been applying them in the improvement of domestic, animals and plants.

The final chapter—murder by poisoning, exposure, the gallows—in a case of "marrying to reform" has lately been detailed in the newspapers, more prominently, perhaps, because the principal was a clergyman, a former jockey, a woman, a party to the crime, once more showing that "what's bred in the bone stays."

The question has long been debated whether we should not at least prevent the reproduction of the unfit—of degenerate criminals—and, Sweden and other European countries, and Wisconsin and other states, have already adopted laws to this end. Certificates of health are also required by some as a condition for marriage. This system of improvement of the race will be gradually extended till, in the course of a century, we may be doing as well for the human stock as we are now doing for our domesticated animals.

In Holland and other countries instruction is provided in proper means of limiting birth—since the institution of civilization, there has always been "birth control"—so that fewer and better children may be born. State aid is also provided for the better care of the mother and for instruction in the care of the child. Examination of children in the public schools provides for much early attention to needed correction of physical and probably all of the states have laws regulating child labor—which is not, however, an unmixed good—and, in many states provision has been made for instruction of the child in its own feeding.

While the states have been doing so much for child welfare, has there been corresponding improvement in the home training of the child? The universal answer must be, "No." The crying need has lately been urged of proper instruction in social hygiene. After all efforts to solve the great problem, for several years (since the urgent need was divulged during the war) resort has been taken to the family newspaper; and now, after a trial of six weeks, there is ample evidence of universal approval.



[We have learned how to make wonderful machines and wonderful animals, but we have made comparatively little progress in man-facture. Sound science and practical experience clearly show how health and fitness are doubled and life materially prolonged by following a system. We know that parents should bear in mind that they have voluntarily undertaken a responsibility, not only material, but spiritual, that is as binding as any business contract.—Editor.]

Important Questions Answered

"Is tuberculosis hereditary, and would a woman who was tuberculous at 22 and recovered within a year, be likely to transmit the disease?"

Disease is a relative term, recovery is a relative term, and inheritance is a relative term. Nature exhibits a tendency always to return to normal, to improvement, where the conditions are favorable. The average patient who goes to a sanitarium for treatment should make such improvement in habits of living, from the instruction given, as to endow a child at least as well as the average person who never had such training and instruction. Much must depend, obviously, on the inroads made by the disease, on the completeness of the recovery, the living since and the endowment of the latter. All disease is due to bad habits of living, plus infection during a condition of imperfect resistance. Acquirements are hereditary, so that in the true sense all disease is hereditary—as has lately been emphatically demonstrated of even cancer, which has heretofore been declared not hereditary. Obviously, there are no hard and fast rules in the matter. The case must be considered on its individual merits. Let everybody endow the child as well as possible,

and wherever there is a falling below a reasonable standard, let no risk be taken. Proper care, proper feeding especially, would raise the resistance of the average child a hundred per cent, so another consideration in determining this question is, would the children of such a marriage have enough benefit of better environment to make up for their defectiveness in heredity?

"There should be no question as to the importance of teaching sex hygiene, but only as to what is the best way of teaching it. We have done some work in this in our Sunday school and with our division of Boy Scouts. It is agreed that the principal part should be done by the parent, but the newspaper may do a valuable part and I believe that it all comes properly within the scope of the Sunday school. Have you any definite plans for personal instruction?"—An Ottawa Minister.

Two years ago, when I was at Chicago arrangements were made by which I was to give a course of instruction in the Quaker church, on the South Side. Our own meeting, of whose social service work Professor Thomas Jenkins, of Chicago University, was director, while I was leader in the Sunday school work, considered the matter carefully and decided that the best way to deal with the problem is to instruct children, in three grades, with parents present and the parents separately, with clinic. This was prevented, so that my method has not yet been demonstrated, in full, but it will be soon. I may add that our superintendent of schools endorses what has already appeared on the subject in this paper and agrees that there are serious difficulties in the way of giving systematic sex hygiene instruction in the public schools, and that it can be better taught in the Sunday school.

A Good Diet Can Make A Champion

"**YOUR BOOK**, 'Correct and Corrective Eating,' received, and must say I am very much pleased over same. For years I have been trying to build up a great deal of strength, and failed. I have tried everything, and seemingly could not accomplish what I so much desired. I have tried both the vegetarian diet and mixed, but it seemed no use. There seemed to be a lack of energy, and no strength. I am a professional boxer, but success was only fair. Time and again I met opponents whom I could beat in a round if only I could have been myself; yet I saw myself outpointed simply because I didn't have the necessary strength to step out with the science I really possess.

"What I desire is the energy and strength to keep going, and I believe your book will give me a new light on the matter."—L. E. H., Ill.

Where the "Life Principles" Reside

Food is for Replacement—Nothing More, Nothing Less

By William Howard Hay, M. D.

(By Courtesy of "The Motive")

WE TALK much of natural food, but do we really know just what this is?

In its strictest sense, no food is natural that has been in any degree or manner changed from the state in which it grows from the ground, and all natural food grows from the ground.

The soil contains the same sixteen elements which compose the body; so does everything that grows from the soil.

We are surrounded by this growth of foods in profusion, foods we never dream of as anything but weeds or greens, and yet which represent all the body elements.

We were persecuted and deluded by the food scientists for years with the idea that the body required just so many calories of energy every day, and that this quantity must be represented by the food intake every day, all the time, else we would shrivel and shrink, lose our physique, decline dangerously.

All rubbish, and one who knows what food is for, will never be deluded by any such idea as this.

If it is merely calories we need why not drink gasoline, all heat units, without any bothersome waste resulting from its use?

Food is for replacement, nothing more, nothing less, and whether this is replacement of disintegrating tissue or replacement of kinetic energy makes not the least difference, except that for the one we require protein and tissue salts, and for the other, carbonaceous foods and tissue salts, but both replacement only.

It is of comparatively recent date that we have heard much about tissue salts and vitamins, our dietary studies formerly being confined to protein, carbohydrate and hydrocarbon, representing structure and necessary fuel for daily function, yet one will starve to death without something more than these.

One can eat pure protein, pure starch or sugar, pure oils, yet die just as quickly as if eating nothing at all, unless this something else is added.

Much is being written and said today of vitamins, yet we do not so far know what a vitamin really is, except that it is a convenient term for the life principles that reside in all natural foods, principles on which the life of the food itself depended, and without which food is not food in any sense of the word.

Whether the vitamin is an entity or whether it is merely an expressed relation existing among the various sixteen tissue salts we do not know, and why should we care, so long as we realize the necessity for these in our daily food?

This much has been amply proved: We do know that we cannot exist without these so-called vitamins, as we know that food denatured, robbed of its tissue salts, emasculated, dealkalinized, is not supporting to continued life, and for this we are greatly indebted to many

nutrition laboratories and to many individual observers, for the experiments along this line of proof are full and complete enough now to satisfy anyone.

Green vegetables of all kinds, rich in chlorophyll, the vegetable haemoglobin, rich in tissue salts of every sort, rich in the so-called water-soluble vitamins, should form the backbone of the daily menu, and in as nearly natural form as possible. This means raw, for cooking by ordinary processes wastes these precious alkalin salts, and upsets the balanced relation they bear to each other, not only by leaching them out during the immersion in boiling water, but also by oxidation. Raw salads, then, in profusion are essential if we wish to safeguard our alkalin reserve, and in raw fruits we have another means of adding to the balance in favor of alkali, for acid fruits are all basic, all tend to deposit in the body an excess of alkali, even though it is hard to see off-hand how this could be, in the fact of the acidity of the fruits when raw, but we have only to reflect that the acids, such as malic and citric, are very volatile and unstable compounds, easily

rest or active exercise. There is just one caution which should be noted in such combination, and that is that the starch foods do not digest well in the presence of even slightly acid fruits, starches, as sugars, requiring alkalin conditions for digestion, so all acid or sub-acid fruits should be taken at separate meals from starches and sugars, the carbohydrate foods, though the leafy, non-starchy vegetables accompany all forms of food without harm.

If a high protein food is used at all it should never be combined with carbohydrate, for protein necessitates the presence of hydrochloric acid in the stomach, and this inhibits the digestion of all foods that require alkalin conditions. This is a very potent source of acid in the digestive tract.

If the meals are so arranged that no conflict occurs between inimical foods, there will be no arrest of carbohydrate digestion, hence no fermentation of these in the digestive tract, and this large source of acid-formation will be cut off. If the intake of protein is held down to about the body requirements, representing one gram of nitrogen to every thirty pounds of body weight, or two or three ounces of lean meat, or two eggs, or a small cube of cheese, or three or three or four ounces of fish, daily, not three times a day, then another source of acidosis is eliminated. Acids of protein origin are notoriously toxic, destructive of function, such debris as uric acid, acid urates, xanthin, hypoxanthin, creatin, creating being potential destroyers of the alkalin balance, irritating in the highest degree.

If we further see to it that we do not use de-alkalinized foods, the processed starches and sugars, we will greatly conserve our alkalin reserve, and still further remove ourselves from danger of deficiency disease of all kinds.

If oxidized grains have lost something of their native saline balance, as science has now quite definitely decided then whole grain wheat, preserving as it does the natural condition of the grain, is an ideal form of cereal food and its use will surely prove regenerative in all cases of deficiency, and deficiency is now the key note of medical study, the keystone in the arch of pathology.

This whole subject of the effect of oxidation as a deficiency producer is new, but its possibilities are great, and adding this to what we know of the causes of deficiency in disease we seem to be on the verge of formulation of the ideal diet for man in every phase of existence.

TREATING HIS PATIENTS WELL
"I have ordered and directed several of my patients at my home in Florida to procure 'Correct and Corrective Eating,' and as I failed to bring my copy here with me to Chicago, you will please send me one."—Dr. E. C. Baker, A. M., M. D., Florida.

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Much is being written and said today of vitamins, yet we do not so far know what a vitamin really is, except that it is a convenient term for the life principles that reside in all natural foods.

oxidized, volatilized, passing out through the lungs, the chimney, in a very short time after ingestion, and leaving behind a rich deposit of alkalin salts.

There is a modicum of protein in all vegetables and fruits, from one to two per cent, sufficient for our replacement needs so far as protein is concerned, but these foods need fuels added to give us the daily needs in energy.

To meet these needs nature provides the starchy tubers, also the nuts and legumes, without any necessity for invasion of the animal kingdom for our supplies of either protein or fuels, and to make assurance doubly sure that we get enough of these, and cell salts in complete equipment beside, we have the grains, each in itself a perfect food, containing every one of the sixteen salts on which life depends, and in form balanced to our needs, except that if we are to live on these foods we will find that they contain more of both starch and protein than the body requires, a mixture of these with the leafy greens and the fruits creating a perfect balance for the needs of every day, whether in

The Clawed Spectre

FEATURING THE ATHLETE DETECTIVE

By Richard Bonner

[Richard Bolingbroke, ex-Amateur Heavy-weight Champion Boxer, and world renowned as a scientist and fighter of superstitions and ignorance, has recently suffered a terrible nervous breakdown. While prostrated he rang the Merrill Agency; he did not entrust his case to them, however, but later called John Blount, the Athlete Detective, who has taken up the case. Blount journeyed from his home and arriving at Bolingbroke's, Blount heard a terrible shriek, and found Bolingbroke on his bed in a neurotic unconsciousness, and Sam Filson, bosom friend of Bolingbroke, bleeding profusely from a wound in the head. Sloan had meantime mysteriously disappeared. Blount decided to stay a few days with Bolingbroke. He met Miss Edith Marlin, Bolingbroke's private secretary. He wired acceptance of a championship boxing match. At midnight, while Blount was in his bed, the clawed spectre appeared before him. Opening the wardrobe from which it had appeared, he found the prostrate body of Miss Marlin. It turned out that Miss Marlin knew nothing about the spectre. At the boxing match, to everybody's surprise, Bolingbroke and John Sloan walked into the ring to box. They were followed by Blount and Rollin. Both Bolingbroke and Blount won their contests. After them Blount directed Bolingbroke's party to go back to the country mansion while he placed himself deliberately in the hands of his enemies.—Editor.]

Blount, bound and gagged, was thrust into a cellar alongside the room where he has been taken prisoner.

It was now Blount's object to get to know, if he could, what was taking place in the room amongst the gang of criminals.

Struggling and straining for thirty minutes, he was able to loosen the cords which bound him, sufficiently to permit him to get to the door, where he could peer through and get a sight of what was going forward, as well as hear snatches of the conversation.

The four men were now clad in entirely different clothes, having long black smocks of a religious order. At one end of the table a man now wearing a white beard presided, while the other three had totally black beards and moustaches. Rollin was still in his bed, out of action.

The man who had addressed Blount was quite a vulgarly spoken man. The voices of these men, who, as Blount knew, were precisely the same men, disguised, affected a refined drawl, sandwiching their sentences and phrases with plenty of "sacreds," "divines" and "holies."

"Blasphemers," muttered Blount to himself.

"Brothers," began the white-bearded chairman, "we have met together in our sacred order through the holy bond which joins us. This evening we were to have rid this world of one whose presence is not tolerable to our sacred order. Let it be remembered, my brothers, that this is only a postponement. Tomorrow we meet at eight by the clock, and we shall carry out the divine orders given to us through our holy bond."

"I wish to commend you highly, brothers, for the measures with which you have sanctified your duties. We cannot allow this Bolingbroke to open the secrets of Nature for the rest of the world to know. By so doing we shall allow ourselves to lose our privileges. Where there is knowledge there is light. Where there is knowledge there is power. We have that light and power by virtue of our holy bond. It is a sacrilege to our holy order to permit the possession of that knowledge by the common human herd."

"Tomorrow night we shall again obtain control of the sub-conscious mind

of the female Marlin. Again shall she do our bidding, unknown to herself, and drive this Bolingbroke from his sanity and health. So is it decided by this holy bond. Under the sacred auspices we are one, and brothers in our holy cause."

The remainder of the company stood raising their hands, palms upwards, and uttered "Ay. Ay. So be it."

Then each member of the company, continuing in the same monotonous, sacrilegious tone of voice, continued to pour out vengeance upon truth seekers and scientific investigators.

It was very plain for Blount to see that the whole of the supposed sacred order was a camouflage. Their whole idea was to gain control of every public institution of education, and, inasmuch as Bolingbroke had devoted his life to such a powerful criticism of superstition and ignorance, he was to die by such methods as would make it appear that the mysterious had effected his end.

So it was, then, that by a series of tricks Bolingbroke had been tortured by the clawed spectre. Edith Marlin had been an unwitting accomplice, thrown into a hypnotic trance, and made to perform those antics which were ruining the nervous system of the great Bolingbroke.

Another thing that Blount learned was that the whole of the Bolingbroke wealth had been left in his will to Edith Marlin, his secretary. She was well under the hypnotic power of the gang, and the object of the meeting was to secure the transfer of the Bolingbroke wealth to their possession.

The methods adopted by the gang for the following evening were very daring. Edith was to play an important part in being present at the Bolingbroke mansion. At various parts of the house she was to imitate the clawed spectre, quite openly before Bolingbroke, and acquaint him with his end, giving him the reasons; his work on behalf of science and of knowledge. It was, however, the concluding portion of the meeting that one would think would have disturbed Blount most, as he listened to it.

"We must, my brothers," concluded the scoundrel who presided, "finish now and forever the existence of that unholy and undesired being, Detective Blount. Our movement is not safe while his

undesired existence is undetermined. We must, therefore, my brothers, devise some unusual treatment that will do its sacred duty to our order."

One can imagine Blount's feelings as he heard this interesting little speech. He could see that it was going to call for the whole of his resources to bring off the coup planned for the morrow, and even to extricate himself from his exceedingly dangerous position.

He knew that their means of getting rid of him would not be those of a direct killing. The gang had worked insidiously throughout its existence, and therefore they would plan some lingering death that would give them the best opportunity of escapes, leaving no clues behind.

Noticing a general movement, he worked him way back to his original position just as the door opened. One of the "brothers" entered and hauled him out into the room.

There they placed him upon the table, so that his lower legs hung over the end. Then the most outrageous treatment was meted out to him. Upon his right knee one of the "brothers" proceeded to give repeated knocks, upon the patella, so as to cause the nervous reaction which kicks the leg up, so well known. His left leg was fastened to the leg of the table, while another of the "brothers" proceeded to tickle the underpart of the foot with a feather. The two other "brothers" attached themselves to his arms, drawing the brachial nerves across each other, causing tingling of the nerves of the hands and arms.

Blount at once saw, of course, their objective, to render him insane, cart him to an asylum of their own, and let him die a lunatic.

Could mortal men invent a more hideous and inhuman treatment? Blount saw that there was only one hope, and that was to summon up all of his will power in order to stand the treatment that was being meted out to him. He knew that once he flinched, once he relaxed, he was lost, finished.

For fully fifteen minutes they kept up this atrocity, each member chanting a sort of incantation to "truth" and "holiness," and its sacred privilege, for themselves and their "holy" order alone.

(To be continued)

Using the Mind and Soul

A COURSE IN APPLIED PSYCHOLOGY

By Warrington Dawson

FIRST SERIES: THE FACULTIES OF THE MIND

ARTICLE V

UNDERSTANDING

LET US assume that you enjoy perfectly developed observation, memory, imagination, and co-ordination.

What are you going to do with them? Evidently, with those four faculties well-trained and kept in good running order, you will not be a failure in life.

But at what sort of success are you aiming? And how capable are you of reaching your aim if it be a high one?

A man's aim is a thing which he can and must decide for himself. Though perhaps limited by circumstances, yet he always, whether he knows it or not, exercises free will at least within those circumstances. But decision alone, or even decision backed by resolution, won't suffice for the fulfilment of a high aim. The key to success is knowledge, and the spring is endeavor: but the bolt of the lock is the understanding which finds the way and which turns even the greatest difficulties so that they may not bring defeat.

To Understand or Not Understand

I wonder if you, who read these lines, have ever reflected, when listening to talk about the rights of men, that the really supreme and inalienable right is the right not to understand? It has exercised its tyrannic sway in every age and class of humanity throughout world-history. Impervious to argument, unassailed by revolution, unaffected by education, it has been found alike in the past, as to-day among children and celebrities, among desk-workers and ruling princes, among laborers and grand people of fashion. For toddling the first few steps, or else squaring the circle; for grammar and accuracy, or else legislation and international politics; for good house-cleaning, or else plain fair play towards one's neighbors: who has resolved to close the mind to all new considerations and equations enjoys the supreme, inalienable, indisputable right not to understand.

Therefore, from the points of view of immediate utility and prospects for future advancement the world is divided into two sorts of people, and two only: those who seek to understand, and those who refuse to understand. All else is relative. And the first, seeking to understand are like unto the little children for whom is the Kingdom of Heaven as well as the future upon earth.

Because Christ's words signified not only the purity which sees clearly and thinks directly, but also the fearlessness which by facing facts brings capacity for learning. The so-called mature man and woman open their minds chiefly to what is habitual to them, or profitable to them, or easy and agreeable to them: whereas the child naturally absorbs with eagerness every available morsel of information which

comes to him from the talk or the actions of others. If, later, the child loses interest in what he knows how to do, and is lazy in not wanting to learn the things he doesn't know how to do, it is that he has been spoiled by the methods given him and the influences surrounding him at the will of unwise elders, whose own attitude towards the use of reason is similar to the attitude they reproach to him about the acquisition of knowledge.

The statement that the father who brings up one child properly has done more for the world than the artist who has produced the greatest masterpiece of the century is true, in a way. But it ceases to be true where the masterpiece is of a nature to inspire many fathers with the desire to bring up their children properly. Because that desire itself is a step towards understanding on the part of the father.

Children's Advantages

The importance of making comparisons with childhood in all psychological studies does not arise from the fact that children have any material advantages over us, because there is no such fact. They enjoy natural facilities which turn to their advantage because the said natural facilities are generally lost in later life. But there is no sensible excuse, far less any absolute necessity, for this loss.

The child has an inborn sense of justice which actuates him long before he is able to gauge relative values. He is not given to equivocation. For him, right is right not because of established laws but because of his own individual usages. The more intense his uprightness in these self-developed principles, the more readily he will be made to develop blind stubbornness or to seek satisfaction in subtleties if he is arbitrarily thwarted. He cannot always be successfully preached at or reasoned with: but he is singularly alive to example. What he passionately resents as a wrong at the first offense to his senses will lose its edge if he sees it repeated often enough without argument or aggressiveness. But let his susceptibilities be outraged, and not only his unfolding judgment will be dulled, but he will have learned perilously early in life the lesson of false equations and false accommodations which should have come only later.

By "should" I don't mean that this ought to come by any human, moral, or divine law. But it does come by the force of things as we make them, only later in his development.

