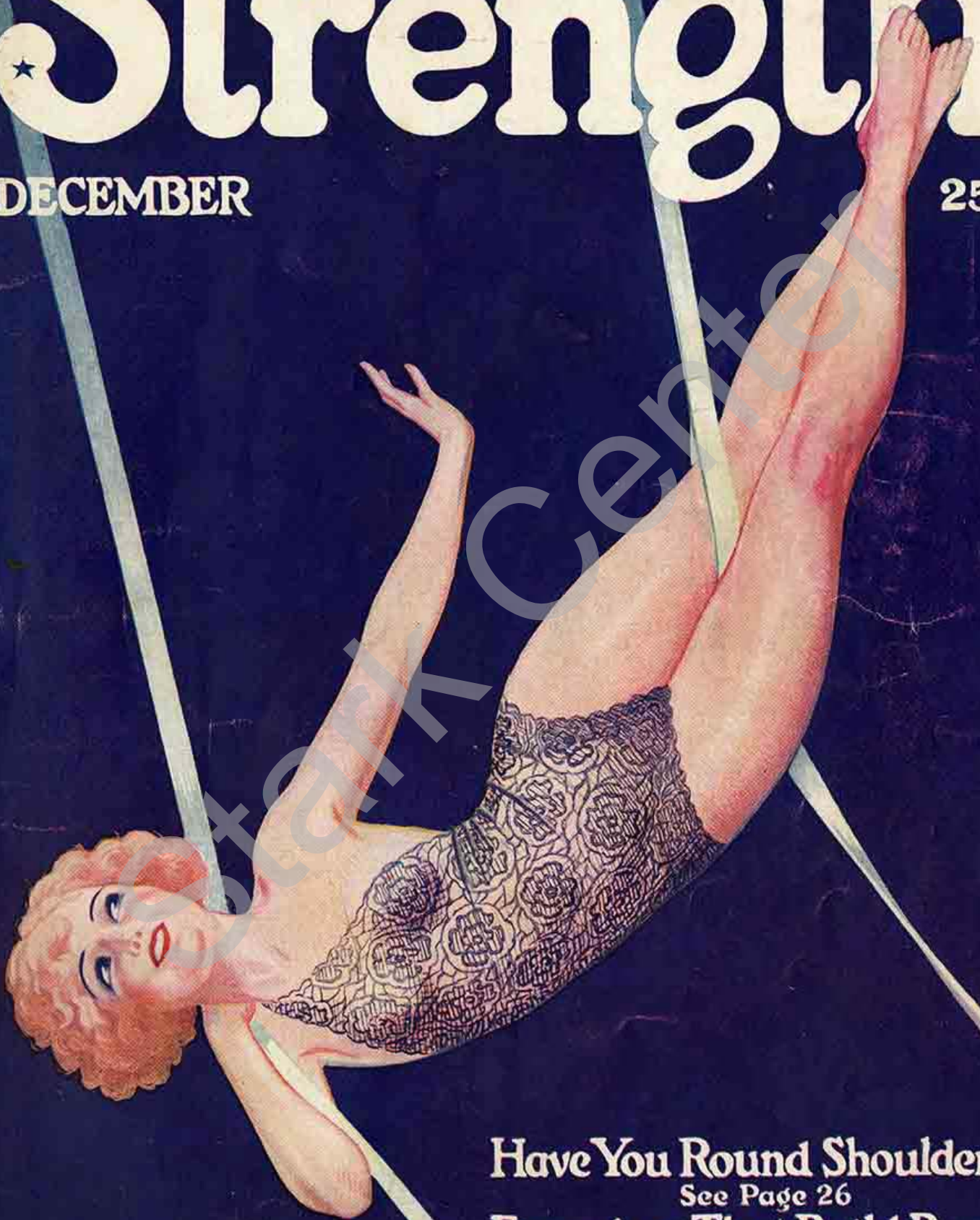


Developing the Small Boned Man

★ Strength

DECEMBER

25¢



Have You Round Shoulders ?

See Page 26

Exercises That Build Beauties

Have You a Health Problem ?

See Page 53

W. N. CLEMENT

We Can "Make You Over" Physically

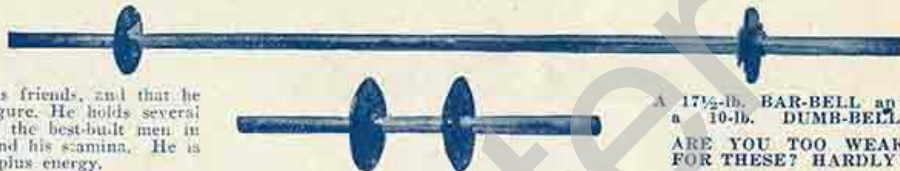
THE picture on this page shows one of our products. (We were about to say *finished* products, but that would not be true, because Mr. Goodman has not yet reached the limit of his development or power.) Mr. Goodman is an attorney-at-law, a profession which certainly does not call for great physical strength. Why then should a lawyer use big bar-bells and dumb-bells to get what exercise he needs?

We Made This Skeptic a World-famous Athlete

Mr. Goodman's case was like many others. Some time ago he became dissatisfied with his physical condition. He had not the least ambition to be a "strong man," but he felt the need of more energy to carry him through his daily work; and being slender and undeveloped, he craved a fine physical appearance. After failing to get results from the usual forms of light exercise, he finally realized that *exercise must be progressive if it is to produce big results*, so he bought a bar-bell from us and started in at the graded, or progressive, system which has developed so many wonderful athletes. He says himself that

The Gains He Made Exceeded His Wildest Dreams

He would have been satisfied if he had become as strong and as well-built as the best among his friends; but instead he found that he soon became a *physical superman*—that he had become two or three times as strong as any of his friends, and that he had become world-famous for the beauty of his figure. He holds several lifting-records. He is acknowledged to be one of the best-built men in the world, but what he prizes most is his energy and his stamina. He is now literally "brimming over" with health and surplus energy.



A 17½-lb. BAR-BELL and a 10-lb. DUMB-BELL.
ARE YOU TOO WEAK FOR THESE? HARDLY!

DECEMBER STRENGTH AND PHYSIQUE SHOWS

Date—December 5th (1st Saturday)
City—Philadelphia
Place—Milo Building
Location—2745 N. Palethorp St.

Date—December 12th (2d Saturday)
City—New York City
Place—Bryant Hall
Location—727 6th Ave., near 42d St. Times Square

COME AND SEE THESE MEN OF MUSCLE AND WITNESS THEIR STUPENDOUS FEATS OF STRENGTH. CHANGE OF TALENT AT EACH SHOW. ALL SHOWS COMMENCE AT 8 O'CLOCK SHARP.

The Almost Miraculous Effects of Bar-Bell Exercise

A century ago bar-bells first became popular as "health-lifts," and during all the years since they have retained their popularity. By using bar-bell, you can get beneficial effects that you positively cannot get from any other form of exercise. *The keystone in the arch of a man's strength is the small of his back.* If you are weak in the back, you cannot have either great muscular strength, or what is still more important, *great vital strength.* The user of an adjustable bar-bell acquires an enormously strong back, and that strength of back is the secret of the mansprings of his health and strength. Everyone knows that bar-bell users are the most wonderfully developed class of men in the world, but did you ever realize that *their muscles are the natural outgrowth and expression of their inward vigor?* A great muscular development is of no use unless you have nervous energy to stimulate it and stamina to support it.

Our Teaching Is a Revelation to Most of Our Pupils

Most of them evidently expect to be forced to tug and strain so as to "push-up" immensely heavy bells; and to their surprise they find that they are given a great variety of exercises, and that they are made to specialize on the movements which strengthen the back, which tone up the digestive organs, and which enlarge the chest and lungs, *before* they are permitted to even try the real lifting stunts which form part of our advanced courses.

The Principle Business of This Company Is the Making of Vigorous Men

We are the world's largest manufacturers of adjustable combination bar-bells, dumb-bells and kettle-bells, and for over twenty years we have specialized in teaching body-building, health-creating and muscle-developing exercises.

Send for our booklet,



EDWARD W. GOODMAN posed as the "Discus-Thrower"



Showing a 220-lb. Bar-bell, a 100-lb. Dumb-bell and two 45-lb. Kettle-bells, all ready for use and all made from the "SUPER-STRENGTH" outfit. BAR-BELL FULLY LOADED, 400 lbs.

ARE YOU TOO STRONG FOR THESE? HARDLY!

THE MILO BAR-BELL CO.,
Dept. 114, 2739 N. Palethorp St.
Gentlemen: Please send me without obligation on my part your free catalogue, "Health, Strength and Development and How to Obtain Them."

Name.....
Address.....
City.....State.....

"Health, Strength and Development—How to Obtain Them"

FREE ON REQUEST

THE MILO BAR-BELL CO.

2739 N. Palethorp St.

Dept. 114

Philadelphia, Pa.

Mr. Ward photographed in his office at Postl's, Chicago



Men Who Want More Money Will Listen to This Man!

You may think that my arithmetic is funny, but it certainly worked for me. You can add ten and ten in the ordinary way and you will never get more than 20—and that's just about what I was earning a week before I left the States for 20 months' active service in France. When I came back I determined that I would not go back to the old grind! I found a way to put one ten alongside of the other, so that the total made over a thousand dollars—and that's what I averaged every 30 days for the last twelve months. Through the simple method I'll tell you about I made \$13,500 last year.

By A. H. WARD

There's no reason why any ambitious man should not follow in my footsteps. I read an advertisement, just as you are now reading my story—it told about W. Hartle, of Chicago, who had been in the R. R. Mail service for ten years. Hartle made a sudden change—against the advice of his friends—and made over \$1000 the first thirty days. George Kearns made \$523.00 the first two weeks. F. Wynn made \$554.37 the first seven days, and Miller, a former stenographer, made \$100 a week after making this change.

Well, man, I sat up and took notice. If they could do these things—ordinary men like myself—I knew that I had a chance. I investigated and found that what the advertisement said was true. Fact is, you can figure it out for yourself in simple logic. Consider these two points:

Easy for Two Reasons

First: There is no money and no future in the routine job. Every one knows that. If you want to make the real money, you must get into the producing end of the business—be a salesman. Wait, now, don't let the word SALESMAN scare you. For the second thing is this: Salesmanship is governed by rules and

laws. It is just like learning the alphabet. And men who always have thought that salesmen are "born" and not made, very quickly learn that there are certain definite ways to approach different types of prospects to get their undivided attention—certain ways to stimulate keen interest—certain ways to overcome objections—batter down competition and make the prospect act. And any man can learn these simple principles. I know that because *I've proved it to myself!*

This Free Book Started Me

I sent for the book that Mr. Greenslade, the president of The National Salesmen's Training Association, will send free to any man who sends the coupon.

After reading I enrolled. Within one year I had averaged over \$1000 a month income—\$13,500 the first year—and in addition was elected as an officer of Postl's of Chicago.

Now don't misunderstand me. I don't say that you can do as well. You may not make a thousand dollars the first month. You may not have as much determination to succeed as I had. But I do say that since looking into the matter can't cost you a cent, you should at least

investigate. You can't help but benefit, and if you're any man at all you should double or triple your income without half trying.

Send Today for FREE Book

If you really want the good things of life—the things that only money can buy—I urge you to send the request blank in this page to Mr. Greenslade. He will send you free and without any obligation "Modern Salesmanship," the book that started me on the road to success. Then decide for yourself. Even if you don't go ahead you will be out only two cents. And on the other hand you may find a way to double or triple your salary in a short period. Just mail the attached coupon today with your name and address.

Yours for success,

A. H. WARD.

Written for Mr. J. E. Greenslade, President National Salesmen's Training Association, Dept. W-21, N. S. T. A. Building, Chicago, Ill.



MR. J. E. GREENSLADE, President W-21
National Salesmen's Training Association
Dept. W-21, N. S. T. A. Bldg., Chicago, Ill.

Send me free the book that gave Mr. Ward his start. This does not obligate me.

Name

Address

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

Age..... Occupation.....



Strength



DECEMBER, 1925

Vol. X

No. 10

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Let European Gland Surgeons Show Results Equal to This Simple Home Treatment

You will be amazed, as I was amazed, when you find out the facts disclosed in the article below. The world has been electrified by the newspaper reports of the work of famous European Gland Surgeons. BUT they themselves admit the limitations of medicine and surgery. Now, a well known American scientist has developed a simple treatment that any man can use in the privacy of his own home—and it has been used already by 20,000 men with quick, positive results—in many instances almost miraculous.

By Byram C. Kelly, A.M., L.L.D.

BECAUSE I am just past 40 myself is probably the main reason why I made the investigation which disclosed to me a number of startling new facts about old age.

I had begun to wonder if I would soon start to "break"—to lose my old time pep and aggressiveness, my resistance to disease, when through a mutual friend I made the acquaintance of the scientist who has recently brought to light most interesting facts about the peculiar condition of men past middle age. And it is surprising what a multitude of ailments and weaknesses commonly ascribed to advancing years, have a real definite cause in a tiny gland.

Why Many Men Are Old At 40

I have learned that nearly two-thirds (65%) of all men past a certain middle age have a disorder of a little gland called the Prostate. And Prostate Disorder is not only the direct cause of much distress, but it displays itself in many parts of the body, mental as well as physical.

Common Symptoms

It is not always easy to diagnose Prostate trouble from the fact that little or no pain may be felt in the direct region. However, many of the ailments heretofore have been simply taken for granted as old age symptoms—sciatica, aches in back, legs and feet, nervousness and irritability, frequent dizzy spells indicating high blood pressure—frequent nightly risings—are well known symptoms of Prostate trouble.

20,000 Men Find Relief

But here is the most amazing of all the things I learned: *Right here*



treatment has been quietly and scientifically tried out. And now it has been definitely proved that the results are beyond question and that the treatment can be effectively used by—and has been used by—men in every walk of life, statesmen, bankers, lawyers, doctors, etc.—men of all ages up to ninety.

All Explained in Free Book

If you are troubled with or threatened with any of the disorders mentioned above, if you have Prostate trouble—or especially if you are in a frame of mind where you believe that your years are simply having an effect upon your health, and your physical or mental activity, this message should be one of utmost importance to you. The discoverer of this treatment has written a wonderfully interesting book, which tells every man approaching middle age or older the full facts about Prostate trouble and its far reaching effects. It will be

sent to you absolutely free if you will simply mail the

coupon below. It describes the splendid treatment and shows how you may regain your youthful figure and be free from certain disorders. No obligation. But mail the coupon at once—The Electro Thermal Company, 6452 Main Street, Steubenville, Ohio. Western Office, Dept. 64-T, 711 Van Nuys Bldg., Los Angeles, Calif.

The Electro Thermal Company
6452 Main Street, Steubenville, Ohio.
Western Office, Dept. 64-T, 711 Van Nuys Bldg., Los Angeles, Calif.

Please send me free and without obligation, copy of your interesting book, "Why Many Men Are Old at 40."

Name
Address
City..... State.....

Indisputable Evidence



"Had trouble with my Prostate Gland for five years. Sent for Electro Thermal Treatment and about the third treatment felt much better. Can recommend your treatment to any one afflicted as I was."—D. W. Cornelius, Pittsburgh, Penna.



"Had about given up hope when doctor recommended your treatment. Can say I am cured of the awful trouble. My age is 73 years."—H. B. Ruth, Colorado Springs, Colorado.



"Had enlarged Prostate Gland. Had to be up ten to fifteen times at night. Spent hundreds of dollars trying to get relief then began using your treatment. I feel that the trouble is entirely relieved."—Dr. J. Frank McMichael, Union City, Tenn.

J. W. Casey found quick relief after being a sufferer for thirty years.



Above are printed four testimonials selected by the writer of this article from thousands of such letters received by the Electro Thermal Company

in this country, more than

20,000 men have used a new treatment in their own home with astounding results. There have been no newspaper articles, no publicity. The

DON'T be a low-pay man. Don't be a Job-Hunter. Change quick from Empty Pockets to **STUFFED POCKETS**. YOU TOO, have a right to enjoy **BIG MONEY**—there is a fast way to do it. I'll show you a **QUICK** way—so quick that it is positively amazing—just a few happy, easy weeks. My Auto Book tells this romantic story of **QUICK RESULTS**. It's **FREE** to you. Send for it **NOW**—That Coupon brings it.

B. W. COOKE

Directing Engineer
CHICAGO



Get a
**Quick
RAISE
in PAY**

Be an **AUTO
EXPERT**

Earn up to **\$150** a week

You want **RAISES IN PAY**—Well then, take the **QUICKEST** way to them. **QUICK RAISES** are what you want. Clip Coupon—Get my free Book. Student after student reports \$100 a month extra, some even over \$200 a month EXTRA, spare time money, long before graduation—right in the early weeks of this famous "JOB-WAY" Auto Training. Did you ever hear of training that can show such quick and big results? Right at your home. I train you for a fine Big-Pay Auto Business of Your Own or the splendid Auto Experts' positions paying up to \$150 a week.

Get into the **AUTO BUSINESS**

The World's Biggest Business

Think of it—18,000,000 cars on the roads today—5 Thousand Million Dollars spent every year for upkeep alone! Wonderful opportunities to make **Big Money and Quick Money** in this gigantic Auto Industry. Get B. W. Cooke "Job-Way" Training. Be your own boss—go into business where up to \$10,000 or \$15,000 a year can easily be made! Remember with Cooke "Job-Way" training you don't have to wait. Hundreds of my students start right in collecting and spending Big Extra Money in the very first few weeks of their training! Read what John F. Plow did.

\$30 a Week More Pay

—Right in the First Few Weeks of My Training! 22 year old John F. Plow, Box 370, Ironwood, Mich.—still in the earliest part of his training—writes that he has averaged \$30 a week EXTRA MONEY over his regular pay. But Mr. Plow is only one of hundreds. Think of it—how would you like a fine quick \$30 a week raise! That's the kind of opportunity Cooke "Job-Way" offers you! Mr. Plow says: "I can't get away without thanking you for it. Your course is ONE in a million and I'll back up my statement with anybody."



\$300 in a Week! Big Pay Jobs Open

Speaking of Pay Raises—look at this! Joseph Woronecki, 186 Aflick St., Hartford, Conn., was making only \$21 a week when he wrote me. Just four months later he wrote that he made \$300 in one week in his own garage! That's an example of how quick my training gets amazing results. Find out what it can do for you. Get my Free Book today!

More trained Auto Men needed today than ever before! See how I back you up with the entire Resources of this Institution—how I give you Consultation Service—Employment Service for your whole life! Not a penny extra charge. See how the demand for B. W. Cooke "Job-Way" trained men grows Bigger and Bigger every year. Send for my Free Auto Book quick!

Get the PROOF!

If you want a quick boost in Pay—if you want to make up to \$150 a week—send for my Free Auto Book right now! You don't need previous Auto Experience to MASTER Automotive Work the B. W. Cooke "JOB-WAY" Common schooling all you need. I'll show you how so many men between the ages of 15 and 60—from all walks in life—become Garage Owners, Managers, Superintendents, Foremen, Auto Experts—in the class with **BIG PAY EXECUTIVES**. Get ALL the Facts! Clip Coupon Now!

LEARN AT HOME THE COOKE "JOB-WAY"

Keep your JOB! STAY HOME! Earn all your present job pays you, PLUS the big extra money which comes to so many of my students so quickly. Get started this quick way to Big Pay as an Auto Expert through Cooke "JOB-WAY"—RIGHT IN YOUR OWN HOME. Being a practical Directing Engineer, Owner, and Head of this Institution I know what practical, money-making training you need to be a Big Pay Man—and what training you need to bring you **QUICK BIG MONEY**—that training I give you!

The Only "JOB-WAY" Training on Earth

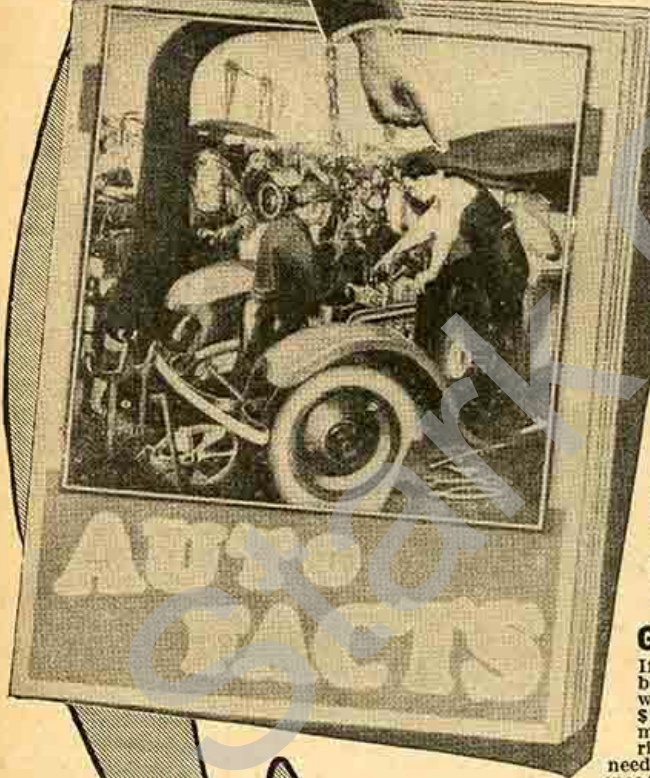
My training includes all Electrical Work—Ignition, Starting, Lighting—All Mechanical End—Welding, Brazing, Vulcanizing—also Business Course, Salesmanship, Advertising, Buying, How to Keep Simple Books—also Automotive Magazine, also 4 Outfits. Nowhere else I know of can you get ALL this training. Find out how B. W. Cooke "Job-Way" fits you for Big Pay and Quick Raises. Learn what it has done for others. See what it can do for you. **MAIL COUPON RIGHT NOW!**

4 BIG OUTFITS INCLUDED FREE of extra cost

Tools, Tool Bag, Test Bench, Radio Receiving Set—all equipment included. Also 293 Wiring Diagram Charts. Write quick.

B. W. COOKE Directing Engineer

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FREE AUTO BOOK

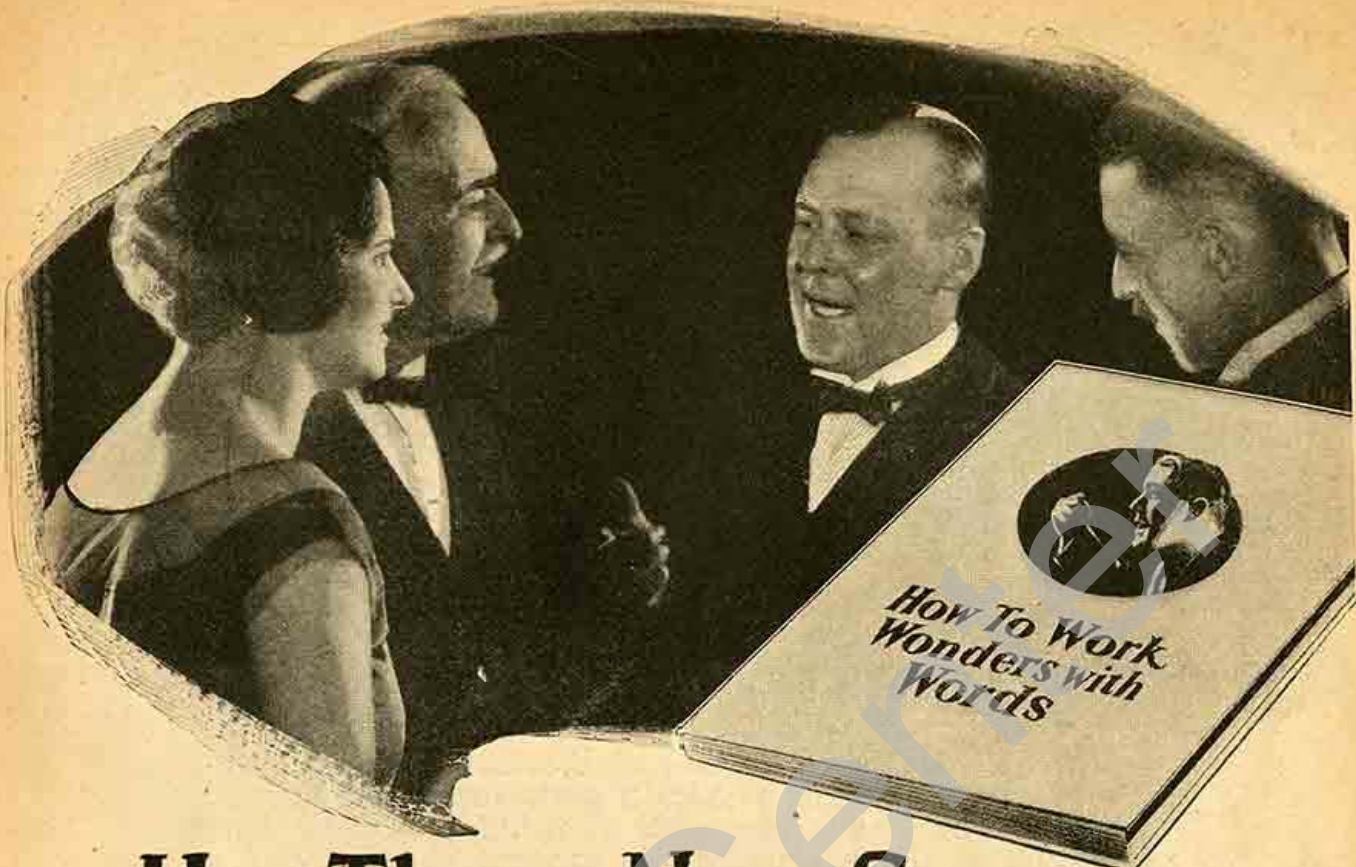
THIS QUICK!

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B. W. COOKE, Directing Engineer

Send me your Free Book "AUTO FACTS" and **PROOF** that you'll show me the way to a **QUICK RAISE** and **BIG PAY** as an Auto Expert, also send your 4 Outfits offer. It is understood that this obligates me in no way, and that no salesman will call on me.

Name
Address



Use These New Secrets of Powerful Speech To Win Popularity, Money, Success!

No longer is there any mystery to the art of public speaking—and how to talk convincingly. No longer is it necessary for any man to be held back by the handicap of ineffective speech. Smashed by actual proof in thousands of cases is the old tradition that "Only a few are born with the natural gift of forceful speech." Now it has been conclusively shown that seven men out of every nine have this "hidden knack"—and that a few scientific principles, easily learned by anyone, develop this "hidden knack" into a potent force which can be used to bring amazing salary increases—popularity—success—the greatest reward that the world has to offer.

See How Easy It Is

College education or previous training is not needed. Right in your own home, in 15 minutes a day, you can learn these secrets of powerful speech, as they are given to you by a man known throughout the world for his successful experience in teaching public speaking. The knowledge that he gives you is more than training in speech. These little secrets are principles that have been applied by men of prominence in gaining the things that every ambitious man or woman is striving for. They are the things that cause one man to rise from an obscure position to the head of a great corporation; another, from the rank and file of political worker to real prominence; an ordinary trades union member to the national leadership of great labor unions—a timid and retiring man to develop into a popular and much

applauded after-dinner and banquet speaker. They are secrets that will make you the ready speaker and conversationalist under all social or business conditions.

What 15 Minutes A Day Will Show You

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

the handicap of bashfulness, self-consciousness and ineffective speech. Men who have millions have sent for this book. It may prove to be the most important step in your life when you send for it.

Mail Coupon for Free Book

Mail the coupon immediately. Find out for yourself the secrets that have helped timid, backward men into successful positions. Find out if you are one of the seven men out of every nine who have this "hidden knack," and learn how you can use this talent to gain the things you want. It gives you many hints on how to overcome stage fright. How to speak before Club or Lodge. How to Sell. How to act as a Toastmaster. How to persuade—by simply sending 15 minutes a day in the private.

Mail the coupon immediately.

NORTH

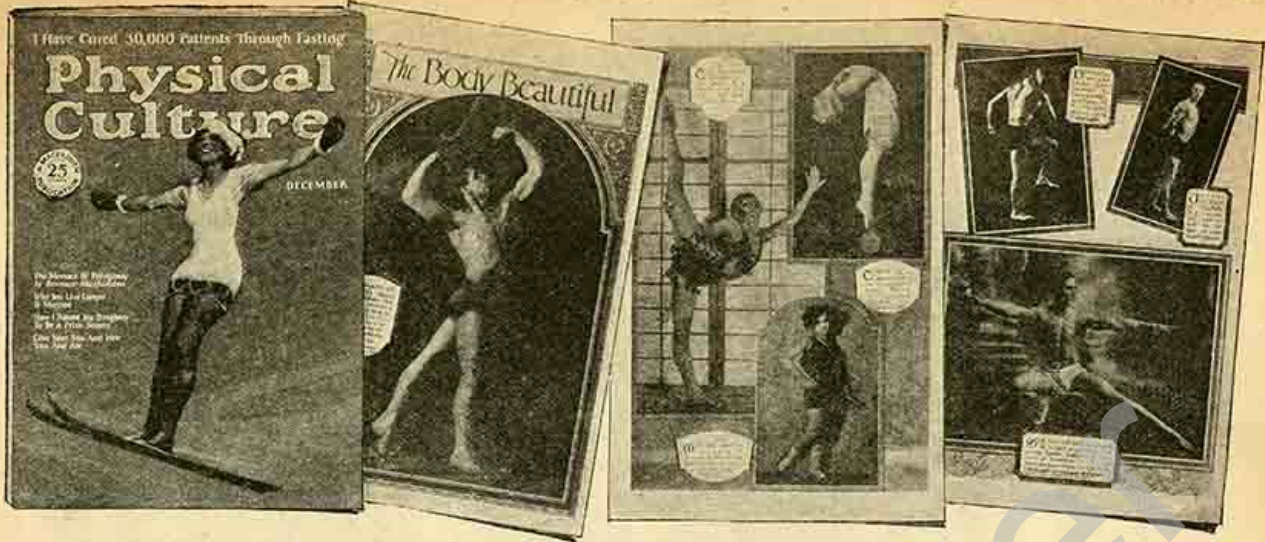
.. Poor	.. Circulation
.. Constipation	.. Vital Losses
.. Indigestion	.. Round
.. Nervousness	.. Shoulders
.. Rheumatism	.. Lung Troubles
.. Weak Eyes	.. Muscular
.. Weak Heart	.. Development
.. Manhood Restored	.. Great Strength

Free Test To Prove You Have This Hidden Knack

An amazing book has been written enables you to decide for yourself whether you have this "hidden knack"—whether you possess the qualifications that will make a leader in business—an effective public speaker—and how little secrets can be used to bring out your ability. This book is primarily intended not for those who have realized the importance of being able to talk effectively, such as lawyers, other professional people, but those who have

OCCUPATION.....

STATE.....



An Inspiration To Keep Fit

PHYSICAL CULTURE magazine, with its beautiful rotogravure section showing physically perfect men and women, with its splendid editorials, with its thrilling fiction, short stories and serials, will inspire you to want, above all else, a perfect physique.

And then PHYSICAL CULTURE will show you how to get this perfection of body. The vital, intensely interesting health articles within its pages will teach you the way to health, energy, and vitality. They will develop your strength to an almost unbelievable degree if you will only follow their instructions, for PHYSICAL CULTURE is a most successful physical trainer with nearly thirty years experience in developing health and strength for thousands of people. What this magazine has done for others it can do for you.

Physical Culture

Is a complete guide to physical fitness and perfection of physique. Foods, their values and proper combinations, with many menus for strength-building meals; Exercises, different kinds for developing every part of the body and the body as a whole, illustrated so that you can

your physical well-being is covered in this highly interesting and instructive magazine.

Special Offer

For a limited time we are making a special offer to Strength readers of a five months' subscription to PHYSICAL CULTURE magazine for only \$1.00. Simply clip the coupon at the bottom of the page, fill in your name and address, and mail to us with a dollar bill. We will enter your name to receive PHYSICAL CULTURE for the next five months.

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MAIL TO
B. W. COOKE,
 Directing Engineer
 Send me your Free Book "AUTO FACTS" and "PROOF" that you
 me the way to a QUICK RAISE and BIG PAY as an Auto Expert
 send your 4 Outfits offer. It is understood that this obligates
 way, and that no salesman will call on me.

THIS weight, sleep, different parts to do with
CHICAGO MOTOR TRAINING CORPORATION
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 Dept. 956

Culture

1s - - 25c

Macfadden Publications, Inc., Dept. S-125
 Macfadden Building,
 1926 Broadway, New York City.
 I am enclosing \$1.00. Please enter my name
 for a five months' subscription to Physical
 Culture beginning with the current issue, this
 in accordance with your special introductory
 offer.
 Address
 Name

Robust Health, Strength and Vitality Are Your Birthrights



STRONGFORT
Builder of Men

Pronounced by Prof. Sargeant of Harvard, as the world's most perfect physical specimen

EVERY man is entitled to a vigorous body, powerful muscles and vitality that will make him a man among men—admired, respected, envied. And you can be that sort of a man if you'll get on the right track, quit all harmful habits, stop neglecting your body and listen to my encouraging words. No other man in the world has proven he can restore and build up shattered human wrecks as I have done it through

STRONGFORTISM

—the Science of Health and Strength

I have lifted thousands of weak, ailing, impotent, discouraged men out of the bog of hopelessness and despair and placed them on the straight road to health, happiness and prosperity. Strongfortism has aided Nature in overcoming such ailments as Catarrh, Constipation, Indigestion, Rupture, Nervousness, Bad Blood, Poor Memory, Vital Depletion, etc., and the results of neglecting the body. Strongfortism has restored the manhood they thought gone forever and gave them renewed confidence, courage, vitality, ambition. It can do the same for you irrespective of your age, occupation or surroundings.

HOW I HELP YOU

I begin with you by imparting hope. Hopelessness must be banished if any poor soul is to be restored to true manliness. A man must look up with chin high and chest thrown out, if he is to go forward to success. First comes the gleaming rays of hope. Then comes confidence as you begin to feel a new sense of strength and vigor. Soon desire is awakened and daily increasing energy spurs it on until you realize a new day has come for you, a new era, a new life in fact, and joy and thankfulness wells up in your heart and you pour out a message of gratitude to Lionel Strongfort and Strongfortism.

THOUSANDS OF LETTERS tell this story over and over again; full of tears, full of sorrow for the past, but exulting and joyous, and overwhelming in praise of the revelation through Strongfortism that led to a higher realization of life, that implanted hope, that imparted strength and restored health. If you could read some of these letters—but act for yourself—get the proof yourself—learn what it means to be strong, virile, healthy, happy, successful!

Strongfortism does not treat the symptoms of a trouble, as do most patent medicines and druggist's dope. It tackles the cause of it; puts the organ affected in shape to do its work; builds up the whole system, internal and external; causes all parts of it to work in harmony, as the Creator intended they should—and health, strength, vigor and new virility follow as surely as day follows night.

Send for My Book

"Promotion and Conservation of Health, Strength and Mental Energy"

It will give you more valuable information than you ever before found between the two covers of a book. This book will show you that Strongfortism should not be confused with the many advertised gymnastic and physical culture courses. It really is the Science of Living Life. My book shows you how to eliminate from your system, in a very short time, the distressing disorders which have made you feel yourself a misfit in the scheme of humanity; how to build up your body, strengthen ALL your vital organs, and feel the thrill of new life coursing through your veins. It will teach you how to become FIT physically and mentally; fit for business, for society, for the home, a power among men, a pleasing personality to women. My pupils and graduates in all parts of the world will back up every word I say—you'll find photos and letters from some of them in this book. What I have done for them I can do for YOU. I GUARANTEE IT. SEND FOR THE BOOK NOW. Fill out the coupon and enclose a 10c piece (one dime) to help pay postage. Don't delay. SEND IT TODAY.

LIONEL STRONGFORT
Physical and Health Specialist for over 25 Years

Dept. 82

Newark, New Jersey, U. S. A.

CLIP and SEND THIS COUPON TODAY

MR. LIONEL STRONGFORT
Dept. 82, Newark, N. J.

Please send me absolutely free enlightenment on the Promotion and Conservation of Health, Strength and Mental Energy. I enclose a ten cent piece (1 dime) to help cover postage and have marked (x) before the subjects in which I am most interested.

- | | | |
|--------------------|--------------------|------------------------|
| ..Colds | ..Pimples | ..Poor Circulation |
| ..Catarrh | ..Insomnia | ..Vital Losses |
| ..Asthma | ..Impotency | ..Round Shoulders |
| ..Hay Fever | ..Short Wind | ..Lung Troubles |
| ..Headache | ..Constipation | ..Muscular Development |
| ..Thinness | ..Indigestion | ..Great Strength |
| ..Rupture | ..Nervousness | |
| ..Lumbago | ..Rheumatism | |
| ..Flat Chest | ..Weak Eyes | |
| ..Youthful Errors | ..Weak Heart | |
| ..Increased Height | ..Manhood Restored | |



NAME

AGE..... OCCUPATION.....

STREET

CITY..... STATE.....



Your life is in your own hands!

YOU have often noticed that even the most robust of your acquaintances have been stricken by tuberculosis. The dread disease is everywhere. No one is immune. The germs scattered by one careless case of consumption can infect a whole community.

There is only one sure escape. That is to stamp out the dread disease entirely. It can be done. The organized work carried on by the tuberculosis crusade has

cut the tuberculosis death rate in half.

You can help in this great work. You can protect your life, and the lives of your family and friends. Buy Christmas Seals. The sale of Christmas Seals provides the funds to wage this increasingly successful war upon tuberculosis. Let your every Christmas parcel, letter, and greeting card carry these cheery little messengers of health to all the world, Christmas Seals.



*Stamp Out Tuberculosis
with this
Christmas Seal*

THE NATIONAL, STATE, AND LOCAL TUBERCULOSIS ASSOCIATIONS
OF THE UNITED STATES

How Strong Do You Want To Be?

You can develop the strength of a giant, acquire perfect health, unlimited energy, long life and a muscular body that will see you through life on your two feet, by following TITUS Methods.

DO you want the strength of a Hercules with a rippling mass of muscle distributed all over your entire body, or are you satisfied to go through life as one of the weaklings? Would you like to perform feats of strength that would tax the skill and power of a professional strong man, or are you content to just drift along and wish you could lift something heavier than a feather duster? Do you desire the physical perfection that everyone admires and that only a *symmetrically* developed body can produce, or would you rather sink along with drooped shoulders, a caved-in chest and a body that looks like a coat-hanger? And do you want Life, Health, Vitality, Energy, Endurance, a Clear Brain and a Sound Body, without which your chances for Success are about as slim as a match!

What Is the Secret of the Symmetrically Developed TITUS Pupil?

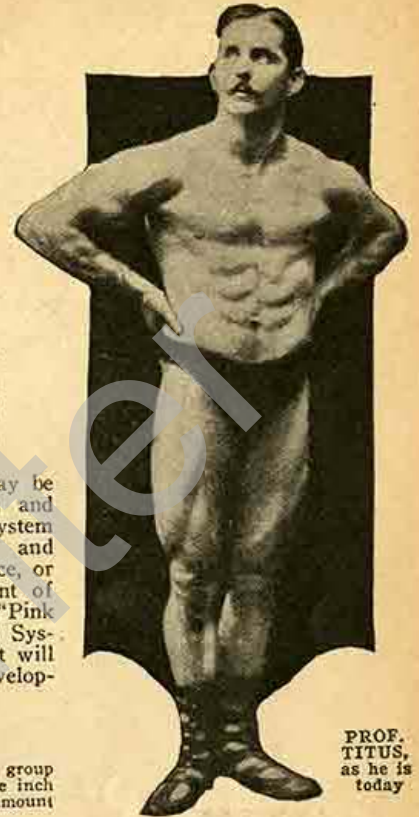
Why is his entire body built up to such beautiful and harmonious proportions? Because the TITUS PROGRESSIVE and AUTOMATIC EXERCISER reaches every muscle in the human body.



Wear This Handsome Medal

It will mark you as a man of Super-Strength. Every pupil who satisfactorily completes the 21 weeks' TITUS Physical Culture Course will receive, without cost, one of these Handsome Statuary Bronze Medals. You'll be proud to wear such a distinguished emblem.

Regardless of what your ambitions may be—whether you want the super-strength and reserve power that only the TITUS System and the TITUS PROGRESSIVE and AUTOMATIC EXERCISER can produce, or whether you want just the right amount of scientific exercise to keep yourself in the "Pink of Condition," you will find the TITUS System the one Physical Culture System that will give you exactly the right amount of development you desire.



PROF. TITUS, as he is today

Would You Like to Have Your Own Private Gymnasium?

You can—the very minute you become a TITUS Pupil. With your very first week's instructions I send you my complete Apparatus with which you can perform every exercise that you can in a completely equipped gymnasium, and it is yours to keep! It

contains a separate exerciser for every group of muscles. Nothing is overlooked, not a single inch of your body escapes without its proportionate amount of exercise. No single exerciser can do this!

does not cost you a cent. It sets up anywhere and changes instantly from bar-bell to dumb-bell; then snap it into a 5 or a 10-cable chest expander; another second and it is ready for the wall pulley and weight exercises—they're all there quicker than it takes to tell about it!

Send For This Great Book
It's Absolutely FREE
MAIL COUPON NOW!

What Good Are Hours of Exercise Unless You Use the Proper Apparatus?

If you think you can get real muscular development without exercising apparatus, just ask any athletic coach, any strong man, any gymnasium director or any athlete. They'll tell you you can't! And they are the fellows who ought to know. I know it cannot be done. That is why I invented and perfected the TITUS PROGRESSIVE and AUTOMATIC EXERCISER. This apparatus has been used by many of the world's strongest men and they all endorse it. You'll see their pictures and their letters in my big revised book.

READ MY BIG NEW BOOK "BUILDING BETTER BODIES" FREE

It delivers the goods. It tells you things you want to know and should know. It is crammed full of photos of my pupils, among whom you will recognize some of the world's greatest strong men. But it contains more than pictures. It gives you information you will not find anywhere else. It describes my Course in detail. It explains my Patented Apparatus and how it produces such remarkable results in such a short time.

"Building Better Bodies" is an education in itself. It is so full of inspiration that you cannot read it without renewed hope regardless of how under-developed you are at the present time. It has actually changed the entire life and future of many a discouraged physical wreck and failure into a man of Health, Strength

The Hyo-Glossus in your throat just as surely as you can strengthen your arm—by exercise.

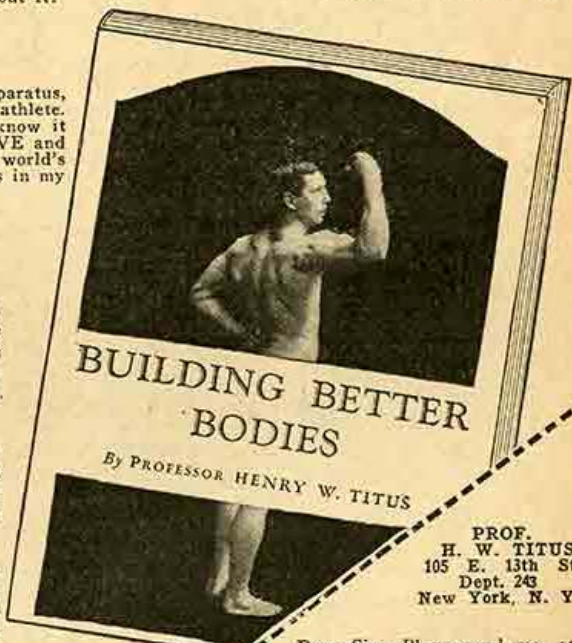
Professor Eugene Feuchtinger, noted in Europe before coming to America, isolate and teach a method of devel

If you are ambitious to sing or speak your voice for social or business opportunity. If you suffer from stammer or other vocal defect, here is a sound relief. Under the guidance of Prof. you can practice these wonderful

how to become robust and strong. come stronger. Don't miss reading. Send coupon TODAY for your Remember, delays only cause

W. TITUS

3, New York City.



PROF. H. W. TITUS,
105 E. 13th St.,
Dept. 243
New York, N. Y.

Dear Sir:—Please send me, at once, without cost, a revised copy of your 64-page book, "Building Better Bodies." This does not obligate me in any way.

Name

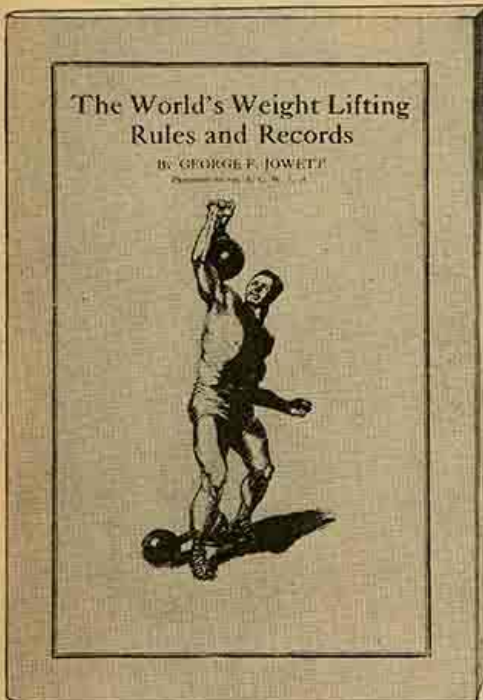
Street Number

City

State

One Volume of the Art Album
World's Weight Lifting Rules and Records
One Year's Subscription to "Strength"

ABSOLUTELY
FREE



The Free Book On Records

Seldom is an opportunity offered to the public to secure without the cost of a single penny the value of Six Dollars (\$6.00). This is no catch-penny scheme. It is a free-will offering given by the American Continental Weight Lifter's Association as an inducement to prospective members, as a part of their membership campaign.

To lovers of the body beautiful, and admirers of great strength, these volumes will be found valuable and informative. The Art Album provides an inspiration on every page and Geo. F. Jowett's World's Weight Lifting Rules and Records is crammed with all possible historical data covering the sport of weight lifting and feats of strength.

The Strength Magazine has no equal for entertaining reading, expert advice and authoritative writings which appear monthly in its columns.

These three gifts make a total of \$6.00 and are given away with every new membership or renewal.



One of the Many Medals You Can Win After Becoming an A. C. W. L. A. Member

Make These Three Gifts and Membership Into the American Continental Weight Lifter's Association Your Xmas Gift

Christmas is always considered as the season of good deeds. Then, this Christmas make up your mind that the best deed is going to be done for yourself. Let it be membership into this great athletic organization that will start you off with a New Year's resolution full of inspiration to do good for yourself and a worthy cause. This association is founded upon inspiration, patriotism and resolution, which numbers the greatest athletes and leaders in America. We do not care whether you are a famous strong man or not. Just as long as you are interested in health and strength, we want you.

With each membership we give, apart from the afore-mentioned volumes, a Beautiful new design lapel button with a patent screw back attachment, a full year's membership card and numerous other benefits that enables a member to secure Original Photographs of Famous Strong Men, Bar-bells, Courses on Physical Training and other outfits.

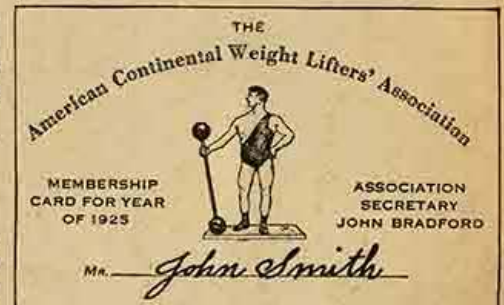
A member by showing his card has free access to all A. C. W. L. A. strength shows, no matter where they are being held.

Are You Game to Do Your Bit?

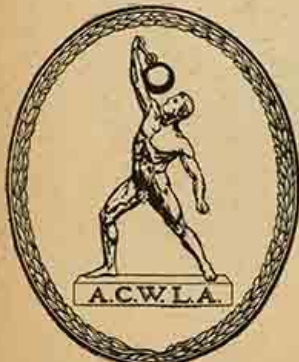
There was a time every one was eager to do their bit for patriotism. If you are interested to see a team representing America at the 1928 Olympic Games, you should be game to show your interest by signing up, every membership helps us put this over.

