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SEPTEMBER, 1922

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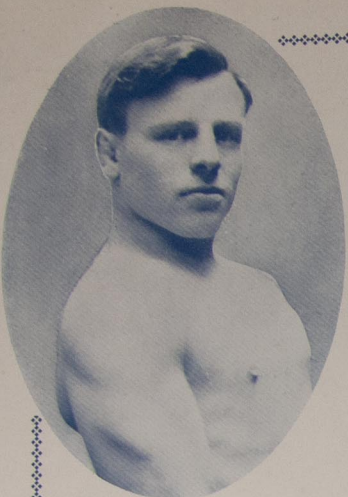
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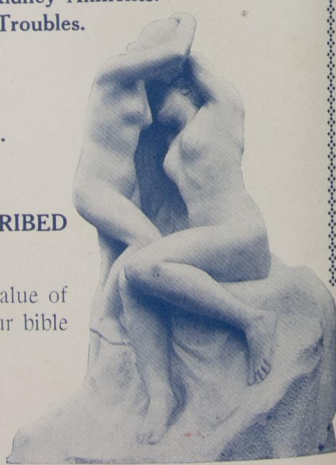
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**Health and Life**  
The National Monthly Magazine for Health, Physical Education and Right Living.

SEPTEMBER, 1922.  
(With which is included August).

Volume I. Number 3.

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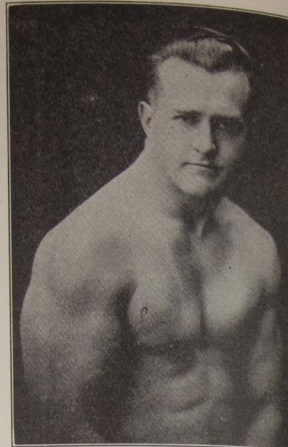
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**Women Admire Men  
for their strength —**

Man was meant to be woman's protector. The better  
he can meet this qualification, the more will he be ad-  
mired. Read back through the ages and you will find  
this has always been true. There was a time when  
men fought with each other to decide who would own a  
certain woman just as they would fight over a pot of  
gold. Civilization and culture soon overcame such sav-  
age conditions, but the man of strength and power has  
continued to have the advantage. Ivanhoe describes the  
knights entering into combat, after which the conqueror  
would kiss the hand or show respect in some manner to  
the lady he held in highest regard.

**THE MAN OF TODAY**

What must womanhood think of the present day man?  
Statistics show that over 95 per cent of us are suffering  
from some ailment. Our indulgence in worldly plea-  
sures has made us a race of anemic, flat-chested, dyspep-  
tics. It is no wonder that man's years on earth have  
been shortened. What can he expect when he wastes  
the very strength that God gave him.

I heard one girl say the other day: "Of course I admire  
a strong healthy man, but the men I meet are so weak-  
kneed they can barely stand up straight!" It is true.  
The strong man of today is the exception. And that is  
my task. To make the exceptional man.

**DO YOU SEEK ADMIRATION?**

Do you wish to be one of these weak-kneed dyspep-  
tics? Or have you enough manhood left to say: "I will  
be strong." I don't care what your present condition is.  
If you have a spark of will power left, I can make you a  
man to be admired by all. Just think! I guarantee to  
put one full inch of muscle on your arms in 30 days.  
Yes, and two full inches on your chest in the same length  
of time. But that is only the start. From then on you will  
notice a complete change in your physical make-up.  
You not only develop big, brawny arms and a full chest,  
but a complete armor plate of muscle surrounding a body  
that has been re-built inwardly as well. You will have  
the flash to your eye and the spring to your step that shows  
you to be a human dynamo. You will be admired and  
sought after in both the business and social world. You  
will be a leader of men. All these things and more are  
awaiting you. It is now up to you to decide just what  
manner of man you will be. Come then, for time flies,  
**Send for my book**  
**"MUSCULAR DEVELOPMENT"**

It is chock full of photographs of myself and my numerous  
pupils. Also contains a treatise on the human body and  
and what can be done with it. This book is bound in  
interest you and thrill you. It will be an impetus to  
aspiration to every red-blooded man. All I ask you to  
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**Health and Life**

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BERNARD BERNARD,  
Editor-in-Chief.

Volume I. SEPTEMBER, 1922. Number 3.



**JOHNNY WEISMULLER,**  
The World's  
Greatest Swimmer  
of all Time.

**Leading Athletic  
Stars and Their  
Personalities.**  
By Richard Bonner.

**EVERY** healthy-  
minded fellow  
has deep admira-  
tion for a cham-  
pion athlete. My  
boyhood life was  
filled with studies  
of the great ath-  
letes of that time,  
and among my  
heroes were  
Georges Hacken-  
schmidt, Eugen  
Sandow, Thomas  
Inch, and James  
J. Jeffries, with  
whom I have had  
the honor and  
pleasure to be  
personally ac-  
quainted.

The athlete to-  
day is coming into  
his own. In the  
old days we had to overcome a good  
deal of prejudice and misjudgment.  
Personally, I have found that my  
athletic heroes were all worthy of my  
admiration, and were of sterling and  
sportsmanlike character.

In future articles I hope to give  
you detailed studies of these great  
old athletes as I knew them, but here  
I want to refer more to the modern  
leading athletic stars, and give you  
just a little idea of the impression  
they leave on my memory.

**Johnny Weismuller.**

One of the greatest of modern ath-  
letes is Johnny Weismuller, of the  
Illinois Athletic Club. Hardly any  
day do I seem to pick up my news-  
paper without seeing that Johnny  
has knocked off another swimming  
record. When Duke Kohannamaku  
set up his records, it seemed to  
everybody that they were absolutely  
unbeatable; yet, here comes Johnny  
Weismuller and smashes them up as  
if they almost were the perform-  
ances of a novice.

Johnny is a right good sort; his  
lean athletic limbs, without any mus-  
cular bulk, give him the appearance  
of an Apollo Belvedere. His high  
cerebrum and keen intelligent eyes  
show him to possess a hundred per  
cent thinking organ.

He is not yet in his athletic prime,  
and I should not like to predict what  
will happen even to those records he  
has created. We are going to see  
some exciting swimming at the next  
Olympic games, you mark my words.

**Dan Ahearn.**

Another hero of the Illinois Ath-  
letic Club is Dan Ahearn, who has  
not yet shown the athletic world  
what he can do. He is the holder of  
the world's record hop, step and  
jump, and has made some good show-  
ings in other spheres of athletic ac-  
tivity. When you hear the term  
"sportsman," you conjure up in your  
mind some person who would never  
take a mean advantage of another.



**THE FINEST FEELING IN THE WORLD IS TO BREAK TAPE WITH YOUR CHEST.**  
Hayes, of Notre Dame, winning the 100-yard dash in 9.7/10 seconds, and  
establishing a new interscholastic record.

who would be  
loyal to his  
friends and tol-  
erant toward  
strangers, and  
always ready  
to give a help-  
ing hand where  
it is wanted.  
Your term  
"sportsman,"  
then, can de-  
scribe to you  
Dan Ahearn.

"The Idol of  
France."

For some  
reason or other  
as I write I  
keep on repea-  
ting in my  
mind the name  
of Georges  
Carpentier, so I  
shall refer to  
him right away.  
Georges impresses me as

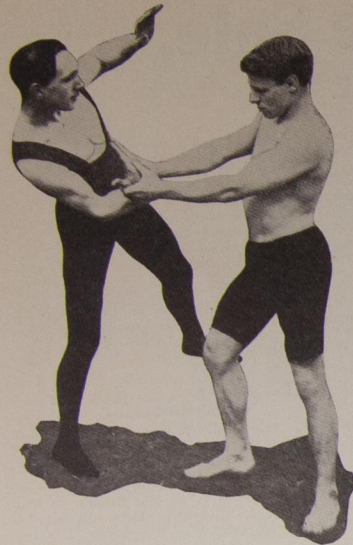
**DAN AHEARN,**  
Holder of World's  
Record Running Hop,  
Step and Jump.

(Continued on page 102)



# Simple Tricks of Self Defense.

By Bernard Bernard.  
(International Featherweight Wrestling Champion.)



A Simple Wrist Lock by means of which it is possible to overcome a footpad easily.

ALTHOUGH boxing is generally accepted as "the noble art of self-defense," I maintain that a few wrestling and ju-jitsu tricks are far more valuable for practical use. It may not be desirable to put an assailant completely to sleep by means of a knock-out punch—which, also, by the way may do considerable permanent physical damage which may not be your desire. Moreover, it requires a fairly strong man to deliver a blow sufficiently powerful to render, say a 12 stone ruffian "hors de combat".

#### How a Weak Woman Can Easily Throw a Strong Ruffian.

The holds I shall endeavor to describe in this article can be used effectively even by a weak woman. She can, after a little practice, easily overcome a burly man of any weight or strength—provided he is not himself an adept wrestler.

It is extremely useful to know a few tricks such as these, but it is also an exceedingly interesting study. Once you gain the principle, you can yourself invent any number of holds by an application of a little knowledge of anatomy and physiology.

#### Trick No. 1 Explained.

Trick No. 1 is what I call "The Yakki." The hand is taken and bent towards the outside of the forearm. There is only a limited distance which the hand can naturally bend in this direction, and immediately this limit has been exceeded, the hold becomes just as irksome for your opponent as you like to make it. You can merely hold him with the lock suggestive of doing him damage; or you can force the lock and

compel him to go to the ground. No physical power of his can resist you, he *must* go to the floor as you apply the pressure.

Should you desire to give him a nasty fall, just put your leg behind him, and with a lunge and a full pressure of the lock send him to the ground.

#### Do Not Hurt Your Assailant.

The object of any system of self-defense should not be to hurt or seriously injure an assailant. Its object should be to teach him a lesson and prevent yourself from the danger of his attack. "The Yakki" is extremely useful in this respect because a slight application of it suggests what you could do if you wished. It is not the pain but the fright which is inflicted which counts most.

#### Trick No. 2 Explained.

Trick No. 2 is an adaptation of the same principle. The point of vulnerability this time is the elbow joint. Take the wrist of your opponent and bend his arm at the elbow, bringing his wrist to the outside of the shoulder or upper arm.