The Parent Makes the Child

The trouble with most children at a tender age arises from parents, aston-

ishingly few of whom, whatever their nationality or rank in society, are capable of giving to a child a proper education physically; fewer still, mentally; and exceptionally few, morally. It is from his parents that a child learns he cannot do what he knows it isn't right to do. It is from his parents and nurses that he learns, by negative reflex, either stubbornness or subtlety, according to his nature. It is from his parents and nurses that he learns to eat wrongly, to act wrongly, to think wrongly. By "wrongly" I mean eating, acting, thinking as the millions do to-day who are neglecting their golden chances not because of corrupt atavistic tendencies but because of puling fatalities made to cramp sound, sane childhood.

When everything possible has been done to unfit children for life, such parents are righteously astonished to observe (I solemnly declare it is termed observation!) that the little darlings have reached the awkward age. They have. So they are sent to school where a ton of chaff and a hundred-weight of flour over-refined unto attrition are forced into their wretched little beings for every pennyweight of clean, healthy, living and life-giving wheat.

The defenseless outgrowths of these parental and educational systems (a murrain on all systems, say I) are turned loose upon the world, and they go through life like shadows on a screen or like fleas jumping on a board; sometimes profitably from a material standpoint, often foolishly even in regard to material things, always tragically to the eyes of the onlooker who has retained his sense of human dignity, responsibility, and opportunity. Then we are told that we must study mankind in infancy to know it truly, but we are not told why.

I have told you here.

Influence of Our Daily Thoughts

Our daily thoughts contribute essentially towards the formation of our understanding, or else serve to close our minds against understanding. If we daily cultivate fondness for an evil trend in our nature, we can't be prepared to grasp the extent of its evil, so we're unable to rise in quick action against it when emergency suddenly reveals it clearly to our eyes. If we daily strengthen our prejudices against the things we must do and the people we must know, we can't prepare ourselves to do our best by our work or to be just towards our associates. This might be called a moral equation, rather than the operation of a faculty of the mind. But an equation is made up of factors; and the main factor in this equation is understanding.

There are, however, people to whom we can't adjust ourselves. Nothing but misunderstandings seem to arise, even where both parties are fundamentally amiable. This is found between brothers and sisters, between husbands and wives, between partners in business, or employers and employes, masters and servants, or those who by propinquity and by similarity of tastes might be friends. But if in any of these cases psychological make-ups are of different casts, there can be no true understanding; if the one is a broad psychological cast and the other narrow, the first can only lose by prolonging a contact which cannot profit the other one whit. Because it's no question of how broad you may be psychologically, or how narrow: it is the precise fact of being either broad or narrow.

If you have in you the quality of psychological breadth you belong among the broad, to your own great benefit and to that of others who may help you or whom you may help, and whether you be the helper or the helped the benefit to yourself is the same. But if you rest within the limits of narrowness your effect upon the narrow will be a reaction to make them narrower, and your effect upon the broad will be to raise barriers against their breadths that is a dangerous situation for the broad.

(To be continued)

Why Shouldn't Girls Propose?

By "Pumaris the Tramp"

THERE have been several agitations for transferring the duties of proposing for marriage from man to woman, and I think there is no better time than the present to make another such agitation. Now is the time to transfer the duties of love-making from man to woman. Is not a woman far better equipped for such work than a man? Women have been aiming for a greater sphere, but they have not yet allowed scope for their abilities. The War proved that girls are able to do many of the various occupations they stated they could do. I think that one of the things that women would do better than men is proposal for marriage. I am sure there would be fewer divorce suits and unhappy marriages if the girl had the duty of proposing. Many a girl has been driven into marriage with a brute she hates the sight of, and many a girl has, in despair, accepted marriage to the first man who has proposed to her, just because her friends, especially if they are older, skitted her that she was becoming an old maid. If our girls were given the duty of proposing, such a thing would not happen. It would not be out of place for a woman to ask whether she was devoting her affections to someone who had no intention of responding.

Another reason why I believe that women should propose, is that a woman has a keen perception for the right class of man suitable for a life partner. Some men are naturally shy and bashful, and more so when in love, and would never propose if they were not given very broad hints. A man loses all his sang froid when in love (I suppose our correspondent speaks from experience.—

(Continued on page 188)

Lionel West

Champion Athlete, Movie Actor and Director

"TWO-THIRDS of people today are physically ill, and they don't know it. Do you doubt this? Get any bunch of them to run up two or three flights of stairs, and then notice their condition.

"A man's body is his greatest asset. If he loses that, he loses everything. Yet how few do anything to keep that body in good condition. The average man takes far more care of his automobile than he does of his own body, which means much more to him. Some think that a round of golf occasionally will keep them fit. They are wrong! Good all around exercise is necessary. To be overweight, or underweight, means to be in a condition of ill health, and the way to maintain normal weight is through right living and an active life."

Lionel West is a great exemplification of his statements, as above given. It was he who was called upon to box Jack Dempsey in the films. Dempsey, as is well known, simply cannot pull a punch, and many sparring partners cannot be found willing to box him in the films because Jack gets so excited that he would just smash the ordinary sparring partner to bits.

So it was that Lionel West came to be chosen. He is fully as big, if not bigger than Dempsey, and, as an ex-football star, and an all round champion athlete, he was admirably fitted for his task.

When you consider that it took nine days to do the filming of the boxing matches, and that Dempsey and West had to keep boxing at intervals all this time, you can imagine what a test of endurance it meant.

They just went at it hammer and tongs all the time. West got knocked down several times, but on one occasion he knocked Jack down. Dempsey jumped to his feet, and shook him by the hand, saying, "The man who can knock me down is my friend." That's true sportsmanship.

Dempsey admitted that the strain of being before the camera was equal to that of a great contest, and said that he bore in as if he were fighting Willard, and, in fact, that his opponent, Lionel West, reminded him greatly of the great Jess.

We hear many stories of Hollywood, and we get the wrong impressions. We hope to get Lionel West to tell us of some of the actual things that take place in Hollywood.

"An artist has to get into good shape, and keep so, to be a success. Those



LIONEL WEST

who dissipate, and there are some, the exceptions, of course, inevitably go to the wall, no matter how promising their career."

We shall all certainly look forward to hearing of the private lives of the stars, and the way they live when they are not making pictures.

Health and Life Fellowship Message

Dear Friends:

I want to draw your special attention this month to

a new feature appearing in our Magazine, and conducted by our Editor. It is one of intimate talks. This ought to be a very interesting corner, and really helpful. It is one of particular interest to Fellowship members because it will present an opportunity for each member to use it as propaganda to help set friends and acquaintances right if they have wandered on to a wrong path, or if they have difficulties they want straightened out. The object will be to give some real vital information in some personal talks from month to month.

Many a man has been made by suddenly becoming inspired to be healthy and strong and well developed. A letter from Stanley Bohatka, one of our enthusiasts, gives a good illustration. He writes: "Just a year ago I was called 'sissy' and 'fat' by all the boys that knew me, because I was fat and weak. I never could take part in any athletics and games. But one day I passed a store where they sell magazines, and I saw the HEALTH AND LIFE Magazine. I instantly bought one, and read it from the first page to the last. I started exercising, and now I am the strongest boy in my classes at High School."

Stanley is going to be a Physical Director, so you can easily imagine what enthusiasm he has developed.

Through the enthusiasm and determination of Mr. Curtis Baxter, of Point Pleasant, W. Va., our Editor, Bernard Bernard, gave several lectures at Point Pleasant, W. Va., and one at Gallipolis, Ohio. Mr. Baxter is to be highly congratulated for his organization for each lecture turned out a splendid success, and the message of HEALTH AND LIFE was delivered to attentive listeners.

(Continued on page 188)

Baby of Tomorrow

EXERCISES FOR BABY

By Dr. Robin Wood

The Baby of Tomorrow, offspring of the modern physical culture mother, is going to be a living human masterpiece, made up physically and mentally of the finest elements procurable of any living cell, a baby that will very seldom need any physical aid, outside what his parents teach him, about physical exercise, sunshine, fresh air, diet, and sleep.

The physical culture mothers of today want their babies to be born naturally, and not instrumentally; they want to give their children every opportunity of being born with normal faculties, and free from any physical defects.

Women of the past have been kept in the dark and blinded by ignorance regarding their sex and offspring. The sensible mother of today, and those in the making, have more education along these lines. They will no longer tolerate being kept shut up by minds of prudery; they demand the truth about themselves. The physical culture mother wants a woman's rights, she wants to know how to prepare herself physically, when to conceive, and what to do at child birth, in order that her child be born a wonderful specimen, free from any defects. The teachings in "Health and Life" have contributed a great deal toward educating our women of today, physically and otherwise; they know the value of exercise, sun bathing, fresh air, water, diet, hiking and so forth. Mothers of this kind will bring their little blossoms up on the same elements to full bloom—the only elements necessary for the production of life, growth, reproduction, and health.

After birth, mother will become baby's own physician; she will have an abundance of good wholesome natural milk, full of life giving elements; baby will be kept on the breast until he is really ready to be weaned naturally; this will prevent all digestive troubles that are brought about through substitute foods. All through the nursing period baby will receive his physical culture exercises, plenty of sunshine, in conjunction with a cheery environment, sleep in a well ventilated room, and when he is ready to be weaned mother will know what to wean him on, and how to feed him thereafter. And if baby gets sick, mother will know how to look after him.

Years later will find baby his own physical culture director, there will be no need at all for the drug doctor, who will become anti-

quated, a thing of the past. Physical Education will take the place of the old-time allopath, and the artificial, instrumental doctor. With the passing of these two unnatural empiricists, and the coming of sound, wholesome physical culture, we will have better babies for tomorrow physically, mentally, and morally.

EXERCISES FOR BABY

The following exercises can be used with equal benefit for sick babies or strong babies.

They should be done before or after the bath, and at least one hour after a meal.

Use a well padded table, and exercise baby in a warm but well ventilated room.

Never exercise baby when he is tired. Do all exercises in the form of play.

If baby is inclined to be cross, and he should not be, for all babies love exercising, give him something to play with while doing the leg exercises.



DR. ROBIN WOOD

A. Exercises for the Chest.

These can be used for all kinds of chest troubles for children from one year on.

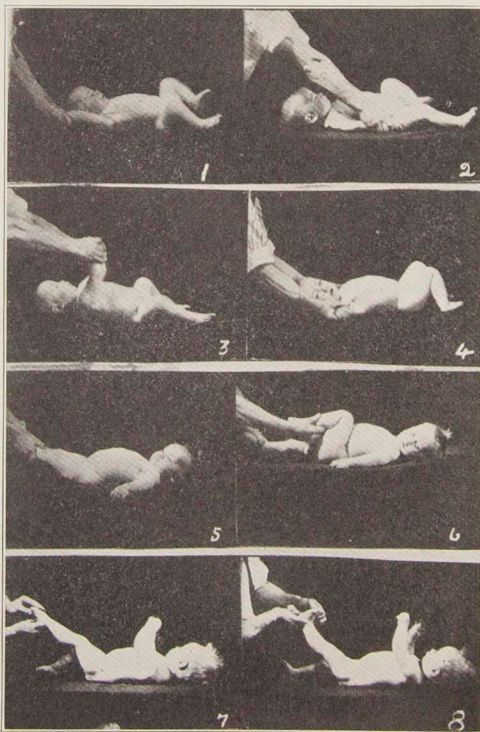
1. With baby lying on his back, take hold of both arms at the wrist, and bring them both above the head on to the table.
2. As shown in illustration, bring baby's arms back to his sides.
3. Hold baby's hands above his face as illustrated in position 3, stretching them both well upward.
4. Now bring them down as in illustration 4, stretching them well outward.

B. Leg Exercises.

1. With baby lying in the same position as in illustration 5, take hold of both legs at the ankles and raise them off the table about 6 inches.
2. Flex legs alternately upon the abdomen, pushing up with one leg and pulling down with the other (6).
3. Lift baby's leg from the table as in illustration 7. Take hold of the heel of the foot with one hand and the toes with the other.
4. As in illustration 8, flex the foot up and down on the ankle.

WONDERFUL STUDIES

Recently I obtained from HEALTH and LIFE Publications a book, 'A Complete Book of Sex Knowledge,' also 'A Course in Marital Conduct.' They are wonderful studies, and they have improved my knowledge in these matters wonderfully.—J. S. Pa.



EXERCISES THAT WILL KEEP YOUR BABY WELL

Rolling for Health and Beauty

"Rolling is the best exercise in the whole world to remove adipose tissue. It kneads away the fat, and at the same time exercises the muscles, so as to get rapidity of results."

That is what "Dainty Marie" says of rolling exercises, and she ought to know. She is a most beautifully developed young woman, and is now touring vaudeville, showing what can be accomplished by a little exercise. She reduced twenty pounds in a few short months by rolling exercises, and some special exercises which she herself has devised.

If you get the chance to see "Dainty Marie" when she comes to your vaudeville theatre, don't miss it. She gives a beautiful act, first showing a few exercises, and then doing some trapeze work.

"Dainty Marie" is touring in vaudeville because she wants women to know what may be obtained through exercise. But that isn't sufficient for her. She wants to open a Health Club for women in Chicago, and no doubt the women of that great city will be glad to have such a club, and instruction by such an expert.

"Why, women don't know how quickly you get results through exercise," said "Dainty Marie." "I have taken women who have been downright ill, given them a little rolling exercise and some of my special bending and twisting movements, and in a week or two they have been quite different women."

"Of course, many women don't want to go to the trouble of exercising, and yet that is the only way to recover health and beauty. The beauty that is put on with paint and powder isn't even skin deep, but the health and beauty which are obtained by a little systematic exercise are of the whole body, nay, even of the very bone."



DAINTY MARIE

She has developed her beautiful figure by exercise. She believes that there is nothing better than rolling to reduce. She ought to know, because she reduced 20 pounds in quite a short time.



READY FOR HER ACT

When "Dainty Marie" disrobes there is a murmur of admiration that runs through the audience. Her trapeze work is splendid. Her beautiful figure is shadowed in beautiful outlines on the screen behind. Don't miss "Dainty Marie's" show, whatever you do. It is an inspiration.



International

WHY SHE IS A NATIONAL CHAMPION AT FIFTEEN

Eleanor Garatti, fifteen year old swimmer from San Rafael, California, is seen above doing one of her daily exercises which keep her fit. She has astounded the swimming world with her accomplishments. They are easily understood when you know that she never misses her daily exercises.

Cancer--Conquered At Last

By M. N. Bunker, D. C., Ph. D.

CANCER CAN BE CURED.

On the very face this seems a rash statement. There is a preponderant amount of evidence against it. There are weighty volumes prepared by eminent surgeons, who have cut and slashed, and buried vast numbers of suffering humanity, and these books all say that there is no cure. The American Medical Association has repeatedly informed the press that vast sums will be given to the man who discovers a successful treatment for cancer. Isolated sufferers possessed of wealth have traveled to every hospital their doctors have recommended, and have been slowly pared to death. All such evidence is against me, and in face of it, I say—positively—cancer can be cured—and that it is being cured, and that nothing but professional egotism and greed is at the foundation of the refusal on the part of the A. M. A. to accept this fact.

At Savannah, Missouri, a little town of eighteen hundred people, there is an institution that I have been watching for ten years. Several years before that I met their first patient, who told me that there was one doctor who actually treated cancer patients, and the disease was removed, and the sufferer made whole.

At the time the story seemed a myth. I did not believe it; if there was such a place, the doctors—at least some of them—would send their patients there, and it would be known. So, for five or six years I doubted, until by a combination of intimate, powerful circumstances I was forced to know the truth of that first story. Since then, at different seasons of the year, and different years, I have visited Savannah, and the Dr. Nicholas Sanatorium. Sometimes I have visited Savannah without visiting the sanatorium—other times I have visited the institution without going near the town. In these visits I have talked to hundreds who have been treated, and were under treatment. They have all told the same story of absolute confidence. But this has been only part of the evidence. Hundreds of miles away from Savannah I have visited and talked with people in their homes who were treated successfully years ago. They are hale and hearty even though in the treatment some of them lost lips, jaws, breasts, and other parts of their body.

All of this evidence I set against the learned documents of the American Medical Association, and of all other associations devoted to a system of monopolized pill pushing, and operations on a basis where the commission split is fifty per cent. When a man shows me his under lip and possibly his chin gone, with a clean healthy wound, and I find that man five years later with a perfectly smooth chin, scarcely a scar showing where the new flesh was grafted in place, and when I know that before he was treated his lip was a loathsome running sore, then there is nothing for me but to be convinced.

When I walk through a building and visit a bed where a woman had had a cancer of the breast, involving tissues even up into the arm pit, and find one clean expanse of tissue, and a year later find that woman at home, healed, healthy, and in the midst of a happy family, isn't there some reason to set living flesh and blood evidence against windy words?

It is on this kind of evidence that I present my first statement so positively. What a man has seen, investigated from every angle for ten years must be fool-proof, and I defy any member of any health cult or school on the face of the earth, to make the investigations that I have made, and not agree with me whole-heartedly.

You ask, and justly enough, "If Dr. Nichols successfully removes cancer, how does he do it?" The question is fair and I shall let the doctor answer it by quoting from his book, "Cancer, Its Proper Treatment and Cure."

"Our method of treatment is the escharotic or medicine which will destroy any living or fungus tissue and which has as many advantages over the plaster as an electric light has over a tallow candle, and has been successfully applied in a hundred situations where no one with either knife or plaster has ever dared to venture. When properly applied it will kill any ordinary cancer upon the face in a few hours. Upon the breast or in some very heavy

[There are huge prizes offered to the orthodox medical man who can discover an orthodox medical treatment which will cure cancer. Here is an unorthodox treatment discovered and used by unorthodox physicians. There is no prize unless it be the satisfaction of the cures they perform. The author of this article has contributed it for the very good reason that one of his own near relatives had been cured of the dread disease of cancer.—Editor.]

growths it will take from one to three or four days.

"In difficult cases, we follow up the action of the escharotic with the curette, a small, sharp, spoonlike instrument with which we remove the dead tissue. This method has a wonderful advantage in helping us to determine the locations and extent of the disease, as we can usually tell by the curette which is and which is not diseased tissue, and, in consequence, so apply the medicine as to be practically sure of destroying the entire disease, no matter where it is, and at the same time take the necessary margin to effect a cure, and not more than is necessary, between the diseased and the sound flesh. The curette is used only on the dead tissue, and it is neither painful nor injurious to the patient, no live tissue being touched with it.

When the disease has been destroyed a poultice is applied, and the eschar sloughs off within a very short time,

ranging from three to five days. The wound is perfectly healthy, and will heal with great rapidity. Personally, I have seen wounds extending from the collar bone, back under the arm, and to the lower ribs, heal in a few weeks, and leave practically no scar. What is more, the patient suffered very little inconvenience from the exposed surface, absolutely no hemorrhage at any time, and was able to be about the room long before the entire surface had healed.

Astonishing as it may seem, the pain attendant on this method of treatment is brief, and not unbearable. Instead, even in the removal of extensive growth, the patient is able to sleep, eat and, as soon as the dead tissue is removed, suffers no pain at all.

The Dr. Nichols Sanatorium of today houses one hundred and thirty-five patients at a time. Ten years ago their capacity at Savannah was probably forty. Then they occupied one building which housed kitchens, dining rooms, offices, and patients' rooms. Today there are nine buildings, all devoted to the housing and treatment of cancer patients from coast to coast, as well as from Canada. These patients have come because their friends have already been treated. One has told another, and so, from neighbor to neighbor the work of the institution has spread. It has been so from the first, as proved by the income of the institution. In 1905 they did a business of \$3,300.00; the next year the increase was a little more than 100 per cent, being \$7,360.00, and the next \$15,390.00. This showing was made in spite of the fees averaging the same for each patient, and is valuable only as proof that the increase has been a solid and enduring growth.

So much for the institution as it exists today at Savannah, accomplishing what doctors have said cannot be done. Why have they said this? I put the question to Dr. Nichols himself, as we sat in his office, and in reply he handed me this quotation from the Official Journal of the Colorado State Medical Society of Colorado: "Fifty per cent of the surgeon's fee often goes to the physician who sends him the case."

"That," said the doctor, "and ethics,—and, well, let us say one other reason. Of course you know that it is against the ethics of the medical profession to advertise or tell what you are doing other than by hanging out a shingle and waiting for your patients. But one big reason is that a physician, above all others, hates to recognize the merit of any physician doing something he cannot do himself. We don't split fees, nor pay commissions," he finished as an after-thought. "We don't do what you would ordinarily call 'advertising,'" he said, looking me straight in the eye. "We do issue this book." He handed over a substantially bound volume of more than two hundred pages. "And that is all we do in the

Conditioning the Body

By Ernest Edwin Coffin and Edward W. Goodman

THE MOST valuable thing in the world, to every individual, is the possession of Health—Health, the pearl beyond all price! Everyone who is capable of realizing this fact should strive to possess a body that is strong, and not only strong in the physical sense but in every sense as well, a body that is beautiful, radiates energy and power.