Hand in glove, we all work together. Wherever you go, you meet a pal, and whenever you need help and advice, we will give it to you. We are fraternal, no man receives a cent for service. Every cent is turned over to help the cause. Won't you help us by letting us be a help to you? If you are interested in your body, you can't say no. For the sum of \$7.50 we will give you all the mentioned things and you become a member in the finest league of organized manhood in the world.

Tear off the coupon at the foot of this page, and mail your enrollment today. You will always be proud of it and we will be proud to have you. We are all getting ready for the 1928 line up. Come in and help us, we need you. Belong to the bunch of real fellows right away, by taking advantage of our Special Christmas Offer.



THE MEMBERSHIP CARD
That, Besides Making You a Member of This Great Association, Admits You Free To All Strength Shows



The Lapel Button Emblem

JOIN NOW!

George F. Jowett

President A. C. W. L. A.

2739 North Palethorp Street
Philadelphia, Pa.





Photograph by
Paul Thompson

I Can Teach You to Sing Like This!

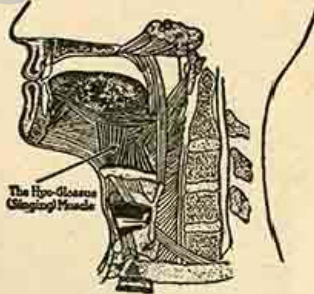
—Eugene Feuchtinger

I do *not* mean I can make a Caruso out of every man—or a Mary Garden out of every woman,—but

I can teach you in a few short months a basic secret of voice development which Caruso discovered only after years of persistent effort.

HERE IS THE SECRET!

This is a picture of the human throat, showing the all important Hyo-Glossus muscle. Biographers of the great Caruso tell us of his wonderful tongue control. Caruso himself speaks of it in his own writings, as the basic secret of vocal power and beauty. But tongue control depends entirely on the development of your Hyo-Glossus muscle.



The Hyo-Glossus in your throat can be strengthened just as surely as you can strengthen the muscles of your arm—by exercise.

Professor Eugene Feuchtinger, noted vocal scientist, famous in Europe before coming to America, was the first man to isolate and teach a method of developing the Hyo-Glossus.

If you are ambitious to sing or speak, or merely improve your voice for social or business purposes, here is your opportunity. If you suffer from stammering, stuttering or other vocal defect, here is a sound, scientific method of relief. Under the guidance of Prof. Feuchtinger himself, you can practice these wonderful silent exercises in the

privacy of your own home. For Physical Voice Culture is ideally adapted to instruction by correspondence.

100% Improvement Guaranteed

Thousands of men and women have already received the benefits of Physical Voice Culture. If you will practice faithfully, your entire satisfaction is guaranteed. In fact, if your voice is not doubled in power and beauty, your money will be refunded. You alone are to be the judge.

Free Book Send today for the wonderful new book, "Physical Voice Culture". It will open your eyes to the possibilities of your own voice. It will indeed be a revelation to you. Get it without fail. Mail the coupon now.

Perfect Voice Institute 1922 Sunnyside Avenue,
Studio 57-79 Chicago, Ill.

Perfect Voice Institute, 1922 Sunnyside Av., Studio, 57-79 Chicago
Please send me FREE, your new book, "Physical Voice Culture". I have put X opposite the subject that interests me most. I assume no obligations whatever.

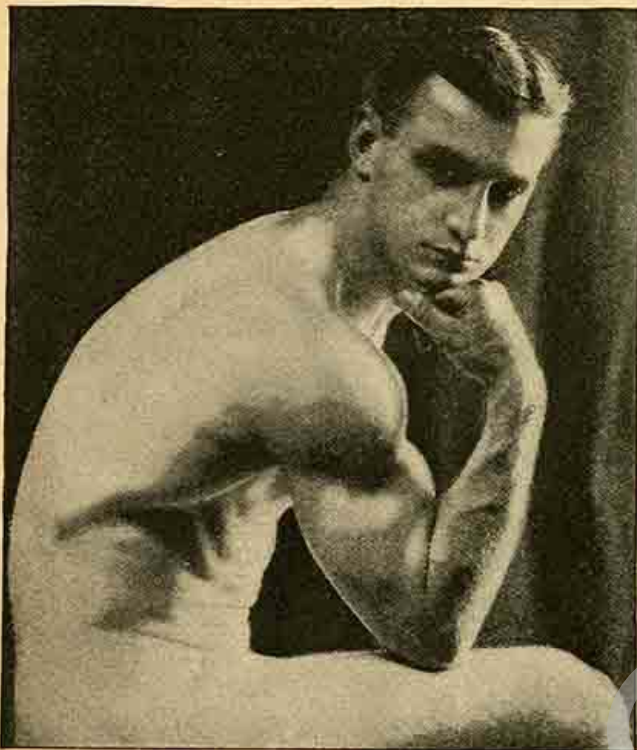
Singing Speaking Stammering Weak Voice

Name.....

Address.....

Age.....

More Cowardly Than a Suicide



Charles MacMahon

It is said that a person who commits suicide is cowardly. They do it because they haven't the guts to face whatever calamity they imagine is before them. Whether this is so or not, the fact remains that it takes more nerve to kill one's self outright than it does to let one's self die by inches, as many persons are doing either consciously or unconsciously.

Are You One of Those Who Are Committing Slow Suicide?

If you are, don't get excited for I am not going to tell you to be a man and do it quickly instead. But I am going to tell you to be a man in every sense of that word. I am telling you to have the guts to face the future regardless of what it contains for you. Have the determination to stop this dying by degrees—this easy way of just letting yourself slip down-hill to bad health, disease and early death.

Of course, you are handicapped. You either haven't tried physical training at all or haven't tried the right methods. And you must get health, strength and longevity by following physical training ideals, for there is no other true way.

All You NEED When Starting Out To Get Strength, Health and a Perfect Physique From My Methods Is the DESIRE

If you have that desire and just enough will-power left to enable you to make a start by first mailing my coupon in to me, and then after reading my literature carefully allow me to show you the right way to a perfect physique, perfect health and a perfect life, you have as good as accomplished your purpose. Three months later what a man you will be!

Show Me You Have the Desire and Will-Power of an A-1 Man By Sending For My Booklet Now

There are a few pictures of myself in this Booklet entitled, "The Royal Road to Health and Strength," but most of its pages are given to pictures of my pupils and letters telling of the enormous improvements they have made under my teaching.

That is what you are really interested in—what I have done for others and what I can do for you, and not so much what I have done for myself. I'm not giving my development to my pupils, but I am developing each and every one of them into the men they should be and were meant to be. Besides, my Booklet contains helpful hints on physical training and interesting feats you can try to perform. **Get It NOW!**

CHARLES
MacMAHON
Studio A-11
180 W.
Somerset Street,
Philadelphia, Pa.

Please mail me a copy
of your valuable book
"THE ROYAL ROAD TO
HEALTH AND STRENGTH,"
which you are to send me with-
out charge in accordance with
your special offer.

Name

Address

City and State

Charles MacMahon,

Studio A-11 180 W. Somerset St.
Philadelphia, Pa.

How a *Faux Pas* Made Me Popular

I never knew it was so easy to be popular until a humiliating experience showed me the secret.

The day I met Grace we went swimming. There was another chap along—Harry something—a dapper, grinning fellow with his hair slicked back. He was awkward in the water and his bathing suit hung on him like a wet sack. I didn't see how Grace could stand him. But she even encouraged him.

That night at the hotel dance something happened that I'll never forget. Not knowing how to dance, I rarely attended these affairs, though I had often envied the happy couples and their good times. But Grace had asked me, so I went.

What a nightmare that evening was! The first couple that caught my eye was Grace and Harry—but what a different Harry! His slicked-back hair and dapper manner seemed to fit the picture perfectly. And how easily—how faultlessly he danced! Grace was fascinated.

They came toward me. "Aren't you going to ask me to dance?" Grace called gaily.

I flushed. "Why I—I'd love to, but—"

"All right," Grace broke in, "the next dance is yours."

Before I could speak, the orchestra started to play—a dreamy, oriental tune. Grace stood waiting. I could feel Harry's smirking eyes on me. I made a wild stab. "I—I'm sorry but I can't tango."

A burst of laughter from Grace and Harry. I realized I had made a *faux pas*—a blunder.

"Why, that's a waltz!" Grace exclaimed. There was a painful pause.

"I don't waltz either," I faltered.

Grace's eyes widened. She tossed her head. "I don't think you want to dance with me at all!" she flashed.

Before I could explain, Harry had his arm around her and they glided away—Harry triumphant—an angry flush on Grace's cheek. I felt weak. My knees shook. I wished I could sink through the floor.

I stumbled out of the ballroom. Grace's last words—"I'll never speak to you again!" were ringing in my ears.

Why I Never Made Friends

That night I thought things over. I was mighty blue. Why couldn't I make a hit with the girls like other fellows did? Girls liked me at first but somehow I only lasted a day or two. The girls went off with fellows who took them dancing. That was my big weak point—I could take girls to shows and dinners but never dancing. And dancing is what girls love above all else. Right then I resolved to learn to dance.

I slipped into the hotel reading room and searched through the current magazines. At last I found what I was looking for—an ad entitled, "How I Became Popular Overnight" telling of a new way of learning to dance—at home, and without music or teacher. Arthur Murray, America's foremost dancing instructor, had perfected this new method, so I sent for his free 32-page booklet, and test lesson.



Midnight found me dancing with a charming, masked creature

I Find the Secret

The booklet came promptly and I read it through without stopping. Here was just what I needed. I tried the test lesson, and was amazed at the ease with which I was able to master the steps. The lessons were so clear, so simple. I grew confident—eager to dance to music with a real partner.

There was soon to be a masque ball at the hotel. I continued learning the various steps and appeared at the ball, costumed and masked.

How excited I was! I danced with many partners, keeping perfect time, gliding around like a professional. It was thrilling to swing to the seductive measures of a waltz or step to the intoxicating rhythm of a fox trot.

About midnight, I found myself dancing with a charming creature, exquisitely gowned in a soft, clinging costume.

"You dance divinely," she murmured. She was masked, of course, but there was something in her voice, which she seemed to be disguising, something that thrilled me strangely.

"Let's stroll out on the veranda," I whispered.

Far from the crowd, where only the distant strains of music could reach us, we talked—exchanged confidences—charmed with each other's company. Finally she asked me where I learned to dance.

My Confession

I hesitated. Should I tell her? What would she think? She seemed like a girl who would understand. So, without reservation, I told her the whole story—how I met a beautiful girl and lost her in a day—how I made a fool of myself by not explaining beforehand that I couldn't dance—

how wretched I felt and how I sent for the dancing course and learned in my room.

She caught my hand. "Oh, I'm so sorry—" There was a catch in her voice—the voice that thrilled me so strangely. I brushed aside her mask. Imagine my wonder—surprise—joy! It was Grace who was smiling up at me!

What wonderful times Grace and I had together after that! We went everywhere—parties, balls and dances. No longer was I a gloomy wallflower, envying others. I was throbbing with new life, new popularity, acclaimed as a faultless dancer wherever I went. The day I wrote to Arthur Murray was certainly the luckiest in my life.

This story is a typical one. Thousands have learned to dance—quickly and easily through Arthur Murray's course. And what they have done, you too, can do.

Free! 32-Page Booklet and Test Lesson

But don't enroll yet—not until you've read Mr. Murray's new 32-page illustrated booklet and tried the free Test Lesson. The book tells all about Mr. Murray, how he became private instructor to the "400," how he devised his easy home-study dances, how he taught over 250,000 people to dance by mail, and particularly how he can teach you to become a graceful, popular dancer in a few enjoyable evenings. And you'll enjoy the Test Lesson because it shows how you, too, can easily learn to dance this new way.

Get this free book and Test Lesson and read them carefully. Mail the coupon at once, and enclose only 10c to cover postage and mailing. Arthur Murray, Studio 365, 3 E. 43rd Street, New York City.

country. There's absolutely no obligation—send and mail the coupon now. Allied Merke Institutes, Dept. 551, 512 Fifth Ave., New York City.

ALLIED MERKE INSTITUTES, Inc.

Dept. 551, 512 Fifth Ave., New York City.

Please send me—without cost or obligation a copy of your book describing the Merke System.

Name

(State whether Mr., Mrs. or Miss)

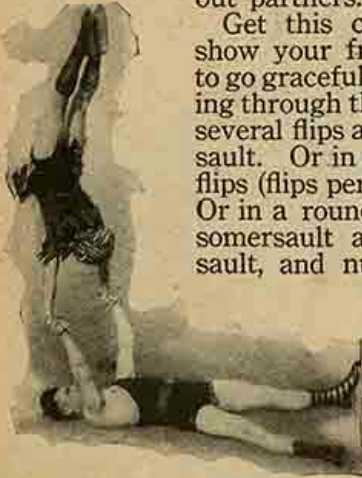
Address

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

I Can Teach You To Do

Flips, Somersaults and All Other Sensational Tumbling Feats

with my Tumbling and Hand-Balancing Course. I can teach you difficult feats and routines with one or two partners as well as easy ones with or without partners.



Get this course of mine and show your friends how easy it is to go gracefully leaping and twisting through the air in a round-off, several flips and a twisting somersault. Or in a number of spotter flips (flips performed in one spot). Or in a round-off, flip, backward somersault and forward somersault, and numerous other routines both difficult and simple.

Your Friends Will Wonder How In the World You Can Stay In the Air While Turning Over and How

You Can Always Land On Your Feet Like a Cat.

Tumbling will increase your endurance, speed and suppleness, as well as keep your internal organs stimulated, all of which means good health. Then, too, there is the great thrill obtained from actually doing tumbling and hand-balancing feats. You'll enjoy learning and doing tumbling, and your audience will enjoy watching you perform.

There Is Always a Stage Engagement Waiting For Those Who Become Exceptionally Proficient In Tumbling and Hand-Balancing

If you can tumble only fairly well, you are always welcome as an entertainer in club, school or church affairs. You will be surprised how quickly you begin to learn stunts from this course. Besides being written plainly and by one who is a tumbler himself, this course is illustrated, which shows you more clearly how tumbling and hand-balancing is performed.



SAFETY TUMBLING BELT

These belts are just the thing for those who are too timid to try tumbling feats. In fact, it is safer for every beginner to have one. You can get them from me at the price of \$5.00, which includes shipping charges.

SEE COUPON FOR COMBINATION OFFER

It Is to your Advantage To Accept One of the Propositions BELOW

.....nbling Course

.....
.....

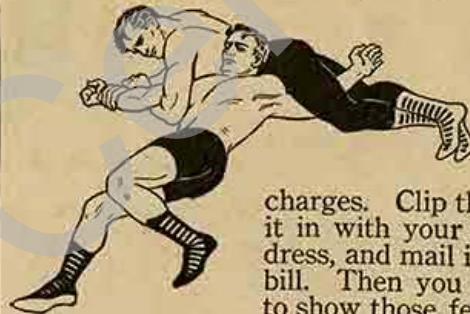
Learn 90 Overpowering Wrestling Holds

All For the Price of \$1.00

Learn how to get your man quickly in a helpless combination hold like the one illustrated below. This is only one; there are eighty-some others just as sensational, just as overpowering as this one. Some of them are even more sensational than the one shown.

A few of the sensational holds taught you in this great course are combinations such as the Leg Head Lock, Toe Hold and Wrist Hold, the Side Chancery and Leg Hold Combination, The Scissor and Half Nelson, the Chancery, Hammer Lock and Back Heel, Body Scissors and Head Lock, Body Scissors and Double Wrist Hold and many others that put your opponent in a helpless position.

Show Them Something They Won't Like



Get this great course now while it costs you almost nothing. I pay the postal

charges. Clip this coupon, fill it in with your name and address, and mail it with a dollar bill. Then you will be all set to show those fellows that you are not so easily conquered as they thought. Will they be surprised when you slap their shoulders to the ground before they know it? You know they will!

Throw Them Hard!

Learn to protect yourself against any one. Learn to throw them quickly and so hard that there will be no fight left in them. You can do it by getting this course NOW.

NEVER Was There Offered a Better Chance To Make Yourself MASTER of Them All!

Don't hesitate. Fill in the coupon below and mail it to me with a dollar bill enclosed. Your course will be mailed promptly and your wrestling ability will develop quickly. Your knowledge of the wrestling game will then be thorough. Your ability to throw all opponents in a decisive manner will astonish

your friends and awe your opponents.

CHARLES MacMAHON
Studio A-39
180 W. Somerset St.,
Philadelphia, Pa.

Mail This Coupon NOW!

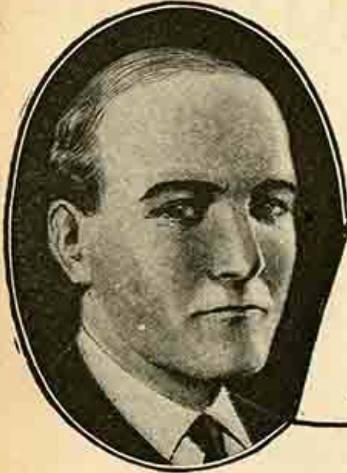
Please find enclosed \$1.00 for your Wrestling Course.



CHARLES MacMAHON

Name
Address
City and State

To Every Doubting Thomas! My Contract!



*I Guarantee to Give You
New Hair in 30 Days or my
Treatment Won't Cost You One Cent*



Alois Merke
Founder of Merke Institute
Fifth Avenue N.Y.



By Alois Merke

Founder of Famous Merke Institute, Fifth Avenue, New York City

NEW HAIR in 30 Days Or Absolutely No Cost

Are you a skeptic? Are you one of the thousands who simply *must* be shown? All right. I don't blame you. You have all the right in the world to doubt. But will you do *this* for me? Will you give me the *chance* to show you? Here's my contract to you in black and white! I positively **GUARANTEE** to grow new hair for you in 30 days—or I'll pay every penny of the cost myself!

Lots of you men have been reading my ads month after month. Thousands of you have already taken my remarkable treatment and now possess a new head of healthy hair. But a few have hesitated. Possibly you're one of them. Why? Is it because you think your case is hopeless? Is it because you have already wasted a lot of money on useless, ineffectual treatments? Or is it simply because you don't believe my claims?

No matter what the reason for your delay I can only say this: I always stand back of every statement I make. And now I am offering you an iron-clad contract. A positive *guarantee* of new hair in 30 days—or no cost. So why not do the sensible thing? Why not investigate without the risk of a penny? I'm sure no person ever made you a fairer offer—I'm sure no barber ever gave you such an absolute guarantee. No matter how thin your hair may be—no matter how fast it is falling out—no matter how many treatments you have tried without real results—my contract holds. New hair in 30 days—or the trial costs you absolutely nothing!

How can I make such a startling offer? The answer is simple. My whole amaz-

ing treatment is based on a recent scientific discovery. And it's simply this: In most cases of baldness the hair roots are not *dead*, but merely *dormant*—asleep. Through undernourishment, dandruff and other causes the hair roots have become starved and shrunken—they've literally gone into a state of "suspended animation." The

reason common, ordinary tonics, massages, oils fail to grow new hair is because they treat only the surface of the scalp and don't even attempt to reach the real causes of baldness—the starving, sleeping roots. To make a tree grow you wouldn't rub a "growing fluid" on the bark. You'd get at the roots.

And that's exactly what my scientific treatment does! It gets right down to these dormant hair roots. It carries nourishment to them. It awakens them. It invigorates them. No artificial hair tonics—no rubbing. Yet most people are surprised at how quickly new, healthy hair begins to appear. And, best of all, this new scientific system is so wonderfully simple you can take it right in your own home—in any home which has electricity—without the slightest bother—and at a cost of *only a few cents a day*.

EVIDENCE!

Hair About Gone

"My hair had been falling for the last two years and I had hardly any more hair on the front of my head. But since I started using your treatment I am raising a new crop of hair. Your treatment is best I ever saw."—O. J., Northbridge, Mass.

Falling Hair Checked

"My hair was coming out at an alarming rate, but after four or five treatments I noticed this was checked. My hair is coming in thicker and looks and feels full of life and vigor."—W. C., Great Neck, L. I.

New Hair Growing

"Results are wonderful. My hair has stopped falling out and I can see lots of new hair coming in."—F. D. R., Washington, D. C.

New Hair on Bald Spots

"I have used Thermo-cap Treatment for 8 weeks, and although the top of my head has been entirely bald for 6 years, the results up to the present are gratifying. In fact the entire bald spot is covered with a fine growth of hair."—W. C. Kenmore, Ohio.

Here's My Contract *

Of course there are a few cases of baldness that nothing in the world can help. I freely admit it. And yet so many thousands have benefited by this marvelously effective treatment—so many thousands who only a few months ago were complaining of dandruff, falling hair and partial baldness, have new healthy hair today—that I gladly make you this wonderful offer. Try this remarkable treatment for 30 days at my risk. See what it can do in *your case*. Then, at the end of thirty days, if you are not positively delighted with the new growth of hair produced—just say so. Tell me the treatment hasn't done everything I said it would do. And without the slightest question—without any quibbling whatsoever—I'll return every penny you have paid me.

Free Booklet Tells All

Lack of space prevents me from giving you all the facts about this amazing treatment and the wonderful contract and absolute guarantee I offer you. If you will simply sign and mail the coupon below I'll send you—absolutely free—a remarkably interesting booklet, telling in detail the whole story about this remarkable system which is growing new hair for thousands all over the country. There's absolutely no obligation! Clip and mail the coupon now. Allied Merke Institutes, Dept. 551, 512 Fifth Ave., New York City.

ALLIED MERKE INSTITUTES, Inc.
Dept. 551, 512 Fifth Ave., New York City.

Please send me—without cost or obligation a copy of your book describing the Merke System.

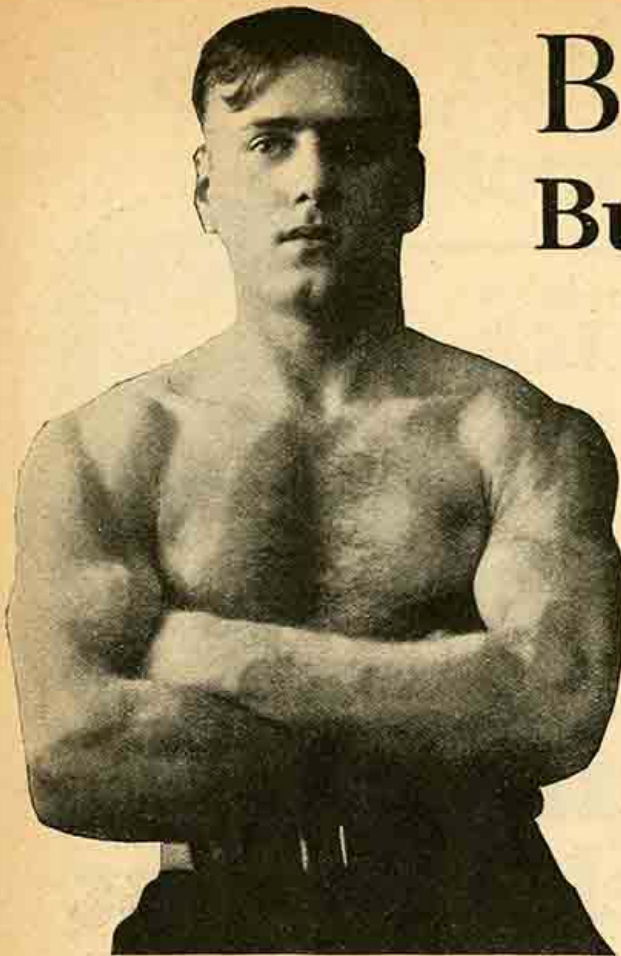
Name

(State whether Mr., Mrs. or Miss)

Address

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

Be Strong — Build Big Muscles



Gasper Di Giovanna, 153 Wilson Avenue, New York City
A fine 21-year-old example of all around body-building. He writes:

"The Knowledge I have obtained through your Encyclopedia has not only given me a body equally developed outside and inside, but has also made me gain in strength to such an extent as to enable me to perform some strength feats—iron bending, spike breaking, weight lifting, etc. All this I owe to you and want to thank you for what your Encyclopedia has taught me. Hope these few lines will inspire those who may have the chance to read them."

FROM maturity to old age the breaking down or wearing out of vital organs is in process. But because there is no pain or noticeable symptoms the victim ignores the little signals of warning which nature is constantly issuing until face to face with a dangerous disease.

When one is easily exhausted, even with a moderate amount of work—or suffers from headache, loss of appetite, a cold in the head or on the chest, a dull ache across the back, spots before the eyes, ringing in the ears, these are all signals the neglect of which may lead to serious—perhaps fatal—illness.

Yet the cause of degenerative changes are preventable if taken in time. In fact, you can rule your health as surely as you rule your actions. Bernarr Macfadden, the world's outstanding exponent of physical culture, has, perhaps, had more experience than any other one person in guiding thousands from physical weakness and ill health back to wonderful health and vigor. Out of this great experience he has built his most wonderful work.

The Encyclopedia of Physical Culture.

This marvelous work gives invaluable information on fasting, diet, exercise, and hydrotherapy for both health and beauty building. It gives thorough and extensive treatment on the laws of sex, the attainment of virile manhood and womanhood, and happy successful parenthood, together with details for correct diagnosis and treatment of all sexual diseases. It contains many handsome charts on anatomy and physiology.

It is neither dull nor technical, but is comprehensive and complete in every sense. It is the crowning effort of Bernarr Macfadden's rich, full experience in the science of health and physical culture. You haven't any idea how valuable it will be to you, or how many dollars it will help you save each year. What, for instance, would it be worth in actual dollars to you to be able to instantly identify in its earliest stages any sickness that might overtake you or any member of your family? What would it mean to you to have glorious health, almost complete freedom from sickness or disease, no doctor's bills to meet, no hospital bills to pay, no days of suffering or worry, no salary lost through absence from business?

No price would be too great to pay for the benefits that can be obtained from this wonderful work.

And back of the big muscles see to it that you have that rugged, sturdy foundation which means every organ in your body is tuned and every nerve in control—be 100% physically fit.

You can count scores of athletes with powerful physiques—build and development all that you might wish for—who have fallen far short of being able to compete with disease. Shevlin, Yale's greatest football star; Mathewson, of the New York Giants (probably the greatest pitcher of all time); both succumbed when in what should have been their prime of life. These are but two examples of hundreds that might be listed.

Why is it that so many, who should live, die? Why is it that thousands of others with big muscles, and outwardly splendid bodies, after a few years, look the same but are burned out, withered inwardly and finally live their days out mere shells of man. This is something to think about—something to worry about.

Be strong—yes. Build big muscles—yes. But don't stop there. You have only done half of it. See to it that you are fortified against disease. Your heart, your lungs, your liver, your kidneys, your stomach—what good are big muscles unless every organ in your body is sound and strong? It's the thing you can't see that should concern you most. And it is just as easy to take these precautions as it is to neglect them. Decide for yourself whether you are going to be half a man (with big muscles and no concern for the rest of your body) or 100% physically fit.

How to—

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

Read the Details of Our FREE Examination Offer on Next Page

Amazing Stories From People Who Know

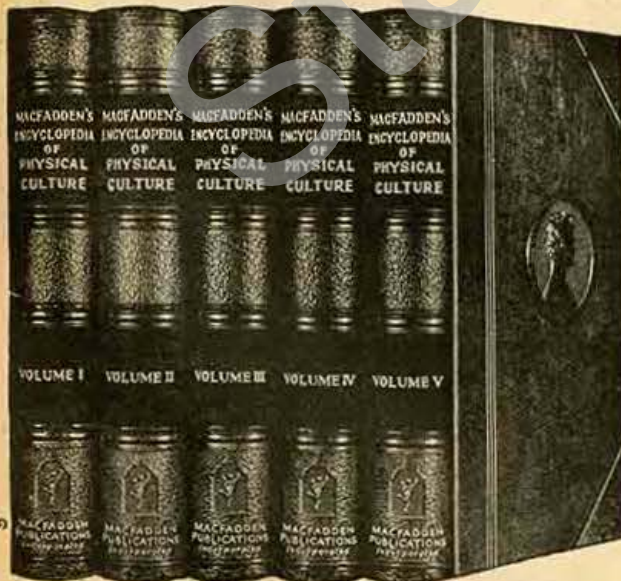
There is now no excuse for any man or woman to be ignorant of Nature's laws regarding health. Bernarr Macfadden has authorized us to send to anyone requesting it, on 10 days' free examination, all of the five beautiful volumes of his Encyclopedia of Physical Culture. And the request does not in any way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

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

If you want to enjoy glorious health—if you want to drop years from your age—if you want to radiate joy and happiness—if you want to have greater success-winning energy, power and vitality than ever before, you must live according to Nature's laws—which are clearly shown you in this wonderful work—The Encyclopedia of Physical Culture.

The Average Person Pays Thousands of Dollars in Doctors' Bills

Nature is merciless. If you do not understand her laws and her methods of preventing and curing sickness, you suffer. She knows no excuses—she accepts no apologies. Animals instinctively know what to eat and how to exercise to avoid sickness. And even if through close confinement or when wrongly fed they become ill, they quickly recover their health when allowed to eat and exercise as their intuition guides them. The person who does not understand Nature's method of preventing and curing sickness is ill an average of 21½ days each year. In fact, it is estimated that the average person in a lifetime spends \$4,100 on doctor and hospital bills, loss of time from business, medicine and other expenses due to illness. Thousands of people are living half-powered lives because they are ignorant of the laws of Nature. Many of these people will fill an early grave, when they might easily have lived to enjoy a ripe old age.



George F. Buttner (picture at right), Bayonne, N. J., Jersey Harrier A. A. former one-mile and cross-country champion of New Jersey, writes:

"I suffered from headaches, could not sleep, I always was constipated. One day at a friend's house I became interested in the Encyclopedia of Physical Culture. From that day on I started to live as a human being should. I joined an athletic club, took up boxing and long distance running, my weight increased 15 pounds—all this while working 14 hours a day in my grocery business. I think Bernarr Macfadden a great benefactor of mankind."

Felix Walter Roehr, Physical Instructor, Mount Vernon, New York, Turn Verein, says:

"Taking the entire work as a whole, I cannot imagine where one can find a better treatise on anatomy, exercise, all kinds of ailments, and treatment appertaining to same, dietetics, advice to the married and unmarried, and last but not least and most important of all the care of our children to make them future Americans of the right type—red-blooded men and women. I personally recommend it to all."

Edward Johnson, Fort Worth, Texas:

"My story dates back 10 years when I was 43 years of age. On account of my physical condition I was compelled to quit work—very discouraging. A friend from Chicago told me about the Encyclopedia. I at once procured the volumes. In 30 days I was back at my old job—a new man indeed. My trouble was in not knowing how to keep the inner self clean as well as the outer. I am today a better man at 53 than I was at 25."

Mrs. Donald S. Long, Joplin, Mo.:

"I was blue and despondent and wanted to die for months and months. But now I'm never blue—am full of ambition and I can hike as far as anyone. My nerves which were worn to a thread have improved. The miracle has been wrought in me through the Encyclopedia of Physical Culture."

Harold A. Packard, Lincoln, Nebr.:

"I bought a set of the Encyclopedia some 3 years ago and the education I have derived from the pages have added years of enthusiasm, pep, vitality, life and happiness to my life. They have brought me what I have sought for years—made a new man of me and a new world in which to live. I would tell any man to buy and when it came to price I would state further—buy at any price and let Macfadden set it."

In the last week over 100 letters were received from owners of this wonderful set of books—every day more such letters come to us. These we give here are examples of what thousands of owners are ready to testify to. Can you afford to be without this greatest of all health works?



Send No Money

We don't want you to send one cent now—we do not want one single penny from you unless you feel positive that these five books will be of wonderful help to you in building and sustaining your health.

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

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

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

But, remember, the ten days' examination is free and if after your careful examination of the volumes you decide that you do not want the Encyclopedia, if you feel that you can afford to be without them, simply return the volumes and you will not owe us one cent nor be under any obligation.

To all who decide to purchase the Encyclopedia, we will include a full year's subscription to PHYSICAL CULTURE—whether the cash or deferred payment plan of purchase is chosen.

Free Examination of All Five Volumes

So sure are we that after a brief examination of these books you will appreciate how wonderfully they will unfold to you invaluable methods and secrets of perfect health that we will gladly send the five volumes for your own personal FREE examination, for ten full days. The five volumes are:

- Vol. 1—Anatomy, physiology, diet, food preparation.
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- Vol. 3—Fasting, hydrotherapy, first aid, spinal manipulation, mechanical diet and regimens.
- Vol. 4—Diagnosis and detailed treatment for individual diseases alphabetically listed.
- Vol. 5—Sex hygiene, physiology, motherhood, pregnancy, maternity, baby care, disorders of men and women.

You may have all of these five volumes for your free ten days' personal examination right in your own home and without sending one cent in advance.

5 Massive Volumes, Over 3000 pages, 1300 Illustrations, Beautiful Fabricoid Cover.

Macfadden Bldg., 1926 Broadway, New York City.

Send me for inspection the five Volumes of the Encyclopedia of Physical Culture. I agree to return the set in ten days or pay \$31.50 cash for the entire Encyclopedia or \$35 on the easy terms mentioned in this offer. My acceptance of this offer includes a year's subscription to Physical Culture Magazine.

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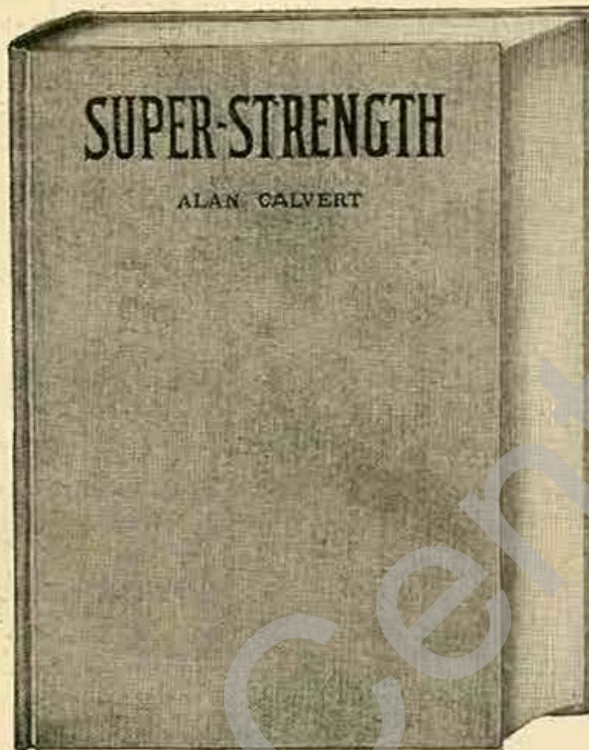
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on all things pertaining to Body Building, Muscle Developing, Bar-Bells as a means of exercise and for the purpose of pure lifting; it tells you about the great strong men and their achievements; it tells you many intimate and interesting anecdotes about these great strong men; and, above all, it shows how you, too, can become strong and perform many feats that will startle an audience.



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the afore-mentioned than you can pick up piecemeal in years. You have always wanted this Book, and now there is no reason why you cannot get it. To get one of these soiled copies, use the coupon on the left of this page. For those who would rather have a brand new copy, the other coupon is printed.

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No man or boy who is interested in his own health and a perfect and strong body, should be without this Book another week. The price of \$3.50 may have been the reason you did not get it before; but by offering you a copy at the low figure of \$1.75, we feel sure we have moved this obstacle from your path.

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Discharged for Physical Unfitness

It Happened To Him ~ It May Happen To You

When you read the headline of this page don't say to yourself, "That can't happen to me." First read my story, see what happened to *me* and then draw your own conclusions.

I'll never forget the day I was first jolted to a realization of my condition. It nearly broke my heart but it was the making of me.

Just as millions of other men are now doing, I had been living carelessly holding down a small-pay job, taking little or no exercise, doing nothing to improve myself and blaming luck for the fact that I was getting nowhere in life.

When this country entered the war I was drafted and in due time called before the medical board for examination. I went in feeling well satisfied with myself. I came out a broken man, rejected, discharged, forbidden the privilege of fighting for my country because of a dozen physical defects whose existence I didn't even suspect which made me utterly unfit to play a man's part at a time when men were so desperately needed.

Frankly I was scared, good and scared, because if what those doctors said was true I would be lucky if I lived to middle age.

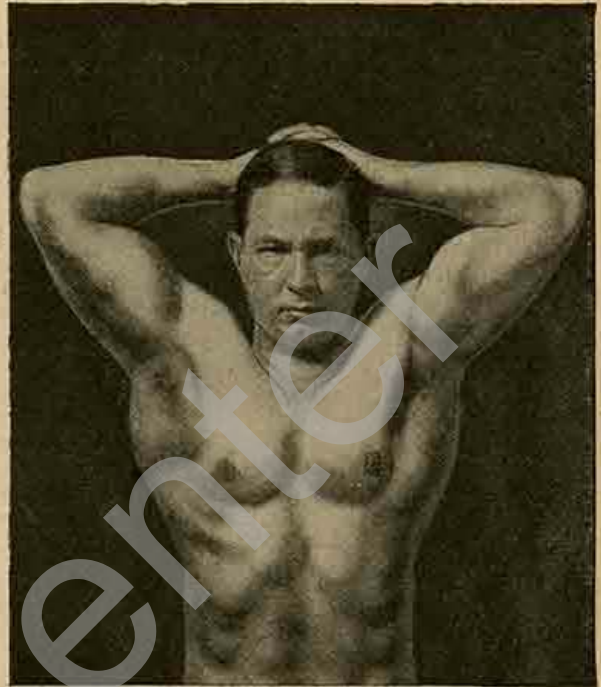
And so would you be scared if eight doctors were to go over every inch of your body and then tell you, without mincing matters, all of the things that are wrong with you.

The result was that I became a fanatic on health and physical development. I read. I studied. I exercised. And I made some progress toward regaining my health, but it was slow, discouraging work—terribly costly in time and effort.

The more I thought, the more I studied, the more I exercised on complicated machines, the more strongly I was convinced I had missed some great truth which if I could put my hand on it would place health and vital manhood once more within my grasp.

Then one night after I had thought about my problem for hours the truth dawned on me.

It was simply this. Every human body contains within itself the power to attain any degree of perfection that its owner wills, but it must be through its own endeavor, not through the outside agencies of elaborate equipment, tonics, medicines or other mechanical means.



**LOOK AT HIM NOW
AT THE AGE OF 40**

You would never suspect to look at Albizu now that he was once a pitiful physical weakling discharged from military service on account of his utter inability to take a man's part in the defense of his country.
But he profited by his experience. Today Albizu is known from coast to coast as a superb physical specimen and a great and successful physical trainer.

HOW YOU CAN BECOME THE MAN YOU OUGHT TO BE

Therein lay the solution of my problem just as it will solve yours, too. From then on I worked with nature and not against it. Step by step I laboriously worked out and simplified the marvelous set of internal resistance exercises and course of procedure that has since made my name a household word from coast to coast. I invented the only necessary piece of mechanical equipment to enable any human body to attain perfection of health and physique—I refer to my Patented Resisto-Roller-Exerciser, which I send with my compliments to everyone who enrolls to attain superb health and physical development through the Albizu course of physical training.

And in doing all of this I became the man you see in the photograph above. I did not start out with the idea of becoming a physical prodigy, but so powerful was the natural law I had discovered that I became so, almost without realizing it.

Today men everywhere are recreating themselves by means of the Albizu method. A few minutes

each day will make you the man you owe it to yourself and family to become. It will give you the physical stamina to realize your ambitions and attain the success to which your mental equipment entitles you.

No matter how little, how bony, skinny, or weak YOU are today, you can build yourself up to become a man of magnificent proportions in an amazingly short time, and with astounding ease.

Or, if you wish to become a tower of strength, a superman of brawn and muscle you can do that, too, by exactly the same methods.

But let me tell you more about this wonderful method than this limited space permits. I have written the complete story in booklet form. I'll be glad to send you a copy upon receipt of your name and address upon the below coupon. Mail it today. You incur no obligation and it will put you on the road to information that may easily add many years to your life and enable you to attain a greater degree of success than you thought possible.

Do you want a marvelous muscular development?

YOU can have it!

It is nothing at all unusual for me to take an average man, or even a man below the average, and build him up to a 44-inch chest, 16-inch upper arm, 25-inch thighs, and other proportions of a Hercules. Many exceed even these splendid measurements!

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Men

Str.12-25 303 Fourth Avenue, N. Y.

W I V E S READ THIS!

Has your husband the same abundant, perfect health that used to be his or can you see signs of falling that sometimes causes you to wonder and look into the future with misgiving?

Glorious health is worth far more than any amount of life insurance.

Remember, falling health is such an insidious thing that the victim is generally the last to become aware of it.

If your husband is beginning to fall you will be doing him, yourself, and your children a distinct favor by discussing it with him frankly.

All he needs, probably, is a reminder. A few minutes spent in exercising each day along thoroughly scientific and efficiently directed lines and his old fitness should return and stay for years to come.

Why not sign the below coupon now and let us send you the complete story of the Albizu System. It entails no obligation on your part and it will give us pleasure to be of service to you.

The Man Who is Astounding America!

What is the mysterious power wielded by this man—a power he also shows others how to use? What is this new method which has started thousands of despairing persons on the road to health, happiness and prosperity?

THOUSANDS upon thousands have been turned away from the great theatres and auditoriums in Chicago, New York, San Francisco, Seattle, Denver, Boston, and practically every great city in America where Dr. Bush has been lecturing! These vast halls could not accommodate half of those who heard of his wonderful powers and had heard how he disclosed the secret of his powers to others!

Those who were ill had been shown how to become well and strong by a method to which other mental science movements were as the first step in a mammoth, far-reaching stairway. The worried and the nervous had been shown how to rise above their mental and nervous troubles in a single evening and how to attack and solve their problems with a keener mind unhampered by despair.

An Astounding New Power

But that wasn't all. As wonderful as it is to have the secret of mental and physical health in one's grasp—there is a still greater force at work in the universe. This force can be harnessed in such a way as to bring us the MATERIAL things we want—money, power, influence, no matter what it is. And Dr. Bush has harnessed this force; has proved its value in his own case; and has proved time and again that he can show others how to use this power.

Long before the lectures were over the reports began to come in showing how quickly his audiences had been taught to use this wonderful power. Reports so amazing that they were instantly investigated by Newspapers, Scientific Bodies, Medical Men, and Societies for Psychological Research—and found absolutely true.

"By your method of visualization I secured the funds to build my home," writes one of Dr. Bush's Chicago listeners. Mrs. Mary Roberts, of Denver, writes: "My salary was increased 40% in one week by following your psychological method—and my powers of salesmanship were DOUBLED."

"TEN Thousand Dollars would not pay for the benefits I have received," James C. Smith, of Somerville, Mass., writes him. Another says: "I was making no money, my health was bad and I was heavily in debt. Now I have a store of my own and am doing a good business. My family and myself enjoy the best of health."

A man who learned of this power in Pittsburgh—he had never earned more than \$25 per week—stepped out the first month and earned over \$1000. Another: "I was always told that I had no memory. I have never been able to memorize a piano composition to play it all the way through. Through Dr. Bush I started to work on my memory, and lo, I memorized four pieces since then. I have composed a big overture, then wrote the orchestra parts myself and myself doing things I never thought I could." Dr. Bush has hundreds of letters like these. Are his proudest possessions.

PARTIAL LIST OF CONTENTS

- Psycho-Analysis and the Sub-conscious
- How to Have Amazing Memory
- How to Destroy Fear—Man's Worst Enemy—The Unseen World
- What is Love and How to Keep It
- How to Develop Personality
- How to be Popular
- How to Overcome Failure and Adverse Environment
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- Vibration—How to Win Success
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Bush's sole idea in giving lectures is the same idea actuated him in his earlier before he had discovered this new force. Then as an ast and brilliant young minister of the Gospel he had refused and financial returns in to apply his efforts where would do good to the great-umber. His lectures are given the same reason—to teach this



Dr. David V. Bush
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Lecturer and Author
on Psychology

new force to everyone who will learn. And to reach still more people he has incorporated his lectures in an absorbingly interesting book, "Applied Psychology," which will be sent, on FREE TRIAL, to any earnest seeker after knowledge. Luther Burbank says: "Applied Psychology appears to me the most practical and useful work which has been published on these and similar subjects."

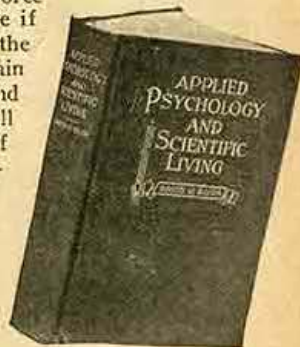
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Are you nervous or depressed? Do you feel old? Have you lost your grip? Have you a worrying disposition? Have you a personality that fails to attract others? Are you timid? Are you misunderstood? Do others seem inclined to give you always the worst of everything? Do you lack the aggressiveness necessary to bring you position and power? Are you in ill-health? Have you any chronic disease? Is anyone in your family or among your friends so affected? Are your children wilful and disobedient?

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But no description can begin to give you even an idea of the startling truths explained and proved in this wonderful 500-page book. The very first page will be a revelation to you just as Dr. Bush's lectures have been a revelation to keen, thinking, analytical minds in every city. One enthusiast says: "It can be understood by everyone. And if everyone would read it and then use this new force, humanity would advance 5000 years overnight."

But you will be the sole judge of this wonderful value. Mail the coupon. This remarkable book will be sent at once. Read it for 5 days. Practice this new force yourself. At the end of that time if you find it the most inspiring, the most valuable means to obtain health, wealth and happiness, send us only \$3.50—which as you will realize pays only for the cost of printing, advertising and distributing the 500-page book. Otherwise return the book itself within 5 days and you will not owe a penny. But begin to enjoy the benefit of this new force at once. Mail the coupon today.



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Editorial

Energy: Something We Shouldn't Save

A FAMOUS college president was once asked for the secret of living which had enabled him to do so much work, and still remain in excellent health. He replied, "My secret is that I never ran when I could walk, never walked when I could stand, never stood when I could sit, and never sat when I could lie down."

As a matter of fact, in nine cases out of ten, a much better procedure would be to reverse this rule, and never lie down when you can sit, never sit when you can stand, never stand when you can walk, and never walk when you can run. Certainly for some men the first rule is the correct one; but for most men the second is the basis on which their physical life should be built.

The more energy you are called upon to expend in the course of your day's work, the greater is your need for conserving your total supply, and yet the fact remains that physical energy is created by the expenditure of energy, just as large muscles are created by hard muscular work. Any man who hopes to attain the greatest physical or mental efficiency and power must constantly strive to attain to an ideal of health, strength and symmetry.

Most of us work under conditions which are far from perfect so far as the development of an ideal physique is concerned, or even so far as the mere preservation of health is concerned, and it is therefore necessary for us to form some plan of life which will enable us to overcome the difficulties which modern living conditions have placed in our path. It is certainly true that the quality of overflowing vitality, so prevalent in children, is lost in most of us before we reach the thirties, and we seem to get into a rut where we are worrying about how much of a strain our health can stand, rather than about how we can increase our strength.

Every Man Can Be An Athlete

As a matter of fact, we are, almost all of us, in need of a definite living plan which will enable us to increase and expand our energies, rather than in need of a plan which will enable us to conserve and possibly diminish our total

supply. The average man should think of his health in the same terms in which the athlete thinks of his physical condition. It should be his aim to make himself superbly fit, and this aim, once recognized, is much more readily attainable than it appears to be.

The athlete does not make himself fit by adherence to a large or small number of prohibitions. His main reliance is upon the positive side of his work. It is true that he does not flagrantly break the rules of diet or hygiene, but it is also true that he does not go on the assumption that everything we like to do is wrong. He does not fast. He does not eat meat. He does have a balanced diet. He does sleep regularly. He does work. He does play. He does rest, and on a routine of these last four things—work, play, rest and sleep—is built the superb physical welfare which he eventually attains.

Perhaps the old "Greek" athletes had the best standards of physical welfare, because they did not carry the desire to win to the ends to which we sometimes carry it. They recognized the value not only of technical excellence in their games, but also the value of physical perfection as an end in itself, and as one of the ends in which all athletes were vitally interested.