Of course, you may not easily be able to force a strong man's arm into this position, but in any attack that may be made upon you—especially a knife or dagger attack—your assailant is bound to bring his own arm into this position. This is almost half of the art of the system of self-defense I am expounding. The science in all wrestling is to make a man defeat himself; and the same principle is also applied here.

#### Seizing the Opportunity Which is Sure to Present Itself.

Immediately you see that your opponent has his arm bent, lock it in that position. This may be done by passing one arm underneath his upper arm and grasping his wrist. You may keep your other hand free if you wish, but you can make the lock more powerful by its assistance, e. g., by grasping his wrist.

Now you can just do as you like with him. If you desire, you can hold him with the *threat* of making the lock more complete; or you can put him to the ground and make him beg for mercy. If you want to throw him and pass

on your way, put your leg behind him and throw him over your hip to the ground, where he will fall into a heap, and not feel particularly inclined to repeat his attack on you.

These are just two very simple but very effective locks, on another occasion I intend to show you others just as good, for where one lock may not be successful, or the desired opening may not occur for it, others are really required. But knowledge of even two or three such locks may be sufficient—if known thoroughly—to stand even a weakly woman in good stead in an unwarranted attack by a hooligan.

#### TO BE MERRY.

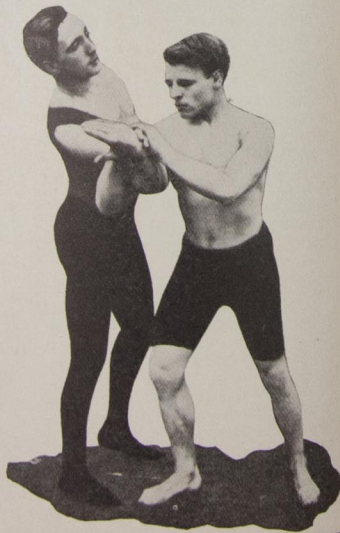
Let's now take our time,  
While we're in our prime,  
And old, old age is afar off:  
For the evil, evil days  
Will come on apace  
Before we can be aware of.

Herrick.

#### TEMPORARY POWER.

Canvasser: "I presume I am addressing the head of the house?"

Enpeck: "Well-er-not exactly, but during her absence I act as her representative."



An Elbow Lock which makes it easy to throw a man over your head or break his arm if he attacks you.

# Women, Train Your Bodies.

By Vera Roehm.

[Every woman ought to read this article by Miss Vera Roehm on the importance of physical culture for women. I hope all you girls will get your non-physical culture friends to read it, and that you fellows will make your sisters and sweethearts go through it. Miss Roehm justly urges that every husband has the right to a well built and healthy wife. The same applies the other way round too, of course, and we fellows have got to see that we are physically worthy of our women folks, haven't we, boys?—Editor.]



Vera Roehm.

AMERICAN women have made the physical progress in learning the advantages of physical culture. In the pioneer days of health building methods, other than thru medical advice men alone indulged in physical culture as a means of overcoming and avoiding deformities and disease. But to quote the much-used expression, "Things have changed since mother was a girl". They have, indeed! If you doubt it for one moment show some article pertaining to women and their entrance into

the physical culture world to grandmother and see what she has to say about it. Especially should that article contain a photo such as is reproduced here.

I can almost hear her protest against the "lack of modesty" and "vanity" which exists these days.

Not that I disagree with her. She is quite right to a certain extent. However, our points of view could never be considered similar. Any interest that leads to beautifying the body, improving the health and obtaining for women clean, wholesome happiness is but the normal desire of the modern sensible woman.

There is no disease that cannot be prevented, few deformities which cannot be improved, if not entirely corrected and scarcely any defects, pertaining to the beauty of face and form, texture of skin or lack of magnetic power which cannot be improved by applying the proper exercise, diet and daily living routine, according to the laws of nature.

#### Why Women's Bodies Go to "Rack and Ruin".

Of the woman who lets her figure

go to "rack and ruin" there is much to be said. In many thousands of obesity cases women are suffering with complaints which could be remedied by removing the excessive flesh. Turkish baths for a number of years have been the refuge of the overweighted. Hundreds of the corpulent go daily or three times weekly and pay an exorbitant price to have others perform for them what they are too lazy to do for themselves. I'll admit that it is far easier to have others do your work for you and it is quite pleasant to be rubbed and steamed with no effort on your part.

Obesity, in many cases, is the direct result of neglect of the every day rules of right living. There are weeks at a time when some of the "fat people" haven't moved about enough to create a good circulation of the blood thru their system. As for using a muscle, Nature may just as well have omitted these essentials! When a woman is not willing to devote about fifteen minutes daily to improving her general health and appearance, she deserves all the sufferings and uncomeliness that are hers. Instead of being given friendly sympathy she should be shamed into silence and the realization of her own folly.

As one grows older fat has a tendency to accumulate. Middle aged people should keep their bodies supple and not allow the muscles to become soft, inviting layer after layer of fat to form.

You never grow too old to disregard your physical condition. Stay young always. This is only possible

(Continued on page 104)



A Graceful Plastic Pose showing the beauty of symmetry gained by a little exercise. Here is an example for every woman to emulate.

## Exercises for the Busy Person.

By the Editor.

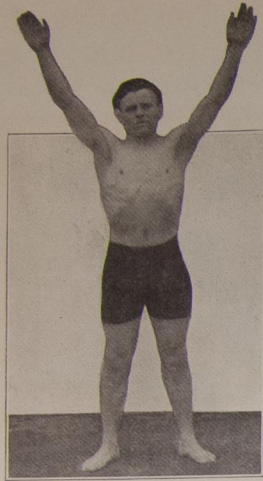


Fig. 1.  
Full, Easy Breathing to Clean Up the Lungs.

THE majority of business men know that it is necessary to be physically fit if they desire to be efficient for their business life. Many wisely spend an hour a day in a gymnasium with the object of performing a few exercises to keep themselves in good condition. But many either have not the opportunity for the spell during the day to occupy themselves in exercises, or have not the gymnasium at their disposal. Therefore I am going to give you just a few light exercises to be practiced in the morning, which will set in motion the life and energy necessary to carry you through the day.

### The Brain Will Not Act Efficiently If the Physical Organism is Out of Gear.

The time has gone when it was thought foolishness or waste of time to engage in exercises. The sensible man knows that he cannot expect his brain to be alert and ready to act in any emergency if his physical organism is out of gear. He realizes, too, that he can only obtain this perfection in his material make-up by sound scientific exercise.

The majority of the recent experiments in regard to fatigue and efficiency have proved that the delicate nerve endings become clogged with a collection of poisons due to the breaking down of the tissue involved in the normal physiological action of metabolism. As everybody knows, whenever a physical action takes place there is a breaking down of tissue. In mental work, the brain and nervous system generally—and the delicate nerve end organs in particular—may become clogged with poisonous waste matters manufactured by this process.

### How Fatigue and Inefficiency Are Overcome.

In the body that is fit, the collection of these poisons is reduced to a minimum. No sooner does the breaking down process take place than fresh tissue is built up, and the waste carried away by the efficient irrigation in the circulatory systems. The recent experiments in physio-



Fig. 3.  
Bending and Twisting the Trunk to give the vital organs movement and massage.

logical psychology show distinctly that nerve tissue practically never becomes fatigued. They also show that muscle tissue is not really easily made too tired to act. But what they have proved is that the gathering of fatigue products around the delicate nerve end organs—the very fine junctions between the nerves and muscle tissue—become clogged and prevented from further action until they have been allowed time to recuperate.

### The Most Scientific Method.

The most scientific method, then, of maintaining physical and mental efficiency is to develop a physical

organism that will most rapidly carry away these fatigue products, and keep the end organs in a constant state of freshness. In conjunction with sensible dieting, bathing and general routine of life, exercise is the means by which this desirable state of affairs can be assured as a habit. That is why it has become popular for business men to take advantage of the gymnasium for keeping physically fit and mentally efficient.

If you spend five minutes every morning doing the exercises I am giving you in this article you will be making the best investment of time possible. You will, of course, have to practice exercises at night of a heavier and possibly more strenuous nature. But if you do these few exercises on rising in the morning you will find your time most profitably spent.

Don't just roll out of bed in time to catch your train. Make your morning duties an enjoyment. Give yourself sufficient time, and realize that the few extra minutes are going to give the whole day greater value in efficiency.

### A Plan for the Morning Functions.

The first thing to do when getting up in the morning is to empty the bowels. Get rid of the poisonous fecal matter which has been gathered.

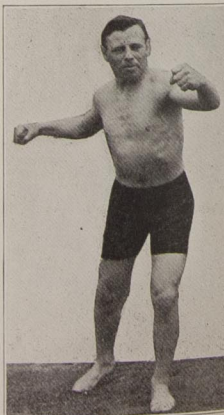


Fig. 4.  
Shadow Boxing to send the blood circulating through every portion of the body.



Fig. 2.  
Bending and Stretching the Arms to set the bones in position.

## Throwing the Discus.

By Dennis Carey.

(Superintendent, Dublin Metropolitan Police.)

[Inasmuch as Dennis Carey was once champion Discus Thrower, and could undoubtedly now throw as well as any modern champion he is eminently fitted to give this splendid lesson in throwing the Discus. If you want to test your serength just have a few tries at this game, throwing according to the rules here set down, and you will agree that you have found a pastime for the strong man.—Editor.]

THE discus is apparently the most clumsy of weights. The first impression soon disappears after it has been handled a few times, and may be taken up for practice by youths of light weight with every prospect of good results.

Before the discus is cast it should lie flat against the palm with fingers extended and the tips covering the outer edge, the thumb should stand out at an angle of 45 degrees, thereby keeping the missile steady. The beginner should then try a few standing throws until he gains the knack of scaling.

So far it has not been the practice to take more than one turn in throwing the discus, but there is no reason why the second turn should not be taken. Before starting to turn the missile should be swung backwards and forwards smoothly a few times while the body is in a stooping position with the throwing arm held limply out as far as possible. After pivoting on the left foot, the turn is smartly made and the discus sent twirling away.