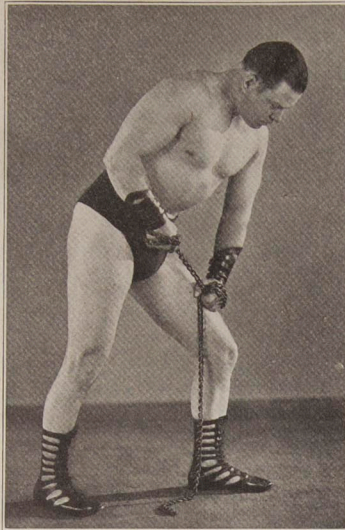
In the perfect physique, every element is harmonious and each is an active working factor constituting the whole, for in union there is strength and co-operation is as necessary to our physical continuance on this sphere as it is essential for the maintenance of every species of activity. Thus, in true strength there is beauty, just as a beautiful body must be filled with radiance and energy.

To the true idealist, each element is necessarily dependent upon the other—now, idealism is something that springs from our innermost desire to be better than we ever were before; it is quite a natural thing, therefore, to idealize, but achievement means more than just thinking and planning—it means doing.

All life is motion and upon proper motion or functioning depend the physiological factors of our existence. Our biggest job, our real business in life, therefore, is LIVING or self-expression—not merely existing or passing through the span of years a rag, a bone and a hank of hair. It is the most important business of the world, the most important duty that we owe to ourselves and to future generations, to keep fit, healthy, and—yes, beautiful—for beauty lies in completeness, in full development, in complete expression and in ultimate achievement.

Exercise is voluntary motion and, since life itself consists of movement, exercise is the very life of life! To exercise means to insure natural stimulation and to force a blood supply to the vital organs; it is the only method of stimulus that is natural and, consequently, of permanent benefit.

Some of you will say that you have



THE AUTHORS—TWO MAGNIFICENT SPECIMENS OF HUMANITY

On the left is Ernest Edwin Coffin, and on the right Edward W. Goodman, both of Los Angeles Athletic Club, and authors of this splendid article. They say: "All life is motion, and upon proper motion or functioning depend the physiological factors for our existence." They are certainly splendid exemplifications of the principles they expound. The above picture represents two splendid exhibitions of human posing.

no time for exercise. NO TIME for the most necessary and important business of your life? No time to prolong your existence? For to exercise means to keep your vital organism at the peak of its efficient operation. Remember this: That those who do not take time to exercise properly, to use the energy and to utilize the muscular and inevitably take the time to be sick. The course of Nature is inexorable. Through Nature, there is a duty imposed upon the individual, by the very fact of his existence, a duty that he owes not only to himself but to posterity—the individual body is our only possession and its full development means not only the prolongation of our existence but the assurance of a legacy of health, strength and vitality to our children, and this can only be made certain by keeping the necessity for physical and mental activity constantly before us.

Health and motion are physiologically synonymous; we rust out before we wear out. The majority of people today do not realize their incapacity until it is forcibly proven; during the great World War more than seventy per cent of the flower of our manhood was shown to be physically unfit. Think of it, you scoffers! We know that a chain is no stronger than its weakest link. Yet less than thirty per cent of the best manhood of this country available to bear arms for defense! Now, how

much more than the ability to be up and about, or to cram several useless meals a day into a long-suffering and uncomplaining body. It means glorious, zestful living, it means the capacity to live, to enjoy and to appreciate life in its fullness to the very finger tips; it means freedom from aches and pains, freedom from worry, from all adverse mental or physical conditions—a freedom that can only be attained by rising above such conditions. And the only way to rise above conditions is to become masterful—and the first step toward this self-mastery is intensive, intelligent and systematic effort. The development of health, strength and vitality depends upon the proper use of that which is already in the possession of the individual. Wishing or thinking without action or effort is as useless as your shoulder blade would be in sharpening a pencil—it simply cannot be done. Action is the crystallization of thought, and correct action resulting from proper thought will achieve harmonious conditions in every physiological aspect.

If your body is suffering from neglect, from erroneous methods of living, if you are unable to function properly, or if you have inherited weaknesses of some sort or another, and if you are, therefore, unable to express your true self in the way that your Creator intended you should, you

(Continued on page 188)

strong is the chain of your body? Some of you will say that you are healthy—but just what do you mean? Do you mean the ability to exist, to passively drift along through life, to swallow three or more square meals a day and dispose of them without discomfort? Do any of you realize what true health and strength mean? How many of you feel the surge of superb manhood or superb womanhood—the confidence of yourself, in yourself? The wonder of living—the feeling of well-being that transcends all other human experience?

True health, real health, means much more than the ability to be up and about, or to cram several useless meals a day into a long-suffering and uncomplaining body. It means glorious, zestful living, it means the capacity to live, to enjoy and to appreciate life in its fullness to the very finger tips; it means freedom from aches and pains, freedom from worry, from all adverse mental or physical conditions—a freedom that can only be attained by rising above such conditions. And the only way to rise above conditions is to become masterful—and the first step toward this self-mastery is intensive, intelligent and systematic effort. The development of health, strength and vitality depends upon the proper use of that which is already in the possession of the individual. Wishing or thinking without action or effort is as useless as your shoulder blade would be in sharpening a pencil—it simply cannot be done. Action is the crystallization of thought, and correct action resulting from proper thought will achieve harmonious conditions in every physiological aspect.

way of publicity. Our friends do the part of advertising for us. There is no other reason for our not using the usual advertising methods. The medical fraternity comes very near the truth when they point to advertising as the sign of the quack, for too many times the man with the least to offer makes the greatest claims."

Twenty-nine years ago Perry Nichols was a farmer and real estate man in Kingsley, Iowa, while at Cherokee, Iowa, there was in operation a small institution receiving and treating cancer patients. A niece of Mr. Nichols, who had no medical training at the time, was employed in the institution, and by chance he visited her, stayed to dinner, met the owners, and some of the patients. In a joking way he asked the two doctors, Seamen and Keyes, regarding their work, and suggested that they were fooling their patients.

They, in turn, assured him that they were not fooling anyone, but that they did need help, which for some reason they felt that their visitor could give, although the doctor now laughs about the matter and says that they were two badly mistaken gentlemen.

One thing Perry Nichols did, however, before going home that day. He saw some of the patients alone and found that they were actually experiencing a cure. One of these, an old gentleman, said to him, "Nichols, I wish you would help these people. They have a treatment that surpasses anything else known for cancer. I know I have tried all I could find, knife, cautery and everything known now, but the only thing wrong here is that the management is bad."

This sounded good, so far as the treatment was concerned, and it was not long before Nichols had joined the man Keyes, and for a short time they worked together in Des Moines, Iowa. Then Perry Nichols started out alone. His first patient was an "incurable case," who was suffering a return of the disease, after being operated on by a professor of the Keokuk Medical College. People scoffed, but the woman, with death hanging over her head, gave the new treatment a chance, was cured, and, better still, stayed cured. There was no return of the disease, and she lived for years.

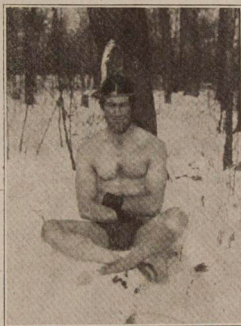
Perry Nichols was not then a doctor. Instead he was a layman, without technical skill other than that which he had acquired in his two years with his various partners. With this experience, and a record of what seemed in those days a great number of successfully treated patients, he entered medical college, graduating in 1901. Then he opened an office and commenced practice in Watertown, South Dakota. Cancer treatment was a side line. It was not long, however, until the side line became his one specialty, and, in the years since, Dr. Nichols has devoted study, effort, and endless hours of work to the one disease that he started to conquer back in Cherokee, Iowa, after that dinner in the lonely sanatorium where he visited his niece.

A chance meeting with a prominent citizen influenced Dr. Nichols to remove from Watertown to Hot Springs, the great health resort of South

Dakota. There the Nichols treatment had its first home, and a ninety thousand dollar hospital was built. Later, a branch was established in Missouri, and finally, after ten years in Hot Springs, all of the organization was removed to its present location, just outside Savannah.

Pointing to the beautiful knoll on which the buildings stand, the Doctor remarked casually, but with pride in his voice, "Some growth, we've made. Twelve years ago this whole site was a superannuated apple orchard. Now look at it. See that building going up over there, fire-proof, with a capacity for four hundred patients. It's great to do things, but the best of all is there," and he indicated a group of patients, laughing and talking with as much enthusiasm as though they were well and at home. "Not a down-hearted one in the bunch," was what the Doctor said.

At this point, for there is no better, there is a story which Dr. Nichols has included in a book prepared especially for his staff, which explains very much about these people who are helping to make possible the success of the Sanatorium. It is the spirit of the institution in tabloid, and no array of words



DISEASE-PROOF

William H. Harrison, of Detroit, Mich., keeps his body in real fit condition. Here he is, seated out in the snow, and it doesn't worry him in the least.



THE CAMPING SEASON IS COMING!

This picture reminds us that the camping season is coming. All the joys and glories of the fresh air are to be obtained on a camping tour. The above illustrates Dr. Robin Wood's camp while he was out in the bush in New Zealand. That camp fire makes one wish to be there, doesn't it?

could convey it more completely. Here it is:

"It was once my lot to listen to the story of a patient of William J. Mayo, of Rochester. This patient was suffering pain and anguish, and was much in need of assistance. Dr. Mayo was passing down the hall, heard the call for help, went in, saw the needs, stepped into the hall, called for a nurse, found none, called for the house physician, did not find him. He immediately returned to the patient, prepared for practical nurse work; attended the needs of the patient, and dressed the wound with a speed, a deftness, and a meekness worthy of an ideal nurse. When through he put on his coat, his hat, made his bow to the patient, and departed. Did Dr. Mayo injure his dignity any on this account? No, no! It is these qualities of simplicity, duty, and sympathy that render him the great physician you have all heard about."

The story Dr. Nichols tells of the great surgeon of Minnesota is significant. He never expected for it to get outside of his own institution, but it expresses so clearly the atmosphere of the entire establishment that omission would fail to express what should be said.

The patient leaving for home, or going back as a friendly visitor, months later, will tell you that this spirit of the individual is very true of the whole sanatorium; that there have been some remarkable personalities associated with the work. Lydia Reaugh has been the Superintendent for many years. A woman who might have achieved a marked success in many other fields, she devoted her life to the curing of cancer, while yet the Nichols organization was getting its start. She has been with it ever since. Associated with her as Assistant Superintendents are Miss Bunce and Miss Bryan, the three of whom have fought for the life of many a man or woman, given up by great surgeons, and who have gone to Savannah, not in hope but as the expression of blind instinct—an effort to live.

All who go to Savannah are not accepted. A patient once told me that the saddest sight he had seen was a young man turned away. "Oh, his face, it was terrible—all over one side," he said as he related the circumstance. "I felt so badly," and he reached up and adjusted his bandage. He had come back to have a new lip grafted into place, and was content. He had found a cure. But there are those who do not. Delay has sometimes given the disease an opportunity to reach where no man can conquer. There are others who are accepted, and who are not cured. The Dr. Nichols Sanatorium does not claim to be a "Come-all, cure-all." Those who cannot be cured are, however, few, and although their sense of defeat must be terrible, they send their friends for treatment. What will the A. M. A. do with this article? I do not know. There will be wailing and gnashing of teeth, but the Sanatorium goes on, living, growing evidence of a day's work well done. Reverting for a moment to his advice to his nurses, we have the Doctor's own words: "The measure of your value is in what you accomplish," and which there is no truer measure of the institution itself.

Just You and I

A Corner for Intimate Talks

1. To Young Men

By the Editor

In this corner of the Magazine I am going to conduct some intimate talks from month to month. If you have any problems that are worrying you, and that you would like me to deal with in this column, just send them along, and I will deal with them, so that others who take an interest in these talks may be able to gain also benefit and information.

First of all, I want to have a talk to young fellows just approaching manhood's estate. You are now making yourselves what you are going to be for the remainder of your lives. How you think, how you talk, and how you act will make or mar your future.

Most of you have a good deal of information. You have obtained this information from various sources. If you have been fortunate, your parents will have talked with you, and told you some of the secrets of life, and also cautioned you about some of the dangers that you will encounter on life's journey.

Those of you who have not been as fortunate as this may still have gleaned some useful information through the reading of clean literature. Some of our HEALTH AND LIFE Publication books may have given you an insight into things that it is necessary to know.

Those less fortunate will have obtained some information from scrap conversations, or from dirty stories. This is where the danger lies. Fellows, if you hear somebody cracking dirty jokes, they are not worth listening to. There are sources of information that are clean and wholesome, and it is towards those sources that you should turn. In these intimate talks I want, from month to month, to meet some of the foolish and harmful arguments that are put forward by ignoramuses who think they know all, and, in a fiendish way, endeavor to injure the lives of those a little younger than themselves.

In this talk I want to deal with one of the fallacies used by the ignorant prattler. I will try to dispel this fallacy, and point towards the truth.

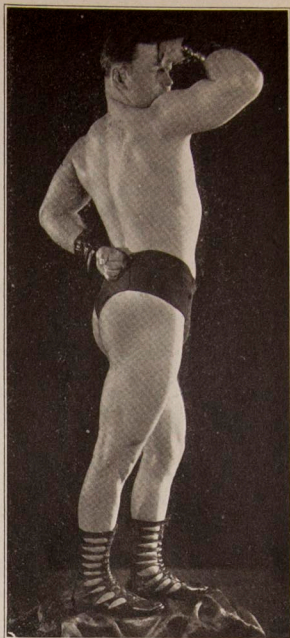
As we grow up to manhood's estate we have within us certain desires, certain feelings. They develop, inevitably. They are the signs that we are approaching manhood's estate. Every male member of the human race has to go through this stage. During adolescence they make themselves known in no unmistakable way, and you will encounter all sorts of temptations. These may come especially through those fiendish fellows who take a delight in dirty things.

There is only one line of conduct that is safe. It is to live a pure, clean life,

to conserve any energies that Nature endows us with. For, later on in life, we will need to use them, and use them in a correct and wholesome way.

Here's just one little thought: One day you are going to meet some girl. She is going to be for you all that is beautiful and ideal in the world. She is going to inspire you. You are going to love her more dearly even than your own life. Keep this picture before you when temptation occurs. Remember that if you give way you are injuring her. You will not want to do that, will you? Of course not. Well, then, temptation will be just the easiest thing in the world for you to overcome.

The fiends to whom I have referred above will tell you that Nature implants these feelings and secretions in us, and that therefore we must use them. That is a distinct lie. These functions are best not used until the right time comes. And that right time is marriage. If you attempt to use them out of marriage, and especially if you attempt to use them during youth, before you are fully adult, then you are draining and straining in a way that will injure the normal functions later on in life. The fiend will tell you that to



FULL MUSCULAR DEVELOPMENT

The above photograph of Ernest Edwin Coffin shows the full all round muscular development that is obtained by all round exercise and weight-lifting. It is worth a little trouble when you consider that the above are the results obtained by systematic scientific exercise.

Where the Vest Begins

Down where the belt clasps a little stronger,
Down where the pants should be a little longer,
That's where the Vest begins.

Down where you wish you were a little slighter,
Where each day the buttons grow a little tighter,
That's where the Vest begins.

Down where the pains are in the making,
And each heavy meal will soon start it aching,
That's where the Vest begins.

Where each added pound is the cause of sighing,
When you know in your heart that the scales aren't lying,
And you just have to guess that your shoes need tying,
That's where the Vest begins.

WM. HAMILTON MILLER.

Taken Out of L. A. A. C. "Mercury."

strengthen a function you must use it. It is quite a different matter with regard to the sex function. Its use abnormally destroys it, and makes it a curse. It injures the body, it destroys the mind.

The best is to obtain good, clean information. Learn all that you should know regarding your own body. Then get the whole matter right out of your mind. Nature will take care of you then. She will, given the chance, see that you grow up into healthy and happy manhood, conserving your energies and making you fit and strong. You will be able to develop all parts of your body and keep your mind fit and clean and efficient.

Just at first it may appear a little difficult, especially if you have been unfortunate enough to give way. But, every time you win through, the battle is easier for the future. To give way is to insult yourself, to insult all womankind, and especially that one woman who one day will be your nearest and dearest companion. Keep your ideal in mind when temptation assails you. Turn your thoughts in a healthy direction. Think of the culture of your body. Think of something in which you are interested, of your hobby, and you will be surprised how easy it is to secure a sound, clean mind in a sound, clean body.

Here, There and Everywhere

BERNARD BERNARD has been busy during the last month. Besides a lecture tour in West Virginia, he gave a lecture before the National Salesmen's Training Association at the Great Northern Hotel, Chicago, Ill.

He drove home his message particularly well when he imitated the flat-footed fellow with a hump on his back, and asked his hearers to try and imagine a fellow making a sale walking in like that. Depth of chest and a healthy appearance are important to the salesman. His health alone infects his prospect and gives himself the chance of a sale.

A battle with a devil fish, 15 feet long, 10 feet wide, with a tail 10 feet long, and weighing about 1,500 pounds, was among the adventures of Captain Johns during the past month. He and M. Lasowicz sighted this giant fish a short distance from the shore. Captain Johns hurled a harpoon which pierced the back of the giant fish, which was partly under water. Then the fish dragged the small boat containing the two men right out to sea, where it made a getaway with a sudden dive.

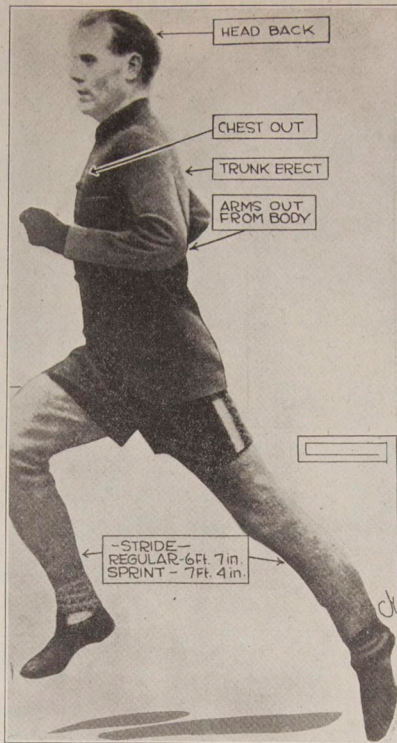
Capt. William Johns, lifeguard at Miami Beach casino, has qualified as a treasure hunter by raking up a diamond ring valued at \$1,000, lost by Arthur Kempner, New York business man. Mr. Kempner valued the piece of jewelry highly because it had been his mother's engagement ring, and gave the lifeguard a \$100 reward. Captain Johns says this is his greatest reward and tells of finding a diamond pin worth \$3,000, and receiving "many thanks" when he turned it over to the owner. Then he picked up a wallet containing \$4,500 at Coronado Beach, Calif., and received \$25. The highest he ever received for saving a life was \$50, he says, while one of his rescues gratefully gave him a wireless check for \$100.

Le Roy Taubert, of Chicago, Ill., is a youngster of 15 who is going to distinguish himself in the athletic world. He weighs 120 pounds, stripped, and measures 5 feet 4½ inches. His hobby is body building, but he plays baseball, football, and is an all-around sport. Good luck, Le Roy!

E. G. Corwin, of Ogden, Utah, when passing through Chicago, did not forget to call at the offices of HEALTH AND LIFE. He is a real apostle of our Cause, and he is sure has reason to be. Some years ago, suffering from arthritis deformans, he was unable to get about without crutches. His doctors told him that he had only one destination, and that he was right set for it in a hurry. Mr. Corwin thought otherwise. Living rightly, learning how to eat, getting plenty of fresh air, he is now very much alive. Mr. Corwin now passes most of his time endeavoring to get his friends interested in the Cause. He buys quite a quantity of HEALTH AND LIFE literature, and distributes it free, in order to introduce the Cause to those who don't know it. This is a very fine way to repay what he has himself obtained from the great message.

The Boy Scouts of America have a membership of 700,000. But they are not going to be content until they have included all the 8,000,000 boys of this country in their organization. The object of the Boy Scouts of America is "to foster character building and the citizenship training of all boys, regardless of race, nationality, or creed." A Scout to live a healthy life. In his various duties physical fitness is called for. Experiences in camping remain with him through the whole of his life, in most pleasant memory.

Press reports said that Fidel Labarba, the amateur boxer, had turned professional to help his mother, who was in need of money. HEALTH AND LIFE commented on this. But now N. Della Barba writes in to say that Mrs. Labarba cannot be in want of money because she has been dead ten years. If she had been alive, says Della Barba, she would not have approved of her son taking up professional boxing. Mr. Della Barba



International.

seems to have quite a prejudice against boxing, and in this we think he is wrong, but we thank him for telling us the truth about Fidel Labarba's mother. Evidently Fidel Labarba's press agent was anxious for publicity, and not too careful as to how he obtained it. Anyhow, boxing is a fine sport, conducted properly. Professionalism in any sport is not to be highly commended, but sport for health's sake, and boxing for health's and character's sake are distinctly good.