An ideal physical form is more or less of a by-product of our athletics, and ideal physical condition, instead of being an end, is a means of obtaining victory. Nevertheless, practically the only people striving to make the most of themselves physically, and constantly demanding more of themselves physically, are our athletes, and the people who know the most about the possibilities of the human body are the men who have spent their lives in contact with athletes, and the methods of training athletes.

Good Training Methods

The average person does not want to develop his body for special purposes in the way most boxers and many gymnasts do, regardless of the consequences. We do not want a powerful upper body and light legs so that we can perform on rings, or perhaps make (Continued on page 68)

How To Get Into The

Amateur and Professional Beauties,
Themselves. Here are Hints

By Charles

HAVING witnessed the Atlantic City Beauty Pageant of the past season, I am convinced that the whole United States, if not the entire world, is becoming more interested than ever before in the perfect human physique, be it male or female; with, of course, a slight leaning toward the female.

This great wave of national or world interest may be due to the scantier clothing of the present day and the one-piece bathing suit. But whatever the cause is, I feel it is having a good effect on the physical well-being of the nation. This should mean better health for the country as a whole.

The physically perfect, who show their physiques in a one-piece bathing suit, act as an inspiration to those who are not in good shape, and thus stimulate them to action in physical training (the only way to get good form) so that they, too, in a bathing suit or scanty clothing can be a treat to the eyes. And those who *are* more or less perfect and good to look at, are steadily reminded of their physical charms by these admiring eyes, which in turn make them keep themselves in good condition. Therefore, each class acts as a stimulus to the opposite class.

But perfect shapes should not be flaunted before the public. There is too much of this attitude on the part of those who possess the perfect form. And in this case, instead of making a perfect body desired by those who haven't one, you are liable to disgust them. I could never satisfy myself upon the question of which was the worse sight, a physical wreck or a flaunting-look-me-over well-proportioned person.

As for the beauties from all over the country who were entered in the Atlantic City Beauty Pageant Competition they did not, however, monopolize the interest of the immense crowds that lined the boardwalk for six or seven miles. There were any number of well-formed, beautiful girls adorning the floats who were not in competition, but who got their share of applause and compliments on their beauty of face and form. And while the pageant parades were largely a feminine affair, the well-built and bronzed life

Bathing Beauty Class

Both Must Take Care of
That Show How.

Mac Mahon

guards who also paraded in bathing suits were not slighted. All about me I heard remarks such as "My! what splendid physiques," and "I'd give anything to be built like those fellows." So you see you do not have to be actually entered into that national beauty contest to be well-formed and commented upon.

Of course, these remarks were from men and women who had not yet realized that it is within the bounds of possibilities for every one to have a well-formed body, if they would only follow for a short time a body building program.

Right here I might say that I was glad to see the growing popularity of the beach calisthenic classes. The men who are gathering together hundreds of bathers at a certain hour each day, and putting them through a routine of light exercise, are doing a great missionary work. I was surprised at the great number of people, young, old, thin and stout, who actually waited for these classes to begin. And I was more surprised at the great number of boardwalk strollers who lined the railing five or six deep, and showed interest enough in the exercises to stand indefinitely and watch them. It proves that sooner or later every living person, with but few exceptions, will be following an exercise program of their own, and reaping the great results in health and physique that people will look twice at instead of snickering at, as they pass by.

I am publishing a few photos of the pageant parade which will not only make you feel as if you were there, but will give you an idea of how freely the human form was displayed, although even these few



pictures do not do it a great deal of justice in this respect.

Getting back to my main subject, I will say that there was considerable disagreement and discussion on the subject of professional and amateur beauties. The Atlantic City Pageant, as you know, is supposed to be entirely an amateur competition; and as there were several beauties entered whom the others claimed were professionals, considerable rangling and dissatisfaction continued until the so-called professionals dropped out.

I mention this because I cannot see just why the amateurs should be so afraid of the professionals. I do admit that as a whole the professionals are better formed than the amateurs. But all professionals in the beauty line came from the amateur class at some time or other.

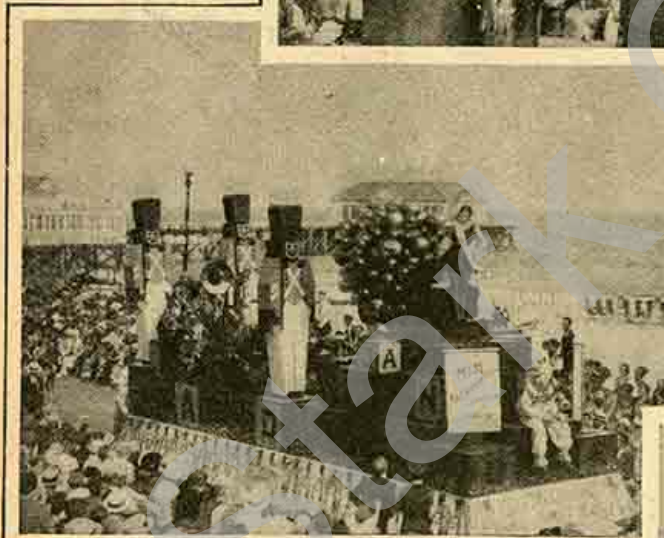
Take, for in-

stance, Miss California who won the honor of being the most beautiful girl for 1925, and consequently became Miss America. She, according to the papers, accepted a movie contract immediately after she was crowned Miss America. This made her a professional and I am sure her beauty did not improve one bit in such a short time in the professional ranks, nor will she improve simply because she is a professional. If she improves at all it will only be by taking care of herself—living correctly and exercising regularly. And the amateurs

who competed against her several months ago would refuse to do so right now if another beauty competition were held.

I do not mean to say that the amateur athlete should be pitted against a professional, for in this case it is different from the beauty class of competition.

A professional tennis, golf, baseball player, etc., making his living at his particular branch of sport, has nothing to do but practice and become as near perfect as possible.



Atlantic City Pageant, 1925. Photo at upper right shows Miss America of 1925.

While the amateur, unless he is wealthy, must give the greater part of his time to making a living. Therefore, it is unfair to match a professional, who has done practically nothing but perfect his respective sport against an amateur who has not had that advantage.

For beauty contestants there is no practice necessary unless it is in beauty culture, and I am sure the amateur beauty has just as much chance in a beauty parlor as a professional has. I am not blaming the amateurs for not wanting to compete against the professionals, but I do not believe that, say, for instance, Dorothy Knapp is any prettier or better formed since she became a professional a few years ago than when she was an amateur.

Compare the two pictures on the first page of this article with Miss Pittsburgh and Miss California, or any other good amateur beauty, and see if there is much to choose between them. Of course, the entire beauty question is a matter of opinion. The beauty who appealed to some people did not appeal to others; and even the best one, as in the case of Miss California of the Atlantic City Beauty Pageant, is not conceded to be the best by every one.

However, the real purpose of this article is not to waste time arguing about those who have beauty of face and form, but to help others to acquire a good physique and at least a healthier, more wholesome facial appearance.

I would place the ladies' physiques into three classes: First, those who are thin; second, those who are too stout; and third, those who are about perfect for their type. To those who are about perfect we will say little, and that little might turn out to be much. If your physique is shapely and well-rounded now, watch out for too much flesh creeping under your skin. For those who are well-rounded at seventeen to twenty-two there is all the chance in the world of being fat or fleshy at twenty-five to thirty. So if you are satisfied with your physique take precautions to continue to be satisfied by getting some real exercise each day.

It is my opinion that the forms of most young girls, and especially women, are spoiled by overly large knees. If the knees are hidden the lower legs usually have a well-formed appearance. But when they get into a one-piece bathing suit the large knees dwarf the calf by comparison and spoil the entire figure.

Of course, fat knees are not wholly to blame for some of the sights you see on a bathing beach, for where you see fat knees you will invariably see fat, shapeless thighs also. The hips and waist line are two more perfect shape destroyers that must be watched. And if I were a woman, I would at least do enough exercises to keep



Miss
Pittsburgh
1925

these four trouble-making parts in good, firm condition. You certainly don't want your husband, boy friend, or both, continually singing "Katherina."

Before giving you exercises for the purpose of keeping your knees and the three other parts trim I would like to say that what I have said about this stout class has nothing to do with the other class—the thin. I will discuss that class later and you will find a great difference in the required training methods to bring the thin to a rounded physique.

In the three lower form destroyers; namely, the knees, thighs and hips, there is a direct relation in the fact that the muscles of the thighs are attached to the hips as well as the knees. This also makes it possible for exercises for the thighs to affect also the knees and hips.

One of the best exercises for the hips is the one known as the Leg Swinging Movement. There are many variations of this exercise which develop or reduce each and every group of muscles of the sides of the hip joints, as well as the buttocks in back of the joints. This leg swinging exercise also calls into play (Continued on Page 73)



What is the Most Important Thing in Football?

Speed—Timing and Interference or Size and Power

By T. Von Ziekursch

AFTER what has happened during the past football season one wonders just what a Ted Coy, a Willie Heston, a Calac, or an Andy Smith would do if the past could be revived, and one of those old juggernauts could be brought back to the height of his mighty power, and sent into action carrying the ball under the systems that ruled in their respective heydays as opposed to modern systems. It would be interesting to see.

Football has changed. In fact, it has been changing for a number of years, until at times those who have played it and followed its development came to wonder what the evolution of it would be.

This season revealed startling things. In some respects football has gone back twenty years and more to re-adopt methods of play that have become traditional as relics of another gridiron age. For a number of years the game has been in a stage of transition. It seems at last to have reached the place in this development where there is no longer any doubt of the direction it is headed.

From the standpoint of the attack modern football is built around three things. They are deception, interference, and timing. The latter is merely another way of saying co-ordination. Speed might also be thrown in the list, but it is comparatively unimportant. Power is another thing that could be mentioned as a necessity, but you've got to take for granted that a first class college

football team possesses power.

Deception, interference, and the timing of the plays so that the linemen and backs worked together in unison, those are the things that have made the outstanding teams of the year, the things that will make the outstanding teams of years to come.

Mention of the fact that football has lately gone back a generation and more to take the best from ancient methods calls for some explanation to start. It was thirty years ago that the University of Pennsylvania really introduced the system of powerful linemen coming out of the forward ranks to carry the ball, and also to rip holes in opposing lines for their own backs to slip through. Dr. "Buck" Wharton was the first player to be used in that role, and George Woodruff, now Attorney General of Pennsylvania, the first coach to really develop that idea. The time came when it was virtually discarded in favor of the human bull type of backfield man who could smash his own way through with what aid his other backs could give him, or with the aid of a lineman who was good enough to make a hole by going straight forward from his position. But the general idea of having a couple of linemen step back out of their own positions with the start of the play, and run to some other part of the line where they lunged through and carried the ball totter with them almost went into the discard.

But it is in favor again.

With the widely spread and shifty defensive lines it was necessary. The defensive game got ahead of the offense for a number of seasons. Defensive line play reached a stage where the defensive forwards could shift almost their entire power to hold the point that was being attacked until the secondary defense reached the spot and definitely checked the onslaught.

Straight football, meaning the kind of game in which the offensive line merely tried to go forward from its positions and make holes, leaving the backs to do all the interfering, literally got nowhere. As an instance, just a few years back, West Virginia had a backfield star in Ira Rodgers fit to be rated with the greatest of all time. So far as individual power was concerned a good team surrounded him, but he got no real interference, and in the course of his career every smart line he went up against stopped him.

Red Grange, the modern super-back of Illinois, was phenomenal as a ball carrier so long as he had a great lineman to lead his interference. The Nebraska game showed right off the bat this season just where Red Grange or any other back gets off against modern defensive systems, when he doesn't have a hole made in the line for him to go through.

Perhaps Knute Rockne and his wonderful system at Notre Dame should be given much of the credit or blame, whichever you prefer, for these changes. And "Old Man" Stagg, at Chicago, is entitled to considerable along that line.

Certainly it was Notre Dame that definitely forced the trend toward the comparatively light, fast back who could mask the point of attack until the linemen tore it



Al Kruez, of Penn, one of the greatest line crushers in years, but almost helpless without interference.

wide open. The famous "Four Horsemen" of that 1924 backfield at Notre Dame would have been the proverbial duck soup without the interference and protection of the "Seven Mules" in the line.

In modern football the man carrying the ball must be brought up to and through the line of scrimmage if he is going to gain ground. Unless he can be taken through that tossing, heaving mass on the actual battle line, he is helpless no matter how mighty or how fast he is as an individual. That has been shown clearly in the games Illinois played this year. There can be no question, no argument about the greatness of Grange. When the Illinois got him past the scrimmage line he was a veritable demon. When they didn't, he was a lamb.

Penn had one of the most terrific line smashing backs who has appeared in years in the person of

Al Kruez. Given half a chance, a momentary opening made by a lineman leading the interference, and he could knife through any wall of flesh and blood. Without that help he was stopped.

So much for interference. It is absolutely necessary to overcome the highly developed modern offensive systems. Timing is merely the co-ordination of the backs and linemen so that the backs come to the hole just at the moment the linemen have opened it, for it isn't open long, and if the backs get there ahead of time they stop right there.

That leaves deception. Without it a team can't go anywhere much. That is, it cannot hope to beat another good team. Deception as it reached its high spots this year, and as it has been coming to the fore of late years, consists of masking the ball, the play, and the runner for the general purpose of confusing the opposition so it cannot concentrate its full defensive power.

This modern deception is an elaborate thing, too. Consider just how confusing a play like this can be; the quarterback receives the ball from center, and turns his back to the line of scrimmage. A halfback who has been standing far out on the left side comes sprinting past the quarterback, and as he passes in a hunched-over position, the ball is slapped against his stomach under the arm that is hidden from the enemy. By that time they aren't sure whether the quarterback or the halfback has the ball. And about that time the other halfback, who has been standing far over on the right side, spurts past the first halfback who slams the ball into his arms. This second halfback races back past the quarterback and returns the ball to him. Just about



The photo gives an idea of the importance of following interference. In this particular game right after the photo was taken the interferer crashed the would-be tackler back against the next defensive man, thus taking two out of the play and the ball carrier got through for nine yards.

that moment the enemy begins to figure there isn't any ball at all and it's all in fun. The quarterback having received the ball for the second time stands perfectly still until he has counted five. Then he runs straight through the center of the line which has been carefully opened up in the meantime.

Sounds confusing doesn't it. It is—to the opposing team. That is one of the deceptive plays Pop Warner developed out at Pitt. And just to show how deceptive it is Lafayette liked it so well they adopted it, and scored two touchdowns with it in a game against—Pitt.

Just to further prove what part deception plays, and as an argument to substantiate the claims that bull moose backfield tactics can't get anywhere against this modern football, one of the early season clashes this year is a grand little example.

That was the tilt between Lafayette and Pitt. There were two evenly matched teams. Pitt admittedly had more straight power. With both playing old fashioned, steam roller football the Panther undoubtedly would have won. And both were coached by men who had learned their football on Pitt teams under Warner. But only one of them played steam roller football. That was Pitt and it got walloped for its effort.

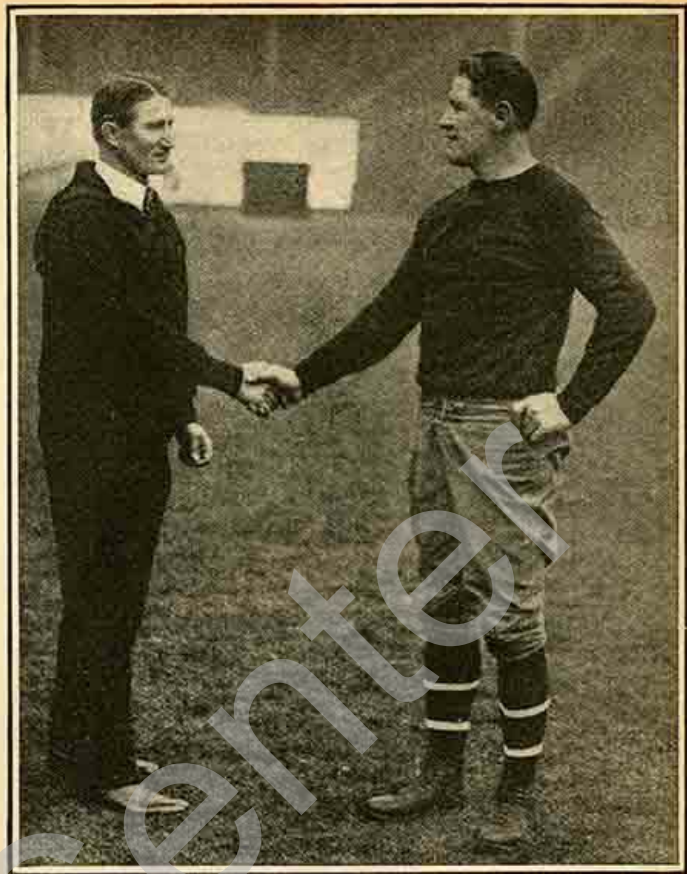
When two teams are evenly matched it is almost impossible to expect much on straight football through the line. Then the running, passing, deceptive style of play is necessary. Lafayette had it, Pitt didn't. Pitt spent a lot of its time wondering where the ball was, and a team that does that cannot hope for victory.

For a while the football world almost forgot the lessons those spectacular masters of deception, the old Carlisle Indians, taught it. Jim Thorpe, probably the greatest gridiron warrior of a generation, did not become really effective until circumstances taught him that sheer might and speed are not sufficient. In his early career the famous Sac and Fox tribesman, only carried the ball around the ends or off the tackles. He was a wonderful running back—for a while. But the opposing teams learned this, and whenever they saw the ball passed to Thorpe all their defensive power was immediately concentrated on the wing toward which he started, for they knew there was no danger of his turning into the line.

Warner was then coaching Carlisle, and he argued with Thorpe only to meet the answer of, "Well, as long as I can outrun their ends, what does it matter?"

It was hopeless. He couldn't convince Jim that he would be more effective if he varied his attack and tried to hide the point of assault. And Thorpe was too good to be relegated to the scrubs.

Then came a Saturday when Carlisle had a fairly easy game on its hands. The only trouble was a steady deluge of rain. Thorpe tried the end as usual the first time he was called as the ball carrier. He slipped and floundered



* The mighty Jim Thorpe (right) after almost a generation of football is still a star on one of the greatest professional teams in the country, the New York Giants. He is shaking hands with Bob Folwell, former college coach, who is now coaching the Giants.

and was thrown for a five yard loss. Again he swung wide, outside of tackle. Once more his footing gave way and he lost three yards. Throughout the first half he failed to gain a yard and lost heavily.

Between halves Warner merely pointed out to him that he might as well quit as to try a running game under such conditions. In the second half Thorpe did the first line bucking of his career. The opposition was expecting him to run wide as usual, and he ripped through for long gains. He found that line smashing was easy. From that time on Big Jim was a constant menace, never doing the same thing twice, running the wings or knifing the tackles when the opposition was set for a buck, and smashing the heart of the line when they spread their defense to get him outside.

And his ability to keep the enemy guessing helped make him the magnificent back he was.

Deception and interference—those words are the

(Continued on page 72)



Notre Dame backfield of last year, who were famous as brilliant ground gainers, because the Notre Dame linemen, who got little credit, made holes for these backs to go through.

Straight Shoulders and a Flat Back

Exercises that will Build Square Shoulders and Erect Bodies

By Russell Viohl

ONE day, while I was leisurely walking along a busy and crowded street, in one of our large cities, viewing the sights with unusual interest and pleasure, I was confronted with a rather pitiable scene. Huddled near the entrance of a subway station, a dejected individual was plying his newspaper trade. He was certainly in a wretched condition. His face had a cadaverous look, his body seemed withered and aged and there was nothing but misery reflected in his eyes, that lent to the horror of his pallid countenance. His shoulders were so stooped that it seemed an impossibility for the organs to function properly, and his voice was so weak that I wondered whether the passers-by heard what he was trying to shout.

I strolled up to him, purchased a newspaper, and, because he seemed in utter discord with everything, I engaged him in conversation, in the hope of cheering him up. At first he was aloof, but gradually he came out of his shell and told me, sadly, the brief events of his life.

When he was a young man he enjoyed good health and was established in a very reliable business firm. But, he had one bad trait, which was responsible for ruining his life, and that was his obsession for money. Money! money! money!—he tried every conceivable way of getting it. The necessity of his making money caused him to neglect all else. He took little or no exercise, seldom spent time in the open air, and ate anything and everything that was put before him. The result was his health began to be impaired. But, money, he'd get that first, then he'd "buck up," change his present living, and settle down to enjoy the rewards of his labor. Fate does many funny things; he made a fortune, but his chance to enjoy it never came. Sickness stalked his path, he succumbed to it. Time went slowly and steadily on; he grew worse, and with his misfortunes his shoulders stooped, his body bent, and he became an old man. He lost all the money which he had sacrificed his very life in getting. And so, he had to sell newspapers to keep the wolf, hunger, from his door. He had given up;

there seemed no hope for him. Because he was old and deformed, he was convinced he could never get back to health again.

I cheered him as much as I possibly could, and as I was an ardent physical culturist, I did not hesitate to impart some advice to him. I told him about men like Arthur Leslie, Roy L. Smith, and others, who, on approaching forty, started into training, and today have the health and physique of real strong men. Their efforts in attaining health and strength were rewarded. Then I told him about the work of this magazine, what it meant to the hundreds of thousands of people who read it and abide by its teachings. He had often seen it on the news stands, but it never occurred to him that it might do him any good. When I left him, he seemed



Fig. 1.



Fig. 2.

very enthusiastic, and he vowed to try out my advice.

Shortly after this incident my ship sailed away for foreign lands, and it was fully two years later when I had the opportunity to stroll down the crowded thoroughfare of that city. Passing the subway station where I had accosted the poor, unfortunate individual, I espied a smiling fellow shouting the news to the passing throngs. His shoulders were square, his body erect and poised and his very being emanated cheerfulness. Vastly different was he from the individual I had previously met. I strode over to him and proceeded to buy a magazine, and recognized in the rather handsome face the very man whom I had spoken to before. I marveled at the change. I could not connect this happy individual with the pathetic, haggard, stooped one, who looked so forlorn two years before.

He then told me briefly what brought about so wonderful a change in him. Special exercise! My advice had set him to thinking and he acted on it immediately. He was the kind who persevered, and by consulting a doctor and getting under his care, he brought himself up to the point where he took special exercises to cure

his deformity, stooped shoulders. By constant practice and diligent effort his case was remedied, and today he has joined the ranks of made over men, and is now getting successfully along with his news stand. It was a grueling fight, the road back to good health, but by sticking to it he eventually attained success.

Let me tell you more about stoop shoulders and the general causes of such deformities.

Curing Round Shoulders by Special Exercise

A deformity is a "congenital or acquired fault of position in the skeleton or motor apparatus." In deformities we find, as a rule, shortening of certain muscles and soft parts with the natural lengthening of their opponents, changes in the shape of the bones, abnormal position of the internal organs accompanied with functional change.

The question of posture is one of great importance. A persistent faulty posture involves the health of an individual, and interferes with proper physical and mental development. The upright position is held by constant static muscle action. The muscles are balanced to hold us in the upright position, and we must fight against gravity to maintain this position. If bad habits of sitting or standing or working, etc., develop, faulty posture results, with the consequence

that there will be interference with the function of other organs, and thus our bad posture will exert an abnormal influence upon general metabolism, it is, therefore, necessary to emphasize, "stand tall, head up, chin in, chest high, abdomen flat and with weight on the balls of your feet." Any departure from the normal causes undue strain on another part.

"Good body mechanics means the correct poise and control of the body with the normal functioning of every organ." When we study the spine we find it is a flexible rod with three curves. The cervical and lumbar curves are convex forward and convex backward in the dorsal region.

In order to maintain the cervical curve, the head must be carried backward; if this is done the parts below will correct themselves. "The stomach and liver are attached to the diaphragm, and the suspensory ligament of the diaphragm is the pericardium, which is attached to the anterior por-

Fig. 4.



Fig. 3.



Fig. 6.



Fig. 5

tion of the lower cervical spine." Thus by carrying the head in the right position we maintain the normal position of the diaphragm, stomach and liver. An exercise to accomplish this is: stand with back against the wall, draw the chin down and in and stretch up tall. Stretch as high as possible.

An increased curve in the dorsal region is known as round shoulders. As the ribs are attached to these vertebrae it is difficult to correct. If the shoulders are rounded, the ribs are forced to contract, and the costal angle is greatly narrowed. Before one can hope to correct this condition, exercises that give flexibility to the spine must be taught. Rib stretching and hanging exercises help give flexibility and widen the costal region. If there is an increased lumbar curve there must necessarily be a tipping forward of the pelvis, with a strain on the ligaments. An exercise to decrease the lumbar curve is: stand with heels a few inches from the wall, with the head, shoulders and hips touching the wall. Now try and make the lumbar vertebrae touch the wall, by contracting the abdomen and rotating the pelvis.

To get back to our immediate subject, "round shoulders" or "stoop shoulders" are named from the condition known as kyphosis, which is an increase in the normal curve, convex backward, in the dorsal region of the spine. It is one of the most common deformities in children and also is found in adults. It is produced by either joint conditions, weakness of the back muscles from some cause, improper sitting, overwork, rapid growth, faulty cut of clothes, or by occupations which require forward leaning positions, such as carpenters, clerks, etc. The treatment depends upon the type of case. There are two types: namely those due to lack of muscle strength, and those due to deformities of bone and joints.

The first type may lead to the second. It is necessary to distinguish between these before treatment is given. Before the treatment is commenced, it is necessary to make sure the individual is organically sound. It is ridiculous to treat round shoulders in a weak, anaemic individual. It is necessary to first build up the general health of the patient before any local treatment is

indicated, or it will be impossible to exercise.

When an individual has been examined, and a diagnosis of "kyphosis" made, the method of treatment is as follows:

- I. Take a picture of the individual in his normal standing position, then take another in



Fig. 7.

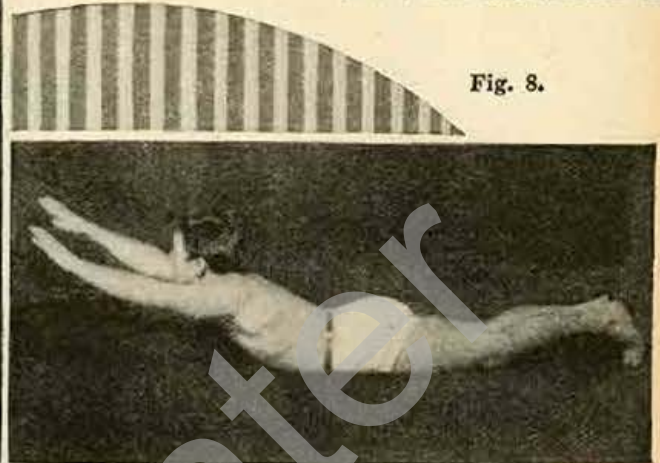


Fig. 8.

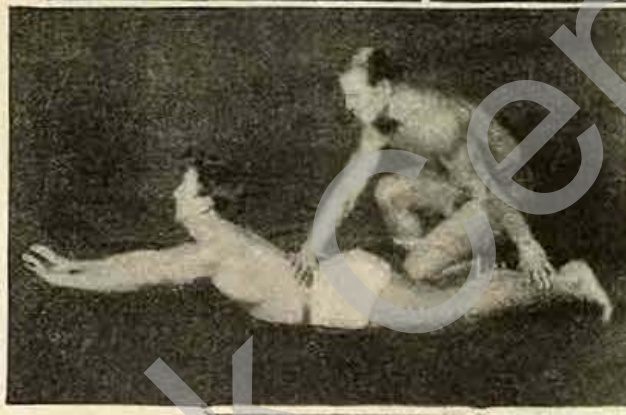


Fig. 9.

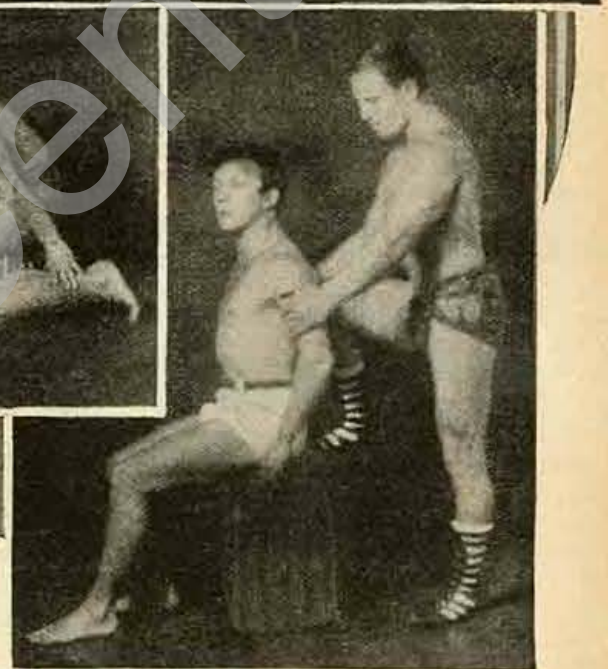


Fig. 10.

the best position he can assume, and then take a third picture in the position you desire him to stand. You have three pictures of the individual which he can see, and you readily explain to him what the various positions mean. This is the most important part of the treatment. You must show your patient evidence of his condition. If pictures cannot be taken, a mirror will suffice, but it does not have the same lasting effect.

Our next procedure is to practice with the patient the proper position, and to emphasize the importance of always standing in this position. The whole treatment depends upon the patient never forgetting for a moment the proper position. Fig. 1 shows the proper position and in Fig. 2 we have the improper position in standing. The proper position will seem all wrong and it will be a constant strain for the first few weeks to hold, but by insisting on practicing it, the discomfort of it will gradually lessen.

To counteract the condition (Continued on Page 77)

Balance Your Way to Health

Stunts that Develop Strength and Energy

By Jack Russell

THE interesting subject of hand-balancing takes me back to my seafaring days, when I first came into my own as a hand-balancer. In my travels I visited many European cities, and had the opportunity of seeing many noted foreign hand-balancers and gymnasts perform. Often I would go back aboard ship and practice to emulate their feats. Hand-balancing got to be such a passion with me that even when the ship was under way at sea I would continue on with my practice. An interesting incident in connection with this happened one day when the sea was being lashed to a fury.

Our ship had been wallowing for hours in the trough of the sea, rolling continually on beams' end and shipping tons of brine with each dip. The sea increased in its violence, and, as the vessel was hurled from billow to billow, a crazy idea entered my head to turn upside down and pit my balancing ability against the gyrations the deck was uncorking. Try as I might, I could not push up to a hand-stand, but this only served to make me more determined in my purpose. Finally, after repeated efforts, the ship lurched suddenly, just as I was pushing to a hand-stand; its motion aided me, and as my legs swung up into position I retained my balance by swaying with the roll of the vessel. At first my brain whirled giddily, but soon my senses adjusted themselves, and I commenced to appreciate the pitching and bucking and the thorough shaking up the ship was giving me.

Through it all I kept a perfect balance and when I had had enough thrills from my perilous feat I essayed to "come up for air," as it were, but, much

to my chagrin, I felt myself lifted bodily into space. I became terrorized, and my mind instantly became chaotic. The ship had plunged into the seething mass of water, as a mountainous wave broke over her, and it lifted me with such speed that it was an impossibility to save myself.

The next I knew I was sprawled on the back of my neck, against the taffrail that extends around the stern quarter of the ship. Another wave and I would be overboard in that maelstrom of gray-green water. In a flash I came up on my feet, just in time. Another gigantic comber shook the ship from stem to stern and, thoroughly frightened, I ran for safety. Did you ever hold onto the rear of a speeding vehicle and try to run behind it? Remember how fast your legs were traveling without apparent effort? That's how I ran down that deck, skidding dangerously, my arms, ever the while, working like pistons to keep me from falling.

When finally I was safe from further danger, I commenced to collect myself. That I had a narrow escape was evidenced by the trembling nervous quandry I was in. But it taught me a lesson: to always keep my presence of mind and strive to be master of the tense situations that might arise and prove dangerous. And I

also took cognizance of its warning, and never since then have I allowed the idiosyncrasies of my mind to influence me into attempting hazardous, idiotic stunts. We all take chances some times, but in hand-balancing we cannot afford to do this just for a thrill we could possibly get. I've heard tell of fellows balancing on the edge of a cliff, or on top of a skyscraper. In my



Fig. 1.



Fig. 2.

estimation they are perfect fools. I get more thrill out of a difficult feat, knowing that before I commence it I will be in safety throughout its performance. There is a lot of saneness in that. No one is so sure that he can perform daredevil feats and get away with it always. Some time or other he is bound to slip up, and then he will be sorry—or perhaps his dear ones will, for ever allowing his idiosyncrasy to jeopardize his life just for the thrill of executing dangerous stunts.

Hand-balancing is comparatively easy to learn, once you can support the weight of your body on the arms without undue strain. It is wise for the novice to prepare his muscles by doing the kind of exercise that strengthens them, and gives them endurance. Yet he must not think exercise that builds big arm muscles alone is all he need do. The development and strengthening of the lower back muscles are very essential to him in hand-balancing.

In preparing for a course in hand-balancing, the best all around exercise that I would recommend is the floor dip. It not only strengthens the shoulders and tricep muscles, but it benefits the back as well. Hopping on the hands is great work for the development of the muscles, and so is the exercise called the Swedish Hop, which is rather difficult to perform. It requires a certain amount of co-ordination, speed and strength. Get

on all fours, spread the legs about as wide apart as the arms are, preparatory to dipping on the floor, but instead hop off the hands and legs as high as you possibly can. Now quickly clap your hands and feet together, and without losing motion or time, spread them again just before landing. Repeat this a number of times till you tire. You will come to appreciate the benefits this peculiar exercise has for you. It particularly gives the lower back muscles all the work they need, and if you can endure this exercise for any length of time you will begin to notice a vast improvement in your muscular appearance, especially the arch of your back.

The easiest way to acquire hand-balancing ability, after your muscles have been strengthened by the foregoing exercises, is by learning to perform a hand-stand against the wall first, and balancing yourself by pressing the legs against it, which aids in helping your position. Try this a number of times 'till your equilibrium

adjusts itself to the upside down position. When you can execute a hand-stand in this manner, without seeming difficulty, then commence to lower yourself gradually on your arms. Lower to a part of the dis-

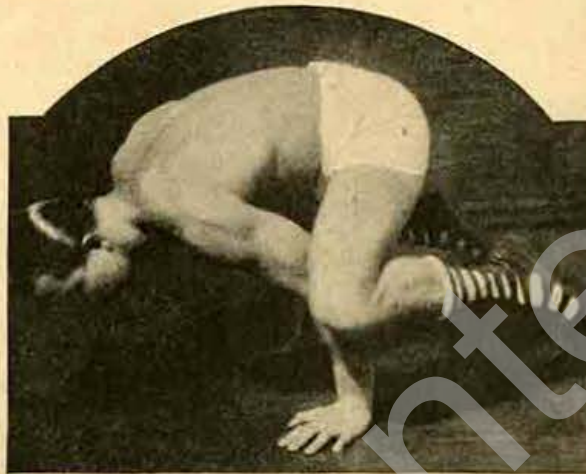


Fig. 4.



Fig. 5.



Fig. 3.

come back up without much effort. You are now ready for the real hand-stand. No wall to help you this time. You're going to throw up to a hand-stand and hold it because your exercises have strengthened those muscles that do the work in retaining your balance. And you're going to find it easy to do. Why, there is nothing to it.

Simply raise your hands overhead and lean back in order to gain momentum when you throw forward to a hand-stand. As soon as the hands touch the floor, swing the legs vigorously overhead, the toes pointed and arched back. Retain your balance by pressing either with the fingers or heel of the palms to keep you in place. Fig. 1 shows a perfect hand-stand. See if you can perform this in a like manner. Remember to lock the elbows stiff, once you feel properly balanced, as the balance is primarily in the shoulders and not in the elbows. Fig. 2 shows a variation of the hand-stand known as the scissors, the legs being spread apart.

Once you retain a perfect control in the hand-stand and can perform it a number of times easily, then you should attempt walking on the hands. Your arms are now strong enough to venture shifting the weight of the body onto one arm, thereby giving the other arm freedom to stride out in the characteristic manner of moving the body forward in the walk. See Fig. 3. At first it will prove rather difficult for you to do. Your movements are apt to be uncertain or unsteady, but that is similar to the manner in which a little pup first commences to use his little legs. In a short time, after repeated efforts, he begins to manipulate them in some semblance of control. Soon he runs and jumps like other dogs as it comes natural for him to do so. And thus the very same principle is evidenced in hand-bal-

ancing. You must venture step by step in the beginning, just like the little pup experienced in adapting himself to the process of moving himself by walking. Take things slow at first; try to figure out the easiest method of performing the stunts, and resolve to master the complications that impede your progress. By adhering to this advice you will advance unhampered to your goal.

In order to attain the goal it will mean sacrifices on your part, consisting of perseverance more than anything else. It will mean that you set your ideal high and daily make but one step to that goal. So many

failures are due to the lack of perseverance. The enthusiasm being great one day and later dwindling to nothing; the result being nothing.

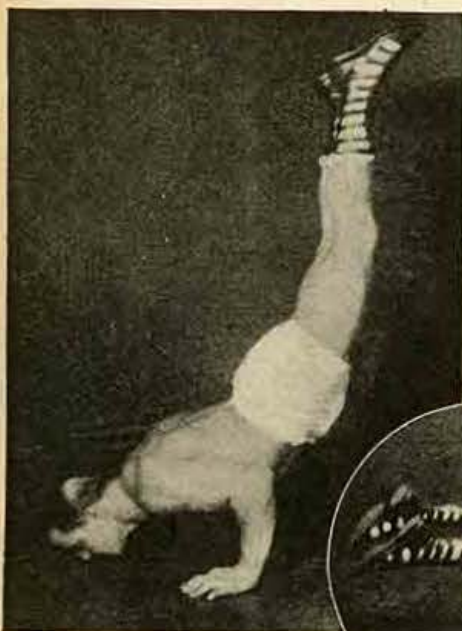


Fig. 6.

When I reflect over my training in hand-balancing and summarize it all, it seems to taper into one sentence (almost a platitude), and a secret of my success. The best way to obtain the goal, then, is never to miss a day in practicing your hand-balancing, and by resolving to stick to it you shall be the victor.

The next procedure in your hand-balancing training is learning to do the press-ups or push-ups, as they are sometimes called. They should be quite easy for you to perform, since the practice of walking

on the hands has strengthened them to a marked degree and they are capable of coping with the strain put upon them. Squat down, placing the arms between the legs and allowing the knees to rest on the elbows.



Fig. 8.



Fig. 7.

lean a little forward and simultaneously push with the arms, arch the back to its utmost as you do so, keep the toes pointed, knees slightly bent in order to aid the legs to swing up into position. It sounds and looks

complicated, but in reality it is easy to do, the difficulty lying in the act of holding the body out straight parallel to the floor.

To strengthen the wrist and further create perfect balance try to do a hand-stand on the tips of your fingers. Fig. 8. Constantly attempting this feat will greatly strengthen your fingers and give you enormous wrist power. Then, too, it is a feat that very few hand-balancers do and it is a stunt you can add to your bag of tricks when-

Now lean slightly forward, supporting the weight of the body on the arms, with the feet off the floor and the balancing on the elbows (see Fig 4)—now slowly raise your legs overhead. You may fail a number of times before you can actually execute this stunt, but practice it often, and in time you will get it to perfection. Remember to arch the back well when raising the legs (see Fig. 5), as this helps you to get up to a hand-stand, and helps you to retain your balance. There are several different ways of pressing up; one in particular gives the abdominal region vigorous work, and that is the one where you bend forward at the waist, placing the palms of the hands on the floor as close to the feet as possible. Lean far forward and take the weight of the body on the arms, and at the same time raise the legs off the floor, keeping the toes pointed and the knees stiff. Then, when your legs are midway up, suddenly arch the back and you will find how easy the legs respond by swinging up into position of the hand-stand.

The next process in the development of your hand-balancing ability is learning to dip from a hand-stand without the aid of a wall to help you retain your balance. From the position of the hand-stand lower yourself gradually till your chin touches the floor, then push

up again slowly. Fig. 6. If you learn to do this a number of times, then you are ready to attempt the hollow back press-up, as it is called. Begin with the original hand-stand, lower yourself as before, but bring the legs down parallel with the floor. Hold the body in this position by twisting your hand around enough to allow the trunk to rest on the elbow, thereby keeping the legs off of the floor and suspending yourself flush with the plane of the floor (note Fig. 7). Now,



Fig. 9.

ever your friends get together to demonstrate their prowess. You will be the recipient of their admiration for your demonstration of this feat.

Fig. 9 shows the one-hand-stand as it is usually done. But it should also be learned with the feet together, and the free hand resting on the side of the waist. To practice the one-hand-stand, do the two-hand-stand and slowly shift the weight onto the stronger arm until you can just steady yourself with the aid of one or two fingers of the other hand. Then, when you learn to hold it, you can start and throw up on one hand. The one-hand-stand is primarily a matter of strength and

learning to control the muscles that hold the body balanced and erect in the proper position. These muscles, which probably include every muscle in the body, must be trained so that they will co-ordinate and add assistance at the slightest hint of losing control of the balance. When you have



Fig. 10.

learned to balance yourself as in Fig. 9, it will take very little additional practice to get the legs straight and together. If you get this far and hope to give exhibitions in hand-balancing, I would advise you to practice going down on a low set of steps on one hand. This feat will put you into a select class of hand-balancers.

An egg roll, to a hand-stand, is a very clever feat to perform. Its requisites are strength, speed, nerve and endurance to stand the strain. To perform this feat, first place the hands on the hips and lean back so as to arch your back to its limit, by throwing your chest and stomach out and with the knees stiff. Fig. 10 you are ready to fall forward. When you land after falling on the floor, you naturally strike the knees first, but as you are arched to a great degree, you roll quickly on the stomach and catapult off of the chest by pushing vigorously with the arms, Fig. 11, and swing the legs up as you did in the hollow back press-up. The feat ends with a perfect hand-stand, after falling from a stood-up position, and rolling up to a perfect balance on the hands.



Fig. 11.

From pushing up to a hand-stand, I have illustrated several steps in hand-balancing that should be responsible for your becoming proficient. Yet, to try them all in one day would be quite a task, even if you have some ability. What you should do is coax progress, strive to do your stunts perfect always, then you need have no fears that they will not be admired whenever you perform them for your friends. *Stick to it*, that is my advice to you. The lesson of perseverance you learn from thorough, patient practice in hand-balancing will help you to grasp "other bulls" by the horns, as it were, and help you to reach the pinnacle in the endeavors for a successful life.

One of the first stunts a person should do, after learning to walk on his hands, and press up to a hand-stand, is side-stepping on the hands. It is not a very hard stunt to do, once you can walk a goodly distance on them without tiring. Stride sideways slowly at first, until you master the step to a marked degree, then speed up your movements until you fairly skip sidewise on the hands. By practicing to keep up this accelerated pace for a length of time, you will find it a very interesting stunt and those who may witness your demonstrations will appreciate the amazing celerity attained and marvel at the endurance it fosters.

Another seemingly difficult stunt, and one that is comparatively easy, once you can retain perfect balance, is the stunt called diving to a hand-stand. Simply dive into the air, and land on your hands with the elbows bent in order to alleviate the shock from the impact of landing. Arch your back well and press with your fingers until you can push up and lock your elbows stiff in a perfect hand-stand.

One day, several years ago, while I was in Cleveland, Ohio, I happened to stroll into the Y. M. C. A. to take a workout in the gym. There were many young men exercising about the gym when I made my appearance.

The inspiring scene of that room, coupled with the stares of its occupants, threw me into a fit of excitement which was very hard for me to repress. Then, too, I had not been in a gymnasium for several months on account of cruising the Great Lakes in a government inspection boat. So, with a sudden burst of enthusiasm, I leaped into the (Continued on Page 89)



Fig. 12.

Sleeping for Health

Sleep is One of the Most Important of All Living Functions—The Thing that Makes Life Possible.

By Dr. Edwin F. Bowers

EVERY move we make causes us to spend a certain amount of vitality—every thought we think squeezes a little life out of us.

This loss is partly made up by the food we eat, the fluid we drink, and the air we breathe.

But it is chiefly during sleep that the life principle flows back into us—that our loss in vitality is made good.

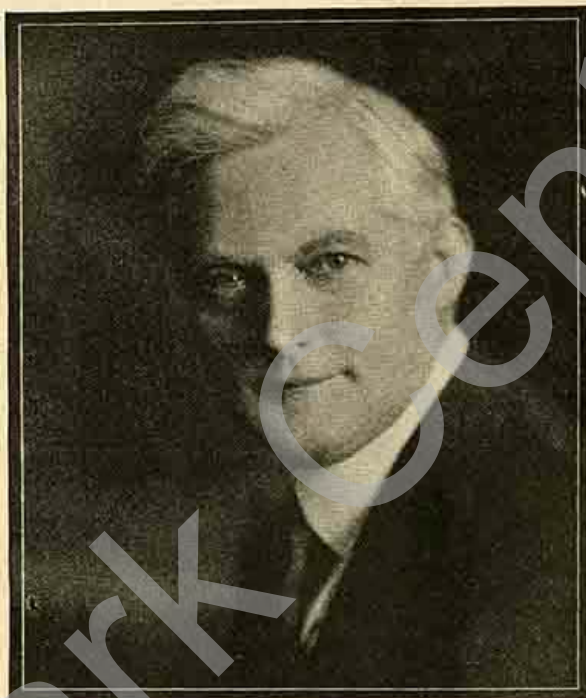
So wonderfully adjusted is this principle of restoration that our balance in the Bank of Life might at any time be computed by merely striking a balance between what we spend of our vitality during our waking life, and what we regain of this loss during the night—multiplied by the length of time we have kept up this pace.

The answer will be found in terms of decreased resistance to mental or physical strain; in greater susceptibility to infections, and all forms of disease; in lowered vitality; in increased nervous irritability; in everything that makes for a downward drag, instead of an upward push.

In golden words poets of all the ages have eulogized this marvelous reconstructive power of sleep. Physicians recognize its curative properties so clearly that it has become an unwritten law that, not even to take medicine, is a sleeping patient ever to be awakened. And this is the greatest tribute Medicine could possibly pay to the drowsy god, Somnus.

In fact, there is nothing upon which a greater number of people will agree than that sleep does certain things to us that are wonderfully beneficial and health-compelling. We may not know why it does this, but we know it does. This is one of the great advances which science has made within the present generation.

For until very recently even scientists have regarded



Dr. Edwin F. Bowers

sleep as a purely negative process. When we slept it was believed that bodily functions ceased—that we were busy doing nothing.

In fact, so sure were we that time spent in sleeping was a sort of theft of producing power, that a certain odium has crept into our conception of sleep, the term "sleepy-head" carries a definite measure of reproach. We feel a decent amount of sympathy with the farmer who, after feeding the pigs, milking the cows, cleaning the horses, and doing a few more odds and ends of chores, greeted his new hired man sidling into the barn about 7 A. M. with, "Well, where in thunder ha' you been all forenoon?"

But the old order changeth and our ideas change with it.

The conviction is gradually gaining ground that no one ever got too much healthy natural sleep, or did himself any harm by remaining in bed until he felt rested.

We now know that sleep, far from being the "death of life," is one of the most important of all living functions—the thing that makes life possible.

Instead of being a negative process it is a very positive one; instead of stopping all activities it only starts a new and tremendously important set of activities.

Sleep substitutes for the destructive processes of active life constructive measures. It reverses the downward trend that accompanies waking life. It lifts us back to the top of that physiological toboggan down which we commenced to slide the moment we got up.

In short, sleep, instead of being the waste of time, and the necessary evil that we fatuously think we deserve medals for curtailing, is the most important thing in the world—more important even than food. For we eat to sleep, but we sleep to live.

Men have gone sixty-three days without food, and a week without water. But they usually die in less than

ten days if totally deprived of sleep. It is said that rarely do the victims of the Chinese torturers keep their reason after the fifth or sixth day of their enforced wakefulness.