PATRICK QUIN.  
One of Ireland's greatest discus throwers. He recently threw the discus 123½ feet.

Rules for Discus Throwing.  
1. All throws to be valid must fall within a 90 degree sector marked on the ground.

2. It shall be a foul throw if the competitor after he has stepped into the circle and started to make his throw, touches with any part of his body or clothing the ground outside the circle, before the discus strikes the ground. It shall also be a foul if the competitor steps on circle.

3. The measurements of each throw shall be made from the nearest mark by the fall of the discus to the inside circumference of the circle on a line from such mark by the discus to the centre of the circle.

4. Each competitor shall have three throws, and the last three shall have three more. Each competitor shall be credited with the best of all his throws.

The discus shall be not less than 2 kilogrammes (4.4 lbs.) in weight and not less than 22 c. m. (8.7 ins.) in diameter, the thickness in the middle shall be not less than 45 m. m. (1.77 ins.), thickness at the rounded off edge not less than 22 m. m. (0.86 ins.). It shall be made of wood with a smooth iron or steel rim, and shall be capped on each face with a smooth metal plate.

The discus shall be thrown from a circle 2.5 metres (8.2 ft.) in diameter.

Otherwise the rules for throwing the hammer shall apply.

### SCOTTISH ACCURACY.

A Scotsman recently purchased a trifling article at a store and offered a ten dollar bill.

On receiving his change he eyed it for a long time and counted it over several times.

"What's the matter?" asked the storekeeper, "Isn't it right?"

"Aye," answered the bonny Scot, "but it's only just right."

### HEALTH AND LIFE FELLOWSHIP.

Next month we shall have a definite announcement to make regarding the HEALTH AND LIFE Fellowship. Some of the world's greatest athletes have rallied to our standard, and the movement promises to be the greatest for physical upbuilding the world has ever known. Our editor is president, and Dr. Leavitt, Earl Liederman, Eugen Sandow, Ettie Rout, Warrington Dawson, Thomas Inch and F. A. Hornbrook are already among the vice-presidents.

## My Ten Rules of Health.

By JACKIE COOGAN.



JACKIE COOGAN.  
Everybody's favourite.

One of the most interesting personalities of the cinema world is little Jackie Coogan. His work in collaboration with Charlie Chaplin in "The Kid" showed him a master artist of screenland. "The Kid" is admittedly the greatest of Charlie Chaplin's pieces, and there is not the slightest doubt that half of its charm and genius is due to Jackie Coogan.

It is always dangerous for a child to have extraordinary power and ability. Very few "wonderchildren" ever reach a distinguished maturity, because they are spoiled by the unnatural training they are given. In the first years they are compelled to behave like adults, and when they get older they are forced to maintain a reputation for still being children.

Jackie Coogan, even by the ten rules which he gives us below shows that he is really just a good intelligent boy, is receiving a training that will make a great man of him, and that at all times he aspires to be a man. He has at least a splendid foundation upon which to build and he knows what is good and what is bad, and above all, what is health.

Let your boys and girls heed Jackie's Rules of Health, they will be inspired to act up to them and be all the better for it.

### JACKIE'S RULES.

My ten rules for good health and long life are:

First—Sleep well.

Second—Eat well but not too much.

Third—Obey your parents.

Fourth—Exercise every day.

Fifth—Own a nice dog and play with him.

Sixth—Study hard and play hard.

Seventh—Don't eat too much candy or drink too much soda water; this is important.

Eighth—Think good thoughts.

Nine—Be a good boy all the time.

Ten—Say your prayers and ask God to help you be good and strong and healthy.

Your Friend,  
JACKIE COOGAN.

# IS SUBLUXATION A SPINAL DIS- PLACEMENT OR FIXTURE?

By DENTON N. HIGBE, M.D., D.C., D.O.  
Dean of the Eclectic College of Chiropractic.  
(Interviewed by our Special Commissioner.)

There seems to be a tremendous discussion surrounding the problem of what is subluxation. The regular osteopaths and chiropractors maintain that it is a displacement of bone in the spinal column, but Dr. Denton N. Higbe maintains that it is nothing of the kind. He says that it is a fixture of bone, but still, of course, responsible for organic or functional trouble in the human body. Spinal manipulation will relieve the patient, but, Dr. Higbe maintains, this manipulation is not sufficient for the correction of all disease.

Therefore, the Eclectic College of Chiropractic makes it a point to instruct in all other physical methods; and students are not granted graduation until they have made themselves thoroughly efficient in the theory and practice of exercise, hygiene, dietetics, etc. This seemed to me a splendid idea, for there should not be any narrowness in the study of any healing art.

Dr. Higbe is a fine apostle of health, and most generous in his criticism of the various cults of healing. The first words he greeted me with were to convey his best wishes and desire to see HEALTH AND LIFE become a real strong power in the land.

Of course, he favors Chiropractic as the best of all the healing cults, but when a person is unwell he requires some instructor to assist him and to guide him. His theory of subluxation seems to be one that can only place Chiropractic on an even surer footing than it stands at present. For we must remember that it is a comparatively new cult, and must of necessity have its laws restated as they become better understood. Out of his vast experience and his knowledge of practitioners of twenty years standing he has not yet come across anybody who has demonstrated that he can move a bone, or who has discovered one displaced. What really happens is that the practitioner discovers a fixture and puts this right, even if he thinks otherwise.

There are two kinds of subluxation—functional and structural. The structural may be due to injury or disease and the rest of the body adapts itself to these structural changes. In many instances it may be undesirable to alter this structure because of the damage which might be done.

This seems very reasonable, for there is not the slightest doubt that individuals may adapt themselves to mal-formations. When, however, the spinal column assumes its normal condition by adjustment of posture

the subluxation is functional and can be corrected by exercise and manipulation. The adjustment which is made by the chiropractor will allow movement where otherwise the bone would not move. Subluxation is caused through the assuming of wrong positions while sitting or lying about, and from lack of exercise the ligaments become shortened, and so, instead of a vertebra being able to move in any position required it is held tightly in one position.

Dr. Higbe also maintains that it is not possible to diagnose everything by means of spinal tapping. The mere fact of a pain in the back may be caused, as Cabot maintains, by some hundred and fifty causes other than subluxation. Then, again, we know that the spinal nerves do not merely govern one organ or set of organs only; they may supply various series of organs. So, although there are valuable indications in the ordinary tests of regular Chiropractors, their methods of diagnosis cannot, in Dr. Higbe's estimation, be held to be complete and exactly scientific.

That Chiropractic is not complete in itself may be seen if we take just one ailment, such as constipation. This may be caused by lack of exercise, by lack of abdominal movements; it may be psychological inhibition, or, yet again, it may be spinal subluxation. The Dean of the Eclectic College of Chiropractic maintains that all these conditions which may set up illness must be corrected.

**DO WE WANT BIRTH CONTROL?**  
Dear Editor:—I certainly appreciated your magazine with its articles on Birth Control.

I like to see anything discussed, nothing suppressed. I don't believe we need to be afraid of any kind of knowledge. I don't believe it is what we know that hurts us; it is what we don't know.

In this case it is what we don't know about harmless prevention of conception that hurts us in civilized life; that drives many of us to premature and undesired parenthood, or harmful practices to avoid it, or to hasty, ill-mated and unhappy marriages; that wrecks many of our marriages with too frequent conceptions, that otherwise would be blessed with health, prosperity and happiness.

Except to prevent hoggish individuals from crowding on the rights of others, human nature doesn't need to be suppressed. Just a chance to grow. That's all it needs. Just a chance, as the nature of a bird or a flower. ERNEST E. COLEMAN.

# Free Pose and Development Competition.

Competition for Best  
Photographic Pose  
and Development.

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

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

Entries Close October 31, 1922.

Some good pose photographs are coming in, but we should like to see a lot more entries.

Special diplomas have been awarded to:  
GEORGE O'KEEFE, STANLEY SCHOUSLEY, DAVID P. WILLOUGHBY, and H. MURRAY.

They will, of course, still figure in the competition for the silver cup.

The measurements of these competitors are:

**George Keefe:** Neck, 14 1/4 in.; waist, 28 3/4 in.; chest (normal) 38 3/4 in.; upper arm, 13 3/4 in.; wrist, 6 1/4 in.; calf, 13 1/4 in.; hip, 33 in.; forearm, 11 in.; thigh, 19 1/4 in.; ankle, 8 1/2 in.; height 5 ft. 2 3/4 in.; weight, 115 lbs.; age 27.

**Stanley Schousley:** Neck, 17 in.; waist, 31 in.; chest (normal), 45 1/2 in.; upper arm, 16 1/4 in.; hip, 32 in.; wrist 8 in.; forearm, 14 3/4 in.; calf, 9 in.; weight, 139 lbs.; age, 18.

**David P. Willoughby:** Neck, 15 1/2 in.; waist, 32 in.; chest (normal), 41 in.; upper arm, 15 1/4 in.; hip, 33 in.; wrist, 7 1/4 in.; forearm, 13 3/4 in.; calf, 14 1/4 in.; thigh, 23 1/4 in.; ankle, 9 in.; height 6 ft. 1 in.; weight, 176 lbs.

[Will Mr. Murray please send in his measurements again. There seems to be a little mistake concerning them.—Ed.]

**HEALTH AND LIFE POSE AND  
DEVELOPMENT COMPETITION.**  
TO THE EDITOR OF HEALTH & LIFE,  
350 W. Monroe Street, Chicago.

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

Name .....  
Address .....

**Measurement Form.**

Neck.....  
Waist..... Chest (normal).....  
Upper Arm..... Hip.....  
Wrist..... Forearm.....  
Calf..... Thigh.....  
Height..... Ankle.....  
Weight..... Age.....

H. Murray, on the left here, is a Diploma Winner in the Health and Life Competition.

H. Vleghals, on the right here, is the Featherweight Weightlifting Champion of Belgium.

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

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Above is Geo. O'Keefe, Diploma Winner.

Barle Liederman, the famous physical culture expert, on the left here in another of his magnificent poses.

These three bathing girls are happy because they are healthy and fit.

A brilliant but vain scoring attempt by Elmer Smith in the Red Sox-Senators games at Boston.

Hoots Gibson, the Universal Star, getting ready for his morning plunge.