Robert Mitchell, of Henderson, Ky., is a promising pupil of Matthew E. Brown. He sends in a photograph which we were unable to reproduce, but we can see from it that he has a very promising figure, and ought to do well in the movement.

A new and enthusiastic member of the HEALTH AND LIFE Fellowship is G. Bernard Westerberg, of St. Cloud, Minn. He has been studying under Earle Liederman, and the results are pleasing, he reports. He is interested in all sports, especially wrestling, likes boxing and weight-lifting, but has not tested his strength. On one occasion he put up 100 pounds in the Military Press with out the least difficulty. He would be interested in hearing from other HEALTH AND LIFE enthusiasts, especially in St. Cloud. His address is 819 Ninth Avenue, S. E., St. Cloud, Minn.

An athlete of distinction who recently joined the HEALTH AND LIFE Fellowship is M. J. Ford, of Pittsburgh, Pa. He is interested in all branches of health and athletics. He has won many medals for contests in Gibraltar, Egypt, India, South Africa, Mauritius, Malta, Sudan, Burma, Australia, New Zealand, Canada, Newfoundland, etc. He is also a member of the A. C. W. I. A.

Getting into a fine shape is Robert Shore, of Indian Head, Sask., Canada. He is a believer in weights, "although not fortunate enough to possess a barbell," he says. Well, Robert, why not make up a weight made set of weights out of your mother's mop handle and her irons, or some cans of sand, if she won't let you have the irons. There is always a way out, Robert.

Middle Distance Running

Now that Paavo Nurmi has drawn such popular attention to middle distance running, many athletes are taking to running the middle distances where formerly they confined themselves only to the sprints.

It is always well to study a champion's methods. Therefore it is of every great use to study a super-champion's methods, and there is no doubt that Nurmi is a super-champion.

Never miss the opportunity to see a good man work out, and you can get to see him actually racing, so much the better. Nurmi is a model runner. Most champions have styles of their own, but Nurmi runs according to all the rules of technique. Notice in the picture on this page his running position. You will find the points all marked on the side.

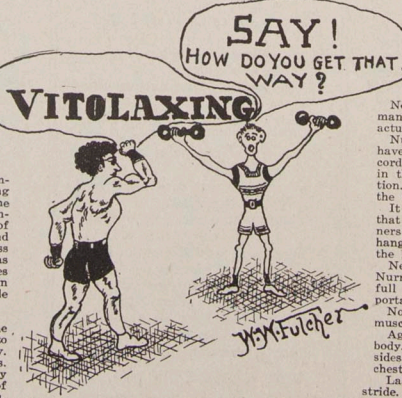
It is important to have the head well back, that is, erect, not hanging back, as some runners mistakenly do. However, never let it hang forward, as this is a severe strain upon the breathing apparatus.

Next comes the chest. You will notice Nurmi's chest is well forward, getting the full benefit of air intake, so absolutely important to the middle distance runner.

Notice, too, how the trunk is held erect by muscular effort, and not allowed to "slump." Again, the arms are held out from the body. Some runners keep the arms to the sides. This is a mistake, as it prevents full chest expansion.

Lastly, and most important of all, is the stride. Nurmi makes a stride of 7 feet 4 inches when he is sprinting, and a stride of 6 feet 7 inches during the regular run or a distance run. But notice how beautifully he pushes off.

(Continued on page 188)



The above is a sketch by W. W. Fulcher, an ardent VITOLAXING enthusiast and winner of a VITOLAXING Silver Medal.

Among the Grapplers

Munn Proves Himself Champion.—How Munn Executes His Crotch Hold.— Talaber Is Middle's Champion.— Wrestling to Change Style.

WAYNE "BIG" MUNN is certainly heavyweight champion, whether Ed. "Strangler" Lewis agrees or not. Munn is meeting and defeating the best men in the game, and he does not take very long to do it. He threw Pat McGill twice in 16 minutes, Mike Romano in quite a few minutes, and Stan. Zbyszko in just a few minutes. Probably it won't take very many minutes for him to throw the "Strangler" when they meet again.

As pointed out in this section of the magazine many, many times before, a Crotch Hold will always beat a Head Lock. The Crotch Hold is one of the simplest holds, but it requires enormous strength. One of the reasons why the wrestlers have steered clear of the Crotch Hold is that one may waste strength with dire results in an endurance contest, which most wrestling matches come to be. Munn determines that there is not going to be any endurance contest. He picks up his men with

the Crotch Hold, and just flops them out.

A number of you have requested to know exactly how Munn applies his Crotch Hold. Well, it is being illustrated on this page. From a standing position, as his opponent is making an endeavor at a Head Lock, Munn reaches down with his left hand, places it well under the crotch, and lifts his man well up into the air, at the same time applying a Half Nelson with his right hand. You can see the position fairly well illustrated both by Demetral and George Calza, on this page. But Munn lifts his opponents a good deal higher than these. When they are well up in the air he just

crashes them to the ground, and falls on them himself. If there is

sufficient wind left in them to struggle on, it isn't sufficient to allow them to hold on for long. Usually they are glad enough to get on to their shoulders and finish the bout.

This hold is by no means a new hold. It has been used for decades. But it has not been used for a long time, merely because most wrestling contests had become struggles of endurance, and fellows were not anxious to waste their strength by lifting an opponent into the air.

Of course, it requires considerable skill and pluck to start lifting the man up. A half hearted attempt is of no use. Full determination must accompany the effort. But one places oneself in less danger securing this hold than in probably any other wrestling hold. Another thing, the hold is legal, both in professional and a amateur wrestling. It is a real good wrestling hold, and our congratulations go to Munn for using it. It is a hold that would have delighted the heart of



DEMETRAL EXECUTING FRONT CROTCH AND BODY HOLD
The above picture shows Demetral applying the Forward Crotch with his left hand, and Body Hold with the right. Wayne "Big" Munn obtains a similar hold from the standing position, but he lifts his opponents high up before dropping them.

Frank Gotch to see it applied in modern wrestling matches.

Lou Talaber demonstrated that he was undoubtedly middle weight wrestling champion when he met Heinie Engel, and, copying Wayne "Big" Munn, crashed Heinie to the mat in Munn's favorite hold. It is said by some that it was Lou who taught this Crotch Hold to Munn. In any case Talaber demonstrated that he knew how to apply it and do it right.

However, in the first fall, which Engel won with a Scissors and Arm Lock in 36 mins. 22 secs., Heinie proved that he was still a near champion. When they came together for a second session Engel proved all aggressiveness, but just got crashed down after 5 mins. 35 secs., and all was over, for the hero of Iowa was knocked unconscious, and was unable even to go to his dressing room for more than ten minutes. So Heinie had to concede the other fall and the match to the champion.

There is one thing certain. Wrestling is going to take on quite a different style next season, from what is has done hitherto. The Crotch Hold is going to figure largely, and matches are not going to take long to finish. Any wrestler now learning the Crotch Hold early will be able to win matches until his opponents have also mastered it the same as he. Then again we shall get battles in Crotch Holds, and endurance contests. But until such times those who take up the Crotch Hold are going to win their matches. You mark these words.



CALZA APPLIES THE FORWARD CROTCH AND HALF NELSON

George Calza, the famous Italian wrestler, is seen above applying the Forward Crotch with the right hand, and the Half Nelson with the left. This is extremely similar to Munn's Crotch Hold, except that Munn raises his opponents well into the air before throwing them to the mat.

Wrestling, the Oldest Sport in the World

, By Clifford L. Thorne



If two cave men were in love with the same cave lady, they would wrestle it out while the said cave lady watched with interest, and sometimes impatience, for the winner.

THE ART or sport of wrestling in its many branches is undoubtedly mankind's best known, most widely used, and most ancient of all sports. Indeed, it would be hard to say just when wrestling was first started. Perhaps a great deal might depend on the person's belief; in fact, some might insist that the most ancient sport should be listed as coconut throwing, or diversified trapeze work among the great prehistoric trees. However, mankind, long before the knowledge or use of the first crude flint weapons, no doubt, depended for his livelihood and his life upon his speed, his strength, and his part-skilled wrestling ability.

Against the saber-toothed tiger, the cave bear and the mammoth, the tooth, the strangle, and the half-nelson were, of course, useless; but, perhaps, many a contest was waged with his fellowman where his first-found wrestling tricks were worked.

At first, it is probable, all matches were fought out to the death, no holds barred, biting allowed, and the winner decamped with the spoils—in most cases, the blushing bride of the deceased. On many a grassy plain the giant mammoth must have grazed in surprise as he caught sight of two husky prehistoric sheiks battling for a prehistoric fapper. Even in olden days, mankind, on account of his physical demands, like the great cats and other animals, was quick on his feet and always in splendid wrestling or fighting condition.

Most animals also love to tussle and to wrestle. Dogs, monkeys, bears, and a great number of other animals will pull and tumble each other about, an hour at a time. A bear, especially, is really clever at the game and will spar for holds and apply them just like a human.

Old engravings and hieroglyphics of the ancient Egyptians show that nearly every hold known to modern wrestlers was known and used thousands of years ago. Catch-as-catch-can was the first style used and studied, and it is probable in most matches striking and butting were also allowed. In fact, in most of the early matches, the contestants tried their best to disable each other by any means. Even the Bible has a story of a wonderful wrestling match—Jacob with an angel, lasting an entire night, ceasing only at dawn, with Jacob as victor, for he received his request. At the Olympic games in Sweden, however, there were several wrestling matches that lasted almost as long as the Bible match. One great contest lasted over eleven hours, the other a little over nine hours.

The Greek wrestlers were noted for their skill and strength, and have left to posterity stories and statues of their great heroes at the art. Hercules and Milo of Croton were the most noted ones, and they left records of many wonderful feats of strength and skill. The ancient Greeks held wrestling in high repute, and great public contests were

held at Delphi, Corinth, and Olympia. Milo of Croton, their greatest wrestling hero, was a six-times winner of both the Isthmian and Olympic games. Even the girls of Sparta were taught wrestling along with gymnastics, running, throwing the spear, and swimming.

There were two forms of the art followed—straight wrestling, in which tripping and holds were allowed, and the pancratium, a combination of both boxing and wrestling. Of the former style, a celebrated contest was the match between Ajax and Ulysses. The contending athletes wore no clothes, oiled and dusted their bodies, and were glad to come out of a match alive. Later, the catch-as-catch-can style was changed to the Graeco-Roman, where sheer strength and bulk were a great advantage.

The Turks, Hindus, and other nations always used the free-hold wrestling and in some cases even made it harder by greasing their bodies and any gar-



URSUS WRESTLING THE BULL

ments worn. The Romans had their professional wrestlers, who met in the great arenas, and life or death, freedom or slavery, were often the result of each match. Great rulers of Persia, India, Japan, and other countries, kept trained wrestlers who met all comers, and many of these athletes had numbers of servants of their own to serve and wait on them. They were given rich rewards if they were victors, but did they lose, were liable to be killed or dismissed in disgrace.

As time went on, the art of wrestling increased in different branches and men devised better rules, a system of different weights for contestants, and also many different styles. In Japan, they developed two famous kinds—one, a system of self-defense and attack, called Judo or Jujitsu, and for a long time

taught only to the noble warrior class, or Samurai. Sumo wrestling in Japan was a sport for veritable giants who were bred to the profession and devoted all their lives to a system of training and eating, which converts them into huge bulks of beef and muscles.

In England there were many and various styles in use, each style with a different set of rules and champions: Cumberland, Collar and Elbow, Lancashire, Back-holds, Side-holds, and Graeco-Roman, were all used. The Lancashire is now known as the catch-as-catch-can method. John Evelyn, in his diary, mentions a famous match in 1669 in St. James Park for £1000, an enormous sum at that time, between two great champions. Wrestling tournaments existed in England at the time of the Plantagenets, between champions of different cities.

Wrestlers have been the heroes of many a famous tale and novel, from early times to modern days. Shakespeare, in his "As You Like It," has the brave Orlando, who, in a wrestling match with a hitherto unexcelled athlete, wins a great victory. Probably the most famous wrestler of story is the mighty John Ridd of Blackmoore. In this story, "Lorna Doone," Ridd has a great match with Carver Doone, and shows his wonderful strength by tearing out the muscles of Carver's arm, who then sinks to his death in the swamp.

Conan Doyle uses great wrestling heroes and describes a splendid match in the "White Company." Rider Haggard, in almost every novel he writes, has as a hero a man of wonderful wrestling ability, or tremendous strength. In "The Witch's Head" and "Eric Brighteyes" he writes of mighty and wonderful matches. Henry Sienkiewicz has a famous wrestler in "Quo Vadis," the giant, Ursus, who breaks the bull's neck and saves his mistress. Ursus also kills with ease a noted professional wrestler of the gladiators by breaking his back.

The sagas of the Northmen and Vikings, like the odes of the Greeks, are filled with tales of wrestling heroes and great matches. Even the gods, now and then, indulged in a little tussle in which they sometimes came out worsted. The mighty Thor had a famous match which he lost, in spite of all his skill and strength. That match, however, was

(Continued on page 191)

With the Men of Iron

Learn the Bent Press.—Another Arthur Saxon Joke.—Who Is the Strongest Man You've Seen?—The Necessity for Clubs, A Message from Koon.

If you ever have to give a strength show you will find it very useful to be able to lift a man with one hand, just the same as Captain Johns is doing in the picture illustrated on page 158. In order to be able to lift a man with one hand (that is, of course, to be able to take any man out of your audience and lift him above your head with one hand), your best plan is to learn the Bent Press. If you haven't mastered the Bent Press you can't get half the fun out of lifting that you can with it.

The Bent Press is not such a difficult lift to learn once you get the idea. One of the mistakes that many fellows make when learning it is to try to bend sideways and backwards instead of sideways and forwards. Before you begin to bend, get the weight as far from your body as you possibly can. Then bend sideways and forwards, keeping the weight still as far away from your body as you can. When you have bent low enough to get past the "sticking" point on the arm you will find that by bending the leg on the same side as the lift is being done, that is the right leg for a right arm Bent Press, you will give a little jerk which will straighten out the arm. Then balance the weight carefully and raise your body to an upright position.

As the Bent Press is such an interesting lift, if any of you care to write in your difficulties with regard to learning this lift, I shall be glad to deal with them in this column, to illustrate your difficulties, and to show by pictures the right way to do the lifts. Arthur Saxon did 370 lbs. Right Arm Bent Press. That is more than anybody has been able to do in double-handed lifts. So learn the Bent Press. It is a very fascinating lift.

An interesting little trick of Arthur Saxon's when he was on tour was the following: He would take with him a handbag containing discs, weighing approximately 2½ hundred-weights. When taking a cab he would leave the bag on the sidewalk, and leave it for the driver of the cab to pick up. The driver would tug at it, and wonder what was the matter, thinking that the handbag had got riveted, somehow, to the ground. Arthur would enjoy the joke for a few minutes, and then get out and put the bag into the cab as if it weighed ten or twelve pounds, and he would then lecture the poor driver for being so weak. That was one of Arthur's ways of enjoying a little joke.

Who is the strongest man you have

ever seen? Stories of Strong Men are always interesting. Mr. Albert Ammon, a Canadian, tells the story of a man named Angus McAskill. One of his feats was to lift and carry on a sandy beach an anchor weighing 2,100 lbs., and also a large chain attached to it. Another feat was to throw with one hand a barrel of flour from the bottom of a large schooner through the hatchway and over her side into the water; another to yoke a pair of oxen that got stuck in the snow with a load of firewood and haul the load home himself. They were wonderful feats of strength. Do you know of any to come up to them?

One of the best signs for the Iron Game is the number of clubs springing up all over the country. It is all very well to practice in your own back room, but it is when you get into a club that you are able to compare your lifts with those of other fellows, and do a bit of competitive lifting and comparison. Not only this, in the club you can learn all sorts of tips and tricks from each other. A really good lifter, belonging to a club, is almost sure of success.

E. B. Koon, Michigan A. C. W. L. A. representative, is doing his best for the Association in endeavoring to get clubs going in all the towns and cities of his state. He sends a message through HEALTH AND LIFE to all the lifters of Michigan, and lifters in other states thinking of organizing clubs will be very interested in his message, because he deals with some very important points with regard to the organization of a club. Here is his message:

Fellow Physical Culturists in Michigan:

I would be glad to hear from those who have formed clubs in this state or who are considering such organization. I believe an interchange of ideas would be valuable to enthusiasts.

Our Grand Rapids Weight-Lifting Club, started early in December, is having considerable success. I am writing from our experiences here.

The task of securing enough members so that reasonably low dues can be charged is the hardest one.

Most of the barbell owners I know are enthusiastic about a weight-lifting



CHARLIE LOWE
He is an enthusiastic pupil of Earle E. Liederman. He is a regular eight hour office worker, a telegraph operator, but that doesn't keep him from having a strong, healthy body.

club. Among non-owners, sedentary and clerical workers are the easiest class to interest in exercise.

The organizers cannot get more members until they have some kind of a place for club practice and some athletic equipment assembled. Prospects will not join until they can see a tangible beginning.

It is essential that the organizers have an exact picture in their minds of the kind of club they are to form and make all possible preparations before sending out notices of the organization meeting to prospects. Write out a Constitution and By-Laws and have it ready to sign when initiation fees and dues are to be collected.

It would be well to start the organization meeting with a short instructive talk on exercise by a good speaker who has had some barbell experience. Then a reading of the Constitution and By-Laws would be the best and shortest way to acquaint prospects with the scope and purpose of the club. Then collect initiation fees and dues.

All meetings should be called to order promptly at the appointed time and whatever business requires immediate attention should be finished before any other discussion is allowed. Long, aimless, indecisive meetings destroy interest.

Our experience here has been that talks with prospects is the only local publicity worth while. The several news items we had in local papers brought only one more member. However, I believe that when we are ready to have an occasional contest that news will help much to popularize weight-lifting. Incidentally, members will fully realize at such times the value of being connected with the A. C. W. L. A. Less than half of the prospects who promise to join the clubs will do so. Do not expect too much and you will not be disappointed. Just take it for granted that the club will have to tell its advantages to dozens of prospects in order to get enough members.

The A. C. W. L. A. can benefit your club and its members far more than they can benefit the A. C. W. L. A. Barbell users may not want to try for any records, but they will want to know how they measure up in all-around strength; and the Association's complete knowledge of lifting technique and records is readily available to its members.

It will be easy to interest new barbell users in the A. C. W. L. A. when they have advanced far enough in preliminary development to feel proud of their strength and to know the fascination of weight-lifting.

Yours for strength, E. B. KOON, Representative.

Michigan A. C. W. L. A.
Care Park Pharmacy,
337 W. Fulton St., Grand Rapids, Mich.



A. KOZAK
A husky wrestler of 133 pounds, pupil of Herb Waddell.

Health and Life

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

EDITORIAL

(Written by the Editor)

SPRING IS HERE

Spring is here. The birds are coming up north, the flowers are springing out of the ground, and the blossoms will soon be out on the trees. Nature makes a big hustle at this time of the year. Rapid changes take place. In the human body there is a tendency to throw off waste matters, and there is a prevalence of skin eruptions. Any foul thing which has been harbored in the body during the winter stands best chance of being pushed out. The old-fashioned mother will be giving her children brimstone and treacle, with the object of keeping down these spring troubles. But the best way is to get them out into the fresh air, to let them romp and play in the fresh spring breezes, and to breathe deeply, thus replenishing their lungs with plenty of oxygen, which will burn up the waste and poisons in the blood. Also the fresh vegetables that Nature so abundantly supplies in the spring have the effect of counteracting these spring troubles, and should be taken in plenty.

IN THE BEAUTIFUL HILLS OF VIRGINIA

I have just returned from a lecture tour in West Virginia. Before I left I could not resist a walk around the hills—and there are some very beautiful hills in West Virginia. I was with Mr. Curtis Baxter, a HEALTH AND LIFE enthusiast, of Point Pleasant, W. Va., and I made the acquaintance of some of the finest people I have ever met. Point Pleasant itself struck me as a model city. It has most beautiful hills surrounding it. Its houses and streets are clean. But, what is more, its people are healthy, with bright eyes and clear complexions, and with a generous outlook on life. Adults should be judged by their children, and the adults of Point Pleasant have every right to be proud of themselves if this test is applied. I spoke at the High School, and the interest and enthusiasm displayed, as well as the work by the senior scholars, who made my tour a success, showed that they were being inspired by the right ideals. Point Pleasant struck me as a glorious example of American life. The country which produces cities like Point Pleasant has its face turned towards the sun, and a wonderful future.