Our own infamous "third degree" is successful for the same reason that the Chinese method of punishing grave offenders is successful. It isn't humanly possible long to withstand the torture of loss of sleep. To gain respite from the continuous brutal day and night questionings, the victim, to obtain sleep, will agree to anything, and sign any sort of a confession. And some fine day, when we become really civilized, this barbarism will go the way of the thumbscrew, the rack, and the Iron Maiden.

It is during sleep that the final transformation of food into tissue is effected—that the finished product of digestion is finally converted into new muscle, brains, blood and nerve cells.

This explains the fattening influence of sleep, and shows why the dietitian, in attempting to reduce an overly-corpulent patient to reasonable proportions, first cuts his hours of sleep.

Loss of sleep is really a form of starvation, not to be made up by increasing the amount of food taken into the system. "Endurance racers" prove this in an interesting and convincing manner. Those engaged in six-day bicycle races, and other half-witted forms of diversion, eat four or five times as much food as the ordinary man. Yet the end of the contest finds them hollow-eyed and cadaverous. Loss of sleep—even more than their physical exertions—has prevented them from transforming food into tissue.

It is this positive reconstructive quality in sleep that explains why babies, whose chief business in life is to grow, spend from sixteen to eighteen hours out of every twenty-four in sleeping, a capacity which gradually diminishes as maturity is approached, until it finally settles down around the average of nine hours.

It is the loss of this reconstructive power that accounts for the short hours of sleep and the light character of the sleep of the aged. Old people do not sleep lightly, and get up early because they don't need sleep, but because they can't get it. They have lost the power of reconstruction that goes with sleep—and consequently the function of sleep itself is partly abolished.

The cat-naps and dozings of old people are not true sleep. They are really little torpors due to weakness and exhaustion of the vital functions, and poisoning from faulty elimination. They foreshadow the final end of consciousness.

The deeper the sleep the quicker the recuperation, and the more effectively all the vital processes of repair are carried out. The lighter and more disturbed the sleep, the slower the recuperation from fatigue, and the longer it takes to effect repair.

This explains the differences in the quality of sleep, something that everyone has noted. It explains why sometimes a little sleep of an hour or two under conditions of complete relaxation will accomplish more actual reconstruction than a whole night's restless, dream-racked sleep.

It also explains why some vigorous individuals, who sleep deeply and whole-heartedly, are able to recuperate fully and be fresh and thoroughly rested after four or five hours' sleep. While others who sleep "light," with one eye always open for dangers that creep out of their atavistic memories, or their active imaginations, require

nine or ten hours, or even twelve or thirteen hours, to accomplish even less.

Indeed, these exceptional individuals, who for years on end have been able to do a tremendous amount of work on four or five hours' sleep nightly, have set a pace which has been distinctly injurious to the race as a whole. Their iniquitous example has established false standards, until it has become almost a reproach to be a ten-hour-a-day sleeper.

True reconstructive sleep also restores the oxygen balance in the tissues. This has a most important bearing upon our state of health.

During the day the brain cells use up more oxygen than can be supplied them through the blood and the lungs. This oxygen starvation, to which the cells are subjected, is one of the things that help bring the unconsciousness of sleep.

During sleep more oxygen is taken into the system than is spent. After a certain period of time—depending upon one's lung capacity and the depth of breathing, the freshness of the sleeping chamber, and the number of red cells in the blood to carry oxygen to the tissues—for this is the only way oxygen is conveyed through the body—the oxygen loss is made up, and the balance is restored.

The matter works itself out on something like this basis. During each twenty-four hours, the total outgo and intake of oxygen is sixty per cent. given off, as against only forty per cent. taken in. During the sleeping hours, nearly sixty per cent. of oxygen is taken in, as against forty per cent. given off.

So, during active waking life the body spends twenty to forty per cent. more oxygen than it takes in, while during sleep it reverses these figures and absorbs twenty to forty per cent. more oxygen than it gives off.

Actually, the sleep period represents the time required to restore the oxygen balance in the tissues, recharge the organic batteries, build up the broken down tissue, and oxidize and otherwise get rid of accumulated fatigue poisons.

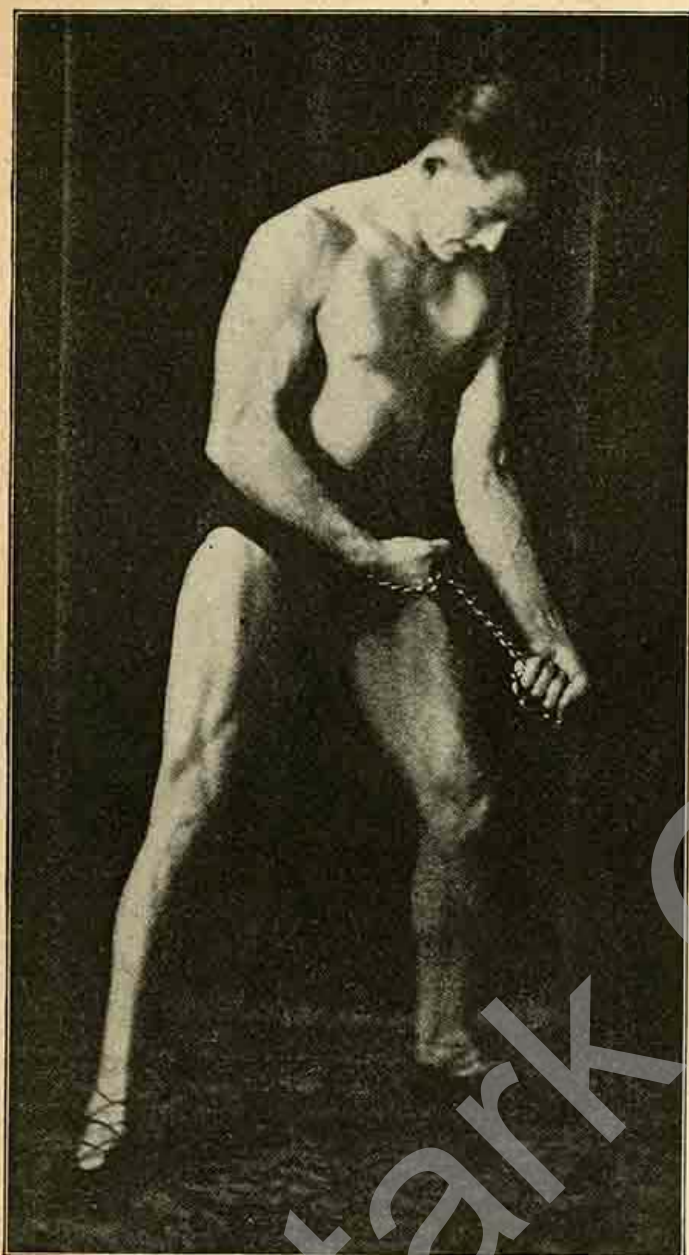
From which it will be seen that to calculate how long sleep should last is the simplest thing in the world.

The answer is "until all these processes are completed." And the only one who knows the answer is the sleeper himself. When you're rested you'll get up.

If you don't feel rested after a decent interval of sleep it may be because you've been trying to sleep in a bed that creaks or rattles ever so little, and doesn't let you relax. This keeps the nerves on edge, and doesn't permit real restful slumber. Another reason for light unrefreshing sleep is lack of oxygen. Your bedroom may be stuffy and ill-ventilated, or you may be anemic, run down and debilitated—and should see a doctor.

There is also a diminution in the amount of heat produced during sleep, which explains why we need more covering at night than during our active life. This decreased production of heat is largely accounted for by the quiet condition of the muscles. But it also indicates diminished tissue changes throughout the body. In very profound sleep this temperature reduction may amount to as high as from .2 degree to .6 degree Fahrenheit.

To spend more energy—especially nervous energy—in a day than one can restore in a night's sleep is to be headed for physical bankruptcy. Even the loss of one night's sleep effects the nervous system of many. It causes sleepiness and mental (Continued on Page 72)



S. Shapiro, another example of what the slender, small boned man can do for himself

“**W**HAT on earth makes you think you could make anything out of that fellow? Why, man, he's too small. You could never build the arms and shoulders of a Sandow on him. Just look at the small hands and feet, which are indicative of small bones. No, Siree! the days of miracles are past.”

So spoke a friend of mine with whom I had been in the depths of a controversy on the possibility of developing all the various physical types into perfect manhood, and more particularly the small boned man. He was set in his belief that it was a sheer impossibility to transform, physically, a small boned man. All my logical reasoning was so much wasted effort, until one day I brought before his eyes a person with whom he was well acquainted. This young man had tried many

How Much Development Can a Small Boned Man Get?

Does He Have the Same Chances as the Large Boned Man? Does He Make a Better Athlete?

By George F. Jowett

methods, and failed, as my friend knew. On the day mentioned he could not believe his own eyes. A 126 lb. man had become a 178 pounder, and as perfect a specimen of physical manhood as it was possible to behold.

My friend changed his mind that day. He had always longed to possess a well developed body, but had long given up hope of owning one. That day he became converted, and what I did for the one young man I did for him also.

If you are of the number who believe that small boned men are condemned to always remain small, just ask him. He wonders how he ever thought this. And so it all goes. A long time ago some unknown individual started the talk that a man with small bones could never materially increase his proportions. The unknown argued that if a man was small, nature intended him to be small, and nothing could ever change the physical situation.

The individual who evolved this idea ought to have been put in Sing Sing before that controversy got well started, on account of the numerous heartaches and blighted hopes he has caused. But, thank heaven, there are a few of us left to fight. A few men who have still the dauntless courage to crash down such untruths, teach others by example and practical results that exercise properly taught can reconstruct the man with a six inch wrist as well as the man with an eight inch wrist.

There is no truth in the statement that a man who has small bones lacks the possibility of building up big muscles. A large boned man has a heavier frame, and has more bulk to carry around.

The fact that some men have large bones and some small has resulted in two different types of physical specimens altogether. There is the type that shows the muscles off in graceful lines, where each muscle is clean cut and clearly separated. This type we call the Theseus model or Sculptor Form. Then we have the heavy type which we invariably allude to as the Continental Model.

The first named type is almost always made up of small boned men. No matter how large his proportions may develop, his muscles will always carry a grace which is never found in the bulky type.

The members of the Continental type are always the heavy boned men. They are men we generally think of as being naturally strong. Nearly always they are more than ordinarily strong. Their muscles are heavy and appear to exist in one large mass, with no definition, a false appearance which is caused by their greater bulk.

I have often proven to my own satisfaction that the former type makes the best athletes. They are inspired with a fixed determination to succeed, whereas the other type is too self satisfied with what it has.

Of course if you get a good man of the latter type, who will exercise to get the most out of himself, you will have a phenomenon.

The small boned man is the direct opposite of the heavy built man, who, as I have said, is too well satisfied with what he has.

We find that the fine featured man is not only dissatisfied with what he has, but he is the most skeptical of what results he can get.

The one man is too lazy to develop his best possibilities, while the other is too skeptical to work for what he can get.

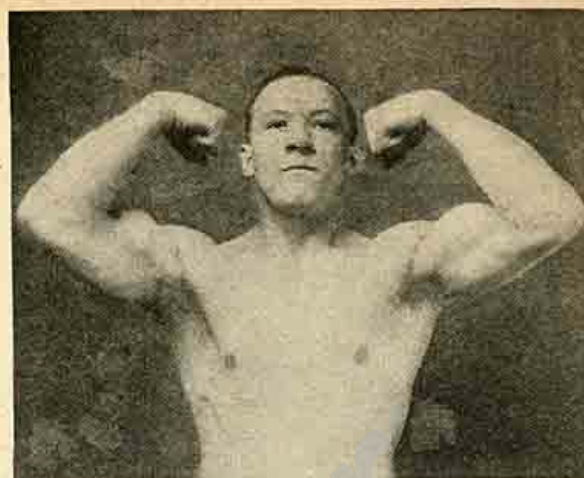
The small boned man has listened to the old tune so long that he has come to accept it as true.

The number of letters I receive in the course of a year from the slender built type, asking me if it is possible to get results would astonish any outsider. Even in the face of facts they will ask this.

My answer is what one man can do, so can another. *Everytime.*

The small boned man has something to work for. The beautiful physique he can develop is in

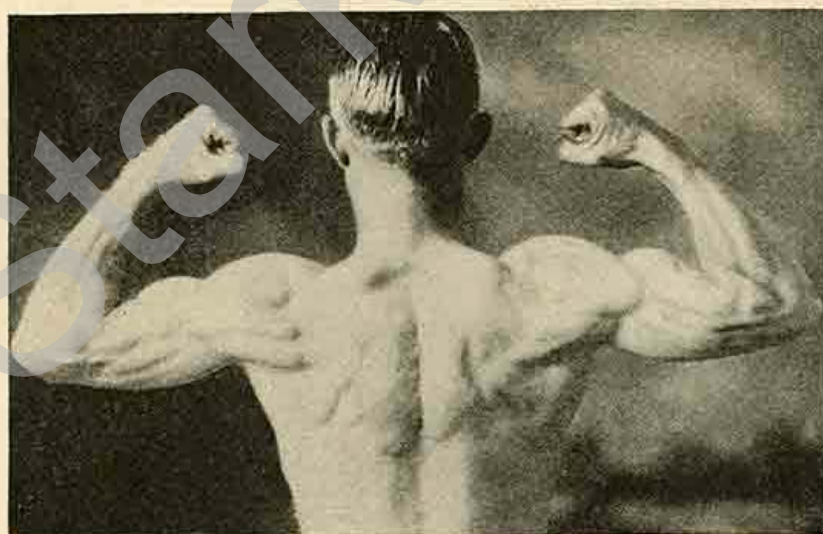
itself an inspiration. And on top of that the quality of strength, the great dynamic nervous force, and the remarkable speed and suppleness of body, are qualifications which are found more greatly developed in the finished small boned product, than in the Continental type.



E. Faris, whom progressive training made over from an undersized physique into sturdy manhood



M. R. Mason, originally an extremely tall "Skinny." Well, look him over



E. A. Davis, whose beautiful arms and deltoids have a muscular separation that is seldom seen with the heavy boned man

The small boned man will say "Yes, but look, he has developed a 16½ inch bicep and mine is only 14½ inch." Maybe so, but nature, in the first place, has played a part here.

The tissue of the heavily built man is of a coarser texture, which is the reason why the muscles have greater bulk, but they lack the pleasing separation found in the finer featured athlete.

The small boned man develops a muscle of a finer quality, and the fact that it is as strong as that of the man with larger measurements, is evident in the actual tests of strength. For instance, Sigmund Klien is not large boned, but he is head and shoulders over anybody else in his bodyweight class, and his development is magnificent. There are lots of body culturists that equal Klien's bodyweight; men hav-

ing larger bone construction, who cannot approach the New Yorker in muscular development.

Irrespective of bodyweight, the lightweight man is much stronger in proportion.

Progression seems harder simply because the tape measure does not show as rapid increases as are evi-

denced in some of the cases of heavy boned men. This is because the more finely inlaid muscular fibres take up less space than the coarser type. Nevertheless such a man's muscular development is constantly growing.

There are very few body builders who have not noticed how much harder it is to make the muscles of the forearm and calf grow in proportion to the gains made in other parts of the body. Sometimes this is the case to such an extent that these muscles appear so stubborn that no method at all will develop them. There is, of course, a very simple reason for this.

We use our hands and feet most, and from constant use the muscles that control these members develop a structure that is of a very fine quality. As a result it takes an enormous amount of effort and will power to break down this solid wall, in order to reconstruct new material. To break down old tissue is absolutely necessary before new tissue will grow. In this case nature works in a peculiar

manner, inasmuch as it always multiplies in growth.

If you stop to consider another angle, you will readily

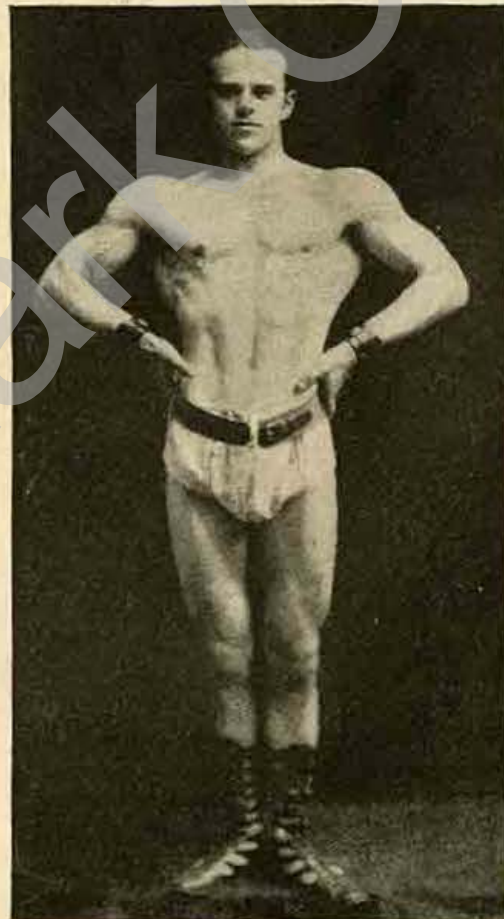


Frank Reckless, naturally of the tall greyhound type, who in his late thirties has developed a pleasing shape



Chas. Shaffer, only 112 pounds, known as the pocket Hercules, with very small bones developed into a muscular masterpiece

J. B. Bon, 5 ft. 2 inches. A mighty big little man, who can "chin" himself three times with one finger



D. Pitts, whose shapely muscles have extraordinary power. Small boned, but mighty

see that a large boned man and a small boned man make their increase according to their relative bone size. A large boned man must have large proportions to look like anything. Yet a fifteen inch biceps on a six and a half inch wrist looks more imposing than a seventeen inch biceps on an eight and a half inch wrist.

From this analysis it can be readily seen that the small boned man gets better results than the larger boned man, in everything but size. The small boned man can secure the size desired, by a more careful study and application of proper methods.

Just off hand I have picked up a few photos of young men ranging from the early twenties to the thirties, who all commenced with the handicap—if you want to call it so—of small bones. These body culturists have all been under my observation, and I know just what

condition they were in at the beginning, and what difficulties they have had to face.

Purposely I have chosen men whom we will term amateurs. Simply because body building is with them a hobby. All of them took up muscle culture to improve their physique. One was anxious to increase the size of his chest and three others were ashamed of their round, stooped shoulders. Nearly all of them had scrawny necks and thin arms and legs. Look at them now. A person on sight would hardly believe that a short time ago they were less than ordinary physical specimens.

I have said we would treat only of amateurs, but the photo of Charles Shaffer, of Pittsburgh, was taken long before he became a professional performer, so we will consider him in this group, as his story is unique.

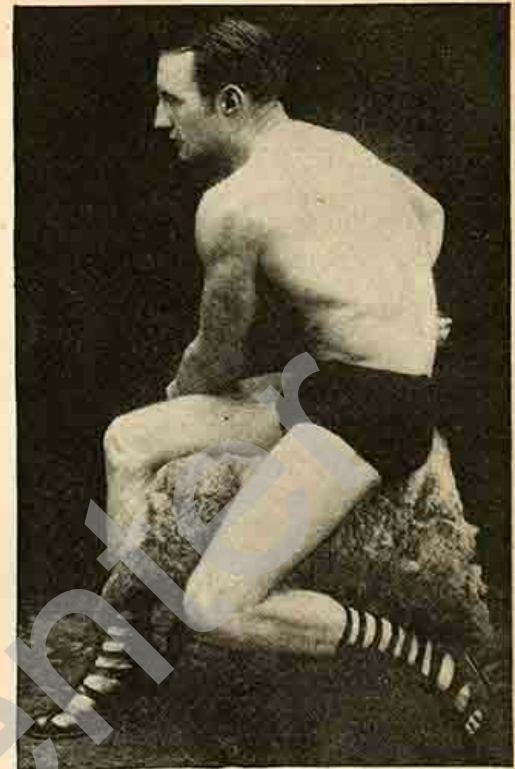
Shaffer only weighs one hundred and ten pounds stripped, and stands about five feet two inches in height. He has very small bones. His wrist only measures a little over six inches, and his ankle eight and a quarter.

When he first took up exercise he was a complete physical wreck. He had just passed through a long siege of sickness and slow convalescence due to double pneumonia. Honestly he looked terrible. His small fine features accentuated his condition. You could not help feeling sorry for him.

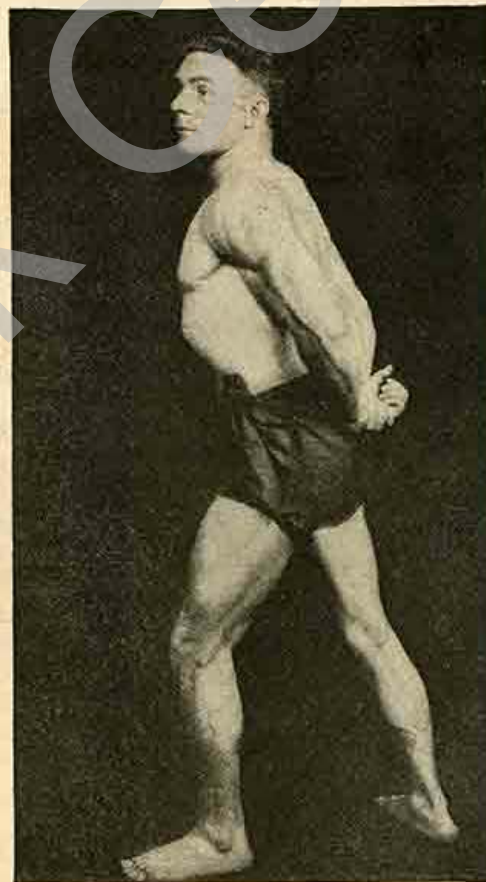
He started out on the ordinary cut and dried system of training. Naturally he did not make much progress. I got him interested in specialized work on the progressive principle, using a graded system of weights. It was remarkable to see how he did improve. The caved in chest began to roll outwards and deepen. His damaged lungs healed, and he ceased to cough up blood. The soft flabby abdomen became transformed into ridges of muscles and the protruding back bone lost itself in a bed of tissue formed by the spinal erectae.

Instead of eleven and a half inches his biceps swelled the tape at thirteen inches and his puny thirty-two inch chest went to thirty-seven. He got very enthusiastic and I had to hold him in to keep him from working too much. His legs were still small, so we directed our attention to them. He did not like the deep knee bend or any other form of leg exercise, therefore, I was compelled to resort to combining sport with exercise. Shaffer had a great love for stunts; anything that suggested a feat he was always anxious to try. He had a desire to excel at pressing weights overhead, so I had him practice the two hands continental press, which also involves lots of leg work. By strict adherence to this and other special exercises he developed a fine pair of

D. B. Mills, a husky example of what a small boned man can accomplish



J. McGill, whose former slim form has taken on the poseur's physique



Lew Polhseno, an invigorating product of what right exercise can build up

legs. His chest measurement, when I last took it, was a little over forty inches normal, which is a really remarkable chest for a man of his stature and body weight. And his biceps measured almost fifteen inches.

At the present time Shaffer is one of the finest hand balancers on the vaudeville stage. He is a splendid wrestler, swimmer, canoeist, and as a lifter of heavy weights he has no equal in his body-weight class. A wonderful specimen of physical manhood, he is one of the greatest examples of what possibilities a small boned man has, if he will only exercise.

I hardly need call the reader's attention to the remarkable development of Shaffer's latissimus dorsi muscle as shown by the rolling ridge that seems to bound like a reef the superbly developed serratus magnus. Alto-

gether his torso development is wonderful. Unfortunately his beautiful pectorals cannot be seen in this pose, but I can assure the reader that they are just as perfect as any of the muscles evidenced in the picture.

The back pose displayed by Mr. E. O. Davis is very fine, but I admire the development of the deltoids and arms the most. They are perfectly balanced, and have the clean cut appearance which is always so noticeable in this type.

Mr. Davis, when he commenced training, had a six and seven-eighths inch wrist. He did not require any special work to acquire the splendid physique he has. Working on the double progressive system he built up those magnificent arms to what they are. One seldom sees the full rounded arm, gained from a harmonious balance of biceps and triceps as possessed by Mr. Davis. The supinator longus is also very evident in the forearm, which denotes great arm

strength as well as shapeliness. Such beautiful arms and shoulders speak a lot for the consistency of his training. They furnish conclusive proof that he put effort and determination behind his schedule. Mr. Davis had worked on other methods, but he soon found that light exercises were all right for some few things, but they would not increase his proportions and thicken the bones, which was what he desired.

His wrist increased to $7\frac{1}{2}$ inches and his ankle from 9 inches to $9\frac{1}{2}$ inches, and he brought his calf up to 15 inches. He can boast of a 40 inch normal chest and a 16 inch neck, while he increased his body weight 15 pounds, from 140 to 155 pounds.

It is also very interesting to note that Mr. Davis is in his thirties, like Mr. E. Faris, of Cincinnati.

Not long ago I had the brother of Mr. Faris call on me. He was quite jubilant about the results his brother had obtained. His brother's success had made him a keen devotee of exercise and now I have the great pleasure of taking care of both brothers.

I feel very well satisfied with Mr. E. Faris because at the

start he was badly balanced, which means his work had to be carefully planned to suit him. He had no upper development at all and his arms and neck were poor. The picture shows our Cincinnati friend to be of a very husky appearance. His 15 inch biceps and 43 inch chest are shown off to splendid advantage in this pose. Altogether he is a splendidly built man and I am very proud of him.

The results obtained by these slender limbed gentry remind me of the old saying that "Nothing succeeds like success." With success comes greater encouragement, and that generally makes the aspirant outstrip himself.

It is agreed that a lot depends upon the individual as to what results he will get.

A pupil may have the best instructor breathing, but if that pupil fails to take advantage of what is told and shown him he cannot expect results.

A teacher can guide, but he cannot do the work for the pupil.

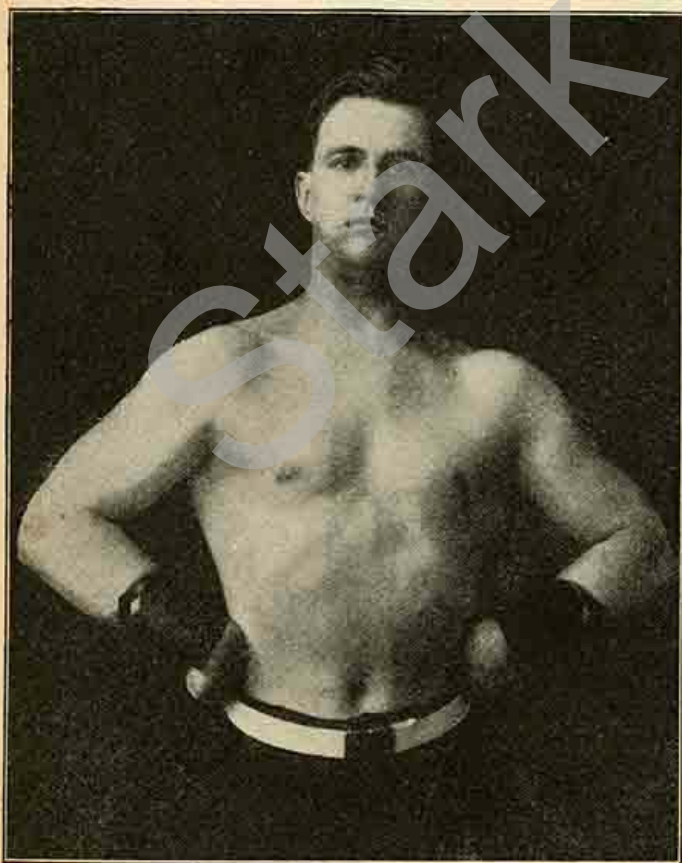
Perhaps the greatest satisfaction of all is the willing co-operation that each of these pupils has been ready to give. Their letters are always full of cheery optimism when seeking advice, and it is a pleasure to work with them.

One pupil wrote to me something like this:

"Gee, but it is fine stuff. I feel great, but do you know I'll be darned if I can get my calves to budge. I've done all I can think of and I'm stuck. Now what will I do. I'm ready to go." (Continued on Page 62)



Robert Ra Noux, 5 ft. 3, with a $6\frac{1}{2}$ inch wrist has acquired a splendid physique



A. G. Harwood, who has developed from a diminutive size to extremely large proportions



Swimming— A Body Developer

By Helen Evans

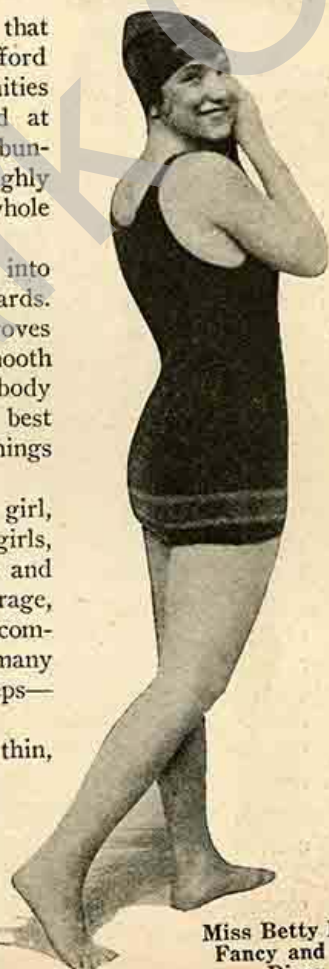
HAS it ever occurred to you that in learning to swim you afford yourself unending opportunities for pleasant recreation, and at the same time you gain and retain abundant health, develop your body thoroughly and symmetrically, and improve your whole physical appearance?

Every part of your body is brought into action and in return it receives its rewards.

Swimming gives one poise and improves the carriage. It develops long and smooth muscles—the kind that form a pleasing body outline, and at the same time proves best for speed and endurance—the two things most essential in competitive sports.

Back in my home town there is a girl, the leader of a large group of athletic girls, who is just bubbling over with vitality and health; youth and happiness. Her courage, her willingness to help others and her accomplishments have been an inspiration to many girls who have followed in her footsteps—those of health, strength and beauty.

Two years ago there came to me a thin, anæmic creature who complained that she was tired of living, that she did not understand why she had to go on existing in her condition, and why some cure had not been invented for her. I questioned her and found that she had always, more or less, since



Miss Betty Becker
Fancy and High
Diver

early childhood, been frail and ailing. She was never without a doctor and a bottle of medicine.

She was the only child and her parents had pampered her. When she was small they would not let her go out and romp and play with other children for fear she would be hurt, or that she might catch cold or acquire some minor illness. The word "exercise" sounded foreign to her.

As a result, she grew up to be a very unhappy girl.

At the time she came to me I was a very enthusiastic swimmer, having formed a sort of swimming club among my friends. I urged her to join our club, telling her of the wonderful development in body and health that she could acquire, and more from shame of refusing than from her own initiative she agreed to join, but she was very skeptical of any results. At first she was very timid, and on account of her condition had to be very careful. But pretty soon she learned to master two or three of the more popular strokes, and became very good at them. I began to notice a wonderful change in her. Her cheeks filled out, and the hollows in her neck had disappeared. Her chest began to expand, and her body as a whole began to take on a more rounded appearance.

Today she has a figure that many

girls have envied. She is now leading the club that I started, but due to her efforts it is larger and better than ever. She writes me, "I am healthy, strong, and have gained in flesh, and have so much pep. Now I really live—before I merely existed. I owe a great deal to you, and my *life* to swimming."

I have found everywhere I go that the one sport most popular with women and girls is swimming; and they are more successful at that than any other sport. In my belief women make a better showing in swimming, and diving also, than men.

Some months ago we held high hopes in these pages for the success of Gertrude Ederle's Channel swim. Everyone of us thought she would win on account of her indomitable courage (which seems to be a gift to all swimmers) and her training efforts.

Her failure, however, is not laid to herself, but rather to unfavorable conditions. Her trainer, L. DeB. Handley, coach of the Women's Swimming Club of New York City, gave me his opinion of Miss Ederle's failure to make the channel swim.

"For more than three hours she



Gertrude Ederle, unsuccessful in her first attempt of the Channel Swim

fought through water so rough that William Burgess, one of the five men who have made the Channel swim, remarked after the trial, 'Any other swimmer would have realized that it was not possible to accomplish the swim that day and would have stopped long before Miss Ederle did.'

"Now, Miss Ederle was within $6\frac{1}{2}$ miles of the goal at the time she was made to abandon the attempt, and despite the assertions of her English trainer, Jabez Wolffe, we know from the motion pictures of the event, and from eye witnesses, that she did not collapse, but was able to sit up unassisted upon being taken into the rowboat which accompanied her.

"Regardless of her condition on leaving the water, however, it will be obvious to anyone that if the sea had remained reasonably calm, she would have gone quite a bit farther during those three hours of roughness and been far less tired after 8 hours, 40 minutes, the time she was under way.

"I firmly believe that if the sea had been calmer, with energy left and probably five miles or less still to go, Miss Ederle would have completed the course.

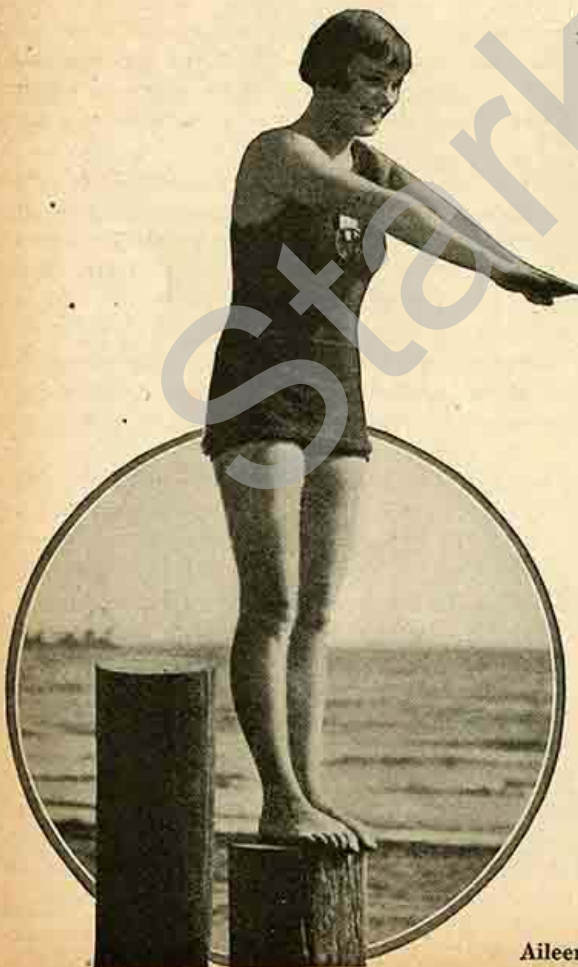
"For the rest, Miss Ederle has no alibi to offer for her failure. False statements in the newspaper placed her in a bad light before the public

and her own club, which financed the attempt, so it was necessary to prove their falsity and rectify the wrong impression created. Unfortunately, some reporters twisted the denials of Wolffe's claims into reasons offered by Miss Ederle to account for her lack of success, though I heard her tell them plainly that she might not have succeeded, even if the things she spoke about had not happened.

"From my point of view, there is absolutely no need to alibi for Miss Ederle's failure. She made a wonderful showing, notwithstanding very unfavorable conditions, and in my opinion no man or woman in the world could have done as well that day. I am confident she would have made the swim if the water had been fairly good throughout. All else is idle conjecture."

Miss Ederle is particularly anxious to have another trial, and the Women's Swimming Association will discuss the matter at a coming meeting when the decision will be made public, but for the present nothing definite can be said. We hope very sincerely that Miss Ederle wins in her next attempt, for she certainly did try hard. Her wonderful strength and development only made it possible for her to attempt her channel swim. Miss Ederle has a beautiful form and super-abundant health, and attributes these to swimming.

The girls who hold the records and the girls who swim for exercise or for pastime, are the girls that know that swimming comes first for making womanly beauty. It gives them more courage and trains and gives them control of every muscle of their body. Control of all the muscles means beauty of carriage and poise. (Continued on Page 90)



Aileen Rigger

Health and Beauty —Make It Yours

Health is Beauty—
Make Yours Super Abundant

By *Margaret Sargent*

SOME one says girls, more and more each day, are going in for healthful sports and exercises. Then some one else comes along and says the number of beauty parlors are increasing daily, and that statistics show an increased sale in beauty cosmetics.

The latter goes to prove, at least, that more and more girls want to be beautiful—but they do not go after beauty in the right way. They little realize that beauty cannot come without health, and health cannot come without some form of exercise; and it very often takes a long, long time for them to realize that all that sort of artificial means can never take the place of health—health born of exercise and fresh air and proper food. Only natural methods can be the best methods; artificial means are never beneficial, and very often they are harmful.



Everyone who is interested in professional dancing has to learn how to control their body, the first lesson of every athlete. Exercise brings complete control of every muscle.



The girl who cannot interest herself in formal exercise and can get interested in dancing for its own sake should certainly do so. Dancing, combined with exercise, will bring about the best all-around symmetrical development.

Of course, we cannot all possess the beauty and form of a modern Venus, or like the girls whose pictures are illustrated here, but we all can be supple, graceful and healthy. I emphasize healthy because the greatest attribute of a well-built body is health.

To possess a beautiful body a foundation must first be built—a foundation of good health. There are certain hard and fast rules that govern beauty and health which must be obeyed. These rules, if strictly adhered to, will produce lovely skins, sparkling eyes and good figures—they are exercise, fresh air and proper foods.

I know of one young lady who came to me complaining that she was getting stout. My advice to her was exercise, and after much coaxing on my part and grumbling on hers, she consented to give it a trial.

Later I met her at a friend's home. She looked the same to me, with no change in figure or complexion, but I did not question her. When the hostess handed around the refreshments, she pitched right in and did her share. After about her fifth helping to the rich pastries and candies she caught me looking at her.

"Oh, I took your advice about exercising, but it did not do me any good, so I stopped. I suppose I was meant to be fat."

I looked at those tempting pastries again and said, "How about your food. Did you adopt some form of diet?"

"Why, no! You said exercise would do the work. Besides, I wouldn't think of going on some silly diet," helping herself to another pastry.

I could bet my hat (and it's a good one, too) that about all

the exercise she ever did consisted of some slip-shod movements for a period of five minutes in some ill-ventilated room.

However, I am not writing a reducing article. What I am aiming for is the girl who wants to build up her body to its utmost and keep it there. I merely mentioned the stout girl's case because I want you to know that to possess a beautiful body, a lovely skin and everything else that goes with it, you must combine the three together—exercise, diet and fresh air.

I do not mean a strict diet or a limited amount of food. What I mean is proper food, such as vegetables and fruits, lean meats, salads, greens, rye bread, whole wheat bread and bran bread. Avoid fried foods, white bread, pastries and candies. You cannot expect to eat of the forbidden foods until you fairly burst because you counteract the benefit you derive from exercise by a continued intake of excess foods. One helps the other along.

There is nothing like fresh air when you exercise. You must have it, because your heart beats faster, the blood travels faster and you must have the oxygen from the outside air to purify the blood.

I think the best time for exercising is when you get up in the morning and just before you retire at night. Even if the morning is cold, leave your window up during your exercise period, as it will make you put "pep" into the exercises in order to keep warm.

"Fifteen minutes a day will keep fat and sickness away."

Have this motto framed in large letters and place it at the foot of your bed, where you will see it the first thing in the morning and the last thing at night.

The following is a schedule which, if regularly and carefully practiced, will help you retain or attain a youthful form and abundant health. The following exercise awakens all the muscles of the body and limbers them up:



The best exercise is anything you enjoy doing. Ordinary jazz dancing is the only exercise of many girls and it is a good one, too.

Place feet together and hands at sides. Rise on toes and raise arms forward and upward, endeavoring to touch the ceiling, and inhaling as you rise. Remain in this position for a few moments, stretching to the limit. Return to starting position and exhale. Repeat until tired.

The next is the famous "one-two exercise," which is a very good exercise for the hips, calves and thighs. Hold the body as erect as possible in squatting position. On "one" lunge left foot back, and on "two" bring it back into position again. Reverse and repeat with right leg. Breathe deeply while performing this exercise.

Stand erect with arms stretched out horizontally to the sides. Rotate the body to the left until one arm extends straight in back of you and the other directly in front. Then rotate the body in opposite direction as far as you can.

This exercise is extremely valuable, because it brings into play all the muscles of the waist region and upper hips. Do not allow the hips to swing as the shoulders swing. You must hold the legs and hips firmly in one position and rotate the shoulders only.

Clasp the hand about the left knee, and bring leg up tightly against the stomach and chest. Repeat, alternating with right leg. This exercise will not only strengthen the muscular structure of the stomach and abdominal walls, but will promote digestive vigor and overcome all sluggishness of function.

Stand erect with arms overhead. Bend body forward and swing the arms between the legs as far as you can and with stiff knees. Return to position.

Standing erect, raise the arms above the head. Then bring them down with force in a plane back of the body. This will pull the shoulders and expand the chest, and is a favorite movement with all gym instructors.

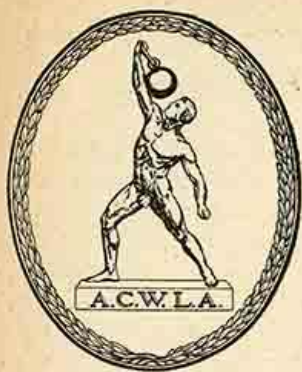
Now, I might add a word about sleep. Sleep is nature's health restorer and her time for repair work, and everyone should endeavor to get eight hours' sleep out of every twenty-four.

Also, be sure to have your window open in your room. No girl can hope to possess beauty on only four or five hours' sleep, and there are hundreds of them that do it.

I am sure that if you would follow some of the hints I have given you, you would soon see a 100% change in your condition. Don't go at it half-heartedly. Put all you have into your work. My sympathy is only with the girl who tries hard to master her exercises and make good. I really mean it—if you are going to do a thing, do it right. If your body needs improvement, don't be satisfied with just enough health to keep you on the job. Super-abundant health can be yours if you will only take the trouble. It may mean self-denial, it may mean sweating at exercise; but no matter what it is, your progress will be ten times as fast and results ten times as good.

I might add a word about dancing. Dancing is a very graceful and healthful physical exercise. It brings into play the muscles of the trunk, arms and lower limbs and promotes the activity and agility of the body in general.

Fancy and acrobatic dancing, in my mind, are better than just plain ball-room dancing because the movements involved in them afford systematic exercises for any girl who wishes to build up her health and body.



American Continental Weight Lifters' Association Notes

By John Bradford

THE last few weeks have been the busiest in the annals of the A. C. W. L. A. What with the exhibitions and the conventions, and doings in other parts of the country we have been kept on the jump.

It makes us feel good to see how well things are rounding into shape. It gives us lots of pep to swing into the winter season, which is now at hand.

At the national convention, which took place in Philadelphia on the afternoon of the fourth of September, many changes were made to the betterment of the Association and the weight-lifter in general.

President Jowett took the chair, and the notes of the meeting were taken down by acting Secretary E. Allen, assisted by G. Craig.

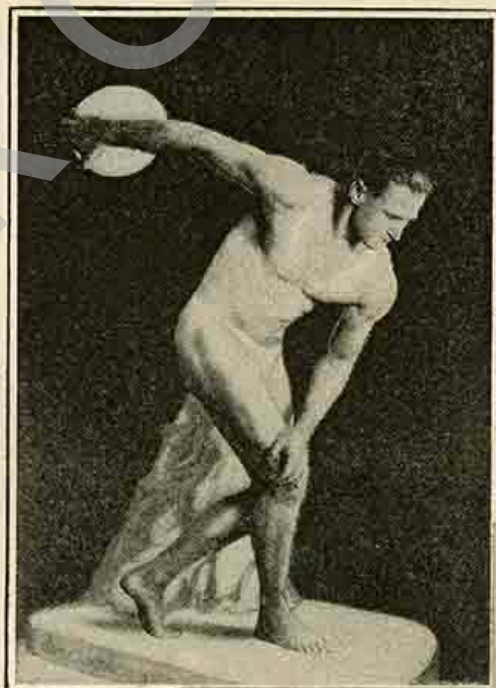
President Jowett opened by addressing the Board of Directors explaining that he had various subjects which he desired to lay before the officers. Subjects that should be considered by the board, as he felt we were ripe to accept the steps forward. There is a time for everything, and George F. knew that some of the changes should have been made long ago, if we had been ready. But we were not. Now the Association has matured to the point when these projects could be accepted to a decided advantage.

The President explained the why and the wherefore of each subject, analyzing both sides. He refused to give a decision on any subject, as he had no desire to sway the judgment of anyone present. This fair minded attitude made the officers free to vote as they liked. The explanatory outline of the various rules, laws and lifts, unravelled much of the intricacies that attend this sport. We all benefited considerably from our leader's talk.

The first move on the program was to group all the lifts under one list. This motion was given by H. B. Paschall, and seconded by S. Klein. Previously they had been divided into two groups. All overhead and competition lifts were listed as title lifts. Others were grouped as record lifts, because they were lifts which are never employed in competition for titles, existing mostly as

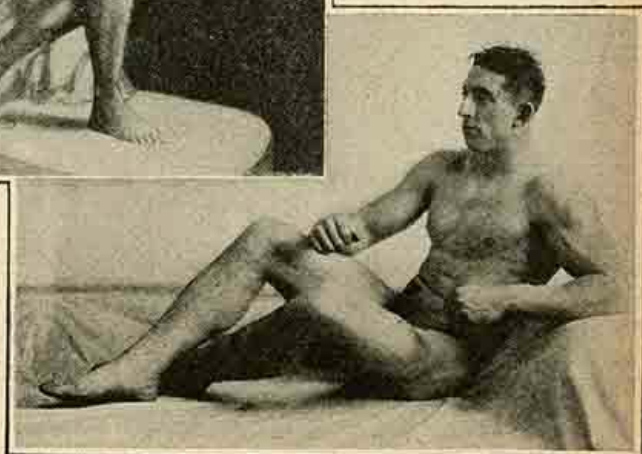
stunt feats. Previously the title lifts numbered forty-one, but during the meeting the Two Hands Slow Press was discussed as performed abroad, and in the Olympic Games. This was quite an important question. Geo. F. demonstrated the manner in which it was performed, which is entirely different from the general understanding of how the lift should be performed in America. As a matter of fact we did not have this lift listed. At the meeting Chas. Durner made the motion to add this lift to our regular list, which was seconded by Albert Manger. Then Mark Berry, featherweight champion, made the motion that the rule for this lift be as allowed by Olympic ruling. This was seconded by Charles Durner.

The change of bodyweights was further discussed with the idea that we might possibly revert to the Olympic poundages. But by unanimous vote it



Left—J. Kingsbury, who lately accomplished 114 pounds in the Abdominal Raise

Bottom—A. Manger, the popular Baltimore heavyweight, who beat Burns' total, lifting 1290 pounds



was decided not to change the classes and so this controversy was swept to one side.

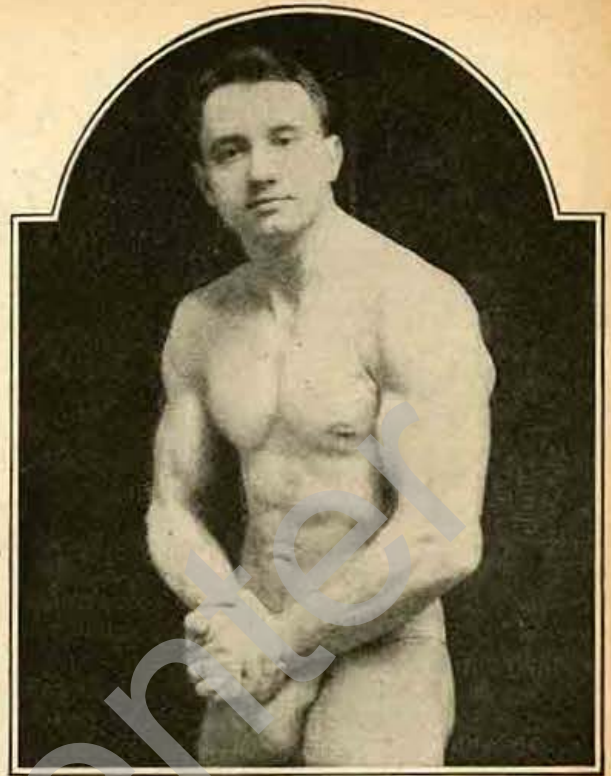
This leaves the bodyweight classes as they were, namely, Bantamweight up to 112 pounds; Featherweight up to 126 pounds; Lightweight up to 140 pounds; Middleweight up to 154 pounds; Heavy Middleweight up to 168 pounds; Light Heavyweight up to 182 pounds and Heavyweight anything over 182 pounds.