Kathlyn O'Conner, another Universal Star, is a keen water nymph.

Running the race of health and fitness along the sands of Long Beach, N. Y.

# Health and Life

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

## EDITORIAL

### CARRY ON WITH THE CAUSE.

The huge correspondence which has been received at this office indicates that the message of HEALTH AND LIFE has been appreciated. It has struck a note that is not exactly new but one which is undoubtedly the deepest and most important of our age. The spirit of the joy of life and health pervading its columns has roused many an individual out of the rut of indolence and stagnation and filled him with a desire to gain all there is to be had in the way of happiness and activity. But there is no doubt that the method HEALTH AND LIFE has adopted of dealing with the deeper questions of life has made it friends that will be loyal to the end.

You can rest quite assured that HEALTH AND LIFE is going to continue its broad-minded policy, and, instead of making suggestive innuendoes, is going to give detailed information that will prove of real service. There is only one thing it will ask of you in return, and that is, that you will spread its message among your friends and acquaintances, so that it may become a power in the land for right living, thinking, and doing.

### NATURE'S GREATEST MEDICINE.

Now that the autumn season is upon us the indoor clubs are all opening, and we shall all be back swinging on the gymnastic apparatus, playing handball in the courts, wrestling like fury on the dear old mat, and punching our way to health in the boxing ring. But do not forget that fresh air is a vital and necessary food. The signal for going indoors should not be the signal for breathing bad air. So whenever possible let us get away to the parks and open spaces, or tramp along the countryside. Fresh air is a wonderful food; it builds up good red blood, and, curiously different from solid food, the more you take of it the cleaner it makes the body. Most people are food drunks in regard to puddings, pastries, pies and so on, and these things clog the system and render the blood impure; but of fresh air, which eats away the poisons—burns them up—they literally starve themselves. Let us take our indoor games, exercises and athletics and enjoy them, but do not let us forget Nature's greatest medicine, Fresh Air.

### DO MEN PREFER WELL DEVELOPED WOMEN?

In her appeal to women to exercise their bodies so that they may attain physical perfection, Miss Vera Roehm in her article, "Women, Train Your Bodies", strikes a very important note. She is absolutely right when she says that men sometimes are enticed away from home because their wives cease to have the charm of their youthful days. Every man likes to feel that he has the sweetest woman in the world as his own companion, and he will walk alongside her with his chest

swelled with pride. When, in later years, his wife becomes fat and flabby, and her eyes no longer sparkle with health, somehow he cannot help becoming irritable. I know Miss Roehm is right because I have witnessed it among many couples. Yet it is the simplest thing in the world for a woman to maintain her health and fitness, if but she takes a little trouble to do her exercises regularly, and joins in the fun of outdoor games and recreations whenever she can.

### DO WOMEN PREFER WELL DEVELOPED MEN?

This brings out another very interesting question. In the old days it was considered that women ought to be weakly and fragile in order to attract and please men. The great physical culture movement has shown that this idea is wrong and that the well-developed and healthy woman is the one who is most admired by the sterner sex. On the other hand it has always been acknowledged that women prefer the athletic and strong man to the weakling. The physical qualities cannot be separated from the others which go to make for harmony in married life, and I have found that the men and women who care for their bodies are those who usually have the best ideals of life and matrimony. The day of the physical weakling has gone, and with its going has come a nobler regard for the true manly and womanly qualities. We are rapidly emerging out of the bondage of weakness and superstition, and entering the freedom for appreciation of the true, the good and the beautiful in body, mind and soul. That is the glorious work we HEALTH AND LIFE-ites have to do.

### ONE OF THE WORLD'S GREATEST HEALTH TEACHERS.

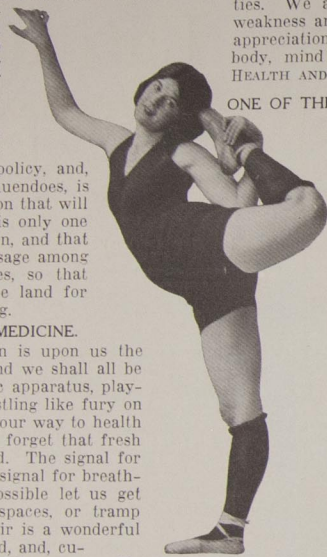
It was my pleasure during the month to meet Dr. Henry H. Lindlahr for the first time in my life. I had heard about him and read his books, for his work and reputation are known all over the world, and I can assure you that the impression he made on me corresponded to the one I had already made through contact with him in his books. Dr. Lindlahr has probably done more than any other man breathing for the great movement of gaining health by Nature's methods. Tolerant towards every new line of thought he has always been ready to encourage it and adopt the best in it; and there are many, many thousands of people spread over the globe who have to thank him for this superb quality which has enabled him to lead them back to health.

Those who see only the healer in Dr. Lindlahr are apt to forget what a really wonderful man he is in other directions. While I was in his office he discussed magazines and publications with me, health and health methods, and all the time kept at the end of telephone wires, directing the work of the clinics, the schools, and even the far-away sanitariums. Yet, all the time his face was lit up with a radiant cheerfulness.

### POINTS FOR SUCCESS IN LIFE.

Do you know I have noticed this in nearly all the really great men with whom I have come in contact. The secret is that they are thoroughly capable. The man who flusters over a little work is not used to it and cannot master it. Work is made easier by sticking hard at it from the beginning; once it is mastered, no matter how hard it may be to begin with, it becomes easy in the end.

But Dr. Lindlahr is absolutely absorbed in his work. The object of his life is to give the world better health, and now that he has discovered that "Nature is the healer of all diseases", he is rightly proud and happy in the success of his efforts. Here, again, you see, we can pick out another point for success in life. One's work must be one's hobby. It is not the seeking after gold that will



The Remarkable Suppleness of Miss Jovita Dardon, the toe-dancer and lover of physical exercise. Not many men could duplicate this exercise of hers.

attain it, even if it were a desirable ambition, but it is the joy of giving the best of oneself to something worth while that makes success inevitable.

### DR. ABRAMS' DIAGNOSIS MACHINE.

Talking of Dr. Henry Lindlahr reminds me of a most interesting lecture given by his son, Dr. Victor Lindlahr, on Dr. Abrams' remarkable diagnosis machine. It is no wonder that many people will not believe all they hear about Dr. Abrams' machine; and, really, to tell you the truth, I feel that I shall be unable to accept the many stories positively until I have seen actual experiments for myself. However, the principle is certainly no more marvelous than the radiophone and even the radiograph, so I do not see really why such a machine as has been described should not one day be made. According to reports it is possible to detect diseases in their incipient stages, and to ascertain the exact physical condition of a person. It also, of course, registers improvements in health, so that specific treatments can be tested. It will indicate a person's real age; which is not the number of years lived, but the condition of the arteries. The principle of the machine is vibration. Just as when you sing by yourself in your bedroom and you strike a flat note the broken flower vase will vibrate in harmony—or disharmony—so will Dr. Abrams' machine register in accordance with the vibrations of health being resisted by those of disease. Dr. Allen, Dr. Ryan, Dr. Lewis, Dr. Schyman, and other health and science students, made some pertinent remarks after the lecture which all showed that Dr. Abrams' invention is another potent indication that the body itself contains all the forces for its recuperation and health, and if we do talk about the vibrations of health or unhealth we are still sure that wrong methods of living and lack of exercise cause the latter and that exercise and right living will ensure the former.

### HOW TO DEVELOP A GOOD MEMORY.

It is pretty well known that every man who succeeds has a good memory. There are a lot of erroneous ideas prevalent regarding memory, and one would think that a memory is some mysterious thing one possesses or that one does not possess. As a matter of fact, it is no different from any other human quality and can be developed in proportion to its exercise. In old days people used to think that muscular strength was some abnormal possession, but we now know that the majority of the strongest men who have ever lived were weaklings in youth. It was, as a matter of fact, their determination not to be weak but to be strong which led them to exercise

(Continued on page 106)



## Latitudes.

By Warrington Dawson.

(Author of "The Gift of Paul Clermont.")

### III.

#### ON FAILURE AND SUCCESS.

Life at the best, as at the worst, is always to a large extent a question of accommodations. But we must know what there is to accommodate.

You can't be a success if you are out of harmony with the atmosphere in which you live. But that does not mean you need let yourself be influenced to sacrifice what you know is right or to do what you know is wrong. Often, you can open the windows and change the atmosphere. But if you can't, and the atmosphere is bad, then you are still free to move elsewhere.

No life is ever vain in which a man sincerely wants, and honestly tries, to do what seems to be just a little beyond him.

There's no credit in doing what we know ourselves to be capable of doing. We are then only fulfilling an obligation, we are being no more than honest in keeping our tacit contract with Society.

But where a man feels stirred to do just a little more—to try just a little harder—to aspire just a little higher—then he does a great work, even though, according to worldly standards, he may appear to fail.

The frankly material struggle for life among animals is nobler than the life of such men as seek only to secure advantages by unfair methods over their fellow-men.



# Her Great Enemy.

By Nobel Symkin

[In this powerful serial story you will remember that the author, who is telling his own autobiography, was spending a vacation at a camp at Porwick Sound, when he swam out and brought to shore a woman, Sylvia Landsworth, whom he thought, mistakenly, to have been drowning. She confided to the author that she was in danger of a great enemy from whom she asked him to protect her. This enemy she pronounced to be herself, but as they moved to go home the author discovered that a man—Mickelson—had been doing her. During the same evening Mickelson appeared somewhat mysteriously in the author's tent and during her. Later the author discovered this lady cautioned him not to have anything to do with Sylvia Landsworth. He followed her and saved her from the clutches of Mickelson. The following day the sculling races were held, and our author found himself pitted against Mickelson in the first race.—Editor.]

## CHAPTER III.

WITHOUT any further formality Mickelson took his place next but one to me, and acted as though he hardly knew I was in the race. The remainder of the scullers took their places and we were announced to start.

I always make it a rule to begin my combats well. This may not agree with orthodox ideas on boat racing; but I have always found that there is good psychology in taking the lead. So I spurred on ahead of the others, with Mickelson taking my trail. He was quite welcome to make use of my trail, for I felt quite happy to be leading.