ASSURE YOURSELF GOOD HEALTH

At Point Pleasant I saw my first robin this year. I also saw a beautiful bluebird. As they flew past I remembered that it is now the time when all you fellows will get out your baseball bats, your canoes, automobiles, bicycles, and other means of summer enjoyment. I hope to pack myself away for the summer in a little cottage, "far from the madding crowd," and commune with Nature. Don't forget, you fellows, that you are going to enjoy your summer best if you keep to the rules of right living all the time. Don't neglect your exercise. Get all the fresh air you

can. Do especially your deep breathing exercises in the fresh air, and don't neglect your favorite sport. And don't let your favorite sport keep you out of the fresh air, because fresh air is health, fresh air is life. Deep breathing in the fresh air is almost a complete assurance of good health.

COMBAT THE DIVORCE EVIL

Divorces are becoming more prevalent. This is not an unmixt blessing, for while human sentiment calls for the release of two people joined together who no longer love each other, the ability to obtain easy divorce brings with it the temptation, nay, the enticement, to make marriage a temporary affair. Many sociologists are trying to counter this easy divorce by endeavoring to stop divorce. That is no remedy. What we should do is to give a sound definition of marriage, and to see that once two are joined together they are able to maintain the happiness that is the only permanent cement.

ESSENTIALS FOR MARRIED HAPPINESS

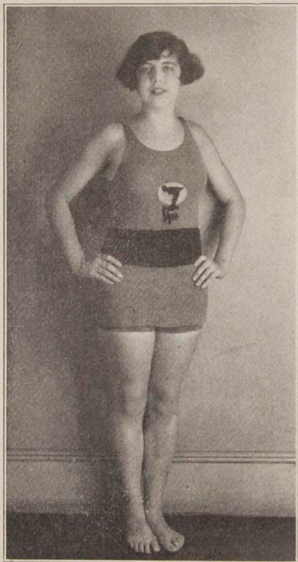
Yet we find many of these same sociologists who view with such alarm the frequent divorces actually endeavoring to prevent the dissemination of such information as is essential to every married couple. Some even go so far as to make it distinctly believed that the conduct that is most essential to married happiness is something which the couple should be ashamed of and should refrain from if possible. Thus there is the opposition to voluntary parenthood, or "birth control," by the very same people who decry divorces, and it is their very opposition to "birth control" which not only causes many divorces, but many wrecked marital lives which never reach the divorce court. Essential to marital happiness are, first, the begetting of healthy, happy children; secondly, the ability to space these children at the desired intervals so that there may not be too much strain upon the mother, and so that each child may be welcomed into the world, and loved from the time of its conception; and, thirdly, the ability to love and to express that love spontaneously and freely.

WHO IS PROHIBITING MARRIED HAPPINESS?

With access to contraceptive information barred, it is very difficult to obtain the essentials to marital happiness. But, what is more important, is that the opposition to "birth control" rests on the ancient superstition that there is something wrong and degrading in intimate marital conduct. The effect of this is to make what should be the most sacred expression, a communion, into an indulgence for physiological satisfaction. You may doubt it. But this view is the general one. No wonder that when the couple "get used to each other" the fascination disappears, passion subsides, and either the couple want to seek other partners to call up other passions, or else live in loveless toleration of each other! Yet it could all be altered so easily, if only people acquired a decent, sane outlook on all matters pertaining to sex, not only in married life, but before marriage, from the very cradle itself.

ROBBING CHILDREN OF HAPPY MOTHER AND FATHER

Considering always the system of society under which we live we ought to remember that, inasmuch as marriage has for its primary object the bringing into the world of children, there is a blood relationship entered upon. Just as the children cannot alter by any legal means the fact of their blood relationship to father and mother, the latter cannot alter the fact of their being husband and wife. A father cannot be a father to his children unless he gives those children the best possible mother. If he marries for passion, brings children into the world, and then takes to himself another wife, he has then definitely robbed his children of their right and necessity of a good father and mother. That is one of the best arguments in the world for the permanence of marriage. But fighting divorce



SWIMMING CHAMPION

Miss Margaret Ravoire, of Philadelphia, Pa., age 17, is a champion swimmer. She smashed four records in one week. She has won 60 medals and ten cups to date. She was a substitute in the Olympic swimming team last summer and won the 400 metre race in England. Some day she expects to be able to swim the English Channel. Speed is her forte.

and sex education will never bring about permanent marriage. Only the encouragement of the establishment of marital love can do that. When a woman has inadvertently married a brute, the humanity in us demands that we set her free. But what we should do, and what all of those who regret the instability of modern marriage should do, is to spread an understanding of the principles underlying marriage, of the necessity of freedom in the expression of love, of the sacredness of intimate moments, and that love is the bond that will bind the two together, making the legal bond incidental, if perhaps necessary to our modern system of society.

DR. ALLEN'S IDEA OF A GOOD BANQUET

I invited Dr. Thos. J. Allen one evening to a banquet, to be given by a well-known club. The doctor answered, "I shall be delighted to come to your banquet, but I insist on bringing my own food." Maybe the doctor was a little too critical, but not only banquets, but ordinary dinners, as served in restaurants, are usually so badly combined that they are distinctly nauseous and unhealthy to one who has learned to eat correctly. The other day a young lady walked into the HEALTH AND LIFE office and explained with pleasure that she had noticed several people in her cafeteria selecting food with due regard to scientific food combination principles. That is one of the advantages of a cafeteria. It is possible to select for oneself only such foods as combine together well, instead of being obliged to have all the mixtures of a conventional dinner.

WHY BE FORCED TO EAT BADLY?

Why should one be forced to eat potatoes with meat? Why should one be forced to eat meat with potatoes? The meat retards the digestion of the potato, and the potato counteracts the digestion of the meat. Yet at the conventional dinner they are always served together. Just because everybody has eaten this way does not mean to say that it is the right way to eat. As Dr. William Howard Hay pointed out at the Convention of the Society for Medico Physical Research, ill health is so prevalent, and so notoriously no respecter of persons, that there must be something common to

the methods of living of the majority of people that is responsible, and eating is obviously the one thing we all do. But, get even the best foods that are sold, and combine them badly, and those foods harm instead of nourish you. Poor foods, well combined, have probably less injury than good foods badly combined.

HOW TO LET YOUR APPETITE RULE

It seems extraordinary that not until recently were the simple facts of chemical combination applied to the selection of foods. It has been known for centuries that different ferments digest different kinds of foods. Yet, until recently, food experts simply sought to pack every kind of food into the body at the same meal. How obviously absurd! Animals, by instinct, do not do this. If you mix up your foods you

eat, and will not permit you either to over-eat, or to under-eat. You will want to eat more if it is necessary to your body, and you will find that you just cannot eat more if you have already had sufficient for your bodily needs.

OUR INTERNAL SANITARY SYSTEM

External sanitation, that is, the sanitation of homes and cities, towns and villages, has resulted in driving away malaria, cholera, typhoid, and other epidemics. It has also done its tremendous share in driving out smallpox. Of course, serum manufacturers and doctors who make a living by injecting serums, want to take the credit for eradicating these diseases. But the sanitarian is the right man to congratulate. Likewise internal sanitation—a system of sanitation which keeps the inside of the body clean, just the same as a city is kept in a clean condition—is going to do most of all to solve the problems of individual ill-health. If you get a stoppage in the sanitary system of a town you get a stench, and people begin to get ill from malignant fevers. Also if you stop up the irrigation system of the individual body you will get a nasty stench, and the individual cells that compose the body will become ill and out of condition. Undo the stoppage in the city's sanitary system, get a good clean flushing through all the sewers, and the town will become healthy again. Flush through the irrigation system of the human body, when a stoppage of some sort has occurred, and you will get similar results. This is not theory, but actual fact. Doctors who are using such methods are getting results.

HOW TO KEEP WELL

The best is not to wait until there has been a stoppage, not to allow one's body to get into a congested condition. All the organs of elimination should be functioning at their highest efficiency, and metabolism should be in perfect harmony. When this is the case, then individual health is practically assured. It is done by regular exercise—a few minutes morning and evening. It is done by learning to eat correctly, to eat food in its natural condition, tasting Nature's fruit juices as she produces them, without combining them with sugars and starches. It is done by

(Continued on page 196)

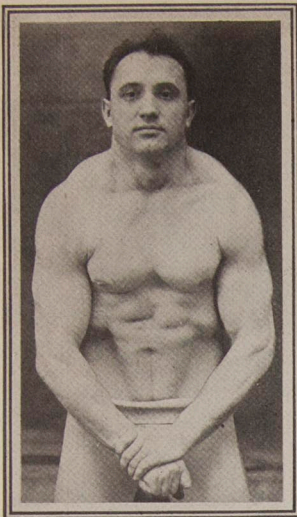


THREE HEALTHY AND BEAUTIFUL CHAMPIONS

From left to right, Helen Meany, of Greenwich, Conn., champion diver; Sybil Bauer, of Chicago, Ill., world's champion backstroke swimmer; and Dorris O'Mara, of New York, sprint champion of the New York Metropolitan District. They were snapped while just padding in an ornamental pool at St. Augustine, Florida. They are standing still here, but, my, when they are breaking records, that is when you see some action.

mix up your appetite. That is, your appetite gives you no indication as to the amount of food you really require. Combine your foods correctly, eat opposed foods at different times of the meal, or, better still, at different meals entirely, and your appetite itself will govern the amount of food you should

assured. It is done by regular exercise—a few minutes morning and evening. It is done by learning to eat correctly, to eat food in its natural condition, tasting Nature's fruit juices as she produces them, without combining them with sugars and starches. It is done by



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The Restoration of Health

Correcting Lessened Alkalinity

By William Howard Hay, M. D.

[Dr. Hay has pointed out in previous issues that a normal healthy blood stream has an alkaline reaction. When that alkalinity is lessened, we get what we call an acid condition, and ill health almost inevitably results. Restore the alkalinity, by elimination and a corrective dietary, and you restore health.—Editor.]

Menus

A FEW words as to menus, for to leave the matter of food selection and combination to the imagination of those who have presumably not given the matter as much thought as it deserves, is to run the risk of a failure to make the whole thing concrete enough to stick.

We should depend largely on the leafy groups of vegetables for our alkaline replenishment, as these are richest in all the alkaline salts. The green leaves are best on account of their large content of chlorophyll, the vegetable haemoglobin, and in this group we find spinach, cabbage, sauer kraut, chard, lettuce, Brussels sprouts, chicory, endive, onion, garlic, leeks, artichokes, all the non-starchy garden vegetables, the green leaves with the bleached, to be used as soups, stewed so as to conserve their alkaline salts, or eaten raw, as salads.

Next in importance are the fruits, every fresh fruit except banana, which belongs among the starches, if it belongs at all. Juicy fruits of all kinds, remembering only that the acid of the plum and the cranberry are very hard to oxidize depositing hippuric acid and also classing the useful tomato always with the fruits, among which it deserves high rank.

One meal a day strictly of fruits, preferably breakfast; one meal containing starchy foods, without acids or protein; and a third meal comprising a high protein food, such as meat, eggs, fish or cheese, without carbo-hydrate of either starches or sugars, but combined with the leafy vegetables and the acid fruits—this plan will give an arrangement that will positively preclude the chance of starchy fermentation, especially if the chewing and insalivation of the carbo-hydrate is made thorough and complete.

The following are some of the results obtained by elimination and a corrected dietary:

Four cases of leukaemia have been treated; two of the splenic type and two of the glandular, all of which were markedly benefited at first, but subsequently declined and died, though for two weeks or more in the beginning there was marked increase in the erythrocyte count, with corresponding diminution in the count of the leucocytes, but all were late cases when undertaken.

Sixty-six cases of progressive pernicious anaemia were treated during this period of seventeen years, all but seven making initial recoveries to near normal count, with relapse in those who did not adhere closely to the prescribed regime, and permanent recovery in all those cases that continued to live on non-acid-forming foods and combinations. In all nearly fifty per cent made permanent recoveries, all the authorities to the contrary notwithstanding. Some of these cases were near the one million mark when treatment was begun, a few even below this, haematopoiesis progressing concurrently with de-toxication, till in most cases the five million mark was again reached, with complete disappearance of adventitious whites.

Epilepsy has responded almost uniformly, the worst cases ameliorating progressively, subsiding generally through a period of petit mal which diminished in frequency and intensity, to gradually disappear completely in from one to three years.

Nephritis of all varieties has shown a very consistent improvement, with ultimate recovery in those cases that did not evidence a large destruction of the cortex, and in which twenty-five per cent or more of function remained at the time treatment was begun.

Diabetes in the incipient stage has recovered almost without exception, with an occasional case in which carbo-hydrate tolerance was very low, but where pancreatic degeneration had progressed so far recovery was not to be expected.

Eczema, like asthma, disappears readily when de-toxication is well pro-

(Continued on page 186)



No craving for tobacco in any form after you begin taking Tobacco Redeemer. Don't try to quit the tobacco habit unaided. It's often a losing fight against heavy odds and may mean a serious shock to the nervous system. Let us help the tobacco habit to quit YOU. It will quit you, if you will just take Tobacco Redeemer according to directions. It is marvellously quick; thoroughly reliable.

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

It is impossible to conceive of the value of the book; it must undoubtedly be read to be appreciated, and it is obviously impossible to give here a complete summary of its contents. The knowledge is not obtainable elsewhere; there is a conspiracy of silence on the essential matters concerning sex conduct, and the object of the author has been to break the barriers of convention in this respect, recognizing as he does that no marriage can be a truly happy one unless both partners are free to express the deepest feelings they have for each other without degrading themselves or bringing into the world undesired children.



WHEN SOUL MEETS SOUL

sacredness of the sex function and the right of children to be loved and desired before they are born.

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

A Book for Idealists by an Idealist

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

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

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

"SEX CONDUCT IN MARRIAGE"

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

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

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- DEDICATION.
- INTRODUCTION.
- Sex Binds All Life in One.
- Sex Communion.
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I hereby declare that I am married (anticipating marriage.)
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Advice Department

Enquiries will be answered through these columns free. Readers should give a non-de-plume; where this is not done, the initials will be used. Those desiring an answer by return of post must enclose 25 cents to cover cost of postage, paper etc. Name and address must be given for purposes of good faith. These will not be printed.

J. S. F., FLORIDA.—If you both are in a healthy condition, then there is no harm in the "soul kisses," and, if spontaneous, is highly stimulating to emotional satisfaction. The well-formed beauty with long hair, appearing in the January issue of HEALTH and LIFE, was Miss Genevieve Semaahko.

G. M., NEW ORLEANS.—Sorry for delay, but had to answer questions in order received. Know nothing about your present condition, but suggest that you ought to leave it alone. Strongly advise this. Read "A Complete Book of Sex Knowledge." Many parts of it necessary to you. Thanks for boosting "H. & L."

(MISS) E., ONTARIO.—Epilepsy is an unbalanced nervous organization. There is no orthodox explanation of it, but your boy's case is one additional proof that it is undoubtedly caused by poisoning from the alimentary canal. The boy should live on fresh fruit and fresh vegetables, and great attention should be paid to regular elimination, and the activity of all eliminating organs. Great care and attention along these lines will yet restore him to health. The best thing is for you to get a copy of "Eating to Correct Ill Health," price \$1.75, from this office. It will give you an idea of the detailed instructions you should follow regarding diet and elimination, and I am sure that if you stick conscientiously to it, you will pull that boy through. Epilepsy itself is not hereditary, although there is the tendency inherited which I deduce as being the results of faulty eating and elimination in one or both of the parents.

T. B., OHIO.—Everything appears to be quite normal. The smallness is natural at first, and simply proves a good clean life before marriage. Very frequently the hemorrhage does not occur on the first occasion. You will find it will not be long before everything is in order, and you two mutually adapted to each other. Use care, of course, always, and observe the "preliminary courtship," which is as laid out in the wife in particular. When pained, use a little vaseline. I am glad you have procured "A Course in Marital Co-operation." This, carefully read, will help both of you.

MRS. M., N. H.—I did gather from your letter that the child was over three years. However, the child should still have the rupture attended to by a physician, and exercises should be given to the child. Playing and walking exercise the abdominal muscles. For some time, the child should have just pure, raw milk, three times a day, and any extra meals should be made of fresh garden vegetable stew, made from any fresh vegetables to hand, not potatoes. The child can drink the "gravy," and if he can be induced to eat some of the tissue of the vegetables, so much the better. Also let him have some orange juice occasionally. This diet should be continued until the child himself wants more solid food. Then he may be given a rye cracker to chew on, but nothing to drink while he is eating it. See if you cannot get him to obtain plenty of fresh air. This is very important.

M. B., IDAHO.—1. Maybe abnormalities in the organs themselves, and certainly abnormalities in desires. 2. Yes, if he has really conquered the habit. However, he would be very wise to take a special course of physical culture, planned by experts in these matters. 3. Quite a good average. Yes, always possible where there is mutual love and understanding. 4. Yes, when excessive. Minor abuse not easily detected. 5. HEALTH and LIFE, on sale on the news stands, and you should order from your newsdealer, and insist upon having it.

E. T., KY.—Congratulate you on the idea you have of getting sunlight into an otherwise almost sunless room. Most certainly you will highly benefit. Of course, not quite so much as direct sunlight, but still assuredly worth your trouble. The fact is that sunlight, as it passes through glass, has certain rays which are beneficial to the human organism, but, on the other hand, this loss is not sufficient to at all warrant the statement that sunlight through glass is not beneficial. So, if you cannot get direct sunlight, by all means go ahead with your excellent scheme.

L. B., CALIF.—Quite understand your wish to be absolutely normal before you marry. You

should get yourself into really good condition physically, so that you may hope for real happiness, both for yourself and your partner-to-be. With regard to the matter you mention, that is not necessarily a disadvantage. The possibility is that your condition would be normal under the right circumstances; that is, if there were love and a real understanding and sympathy. In repose, should be small, and physiologically this is an advantage. The best is not to worry. See that your sexual condition generally is perfectly healthy, and your body in good condition.

E. S., VA.—Walking is in itself a healthful exercise, always provided that you carry yourself well and hold the body correctly. I would say "hold the body naturally," only it has unfortunately become such a habit as to be almost "natural" to hold the body wrongly and harmfully. The importance of correct carriage has been stressed in many articles that have appeared in HEALTH and LIFE from month to month, where it has been shown that to hold the body well erect, the head up, and to place the foot well forward in walking is in itself an exercise. Never allow the body to sink down onto itself. You should observe this rule even in sitting, that the sitting posture be attention to correct walking. In addition to this correct carriage, you should take care to breathe properly. Breathe always through the nose. While walking it is an excellent exercise which will add to the helpful nature of walking, to take some deep breaths occasionally. You would no doubt find Doty's "Walking for Health" useful book to possess. With regard to the tonsils, I certainly do not advise the knife. Nevertheless, a definite attack should in addition be treated. The deep breathing before mentioned will do a great deal of good. Always be sure to breathe through the nose. Then, too, you may gargle the throat with a weak solution of hydrogen peroxide with water. The general bodily condition should be toned up by exercise and right eating. In addition to the exercises you are now doing, you should do the exercises in the book. Exerciser both exceedingly healthful and also interesting.

M. W., MINN.—From the physiological point of view, and to all intents and practical purposes, the two are identical. I prefer the term, "communion of love" because it does not confine itself to the physiological aspect alone, but takes into consideration the spiritual and emotional aspect of idealism. It also suggests the mutuality of the lovers which, to my mind, is an important point. Then, also, the very name is the key to the ideal that all sex expression should be the outcome of love, and the expression of it alone.

H. P., CALIF.—Keep on with the treatment you are now taking for that Varicocele, but, in addition, take a course of education and scientific eating, as outlined in "Eating to Correct Ill Health." Possibly, for the next three or four weeks, live on just fresh fruit and fresh vegetables, securing your active elimination at the same time. This, in conjunction with a good all round system of exercise, if taken conscientiously, will get rid of the trouble if given time. Rest in a reclining position as long as you can. When exercising, it will also help you to do the reclining outlined for women by Dr. C. Mosher, in the April issue of HEALTH and LIFE. Lie down, and protrude the abdomen; then draw in the abdomen as much as possible. This movement, done alternately, several times during the day, will help very considerably.

(MRS.) P. C., N. J.—Your child of 17 months should be given vegetable soup occasionally. There is no harm in the others taking raw fresh vegetables, but perhaps they can eat more of them in the form of stew. Simply put any fresh vegetables to hand into water, and let them stew, and the children should take both the vegetables and the water in which they were cooked. Don't give them too much starchy food, whole wheat cracker, or something of which they can chew in the morning would be good. But in any case starches should not be taken more than once a day, even by children. Give them eggs, milk, fruit and vegetables, and they will do well by those children, and they will live to thank you.