C. Durner made the motion to retain the class weights and was seconded by S. Klein.

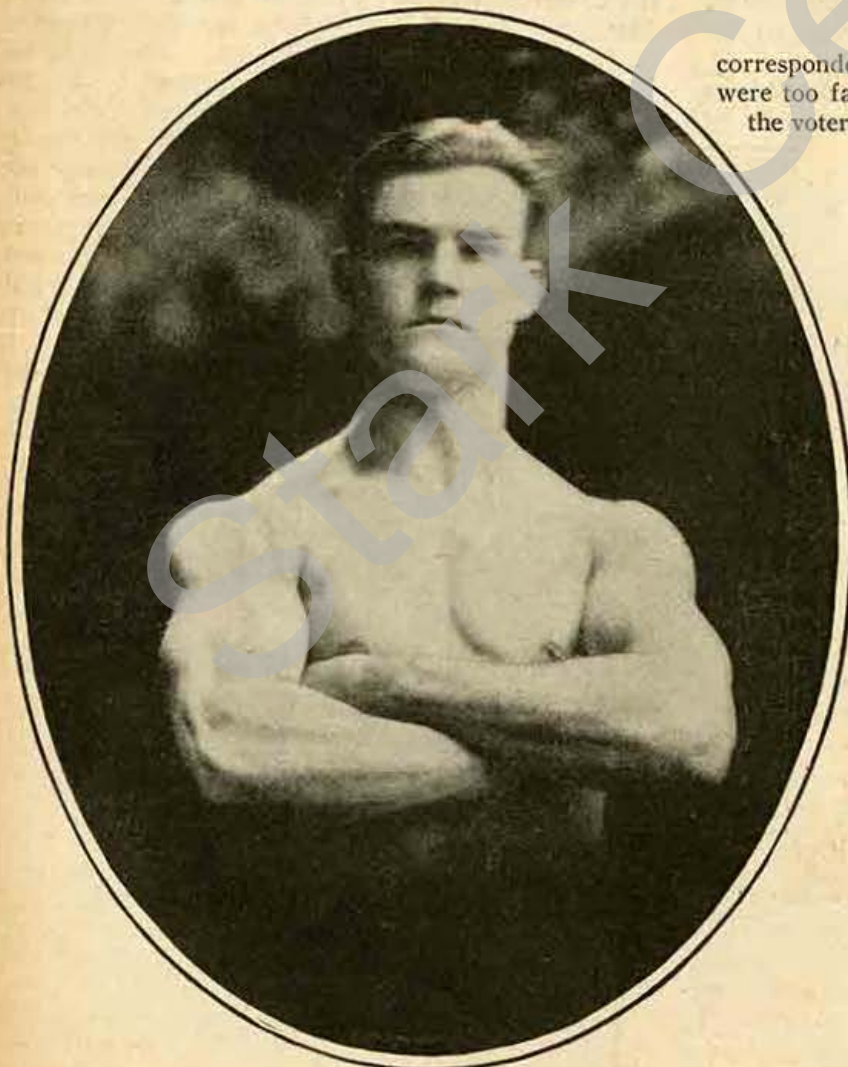
The next item holds much interest, as it is a deviation from general weight lifting ruling. We have always had a sized bar, and distance between collars specified for general lifting, but lifters raised the argument that they should be privileged to use any size bar they wish, and to move the collars to any distance to suit the lift or the lifter. It is always believed that this is the reason why professionals do better in certain lifts because of this feature. I do know that our Geo. F. Jowett was lost unless he had a huge sized bar for his press lifts, and so it is with others.

However, the motion was made in favor of using any size bar and changing the collars as desired, by R. Hoffman, which was seconded by R. F. Kelly. The length of the bar, six feet six inches, and the size of plates remain the same.

The president then went on to ask members to decide what five lifts they preferred for 1926. He read the various



Anton Matysek, Baltimore



H. B. Paschall, whose recent total on the five lifts beats Dennis

correspondence covering the lifts from members who were too far away to be present. The final decision by the voters was that the five A. C. W. L. A. lifts should be; Two Hands to Shoulder with a bar bell and Bent Press, One Hand Swing, Left Hand Snatch, Two Hands Continental Jerk and the Two Hands Anyhow.

These various lifts were motioned for by Messrs. Berry, Hoffman, Roy L. Smith, and Klein, seconded by Messrs. Schiemann, Rosen, Matysek and Kelly.

It is great to see the boys choose such an entirely new set of lifts. I am glad to see the Bent Press come back, as this popular lift has been ignored far too long. We are going to have some fun though, as many of the boys that are good on all other lifts are poor on the Bent Press. Also vice versa.

The Swing has become very popular and bodyweight swingers are developing fast. Harry Paschall bids fair to dethrone Marquis Losey and Henry Furch, of Jersey City, at a heavier bodyweight, and is preparing to score a kill.

The Two Hands Anyhow and the Two Hands Continental will teach the boys how to handle real heavy weights. President Jowett says that they will be the means of bringing up the poundages on all lifts.

It was also decided that we should run a double program for next year. Accepting the three Olympic lifts as our second test, which are the Two Hands Snatch,

Two Hands Slow Press, and Two Hands Clean and Jerk.

This will make a versatile program as none of these lifts are numbered with the five A. C. W. L. A. lifts. It will have the benefit of developing the talent for the Olympic try-outs, while the other five lifts will be found to be wonderful aids in putting up the poundages. Of course, it should be remembered that the national titles will be decided by the Association lifts only.

Most of the lifts will be strange, but the only way to learn them is to make them competitive lifts.

Much discussion has been had upon the Two Hands Dead Lift and the Side Press. It was decided that the Two Hands Dead Lift should be a clean lift. It must not rest on the thighs, or be aided by them, by "wracking" or "sawing" the weight. The referee shall decide by his own judgment whether it has been done correctly or not. The same applies to the One Arm Side Press. This lift must be taken clean to the shoulder with one hand and pressed from the side, and not from the hip as so many do it. They mostly make a straight legged Bent Press out of it.

Mark Berry has often wondered if it was

possible to have amateurs and professionals compete together, so that the best man could wear the national crown.

We all know that the amateur status does not permit this. Yet, there is nothing to say that an open championship should not be held yearly as in golf and other sports. In this case, all contestants merely lift for the honor, which is greater than trophies in this case.

It is a unique try-out and we hope it will be successful. There is no doubt that it will be interesting.

A revision of the board of directors was made nominating President Jowett as life-long president, with full power to dismiss any officer without calling together the board, should he feel that by a member's action or lack of knowledge he is not helping the cause. He may substitute any other person in his stead whom he thinks the most worthy.

O. R. Coulter and D. P. Willoughby remain as vice-presidents, and John Bradford, secretary.

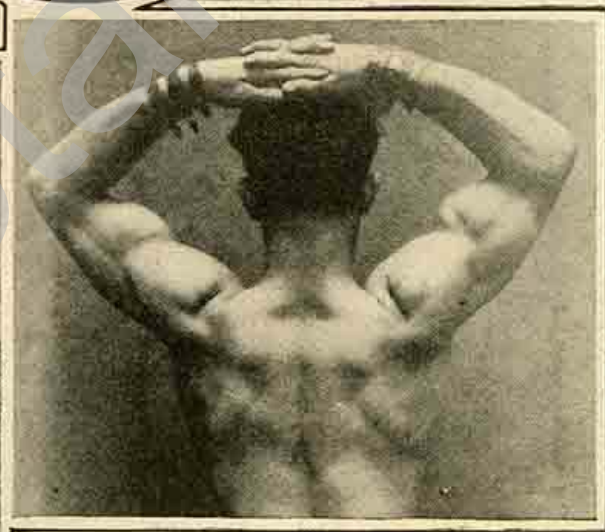
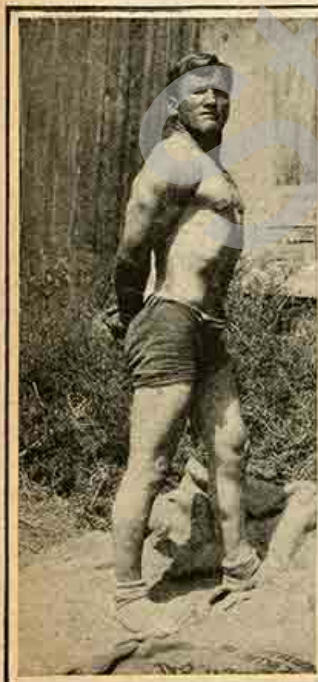
The members decided that the board of directors should be divided to distinguish active directors from honorary directors. This being passed, it was found that we were short four active directors. An election took place in which M. Berry, S. Klein, C. Durner, and T. Mack were chosen.

In the minutes of the meeting, it was decided that various old members should be honored for their past services to the cause in general, prior to the inception of the A. C. W. L. A., and since its advent. The board will decide later on who these members shall be and they will in due time be accorded the honor.

The degrees for the Association were left for the board to draft at leisure, and also the official referee test.

The meeting was dismissed at about five thirty and preparations were made for the night's performance.

The program was opened with a tumbling act by Messrs. Gatto, Piantone, Pascucci and Angelo. The improvement in this act is remarkable over the act they performed a short while ago at a former meeting. Their bag of tricks will put lots of professionals to shame, and many of the stunts performed were very high class. A great bunch of workers, who hail from Norristown, Pennsylvania. Their act was splendid and greatly appreciated by the spectators.



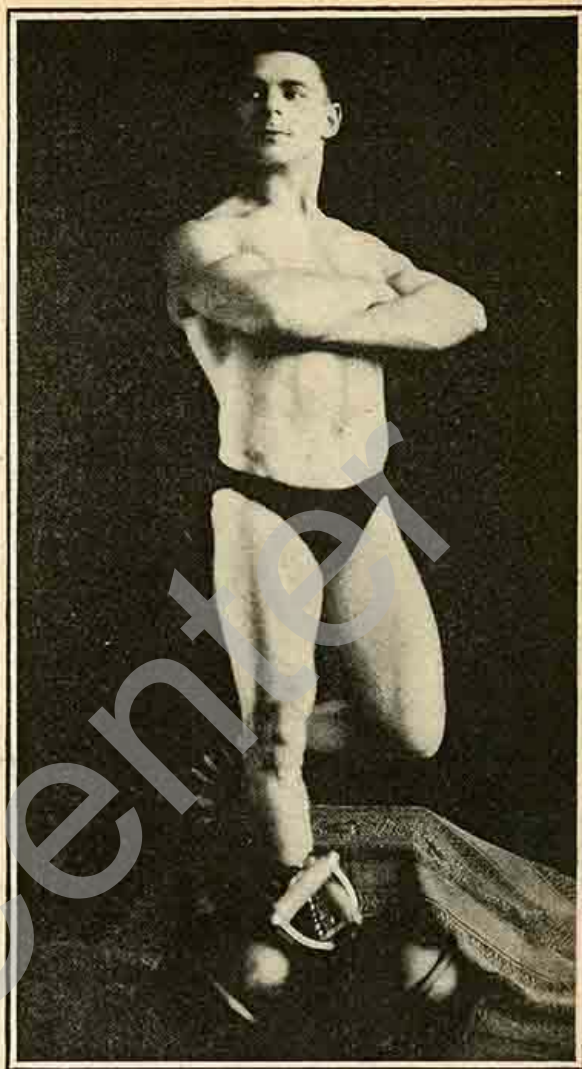
At top to right—A. E. Sundberg, a rising lightweight, who recently defeated R. Connelly, the Pacific Coast Champion, in a contest; to left, Frank Dennis, who created more records at Birdsboro, Penna.

At bottom to right, back pose of Dennis; to left, Walters, one of our best Military Press fellows.

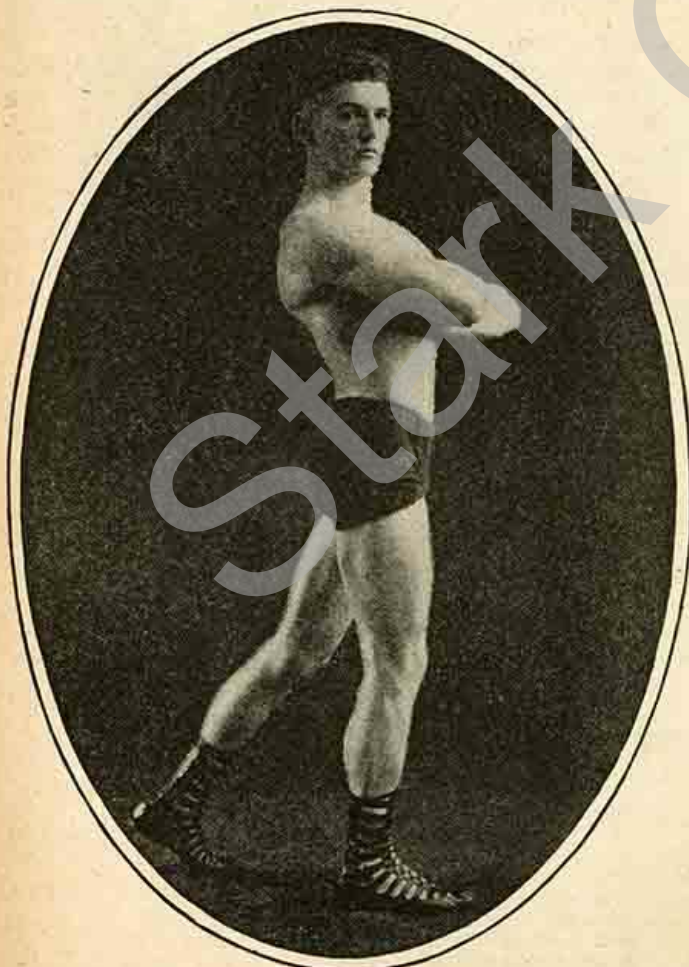
Mark Berry, Siegmund Klein, and Harry B. Paschall came as spectators. That is, they thought they did. Have you noticed how a needle is drawn to a magnet? Well, that's how the iron affects these worthies. Mark gave an exhibition on the various lifts, and Sig. merely took off his coat and contemptably thrust a two hundred pound bar bell away from him five times, in the Two Arm Press. Then Paschall's eyes began to get glassy with that hypnotic *iron* stare. A one hundred seventy-five pound bar bell being in his way, he promptly snatched it to arms' length in beautiful style; creating a New American Middleweight record. A splendid feat for a one hundred forty-five pound man. We expect some day to see Harry do two hundred. This reminds me, that no one yet has seen the best in Klein's Two Hand Snatching. We were told to keep "mum" on his form, but it's too good to keep from the boys. George F. says that Klein is Two Hand Snatching one hundred ninety in practice. The great little New Yorker never did much practice until lately on this lift, but he has developed a perfect style. Quite different from Paschall's, but both are polished experts in their style.

Marquis Losey was successful in setting up a new record in the One Hand Swing. At one hundred thirty-six pounds this clever young lifter swung one hundred thirty-eight pounds, beating his body weight by two pounds. Losey's trainer, Mr. Jowett, was the first to congratulate him on this worthy performance. It proves once more the strides we are taking, and that we are crowding our fine British cousins in their own field. More Swing records are going to fall very shortly, also.

Frank Dennis next tried a record on the Left Hand Clean and Jerk, succeeding with one hundred fifty pounds. Unfortu-



S. Klein, middleweight champion, who further substantiated his claim by his remarkable poundage made in New York



R. Connelly, the Pacific Coast lightweight champion, made more record performances at the L. A. A. C.

nately his body weight exceeded the middleweight limit by a half pound, but it was enough to throw Frank into the heavy middleweight class.

Our old friend Roy L. Smith gave a demonstration on how the Two Hands Anyhow is performed, when bent pressing the bar bell in this lift. He tried to beat his former record, but had hard luck in holding the big bell, when fixing the kettle bell.

Arnold Schiemann, the Baltimore enthusiast, began to make a wreck of the record book by surpassing W. A. Pullum's World's record of sixty-five pounds in the Hold Out in Front, lowered from above, by making sixty-eight pounds. In the Hold Out in Front, raised from below, he went clean out of his bodyweight class beating F. W. Rabeneaus' world's record of seventy-two pounds by one pound. Not satisfied, he made an American Record of sixty-five pounds in the Lateral Raise Standing. His bodyweight being one hundred-thirty-nine pounds.

In the middle of the performance, Bob Snyder, lightweight champion, unexpectedly arrived. His contribution to the night's sport was the creation of a new One Hand Snatch record, succeeding with one hundred forty-two pounds. His perfect style brought a great ovation from the spectators.

The next appearance was (Continued on Page 79)

Health— Strength— Beauty

(Our Girls' Circle)

Conducted by
Marjorie Heathcote

THE other day I received a letter from one of my readers asking for advice on how to cure rheumatic fingers. If this woman had taken care of her hands, and exercised her fingers all through life, she would never have been a victim of this distressing ailment.

It is only natural that the fingers will stiffen in time, considering the manner in which they are used continually; and constant care should be taken of the hands to prevent this stiffness and swelling.

Possibly the people who have the most beautiful hands and forearms are the pianists, and also the violinists. The constant playing on the piano or violin makes the fingers and wrists supple, the flesh firm and the forearm round.

It is said that the Dowager Queen Alexandria of England never used the same pair of gloves twice. Every time she wore gloves they were new. She possessed a very beautiful hand, and the gloves would tend to keep the fingers and hands shapely and firm.

Of course, I don't expect my readers to follow Queen Alexandria's practice, but I certainly do think girls and women should take more care of their hands than they do.

Women who have thin hands, or whose veins are thick and heavy, should massage their hands and fingers. To make the massaging easy, a little cold cream



Graceful dance poses by the Marion Morgan dancers

can be applied. Use a rotary movement, and then finish with upward and downward strokes.

The following exercises are good for making the hands, wrists and fingers supple, shapely and firm:

Shutting the hands quickly; circling the hand from the wrist; moving the hands back and down; holding hand up and moving each finger, one by one, away from the others; moving fingers in pairs as above described; bending each finger backward and forward at the three joints.

The floor dip performed on the tips of the fingers will also strengthen the hand and wrist and help to make the fingers shapely and supple.

* * *

Don't forget to send me those pictures of Health-Strength-Beauty Clubs. I have succeeded in getting quite a number of girls together through these clubs. If you wish to form a club and want to get in touch with others who would be interested, write to me and I will publish your letter and send you the replies.

* * *

I get quite a few letters from readers asking for the addresses of girls whose pictures I have published. To do this is against the policy of the magazine. If my read-



Adelaide Meyer, Brooklyn, N. Y. Height, 5 feet 4½ ins.; weight, 115 lbs.; chest, 34½ ins.; waist, 27 ins.; hips, 35½ ins.; thigh, 20 ins.; calf, 12¾ ins.; ankle, 8 ins.; upper, 11 ins.; forearm, 10½ ins.; wrist, 6 ins.; neck, 12¾ ins.

ers want to write to any of the girls, send the letters to me, and I will forward them.

* * *

Miss Meyer, whose picture appears on the opposite page, is quite an athlete and gymnast, and credits all her development and health to healthful exercise. She writes:

"I believe in exercise, careful eating and plenty of sleep. As a gymnast, my exercise consists mostly of apparatus work, calisthenics, swimming and some dancing. My diet consists principally of vegetables, fruits, whole-wheat bread and milk. I go to a gymnasium twice a week and also do light calisthenic work for a short time before going to bed and on getting up in the morning. I am a possessor of the Senior Life-Saving Pin given by the American Red Cross, and, consequently, have also done a considerable amount of swimming and diving.

"I recommend deep breathing as a good developer of the chest. To have a healthy and symmetrically-built body is my aim. For this reason, I am very much enthused with your articles and photographs.

"If all the girls only realized how wonderful it is to feel 'physically fit' at all times, I am sure they would be willing to form better habits and lead a physical culture life.

"I wish you success in your endeavor to stimulate a desire for well-formed and healthy bodies among our girls. If there is anything I can do to help along, I shall be only too glad to do so."

* * *

DEAR MISS HEATHCOTE:

When standing knee-to-knee and ankle-to-ankle, there is a space varying from 1 to 2 inches between my legs from

Marie Fischer, Philadelphia, Pa. Height, 5 feet 1/2-in.; weight, 120 lbs.; neck, 12 ins.; upper arm, 10 ins.; forearm, 9 ins.; chest, 32 ins.; bust, 34 ins.; waist, 25 ins.; hips, 36 ins.; thigh, 21 ins.; calf, 13 ins.



knee to hips. Is there any exercise which will develop the upper part of my leg?
Lakeport, Calif.

M. H.

What you need to do is develop the thigh muscles. First practice the plain squat. After this becomes easy, try the one-leg squat on your entire foot. If you cannot hold yourself up in this position, you can balance yourself by placing the hand lightly on some object.

Two other good exercises are the following:

Stand about three feet behind a chair with the back toward you. Have the arms outstretched. Kick moderately high over the back of the chair, in a circular fashion, first with one leg, then the other. Be sure to keep the body erect and the leg remaining upon the floor straight. First try six counts with each leg, then try six alternately. It is a bit difficult and a good deal of practice will be required to perfect it and the following exercise:

Stand with the arms outstretched and the legs close together; raise the left leg out straight in front of the body, then bend the right knee until the body rests upon the heel of the right foot.

DEAR MISS HEATHCOTE:

I wish you would please give me the correct measurements and weight for a girl of five feet, aged 18 years.

Would you advise a fruit diet to reduce, or do you think fasting is better?

Phillipsburg, N. J.

J. O.

The correct weight and measurements for a girl 5 feet tall are:

Weight 100, neck 11 1/2, chest 27, waist 22 3/4, upper arm 9 1/2, forearm 7 3/4, wrist 5 1/2, hips 32 1/4, thigh 19 1/2, calf 12 1/4.

I would certainly advise you to diet and also to

Leola Smith,
Waynesville, Ohio.
Neck, 12 1/2 ins.;
chest, 30 ins.; bust,
32 ins.; waist, 25 1/2
ins.; hips, 36 ins.;
thigh, 21 1/2 ins.; calf,
12 1/2 ins.; ankle, 8
ins.; upper arm, 10 1/2
ins.; forearm, 9 ins.;
wrist, 6 ins.; height,
5 ft. 3 ins.; weight,
118 lbs.

exercise if you are overweight. You did not, however, give me your weight. If you are too stout, do the exercises and follow the diet hints given in Miss Margaret Sargent's article, which appeared in the October issue of this magazine.

DEAR MISS HEATHCOTE:

I have been reading with interest your articles in the Strength Magazine and would ask you to kindly recommend some exercises whereby I might develop my legs and reduce my chest measurement so that I may be more in proportion. I am twenty-four years old, and I am 5 feet in height.

Will you also kindly give me a suitable diet for reducing my weight?

New York City C. P. A.

The correct measurements for a girl 5 feet tall are:

Weight, 100, neck 11 1/2 chest 27, bust 31, waist 22 3/4, upper arm 9 1/2, forearm 7 3/4 wrist 5 1/2, hips 32 1/4, thigh 19 1/2, calf 12 1/4.

I would suggest that you practice the exercises I have given M. H. in this column

(Continued on Page 90)

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

Sometimes it is only by interviewing personally a thoroughly competent physician that he can get the advice that will make his perfection in health and bodily development more sure. Should you write us and should Dr. Rubin find that you are in this class, we would notify you at once. Every physical culturist should know his organic and glandular condition as thoroughly as his muscular system and we wish to aid you in accomplishing this.

We have been receiving many letters every month similar to those Dr. Rubin has answered in this issue and Dr. Rubin will continue to answer such questions as he can and will publish a few letters each month, selecting from his correspondence those letters of the greatest general interest. Enclose a stamped return envelope with the queries and we can assure you of a prompt reply.



H. H. Rubin, M.D.

Ask the Doctor

A Department for Solving Your Health Problems

By H. H. Rubin, M.D.

QUESTION: Can you tell a person's endocrine makeup by his appearance?

J. B. M., New York City.

ANSWER: While it is not possible to definitely classify persons in some one gland category, yet most people have certain physical characteristics that stamp them as favoring one or the other of the various types of endocrine makeup.

For instance, the pituitary is quite a distinct type of person, depending upon whether he has too much or too little pituitary development, or pituitary function. This little seven and one-half grain gland, tucked deep in a boney cavity within the skull at the base of the brain, exercises a most remarkable effect upon growth, and upon hair distribution—to confine ourselves to the effect of the gland upon appearance alone.

Whenever you see a person—whether man, woman or child—with excessively long arms, legs, fingers, with big prominent joints, with large boney framework, you know this person has an abnormal pituitary activity. Practically every person more than six feet tall or under 5 feet 5 inches tends toward too much or too little pituitary.

Many men of this type are haired like a bear rug—others of the hypo-pituitary type are almost devoid of body hair—almost like a woman or a eunuch.

Those people who have a good active thyroid usually have clear eyes, white regular teeth, a clean unblemished skin, and regular features.

Where the thyroid is over-active they tend toward sparseness—even emaciation. They are of the nervous, high-strung type—quick to anger.

Where the thyroid is under-active there is a tendency toward being undersized, stolid, and somewhat heavy in thought, speech and movement.

Where the adrenal glands are abnormally active there is also a tendency toward excessive hair distribution and dark skin—often associated with “liver spots.” Where the adrenals are under-active there is a tendency toward pallor and anemia—also a languor, apparent at a glance.

The sex glands are admittedly the “master glands of the endocrine chain.” Their influence upon the nutrition and upon the functioning of the body is apparent to even the most casual observer. The personal charm, the delicacy of feature and of coloring and the mental alertness of normal men and women, as contrasted with the apathy and stolidity, or else the restlessness and over-excitability of the under-sexed or the over-sexed individual are outstanding.

Where there is a persistence in the function of the thymus gland there is usually that “peaches and cream”

complexion found so frequently in beautiful, healthy children. Whatever facial hair there is it is thin and silky fine. The features are delicate and exceedingly "young looking." A man or woman of the normal thymic type will always look from 10 to 20 years younger than his or her age.

However, what the physician is definitely interested in is the disturbed and distorted metabolism that results from the abnormal functioning of any one or more of the endocrine glands. In this, however, immediate recognition of the outstanding endocrine characteristics are of paramount importance, as indicating the line of enquiry to be pursued in arriving at a diagnosis.

QUESTION: I am a boy 19 years old, am 5 ft. 10 in. high and weigh 130 lbs. stripped. A good many years ago, when I was 9 years old, I had the whooping cough, which left me with a permanent cough. My doctor said it was just bronchial trouble, and would not last long. However, in four years I took all kinds of treatments which did not help me in the least. I had pneumonia about seven years ago, and since then kept getting worse all the time until three years ago. At that time I lived in Ohio, and went to the State Sanitarium. The doctors there said I had active T. B. of the lungs, and advised me to come to Colorado, which I did. I have been here three years now and the climate has done wonders for me. I have gained about fifteen pounds, and am much stronger than I ever was in my life. I carried a temperature for about a year after I came out here, but have not carried any temperature for nearly two years. I have a bar-bell which I have been using for several weeks. Now my trouble is this: While I am improving in every other way the cough still stays with me, and I still spit up. Of course, neither are as bad as formerly, but still they are there just the same. In last April's STRENGTH I read an article on "Overcoming Lime Starvation and Curing T. B.," by Alfred W. McCann, in which he advised the use of Hydrochloric Acid with milk and eggs. Since then I have seen that you recommended this treatment in your Department in STRENGTH. Now, do you think that diet would be a good thing for me to try? If you do won't you please give me instructions on how to carry it out to the best advantage in my case? How long should I keep it up? What should I eat along with the milk? What foods should I avoid eating?

R. F. T., Boulder, Colo.

ANSWER: There is no question of a doubt that the "Lime Starvation" theory as outlined by Mr. Alfred W. McCann—whom I consider one of the very greatest living experts on matters of diet—has a definite foundation. The medical profession is gradually coming around to the acceptance of the fact that in practically every case of T. B. there is a lack of calcium and other mineral salts in the blood and in the system. Where calcium is present in sufficient amounts, the bacteria which cause tuberculosis are encapsulated—covered over with a little limestone casket—so that they cannot breed and throw the poisons from their structure into the circulation.

The idea of using hydrochloric acid in connection with milk and eggs is to effect a combination with the chemical elements in the milk and eggs that will enable the lime in these foods to be appropriated by the system. My method is to give from 30 to 60 drops of diluted hydrochloric acid (10% dilution) in a full glass of milk four or five times a day, at such times as may best suit the convenience of the patient.

If three glasses of this milk were given after meals, you not only get the benefit of the action of the hydrochloric acid on the calcium salts in the milk, but you

also get the digestive results of the hydrochloric acid acting upon the protein foods in the stomach and assisting in dissolving them and carrying them along in the system. You may have to keep this treatment up for several years.

It would help you, since there is no active condition present, to take mild exercise with the bar-bell, which has a very strengthening effect on all the musculature of the body.

The following is the diet that I would recommend in cases similar to yours:

Avoid all fried foods, such as griddle cakes, doughnuts, pork sausage, fried steak, fried chops or any foods cooked in a frying-pan, except bacon, which can be eaten fairly well done.

Avoid acid fruits, such as plums, prunes, sour apples, apricots, sour berries. Instead, use stewed fruit, such as stewed peaches, pears, baked apples. Also eat citrus fruit, such as the juice of a lemon, in a glass of cold or hot water, oranges or grapefruit, two or two and one-half hours after the meal, and about the same interval of time before the next meal.

Eat as much as you like of green vegetables in season; cauliflower, string beans, lettuce, celery, spinach, endives, cole slaw, asparagus and carrots.

Avoid demineralized cereal food, such as Cream of Wheat, all forms of corn flakes, oatmeal, white rice, tapioca or white cracker foods of any kind. Instead, eat shredded wheat or cereal foods containing the entire grain substances; grape nuts, Wheatworth crackers.

Try, also, a few bran biscuits. If these agree, continue their use, as the bran has a tendency toward overcoming constipation, at the same time providing mineral salts, such as calcium phosphates, phosphorus, magnesium, iron and silica, essential for the nutrition of the nerve cells and for building up general resistance.

There is no interdiction on the use of meat, except that all meats should be boiled, broiled or baked. Broiled beefsteak or rare roast beef are the most easily assimilated of all protein foods, and are very essential for building good health.

Avoid pork and veal, however, unless these happen to be exceptionally well done, and then only at intervals. All fish are excellent so long as they do not contain too much oil. All forms of shellfish are excellent, although if the hard-muscled shellfish seem to disagree, these had better be cut out from the diet.

Avoid pies, pastries, cakes, tarts, candies and such foods as doughnuts, rich pound cake, etc. Take milk in every form, including fermented milks, such as Zoolak and buttermilk; also milk desserts, such as custard, junket and bread puddings made with milk. Take rice puddings (Comet brown rice) with eggs and milk.

QUESTION: My husband has a bad stomach. He has been troubled with it for a number of years. Once in a while he has vomiting spells of yellow stuff. He can only take a light diet, such as eggnog, soups, etc. He is in pain all the time. Will you kindly tell me what is the matter and what to do for him?

Mrs. H. L., Los Angeles, Calif.

ANSWER: It would seem, from the account you give, that your husband may have gall bladder trouble; either gall stones or else contracture of the gall bladder, which limits the secretions of this duct, and prevents the passage of the bile from the gall bladder into the duodenum. I would suggest that he have an (*Continued on page 74*)

Wrestling Humoresques

Amusing and Interesting Anecdotes about
Wrestlers and Their Game

By Dean Carroll

SURE as Moses sat on the rock, when the wrestling season begins, all the notorious grappling rooters come around to my dug-out to talk over the coming events. That is, they say they do, although generally they deplete my store of "Jersey lightning" and Havana cigars, much to my displeasure. If I say anything, they always come back with the remark that bachelors are only allowed to live by the grace of their friends. Well, maybe there's something in that, and since I never took to myself a woman, I must take some care of my pals.

How be it, we were all gathered together in my den, around the open fireplace soaking in the heat to our heart's content. The gang was loath to depart this particular night as it was dreadfully cold. It was one of those nice raw, damp cold evenings you get in Philadelphia in November. Makes you feel it's the rottenest hole on earth and a fellow has to drown his grief in more "Hootch."

Cal Gallagher was sprawled all over the easy chair in which he sat, pulling on the fifth of my cigars. I guess he felt entitled to them for imparting to us his knowledge of wrestlers. At one time Cal was manager of one of the king pins in matdom, and he was a foxy old bird in tying up contracts.

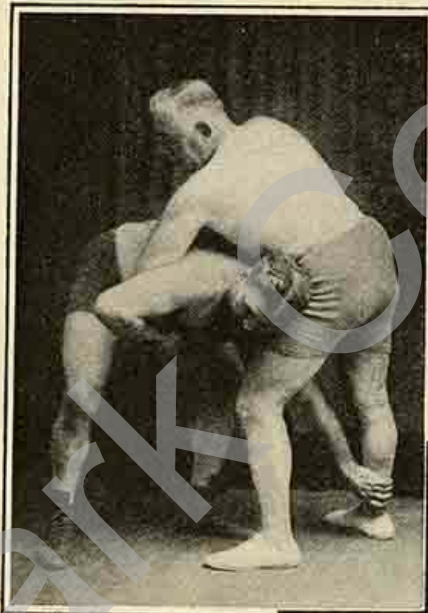
Stuck in the most comfortable chair of all was the old star and wrestling favorite, Young Hackenschmidt. Now a pencil pusher, he assumes his right name. That's if we believe him. We call him George F. Jowett. No one else gets that chair but him. Why? Now that's a foolish question. Did you ever read that tale "Where Right is Might"? Well, that's how he owns that chair.

Four other chairs seated as many more moth eared veteran fans of the tussling sport. Having satisfied ourselves as to who would be the next world's champion, and what Strangler Lewis will do to Munn, and what Munn will do to Zbyszko,

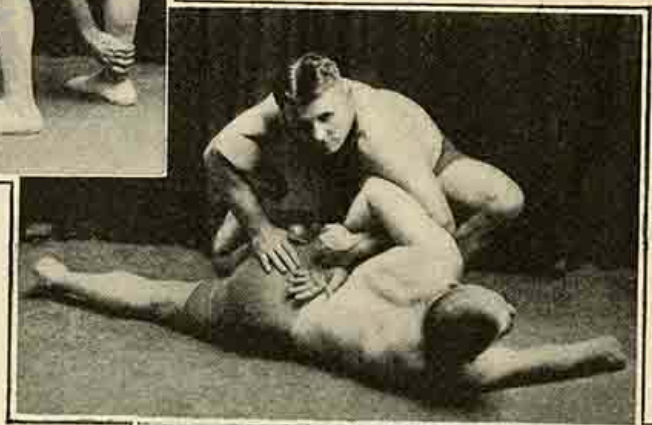
and what Zbyszko would like to do to Stecher, and so on, we got talking about funny incidents that had happened in wrestling.

All of a sudden that long-legged limb of satan, Cal, burst out into laughter after we had talked about the mess the grappling game was left in when Gotch died. We asked him the why of such excessive mirth, and when he had subsided he explained.

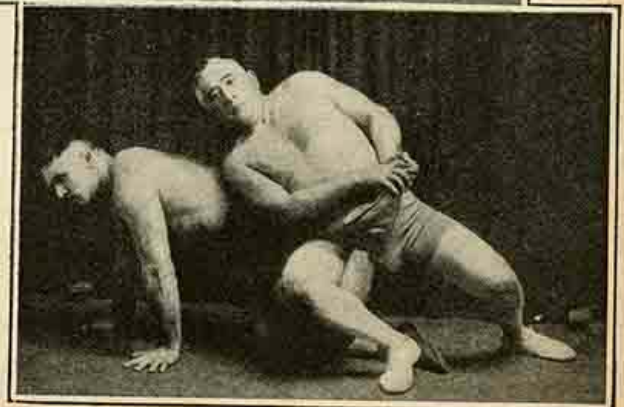
"There was a devil of a mix-up out on the coast between the Irishman, Pat Connelly, and Americus for the vacant title. Americus won, but the police had to drag Pat away, as

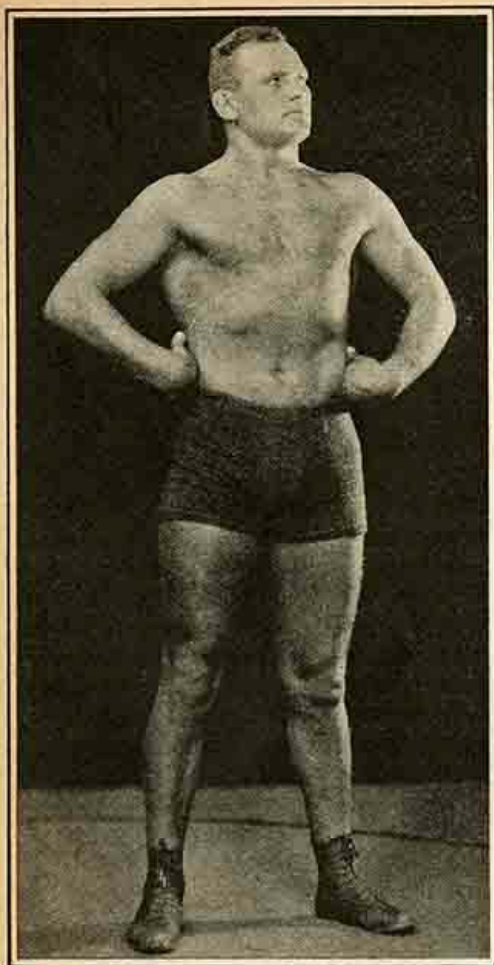


Left—Foiling an ankle hold with the rear waist lock



Center—Combination of foot and arm hold
Bottom—Toe lock levered over leg





Lepannenn—A Swedish all star Wrestler

he was determined to break the Americans neck with a stake if he couldn't with his hands. After that, Con O'Kelly, another huge Irishman, who had just previously won the world's amateur crown at the Olympic Games in lightning time, got mixed up in a brawl on the mat with Connelly which was stopped. Now if one had been an Orangeman and the other a Sinn Fiener I could have understood it, but both were 'Doogans.' Connelly was the chinese fireworks for temper. Just the same Con was the better boy. He was mighty strong. I remember in the old New York Athletic Club, we had a big weight of two hundred and sixty-nine pounds. It was an awfully awkward piece of metal and stuck many good fellows who claimed they could handle that amount.

"Kelly stood about six feet four inches and didn't strip like a strongman, although he had some mighty measurements. The first time he walked into the club he spied the bar-bell and said to me, 'Is that heavy?' But before I could tell him it weighed a ton he had snatched it to the shoulders and jerked it over his head like nothing. After that, I began

to appreciate the grizzly better. The part that tickled me was an affair he got mixed up with in England. At that time the Turk grappler was popular over there. I had gone over with my American representative and while in London we heard that Kelly was staged to engage in a hugging contest with one of these mighty sons of Mahomet named Musli Mohamut.

"Wanting to meet Con again, and to get a line on the foreigners, we journeyed to Oxford to see the spill. We met a huge sized, dark skinned man who wouldn't talk. All he'd do was just grunt and nod or shake his head. I thought he was either deaf or dumb. Mostly dumb. The place was crowded and both men got a great reception. The Irish cop had it all over the terrible Turk who just laid down and hugged the mat, letting out the durndest blood curdling yells I ever heard. The crowd got busy and began to kid the Turk who after a few minutes of tussling began to perspire terribly. Con dragged him around, mopping the mat in great style, when to our startled gaze we saw dark stains upon the mat. Our first thought was, 'My Lord, is he bleeding that bad?' We looked for blood, but instead of gore, we saw in patches a whitened skin. 'My hat,' I thought, 'the son of Erin is skinning the guy.' Sure he was, but it wasn't the natural skin that came off, it was a dye. The Turk was an imposter and the more the dye came off the more like a piebald he got. The crowd caught on and they rushed the mat. The poor stiff seeing he was going to lose his bacon, fled with the befrauded fans in hot pursuit. They hurled eggs, cans, dead cats and any other humiliating missiles that they could gather at the supposed Turk.

"Gasping like a broken winded horse, the tub of lard collapsed in the first police station and believe me, those cops had all they could do to drive the angered crowd away.

"This affair upset Con, but he wasn't to blame. He was too good a man to knowingly mix up with a guy like that. But it was funny. I always used to laugh everytime I saw Con, who finally got peeved at me."

We all laughed over the tale and I remarked to Cal, "That's a good one, now tell us another."

"Don't believe me?" Cal questioned. "All right, ask George F. He knew Con and all about that fiasco, too."

Well, when he referred his veracity to the old dean of "embraceme" we had to believe him. Lord, no, you can't afford to question George. He gets too darned playful. Sure! He's a good boy, never drinks, smokes, chews or looks at Paris Garters. We can't understand why he's alive. You see, we always understood that the good die young.

"Yes, boys," the curly head answered, "I remember that quite well. It was about that time they had the farce between those two huge Turks, Kara Suliman and Coored Dereli, but these were real Turks," he added, casting a baleful stare in my direction. I hastened to say "Sure" and passed my forefingers around the inside of my collar, so I could breathe more freely, as he continued.

"These two Moslems were so big that when they walked the side-walk creaked. (We agreed.) They were the biggest monsters I ever saw. Built like dinosaurs. I figured they would have to prop up any stage on which these two embraced. They got together, but the nearest thing they could encircle the arms around was the head. Perspiring easily, they could not (Continued on Page 70)



Polk—A very versatile mat-man

The Mat

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

Conducted by George F. Jowett

How to Develop Stubborn Muscles

LIKE everyone else, muscle builders are confronted with difficulties that seem hard to overcome. Their biggest cry is that, while they do not have much difficulty in developing certain parts of the body, other parts show very little change, or are not as good in proportion to the rest. Usually, it is the certain part of the body they want to develop the most.

In the course of a year I have had thousands of body builders write to me, asking for help, which I am always glad to give. The majority of these appeals are from men who find difficulty in getting results from certain muscles. Particularly is this the case with the calf and forearm muscles. Of course, there are others, but, for natural reasons, the two mentioned parts are very stubborn. Therefore, I have decided, for the benefit of my readers, to write this article explaining the method that will help overcome the difficulty, provided the pupil follows out the advice intelligently.

There is nothing difficult about it; it is just a natural way to develop these stubborn muscles.

Of course, in a case where the muscles are very stubborn, a pupil will be obliged to specialize upon them. That means he will have to devote special time to these exercises each day. In some very obstinate cases exercise both morning and evening will be required.

In order to understand the reason why this should be, it is necessary for a pupil to understand how the body functions under muscular stimulation.

When a person begins to exercise, he generally feels the weight in his hands easy to handle. The more repetitions that are made, the more difficult the movement becomes, until he reaches the point where he becomes tired, and then another stage where he becomes exhausted.

It should be remembered that the muscles are composed of numerous elongated fibres that are woven together much after the same fashion as a rope. These fibres are controlled by numerous nerve cells, which are actually centers that cause the muscles to contract and relax at will.

It must always be borne in mind that when a given muscular area is under active stimulation, the blood is drawn to that part in great quantities. It is the natural order of replenishment, and the blood becomes the fuel that supplies the muscles and nerve force with the necessary stimulation when they are under active muscular operation.

The blood suffusing around the active area carries away with it, in its cleaning process, the broken-down tissue. When the exertion is over the blood will still continue to circulate in greater quantity, simply because so much tissue has been broken down, which must be replenished. The blood provides for other emergen-

Walter Stratton,
Lietonia, Ohio,
has a very strong,
clean cut
physique.



James F. Brenner, of Clairton,
Pennsylvania, is the proud possessor of a magnificent muscular body.

cies by the reserve supply that it draws to this sector.

Now there is always a BUT, and this is where the "but" comes in.

Lots of fellows think that if they exercise until they are tired out, that it is the right thing to do. This is all wrong.

They will perform an exercise so many times that they come to the point where they can perform the movements no longer.

This is what perplexes a person. He says, "I have exercised 'till I couldn't repeat the movement another time. Yet, I can't increase my measurements."

Yes, there is the trouble. It is the "but" in the case. I advise a pupil to exercise until he is comfortably tired, *but not until he is fatigued.*

When a person exercises to this stage, his muscles have contracted to such an extent that the blood is unable to properly do its work. The contraction of the muscular fibres being so continuous, the cells are closed. Then the blood supply, being as it were, cut off, is unable to perform its duty as it naturally should.

If you watch your muscles, you will notice, after a few repetitions, how pink the skin becomes. This shows the blood suffusion, but notice the change when the muscles become real tired. They become white, because the exertion has been more than the blood supply could replenish, and the severe contraction has prevented the necessary circulation from taking place.

"Then, what shall I do?" asks the pupil.

He should exercise the desired group of muscles until he feels fairly tired—comfortably tired. *Not fatigued.* Then ease off and perform an exercise for an entirely different group of muscles.

While he is exercising the second group of muscles, nature is working on the first group, by the natural method of drawing the blood to the affected area, as was previously explained. The muscles, being in an entirely normal condition, assimilate the recuperative resources more readily, so accumulating a greater store of reserve.

All this takes place while the second group of muscles are being exercised. Now, here is the important part. As soon as the body builder is through his work on the second group, he goes back to the original group on which he is specializing.

This all, perhaps, sounds technical, but I have to explain it as it exists, so the pupil will know the reason why he does not obtain the results, and how the remedy must be applied.

Now that is explained, I will simplify the whole thing.

Suppose it is your biceps you want to build up, and you have been working every other day, conscientiously, and have obtained no results.

We will say you have been making eighteen repetitions on a certain exercise, with whatever poundage you have been using.

But, instead of working every other night, we will now work *every night*, and instead of making eighteen repetitions, we will only go up to fifteen. But, be very careful that the exercise is performed properly and that the necessary amount of mind concentration is thrown behind each effort.

We will not allow any unnecessary struggling with the weight. You are just asked to do it right. Having reached fifteen repetitions, you put down the weight and massage the muscles. Then perform a leg, neck or abdominal exercise. *But*, be sure that, whatever exercise you do, the biceps muscles will *not* be used.

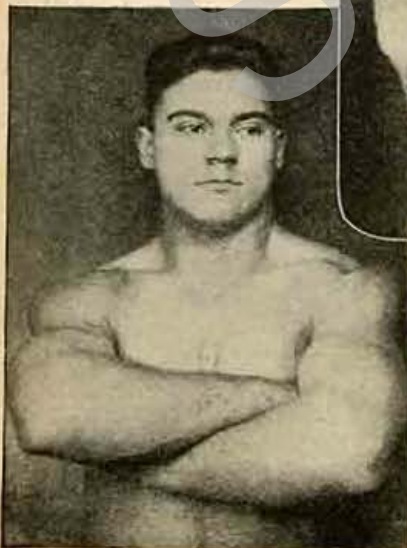
Having practised some other exercise while the upper arm is resting, the pupil returns to exercise the biceps again. This time cut down two or three repetitions, which would make seventeen or eighteen movements in all. Then do the same as before—exercise some other part of your body. Every alternate exercise is a biceps exercise, or exercise for whatever part of the body is being specialized upon.

Coming back to the biceps again, this time use some other exercise. For example, the Two-Arm Curl, with a kettleweight in either hand, curling each weight alternately. The idea of this is to exercise the muscles from every possible angle. So, never be afraid to practice four or five different exercises for the specialized muscles. The more varied the exercises, the better.