I kept my lead for about a mile, when another sculler—of International reputation by the way—came up and kept level with me. These positions lasted for about three-quarters of a mile, when he found he could not stand the pace, and fell back behind Mickelson. At two miles Mickelson suddenly shot forward and to the side and passed me. I pulled more vigorously, but he kept the lead for at least a quarter of a mile, when I again caught up to him. Although I disliked the man I had to admire his magnificent sculling. Again at 2 1/4 miles he made a great effort to overtake me, but, evidently seeing that he would waste a good deal of energy needlessly he kept just behind me. During the last hundred yards, he made a wonderful pull, and I was unfortunate enough to slip, and the race ended with Mickelson about an inch in front.

However, we were both qualified to be in the final, but I felt most keenly the fact of only coming in second against the man it was essential for me to defeat.

For the final pull we were lined up, about twelve of us, with the crowds cheering and shouting words of encouragement to their favorites. I had particularly a good reception, but little was known of my own intense desire to wipe out the defeat I had just sustained; and little did they dream what was at stake—of that wonderful, yet mysterious, woman for whom I desired to win.

At the crack of the pistol, off we went, and again I rowed for first

place, and took it. Mickelson this time was on the outside and a little to the rear, being separated by two or three other competitors. After we had gone a mile, all except Mickelson and one other were some way behind me. Then started the race of life. My stroke was my own peculiar one, but resembled somewhat the old Oxford University style, with its final wrench. Mickelson was now gaining on me, and at two miles he was a length to advantage.

With a vigour and strength that surprised even me, I began to attack the remainder of the journey. I heard the shouts of the crowds, and a glance in their direction showed me the navy flannel suits of the men, and the white dresses of the ladies. The latter vision stirred me. I fancied I saw Sylvia—and I thought she smiled at me, pathetically, and with an anxiety for me to win, for her sake.

It has often been said that the inspiration of some good woman is the most powerful thing in the world for a man's success. I certainly found a concentration of strength and will power I had never before experienced. Something told me to change my tactics, and my stroke. Like some inner voice it told me to give a combination of a stroke I used to experiment with in my youth, and similar to the one my grandfather told me made Cambridge University famous in bygone days. The wrench here was made in the initial stage of the stroke; so that the one I now adopted was a tremendous wrench to begin with and another at the finish of my stroke.

This meant that the full force of my strength was concentrated at every instant, and, in addition, the bursts of two wrenches to every stroke. I know I could not have stood this strain on any ordinary occasion, but now I was beyond my normal self. The one object in life had become the defeat of Mickelson. Gradually I caught up to him; and then I could hear a yell from the shore as I passed him. At 2 1/4 miles we were level again and both of us straining every nerve and muscle to the utmost.

Another eighth of a mile to go, and still level. Then Mickelson seemed

gradually to creep to the fore. He must not win; no, for her sake he must not.

"For her sake!" As I visualized these words her pitiful, appealing, yet wondrously beautiful face flashed before my eyes, and the power of a demon seized my muscles. Yes, for her sake I would win, if it were the last race I should ever row.

I could see nothing. My head reeled, and I took no notice of the course, trusting my subjective mind to guide me aright. All I could see was her face, imploring me to win.

Then all became blank. I seemed to hear some yelling, and later some tugging at my clothing.

The next thing I remembered was that I awoke, and I was in my tent. The curtain was drawn aside, and flowers were decorating a table beside me. Looking above, I saw her face, still with its appeal, but possessing also an expression of command.

"Sylvia!" I uttered her first name without realizing it.

"Nobel," she answered, and tears fell down her cheeks.

"I beg your pardon, Miss Landsworth, it was not my intention to be so familiar," I falteringly began; although why I did so I cannot tell.

Then she went on, "No, call me Sylvia, it will please me."

"Why, what have I done? What is all this about?" Then I recollected the race. "Who won the race? Where is Mickelson?"

"I cannot answer all your questions at once, but I will do my best," she began. Then she showed me the golden scull engraved with my name as the winner of that race.

So I had won—and I had won her! No, I must not presume; she was still a mystery to me. And her enemy—? Was this still the same thing that tempted her. Oh, what thoughts of ecstasy and sorrow and doubt!

My head had slipped from the pillow, and gently she adjusted it; as she did so her soft, warm hands touched my cheek, and a thrill ran through me.

(To be concluded next month. It will be followed by Warrington Dawson's great novel, "The Pyramid," in serial form.)

# How the Mighty Gotch Was Stricken in the Prime of Life



FRANK GOTCH  
Copyright I. F. S.

EVERY reader of HEALTH AND LIFE Magazine must realize that if the wonderful human machine that Frank Gotch had developed could be so suddenly destroyed, that any man or woman may be stricken in the same way. Actually there is a real danger. Gotch's case is typical of thousands of cases where people in apparent good health—without warning—are carried suddenly away. To be informed on this important subject is your only protection.

It is not our purpose to alarm anyone. We wish, merely, to put the readers of this magazine on guard against a condition which today is coming more and more to be recognized as a growing menace to the health and life of thousands of Americans.

It is true that always, for months, even years, there are unmistakable indications in every man's system which show definitely what is wrong. But the pity of it is, that the diseases which cause these "sudden" deaths in the prime of life, are so insidious in their attack that there is no outward symptom of their presence until the victim has passed beyond all hope of recovery. In fact, an alarming feature of these diseases is that the very poisons in the blood which cause such "sudden" death often give a fictitious stimulation which give the victim all the appearance of good health. Yet all the time the body may be slowly but surely breaking down under the vicious influence of these unseen poisons.

Fortunately there is a scientific way to know when this unseen and

unfelt disintegration has started and there are many simple ways of checking the progress of the disease and restoring the patient to perfect health.

## IS YOUR CONDITION SHOWN HERE?

A recent table which shows the figures of our twelfth yearly summary of results accomplished with our first 5,000 subscribers is remarkable for two reasons. Out of 5,000 subscribers only 5% were normal. Think of it!

The second remarkable feature of this summary is that out of 4,750 subscribers who were not normal, 87% were restored to normal condition through following our helpful suggestion sheet. The 13% which remained persistent probably was due to the fact that some people, even after subscribing, entirely ignored the unbiased advice of the Bureau or took up the Bureau's service too late.

Don't you think that it is time that you find out what condition prevails in your own case? "A little fire is quickly trodden out, which, being suffered, rivers cannot quench."

It is by the use of these scientific measures that Mr. Carl Laemmle, President of the Universal Film Company, George Ade, the famous humorist, Chick Evans, the golfer, Paul P. Harris, the founder of the Rotary idea, Justice O. N. Carter of the Illinois Supreme Court and thousands of other men at the heads of their professions protect themselves against the slow disintegration caused by sedentary living, lack of exercise and high pressure brain work.

These men—every ninety days—without leaving their offices and without spending more than four

minutes each year, obtain the most thorough and complete analysis of their physical condition ever made. They receive a detailed report showing exactly what is wrong. And a sheet of Helpful Suggestions for correcting the trouble and warding off the disease that might otherwise strike death into their midst, deprive their businesses of their guidance, their friends of their association and their loved ones of their protection.

A few years ago, a service such as this through its cost and inconvenience—was out of the reach of most men. But now, thanks to the corps of trained scientists and specialists maintained by the National Bureau of Analysis, this service has been put within the reach of every man at a cost which is insignificant.

## Send for Free Book on Health.

Do not live in a fool's paradise of fancied good health. Accept the friendly warning of an unbiased and unprejudiced organization such as the National Bureau of Analysis and find out at once what is really happening to your body, unknown to you. Send at once for our brochure entitled, "Why People Die Too Young." It will not obligate you in any way. No solicitors will bother you. You will not be urged to subscribe to the Bureau's Service. But with this booklet in hand you will be better able to tell exactly whether you need such a life-saving service as the Bureau offers and exactly what it can do for you. Simply fill in and mail this coupon today.

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These men—every ninety days—without leaving their offices and without spending more than four

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# How To Win Life's Greatest Battle.

A Special Article for Young Men.

By THE EDITOR.



THOMAS INCH.

## Have You Weak Nerves?

Are you easily tired?

Do you fail to carry out your ambitions?

Do you suffer from sleeplessness, the worry habit, heaviness of limbs, palpitation?

Have you indigestion, poor circulation, does everything seem a trial and a care?

If so, if you have any of the foregoing symptoms and if you are not the success you feel you ought to be, you suffer from nerve weakness. In which case you are cordially invited to write to me telling me your ailments and by return mail I will send you a remarkable book telling you how you can become fit and well by an inexpensive home method which has cured many thousands of sufferers, including many advanced cases of shell shock. My diagnosis and opinion free of all charge, results permanent.

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I have received numerous letters of appreciation of the article which appeared in the June issue on "What Youth Must Know". They have come from all sorts of people. Most beautiful, heartfelt messages have come from boys and young men, while teachers and guardians have expressed inspiring and sincere appreciation.

It will be the object of HEALTH and LIFE to be a real friend to all young people. You can all feel confident in the advice you will receive from the authorities who write for us, and any personal letter you care to send we shall answer sympathetically with the object of trying to help any of you who may feel down in the slough of despond. Do not forget that your editor is your personal friend and write to him just whenever you feel like it.

### A Caution Against Pseudo-Scientists.

All you young people will sooner or later come in contact with scientific and unscientific instructions in regard to sex problems. These have their dangers if you are not prepared. Let me caution you against the type of person who is himself pathological and seeks to contaminate others with his filth.

There are numerous so-called students of sex psychology who tell filthy sex histories with the pretense of spreading sex knowledge. Others who say that there is no necessity for young people to restrain themselves from certain habits.

With the former people you can deal very easily. To your own pure nature it will be obvious that they are merely playing on the sensuousness of weak-minded individuals, and you will be in a condition to criticize them so efficiently as not to be influenced by their pornography. With the latter class of people you need to be more cautious, for some of them have the highest degrees in medicine, art, and science. Nevertheless, don't you believe what any person in the world tells you when he says there is no harm in abuse of the sex function. The greatest possession you have is your own purity of body, mind and soul. Do not lose it.