(MRS.) H., N. Y.—Your aim should be to get yourself into such physical condition that normalcy in every respect is possible. You certainly ought to exercise, regularly and scientifically. The Richmond Spinal Exerciser would help you a good deal. You are also eating badly; that is to say, you are combining your foods so that they have not the best chance of giving you that nutrition you need. Follow out the principles of food combination as explained in "Correct and Corrective Eating," and I am sure you will get benefit therefrom. In instance, you are at present taking orange, and acid food, at the same meal as a starchy food, you are also combining your starches and proteins. Both these combinations are bad for you. It might be well for you, for a short time, to go on an all fruit and fresh vegetable diet so as to give yourself a good start in the elimi-

nation of the poisons caused to accumulate by the wrong combinations of your foods. Have you the right psychological attitude? The greatest importance in striving for effect will in itself destroy all chances to obtain the real and true satisfaction which you desire.

J. R., OHIO.—Could you not wear a suspensory bandage? This would keep the hair away from the part, and avoid the inconvenience of which you complain. It is quite natural for it to recede, and I would suggest that you take no notice of what the other fellows think. Your condition appears to be normal, and any tampering may have unhappy consequences. The condition should occasion no embarrassment.

C. V., PA.—Very many thanks for your very kind remarks. You are on the right track, and have already got some of the right ideas. Your condition is catarrhal, and that is undoubtedly at the root of all your trouble. Get rid of that, and you will feel a new man altogether. This would mean cutting out from your diet for a time all starches and proteins, and living on fresh fruits and fresh vegetables. This is the very best plan I can recommend for the elimination of the diet of which you complain. Acquire a taste for the real delicious taste of fresh natural fruits and vegetables, and eliminate that catarrh, which is responsible for your condition, and you will not find it difficult to give up the drugs. You simply won't need them.

G. S., MICH.—The chances of further conception taking place while your wife is pregnant are very, very remote, one in many hundred thousands, we may say. So it is practically to ignore the possibility. As you know, great care should be taken during the later stages of pregnancy, but I can see from your letter that you have the right point of view with regard to this matter.

A. F., ONT.—Yes, you should certainly take notice of this condition. If neglected entirely, it may become inconvenient, if not serious. You should wear a suspensory bandage. Bathe the parts in cool (not cold) water every morning. Don't stand any more than you can help. Movement is all right, and so is rest, but just standing is bad for you. You should exercise, of course. You would find a Richmond Spinal Exerciser very good for you. Your diet is also important, perhaps more so that is generally realized. You should have plenty of fresh fruit and fresh garden vegetables, taken in the combinations that are scientific.

P. H., WIS.—Your wife cannot do better than take a course in eliminative eating, such as she will find clearly outlined in the book, "Eating to Correct Ill Health." She can follow the directions given in the chapter devoted to "Indigestion," as a poor alimentary condition appears to be at the root of her trouble. She should also read through the Introduction and the opening chapters, and also the chapter on "Anemia," as she will find these will give her a better insight into the dietary she will be taking. It will be an excellent opportunity for her to give herself real chances while she is resting in the country. The action of the bowels is of extreme importance during this time of elimination, and she should encourage this activity in the ways mentioned in the book. 2. Yes, your idea is correct. 3. This method of the expression of love in marriage has been proven, beyond all doubt, to be beneficial to health, and most satisfying to both husband and wife. 4. Of course, there are scientific methods of contraception, well-known and made public in other countries.

(MRS.) O., CANADA.—It is not unlikely that you still suffer from the effects of that early blow. You ought to be exceedingly careful, therefore, as to what you eat. You are, of course, very careful now, but I feel sure that you could get more food, if you knew how to combine your foods, and eat them in the ways which are to you. Practice this exercise: Lie flat on the back. Protrude the abdomen. Now draw it in. Repeat this protrusion and retraction of the abdomen 15 or 16 times, both morning and evening, every day.

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VACANT LOT, IN NORTH SHORE rapidly growing suburb of Chicago; best residential district; convenient to Lake, and good transportation to business section of Chicago. All improvements, concrete sidewalks, sewers and water; 40 ft. by 141 ft. Offered as a bargain. Part payment or part exchange considered. Would consider a part exchange for country cottage. Box 333, HEALTH AND LIFE, 508 South Dearborn St., Chicago, Ill.

UP FROM THE DEPTHS —STEP BY STEP

You can watch the progress made by our pupils. If you are in the habit of reading these monthly announcements, you will observe that out of the depths of weakness and despair our pupils emerge triumphant.

We have specialized in these cases, so that they are not difficult for us. Each one presents a problem, it is true, but our principles are so sound and scientific that they do not fail, they cannot fail.

First of all, we stop the waste. We make it physiologically easy for the victim to resist the habit. Then we build up the depleted nerve centers and thus give to the pupil that robust health and strength that give him such joy and gratefulness for what has been accomplished.

Observe the progress made from lesson to lesson by the pupil whose case we give below:

Case 503. Suffering from solitary habit, thinness, depression, moroseness.

"Gentlemen: I have been practicing the habit for about six or seven years. I do not remember at all how I came to do, but I think I learned it while I was at school. During this time I have always been thin and self-conscious, and given to my own company, and my trouble has made me feel unusually depressed and morose."

REPORT AFTER 10 DAYS.—"It is now about ten days since I have been under your care, and I am glad to say that I am feeling fine. I anxiously await your further instructions."

REPORT AFTER 6 WEEKS.—"I have to report that I am following your instructions carefully as to exercise, diet, etc. I am feeling stronger now, but I get tired after walking several miles. I have gained a pound in weight since my last report, and this is of the healthful tissue necessary for proper functioning. As to the habit, I am very glad to say that I have not suffered from it for the last month. I feel quite elated about it, and also I note that I do not think of bad sexual things as much as I used. In fact, I do so very seldom now. I am keeping well to your instructions with consequent favorable improvement."

REPORT AFTER 8 WEEKS.—"I am certainly glad I took the course of instruction from you. I only wish I had known about it earlier. I am going to make up for what I have lost these last few years. I am glad to be able to report an increase in weight of another pound, and also that I am feeling and looking much better. As to the action of my bowels, they move at least twice a day, morning and evening, sometimes three times, and occasionally four times. Thanking you for your kind attention . . ."

REPORT AFTER 10 WEEKS.—"The three months' course of instruction under your care will expire with my next lesson, and I want to thank you for taking so much interest in me and helping me on as you have done. The greatest improvement I notice is in my mental condition; my thoughts are absolutely free from impure thoughts. I am beginning to feel full of pep and energy, and although my physical condition is not A-1, it is improving every day. I have ceased to think about the habit; it is a thing of the past, to be entirely forgotten. I think it would do me a great deal of good if I continued under your care for another month, giving me strengthening diet and exercises, etc. I am glad to say I gained another pound in weight this week. I hope that by the time the next month elapses I can say that I can do without your assistance. Again thanking you for your kind attention and care."

REPORT AFTER 12 WEEKS.—"I have the pleasure in enclosing payment for the last month's course. I am glad to be able to report that things are progressing favorably, and that I gained nearly two pounds in weight. The milk has been a welcome addition to my diet. I find it is not necessary for me to have as much fruit as I did before if I have the milk, as I find it satisfying to a certain extent. My elimination has been going on fine, at least three or four times a day. I now weigh 146 lbs., dressed, so you see that this is quite an improvement. With kind regards, yours sincerely."

REPORT AFTER 14 WEEKS.—"I am glad to be able to report that everything is going on fine. My weight is still gradually increasing, and I know that if I keep on, everything will be fine. I think this is my last report to you, and I want to take this opportunity to thank you for what you have done. You have been a very great help to me, and I can hardly express my thoughts for what you have accomplished in me. I am on the road to great things, and by being in perfect physical condition, which is conducive to right mental condition. I feel that there is nothing that I cannot accomplish. I want to thank you again, and wishing you the compliments of the season, yours sincerely."

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You are invited to consult us. The correspondence is kept private and confidential, and you are under no obligation by so doing.

Make this a new era in your life. Be a real man, a he-man, a manly man. We will deal with your case in a sympathetic manner. You will find that we understand as you thought nobody ever could understand. Send your story to us, so that we may set you a special course.

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YOU KNOW A MAN BY HIS COMPANIONS

A PERSON can become good or bad according to his companions. He can also become a clever man or a fool, according to the company with which he mixes. The most influential companions are books. Do you read good books? Are the people who write these books men of personality and character?

In "OPPORTUNITY AND THEODORE ROOSEVELT" we have a book dealing with the intimate life of a very great man. Roosevelt had personality and character, but it was especially while he was out on his African expedition that he exhibited those traits and characteristics which made him the wonderful man he was. In Warrington Dawson, who wrote this book, we have a man of extraordinary mental power and personality. It takes a great man to tell the life of another great man. Roosevelt and Dawson were bosom companions while the late President was out on that great African expedition. In the book, "OPPORTUNITY AND THEODORE ROOSEVELT," you get an intimate insight into the life of Roosevelt.

There are a large number of original photographs which have never been published before, some exceedingly interesting correspondence between the author and Roosevelt. In fact, the book is a real heart to heart visit with Roosevelt. A reading of "OPPORTUNITY AND THEODORE ROOSEVELT" is an education. It is an inspiration, and nobody could read it without being benefited enormously. Roosevelt was great because he took his opportunities. Dawson shows how he took advantage of every opportunity, and why; analyzing most cleverly that intense and dynamic personality which has made a great



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Read this book, if it's the last thing you do, for you will never regret it. It is full of the adventure of the African expedition, yet a splendid portrayal of a wonderful man. Have Theodore Roosevelt as your companion during some quiet hours of reading, and you will emerge infected by that great spirit of accomplishment and action which characterized Roosevelt.

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The Restoration of Health

(Continued from page 182)

gressed, while psoriasis follows the same course, though much slower.

In the acute infections, notably in septicæmia, leucocytosis is first raised rapidly, and as rapidly declines, the temperature and even the local symptoms disappearing in some cases within twenty-four hours.

Technique

Is this all too much to believe? I do not ask you to believe it, for faith without works, especially in the practice of medicine, is dead, but I do ask that you withhold judgment till you have proved or disproved every statement made here, but wish at the same time to warn you that if the technique here described is not followed closely disappointment will result.

The object aimed at in every case is first of all rapid, deep and thorough de-toxication, by means of the Guelpa purge, followed by daily distention and emptying of the colon with water at 80 degrees or less, the cooler the better, and diet so arranged as to preclude the possibility of acid-formation, as described above, the fresh fruits first, leafy soups, salads, stewed leafy non-starchy vegetables, the juice all conserved, next the starchy tubers, and finally the cereal starches, but these in the form of whole grain products only, and the amount limited, as it is well known that the starches from cereals are much harder to digest without acid fermentation than are those of the vegetables.

In the earlier treatment of disease with these objects in view it was my invariable custom to employ the absolute fast for from two to six weeks, seldom less than two weeks, and the results were so amazing, to me, that this practice was followed for more than four years, but the instinctive dread of the fast on the part of those who have never missed meals, together with the possibility of untoward results that would surely be misunderstood by the friends of the patient, led to the plan here outlined, which has been gradually modified till reaching its present form.

The Defensive Diet League

I know of but one institution today that is giving adequate instruction on foods, with reference to their correct selection and combination, and that is The Defensive Diet League of America, located at Toledo, Ohio. This is an outgrowth of a series of instructive talks on the subject delivered by George E. Harter, of Toledo, before the state Dental Societies, and was organized in May, 1922, with a very few members, but now numbers thousands, not only among dentists, but among physicians and laymen. The latest findings of the best nutrition laboratories all over the world are each month searched, their findings interpreted and the results passed on to the members of the League, thus keeping everybody up to date on this most important work, and the good that this society can and surely will do is inconceivable, for their instruction is not only scientific but with the added direction of one who is thoroughly familiar with the alkaline needs of the body.

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The greatest discovery of modern times. Health and strength are obtained in an incredibly short time by this astounding new system.

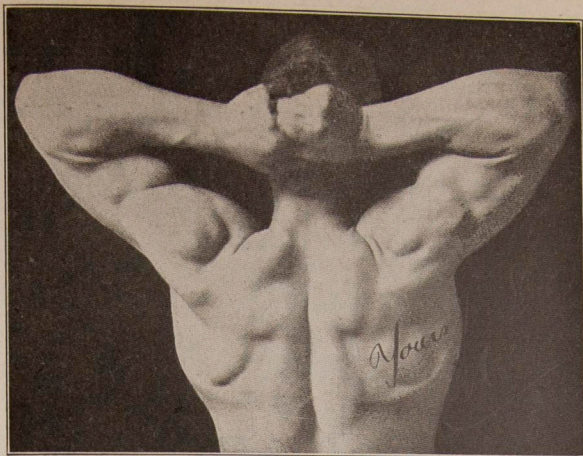
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Who is this? It can be YOU! in one month from today. It is the wonderful fitness that "VITOLAXING" gives in such an incredibly short time. Start right in now to prove it for yourself.

What Is Vitolaxing?

I want to tell you a story of one of the most fascinating discoveries of modern times.

It has been my privilege to edit physical culture magazines all over the world. I have examined the system of very nearly every physical culture director. I have had the opportunity of discussing personally and privately the great athletes of the past fifteen years.

As an international champion athlete I have taken an interest in all these things and have had my own personal problems of training to map out. I am now practically through with any competitive athletic work, and I want to give to the world what I have discovered during my years of experience as an athlete in conjunction with the exceptional opportunities afforded me because of my position as editor of several physical culture magazines.

I was one of the unfortunate ones in my childhood. I had heart disease and other complaints which handicapped me, and I, therefore, know what it is to feel "down and out." However, it was because of my sad condition that I determined to see what there was in physical culture to enable me to build up the health and strength that it was my right to enjoy, and which I knew I could enjoy because I saw others enjoying them. What I have accomplished the whole world knows, and I am willing to go before any physician and have him examine the condition of my heart and other organs, confident that he will give me a certificate of 100 per cent fitness.

What a wonderful world it would be if all men and women could say the same! Yet they could say the same if they adopted the same measures, and the measures resorted to in private by many of the strongest men in the world and the greatest athletes who once were weaklings.

The old system of exercising is all right in its way. However, I was first led to this discovery by Professor Tyndall. Professor Tyndall explained that in ordinary exercises there is a great deal of wasted energy. For instance, if you lift a weight your energy is wasted in the raising of that weight, to a very great degree. If you do arm bending and stretching, you are still wasting energy in the movement of the limbs, except, of course, that there is a slightly less waste than in the raising of weight. The ideal method, as suggested by Professor Tyndall, was to secure some movement

which would conserve all the energy and use it for the upbuilding of health and strength.

It is this conservation of energy which has been discovered in VITOLAXING. Muscles relax and contract by means of mental power alone. This is not so difficult as you imagine. Of course, the secret of it comprises the system of VITOLAXING, but there is an easy way of applying Professor Tyndall's law to every muscle in the body.

You can imagine, then, how wonderfully responsive the body must be to VITOLAXING. The practice of the system bears out all this. An inch can be put on the biceps muscles of the arm within a month. Proportionate increases can be made all over the body where desired. Thus a superb body can be developed in a very simple way.

But imagine what this system of VITOLAXING can do for the vital organs of the body. For instance, the abdominal muscles, which practically control digestion and elimination, can be set in order at will, they can be made immediately to respond and function efficiently.

I want you to look at the photograph on this page. Does it mean anything to you? It is evidence of what your body can become.

One of the most valuable things about VITOLAXING is that it does not mean a waste of a lot of time. The exercises can be performed at any time of the day, even in ordinary clothing, if necessary.

During the course of VITOLAXING you are given personal instructions. The system is adapted to suit your case, and it is quite an easy matter to follow out the very clearly given instructions and attain the physical condition you desire.

I would also like to mention that possibly the most beneficial thing regarding VITOLAXING is that, being an much mental as physical, or perhaps to explain it more clearly, the control of the mental over the physical, the power of mind is developed to a remarkable degree. Business men have found this extraordinarily valuable. They become clearer witted, have a keener sense of perception, and problems that worried them before give them no trouble. VITOLAXING, in other words, is one of the greatest discoveries for vital physical advancement the world has ever known.

Start Right In NOW

We are particularly anxious to put this course within the reach of everybody, because we believe it to be one of the greatest discoveries ever made for human advancement. The fee is therefore only \$4.75. This will give you the complete course of VITOLAXING with its application to your particular condition. Your case will be carefully weighed and considered, special exercises mapped out for you, and, in fact originated for you if necessary, so that the result can be guaranteed. Your condition will be studied carefully and everything that is possible to insure absolute efficiency in VITOLAXING will be done.

Don't hesitate! Enjoy the health and strength that it is your right to have. Fill in the form and start. Send it immediately so that you lose no time in such an important matter. You have a whole world to gain and nothing to lose.

Don't send any money. Simply pay the postman \$4.75 when he delivers the course into your hand, and if you are not satisfied, positively and absolutely, send it back within five days, and your money will be cheerfully refunded.

We want you to know, too, that every VITOLAXING pupil is automatically entered in our prize scheme. GOLD, SILVER AND BRONZE MEDALS will be given for the best photographs showing the results of VITOLAXING after only one month. The Editor of HEALTH AND LIFE himself will act as judge and determine prize winners.

VITOLAXING, Caxton Bldg.,
South Dearborn Street,
Chicago, Illinois.

Please send me your course, VITOLAXING, by return mail. I will pay the postman \$4.75 when he delivers it to me.

It is distinctly understood that if I am not absolutely and positively satisfied with this course, I will return it within 5 days and expect a return of my money.

I attach herewith a short outline of my needs and desires.

NAME

CITY

STATE

(Please Print Plainly)

Don't Be a Runt

Are you short? How do you feel in the presence of others who tower above you as if you were an insignificant worm?

If you are short, not only do you appear insignificant to your fellows, but you feel insignificant. You have what the psychologists call the "inferiority complex."

Let Me Increase Your Height

Let me add a few inches to your stature, and give you a fair chance. You can

BE TALL

My system is a perfectly natural one. I send you complete instructions and the apparatus, all complete. I ask only one fee, which is an absurdly small one, and I keep in touch with you personally during the Course.

No more need you sneak up unnoticed. No more need you crane your neck and look up at others, and have others look down on you in a sort of patronizing way. With your extra inches you will look them straight in the eyes, and look down on all the small ones.

My system is quite a pleasant one. You will enjoy following my instructions, and

You Will Be Surprised

at the results.

Don't be a runt any longer. Let me increase your height so that you need not be ashamed of yourself.

The price of this Course is \$5.75. Don't waste any more time. Fill in the Coupon now and let's get to work. Let me show you what can be done. Wear a man's sized suit. Be a man's sized man.

L. GLOVER,

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I want your scientific COURSE for HEIGHT INCREASING, and enclose \$5.75. This price includes all instructions and apparatus. On another sheet of paper I am giving you my measurements and other particulars which you will find useful.

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Shouldn't Girls Propose?

(Continued from page 169)

Ed.) Woman in love has far more presence of mind than a man has. One poet expresses a man in love as follows:

"Love makes a fool to be wise,
And a wise man to be a fool."

If we are to keep the marriage custom intact, there is only one thing to do. Let women propose. They have tact, and could put the question where men would fail. Not only that, the majority of the men have not the things they consider they ought to have before they propose, and although they would like the privileges and comforts of married life, they do not feel that they are right in asking any woman to share their small incomes with them. Women now are becoming owners of themselves: really independent of men so far as the material necessities of life are concerned. In future they will not do as in the past—depend entirely upon men for their means of livelihood, and so I venture to put forward the suggestion that women should propose, and thereby, not only relieve the bashful man in love, but enable him to discuss frankly with her what he has to offer her, and, if both think fit, undergo the marriage ceremony.

Conditioning the Body

(Continued from page 174)

can nevertheless make yourself over—by exercise and correct living. Do it now—before it should become too late.

"As a man thinketh, so is he," and if you will think—think—THINK—along the proper lines, following out your thought with a natural system of expression or action, you will inevitably come down to the point where you are exercising and consequently stimulating all the functions of your body—the point that spells both mental and physical achievement.

The only system that ever can and does accomplish such results is the system that all strong men and all strong women have used for attaining their development—a natural, progressive, systematic and efficient method that can be utilized to induce and maintain the existence of health, strength and vitality.—Individualized Exercise!

Health and Life Fellowship Message

(Continued from page 169)

Members of the Hi-Y Club, attached to Point Pleasant High School, all cooperated to make this lecture tour a success. Bernard Bernard lectured before the Point Pleasant Rotary Club, Point Pleasant Kiwanis Club, Point Pleasant High School, senior classes, Point Pleasant High School, Hi-Y Club, Gallipolis High School, and a public meeting in Point Pleasant.

Our Editor demonstrated exercises and some tricks of self defense, and, according to the newspaper reports, his lectures were most highly appreciated. Charles Musgrave, star athlete of Point Pleasant High School, assisted in self-defense demonstrations.

Maybe some more of these lectures could be arranged by other members of the Fellowship. If any of you care to organize such lectures, just write and tell the Editor so.

Yours for the healthy, the strong, and the beautiful.