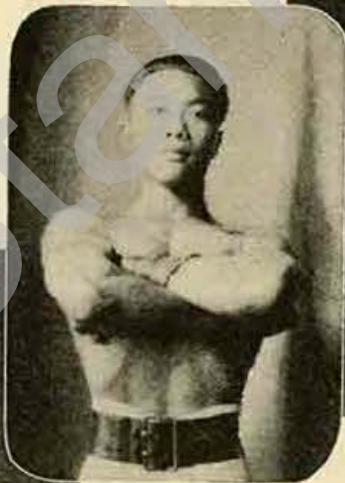
By this method, the biceps can be exercised several times in one evening, and

no detrimental effect takes place to offset the value acquired. A person is always progressing well within himself, simply because he is working hand in glove with the most natural means of developing muscle.

This method holds good on any part of the body. Legs, neck, chest or arms. Specialize with the compound



Geo. Dinoplon,
Bayonne,
New Jersey,
a powerful built enthusiast and "Mat" man.



Jose Ma Salazar, a devoted physical culturist from the Philippines.



A. J. Mauricio, a well developed reader from far away "Hong Kong."

method, if you want results. You will have to work hard. Anything worth having is worth working for. Be careful to massage the muscles every time after exercising them. Keep them loose and pliable. Concentrate with all your mental power, for wherever the mental concentration is most strongly directed, there the greatest supply of energy is drawn. This means greater results are obtained.

This explanation is the solution to your trouble in making stubborn muscle grow, and I am sure each student of muscle culture will obtain the results if he carries out this method and advice intelligently, and at the same time applies the right amount of concentration to each repetition of the exercise.

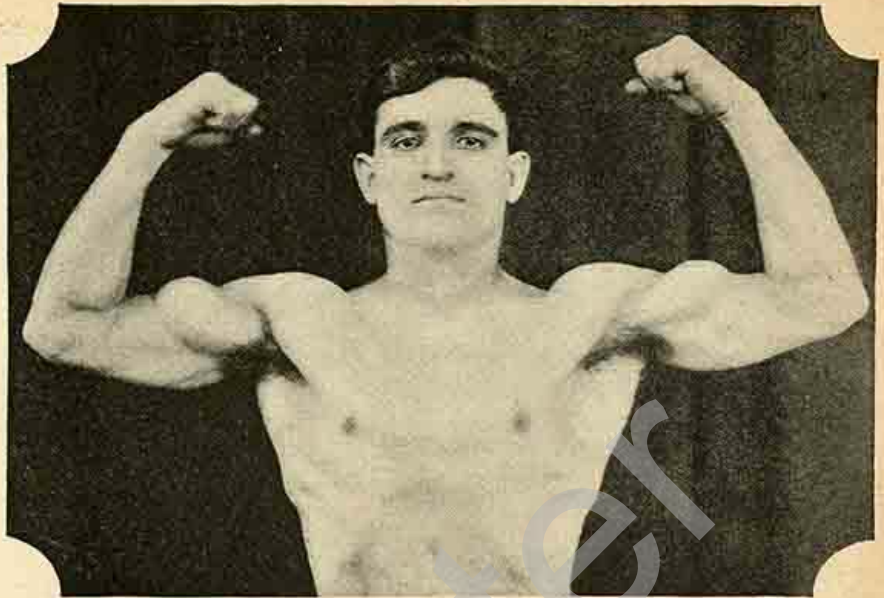
Just the other day I had call on me the newest strong man to arrive in America. He hails from Poland and answers to the name of Maxsyaick. Both he and his wife are wonderful specimens of physical humanity, although, being purely of the continental type, they are bulkier than the recognized American standard.

I found the newcomer very pleasant, and he willingly submitted himself to the tape measure. He has enormous proportions. His normal chest measures 52 inches; neck, 20 inches; biceps, 19 inches; forearm, 15 inches, and the wrist, 9 inches. Standing about 5 feet, 10, he weighed 265 pounds, and is enormously strong.

One of his specialties that interested me was his ability in spinning kettle bells. My readers will recall in a previous issue of *STRENGTH* I wrote an article which showed German teams contesting in what they term "jonglerien", or juggling weights.

This sport can be practised individually, and is very artistic and interesting, besides giving wonderful arm play. I never saw a kettle bell spinner who did not have a splendidly formed arm and a tremendous grip. In fact, I always laid the development of my arm to practising this sport, which I learned as a boy when touring Europe and Britain.

Unfortunately, this sport has never been described or practised in this country, but I intend to take care of it in future issues of "THE MAT". I know all who are interested in building up the body will enjoy learning this sport. It is a real accomplishment to be good in performing a routine in this combination of exer-



Ben Necheff, Chicago, Illinois, whose sturdy arms are an example of what "Mat" talks can do.

cise and sport, and the beauty of it is that proficiency is easily acquired.

But, to get back to Maxsyaick, I wanted to say that he uses heavier kettle bells for spinning than any other man I know of. No wonder he has such wonderful arms.

I remember a few years ago a German athlete came to see me. He was a kettle bell spinner but specialized on a variation of this work, juggling with balls of iron.

I believe his development was the largest I ever saw. Hardly any taller than I, he was twice as big. My arms looked babyish along side of his. His were not fleshy muscles, either. The biceps was like one of the huge balls he juggled with. They were enormous, and the triceps were in proportion, every muscle being clearly separated. I never measured them with a tape, but I know they were over twenty inches around. His chest was fifty-six inches, and the rest of his body in proportion.

Unfortunately, we drifted apart. He could only speak a (*Continued on Page 85*)

Fig. 1.



Fig. 2.

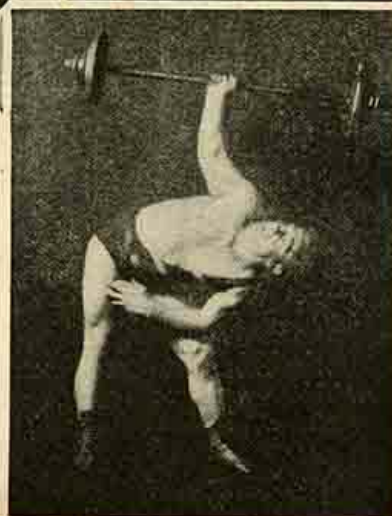


Fig. 3.

Exercise Your Arms When You Walk

A Walking Stick is as Good as a Tennis Raquet or a Fencing Foil.

By Norman Beasley

A FEW years ago, while stopping in Cleveland, I met Dr. Samuel W. Kelley. I was attracted to him after reading his answer to a question asked by a newspaper reporter.

The question—

“Have you any aversions?”

His answer—

“Smoking and spitting, both indoors and out, in a hall where I have to speak or in a place where I have to eat; unnecessary street noises and street dust. I can endure, with patience, the desert dust but I detest the dust of city streets. But, if you want to know something that really turns one's stomach—it's those immigrants who want to transform American institutions.”

The reporter asked another question, which fits in. It was: “What pleases you?”

The surgeon answered—

“Outside of work, it is the out-of-doors, the sea, sailing ships, the plains, horseback riding, fencing and music. And—walking, too. We Americans don't have sufficient rest. There is too much hurry and confusion, both of conduct and of thought; many have too scant poise and deliberation.”

This was unusual frankness on the part of a medical man, so that afternoon I telephoned Dr. Kelley and told him I would like to meet him.

“Come out,” he invited, without hesitation.

I went—but, before going, I learned a few things about him.

They follow:

He is a pioneer in the science and art of teaching and studying and practicing pediatrics, the hygienic care of children. He was born in Ohio, educated in the Zanesville schools and Western Reserve University, supplementing professional training with work in London hospitals. His medical career is punctuated with important posts in his specialty in Western Reserve, Cleveland College of Physicians and Surgeons, St. Luke's and City hospitals and in professional organizations. He has written much, but the book commanding the widest attention is his “Surgical Diseases of Children.”

Dr. Kelley was a ranger in the Southwest, a sailor, a veteran of the Spanish-American war and served with French surgeons during the war, joining the American forces after the arrival of the A. E. F. He is a member

of the Association of Military Surgeons of the United States, a fellow of the American College of Surgeons and a leader in directing public opinion in the city of Cleveland.

These facts, as said, I learned before visiting him. He met me at his office door, invited me in and smiled broadly when I told him that I had been attracted by the newspaper interview.

“That reporter was a girl,” he grinned. “She rattled off questions and I rattled the answers right back at her. Which question and answer were you particularly interested in?”

“Your thoughts on exercise.”

“Humph! That's a broad subject.”

“Surely. But isn't there something specific you can talk on—walking, for instance?”

“You mean for publication?”

“Yes.”

He hesitated. “I'd rather not,” he said, finally. “Some day, perhaps, I'll write you my thoughts. If you use them properly I do not see wherein I would be stepping outside the confines of my professional ethics. That is, so long as I am able to write something that will be helpful to the laity.”

From there, the conversation went into channels that have little, or no interest at all for the reader.

Regarding Dr. Kelley.

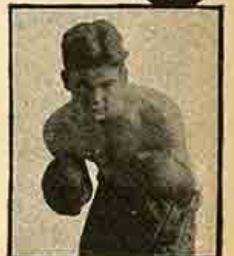
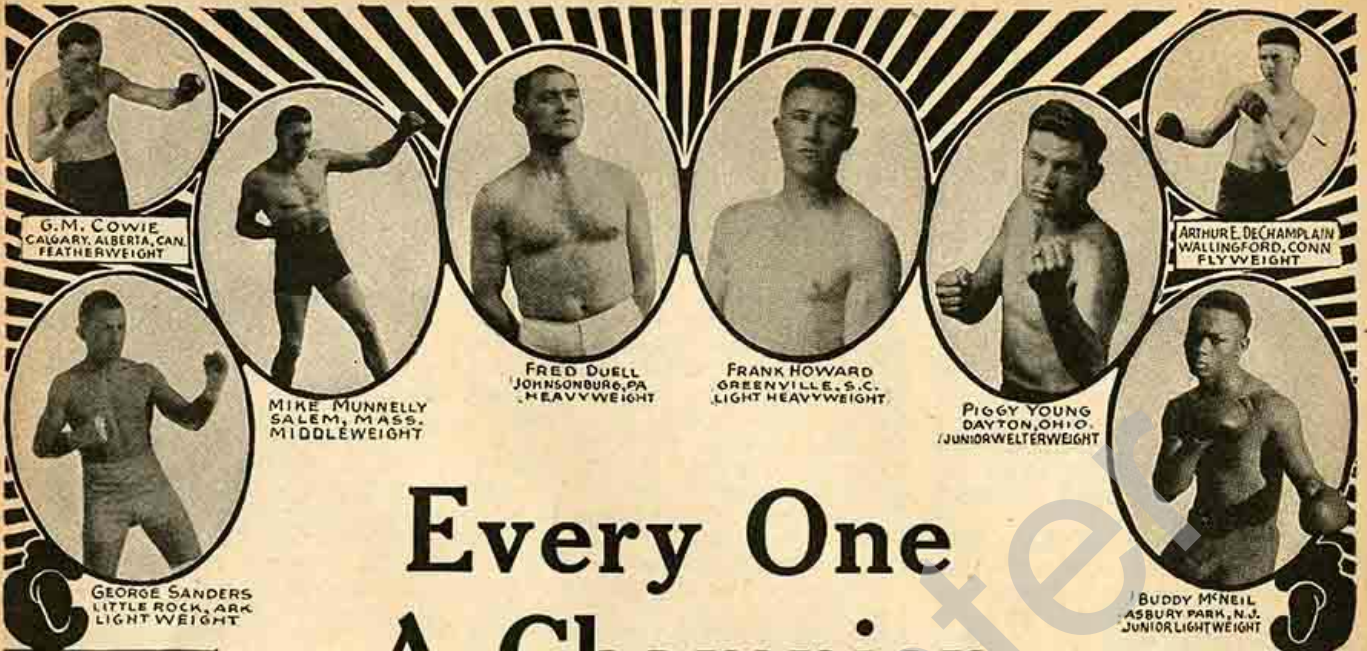
He is not a big man bodily, standing a little below average height. He does not weigh more than one hundred and forty pounds, but there is wiry strength to his muscles while his eyes are bright with the health of youth, although he must be nearing his seventieth year. Frank of speech, clear in his thoughts, he has the faculty—so infrequent among doctors—of reading a patient through while looking at him.

The story which follows this introductory article is a helpful one. It is sound advice from a practical and distinguished medical authority. It is inexpensive advice—and inexpensive exercise.

Carry a Walking Stick

“Have I anything to say about gaining health and strength?”

“Is that sarcasm? When I'm spending all my strength telling people how to keep well (Continued on page 76)



Every One A Champion

Winners of First Championship Contest
Selected and Trained By
JIMMY DeFOREST
World's Greatest Trainer

HERE are the Champs! How would you like to be one of these lucky lads? They were selected from the thousands who have completed the JIMMY DeFOREST Boxing Course by Mail. They were brought to my Long Branch, N. J., Camp at my own expense where I finished off in person their training for the ring. If you think you cannot learn to Box by Mail, look at these boys! They have already tasted some of the glory of a New York City bout. They are now on the road to Fame and Fortune! Probably you read in the newspapers about their New York debut under my guidance. Perhaps you even witnessed this great event. There will be another just like it in six months. Will your picture be among the next champs? You will never have such an opportunity to rise so quickly from Obscurity to the Limelight.

You May Be the Next Champion

You have as much chance as the next fellow—and it does not make any difference whether you've ever had a Boxing glove on or not. Most of my boys were the rawest novices when they enrolled for my Boxing Course by Mail. They didn't know a left jab from a right hook! Now many of them are finished Boxers earning real money in the ring and some of them are actual contenders for championship titles!

I Will Make You a Skilled Boxer in 20 Weeks

I start you at the very beginning. I teach you step by step every Blow, every Attack, every Defense, every Trick and every bit of Ring Strategy that I taught Jack Dempsey, Firpo, Joe Gans, Pal Moore and a host of other champions and great contenders whom I have trained. Everything I know about Boxing has been set down in one Complete Course that you can master, just as thousands of others have done, without leaving your home or interfering with your work.

Here Are A Few of the DeForest Trained- By-Mail Boxers Who Are Making Good In The Ring

- C. A. ATHERLEY**,
Montreal, Canada,
Contender for Canadian Bantamweight Title.
- CORPORAL W. S. GOSLING**,
Black Watch Regiment,
Quetta, Baluchistan, India.
- AL DAWES**,
Santiago, Cuba,
"The Santiago Sensation."
- BUD DeHAVEN**,
Paris, Ill.,
Middleweight Champion of the Wabash Valley.
- JACK MEEHAN**,
U. S. S. California,
San Pedro, Calif.
- GENE MORETTI**,
Pleasantville, N. J.

Box For Health and Wealth

Boxing is acknowledged to be the greatest of all body conditioners. It develops, Muscle, Alertness, Poise, Self-Confidence; enables you to protect yourself and keeps you in the "Pink of Condition. Many prominent men and leaders in all walks of life Box regularly to keep themselves fit. If you become a skilled boxer you can make more money, enjoy more luxuries and freedom than you can by following any other occupation. Fortunes are being made in the ring by lads who formerly could hardly make a decent living. Even mediocre talent is commanding more money today than champions did in the old days. This is the GOLDEN AGE OF BOXING.

This Wonder Book Will Open Your Eyes

Read "The Golden Age of Boxing" if you want to enjoy the most fascinating book of its kind ever written. It contains numerous photos of World's Champions and actual ring battles. It explains in detail how I teach Boxing so successfully by mail. It shows some of the newly devised picture charts I use in my Instructions. It contains a complete outline of my Course week by week, scenes at my well known camp, photos of some of the lads I have trained by Mail. You'll prize this wonder book. Don't fail to read it. It may change your whole life from drudgery and obscurity to Prominence and Wealth. Send 10c to cover cost of mailing and I'll send you a copy at once. This is YOUR OPPORTUNITY. Mail the Coupon TODAY!



Jimmy DeForest
Box 722
347 Madison Ave.
New York City

Gentlemen—Enclosed find ten cents, for which please send me your book, "The Golden Age of Boxing," without obligation on my part (Print Plainly)

Jimmy DeForest MAIL NOW
Box 722
347 MADISON AVE., NEW YORK CITY

Name

Street No.

City State

How Much Development Can a Small Boned Man Get?

(Continued from page 42)

No kick or complaint, just rearin' to go. That's the fellow I love to work with and I have hundreds like him.

Frank Reckless is over the average height, also well up in his thirties, and he is almost exceptionally light boned, yet one finds a pleasing shapeliness in his physique. His limbs are so well rounded that they savor more of the artist's model than of the strongman type. John McGill, of Jersey City, is in the same class. The finely featured man is built for such work. His natural grace makes his interpretation of art very beautiful, which proves again how small bones compensated the owner for his labors by the superb muscular formation he acquires.

Some people have the set idea in their head that any form of exercise will give results, just as long as it is exercise. That is all wrong. What is good for one is not always good for the other. I have always found, especially in stubborn cases, that special exercises are needed. Just for example, I will cite an experience of my own. While I am heavy boned in all parts, yet for some reason my ankles and feet are exceptionally small boned. This was the reason why my calf muscles were for a long time small as compared with my other measurements. Yet they were in proportion to my small ankles and feet. I had only a 14-inch calf when I owned a 24-inch thigh. I thought I had done everything to make them grow, and all my brother instructors shook their heads in despair. Finally I made up my mind to follow a certain routine.

I worked most of the winter on it and before the snow had gone away I had a pair of 16-inch calves and I am proud to say I have them yet. There was no inflated tissue in what I got. Every fraction of an inch was solid muscle.

I have since applied this method among my many pupils, always with results. Readers interested in this system will find it explained in this issue of the "Mat."

The calf and forearm muscles are just as hard for the big boned man to build up as the small man, for the reason I have previously explained. There is always much similarity in the methods used to develop these limbs in both types of men.

There is no limit to the size the body can be developed to, if a person puts the necessary effort behind the work over a period of time.

Some years ago an eminent English physical culturist named Thomas Inch made a very interesting experiment. Inch was exceptionally small boned. When he was twenty-one he only scaled 126 lbs. and was considered a well built specimen for his weight. But physical instructors of that time shook their heads and said he would never be a big enough man to lift weights. It was Inch's ambition at that time to be a world's lifting champion. It was only a very short time afterwards that Inch

blossomed into a middleweight champion of the world, weighing 161 lbs, yet his hands were so made that he had no difficulty in wearing a woman's standard sized glove. On any finger he could wear a lady's ring. His wrist measured only a little over six inches. This is quite unusual for a man standing five feet nine inches, as Inch did.

He was beautifully developed and had measurements that included about a 44-inch normal chest with 16-inch neck and calf and a 16½-inch biceps. He stated that he could increase every part of his body inside of six months. On a wager, he succeeded to an amazing extent, increasing his chest to over fifty inches normal and the biceps to more than twenty inches with all the other measurements in proportion.

Personally, I do not approve of such huge proportions, as they are not absolutely necessary. But Inch's experiment proved beyond doubt that the small boned man can build himself up to any degree if he cares to.

When a pupil first comes under my care, I generally size him up. I take his weight against his height, and then size up his wrist and ankles. Analyzing these together, I figure out about how much he should weigh and measure, according to these conditions.

Satisfying myself on these points, I try to find out how much nervous energy he has. His neck answers this question. Next I go after the vital organs, and by another form of analysis I determine just how he stands here. Collectively I begin to work out what I feel is best suited for the individual, always keeping him moving on the progressive scale. I give him certain poundages to start each exercise with. It may be light for him, at first, but I never worry about that, because my first aim is for the pupil to perform the movements correctly. If he gets struggling with too much poundage he loses all thought of position. Step by step I take him until finally he emerges a finished product. A real man, 100%, with a physique to be proud of.

Look at the neatly balanced form of Mr. Ra Noux. He is only five feet three inches in height and he scales one hundred and thirty pounds stripped, and has a chest that goes up to forty-one and a half inches. I like his type very much.

Mr. Mason is still another type. He is very tall and was a mere coat hanger to commence with, but his photo shows him to be a man with sturdy proportions.

D. B. Mills displays a physique that possesses all the attributes of a man endowed with extraordinary strength. He is very strong now, but he was not always so. Mills has seen the day when he was of only very small proportions, but now he can boast of a forty-two inch normal chest, sixteen and a half inch neck, with fifteen inch biceps and calves, and a twenty-three inch thigh. He was very easy to teach, always applying intelligence to his training.

Any stunt you see the vaudeville strongman do, Mr. Mills will duplicate for your benefit. One of his stunts is to raise eighteen hundred pounds in the hip lift; a wonderful performance for a man his bodyweight.

Mr. Polhseno is another example of what progressive ideas will do for the man with less than the average sized bones. He has succeeded in acquiring a fifteen inch biceps with a seven inch wrist, and has a forty-two inch chest. As a proof that this is not inflated tissue, he claims a one arm Military Press of ninety-eight pounds.

Mr. J. B. Bon, of Lorain, Ohio, stands only five feet two inches, but can show a sixteen and a half inch neck and a forty-two inch chest at a bodyweight of one hundred twenty-five pounds. This sturdy little enthusiast is capable of chiming himself three times with the middle finger. Yet his wrist just barely measures six and a half inches, while his biceps is almost fourteen inches.

He had tried many methods of training, but had always seemed to come up against a wall. Nothing apparently would increase his proportions until he got started on the progressive method.

I had a letter from him a short while ago and he was full of praise and thanks for the results he had gotten. He is well on in his thirties and is building up bigger and better every day.

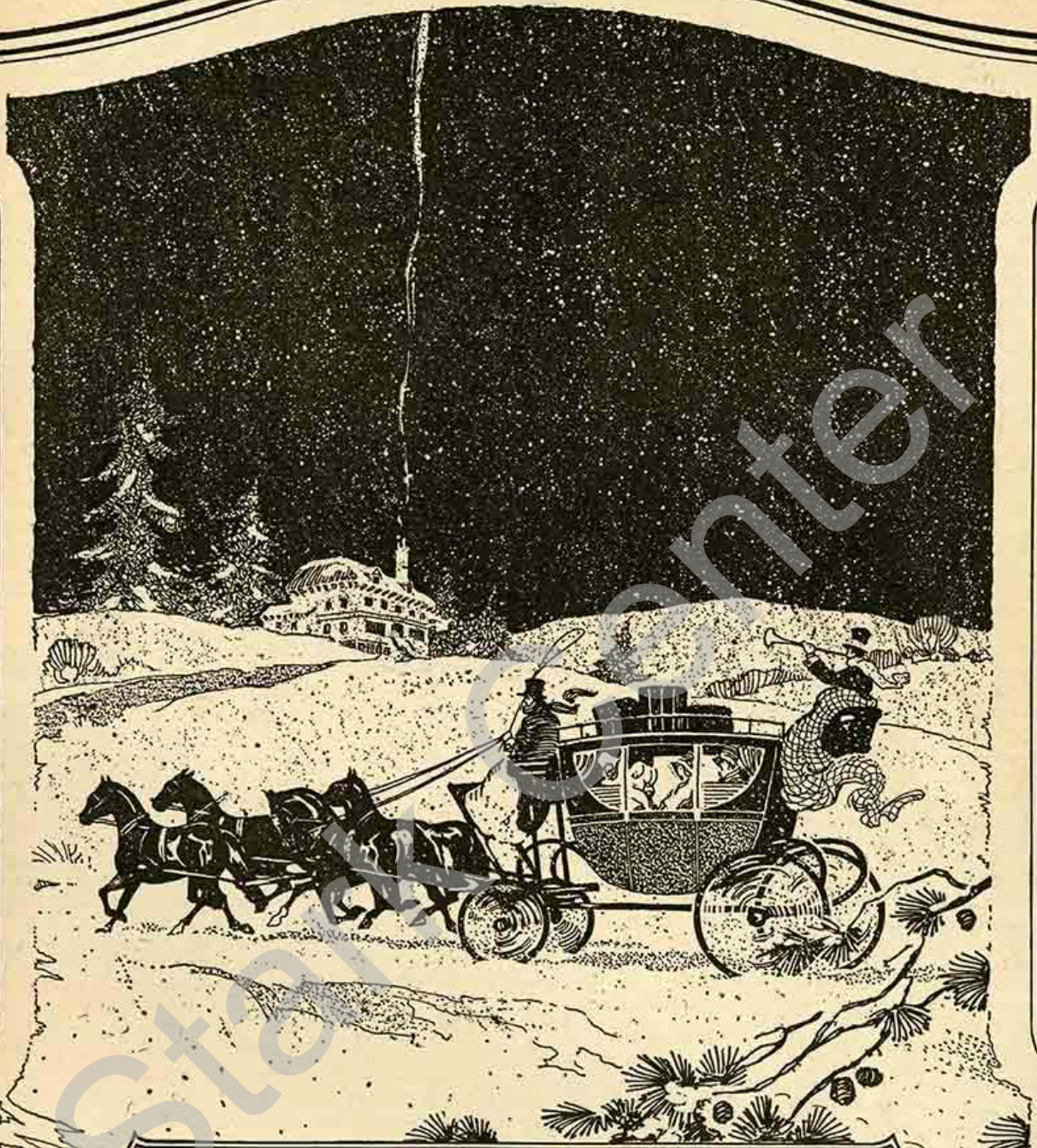
I could recount many incidents like Mr. Bon and others. Many of them are quite famous today. Such a list would include among others Robert Snyder, Mark Berry, Harry B. Paschall, Don Pitts, Raymond Connelly and A. Sundberg. All these boys were of the slender type that was considered impossible to do anything with. Now they equal any of the finest examples that can be produced from anywhere, both for development and physical power.

Many of these boys I have watched climb from the foot of the ladder, and I am proud to be able to say that I have been instrumental in determining their physical success.

I have always found the need for specialization in order to obtain the very best results. After a period of time, when I think my pupil is well enough grounded I start him off with specialized work. Of course that is if he needs it. The biggest trouble I find with beginners is that they want to get big results too quickly. Right away they want to jump into special work, before the body is ready for it.

In order to know where the weakest link in a chain is, it must first be tested. Just the same with the body. Before I know what a pupil really needs I must first find out where his weak spots are. In order to know this a pupil must work on a routine I outline for him for about two or three months. By the end of that time certain parts of his body will show an increase over the rest, then I know how to apply the remedy.

(Continued on page 68)



Earle E. Liederman
wishes his pupils and friends
A Merry Christmas and a
Prosperous New Year



A Free Trip To NEW YORK and \$5000.00 in Prizes

WOULD you like to come to New York and walk up Broadway arm in arm with Earle Liederman? Would you like to see all the points of interest by day and attend the big theatres by night? Would you like to leave your home town and spend one full week in the biggest city in the world as Earle Liederman's guest?

That's what I'm doing for the big prize winners in my 1926 Contest. I'm going to buy the railroad tickets and Pullman. I'm going to meet them at the station and pay all their expenses while they are in New York. I'm going to show them the best time they ever had in their lives and it's all on me.

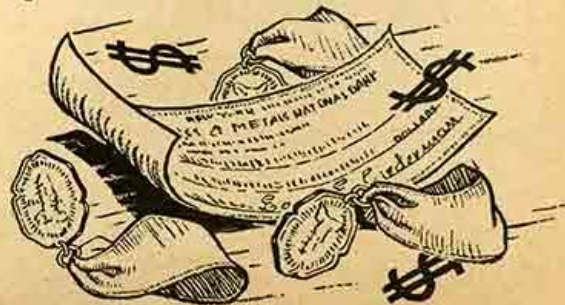
In 1924 I gave away \$2100.00 in cold cash and over one thousand medals (gold and silver).

In 1925 I gave over \$3000.00 (Three Thousand Dollars) plus the gold and silver medals. And then to go still one better I brought the first two prize winners to New York. One came from New Hampshire and the other came from Florida. I paid every nickel of their expenses from the minute they left their door-step to their return. I showed them everything New York had to offer in the way of amusement and entertainment. I put them up at one of New York's best hotels as the personal guest of Earle E. Liederman. The sky was the limit. They had the best rooms in the hotel to themselves. They ate whatever their palates craved. They awoke in the morning wondering what new thrills were in store for them. And so it went on for a full week. One boy brought home \$1000.00 in prize money and the other one \$500.00.

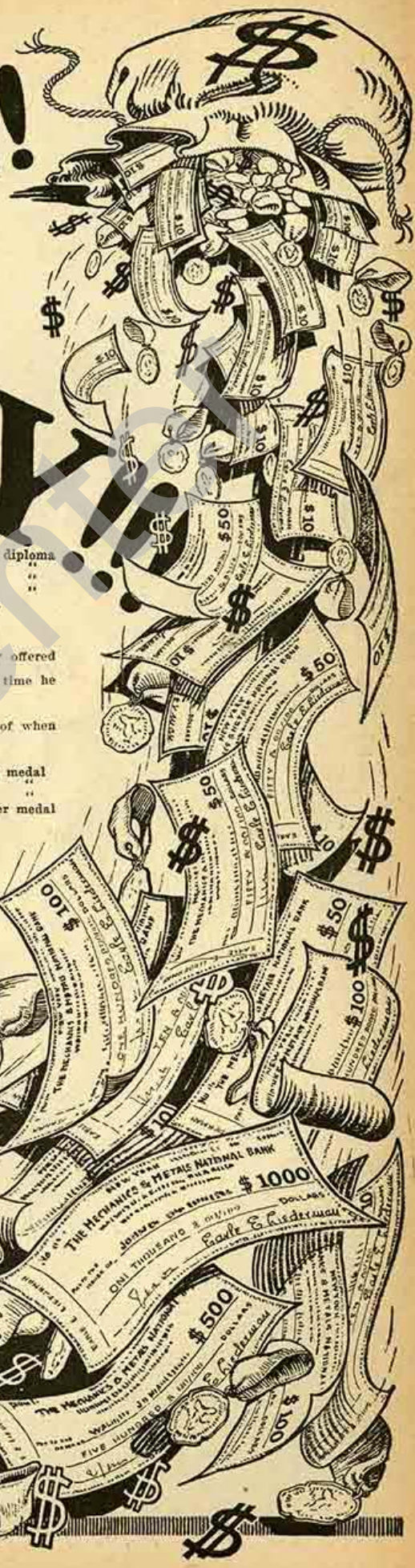
In 1926 I will make all previous years look cheap. I plan to run two contests again. One for the fellows showing the greatest improvement and the other for the fellows showing the best proportioned muscular body. The winner in each event will get the free trip to New York just as the winners did in 1925. But the money prizes will be more numerous than I ever attempted before. Next year I will give \$5000.00 in prizes.

MONEY TALKS

I believe in prizes. I want to encourage competition. Every pupil trying to outdo the other. The winners get the spoils. Everybody has an equal chance. The colored boy on an equal footing with his white neighbor. The poorer the start, the greater possibilities for improvement. Come on. If you haven't sent in your measurements, do it now. Everybody rides. Everybody plays. On the first of October, 1926, the judges meet again. The pot of gold will be ready. Will you get your share? It's up to you.



MONEY! MONEY!! MONEY!!!



How to Get It—

READ CAREFULLY WHAT THE CONTESTS ARE

The first Contest for 1926 is as follows: To the pupils showing the greatest improvement from whatever time they enroll after receiving this notice until October 1st, 1926, I will award prizes as follows:

\$3000.00 in Prizes and a FREE Trip to New York

Grand Prize	\$1000, gold medal and diploma
Second Prize	500, " " " "
Third Prize	100, " " " "
Fourth Prize	50, " " " "
To the next 35 pupils in order \$10 each.....	350 and silver medal
To all those meeting required standard will be given Honorable Mention Medals	
—which will total in value.....	1000
Total.....	\$3000

In case of tie for any position, each tying contestant will receive the full amount of prize money offered for position where tie occurred.
The first prize winner also gets the free trip to New York, to spend one week here at whatever time he selects. I am to pay all expenses from the time he leaves his front door till he is safely back again.

To the Best Proportioned Muscular Pupils

The second awards will be given to the pupils showing the finest proportioned muscles regardless of when they enrolled. This will be open to old and new pupils alike. These prizes will be as follows:

\$2000.00 in Prizes and a FREE Trip to New York

Grand Prize	\$500 and gold medal
Second Prize	200 " " " "
Third Prize	100 " " " "
To the next 20 pupils in order \$10 each.....	200 and silver medal
To all those meeting required standard will be given Honorable Mention Medals—	
which will total in value.....	1000
Total.....	\$2000

In case of tie for any position, each tying contestant will receive the full amount of prize money offered for position where tie occurred.

The winner of first prize in this contest will also be given a free trip to New York to spend one full week at whatever time he selects, the same conditions holding true as in the other contest.

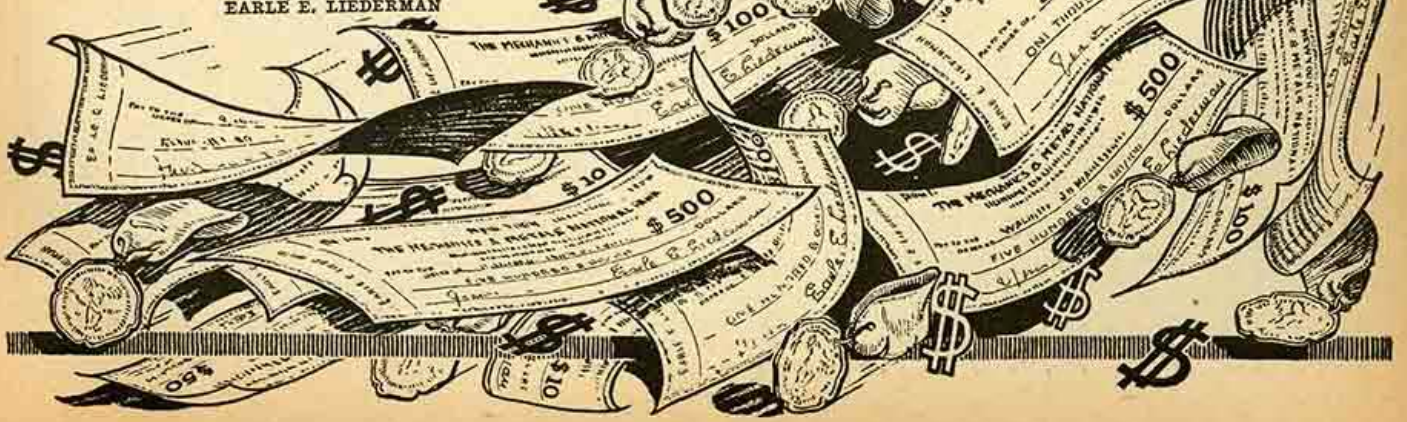
Now, fellows, who is going to get all this money? Who are the two lucky ones that I am going to pal around with in New York? Is one of them going to be you? The answer is within yourself. Think of it! Follow pleasant exercise, build up a powerful body and, besides all this, spend the finest vacation you ever hoped to have. And just think! I am going to hand over to one of these boys \$1,000 in cash and to the other \$500. And then I won't let them spend a cent of it while in New York. The good time is all on me.

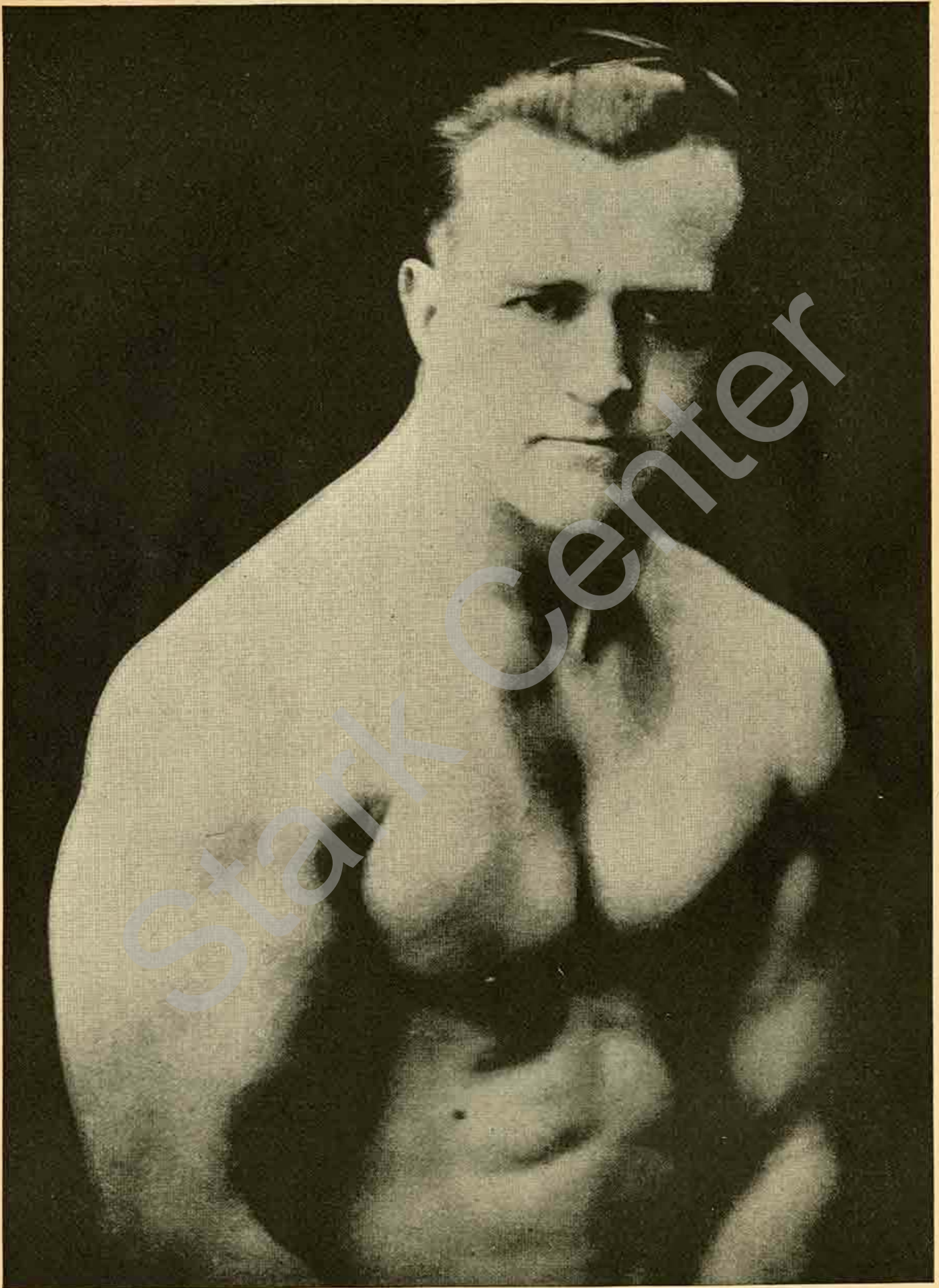
Read the conditions carefully. Send me your measurements and enrollment blank and let's go.

If you are going to strive for the Improvement Contest, keep a copy of your measurements and a photograph as of enrollment date. Then, before October 1st comes around, send me your improved measurements, with the last full-length photograph, as contests close October 1, 1926. The photo of yourself as of date of enrollment need only be a snapshot. This should be kept by you and sent to me at close of contest, together with your photo showing improvement. The latest photo must be taken of a full-length pose.

If you plan to enter the Contest for Best Development, enroll at once and get started. Muscles don't grow over night, but I surely can make a different looking man of you in a few months' time.

The judges this year will be:
BERNARD MacFADDEY—World-renowned physical culturist and publisher
DR. THOMAS LAWTON—Famous fat-reducing specialist
BUDD GOODWIN—Former world's champion long-distance swimmer
GEO. O. PRITCHARD—Former professional football player and your instructor,
EARLE E. LIEDERMAN





EARLE E. LIEDERMAN
"The Muscle Builder"

Author of "Science of Wrestling", "Muscle Building", "Here's Health", "Secrets of Strength", etc.

Why They Stopped Calling Me "Sissie"

How a "Sissie" Became a "Sampson"

By J. E. D.

"Oh, you sissie." "Oh, sister."
"Mary Jane." "Mamma's boy."
These were the pet names they used to call me. For years my blood boiled whenever I heard them. But I knew enough at least not to get into a fight—that is, except once. Here's what happened—and why I just had to swallow whatever insults were handed to me.

About two years ago I was standing in line waiting to get into a ball game. A little fellow about five feet four pushed me out of line. We had an argument—he swung on me—down I went and amid the most humiliating laughter I went way back to the end of the line.

After that I "ducked" every argument. I wouldn't fight a ten-year-old boy. I became afraid of my own shadow.

I was fairly tall, but skinny as a rail, with muscles like soft butter. I looked, felt and acted like a weakling. On my way home every evening I had to pass a corner where gathered the neighborhood gang. And every night it was the same insulting line of remarks—"Hello, sissy"—"Good evening, Clarence"—and so on.

There was nothing I could do except "bear it and grin." But that wasn't my worst trouble. At the office I was meek as a lamb—never dared offer a suggestion for fear someone would jump on me. I was just plain scared. Everybody "bluffed" me. Everybody seemed to get ahead of me. I stuck in the same old job at pretty much the same old pay. I didn't have courage enough to think of a raise—much less ask for one. I was the office "goat"—the butt of all jokes, the target of all blame. It's a wonder I held my job—unimportant as it was.

And after office hours—in the long evenings—I was so quiet, so scared, so meek that no one cared to have me around. As soon as I could I would sneak away and go home to my room and brood. I didn't know at that time what my trouble was.

Well, to make my confession complete, one evening I met Sally. She seemed more interested in me than any other girl I'd ever met before. She was much too good for me—but she talked to me as only one girl can talk to a fellow. Finally I plucked up enough courage to ask if I could take her home. She lived near by—and we had to pass the corner "gang." This was "pie" for that bunch of rowdies. What they said to me you can well imagine—a "sissy" going with a fine looking girl! And what Sally thought of me for not lashing into them after



They tip their hats now as we pass by

those insults I hated to imagine. But like the wonderful girl that she is, she said nothing.

During the few months after that I always took Sally home by another street. In the meantime I heard of Earle Liederman and wrote to him.

Liederman told me that mental courage is in many instances the product of physical courage—that is, the man with muscles isn't afraid to put his ideas forward and carry them through. He said that health is essential to right thinking—straight thinking. He asked me if I had ever heard of a weakling getting anywhere in the business world—or if I ever knew a "softy" who ever was popular in society. Men—just as much as women—preferred the company of real HE men instead of poor excuses for men! Well, I put myself in Earle Liederman's care.

To make this story short, I began to improve almost overnight. My muscles began to grow firm and hard. Then they began to develop in size. My whole body began to tingle with energy, vitality, LIFE. My shoulders, my chest, my arms, all showed "through my clothes" that something was happening to me. Instead of a "sissy" I became a Sampson. Sally was delighted. I became popular with her friends—and with my own. Even my boss treated me like a human being—and soon placed me in charge of a number of other people.

The other evening I passed the corner "gang." As they had several months before, they began to jeer and jibe—especially one great big fellow who was particularly offensive. I asked Sally to wait—and walked over to the big bully. I stood in front of him and told him I was going to give him the licking of his life. He laughed. I swung—and he dropped like a log. His friends rushed in to help him—and I smashed at them with right and left until the few who were still standing were glad to call "quits." I take Sally home now—to OUR home—and no one ever says a word. The former rowdies tip their hats to Sally whenever we pass by.

Muscle isn't the only thing Earle Liederman gives. He gave me a strong, healthy body—unlimited "pep" and energy to do my daily work and do it well. I advise every young fellow to put himself in Liederman's hands. Write for his wonderful 64-page book—it is free. It is called "Muscular Development." You will enjoy reading the letters from hundreds of his pupils, and you will be inspired and thrilled by the forty-eight full page pictures of Mr. Liederman and his prize-winning pupils—weak men who, like myself, became strong.

Mr. Liederman will gladly send a copy of this wonderful book absolutely free to all readers of Strength Magazine.

I wish I had gotten in touch with Earle Liederman years before I did. I would have saved myself a lot of agony. Don't YOU put it off—mail the coupon, or even a postal with your name and address will do. But do it now. You'll never regret it. Just address

EARLE E. LIEDERMAN, Dept. 712,
305 Broadway, New York City

Earle E. Liederman,
Dept. 712, 305 Broadway, New York City.

Dear Sir:—Please send me absolutely FREE and without any obligation on my part whatever, a copy of your latest book, "Muscular Development."

Name

Street

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



Enjoy this delicious Health-Lunch FREE

Mail the coupon below—and try the lunch it will bring you.

Try it on one of these crisp winter days, when you have a particularly hard afternoon's work ahead of you, when you need sustaining nourishment that leaves your head clear, your digestion unimpeded.

You will be amazed at the way your package of Wheatsworth Crackers, eaten with milk or cream, and followed by dessert if you like it—will tempt and satisfy your appetite and leave your brain as clear, your body as fresh as when you set out in the morning.

All the mineral salts, the bran, the vitamins which are found in the original golden grain and to which the human body so marvellously responds. Food for muscle—for bone—for brain—in its richest, most delicious form.

We should be glad to send you a package of these delicious crackers free—crisp and fresh from our ovens. Mail coupon today.

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133 Avenue D, Dept. U, New York City

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How Much Development Can a Small Boned Man Get?

(Continued from page 62)

A set group of exercises practiced all the time will not always give the best results. They must be changed, simply because the muscles get used to performing in one way, just as a carpenter gets used to using a saw, and you never see a carpenter with unusual arm development.

The human body is like a fertile field. The more different ways it is cultivated, the better. The farmers who vary their crop always find this results in a larger, richer growth.

The same method applies to muscular growth. If a fellow relies on the Two Arm Curl to fully develop his biceps or the Two Arm Pull Over exclusively for the chest, he certainly is not going to get the same results as the body builder who uses five or six different exercises for the biceps or the chest.

The Two Arm Curl is good. So is the Two Arm Pull Over. But the latter, while developing the rib box, will not develop to any unusual degree the Serratus Magnus, the pectorals, major and minor, or make fuller the upper chest. In fact, that exercise does not create muscle to the extent necessary to take care of the increased depth gained by

the rib box. Other work is necessary.

The small boned man may have to work a little harder to secure the proportions of his bigger boned brother with the coarser muscle structure, but the results are waiting for him if he will step out and get them.

All the body builders whose pictures illustrate this article obtained their results from working and intelligent co-operation. They are proof that the small bone talk is only a theory, and an incorrect theory at that.

Arthur Harwood has developed extremely large proportions and is increasing them all the time. He is very enthusiastic, while Sam Shapiro is more than satisfied.

These are just a few examples. What they have accomplished others can accomplish, too. This group includes tall and short young men, and men at an age when some theorists claim they are past the age of muscular growth, whether they have large or small bones.

Such proofs should convince any skeptical minds, for where there is a will, there is a way, providing the right method and teacher are behind the pupil.

Energy: Something We Shouldn't Save

(Continued from page 21)

the lightweight division while having the upper body and the punch of a welterweight. That to further succeed in athletic competition, some athletes have sacrificed symmetry of body, and some have even endangered their health is admitted, but the fact remains that these men have been aware of what they were doing and have been carried away by false ends and not by wrong methods of obtaining true ends.

No man who wants to make the most of himself can ignore the fact that athletes do make a lot of themselves, and it is obvious that the way they gain strength is by the use of strength. In the final analysis great vitality, superb strength and physical symmetry are based upon a combination of work, play, rest and sleep which bring into use all the muscles of the body, and which make a constantly increasing demand upon the body for the expenditure of constantly increasing amounts of physical energy.