Forel, the great French student and physician, tells very clearly how the people I have referred to are pathological, and take a delight in arousing the lower emotions of young people. You have all heard of such people as exhibitionists. Well, their

complaint is one of a very similar kind, and you should be on your guard against them. Do not be harsh or want to do them injury, for they are but the victims of the prevalent ignorance and superstition, surrounding these great problems, and when they were young they were not so fortunate as you who are being cautioned against losing control over your feelings.

### The Strongest Characters Often Suffer the Greatest Temptation.

Every man and every woman at some period in life passes thru a stage when the animal feeling seems almost overpowering. Often those of the purest and strongest character feel these things most. This is the time to beware of the person who talks about relief. There is no such thing as relief. Once the indulgence is made a repetition of desire comes with added force; the habit is started and wears what we call, a nerve path, which makes it physiologically harder to resist every further undesirable prompting.

However, each prompting which is defeated by control makes it double as easy to resist further promptings. This is how habits are broken. Habits are easily formed because they become stronger with each repetition, but the habit also of overcoming acts similarly; thus, no habit is ever so strong that it cannot be broken, although, of course, the sooner it is tackled the easier the fight.

### How to Conquer.

Now there is a sure and easy way to keep pure and clean. Before there can be any physical action there must be a thought which leads to it. It is this thought which must be governed. Therefore, cultivate some hobby, preferably one which involves the expenditure of physical as well as mental energy. The greatest and best hobby of all for this purpose is that of the cultivation of a strong and fit body. As soon as these thoughts which have no business in your mind come to you get out into the open air and play ball, jump, wrestle, do anything that will use up both mental and physical energy, and the animal feeling will disappear like magic. Then cease in future to worry about the sex topic. Learn all there is to know about it from good clean, scientific books, by authors above suspicion. Learn the physiology, anatomy and biology of sex, and then you will

(Continued on page 101)

## TAKE A Course of BOXING LESSONS BY GEORGES CARPENTIER

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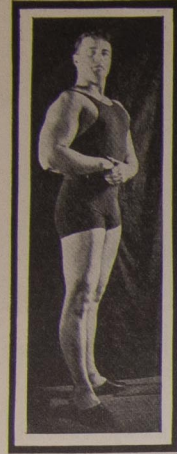
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# A.C.W.A. Notes

Challenges Galore—Great Lifting by Hayes & Coulter—\$1,000 for Some Strength Tests.



ARTHUR F. GAY, Vice-President American Continental Weightlifters' Association, challenges all America for the title of "Strongest Man". The tests, he maintains must include nearly all the known lifts.

absolutely must start practice with the weights.

The American Continental Weightlifters' Association, of which your editor is President, has now representatives in several states, and records and championships are being arranged. I hope to be able to give you news of some of them next month. The New York State Championships will be held either in New York City or in Rochester.

You will all be interested to know that Arthur F. Gay, our Vice-President, officially issues a challenge to all America for the title of "Strongest Man." He maintains that a few lifts would not be sufficient to test the all-around strength of any man so practically every lift must be included in any match which is the outcome of his challenge. Teeth, back, harness, finger, dead and bridge lifting will all figure, as well as the arm presses, curls and jerks.

So we are in for some great sport when somebody is bold enough to pick up the gauntlet which he has thrown down. Arthur F. Gay has recently been making new records and is in great trim. I am going to give you more details about him next month.

Robert Snyder, the famous Maryland lifter, accepts the challenge issued in HEALTH AND LIFE by George Weber, of Rochester. Arrangements will be made for a match thru the A. C. W. A.

A. R. Hayes, of Tucson, Arizona, is going to startle the weightlifting world. Although 139 pounds himself he does a Two Hands Military Press of 140 pounds twice in succession. He also does a One Hand Bent Press of 140 pounds.

Ottley Coulter, the renowned Pittsburgh iron man, who, by the way, is our organizer for Philadelphia, is one of the leading figures in strength circles. He is a versatile athlete and holder of many gold and silver medals for feats of strength and development. Although only 145 pounds, he does a harness lift of 2,430 pounds. This he did when he won the Police Gazette tourney open to the whole world and held at Brooklyn in 1918. One of his novel feats was to stand on his hands with a 180 lbs. barbell held by his teeth.

George F. Jowett, our Secretary, who knows Coulter well, says: "Such a man as this is an inspiration to the cause, and his whole



The Mighty Arm of Thomas Inch, Britain's wonderful Veteran Champion Lifter.

career has been marked by his self sacrificing efforts for the great cause, and for clean sport. His presence as an organizer is greatly welcomed, and in the near future we shall look forward to some great accomplishments from him."

So, you see, the A. C. W. A. is getting some fine men in its official ranks. If you have not yet joined you ought to do so quickly, for records and challenges are put through the Association and Official Diplomas awarded. The fee is \$3 a year which includes a copy of HEALTH AND LIFE, and it should be sent to Geo. F. Jowett, the Secretary, Inkerman, Ontario, Canada.

By the way, Secretary Jowett is pleased to answer any questions and give any hints on weightlifting to anybody who cares to ask him, but the courtesy of enclosing stamps for reply postage must be given. He is the Middle Weight Champion of Canada, and he knows about all there is to know about lifting, so you have a unique opportunity of gaining valuable information.

### \$1,000 CHALLENGE.

Other challenges have come in since going to press. These will be issued next month. One is by Matthew I. Tanski, who is only 16 years of age, and weighs 130 pounds, but offers \$1,000 to anybody who can duplicate his feats. Here's a chance for some of you fellows who want to prove your strength. Read about it next month.

Earle Liederman, the famous New York physical culture expert, is co-operating in organizing the New York State Championships.

### COMPLETE LIST OF THE 49 LIFTS as recognized by "The American Continental Weightlifters' Association"

- No. 1 and 2. Right and left hand military press.....Dumb-bell
- No. 3 and 4. Right and left hand snatch.....Bar-bell
- No. 5 and 6. Right and left hand swing.....Dumb-bell
- No. 7 and 8. Right and left hand clean and jerk.....Bar-bell
- No. 9 and 10. Right and left hand clean and bent press.....Bar-bell
- No. 11 and 12. Right and left hand bent press from shoulder.....Dumb-bell
- No. 13 and 14. Right and left hand anyhow.....Bar-bell
- No. 15 and 16. Right and left hand bent press from shoulder.....Bar-bell
- No. 17 and 18. Right and left hand dead lift.....Bar-bell or dumb-bell
- No. 19. Abdominal raise.....Bar-bell
- No. 20. Crucifix.....Dumb-bells or ringweights
- No. 21. Lateral raise—standing.....Dumb-bells or ringweights
- No. 22. Lateral raise—lying.....Dumb-bells
- No. 23. Rectangular fix.....Bar-bell
- No. 24. Hold out in front, raised from below.....Bar-bell
- No. 25. Hold out in front, lowered from above.....Bar-bells
- No. 26. Pull over at arms length.....Bar-bell
- No. 27. Pull over and press on back without bridge.....Bar-bell
- No. 28. Pull over and press on back with shoulder bridge.....Bar-bell
- No. 29. Pull over and press in wrestlers bridge.....Bar-bell
- No. 30. Two hands swing.....Dumb-bells
- No. 31. Two hands clean and military press.....Dumb-bells
- No. 32. Two hands clean and push.....Dumb-bells
- No. 33. Two hands clean and jerk.....Dumb-bells
- No. 34. Two hands continental jerk.....Dumb-bells
- No. 35. Two hands anyhow.....Dumb-bells
- No. 36. Two hands slow curl.....Bar-bell
- No. 37. Two hands clean and military press.....Bar-bell
- No. 38. Two hands clean and push.....Bar-bell
- No. 39. Two hands snatch.....Bar-bell
- No. 40. Two hands clean and press from behind neck.....Bar-bell
- No. 41. Two hands clean and jerk.....Bar-bell
- No. 42. Two hands clean and jerk.....Bar-bell
- No. 43. Two hands continental jerk.....Bar-bell
- No. 44. Two hands dead lift.....Bar-bell
- No. 45. Two hands anyhow.....Bar-bell and Kettle weight
- No. 46. Kennedy lift.....Bar-bell
- No. 47. Jefferson lift.....Bar-bell
- No. 48. Dead lift.....Bar-bell
- No. 49. Hand and thigh.....Bar-bell

GEO. JOWETT, Secretary.

## How To Win Life's Greatest Battle.

(Continued from page 98)

be fortified against pseudo-scientists and others pretending to be authorities on morality who are often themselves perverts, as I have explained above.

The greatest occasion in life is entrance upon the married condition. While you are young you do not want to think much about this, but deep down in your heart you must always think of the ideal person who is going to join you in life and become one with you. Keep your mind and soul spotless in order that you will be able to meet her face to face and never regret any conduct of your earlier life. So when the time comes you will reap a rich reward for the struggle you have made, and be inspired to put forth the maximum of your energy in any work you undertake, and be assured of success.

### ADVICE DEPARTMENT

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

H. S. NEW YORK.—The exercise you are getting in carrying around those newspapers is not particularly good. You need some scientific exercises and should practice those given in this issue of HEALTH AND LIFE. Do not take fresh, acid fruit with starches, as this causes fermentation, and that is the reason for the pain you feel in the upper part of your stomach.

P. A. L. BELLEVILLE.—The way you are eating is responsible for your heart trouble, and you cannot expect to get well until you reform. You are mixing all sorts of food, and it is no wonder that your blood becomes full of acid and toxic poisoning and puts the functions of your heart out of order. Your case is really too serious for me to deal with here. I would advise you to put yourself under the personal supervision of Dr. Lindlahr. I see no reason why you should not become quite well and live to a healthy old age.

H. G. WISCONSIN.—The trouble you experience is undoubtedly caused by the fact that the woman is suffering from leucorrhoea, and has an acid discharge. Don't go with her any more if you can help it, for you are risking venereal infection. Your backache is merely due to the fact that you need some good, sound, scientific physical exercise. You can place yourself with confidence under the guidance of Earle Liederman. He will build up a good muscular system for you. Do not eat pig's flesh. The pills you are taking will not do you any good. They will only aggravate your trouble. What you need is to come back to Nature and let her make you strong and fit. Then you will live to a good old age and enjoy every moment of your life. It is worth while, I can assure you.