THE SECRETARY.

Middle Distance Running

(Continued from page 176)

from the toes. All the springiness in running comes from the toes. Then you get the full value of the calf muscles, or the leg biceps muscles, as some prefer to call them. The development of such a stride, utilizing the full force of the stride as obtained from the toes, is absolutely essential to the runner. Middle and long distance runners especially have the tendency to run upon the heels, or at least not to utilize to the full the springiness of the toes. A Marathon runner, of course, uses the heels considerably. But for middle distance or any short distance the maximum use of the toes is absolutely essential. For exercise, run upon the toes for a short period of each day. If you cannot get sufficient track or open air running, do it in the privacy of your own room, where you can do stationary running. Just run on one spot on the toes. In a few months you will develop your muscles so that you will have a springy stride, the first essential to the good runner.

Auto-Intoxication Causes Disease

(Continued from page 163)

on such persons are slow to heal, often resulting in open sores, discharging pus, due to the blood having found an additional outlet, through which to pour part of its abnormal burden of filth, and being quick to take advantage of it, in accordance with the unerring law of Nature, striving always to protect our health.

There is probably no ailment that has so completely baffled Medical Science as rheumatism, that source of torture that so completely masters its victim. Many theories have been advanced as to the cause of this painful disease, and many methods of treatment have been tried. But in a great majority of cases all treatment has been largely experimental, and has failed. None of these treatments were in accordance with natural law. They were therefore doomed to failure from the beginning.

A clogged colon poisons the blood. The skin, lungs, liver, and kidneys are unable to eliminate the poison as fast as it is absorbed into the circulation. These organs grow weak and worn under the strain for years. They are poorly nourished, as they cannot thrive on decayed material in the life fluid; and they are poisoned by the toxins in the blood.

When the eliminative organs are unable to dispose of the poisons, these poisons are deposited in the weaker parts of the system. The irritation of these deposits causes inflammation. The result is pain. The extent to which these deposits will accumulate is well attested in some cases of multiple articular rheumatism, or arthritis deformans, where the deposits become so great that many of the joints become fixed, or stiff.

Diabetes is another disease that baffles Medical Science. It is also the offspring of auto-intoxication, requiring years to develop into a chronic state. It begins as a moderate auto-intoxication, with too much acid in the body. This acidity increases year by year. The body resents so much acid, because outside of the stomach, the physical functions are normally performed in alkaline media. As the acidity grows, the body finds it more difficult to function. Finally the power of reducing or burning the sugar in the blood is impaired. As a result, the sugar in the blood increases in quantity until a part of it is forced out through the kidneys. At this stage, the trouble is recognized as diabetes mellitus.

Other symptoms of auto-intoxication are sour stomach, indigestion, sick-headache, biliousness, ulcers, abscesses, catarrh, asthma, neuritis, neuralgia, neurasthenia, tuberculosis, tumors, various fevers, rapid breathing, irregular heart action, disturbed circulation to all parts of the body, disease of the liver, kidneys, etc.

If we review all the symptoms of disease, we discover in every instance that we come to the same conclusion, i. e., internal filth has poisoned the blood. This is true, not only of all physical ills, but also of mental ones, for the same poisonous blood that nourishes all other parts of the body, also nourishes the brain. Indeed, it may be

(Continued on next page)

MANHOOD

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

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

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

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

WOMANHOOD

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

There is not a

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Dear Editor:

Some miraculous Providence guided me to an old number of your magazine a short time ago. I immediately subscribed to it, and sent for your book: "Sex Development." I am entranced. For months I have hesitated about marrying a man who is devoted to me and I to him.

I am enclosing a check for further books. Your wonderfully sweet and pure idealism, as expressed in your magazine and books, has made life all over for me. And I know the new life will be beautiful and happy. Do hurry these books to me. Sincerely yours,

D. M.,
Ithaca, N. Y.

Written in Bernard Bernard's own style, bearing an abundance of knowledge, it also has that intense sympathy with the struggles that we all have to face. This book is a masterpiece. It gives light and understanding and you need to read it.

Written in Bernard Bernard's own style, bearing an abundance of knowledge, it also has that intense sympathy with the struggles that we all have to face. This book is a masterpiece. It gives light and understanding and you need to read it.

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

Name

Address

Married or Single Occupation

Age

Height Weight

Complaint

Duration of Complaint

What exercise do you do?

What do you eat for Breakfast?

.....

Lunch?

.....

Dinner?

.....

(Please print plainly.)

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

To the Editor

"HEALTH AND LIFE"

508 South Dearborn Street, Chicago

well to add that insanity is often preceded by a long period of constipation, and that insane persons have been known to recover their sanity, due to a complete evacuation of the bowels.

High blood-pressure and hardening of the arteries, with the apoplexy that they help to produce, and stiffening of the joints, are all symptoms of old age. But old age is not the cause; it is the effect only. The cause lies, not in one's age, but in the fact that the poisons in the blood, absorbed for years from a clogged colon, act upon the walls of the arteries, producing calcification, or hardening of the blood tubes.

There are many bodily weaknesses to which accumulated waste in the colon is a contributing factor. It exposes one to infection by lowering the vital resistance, poisoning the life fluid, and depleting it of its oxygen-carrying power, and by actually killing off vast numbers of leucocytes, or defensive phagocytes of the blood. Our best health authorities assert that immunity from the most ordinary infections depends upon a clean colon.

Health and Life Fellowship

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

President, The Editor of HEALTH AND LIFE.

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

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

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

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

Members of the Fellowship are entitled to the following benefits:

Free advice from the Editor of HEALTH AND LIFE. No need to pay the usual 25c for postage, etc.

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Wrestling, the Oldest Sport in the World

(Continued from page 178)

with Time himself in disguise, and is a contest we must all lose sooner or later. Hercules did better in his wrestling, for he won not only against the giant Antaeus, who drew his strength fresh each time he touched his mother earth, but also gained a grim battle with death, who he defeated in a hard match. What a wonderful contest it would have been to have matched Hercules against Samson, one thousand kopecks as a purse, winner take all!

From the Back-holds of the Kentucky mountaineers, the Side-holds of the hill billies of Missouri, the free-for-all of the lumberjacks, to the finished art of the professional—some style of wrestling was known and followed by red-blooded men who sought in it excitement, exercise or an outlet for excess energy. There were many rough matches, but men now tried for falls and not to maim or disable except in a few cases where the match was a grudge fight or a free-for-all.

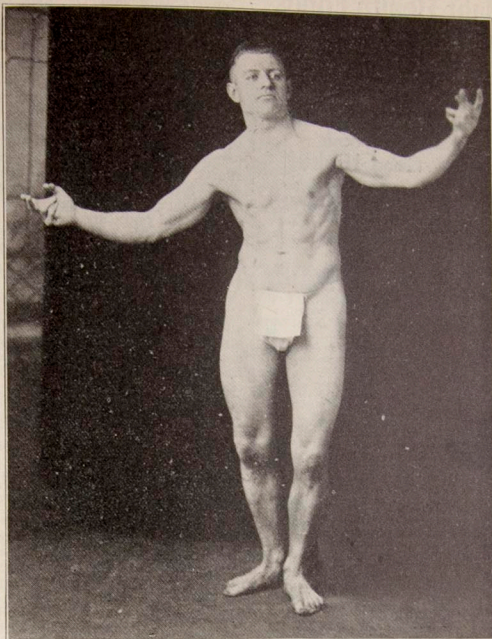
Great champions won and lost titles at each style, and in America there was an invasion of foreign stars, time and again. One of the greatest of these wrestlers was a huge Turk who defeated all American wrestlers with ease, but was drowned on his return voyage. Carrying his winning in heavy gold coins fastened around his waist, he refused to take them off in a shipwreck, and the wrecked boat went down with himself and his fortune.

Another famous invader was the Russian Lion, George Hackenschmidt. On his first trip, in wonderful condition, he defeated with ease the champion Tom Jenkins, but on two other visits was beaten by the great Frank Gotch, then American champion.

There is no doubt that in the early days of America wrestling science came in handy, and that the life of many a frontiersman was saved from Indians by his knowledge of wrestling tricks, as most of the fights were hand to hand. Professional wrestling today, on account of many fake and fixed matches, has lost much of its former high standing, but efforts are being made to better the sport and renew interest in this age-old pastime. In Europe great tournaments are held every now and then, and all matches are known to be on the level. Most Americans, however, do not care for the slower European style of Graeco-Roman, but would far rather witness the faster, more scientific and more natural style called catch-as-catch-can.

India now has many great contests with thousands of spectators. The wrestlers work on the Akhara, or especially prepared ground, but standing wrestling only is used. To become an

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Special Spring Steel Bar, highly tempered and of right calibre for the Two Hands Clean and Jerk. Complete with steel collars, and non-slipping grip for one and two hand work. Spaced correctly for the Two Hands Clean and Jerk, the Two Hands Continental Jerk, and the Two Hands Snatch.....\$5.00

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Special Bar for the Two Hands Dead Lift. This Bar is cambered three ways, and of special heavy calibre, from \$7.00 up, according to the hand grip desired.

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5 lb. Scotch Oat Meal50
6 lb. Can White Clover Honey	1.50
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1 qt. Spanish Olive Oil—the best	1.50
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4¾ lb. Can Barrios Molasses	1.00

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By Warrington Dawson

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"The Sin" is the title of a little volume by Warrington Dawson (The Honest Truth Publishing Company, Chicago, Ill.), that is a gem of the first water, and beautifully cut. It carries 107 pages of as choice literature as one can find in a long journey through the shelves of recent output.

"The Sin" is labeled on the fly leaf as an "Allegory of Truth," but that doesn't tell much. It is really a keen satire, but genial withal. It packs many morals in its brief space and its pages are crowded with subtle ridicule of the artificialities of morality and customs and laws. All this is read between the lines.

"The inner message of this volume does not detract from its interesting and entertaining qualities. The work itself is readable as a well pictured fantasy and moves from beginning to end with dramatic force and effect.

"To tell what the 'sin' is would not be fair to the reader. It is enough to say that the volume is well worth even a very busy man's time for the reading of it."

—From "The Washington Post" of Wednesday, April 9th, 1924.

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508 S. Dearborn St. CHICAGO, ILL.

expert or Pulwan, the athlete must master some 400 tricks, called penches. Lately, in the United States, there have been contests between boxers and wrestlers, in which the latter are almost invariably easy victors. These mixed contests were, however, used in ancient times by the Greeks, and in the Pancrion each man fought and wrestled without rest until the other gave signal of defeat, if he could.

Today wrestling is taught in schools, colleges, and athletic clubs everywhere, and soon America will defend her laurels in catch-as-catch-can wrestling at the Olympic games. Wrestling, besides being the first and most ancient of all sports, is also one of the finest exercises for developing the physical and mental qualities of a man. All the muscles of the body are brought into play in a thorough manner, and the very nature of the sport calls for and induces quickness of eye, good balance, and fast action of mind and body. The fascinations and rewards in health, virility and strength, are such that anyone with grit and love of contest in his blood has but to try it, and he will quickly be enlisted among its votaries, though preferably on the amateur's side.

How I Learned To Love

(Continued from page 151)

city was finished. Therefore it was that I attempted to seek variation once more.

This was fraught with even more failure, and I felt now, at the age of twenty-eight, I was a useless old man.

My men chums, who had known me all through, thought that I was one who had tasted life, who had lived life to the full. How little they knew! I now began to see that I had wasted my life, that I had burned the candle at both ends, and that there was nothing left for me at all.

I tried physical training courses, I tried vibrations, I tried electric treatment. I tried everything under the sun that I could find, believing that my physical organism must have got out of condition. Nothing was of avail. Nothing helped me.

But my introduction to exercise gave me a new interest, which came in the end to mean my re-creation. When first I saw HEALTH AND LIFE some three years ago I was attracted to it at first because it was a physical culture magazine. But what really determined that I should buy the copy I saw on the newsstand was the heading "The Free Expression of Love in Marriage" an article I read with the most profound interest. I really believe that that article re-made my life. It opened up a new world, the world of love. I began to see that love was not merely a physical expression, but an emanation from the soul. There were, of course, some very valuable physical details in the article, but it was the psychology—might I call it?—that affected me. It was the idea that, before love could be expressed, it must be conscious, it must be of a pure and sincere nature.

Almost needless to say, I bought one of the books of the HEALTH AND LIFE Publications, and after that I sent in my order for all of the books published by HEALTH AND LIFE, with instructions to send any further new books published in the future.

To me, it was a new philosophy. I had myself put right on physiological facts, but, what is more, I had myself put right on philosophical facts. My philosophy of love had been wrong and foolish. It had been too physical. I had sought to express a physiological function, instead of realizing that this was only truly satisfying as a psychological function, and that before there can be any satisfaction there must be love, love in the truest and fullest sense, that love which is all-consuming and self-expressive.

Some other books I was led to read were those of Edward Carpenter, "Love's Coming of Age." (This can be procured from any good library.) This book is full of the most beautiful idealism. I now no longer sought a merely physical expression. I allowed love to express for me. I began to talk with my wife on such matters, something I had never dared do before.

Now there is no striving. Our love is a sacred thing, expressing itself fully and beautifully, because it is spontaneous. Maybe I am by nature an idealist, but the fact remains that I did not know it till a few years ago. But this just proves that if I had been told, if I had been given a sound education, based on ideals, I would never have been forced to go through those terrible experiences of a wasted youth.

My wife is my nearest and my dearest friend. I am in love with her, but have only been in love with her during the last year or two. Maybe I missed a divorce through reading that early issue of HEALTH AND LIFE. But I now feel the happiest man in the world, married to the best woman in all the world.

The Basic Causes of Women's Diseases

(Continued from page 164)

manly. These are the physical characteristics of ovarian insufficiency.

What Makes an "Old Maid"

We are apt to picture the old maid as an angular, gaunt woman with a pinched face, no sense of humor and none of the lovable womanly attributes. The individual in question is sick. She has an ovarian insufficiency, a lack of proper secretory activity. She is a product of her environment. It is pitiful to see such a person. Certainly she is being denied the joy and happiness that naturally belong to womankind. She seldom marries. She is what we call the old maid—content, perhaps, to outward appearances, but usually harboring in her heart sorrow and disappointment.

It is unnatural for a woman to be of this type. It is a disease, the pathology known—ovarian insufficiency. The thing can be corrected early in life and the patient given entrance to all that is her due. Any sedentary occupation or mode of existence invariably produces degeneration of the tissues and the generative organs.

Right Emotions Essential to Health

To maintain these organs properly it is necessary, then, that a woman give play to her emotions, that she have womanly interests, that love enter into her life, that she come in contact with everyday life in its moods and fancies,

(Continued on page 194)

Knowledge Is the Key to Marital Happiness



"A COURSE IN MARITAL CONDUCT," is now ready. It has been specially compiled to give facts, so that the expression of love in marriage may mean a beautiful and real thing always.

Most of the misunderstandings and difficulties amongst married people today would be totally done away with if only the vital facts concerning marital conduct were made known in such a way as to maintain that idealism essential for refined human beings.

Most of the marital misunderstandings and difficulties arise, however, because husbands and wives do not feel free to express themselves as they have the right to do. There is usually some fear present, fear that it is wrong, fear holy of holies of married life.

In this "Course in Marital Conduct" are laid down for the first time the rules of conduct for what the author has termed a "communion of love," also "continent communion." It is similar to what has been termed "Karezza," but it is a communion that is based on love, ensuring the highest spiritual satisfaction.

This is the highest form of communion that an idealist could possibly conceive, because it gives absolute control of the sex forces, preserving the secretions to build up the health, strength, and vitality of the body, while permitting spiritual satisfaction and expression of love.

Of course, there are many other things of vital nature dealt with in the course. The complete function for the purpose of procreation is also dealt with in detail, and all the numerous functions which ought to be known by every married man and woman in order to assure success and happiness in marriage.

LET LOVE GUIDE YOUR MARRIAGE

Love should be the guiding principle in marriage. But it can only be this when knowledge of its privileges and responsibilities is possessed by both husband and wife.

Any good physician or judge will tell you that serious marital misunderstandings are always caused by incompatibility. This can be remedied by reliable information that will allow both husband and wife to be free and natural in the most sacred and private experiences.

A COURSE IN MARITAL CONDUCT

By BERNARD BERNARD, Phys. B., M. P. C.

has been compiled especially to meet the needs of the married or those about to be married. It is written in plain, blunt language, so that every point is perfectly clear.

Obviously it is not possible to convey here more than a mere suggestion of what the course contains. Only actual reading of it can do it justice.

Contents of "A Course in Marital Conduct"

It is not a book in the ordinary sense, but is typewritten in a series of 27 letters to Husband and Wife, six special ones to the Husband, and six special ones to the Wife by Mary Bernard (Mrs. Bernard Bernard). They are nicely tied together so that they can be easily read.

LETTER 1—To Husband and Wife.
The Intimate Nature of Marriage.—Discussing Intimate Conduct Together.—Husband's and Wife's Equality.—Equality of Privileges and Responsibilities.—The Beastly Side of Sex.—The Sacred Side of Sex.—True Harmony and Success in Marriage.

LETTER 2—To Husband and Wife.
The Determination to Agree.—Reciprocity.—How to Avoid Misunderstandings.—Causes of Irritability.—Sexual Causes of Nervousness.—How to Avert Incompatibility.—The Realization of Romantic Dreams.

LETTER 3—To Husband and Wife.
Is Sex Vulgar?—The Realization of Unity.—The Dangers of Bad Practices.—Sex Not Merely the Means of Reproduction.—Uniting Mind, Soul and Body.—The Tool of Passion.—Sex Communion.

LETTER 4—To Husband and Wife.
When Love Begins.—The Marriage Thrill.—Physical Relief or Soul Communion, Which?—The Dearest Friendship in the World.—Courtship Dreams Realized.—Winning Each Other by Love.—Why Some Wives Cannot Respond.—Why Some Husbands Cannot Respond.—The Sacred Act.—Mixing the Substance of Body and Soul.

LETTER 5—To Husband and Wife.
Two Forms of Communion.—Communion for Reproduction.—Communion for Love.—Sexual Malfunctioning.—Indulgence Prompted by Passion.—Communion Prompted by Love.—Periodical Love Communion.

LETTER 6—To Husband and Wife.
The Technique of Begetting Children.—The Importance of Being Parents, and Not Merely Becoming Parents.—How to Avoid the So-called Children's Diseases.—Prenatal Influences.—The Act of Immortality.

LETTER 7—To Husband and Wife.
Physiology of Reproduction.—Foetal Development.—Adaptation of the Internal Female Sex Apparatus.—Actual Conception Explained.—The Greatness of Parenthood.

LETTER 8—To Husband and Wife.
Unfitness for Parenthood.—Male Physiology in Reproduction.—Production of the Spermatozoon.—Male and Female Coalescence.

LETTER 9—To Husband and Wife.
Preparation for Parenthood.—The Determination of Sex.—Laws Which Govern the Pro-

duction of Male and Female.—The Best Time for Conception.

LETTER 10—To Husband and Wife.
Technique of Communion for Love.—Conservation in Communion.—What Is a Sex Act?—Free Expression Without Loss of Vital Energy.—The Necessity for Free Expression, and no Conservation.—Technique Simple.—Ability to Conserve Is True Control.

LETTER 11—To Husband and Wife.
Inability to Conserve Is Pathological Condition.—Retaining Life Forces Ensures Physical, Mental, Intellectual, and Spiritual Efficiency.—Men and Women Who Fear Sex.—Parents Who Neglect to Give Vital Warnings to Their Children.—Parents' Educational Duties.

LETTER 12—To Husband and Wife.
When Communion Should Be Indulged.—Position.—No Danger in Conservation of Forces.—Asylums Filled With Sufferers from Over-Expenditures.—Neurosthenia and Impotence Caused by Lack of Control in Expenditure.—The Habit of Too Frequent Loss.—The Habit of Conservation.

LETTER 13—To Husband and Wife.
The Cave Man Idea Criticized.—Rules for Husbands.—Wooling.—How Husband Should Entice Response.—Love Will Steer to the Heart.

LETTER 14—To Husband.
Inability to Function Normally.—Irritation of the Sexual Nerves.—The Avoidance of Abnormalities.—How Communion With Conservation Promotes Gland Efficiency and Youthful Longevity.

LETTER 15—To Husband.
Nocturnal Emissions and Their Cure.—Results of Early Indiscretions.—Spermatorrhoea.—Prostatorrhoea.—Promoting Sexual Normality.—How to Develop Magnetism of Personal Force.—Prof. Steinhach on Sex Glands and Internal Secretions.

LETTER 16—To Husband.
Physiological, Psychological, and Emotional Satisfaction.—Spiritual Attunement.—Preliminaries.—Communion During Pregnancy.—Avoiding Physical Dangers.—The First Law of Life.