That we can maintain health on a minimum of exercise, with a large amount of attention to the rules of diet and hygiene is obviously true. Even truer is the fact that we can only improve physically as a result of expending energy, not conserving it. I will venture to state that no athlete spends one-tenth of the time worrying about what he should not do that many health seekers, slightly sub-normal physically, spend in this way. On the other hand all athletes spend a lot of time

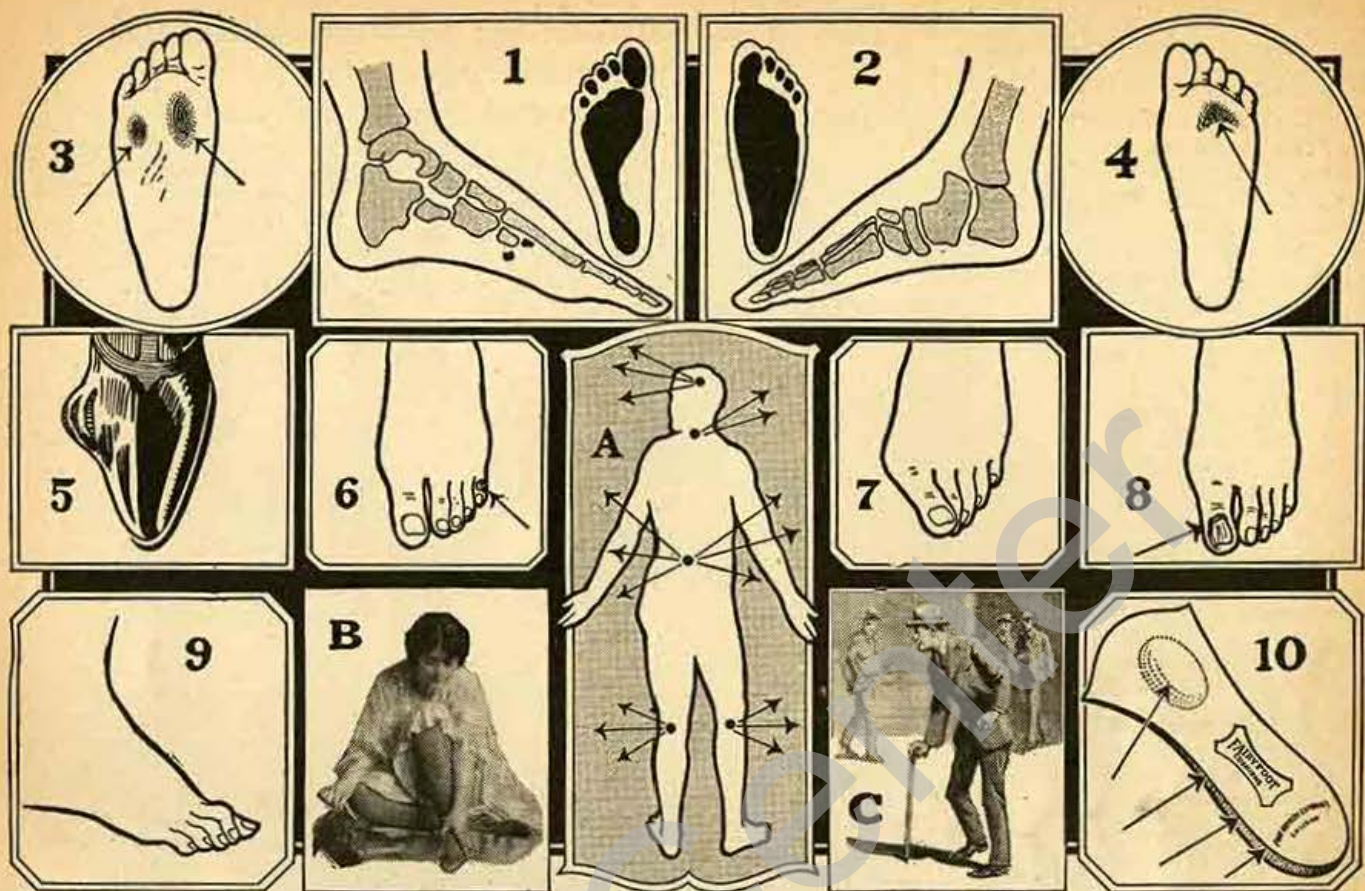
improving and perfecting their physical condition, not by avoiding the pit-falls, which they do in passing, but by good, hard, physical work.

Training is just as necessary to develop a perfect body as it is to develop a perfect football team, and by training, the football coach and I mean much the same thing. That is regular meals, lots of sleep, even more physical work and some recreation. When all is said and done, it is the work that does the trick, either in making athletic records or perfect physical specimens.

In this magazine we are constantly trying to show, not how to cure this, that or the other ailment to which the human race is heir, but rather to show, to the best of our ability, all the practical procedure that must be followed out to enable a man to become physically perfect. We do not claim that there is one method and one method only of attaining physical perfection. We know that is not true. But we do claim that the best exercise is the exercises that you will do. We know good intentions have never made champions and we know they never will. We know that many men have different aims as well as different temperaments, and we know that the interest of most people thrives on variety.

We know that many people are interested in talking about their health, and that many more would like to become strong, and we know that this is about

(Continued from Page 70)



WHY FOOT PAINS GO IN 5 MINUTES

Five minutes is now the time limit for foot and leg pains. Reports from people who were chronic sufferers tell of practically instant relief from all sorts of foot troubles, also relief from leg and back pains and headaches, caused by feet out of order. A wonderful new, scientific invention, known as Fairyfoot Cushions, has brought astounding, sensational results. The amazing reports seem almost incredible, but a very special offer enables you to prove without a penny's risk that this great invention will do the same for you.

What Ails Your Feet

Twenty-six bones form the arch of the foot. Even one of these bones getting out of place puts abnormal strain and pressure on the muscles and nerves—then the pains appear.

It is displacement of these bones by the weight of the body, too much standing or ill-fitting shoes that causes "flat foot." The weight of the body is thrown out of balance and the foot is often crowded down into the shoe causing bunions, corns, calluses, ingrowing toenails, hammer toe, or Morton's toe, and the shoes become misshapen and run over at the heel.

Then you have agonizing pains in the feet and often leg pains, backache, headache, "rheumatism" and nervousness. Let the arch drop ever so little and trouble starts. You can't always see that your foot is flat—it may look all right—but the merciless pains tell you that something has gone wrong.

How Fairyfoot Cushions "Position" the Feet

These wonderful Cushions (highly recommended by orthopedists and physicians)

bring relief by "positioning" the feet. They point the toes straight ahead, causing the arches to take their natural position. They also direct the body's weight to the ball, heel and outer part of the foot, where Nature intends it to be. Every bone and muscle is put just where it belongs.

Key to Diagrams

1. Normal Position of Arch and Print of Normal Foot.
2. Fallen Arch and Print of Flat Foot.
3. Calluses.
4. Morton's Toe caused by arch breaking across fore part of foot.
5. Bunion.
6. Corns.
7. Crowded Toes.
8. Ingrowing Nail.
9. Hammer Toe caused by foot pressing forward.
10. Fairyfoot Cushion. Showing built-up layers of flexibility and device for "positioning" foot.

- A. Pains in Legs, Back, Neck and Head, originating in Feet.
 B. and C. Result of neglecting foot troubles.

Fairyfoot Cushions are very flexible, and while positioning the foot normally, gently massage and exercise the muscles which have become soft and flabby and give them strength to support the readjusted arch.

Stiff metal devices can't give this kind of pressure and strengthening exercise. They act merely as supports and actually allow the muscles to become weaker. They usually have to be fitted and adjusted by experts. They are heavy and clumsy. Pads and bandages are mere makeshifts.

You don't have to adjust Fairyfoot Cushions, and they weigh less than an ounce. Fairyfoot Cushions are made in 50 different sizes to fit the daintiest slipper or heavy shoe—no costly made-to-order appliances to pay for. Last a year or longer.

Your feet also regain their correct shape. The instep, the heel, the toes all stay in their proper positions. Your shoes keep their shape, your suffering has vanished. Results are immediate. Guaranteed in five minutes.

Heed the Danger Signals

Any pain in your feet, legs or back means most likely that something is wrong with your feet—something that needs attention right away. Don't assume that these pains will "cure themselves." Even a few slight twinges may point to a condition that will mean serious trouble later on. Fairyfoot Cushions will correct the cause of the trouble and then the pain must go.

Proved by Thousands

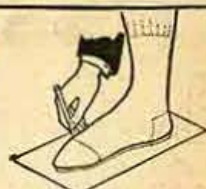
Letters like these, from former foot sufferers, show what Fairyfoot Cushions will do: "I had to hobble on a cane. With Fairyfoot Cushions I walk perfectly."

"Had a bad case of fallen arch. Fairyfoot Cushions have completely corrected it."

"Leg and back pains all gone now, thanks to Fairyfoot Cushions."

"Bunion and Morton's toe have gone, also my pains and nervousness. Fairyfoot Cushions did it."

"The first real relief I have had from foot pains in 10 years."



HOW TO ORDER

Place stocking foot lightly on piece of paper and trace outline of foot with pencil held vertically, as shown above.

Send this and also write size and width of shoe in coupon.

Send No Money

So sound are the scientific principles on which Fairyfoot Cushions are made, so remarkable have been the results obtained in "hopeless" cases, that we gladly send them on free trial.

The regular price is \$3.00, but for a limited time we offer Fairyfoot Cushions for only \$1.95. Pay only when postman brings them. Or you can send money in advance if you wish. Either way. Make the 5-minute test—see how quickly the pains go. Then wear them 14 days and if not satisfied return them and we refund your money. Send coupon today.

FOOT REMEDY CO.
 22nd Street and Millard Avenue
 Dept. 102 Chicago

Enclosed is outline of my foot. Send me a pair of Fairyfoot Cushions. I will pay special price, \$1.95, on arrival, and will make the 5-minute test. Am also to have privilege of wearing them 14 days at your risk. If I am not satisfied, I will return the Cushions and you will refund my money.

Name.....
 Address.....
 Size Shoe..... Width.....
 State Man or Woman.....

THE DANGER OF NERVE EXHAUSTION

Your Nerves can make or break you!

There is but one malady more terrible than Nerve Exhaustion and that is its kin, Insanity. Only those who have passed through a siege of Nerve Exhaustion can understand the true meaning of this statement. The victim passes through the most soul-racking tortures; he is in the grip of every conceivable fear.

Nerve Exhaustion is the result of living under conditions of nerve strain. In men it can generally be traced to the strain of business worries and responsibilities, and, more frequently, to excesses and vices; in women, to over-active emotions—particularly in matters of love and marital troubles.



PAUL von BOECKMANN
Author of "Nerve Force" and various other books on Health, Psychology, Breathing, Hygiene and kindred subjects.

Indeed, we are ALL living under severe nerve strain. We go about the business of bread-winning with a mad intensity, and, in the same way, we go about our pleasures. This is an age of nerve strain and none is strong enough to be immune to its devastating effects.

Nerve Exhaustion does not come suddenly. It creeps in like a thief in the night and you do not know it is there till you are actually in its clutches. When the first symptoms of this disease are upon you, you pay little attention. It is not considered unusual to experience fatigue, lassitude, headaches, nervousness and other symptoms. Yet, surely, they will not stop there. Other stages of Nerve Exhaustion will follow: sleeplessness, irritability, poor assimilation and digestion, constipation, irregular heart, decline in sex force, etc.

Do not wait until the final stages have developed and you are told by your doctor to take a "long vacation" or confined to your bed for months of "rest" with drug stimulants and sedatives to keep you from "jumping out of your skin." The time to act is when you are advised that "there is nothing the matter with you"—except nerves—and yet you KNOW THERE IS SOMETHING THE MATTER.

Nerve Trouble or no nerve trouble, you should have a knowledge of the functioning of your Nervous System.

Read "Nerve Force," a 64-page book on the care of the nerves. This book is a startling revelation to people with sensitive or deranged nerves. It has aided many thousands to gain control of their nerves and build up their Nerve Force. Price, 25c postpaid. (Coin or stamps.)

Address PAUL VON BOECKMANN
110 West 40th Street, Studio No. 461, New York City.

Energy: Something We Shouldn't Save

(Continued from page 68)

as far as it gets with most of them. That the readers of STRENGTH not only are thinking, but also are doing something about it, is our sincerest hope and belief. That they are interesting others we also hope. The one thing that we want them to bear in mind when the exercise question comes up is that exercise is something to be done. The more you put into physical training the more you can get out of it.

We believe that more bar-bells are in regular use than any other form of home exercises today, and we know that bar-bell exercises can and do supply all the needs of the body. We do not claim that more bar-bells are sold than any other form of exercise equipment. This is obviously not the case, but we do believe that bar-bell work is inherently interesting, and that bar-bell users therefore stick to it. No one can deny that there has been a definite trend in the direction of this form of exercise, and to one familiar with training methods in general, the reason for this trend is very plain. An exercising implement which can be suited to the present physical needs of any man, no matter how small and under-developed he may be, and yet an exercising implement which practically all of the world's strongest men have used, and to which they almost unanimously attribute their strength combines in itself all of the necessary qualities for any man starting exercise.

Ten years ago, it was claimed that the

use of a bar-bell would make you muscle bound. Today instructors who do not sell bar-bells are apt to advertise that their products are as good as a bar-bell. It is generally recognized that no exercising system which does not admit of constant progression can be really satisfactory. It is also admitted that the back and legs are more important than the arms in the long run, and no system which ignores or cannot adequately take care of them can be satisfactory. As we said before this does not prove anything about the bar-bell except its adaptability.

The success that any man will have with exercise is absolutely dependent upon how thoroughly he understands the end he is trying to reach, and the method he is using to attain it, and above everything else the faithfulness with which he holds to his method. Be regular in your habits not only in so far as eating and sleeping and the general care of your body is concerned, but also in so far as your exercise is concerned. Constant plugging away will enable you to make great strides. No spasmodic efforts will give you anything like the same results. If you want to mix your methods of exercising up, that is good, always providing that you are not really dodging the work you don't like and therefore probably need most.

Have a plan and stick to it and you can make of yourself a physically fit man with a symmetrical body and enormous energy.

Wrestling Humoresques

(Continued from page 56)

take any body holds. Finally, Coored got sore and accused Kara of being greased.

"The complaint being put up to the referee, he decided that the only thing to do was to have the grease washed off while he looked on. But where to get a tub large enough to put this massive man in was the next thing. At last, they got a huge tub, filled it with water and bade Suliman get into it. As he did, the avalanche occurred. Like a tidal wave the water over-flowed on the stage. Everybody ran for safety, while we just howled with merriment. It was the funniest thing I ever saw and I laughed that night until my sides were sore. It took two men to scrub him, and they started one at each side and worked around until they met."

We all looked at each other, but said not a word, as George continued.

"Suliman won. When they got back onto the mat he charged the other colossus like a battalion of green devils. After a series of such bull like rushes he crashed the big dinosaur to the mat and spiked him down for keeps.

"Gee whiz! I often laughed as I wondered what chance any fellow had to ever put the scissors around either

of their waist lines."

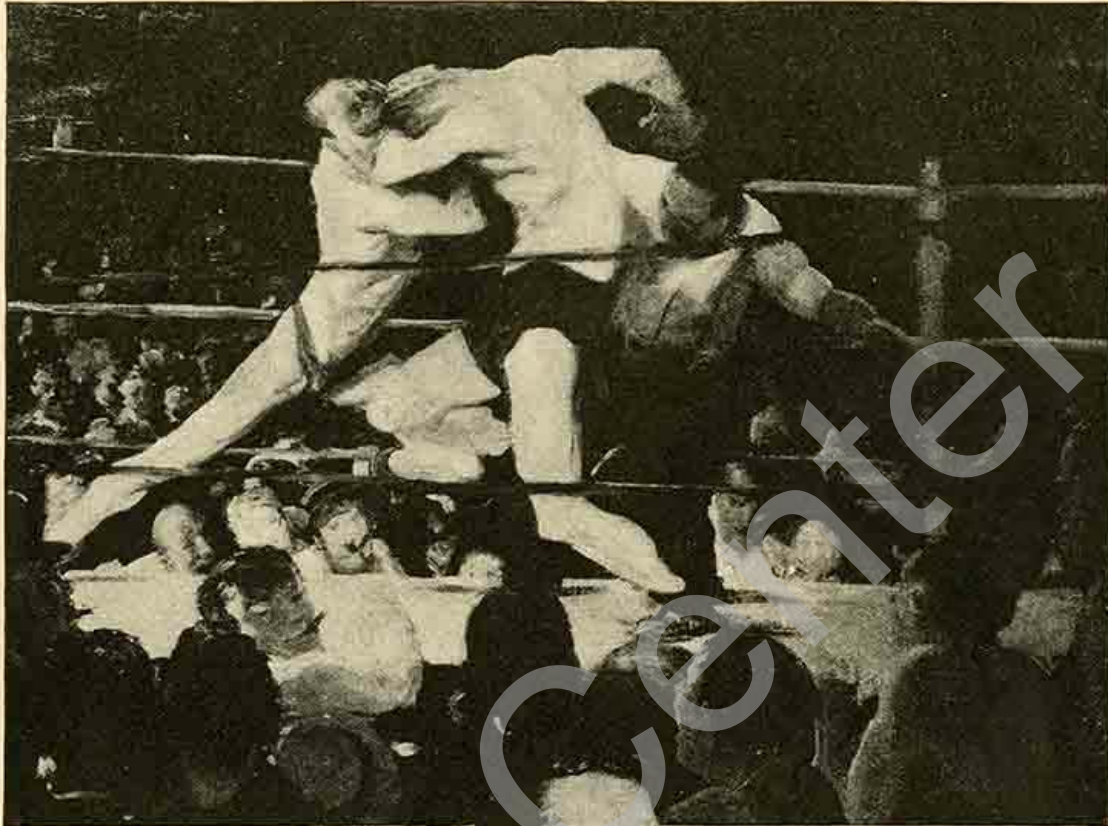
"That was a scream, all right," I exclaimed. "A fellow does bump into some burlesque circumstances when he mingles with sports. Invariably they are always game for a joke and know how to take one. I suppose you all remember Tom Rose when he was light-weight champion? Tom was pretty touchy about his ability. You only had to tell him that you knew of some one as good as he, and he went up in the air, and would yell for you to bring him on and fetch the undertaker. One night we had all been having a hilarious time, teasing Tom in general. Suddenly one of the gang shoved up to Tom and slapped down his wallet exclaiming, 'Tom, I have a man who is much lighter than you, but you couldn't pin his shoulders to the ground in a hundred years. And there's my money on it.'

"At first we thought it was just a joke, but when the wager was insisted on we all got serious. Tom wasn't the one to take a back seat from anybody, and he promptly covered the bet, asking for his opponent to be brought on.

"All right," the other replied, 'in half a jiffo.'

(Continued on page 72)

Life is a battle!



An Original Painting by George Bellows Owned by The Cleveland Museum of Art

Life is a battle. The strongest man wins. It's fight, fight, fight, from the cradle to the grave. In industry, in business, in the professions, it's a struggle of brains and brawn.

Are you properly equipped for the fray? Have you the strength? Have you the body that's fit to carry on the fight? Have you the nerve, the mental energy, the fighting spirit—to forge ahead?

My friend, you may think you're licked. You may be trudging thru life with a beaten hang-dog look. You may be frail and sickly. Tired—oh so tired! Weak and cringing. Broken down in body—shattered in spirit. But so long as you have the frame and limbs that God gave you and a heart in which there flickers what is perhaps the last dying spark of ambition to go ahead—I beg of you not to throw up the sponge.

Let me take you in hand. Let me give you a new glorious body for that half-dead hulk you're totting around. Let me put flesh

These marvels of physical transformation have been performed for my students. Let me help you do the same for yourself. Read them carefully. I am receiving many other letters like these every day.

Bowels Fine!—"Your instructions are wonderful and already I feel 100 per cent better. My bowels act twice every day by following your directions."—**EDWIN HUGHES**, 5918 Madison Rd., Cincinnati, O.

Sleeps Better!—"Your lessons are just what I want. I can notice an immediate betterment in my weight, sleep and liveliness through the entire day."—**FRANK V. PARATON**, 1042 Jefferson Avenue, Brooklyn, N. Y.

"I feel like a new man."—**GEORGE SLATTERY**, 55 Ames Ave., Chicopee, Mass.

Pains All Gone!—"The pains in my ears are all gone now. I enjoy your lessons very much."—**R. CONNOLLY**, 156 R. 20th St., New York City.

Muscles Now Fine!—"My bowels are getting very much better and my wind is now very good and my muscles are coming fine."—**M. K. HAMBURCK**, Athens, Tex.

Stiffness Gone!—"The stiffness and pain is all gone from my side and I feel a lot better already."—**RUDOLPH SCHROEDER**, Tipton, Iowa.

Limbered Up!—"I never felt so limbered up in all my life. I can see I'm going to get a lot of good out of your teachings."—**H. PHILLIPS**, 12 Electric Ave., Wells, Mich.

Gained Weight!—"I have gained about 8 pounds in weight already and always full of pep."—**MARTIN ROBERTS**, 201 Nassau Ave., Brooklyn, N. Y.

Back Broadened!—"I wish you could see my back now. I don't have that tired feeling any more. My back is getting broad and my muscles are as hard as stone."—**GEORGE A. WAGNER**, 267 W. Front St., Reading, Pa.

Bad Habits Gone!—"Am overcoming some bad habits and taking on some good ones. I notice an all around general improvement in my health."—**HUGH KRIP**, 1650 N. E. Miami Court, Miami Fla.

Quits Smoking!—"Have learned a few tricks about walking from you. Sitting—this was one of my greatest faults. Since taking your course, haven't touched liquor and am getting out of the habit of smoking."—**ARTHUR J. GOURLAY**, 41 Gelston St., Buffalo, N. Y.

BENNY LEONARD'S HOME COURSE OF PROMOTING PHYSICAL FITNESS (& BOXING)

and good old muscle on those skinny bones. Let me put the fire of youth in your heart—a spring in your step—a sparkle in your eye—a song in your breast. Let me put the spirit of fight in you—the spirit that never takes the count of ten.

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Enroll as a student in my course and let me disclose these secrets to you; let me show you how to overcome the physical defects that are pulling you down.

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 123 W. 31st St. Dept. 7-D New York City

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		<input type="checkbox"/> Pimples

Name
 Street
 City Age

Wrestling Humoresques

(Continued from Page 70)

"We agreed to meet on the lawn, back of the hostelry, right away. Everybody was puzzled and very interested, and we waited full of curiosity for this near-miracle to appear. When he did arrive, we all threw a fit. For, lo', and behold, the challenger was the most misshapen lurch-back I ever laid eyes on.

"Tom's mouth gaped and his eyes almost started from their sockets. He was so taken back at the way he had been roped. And to make matters worse for him, we all began to kid him that he must be in love to be duped so easily, although, we all had been just as badly hoaxed.

"At first I thought Rose was going to get angry, but suddenly you could see an idea had occurred to him. Acting on his inspiration, he said he'd be back in a minute. He returned with a spade in his hand, and promptly began to dig a hole, and when this was completed to his satisfaction, he slammed the hunch-back in and collected the bet.

"He stood the treats that night, and from that time on the boys always swore that Tom Rose could pin any lightweight in the world with either straight or crooked shoulders.

"That's just about as good as a match I saw between an Irish hobo wrestler and one of the dark-skinned tribe out in the west," Jim Droppo chipped in. Jim was a corking good cruiser weight

in his day (we won't say how long ago).

"The darkie was supposed to be the best man in that section. Pat was husky, but I think he had a vivid imagination like all the Irish" he added casting a sly grin over to where Gallagher sat. "It was the usual Saturday night exhibition put on by the saloon-keeper of that joint to draw customers. He never knew whether they could wrestle or not, and cared less. As long as they spilled a little blood and heaved each other out of the ring into the laps of the watchers to give a thrill, he was satisfied, generally paying them off with a couple of feeds and shake down.

"The Irishman was half shot when he stepped on the mat, and charged the darkie without ceremony, emitting the most blood curdling yells. They struggled for about half an hour before the darkie got the fall, and all the time Pat was hanging onto his own foot. Waking up to this, he shouted, 'Begorra 'ere Oive bin wrasslin wid that foot fer 'A'f an hour, and bejabers oi find it's me own."

We all roared at this and Jim pitched a cushion at Gallagher and as promptly dodged out of range.

Subsiding from our merriment I said, "After that, boys lets call it a night. When an Irishman doesn't know his own foot from another's, and the other man is a darkie, it is time to quit."

Sleeping for Health

(Continued from Page 37)

irritability. Food doesn't digest so well. There is a general lack of "punch" that usually takes more than a good night's sleep to build back.

Modern conditions, with their anxieties, cares and hurries, are causing much nervous instability—directly traceable to lack of proper sleep. Never before was there a time when people needed to sleep so long and so "hard" in order to build up vitality wasted in our intensive methods of living than right

now with our fast moving generation.

The man who continuously loses in the quantity of sleep, he requires is laboring under a handicap that will diminish his chances of success in life. The woman who habitually is disturbed in her rest, and in its duration, will make a failure of her children.

We need all the sound, restful, refreshing sleep we can get. Sleep builds health—health brings wealth, beauty, and happiness.

What is the Most Important Thing in Football?

(Continued from Page 28)

keynote of great machines today with timing or co-ordination to make them more effective.

The team that lacks them could have a Coy, a Heston, a Smith and a Grange

in its backfield, and a race of giants for its line, and it wouldn't get very far because its attack would be broken up before it could get started. The past season proved that we are right.

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How to Get Into the Bathing Beauty Class

(Continued from Page 25)

the thigh muscles all the way down to the knees.

The two most common movements of leg swinging are the swinging of the leg straight forward and backward and swinging it straight out to the side. And the usual way of performing these two movements is by fairly rapid swinging of the leg. Now there is nothing wrong with doing it rapidly except that it is not the most effective way. A far better exercise is obtained by doing both of these movements slowly. The reason for this is that when the leg is swung rapidly, the momentum thus acquired carries it up and down, thereby relieving the muscles of most of the work of lifting the leg.

So instead of moving the leg rapidly do it slowly and you will notice how the muscles are really put to work.

Try the leg swinging at various angles in between the forward, directly sideward and backward positions. Then raise the leg slowly forward and, keeping the foot at this height, swing it out and back, then down and forward again and repeat. In performing this movement the leg will move in a semi-circle out to the side.

You can hold on to something stationary as a means of steadying yourself on the one leg. You will find that the other hip that is not being moved also feels the effects. Don't overdo these movements at first, and don't forget you have two legs. The legs should be held rigidly straight in all these movements. There is nothing better than a little of this each day for giving you shapely hips and thighs.

While, as I said, the knees are affected somewhat by most hip and thigh exercises, the most direct exercise for these two parts are those in which the legs are bent and straightened at the knee joints.

If you will lie face down across your bed so that your feet, lower legs and knee joints are extended over the edge and then raise and lower the feet by bending the knees you get a very good back-of-the-knee and thigh exercise.

The insides of the thighs and knees are usually the most flabby sides and unfortunately are the most difficult to exercise directly. However, where there is a will there is a way; and if you will lie on your bed again and on one side of your body with your entire legs up to the hip joint hanging over and then put the upper leg forward until it rests on the bed you will be in a position to exercise the inner thigh and knee of the leg remaining extended. The idea of putting the upper leg over on the bed is simply to get it out of the way of the lower leg in this exercise. So it doesn't matter what you do with it as long as it is not in the way of this exercise. Now simply raise the extended leg straight up and as high as you can, and then slowly lower it to as low as it will go and repeat. If you do this

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one correctly and persistently you will soon feel it in the under thigh muscles which extend to the knee joints. When you have finished exercising the first leg don't go away and forget the other one—it needs exercise, too.

It may seem to my readers, from what I have written so far, that I am assuming all feminine lower limbs are well-formed. Right here I'll make a confession and say I know better than that. But I do believe by just hiding their overly plump knees and wearing sheer silk hosiery they fool us men into believing that they are all perfect. On the other hand, I also believe that when the ladies show their knees (and bare ones at that) they are making the mistake of going too far and spoiling what otherwise would look like a good thing.

That brings us to the waists that are fat and oversized. I do admit this is the most difficult part of my subject, but I think I can get around it all right. I mean to speak of feminine waist lines in their natural form, of course, and not while in their armor of rubber and whale bone.

For the waist line there are any number of exercises, all of which are good if followed with any consistency at all. Even though some one said a long time ago "Inconsistency, thy name is woman," I know it does not apply to our ladies of the present day. And if for no other purpose than to prove I'm right, I hope every one of my lady readers will start or resume exercise (which ever the case may be) and keep at it until you are compelled to take a good sized reef (or is it a tuck) in your armor.

Ask the Doctor

(Continued from Page 54)

X-ray taken of the gall bladder, and see if the presence of gall stones can be determined. If so, the administration of Succinate of Soda in 5 grain tablets three times a day, followed by a large glass of water, will tend to dissolve these gall stones, and clear out the passage leading from the gall duct to the intestine. In this, as in all medical problems, it is vitally necessary to know just what is the matter before anyone can say what can be done.

QUESTION: I am a boy of 16 and in good health, with the exception that I am getting blackheads on my nose and chin. It seems that for the last two years in the month of August my skin gets rough and white pimples appear on my face. Could you please tell me how to rid myself of these pimples and the blackheads?

M. T. A., Akron, Ohio.

ANSWER: Blackheads on the nose and chin signify a condition within the system which puts an extra strain of elimination upon the sebaceous glands, or the sweat glands, so-called, which help excrete effete matter from the body.

It is probable that during the month of August you eat a lot of corn and fruit, or some other article of diet, characteristic of this season, which imposes a strain on your digestion and tends to create an excessive amount of

As my space is getting short, I will not go into waist exercises, but merely advise you to use any of the great variety of waist and small of the back exercises that have appeared or that will appear in this magazine.

A very important point for the stout to remember is to eat less. If you will do this you will find that it takes less exercise to make and keep your flesh firm. When I say to eat less I really mean less in quantity as well as less of those foods that form fat readily.

Now we will try to help our very thin sister. They do say "it takes a lean mare for a long race," but I'm afraid if you remain skinny you'll find the race for a husband too darned long.

What I just told the stout they should not do, in regards to eating, the thin should do, but not overdo. Your exercising should be all-round with a slight specializing on exercises for the waist. These exercises will tone up your digestive organs and whet your appetite. Then you should eat plenty of the types of food that are taboo to the stout.

Don't worry, at least, unnecessarily. Calamities that haven't happened, but are expected, rarely are as calamitous as you let yourself believe they will be, and often they don't happen at all. Don't overwork and get more sleep are a few more of the habits that will increase your weight.

Resolve now to get beauty of form for your health's sake mainly, and not merely because it might give you an opportunity to display it on the stage or screen; not because of the compliments and popularity it will bring you; and not because you could then enter a beauty contest.

deflux in the system—more than can be eliminated by the bowels and urine, so nature tries to get ahead of it by throwing it off through the skin.

Would suggest that you clear the bowels with at least two free daily movements. One or two teaspoonsful of Oxy-Crystine in a glass of cold water the first thing in the morning when arising will usually accomplish this result. You should cut out all fried foods from your diet. Also sweets and pastries, and live largely upon green vegetables, such as spinach, lettuce, cauliflower, endive, cole slaw, carrots, etc. Also avoid the use of all white bread and white flour products, and eat whole wheat bread exclusively. Take meat not oftener than once a day, especially in the form of rare roast beef, rare steak or mutton chop. Take a daily hot bath, finishing off with a cold shower, after which the blackheads may be squeezed from their dilated sebaceous gland by the use of any little hollow tube pressed over them. The glass "straw" commonly used to suck up lemonade or to facilitate taking a beverage by invalids, purchasable in any drug store, is a good instrument to use for this purpose.

The whole thing sums itself up in cleanliness internally, externally and eternally. (Continued on Page 89)



A Better Method! Strength that Lasts!

“Don't burn yourself out” says Zbyszko “Here's a better way to GET real strength and health and KEEP it all your life!”

You can believe Zbyszko! Here's a man who knows what he's talking about. Think of it! 54 years of age and still as active and athletic as he was 25 years ago. He wrestles continuously. As this is written Zbyszko has just returned from a tour on which he met and defeated a dozen aspirants to his place in wrestling. And don't forget that wrestling is the one sport that requires strength, endurance, vitality and power. At the age of 54 Zbyszko won the Championship of the World! What a world of power in his massive frame. And yet the startling thing is that he has learned how to preserve his strength and vitality to a point in life when most men are ready to quit!

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Whatever You Do—Send For This Book

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30 Days' Trial Free



Exercise Your Arms When You Walk

(Continued from page 60)

or get well; how to take care of their children, and in fixing up their crippled and malformed ones.

"Yet, you don't want a lecture, nor anything too scientific. It is true that the magazines are full of such, or, at least, of the pseudoscientific, just true enough to give the laity over-self-confidence, and to be misapplied. What is needed is something practicable, and, will it sound impolite if I say . . . 'foolproof'?"

There are too many people led into doctoring themselves with drugs, diets and doubtful irregular methods of treatment; and there is overeating, and there are over-excitement and hurry, especially among city people. But there is one thing they seldom overdo. That is—

"Exercise!"

"Certainly, once in a while some young husky does get killed while playing football, or a girl overworks her heart in a basketball game. But, they are exceptions . . . and, too, they are avoidable accidents. Then, of course, there are working people who get enough exercise in their daily toil. But I am thinking of the great army of indoor people, business and professional men and women, storekeepers, accountants, stenographers, teachers, writers, and thousands of sedentary folks in scores of occupations, and some in no occupation. Many things conduce to this. For one, the speed mania.

"Walking, horseback, even the carriage—all are too slow. The tall buildings require elevators for their sixteen, or twenty, or thirty stories and so we become too lazy to walk up even one, two or three flights of stairs. It's no joke that too many business men get their only exercise in the swivel chair. It's a serious matter. Or, if there is an hour grudgingly spared to 'take the air' they call out the automobile, and after making sure that the windows are tightly shut, they bowl along the smoothest boulevard lest they get their muscles a little out of balance.

"Some do their 'daily dozen.' That's a good thing but, even when the exercise is done to music, the novelty wears off and the matter is neglected.

"What is the best of exercises? you ask.

"Horseback riding.

"But there is a drawback to that because there has to be a horse. Roads are so crowded with automobiles that there is little pleasure in the exercise.

"While driving for exercise is all right. Swimming, sailing, tennis, golf—all are good; but they are inconvenient and expensive.

"There is one thing universally available, practicable that is real exercise for everybody. Average Citizen is walking. What a blessing it is that we have it! It is as good as it is simple.

"It requires less artificial apparatus than any good athletic game you

can think of. You can get good exercise by walking with no apparatus, at all; you can get better exercise if you carry a walking stick. I need not tell you about the benefits of walking, or how to walk. There are whole essays and lectures and treatises on this subject. However, you just notice how your business friend takes his boasted constitutional—with his overcoat buttoned so tightly that he can hardly move, and with his hands in his pockets.

"By the way, so many men have that stupid habit of not only walking but standing with hands in pockets, even when in company, or while speaking in public.

"Or, watch madame!

"Not having pockets, she carries a muff or a handbag to keep her from moving her arms naturally. Not that I want to see people walking as though they were swimmers practicing the crawl stroke. But my notion is that Mr. or Mrs. or Miss, when out walking, would do well to keep hands out of pockets or muff, and to carry a cane.

"Canes are not merely for dandies, old men and cripples. Carry a cane and keep it moving.

"No need to endanger the passersby or the show windows; but change the stick from hand to hand, grasp it tightly and shake it. Let it slide a little through the fingers, then grip it again. If there is room in your path take the stick in both hands—in front of you—behind you—or over both shoulders—diagonally behind you. Use it sword-wise, nip the top off a roadside weed, or clip a pebble with the ferrule.

"There are a hundred ways to manipulate a walking stick. Habitually carry one and you will develop the strength and suppleness of fingers, wrists, arms, shoulders and you will practice your judgment of distance.

"The cane, besides being good for exercise, is an effective weapon of defense. We law-abiding citizens are not allowed to carry pistols, billies, brass-knuckles nor dirks, which are reserved for the privileged class—the toughs and hold-up gentry.

"But, let me carry something more than a switch and I will not be so likely to get my head cracked nor to crack my own knuckles.

"I like this stick.

"It weighs ten ounces and reaches from the ground to the top of my hip joint. I like to hold it about a fourth of the way down from the top. See how well it balances. I could temporarily paralyze a man's hand by a rap on the wrist—yes, or break it, for that matter—with this stick. A sudden thrust in the solar plexus—like this . . . would put him out.

"You can use one, or both hands, for the cane thrust. And you can take care of his partner by a side pass with the butt—like this. Of course, it's good to know something about single-stick and quarter-staff, foil fencing, and the sabre exercise. The sabre exercises are most

used with the cane.

"But, just get accustomed to carrying a good stick and you will find yourself growing handy with it. It would be a useful fad, and people seem to need fads to awaken their interest. Get the ladies and gentlemen to carry walking sticks and they will develop their forequarters as well as their hindquarters and trunks in walking and will get more fun out of the exercise.

"Those who are particularly fond of fads can make use of collecting walking sticks. As a matter of fact, if you use walking sticks they collect themselves. I never made a fad of collecting, but I have quite a number of sticks.

"I have a tall, straight beauty of palm wood. I got it in Trinidad. I have a stick I cut on the north bank of the Columbia river, up near the Dalles. There is a lemon-stick from Florida. A black one, inlaid with silver, was bought in Constantinople. A rugged staff is one I cut from the hedge of the field near Mauchline, in which Bobby Burns wrote the poem "To a Mouse."

"I have a sedate-looking baton, with an ivory knob, which was presented by my father to my grandfather. It was made from apple-wood grown in his own orchard. Another is made from rhinoceros hide. I'll not bother you with the rest, but they are all interesting. Each is a good companion for a stroll and the varying of sticks always makes the walk more interesting.

"If you doubt me, get yourself a stick. Go out in the woods—and cut one. Shine it up. Take it out for a walk—do that regularly, daily . . . and see how much better, physically and mentally, you will feel."

Straight Shoulders and a Flat Back

(Continued from page 31)

of round shoulders the following are groups of exercise specially used for this condition. First have your patient assume the position illustrated in Fig. 1, then clasp the hands behind the back and commence to exert pressure by pulling the hands slowly and steadily apart, holding tight in order to create resistance by keeping a firm clasp and taking special care to lock the elbows stiff, pull shoulders far down as possible, and throwing out the chest by arching the back to its limit. Fig. 3 gives you an idea how this may be executed. This exercise not only stretches the spine, but it is particularly beneficial to the shoulders and the chest, as you will notice if you practice it for a few moments.

Seat your patient on a stool or chair, and have him assume the correct position shown in Fig. 4. You must impress upon him the importance of continually sitting in the manner illustrated, and not in the way shown in Fig. 5, if he is ever to straighten his deformed shoulders. Now tell him to fling his arms up as high as possible. Make him stretch and stretch till he can reach no further, then allow him to



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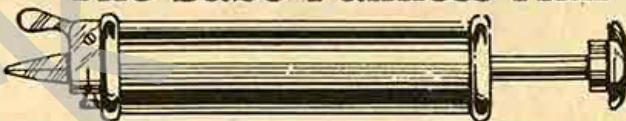
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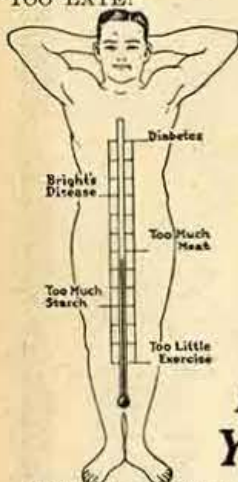
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assume position Fig. 4. Repeat this exercise a number of times. Fig. 6 shows the patient with his arms stretched to the highest possible degree.

Have the patient assume position Fig. 1 again on the count "one" with the hips firm. On the count "two" have him raise arms vigorously sideways and on the count "three" bend forward holding the head up. Have him do this same exercise with the arms clasped behind the neck and bend forward with the head up as before. See Fig. 7.

As your patient becomes more stronger, make the exercises more difficult. For instance, from the lying face down position with arms behind head, raise the head and shoulders. Fig. 8. This is a splendid exercise for the stoop shoulders and it can be varied by holding the feet and applying resistance with one hand on the dorsal spine. Fig. 9. The same exercise may be done with the patient lying over the edge of the table.

Next have your patient sit on a low stool. Place your foot on the stool, and the knee against the Kyphotic part, and slowly draw the patient's shoulders backward, taking pains not to strain him in any way, but using your force gently. Fig. 10 shows best how this may be done. Another beneficial exercise is have the patient take a deep abdominal inspiration, without perceptibly moving the ribs. Now have him raise his ribs vigorously and forcibly blow out the air.

The above exercises if practiced faithfully and diligently will insure the patient in curing his defect, if he sticks to it, and patiently works for results. But he must daily perform his exercises without fail, else the benefits he may derive will be lost to him, if he persists in doing otherwise. Take the case of the newspaper man. Do you think for one instant that that man gave up when day after day no results came. No, his goal was health, and the vision before him was that of a body, erect, shoulders square, a body built on a rugged foundation and strong tissue. He practically had to make himself over, it was awful, tedious, nerve-racking work, but he withstood all its trials and tribulations, and today he blesses that virtue of perseverance.

I will take up the interesting subject of Scoliosis in a later issue of STRENGTH, and tell you something about it, and how by special exercise it can be remedied. It is a lateral curvature of the spine in which the spine is inclined to one or the other side of the median line. There are two general types of this deformity. One is habitual deformity, a condition due solely to improper attitude, and the changes in the structure have not advanced to the degree where they cannot be helped by voluntary or passive correction. The other is the fixed deformity, a condition due to changes in the bones and other tissues which have made correction difficult or impossible. If you have this condition or know of anyone afflicted with it then by all means get hold of the issue containing this article and put its advice to practice.

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American Continental Weight Lifters' Association Notes

(Continued from Page 50)

the treat of the night. Albert Manger, National title contender, made his attempts on the five lifts, to be compared with the lifts of W. Burns of Los Angeles, national heavyweight champion.

It was agreed as explained before, that Manger and Burns should contest together at the same hour, and both totals wired east and west to compare. For some reason, Burns was compelled to withdraw at the last minute. Manger would easily have beaten the Californian unless Burns had exceeded his best previous efforts. The following are the poundages made by Manger on the different lifts. One Hand Military Press, 110 pounds; Two Hands Clean and Jerk, 270 pounds; Two Hands Snatch, 195 pounds; One Hand Clean and Jerk, 200 pounds; Two Hands Dead Lift, 520 pounds; grand total of 1290 pounds.

Of course this does not give Manger the National title, as all such are held for one year, but it goes to prove that Manger had bad luck when making his totals for national honors. Next year will no doubt see the heavyweight title come east, although we hear that Los Angeles has another fine young heavyweight who is doing two hundred seventy pounds in the Two Hands Clean; but Manger has done in training two hundred ninety pounds, and we expect to see him do this in competition. Burns total was eleven hundred ninety-two and three-quarter pounds, which gives the Baltimore boy a lead of ninety-seven and a quarter pounds. Some lead.

E. Geiser, of Camden, New Jersey, gave a delightful posing display that was well received.

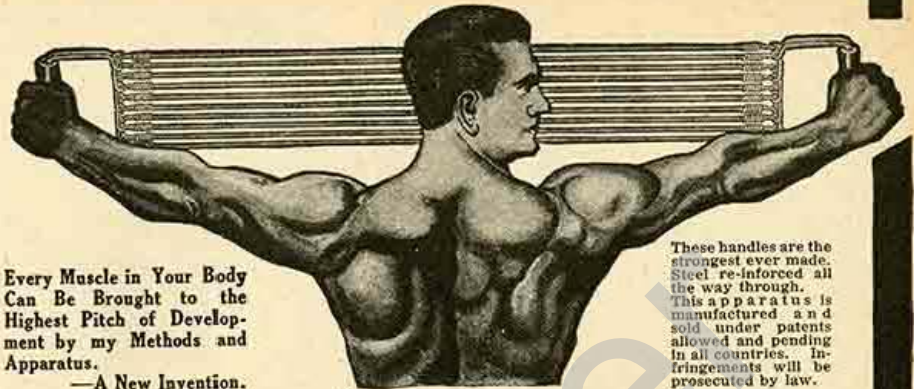
Antone Matysek next gave a demonstration of various lifts along with a few stunts.

Next followed the first appearance of R. Bickel, a thirteen year old boy who wants to win the national bantamweight honors. This gallant little chap only scaled ninety-eight pounds, but he made some fine attempts just the same. His original intention was to score the points for the A. C. W. L. A. award, but the little chap was unsuccessful. His every lift was given a rousing ovation, and his style was great for so young an exponent of the real man's game.

A very pleasant surprise was handed the boys. Otto Arco, the famous poseur and athlete, stopped off enroute to Washington and gave a masterly exhibition of muscle control. He certainly is a muscular marvel. He kept the muscles dancing in time with his smile throughout. Cries of wonderment could be heard everywhere as this wonder man of muscle continued to dazzle the spectators with his posing display.

Otto is a wonderful enthusiast. He never takes a back seat. Always ready

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to do his bit he makes himself a power for good to his fellow enthusiasts and the A. C. W. L. A.

Every exhibition sees a few more records made, which means that every event shows that our boys are stepping higher up the ladder of weight lifting fame. With it goes the American Status which a few years ago was nil, and now is in the race for world's supremacy.

A few of the members who made some of the poundages on the five lifts lately, are Gordon M. Strain, Sedalia, Mo., one hundred thirty-two pounds, totaled eight hundred eighteen and a half pounds. Bronze medal. Later he scored a total of nine hundred three and a half pounds and received the silver award. Cecil Lovel, of Kansas City, Missouri, one hundred thirty-nine pounds, made seven hundred fifty-one pounds and won the bronze award. Irvin Meyer, Toledo, Ohio, one hundred twenty-five pounds, scored seven hundred five and a half, wins the bronze medal. Arthur E. Sell, Toledo, Ohio, at one hundred forty-eight and a half pounds, created no less than fourteen records in one night. Some killing.

George Dembinski, a former splendid featherweight performer, who unfortunately has been held up the last year or so from weight lifting training by his scholastic studies, has once more got back to his beloved hobby.

Recently the Albany boy took a tour and visited all A. C. W. L. A. members in the various centers he stopped. His example of muscle culture and lifting weights did a lot to enthuse the boys, and I have received many complimentary letters from these members expressing their appreciation of friend Dembinski.

I wish we had more workers like George Dembinski, as it takes an enthusiastic person to create enthusiasm.

Weight lifting on the Pacific coast has been booming lately and many events of interest have occurred.

The Los Angeles Athletic Club held two competitions on the twenty-second of August and the twenty-seventh, and intends to hold a series of competitions until a certain number of lifts are completed.

The first competition was held on the seven following tests: Left and Right Arm Pull Over; Back Press; Two Arm Pull Over; Lateral Raise; Chin on Rings, and Press Up on Parallel Bars. The following are the poundages of each man on each stunt in the order just given.

Marion Betty, national heavy middleweight champion, made 40 lbs., 54 lbs., 193 lbs., 82½ lbs., 76 lbs., 98 times—105 times, a Total of 649.

R. Straight, Pacific Coast middleweight champion, 40 lbs., 40 lbs., 220 lbs., 73 lbs., 60 lbs., 95 times—100 times, Total 628.

R. Connelly, Pacific Coast lightweight champion, 40 lbs., 40 lbs., 182 lbs., 78 lbs., 70 lbs., 78 times—95 times, Total 583. From this schedule Connelly shows up very well in comparison with the other boys who were much heavier.

On August twenty-ninth that splen-

did record holder, Frank Merrill, accomplished one hundred six pounds in the Lateral Raise Lying, using fifty-three pounds in the right and left hand. His body weight being one hundred sixty-six pounds, making a new American Amateur Record. This record was performed during a special contest staged at the Los Angeles Athletic Club. On this same occasion Merrill created a new world's record on the Left Hand Pull Over at arms' length of seventy-two pounds. Although this lift is not listed as a recognized lift, yet it will be interesting to all to know that Merrill's feat beat Joe Nordquest's record by five and a half pounds. All the eastern boys heartily proffer their congratulations to the Los Angeles boy for his splendid feat.

Another contest of great interest was held in Los Angeles on September tenth between A. E. Sundberg of Mayger, Oregon, and Ray Connelly of Los Angeles, on the five A. C. W. L. A. lifts. Sundberg is a new contestant in the amateur ranks. In comparing the totals, the reader is asked to notice that Sundberg's total beats Snyder's championship total by 11½ pounds. The poundages on each lift are as follows: Connelly, One Hand Clean and Jerk, 137½ pounds; Sundberg, 147 pounds; One Hand Military Press, Connelly, 60 pounds; Sundberg, 64 pounds; Two Hands Clean and Jerk, Connelly, 200 pounds; Sundberg, 206 pounds; Two Hands Snatch, Connelly, 137 pounds; Sundberg, 147 pounds; Two Hands Dead Lift, Connelly, 380 pounds; Sundberg, 414½ pounds. Totals, Connelly, 914 pounds; Sundberg, 978½ pounds, which made the Oregon boy an easy winner. Connelly, like a good sport, offers no excuse, and admits that Sundberg is a wonderful boy. Connelly weighed one hundred thirty-four pounds, and Sundberg one hundred thirty-eight pounds. We are delighted to see Sundberg come forward, as it means keener competition. There is no doubt the Mayger boy will improve, so it behooves all the lightweights to look out, or Orgeon may have the title next year. Here's wishing you continued success, Sundberg.