C. W. VA.—Not at all surprised to find you are suffering from intestinal poisoning which is being diagnosed as appendicitis. The wonder is that you are still alive to write about it. The way you are living and eating is to blame.

E. A. B. STAYSON.—I understand perfectly. The knowledge you need is "Sex Conduct in Marriage," price \$1.75, HEALTH AND LIFE, Pub., 333 S. Dearborn Street, Chicago. By preventing your wife from the sufferings of another undesired pregnancy—probably risking her life—you are only doing your duty. Put out of your mind all fear that the free expression of your love for each other is wrong; it is your right to be happy, and your children's right to have happy parents.

## Absolutely Reliable Sex Information

The greatest curse in humanity is ignorance of the functions of the most vital parts of the body. There are thousands of young men and women who are ruining their lives because they have never been given the warning they so much needed. Through lack of knowledge they drain the body of its most precious secretions, and turn themselves into wrecks physically, mentally and morally.

The only satisfactory sex education is one that is based on scientific knowledge and the book announced here: "Sex Evolution," written by the Editor of "Health and Life," is absolutely the only one of its kind that has ever been published.

You cannot imagine the valuable information it contains until you have read it. Besides the anatomy, physiology and biology of sex it sounds the note of inspiration for cleanliness, and IT TELLS THINGS THAT THE DOCTOR KNOWS AND DOES NOT TELL.

Every man, woman and child should be familiar with every word of this book. It will prevent many a tragedy and point the way back to happiness, health and efficiency.

### A FEW OF THE HEADINGS ARE:

- The Principle of Reproduction.
- What is Birth?
- Love.
- Development.
- The Sex Apparatus.
- Copulation.
- The Embryo and Its Development.
- Comparative Sex.
- Evolution of the Brain and Nervous System.
- Male Organs.
- Female Organs.
- The Correct Use of the Sex.
- The Ovum.
- The Spermatozoon.
- The Origin of Altruism.
- The Urinogenital System.
- Why Two Sexes?
- Comparative Copulation.
- Sexual Selection.
- Heredity.
- Cell Development and Reproduction.
- Fertilization.
- Recapitulation.
- The Secret of Human Success.
- Assuring Happiness.

The book is fully illustrated with diagrams.

Written in popular language it can be read and enjoyed by young or old, although students will find it especially interesting.

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

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

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**Leading Athletic Stars.**

(Continued from page 85)

the ideal athlete. He combines mental with physical skill, and makes his triumph in the boxing ring one of mind over matter. His greatest fight was that with our great old Jack Dempsey, but that battle did not make Georges seem any the worse as a boxer, rather did it bring out his genius and, let us not forget, Jack's superb ability and strength.

Georges Carpentier is possibly the greatest boxer of all time; not because he has discovered any intricate new moves, but, on the contrary, because he has adopted the simple old style, has perfected it and has added little improvements. He candidly admits that he has gained much from the old time fighters and even from novelists' descriptions of fictitious fistic battles.

Just let us take one instance of his favorite manoeuver—the one by which he almost put Jack Dempsey out of action, and has accounted for Billy Wells, George Cook and others who have many physical advantages over him. He plunges with a left lead to the face, in the old orthodox style. He repeats the action. Again he repeats, but this time it is only a feint. Again a similar feint, and then his opening has occurred, he brings his right across to the jaw on the instant, and down drops the hercules opposing him. It is quickness, ring craft, strength and decision all packed into one manoeuver. But it is the simplest thing in the world.

After all, are not the simplest things always the greatest "Simplicity is Art," is a common saying; and Georges Carpentier is a boxing artist who has made a line of continuity with the real old art of boxing. When Georges fights no more he will still be the idol of those who know anything about boxing, and those who study his methods will make champion boxers of their time.

**"The Russian Lion."**

Now that I am on to the subject of Georges Carpentier, I find it difficult to leave him, for he is an absorbing personality, and to know him and be familiar with his work in the boxing ring is to admire him. But I must hasten on, and leave further discussion of him to a future occasion, for this article is intended to deal just a little with a number of leading athletic stars.

After boxing we inevitably think of wrestling, and the names of modern wrestlers such as Ed Lewis, Earl Caddock, Zbysko, Marin Plestina and the tiger-like John Pesek, all flash before my mind. But in trying to think of a personality I find George Halkenschmidt comes most prominently before my mind. I was with him just a few months ago, so can speak with authority.

He is known to most of us as "The Russian Lion." He will never wrestle again, so he says, but the world will always remember him, and writers will refer to the name of Halkenschmidt when desiring to point to an unbeatable grappler. Halkenschmidt, alas, when he met Frank Gotch, was not the same man who had us all wondering when he beat Madralli, the Turkish wrestler, and anybody who happened along at that time. Let us remember the real man as he was in his prime, and even as he is now as a personality.

Those who talk about wrestling developing the brutal side of a man's nature are absolutely mistaken. Wrestling develops the real man, and he learns self control and appreciation of his fellow man. Halkenschmidt was a hurricane of force when he grappled, and clean as a whistle. It was just character which carried him through to victory. Today he lives in a little bungalow in the south of England, where he is compiling a philosophy of health, good will, gentleness, physical care and appreciation of the refined feelings in mankind and a true way of living. He is supremely happy, living in accordance with his principles, and maintains the magnificent figure which used to adorn athletic papers. He eats of the most frugal meals, and exercises regularly along his own lines.

I have really exceeded my space already but have not dealt with half of the athletic stars I had intended to present to you. However, I will have other opportunities, and perhaps deal more in detail with the lives of some of our heroes. I am going to give you a chat on Babe Ruth, the great home run hitter soon, and I know that will please you.

**NOTES.**

The Chicago College of Naprapathy held its Commencement Banquet at the Hotel Sherman on August 18th. A full report and photograph will appear in the next issue of HEALTH AND LIFE.

We have been compelled to hold over some very interesting items that we intended to publish in this issue. There are so many good things to give you that the difficulty is not how to get material, but how to get it all in. Next month's number will contain an article on Conception Control, by Dr. Norman Haire, Ch. M., M. B., the famous gynaecologist; How to Juggle, by the great juggler, Rupert Ingalese; Chest Expansion, by Alfred Danks, Chest Expander Chamoion of the World; a sensational article on the "Vitamide", by Dr. T. A. Allen, M.A., M.D. Dr. Henry Lindlahr, Warrington Dawson, Bernard Bernard and other eminent writers will also contribute articles. The weightlifters' notes will contain some important announcements and challenges.

*Health-Life*  
**Live and Be Fit.**

"Health and Fitness", by Bernard Bernard, Editor of HEALTH AND LIFE, price \$1.75, Health and Life Publications.

There has always been, in my estimation, a book needed which covered the whole field of physical culture training; one that a beginner could pick up and find in it everything he needed for his guidance to good health and strength. "Health and Fitness", by Bernard Bernard, satisfies this want.

It does more, however, it conveys inspiration to live the healthy life. I believe that few people could read this book without feeling they must be up and doing, and practising the rules there set down. There is something in Bernard Bernard's style of writing that makes one feel that the greatest joy in the world is to keep fit. It surely is, and it is good to find the spirit of pleasure running through what might be called a textbook of health. As I read it I involuntarily raised my chest and breathed properly; I cast away my solemnity, and I almost felt my muscles developing.

That is my impression of the general fitness portion of the book. The health side deals with most of the ailments to which flesh is heir, and gives detailed instructions for getting well. Constipation, digestive troubles, nervous weaknesses, skin ailments, toothache, obesity, baldness, headaches, biliousness, and all the common complaints are discussed thoroughly.

There are three excellent sets of exercises. One is for morning use; a second for evening use; and a third is a series of self-massage exercises.

The author rightly points out that our body muscles are the most important we possess, and his exercises are all specially arranged with regard to this. They have the effect of contracting and relaxing the vital muscles, and they also compel an auto-massage of the viscera; making them particularly useful for liver, intestinal, and all internal ailments. I guarantee that it would be impossible for anybody to suffer from constipation or indigestion if he practices these exercises. R. P.

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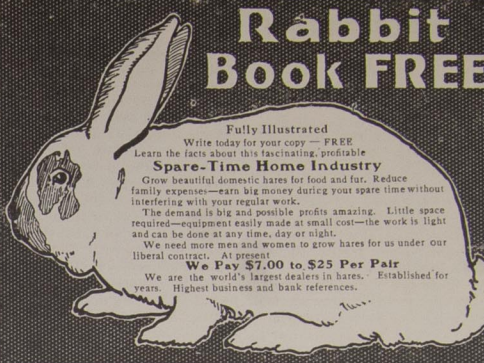
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 To the Editor  
 "HEALTH AND LIFE,"  
 333 S. Dearborn Street, Chicago.

## Women Train Your Bodies

(Continued from page 89)

by keeping the system in a perfect condition, then old age becomes a matter of looks, not years.

### Keep the Spirit of Youth in Your Body.

Women who keep the spirit of youth in their bodies do not look forward to old age with dread. I have known many an elderly lady who looked upon neighbors of half her years with eyes of pity. While one practiced the art of staying young, the others worried and fretted themselves into premature old age.

That the means of making yourself into a pleasing specimen of womanhood lies within your power is proven by the thousands of women who are daily doing this very thing. The world holds forth an abundance of beautiful things and delightful pleasures for everyone, but to appreciate them one must fit in with the buoyancy of mind and body. Like beguets like and to attract happiness one must inspire it.

It inspires one with pity to see a woman losing the love of her husband and respect of her children simply because she has been married some years, as this seems to afford her ample excuse to neglect her health and personal appearance.

### Why Husbands Go Wrong.

Why do many men seek the society of other women? Are they anxious to? I'm willing to wager that precious few married men would care for the society of other women if their own wives would exert enough energy to make themselves attractive companions for them.

It is but human that after a man has been at business the best part of the day he should long to find a cheerful, healthy, pleasant-faced companion waiting for him and not a chronic complainer who feels too sick, tired and disgusted with life to make an attempt at being agreeable. Should he suggest her accompanying him somewhere in the evening, their pleasure is spoilt before they have finished dressing.