LETTER 17—To Husband.
Sex Weaknesses.—Abuse.—The Indiscretions of Youth.—Legacies of Bygone Habits.—The Atrocity of Ignorance.—The Taunts of Impotence.

LETTER 18—To Husband.
The Pathology of Sex Abnormality.—Restoring Normal Functioning.—Habitual Passion.—Spiritual and Physical Perfection.—Exercises.—Diet.—Noble Ideals.

LETTER 19—To Wife.
Two Souls Merging into One.—Difficulties and Trials That Irritate.—How to Win the Husband.—The Indispensability of Sex.—Combating the Fear of Love.

LETTER 20—To Wife.
How to Realize Girlhood Dreams.—Motherhood.—The Begetting of Children.—The Sexual Difference Between Man and Woman.—Complete Communion.

LETTER 21—To Wife.
The Legitimate Claim of Sex.—Victims of Neurosthenia.—Animal Instincts.—Is a Kiss Sexual?—Special Instructions for Love Communion.—Desire.—The Dictator of Love.—Experience of the Climax.—Sex Hyper-Sensitiveness.—Emotional Satisfaction.—The Joy of Love in All Its Fullness.

LETTER 22—To Wife.
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LETTER 23—To Wife.
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LETTER 24—To Wife.
Sterility.—Causes of Sterility.—Remedies for Sterility.—Lack of Feeling: Cause and Cure.

LETTER 25—To Husband and Wife.
Unwarranted Torments.—Imputed Abnormalities.—A Case in Point.—Prematurity.—Over Intensity of Feeling.

LETTER 26—To Husband and Wife.
The Spacing of Children.—Women Who Are in a Constant State of Pregnancy.—Large Families Bring Poverty.—Harnessing Natural Forces.—Limiting Procreation.

LETTER 27—To Husband and Wife.
Maintaining Thrill and Romance.—Making Love Grow Stronger as the Years Go By.—Adaptations.—Marriage as an Ambition Builder.—The Unity of Life.

Naturally, we can only send this COURSE IN MARITAL CONDUCT to those married or anticipating marriage, and, when ordering, this declaration must be made in writing.

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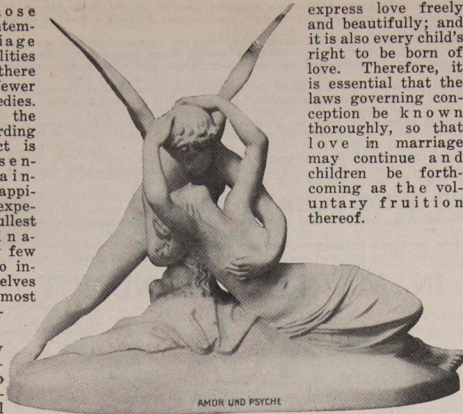
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The Realities of Marriage

If only those married or contemplating marriage faced the realities of marriage, there would be fewer marital tragedies. Knowledge of the facts regarding proper conduct is absolutely essential to the maintenance of happiness and the experience of the fullest joy obtainable. Yet, how few ever trouble to inform themselves fully on this most important subject!

It is every married person's right to have the knowledge that will



"The ideal marriage is one in which two lovers come together and dissolve all differences, becoming one in body, mind and soul."—Bernard Bernard.

READ

"Beginning Marriage"

By BERNARD BERNARD (Editor of "Health and Life")

It deals frankly and openly with the ideal conduct of marriage. It is indispensable to those who really want to know facts. It is a book for idealists and realists.

CONTENTS

CHAPTER I INTRODUCTION	CHAPTER VI MAINTAINING MARRIED HAPPINESS Freedom of the Expression of Love Laws Governing Conception Voluntary Parenthood Normal Habits
CHAPTER II TO THE BRIDEGROOM-TO-BE Preparing for Marriage Courtship How to Propose	CHAPTER VII MARITAL ABNORMALITIES AND HOW TO CORRECT THEM Results of Solitary Habits Spermatorrhoea Prostatorrhoea Sterility in Men Sterility in Women Impotence in Men Lack of Affection in Women Lost Manhood Hysteria
CHAPTER III TO THE BRIDE-TO-BE How to Discover the Right Man Things Necessary to Know The Romance of Courtship	CHAPTER VIII PHYSIOLOGICAL HYGIENE Technique of Cleanliness
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(Continued from page 192)

that she experience the thrill of social life, parties, theater, a new dress, etc. This is natural and correct.

One does not admire the ladylike man who rouges and powders and delights in tanning. It is just as unnatural for women to scorn the company of men, to frown upon the theater, the dance, the home life, the natural sphere of woman's life, and to engage only in the prerogatives of man.

In the capacity of a physician it has been my privilege to know the true thoughts of some of these unfortunate women. Often their intense devotion to a cause or work has been only a futile effort to divert their natural bent and inclination, to stifle the craving for that which they are denied. Understand that I am not referring entirely to sex impulses and emotions. It is as much social life and the ordinary things that a woman does that are important.

Clearly, proper ovarian activity is essential to the avoidance of female disorders. Sedentary life, engrossment in routine activities which take a woman out of her sphere, home-making, and so on, are a cause of ovarian degeneration. To insure correct functioning of these organs it is essential that a woman remain in her proper environment and follow the instincts of womankind.

The Dangers of Emotional Excess

Excessive emotionalism, particularly along sex lines, is even more productive of disease and suffering. An engorgement of the sex organs always follows the stirring of the emotions along sex channels.

The girl who spends whole evenings in the throes of ardent love-making keeps these organs in a state of congestion which generally leads to serious consequences. Congestion is the first stage of inflammation. Where congestion is produced in the body, natural influence tends to relief by contraction of the distended blood vessels. Where congestion is maintained over long time, and often, as cited above, chronic inflammation develops as a matter of course. Catarrh—that distressing cause of so many menstrual disorders—is very, very often caused as shown. The girl becomes aware of leucorrhoea, then later cramps—sometimes even pains and aches in the side, announcing inflammation of the ovaries themselves.

Not rarely have we seen severe ovarian disturbances with severe consequences occur so outlined. The cure here is obvious—prevention. This, then, becomes a matter of education—of warning girls against the dangers of too ardent courtship or love-making. Reasonable, common-sense behavior, with due acknowledgment to all natural impulses and desires, but with sensible inhibition of the tendencies of modern youth to extremes in the direction discussed.

The Psychology of Love

(Continued from page 161)

activity the ovaries. The accompanying changes in the emotional and intellectual life at these periods furnish good illustrations of the establishment of certain predispositions as the result of organic

changes. By reason of these distinctive organic differences, there are built up in the two sexes specific mechanisms apparent in the sentiments, feelings, volition, and behavior."

In this connection a psychological technique alone is inadequate to determine many of the problems of sexuality influence upon the temperament and character of the individual. The organic and functional changes that are involved during the period of puberty, the periodic variations of the emotional life during menstrual periods, the reactions of both sexes to physical and chemical stimuli, their habits and extent to which they express their emotions because of their religious, ethical or artistic activities, all present a problem which is at once a physiological problem as well as a psychological one. On the other hand, biology and pathology can closely relate to the solution of many sexual problems yet undetermined by actual tests or observations of any one branch of science. The complexity of these problems calls for incorporation and co-operation of all available and scientific data on the subject. What physiology or psychology may lack in this respect, biology, or other branches of science may supply.

In considering the love-emotions, whether in relation to marriage or otherwise, there is no doubt that the respective sexes are greatly affected by their states of sexuality, by the reactions they both show to sentimental, temperamental and emotional stimuli.

The influence of sexuality is stronger in women than men, in girls than boys. Woman is greater in emotionalism. Her feelings more directly enter into her every activity and expression. They are therefore more sensitive to emotional stimulus, for taste, smell, pressure, and color-effects. Due to this more personal attachment to feelings, and other influences of emotionalism, women are less deliberate in thinking than are men. But for these reasons women and girls are quicker at learning, because of their higher powers of retentiveness. This may be observed in the ordinary forms of expression and particularly in their writings. In attempting to write, boys are not influenced so much by their erotic natures, while girls are more apt to follow the traditional standards of emotionalism, dreaming and social trends.

Again, because of their emotionalism, women are guided more by their first impressions; while men tend more to reasoning and investigation processes, before they let their feelings be connected with their judgments. It is true, on the other hand, that more often than not, the first impressions of women are found to be more correct than those of men. This is due, as pointed out above, to their quickness of learning, to a keener sense of observation, of women as compared with men; they retain more details and observe more "trifles" than men have the natural aptitude to contend with. For these reasons women are also more intuitive than men.

Because of this emotionalism in women, their states of activities are more sub-conscious than those of men which are more conscious. This is an important observation, both psychic and pathological, as this explains many cases why women are interested more in the "concrete" than the "abstract" fields of thought.

(Continued on next page)

Eating to Correct Ill-Health

By BERNARD BERNARD

Phys. B., M. P. C.

(Containing 240 Pages)

THIS BOOK has been especially written for those who wish to have detailed instructions as to how to eat to counteract some particular form of ill health. The book therefore is most valuable. Everybody nowadays agrees that wrong eating is the chief cause of disease, and that by reversing the method, disease may be eradicated. This has been borne out where the principles of eating, as expounded by Bernard Bernard, Editor of HEALTH and LIFE, have been applied.

To eat so as to correct Ill-Health is not necessarily a very irksome process. You can really have meals that you will enjoy, and at the same time get rid of your complaint so that you develop a healthy appetite for good food; if you follow the instructions given in "EATING TO CORRECT ILL-HEALTH."

If you are suffering from one of the complaints enumerated in the Table of Contents then you will find this book a boon and a blessing, and you will be thankful for this announcement which brought it to your attention.

Take heart. You can cure yourself. You can enjoy the health, strength, and, yes, good appetite that you so much desire, if you just follow the simple instructions regarding your case outlined in this wonderful book.

People do not get ill only through overeating. They get ill through overeating certain classes

of foods and by going without the necessary ones. They will get ill through faulty food combination. These bad methods of eating set up auto-intoxication, and a blood stream that welcomes disease. In reading "EATING TO CORRECT ILL-HEALTH" you will find out how to eat so as to eliminate the poisons attacking your body and causing your indisposition, and to establish a clean, healthy blood stream that will give you protection against all forms of ill-health.

LIST OF CONTENTS

- The Cause of All Disease.
- Eating to Eliminate.
- Eating to Combat Consumption.
- Tuberculosis In Other Organs.
- Gout.
- Catarrh and Asthma.
- Rheumatism.
- Indigestion.
- Constipation.
- Fatness and How to Reduce It.
- Thinness—And How to Put On Flesh.
- Eczema.
- Piles.
- High Temperature.
- Cancer.
- Diabetes.
- Anaemia.
- Acidity.
- Sex Weaknesses.
- Bad Breath.
- Headache.
- Kidney and Bladder Trouble.
- High Blood Pressure.

You will find the book exceedingly pleasant to read. It is written in Bernard Bernard's easy and readable style. The instructions are particularly clear. There are no difficult technical terms which mean little if they are not understood, and even a child could follow through the instructions given without fear of making a mistake.

We are absolutely positive that you will be perfectly satisfied, and if you are not, we are quite prepared to give you back your money in full. No offer could be fairer than this.

It is your right to be healthy, fit and strong, able to enjoy life, and able to enjoy good meals.

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Editorial

(Continued from page 181)

regular bathing, for the skin is a highly important excretory organ. It is done by breathing fresh air, plenty of it, and by keeping a bright and cheerful outlook, letting the sunshine of life radiate your soul as well as getting sunlight into contact with your body. Look at the healthy specimens of manhood and womanhood pictured in this magazine. They are proof of the truth which I write.

HOW TO REDUCE

Most food experts think they are very wise when they tell the fat man or woman to eat less in order to reduce. That is all very well, but the fat person does not find it so easy to eat less, with a huge body crying out for more, and ever more, food. The fat man finds his work in being able to supply the huge amount of food demanded by his body. The knowledge the fat person wants is to know how to keep so that only the necessary tissues of his body become nourished, and the fat dissipated. Tell your fat friends to live as follows, and they will eat heartily and lose weight daily: Have one meal a day at which one sort of protein figures in the meal—no starch, but only fresh vegetables in addition to the protein at this meal; one other meal a day at which starch forms the basis, only one form of starch—but no protein, only sweet fruits in addition to the one starch; they may also have one other meal of fresh fruits and any fresh vegetables they can procure. Let them eat just as much as they like at each meal. Let them satisfy their craving for food; but don't let them depart from these principles of food selection. Not only will they lose their fat rapidly, but also they will learn to appreciate their foods more, and develop a natural appetite, which is the one and only guide as to how much to eat.

MUNN'S A REAL CHAMPION

When Wayne ("Big") Munn pitched Ed. ("Strangler") Lewis out of the wrestling ring, and threw the former champion to the mat with such force as almost to put him out of action, many people thought that the matter was an accident. Some said that Munn had "double crossed" Lewis. It was pointed out in HEALTH and LIFE, however, that Munn's Crotch Hold would always defeat the Head Locks of other wrestlers. Munn has proved a real champion at this Crotch Hold. Since throwing Lewis, he has thrown Zbyszko, Romano, and other first class wrestlers. He is a real champion, so let's honor him. When next he meets Ed. ("Strangler") Lewis we shall see that he was entitled to claim the championship title all along, since first throwing the "Strangler."

PHRENOLOGY BEING REVIVED

An endeavor has been made recently to revive phrenology. Phrenologists maintain that they are able to ascertain the characters of a person's brain by examining the head for protrusions of the skull. Some of their work was quite remarkable. They depended upon experience, noticing the various "bumps" on the numerous people they examined. Psycho-physiologists are rapidly discovering that certain parts of the brain govern certain mental functions, but

there has always been opposition to phrenology, because in the first place the skull is thicker in some people than in others. "Bumps" may not be due to characters, but purely to anatomical peculiarities.

SCIENTIFIC CHARACTER STUDY

If, however, you want to be able to tell at sight an intelligent person, the head is an indication, and you will find the best and most scientifically accurate key in a study of anthropological cranial development. We know, for instance, that the high forehead is characteristic of the higher man. The lower in the human scale you go, and when you descend to the apes, you find these frontal portions very low. It is, therefore, a scientific indication, if a man has a high forehead, that he has fundamentally a brain capable of splendid intellectual development. You may also take the jaw. In lower man, and in the anthropoid apes, the jaw recedes, and there is very little chin. In a man of a very high type, the chin is well developed. The nearer a man approaches his animal ancestors in any anatomical part, the more you have to look out for dangerous characters and tendencies. Thus Charles Darwin, author of "The Origin of Species," paid a great deal of attention to the human ear. There is a protuberance on the top of the ear known as "Darwin's lobe." This is the vestige, or remains, of what was the point of the ear in our animal ancestors. If this "Darwin's lobe" is accentuated in any human being, Darwin said, "Take care for that person." Human character development along these lines is not only highly interesting, but also scientifically reliable.

The Psychology of Love

(Continued from page 195)

As to the powers of memory, there is hardly any marked sexual differences worthy of note, except that of a higher impressionability of women, as mentioned above, which gives them a greater speed in retentiveness or in learning.

The most valuable observations, psychological and physiological are those dealing with the influence of sexuality of both sexes upon their respective personalities or their "intellectual traits." These observations can be more frequently sensed than defined. For example, we know from general relations, that men are more egoistic and less altruistic than women. But this may be qualified by saying that they are complementary qualities and not the opposite, or opposing.

The impulses to action and an active imagination are freer in women, and while in physiological sense the feminine sex is usually said to be the "weaker" sex, because of their powers of emotional and imaginative force, in many crises women display most intelligent and heroic action. The historic fact of Jeanne d'Arc may well serve as an illustration.

There are many other instinctive and customary differences in men and women. The important thing is not to regard them as opposing qualities, but as complementary. The perpetuation of the human species depends more on the

preservation of the qualities and natural traits of both sexes, perhaps more than upon any other one question of sex and love, or love and marriage.

Many men have tried to glorify their self-sufficiency, as many women have doubted this possession. But the Nature of life and being, the qualities of both sexes and their characteristic differences of personality and character, only the more strongly indicate the natural necessity for complementary qualities in both.

In other words, it is a self-evident fact in the entire realm of Nature, that, what one thing lacks something else can supply, what a man lacks in emotionalism, as compared with a woman, he supplies in his powers of reasoning and judgment; what a woman lacks in physiological strength man supplies in his reactions to physiological stimuli, and so on. This is the principle of "natural dependence." Nothing in the universe could exist by itself alone. Every form of life, because of its relations and connection, with other living organisms in existence, depends for its living upon other "lives." The Biblical reference that "It is not good for a man to be alone" only roughly hints at the law of nature which acts, more by complementary reactions, then by opposing qualities of life. This is especially true of all human qualities and of human nature.

In fact, the "attractions" between the sexes, as between anything else in human nature, would have been impossible, if it were not for the differences of masculine and feminine traits, for the characteristic marks in the qualities of personality and character of both sexes, and other complementary differences, inherent in both.

One of the greatest follies of our modern social order is the tendency to repress the sentimental qualities of women, little realizing the fact that this quality of the feminine sex is a deeply-seated, instinctive force, naturally characteristic of all women. The efforts of our neurotic reformers to disregard the natural dispositions and the psychic reactions of men and women alike, is the attempt that only results in the weariness and monotony that is life without them. There is no room for sexual prejudices in the expression of any natural, normal, and instinctive activities of men and women. What the wisdom of Nature has ordained to be, we have long found through bitter experience as through scientific study, in general and in particular reactions to its forces, is good for the man and good for the woman who reacts to such forces or stimuli in the most natural and normal way.

Repression may be a good thing when we try to repress some of our basic and beastly impulses; but in the expression of natural sentiments, repression will result only in one of the many neural disorders that is so characteristic of the modern age.

Nothing perhaps will enhance a better relationship between the sexes in the future than a better understanding of the basic instincts, and the characteristic qualities natural or peculiar to each sex. In this study, the psychological data now available is invaluable to every student of life; to any one seeking self-improvement and a better means for a personal understanding and adjustment of our several relations to the environment of all.

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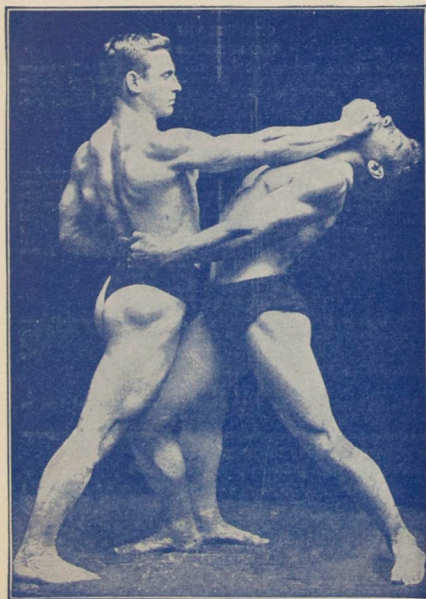
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The following is a list of the athletes, physical culturists, and artists' models who posed for the pictures:



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Ethelda Bleibtrey
(several poses).
Charlotte Boyle.
Ida Schnall (several
poses).
George F. Jowett.
Bernard Bernard
(several poses).
Charlie Postl.
Ray Johnson.
Marie Curtis.
Edward Aston.
George Dimbinski.
Laura Bennett.
Mary Jane Lowe.
Carrie Keeley.
Marion Fletcher.
Nursie King.
John G. Paine.
Charles Shaffer.
Al. Trelour.
Maurice Derias.
Ethia Curtis.
Strangler Lewis.
David Willoughby.
Al. Bevan.
Sam Clapham.
Walter Kleo.
Stanislaus Zhyzsko.
Captain Johns (sev-
eral poses).
Ottley R. Coulter.

Antone Matysek.
Sybil Bauer.
Jole Ray.
George Calza (several
poses).
Arthur Saxon.
S. V. Bacon.
E. H. Bacon.
Sergeant Swimmer.
Joe Stecher.
Jack Dempsey.
Mark Jones.
Arthur F. Gay.
Marin Plestina.

PHYSICAL CULTURISTS

Mrs. Earle Liederman
—(Miss Alaska) (sev-
eral poses).
J. Richmond (several
poses).
Earle Liederman.
Charles Atlas (several
poses).
Dorothy Knapp (sev-
eral poses).
Kathleen O'Connor.
Olive Ann Alcorn.
Lionel Strongfort.
Jovita Dardgn.
Helene Chadwick.
Joe Bonomo.
Madge Merritt.
Marjorie Barker.
Rev. B. E. Brown.
Gladya Walton.
Priscilla Dean.

Dr. C. B. Severn.
John M. Herrick.
A. P. Hedlund.
Mrs. Hedlund (sever-
al poses).
Rose Kinder.
Polly Walker.
Doris Wilson.
The Vanities.
Ann. Hyatt.

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Rising Woman.
Braccio Nuovo.
L'Aurore et Cephalé.
Apollo.
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