On the evening of September twelfth, Sundberg created a new American amateur record in the Wrestler's Bridge by doing one hundred seventy-five pounds. This beats Pellicotti's record of one hundred forty pounds. I might say that Sundberg's Two Hands Dead Lift was also a new American Amateur record. The former record being four hundred eleven, held by Connelly.

No doubt the impetus to the game is caused by the presence of Henry Milo Steinborn, who is now located in Los Angeles and expects to make new records soon. Henry's wonderful physique and strength would inspire anybody to try and make good, and we all wish him luck.

We have just heard from W. Walters, the powerful one hundred sixty pound Military Press boy. He is getting back into harness and expects to do some great work this sea-

(Continued on Page 82)

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American Continental Weight Lifters' Association Notes

(Continued from Page 80)

son. Standing five feet four inches, his measurements run as follows: Neck, seventeen inches; Chest, normal, forty-three inches; expanded, forty-five inches; Waist, thirty-two inches; Thigh, twenty-three inches; Calf, fifteen inches; Bicep, fifteen inches; Forearm, twelve inches, and wrist seven inches.

On September 25th the Birdsboro boys ran a show arranged by Frank Dennis, the popular middleweight amateur champion. Birdsboro is an exceptionally hard place to locate, and many of the boys who motored from New York and New Jersey got lost. A like fate befell our president, G. F. Jowett.

Mark Berry, of Newark, New Jersey, the favorite featherweight champion, did the refereeing to the satisfaction of everybody. The four Gallo Brothers opened the show with a good bag of tricks which included all manner of tumbling and balancing stunts. The next turn introduced the Banks Sisters, of Reading, Pennsylvania, who gave a pleasing interpretation of how a song can be acted as well as sung. They have lots of talent and know how to use it.

This was followed by an attempt by J. Dettor to establish a new record on the Jefferson Lift, at a bodyweight of one hundred twenty-one pounds. He was successful in making a new mark in both the featherweight and lightweight divisions with five hundred and fifty pounds.

Frank Dennis came next in what is probably his last lifting as an amateur. Ever capable at feats of strength, he gave further evidence when he raised six hundred seventy pounds in the Jefferson lift and seven hundred twenty pounds in the Kennedy style, establishing new records up to the heavyweight class, his bodyweight being one hundred fifty pounds.

Anthony Pellicotti at one hundred fifty and a half pounds handled one hundred forty-seven and a half in the left arm Bent Press and was very unfortunate with one hundred sixty-five pounds, after getting it to a straight arm. He was followed by J. MacAllister, a new comer, who gave a demonstration on the Right Arm Clean and Jerk with one hundred forty-nine and a quarter pounds.

The act de luxe had for its setting the famous New Yorker, S. Klein, who gave his usual beautiful posing act, which was greatly appreciated.

Florence Banks next gave a very difficult act of contortion and acrobatic skill. This young lady is extremely supple and has completely mastered all the intricacies that govern this difficult art. Artistic and clever, she is a fine example of what physical training can do for the fair sex.

Young Russell Bickel at one hundred pounds, body weight, made a total of five hundred sixteen and three quarter

pounds on the five lifts. This thirteen year old boy showed marked improvement in his technique over his last performance and will no doubt develop into a champion bantamweight.

The Banks Sisters further captivated the audience by their clever song and dance number.

The evening's display was concluded with lifting by Arthur Levan of Reading, Pennsylvania, who scaled one hundred twenty-five pounds. This young man did some pretty good stuff, particularly in the One Hand Snatch and the Wrestler's Bridge, performing 116 pounds and 176 pounds respectively.

Our old friend and co-worker, Bob Hoffman of York, Pennsylvania, had a wonderful time lifting all evening. Of course he said it was loading the bells that was work, but look at the exercise he got out of it, and the boys didn't charge him a solitary dime.

October third opened our first real show in New York City, which was held at Bryant's Hall, Times Square. The turnout was the largest at any show, and many famous celebrities attended. Mr. Jowett introduced them all, including Mrs. Attila, widow of the famous Professor Attila, whose name stands for all that is great and fine in the realm of strength; W. L. Travis, J. Lambert, Harry Glick, Albiuzo, Otto Arco, and Paulinetti.

W. L. Travis and M. Berry were judges and inspectors of scales, and George F. Jowett was referee.

Siegmund Klein opened the show with a posing display that kept the people rubbing their eyes in profound admiration and astonishment. It seemed hard for them to realize that the body could have so many muscles and that they could be made to show so clearly without being charcoaled.

This pleasing act was followed with the advent of two new comers into Irona, who lifted together. Lasky and Wilson of New York City. Lasky at a body weight of one hundred thirty-one and three quarter pounds succeeded with seventy-seven and three quarter pounds in the Abdominal Raise, while Wilson at one hundred forty-four pounds failed with seventy-one and a half pounds, making sixty-one and three quarter pounds his best. Wilson got away with ninety-four and a half pounds in the Two Hands Pull Over, and just failed with ninety-eight and three quarter pounds.

Louis Schwartz and A. Bielau, of New York, had a set-to on the five A. C. W. L. A. lifts. It was a hard fought contest with Bielau winning on a total by six pounds. The lifts and totals being—Schwartz at one hundred sixty pounds, One Hand Military Press 79½ pounds; One Hand Clean and Jerk, 139¾ pounds; Two Hands Snatch, 144¼ pounds; Two Hands Clean and Jerk, 213 pounds; Two Hands Dead Lift, 427 pounds; Total, 1003½ pounds. Bielau at one hundred sixty-eight pounds; One Hand Military Press, 79½ pounds; One Hand Clean and Jerk, 129¾ pounds; Two Hands Snatch, 160 pounds; Two Hands Clean and Jerk, 213 pounds; Two Hands



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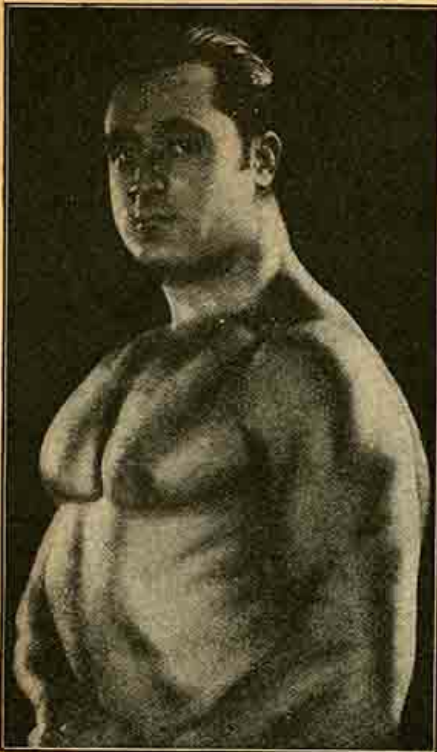
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Dead Lift, 427 pounds; Total, 1009 1/4 pounds.

The next was to have been one of the feature bouts of the night. The contest between S. Klein, American professional middleweight champion and Frank Dennis, American amateur champion, for national professional honors. For some unavoidable reason Frank never arrived. This left Klein to lift alone. He made an effort to beat his former total in the five lifts which is the highest made up to date. Mr. Jowett promised him a special gold medal if he was successful. We are proud to say the New Yorker was, and received the medal right there. His poundages were One Hand Military Press, ninety-five and three-quarter pounds; One Hand Clean and Jerk, one hundred fifty-eight pounds; Two Hands Snatch, one hundred eighty-seven and a quarter pounds; Two Hands Clean and Jerk, two hundred and fifty-seven pounds; Two Hands Dead Lift, four hundred sixty and a half pounds. Total, 1151 pounds, thus beating his former total by eight pounds.

Next we had Arthur Leslie, a New York business man in his fifty-third year, who gave a marvellous demonstration in one feat of strength. Lifting a bell across the shoulders, he supported a man on each end, and walked off the stage easily with them. Mr. Leslie never touched a weight to exercise with until he was forty-seven. We heartily congratulate him on what he has accomplished for himself.

Albert Manger, the popular Baltimore heavyweight, gave an exhibition in three lifts. Lifting on a strange bar he wasted too much strength, and hand-dropped himself. His three lifts were Two Hands Military Press, 199 1/2 pounds; Two Hands Clean and Jerk, 269 3/4 pounds; Two Hands Dead Lift, 506 3/4 pounds.

Since Dennis has vacated the amateur ranks, the other middleweights are getting busy to win his place. We all know that Harry B. Paschall is good, but he gave us a double surprise Saturday night, when he not only beat his opponent in contest, but beat the best total made by Dennis on the five lifts. His opponent was Lefkowitz, of New York, who scaled one hundred forty-six pounds against Harry at one hundred forty-eight pounds.

Lefkowitz is only seventeen years old, but is remarkably well muscled, and very powerful. The performance by each man on the five lifts were—Paschall, One Hand Military Press, 90 pounds; One Hand Clean and Jerk, 151 1/2 pounds; Two Hands Snatch, 175 1/2 pounds; Two Hands Clean and Jerk, 210 pounds; Two Hands Dead Lift, 409 1/2 pounds. Total, 1036 1/2 pounds. Lefkowitz—One Hand Military Press, 75 1/4 pounds; One Hand Clean and Jerk, 130 1/4 pounds; Two Hands Snatch, 156 1/2 pounds; Two Hands Clean and Jerk, 203 1/2 pounds; Two Hands Dead Lift, 348 1/2 pounds. Total, 914 pounds.

Paschall's total beat Dennis by four and a half. We were delighted to see the former Ohio boy make good.

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The Mat

(Continued from page 59)

few words in English, and I could never say anything in German, so we were obliged to forego the act of combined ball juggling and kettle bell spinning which we had desired to build up at that time.

As my Polish friend and I were talking, he noticed a paper clipping on my desk that was illustrated with a man pushing a dumbbell to arms' length. The text matter was to the effect that the individual shown in the illustration had pushed a 121-pound dumbbell to arms' length 14,000 times. As Maxsyaick read it, his brow raised in astonishment, while he ejaculated one word—"Impossible!"

I agreed with him, because I know it is entirely impossible. No human arm could jerk that amount 100 times, let alone 14,000 times. But to push it up—well, it sound's like a part of the Arabian Nights.

Even if the arm had the power and necessary nerve strength to make these continuous movements, the arm would fall down numbed and useless long before that number of movements were made.

Figure out the length of time required to perform such a feat, and then stand with one arm stretched overhead for that length of time. You will find that the blood will leave the arm, being unable to flow upwards in such a quantity as required for the physical effort. The arm will begin to tremble from nervous reaction, and will finally collapse, numbed and temporarily useless.

It is a gross exaggeration of a feat in which some athlete might have pushed up such a weight fourteen times.

The reason I have written of this is because I am afraid some enthusiasts, thinking that it is a proper thing to do in testing their strength, might be led to try how many times they could raise a weight to arms' length.

At one time this form of testing strength was in vogue, but now we know it is neither a test of strength nor good for the individual.

As a feat of strength, the fact that a man can raise a five-pound dumbbell so many times over his head in so many minutes does not mean a thing.


Many years ago I met an old Irish lifter, who was then in his sixty-second year. He had just put up some new records of lifting various light dumbbells over head so many hundred times. I could not do it. But, to say he was half as strong as I was, was a joke.

To commence such a feat, the performer must start out by raising the arm up and down as rapidly as possible, to gather momentum. It is never a real physical effort, it is purely nervous, and anything that unnecessarily involves continuous nervous action should be left entirely alone.


Even with real heavy weights, weight-lifting organizations have long since disapproved repetition feats. They will not recognize a feat performed

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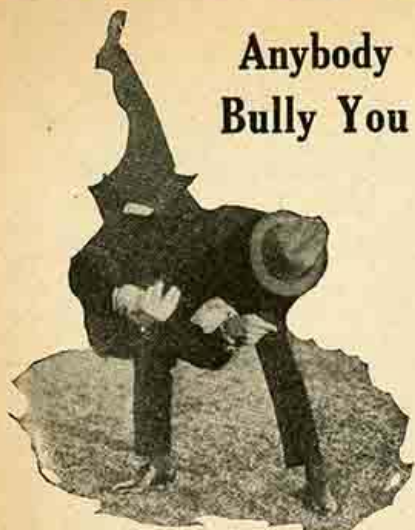
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more than once. What interests them most is the amount of weight raised, not the number of repetitions.

Now, I do not want my readers to become confused on this point. There is a vast deal of difference in putting up a ten-pound weight two or three hundred times or a hundred-pound weight six times. The latter is purely physical, which is a body-building exercise, but the other, by reason of the speed involved, is a nervous movement.

With the passing away of repetition lifting, the system of exercise that involved numerous repetitions lost its popularity, if it ever had any.

People went through that process of "physical torture" because they believed it was proper. We cannot altogether blame the physical instructors of that time. They taught according to their lights. They certainly did not intentionally mislead the public; nevertheless, physical training was retarded in its progress for that reason.

I well remember the time when I used to count one hundred fifty, one hundred fifty-one, and so on, with a pair of two-pound dumbbells, until my arms got so wearied that I could hardly move them.

As a matter of fact, this repetition work got so hateful that I quit exercise entirely and took up wrestling and hand balancing as a more interesting form of body building. But we all have to learn, and repetition exercise, combined with calisthenics, was one of the supposed first improved steps of progression in muscle culture. It is a relic of the Victorian period.

Sandow came forward with his beautiful physique and feats of strength—then people began to take a broader viewpoint. They saw the need of supplying the body with greater resistance, which brought about the advent of the bar-bell. Instructors cropped up with new ideas and built up a form of exercises to cover bar-bells, and then other principles were introduced. Today we have the highly specialized form of body training that makes life a joy. We progress all the time and the public benefits in consequence.

No, my friends, the numerous repetition stuff, with its light dumbbells, is no longer alive. We buried it long ago and intend to keep it buried.

The progressive idea is the idea of the American body builder, and it is with us to stay because it has developed the finest examples of muscular manhood ever produced in any generation.

The Bent Press

This lift is going to play quite an important part in the weight lifter's program for 1926, so it behooves all followers of this sport to seriously study this particular lift.

Some years ago, this lift was tremendously popular, but since the war has been very little heard of. It is valuable, for many reasons, and I am glad to see it come back.

The biggest majority of beginners will find this lift more difficult to learn than others. It calls for a lot of tech-

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nique and balance, a very supple waist, well-developed latissimus dorsi and external oblique muscles, and a clear mind.

Having these necessary requisites, we will begin to master the science of the lift. First, I would advise a cambered bar, as it prevents any roll away, which is always evident more or less with a straight bar. It allows the whole weight to maintain a steady hang, and gives the lifter a better opportunity to control the balance.

As the bent press starts from the shoulder, we will not consider the pulling in, which can be done clean, rocked to the shoulder, or with the use of two hands.

When the weight is at the shoulder, the upper part of the arm should be resting firmly upon the side of the body supported by the latissimus dorsi. The body should be bent sideways, away from the lifting arm, as shown in Figure 1. The forearm should be perfectly perpendicular with the lifting leg. If it is the least bit past this line in either direction, the lift will be spoiled.

There is no doubt in my mind that the position of the feet and the hip is the first most important feature of this lift.

Most beginners make the mistake, when receiving the weight at the shoulder, of stepping out sideways with the corresponding leg. I know it is the natural thing for them to do, as the novice has the feeling that the arm is slipping off the body. The only leg that should deviate from the perpendicular is the non-lifting leg.

In order to have sufficient foot-spread to control the bodily balance, step sideways with the non-lifting foot, but at the same time thrust the lifting hip well under the weight, and bend way over sideways. This gives the arm a more substantial support, and places the lifter in the best position from which to go ahead. If he has done this correctly, the line of the forearm and lifting leg will be straight up and down. But, if the placement of the lifting foot is not correct, his purpose will be defeated in the continuation of the lift. Therefore, to be sure you have this foot position right, turn the toes inward.


Here is the reason why:

Naturally, every person will turn his feet outwards. When this is done, in this particular lift, the foot levers against the hip, pushing it away from the weight, instead of under the weight. It also brings a slight twist upon the knee. This causes the knee to be bent before it should be, which, instead of aiding the lifting arm, works against it. Figure 2 illustrates clearly these incorrect positions. But, when the foot is turned in, just the opposite takes place. The hip is thrown further under the weight, and the knee is kept straight until the lifter desires to bend it at the right time and place.

So the things to be careful of are to turn in the foot of the lifting leg, and thrust out the hip. To have the lifting

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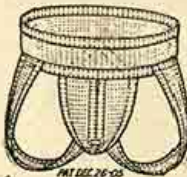
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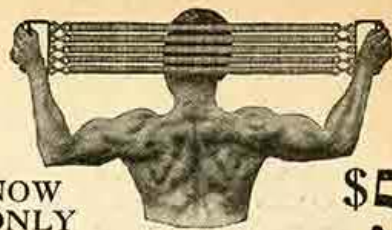


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forearm perpendicular with the lifting leg, and bend well over sideways to give the arm a substantial support, and step sideways with the non-lifting leg.

The bell should be turned when received at the shoulder, so that it lays level with the line of both shoulders.

By turning the bar around as far as it will go, all danger of the bar swinging or twisting while the lift is being performed is avoided.

If you have the leg and forearm running in a perfectly straight line with each other, there will be no strain when supporting the weight in the hand while the bell is at the shoulder.

Having this all settled in his mind, the lifter is ready to go on with the second stage of the lift.

Place the hand upon the corresponding thigh, and begin to bend the body in a spiral movement, sideways and forwards, away from the weight. As the body begins to bend, allow the disengaged hand and arm to slide over the corresponding thigh. This part is very necessary as it steadies the lifter throughout the entire performance, and supports him when raising to the erect position.

At the same time, keep exerting a steady pressure against the weight with the lifting arm.

Do not get it into your head that this lift is a pure balancing feat. It is not. It is agreed that balance plays a very important part in the lift, but that is not all. Strength must be used, all the time. Be careful to keep the weight well balanced in the hand, and do not bend the knee of the lifting leg until the weight is felt to be in the position where you are ready to straighten out under it.

If the lifter feels that the weight is forcing the arm to roll off the side, he should bend forwards more, not sideways. This will take care of that condition, as the latissimus dorsi forms a bed for the upper arm, and thus supplies the necessary support.

In making the bend from the waist, a lifter must use his own judgment as to whether he should perform the lift slowly or fast. I have seen it performed both ways successfully. Personally, I much prefer the slow style, especially when handling a big weight.

I always gain confidence by feeling a complete control, while the fast style is more of a hit and miss. Saxon was a slow "presser." As a rule, the slow-but-sure lifter is most successful.

Instead of turning the bar around to the back level with the shoulders before commencing the press, some lifters would turn it around as they began to bend and press. Their argument was that, by turning the bar as they went over, it helped them to get a better forward bend. However, these are only slight variations from the general principle, but I would advise all beginners to practice as outlined above.

I have purposely stopped in my explanation of this lift where the athlete has bent over sideways to his limit, to the point where the lifting leg has to

(Continued on page 90)

Balance Your Way to Health

(Continued from page 35)

air and then commenced to perform whirlwind acrobatic and hand-balancing feats. Everyone's attention focused on me as I kept whirling crazily from stunt to stunt. At last I tired "of blowing off pent-up steam," as it were, and sat down to rest from my violent exertions. A magnificent well-muscled individual made my acquaintance and immediately began to discuss feats of hand-balancing with me. He performed many of my stunts to perfection and he completely awed me with his superb grace and strength by doing stunts enough to kill a horse. It was a fitting climax when he nonchalantly executed the elbow dip 12 times in succession. Having never seen such a feat, I became greatly enthused.

The elbow dip, or tiger's bend as it is sometimes called, is rather difficult, but I had had sufficient training in hand-balancing to understand its technicalities. So when this fine specimen of physical culture showed me how to perform, it was not long before I mastered its complication. That very same day he introduced me to the "Iron Game," or weight lifting, and my showing in it was due entirely to my faithful practice of hand-balancing, which alone gave me a wonderful muscular development. At that time his name was of little significance to me, but I soon learned that he was none other than the famous Siegmund Klein, who today is making thousands of real men through his wonderful course in physical training.

By constant practice, I can perform this feat a dozen times without noticeable exertion. I have worked several intricate variations of the stunt, which I now employ in my dancing and hand-balancing acts as the feature of my program. The method I employ looks difficult, when in reality it is quite the opposite. Bend forward, place the palms on the floor close to the feet and press up to a hand-stand. Lower yourself to the elbows, by pressing vigor-

ously with the hands, and arch the back to a pronounced degree in order to keep yourself from falling as you lower yourself. Once you are on the elbows without mishap (Fig. 12), suddenly push the whole body forward. This tends to raise the elbows and places the body in position ready for the push-up that follows this movement. Exerting plenty of effort and strength will enable you to push off the elbows. But to do this successfully you must be able to execute the press-ups quite a number of times.

Hand-balancing is a conductive means to health, and the strength and energy it fosters counts upon the amount of effort put into the work. For health is not to be purchased by sloth and idleness, for those are chief inconveniences of sickness; and there is no difference between he who thinks to enjoy his health by idleness and quiet, and he who thinks to preserve his eyes by not using them, and his voice by not speaking. For such a man's health will not be any advantage to him in the performance of many things he is obliged to do as a man. Idleness can never be said to conduce to health, for it destroys the very end of it. Nor is it true that they are the most healthful who do least. We ought to preserve the natural constitution of our bodies by other means, knowing every part of our life is capable of sickness and health. Activity, exercise, they are the means we must use to counteract the destructive forces that stalk our path, and make our progress difficult.

Thus, my readers, see that you employ your leisure in some honest sport and pastime. Start from the beginning with the exercises I have outlined for you, and you will find fun and enjoyment and health by continuing on, and the more effort that you exert, the more strength, the more ability you will receive.

Ask the Doctor

(Continued from page 74)

QUESTION: About three years ago I had a nervous breakdown which several M. D.'s treated with but little success. I finally went to a chiropractor, and was much benefited. Prior to that time I had dizziness and extreme nervousness, ringing in ears and head noises. A few months ago, owing to an awful vertigo, the chiropractor made an X-ray picture of the neck and began to adjust the neck, which stopped the muffled sounds and head noises in the middle ear. Now a noise like escaping steam is in the outer ear. I can hear much better, but the vertigo seems to grow worse.

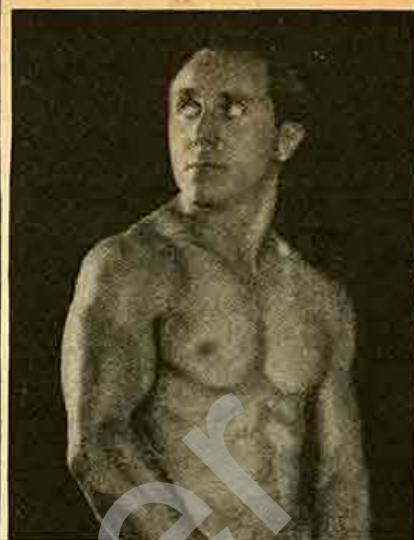
I am otherwise healthy; have good appetite. Am 58 years old. However, have constipation for 25 years. I had catarrhal affection some years ago, but considered it much better. My ears have never had any pus or matter.

ANSWER: Your condition seems to be due to catarrh of the middle ear, auto-intoxication from intestinal absorption, following your 25 years of chronic con-

stipation, and a possible anemia and circulatory conditions resulting from this lowered state of vitality.

I advise you, first and foremost, to see that you secure two free daily movements of the bowels, using Oxy-Crystine or some other non-habit forming laxative for this purpose. Also use an atomizer solution in the nose morning and night. One composed of oil of pine needles, 30 drops; oil of eucalyptus, 20 drops; menthol, 5 grains; carbolic acid and benzoin or liquid petrolatum, 1 oz., is a very good formula.

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Swimming, A Body Builder

(Continued from Page 44)

Besides, swimming will stimulate the blood circulation to action, stimulate torpid livers and inactive kidneys, and prevents constipation. It washes away the rolls of fat from the waist, thighs and legs, and develops the body as a whole, but more so it beautifies the neck and chest. Look down the list. Can any other form of past time or exercise produce more than that for anyone? Absolutely not!

Look at the physique of Betty Becker, the noted diving champion. Also that of Aileen Riggan. Both have beautiful forms and health, which alone comes from swimming. They have power and endurance, too. A person can't be shapely unless the body is equally developed. Swimming keeps you in shape, not meaning shape of body only, but condition also.

The girls that swim are usually the girls who are admired. They obtain a perfect all-round symmetrical development—no round shoulders or flat chests. They are the girls who have the *courage to do things* and the *will to win*.

Health—Strength—Beauty

(Continued from Page 52)

for developing the legs. For developing the calves you will find rope skipping very beneficial. Squatting on one leg, and raising on toes are two other very good exercises. In regard to your diet, I would suggest that you cut out rich sodas, candy, pies, cakes, ice cream, whipped cream, sweet potatoes, cheese, rice, butter, white bread, rich meats, thick gravies and nuts. You can eat all lean meats and sea foods (not fried), plenty of fruit with the exception of bananas, plenty of olives, celery, and whole wheat bread. For reducing your upper body, I would suggest that you secure a copy of the September issue of this magazine and practice the exercises given in Margaret Sargent's article.

The Mat

(Continued from Page 88)

be bent and the whole bodily position changed. This other part is very important and involves a new method of straightening under the bar. It is entirely my own introduction into this lift, and has proved to be very successful. Because of its great importance, I am going to hold the explanation over for the next issue.

I have seen many wonderful bent press men go over to this point of the lift with a straight arm with an enormous poundage, but fail to raise erect.

I knew one little fellow of 140 pounds who could go over with 256 pounds, and another of the same bodyweight carry to this point 248 pounds. If they had known my style they could have stood erect and completed the lift.

However, this lift has so many changes I think the beginner will find enough to work out on for this month. Next month we will finish the lift.

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The Breath of Life

By Geo. F. Jowett

Awake and asleep, from the time of our advent into this world until our demise, our lungs are constantly functioning, inhaling oxygen and exhaling the carbonic gas, in order to keep this body of ours up to its one hundred per cent capacity. Next to life itself, breathing is the most essential part of our existence; yet, how very few seem to realize its importance and that they do not breathe correctly. Even among those who are educated along principles of health and hygiene, the knowledge of applied breathing exists in their minds in a very fragmental condition. Medicos themselves fail to grasp the deep meaning behind the respiratory organs. They simply tell you to inhale and exhale, and that is all they do; but there is such a thing as *right* and *wrong*. Not that I mean that to inhale and exhale deeply is entirely wrong. It is not. It is certainly better than doing no deep breathing at all. But there is a system of breathing that gives the lungs adequate exercise and exhales all the secretions that form in the lower receptacles of the lungs.

Ordinarily the average person only uses one to one and a half inches of his lung capacity. Take notice of the average person that you pass along the streets, and note the lack of depth of chest, and the structural formation of the whole thorax. Their breathing can be likened to nothing more than small sniffs. If the majority of people had to take a deep breath they would think that their chest was going to crack in two and their lungs burst, so unused is the average person to deep breathing.

There are three systems of breathing; namely, clavicular, intercostal and diaphragmatic. These terms will seem vague to most of my readers, but the clavicular system was the first method introduced. Practically speaking, it only involves the upper part of the lungs.

The intercostal goes lower down, and is an advancement upon the clavicular. Most of the exercises that govern these two systems are performed from the erect position with very little bending or twisting of the body. As a matter of fact, everything in the form of exercise leans more toward the expansion of the chest than to the contraction of same. Each are very important, and if there is any choice between the two, the contraction of the lungs and chest is the most essential, because we rely upon the contraction to exhale the surplus secretion that has formed in the lungs.

The diaphragmatic system is nothing more or less than the co-operation of the muscles in the diaphragm that help the lungs in their work. We have found from experiment that to stand erect and breathe in and out is not sufficient, because the oxygen does not have the power behind it to drive it into the lower receptacle of the lungs.

In the ordinary person the lungs are elongated to such an extent that the lower receptacles of the lungs become nothing more or less than pools of



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reception for all the broken-down excrements of the body and the blood residue. Under microscopic examination the lungs have been found to be filled with dead cells and corpuscles and broken strands of blood vessels, apart from the clogging sediments of carbonic tissue which secrete in these inactive muscular chambers. It becomes the playground for the bacilli to form and thrive. They run rampant and destroy the life tissues of the lungs which develop all the various forms of lung trouble and is a starting place for tuberculosis. Therefore, it stands to reason that something more than mere breathing has to be brought into action to break down the solid mass of tissue that has accumulated.

In the clavicular system the air only circulates to one and a half inch of the lung capacity, in that portion the oxygen only works. The breathing has not been vigorous enough to inhale the quantity of oxygen in order to come in contact with the solid mass. Therefore, we have to get a method that will force the oxygen through the lungs in order to allow it to burn up all the carbonic waste.

The lungs in their natural state should be round and full, and the chest should be built up on all angles.

An old exercise was something like this. The person was told to stand erect with hands by the sides, then raise the hands above the head, breathe in, and as the arms came down to the sides, breathe out. Another exercise was to breathe in while standing erect with the hands on hips, and when bending forward exhale the air.

According to our present-day teaching we know that is entirely wrong. Instead, we advise the person to do the opposite. That is, breathe in as they bend forward, and at the same time cause an isolation of the diaphragm by bringing about a contraction of the abdominal muscles. The bending forward tends to lift up the lower part of the lung, and as the diaphragm becomes isolated, the muscles cause a massage upon the lungs which breaks down the residue. At the same time the oxygen will circulate through a greater area of the lung simply because the lower part of the lungs are lifted up to form a conjunction with the inhaled oxygen. From the combined isolation of the diaphragm and the bending forward from the waist, the solid mass is gradually broken down and burnt up by the oxygen.

Just take the effect of oxygen upon the heart as an example. You will notice that after you finish an exercise that has been strenuous the heart will palpitate for quite a while after the exertion is over. In the first place the heart demands greater stimulation in order to pump the blood through to the muscular area that is most directly in action. In the second place it must work faster in order to get rid of the impurities that have been thrown into the blood stream as an outcome of the exertion.

The heart gets rid of this waste through the natural excremental channels. The reason for any excess heart

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acceleration is because there is not sufficient oxygen brought into reserve through proper breathing to stimulate the heart in its action. The heart is a pump, and the lungs supply the power. The more oxygen that can be inhaled, the less work thrown upon the heart, and the greater reserve on hand to combat the waste left in the system.

Take a strong man. You will always notice that prior to making a lift he will breathe deeply three or four times before making an attempt. This is what is termed oxygenizing of the heart, and eliminates all strain and congestion which is brought about from improper breathing.

The lungs are made up of thousands of little muscular cells. They expand and contract as the air comes in. Then it stands to reason that the deeper and fuller the chest is the greater space for the lungs to increase their volume. As the chest becomes deeper the lungs will come back to their natural condition of fullness and the individual receives the full benefit of these important organs.

Breathe for health by all means, but combine your breathing with exercise. Then all the muscular chambers will be swept clean and will be transformed into a healthy condition.

Have you ever noticed how rapidly the heart beats when you have been closed in a very stuffy room or a room with foul gas or odors? In such a case you are given an object lesson on how nature tries to take care of the heart through the lungs under such circumstances. The air being devoid of the proper amount of oxygen, the blood becomes contaminated with too much carbon dioxide.

In the lower part of the brain there is a nerve center which is extremely sensitive to the amount of carbon dioxide in the blood. If there is too much, then this nerve center gets into action right away and sends out signals to the nerves that control the muscles of the chest, which immediately begin to operate and make the lungs breathe faster. Greater quantities of fresh air are drawn into the lungs, and the carbon dioxide is carried away.

The clogging influence of the carbonic waste upon the heart is very depressing at any time. Therefore, it is not hard to understand how greater the detriment is when the lung capacity is below par.

The same thing happens when climbing a great number of steps. The living cells, which exist mainly in the muscles, demand more energy, that have to be supplied by the blood stream. The muscles working under exertion throw off this carbonic waste into the blood stream and the quantity becomes greater than the normal lung capacity can handle. The nerve center, noting the change signal, gets busy. The individual begins to breathe faster and faster until he pants for breath. Really he pants for oxygen.

If the lungs are fully developed, any extreme exertion is more readily taken care of, and little strain is thrown upon the heart. The recuperative



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By occupation, I am a saleslady, and I am pleased to say I have not lost one day's work since commencing Prof. Brinkler's dietary. I am no longer troubled with that terrible swelling of feet and legs. Neuritis vanished like magic. I have taken no medicine during the past eight months, whereas my drug bill was formerly from \$15.00 to \$20.00 each month. My bowels are restored to normal, functioning three times each day and in proper condition.

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powers of the body become greater. As a matter of fact, recuperation starts with the lungs, and a great deal of heart trouble finds its source from under-nourished lungs. In other words, the lungs are the main springs of our living organism.

The greater the quantity of oxygen taken in by the lungs, the greater blood supply the heart can take care of in its pumping process. The heart is the cleaning station; as the blood goes through it becomes cleansed. The less cleansing it has to do, the better off you are, but it all depends upon the amount of oxygen supplied.

No one can afford to ignore the value of breathing. The lungs are a mass of cells that function better with

proper use. If any parts becomes diseased, they can be repaired by breathing exercises, which breaks away and burns up the dead tissue.

How often have we heard our grandmothers say that a child that does not cry is not healthy. That is so. It is a natural means provided for the infant to exercise his lungs. Of course, it is understood that this can be done to excess. But it does not alter the fact that a child that takes a good cry under normal circumstances is apt to be healthy or less subject to croup or pneumonia.

Every person should try to take a few healthy exercises each night and morning just to keep fit. It is a practice that one will never live to regret.

To the Editor of "Strength":

I have read some letters in your magazine written by readers, and wondered if my experiences would be of benefit to others, and if so, you may print my letter.

In March, 1921, my family had the grippe. I promptly sent them to bed and kept them there until they were well. Then I got an attack of the disease, but tried to fight it off by staying up. Finally, pelurisy set in on the left side.

The doctor came, examined me, and asked my husband to come to his office that night. On my husband's return from the doctor's he told me that I must go away from home at once, preferably to some sanitarium.

The following week I went. I was kept in bed for twenty-four hours, after which I was told I would be allowed to get up if my temperature remained normal. It did, and I began with the other patients to take the treatment for T. B.

Up at 6.30 in the morning, a cold shower, breakfast at 7.30, consisting of oatmeal or some form of cooked cereal, fruit, a third course of either bacon, graham or white bread or muffins, egg, either soft-boiled or raw, whichever the patient ordered, and a large glass of milk, coffee if desired, but only one small cup.

Then we had our temperatures taken in a room set aside for chart work, after which we went to our rooms and made our own beds and tidied our rooms. Then we were expected to rest on the reading porches in steamer chairs until ten, when the lunch bell rang and we filed in for a glass of milk.

Then back to our chairs until twelve when dinner was served, consisting of soup, some meat, sometimes beef, sometimes lamb, two vegetables, one starchy, one green, and dessert, which was ice cream in summer and rice pudding in winter. The ever-present glass of milk was served at every meal and every patient must drink it, regardless of what else she left.

After dinner we were sent to bed to rest from one until three. Another glass of milk at three, and rest again in our chairs until supper at six, which consisted of bread, butter, cold meat,

lettuce and tomato salad, and occasionally cake, but more often nothing but fruit.

After supper we were allowed to go at once to bed, where we might read for a while, if we wished until nine o'clock, when we were expected to go to sleep.

After I had been there a short while I was given an X-Ray to determine just how bad my case was. It was found that my X-Ray plate was almost clear, but as the specialist still heard "sounds" in my lungs, he told me I had better take seven months' treatment.

When I was told I could go, I had gained thirty pounds, and the whole world looked different to me.

I have been at home now over two years. I am still taking the treatment so far as rest and good nourishing food is concerned.

You will see from this letter that my case was not an advanced one, but that it was working in that direction, and I believe that I could soon have put myself back to where I once was, by refusing to rest when tired, pushing myself until every nerve cried out for mercy, and by eating at any and all times, and by eating sweets and never drinking milk.

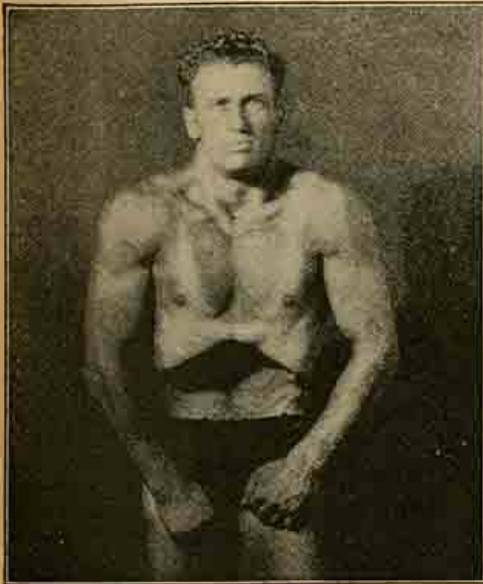
I wish that I could tell every person who finds himself where I was that if he is unable to go away, to at least observe the regular rules put forth in the various instructions for lung trouble. Food of a nourishing quality should be eaten; much rest and sleep in the open are important factors in regaining health. Gradually as the strength increases, walks are allowed. You do not have to go to a sanitarium if your case is just "a beginning." Follow out these rules I was forced to follow out and you will soon come back to normal.

Today I am doing light housework and can walk two miles, and am ready for my meals. My weight has kept about as it was when I came home, but as I am not inclined to be fat I don't worry over that, and as long as I do not drop below 110 pounds, I feel that my fight against T. B. has not been in vain.

Yours sincerely,
 Fountain, Mass. M. D. R.

"Muscle Control and How to Become a Professional Artist's Model"

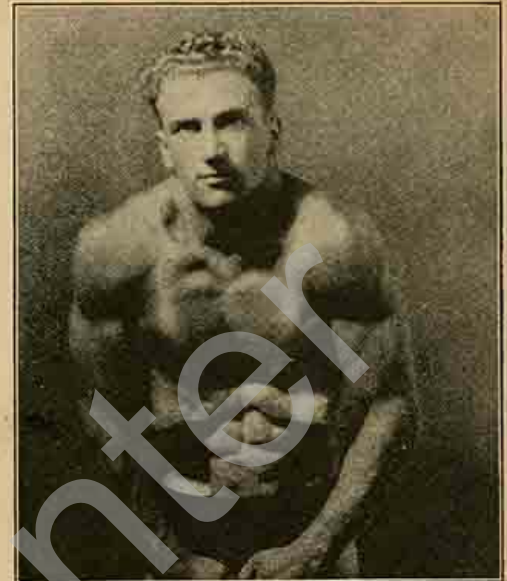
Is the Title of a New, Interesting and Instructive Course By Charles MacMahon



This new course is the best ever. Besides teaching you the fascinating art of Muscle Control, it also instructs you in artistic posing for the photographer, painter or sculptor.

This New Course Tells You Fully How You Can Make a Good Living Posing For Professional Artists and Art Schools

Never before has a course of this kind been written. Any one who will follow my instructions outlined in this Great New Course can get interesting and profitable work posing for Artists. The instructions in this course are gathered from actual experience by the author who has posed for artists for years. Therefore, it is a practical course and one that will put you in demand by artists and art schools. Posing pays well to good models.



There Is a Great Demand For Good Models of Both Sexes

While the muscle-control chapters of this course are hardly useful to the ladies, the chapters on how to become a model are of great interest and usefulness to them. There is a very great demand for feminine models. Nothing is omitted in this course. When you read it you will know all the ropes and can start out as a professional.

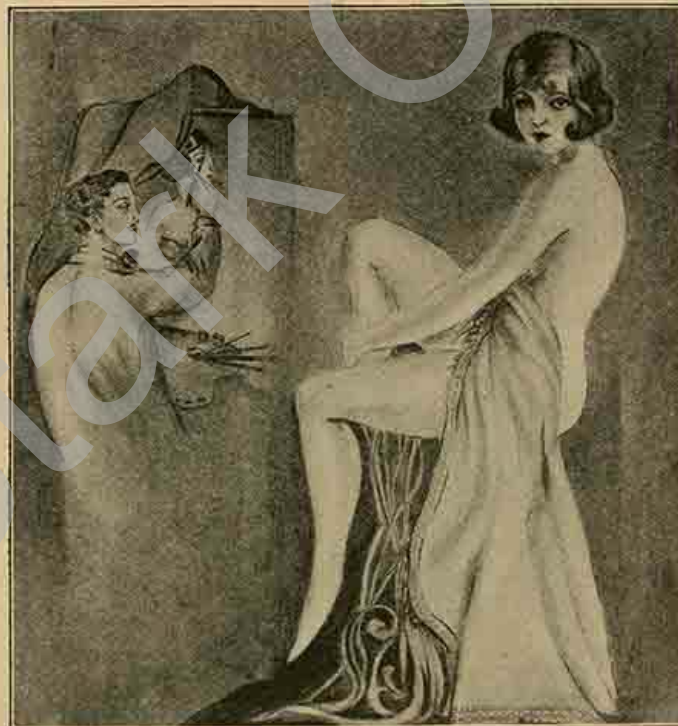
You Will Find This Course Vastly Different From Anything You Have Seen On These Subjects

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This Course Is Original—Never Before Has One Like It Been Written

Get it now for it is worth many times the price. Every one would like to be an artist's model and see their likeness painted in gorgeous colors on the canvas or modeled from clay and cast into pure white plaster, or chiseled out of



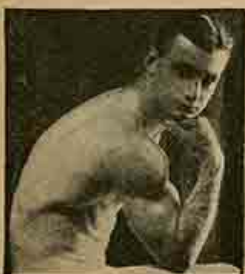
stone. But few know how easily possible it is for them to become a model, and fewer know how to get started at this fascinating and profitable pastime or profession. Don't neglect to get this course, and get it NOW!

Men—Learn Muscle Control—It Gives the Muscles a Clean-cut Appearance and Interests an Audience

Muscle control is fascinating to learn, as well as fascinating to watch. It will mold your muscles and give them a clean-cut appearance. All strong men advocate muscle control feats. You learn them quickly from this new and thorough course.

NOTICE

This Course has no connection whatsoever with my Body-Building Course advertised on other page.



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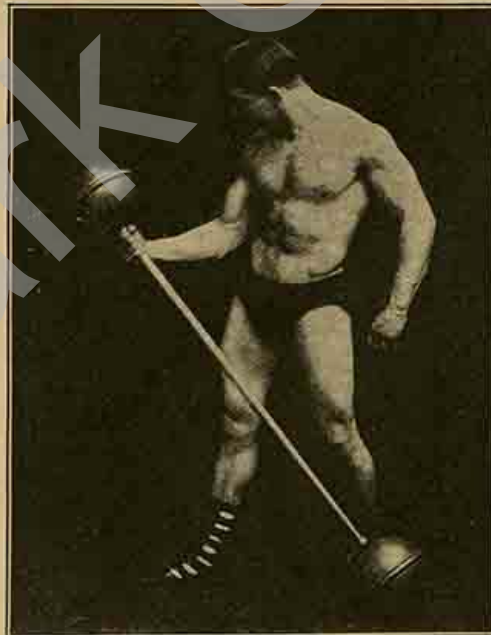
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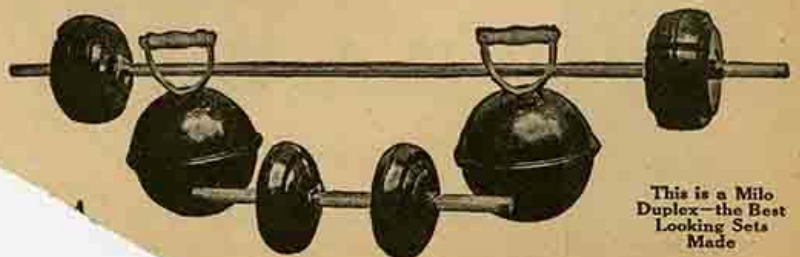
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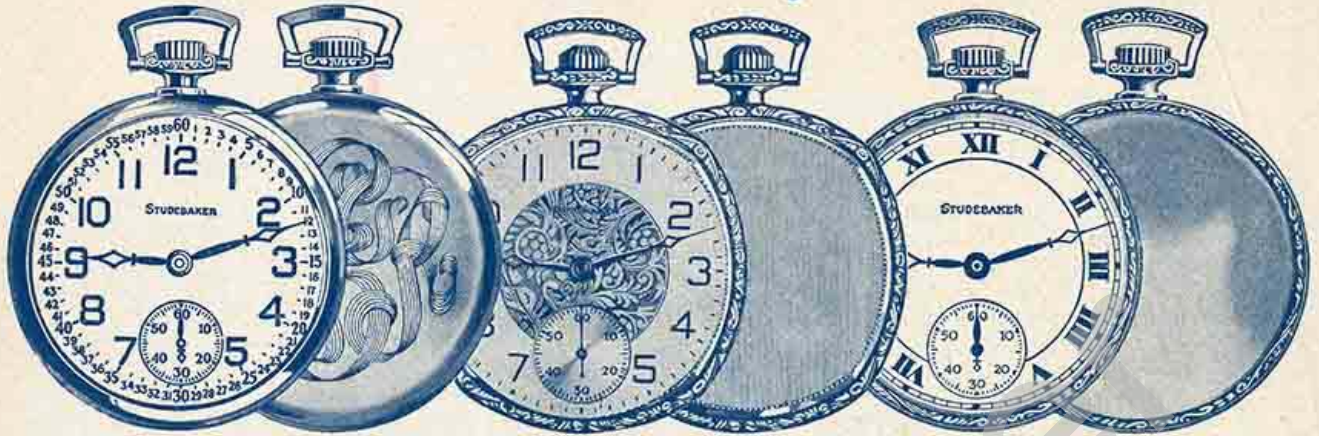


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I can give you a glorious new magnetic personality so that you can influence the minds of others, attract people to you instantly, be popular and well-liked wherever you go!

Let me prove it. Give me 5 days, and if in that time you do not experience a new surge of personal power, if you do not find yourself making friends wherever you may be, if you do not discover yourself on the road to happiness, wealth, success—guided by my principles of personal magnetism—the test will cost you nothing whatever. You are the judge.

What Is Personal Magnetism?

You have it—everyone has it—but *only the exceptional man or woman knows how to use it.*

Personal magnetism is not a fad or fancy, not some sudden discovery or some new psychological theory. It is you, your manner, yourself—made magnetic. It is a force as irresistible as the force of the actual magnet, drawing a bit of steel to itself. No leader of men has long survived without it. No great orator



You will be astounded to see how popular you quickly become—how people are drawn to you. Never again will you feel lonesome at a party—forgotten in a crowd! You will be—MAGNETIC!

or musician or actor can hold audiences spellbound without it. No salesman, no business man, can win an outstanding success without it. Personal magnetism! It is your greatest capital—greater by far than wealth, than good looks. It is you, made magnetic! It is you, with a personality so fascinating and irresistible that people are drawn to you as steel is drawn to a magnet!



Think what personal magnetism will mean to you in business, in your contact with men and women. You will win! You will get what you want!

My Method Releases Your Personal Magnetism

No long course of study. No tedious mental exercises. Not the slightest inconvenience or self-denial. Just a simple, clear, age-old principle that taps the vast thought and power resources within you, releases the full sweep of your magnetic potentialities—and makes you almost a new person from what you were before. A principle that never fails to work, because it conspires with Nature to make you the dynamic, forceful, fascinating person you were intended to be.

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Please do not mistake my method for hypnotism. Its laws and its results are exactly opposite. Hypnotism deadens—magnetism imparts a joyous exhilaration to body and mind. Hypnotism paralyzes the will—magnetism animates, inspires, sharpens and strengthens the mental faculties.



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