Quite recently a prominent New York man of affairs was being criticized for his methods of business and his attention to other women. The critic was asked if he was acquainted with the accused wife. He answered in the negative. "Then, said the questioner, "You are not in a position to criticize." When a man's home life is as uninviting as this chap's, all sorts of allowances must be made for him. He married a most desirable woman seven years ago and today he is ashamed to take even his bosom friends to his home. Carelessness and neglect have robbed her of all those golden promises of seven years ago.

**The Biggest Incentive a Man Can Have.**  
The biggest human incentive a man can have to make him successful and

to keep him straight and good is a happy home life. Unless he is a most extraordinary man (and there are few such) and you deprive him of his happy home ties, he is sure to follow a questionable life outside. When there is someone at home who honors, understands and sympathizes, one who shares both his good and misfortunes, a companion who stands by him win or lose, someone who believes in him and encourages him with the best that they can give, the man with one spark of manhood is unlikely to go permanently wrong.

American women are the most fortunate in the world. Their husbands grant them more rights than are possessed by women of any other nation. Prove your right to share these rights. It is one way in which you can do your share of the world's work. Be the woman behind the nation, the helpmate, the inspiration. Make yourself an object to be admired and desired in your own eyes and those of your family.

## Exercises for the Busy Person.

(Continued from page 90)

ing during the night. You may not have formed such a habit but take it from me that it is a most important matter to do so. The muscles are relaxed after the night's rest and whether you feel the inclination or not consciously, an effort in this direction will be successful sooner or later, providing it is made regularly every morning.

The next thing is to take your bath or sponge down. This need not be in cold water. The main thing is to wash away from the skin the excretions which have been thrown out during the last 24 hours. If this is not done they are likely to be reabsorbed and so poison the system and promote drowsiness and general inefficiency. Follow the bath with a good rough towel. This will make you feel brisk and smart, and bring to the surface of your body the life-giving blood, until you feel quite aglow with life and health.

Then do the following exercises and they will make you feel that life is worth living, because you are fit for your day's work; it will be a pleasure instead of a task because you are efficient.

### Exercise I.

The first exercise is to breathe deeply and fully. Raise the arms forward, inhaling to the fullest extent so that the lungs expand in all directions. When you have reached the position illustrated in Fig. 1, your lungs should be expanded to their utmost capacity without straining. Your hands should reach up so that the body contents are raised and given plenty of room.

In the second movement you can lower the arms sideways or forwards, just as you fancy, at the same time

blowing out of the body as much air as you possibly can. Do the whole exercise about three times, but finish up on the first movement, i. e., after the full inspiration has been made.

### Exercise II.

The second exercise is from the position with arms bent as in Fig. 2. Now thrust both arms forward vigorously, and bring them back after a very slight pause to the original arms bent position. Then thrust the arms sideways outstretched, and pause and bring them back again to the original arms bent position. Follow this with shooting the arms upward in the same manner as explained for the previous movements. Do not trouble about the order in which you do the upward, the sideways or forwards movements, the main thing is to do them vigorously and properly. Six repetitions of the whole exercise will give you enough of it.

### Exercise III.

The position of the third exercise is to reach upward as much as possible. From here first bend forwards and get as near touching the ground in front of your toes as you can; keep the back hollow. Return to the original upstretched position, and then bend the body backwards to its fullest extent, again keeping the back hollow. Return once more to the original upstretched position and bend the body sideways to the left as illustrated in Fig. 3. Again to the original upstretched position and the bend, sideways to the right. Three complete repetitions of this exercise will be sufficient.

### Exercise IV.

The fourth exercise is imaginary ball-punching. It is almost better than the real thing, and makes for speed and sets the circulation going in fine order. Do not simply thrust each arm forward as in Exercise II, but bring the whole body round with each punch—in other words, get your weight behind each blow. If you study Fig. 4 you will gain some idea of the movement. It is a trunk turning movement; as you punch with the left hand the left side of the body turns in that direction. When you give the right punch the right side of the body turns foremost. Just do this exercise as vigorously and quickly as you can; your own condition will tell you when to stop; but in any case a half a minute of it will be ample for the morning performance.

### Exercise V.

The above exercise will leave you ready to fill your lungs to their full capacity in the breathing exercise, which is the last. Follow the instructions given in Exercise I. You will need to do six or seven repetitions of the complete exercise, and I guarantee that you will feel that the time you have given to these few movements has been most pleasantly and profitably spent.

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## Make Marriage Safe.

(Continued from Page 87)

less she is certain of her own health and the health of her partner—the man who is to be the father of the child she is to bring into the world. If her husband's health is unsound, and she cannot avoid him, she can take precautions against conception and against infection.

It is not a matter of making vice safe; it is a matter of making marriage safe; a matter of restoring and maintaining physical health, family and national, and above all, of protecting innocent women and children, for if vice has its dangers so also in these days has innocence its own peculiar perils, and it is the cry of these victims—often so young and so fair—that must affect us most deeply.

### The Clean Life's Blood of a Nation is Its Most Priceless Possession.

Is it not time then that we all stopped repeating timid platitudes about making vice safe, and did something practical to make marriage safe?

Why don't we?

Is it because we are afraid to define the terms we use so glibly? We talk of promoting chastity, for example. What is chastity? Surely chastity is happy, healthy communion between a man and a woman who love one another; and unchastity is indulgence between those who do not love one another. None at all is neither chastity nor unchastity; it is the negation of both, and it ends in extinction. Why trouble so much about a negation that inevitably means racial death? Why not devote ourselves to life and love; to the building of a happy, healthy human family—a family that instinctively realizes that the clean blood stream of a nation is its most priceless possession?

But the national blood-stream can never be clean until there is a complete knowledge of sexual control and sanitation among all of us, and especially among women. One of the first things which women must learn to understand is the control of conception and the control of venereal diseases. They must learn how to prevent the birth of the unfit; how to secure the birth of the fit; and even though their husbands are infective they must learn how to break the chain of infection in their own bodies, so that what is bad for the race does not become worse. If women are brave enough and wise enough, they can, in most cases, wipe out the scourge of venereal diseases from their hearths and homes, and ensure that every child born is at least physically fit.

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## EDITORIAL

(Continued from page 95)

their muscles; and so they developed their prodigious strength.

The development of a memory follows the same rules, so if you have a particularly weak one—or think you have—you can start straight away training it, by remembering first of all little, simple things and progressing until you can do big things. Interest in a matter is the best help to remember it, so try to maintain an interest in life, and you will find that you have no trouble to remember just what you want. There is little need to practice on all sorts of puzzles and trick mnemonics; recounting the actual experiences of life will give you quite enough exercise.

### THE MEMORY NOT TO DEVELOP.

Some people have the ability to remember some things but not others. I am not particularly referring to those in the habit of borrowing money; but it is well known that learned professors, although able to recall the most intricate details of some experiences, suffer keenly from absent-mindedness. One such gentleman was delivering an afternoon oration on zoology in the auditorium of his college. He took a package from his tail pocket and put it on his desk and began: "We have before us two specimens of the Vertebrata, known as *Rana esculenta*, in other words, the common frog." Then he opened the package and disclosed—two sandwiches. Feeling in his pocket again he remarked, "But I have eaten my lunch!"

## Idealism and the Psychology of Sex.

"Sex Evolution", by Bernard Bernard, Ph.D., M. P. C., (Lond.) Price \$1.75, Health & Life Publications.

The other day I met a fellow literary critic and our conversation turned to books on sex knowledge. He quoted the titles of several "What a Young Man Ought to Know", "What a Young Woman Ought to Know"; then he continued "and what the books do not tell them."

It is claimed by all advanced thinkers that the facts of sex should be known by everybody, and a book which suggests that it contains this information *should do so*. "Sex Evolution" does do so, and in no

mistakeable way. Yet it is filled with an idealism and inspiration that can only leave a deep and lasting impression for good.

After all, if certain practices are harmful and degrading, and if they threaten the health and success of our young people, should they not be told plainly so, in order that they may be warned against them?

But "Sex Evolution" is more than a sex book for young men and women; it contains the facts of sex physiology and development which should be known by every living person. There is no namby-pambyism about the telling of these facts; clean, honest terms are used, and the science of biology made the basis.

If I had my way I would have every school in the country use it as a text-book of sex instruction. I have been a principal in several large schools, and I can say from personal experience that this book is needed; and it is the only one I have read so far that I should care to place in the hands of any person.

But it is surprising how few grown up people really know anything about their own sex development and their functions. Considering the tremendous part that sex plays in the lives of all people one would think that nobody would neglect to know all there is to know.

R. P.

## Digestible Brainy Diet

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

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- (2) Dissolve phlegm or mucus, remove the source of colds, catarrh and consumption.
- (3) Correct liver and kidney troubles; headaches
- (4) Dissolve blood clots as in paralysis
- (5) Dissolve the impurities which cause blemishes to the skin, as acne, eczema.

### Notable Results:

- PARALYSIS. Age 61. Right hand and leg helpless three years; restored in three weeks.  
Another, age 65, bedridden, hemiplegia. Sensation restored in three days. Could walk two miles daily after six weeks.
- ARTHRITIS. All joints swollen with lime deposits. Knees and wrists locked immovable for eight months. Blind for two years. Can now see, walk and do home work.
- CATARH. HAY FEVER. RESULTING DEAFNESS decreased from the first meal.
- TUMORS. Case age 40. Tumors weighing about thirty pounds dissolved within a year.
- GOITRE. Collar reduced from 17 to 15, normal size.
- UTERINE HEMORRHAGE. Age 50. Three years in rolling chair; weak from constant discharges. Now does housework, including washing.
- ECZEMA. Age 69. Eyebrows lost. Skin cracked and scaling. Normal in three months.
- PYORRHOEA. Age 65. Pus ceased on seventh day.
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It is impossible to conceive of the value of the book; it must undoubtedly be read to be appreciated, and it is obviously impossible to give here a complete summary of its contents. The knowledge is not obtainable elsewhere; there is a conspiracy of silence on the essential matters concerning sex conduct, and the object of the author has been to break the barriers of convention in this

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

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

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

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



## A Book for Idealists by An Idealist

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